



## NEWSLETTER

Issue No. 1: May – June 2010



### Our Website is Live – And It's Brilliant!



Members of SDN getting to grips with editing the website – L to R, Julie Stealey, a carer, Geoff Forgie, SDN Chairman, Alison Smith, SDN Webmaster and Ian Pugh.

It has taken us longer than we had hoped, but at last our new one-stop website **[www.shropshire-disability.net](http://www.shropshire-disability.net)** is live, and already we've received lots of compliments on what a good site it is. The creation of the website has been a joint project between ClearDesign, who did all the structure and layout, and members of Shropshire Disability Network, who have created and entered all the pages for over 160 organisations that appear in our database.

On 4<sup>th</sup> February Carl from ClearDesign ran a training workshop for SDN volunteers, and as you can see from the photo, we got a lot out of the session.

**We'd love to hear your thoughts about our website – and let us know if you find any problems! Please also send us News items for inclusion.**

### North Shropshire Special Olympics

<http://www.sogb.org.uk/> will be the Oswestry charity to benefit from **Trefonen Hill Walks** this year, an African charity being the other beneficiary. The Hill Walks take place over the Spring Bank Holiday weekend, 29<sup>th</sup> / 31<sup>st</sup> May, with walks of 3, 6, 11 and 17 miles, as well as various other events including an Open Gardens Trail the weekend before.

Refreshment stops on the Gardens Trail and the shorter walks are an important feature! Last year Trefonen Hill Walks raised £7000. For more information contact **[www.trefonen-hillwalk.com](http://www.trefonen-hillwalk.com)**

### FREE Computer Training

As part of its ongoing programme to make IT and computers accessible to all, the government has set up a free online computer training service called **myguide**.

Myguide is a website designed to help people take their first steps with computers and the internet. Registered users get access to an easy-to-use email system and a wide range of online courses.

So why not give it a try? Paste **<http://www.myguide.gov.uk/myguide/MyguideHome.do>** into the address bar (at very top of screen) on your internet. And if you don't have a computer, or are not online yet, use the computer in the library (also free) or in the Shropshire village Broadplaces (a small charge is made).

## Welcome to The Shropshire Disability Network

Shropshire Disability Network was formed on the 27<sup>th</sup> May 2008 at a launch meeting at Shrewsbury Football Stadium. There has long been a need to provide a powerful collective voice for disabled people across Shropshire that will enable disabled people to share experiences and obtain information, advice and support. The Network has been set up specifically to fulfil that need.

### OUR VISION

By 2025, disabled people in Shropshire will have the same opportunities, choices and responsibilities as non-disabled people to improve their quality of life and be respected and included as equal members of society.

### OUR MISSION

- To work with people and organisations throughout the UK, to achieve maximum benefit for individuals with disability their families and carers throughout Shropshire
- To ensure the provision of appropriate services and facilities for disabled people.
- To provide a Network for disabled people and represent their views to government, public, voluntary and community agencies and organisations.

- To secure improvements for disabled people by negotiation and public pressure to enable them to play an even fuller part in society.
- To raise awareness of disability in all its forms
- To continually encourage disabled people to feel empowered to manage their condition and be more in control of their lives.
- To promote equal opportunities and challenge discrimination faced by disabled people
- To work closely with the VCS Shropshire Disability Forum to the benefit of all persons with disability.

### Interested in finding out more?

Why not join **Shropshire Disability Network**? Membership is free, provides you with newsletters, invitations to the meetings, updates and information about disability and an opportunity to comment on issues that affect you in Shropshire.

Contact the Membership Secretary on 01948 840726, email [membership@shropshire-disability.net](mailto:membership@shropshire-disability.net)

## "I'm Strong....I Just Can't Turn the Tap On"

The Shropshire Disability Network meets at least four times a year with the next meeting planned on **Thursday 10<sup>th</sup> June** at 10.30 am at Mereside Community Centre in Shrewsbury. This meeting will officially launch the website and Jools Payne, of The Jools Payne Partnership Ltd., will speak on "I'm Strong....I Just Can't Turn the Tap On".

Rheumatoid Arthritis sufferer, Jools Payne, has to manage her condition with the demands of running a busy boutique PR agency and three

equally demanding teenagers. "Life's a challenge," she says. "but it's how we meet those challenges that defines us." In this lively, interactive session, Jools will take a romp through the strategies she employs to beat the debilitating disease.

Further meetings at Mereside Community Centre are on 11 Sept, when Sally Edwards of Blue Eyed Soul Dance Company <http://www.blueeyedsouldance.com/> will be speaking, and 10 December, when Dominic Campbell of Enabled By Design <http://www.nabledbydesign.org/> will speak.

## **“Join the Big Care Debate and help shape the future of care and support”**



That was the call to arms issued by the Government a few months ago, actively encouraging people, organisations and local authorities to hold debates to find out what people in communities receiving care really felt about the proposals to change the National Care Service for all adults in England.

When Shropshire Disability Network realised that there was not going to be a debate in Shropshire, we decided that we would organise our own. We were fortunate to have support from the Preventative Care Services Team, Daphne Simmons and Nicky Kent, at Community Council of Shropshire, and the Disability Forum for Shropshire.

