



Your Voice



“The place for disability information in Shropshire”

Shropshire Disability Network – Christmas 2018 – Charity No. 1148256

Thanks For Fundraising Support

As a local charity run by volunteers, Shropshire Disability Network (SDN) hugely appreciates the support that it receives from individuals and businesses for its work to give people with disabilities and carers a voice.

We are happy to report that the total money raised by the Titan Zip Wire Challenge for SDN, MacIntyre and Guide Dogs has risen to £2,400. This is an amazing result and we thank Jess Hiles, her Mum Jo Allmond, all of Jess's Gang, and all of those who sponsored and supported this event.



We would also like to thank everybody who donated lots to SDN's physical and online fundraising auctions, as well as everybody who has taken part in these events. Sainsbury's and The Midcounties Co-op kindly supplied refreshments, and here are the auction lot donors...

West Bromwich Albion Football Club, Cromwell's Inn Shrewsbury, Bethphage's Oak Farm, Ludlow Brewery, Meat Shack Shrewsbury, Mollie's Sweets, Lanyon Bowdler, Oakengates and Wolverhampton Grand Theatres, Talon, The Blue Lemon, Elizabeth Beckett Skincare, Erica Stevens Hair Stylist, Simon Stevens Personal Trainer, Jardine Motors Audi Shrewsbury, Romy Design, Sabrina Boat, and SDN Members.

Bids are still being made on certain lots in our online auction. However, the money received or pledged as a result of both auctions so far, minus costs, is a very welcome £338.



Chair's message

Christmas cards

To buy Shropshire Disability Network's cards, contact us directly on 07780 852 229 or 07398 350 255.

Gifts of time

The Management Committee thanks all of SDN's volunteers for their contributions.

Safeguarding event

SDN attended the first joint conference of Shropshire's Adults' and Children's Safeguarding Boards.



Dear Members,

It has reached that time of year when we look back over the past 11 months and look forward to the New Year ahead. We have achieved much in 2018, increasing our membership and having a meaningful presence at many events.

Since my last message, our volunteers have covered 8 slots at the pop-up Shrewsbury Charity Christmas Card Shop. This closes on 6th December, but you can still buy our cards.

Our volunteers have also helped at our bucket collection at Morrisons Oswestry, attended SDN Management Committee and Safe Places Meetings, and met with other organisations, enabling us to build closer links.

It was important that we attended the Shropshire Safeguarding Boards' Exploitation Conference on 8th November. This is the first time that the Adults' and Children's Safeguarding Boards have shared a conference and it is so important that this continues. There were 320 delegates from the voluntary sector, schools and local authorities, all taking part in a variety of workshops. Speakers came from organisations from across the UK and there was a "Market Place", enabling people to seek information. In future editions, we will share a series of articles on matters that we believe are important to you.

I hope to meet many of you at our Members' Meeting in Oswestry on 13th December. Looking forward to 2019, we aim to grow further, and do bigger and better things, making a difference to all those who have any type of disability as well as carers.

Wishing you a Merry Christmas
and a Peaceful New Year, **Ruby**

Christmassy Members' Meeting

Join Shropshire Disability Network (SDN)
at The Movement Centre, The Robert Jones & Agnes Hunt
Hospital, Oswestry, SY10 7AG,
from 10.30am to 1pm on Thursday 13th December 2018.



We will have mince pies, other treats and our regular raffle, and we invite our Members to wear their Christmas jumpers if they wish! NatWest Bank will have a table with useful information about avoiding scams. We have a BSL interpreter at all of our meetings and now have a hearing loop system.

We will have two guest speakers, Richard Dunhill from Samaritans and Liz Downes from The Sequel Trust. This is a charity committed to bridging the communication gap for disabled people. By providing suitable assistive technology to people who need it most, it aims to increase the quality of life for those who are non-verbal, have incoherent speech, or have learning and communication difficulties.



Our first Members' Meeting of 2019 will be on Thursday 14th March.

