



Compass Disability Services

Pointing you in the right direction

NETWORKER

October 2008



Autumn is nearly upon us and as the nights draw in it is really important that we all make every effort to keep ourselves warm and well. This may involve taking some steps to ensure that we do not put ourselves at risk, take a look at the article on page 7 concerning the Somerset Balance and Safety Service. Maybe it's time to think about getting involved in an indoor activity or hobby, this could involve visiting your local Active Living Centre, see page 7 for an update on the centre in Shepton Mallet. Maybe now that the busy summer months are out of the way you will have more time to get involved in one of the many consultation projects that are planned for the autumn (see pages 4, 5 and 12). We recently held a consultation to review various publications targeted at disabled

people, one of them being the Networker. We were pleased to know that 90% of those involved were familiar with the Networker and overall the publication was graded between "Very Good" and "Good". There were however some lessons to learn. The group felt that the shiny paper used to print the Networker could prove difficult for some of our readers with a visual impairment, we hope that the new matt finish has made this issue more accessible. The focus group expressed an interest in having more contact information for other organisations, unfortunately we only have limited space and there are so many organisations that could be listed that the publication could turn into a directory if we are not careful. We have therefore ensured that we have included the contact details for

Somerset Direct (see page 11) who should be able to provide information and contact details for a wealth of other organisations supporting disabled people in Somerset. The group also commented that they would like to see a list of local events. We are more than happy to include a list of events if our readers advise us of "what's on" in their area. Please send details to Michelle using the contact details below. We are also happy to publish articles from individuals or organisations that we feel would be of interest to our readers. Please contact Michelle for more information.

What's in this issue

Page 2 **Compass Points**

What do you think of services for young disabled people?

Somerset Schools Need Governors

Page 3 **FEDS Focus**

Page 4 **SAIN News**

Page 6-9 **News for the Network**

The Expert Patients Programme

Shepton Active Living Centre

Somerset Balance and Safety Service

Free Information Fair

Sailability

Carers directory of useful contacts

'Surf Right' Accessibility Toolbar

Page 10 **Ups and Downs 10th annual conference**

Carers art exhibition

Back

South West Disability consultation

ICE - In Case of Emergency

**Units 11-12 Belvedere Trading Estate,
Taunton, TA1 1BH.**

Tel 0844 9842828 / 01823 282823

Email: info@compassdisability.org.uk

www.compassdisability.org.uk

COMPASS POINTS

Compass Disability Services are a user led organisation working through consultation, representation and service delivery to enable, empower and support disabled citizens to secure unrestricted access to any service or premises in the region.

We facilitate a number of projects including the Somerset Access And Inclusion Network - SAIN (See page 4), The Forum for Equality and Diversity in Somerset - FEDS (See opposite) and the Wiltshire Direct Payment Support Service.



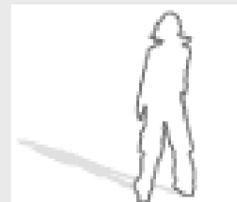
Are you a young disabled person? Tell them what you think of services for young disabled people.

The Integrated Youth Service would like to hear from any young disabled people (13-24 years) in Somerset who feels there are significant blocks or restrictions to their leisure opportunities because of their disability and would like to communicate (direct or via email or other method) how their experiences could be improved.

They would also like to hear your views on two websites specifically designed to support young people in Somerset

www.somersetyouth.co.uk and www.awsom.org.uk both helping you to find out more about positive activities for young people in Somerset

Contact
Vivienne Noyce
Senior Youth Worker (Disability Inclusion)
Integrated Youth Services
Somerset County Council
Room 102
Hestercombe House
Cheddon Fitzpaine
Taunton
TA2 8LQ
Tel: 01823 410138
Fax: 01823 410150
Email: vnoyce@somerset.gov.uk



Somerset schools need governors

Every local authority maintained school in England has a governing body. You don't need any qualifications, but you do need to be enthusiastic and committed with an interest in serving your local community and be able to attend at least two meetings a term – usually but not always in the evening. It's good if you can also visit the school from time to time when it is 'at work'.

