



Your Voice



'The place for disability information in Shropshire'

Shropshire Disability Network – September 2018– Charity 1148256

Back to Nature – Walks with an Expert

On Thursday 23rd August a group of SDN members met at Longden Cemetery for what developed into an intriguing nature walk.

George from Caring for God's Acre had contacted SDN to discuss a project to introduce people to the natural habitat found in rural cemeteries. That was how we found ourselves making our way through the oldest part of the cemetery looking for wild flowers and bugs. George was keen to involve people with disabilities. Longden Cemetery was ideal with its wide paths which allowed motorised scooters to be used.



We were accompanied on this short walk by Mark and Jenny from Arvensis Ecology. We hadn't gone very far before we found a fungus that many of us had never seen, together with a sapling that we may never see as a fully-grown tree. This latter is the elm, which has been devastated by Dutch Elm disease.



Then Mark pointed out an old apple tree, common in older graveyards. The fruit is red-fleshed. These were a little too tart for our taste, which looked like the type of apple offered to Snow White.



Why not join us on our next trip? Look out for details of the next one.

A Record Year

SDN is growing in members and each year we share more information with you,

Year ended

21st May 2018

- increased our membership by 129
- Added 584 events to our website an increase of 95 from 2017
- We shared a record number of news articles and consultations.
- Volunteer hours increased.

What next?

- To build on our firm foundations to be the place for disability information in Shropshire, Telford and Wrekin.
- To have an editorial and fundraising sub group and expand our volunteer base.

Dear Members,

Our AGM and quarterly meeting will have taken place by the time you receive this, and we will be looking forward to the Titan Challenge on Saturday 6th October and SDN Auction on Saturday 20th October.

Those attending our meeting will have heard, we have had another record year in all aspects of our work.

I have been asked to stay on as Chair. I am honoured that the Management Committee has faith in me, endorsed by the membership. However, succession planning is important. We need a Deputy Chair and Deputy Secretary to ensure continuation and expansion of the work of our charity.

As your Chair, I will do my best to lead us forward. Thankfully we have a very good secretary, Ann Shaw and while I recorded my thanks at our meeting, I feel it is important that I record it here.

Thank you to all who volunteer for us, whether on odd occasions or on a more regular basis. I look forward to working with you all in the next 12 months.

Best Wishes,

Ruby

Safe Places celebrates 5 years of supporting vulnerable people

On Friday 13th July 2018, Safe Places Shropshire celebrated 5 years of the scheme running in our area. The team hosted a tea party at the University Centre Shrewsbury in The Guildhall at Shrewsbury. The birthday cakes were donated by Councillor Julie Taylor of Lilleshall Parish Council.

Staff from Safe Places, such as Marg and Sandra from Sainsbury's Forge Retail Park, Telford, joined members of Shropshire Disability Network (SDN), the charity that leads on Safe Places in the county to hear the plans for the forthcoming year including a sponsored charity zip-wire event on Saturday 6th October.



Ruby Hartshorn, Chair of SDN and part of the Safe Places Team said, "We have watched Safe Places Shropshire getting bigger every year. We have over 450 Safe Places in Shropshire and Telford & Wrekin. We are now being asked to venture over the border into Powys. This is such a worthwhile scheme that allows families and carers to know that their loved ones have somewhere to go if they are made to feel vulnerable when they are out on their own".

Jo Allmond, mother of Jess Hiles, a user of the scheme has suggested a further use for the Help cards. She says "We are encouraging relatives of people living with dementia to put one of our Help cards in coat pockets. If their relatives are found out in the community in a confused state, the cards will help to reunite them with their family quickly".

We now have Safe Place Shropshire enamel badges for people to purchase at £1 each and "We support Safe Places Shropshire" canvas bags at £3.50 each. They will be available at all our events or contact us on one of the numbers below for further information.

Many premises are contacting the Safe Places Team to sign up to this community initiative, which is also supported by West Mercia Police. If you would like more information hatecrime@shropshire-disability.net or telephone/text 07780 852229 or 07398 350255

Safe Place Shropshire News

Safe Place Shropshire provides short term safe havens for anyone who is vulnerable when they are out in the community.



We have over 450 Safe Places in Shropshire, Telford and Wrekin. We recently celebrated our 5th Anniversary. Please look out for the Safe Place logo displayed in shops, cafes, banks and local businesses then if you need one, you will know where they are should you need a quiet place to sit while you collect your thoughts or wait for your carer/family/friend to pick you up. Some people carry an “I need help card” with the name and contact number of a trusted friend. With this edition of “Your Voice” we have enclosed two Safe Place cards that either you can use or to give to someone who may find them useful.

Safe Place cards can be requested by telephone or text 07780 852229 or 07398 350255 or email hatecrime@shropshire-disability.net

Congratulations

Winners of our Christmas Card competition are:



1st Carole Lawrence with an oil painting of a Robin.

2nd Sam Taylor with a photograph -Tree in Snow.

Congratulations to Carole and Sam. Their cards will be produced and will be sold to raise funds for SDN. Look for more details in October Your Voice.

The Christmas Card shop at St Mary's Church, St Mary's Street open on Friday 19th October and closes on Wednesday 5th December 2018

How 3 became 4. An update on the Titan Challenge.

