



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 ... [Read More](#)



Igor Osherov and Marc Yarovsky in Not By Bread Alone

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. ... [Read More](#)

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.

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 awarded 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 sessions 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.

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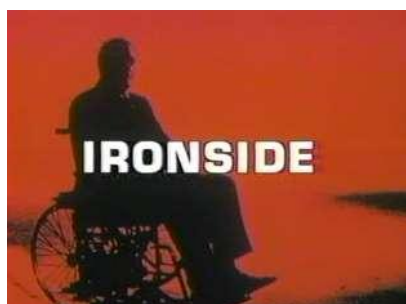
If you, or you know of a group of young people who might be interested in attending, a call to the CFPD will guarantee the group a place.

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.

[... Read More](#)



Frank Gardner before the shooting

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.

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.

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.'

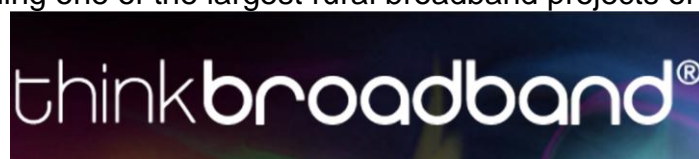
Rural West Midlands to benefit from wireless broadband

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.



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£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.]

Compulsory social care payment scheme 'not ruled out'

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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."

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>.

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:

- **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



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



The Trentham Lake cruiser with wheelchair ramp

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 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.

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 -

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

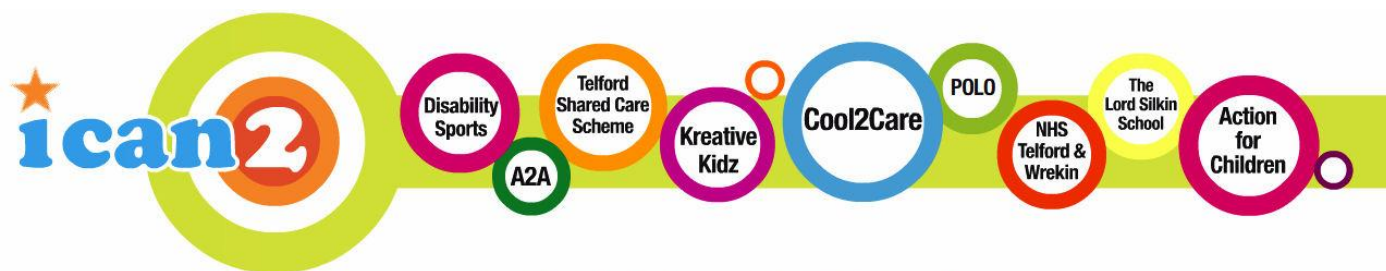
After school creative dance club for 5-8 year olds.

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

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.

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://www.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

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
- Criftins 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).



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

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, t 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/

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.

