



NEWSLETTER

Issue No. 3: August 2010



A new layout for SDN's Newsletter!

Welcome to our third Newsletter. In response to readers' comments, we have changed the layout for the Newsletter. Instead of two columns, we now only have one, which makes it much easier to read online. In addition we have made it less wordy by only including the initial paragraphs for the longer articles, with a link to the rest of the article.

But if you don't read the Newsletter online, don't despair! The full Newsletter is still available in black and white paper version for an annual charge of £12. Payment should be sent to Shropshire Disability Network, to SDN c/o Tom Memery, Treasurer, Omega, London House, Town Walls, Shrewsbury, Shrops, SY1 1TX.

Your news, views and events are always welcome for inclusion in the Newsletter. Please send articles to me, Sally Barrett, Editor, at newsletter@shropshire-disability.net.

SDN's next General Meeting will take place at 11 am on **Thursday 9th September 2010**, at the Mereside Community Centre, Sutton Farm, Shrewsbury. Our guest speaker will be **Sally Edwards**, from the **Blue Eyed Soul Dance Company in Shropshire**. This is an innovator of inclusive dance with disabled and non-disabled artists of all ages. We think this is an inspirational story. Please note the date in your diary.



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Caring with Confidence programme to cease in September 2010

OMEGA, The National Association for end of Life Care, who have been administering the government-funded Caring with Confidence programme, including in Shropshire, report that government cuts mean the Caring with Confidence programme will cease from this September. In the last 15 months OMEGA have run over 600 friendly group sessions places for carers across the country.

OMEGA are determined to continue their work in providing support to people with caring responsibilities and to the bereaved, and will run as many Caring with Confidence sessions as they can until funds finally run out. One victim is the Lunch Club in Shrewsbury held at the Beaten Track, Old Potts Way (next session September 8th 12.45 to 14.30), which OMEGA will not be able to fund. But they are determined to keep the Shrewsbury carers group together and carers attending the lunch will be asked to pay for their own food and drink.

OMEGA are exploring other sources of funding to continue supporting carers and details of their activities can be found on their web site, www.omega.uk.net or call 0845 259 3163 (local rate).

Not By Bread Alone - A triumph for blind and deaf Israeli performers

Reprint of article by John Nathan, from The Jewish Chronicle Online, 8-07-2010, <http://www.thejc.com/arts/theatre-reviews/34493/review-not-by-bread-alone>

Tel Aviv's Nalaga'at Theatre Company - the world's only theatre company whose performers are either deaf, blind or both - has come to town and delivered a show that is so unique, star ratings seem redundant.

It is not easy to decide on what terms to judge Not By Bread Alone. To make allowances because the performers are disabled would be patronising. Not to recognise the fact would be ridiculous.

If the play's objective is to give a sense to those who have sight and hearing of what it is like to have neither, Nalaga'at (which in Hebrew means "do touch") are only partially successful. But if the objective is to reveal the human spirit at its most astoundingly resilient, Not By Bread Alone is an utter triumph.

In the time that it takes the 11 performers to bake as many loaves - about 75 uninterrupted minutes - their stories are told, the most modest of fantasies are played out, and from this hotchpotch of singing and sign-language, portraits emerge of people whose fortitude make our own - or at least, my own - problems seem shamefully trivial. In that sense, the evening is exhilaratingly liberating.

Actress Bat Sheva Ravenseri tells us how, apart from her wish to be able to see again, her recurring fantasy is to have her hair done by a posh hairdresser. Cue a tableaux in which Igor Osherov, one of the company's talented clowns, sits under a hairdryer distracting Bat Sheva's moment of vanity by flirtatiously stroking her arm.

Much of the comedy here is old-school and simple. Mime and music play a large part but that is not a bad thing. What with the accompaniment by an accordion, the evening feels inspired in part by French director Jacques Tati, as well as director Adina Tal, who started the Nalaga'at project.

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Igor Osherov and Marc Yarovsky in Not By Bread Alone

Continued from page 2

Another personal story is told by Itzik Hanuna's writer who, with the help of an interpreter for Hebrew speakers (there are English surtitles too), describes the loneliness of a childhood lived in silence and darkness, and the soaring happiness he feels with the touch of someone's hand.

Helping the performers on stage is a crew dressed in black who discreetly pat the actors so they know when the audience is applauding. Sometimes they guide the actors across the stage. But for the most part the performers need no redirection.

By now the auditorium is filled with the smell of bread baked in on-stage ovens. We are invited to share it with the cast. It is a moment in which to savour the title's meaning, that life cannot be lived on bread alone - a lesson bolstered by the breaking of bread in company.

As well as the show, there are two further opportunities at the theatre to experience something of life as lived by the company's members. At Café Kapish you are served by deaf waiters. In the Blackout Bar, you are led to your table in pitch darkness.

The ambient noise of people chattering and cutlery clinking gives a powerful insight into what it must be like for a blind person to enter a room full of strangers who are oblivious to their presence. Sitting at my table were Sarah and Charlie. We chatted in the darkness, about the show, Israel and theatre. It was a most enjoyable 20 minutes of temporary blindness, until the chilling thought occurred that blindness is only half of what most of the performers we had watched have to cope with.

My Bowel Incontinence

by Tina Sheppard of Oswestry MS Society

I have been suffering with Bowel Incontinence since December 1998 when I started having MS related spasms (although I did not know at this time that I had MS and what the spasms were!). I remember having one of these horrific spasms in the kitchen during the Xmas break and sensing the urgency to get to the toilet! Fortunately at the time we had a loo in the garage which was just off the kitchen and I think I made it in time!



Over the months from being diagnosed in March 1999 with MS I started having bowel accidents! They are a complete evacuation of my bowel, which is very distressing, embarrassing, disgusting and affected my confidence at going out (although I didn't stop going out or going to work). I have rarely cried about what has happened to me but have just got on with cleaning myself to the best I can depending on where I am at the time and what facilities are available to me.

I moved to Oswestry on 1st April 1999 (what a date to move house having been diagnosed with MS on 23rd March – a week earlier!) and registered with a new Dr's practice. I explained about my bowel incontinence and the following year I was referred to see a Gastroenterologist at Shrewsbury Hospital. Dr. Mark Smith did a Colonoscopy and took a biopsy but found nothing wrong. He decided to refer me to see a Professor of Anal Physiology at St. Mark's Hospital in Harrow, London. Who in their right mind would want to specialise in that? Mind you I am glad they do! My husband drove me there and because I was nervous as soon as we entered the underground car park I had a really bad bowel accident. I cleaned myself up the best I could and went upstairs in the lift to have tests done. They measured the size of my rectum (which I was told was normal, that's really useful to know!), and did all sorts of tests including putting a balloon inside my rectum.

