

Enabling SOLIHULL PEOPLE to lead the fullest possible life whatever their personal health or physical difficulties

NEW CENTRES TARGET HATE CRIME

The Safer Solihull Partnership is helping residents speak out against hate crime by opening 22 new independent reporting centres across the borough.

The centres have been introduced so anyone can report instances of hate crime - where someone is targeted because of their race, religion, gender, age, sexual orientation or because of a disability - to a range of organisations they may be familiar with.

These organisations include Enable-Solihull, Citizens Advice Solihull Bureau, You+ Health Centre, Solihull Community Housing, Age UK Solihull and Children's Centres across the borough. The 22 new centres allow both victims and witnesses to report incidents in a safe and comfortable environment.

All cases are treated in complete confidence and people can report an incident without having to speak to the police. A trained member of staff will be able to provide confidential advice and guidance, and refer victims to appropriate support services if required.

To find your local reporting centre and for more information please visit:



Kim and Sarah Whitehouse, supporters of the new service

www.solihull.gov.uk/hatecrime

As well as using the new centres, hate crime can also be reported directly to the police. To do this, phone West Midlands Police on **0345 113 5000** and ask for your local station.

Solihull Partnership

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BRRR...RING IN FOR WINTER WARMTH ADVICE

Keep Warm, Keep Well - that's the message being sent out to vulnerable and older residents in Solihull this winter.

A special Solihull Winter Warmth helpline will once again be available on 0121 704 8080 for people who need urgent help this winter. Lines open on Tuesday 1 November and advisors will be available Monday to Friday from 10am - 4pm.

This year's campaign will officially be launched by the Mayor of Solihull, Councillor Irene Chamberlain at a special event in Mell Square on Tuesday 1 November. Partner organisations will be on hand offering free advice and information to residents on how to keep warm this winter.

Representatives from local organisations including Solihull Council, Solihull NHS Care Trust, Age UK Solihull, West Midlands Fire Service, Solihull Community Housing, Citizens Advice Solihull Borough, Enable Solihull, and the Council's Children's Centres, will be on hand at the event to make sure residents have the help and advice they need to be warm enough in their homes.

The Winter Warmth Helpline provides information and advice for vulnerable residents who need urgent help such as:

- Finding a tradesperson for emergency repairs
- Help with an emergency heater if the central heating system breaks down
- An electric blanket if they cannot afford to heat their bedroom
- Warm clothing if they are struggling to afford it
- Emergency food supplies
- Debt advice and assistance to pay bills.

Cabinet Member for Healthier Communities, Councillor Bob Sleigh said: "We want people to know that they are not alone this winter and there is help on offer to make sure that they can stay warm and healthy in their homes. I would urge anyone with concerns to



Last year's Campaign Launch



phone our helpline and I would also ask other residents for their help in keeping an eye on their older and vulnerable friends or neighbours this winter."

Top tips for keeping warm this winter:

- Keep internal doors closed to stop draughts
- Have at least one hot meal and hot drinks throughout the day
- Layer up - many layers of clothing are best
- Close curtains at dusk
- Ensure your heating is 21°C in your home
- Keep your heating on overnight
- Ensure your home is well insulated and boiler serviced
- Contact your energy supplier about Social Tariffs or Priority Register Schemes.

Residents are urged to visit www.solihull.gov.uk for more information and to download the Winter Warmth leaflet.

Solihull Partnership

DOMESTIC VIOLENCE AND DISABILITY

It is hard for victims generally to seek support when they have been subjected to abuse, but it is more so for those with a disability. Even though domestic violence is more in the open now than in the past, it remains an issue that is ridden with stigma and taboo. Victims feel ashamed, they may think it is their fault and their behaviour has led to them being abused. They are also told that no-one will believe them if they say anything.

Domestic violence is not only physical violence, but can include emotional, sexual and financial abuse, and it can get worse if nothing is done to address it.

Overall it is recognised that women are the main victims of domestic violence. There are some male victims (especially in same sex relationships) - however their experience is different, and often is not as prolonged or serious as that experienced by women. The facts are that:

- More than 50% of disabled women have experienced domestic abuse - that is, they are twice as likely to experience violence than non-disabled women
- They are likely to experience abuse over a longer period of time and suffer more severe injuries as a result
- They are less likely to seek help
- Abuse is often more acute where the abusive partner is the carer and financial abuse is widely used
- Abuse can be perpetrated by family members, as well as personal assistants and carers
- The tactics of abuse used are wide ranging, including high levels of sexual abuse

When disabled women seek support for domestic violence, one of the barriers they face is that the focus is on their disability as opposed to the abuse they face. However, many services have been trained on domestic violence in Solihull and are more sensitive about the issue and can help in addressing it. Victims should feel they can seek support.

Birmingham & Solihull Women's Aid (BSWA) is a specialist domestic violence agency and can provide support in many ways to victims. BSWA operate a Helpline that will provide support and a listening ear, and staff are also knowledgeable about other services that victims can access.

