

Welcome to the Community Hub



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

New Address:

**Disability Equality (nw) Ltd.
Community Hub
23 Sedgwick Street
Preston
PR1 1TP**

Phone: 01772 558863

Text: 07709 710195

Our Community Hub is open Monday to Friday, from 9:30am to 4pm. Please come in and help yourself to refreshments from our self-serve casual café.

Though we currently provide hot and cold drinks, you are welcome to bring your own food and drink(s), to enjoy in the Casual Cafe area.

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:

- beth@disability-equality.org.uk
- by post, phone, or text, using the details above

The Community Hub

Our Community Hub is a fully accessible space in the heart of Preston, designed and led by disabled people. It is a place where the community can come together to connect, learn, and share. By hiring our rooms, you are not only getting a high-quality, inclusive venue but also supporting the sustainability of a disability-led organisation that works every day to remove barriers and promote equality.

Room Hire

The Community Hub has spaces to hire, including the Lesley Finley Room at Community Hub, 23 Sedgwick Street, Preston PR1 1TP. There are a variety of room sizes to suit small groups or larger events. To hire a space, please follow the link below/QR code:

<https://disability-equality.org.uk/services/room-hire/>



Membership

Would you like to become a Disability Equality NW member? Members are kept up-to-date with the latest events, news, and relevant information from Disability Equality NW. There is no charge to become a member. By becoming a Member, you will receive regular updates, event invites and links to the latest edition of our Monthly Bulletin.

To join the Membership List, please visit <https://disability-equality.org.uk/members/> or scan the QR code on the next page of this bulletin, to provide your preferred contact details. Alternatively, email heather@disability-equality.org.uk with the subject line "Disability Equality NW Membership".



Would you like to become a member of Disability Equality (NW)?

Members are kept up-to-date with the latest events, news, and relevant information from Disability Equality (NW). There is no charge to become a member.

Member Benefits

- Regular Updates
- Event Invites
- Service Updates



Tel: 01772 558863

Web: <https://disability-equality.org.uk/members/>

Charity Number: 1114622

Company Number: 05506903



Preston
City Council



Bulletin #40 - October 2025

Autumn is Here!

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Please note: Due to the rising costs of postage, and the desire for our bulletin to be as accessible as possible, all future bulletins will be sent by email as a link to view via our website, where the accessible/language features it offers can be utilised. If this is not accessible to you however, please contact Heather@disability-equality.org.uk to request an alternative format.

You have received the link to our bulletin as you are on our membership list. Should you wish to opt out of this, please contact Heather@disability-equality.org.uk

General Contact Details

Lancashire Independent Living Service (LILS)

- *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 below:



<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.

New Staff

We are pleased to welcome to our team April and Neela. April is part of our Advice Team and is in on Mondays, Tuesdays, and Thursdays. April hosts our Advice Cafés which take place on the 1st Thursday of each month at the Community Hub. Neela joins us as a Financial Administrator for our Supported Banking team, and is in on Tuesdays and Thursdays.

Donations

As previously mentioned, we are currently busy setting up and re-decorating our new Community Hub to create a welcoming, and accessible space for all. To help us with this, we would greatly appreciate donations of the following items:

- Cordial (either/both blackcurrant and orange, or one red and one yellow – cordial is the most important at the moment)
- Tea
- Coffee
- Sugar
- Tea towels
- Books
- Side plates
- PlayStation games, up to PlayStation 3, for the PS3 set up in the Casual Café

We'd like to thank all those who have made donations since we opened our Community Hub. We are very grateful to have received donations of food, refreshments, raffle prizes, new goods to sell on our stalls, handmade gifts, cash donations, flowers for our memorial vase, and a number of practical items to enhance our centre.

If you would like to make a donation, please call in Mon – Fri 9:30am to 4pm – we would really appreciate it.

Please contact us on beth@disability-equality.org.uk for further information or queries.

Volunteer Opportunities

We are looking for volunteers to help us in our Community Hub.

Applicants must be disabled or have lived experience of disability.

Applicants must be able to work on their own initiative, sometimes without supervision.