“Why?” I asked one of our disabled governors ...

“Its something I can do ... sitting down all the time ... it's something that I can access thanks to Disability Discrimination Law ... it's something I can do for and in the community, getting away from the humdrum grind of the

household ... it's something where I get to meet and interact with other people - it's something really interesting to do ... watching our next generations grow ... it's something where I can be ME ... where my contribution and opinion are of value ... need I say more!”

We want governing bodies to reflect all members of the communities they serve, and to give a voice to children, young people and families with impairments.

If you would like to know more about being a governor there is a list of Frequently Asked Questions on our website www.six.somerset.gov.uk/governors. Or call 01823 356609 and we can send you the information. We are also available to meet with Disability Forums and Groups.

FEDS



Forum for Equality and Diversity in Somerset

FEDS

The Forum for Equality and Diversity in Somerset (FEDS) is established as a network to promote equality and diversity throughout Somerset, through consultation, monitoring and support to all sectors. The Forum is managed by a steering group which is made up of representatives from: organisations working within each of the six equality strands; public bodies' equality officer groups; and the business sector. Compass Disability Services currently facilitate the Forum and are funded to provide a Development Worker.



The summer months have seen a quieter period for FEDS, but with the holiday season well and truly behind us we have plenty to keep us occupied through the autumn!

The FEDS series of networking lunches has continued with the latest session taking place on Friday 5 September 2008, which was kindly hosted by Sedgemoor District Council, a big thank you to them for supporting us and providing a delicious lunch! The networking numbers have been steadily growing over the year and with just one more session scheduled for December, we will be conducting some research to evaluate the



usefulness of these sessions but also to find out if there is demand for more. If anyone has any feedback or would be interested in attending further networking sessions next year, please do let us know. The last session in

the 2008 series is being hosted by Somerset County Council on Thursday 11 December from 12 – 2 pm at County Hall in Taunton, please let Nat know if you plan to attend for catering purposes.



In terms of up-coming work, FEDS has recently been commissioned by Sedgemoor District Council to conduct a cross-strand research project regarding access (and barriers) to services and information. We are currently compiling the questionnaire and will be carrying out the research and bringing together a report over the next couple of months. If anyone lives or works in Sedgemoor, and would like to take part in this piece of work, please contact Nat Stevens.

We are keen to hear from organisations working with service users as much as hearing from service users directly and hope to be able to involve as many people as possible in this process.



If your organisation is considering conducting some multi-strand research or is thinking about holding a consultation event and would like to consider a multi-strand approach, please feel free to call Nat for an initial discussion.

If you have any questions or would like some more information about FEDS please do not hesitate to contact Nat on 0844 984 2828 or email nats@compassdisability.org.uk

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.



The Somerset Access and Inclusion Network's (SAIN) purpose is to bring together disabled people, their carers and organisations that represent disabled people, to access their views on various topics. We are approached by various bodies who would like to understand the wants and needs of disabled people when developing their services or facilities. We gather the views of our members in various ways including invites to participate in focus groups, disability forums, surveys and site visits. We encourage the commissioning body to fund transport, care and

communication support so that our events are fully inclusive. The views gathered are fed back to the commissioning body who are then asked for their response. Some groups and forums meet on a regular basis, others are one-off events. We hope that by adopting this cooperative approach that we are able to encourage their understanding of the needs of disabled people. In return we are able to see services and facilities become more inclusive. Membership to the network is free, all members receive a free copy of the "Networker" and can be involved in as many or as few of the projects as they wish. Why not join the network today? Contact us on 0844 9842828 / 01823 282823 or complete an online membership form at www.compassdisability.org.uk

Quality of Life Survey of Disabled People in Somerset

The Somerset Access and Inclusion Network (SAIN) has recently published a report on the findings of the Quality of Life survey 2007. This survey asks disabled people in Somerset about their lives and their views on a variety of topics in an anonymous way. Questions range from where they live and the size of their family to their views on crime, the health service and availability of leisure facilities. The aim of the survey is to share the results with the local councils, authorities and other organisations that may be able to improve the quality of life for disabled people living in Somerset. 6,000 surveys were sent out across Somerset to people that are registered with the Blue Badge Parking Permit Scheme. 1,328 responses were received.