BSWA has worked with many women who have disabilities and are sensitive to their needs. They can help develop strategies around safety and work out safe and confidential ways of seeking help.

BSWA helpline - **0121 742 4515**
BSWA refuge & community support -
0800 0732 606

Article supplied by Birmingham & Solihull Women's Aid



LOCAL MENTAL HEALTH SUPPORT FOR WOMEN
EXPERIENCING ABUSE

Solihull Mind provides advocacy, counselling and a weekly support group (women only) for people who have experienced domestic/sexual abuse.

Telephone: **0121 742 4941**

Email: contact@solihullmind.org.uk



MY WEEK'S WORK EXPERIENCE

Monday On my first day of work experience at Enable-Solihull, myself and another work colleague distributed some of the charity's latest newsletters to different organisations and charities that either work closely alongside Enable Solihull or could maybe use their help and advice. A few of the organisations such as: Ashram and D.I.A.L gave me an insight into the different support and services they provide. I also got a guided tour of the buildings and how things were run. In total we successfully delivered a number of newsletters to over 19 places.

Tuesday The second day of my work placement. As soon as I got to the office I was pleasantly greeted by two members of the Enable-Solihull staff. We started our day of with a nice cup of tea and a mentored guide of how to use handheld 'CRT Viewpont' machines (which are used to collect information gathered in surveys carried out by Enable-Solihull). Once I got to grips with the 'mini computer', I started to input questionnaire answers that I helped to collect on the previous Saturday with a few of the members of staff from Enable-Solihull. Once I had finished that, I went through my work experience diary that my school Grace Academy had given me for the week, and I started to fill in all the information.

Wednesday As soon as I got to the office I carried on doing a fact sheet for the Chief Executive Officer, Martin Wright. Then another colleague and I went out to Newlands Bishop Farm to interview and take photographs of the work environment and activities that a member of Enable's user group is involved with. This was for an article for this newsletter (see page 5).

Thursday I helped set up for the Board meeting that was taking place that day. I helped by: setting up the room and getting all the refreshments laid out on the table. Then Sarah and I visited a lady who has physical disabilities. I got a really good insight into



Jess Whitehouse

some of the things Enable-Solihull do to help and the services they can signpost people to.

Friday On my final day, Friday, I printed out the access sheets and the scooter mobility regulations that I had been asked to research by Kay Donaghy for one of our members. I enjoyed doing this and learning in the process. We then went off to a meeting in the afternoon in Solihull. I was involved in the meeting and enjoyed myself, and also enjoyed the whole experience and the setting of a team all working together to have the same outcome - to benefit others.

Overall, my week of working at Enable-Solihull has been a very enjoyable and a great learning experience. I have been challenged by researching and writing about issues I have never had to come across before, but I now know that it is a part of some people's everyday way of life and living. I was encouraged to participate in group meetings and one-to-one meetings with both staff and members of the public.

I feel I now have a fuller range of knowledge of what Enable-Solihull do within the local community and across Solihull. They Work alongside and with lots of other agencies to try to help and guide anyone who may need guidance and information on matters that they may be having difficulty with, or finding the right people to assist them, hopefully reaching the outcome that is best for the individual. I would just like to take this opportunity to say a very big thank you to all the staff at Enable-Solihull for making me feel so welcome and a valued member of the team, I learnt lots.

Jess Whitehouse

NEWLANDS BISHOP FARM

Newlands Bishop Farm is a place where people who have learning disabilities can go to work. It is situated on Berry Hall Lane, just off Hampton Lane, Catherine de Barnes Solihull. The farm allows us to participate in different types of jobs. Some of the jobs we do are: horse and animal care - with animals like chickens and ducks, horticulture, gardening, woodwork and we can also work in the farm shop on site. We sell the chickens' eggs, hanging baskets that we make in horticulture and the garden gates and benches that we make and design in woodwork.

We are also involved in college work, where we can use the computers and study maths and English. I enjoy woodwork and gardening the most. We are having a new building built at the moment that will house our new Café and Education Centre.



Anthony Haddon working on the farm

Over time, we hope that Newlands Bishop Farm can bridge the gap for many young Solihull people with disabilities who are just leaving school with very few chances, to continue studying and to gain employment and independent life skills. We also have outdoor education facilities for school groups and can set up different types of activities specifically to the requirements of the group.

Anyone interested in attending Newlands Bishop Farm to take part in any of the activities can contact us on: **0121 711 2939**. We assess all prospective project workers so we can design them a support plan according to their individual needs.

Jess Whitehouse and Anthony Haddon



Woodwork Group at Newlands Bishop

The building will be open to the public and used to train us project workers to have independent living skills. It will also give us an opportunity to work in the café preparing meals and serving tea and sandwiches. This will be a training hub for people with learning disabilities, mental health problems, people with brain injuries, school children and many other people within the community. We hope our new building will be open in September/ October 2011.



