

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 café 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

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/>



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.

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 #41 - November 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.

CHRISTMAS NOTES

From Anne, Disability Positive:

Please submit your Christmas hours by the **12th of December**. Payments will be made on your scheduled pay date, unless it falls on a bank holiday or weekend.

Please note, if you are emailing hours to us after 12pm on a working day, in the evening, or at the weekend; the first full working day will not be counted until the next working day.

If your enquiry is regarding anything else, Anne will come back to you as soon as possible.

If your query is urgent please call the office on 01606 331 853 between:

- 09:00 and 17:00 Monday to Thursday
- 09:00 and 16:30 on Fridays (please note, Anne does not work on Fridays but you can speak to one of Anne's colleagues).

From Disability Equality North West:

Please submit invoices by the **12th of December** if you wish for them to be paid by the 23rd December when we close.

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
- Take-away cups for hot drinks and cold drinks
- 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.

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

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

Fire Safety in November

November is a month which sees many enjoying firework displays and bonfires. Remember to stay safe and to keep others safe by following the relevant Safety Guidelines for fireworks and bonfires.

This information can be found on the Lancashire Fire and Rescue Service website:

<https://www.lancsfirerescue.org.uk/safety/celebrations/bonfire-night-safety-tips>

Please be considerate of neighbours (particularly those who have served in the Armed Forces), and pets while celebrating. Letting neighbours know in advance of setting off fireworks can help them to prepare for the noise, and to keep pets indoors.

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 10am to 2pm. 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.

DENW - Armed Forces Covenant

DENW has recently signed up to the Armed Forces Covenant to demonstrate our commitment to supporting Veterans, reservists, and the military community. We will be monitoring the number of veterans supported with a view to continually improve our support. If you have ever served in any of the armed forces i.e. Army, Navy or Air Force for more than a week, and do not have a 'Veteran's badge', we can support you to apply to the MoD for one.

DENW - White Ribbon Supporter Organisation

DENW has recently become a White Ribbon Supporter Organisation, showing our commitment to raising awareness about ending violence against women in their communities, inspiring people to be changemakers, signposting individuals to find help, and holding a fundraiser for White Ribbon UK to do important work.

The 25th of November is White Ribbon Day and is annually recognised as the day men show their year-long commitment to ending violence against women and girls. The day inspires individuals and organisations to take positive action to challenge harmful cultures and behaviours that lead to violence against women and girls.

Every year, White Ribbon UK works around a theme to raise awareness about men's violence against women and girls, and the need for men to be part of the solution as active allies. The theme for White Ribbon Day 2025 centres on encouraging one another to speak up and create a world where women and girls are safe, equal, and respected. Letting sexism slide puts women and girls at risk. Sexist jokes, catcalling, staring, and comments might seem harmless, but they are serious because they can lead to violence and abuse.

DENW will be hosting an event this year (25th November), as a White Ribbon Supporter Organisation. Keep an eye on our website and social media for updates!

Advice Café

ADVICE CAFÉ

DEBT ADVICE & MONEY MANAGEMENT

WHAT

This November, the themes will be Debt Advice & Money Management.

At Disability Equality (North West), we host accessible and inclusive Advice Sessions, hosted by an Advisor and a specialist Guest Speaker.

WHEN

Thursday November 6th 2025 1pm — 3pm

WHERE

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

FOOD AND DRINKS

Light refreshments will be available throughout.

GETTING INVOLVED

To suggest future Advice Themes, please email april@disability-equality.org.uk, call 01772 55 88 63, about Advice Café sessions, or, feel free to visit the Community Hub!



Charity No. 1114633
Company No. 05506903



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Advice Café
Debt Advice & Money Management

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Charity No. 1114633
Company No. 05506903

DENW Community Lunch





Community Lunch

Disability Equality, in partnership with
 Argento lounge Preston, host our very
first Community Lunch!
Thursday 13th of
November 2025
1pm - 3pm

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





The community lunch is free for disabled people and their carers
 Booking is essential if
 you would like to join us
 Please email:
beth@disability-equality.org.uk
 Please include any dietary or allergen
 information












Follow Us!

Web - <https://disability-equality.org.uk/>
 Instagram - @Disabilityequality(nw)
 Facebook - Disability equality North West - DENW

Disability Equality (NW)
Charity Number: 1114622
Company Number: 5506903




Poster from previous page/above reads:

(Disability Equality North West logo, top left. Argento Lounge logo, top right).