Some main findings include:

- There has been an increase in the number of respondents that didn't report a crime to the Police due to 'thinking that the police wouldn't do anything' and an increase was also noted in the number of people thinking they were a victim of crime because of their disability.
- An increasing number of respondents are

- finding it easier to get information via the internet and fewer people think it is "Very Easy" to get information face-to-face.
- Fewer people are "Very Satisfied" with the Health Service and more people are Dissatisfied with out of hours contact, waiting times for appointments, cleanliness and communication with surgery/hospital.
- The majority of respondents are "Fairly Satisfied" with various elements of their local bus service, however around one quarter find it "Very or Fairly Difficult" to get to their local hospital, cultural/recreational facilities, and Council/neighbourhood office.

Over 500 people chose to make additional comments; the main themes relate to a feeling of isolation, concerns about safety, disabled parking facilities, bus services, money – or lack of, and waste.

If Somerset is to achieve the Government's vision that by 2025, disabled people will have full opportunities and choices to improve their quality of life, and will be respected and included as equal members of society, we still have some way to go.

The Quality of Life of Disabled People Report can be downloaded at www.compassdisability.org.uk, or for a hard copy please call Compass Disability

For more information on any of the SAIN projects or to advise us that you will be attending an event please contact Mandy Seaman. Tel: 0844 9842828 or 01823 282823,
Email: mandy@compassdisability.org.uk or
write to Compass Disability Services, Unit 11-12 Belvedere Trading Estate, Taunton, TA1 1BH

Do you receive equipment from Medequip?

It has been agreed that SAIN will get together a small group of service users to meet biannually to discuss issues or concerns with the Medequip service. The information gathered can be used to help develop the service to best suit the needs of service users. The first meeting took place in June, both Medequip and Somerset County Council's Joint Equipment Service attended and will do so again at future meetings. At the last meeting one service user asked if there was anything that service users could do to help the service. The engineers have asked that the plugs for pressure beds are

not pulled out as these have sometimes been left on the floor and not plugged back in resulting in an unnecessary call out when it appears that the equipment is not working. The same applies to appliances such as Bath Chargers that are unplugged to plug in vacuum cleaners and then not plugged back in resulting in a loss of charge to the equipment.

The next meeting of the group will be on the 18th November 2008 at the Compass Disability Services Offices in Taunton. Whilst we are not able to take up individual cases, if you have any general issues you would like us to raise or if you wish to be involved in the meeting, please contact Mandy using the contact details above

Sedgemoor Disability Forum

We have been thrilled with the recent turn out at the Sedgemoor Disability Forum. The next meeting of the Forum will be on **Wednesday 22nd October** at the Princess Hall, Burnham on Sea from 10.30am until 2.30pm.

Speakers will include **Alison Turner** from Sedgemoor District Council to give an overview of the budget process. **Somerset Direct**, Somerset County Council's information service for Adults and Older people. **A4E** will be giving a talk on their services which includes Disability Advocacy, Short Breaks and the Direct Payments

Support Service. And there will be a representatives from Transport and Highways.

This is an opportunity for you to meet like minded people and have your say on local issues. Lunch and refreshments will be provided. **Transport, care and communication support** can be arranged for this meeting, the costs of which will be met by us. If you would like to attend please contact Mandy using the contact details above



Taunton Deane Disability Discussion Group.

The most recent meeting of the Taunton Deane Disability Discussion Group took place on the 23rd September 2008. Present at this meeting were Theresa England from



Tone Leisure who spoke about leisure facilities in the area, those attending gave their views on

what sort of leisure services they would like to see provided for disabled people in the area. Mark Leeman from Taunton Deane Borough Council's Forward Planning Unit also attended to give an overview of the Housing Growth Consultation.