The diagnosis was that I have nerve damage from the MS, a tear in my sphincter muscle from giving birth to one of my children (probably the first who was born as an assisted breach and I had horrific problems with the Epidural. In fact they inserted 3 needles, called a Consultant Anaesthetist from his home to insert the fourth which later fell out and because the night shift had changed to the day staff, the new Dr. on duty inserted a fifth which worked! And I ended up being paralysed for 24/48 hours with a new baby!). Six months later I had to go back in because I had been sewn up wrong – down there – because they had left a nerve exposed! All in all it's no wonder I have problems with my bowels! There are another two things wrong that St.Mark's found but I can't remember what they are. Oh well!

My incontinence has got worse over the years. I was diagnosed with Diabetes in December 2003 and was put on Metformin. These tablets worked fine for quite a while but then in the summer of 2005 I started having the most horrendous bowel accidents. They were like tipping a saucepan of gravy down my trousers! I ended up taking lots of Imodium to try and stop the accidents which did help. It turned out it was a reaction to the Metformin tablets! So my tablets were changed and everything was back to 'normal'. Normal for me meant that I would have a bowel accident at least once a month or more frequently i.e. weekly / 2 in a day/fortnightly any time really! Something I haven't mentioned is that every time this happens to me and I have a shower to clean myself up I become physically exhausted! It's the only time I suffer with fatigue is when I take a shower! My tablets were changed to Gliclazide and everything settled down again.

I have had a Continence Nurse since living in Oswestry (1999) and the one I have had for a number of years now is called Nicola Head. She is really nice and very helpful; in fact she is the one who first diagnosed me with Diabetes following a urine sample I asked her to check! She sorted out my Bladder Incontinence for me by introducing me to Speedicath Intermittent Catheters which have been absolutely brilliant! This must have been in late 2003 too! I use these every time I need a 'wee'. I also take two Vesicare tablets a day to stop the urgency problems I have with my bladder. She has also tried to help me with my bowel problems and asked me to try an Anal Plug! Well, I did try this one day as I was driving to a meeting in Wolverhampton (I was the Personnel Manager for Oswestry Borough Council). I decided to insert it before I set off on my journey (the time was about 10.00am). The Anal Plug kind of works like a tampon and although it felt a little uncomfortable at the beginning it soon eased after I jiggled about a bit whilst driving. I was hopeful it would work and I wouldn't have an accident. I drove back to work after the meeting (no problems) and then at 5.00pm I felt I needed the loo for a you know what! Well something shot into the loo and I wasn't sure what it was? Had the Plug come out as well? I felt very sore and uncomfortable and decided to go home. I phoned Nicola but she had left for the day and so I phoned the Doctor's surgery for an urgent appointment. I had to wait until the next morning! I explained to the Doctor what had happened and took him a sample (a clean one!) of the Plug to show him what I was talking about. He said he would have to examine me in the vagina as that was the best way to tell if the plug had moved, was still in there or had come out!? Well he did examine me and fortunately it had come out! I was very relieved! It took a few days for the soreness to disappear and I will never use them again!

Anyway, Nicola then introduced me to the Peristeen Anal Catheterisation system. This was difficult to do to start with but once I got the hang of it I think the longest I went without a bowel accident was 19 weeks! I started using this in January 2008. It was brilliant because my confidence with regard going out meant that I could relax because I wouldn't have a bowel accident. Unfortunately over the months things changed again with my bowels and I found I was having trouble with the actual system breaking down which meant I would have to wait for a replacement to be sent which sometimes meant that I started having bowel accidents more frequently because my 'routine' had changed. Then I realised that I was unable to 'pump' enough water into my rectum to clear the colon. I haven't explained how the Peristeen system works have I? Well, basically I use an Anal catheter which has a balloon attachment and is attached to a tube which is attached to a pump.

Also attached to the pump is another tube that pumps water into the rectum. By inserting the Anal catheter and then pumping up the balloon and then pumping in the water it should upon release of the catheter allow all of the faeces to come away. Nicola and the rep from Charter Healthcare think that my rectum is now going into spasm and pushing the catheter out. Therefore I am not emptying my bowel.

For the past two to three months because I am not emptying my bowel I have overflow motion leaking all day! I am now in a worse situation because every time I go to the loo for a 'wee' I check myself and find I have bowel leakage which has to be cleaned away the best that I can, depending where I am and what facilities are available to me. I went to see my GP. about this problem and he gave me Picolax laxative (which is used on patients who are about to have a bowel operation or exploratory examination). I took the first sachet at 8.00am and you can imagine what happened? Four hours after taking it I had a bowel movement which fortunately was ok as I had got to the toilet in time. I was supposed to take another sachet four hours later but decided against it as I felt 'comfortable'. At 4.00pm I was stirring the chilli I was cooking for tea when I had the 'largest saucepan of gravy' descend from bowels! It went everywhere, it filled my pants, my crop trousers, ran down my legs and into my shoes and then of course I had to get my clothes off in the bathroom (fortunately I live in a bungalow so the bathroom isn't far from the kitchen) which meant it was then all over the floor as well! By the time I had cleaned the floor, gathered my dirty clothes up and put them in the sink and started to rinse them and then had my shower I was absolutely exhausted! Fortunately for me I had taken the phone into the bathroom, just in case, and guess what, the phone rang just as I had started to dry myself off. You'll never guess who it was? Nicola Head! Did she get an earful! I explained to her what the Dr. had prescribed which she knew all too well as a Continence Nurse what that does to anybody and particularly to someone like me! I actually found it quite funny that she had phoned at such an opportune moment! You couldn't ask for better timing!

Anyway, Nicola had suggested I take just half a sachet next time, next time, there won't be a next time! So I decided not to take anything but to just see how things went for a few days. My GP wanted me to go back and see him after three weeks and tell him how I was doing. Well you won't believe it but I didn't have any kind of bowel movement for eleven days! Absolutely nothing! Not even when I tried using the Peristeen! So because I hadn't had 'been' I decided to use Movicol, another laxative my GP thought I ought to try, which I had used on occasion and hadn't found it anywhere near as bad as Picolax and it worked 'comfortably' but once again I was at home and was able to get to the toilet.