We hired the Council Chamber at the Shirehall, sent out invitations and over 80 people attended our debate on 26<sup>th</sup> October 2009, some with disabilities, their carers, family members, public and private sector staff

who support health and social care. A well managed and focused 3 hour debate, allowed everyone in the room to express their views and all the results were collated and sent off in a submission to the Dept of Health <http://careandsupport.direct.gov.uk/> and <http://careandsupport.direct.gov.uk/news/2010/02/care-and-support-conference-19th-february-2010/>

This is the sort of event that we believe the Shropshire Disability Network should be involved in, and we welcome your views and ideas on what else is on the agenda that we should try

and facilitate to give people with disabilities, their families and carers the Voice that they deserve.



**Big Care Debate: Ruth Houghton PCT and Geoff Forgie Chairman of SDN**

**We were told by the Dept. of Health, that ours was one of the biggest debates held in the country and one of very few that actually brought together people from all aspects of care and support with those with care needs. They were very keen to have our input.**





## **Food for thought and an inspiring message**


Someday soon, when you have 22 minutes to spare, watch this <http://on.ted.com/895U>

Aimee Mullins, a record-breaker at the Paralympic Games in 1996 and a double amputee, has built a career as a model, actor and activist for women, sports and the next generation of prosthetics. She talks about the dictionary definition of disabled and her views on this.









### Miles without stiles...

With over 39 different accessible routes throughout the Lake District the Miles without Stiles footpaths are perfect for people with limited mobility, for wheelchairs and families with prams. There are different difficulty levels, gradients and path surfaces but all the routes avoid man made barriers such as steps, stiles and gates.

The routes are maintained by the Lake District National Park and the routes are available to download from thier website.

download the routes...

at: [http://www.lakedistrict.gov.uk/index/visiting\\_outdoors/mileswithoutstiles.htm](http://www.lakedistrict.gov.uk/index/visiting_outdoors/mileswithoutstiles.htm)

## My Life My Choice

### Changes in the way disabled people receive support

At the SDN General Meeting held on 11<sup>th</sup> March at Mereside Community Centre, Jenny Pitts, from Shropshire Council, who leads the My Life My Choice Programme Team, spoke on how Shropshire Council is implementing the 'Transformation of Adult Social Care' national programme to enhance social care and provide support that is geared around the person to enable them to be as independent as possible.

In an interesting illustrated talk, Jenny described how Shropshire is now looking at the way services are delivered and how this will mean some changes in how our services work.

Shropshire's **'My Life, My Choice'** programme will be an exciting way of giving more choice and control to people who need support with their care. We will be looking at how we can provide

information and guidance to everyone who needs extra support and to offer **'personal budgets'** to people who meet the eligibility for social care funding.



Jenny Pitts and Geoff Forgie, Chairman of SDN

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## **My Life My Choice** continued from page 4

A **Personal Budget** is an amount of money which the Council allocates to help people who need support due to disability, frailty or vulnerability, to get the support they want. We will be working in a different way, in order to give you more choice and control over how that money is spent.

Shropshire Council want to involve as many people as possible in shaping these changes. If you are interested to know more please contact:

Shropshire Council Community Services, Adult Social Care, phone 0345 678 9005  
[mylifemychoice@shropshire.gov.uk](mailto:mylifemychoice@shropshire.gov.uk)

Further guidance on Personalisation of social care services can be found on the Department of Health's website at



<http://www.dh.gov.uk/en/SocialCare/Socialcarereform/Personalisation/index.htm> , including Revised guidance on eligibility criteria for social care published 25/02/2010 and guidance on Individual budgets and Direct Payments

**British Computer Association of the Blind** Chairman, David Taylor, asks whether any agencies in this area want to hold an EyeT4All Day? This is where BCAB trains visually impaired people in the basics of using computers, all for free. To find out more go to <http://www.bcab.org.uk/eyet4all-project.html>

## **Partnership with Entitledto breaks records at Turn2us**

There has been a huge rise in the number of completed benefit calculations as a result of the launch of the partnership between Turn2us and the supplier of our benefit checker, Entitledto.



**Read more about improvements to the Benefits Checker at**  
<http://www.turn2us.org.uk/>

## **Holiday inn - Free room for carers/personal assistants**

Here's a special offer for your information - details of the free room for a carer at the Holiday Inn.

You don't need to register in order to take advantage of this offer. You just need to ring the central booking line on 0845 124 9973 and say you want to book a room for a disabled person and an interconnecting room for their support worker (you sometimes have to say carer for them to understand).

Also if the person has a disabled person railcard you can get up to 35% off the cost of their room as well. To view the discounted prices online go to:-

<http://www.disabledperson-railcard.co.uk/special-offer/saveupto35offhotelbreaks>

(Information supplied by Susan Smith of West Mid Carers)

**By 2025, disabled people in Shropshire should have the same opportunities, choices and responsibilities as non-disabled people to improve their quality of life and be respected and included as equal members of society.**

## **Government Announces New Health and Social Care Volunteering Fund**

The Department of Health (DH) has announced that its new "Health and Social Care Volunteering Fund" will open for applications in January 2010. This new fund replaces the Opportunities for Volunteering (OFV) scheme which has been running since 1982. The new scheme will continue to support local volunteering projects in health and social care, and open up the floor to national projects to improve health and wellbeing. The scheme will award grants for volunteer projects which could include schemes such as providing friendship and support to vulnerable adults, community services for disabled children and help for those living with and affected by HIV. It will prioritise projects which work towards key aims such as improving adult social care and reducing health inequalities. The Fund will run concurrently with the OFV until 2012 to allow projects already being funded to run their course. The first funding round will be for local projects, followed by a second round later in the year will support national schemes. Any third sector organisation wishing to run volunteering projects in the health or social care will be able to apply for funding.