The discussion group is due to meet again on the 23rd November 2008, speakers at this meeting will include Musgrove Park Hospital Trust's Membership Manager and Tim Lewins from Adult Learning and Leisure. If you would like to attend please contact Mandy using the contact details above .



NEWS FROM THE NETWORK



Expert Patients Programme
Community Interest Company

**Are you a carer
or do you live
with a long term
condition?
Fabulous free
courses coming**

**to a town near you that could make
a big difference to your life!**

The Expert Patients Programme Community Interest Company (EPPCIC) will be running a series of free courses for Somerset PCT for people living with a long term condition and for carers. The courses, which run for two and a half hours each week over six weeks, are led by trained tutors who are also carers themselves or living with a long term condition, many of them are volunteers.

Topics that we cover include:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communication with family, friends and professionals

Newly appointed EPPCIC support tutor Lindy Gibbon has been thrilled by the response to the news. "There is clearly a need out there for people to learn new ways of coping with their condition and for carers to have some 'me time'. These courses provide an opportunity for people to take charge of their lives, meet new friends, gain some useful and practical skills and ease the isolation that is often a key factor both for people living with a long term condition or disability and for carers."

The first five courses will be held in Yeovil,

Street and Taunton and start in October. Each course runs for 6 weeks from 10.30am -1pm.

In **Yeovil**, the expert patients programme course will run alongside our 'Looking after Me' course for carers at the Yeovil Disability Forum commencing WEDNESDAY 22nd October.

Our **Street** course is for people living with a long term condition or disability and starts on MONDAY 27th October and will take place at 'the place 2' at the Crispin Community Centre.

Two courses will be offered at Compass Disability Services, in **Taunton**, the expert patients programme course and the Looking After Me course and these will take place on FRIDAY commencing 31st October.

To book a place on any of our courses please contact either:

Jo Langley on 01225 731324 or
email Sarah.Winterbourne@eppcic.co.uk or
text/phone Sarah on 075 000 397 38



Previous attendees at a EPPCICV course

Accessible Somerset Awards 2008

Thank you to everyone who returned a nomination for the Accessible Somerset Awards. We received over 100 nominations which was very pleasing for a project in its first year.

The judging panel, comprising of local disabled people, 2 local authority

representatives and 2 Compass Disability Services representatives, have met to decide upon the winner from each category. Winners will be announced at an awards ceremony on Wednesday 3rd December 2008 to coincide with the European Day of Disabled People.

SHEPTON ACTIVE LIVING CENTRE

After a very successful 8 months of operation, the Shepton Active Living Centre reopened after an August break on Friday September 5th at the leisure centre on Charlton Road.

Malcolm Tipper, of Somerset Skills & Learning and Project Coordinator is looking forward to welcoming back existing members and welcoming new faces. The Active Living Centre is for anybody over the age of 50 from anywhere in Somerset, and the Shepton centre meets on the first Friday of each month.

From last December until this July members experienced a mixture of informative talks and tasters on such things as Antiques, Family History, Tai Chi, Computing and Nordic Walking. The intention of centres like this is to help maintain healthy bodies and minds.

The first session of the new season included a taster session with Amanda Bee on Watercolour painting and Tracy McFall of Accessible Travel & Leisure, a holiday company spe-

cialising in world wide travel for disabled and elderly people. Those attending brought their own packed lunches and there was plenty of opportunity for a chat over a cup of tea.

Activities that are planned for later this year include an Introduction to Stained Glass, Oil Painting for Beginners, Christmas Decorations along with speakers on Safer Driving and Saving Energy (the fuel type).

Sessions run from 10.30am till 2.30pm. You will all be made very welcome and we would like to think that the centre can become a permanent feature in Shepton and eventually be run and managed by local residents.

Any enquiries about the Shepton Active Living Centre should be directed to Malcolm Tipper on 01749 677786 or by email mtipper@somerset.gov.uk.

people who would like to know where their nearest Active Living Centre is should telephone Somerset Direct on 0845 345 9133

Somerset Balance and Safety Service

Getting older is inevitable. Becoming dependent is not. Unfortunately, once somebody has fallen, they can often lose confidence and become dependent on others. There is so much to celebrate in later life including retirement, grand children and time to choose what you do with your days.