Since then I have gone back to what seems to be my 'normal' bowel movement whereby I have 'bowel leakage' every time I go to the toilet for a 'wee'. I have been to see my GP and he doesn't know what to do with me and we discussed me going to see my Gastroenterologist again but decided against that as he didn't know what to do with me before. So in the end my GP phoned me at home to tell me he had read my notes after I had left his surgery that morning, particularly the letter from St. Mark's which said, wait for it, 'don't give this woman oral laxatives' because of the complications of her bowels!

So I am now waiting for an appointment to go to St. Mark's again. I know they say you shouldn't look up medical issues on the internet but I can't help it. I had more or less diagnosed myself with MS by what I had read in my old medical book so to me the internet is 'the fountain of all knowledge'! So now I have been looking up having a Colostomy operation and have scared myself silly. I'm scared because I haven't had major surgery, well apart from having a squint correction and the childbirth corrective surgery. What also frightens me is how such major surgery will affect my MS? Apparently you have to be in hospital for two weeks and then walking and exercise is difficult for a while, well they are difficult for me anyway, but will I lose the limited ability I have to walk now? Will I need carers, I think I will!

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Has anyone else experienced this?

Tina Sheppard, 17th August 2009

[Ed. note: Tina is due to have a colostomy as we go to print and we will let you know how she gets on.]

Compulsory social care payment scheme 'not ruled out'

From the BBC <http://www.bbc.co.uk/news/uk-politics-10697454>, 20-07-2010

The government has not ruled out introducing a compulsory payment scheme for social care, sources say.

During the election campaign the Conservatives campaigned against the so-called "death tax" to pay for social care.

Continued on page 6

However, government sources have made clear that the Commission on Funding for Care and Support, set up on Tuesday, will be able to consider all options including voluntary and compulsory schemes.

The Conservatives had backed a voluntary insurance scheme and pulled out of cross-party talks on the future of social care ahead of the election because the compulsory option was not ruled out.

A government spokesman said: "As the coalition agreement makes clear the commission will look at both voluntary and partnership models of funding.

"We do not wish to constrain the commission from considering other options such as compulsory schemes."

Oswestry Mayor Chooses the MS Society Oswestry Group as Charity For The Year

Oswestry Mayor, Mrs. Elaine Channon has chosen the MS Society as one of her Charities for the year, together with the Oswestry British Legion. Her first fund raising event was a Cheese and Wine Evening at the Oswestrian on Friday 16th July. The Mayor chose the MS Society because her father had MS and died of a non MS related illness at the young age of 36, when the Mayor was 4 years old. The event raised £127 for Oswestry MS Society.

Cricket Federation for People with Disabilities – “Awards For All” grant



The CFPD is an official affiliated body of the ECB, renowned nationally for its care in coaching and developing young players, run by dedicated volunteer ECB coaches, all CRB registered.

We are fortunate to have been award a sum of money to coach and develop young people to take part in cricket by “Awards For All”

The Cricket Federation for People with Disabilities has already organised two successful outdoor cricket training section this year in Shropshire. On the 19th September, we are holding a Junior Cricket Disabilities

Tournament at Telford College of Arts & Technology's indoor facilities in Telford, open to all schools/clubs, games start at 11.00 am.

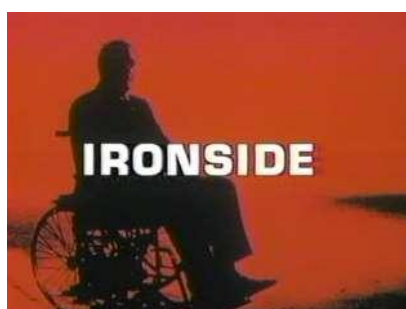
If you, or you know of a group of young people who might be interested in attending, a call to the CFPD will guarantee the group a place.

Dick Wildgoose 01691 650 554 or email dick@wildgoose.org.uk

Fred Wildgoose 01691 661 341 or email fred@wildgoose.org.uk

Regards, Geoff Phillips (CFPD Secretary), Mobile 07855 395 293, Email geoff.phillips@blueyonder.co.uk, www.cfpd.org.uk

Wheelchairs and Walking Frames on TV



How often do you see anyone on TV in a wheelchair? When I was younger, one of the most popular TV shows, Ironside, which ran from 1967 to 1975, featured Raymond Burr as Chief of Detectives Ironside, a veteran of more than twenty years of police service, who was forced to retire from the department after a sniper's bullet paralyzed him from the waist down and forced him to use a wheelchair. Appointed a "special department consultant" Ironside retained an attic floor (for living and office space) at the SFPD headquarters and made use of a specially modified and equipped

police truck and later a modified van to accommodate his wheelchair. The show became a success as Ironside depended on brains and initiative in handling cases. I'm somewhat doubtful that Pc David Rathband, who was shot and blinded by Tyneside gunman Raoul Moat, will receive such accommodating treatment!

But these days, one of the few people in a wheel chair or walking frame, who we see regularly on TV is the BBC's Security Correspondent – and skier and bird watcher – Frank Gardner. Frank started as a reporter for the BBC World Service in 1995 and was appointed as the BBC's Security Correspondent in 2002; in June 2004 Frank became a paraplegic when he was shot five times in Saudi Arabia by al-Qaeda sympathisers. His cameraman Simon Cumbers was killed in the attack.



Frank Gardner before the shooting

Frank returned to work in April 2005 and was awarded an OBE in the Queen's Birthday Honours list in June 2005. A fluent Arabic speaker, Frank still reports from worn-torn countries; I was startled to see him reporting from Afghanistan with his walking frame the other day. On Sunday 17th February 2008 Frank took part in Ski Sunday's Celebrity Giant Slalom Race against Heston Blumenthal, Fiona Bruce, Marcus Brigstocke and Ben Fogle, in a "bobski" otherwise known as a "sitski". Frank says

"It's basically a wheelchair without wheels, a moulded plastic bucket mounted on a spring, attached to a racing ski, in my case a short and manoeuvrable 168 cm long. In each hand I hold an "outrigger", a collapsible mini-ski on the end of a pole to help me balance and steer down the mountain. The outriggers can be folded closed to act as ski poles when you need to propel yourself along a flat or uphill slope, or, when clicked open, they act as balancing skis on either side of you.



Frank in Ski Sunday

Without wishing to sound cocky, skiing in a bobski is not difficult to learn - you can pick it up in half an hour - but it does bring new challenges and obstacles. I had skied a fair few times - sometimes in unusual places like Transylvania and Iran - before getting shot in 2004. But it has taken some getting used to, not being able to walk up the steps and into the cable car, or having to be helped onto the chairlift.