**<http://nds.coi.gov.uk/content/detail.aspx?NewsAreaId=2&ReleaseID=409555&SubjectId=2>**

(Information supplied by Alison Evans, Energize Shropshire, Telford & Wrekin)

## **Cycle Shrewsbury**

Cycle Shrewsbury has relevance for people with disabilities in several ways.

Infrastructure - although the focus is cycling, lots of the new facilities also benefit other non-motorised users such as new and improved crossings, traffic free paths (Greenfields Recreation Ground has opened up new opportunities for a local woman on her mobility scooter) and other new facilities (e.g. Telford Way footways/ cycle tracks).

Events - the annual Shrewsbury BikeFest and October's 'freewheel' event at Shrewsbury Town Football Club included try-out sessions of bikes for all (by Quest88 who have a range of bikes for people with disabilities).

Further information on

**<http://www.cycleshrewsbury.co.uk/>**

Cycle training - we can fund additional cycle training for children or adults. The Shropshire Council cycle training team have already undertaken sessions with pupils at Severndale School in Shrewsbury.

We would also be keen to promote other local opportunities for cyclists with disabilities such as use of the cycle track at Shrewsbury sports villages and future opportunities to try tandems, tricycles and adapted bikes.

The main projects that are being implemented in the next few months are new signalised crossings for pedestrians and cyclists at Welsh Bridge and Old Potts Way (Asda), and improvements to the crossing facilities at Roman Road/ Longden Road island.

Details of these are shown on the following Website pages (Please get in touch if you have any comments):

Welsh Bridge

**<http://www.cycleshrewsbury.co.uk/about/network/schemes/welsh-bridge>**

Old Potts Way

**<http://www.cycleshrewsbury.co.uk/about/have-your-say/crossing-improvements>**

Roman Road

**<http://www.cycleshrewsbury.co.uk/about/have-your-say/crossing-improvements>**

**Information supplied by**

Alison Kennedy, Infrastructure Manager, Cycle Shrewsbury. Shropshire Council, 01743 253035

Email: **[Alison.Kennedy@shropshire.gov.uk](mailto:Alison.Kennedy@shropshire.gov.uk)**, Website: **<http://www.cycleshrewsbury.co.uk/>**



## TV Switchover to Digital

As you are probably aware Shropshire will undergo the digital switchover in 2011. Basically every household will need a digital box to get TV channel, as the analogue signal is turned off.

The key points that are useful to know are:

- Anyone over 75, or disabled is entitled to a special deal, this includes a high quality set top box which is set up for them, plus support for just £40. They also get a 'simple' remote.
- Every TV in the house will need to have a digital box.
- Most of the questions on Switchover day are about re-tuning.
- If you get a signal with your existing aerial you are unlikely to need a new one.
- Lots of rogue traders can come out the woodwork, so people need to be cautious about people showing up on their doorstep holding a ladder.

There is more information on the Digital UK website: <http://www.digitaluk.co.uk/home>

Information supplied by: Flavia Humphreys,  
Shropshire Council Broadplace Support  
Officer

**Press Release by the Department for  
Business, Innovation and Skills (National):**

## New Materials Launched to Support Learners and Carers

**Continued learning can have an overwhelmingly positive impact on older people's health, confidence and dramatically improve their quality of life.**

This was the main finding of *Enhancing Informal Adult Learning for Older People in Care Settings*, a BIS Learning Revolution project involving older learners across England. The materials - available online and in hard copy – will give practical advice and support to care managers, education providers and local authorities in order to enhance learning in care settings.

Kevin Brennan said, "Using these new teaching materials can make a big difference for older people who may think learning just isn't for them: they bring with them new opportunities for fun and a whole new lease of life."

The Government committed to widening learning opportunities in day care, residential care and supporting housing when it published *The Learning Revolution* in 2009. This highlights the fact that England's population is ageing and care

services need to be more adept at providing enjoyable and stimulating activities for this group.

Research by NIACE for the Interim Report for this project, showed how learning can reduce isolation; improve both physical and mental health: reduce dependence on medication; improve recovery rates; reduce dependency on others and lead to a greater enjoyment of life which gives residents something to look forward to.

Baroness Estelle Morris, said, "When we talk about 'education for all' that includes those in care settings as well. This group of people benefit from learning just as much as any other group and there is good evidence that it improves their well-being as well as being something they enjoy. We have to be more ambitious and the materials being launched today will raise our sights and make more of us see what is possible"

Fiona Aldridge, NIACE Programme Director, Research, said, "The impact of people living longer than ever before will be huge. The number of people reaching the 85 is likely to double by 2026. For too many people this means they will be living with health conditions that reduce their quality of life, for even longer. The cost to our health budgets will be enormous and a huge strain on the economy."

She ended, "Regardless of disabilities or differences in ability, all older people in care settings should have the opportunity to take part in learning activities, to stimulate them, help them acquire

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## **New Materials Launched to Support Learners and Carers** continued from page 7

new skills and to share ones they already have with others. The research we, and others, have done, illustrates the multiple positive benefits learning can have on residents and staff. Today's launch is a significant moment in increasing and improving learning opportunities for older people in care."