Why a Falls Service

Falling is the major cause of nine in ten hip fractures. Measures such as strength and balance training, vitamin supplements and home safety improvements can cut the risk of falls by 50%.



MENDIP CARE & REPAIR LTD STAIRLIFT SERVICES

- ⇒ REMOVE UNWANTED STAIRLIFTS
- ⇒ INSTALL RE-CONDITIONED & NEW
- ⇒ SERVICE & REPAIR STAIRLIFTS
- ⇒ COMPETITIVE PRICES

OTHER SERVICES INCLUDE:

- ⇒ GARDENING, HANDYPERSON & DECORATING

TEL:01749 341827/345379

Don't mention the 'Fall' word

Anybody, young or old, can very easily fall. Most of us get up very quickly, especially if in public, and feel a bit embarrassed. This can be due to many things such as **tripping, slipping, feeling dizzy, poor sight, poor lighting, ill fitting footwear** and so on.

The problem is that when an older person falls, they can often sustain a worse injury than a younger person. This could be because as we get older, bones become more brittle and reaction times may not be as quick as in a younger person.

An excellent service commissioned by Somerset Primary Care Trust, is the **Somerset Balance and Safety Service**. The service works in different ways to provide services and guidance to individuals. This can vary from providing advice and support to those who may be at risk of falling or for those who have already had a fall. Classes where participants can learn from each other and support each other, are also provided by this service. This is an opportunity to share information, discuss topics and socialise.

For more information call Somerset Direct on 0845 345 9133



NEWS FROM THE NETWORK Continued

Free Information Fair: Saturday 22nd November 2008, Bristol **Are you the parent or carer of a disabled child?**

Scope, Cerebral Palsy Plus and Foot Anstey Solicitors are co-hosting an Information Fair on 22 November 2008 at the Bristol City Football Ground. The event is planned in response to enquiries to our National and Regional information, advice and support services and covers issues relevant to disabled people and

their families and carers.

There will be a range of workshops led by experts in their field, covering Education, Birth Injury, Financial Planning, and Transition into adulthood. There will also be information stands available all day for visitors to browse. The day will run from 10am to 4pm, with refreshments and a light lunch provided.

If you would like to book a place at this event, please call **0207 619 7164** or email: informationfair@scope.org.uk

In the heart of Exmoor is a 'hidden wonder' Wimbleball reservoir. It is set in a beautiful valley providing 385 acres of water for sailing fishing etc. The Wimbleball Sailing Club hosts a Sailability section that assists people with a very wide range of disabilities to get out on the water sailing. If you have never sailed before or even if you are experienced, the volunteers of Wimbleball Sailability can help. They provide boats, safety equipment that must be worn on the water, help and guidance.

We meet for introductory sailing sessions on Wednesdays and Fridays, May to October, 10am to 4pm. Some of the boats are single handed boats that enable people to sail freely over the water in safety. We provide sailing buddies till you are confident then off you go.

On the other hand some people prefer to begin as a passenger in a larger boat, as part of a group perhaps, where carers also have the option of going along.

Its all pretty informal, come and bring a picnic to start with, and see if you like what you see.

The picture shows our hoist that assists some wheelchair users to access the dinghies. The blue sail is our Access dinghy, a two seater specially designed for disabled sailors, great fun and competitive too.

The Red sail is a Gaff Cutter, one of the larger boats that hosts

groups sailing. We also have 3 Trimarans, 3 hulled Challenger dinghies that are very stable and fast in a good wind.

We have a small number of enthusiasts who use the boats frequently and compete in regattas throughout the South West with other Sailability groups. So there is the potential if you want to progress to the Para Olympics perhaps!

We host sailors from any age [6 to 80+ or so as a guide]. Call Colin Allen on 01823 666190 to discuss your needs.

