

Bulletin #36 - June 2025

Summer is nearly here!

The sun is out (mostly)! The days are brightening up between the showers of rain. Read on to find out what is happening in June.

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This bulletin will be available on the Disability Equality North West website. Please visit:
<https://disability-equality.org.uk/resources/#bulletin>

General Contact Details

Lancashire Independent Living Service

- *Monday to Friday: 9am - 5pm*
- **Telephone:** 01772 558863 (option 1)
- **Email:** lils@disability-equality.org.uk
- **Facebook:** <https://www.facebook.com/LancashireIndependentLivingService>

General Advice

- *Monday to Friday: 9:30am - 3pm for face to face. Till 4pm for telephone and email advice.*
- **Telephone:** 01772 558863 (option 3)
- **Text:** 07709 710915
- **Email:** hello@disability-equality.org.uk

Supported Banking

- *Monday to Friday: 9am - 4pm*
- **Telephone:** 01772 558863 (option 2)
- **Email:** supportedbanking@disability-equality.org.uk
- Feedback link and QR Code link:

Please give us your feedback here:



<https://surveyhero.com/c/DENW-Feedback>

N.B. Supported Banking Service Users:

If you would like to receive a monthly bank statement, please provide your email address to Supported Banking.

- Please ensure you keep up to date with sending your time sheets both to:

supportedbanking@disability-equality.org.uk

and

anne@disabilitypositive.org

Please send your time sheets at least 3 working days before the wage is due.

Please note payments are made between 9am-4pm Monday to Friday.

- Please ensure your agency / self-employed PA are aware of your account with us and where to send invoices:

supportedbanking@disability-equality.org.uk

Any queries, issues or further information required, please get in touch.

Invoices are paid within 7 days.

Thank you.

Reminder: Our Community Hub is Now Open!

Our Community Hub officially opened on the 13th of May! Keep an eye on this space, as we will have lots of exciting events coming up.

Our new address is:

Disability Equality (nw) Ltd
Community Hub
23 Sedgwick St
Preston
PR1 1TP

Phone: 01772 558863
Text: 07709 710195

Our Community Hub is now open Monday to Friday, from 9:30am to 4pm. Please come in and get a drink from our self-serve casual café.

Feel free to call in and have a look at our facilities. Staff from all services will be available if needed.

If you work for a local community-based organisation, and would like to meet with our Community Hub team to discuss use of the space for events benefitting the local community, please feel free to visit the Community Hub. If you would prefer a formal visit, you are welcome to contact us on:

· communityhub@disability-equality.org.uk

· 01772 558863

· or by post at:

Disability Equality (NW) Ltd
Community Hub
23 Sedgwick Street
Preston
PR1 1TP

We have been busy updating the Community Hub! Here are some photos of our new signs:



Top right: DENW Community Hub Signage. St. Paul's Road-Sedgwick Street Intersection. Prism Signs fitted our vibrant sign on the corner of the Community Hub, on the crossroads at Noor St., St. Paul's Road, and Sedgwick Street.

Top left: Overhead Door Sign, sunlit.

Bottom left: Sedgwick Street Corner

Bottom right: Yarden (yard/garden), and Main Entrance. The Yarden now has an official, permanent welcoming fixture, with signs, and a space for our currently-in-design bench seating.

TryTheTrain: Introductory Workshop

Monday 23rd June 2025

10:00am – 12:00pm

Disability Equality Community Hub, 23-25 Sedgwick Street, Preston, PR11TP

In partnership with Community Rail Lancashire, Disability Equality (NW) Ltd. are pleased to announce that we will be hosting another series of TryTheTrain Workshops, this time taking place from the Community Hub!

With the aim of boosting confidence in rail travel and promoting independent use of public transport, for those with a disability, TryTheTrain 2025 with Community Rail and Disability Equality, is a 5-week programme of sessions taking place on consecutive Mondays. To register your interest, for any questions, and to book your place(s) for TryTheTrain 2025 with Community Rail Lancashire and Disability Equality (NW) Ltd., please speak to Beth or Matt of the Community Hub Team, call 01772 558863, or email communityhub@disability-equality.org.uk.

Before booking your place, please ensure that you are available during the day on the following dates:

Monday 23rd June 2025

Monday 30th June 2025

Monday 7th July 2025

Monday 14th July 2025

Monday 21st July 2025

Community Fest

Save the Date:

Saturday 14th June 2025

University of Central Lancashire, Preston

Join them for a day of food tasting, demonstrations, performances, and family workshops, celebrating our communities across Lancashire.