“Ski Sunday had organised for Dave Chugg, the development officer for Disability Snowsport UK, to give me some coaching and he soon showed me the error of my ways. Since my spinal cord injuries are

relatively low (L2 incomplete, in medical jargon) I still have full use of my hips and abdominal muscles. Being strapped tightly into my bobski, rather like an able-bodied skier's foot is fitted tightly into a ski boot, I have been able to turn the ski to left or right with just a flick of my hips, hardly using the outriggers at all. This, said Dave, was bad practice.

So now I am having to relearn how to carve a turn from a sitting position, resisting the temptation to steer with my hips and wondering, privately, if all this tuition is going to go right out the window once I am faced with the terrifying prospect of a slalom course that starts off on a black slope.”

You can see the programme on the BBC i-player on

http://news.bbc.co.uk/sport1/hi/other_sports/winter_sports/7238935.stm.

With so few people in wheelchairs on TV, no wonder they are often denied access to all the things able-bodied people take for granted, like getting into shops, visiting nightclubs or even cinemas, never mind taking part in the majority of sports. So hang on in there Frank – and we need a lot more like you.

The MS Society changes its policy on Respite Care

Tina Sheppard, of the MS Society Oswestry Group, says

I don't know if you saw on the news last week (commencing 21st June) that the MS Society through a thorough and comprehensive review which showed that less than 1400 people use the Society's respite care centres and that little or no respite care is available in most areas that the Board of Trustees have decided that the MS Society will develop its services to ensure that people with MS across the whole of the UK have access to individualised respite services and short breaks.

This means the Society will focus on providing better information about services that are available, accrediting services, giving grants, campaigning for better services and influencing other providers to increase the range of services that are available to someone with MS for a short break. To achieve these important aims, the Society needs to use resources in the best possible way to secure the best outcomes for everyone affected by MS across the UK. A regrettable outcome of this is that the MS Society will no longer directly provide residential respite care.

Should any one have any questions on this matter, then please contact me on 01691 830028 or e-mail tina.sheppard@hotmail.co.uk.

You can also read more information on www.mssociety.org.uk/respitecarereview.

Disabled sailor thrilled with honour



From: The News,
<http://www.portsmouth.co.uk/newshome/Disabled-sailor-thrilled-with-honour.6358073.jp>, Published 12 June 2010

DISABLED sailor Geoff Holt has been made an MBE for his contribution to disabled sailing.

The 44-year-old from Shedfield, near Fareham, sailed across the Atlantic unassisted at the beginning of the year.

He has also sailed around Great Britain on his own.

And now the sailor who has been quadriplegic since an accident 25 years ago, is being rewarded for all his hard work.

Mr Holt said: 'I'm absolutely thrilled. It came as a shock, I wasn't expecting it. I don't do it for any other recognition. I'm absolutely over the moon. I found out six weeks ago but the only person who knew was my wife. She said she was very proud and she thinks it's well deserved. The prospect of me going and getting my medal from the Queen is great.'

Rural West Midlands to benefit from wireless broadband

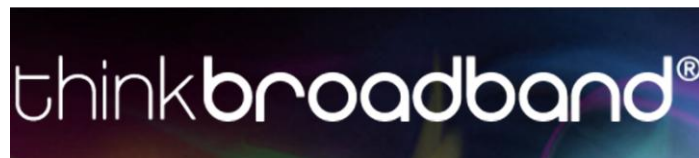
From Think Broadband, <http://www.thinkbroadband.com/news/4310-rural-west-midlands-to-benefit-from-wireless-broadband.html> By John Hunt, 13-07-2010

A new project will provide broadband to 40,000 people and 2500 businesses in the rural West Midlands from October it has been announced. A 40 square mile triangle between Leominster, Ludlow and Tenbury Wells will receive universal 2Mbps wireless broadband giving people in these areas access to the Internet at reasonable speeds.

"The lack of available and reliable high-speed broadband has been identified as a barrier to economic development in rural areas and this has already been earmarked as an issue to be tackled by the new Coalition Government.

With this in mind, I am delighted that - even in today's times of austerity - we are able to bring a long-term plan to fruition by launching one of the largest rural broadband projects of its type in the UK and a potential solution that could be rolled out across the rural West Midlands and even further afield." Peter Pawsey, (Executive Chair) Rural Regeneration Zone

£200,000 of funding has been secured from the Rural Development Programme for England (RDPE) which will be used to help fund the service from Worcester-based Airband



Community Internet Ltd. Businesses will be able to benefit from a faster package which will deliver a 10Mbps service. They expect to have around 250 companies signed up by 2013 which would make the project self-sufficient.

More details on the new service and to register your interest, visit the air [Airband website](#).

[Editor's Note: Broadband is a considerable help to the housebound. The cost for 4Mb/s download / 1Mb/s upload will be £25 a month, not inconsiderable, but there are various charities (listed on our website under 'Advice, Advocacy and Benefits – Disability Aids and Services') that can give financial help towards this.]

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"We do not wish to constrain the commission from considering other options such as compulsory schemes."

DeafPLUS offer a packed programme of events



DeafPLUS have a packed programme of events in the Birmingham and West Midlands area throughout August and September. Activities include Snooker and Pool in Erdington, Tin Pin Bowling, Thinktank goes Wild, MAC (formerly Midlands Arts Centre) events, Museum of Jewellery Quarter visit, REP Theatre backstage tour, visit to the Pre-Raphaelites at Birmingham Museum & Art Gallery, tour of Birmingham Football Stadium, Coffee Afternoons with talks in Harborne and a series of



Sign Language Courses in Worcester, Hereford, Oxford, Reading, Redditch and Solihull with Deaf Direct.

More information is available on the DeafPLUS website at

http://www.deafplus.org/index.php?option=com_content&view=article&id=88&Itemid=106 and on the Deaf Direct website at <http://www.deafdirect.org.uk/index.php>.

SDN - Our Vision

By 2025, disabled people will have the same opportunities, choices and responsibilities as non-disabled people to be respected and treated as equal members of society.

UNISON
DISABLED MEMBERS CONFERENCE 2010
SATURDAY 30 OCTOBER to MONDAY
1 NOVEMBER 2010
TELFORD INTERNATIONAL CENTRE

INTERESTED?