We are always looking for sponsorship and helpers, and indeed potential sailors. Could your company help? Sailability is the disabled charity of the Royal Yachting Association. Or e-mail to sailabilitywsc@googlemail.com



Carers - Free Booklet including a Directory of Useful Contacts

St. John Ambulance with support from the Alzheimer's Society, Age Concern, Somerset County Council, the Primary Care Trust and Somerset Partnership NHS and Social Care Trust, has published a Directory of Useful Contacts.

'**If Only I'd Known That**' has been written by Susan Hartnell-Beavis, herself a former carer, and gives a useful insight into the plight of Carers through her experiences.

Susan comments, 'Like many Carers I became one, looking after my husband who suffered from Multi-Infarct Dementia, without any knowledge of exactly what it entailed. What benefits I could expect, who to contact for help – in fact I was totally 'blind' and literally 'lost' not knowing where to turn. I hope this booklet and the useful contacts compiled in association with St. John Ambulance will help other Carers in the same situation. The phrase 'you don't know what you don't know' is so true and where it is not obvious from their titles the contacts in this booklet are clearly defined as to what they offer carers. Once I registered at my GP Surgery as a

Carer I found out about all sorts of help and support, like the St John Ambulance Carer Support Programme. I highly recommend that Carers register at their GP Surgery and request a Carers assessment'.

The booklet is available through **Somerset Direct 0845 345 9133** and is **free** to all Carers in Somerset. St John Ambulance **Carer Support Programmes** run across Somerset and are also free to Carers. For more information call Jude Glide on 01823 345920 or email jude.glide@somerset.sja.org.uk Website: www.somerset.sja.org.uk/carersupport



Susan flanked by Ross Young CEO St. John Ambulance Somerset and Andrew Freeman of Somerset County Council with a copy of the Booklet/ Directory.

'Surf Right' Accessibility Toolbar

Have you ever struggled to read a website? The 'Surf Right' Accessibility Toolbar, developed by RNIB (Royal National Institute of Blind People) and the Web Accessibility Tools Consortium (WAT-C) is a free download for anyone who wants to view content in a format which makes it easier to read. The Surf Right Toolbar is designed to make adjusting certain options within Internet Explorer quicker and easier, using either the mouse or keyboard.

The Surf Right Toolbar is really for anyone who wants to adjust the way they view content on the web to make it easier to read. This could include people with mild disabilities, the elderly, people with reading problems, cognitive problems, photosensitivity and so on.

The toolbar is designed to make people's surfing experience easier and give them more control over web content. Specific benefits in-

clude:

Large clickable buttons: give clear information as to if they are "On" or "Off" as they have green ticks for "On" and red crosses for "Off".

Keyboard short cuts: are available for all options in the toolbar

Keyboard accessibility: all options can be accessed either using a mouse, pointing device or by keyboard only.

Saved preferences: once options have been set these remain for all pages you look at and not just the page you are currently on.

Cross purpose: the toolbar can help anyone when accessing the web and is not restricted to people with sight loss.

For more information or to download the toolbar visit

www.rnib.org.uk/wacblog/news/rnib-surf-right-toolbar-beta-version-available/



UPS AND DOWNS SOUTHWEST TENTH ANNUAL CONFERENCE

November 8th 2008. 9.30 am - 3.30 pm
Post Grad Centre, Musgrove Park Hos-
pital, Taunton, Somerset

Supporting the special children of today – Improving the outcomes for tomorrow

Ups and Downs Southwest is pleased to be able to offer our Tenth Annual Conference. All subjects covered will be of enormous interest and benefit to all parents and professionals involved with children who have Down Syndrome.

All interested professionals are invited to attend for a fee of only £40, which includes all the sessions, workshops, handouts and lunch. We are able to subsidise the cost of any LSA/TA wishing to attend and can offer places at a reduced fee of £20 each, further subsidising parental places to a cost of only £10.

This years speakers include **Sandy Alton** who works for the Oxfordshire Local Educa-

tion Authority as Advisory Teacher for pupils with Down Syndrome and complex needs.