Supermarket Bag Pack And Bucket Collection

Could you volunteer with SDN for a few hours at Sainsbury's, Telford Forge Retail Park, TF3 4AG, on Friday 21st December? We had a jolly time raising awareness and funds here last year.



Morrisons Oswestry hosted us on 14th November, and we are grateful to the supermarket's staff and customers and our volunteers. We enjoyed a successful day, making new contacts and raising a valuable £111.

Government Educates Public About Hate Crime

The UK government has launched a nationwide publicity campaign to increase awareness and understanding of what constitutes a hate crime.

The campaign has been developed to help the public to better understand hate crime, particularly, offences which people often do not recognise as criminal, such as, some forms of online and verbal abuse.

As part of this, it aims to educate perpetrators of a crime who have been motivated by hostility towards the victim's race, sexual orientation, religion, disability or transgender identity that they have committed a hate crime.

Posters and videos accompany this message about what hate crime is: "If you target anyone with verbal, online or physical abuse because of their race, sexual orientation, religion, disability or transgender identity – you may be committing a hate crime. It's not just offensive. It's an offence."

Police in England and Wales recorded 94,098 hate crimes overall in the year April 2017 to March 2018. This is 17% more than in the previous year. Police recorded 7,226 disability hate crimes in April 2017 to March 2018.

You can report a hate crime by directly contacting the police or through other organisations. In Shropshire these include Citizens Advice Bureau and Shropshire Disability Network. To contact the police in an emergency, call 999 or use the "emergencySMS" service. For non-emergencies, call 101, visit your police station or report online at www.report-it.org.uk/home.

Safe Places Scheme

A Safe Place provides a short-term haven for anyone who is vulnerable when they are out in the community. If anyone feels scared or threatened or has a crime committed against them while they are out, they can go into a Safe Place to ask for support. Locations advertise that they are a Safe Place by displaying a sticker.

Shropshire Disability Network volunteers coordinate Safe Places Shropshire.

To get in touch, please email hatecrime@shropshire-disability.net or telephone, text or write to SDN using the details on the back page.



Preventing Good Food From Going To Waste

Shrewsbury Food Hub collects leftover food from supermarkets and gets it to community groups who can make good use of it.

This year the charity expects its 100 volunteers to divert 45 tonnes of good food from landfill and to support 50 community groups in Shrewsbury, including, The Ark, Food Bank Plus, Shropshire Mind, 11 school breakfast clubs, and more.



By rescuing and redistributing unsold food, Shrewsbury Food Hub is helping to improve people's diets and saving groups like Severn Hospice 30% of their food budget. At the same time, it is helping to reduce Shropshire's food waste and conserve our planet's natural resources.

The charity will also be working to tackle food poverty in Shropshire, creating a food action plan to connect existing activities together and to identify where new projects are needed.

To find out more, visit the website www.shrewsburyfoodhub.org.uk, email emma@shrewsburyfoodhub.org.uk, call or text 07399 039 292, or write to Shrewsbury Food Hub, 8a College Hill, Shrewsbury, SY1 1LZ. Please contact the charity in advance to make an appointment to meet.

This photo shows Shrewsbury Food Hub providing fruit, vegetables and store-cupboard food to the charity A4U's disability friendly café at Louise House, the health and social care wellbeing centre in Shrewsbury.



SaTH's People's Academy Approaches Its First Anniversary

Shrewsbury and Telford Hospital NHS Trust (SaTH) launched its People's Academy in January 2018 as a way of giving people more information about how the NHS works in Shropshire, Telford & Wrekin and Mid Wales.

Almost 70 people have graduated from the People's Academy between January and October 2018. Many of the graduates have gone on to become volunteers or Public Involvement Champions at the Trust, allowing them to get involved with improvement work, become part of a group that monitors SaTH's performance or support the recruitment of staff.



SaTH's People's Academy comprises 4 sessions held over 4 weeks. It includes presentations, behind-the-scenes visits, demonstrations and activities, as well as opportunities to ask questions of members of the Trust's management and to meet staff from different departments.