**IF YOU ARE A UNISON MEMBER AND WOULD LIKE TO BE A DELEGATE TO THE
CONFERENCE OR WANT MORE DETAILS, PLEASE CONTACT:**

PETER ROSCOE, SHROPSHIRE UNISON BRANCH, EQUALITIES OFFICER – 01743 252753
peter.roscoe@shropshire.gov.uk

OR

CHRISTINE CHATEUR, SHROPSHIRE UNISON, BRANCH OFFICE MANAGER – 01743 252952
Chris.Chateur@shropshire.gov.uk

Website: <http://www.unison.org.uk/conference/disabled.asp>

**PLEASE NOTE: REGISTRATION MUST BE MADE BY 13 AUGUST
2010**

Youth in Focus

BIG SUPPORT FOR YOUNGSTERS LEAVING CARE IN WEST MIDLANDS

**Supporting vulnerable young people through difficult changes in
their lives**

Summary of the programme

Through Youth in Focus we are making up to £30 million available for projects in England that support vulnerable young people through difficult changes in their lives.

There are certain groups of young people who need more support at important stages in their lives. Youth in Focus will help some of these young people.

Programme priorities and themes

We've decided to target this funding on some specific groups, where we think it can make a big difference.

The groups we're targeting are:



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- **Young carers** - Helping young people between the ages of 15 and 25 to be heard and get better access to practical advice and services, which can support their day to day lives.
- **Young people leaving care** - Supporting young people between the ages of 15 and 25, so they get better access to education, housing, healthcare and employment advice and services.
- **Young people leaving youth offenders' institutions** - Helping young people between the ages of 15 and 25 to develop their life skills and get better access to services, particularly young men with learning difficulties and young women.

More information: www.biglotteryfund.org.uk/prog_youth_focus



SOCIAL CARE PROVISION IN SHROPSHIRE IS CHANGING - ARE YOU?

As a Service Provider it is very likely that you will need to undergo some changes as more people in Shropshire are offered Personal Budgets and self-directed support in line with the Putting People First agenda.

Your organisation will need to look at person centred policies and practices; this may include re-structuring, changes to constitutions and changes to charging structures

The My Life My Choice Team in Shropshire will be running events at the following locations

Raven House, Market Drayton – Tuesday 7th September

Craven Arms Community Centre – Monday 13th September

All sessions 9.30am to 12.30 pm, refreshments from 9.15 am

NEW ADDITIONAL DATE: Friday 3rd Sept, Room 1 Louise House, Shrewsbury Shropshire.

This seminar will be held 12:30 – 15:30, refreshments from 12:15

The seminars will aim to provide an:

- understanding of the need for change in service delivery
 - the options for change in respect of service provision
- an overview of the challenges and opportunities for service provision
 - where to go for further guidance in the county

Who should attend?

This is an introduction to the change in Social Care service provision, the possible challenges and opportunities facing Service Providers in the county. Attendees should ideally be senior management including finance, HR and those with operational responsibilities.

Seminars are free to attend but registration is essential, numbers are limited.

Contact: Telephone: 01743 254635 mylifemychoice@shropshire.gov.uk to book your place, by providing your name, organisation, contact details and chosen event.

Have a lovely (wheelchair friendly) day out at Trentham Estate

Trentham Estate is near Stoke-on-Trent on the A34. I went there with our Gardening Club to visit the gardens – which are fantastic – but there is also a Monkey Forest where 140 Barbary macaques live in 60 acres of forest; a shopping village; woodland, parkland, a lake with canoeing and rowing as well as a cruise boat and fishing; an adventure play area (part of the Gardens); an Aerial Extreme High Rope Adventure Course; many cafes and restaurants and a calendar of events. And all of it (except the Aerial Extreme) is very WHEELCHAIR FRIENDLY. Wheelchairs are also available for use (<http://www.trentham.co.uk/Accessibility.html>).

It took us several hours to explore the gardens alone, which are beautifully planted and which consist of the Italian Gardens, the Western Pleasure Gardens, Rivers of Grass & Floral Labyrinth and the Barfuss Walk. While we were wondering around I realised how suitable it was for wheelchairs and electric mobility vehicles, and got talking to Gwen and Susan who were there with Knowle Friendship Club who, like us, were having a lovely day out. We then walked a mile along the lakeside (pushing a wheelchair might be a bit tiring for that!) and got the pleasure cruiser back – a return ticket on the



Gwen (right) and Susan (left) from Knowle Friendship Club



The Trentham Lake cruiser with wheelchair ramp

pleasure cruiser is £2 and it is very wheelchair accessible. There is also a miniature railway running along the lakeside (NOT suitable for wheelchairs but it might please smaller members of the family). Our 5 ½ hours there ended with a little retail therapy (one member of our party bought 3 dresses, 2 blouses and a jacket and was thrilled with the bargains she got!)

Website: <http://www.trentham.co.uk/>, E-mail: enquiry@trentham.co.uk, Tel: 01782 646644, Address: The Trentham Estate, Stone Road, Trentham, Stoke-on-Trent, Staffordshire, ST4 8AX

Sally Barrett

guardian.co.uk says

Housing benefit cuts will leave poorest £600 worse off

Housing benefit changes will hit unemployed people hardest, and pensioners and low-paid workers will also be affected

by Randeep Ramesh, Friday 23 July 2010

Housing benefit cuts will force poor people out of expensive city areas, the Department of Work and Pensions admits.

... Almost a million of the poorest people in Britain will lose on average £12 a week next year – a drop of up to 17% of their disposable income, according to a government analysis of [housing](#) benefits cuts announced in last month's budget.

The figures show that 170,000 pensioners, 240,000 low-paid workers and half a million others will be affected.

The greatest impact will be felt by the unemployed, who will have to find an extra £11 a week to pay their rents – their jobseeker's allowance is £65.

More than 40,000 households will lose more than £1,000 a year.

The government says the cuts are necessary as the cost to the taxpayer of housing benefit expenditure is now £20bn – double that of a decade ago.

The government's analysis looks only at the effect of changes next year. These will cap the amount of housing benefit allowance, peg the amount of support to the bottom third of rents in the claimant's borough and remove a £15 incentive paid to families who seek cheaper accommodation.

There have been persistent warnings from campaigners that the draconian nature of the reforms will lead to parts of the country being emptied of poor people.

... Yvette Cooper, the shadow secretary for work and pensions, said: "Almost every private sector tenant in the country on local housing allowance is going to be badly hit by these plans – including over 50,000 of the poorest pensioners."

... Today the Department for Work and Pensions appeared to accept that the changes would leave some people in receipt of housing benefit unable to rent properties in prosperous parts of the country.

"What these reforms mean is that people receiving housing benefit may not be able to live in expensive city centres, but the same applies to most working families who do not receive benefit," it said.

