



NEWSLETTER

Issue No. 6: November 2010



Spending Review – one man's view:

Steve, from Coventry, who has four children and is totally dependent on benefits having had a work related accident followed by several strokes some years ago, described how he feels about the cuts on the BBC 6 O'clock News on 21st October. In tears, he told Razia Iqbal he felt "scared, worried, I'm going to lose my home, it's as simple as that."

To see this story, go to

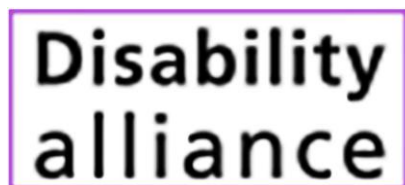
http://www.bbc.co.uk/iplayer/episode/b00vhcz3/BBC_News_at_Six_21_10_2010

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Information on the Spending Review and how it might affect you can be found at:

- Disability Alliance <http://www.disabilityalliance.org/spendingreview.htm>
- Directgov http://www.direct.gov.uk/en/NI1/Newsroom/SpendingReview/DG_191708
- Turn2us Comprehensive Spending Review Guide <http://www.turn2us.org.uk/>



Disability Alliance - Changes to DWP evidence requirements

Details of these are available on the Disability Alliance website at

<http://www.disabilityalliance.org/evidence.htm>

Disability Now

also has some interesting comments on the Spending Review at <http://www.disabilitynow.org.uk/>



And for a more down to earth look at the Spending Review, See Disability Bitch on BBC Ouch!

http://www.bbc.co.uk/ouch/opinion/b1tch/db_hates_budget_cuts.shtml



I particularly liked this bit (as well as her hair):

'Yesterday afternoon, my No Legged friend and I were holding a Spending Review party around a bag of doughnuts on my sofa. We were hanging on the Chancellor's every word, but all too often we were left trying to keep up, gasping for breath, and whispering to each other stuff like, "Does that mean ESA is going to be means tested?", "I think he just said disabled people in residential care will lose their DLA" and "Christ this is

boring telly, I hope they haven't postponed my daily dose of Neighbours for this."

Disability Bitch does have some serious points to make as well.

How is social housing being affected?

The BBC Business News on 20th October gave a summary of the Spending Review – What does it mean?

<http://www.bbc.co.uk/news/business-11582614>

This is what it said about housing:

Rents are to rise sharply for new tenants of council housing.

New tenants will face higher rents at 80% of the market rate - though current tenants will see no change.

Cont'd on page 3

The National Housing Federation, which represents English housing associations, warned that the change could lead to thousands of low income families having to pay up to £9,000 a year more in rent.

It said the average rent for a three-bedroom social home is £85 a week, but that under the plans that could triple to £250 a week.



Social housing: A case of 'more from less'?

Article by Mark Easton on

http://www.bbc.co.uk/blogs/thereporters/markeaston/2010/10/social_housing_a_case_of_more_fr.html

There have been some pretty gloomy predictions about the impact of the government's cuts to welfare and housing budgets for Britain's poorest communities.

Families forced from their homes, forced out of our cities, forced into debt, forced onto the streets.

Certainly we are about to see radical reform of the benefits system and social housing, but should we believe that the consequences are unremittingly negative?

The coalition's argument is that it is possible to get "more from less" public cash, and that is the trick demanded by apparently contradictory ambitions in social housing. This week's spending review has slashed the amount government spends on grants to construct such homes but simultaneously promises to increase the number built: the capital budget reduced by 75% and an additional 150,000 properties in the next four years.

[Read more](#)



Social Welfare Training – free guide to Welfare Benefits Changes 2010

Neil Arnott, of Social Welfare Training (www.socialwelfaretraining.co.uk) says:

We would like to make you aware that our free downloadable at a glance guide to Welfare Benefits Changes 2010 is available at www.socialwelfaretraining.co.uk

The guide has just been updated to include changes in the following areas-

- DLA High Mobility on the basis of severe visual impairment
- Work Choice Starts
- Lone Parents And Job Seekers Allowance
- Housing Costs Interest Rate Large Reduction
- Work Focused Health Related Assessment
- Crisis Loans
- Bereavement Benefits
- Carers Allowance Earnings Limit
- Young People and HB
- Work for your Benefit Pilots Started—

It is aimed at giving a quick memory jog as to what has changed this year.

Also still available are free at a glance guides to –

- Benefit Changes 2009
- Employment and Support Allowance
- The Benefits System



Great West Midlands Care Awards

Shropshire won 4 out of the 17 awards at the West Midlands regional awards on 9th October, and these people will now go forward to the national finals at the Royal Courts of Justice in London in 2011. SDN extends warm congratulations to them all. The success of these Shropshire carers and care homes goes to show that small, independent organisations in the field have a lot to offer.



Awards listed by Great British Care Awards on their website <http://www.care-awards.co.uk/Winners-of-the-Great-West-Midlands-Care-Awards>:

The Care Employer Award(Less than 250 Employees):

Martin & Wendy Beesley – All Care Shropshire – Pontesbury – Shrewsbury
Demonstrated a warm and friendly approach but with a real sense of clear organisation and business process. Particularly impressed with how they go beyond core staff training, approached with additional specialist knowledge and user led approach to personalisation.

The Care Home Worker Award

Heather Seabury – English Care Ltd – Browbrook - Shrewsbury
Very hard choice. All shortlisted candidates were truly worthy winners. However, Heather shone out for her passion, commitment and her work and caring nature, who goes beyond the extra mile in caring for her clients.

The Nutrition & Hydration Award

Bowbrook House - English Care – Shrewsbury – Shropshire
Jim showed a clear commitment to fresh produce and nutrition involving residents in choice and even growing much of their own vegetables. His passion, enthusiasm and understanding made him a clear winner.

The Team Care Award

Darwin Domiciliary Carers – Barchester Healthcare – Hudley - Telford
The judges awarded this category to a team dealing inspirationally with people who have very demanding & difficult behaviours. They are providing very personal care directed to the needs of the individual & centred on the very best of practice, working as a complete team in all aspects of their service provision. They are indeed a shining example of 'the sum of the parts is greater than the whole!'

Future Friendly Award

The Project Group, Oswestry, which supports members of all ages with mental health issues through creative art work, has won the prestigious Proctor and Gamble 4th Future Friendly Award 2010, for their innovative approach to incorporating recycled materials into their artwork and retail range, and sharing their enthusiasm with the wider community. They were one of 5 projects shortlisted from over 200 entries. The public voted for their favourite project on the Future Friendly website. The announcement was made at an exciting dinner held at Syon House, London, on 14th October. Three people from each of the 5 shortlisted projects were invited to attend on behalf of their organisation. Gabi, representing the Project Group staff, Ros, for the volunteers, and Lyn, for the members, travelled down to



Irwin Lee (Proctor & Gamble), Ros Slowly, Gabi Hampson, Lyn Lewis (Project Group) and Joanna Yarrow, sustainability expert, at the presentation.

London to the award ceremony. 'We were so excited to hear the words "and the winner is The Project Group" and overjoyed to accept the award on behalf of The Project Group' they said. 'A big thank you to Rosemary Collie from Shropshire Community Recycling Ltd, SCRL, who nominated us. Winning the award was only possible because of the number of people who voted for us. So thanks go to everyone who rallied friends, family, colleagues and local people to vote online for us.'

This award brings a lot of publicity and the prize money of £10,000 will help the Project Group to further develop a sustainable future for their members.

To view the video made about the Project Group and for more information about the award, visit the Future Friendly website at www.futurefriendly.co.uk.

Things to do in Shropshire

Disabled Holiday Info.

If you've got a few spare minutes, a very productive use of your time is to look at the Oswestry-based organisation, Disabled Holiday Information, website

<http://www.disabledholidayinfo.org.uk/index.htm>.

Disabled Holiday Information have comprehensive information on how people with a disability can access the Midlands, the

North, Wales, the South West, Shropshire, Cheshire and Scotland, as well as information on the rest of the UK, accommodation, attractions, activities and trails. Also useful is the Latest News section, which, for instance, gives details of wheelchair access to the new Royal Shakespeare Company auditorium.