Please click on the link for further information:

<https://disability-equality.org.uk/about-us/volunteer/>

or contact:

beth@disability-equality.org.uk or

Community hub team on 01772 558863

VJ Day 2025 Observance @ DENW Community Hub

This year we hosted a range of VJ Day events at DENW's new Community Hub in Preston. Here are some photos from the day:



Photo above:

Group discussions with Jon, Sheryl, Shuresh, Robert, Peter, Ash, Rakhi, sitting at a table, covered in a dark blue tablecloth and Union Jack flags, at the opening of the VJ Day event.



Photo above:

Attendees chatting before the VJ-day Historical and Everyday-life Quiz.



Photo above:

Lunchtime discussions. Bharti and Shuresh, sitting at a table covered in a dark blue tablecloth printed with Union Jack flags and the text 'VJ Day'. Photo credit Keith Dagger.



Photo above:

"80th Anniversary of VJ Day" Bespoke cake by fundraiser Margaret Singleton.

Advice Café

Our next session will be 'Scams', where attendees can ask about any issues that they need advice or help with.

Advice Café Session: Scams



Learn how to Stay Safe from Fraud and Online Threats

In partnership with Lancashire Police, we will have a Guest Speaker on Fraud Safeguarding, alongside a Disability Equality North West Advisor present, focussing on:

- **Online Fraud**
- **Staying Safe from Scams**
- **Safeguarding Offline and Online**



Taking place

@ Thursday 20th November 2025

10:30am—12:00pm

at the **Community Hub**

Disability Equality (NW) Ltd.

23 Sedgwick Street, Preston

PR1 1TP

Brews and Refreshments will be available throughout the session.

To let us know of any access needs, please email

matthew@disability-equality.org.uk or call 01772 55 88 63.



Charity Number: 1114622

Company Number: 05506903

disability-equality.org.uk

Poster from previous page/above reads:

Disability Equality NW

Lancashire Constabulary

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Monthly Monday Wellbeing Walk:



Charity number: 1114622
Company number: 05506903



Charity number: 1153080

Monthly Monday Wellbeing Walk

Monday 20th October 2025

**Meeting @ Disability Equality
Community Hub**

23 Sedgwick Street, PR1 1TP

Walk begins at around 2pm.

For further details please email
matthew@disability-equality.org.uk or
gina.campbell@thefoxton.org



Poster above reads:

Disability Equality North West. FoxtOn.

Monthly Monday Wellbeing Walk. Monday 20th October 2025

Meeting @ Disability Equality Community Hub, 23 Sedgwick Street, PR1 1TP Walk begins at around 2pm. For further details, please email matthew@disability-equality.org.uk or gina.campbell@thefoxton.org

Hate Crime Awareness Event & Afternoon Tea



**The VI Forum for the Lancashire Area and
Disability Equality (NW) welcome you to join us for our:**

Hate Crime Awareness Event & Afternoon Tea

Being held on

Friday 10th October 2025

From

1:00pm - 4:00pm

At

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

A team of specialist service providers will be in attendance to provide information and advice, for example:

- Speakers sharing key information.
- Chances to talk to individuals affected by hate crime.
- Increasing confidence through peer support.
- Pathways to finding support.

Organisations in attendance include:

- Lancashire Police.
- Pukar Centre.
- Disability Equality Northwest.
- Health Watch Lancashire.
- and many more!

**Booking is required for catering purposes using details below,
please specify any dietary requirements upon booking.**

Email - contact-vice.viflancs@gmail.com

Call - 07463839712 or

matthew@disability-equality.org.uk

Call - 01772 558863 and leave a message for the

Community Hub Team, to inform us of any access needs.

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Peer Support Network Empowers Direct Payments Users Across Lancashire

Connecting People, Building Confidence, and Supporting Independence

Looking to take control of your own care and support? The Peer Support Network (PSN), established in March 2022, is here to help individuals, carers, family members, and employers of personal assistants (PAs) across Lancashire explore the benefits of direct payments.

What is the Peer Support Network?

The PSN was created to encourage more people to consider direct payments—an alternative way to pay for their care and support needs. Many find the process daunting or complicated, opting to stick with traditional services or even go without support. The PSN aims to change this by connecting you with experts and people who have first-hand experience using direct payments, so you can make informed choices with confidence.

Why Choose Peer Support?

