



The Networker

December 2006

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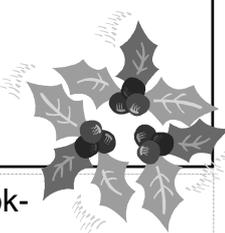
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The Board of Trustees

Dave Abbot, Dennis Aston
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Firstly, as this will be the last edition of the Networker before Christmas, I'd like to take this opportunity to wish all of our readers a Merry Christmas and a very Happy and healthy New Year. We hope that 2007 will see SAIN continue with the success of 2006, although a little less pressure would be nice! This should be achievable, as we do not plan to move offices again this year. We are, however, hoping to develop more services considering that we now have the experience to make this a smooth process. 2006 has seen us take over the Wiltshire Direct Payment Support Service, move to new offices, and the development of the

FEDS project, we have also grown in many other areas. More details are available in SAIN's annual report. If you have not had a copy and you would like one, please contact the office or visit the SAIN website. One of the highlights of the year has been the SAIN AGM and Information Fair, which was held at the Blackbrook Pavilion in November. The event was attended by over 240 people, who were able to visit one of the many talks given by local organisations or one of the 50 stands providing information and services on all aspects of disability. We have received some very encouraging feedback regarding the event

and are already looking for a suitable venue in the Mendip area for next years event, so watch this space! On that note, I would like to thank all my staff and volunteers, who made the event the success it was. Finally my thanks to all of our members who have contributed in any way this year. Early in 2007 we will be sending out a questionnaire so that you can tell us how we are doing. We hope you will take this opportunity to suggest how SAIN can work even harder on your behalf
Richard Pitman,
Chief Executive Officer

It's all in the name

SAIN plans to change its name in 2007. There are a few reasons behind this decision, but as we broaden our horizons and develop our services further, we believe that our name should reflect this. So, what will happen to SAIN, I hear you say? SAIN

originated as the main project of the organisations but as we have grown, the SAIN project now only accounts for about 15% of our work and revenue. Therefore, the SAIN project will sit, like other projects, under the newly named organisation. We hope that the new name will be more generic

in its connotation, but also make it clear that we are a disability organisation and we definitely want to get away from acronyms. We have already received some good suggestions, but would like to hear from anybody who thinks they have a good idea by 31st January 2007.

New Name



New and improved website www.sain.org.uk

CARER SUPPORT PROGRAMME 2007

BECOME A BETTER CARER WITH ST JOHN AMBULANCE

- Week 1 Introduction to Care & Basic First Aid
 - Week 2 Benefits Advice & Managing Continence
 - Week 3 Safe Moving, Handling & Preventing Falls
 - Week 4 Stress Management & Relaxation Skills
- Each course comprises of 4 mornings of 3 hours

each – 10.30am – lunch 1 – 1.30pm

To find out more information or book your place, please contact

Jude Glide at St John Ambulance Somerset HQ on 01823-345920 or write to her at

St John Ambulance, St John House, 60 Staple-grove Road, Taunton, TA1 1DH

www.sja.org.uk/somerset/carersupport

Taunton Deane Disability Forum

Do you want to have your say?

Do find it hard to get your voice heard? Do you have ideas which would improve the quality of life for disabled people living in or visiting Taunton Deane? Or do you feel your complaints are not listened to?

Important DATE!

SAIN are holding a regular forum meeting where you will be

able to get your point of view across. This will start on 23 January and will take place every 4th Tuesday of the month from 2.30 to 4.30 at the SAIN meeting room on the Belvedere Trading Estate. The first meeting will be a general one, where any topics can be raised, and we will endeavour to get the points to the relevant people. Future meetings will invite along people from various agencies, so that they can hear your views. Taunton Deane want to

come to a meeting and ask for comments on the development of their disability equality scheme, and we are hoping to get the person in charge of taxi licensing to another meeting. Other topics will be decided after our first meeting. The more people who come along, the broader the views represented, so don't leave it to someone else. **Come and have your say.**

Contact Alison or Mandy at SAIN for more information.

Our first Belvedere Baby



Congratulations to Pavla and Martin who became the proud parents of Jakub on 29th November 2006. We hope that Pavla will rejoin us at some point in the future but in the meantime, hope that both of them enjoy everything that parenthood can bring, even the smelly bits!

Purple Balm

Purple Balm are a new, dynamic and innovative nursing, care and support agency, delivering holistic care to clients in an environment of their own choice.

Purple Balm can provide care from 1 - 24 hours including personal care,

cooking, cleaning, emotional support, social support, mental health support and companionship. For an informal chat about your requirements, please call on 01392 888977 or for more information visit the website at www.purplebalm.co.uk

Information Café and activities. The social event of the month!