Community Lunch

Disability Equality, in partnership with Argento lounge Preston, host our very first Community Lunch!

Thursday 13th of November 2025, 1pm - 3pm

Disability Equality (NW) Community Hub Bannister House, 23 Sedgwick Street, Preston, PR1 1TP.

The community lunch is free for disabled people and their carers.

Booking is essential if you would like to join us.

Please email: beth@disability-equality.org.uk

Please include any dietary or allergen information.

Follow Us!

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

Instagram - @Disabilityequality(nw)

Facebook - Disability equality North West - DENW

Disability Equality (NW)

Charity Number: 1114622

Company Number: 5506903

(Community Fund logo, bottom left. Preston City Council logo, bottom left).

DENW AGM

Join us at the Community Hub for our AGM



Annual General Meeting

Thursday 27th November 2025

1pm - 4pm

Community Hub, 23-25 Sedgwick St,
Preston PR1 1TP

- ◆ Presentation of Lesley Finley Community Award 2025
- ◆ Light refreshments
- ◆ Guest speaker
- ◆ AGM business
- ◆ Open day - take a look at the changes that have been made

Booking is essential to ensure a safe and accessible event. Please email heather@disability-equality.org.uk to book a place and to let us know of any access needs that we need to be aware of.

"A community centre run by and for disabled people across Lancashire, delivering a range of support services"

Charity Number: 1114622

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Digital Skills Workshop: WhatsApp

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A practical session, to learn hands-on skills to communicate with WhatsApp

In partnership with AbilityNet, this will be an hour and a half workshop:

- Using WhatsApp to Communicate
- Navigating the platform safely
- Gaining Digital Skills confidence
- Intended for Disabled Adults or persons aged 55 (and over).



Taking place

@ Thursday 20th November 2025

10:30am—12:00pm

Community Hub

Disability Equality (NW) Ltd.

23 Sedgwick Street, Preston

PR1 1TP

Please note: Booking ahead-of-time helps us know how many devices to bring, but, drop-ins are also welcome.

To book your place, email: matthew@disability-equality.org.uk or call 01772 55 88 63.



Charity Number: 1114622

Company Number: 05506903

disability-equality.org.uk

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Digital Skills

Workshop: WhatsApp

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Digital Skills Workshop: Zoom

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Learn how to use Zoom independently, with guidance in a group setting

In partnership with AbilityNet, this will be an hour and a half workshop:

- Using Zoom to attend Meetings and Events
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Monthly Monday Wellbeing Walk:

Monthly Monday Wellbeing Walk

November 2025



When

Monday 10th November 2025, starting at 2pm (approximately).

Where

Starting and finishing at:

Foxton Community Centre,
Avenham Ln., Preston, PR1 3SA

This walk will feature Avenham Park & Frenchwood Knoll.

Each Walk

- ✓ Follows a step-free, circular route.
- ✓ Avoids steep declines and inclines in elevation.
- ✓ Aims to provide as accessible as possible a walk.
- ✓ Is intended for all levels of mobility.


**Disability
Equality^{nw}**
 Charity No. 1114622

Foxton  **COMMUNITY
FUND**
We are here.
 Charity No. 1153080

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Advice Café #2 Recap: Scams and Fraud + Visit from Little Van of Warm

Our last Advice Café, hosted by one of our Advisors, April, and held in partnership with Lancashire Police, focussed on: online fraud, staying safe from scams, and safeguarding offline and online. Stacey, from Cosy Homes in Lancashire's project "The Little Van of Warm" also provided attendees present with information on how to save energy, save money, stay healthy, and improve the environment.

Here are some photos from the session:



Photo, above left: Cyber Resources from Lancashire Police Fraud Safeguarding.
 Photo, above right: Dave and Roger from Lancashire Police Fraud Safeguarding.



Photo, above left: Stacey – Cosy Homes in Lancashire from Little Van of Warm, setting up stall in the DENW Community Hub.
 Photo, above right: Stall for Cosy Homes in Lancashire from Little Van of Warm.

Parent & Carer Workshops



Preston North & East PCNs

A member-led collaborative representing Primary Care within North and East Preston

Offering coordinated and integrated health and social care for you and your family.