Bob Black who is the Education Information Officer for the Down Syndrome Association and is co-author of the Education Support Pack for schools. **Dr Mark Hlland** an Independent Parental Supporter. He lectures and consults in organisational and personal development and is an accredited Strengthening Families Trainer. **Wendy Hellowell** the full-time co-ordinator for Ups & Downs Southwest and **Vikki Horner** who works to support children with special educational needs (particularly children with Down Syndrome) in numeracy, using Structural Arithmetic and the Stern Maths resources and programme.

This event is always over subscribed so you will need to book early. Please contact Ups and Downs Southwest, Knowle Hall, Bridgwater Somerset TA7 8PJ
Tel 01278 685731

Email info@upsanddowns.fsnet.co.uk

Call for Artists who are or who have been CARERS

DEADLINE 31st December 2008

An open art exhibition and weekend of public events centered around the theme of 'Caring/Carers, will take place in late Spring 2009.

The exhibition is open to people of ALL AGES who are Carers or who have been Carers to submit creative visual, audio, written, spoken word, music or performance art on the theme of Caring/Carers.

The aim of the exhibition is to showcase the creativity and experience of Carers in the South West and Britain. Being a Carer gives people a unique insight into both the human condition and the human spirit. It can also be a lonely and isolating experience. But, it is in that space, where Carers live and breathe, that creativity and imagination can blossom. This is an open call for all artists who are or who have been Carers, working with any type of media to submit work for inclusion in the art exhibition to be held at Spring 2009.

We are looking for work that resonates with the theme of the exhibition, and can include any aspect of an individual's experience of

caring and those they care for.

Individuals, groups of Carers or families are encouraged to submit work on the theme.

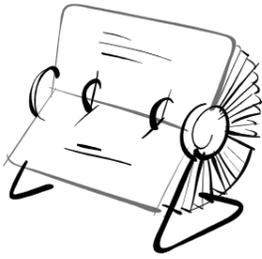
To apply for selection, please send high quality images of the art work you are submitting **AS SOON AS POSSIBLE** A brief description of the art work, including details of media used, and all dimensions. Price of work if for sale. Your full contact details, name, address, telephone number and email address. Artist's CV, including description of Caring experience

You may submit your entry using electronic format files on CD, or printed images and info (max size A4 please), to: 'Caring/Carers' Call for Entries, Ina Hume, Vanishing Rites, 82, Lake Road, Henleaze, Bristol, BS10 5JF. If you would like discs or images returned, you must provide a stamped addressed envelope. All submissions should be received before 31st December 2008. Feel free to contact Ina for an informal discussion.

Please send all exhibition related enquiries via email to Ina Hume: ina@vanishingrites.com
If sending large attachments, please use: ina-hume@btinternet.com

Or telephone: 07967-701480

USEFUL CONTACTS



Somerset Direct

PO Box 618
Taunton
TA1 3WF
Tel: 0845 3459133
Minicom: 0800 7834518
Email: caredirect@somerset.gov.uk

Somerset Primary Care Trust

Wynford House
Lufton Way
Yeovil
BA22 8HR
Tel: 01935 384000
Fax: 01935 384079
Email: headquarters@somersetpct.nhs.uk

NHS Direct Tel: 0845 4647

Patient Advice & Liaison Service (PALS)

Each NHS Organisation in Somerset has its own PALS officer

Somerset Partnership NHS & Social Care Trust
Tel: 01278 720222
Email: pals@sompar.nhs.uk

Somerset Primary Care Trust
Tel: 0800 0851 067
Email: pals@somersetpct.nhs.uk

Taunton & Somerset NHS Trust
Tel: 01823 343536

Yeovil & District Hospital NHS Foundation Trust
Tel: 01935 384706
Email: PAL.service@ydh.nhs.uk

Equality and Human Rights Commission

Disability Helpline
FREEPOST MID02164
Stratford Upon Avon
CV37 9BR
Telephone 08457 622 633
Textphone 08457 622 644
www.equalityhumanrights.com

RADAR

12 City Forum
250 City Road
London
EC1V 8AF
Tel: 020 7250 3222
minicom: 020 7250 4119
Email: radar@radar.org.uk

Crimestoppers

0800 555 111

Compass Disability Services

Pointing you in the right direction



Located in the centre of Taunton our meeting rooms can accommodate a range of styles to suit your meeting or event.



