



The Board of Trustees

Cathy Magill - Chair
Robert Taylor - Vice Chair
Hughie Bollan - Secretary
Joe Magill - Treasurer



The Board of Trustees

Dave Abbot, Dennis Aston
Sylvia Hilborne, Richard Lees
Helen Rooke, Shean Saunders
Caro Ness, John Watson

SAIN have had a busy few months since you last heard from us. Not least, submitting tenders to deliver Direct Payment services (see page 2), Facilitating focus groups and forums for Sedgemoor District Council (See page 4) and planning our Annual General meeting and Information Fair (See below) along with many other projects and attending

meetings and panels around the county to ensure that the views of disabled people are represented. You will find enclosed with this newsletter our Annual Report that will give you an insight into what we have been up to for the past twelve months, if you would like any further information on any of the projects please do not hesitate to contact us.

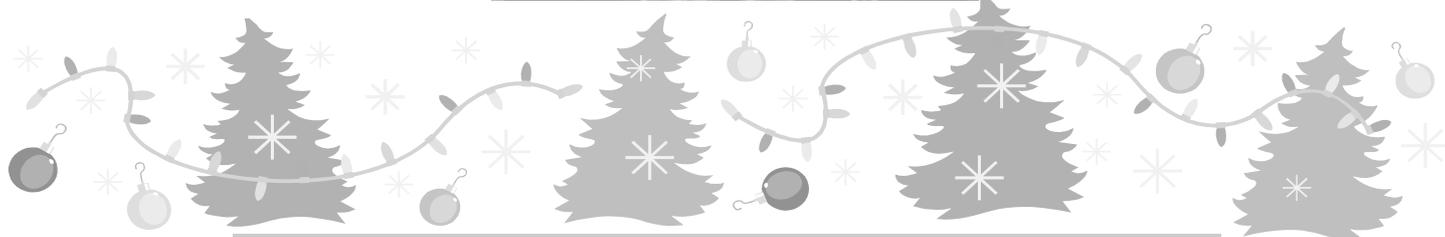
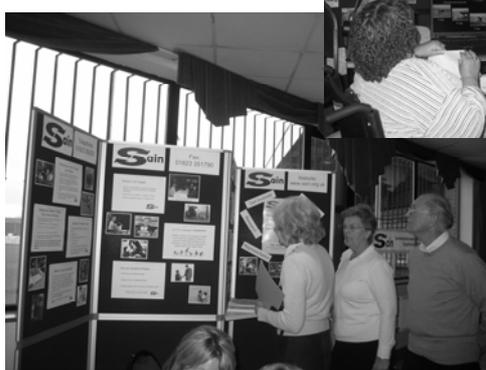
Finally I would like to take this opportunity to wish all of our readers a safe and Happy Christmas and I look forward to working with you all again in 2006.

Regards

Richard Pitman
Project Manager

SAINs AGM and information Fair

SAIN held its AGM on Wednesday 30th November at the Bridgewater and Albion Rugby Club. We combined this with an Information Fair with over 20 stands for visitors to browse. Over 100 people attended the day and feedback from both visitors and those with displays was very positive. Everyone seemed to enjoy the informal atmosphere and found it a useful way to find out about services and support groups that are available to people in Somerset. We would like to thank all those who attended and those with displays. we will definitely consider running a similar event in the future.



New and improved website www.sain.org.uk

Please remember to let us know if you change address, telephone number or email so that we can stay in touch.

A Fond Farewell To Some Valued Trustees

We are very sorry to say farewell to Judith Littleboy, Vice Chair and John and Carolynne Beadman from our Board of Trustees.

Their contribution over the years has been invaluable to the set up and establishment of SAIN. We would like to thank them for their commitment, diligence and hard work and wish them all well

in the future. All three will remain members of SAIN and therefore this won't be the last we'll see of them...we hope!



A Warm Welcome to Welcome! our New Trustees

We are delighted to welcome the following on to our Board of Trustees

Dennis Aston, Sylvia Hilborne, Caro Ness, Helen Rooke, Shean Saunders, Robert Taylor and John Watson. They will join Dave Abbott, Hughie Bollan, Richard Lees, Cathy Magill and Joe Magill to form the board. Both

our new and existing Trustees bring a wealth of disability experience to the table that we are sure that they will put this to very good use to ensure that SAIN continues to develop in a positive and professional manner.

A4E secure contract to deliver services for Somerset.

With effect from April 2006 A4E will be responsible for the delivery of Advocacy, Direct Payment Advisory and Short Break Support and Information Services for disabled people in Somerset. Traditionally these three areas have been successfully provided by a number of Somerset voluntary organisations, but now the County Council has gone through a rigorous tender exer-

cise to achieve new provision by a single, independent provider to give residents an improved and efficient combined service across the county, supporting more people to live independently. Unfortunately SAIN were unsuccessful in their attempts to secure these contracts, however we hope to be able to establish a relationship with A4E so that we are able to contribute to the development of these services in order to ensure that they are delivered in line with the wants and

needs of disabled people in Somerset. The current providers, DIAS, ABLE and CAB Mendip will continue to deliver the services until the end of March 2006. Therefore any current support needs for these services should be directed to these providers. For more details on the new service please contact Barrie Fitzpatrick, Chair – Advocacy, Direct Payment Service and Short Break Information Service, Steering Group on 01935 422111

Wiltshire Direct Payment Advisory Service Secured

As SAIN looks to develop in the areas of service provision we are delighted to announce that SAIN have become the preferred provider for Wiltshire County Council to deliver a Direct Payment

Advisory Service for the Adult and Children's teams. We hope to start delivering these service with effect from April 2006 and will be working hard up until then to ensure that all systems and procedures are in place in order for SAIN to deliver

quality, informative and accurate services for Direct Payment users in Wiltshire. This contract also sees us developing geographically, our long term aim being to be a highly regarded organisation of disabled people in the South West.