Parent & Carer Workshops

With
Children and Young People's Mental Health Practitioners
Heather Bainton & Shae Vhareta

at

Fatima Health Centre, 228 Garstand Road, Fulwood, Preston PR2 9QB
2nd Floor - Conference Room

Session 1: Communication Skills - Wednesday 22nd
October 2025 4:30pm-6pm

Session 2: Coping Strategies for Anxiety & Worries
Wednesday 19th November 2025 4:30pm-6pm

Session 3: Coping Strategies for Emotional
Regulation - Wednesday 3rd December 4:30-6pm

**Limited Spaces!
Book Your Place:**



**Suitable for parents
of children aged:
8-14years**

**Open to all parents & carer's of children
registered at the following GP Practice's**

- **ISSA Medical Centre**
- **Lytham Road Surgery**
- **Ribbleton Medical Centre**
- **Berry Lane Medical Centre**
- **Stonebridge Surgery**
- **Avenham Medical Centre**
- **The Healthcare Centre**
- **Ribble Village Heath Centre**



Poster from previous page/above reads:

(NHS Lancashire and South Cumbria, NHS Foundation Trust logo, top right of poster).

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- Avenham Medical Centre
- The Healthcare Centre
- Ribble Village Health Centre

Breaking Down Barriers Workshop

Breaking Down Barriers Workshop



**Specifically for
Arts Professionals**

**Co-delivered by experts
by experience**

**Enhance your
practice to be
more inclusive**

www.dancesyndrome.co.uk

@DanceSyndromeUK



DanceSyndrome

Dancer Led, Disability Inspired

Registered Charity No 1152854

Breaking Down Barriers Workshop



What is the Breaking Down Barriers Workshop?

Breaking Down Barriers explores DanceSyndrome's approach to inclusivity where our expertise is in working with people with learning disabilities, our approach can be adapted for wider inclusion. This workshop will include:

- What is a learning disability and the different models of disability
- The types of barriers people with learning disabilities may face on an everyday basis including; attitudinal barriers; physical/environmental barriers; and information/communication barriers
- Offer tools and reflection on ways that individuals and organisations might break down any barriers that people may face
- How we can all break down barriers in our own settings

Co-delivered by Eve Emsley, our Leadership & Inclusion Facilitator and Peter Pamphlett, a Dance Leader with lived experience, the workshop blends discussion, practical activities and reflection. The fee includes a certificate of attendance, downloadable resources and access to post-session materials.

Who is the workshop for?

Breaking Down Barriers is a one-day, 6-hour online workshop for dance and creative industry professionals who want practical tools to make their classes, auditions and creative spaces more inclusive for everyone.

The workshop is ideal for (but is not limited to) Dance Teachers, Choreographers, Artistic Directors, Community Dance Facilitators and Performers.

Our next Breaking Down Barriers workshop is on 10th November 2025, book a place by visiting: www.dancesyndrome.co.uk/breaking-down-barriers



“DanceSyndrome’s work on tackling inclusion through dance is truly world leading!”

“ I loved how active & engaging the session was. I loved the co-production.”

“ I feel empowered, motivated and determined to make changes.

Poster from previous page/above reads:

(Page 1)

Breaking Down Barriers Workshop

- Specifically for Arts Professionals
- Co-delivered by experts by experience
- Enhance your practice to be more inclusive

www.dancesyndrome.co.uk

@DanceSyndromeUK

(Social media logos: Facebook, Bluesky, LinkedIn, Instagram)

(DanceSyndrome logo:

Dancer Led, Disability Inspired

Registered Charity No. 1152664)

(Page 2)

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Feedback from workshops:

(accompanying the poster, is a word cloud featuring several words, including: inspired, motivated, informed, inclusive, empowered, insightful).

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(QR Code from page 2 of Poster)

(Quotations at the bottom of page 2):

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“I loved how active & engaging the session was. I loved the co-production.”

“I feel empowered, motivated and determined to make changes.”

Horticulture Course - Lancashire Adult Learning



Horticulture Course

Level 1 Practical Horticulture

Start Date 19/11/2025 End Date 13/05/2026

Wednesday 09:30 AM till 12:00 PM

Course Location
Ashton Walled Gardens, Pedders Lane, Ashton Park
,Preston,PR2 1HL

 **SCAN HERE**

Scan the QR code today to register your attendance or visit lal.ac.uk.

Courses may be free if you are claiming active benefits or are employed and earning less than £25,750

Poster from previous page/above reads:

(Let's Grow Preston logo, top, middle, of poster).