Refugee Week World Food Day 2025

**British Red Cross Refugee Support Team Lancashire kindly invites you to their
Refugee Week World Food Day 2025**

Date: Thursday 19th June 2025 **Time:** From 10:00am

Venue: St Cuthbert's Church, Lytham Road, Fulwood, PR2 3AR

International Food and Drinks + International Music

Contacts: Modupe Ainenehi 07715002864

Mainenehi@redcross.org.uk

Wonder Phiri : 07753976711

Wphiri@redcross.org.uk

**Supported by Lancashire County Council, South Ribble and Chorley Borough
Councils and Leyland Baptist Church.**

British Red Cross Refugee Week Party

British Red Cross Refugee Support Team Lancashire, kindly invites you to their Refugee Week World Food Day Party 2025.

Supported by Lancashire County Council, South Ribble and Chorley Borough Councils and Leyland Baptist Church.

Modupe Ainenehi – 07715002864 Mainenehi@redcross.org.uk

Wonder Phiri – 07753976711 Wphiri@redcross.org.uk

25th June 2025 from 10am

Leyland Baptist Church

247 Leyland Lane, PR25 IXL

Singing Across Borders

Singing across borders are looking for people to join their new community choir workshops. No experience needed. If you love singing, come along!

Workshops with a professional choir leader in May and June.

Join in and share a song that means something to you, learn to sing in different languages and join their international choir.

Sign up using the QR code or link below, or email:

LRITCommunity@lancashire.gov.uk

<https://forms.office.com/e/p9GsMCpR6e>



Open Mic & Disco Night for Autistic Adults

Your Voice, Your Stage!

Join them for a fun, inclusive **Open Mic Night** for autistic adults at the venue **Alta** in **Whalley**, on **Wednesday 11th June** at **6:30pm**.

Whether you want to sing, share a poem, play an instrument, or simply enjoy the entertainment, this is a safe and supportive space where you can be yourself.

The night also includes a disco, so whether you're performing, dancing, or just watching, there's something for everyone. It's all about connection, confidence, and creating an event that feels your own.

Don't miss out. Book your **FREE ticket** today, and be part of a night to remember!

Book your free ticket here:

[https://www.trybooking.com/uk/events/landing/73668?
mc_cid=c98daf771e&mc_eid=a5c1983738](https://www.trybooking.com/uk/events/landing/73668?mc_cid=c98daf771e&mc_eid=a5c1983738)

Alta, 16 Accrington Road, Whalley, BB7 9TD.

National Autistic Society Fundraiser

One of our very own DENW members, Stephan Holly, is raising money for the National Autistic Society, by making handmade items for a small donation. Here is a letter from the charity confirming his fundraiser, as well as photos of what he is making:



National Autistic Society
393 City Road
London
EC1V 1NG
United Kingdom

Tel: 020 7833 2299
Email: nas@nas.org.uk

Registered Charity No.: 269425

To Whom It May Concern,

Mr Stefan Holly is raising money for The National Autistic Society

Please accept this letter as confirmation that **Stefan Holly** is collecting in aid of the National Autistic Society.

We are delighted that Stefan is supporting us in this way to raise vital funds to help autistic people and their families, while also increasing awareness and understanding of autism.

All funds raised (less authorised expenses) will help to support the work of the National Autistic Society. Around 700,000 people in the UK are on the autism spectrum. Together with their families, this means autism is a part of daily life for 2.8 million people. The National Autistic Society is here to provide essential support, transform lives, challenge perceptions, and build a society that works for autistic people.

If you have any queries regarding Stefan's fundraising efforts or approaches, please do not hesitate to contact us by email: fundraising@nas.org.uk.

Thanks in advance for your support.