For the full article go to <http://www.guardian.co.uk/politics/2010/jul/23/housing-benefit-cuts-hit-poorest>

What's On

Summer Holiday Activities for children & families:

Fun, friends and activities for children and young people with disabilities or additional needs - Summer Holiday Activities listed in Shropshire Council's 'All In' newsletter (<http://www.parentpartnership-shropshireandtelford.org.uk/53.html>)

- **Kidz First - Red Carpet Ball in Shrewsbury – families welcome.**

Friday 20 August,

Transport can be provided from Bridgnorth, Ludlow, Oswestry and Market Drayton.

Look out for Kidz First year round activities including after school and Saturday 'Social Scene Buddying Scheme' and 'Teenscene – Specialised Independence Scheme'.

For further information or to book a place:

01299 400655 or email your enquiry to officekidzfirst@aol.com

Please note: All activities are provided at £10 per day. Family tickets are available for events and day trips.

- **Shrewsbury Sports Village**

Starting Thursday 29 July: Cycling (adapted bikes available and siblings and parents/carers welcome), 1 - 3pm for 8-16 year olds.

Tuesday 3, 10, 17, 24 August: Archery sessions, 9.30 - 11.30am and 2 - 4pm for 10-19 year olds. Parents/carers are required to stay with their child/young person for the archery session.

Term time and school holidays:

Wednesdays: Multi Skills Club, 6 - 7pm for 6-16 year olds (cost: £3)

Fridays: Trampoline Club, 4 - 5pm for 7-16 year olds.

Saturdays: Cycling (adapted bikes available and siblings and parents/carers welcome) 10 - 11am for 8-16 year olds.

For further information or to book a place contact 01743 281550.

- **Scrappies** offer a variety of creative workshops utilising scrap materials and will be providing creative workshops for some of the 'All In' providers.



If you provide opportunities or are part of a support group for disabled children and young people up to the age of 19, and would like Scrappies to deliver a workshop for you, please contact:

Lesley McKnight 01694 722511 or email info@scrappies.org.

- **Maurice chandler Sports Centre**

Warrant Road, Stoke Heath, Nr . Market Drayton TF9 2JP, Term Time only:

Mondays: Football Club, 4.30 - 5.30pm for 5-16 year olds.

Tuesdays: Multi Sports Club, 4.00 - 5.30pm for 5-16 year olds (siblings welcome).

- **The Perry Riding and Carriage Driving Centre**

Perry Cottage, Yeaton, Baschurch, SY4 2HY

'Have A Go' mornings; including pony grooming, riding and vaulting on a weekly basis for all ages up to 19 years during the summer holidays.

For further information or to book a place: Jane Barker 01939 261147.

- **South Shropshire Sports Development Team**

The sports development team in the south of the county will be providing various opportunities throughout the summer holidays.

For further information or to book a place: 01746 713227.

- **Mary Webb Sports Centre, Pontesbury, Shrewsbury, SY5 0TG**

Summer holidays

- Starting Tuesday 27 July: Multi Sports sessions, 2 - 4pm for 7-12 year olds.
- Starting Tuesday 27 July: Gym based Health and Fitness sessions, 2 - 4pm for 12-19 year olds.
- Starting Thursday 29th July: Multi Sports sessions, 2 - 4pm for 7-12 year olds.
- Starting Thursday 29 July: Gym based Health and Fitness sessions, 2 - 4pm for 12-19 year olds.

Term time only

- Tuesdays and Thursdays: Gym based Health and Fitness sessions, 4.30 - 6.30pm for 12-19 year olds.
- Sundays: Multi Sports sessions, 2 - 4pm for 7-12 year olds.

For further information or to book a place: 01743 792027.

• Taking Part

Taking Part run 'Art Start' and 'Art Cart' which provide creative activities for 12-25 year olds. They support young people by providing artists, specialist support workers and peer supporters to enable young people to get creative, gain confidence, develop communication skills, make friends and have fun.

Eastern Community Centre, Cabin Lane, Oswestry SY11 2LQ
1st Saturday of each month, 10.30am - 1.30pm.

Thursday 29 July: Family day at **Park Hill Farm** near Market Drayton.

Bridgnorth Youth Centre, 45 Innage Lane, Bridgnorth WV16 4HS
2nd Saturday of each month, 10.30am - 1.30pm.

Abbottswood Day Opportunity Centre, Eskdale Road, Heath Farm, Shrewsbury, SY2 5UD
3rd Saturday of each month, 10am - 12.30pm for 12-16 year olds and 12.30 - 3pm for 16-25 year olds.

Wednesday 18 August: Family day at **Park Hill Farm** near Market Drayton.

Loudwater Studio, 16A Burway Trading Estate, Ludlow, SY8 1EN

Monday 26 July: pottery session, 1 - 4pm.

Friday 27 August: music session, 1 - 4pm.

A Family Fun Day run by Taking Part will also be held on Saturday 28 August 10.30am - 3pm at **Abbottswood Day Opportunity Centre**.

For further information or to book a place: 01743 363399.

• Safe and Sound Outdoors

Black Birches, Hadnall, Shrewsbury, SY4 3ET

Weds 4, 11, 18, 25 August: Archery sessions, 10am - 12pm and 2 - 4pm for 10-19 year olds.

For further information or to book a place: Craig Forde on 01978 869301 or 07732 635766.

Parents/carers are required to stay with their child/young person for the archery session.

• The Quarry Swimming Pool

Priory Road, Shrewsbury, SY1 1RU

Mondays and Thursdays: Family summer fun swim sessions, 2 - 3pm

For further information or to book a place: 01743 281578.

Spectrum Bowling/Laser Event - PACC

On Monday 9th August at 11 am at the AMF Bowling

Choose: (you will be responsible for your own children at all times)

- 1-2 games of bowls in groups of 5/6 per lane, for the whole family
- Or Quasar Laser suite (max 20), for the whole family

Please let me know your choice of activity, the number of people attending and a contact number. Email – netgriffiths@gmail.com





Blue Eyed Soul Dance Company is an innovator of inclusive dance with disabled and non-disabled artists of all ages. They are excited to launch 'LIKE Youth Dance', an inclusive programme of out of school dance activity for disabled

and non-disabled young people aged 5-18 years within Shropshire.

Summer holidays

Shropshire Hills Discovery Centre, Craven Arms SY7 9RS
Monday 9 - Thursday 12 August: Dance project,
10.30am - 4pm for 13-18 year olds. Deadline for booking:
Tuesday 3 August.