(lal. Lancashire Adult Learning logo, top right of poster).

Horticulture Course

Level 1 Practical Horticulture

Start date 19/11/2025

End date 13/05/2026

Wednesday 09:30am till 12:00pm

Course Location

Ashton Walled Gardens

Pedders Lane

Ashton Park

Preston

PR2 1HL

Courses may be free if you are claiming active benefits or are employed and earning less than £25,750.

(QR code, bottom left of poster). Scan here.

Scan the QR code today to register your attendance or visit lal.ac.uk.

Research Study - Caribbean Experiences of the Windrush Scandal


**UNIVERSITY OF
LEICESTER**

SEEKING BRITISH AFRICAN-CARIBBEAN
PEOPLE FOR A RESEARCH STUDY

This study investigates British African-Caribbean experiences of the Windrush Scandal, citizenship and how the scandal is interlinked with the quest for citizenship rights for African-Caribbean people We're interested in how British African-Caribbean people's citizenship rights have been affected by the Windrush Scandal	YOU CAN PARTICIPATE IF YOU: - are at least 18 years of age; - identify as British African-Caribbean; - currently living in England or one of the 13 independent Caribbean countries and, - can identify as having been personally affected by the Windrush scandal and or can identify as working in a role that helps people affected by the Windrush Scandal.
 **CONTENT WARNING** In the interviews, you will be asked to tell us your Windrush stories. This may trigger negative memories and emotions	  Flexible interview times and locations that suit you.
INTERESTED? HAVE QUESTIONS? Interested in participating or learning more, please reach out via email at kas62@leicester.ac.uk Project ID - 4208	Ubuntu (I am because we are, let's rescue and reclaim our stories and build a new society together)

Poster from previous page/above reads:

(University of Leicester logo at top of poster)

Seeking British African-Caribbean People for a Research Study

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We're interested in how British African people's citizenship rights have been affected by the Windrush Scandal.

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Interested? Have questions?

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Ubuntu (I am because we are, let's rescue and build a new society together).



Kasandra is currently completing her PhD in Law on a full scholarship at the Department of Law, University of Leicester. Her expertise looks at how laws operate as part of social, economic and political processes within society and, specifically how laws impact British African-Caribbean people. In addition to this, Kasandra is a Graduate Teaching Assistant Administering Tort Law tutorials to first year international and home students completing Leicester's Law LLB degree.

Kasandra actively works on social justice and Pro Bono projects. Whilst completing her International Human Rights Master of Laws she was one of the first cohort of law students to work on the University of Leicester's

Justice for Windrush Pro Bono project and she is one of the project's past Co-Directors.

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.

Good News Stories from DENW

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

Events

From Advice Café #2: Scams and Fraud + Visit from Little Van of Warm

- *"It was a very welcome and informative talk given to us by David and Roger."*
- *"I have learnt a lot about what and how to make my passwords more secure."*
- *"Really useful practical session!"*

From Chatty Café #4: Diverse Heritage Day Observance

- *"Attending these sessions has served as a positive experience throughout, especially to meet new people."*

From Attendees at Preston City Mela

- Disability Equality *"has really helped reduce my level of social isolation!"*
- *"Thoroughly glad to hear that there is support for volunteering for those looking for interesting roles!"*

Information & Advice

The Advice Team helped a lady to complete an attendance allowance (AA) form due to her deterioration in health and increased care needs. We received the news that the application was successful and that she has been awarded AA at the lower rate of £73.90, which has been backdated.

This will significantly help towards her care needs, offering her peace of mind that she will receive an additional income to her state pension. She called to express her thanks and gratitude, and promised the Advice Team a tin of biscuits for our help and support.