Peer support is at the heart of the PSN. By drawing on personal experiences, members can share valuable insights, offer advice, and provide encouragement. Speaking with others who have successfully managed direct payments and employed their own staff can make the process less intimidating and help you feel supported throughout your journey.

Joining the network gives you the chance to:

- Meet others who use or are interested in direct payments
- Share ideas, ask questions, and receive practical advice
- Support and encourage each other in managing care and employment

How Can I Get Support?

The PSN offers a friendly peer support group, providing opportunities to connect and learn. If you prefer a private conversation, a peer support volunteer can speak with you individually before you approach social services.

In-person peer support meetings in Preston are also in the works and are expected to take place soon.

Get Involved!

Peer Support is available every Wednesday from 10 a.m. to 2 p.m. To access it, call 01772 558863 and select option 1.

Alternatively, email lils@disability-equality.org.uk with the subject "PEER SUPPORT REQUEST".

Whether you're just starting out or looking to connect with others on a similar path, the Peer Support Network is here to help you.

Local Government Reorganisation in Lancashire

Read on for an important development regarding the future structure of local government in Lancashire.

As you may be aware, the government has announced its intention to simplify governance in areas with two-tier systems, such as Lancashire, by creating new unitary councils that deliver all local services through a single authority.

Currently, Lancashire County Council provides services such as social care, education, highways, and libraries, while district and borough councils deliver services including waste collection, planning, housing, and leisure. Blackpool and Blackburn with Darwen already operate as unitary authorities.

All 15 councils in Lancashire are working collaboratively to develop proposals for new unitary arrangements with options ranging from between two and five new unitary councils.

The business case proposals for new unitary councils must be submitted to Government by 28 November 2025 and must demonstrate:

- Stronger local leadership
- Improved service delivery and outcomes
- Financial sustainability and value for money
- Economic growth and prosperity
- Community identity and effective local partnerships

To inform this process, the Council is seeking views from key stakeholder organisations across Lancashire, and would be grateful if you could complete the

survey before 28th September at the link below and share it within your networks for others to complete:

<https://www.givemyview.com/lancashirestakeholderlgr>

Accessible formats and paper copies are available on request via lgr@lancashire.gov.uk or calling 0300 1236701.

Thank you for your continued support and engagement.

Accessible Cycling Sessions Preston City Council/Wheels for All Summer/Autumn Programme:



Wheels for All and Preston City Council Accessible Active Travel Project

Preston City Council have teamed up with National Accessible Cycling charity Wheels for All to bring accessible cycle rides in venues across Preston over the next months.

Wheels for All will provide a range of adapted cycles which will suit pretty much anyone's needs and enable them to get onto wheels and get active. Everyone who has additional needs including (but not limited to) physical disability, degenerative conditions, social isolation etc. is welcome to join a ride.

Wheels for All will also be there with staff trained to support you to choose the best cycle for your needs, get comfortable on your cycle, and guide you round a short, safe and enjoyable route.

These are the dates and venues planned so far:

Wednesday 23rd July - UCLan sports arena, Cycle track, Wheels for All container
 Wednesday 20th August - Ashton Park, Let's Grow Preston walled garden
 Wednesday 10th September - Haslam Park, Children's play area near park entrance
 Wednesday 24th September - venue to be confirmed
 Wednesday 8th October - venue to be confirmed
 Wednesday 22nd October - venue to be confirmed

Rides on each session will start at 10.30am, 11.30am, 12.30pm and 1.30pm. There will be 10 places available on each hour.

To book your place just e-mail your name, or group names and which sessions you would like to attend:

stuart.lockton@wheelsforall.org.uk



Accessible Voting Focus Groups Invitation - RNIB

Interested in making voting more accessible? The Electoral Commission has launched a consultation on its Guidance for Returning Officers on assistance with voting for disabled voters. Blind and partially sighted people have the same right as everyone else to vote independently and in secret but too many are still denied this right. RNIB research shows that only a quarter of blind voters could vote independently and in secret at the last General Election, and 73 per cent of blind and partially sighted people did not know that they could request reasonable adjustments.

Join their focus group to discuss your experience of voting. They will look at the challenges people are facing and the solutions the Electoral Commission need to consider. You will help them to call for a more accessible system, where every voter

is guaranteed a secret and independent vote. They feel that it is evident from their research that blind and partially sighted people's voting experiences will not improve without wholesale changes to the system.