**For further information please contact:**

Ed Melia, NIACE Head of Media, on 0116 204 4248 or 07795 358 870 or [ed.melia@niace.org.uk](mailto:ed.melia@niace.org.uk)

For the full article:

<http://nds.coi.gov.uk/content/Detail.aspx?ReleaseID=411496&NewsAreaID=2>

## **Sufferers of Multiple Sclerosis**

might be interested in the Chronic Cerebro-Spinal Venous Insufficiency (CCSVI) website.

Information can be found at

<http://multiplesclerosisurgery.com/symptoms-consequences.html>

## **Making sense of tax matters**



Have you started a new job and are unsure if you are on the right tax code? Are you newly self-employed and need to know what allowances and expenses you can claim or how self-assessment

works? Turn2us's new accessible online guides may have the answer -

<http://www.turn2us.org.uk/>

## **Volunteer Support**

Steve Jones is the Volunteer Coordinator within the **Shropshire Infrastructure Partnership**. His team provides all kinds of support to people working in the voluntary sector.

The **SIP website** was launched on 31 March. This includes a Volunteering hub, and a Volunteering blog, which is open to members only. Website address is

<http://shropshirevcs.org.uk/site>

Volunteering opportunities can be advertised there, and there are all kinds of practical guides and resources available to volunteers, such as posters and other display material.

## **FREE COMPUTER AND BROADBAND FOR LOW INCOME PARENTS (ENGLAND)**

The Government has announced the national roll out of a new programme that will provide 270,000 low-income families a free computer and free broadband access.

The aim of the £300 million Home Access programme is to close the digital and educational divide between rich and poor. Families with children in years 3 – 9 (approximately age 7 – 14), who are entitled to free schools meals or are on certain benefits, will be able to apply for a grant to buy a computer and broadband connection from an approved supplier.

Looked-after children up to the age of 18 will also receive laptops, and the scheme will offer bespoke packages to provide more support for children with special educational needs.

For more information on how parents can apply for a Home Access Grant call 0333 200 1004 or visit the website to get more information and request an application form.

<http://www.homeaccess.org.uk/>

## **Send Us Your Contributions**

Send us your News and Events for inclusion on our website, using the links on the website, and for the Newsletter, email

[newsletter@shropshire-disability.net](mailto:newsletter@shropshire-disability.net)



## Anchor Staying Put - Shropshire

**Anchor Staying Put - Shropshire** is a locally based and funded not-for-profit Home Improvement Agency and part of Anchor Trust. The Agency delivers three key services across the whole of Shropshire:-

- 1) The Shropshire Handyperson Service
- 2) Shropshire Kickstart
- 3) Adaptations – through DFG

If you wish to find out more contact

**Anchor Staying Put Shropshire** 01743 354978, Handyperson Service 01743 363708, email [stayingput.shropshire@anchor.org.uk](mailto:stayingput.shropshire@anchor.org.uk), website <http://www.stayingput.org.uk>



answer. There is always a way of achieving your dreams no matter what the obstacles.”

**Bethphage** (a charity for disabled people) will be producing a show at The Theatre Severn in Shrewsbury on 22 & 23 September 2010. The show will be called **Spice of Life** and will feature performances from disabled and able bodied performers including dance, drama, comedy and music.

If you would like to take part (or know someone who would) or you would like to help with the production, please contact Rob Tovey on 01743 272880 website [www.bethphage.co.uk/](http://www.bethphage.co.uk/)

## Patron for Shropshire Disability Network

We are delighted to announce that Emma Suddaby has agreed to become our Patron. This is Emma's profile:



“I was stricken with an extremely aggressive form of Rheumatoid Arthritis at the age of 22. I had been married for just a year and was just beginning to get bits

and pieces of my writing published. I was looking forward to a bright future, a successful career and children when suddenly overnight all that changed. The next 10 years were spent learning to cope with severe RA and the endless surgery it made necessary. My young marriage floundered under the strain and writing ambitions were forced to the sidelines, as I entered the tunnel vision of survival. By the age of 32 I had two artificial hips, two artificial knees, and two artificial elbows. My right foot was fused, both my wrists and hands extensively repaired.

Sick and tired of being sick and tired, I applied for a scholarship with the charity Flying Scholarships for the Disabled. Remarkably not only did I get the scholarship, but within a year I became a fully qualified pilot. I was overjoyed with the achievement and felt I had found a way of beating my disability – don't take no for an

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## Profile of Emma Suddaby, Patron of SDN continued from page 9

“Then my tale took a bizarre twist as someone (I still don’t know who) nominated me for the Shropshire Star’s annual Woman of the Year award. I was flattered and bemused to have inspired someone in this way, and even more amazed when I was named runner up when the awards were handed out.

The real icing on my cake happened when the Shropshire Star asked me to write a regular weekly column in which I was free to air my not-always-popular views and opinions. I still write for them now and the confidence that gave me enabled me to revive my career as a freelance journalist.

So almost 15 years since being diagnosed, and despite the fact my condition continues to ravage my health, I feel I have finally got back everything RA stole from me. I’ll never have a normal life, but I love the life I have. The ups and downs of getting here have taught me that anyone can achieve anything, despite their limitations.”

