

## Welcome to the Community Hub



Our Community Hub officially opened on the 13<sup>th</sup> 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](mailto: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](mailto: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 #42 - December 2025

# We're Heading into Winter!

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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](mailto: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](mailto: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](mailto: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](mailto:hello@disability-equality.org.uk)

### Supported Banking

- *Monday to Friday: 9am - 4pm*
- **Telephone:** 01772 558863 (option 2)
- **Email:** [supportedbanking@disability-equality.org.uk](mailto: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](mailto:supportedbanking@disability-equality.org.uk) and [anne@disabilitypositive.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto:beth@disability-equality.org.uk) or Community Hub Team on 01772 558863

## 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](mailto: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.

## Advice Café

# ADVICE CAFÉ

### DISABILITY ADVICE & LEGAL RIGHTS

#### WHAT

Exclusive opportunity - Forbes Solicitors will be at the Community Hub to answer any questions you may have regarding Disability issues and Legal Rights.

Please prepare your questions before 27th November and send to [april@disability-equality.org.uk](mailto:april@disability-equality.org.uk), let us know by phone on 01772 55 88 63, or in-person at the hub so we can prepare Forbes in advance.

#### WHEN

Thursday December 4th 2025 1:00pm - 3:00pm

#### WHERE

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



#### FOOD AND DRINKS

Light refreshments will be available throughout.

#### GET INVOLVED

To suggest future Advice Themes or for more information regarding our sessions email [hello@disability-equality.org.uk](mailto:hello@disability-equality.org.uk) or call 01772 558863.

You can always visit our Community Hub!  
(open weekdays  
9:30am– 4:00pm)



Charity No. 1114633  
Company No. 05506903



Poster from previous page/above reads:

Advice Café  
Disability Advice & Legal Rights

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You can always visit our Community Hub!  
(open weekdays 9:30am– 4:00pm)

Charity No. 1114633  
Company No. 05506903

(Bottom left of poster, Disability Equality logo. Bottom middle of poster, Forbes Solicitors logo. Bottom right of poster, Preston City Council logo. Above the Preston City Council logo, is the Community Fund logo).



## Christmas Party @ DENW

Christmas Party @ the  
 Disability Equality  
 Community Hub  
 23 Sedgwick Street  
 Preston, PR1 1TP


**Disability  
Equality<sup>nw</sup>**

**COMMUNITY  
FUND**

Friday 12th  
 December 2025

1:00pm-3:30pm

Seasonal Activities, Food  
 & Drinks.

Celebrate Communities  
 joining together over  
 the holiday-times.



Disability Equality (NW) Ltd.

Charity Number: 1114622

Company Number: 05506903

Poster from previous page/above reads:

(Disability Equality North West logo, top right. Community Fund logo, top right).

Christmas Party @ the Disability Equality Community Hub, 23 Sedgwick Street,  
Preston, PR1 1TP

Friday 12<sup>th</sup> December 2025

1:00pm - 3:30pm

Seasonal Activities, Food & Drinks.

Celebrate Communities joining together over the holiday-times.

Free to attend.

To book your place, please email [matthew@disability-equality.org.uk](mailto:matthew@disability-equality.org.uk)

Or call 01772 558863

Disability Equality (NW) Ltd.

Charity Number: 1114622

Company Number: 05506903



## Community Lunch Club

### ARGENTO & LOUNGE



#### WHAT IT IS

Free Community Lunch for disabled people, support workers and carers.

#### WHEN

@ 1pm—3pm Every Thursday  
Christmas Lunch by Argento on 11th Dec  
Excludes 25th December 2025 & 1st January 2026



@

#### WHERE

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



Situated near to Preston Bus Station & Preston Crown Courts.

#### GETTING HERE / ONWARD TRAVEL

- Multiple Blue Badge parking spaces immediately outside
- £2 day-rate Pay and Display Car Park (6am-11pm) over the road (on Noor Street)
- Situated immediately on the #48 Bus Route (Preston Bus Company/Rotala).

### Disability Equality<sup>nw</sup>

#### ACCESS NEEDS

Please inform us of any access needs by:

Email:  
matthew@disability-equality.org.uk

Phone:  
01772 55 88 63

In-person: The Hub is open 5 days a week, Mon.- Fri., 9:30am to 4pm.