The dates and times for these sessions to be held are:

Monday 29 September 2pm-3.30pm – Online

Thursday 2 October: 5pm-6.30pm – Online

Tuesday 5 October: 10am-11.30am - Online

Thursday 9 October: 11am-1pm – In Person at the RNIB London Office, The Grimaldi Building. Tea, coffee and maybe biscuits provided, but you'll have to wait until after the session to get your lunch.

To register your interest in a session please contact the Campaigns Mailbox on Campaign.Mailbox@rnib.org.uk and those attending the online sessions will be sent a Microsoft Teams joining link.

Please share with anyone who may find this of interest or can share it with others who may be interested.

Jubiloso Music Workshops

Jubiloso is a participatory music group that meets most Friday afternoons with the aim of making whatever adjustments are required to allow people with disabilities to participate. Using pitched and unpitched percussion instruments, voices and whatever other instruments people bring along, we are building a repertoire of music to play together and have even carried out a few performances.

Fridays, 2pm-3pm. Disability Equality North West, 23 Sedgwick Street, PR1 1TP. £5 per person. Email JonAveyard1@gmail.com for more information.

Preparing for Seasonal Changes

As the days get shorter and the weather turns colder, many disabled people face extra barriers. Dark evenings can make travel unsafe if streets are not well lit, icy pavements can stop disabled people from getting out, and inaccessible public transport can leave people isolated.

We would love to hear from you about the barriers you face in autumn and winter – and the changes that would make things easier.

Please let us know your thoughts at beth@disability-equality.org.uk

Good News Stories from DENW

Read on for positive news stories and feedback from users of our services.

Events:

Feedback on August's Monthly Monday Wellbeing Walk - Brockholes Nature Reserve: *"I have learnt of new bus routes from Preston, and [more accessible] footpaths that connect the urban to the nature"*.

Based on overwhelmingly positive feedback from August's walk, this walk will likely be repeated either in Winter 2025 or Spring 2026, depending on user-led levels of interest in this and other areas of the Greater-Preston area.

Information & Advice:

We were contacted by the mother of a child, whose DLA award had been completely removed, based upon a call made by DWP to the school her son attended. The school broke all GDPR rules, by providing incorrect information without the knowledge or consent of either the parents or the son. This information that should never have been shared, led to the suspension of DLA.

We challenged DWP and supported the mother, who gathered evidence from many different sources to support the appeal on behalf of her son. The case went to court and the Judge and panel were understanding from the offset, the DWP presenting officer, offered no evidence. The Judge asked a few questions and after deliberation, decided to reinstate the award at HRC and HRM, so a four-year award.

Supported Banking:

"All you done was amazing. I was so worried this morning you made me feel 100% better thank you very much for all your help, you are amazing."

LILS and Supported Banking:

A client called LILS distressed, due to not having her needs and wishes met by her care agency over the weekend. LILS and Supported Banking worked together to assist and support the client to employ a PA of her choosing. The client was thankful for the efficient support.

Dates for your Diary

WHEN	WHAT	WHERE	WHO/CONTACT
Wednesdays	LILS peer support sessions	Online/ In person/ hybrid	rachel@disability-equality.org.uk
Fridays (restarts in September) 2 – 3pm	Jubiloso music workshops (£5 per session, carers and support attend free)	DENW Community Hub	JonAveyard1@gmail.com
SEPTEMBER			
Thursday 4 th 1 – 3pm, and every first Thursday of the month through 2025	Advice Café – general advice	DENW Community Hub Casual Café	Disability Equality (Drop in)
Thursday 11 th 2 – 3.30pm	Chatty Café – diverse heritage day	DENW Community Hub Casual Café	Disability Equality, Unite Union, Stand Up To Racism matthew@disability-equality.org.uk
Monday 15 th 2 – 3.30pm	Monthly Monday Walk – Blue Plaques pt.2	Meet at DENW Community Hub 2pm	gina.campbell@thefoxton.org matthew@disability-equality.org.uk
Friday 26 th 2 – 3.30pm	Chatty Café – International Deaf Week and Deaf Awareness Session	DENW Community Hub Casual Café	Introduction to Sign Language/BSL (Drop in) matthew@disability-equality.org.uk
Saturday 27 th (AM)	Preston Pride Parade		Parade Route available by contacting info@prestonpride.com
Saturday 27 th 11 – 3pm	Preston Pride 2025	Preston Flag Market PR1 2AP	Open to all info@prestonpride.com
OCTOBER			
Thursday 2 nd 1 – 3pm	Advice Café – scams advice with guest speaker	DENW Community Hub Casual Café	
Friday 10 th 1 – 4pm	Hate Crime Week Event	DENW Community Hub	matthew@disability-equality.org.uk
Thursday 16 th October 11 – 3pm	Guild Lodge Hate Crime Awareness Event	Guild Lodge, Whittingham, Preston PR3 2JH	matthew@disability-equality.org.uk Sophie.Titherington@lscft.nhs.uk
Monday 20 th 2 – 3.30pm	Monthly Monday Wellbeing Walk	Meet at DENW Community Hub 2pm	gina.campbell@thefoxton.org matthew@disability-equality.org.uk