An Activities search for Shropshire shows 8 activities that have wheelchair access. Take your pick of

- Brompton Cookery School, near Shrewsbury
- Shropshire Disabled Cricket Association
- Blue eyed Soul Dance Company
- Telford Ice Rink
- Rednall Paintball Arena
- Beyond Extreme Paragliding, Church Stretton
- Ten Pin Bowling at The Venue, Park Hall
- Shrewsbury Sports Village and Indoor Bowls Centre



Cont'd on page 6

A lot more activities are given in Disabled Holiday Information's guides:

- The Wheelchair Users Guide to Accessible Tourist Attractions and Holiday Accommodation for Shropshire
- The Wheelchair Users Guide to Accessible Activities for Shropshire
- The Wheelchair User's Guide to Accessible Countryside Sites and Trails in Shropshire and the Borderlands, and
- The Wheelchair User's Guide to Accessible Transport in Shropshire.

These guides can be downloaded in pdf format, or they can be posted to you, and they are also available in large print plain text.



Disabled Student Diaries update: Lee

From BBC Ouch! http://www.bbc.co.uk/ouch/features/lee_s_student_diary_update_2010.shtml

In the autumn of 2009, BBC Ouch! followed three disabled freshers - Charlotte, Andrea and Lee - through their first four weeks at university. Here we catch up with them one year on... Lee has Aspergers and Tourette syndromes and, when we first met him, he was looking forward to proving his independence.

In autumn 2009, Lee moved away from his family to start his BSc course in Deaf Studies and was determined not to be daunted by the university experience. Despite knowing sign language, Lee told us back then that he'd never met a single deaf person before, something which was about to change. Here we find out how his first year went.

It has been a year since I started at Bristol University. I've done things I never thought I would – from selling toasties with the Christian Union to eating out with a group of deaf Czech people.

I've found that my Aspergers and Tourettes haven't been a problem at university. In fact, during lectures my tics diminish and my friends aren't fazed anyway. We all go clubbing regularly – people may wonder how I am doing that as I am autistic – but I am used to it and it's a regular thing. We have fun dancing, or in my case signing, to the latest hits.



[Read more](#)

£70 million support for people in their homes after illness or injury

Article reprinted from VCS Assembly News Update 19 October 2010

<http://www.2shrop.net/2shropnet/AToZOfMini-sites/V/VoluntaryCommunitySectorAssembly/19October2010>

Around 35,000 people will benefit from a £70 million cash boost that will enable the NHS to support people back into their homes after a spell in hospital, Health Secretary Andrew Lansley announced. "Re-



ablement" packages give people who are leaving hospital after illness or injury help and support for six weeks. Through re-ablement, people are helped to settle back into their homes, perhaps by changing their home environment so they can get around better or providing daily visits and support. It ensures that those in greatest need get help to keep them independent and well for as long as possible. Re-ablement can offer savings to the health and social care system by ensuring that people get access to care that will prevent them from getting into difficulties and having to go back to hospital. The Government wants the NHS, councils and local voluntary organisations to work together to ensure that local people get a seamless service after discharge from hospital. The extra funding will be allocated to Primary Care Trusts (PCTs) to be spent this financial year across the health and social care system. PCTs will work closely with hospitals and local authorities in delivering this. It will enable local areas to help thousands of people and ensure services are in place by the time the NHS picks up new responsibilities in April 2011 for patients' first 30 days at home after hospital discharge. The Government will publish its vision for adult social care in November, including a renewed focus on joint working with the NHS and the voluntary and community sector.

http://www.dh.gov.uk/en/MediaCentre/Speeches/DH_116643

Hundreds of thousands could gain access to Alzheimer's treatments

reprinted from the Alzheimer's Society,

http://www.alzheimers.org.uk/site/scripts/news_article.php?newsID=810

Hundreds of thousands of people with Alzheimer's disease who have been denied medical treatment could soon be given access to life-changing drugs on the NHS.

The National Institute for Health and Clinical Excellence (NICE) ruled that the medications, which cost just £2.80 per person per day, are cost effective and should be available on prescription.



The draft decision is a victory for people with Alzheimer's disease and their carers who have campaigned with Alzheimer's Society and other organisations for full access to the drug treatments since they were controversially restricted in 2007. Ruth Sutherland, Interim Chief Executive of Alzheimer's Society says:

'This is a momentous day for thousands of people with Alzheimer's and their carers. These drugs can help people have a better quality of life at all stages of the condition. While they don't work for

everyone, small but important benefits can enable many people to recognise their loved ones for longer, play with their grandchildren or make vital plans for the future. Alzheimer's Society welcomes the draft decision and will now be campaigning for more people to have access to the treatments from today.'

[Read more](#)

Migraine

Chronic Migraine is a disabling condition which affects an estimated 700,000 people in the UK. Research indicates it is responsible for 49% of the absences from work of non-manual workers and 28% for manual workers. 2700 people with migraine are on Incapacity Benefit and are likely to have to undergo new assessments of their capacity to work, prior to being transferred to Employment and Support Allowance by 2014. The outlook is not good: Job Centres are increasingly refusing to recognise migraine as a valid health condition. The Migraine Trust produces

a **Working With Migraine pack** which, with a great deal of other information, is available from their website www.migrainetrust.org.

Recently research has identified more causes / potential cures for Migraine:

- The Journal of the Migraine Trust reports that 'Botox® is the first preventative treatment to receive a specific licence from the Medicines and Healthcare products Regulatory Agency (MHRA) in the UK, for patients with chronic migraine. **Botox® treatment for chronic migraine** involves a series of injections into specific head and neck muscles.'
- The BBC reported on 27th September at <http://www.bbc.co.uk/news/health-11408113> that **Migraine cause 'identified' as genetic defect**. Scientists have identified a genetic defect linked to migraine which could provide a target for new treatments.

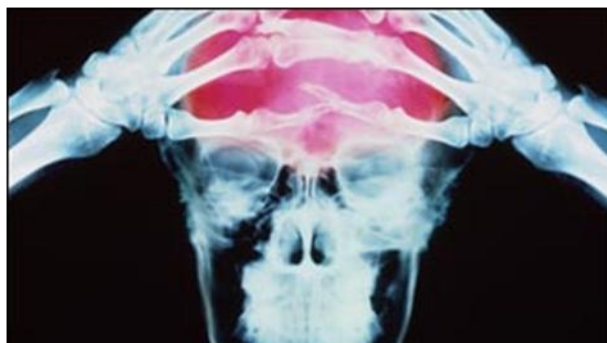
A flawed gene found in a family of migraine sufferers could help trigger the severe headaches, a study in Nature Medicine suggests. ... In this study, scientists including some from the Medical Research Council's Functional Genomics Unit at the University of Oxford found a gene known as TRESK was directly attributable as a cause of migraine in some patients.

'Activate' gene

The study found that if the gene does not work properly, environmental factors can more easily trigger pain centres in the brain and cause a severe headache.

- Health News, NHS Choices (<http://www.nhs.uk/news/2010/09September/Pages/high-dose-aspirin-headache-migraine.aspx>) reports that

"A jab made from liquid aspirin could be a powerful new treatment for migraine," reported the *Daily Mail*. According to the newspaper, research has found that injections containing one gram of aspirin reduced pain in people hospitalised for headache.



Migraines cause throbbing pain

[Read the whole article](#)

Osteoarthritis supplement study - Supplements to ease the pain of arthritis "do not work"

Health News, NHS Choices report

(<http://www.nhs.uk/news/2010/09September/Pages/osteoarthritis-supplements-of-no-benefit.aspx>)

Supplements to ease the pain of arthritis "do not work", reported *The Independent*. The newspaper said that the supplements glucosamine and chondroitin, which are "widely sold in health shops and have increasingly been prescribed by GPs and rheumatologists in the last decade", are no better than placebo at reducing joint pain.

The news story is based on research that pooled data from 10 trials and found that chondroitin, glucosamine or a combination of the two were not useful in reducing the joint pain or treating the narrowing of the joint space associated with osteoarthritis. However, the supplements were not shown to be harmful.



Supplements did not reduce pain or affect joint structure

This was a well-conducted study and its results are in keeping with guidance from the National Institute for Health and Clinical Excellence (NICE), which does not recommended treating osteoarthritis with these supplements.

Where did the story come from?

The study was carried out by researchers from the University of Bern, Switzerland, and was funded by the Swiss National Science Foundation. It was published in the peer-reviewed *British Medical Journal*.

'Lung taste buds' need more study

From NHS Choices, 25-10-2010

"Human lungs can 'taste' bitter substances in the air," reported *The Independent*. It said a study has found that taste receptors have been discovered in the smooth muscle that controls the flow of air into the bronchi, the narrow airways of the lungs. The researchers claim that the findings could lead to new types of drugs for asthma sufferers.

...

The discovery of receptors that appear to be involved in the constriction and relaxation of airway muscle is an important avenue for future research. It is possible that it may one day lead to new treatments for asthma. This is very early research, however, and much further investigation is needed before it is known if a treatment will come from this.