#### SUPPORTED BY

Community Lottery Fund

Argento Lounge

*Together, we're furthering the human rights of disabled people.*

**Disability Equality (NW) Ltd.**

**Charity Number: 1114622**

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Poster from previous page/above reads:

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

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### SUPPORTED BY

Community Lottery Fund  
Argento Lounge  
Preston City Council

Together, we're furthering the human rights of disabled people.

Disability Equality (NW) Ltd. Charity Number: 1114622

Company Number: 05506903

## Monday Group Walk



# MONDAY GROUP WALK

Come join us! Enjoy the fresh air, get active,  
and make new friends. Activities provided  
and completely FREE.  
Suitable for all abilities.



**1PM-2:30PM**

Monday 15<sup>th</sup> December 2025  
Meeting at DENW, Sedgwick Street by  
1PM for Christmas Walk around Town.

**FoxtOn**  
*We are here.*

Contact: [gina.campbell@thefoxton.org](mailto:gina.campbell@thefoxton.org)  
Or call 01772 555925 option 3





Poster from previous page/above reads:

(Top of poster, a photo from a previous walk, attendees in front of trees, smiling).

Monday Group Walk

Come join us! Enjoy the fresh air, get active, and make new friends. Activities provided and completely FREE.

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Or call 01772 555925 option 3

(Bottom left of poster, Foxton, We are here logo. Bottom right of poster, Disability Equality nw logo).

## Research Invitation 1 – ULan



**University of  
Lancashire**

### Invitation to take part in Research

**DISABLED BLACK AND SOUTH ASIAN WOMEN EXPERIENCING DOMESTIC  
ABUSE IN ENGLAND**

**Are you a practitioner who works in domestic violence or disability service?**

**I would like to hear about your experience of supporting disabled ethnic minority women who experience domestic violence and abuse.**

**We know very little about how practitioners navigate these intersecting needs, and your insight can help us understand what works, barriers for interventions, identify areas for strengthening and what an intersectional and integrated violence minimisation strategy for disabled ethnic minority women would look like.**

**Your participation will contribute to the development of a more focused response in tackling DVA against disabled ethnic minority women.**

**Interviews will be online and will last no more than an hour.**

**If you would like to take part, please contact Dr Maria Turda before 19<sup>th</sup> December on:**



**07735505604**

or



**imturda@lancashire.ac.uk**

**Thanks for considering this!**





Poster from previous page/above reads:

(University of Lancashire logo, top right of poster)

Invitation to take part in Research

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07735505604

or

[imturda@lancashire.ac.uk](mailto:imturda@lancashire.ac.uk)

Thanks for considering this!

## Research Invitation 2 – ULan




# Invitation to take part in Research


**DISABLED BLACK AFRICAN/CARIBBEAN AND SOUTH  
ASIAN WOMEN'S EXPERIENCES OF DOMESTIC VIOLENCE AND ABUSE**

- Are you a disabled woman from Black African/Caribbean or South Asian heritage?
- Have you experienced domestic violence and abuse?
- I would like to listen to your experience because we know very little about how a woman who is both disabled and from an ethnic minority group experiences domestic violence and abuse, and the support they need.
- This research will help develop an understanding of factors that contribute to domestic violence and abuse disabled ethnic minority women experience and the type of support they need.

If you would like to take part, please contact Chinyere Ajayi on:

 07735505604

or

 CAjayi@lancashire.ac.uk

You could also ask the person who gave you this leaflet to contact me.

Thanks for considering this!

Poster from previous page/above reads:

(University of Lancashire logo, top right of poster)

Invitation to take part in Research

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07735505604

or

[CAjayi@lancashire.ac.uk](mailto:CAjayi@lancashire.ac.uk)

You could also ask the person who gave you this leaflet to contact me.

Thanks for considering this!