Disability Justice Movement Building Webinars

The Alliance for Inclusive Education are hosting a workshop series by and for Disabled people and activists as an introduction to Disability Justice.

They are designed by and for Disabled people who want to expand their understanding of movement building and activism for Inclusive Education. Each session will be led by Disabled activists who will share their knowledge, lived experience and practical tools for achieving rights and justice.

October 1st: Edmore Masendeke

October 15th: DR UK's own Rebecca Tayler-Edwards!

For more information on how to sign up, keep an eye on ALLFIE's website and social media:


disabilityrightsuk.org/civCRM/mailling/url?u=72038&qid=12953941

<https://x.com/ALLFIEUK>

Make it Together: Removing the Barriers to Creativity

Disabled and finding it hard to join local creative groups? We know Disabled people are four times more likely to feel lonely than non-disabled people. It's no wonder, when we face more barriers to holistic activities that help us be in community together.

Join Make It Together – a relaxed, online hangout for Disabled people to get creative and chat about what's getting in the way of joining local craft, dance, zine-making and other everyday creative spaces in your local area. DR UK are proud to be a part of this project, made possible by Arts Council England funding.

 Our first hangout is happening in just under a month's time, where we'll be joined by special guest, Lisette Auton.

 14th October

☐ 12pm - 1pm

 Online

 Sign up and join us on Zoom – all access needs welcomed!

<https://www.creative-lives.org/Event/online-disabled-everyday-creativity-forum>

Recipe of the Month:

Pickled plum, red onion and chilli

Created by Yotam Ottolenghi, in a series of savoury plum recipes, <https://www.theguardian.com/food/2018/aug/25/yotam-ottolenghi-savoury-plum-recipes> and revised by Beth and Matt of Disability Equality (NW).

Pairs well with: rich pastries, cooked tofu, sticky rice and/or sliced fruits (particularly apples/melons/pears). Plums are often seen as being in peak season in September through to October. We hope that you enjoy making and sharing this timely recipe!

Makes 750g

Ingredients

- 5 black or red firm plums (400g), cut into 1cm wedges
- 220g rhubarb, sliced on an angle into 5mm pieces
- ½ red onion, thinly sliced (100g)
- 3 red chillies, deseeded and finely sliced (40g)
- 4cm piece ginger, peeled and julienned (30g)
- 100g caster sugar
- 100ml red-wine vinegar
- 100ml malt vinegar
- 1 tsp black mustard seeds
- 3 cloves
- 3 bay leaves
- ½ tsp allspice berries
- 1 tsp juniper berries, lightly crushed
- ½ tsp Salt

Method

- Put the plums, rhubarb, onion, chilli and ginger in a large bowl and set aside.
- Heat the sugar, vinegars and 200ml water in a medium saucepan on a medium-high flame until the sugar has dissolved.
- Add the spices and half a teaspoon of salt and bring to a boil.
- Pour the liquid and spices over the fruit, mix together well and set aside, covered loosely, for one to two hours, until cool.

- Pour the liquid and fruit into two large, clean jars, seal well and refrigerate until ready to use.

Recipe from: https://www.bbc.co.uk/food/recipes/sweet_red_pepper_and_25318

If you have a recipe you would like us to add to our next bulletin, please send it in to: beth@disability-equality.org.uk