Existing asthma inhalers work by relaxing the muscles surrounding the narrowed airways

Read the full story at <http://www.nhs.uk/news/2010/10October/Pages/taste-buds-in-the-lungs.aspx>

Stroke Symptoms

I received this email recently, and it's pretty good advice:

STROKE: Remember the 1st Three Letters....**S.T.R.**

My nurse friend sent this and encouraged me to post it and spread the word. I agree.

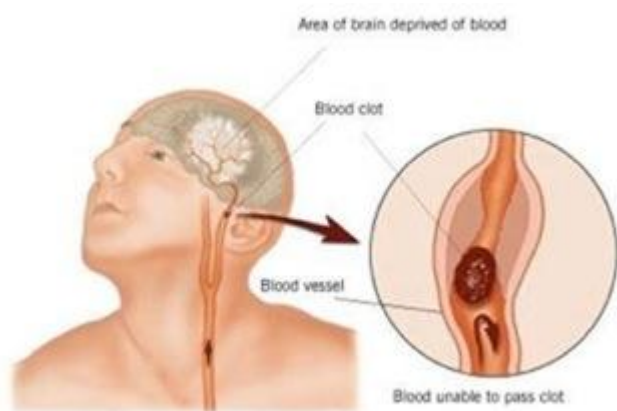
If everyone can remember something this simple, we could save some folks. Seriously.

Please read:

STROKE IDENTIFICATION:

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) she said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Ingrid passed away.) She had suffered a stroke

at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.



It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (e.g. It is sunny out today)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

The Roy castle Lung Cancer Foundation says: Help us Fight the Cancellation of Vital New Tobacco Laws



As an anti-tobacco campaigning organisation, The Roy Castle Lung Cancer Foundation fully backed the Parliamentary decision in 2009 to ban cigarette vending machines from pubs and remove tobacco displays from shops and supermarkets.

However, in 2010 it emerged the legislation may be under threat from the new coalition government.

The law was passed in the last few months of the Labour government, but the regulations that would have implemented the changes have been blocked and there are now fears the law could be repealed.

Help us make sure this does not happen, by emailing or writing to your local MP and urging them to back the legislation.

Or go to

<http://www.roycastle.org/content/LeftNavigation/Campaigns/HelpusFighttheCancellationofVitalNewTobaccoLaws.aspx> to download a template letter and full briefing document for you to send to your local MP.

Alternatively, you can enter your postcode to email your MP.

Wheelchair Accessible Taxis

Shropshire Council are carrying out a consultation which ends on **15th September**. You can download the Consultation document [here](#). **If you use a wheelchair, get your views in NOW!**

Work Choice - supporting disabled people in employment

From 25 October 2010, WORKSTEP, Work Preparation and the Job Introduction Scheme will be replaced by Work Choice. Work Choice helps disabled people to find employment and can support you in your job if you need it.



How Work Choice can help you

Work Choice helps people with disabilities whose needs cannot be met through other work programmes, Access to Work or workplace adjustments. This might be because you need more specialised support to find employment or keep a job once you have started work.

If Work Choice is for you it will be tailored to meet your individual needs. It will focus on helping you achieve your full potential and moving towards being more independent.

How Work Choice helps employers

Work Choice will also ensure employers get the support they need to employ more disabled people.

The sections of Work Choice

The Work Choice programme will be delivered by providers funded by the Government. There are three different sections called modules:

Module 1: Work Entry Support

This will last for up to six months. You will receive help with personal skills and work-related advice to get you into supported or unsupported work.

Module 2: In-Work Support

This will last for up to two years. You will receive help to start work and stay in your job.

cont'd on page 12



[Read more](#)

Reaching Out to Carers Innovation Fund 2010 / 2011

The Government wants carers to be able to maintain a life of their own alongside their caring responsibilities. It is keen to improve early identification of carers so that they can be supported in considering their various options and make informed choices about their lives.

We are therefore targeting a specific scheme

at voluntary sector organisations in England who, in addition to their primary work with individuals with particular conditions, illnesses or with particular age groups, are also keen to support carers.

On this page

(http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_120426) you will find a full information pack and an application form for the fund.

Applications should be returned by 17 November 2010 to: SCP-Carers@dh.gsi.gov.uk



Articles Needed!

There's an article – however short and sweet – in everyone, but there's an awful lot of you who haven't allowed that article to surface yet!

Do you have a pet bone of contention to air? Are you a budding artist waiting to pen a cartoon? Will you share an experience?

I try to include articles in each issue on

- Personal experience of someone with a disability, whether it's their experience of the health service or sharing an achievement (such as reaching Rodney's Pillar when you'd been told you would never walk again!)
- Issues of relevance to people with a disability, such as where the cuts are striking
- 'Culture' and the inclusion of people with a disability (e.g. going to Glastonbury)
- Getting out and about
- Events
- **And I would like to start including reviews of restaurants, clubs, pubs, leisure centres and even shops** that people with disabilities have found accessible or helpful; recommendations can then be forwarded for inclusion on the Open Door Shropshire website www.opendoorshropshire.co.uk.

So come on! Put pen to paper (yes, I will accept notes, however scrawled) via Geoff Forgie at The Old Barn, Llwyntidmon Mill, Maesbrook, Oswestry, Shrops, SY10 8QD. Better still, get tapping your keyboard and email them to me at newsletter@shropshire-disability.net.

Sally Barrett, Editor

Parent Partnership Service, Shropshire and Telford & Wrekin



PARENT PARTNERSHIP SERVICE
Shropshire and Telford & Wrekin

If you have a child with special educational needs see the excellent PPS Newsletter for information on :

- PPS News
- Children Schools and Families Act and Annual Reviews
- New autism packs for Shropshire and Telford & Wrekin
- Parent Network Project - training events and local meetings

Available from the PPS website www.pps-shropshireandtelford.org.uk or email alex@pps-shropshireandtelford.org.uk

Help for everyone in understanding tax

TaxAid is a UK charity providing free tax advice to people who cannot afford to pay a professional adviser. The service is independent and confidential.

If you are confused about your tax position you will find lots of information on their website

<http://www.taxaid.org.uk/> or call their Helpline on 0845 120 3779.



Need IT resources?

Have a look at www.ctxchange.org. This programme from Charity Technology Trust (CTT) in partnership with the not-for-profit technology capacity building organisation TechSoup allows eligible UK-based charities to request donated technology products from Partners such as Microsoft, Symantec and Cisco. The products include operating system software and server software, security software and hardware products such as switches, routers, wireless equipment and firewalls. Charities are required to pay a small Administrative Fee to cover the costs of the programme and whilst the administrative fees vary, charities will still make savings of between 92-96% on typical retail prices.



Issues in Deaf Education

Advert



Susan Gregory (Editor), Stephen Powers (Editor), Linda Watson (Editor), Pamela Knight (Editor) and Wendy McCracken (Editor).



This excellent work looks at themes and issues in deaf education. It looks at how the teaching of deaf children is changing – both in special educational settings and in mainstream schools. It looks at policy, psychology, linguistics and audiology.

Student teacher or teacher for the deaf, researcher or parent, academic or audiologist – this book is for you. A scholarly and provoking read.

Publisher: Taylor & Francis Ltd, UK (1998) Paperback - 308 pages, illustrations (495 grams)
Our Price: £23.99 <http://www.actiondeafnessbooks.org.uk/issues-in-deaf-education-19-p.asp>

Events

Cricket Federation for People with Disabilities – Coaching Sessions at TCAT, Telford

The sessions will take place at TCAT (Telford College of Arts & Technology) indoor sports hall each Saturday 9.30am – 11.30am. The first few sessions are free; if you are interested and wish to continue training, a small fee of £3.00 per session will be required.

The section is run by Telford's St Georges Disability Cricket Club (tel 01952 275297, email managerianhalford@yahoo.com), who employ only dedicated ECB registered coaches, all with up to date CRB checks, and have worked in disability sports and activities for many years. Anyone thinking about "having a go", and require further information can ring Ian Halford 01952 275 297 or Geoff Phillips 07855 395 293.



InteGreat Theatre

HAS BEEN FUNDED FOR THE NEXT 3 YEARS TO
CONTINUE OUR..!

THEATRE GROUP FOR DEAF & HEARING ADULTS



When: Saturday's 11am-2pm

Where: The Hippodrome
Theatre, Birmingham, B5 4TB

Time: 11am-2pm

Come along and join us..!
Open to all, no experience needed!

If you are interested in joining or want more
information..