Accessible

Ground floor level access,
accessible toilet,
Loop system,
Limited accessible parking

Economical

Room Hire, From - £10 per hour.
Tea/coffee - 80p per serving
Projector and screen - £5
Other catering and equipment
charges are available on request



Ethical

We are committed to the use of
Fair Trade and environmentally
friendly products where possible.



11-12 Belvedere Trading Estate, Taunton, TA1 1BH
0844 9842828, info@compassdisability.org.uk,
www.compassdisability.org.uk

Registered Charity Number 1099376

FEDS



Forum for Equality and Diversity in Somerset

Bringing together the equalities
Voluntary, Statutory, Business
and community sectors in
partnership in order to
promote the understanding
and implementation of a
fully integrated and
diverse community in Somerset

DISABILITY
AGE
RACE
GENDER
Sexual orientation

www.feds.org.uk

Unit 11-12 Belvedere Trading Estate Taunton TA1 1BH

Tel: 0844 9842828 E-mail: info@feds.org.uk

The Networker is produced by Compass Disability Services
Unit 11-12 Belvedere Trading Estate, Taunton, TA1 1BH
0844 9842828 / 01823 282823 info@compassdisability.org.uk
www.compassdisability.org.uk



A limited Company Registered in England 4245798 Charity No 1099376

What are the main issues and concerns of disabled people in the region?

The South West Disability Equality Network (SWDEN) Executive supported by Equality South West (ESW) recently held a regional Disability Equality Event. The event considered what the main issues and concerns were for disabled people in the region. The SWDEN executive would like to know a bit more about people's priorities and what tangible actions or outcomes they feel the network should try to achieve over the forthcoming year?

If you would like to have a say then below is a link to a questionnaire asking for your views, the responses to this survey, plus the feedback from the event, will be used to direct the activity of the network and ESW. The survey is very short and should only take 10 minutes of your time to complete. We will collate the responses and publish these so that you can see what people in the region feel are the areas that most need addressing.

[http://www.surveymonkey.com/s.aspx?](http://www.surveymonkey.com/s.aspx?sm=26fhzob4M2wO7rfdfwjw4A_3d_3d)

[sm=26fhzob4M2wO7rfdfwjw4A_3d_3d](http://www.surveymonkey.com/s.aspx?sm=26fhzob4M2wO7rfdfwjw4A_3d_3d)

If you would prefer to complete a hard copy questionnaire or to provide your answers over the phone please contact Colette by e-mail or telephone 01823 250811 (She works part time and is in the office Mondays 10am – 4pm, all day Tuesdays, Wednesdays and Thursdays.

If you are aware of other disabled people or disability organisations in the region who would be interested in responding to this survey please encourage them to do so. The deadline is **Monday 20th October 2008**.

Many thanks for your time in responding
Colette Bennett
Senior Equality Development Officer
Equality South West, East Reach House,
East Reach, Taunton, TA1 3EN

Tel: 01823 250813 (Please prefix with 18001 to use the typetalk relay service if you are a text phone user)

Mob: 07970 879 188 Fax: 01823 447 398

e-mail:

colette.bennett@equalitysouthwest.org.uk

Please visit ESW website for further information at: www.equalitysouthwest.org.uk

ICE - 'In Case of Emergency'

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If you were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Hence the 'ICE' Campaign. The concept of 'ICE' is catching on quickly. All you need to do is store the number of a person or persons who should be contacted during an emergency under the name 'ICE' (In Case Of Emergency). If it would be more appropriate for the emergency services

to text your contact then store the number under "ICE TEXT"

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but he didn't know which number to call. If there was a recognised name for this purpose, in an emergency situation, The emergency services and hospital Staff would be able to quickly contact the right person by simply dialling the number you have stored as 'ICE.' For more than one contact name simply enter ICE1, ICE2 etc.

Let's spread the concept of ICE by storing an ICE number in our Mobile phones