SpArC Leisure Centre, Bishop's Castle Community
College, Brampton Road, Bishop's Castle, SY9 5AY
Tuesday 17 - Saturday 21 August: Aerial Dance workshops
11am - 1pm for 8-12 year olds and 2.30-4.30pm for 13-18
year olds. Deadline for booking: Monday 2nd August.

Shrewsbury, contact Blue Eyed Soul for venue details
Tuesday 24 - Friday 27 August: 'My Community, My Life'
Dance Film project for 13-18 year olds, contact Blue Eyed
Soul for times.



Term time only

Severndale Specialist School, Hearne Way,
Shrewsbury, SY2 5SL

After school creative dance club for 5-8 year
olds.

For further information or to book a place:
Moya Malekin **01743 210830** or email
admin@blueeyedsouldance.com

Please note: All Blue Eyed Soul
Dance Company activities are free
of charge to 'All In' members but
there will be a cost to non-
disabled participants.



i can 2: <http://www.ican2.org.uk/>



**Arty, Sporty, Musical, Dramatic, Exhilarating,
Brilliant Activities for Disabled Children!**

Ican2 activities provides short break opportunities, in Telford and Wrekin, for children, young people and their families whilst their parents take time out from their caring role.

There are many activities throughout the year to choose from both term timetables, holiday specific and Special Events

Have a look at the latest activitie timetable or check out what we have done previously by downloading our activities brochures.

POLO

Parents offering leisure opportunities (POLO) - is a project to develop short breaks and leisure opportunities for families of children with disabilities and additional needs in Telford & Wrekin. For more information contact Jo Steventon at Parent Partnership Service.

Tel: 01952 457181, Email: joanne@pps-shropshireandtelford.org.uk

Shropshire Youth

Bridgnorth Youth Club, 45 Innage Lane, Bridgnorth WV16 4HS

'The Who Club' on Wednesdays 3 - 5.15pm for 13-18 year olds.

Tuesday 27 July: Nail art and pampering as well as computer gaming, 1 - 4pm.

Tuesday 3 August: Bollywood dancing and Indian cooking, 1 - 4pm.

Tuesday 10 August: Junk art and percussion, 1 - 4pm.

For further information or to book a place: Rosie Hopkins

01746 763967

Ludlow Youth Centre, Lower Galdeford, Ludlow SY8 1RT

'Working Together' on Tuesdays 6 - 8pm for 13-26 year olds.

Monday 26 - Friday 30 July: 'This is you, this is me' performance art project, 12 - 5pm.

Monday 9 - Friday 13 August: 'This is you' film project, 12-5pm.

Monday 16, Wednesday 18, Friday 20 August: 'This is me, this is you' sculpture project, 2 - 5pm.

Participants in any of the three projects above are invited to a party on Sunday 25 July at 2.30pm to meet each other.

For further information or to book a place: Merv Kenward

01588 660528 or 01584 874723.

Shrewsbury - Monkmoor New Lodge, Upton Lane, Shrewsbury SY2 5RR

'Smile It's Wicked' on Tuesdays 6.30 - 8.30pm for 13-26 year olds.

Various opportunities throughout the holidays for those aged 13+, including glass sculpting and a day trip to Barmouth.

For further information or to book a place: Di Phillips **01743 364655**

Shrewsbury -The Grange Youth Centre, Mount Pleasant Road, Shrewsbury SY1 3JT

'The Big Time Club' on Fridays 7 - 9pm for 12-25 year olds.

Various opportunities throughout the holidays for those aged 12+.

For further information or to book a place: Julie Dickenson

01743 344800.

Whitchurch - Centre North East, Bridgewater Street, Whitchurch SY13 1QL

Various opportunities throughout the holidays for those aged 13+.

For further information or to book a place:
Ian Hollingworth **01948 662309.**



Fun, friends and activities for children and young people with disabilities or additional needs - Summer Holiday Activities listed in Autism West Midlands summer programme – all events are family events, so parents must remain with their children (see <http://www.parentpartnership-shropshireandtelford.org.uk/53.html>)

- **Events for children under 11 years:**

Multi activity sessions - Games, crafts and toys:

[autism • west midlands](http://autismwestmidlands.org.uk)



- Wed 28 July 10am -12 noon, Cromoor Childrens Centre, Shrewsbury
- Friday 27 Aug 10am -12 noon, Meole Brace Childrens Centre, Shrewsbury
- Tues 31 Aug 10 am - 12 noon, Longlands Children Centre Market Drayton

Softplay sessions:

- Thurs 5 Aug 10am - 12 noon, Gingerbread Man Wacky Warehouse, Market Drayton, (max child height 4 ft 9)
- Thurs 12 Aug 1pm - 3pm, The Venue, Park Hall, Oswestry (under 8's for softplay but bowling for 8-16yrs)
- Thurs 2 Sept 10am - 12pm, Craven Arms Community Centre

- **Events for children 11 – 14 years:**

Art and craft sessions - Be creative with experienced “Scrappies” art & craft workers to help:

- Tues 27 July 10.30 -12.30, Raven House, Cheshire Street, Market Drayton

Quiet games - Bring along your favourite game or try something new (No electronic games please):

- Tues 27 July 1.30 – 3.30, Raven House, Cheshire Street, Market Drayton

- **Events for teenagers over 14 years**

Barge Trips (Welshpool) - A day out for teens, siblings and friends (with parents):

- Thurs 2nd & Fri 3rd Sept 11am - 3pm

Social skills sessions (South Shropshire), supported by Scrappies art craft:

Young people in this age group will receive a separate invitation with full details. If you are not on our mailing list contact Kirsti Evans on 0798 9682701

- **Events for all ages:**

Roller-skating - A chance to use up some energy

- Thurs 26 Aug 1.30 - 3pm, Marches School Sports Hall, Oswestry (skates available in sizes small size12 to adult size 9)

Animal man - Come and see the snakes and creepy crawlies:

- Tues 3 Aug 10am - 11.30 am, Idsall School Hall, Shifnal

Tickwood Farm (near Much Wenlock) - Fun in the forest & see the animals. Bring a picnic:

- Wed 4 Aug (all ages) 11 am - 3 pm
- Tues 24 Aug (under 7's)

if your child is under 7 you will receive a separate invitation. Contact Jane Ramsdale if you are not on our mailing list 0750 0885137

PGL Adventure Centre (Baschurch): We are working with PGL to provide free activity days for different age groups. Invitations with full details will be sent out for the target age group as each date is arranged. If you are not on our mailing list let us know.