SAIN recruits new Project Assistant

We would like to welcome on board Amanda Seaman who has recently joined us as a Project Assistant. Amanda will be responsible for the organisation and administration of the many

consultation and research projects that SAIN are involved with. This will include recruiting interested parties to join focus groups, booking meeting venues, arranging communication and care support, making transport arrangements and reporting on the outcomes of projects. We

wish Amanda every success in her new role and we are sure that it won't be long before she has settled in and is in contact with our members in order to ensure your involvement in consultation projects that are of interest to you

Mr Sparkly Eyes Married at last

The single women of the west country are finally safe. Richard Pitman, SAIN's Project Manager married Martine Weston at the Cleeve Hotel, Wellington on Saturday 12th November.

We would like to pass on our sincere congratulations to them both and wish them both a very happy and prosperous future together. We are not sure that Martine knows what she is letting herself in for though!!



Searching for new offices

SAIN is rapidly outgrowing its offices in Black Horse Lane and we will therefore be looking for new offices early next year. We are ideally looking for offices that are or can be made fully accessible, a couple of parking spaces and offices space for 5 to 6 staff with meeting space for 15-20 people. If anyone knows of any space in the Taunton area then please let us know



The Expert Patient's Plan by Caro Ness

The Expert Patient's Plan (EPP) is an inspiring course, run over 6 weeks, involving one session a week that lasts two and a half hours, either morning or afternoon, and in some cases, the evening, if that suits people better. It is free to all those who are living with a chronic condition and is taught by two tutors who similarly live with a chronic condition.

Developed originally at Stanford University, USA, this is a structured self-management course that has been piloted through the NHS and is now run by each Pri-

mary Care Trust. It is designed to encourage those who are living with a chronic condition to monitor and manage their condition more effectively. It is not a case of tutors teaching participants something new, it is a question of reminding them that they are capable, efficient, vibrant human beings and that with confidence they are still capable of all kinds of things, despite the fact that they are living with a chronic condition.

As a tutor I am really evangelical about this course because not only do I have to model it to the participants, which means that I experience the course alongside them, but I also have positive,

practical evidence that the course works because most of those who attend leave it ready to take on the world! A number of them actually volunteer to become tutors themselves.

If any readers are interested in attending a course, or know someone who might benefit, please get in touch with your local Primary Care Trust:

Mendip: Lydia Woodward:
01749 836500 X6325

Somerset Coast:
Penny Williams: 01278 458178

South Somerset: Keith Whitaker:
01460 238634

Taunton Deane: Caroline May:
01823 344249

Concerned about crime in your community?

Youth Offender Panels are a groundbreaking way of dealing with young people who commit crime. Youth Courts refer most young people (aged 10 to 17) who plead guilty and are convicted for the first time, to a

Youth Offender Panel that includes members of the community. The Somerset Youth Offending Team is looking for men and **women aged 18 and over to volunteer to become Panel members and help change the life of a young person. Full**

training will be given.

For an information pack call Maggie Robinson Maggie Robinson on 01458 449101 01458 449101 or write to Somerset Youth Offending Team 5 West End, Street, BA16 0LG Closing date for receipt of Applications : 10 January 2006

Sedgemoor Disabled Tenants Focus Group

Are you disabled and a tenant of Sedgemoor District council? If so we would like to hear from you.

Sedgemoor District Council have asked SAIN to facilitate bi annual meeting of Disabled Tenants Fo-

cus Group. The group will meet every 6 months to look at housing related issues such as does your home meet your needs, if not what else is needed, would moving home be a possible solution and any other issue that you feel your council needs to be made aware of in relation to their provision of your home. If you would like to be kept in-

formed of future meeting dates, please complete the tear-off section at the bottom of this page and return to the freepost address. We will let you know of future meetings dates and can arrange transport, communication and care support if required.



Sedgemoor Disability Forum

Do you live in, or regularly use services in Sedgemoor? If so you may like to be involved.

This is a fantastic opportunity for disabled people to work with their local council to improve and develop their local community and put disability on the agenda. SAIN

have been funded to facilitate a Disability Forum for Sedgemoor. Sedgemoor is currently the only district in Somerset that does not have a disability forum and there is therefore the potential for the needs and wants of disabled people to be overlooked when it comes to local access issues, planning, community involvement and service delivery. By coming along to Forum meet-

ings you will have the opportunity to have your say on local issues and have a real impact on the way services are delivered in Sedgemoor . If you would like to be kept informed of future meeting dates please complete the tear-off section below and we will notify you well in advance of the next forum meeting date.



Please keep me informed about future dates for the Sedgemoor projects

I am interested in (Please tick as appropriate):

The Sedgemoor Disabled Tenants Focus group

(To be involved in this group you must be a tenant of Sedgemoor District council)

The Sedgemoor Disability Forum

(The Forum is open to any disabled person living in or regularly using the services of Sedgemoor District council)

Both the Disabled Tenants Group and the Disability Forum

Name

Address

..... Post code

Please cut out and return to SAIN, Freepost (SWB10926), Taunton, TA1 1ZB

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• Braille. Please let us know if you would like to receive it in another format.
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