### Enjoy Britain with award winning accessible days out ...

**FREE to Blue Badge holders\***

THE ROUGH GUIDE to  
**Accessible Britain**  
Fully revised and updated third edition

The new and inspiring Rough Guide to Accessible Britain (Edition 3) is out now! With rewarding days out to choose from across the UK, why not make the most of spring and [order your copy now](#).

- Over 180 inspiring ideas for worry-free days out
- More reviews and suggestions by disabled visitors
- Accessibility information and advice you can trust
- Audio version available to download for FREE

**New this year**  
Visit the winning venues of the Accessible Britain Awards 2010.

**Motability**  
The leading car scheme for disabled people

If you hold a Blue Badge or a Disabled Persons Railcard then the Accessible Guide is FREE. All you need to do is tell us the name of your Blue Badge issuing authority, or your Railcard number, when you place your order.

The Guide is £6.99 (inc p&p) for everyone else.

You can order now online or call **0800 953 7070** – lines are open 8am to 8pm daily.

If you wish to pay by cheque, simply [download the form](#) and return to us. For a large print or Braille version of the Guide, please call us on **0800 953 7070**.

There is limited availability of the Guide and we aim to deliver it within 7-10 working days.

[Request multiple copies of the Accessible Guide](#) for your organisation, club or association.

<http://www.accessibleguide.co.uk/guide/guide.html>





The Department of Health has commissioned the Centre for International Research on Care, Labour and Equalities (CIRCLE) at Leeds University to produce a set of 9 **regional factsheets on carers**. These factsheets include data on the number and characteristics of carers in each region as well as information about carer health and well-being. These can be downloaded from their website at [http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_113528](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_113528) or ordered online or by phone, free, from [http://www.orderline.dh.gov.uk/ecom\\_dh/public/home.jsf](http://www.orderline.dh.gov.uk/ecom_dh/public/home.jsf)

## Send Us Your Contributions

Send us your News and Events for inclusion on our website, using the links on the website, and for the Newsletter, email [newsletter@shropshire-disability.net](mailto:newsletter@shropshire-disability.net)

Each month's News and Events will also be included in the Newsletter, and all our members, both individuals and organisations, will receive the Newsletter by email. Please give us as much advance warning of events for inclusion in the Newsletter as possible.

Those that do not have access to email will not be left out however. For a small subscription, you can have a black & white paper version sent to you.

Sally Barrett, Newsletter Editor

## New social network group launched in Shropshire for Brain Injury Awareness Week

A new project to provide support and advice to anyone in Shropshire with an acquired brain injury has been launched as part of national Brain Injury Awareness Week.

Speak Your Mind Shropshire (SYMS) is a new social networking group put together by Stephen Hignett and Seb Colley both of whom have an acquired brain injury (ABI) and therefore know first-hand many of the challenges faced by people with an ABI.

Stephen and Seb first met when they attended 'Restart', a community-based project based in Condover, set up by Optua UK Community Brain Injury Services. Restart aims to provide meaningful activities for people with an ABI, to help them gain different skills and experiences.

Acquired Brain Injury can be caused by an accident, stroke or illness. It's a very complex area and everyone is affected differently. This week (17-23 May) is national Brain Injury Awareness week which aims to raise awareness of the issues faced by people with ABI.

Stephen Hignett said: "The reason we wanted to set this up was to be there and give support and advice to others. Not only support those with a brain injury but families and friends too because it's not just the person with the injury who can suffer problems."

SYMS has been set up after a lot of hard work from Stephen and Seb and with further help and guidance from Optua UK's Assistant Case Manager, Steve High and Services Co-ordinator, Hazel Comley.

A new Facebook group is being set up for SYMS and the plan is for it to develop to include regular social events, activities and discussions. Stephen and Seb are keen to hear from anyone who wants to get involved. You can email them on [symshropshire@gmail.com](mailto:symshropshire@gmail.com) or contact them via the Restart project on 01743 874234.



## The Equality Act 2010

On 8<sup>th</sup> April 2010 **The Equality Act 2010** received royal assent and it will eventually replace the Disability Discrimination Act. The whole Equality Act can be seen at [http://www.opsi.gov.uk/acts/acts2010/ukpga\\_20100015\\_en\\_1](http://www.opsi.gov.uk/acts/acts2010/ukpga_20100015_en_1).

**RADAR** have produced a Briefing on the main changes brought about by this Act, which can be seen on RADAR's website at <http://www.radar.org.uk/radarwebsite/default.aspx?tabid=29>.

## Shropshire Infrastructure Partnership

### Spring / Summer Training Programme

- Awareness Raising for Child Protection Level 1 Part 1 & 2 – Shrewsbury, Saturday 5th June 2010 – 10.00am – 4.00pm
- Awareness Raising for Child Protection Level 1 Part 1 – Ludlow Wednesday 9th June 2010 - 6.00pm – 9.00 pm
- Introduction to Charity Trusteeship – Minsterley Tuesday 15th June 2010 – 10.00am – 1.00pm
- Volunteer Management – Craven Arms Tuesday 15th June 2010 -10.00am-4.00pm
- Dealing with Difficult Behaviour – Shrewsbury Thursday 22nd June 2010 – 7.00pm – 9.00pm
- Being an Effective Committee – West Felton Thursday 24th June 2010 – 6.30pm – 9.00pm



**shropshire  
infrastructure  
partnership**

Further details from SIP at <http://shropshirevcs.org.uk/site/our-services/training/training/>

## What's On

### Volunteering Events in Central & Southern Shropshire

**Volunteers Week 1-7 June 2010:** We will be promoting/celebrating volunteering, all invited to join us to promote the work you do & recruit volunteers, please find a booking form attached for the Shrewsbury event.