Those of you who know our Secretary, Ann Shaw, will know she has made it her mission to 'rescue' teddy bears. She scours charity shops searching out the unloved bears who have been given away and offers them a new home in the 'Bear Pit'.

The story began with Murphy, who was sitting on her chest when she woke up from an operation in 2012. He is named after the surgeon who did the operation. Happily, Murphy acquired a brother in March this year. Alf is the spitting image of his brother.

Murphy and Alf have a very good friend who lives in Bromsgrove. He is Cuddles, Jess Hiles' constant companion.

All three are very excited to be involved in the Titan Zip Wire Challenge on 6th October. All three will be wearing t-shirts in the colour of their chosen charity. Cuddles will be in purple for MacIntyre, Alf will wear blue for Guide Dogs and Murphy will be in cerise for SDN.

On a recent visit to the Barnardo's Charity Shop in Market Drayton, Ann came across a very sad looking bear, calling out to be rescued. When she brought Maude home, Alf and Murphy persuaded her to join their adventure in North Wales.



So, the Three Muskebears and now the Four Muskebears. Maude will be wearing orange for Safe Places Shropshire.

If you would like to sponsor us, please contact by phone/text 07780 852229 or 07398 350255. People can also sponsor us on-line by using this link.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=JesssGang&isTeam=true>

How accessible is your polling station?

Government Response to the call for evidence on access to elections. In 2017, the Minister for the Constitution launched a Call for Evidence, asking for views on how people with disabilities experience registering to vote in an election and taking part in a vote.

We bring you the response, courtesy of Disability Rights UK.

256 responses were received. The responses were in the main from:

- those electors with learning disabilities;
- those affected by mental illness;
- wheelchair users; and
- those affected by sight loss.

Those electors declaring a learning disability formed the majority of the respondents; 106, followed by those declaring a mental illness.

As a result of the Consultation, the Government has identified a list of Actions to take forward. Available space in Shropshire Disability Network does not allow for us to publish all actions, however they do include:

Returning Officers should:

- ensure effective training of polling station staff.
- Consider equipment at polling stations with reference to use by people with manual dexterity issues and ensure the availability of full size writing implement for people who may need them.
- with relevant local authority staff should ensure that all polling station staff know how the Tactile Voting Device (TVD) works and ensure it is readily offered to those who need it. Disabled Persons Organisations including those supporting people with sight loss should also ensure that awareness is promoted.

The Accessibility Working Group will look many things including giving consideration whether “practice ballot papers could be made available to people with a disability in advance of polling day. Also to promote the use of existing Electoral Commission guidance to ensure that large print ballot papers are available and can be taken into the voting booth by those who need them.

Any member with no IT access who would like a full copy of this article should phone/text 07780 852229 or 07398 350255

Recipe Corner

Tomato bread tarts

Serves 12

500g small tomatoes roughly chopped
250g white bread rolls, thinly sliced
3 tbsp milk
2 tbsp oil plus extra for greasing
2 tbsp fresh thyme leaves plus extra to garnish
½ red onion peeled and chopped
1 garlic clove peeled and cred
Juice of 1 lemon
Sea salt and black pepper

- Preheat oven to 190 C (gas mark 5)
- Grease 12-hole cupcake mould
- Place bread slices in bowl and sprinkle with milk
- Allow to soak for 5 mins
- Place chopped tomatoes in mixing bowl
- Add oil, thyme, red onion, garlic and lemon juice,
- Season with salt and pepper
- Line cupcake mould with bread slices moulding them into the holes to cover them and create a case
- Fill the cases with tomato mixture
- Bake for 15-20 mins until golden then allow to cool for 5 mins

Serve straight away or chilled. Garnish with thyme leaves

Poet's Corner

Ode to a diet

**Too much beer and biscuits and chips
Have caused an expansion of hips.
Do I want to be fat?
Well boo hoo to that.
Best I diet 'fore anything rips.**

Key Dates to Note:

Sunday 30th September: Safe Place Shropshire have a table at Edgmond Vintage Antiques Fayre at Edgmond Village Hall, 14 and 16 Shrewsbury Rd, Edgmond, Newport TF10 8HU 11am- 4pm.

Saturday 6th October: Jess's Gang-The Titan Challenge at Zip World Slate Caverns LL41 3NB (See page 5)

Saturday 20th October: SDN Auction at Radbrook Community Centre, Calverton Way, Radbrook, Shrewsbury SY3 6DJ **5pm-6 pm browsing**. Auction starts at 6 pm. Refreshments.

Contact Information for Shropshire Disability Network

Website Information: Email: info@shropshire-disability.net

Newsletter items: Email: newsletter@shropshire-disability.net

Safe Place Shropshire: Email: hatecrime@shropshire-disability.net

Secretary: Email Ann secretary@shropshire-disability.net

Anyone with no IT access send information to: Shropshire Disability Network. C/O 26 Aldwick Drive, Radbrook Green, Shrewsbury SY3 6BN. SDN Telephone Numbers: 07780 852229 or Secretary 07398 350255



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@SafePlaceShrops and on
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Network and Safe Place Shropshire

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