Kind regards

Swee

Supporter Care Team



Patron: HRH The Countess of Wessex
President: Jane Asher
Chief Executive: Caroline Stevens

National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427) and a company limited by guarantee registered in England (No.1205298), registered office 393 City Road, London, EC1V 1NG



Community Leaders Training Course



Forest of
Bowland
National
Landscape



COMMUNITY LEADERS TRAINING COURSE Connecting People And Nature Project

As part of the 'Connecting People And Nature Project' (CPAN) we are offering a free 3-day **Community Leaders' Training Course** each year. Over the last two years we have delivered courses in Blackburn and East Lancashire, which included 2 days within the Forest of Bowland. These were a huge success, and we are now planning our third course to run in the **Preston area for 2025**. The community leaders' training course is part of the 3-year Connecting People And Nature Project which is a partnership involving **The Ernest Cook Trust** and the **Forest of Bowland National Landscape** which is funded through the **National Lottery Heritage Fund**. More information on the Connecting People And Nature Project can be found here:

www.forestofbowland.com/connecting-people-nature

About the Community Leaders' Training Course 2025:

The multiday training course will help people to develop skills and confidence to lead/engage people in their communities and take their sessions outdoors, plan and organise simple and engaging outdoor activities (not bushcraft activities), increase understanding of opportunities for people to get outdoors and connect with nature. Once upskilled, these Community Leaders will be supported to arrange and run outdoor sessions for their own groups, within the local landscape.

Therefore, we are **currently looking for Community Leaders within Lancaster, Preston and surrounding towns**, who already have a group they regularly engage with. You could be a paid member of staff or a volunteer. Ideally, we are looking for individuals who would like:

- Some more support and to gain skills about how to take their group outdoors.
- Would like to build confidence in engaging with the local community more.
- Would like to attain information about what local green spaces they could use and how to go about planning sessions in the outdoors.

What will you get from the course?

- Skills and confidence in engaging individuals and working with groups.
- Simple but engaging outdoor activities that you can use in your own groups (not covering Bushcraft, nor Outdoor Learning or Forest School aspects).
- Understanding benefits of the outdoors (for physical and mental health and wellbeing etc.) and how the outdoor environment can add value to the services they already provide.
- Develop skills and confidence in planning and organising sessions (and these potentially being outdoors).
- Increase local knowledge of opportunities for people to get outdoors and involved in the local landscape.

Please contact us with any enquiry relating to the content, if you would like the publication in a different format, or if you wish to be removed from our mailing list.

- The Health and Safety knowledge required for taking the community group outdoors (insurance, risk assessment and responsibility / liability implications in the context of leaders own policies etc.)
- Self-sustained peer network of the Community Leaders from the course, who share ideas, resources, and collaboration.

Are you interested?

The planned dates for the community leaders' training course is **30th September 1st and 2nd, of October 2025**, potentially **9:30am-3:30pm**. **You will need to attend all three full days.**

Day 1 (30th September) will be at **The Hub on Grange Park**, Mitton Drive, Ribbleton, Preston PR2 6HA

Day 2 and 3 (1st and 2nd October) will be at **Beacon Fell Country Park, Preston**, within the Forest of Bowland National Landscape (a shuttle bus will be provided for those who require transport into the National Landscape).

If you are still interested in the course, please could you email Alison.Cross@ernestcooktrust.org.uk with answers to the following questions (please note there doesn't have to be lots of detail):

1. What community organisation do you volunteer or work at?
2. What is your role and responsibilities within the organisation?
3. What is main aim and target audience of the community organisation?
4. Where is your community organisation mostly located? – Do you have a site? Or is there a specific geographical location that your participants come from?
5. What are you looking to get out of the community leaders' training course?
6. On a scale of 1-10 (where 1 is the least confident), how confident do you currently feel to use the outdoors within your community organisation?
7. Has your community group taken part in anything outside, within a local green space or within nature?
8. Do you have any relevant experience or qualifications within the outdoors?
9. Anything else you wish to tell us about yourself or the community group?
10. Is there anything which might be a barrier to you taking part in the course?
11. What is your postcode? (If you are participating in the course through your working role, please provide work postcode).
12. The training course is 3 consecutive days, and the delivery times will be 10-3. There will be potential travel times of an hour either side of this. Is this acceptable for yourself?

As this course is likely to be oversubscribed, we will confirm if you have been allocated a space, with the Course Outline details and exact times and locations. This will be by Thursday 23rd August 2025.

The Community Leaders Training Course is being delivered by Move2change CIC. The course is part of the Connecting People and Nature project, which is being delivered by UK educational charity The Ernest Cook Trust and the Forest of Bowland National Landscape, supported by The National Lottery Heritage Fund, and Lancashire and South Cumbria NHS Foundation Trust. Its focus is on promoting nature, wellbeing, and Outdoor Learning.



MOVE2CHANGE