**Tuesday 1<sup>st</sup> June** – Ludlow Square

**Wednesday 2<sup>nd</sup> June** - Cleobury Mortimer & Clee Hill (venue TBC)

**Thursday 3<sup>rd</sup> June** - Shrewsbury Square  
(Please apply you want to have a stand / exhibition at this event)

**Knowledge & Nosh South:** We are holding these popular FREE briefing sessions in South Shropshire, venue and dates to be confirmed

#### Briefing Subjects:

ISA Vetting and Barring Scheme  
Youth Volunteering  
Monitoring & Evaluation

**For further information about any of these events, please contact Lisa Darkin of the Community Council of Shropshire, Tel: 01743 237 881; Email: [Lisa.Darkin@shropshire-rcc.org.uk](mailto:Lisa.Darkin@shropshire-rcc.org.uk)**

## Central Area Volunteers' Forum Promotion & Information Day



**Volunteers' Week**

Shrewsbury Square

Thursday 3<sup>rd</sup> June 2010

9.30am – 3.30pm

(Set up from 8.30am, pack up from 3.30pm)

Come and join us to promote your  
organisation's volunteer opportunities  
and activities!

## National Thrombosis Week

1<sup>st</sup> - 5<sup>th</sup> June 2010

For further information or  
to register your interest  
in helping to support  
National  
Thrombosis  
Week please  
contact:



Tele: 020 7633 9937  
Email: [lifblood.charity@googlemail.com](mailto:lifblood.charity@googlemail.com)  
Website: [www.thrombosis-charity.org.uk](http://www.thrombosis-charity.org.uk)

Registered Charity No. 1080540. A Company Registered in England and Limited by Guarantee. Registered Company No. 4266402



**World Elder Abuse  
Awareness Day  
(WEAAD)  
15<sup>th</sup> June 2010  
[www.elderabuse.org.uk/](http://www.elderabuse.org.uk/)**

*(Please note that tables and chairs are NOT  
provided and groups will have to provide their own.  
No vehicles are allowed to park in the Square at  
any time other than those authorised for loading  
and unloading.)*

Contact: Lisa Darkin, Community Council of Shropshire,  
The Creative Quarter, Shrewsbury Business Park,  
Shrewsbury, SY2 6LG or email [lisa.darkin@shropshire-rcc.org.uk](mailto:lisa.darkin@shropshire-rcc.org.uk)

**small  
charity  
week**

**14th - 18th June 2010**

Brought to you by the FSI

Join us as we bring together the UK's vibrant  
small charity sector to share ideas, stories and  
knowledge, and celebrate the value of small  
charities in our communities

020 7009 3543 [info@smallcharityweek.com](mailto:info@smallcharityweek.com)

**Welcome to Small Charity Week  
2010!**





a Night of  
**Comedy,**  
**Magic & Song**



*at The Lord Hill Hotel, Shrewsbury*

**Thursday, June 3<sup>rd</sup> ... 7.30pm**

Starring;

Geoff Rushworth... *Unbelievable Close-Up Magic;*

Gareth Jenkins... *Hilarious Comedy Magic*

Paul Rushworth... *Comedy Impressionist;*

&

Shrewsbury's very own Paul Challinor...

*Singer & Musician*

Plus a 'Surprise guest'

**ALL TICKETS; £7.50p**

**REMEMBER... ALL PROCEEDS will go to;**  
**Shrewsbury Multiple Sclerosis Society**

Registered Charity No. 207495

Tickets available from

Rushworths: 01743-445328    Magic Snips: 01743-466966

MS Branch: 01743-364484





# Open Studio Tour Saturday 5th June

**Tour of at least 5 BVA Studios**  
**1.00pm from Oswestry returning 4.00pm**  
**Adults £8.00 - Concessions £6.00 - Children £4.00**

**Ring 01691 656882 to book and for further details**  
**For more tART events visit [www.qube-oca.org.uk](http://www.qube-oca.org.uk)**  
**Pickups from other locations can be arranged**



**All studios selected for this tour have access for the disabled, some of which is limited. Phone Qube for more information.**



Oswestry Community Action  
 Reg Charity No. 1063319 Inc. Company No. 3390138



The charity for people with diabetes

## **Walk the extra mile 2010 - West Midlands**

Join us for a great day out for all the family with routes for all ages and abilities ranging from 1 to 8 miles.

Many of our walks have other activities taking place on the day such as face painting, nature hunts and workshops for children.

Registration is free and all walkers will receive a fundraising pack and medal.