Of the 68 people who have graduated between January and October 2018, 31 have come through the Young People's Academy – a condensed version of the course for people aged between 16 and 25 years. Plans are further underway to develop a bespoke Academy for Adults with Learning Disabilities.

Enrolment in the Academy is free, and participants will be given information about how to continue their involvement with the Trust if they choose to. Please note that you must book in order to attend the Academy.

Further sessions have taken place in Shrewsbury in November. The next sessions will take place in the Education Centre at Princess Royal Hospital in Telford from 2pm to 5pm on Fridays 1st, 8th, 15th and 22nd February 2019.

For more information about the People's Academy, the Young People's Academy and how you can get involved, please visit the website www.sath.nhs.uk/working-with-us/academy, send an email to Community Engagement Facilitator Kate Ballinger at kate.ballinger@nhs.net, telephone 01743 261 000, or get in touch via Minicom 01743 261 213.

Signal Secures Lottery Funding For A Further 3 Years



building deaf friendly communities



**NATIONAL
LOTTERY FUNDED**

After a nervous wait, Signal is delighted to be able to announce its success in securing a new 3-year Big Lottery Fund Reaching Communities grant, which will enable it to deliver a number of new projects, supporting people with hearing loss and those who are deaf across the county of Shropshire.

Over the past 3 years, Signal has delivered an array of projects, including, Outreach Support for deaf British Sign Language users across Shropshire, Deaf Awareness Training for organisations who are customer facing, and One-to-One Befriending Support for those who have hearing loss and experience isolation as a result.

Following a comprehensive consultation last year, where Signal spoke at length to people from both the deaf and the hard of hearing communities, a new programme of work has been designed. This will, Signal hopes, address the most pressing, unaddressed issues that the two groups face.

The new programme of work will result in raised awareness of, and more services for, people who are deaf or have hearing loss across the county. This will encourage people to address their own personal hearing health, improve access to information and services, and make our county and its people and places more inclusive towards those with hearing problems.

Signal looks forward to sharing more details about its exciting plans at a future SDN event. You can also contact Signal by emailing catriona@signal.org.uk, calling 01743 358 356 or texting 07950 782 819.

Comments Or Suggestions?

If you have any comments or suggestions about the articles in Your Voice, please get in touch with SDN using the contact details on the back page.

Christmas Carols For All



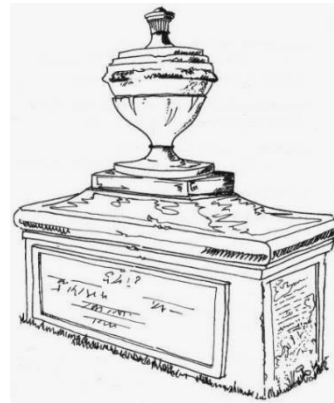
Shrewsbury United Reformed Church will host “Disability and Jesus”, a group from North East England, who will lead an inclusive carol service, featuring Braille, Makaton, BSL signing, clear and large print, and a quiet space. The church is accessible for wheelchair users. All welcome. 1pm, Saturday 8th December 2018.

More info: Phil Ramsbotham, pramsbotham.t21@btinternet.com, telephone 01743 240 465. Groups of 10+, please call ahead.

Stories Behind Stones

Learn how to investigate your local burial ground with the charity, Caring for God’s Acre. It will hold an accessible training session at Shropshire Archives, Shrewsbury, 1.30-3.30pm, 25th February 2019.

Book your free place now: email secretary@shropshire-disability.net, call/text 07398 350 255, or write to the address below. State if you need a BSL interpreter.



To submit items to Your Voice, email newsletter@shropshire-disability.net or write to SDN, C/o 26 Aldwick Drive, Radbrook Green, Shrewsbury, SY3 6BN. Telephone or text SDN on 07780 852 229.

Visit us on Facebook /ShropshireDisabilityNetwork and /SafePlacesShropshire and Twitter @ShropDisNetwork and @SafePlaceShrops

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