Please contact Angela Twigg

Mob: **07515939806**

E-mail: angela@integreattheatre.org.uk

Service Birmingham Staff Benefit Scheme is
continuing to fund us.

www.integreattheatre.org.uk

Birmingham
Hippodrome

Words, Signs
& Vibes 



1st – 30th November – Mouth Cancer Action Month

Raising awareness events across the UK. Visit the website for more details: <http://www.dentalhealth.org.uk/mouth>



Community Council of Shropshire Events - Events for Carers

• 23rd November – Calling All Carers! Wound up by Stress?

A fresh approach called **Mindfulness** could help to give you your life back!

On the basis of clinical evidence The National Institute for Clinical Excellence (NICE)

increasingly recognises the value of Mindfulness Based approaches in helping

towards a better balance of mind and emotions.

If you are struggling with the 'common to carers' feelings of frustration, guilt,

anxiety, isolation, poor sleep or with handling difficult situations, the **Breathworks 'Living Well' Mindfulness** approach can help you to manage your body, thoughts and emotions so you can get the most out of life.

New Introductory Taster Workshop, Tuesday 23rd November, 7pm-9.30pm, Shrewsbury Baptist Church, Crowmere Road, SY2 5JJ

DON'T MISS OUT for booking or information contact Glenda on 01743 341995

• FLY FISHING

In September we introduced two fly-fishing tasters for carers at fishing lakes near Pontesbury and Whitchurch. Eight carers came together to learn a new skill in enjoyable surroundings and take a break from their caring roles. On both days we were blessed with good weather and good company. At Dearnford Lake we were joined by Vic Knight an experienced fly fishing instructor and several of those who came along experienced the thrill of hooking their first a fish!

One carer said **"this had been the best day out we've had in a long time."**

If you're interested in finding out more about further fly fishing tasters or you are an experienced fisher who would like to join the group please contact

Diane on 01743 342164 or email diane.cuff@shropshire-rcc.org.uk.

Please note there may be some costs entailed such as a day's fishing ticket which can vary between £10-15, professional instruction or loan of equipment.

FUTURE DATES

3rd November 12 - 3.30pm Ellerdine Lakes near Shawbury

1st December 12 - 3.30pm "Learn to tie your own flies" Nags Head Pontesbury

5th January 2011 12 - 3.30pm Location to be confirmed

To book a place please contact Diane on 01743 342164

• MARKET DRAYTON 'drop in ' carers group

This general carers group meets on the **first Monday** of every month from **10am - 12pm** at the Market Drayton **Methodist Church Hall**

All carers are welcome.

For further information please call Julie Apted on 01743 851074

• Support group for carers of people with substance misuse issues

A worker from the Substance Misuse Team leads the group, supported by Julie



Alanthwaite, a carer support worker from CCS. Carers in the area identified the need for such a group, which brings together those who share similar issues whilst offering much needed support, information and advice.

Meetings are on **2nd Wednesday of the month 2-4pm, Peoples Evangelical Church, Low Town, Bridgnorth**

Please feel free to drop in however should you like more information or an informal chat about the group call **Julie on 01743 237887**

- **ACTIVE CARERS GROUP**

- Are you worried about local services?
- Caring for someone who has mental health issues?
- Time available to attend bi-monthly evening meetings?
- Interested in learning more? or would like a chance to
- Voice your concerns?
- Enjoy getting more involved

If you would like to become more involved and learn more about local mental health services, particularly the impact on carers, please contact **Claire Eccles 01743 237888** or email claire.eccles@shropshire-rcc.org.uk for more information and the date of the next meeting.

The group meets 6.30 - 8.30 pm on the 2nd Tuesday of every other month at The Community Council of Shropshire, Shrewsbury Business Park SY2 6LG

- **S.T.A.C.S.**

Shropshire & Telford Aspergers Carers Group is an informal group of parents and carers or adults with Aspergers Syndrome to address the issues they face in their daily lives as part of their caring role.

They offer mutual support, presentations and the *opportunity to influence policy* by feeding from focus groups into Central Government. For details of meetings please contact **Claire Eccles on 01743 237888**. **For further details call 01743 341995 or simply drop in!**

Contact Lorraine Smart on 01743 237880, email lorraine.smart@shropshire-rcc.org.uk

Parent Partnership Service

More details on these at

[http://www.parentpartnership-](http://www.parentpartnership-shropshireandtelford.org.uk/45.html)

[shropshireandtelford.org.uk/45.html](http://www.parentpartnership-shropshireandtelford.org.uk/45.html) or contact Alex Hiam (Parent Network Co-ordinator),

Tel: 01952 458018, Email: alex@pps-shropshireandtelford.org.uk



Training for parents / carers:

Positive Futures - an adult conference on Asperger's Syndrome organised by (Autonomy 22 Sept) Free to people with Asperger's Syndrome and carers.

Cygnets - six session programme for parents of children/young people with ASD between 9 - 18 years (Telford & Wrekin). For more information contact Sue Stoddart, tel 01952 385485

First Aid course for families with disabled children - Birmingham (2nd and/or 9th October)

Community Leadership Training Course - for parents involved with forums and support groups (Oct/Nov)

Working with Children to Improve Behaviour - Leominster (2nd and 16th November)

ADHD Training for parents/carers from Shropshire and Telford - (5th November, Shrewsbury)

Acquired Brain Injury Training - Nottingham (8th November)

Special Educational Needs Training for parents/carers from Telford - (19 and 26 November) - dates for Shropshire parents to be arranged next term.

On-line Training Opportunities:

Cerebra E-learning - this training is aimed at the needs of anyone currently caring for or working with children who have a brain related condition. Accredited to GCSE Level. Free to all parents/carers. Go to Cerebra E-Learning.

City and Guilds Learning for Living - this training builds on the skills that carers have developed in their caring roles and builds confidence and skills. Costs vary according to centre providing the training so contact them to discuss. Go to: City and Guilds Learning for Living.

Bridgnorth Buddies

<http://www.bridgnorthbuddies.co.uk/>



For children with additional needs and their families

06/11/10	Multi-Activities	2 - 4pm	St Leonard's Church Hall	50p per child	Note change of time for this session only.
12/11/10	Coffee Morning	9.30am onwards	Cinnamon Café	-	A great opportunity to have a chat & swap experiences.
20/11/10	Multi-Activities	10.30am-12.00	St Leonard's Church Hall	50p per child	Fun & games for all with Ping Pong John & other guests.
21/11/10	Swimming	5 - 6pm	Bridgnorth Leisure Centre	Free	Buddies have exclusive use of the pool. Bring the family!
26/11/10	Coffee Morning	9.30am onwards	Cinnamon Café	-	A great opportunity to have a chat & swap experiences.
04/12/10	Multi-Activities	10.30am-12.00	St Leonard's Church Hall	50p per child	Fun & games for all with Ping Pong John & other guests.



Parent Information Sessions.

Are you a parent/carer of a young child?
Do you have worries about issues to do with Autistic Spectrum Conditions
Come along, have a cuppa and a chat.
Children welcome.

Roy Fletcher Centre
Shrewsbury

Wednesdays 10-12pm

22nd September 2010
24th November 2010
26th January 2011
30th March 2011
25th May 2011
27th July 2011

Wem Baptist Church

Tuesdays 1-3.00pm

26th October 2010
25th January 2011
26th April 2011
26th July 2011

Homestart, The Unicorn
Centre, Unicorn Road,
Oswestry

Wednesdays 10—12pm

20th October 2010
12th January 2011
16th March 2011
11th May 2011
13th July 2011

Ellesmere Methodist
Church

Tuesdays 10—12pm

5th October 2010
11th January 2011
15th March 2011
10th May 2011
12th July 2011

For further information, please contact Jane Ramsdale,
Autism Development Co-ordinator to book an appointment.
Tel: 01939 236181 / 07500 885137.

British Deaf Association BSL Courses in Wales

Go to http://www.bda.org.uk/Training___Events-i-18.html for
further information.



29th October – 4th December: Shrewsbury & District MS Branch

Charity Christmas Card Shop. As usual we will have a stand in St Mary's
Church, St Mary's Street, Shrewsbury, for you to purchase Christmas cards, along with over 30
other charities.

The shop opens on Friday 29th October 10.15am and closes on Saturday 4th December at
4.15pm. It is by far the best selection of Christmas cards in town at very reasonable prices.
Remember it's cash or cheques (No card machine yet!!!)



Shrewsbury Ambassador Club

- ✓ Are you a physically disabled person aged 10 - 25?
- ✓ Are you interested in making new friends in a fun environment?
- ✓ Do you want to be part of an exciting new club that has loads of activities and events throughout the year?