Booking details: Return the booking form or call Hilary McGlynn on 01939 236 181 or 07971 261334

Bridgnorth Buddies

Lots more activities in September. More at:
<http://www.bridgnorthbuddies.co.uk/> or phone Sharon Morris 01746 767612



15/08/10	Family BBQ	12.30 - 3.30pm	St. Leonard's Church Hall	Free	An opportunity for us to thank all those who have helped us.
22/08/10	Swimming	5pm - 6pm	Bridgnorth Leisure Centre	Free	Buddies have exclusive use of the pool. Bring the family!
10/09/10	Coffee Morning	9.30am onwards	Cinnamon Café	-	Great opportunity to have a chat & swap experiences.
11/09/10	Multi-Activites	10.30am - 12	St. Leonard's Church Hall	50p per child	Fun & games for all with Ping Pong John & friends.

Carers Contact Centre <http://www.carerscontact.org.uk/diary.html>

Carers Walk - Shawburch	11th Aug	10:30am start. Meet Spar Shop Car Park, Shawburch
Carers Walk - Lightmoor	15th Sep	10:30am start. Meet at Carers Contact Centre, Lightmoor

Ironbridge Gorge Museum FREE Pass for Carers

If you are registered with the Carers Contact Centre or Telford & Wrekin Council as a Carer of an adult in Telford & Wrekin, you have access to a pass giving:

- Unlimited free access to Ironbridge Gorge Museums for up to 5 days
- Valid for up to 5 people
- 10% discount on purchases from the Museum shops

For details of how to apply please contact 01952 240209





Sure Start Children's Centre Services

Under 5's Speech and Language Drop-Ins

- Sure Start Family Centre, Woodside Primary School, Gittin St, **Oswestry** Wednesdays 7th July and 1st September, 12 – 1.00 pm
- **Ellesmere** Children's Centre, Ellesmere Primary School, Elson Rd, Fridays 9th July and 20th August, 1.30 – 3 pm
- Criffins Primary School, Dudleston Heath, **Ellesmere**, Friday 16th July, 9 – 10.30 am
- Sure Start Family Centre, St Peters Primary School, **Wem**, Wednesday 25th August, 1.45 – 2.45 pm

Further information and additional dates in Wem, Ellesmere and Oswestry areas, please contact Sharon Garforth, Speech and Language Therapist, on 01691 624086 (Tuesday, Wednesday and Friday).

Play Day – “Make Time”

Market Drayton Play Day

Playday is the annual celebration of children's right to play.

Wednesday 4 August. 11.00-16.00

More information at
www.playday.org.uk/about_playday.aspx

Come along and join in with all the free activities that will be on offer. Including water slides, sand pit, inflatable, mobile skate park, art and crafts plus lots more... An event which is guaranteed to be fun, do not miss it!

Organised by Shropshire Council, at Grove School, Newcastle Road. Market Drayton, Shropshire TF9 1HF

Contact details: Contact name: Deana Pennington, tel no. : 01939237556, email address:

deana.pennington@shropshire.gov.uk



Make a date for Gut Week

Yes 2010 will see the 12th annual Gut Week and we'll be aiming again to provide a host of digestive tips to people across a wide range of media. The actual week will be 23-29 August and the Love Your Gut team will be out across the country, giving out digestive advice at various workplaces and hospitals. If you want your workplace to benefit then contact us today as we do have a few places left.

Check out our recipe section to try some digestive friendly dishes from top chefs or ask a health question in confidence to one of our doctors.

More information at www.loveyourgut.com/news/make-a-date-for-gut-week/





Deaf Sports Project Open Evening

Are you Deaf, Deafened or hard of hearing and between the ages of 8 and 19?

Would you like to impress your friends with some fancy new skills?

Well.....

Bid services and the Deaf Cultural Centre are offering variety of different activities for you to take part in.

Have your own idea of an activity we could do?

Let us know and we'll see what we can do.

And.....

The best bit is most activities will be **FREE**

Any activities that do cost will be no more than £1

The first session will be on Tuesday 27th July 2010, starting at 6pm

Sessions will then continue every Wednesday at 5.30pm

VENUE

Deaf Cultural Centre, Ladywood Road, Birmingham B16 8SZ

Contact us:

Tel: 0121 246 6100 Minicom: 0121 246 6101 / 0121 450 7786 Email: tim.scannell@bid.org.uk

West Midlands Region MS Society – Wheel and Walk

Start date 15/08/2010

Location Birmingham University

wheel & walk will be taking place in Birmingham on 15 August at a venue with a difference. Birmingham University is a fantastic place to hold the event and the start and finish area will be based at the Vale campus.

wheel & walk participants at Birmingham university will have three routes to choose from. There are two fully accessible routes of 1K and 3K and a further route of 5K. **wheel & walk** starts at 12 pm with registration opening at 11 am.

wheel & walk is now open and details on how to register are available at <http://beatms.mssociety.org.uk/NetCommunity/Page.aspx?pid=1110>. For more information on **wheel & walk**, please email walks@mssociety.org.uk.

SDN Open Meeting – guest speaker Blue Eye Soul Dance Company

Thursday 9th September, 10.30 am – 1 pm, at Mereside Community Centre, Mereside, Shrewsbury

SDN invites you to attend it's Autumn open meeting at Mereside Community Centre with guest speaker Sally Edwards from Blue Eye Soul Dance Company. Tea and cake provided.

Blue Eyed Soul Dance Company are “an innovator of inclusive dance with disabled and non-disabled artists of all ages. From its base in rural Shropshire the Company works locally, nationally and internationally and has built a positive reputation for its excellent performance, education and training work.

The Company aims to create a level playing field where people can step over their threshold of perceived possibility.

Changes to Equality Act Seminar

20th September 2010 1 – 4 pm

Website: www.husk.uwclub.net

Venue: A4U, Louise House, Roman Road, Shrewsbury SY3 9JN

Cost: Free (register to attend as places are limited)

Contact: Ann Johnson, Email: husk@uwclub.net, Tel: 01743 245356

EQUALITY ACT 2010 bill gained Royal Assent in April 2010. What will it mean to your organisation?

HUSK and A4U will host a Free seminar to look at the key changes to all of the Equality Strands in the new Equality Act 2010 including:

- Changes needed to Equality Policies The New Single Equality Duty
- How will it affect procurement?
- When is the Act coming in to force?
- What do you need to do next?

Please inform Ann Johnson if you have any additional access requirements in respect to the event, i.e. alternative print etc.