Please get in touch to join us at one of our walks:

### **Shropshire Hills Discovery Centre, Craven Arms - Sunday 6 June, 10am**

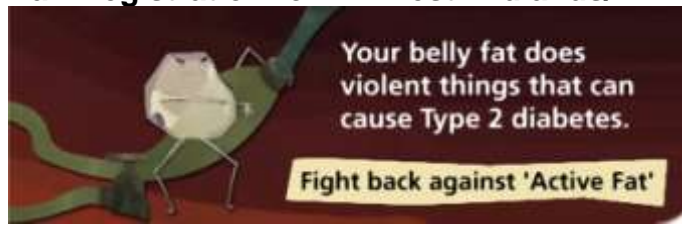
- 2, 5 and 7 miles
- Suitable for wheelchairs and pushchairs
- Dogs on leads allowed

Contact: Joanna Oldfield, Diabetes UK West Midlands, 1 Eldon Court, Eldon Street, Walsall WS1 2JP

Telephone: 01922 614500

Email: [midlands@diabetes.org.uk](mailto:midlands@diabetes.org.uk)

Register for this walk online at  
[http://www.diabetes.org.uk/In\\_Your\\_Area/West\\_Midlands/Contact\\_us/Walk-in-the-Park-registration-form---West-Midlands/](http://www.diabetes.org.uk/In_Your_Area/West_Midlands/Contact_us/Walk-in-the-Park-registration-form---West-Midlands/)



## **Arrhythmia Awareness Week (AAAW)**

**7<sup>th</sup> - 13<sup>th</sup> June 2010**

Arrhythmia Awareness Week gives anyone with an interest in heart rhythm disorders, their symptoms and effects, the opportunity to raise awareness and promote better understanding of arrhythmic conditions.

*1) Arrhythmia Alliance is promoting routine procedural pulse checks in GP surgeries, as exist for weight and blood pressure*

*2) Everyone needs to 'Know Your Pulse' as it is one of the most effective ways of identifying potential cardiac arrhythmias*

*3) An arrhythmia is caused by abnormal electrical activity in the heart which affects the way the heart beats – more than 2 million people in the UK have an arrhythmia*

*4) Untreated, some arrhythmias can lead to sudden cardiac death, stroke and loss of consciousness*

*5) This week is Arrhythmia Awareness Week (7th-13th June 2010)*

Underpinning these messages is where people can find out more about arrhythmias and how to take their pulse: Find out how to take your pulse at **[www.knowyourpulse.org](http://www.knowyourpulse.org)**

Arrhythmia Awareness Week (AAAW) is a UK campaign, run by Arrhythmia Alliance, The Heart Rhythm Charity ([www.heartrhythmcharity.org.uk](http://www.heartrhythmcharity.org.uk)) which gives anyone with an interest in heart rhythm disorders, their symptoms and effects, the opportunity to raise awareness and promote better understanding of arrhythmic conditions. 'Know Your Pulse' is the theme for AAWW 2010.



## **Cervical Screening Awareness Week**



**7-13th June 2010**

In the UK, 20% of women still do not attend their cervical screening and so raising public awareness

of cervical cancer prevention is still a priority. Public knowledge and understanding of issues such as cervical screening, the causes of cervical abnormalities and cervical cancer and treatment is generally low. Raising awareness of these subjects in your local community is often one of the best and most effective ways of reaching a high number of people.

More at <http://www.jostrust.org.uk/>

### **CALLING ALL COMMITTEE MEMBERS**

### **OF VOLUNTARY GROUPS, CLUBS, SOCIETIES OR CHARITIES!**

Do you sometimes feel 'Confused Dot Com'?

If so, why not join us in

The HOBBS ROOM at SHREWSBURY LIBRARY

on

MONDAY 21<sup>st</sup> JUNE, BETWEEN 10.30 and 12.00

for

COFFEE AND BISCUITS

and the opportunity to

ASK ALL THOSE QUESTIONS

and

## **National Glaucoma Awareness Week 7th – 13th June 2010**

### **Only an eye test can detect glaucoma**

It is estimated that at least 1 in 50 people aged over 40 are at risk of having glaucoma, one of the leading causes of preventable blindness in the UK today. The shocking reality is that 50% of people with glaucoma are currently unaware of their condition. In other words, potentially, over 250,000 people in England and Wales could be slowly losing their sight at this very moment without realising it simply because, in most cases, glaucoma has no symptoms in its early stages!

During National Glaucoma Awareness Week our messages are:

We all are at risk!

But some people are at increased risk such as people aged over 40, with a family history of glaucoma (eg. a parent, grandparent, brother or sister), who are short-sighted, diabetic or of African-Caribbean origin.

**Detection** is key (only an eye test can detect early glaucoma!)

Everyone over the age of 40 should have a regular (once every two years) routine eye test that includes all three glaucoma tests (**ophthalmoscopy, tonometry and perimetry**), whether or not they believe anything is wrong with their vision.

DISCUSS ALL THOSE PROBLEMS  
YOU'VE NEVER LIKED TO ASK?  
FURTHER INFORMATION FROM  
JEAN GARNER

on

01743 791459

Or

[jean@garner1.eclipse.co.uk](mailto:jean@garner1.eclipse.co.uk)



## Learning Disability Week 2010

Monday 21<sup>st</sup> – Sunday 27<sup>th</sup> June

A message from Ciara, Mencap campaigns assistant.



"Hi everyone.

As someone with a learning disability, I know how frightening it can be to go into hospital. Although I've always been treated well, this is not everyone's experience.

Learning Disability Week is Mencap's national awareness week and this year we are campaigning to improve the NHS.