If you answered yes to the above questions then the brand new Shrewsbury Ambassador Club is just for you! At your club you will have loads of opportunities to meet up regularly with other young people, learn new skills, get a work placement, go on days out and even have a chance to attend an awards ceremony at the House of Commons in London!

The ethos of Ambassador Clubs is based on 'fun and friendship' and themes include things like: healthy living, creativity, leadership, teamwork and loads of other fun activities and challenges.

There will be on average 10 - 15 young people (called Ambassadors) attending who are all aged around 10 – 18 years old (the age limit is 25). Each club will run from 10am to 3.30pm every six weeks and will take place on Saturdays and during the school holidays.

The Kidz Unlimited programme is designed so that you can get the most out of being a member of your club, some of the opportunities on offer include: a chance to learn key life skills to make you more independent, managing your own regional campaign (including the budget), becoming a leader, playing new sports including developing a fitness plan, wheelchair skills, taking part in drama and music activities, as well as having the opportunity to make new friends and have fun

When you attend your first club you will receive an Ambassador Club welcome pack including a ruck sack, tee shirt, stickers, and loads of other goodies.

Becoming an Ambassador and attending each club is free (Whizz-Kidz can even help with travel expenses!). All we ask for in return is that you try and attend as many meetings as possible; this will also help you to get the most from being an Ambassador. If you attend all eight meetings you will receive some great vouchers and will automatically be entered into the grand prize draw for an iPod Touch!

Club activities are aimed at young disabled people with no or mild-moderate learning difficulties.

For young disabled people with severe learning difficulties we will offer support and advice, as well as signposting to other relevant organisations and the chance to attend other Whizz-Kidz events

We only have 15 places available on a first-come-first-served basis, to book your place and become a Whizz-Kidz Ambassador please email ambassadors@whizz-kidz.org.uk or call 0800 151 3350.



The Shrewsbury and Telford Hospital 
NHS Trust

Public Health Related Lectures And meet the Trust Board



Lecture 1: “Diabetes — The Silent Assassin”

Lecture 2: “Obesity, Sleep and Lung Function — The Epidemic”

The Shrewsbury and Telford Hospital NHS Trust are hosting a number of public health lectures which are free to attend and open to all members of the public and Trust staff.

Each lecture will last for around an hour, with the opportunity for you to ask questions at the end.

The lectures are delivered by experts in the subjects and light refreshments will be available at the end of the Lectures, where you will also have the opportunity to meet and talk to members of the Trust Board.

Spaces at these events are limited so please contact the Foundation Trust Office to book your place on 01743 261473.

We look forward to seeing you on the day.

Lecture 1 Delivered by Dr D Warner

on
Thursday 4th November - 6pm
at
The Education Centre,
Princess Royal Hospital

Lecture 2 Delivered by Dr H Moudgil

on
Wednesday 12th January - 6pm
at
Hamar Help and Support
Centre,
Royal Shrewsbury Hospital

Foundation Trust Office
on 01743 261473

1st – 30th November – Mouth Cancer Action Month

Raising awareness events across the UK. Visit the website for more details:

<http://www.dentalhealth.org.uk/mouth>



Telford & Wrekin Parent and Carers Forum

www.telfordandwrekinpcf.org.uk, Contact Clare for more information, tel: 01952 211470 email:

clareeaves@tandwcv.org.uk

29 November 10am – 12 noon

The Liz Yates Centre, The Poplars, Lightmoor, Telford. TF4 3QN

13 December The Liz Yates Centre, Lightmoor, Telford. TF4 3QN

Christmas Brunch!

Jungleland Forums:

Generally these meetings are held on the first Monday of every month (term time only) and are aimed at parents who would like to bring their children to meetings. All Jungleland meetings 10am – 11am. Discounted entrance for member's children £1 per child **8 November, 6 December**



Telford and Wrekin PCF



1st – 31st December – Wallace & Gromit's Great British Tea Party

Wallace & Gromit's Children's Foundation is a UK charity championing the cause of sick children by raising funds to improve their quality of life in hospitals and hospices. The Foundation funds an innovative range of projects to ensure children in hospitals and hospices have access to the very best comforts, facilities and equipment giving them a better, brighter future. These include arts, music and play therapy programs, sensory equipment and facilities, respite care, state of the art

equipment and pull down beds and refreshments rooms for parents. Wallace

Great British Tea Party

& Gromit's Great British Tea Party invited the nation to put the kettle on to raise money for sick children nationwide! All we ask is for you to invite friends, family and colleagues to your tea party, bake a cake and make some tea and all donations go to the charity! What better way to celebrate the nation's favourite drink and treat yourself to a bit of cake! Visit the website for more details.

<http://www.wallaceandgromitfoundation.org/>



3rd November & 1st December – the Hive

7 – 10 pm, at The Hive, 5 Belmont,
Shrewsbury, SY1 1TE for over 16s



3rd November – Autonomy for Women Discussion Group Meeting

At the Roy Fletcher Centre, Shrewsbury, 7 – 9

pm. For more information phone Sara on 01743 821363 or email Lou

autonomyforwomen@hotmail.co.uk Autonomy website: www.autonomymyshropshire.co.uk



3rd November – Telford and Wrekin Mental Health Forum Meeting

The forum is a way of giving you as a Service User or Carer the opportunity to be involved in feeding back your knowledge and experiences of using services and get to know what's going on both Locally and Nationally.

The forum meets every 2 months at Meeting Point House on a Wednesday 13.30 -15.30

Refreshments are available and reasonable travel costs can be claimed for, with the discretion of Tina, the Chair.

For further information please contact Tina Jones on (01952) 458021 or

tina.jones@listennotlabel.org.uk

4th November – Shrewsbury & District MS Branch

Shropshire MS Support Group Meetings, 1st Thursday of every month, 10:30am - 4:00pm, at Hamar Centre in the grounds of the Royal Shrewsbury Hospital, Mytton Oak Road. Come for the day, or drop in for 10 minutes and a cuppa! Always an enjoyable day with a lively bunch of folk living with MS.

These sessions start with a one hour physiotherapy session followed by lunch. The afternoon starts at about 1.00pm and takes the form of guest speakers, demonstrations, entertainment etc. and varies throughout the year. A care assistant is available all day to help with your personal needs. For further information contact the branch on 01743 364484.



4th November - Spectrum

Spectrum meets on the first Thursday of every month at The Lord Hill Hotel, Shrewsbury from 8.00 pm. They welcome parents/ carers of children with ASD, ADHD and children with associated difficulties.

Contact Alison - 01939 220567 or Jeannette - netgriffiths@gmail.com



5th November – ADHD Training for parents / carers

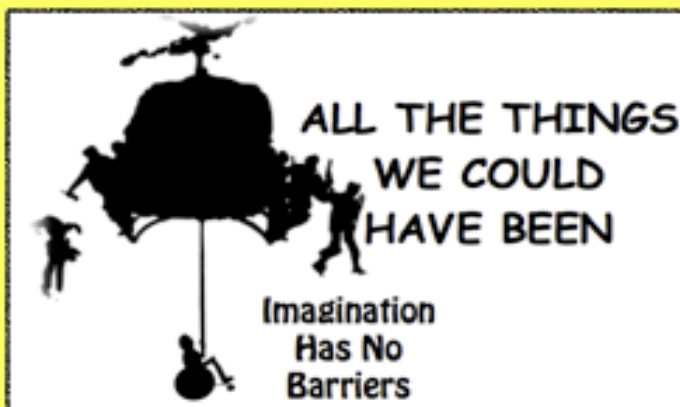
Parenting and caring for children with Attention Deficit Hyperactivity Disorder

At The Lantern, Sundorne, Shrewsbury, SY1 4NG, 9.30 am – 2.30 pm

Contact Alex Hiam 01952 458018, email alex@pps-shropshireandtelford.org.uk or go to

<http://www.parentpartnership-shropshireandtelford.org.uk/55.html>





POTENT! PERSONAL! POLITICAL! POETIC!

This is a no holds barred expose of the journey into adult life for Disabled People.

Using poetry, song and spoken word this play will make you laugh, it may make you cry, and it will certainly make you question who makes the decisions in life.

This one-man-show is written and performed by Robin Surgeoner AKA Angryfish.