In the New Year SAIN are launching two new schemes for disabled people in Taunton. In our meeting

room on Belvedere Trading Estate we will have an 'Information Café and Drop-In' from 1.00 to 2.30 on the 2nd Tuesday of each month. Other organisations, such as A4e (Direct Payments and advocacy) and Shelter (housing) and others have been invited to join us to provide information on a wide range of subjects that might affect you. Coffee and biscuits can be purchased at very

reasonable prices, so come along to find out what's going on, get advice or just chat.

For the first 6 months (January to June) the drop-in will be followed by an activity session. We hope to inspire people who might want to establish self-managed activities and so we are laying on a few taster sessions to get the idea going. Things we are 'lining' up include wheelchair line dancing, needlework, head massage, emotional training and some form of exercise/keep fit.

The first cafe will be on 9th January and will be followed by a Day Activity Taster from 2.30 to 4.30 In January this will include a presentation from Adult Learning and Leisure about the courses

that are currently available. This will cover things they are currently running elsewhere in Taunton and bespoke courses that they might be able to put on for us. They are interested in hearing your views on what you would like to do.

And for those interested in Craft February's session will be 'An introduction to Embroidery' led by SAIN member Rita Sandford. Please book for this session as Rita will need to bring in the materials. Telephone Alison or Nat on 0844 984 2828.

OK, so it might not be the social event of the month YET, but if you come along it'll make it a much better one.



Fundraising and Management Training

Another programme of fundraising courses - as well as some new management/leadership training courses - are being planned by Mind TWS for early in the New year. Anyone who would like details should contact Lindy Booth at: lindy@mindtws.org.uk or telephone 01823 334906.

Exmoor's Moorland For People and Wildlife

Exmoor National Park was designated for the nation more than 50 years ago. Its moorlands are a fragile and irreplaceable national treasure and an essential part of the landscape.

The Exmoor National Park Authority is putting together an application to the Heritage Lottery Fund for improvements to the management, understanding and enjoyment of the moorland within the National Park.

Consultants, *Resources for Change*, are support-

ing a consultation for part of this work. We need to better understand who does and doesn't benefit from the use of moorland and how the opportunities can be improved for people from all backgrounds and walks of life.

Please take a couple of minutes to give us your thoughts. To access the survey go to our website, www.r4c.org.uk where you will find a link on the front page.

Thank you. Steve Evison,

Resources for Change. Tel: 01938 555759

Email: admin@r4c.org.uk Web: www.r4c.org.uk

Somerset Festival of Arts and Disability and Disability Arts

Would you like to get involved?

Catherine Beedell, Arts and Disability Co-ordinator for the Somerset Arts Officers Group, is working with the Somerset Arts Promoters, Somerset Arts Officers, EQUATA, artists, arts groups and Somerset based disability organisations towards a Somerset Festival of Arts and Disability and Disability Arts in May 2007. If you would like to get involved and find out more, please email Catherine on cbeedell@tiscali.co.uk.

Mendip Care & Repair

a not-for-profit charitable Home Improvement agency, de-

livers a range of services to assist elderly, disabled or vulnerable clients to stay in their own home. Services include property repairs, maintenance, adaptations and minor works utilising our handy person and gardening.

They are looking to recruit volunteers to assist in all areas of the Agency. Able to pay expenses and offer support from our volunteer co-ordinator. If you would be willing to assist an elderly or disabled person in your local area by sparing a couple of hours of your free time then please contact Sharon on 01749 341827 or e-mail sharon@mendipcareandrepair.co.uk

Rural Women's Network Somerset

Introducing you to the Rural Women's Network - Somerset (RWN), past, present and future....

Debbie Frankland has taken on the role of Project Worker, taking the reins from Val Grainger whose effort and inspiration has taken the RWN from an idea to a positive benefit for women in Somerset.

Debbie's involvement in the project stems from an interest in the issues facing women in the rural setting, combined with a wish to move the agenda forward as highlighted by members, colleagues, friends and strangers alike.

The aim of the RWN is to enable all women to feel that there is advice and support available whenever they need a point of reference for information on any subject that might concern them in their daily lives. Such topics may include dealing with stress, debts, transport issues, networking, running, developing and sustaining a business, isolation, the cascading of infor-

mation amongst remote communities, using technology or discussing the broader issues facing women in rural communities today.

The RWN Somerset provides much of its information via its website:

www.rwn-somerset.org.uk, not everyone has access to the internet and is therefore developing a newsletter. The contents of the website are currently under review as Debbie looks to include as much relevant and up to date information as possible.

Debbie would like to make a plea to anyone reading this article who feels they have something they would like to contribute or has something to say about the concept of the Rural Women's Network to make contact with her at any point. She is keen that the network must constantly meet the expectations of its audience – You! So is looking for your suggestions, ideas and involvement to ensure the continued success of this project.

She can be contacted on 07870 577925 or by email at info@rwn-somerset.org.uk and looks forward to working with you on this project.

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

This publication is available in other formats including Large Print, Tape and Braille. Please let us know if you would like to receive it in another format.