Dates for your Diary

WHEN	WHAT	WHERE	WHO/CONTACT
Wednesdays	LILS peer support	Online	rachel@disability-equality.org.uk
Thursdays (from 13th November)	Community Lunch (detailed below)	DENW Community Hub	matthew@disability-equality.org.uk 01772 55 88 63
NOVEMBER			
Thursday 6 th 1pm-3pm	Advice Café – Debt Matters & Money Management	DENW Community Hub, Casual Café	april@disability-equality.org.uk
Monday 10 th Starts approx. 2pm*, from Foxton Centre	Monthly Monday Wellbeing Walk – going to Avenham Park & Frenchwood	Foxton Community Centre, Avenham Lane	matthew@disability-equality.org.uk (Access Needs) gina.campbell@thefoxton.org (Connections to Services)
Thursday 13 th & then weekly thereafter	Community Lunch Club #1 – Weekly Hot Meals & Peer Support	DENW Community Hub	matthew@disability-equality.org.uk (Access, Dietary and Requests)
Friday 14 th 11am-1pm*	World Diabetes Day Awareness Stall	DENW Community Hub, Casual Cafe	matthew@disability-equality.org.uk (Access Needs) Kayleigh Radcliffe (Kayleigh.Smith@elht.nhs.uk)
Thursday 20 th 10:30am– 12pm	Digital Inclusion – Using WhatsApp	DENW Community Hub	matthew@disability-equality.org.uk (Access Needs) Session co-hosted with AbilityNet
Monday 24 th All Day	White Ribbon Day		hello@disability-equality.org.uk
Thursday 27 th 10:30am– 12pm	Digital Inclusion – Using Zoom	DENW Community Hub	matthew@disability-equality.org.uk (Access Needs) Session co-hosted with AbilityNet.
Thursday 27 th 12:15pm–4pm	Annual General Meeting (AGM) of Disability Equality (NW) and Open Day	DENW Community Hub, Lesley Finley Room & Casual Café	heather@disability-equality.org.uk (To register your Attendance)
DECEMBER			
Monday 1 st 1pm-3:30pm	World HIV Day with DENW & the NHS	DENW Community Hub	matthew@disability-equality.org.uk
Monday 1 st AM/PM*	Monthly Monday Wellbeing Walk	DENW Community Hub	matthew@disability-equality.org.uk
Wednesday 3 rd 12:30pm–3pm	Good as New Sale @ the Hub	DENW Community Hub	beth@disability-equality.org.uk
Thursday 4 th 1pm–3pm	Advice Café – DENW & Forbes Solicitors	DENW Community Hub	april@disability-equality.org.uk
Friday 12 th 1pm-3:30pm	DENW Christmas Party	DENW Community Hub	matthew@disability-equality.org.uk

Recipe of the Month: Vegetarian cottage pie

Ingredients

For the topping:

- 500g/1lb 2oz floury potatoes, such as King Edward or Maris Piper, peeled, cut into pieces
- 300g/10½oz parsnips or swede, peeled, cut into pieces
- knob of butter
- splash milk
- salt and freshly ground black pepper

For the filling:

- 1 tbsp rapeseed or groundnut oil
- 1 onion, peeled, finely chopped
- 1 garlic clove, peeled, crushed to a paste with the edge of a knife
- 1 large carrot, peeled, finely chopped
- 1 leek, trimmed, thinly sliced
- 2 tsp chopped fresh thyme leaves
- 300g/10½oz vegetarian mince, fresh or frozen
- 400g/14oz can cannellini beans, drained and rinsed
- 400g/14oz can chopped tomatoes
- 1 tbsp tomato purée
- sugar, to taste (optional)
- salt and freshly ground black pepper
- steamed green vegetables, to serve

Method

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. To make the topping, place the potatoes and parsnips or swede into a large pan of water. Bring to the boil and cook for 12–15 minutes, or until tender. Drain well.
3. Add the butter and mash using a potato masher or ricer. Add the milk, a little at a time, and continue to mash until smooth. Season, to taste, with salt and freshly ground black pepper. Set aside.

4. To make the filling, heat the oil in a large pan over a low to medium heat. Add the onion and fry for 10 minutes, or until softened. Add the garlic, carrot, leek and thyme and continue to fry for a further 5 minutes, or until softened. Add the vegetarian mince to the pan and fry for a further 3 minutes, stirring continuously, or until golden-brown.
5. Add the drained cannellini beans, chopped tomatoes and tomato purée and stir well to combine. Simmer for 5 minutes, or until the sauce has thickened. Season, to taste, with salt and freshly ground black pepper. Taste and add a little sugar to the mixture if needed.
6. Spoon the filling into a large ovenproof dish. Spread the mashed potato and parsnip (or swede) mixture over the filling in a smooth, even layer.
7. Bake for 20 minutes, or until the topping is golden-brown and the filling is cooked through. Serve with steamed green vegetables.

Recipe from: https://www.bbc.co.uk/food/recipes/vegetariancottagepie_92035

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