SHOW PREMIERE

Arena Theatre Wolverhampton

10th November 2010

7:30pm

& 1pm Technical Premiere

Tickets £5 Evening & £1 Matinee

Box Office 01902 321 321 www.arenatheatre.info



Email:

angryfish@angryfish.co.uk

Also at

3rd December 2010

Taylor John's, Coventry Canal Basin

Tickets available from The Tin Angel

02476 559958

£3.50 Concessions 1 + 1 PA/Carer

£2.50 unwaged



LOTTERY FUNDED



**Shropshire
Partnership**
www.shropshirepartnership.org.uk

**grassroots
grants**
Managed by the Community Development Foundation



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

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

8th – 14th November – Ask Your Pharmacist Week

The week aims to promote the health services provided by community pharmacy since its expanded role in 2006 with the new contracts in England, Wales and Scotland. And with the new contract expected in Northern Ireland. Ask Your Pharmacist campaigns are run by the National Pharmacy Association. Please contact Mark Beckett on m.beckett@npa.co.uk or communications@npa.co.uk Phone Number: 01727 858687.

<http://www.askyourpharmacist.co.uk>



9th November – Telford & District MS Branch, Table Top Sale



Volunteers will be at the Princess Royal Hospital, selling second hand jewellery, bric-a-brac, books, toys and games to raise vital funds for the branch. If you have any unwanted items that may be suitable for us to sell, please contact Sian on **01952 256009**.

10th November – Carers Walk

Meet outside Meeting Point House, Telford Town Centre, Telford, for 10.30 am start. <http://www.carerscontact.org.uk/diary.html>

Carers
Contact Centre

11th November – Telford & District MS Branch, Monthly Social

Our **Monthly Social** is open to any person affected by multiple sclerosis (MS) i.e. carers, family or persons with MS. A 'drop in' social with a gentle exercise session, light refreshments, and a hands on activity for you to try. Speaker this month:

Jean McClusker from the Chocolate Shack
Salvation Army Hall, Oakengates 12.30pm-3.30pm

MS
Multiple Sclerosis Society

13th & 27th November – Saturday Friendship Group for special children and their families

At Craven Arms Community Centre, 2 – 4 pm

Wide range of play equipment, regular activities, trained volunteers on hand, safe and positive environment, a focal point for families to meet, network and enjoy some family time.

Cost £5 per family, £3 for PACC members, For more details contact Sam on 077905 84987

Hosted and supported by PACC, Autism West Midlands, Parent Partnership Service

More information at <http://shropshirevcs.org.uk/site/blog/events/empathy-family-support-group/>



13th November – Drop-in information events for families who have a child with a disability or additional needs

Eastern Community Centre, Cabin Lane, Oswestry, SY11 2LQ, 10 am – 12 noon.

Refreshments and children's activities available at all events. Come along and meet service providers, gather information and advice on local groups and try out specialist equipment.

For further details, please contact Sarah Thomas 0845 6012205 email enquiries@paccshropshire.org.uk



14th November is World diabetes Day

Raising awareness events across the UK. Visit the website for more details.

<http://www.worlddiabetesday.org>



world diabetes day
14 November

16th – 25th November – Care sector recruitment events in Shropshire

- Tuesday 16th November – Holiday Inn Telford (Full day event)
- Thursday 18th November – Lion Hotel Shrewsbury (Full day event)
- Tuesday 23rd November – Oswestry Library (1pm-4.30pm)
- Thursday 25th November – Craven Arms Community Centre (9am-1pm)

Care sector vacancies are becoming increasingly pre-dominant in the district's labour market. In the three months March-May this year there were over 2,200 care vacancies advertised across the Marches, making it easily our biggest occupational sector (more than double the number of retail vacancies). However, it is some way down the list in terms of our most sought occupation by customers. Clearly, there is work to be done in terms of bringing our customers and employers together to fill the available jobs in the labour market.

To that end it is the intention that the 2 larger care sector events on the 16th and 18th of November will be done in conjunction with a pre-employment training programme (assuming that funding is still in place at the time) to equip our customers with some of the skills and pre-requisites for a career in social care. It is the intention that the events will also include presentations by ACT on the career paths available in social care, the types of jobs on offer and training available. Following this attendees will then have the opportunity to talk to employers in the sector currently recruiting.

Contact Mike Dzioba JCP MARCHES DISTRICT OFFICE, phone: 0845 604 3719

More information at <http://shropshirevcs.org.uk/site/blog/events/care-sector-recruitment-events-in-shropshire/>



**shropshire
infrastructure
partnership**

strengthening the voluntary sector together



17th November – Reflex

7 – 9 pm (after 9 it's open to the general public) for over 18s, at Reflex, Victoria Quay, Victoria Avenue, Shrewsbury, SY1 1HH



17th November – Keep Well this Winter (Telford)

Want information on how to keep well this winter? Get involved in our health awareness day. Anybody is welcome to drop in anytime. There will be lots of useful advice and tips for you and your family, including healthy cooking demonstrations, free health checks and a free prize draw. Donnington Library Wednesday 17 November 10am - 1pm

<http://www.telford.gov.uk/libraries>



18th November - Shrewsbury & District MS Branch

Join a group of MS Society members and friends for a relaxed lunch at 12 noon, at 'The Abbey' (Monkmoor Road). Choose and pay for what you like to eat. If you just want to join us for a afternoon drink, you are more than welcome.

There is plenty of parking, ramp access and a downstairs disabled toilet and the staff are always very helpful.

21st November – DeafPLUS visit to 'Sacred and Profane Treasure of Ancient Egypt', The Barber Institute of Fine Arts

2.30 pm, Sign Language Interpreter provided, free entry.

Barber Institute of Fine Arts, University of Birmingham, Edgbaston, Birmingham, B17 2TS

Further Information from Olivier Jamin, Minicom 0121 678 88 50, Voice to Textphone 18002 0121 678 88 50, email olivier.jamin@deafplus.org



24th November – Omega Network Carers' Support Meeting

Do you help someone with a disability or long-term illness? If so, come to lunch and meet other carers; to socialise, share information and take a break. The Omega Network welcomes you.

The Beaten Track pub, Old Potts Way, Shrewsbury SY3 7ET

Every 4th Wednesday of the month. Confirm your reservation Telephone 0845 259 3163 (local rate) or Email gavin@omega.uk.net



Would you like to learn British Sign Language?



**British Sign Language Level 1 (101 only)
start in November 2010 at the Deaf Cultural Centre**



Develop the conversational skills you need to communicate with Deaf people

The 7 week course is designed to enable learners to communicate with Deaf people in BSL on a range of topics that involve basic everyday language use.

Level 1 Award in BSL:

- Starts Friday 26th November and ends on 21st January 2011
- Lessons take place every Friday morning from 9:30am - 12:30pm
- Course fee: £85 + £10* (assessment fee).
- Full Course and assessment payment required at enrolment.

*Prices correct at the time of going to press and may be subject to change to reflect Signature fee increases.
We are unable to offer concessionary places for those on benefits.

How to enrol on a course:

Contact Sue Curley by telephone on 0121 450 7767 or email: sue.curley@bid.org.uk

BID Services
Deaf Cultural Centre, Ladywood Road, Birmingham, B16 8SZ
voice: 0121 246 6100 textphone: 0121 246 6101 fax: 0121 246 6125 email: info@bid.org.uk
www.bid.org.uk



27TH November – Deaf Sport Personality of the Year 7 pm – 2 am at Wembley Stadium. Go to <http://www.dspy2010.co.uk/index.html> for more information on this and for deaf sports events.

2nd December - Shrewsbury & District MS Branch

At the Hamar Centre, RSH, 10:30-11:30 Exercise session. 12.30pm

Christmas Buffet Lunch, 1.30pm Entertainment

The buffet lunch is provided by those wishing to join in. Hilary has a list of food required so ring 01743-351017 to arrange what to bring as your contribution, nearer the date.



3rd December 2011 – Telford & Shropshire Osteoporosis Support Group Festive Coffee Morning

10am – 12 noon. Venue: Wellington Methodist Church, New Street, Wellington, Telford, TF1 1LU (Small car park on site and car parks nearby in The Parade and Victoria Road)

Everybody is welcome, please come along and help to support and raise funds for your local group. Tombola and Bring & buy.

For further information please contact: Gill on 01952 433183

3rd December 2011 – Carers Rights Day

10 am, Information event at the Holiday Inn, Telford. Phone 01952 240209 for more details.

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



5th December 2011 – Drop-in information events for families who have a child with a disability or additional needs

Ludlow Leisure Centre, Bromfield Road, Ludlow, SY8 1DR, 1.30 – 3.30 pm

Refreshments and children's activities available at all events. Come along and meet service providers, gather information and advice on local groups and try out specialist equipment.