The Farm Shop



SERVICE USER REFERENCE COMMITTEE



SURC Chairman and Enable Board Director, Peter Brown

Enable-Solihull has a group called SURC which stands for Service User Reference Committee. The purpose of this group is to outline the Needs and Expectations of all the different varied disabilities and to have Aims and Goals for the Committee to challenge. To also give opportunities for small and large groups and organisations to provide presentation awareness talks so that more of us get to know what there is to access and available for us in our community.

The SURC has two Sub-groups one is called Newsletter which is to encourage Service Users to be more empowered with the Enable-Solihull Newsletter with help in learning new skills along the way and creating new sections in the newsletter. To also help put together Events information which can promote and help Service Users know what is in our Community.

The other Sub-group is called Access for All which is to create its own Mystery Shopping Team to go out to all varied places in Solihull with a Questionnaire Survey to see what's good or bad for people with disabilities in getting around this being maybe a Shop, public building and include disabled parking spaces and public transport etc. And to have a Questionnaire Survey on Customer Services, which would look into phone calls and Customer Service desks. This then will be helpful in challenging the Needs and Expectations for those with Disabilities.

I do please Welcome any Service Users who wishes to be involved and encourage to get in contact with Enable-Solihull to find out more details.

For further information call **0121 788 1544**.

Peter Brown

FIT AS A FIDDLE

This is an initiative by Age UK Solihull to help over 50s to get and stay active through its Fit as a Fiddle Programme. Included in its range of activities are exercise sessions for those with limited mobility. New additions to the Programme will be added shortly.

For further information, contact Nicky Bancroft, Fit as a Fiddle Co-ordinator, Age UK Solihull, **0121 705 9128**, or email nicky.bancoft@ageuksolihull.org.uk

ENTERTAINMENT

The pantomime season will soon be here. Just a reminder, when booking tickets for any show, **ALWAYS** let the booking clerk know if you have a disability.

Remember, venues can legally refuse you entry if they consider you may breach health and safety regulations. Also, don't forget to check if there are concessions available.

Olive England

NEW HOME FOR LOWBROOK STROKE CLUB

Lowbrook Stroke Club has moved. We now meet every Tuesday at St Barnabas Church Hall, Overgreen Drive, Kingshurst, B37 6EY from 10.00am till 2.00pm. The club is for anyone who is recovering from a stroke. If you are interested in coming along, please contact Jan Ryan on **07963 265 453**.



Solihull
Local Involvement
Network

Have your voice
Tell us **heard.**
your views
on local health and social care services

We are a network of individuals and community groups, aiming to find out local views and to make recommendations to improve services.



Solihull Local Involvement Network (LINK) would like to hear from local people and voluntary groups.

To find out how more about us or to become a member, please visit our web page - www.solihull-silc.org.uk/p/link or contact us by telephone or email.

Solihull LINK members receive information on local health and social care consultations and regular email updates about our activities.

For more information contact us 0121 705 0550 or admin@solihulllink.org.uk



KIM'S NIGHT AT THE DISCO

We arrived at the disco at the Chester Arms pub on the Chester road on a Monday night. I went with my sister Sarah and niece Jessica. When we went inside I paid a small fee, there was loud fun music and lots of flashing lights and a smoke machine. There was a big dance floor and lots of people dancing who all looked happy and were having fun.

There was a total of 60 people there, some people from the north of Solihull and some from the south. There were people there that were my friends and other people I didn't know but they were all very friendly when I spoke to them. Some people there were on their own and some had friends or carers with them. There was a bar open all night so I could go and get my half of shandy on my own.

The DJ was very good and played lots of songs I know like Michael Jackson's 'Thriller' which meant I could dance with my friends and make new ones. The atmosphere was amazing and I



Chester Arms disco

really enjoyed it. I think I will be attending the Monday disco again.

Monday night discos for adults with learning disabilities and physical disabilities are being held every Monday night from 7.00 pm - 9.30pm at the Chester Arms Pub, Chester Rd, Castle Bromwich, Birmingham, West Midlands, B36 0JG. £2.00 entrance (Carers free).

Kim Whitehouse

YOUNG ADULT CARERS

**solihull
carers centre**
local support for local people
looking after family or friends



It is estimated that 4 out of every 100 young adults aged between 18 and 24 living in Solihull are carers. Solihull Carers Centre supports young carers (aged 5-18) and adult carers (18+), however, there seems to be a misconception that carers services are either for the young or old.

There are many young adults who may be caring for a parent, partner, sibling or child that are not able to access the same life opportunities as their peers due to their caring responsibilities and may not be receiving any support services themselves.

Solihull Carers Centre has created an exciting new project to support Young Adult Carers aged between 18 and 30, to provide support into education, employment or training, one to one and peer support and social opportunities.

If you are looking after someone and would like further information about this project, please contact Cathy Cook on **0121 788 1143** or check out the website **www.solihullcarers.org** for details of Solihull Carers Centre services.

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1095566**

**Company No:
4465116**