In the last few months we have been working hard to produce campaign packs which have everything you need to campaign to improve healthcare in your area, including guides, petition sheets, draft press releases and posters.

<http://www.mencap.org.uk/page.asp?id=9879>



Wear your *Pyjamas with Pride* on **Friday 25th June**, to help sick children in hospitals and hospices. Join thousands of people across the UK by wearing your Pyjamas for charity and donating **£1** for the right to look wrong!

**Register now** and receive a **fantastic, free fundraising pack** to use on the day! Also, a host of Pyjama party games and activities will be available to download on our website; including a Wallace & Gromit activity pack!

Locally, Hope House Children's Hospice is supported by this organisation.

## Health Information Week July 5-11th 2010

Health Information Week is a campaign throughout the West Midlands to improve access to health information. In the West Midlands region staff from local authorities, public libraries, NHS, voluntary sector, independent information and advice centres have all been working together to make their health resources more available to the public. In most areas your local libraries and information centres will have extra health information available, leaflets for you to take away or sessions to show you how to use the computer to find good quality health information. Look out for posters in your area or visit your local library to find out more. Events include:

## The 124th Annual Wenlock Olympian Games

will take place at the Much Wenlock Sports Centre, The Linden Fields from 9th to 12th July 2010. Events include Archery, Athletics, Bowls, Badminton, Clay Pigeon Shooting, Cricket, Fencing, 5-a-Side Football, Golf, 7 Mile Road Race, Tennis, Triathlon and Volleyball

<http://www.wenlock-olympian-society.org.uk/>

**For Healthy eating & weight  
management**

**And**

**Physical activity & exercise**

**See <http://www.equip.nhs.uk/>**

# Memory Walks



Sunday 27th June 2010

Cruse Bereavement Care in Shropshire invites families, friends and co-workers to come together and walk in memory of loved ones who have died.

Every pound that you raise will help to provide bereavement support for people throughout Shropshire.

Make your footsteps count . . .



Join us at one of three scenic locations, starting at 11.30 am:

*Telford - The Wrekin car park*  
*Shrewsbury - The Dingle*  
*Oswestry - Cae Glas Park gates*

**REGISTRATION £5.00 or £10.00 PER FAMILY**  
**DONATIONS/SPONSORSHIP GRATEFULLY RECEIVED**

for information and registration form:  
01691 623783  
[shropshire@cruse.org.uk](mailto:shropshire@cruse.org.uk)

Charity reg no: 208078



# Invitation



## Shropshire VCS Assembly

We hope you can join us on

**Wednesday 30 June 2010  
9.30 am - 2.00 pm**

for the  
**Shropshire Voluntary and Community Sector  
Annual Assembly**

Venue  
**Shrewsbury Town Football Club**

Chaired by:

**Julia Baron**  
Chief Executive  
Community Council of Shropshire,  
Chair of the VCS Assembly

Key note speakers will include:

**Kim Ryley**  
Chief Executive  
Shropshire Council

**Ben Kernighan**  
Deputy Chief Executive  
National Council for Voluntary Organisations (NCVO)

This is a free event with lunch provided  
Book early to avoid disappointment

**Shropshire VCS Assembly c/o, Shropshire Partnership  
Shirehall, Shrewsbury, Shropshire, SY2 6ND  
Telephone: 01743 252269  
Fax: 01743 252265  
Email: [donna.ball@shropshire.gov.uk](mailto:donna.ball@shropshire.gov.uk)**





## **Diamond Jubilee Conference**

### **Epilepsy Action celebrates 60 years – it's our Diamond Jubilee year**

**Saturday 11 September 2010, Novotel  
London St Pancras**

Epilepsy Action is celebrating its 60th birthday, or Diamond Jubilee, during 2010!

To mark this great milestone, there will be various activities throughout the year. Perhaps the most prestigious of these activities will be our Diamond Jubilee conference on Saturday 11 September at the Novotel London St Pancras.

The theme of the conference will be based around the past, present and future.

We will be encouraging as many of our members, and branch members, as possible to attend the event. The conference will provide an important, opportunity to hear about our future work and objectives.

#### **Delegates will be charged as follows:**

- ▶ **Epilepsy Action members: £15**
- ▶ **Member concessions: £12**
- ▶ **Non-members: £25**
- ▶ **Non-member concessions: £18**

**If you would like to join Epilepsy Action and book for this conference at the same time, the rates are:**

- ▶ **Epilepsy Action membership and conference ticket: £32**
- ▶ **Concession membership and conference ticket: £22**

**Details at:**

**<http://www.epilepsy.org.uk/about/national-conference/2010-diamond-jubilee>**



**Jump in July**

Take part in a sponsored  
parachute jump during  
Dementia Awareness  
Week: 4 - 10 July 2010

PTO

[www.alzheimers.org.uk/](http://www.alzheimers.org.uk/)

1 2 3

Each month's News and Events will also be included in the Newsletter, and all our members, both individuals and organisations, will receive the Newsletter by email.

Those that do not have access to email will not be left out however. For a small subscription, you can have a black & white paper version sent to you.

Sally Barrett, Newsletter Editor, email [newsletter@shropshire-disability.net](mailto:newsletter@shropshire-disability.net)



[www.shropshire-disability.net](http://www.shropshire-disability.net)

**THE place for information on disability  
throughout Shropshire.**