For further details, please contact Sarah Thomas 0845 6012205 email enquiries@paccshropshire.org.uk



10th December 2011- Shrewsbury & District MS Branch

Branch Christmas Lunch – Save the date. More details in the Branch Newsletter

http://www.mssociety.org.uk/branches/west_midlands/shrewsbury/newsletters.html



Sat, 11 Dec 2010

RAZZLE DAZZLE

...back by popular demand, at the Deaf Cultural Centre

See for yourself the dazzling performances from the very best
talented deaf artists and musicians!

They've wowed audiences everywhere, and now they are right here at the Deaf Cultural Centre

featuring:

Richard Carter, BSL Poet

InteGreat Theatre, drama and singing troupe

Riccardo, dance and signsong performer

Rebecca Anne Withey, an amazing signsong performer
and more.....

**Matinee performance - perfect family outing,
2.30 pm for 3 pm, tickets £6**

Doors open: 7pm Performances start at 7:30pm

***Matinee performance also taking place at 3pm. Contact us for details**

Ticket Prices: £12

Deaf Cultural Centre, Ladywood Road, Birmingham B16 8SZ

Contact Lisa Davies for further information or to obtain your ticket:

voice: 0121 246 6100 textphone: 0121 246 6101 fax: 0121 246 6125

email: lisa.davies@bid.org.uk www.bid.org.uk www.deafculturalcentre.com

17th February 2011- Shropshire Annual Information Day

For families who have a child with a disability or additional needs.
Shrewsbury Sports Village, Sundorne, Shrewsbury, SY1 4RQ, 10 am – 2 pm

Information available on Benefits, Youth Services, Sports clubs, support groups etc. Specialist equipment on display including trikes, car seats etc. Display of cars available on the Motability Scheme. Refreshments and children's activities available at all events.

For further details, please contact Sarah Thomas 0845 6012205 email enquiries@paccshropshire.org.uk



**5th June 2011 – NEW DATE for
Shropshire Disability Awareness Day
Shrewsbury Sports Village
A Fun Day for all the Family**



**Shropshire
Disability
Network**

Events – Training, Conferences etc.

Social Welfare Training

We have a number of courses coming up in the next few months and these can be viewed at

<http://socialwelfaretraining.co.uk/coursesandcost.html>.



Westminster Health Forum Events in November:

4th November: Stroke care – next steps for policy and commissioning

16th November – the future of dentistry – taking forward system reform

17th November – the future of the NHS – post White Paper

23rd November – Improving dementia care

For details of these comprehensive events, go to

http://www.westminsterforumprojects.co.uk/forums/index.php?fid=westminster_health_forum

1st – 23rd November – Shropshire Olympian Festival Workshops

Westminster Health Forum



www.shropshire-disability.net

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

Shropshire Olympian Festival is a celebration of the 1864 festival held in Shrewsbury involving art and culture as well as sport. It will take place in the Quarry, Shrewsbury, from 17th to 19th June 2011.

Six workshops have been organised across Shropshire to highlight a host of opportunities to get involved, including working with professional artists to decorate the park and to join in a massed choral finale.

For further information contact Sarah Rollason on 01743 252305, Support Assistant, Culture & Leisure, Shropshire Council or see <http://shropshirevcs.org.uk/site/blog/events/shropshire-olympian-festival/>



Disability Alliance Training - Benefits and support for disabled students in higher education

**Disability
alliance**

About the course

One of the main concerns for people who claim incapacity or disability benefits is how their benefits will be affected by study.

This course is suited to anyone providing advice or support to students in higher education eg disability workers, Student Services staff and advice agencies.

It provides practical ways to help students protect their benefit rights and maximise their entitlement.

The course includes:

- The benefit implications of moving into higher education
- Employment and support allowance and how it is affected by study
- Claiming disability living allowance
- How loans and grants affect income support and housing benefit
- Who can get housing benefit
- Students and tax credits

When and where is it held?

- Wednesday 17th November 2010 - London
- Thursday 27 January 2011 - **Wrexham**

How much does it cost?

- Standard rate £140 per place
- Member rate £110 per place
- Lunch is included.

To book a place, fill out our online booking form at <http://www.disabilityalliance.org/datraining.htm>

2nd November – Shropshire Community Transport Consortium meeting

The Shropshire Community Transport Consortium would like to invite any group who provides transport as part of their operation to our next Forum of Interest Group. The next



meeting is on the 2nd November at the Shrewsbury Dial a Ride office (SY1 4NS). The group meets to share experiences and knowledge and would be very happy to meet and share with any community based transport providers. If you would like to know more about the Consortium please contact Linda Cox 01743 440744 or 07891094901.

3rd November – SDN Employment Forum meeting

At Mereside Community Centre, 10 am – noon.

The focus of the group is:

- to look at barriers to employment (to include self-employment)
- to look at gaps in support to people with disabilities seeking various forms of employment
- to look at gaps in support to employers in assisting employees with a disability
- to look at gaps and barriers to support for those in employment (to include self employment and voluntary work)
- to look at gaps in information for people seeking work in Shropshire



**Shropshire
Disability
Network**

The group will set its own action plan and terms of reference in order to meet recognised objectives

Who should attend? Those organisations:

- providing employment support
- currently in education services - providing the skills for employment
- with an interest in improving service or filling a gap in support
- providing support to the self employed

Individuals who are

- Looking for work and want a voice in improving services
- In work and see gaps in the support
- Have ideas for change

So if you feel passionate about making employment work for people with disabilities in Shropshire then this will be the group for you. Contact Ann Johnson husk@uwclub.net, tel : 01743 245356 Mobile 07966591043

9th November – Social Media Workshop

10:00 am - 12:30 pm

Venue - BVSC, 138 Digbeth, Birmingham (Lunch and refreshments will be provided)

'This practical half-day workshop will enable you to see how to use social media, and to understand its reach and capacity to engage with stakeholders, end users and funders.

The workshop will emphasise the business applications of LinkedIn & Twitter as well as cover material on other popular social media sites such as Flickr, YouTube and Facebook. Delivered by Rob Weaver of C3 Connected Consulting this event will give you an insight into how this innovative and interactive technology can change the way you work forever.'

To book onto this course please complete the attached booking form and return to me. Rosella

bvsc the centre for **voluntary action**

changeUp Birmingham Change Up Consortium

Brennan, Conference Coordinator, BVSC The Centre for Voluntary Action, 138 Digbeth, Birmingham, B5 6DR

Tel: 0121 678 8817, Fax: 0121 643 4541, email rosellab@bvsc.org,
<http://www.bvsc.org/training/social-media-workshop>

5th November – Making the Case for Funding

10 am – 4 pm in CCS Training Suite, Shrewsbury, lunch included, cost £30

For further information please contact: Lorraine Smart at The Community Council of Shropshire on **01743 237880** or by email:

lorraine.smart@shropshire-rcc.org.uk



13th November – Volunteer Management Conference

The theme of the conference will be supporting diversity within volunteering with particular reference to the needs of older volunteers. This conference will be open to paid staff, volunteers and trustees within the voluntary sector.



Volunteer Centre
Telford & Wrekin

For further information contact Telford and Wrekin CVS, 01952 291350

Email: beverlyharris@tandwcvcs.org.uk or annettecooper@tandwcvcs.org.uk

16th November – RAWM Targeted Support for Empowerment and Participation Improvement Event



A discussion event that will share resources, tools and learning and explore how communities might access them in a Big Society.

This is your opportunity to have a better understanding of, and to share, what support (electronic, case studies and peer-to-peer) is available. The events will be held at venues across the West Midlands and are aimed at the Voluntary Sector, Local Authorities, and Community groups. Shropshire and Telford & Wrekin) – Meeting Point House, Telford. This event is FREE and lunch will be provided.

For further enquiries about this event please contact: Helen Phillips **Telephone:** 0121 359 9100

Email: helenp@rawm.co.uk. More information at

<http://www.rawm.org.uk/sites/default/files/documents/Support-on-offer-for-communities-event-flyer-v4.jpg>

16th November – If the Big Society concept is the reality ...

What support is on offer for communities and available in a future constrained world?



Event at Meeting Point House, Telford, run by RAWM and EVC. To

book contact Helen Phillips, phone 0121 359 9100, email helenp@rawm.co.uk. Further information at www.evcwm.org.uk and www.rawm.org.uk



autism • west midlands



A half-day Training course for Professionals working with
Children and Young People in Shropshire

Positive approaches to autism spectrum conditions **Positive approaches to autism spectrum conditions**

Find Out:

- What is autism (including Asperger Syndrome) and how it affects the child/young person
- How to address the challenges faced by children and young people on the autism spectrum and provide effective support

Course participants will come away with:

- A greater understanding of how children with autism and Asperger Syndrome experience the world
- The ability to identify some of the difficulties associated with the autism spectrum
- Practical strategies for working with children on the autism spectrum

The training is free but there is a £5 booking fee to secure a place and cover refreshment costs.

Courses will be held at the Woodlands Outreach Centre, Tilley Green, Wem SY4 5PJ

Courses dates:

Thursday 18 November 2010 9.30 to 12.30

Wednesday 8 December 2010 1.00 to 4.00

Wednesday 8 December 2010 1.00 to 4.00

To book a place on one of the courses, please return the attached booking form.

If sufficient numbers from your staff team require training please contact us and we can provide tailored training at your workplace.



Please return the booking form to:

Hilary McGlynn, Autism Development Co-ordinator, Woodlands Outreach Service,
Tilley Green, Wem SY4 5PJ. Phone 01939 231 181 mcglynn.h@shropshirelg.net

16th November – Age Concern Annual Conference: Moving On

Age Concern Shropshire Telford & Wrekin

Speakers: George Giarchi (Prof of Social Care studies at University of Plymouth), Helen Sanderson (Helen Sanderson Associates), Adam Cairns (chief Executive RSH and Princess Royal Hospitals)

Shrewsbury Town FC Stadium, 9.30 am – 4 pm

To book phone 01743 233123 or download booking form at
www.ageconcernshropshireandtelford.org.uk



19th November – Funding Your Future

The event will be held at Shrewsbury Town Football Stadium from 9:30 – 14:00

We are extremely pleased that we have speakers from Shropshire Council, the Local Strategic Partnership, Big Lottery, NCVO, ACEVO and Whittingham Riddell lined up for you.

Further details of the workshops and sessions and information on how to register will be available on www.shropshirevcs.org.uk



22nd November – Patient Choice

Central London Hear from the Minister of State for Health and Department for Health about important changes to the UK healthcare system following the recent White Paper, Equity and Excellence: Liberating the NHS. Please visit the website for further details or email Chizzie Mbubaegbu on chizzie.mbubaegbu@capita.co.uk or 0207 9607720
<http://bit.ly/aXL37z>



1st December – Council of Disabled People seminar: Disability: Sharing Good Practice

10 am – 3.30 pm, at the Koco building, The Arches, Spon end, Coventry, CV1 3JQ.

Guest speakers:

- Henry Squire – CDP, talking about Outcomes
- Mary Beaumont – Consultant, talking about Disability Information & Advice
- Martin Wright – Enable, talking about Strategic engagement with Policy Makers
- Frant Flint – Mentoring & Befriending Foundation, talking about Mentoring and Befriending

For further details contact Sam: sam.goodreid@cdp.org.uk or call 02476716217 – places limited



5th June 2011 – NEW DATE for Shropshire Disability Awareness Day **Shrewsbury Sports Village** **A Fun Day for all the Family**



**Shropshire
Disability
Network**

www.shropshire-disability.net

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





To protect and support Voluntary and Community Sector Housing Conference 2010

Tuesday 23rd November 2010 | 1.45pm - 4.15pm
Sandwell Council House, Oldbury, West Midlands. B69 3DE

The information gathered at this event will be used to create and publish an evidence-based document focused on the role of the VCS in housing. This document will showcase what and where the sector can deliver in housing and the role that RAWM, WMVCS Housing Network and others can play in making this happen. This event will include practical workshops around the key issues facing the housing VCS.

Guest speakers:

Shehla Husain

Deputy Director, Housing Care and Support, Communities and Local Government

Jean Templeton

Chief Executive, St. Basils

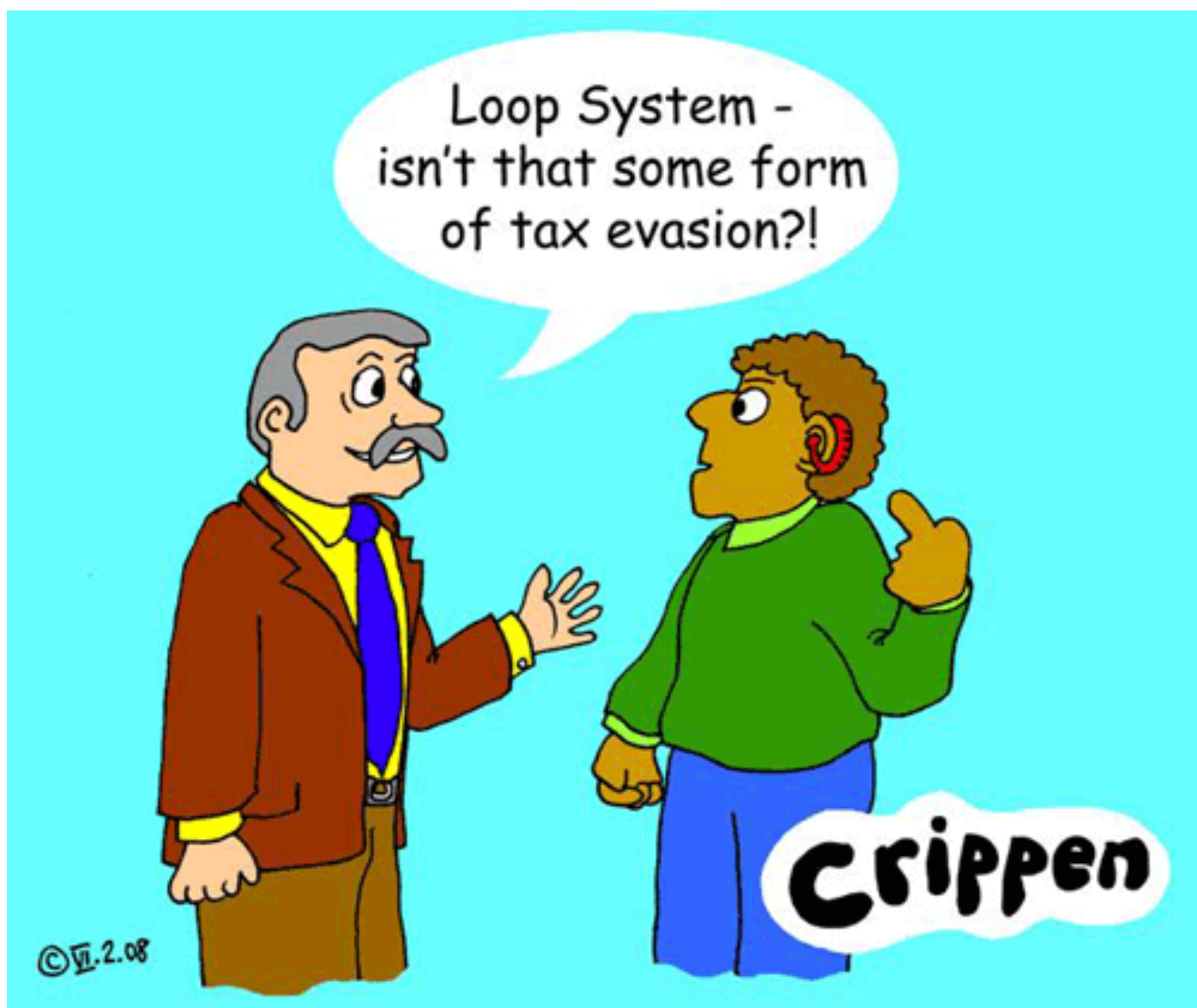
Audience:

This event is aimed at staff or Board Members of VCS organisations with a role or interest in housing issues. Attendance from sub-regional VCS networks will also be important as well as relevant policy makers. Representatives from local authorities and LEP's including elected members and officers, in addition to other statutory and private sector partners.

This is a free event organised by the West Midlands Voluntary and Community Sector Housing Network in partnership with RAWM. **Please note delegate spaces are limited and will be allocated on a first-come-first-served basis.**

You can book on to this event on the RAWM website: www.rawm.org.uk.

Booking deadline: Monday 15th November 2010.



We are indebted to Dave Lupton for the use of his Crippen cartoons.

Disclaimer

SDN aims to provide a forum for people to air their concerns about matters affecting people with a disability as well as providing a central source of information for them, their families and carers. The views expressed in this Newsletter are not necessarily those held by SDN. If you have a problem with any of the content of this Newsletter, please contact the Editor, Sally Barrett, on newsletter@shropshire-disability.net.