## Preston North End FC – Disabled Supporters Association

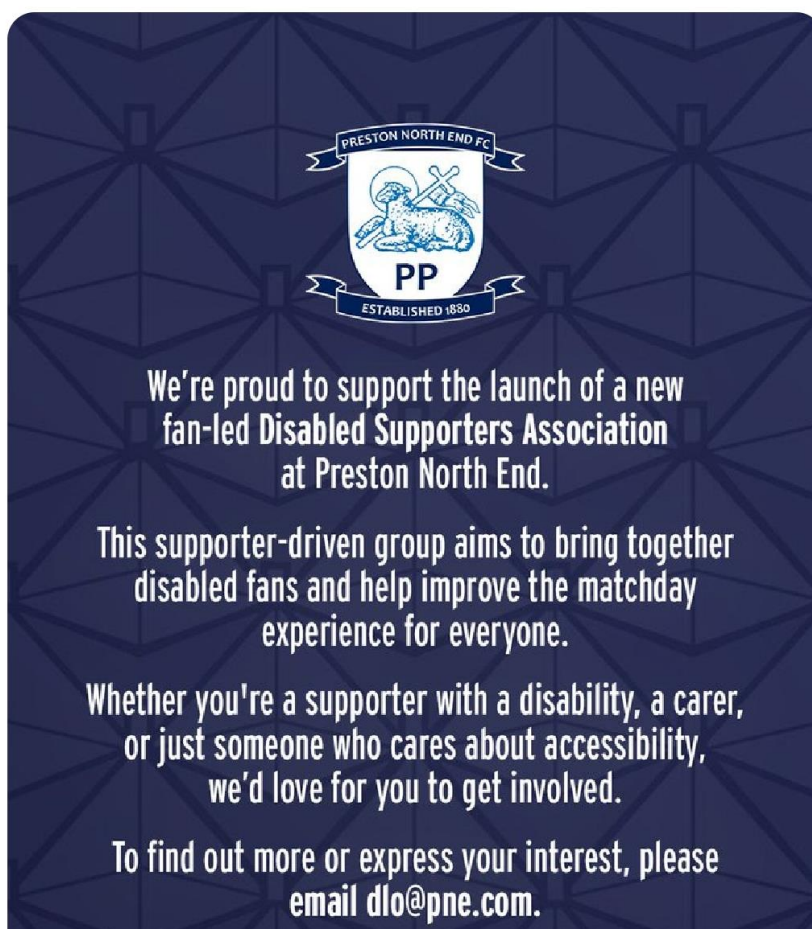


**Preston North End FC** ✓  
@pnefc

A new Disabled Supporters Association is being launched.



#pnefc | #OneNorthEnd



Poster from previous page/above reads:

Preston North End FC  
@pnefc

A new Disabled Supporters Association is being launched.

#pnefc #OneNorthEnd

(Preston North End logo)

We're proud to support the launch of a new fan-led Disabled Supporters Association at Preston North End.

This supporter-driven group aims to bring together disabled fans and help improve the match day experience for everyone.

Whether you're a supporter with a disability, a carer, or just someone who cares about accessibility, we'd love for you to get involved.

To find out more or express your interest, please email [dlo@pne.com](mailto:dlo@pne.com)

## More Information on the PNE Disabled Supporters Association

**Preston North End Fan-Led Disabled Supporters Association** invite you to become a vital part of their new community! Their mission is clear: to bring together disabled fans, carers, and anyone passionate about accessibility, to enhance the match day experience and foster an inclusive environment for **everyone** at Preston North End. They believe your contribution will be invaluable. Lifelong supporter, Daniel Duckworth, has a real passion for PNE and supporting fellow disabled supporters. He is teaming up with the club to get this association up and running, and he would really love for you to be part of it. The association is also getting fantastic support from Level Playing Field, which will be a great resource moving forward. Whether you're a supporter with a disability, a carer, or just someone who cares about accessibility, they would love for you to get involved.

Connect with fellow fans, share your thoughts, and help them make a difference.

👉 Join here: <https://www.facebook.com/groups/1175696923889554/?ref=share>



## 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  
2<sup>nd</sup> Floor - Conference Room

Session 1: Communication Skills - Wednesday 22<sup>nd</sup>  
October 2025 4:30pm-6pm

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

Session 3: Coping Strategies for Emotional  
Regulation - Wednesday 3<sup>rd</sup> 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 left of poster).

### 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

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### Session 1: Communication Skills

Wednesday 22<sup>nd</sup> October 2025 4:30pm-6pm

### Session 2: Coping Strategies for Anxiety & Worries

Wednesday 19<sup>th</sup> November 2025 4:30pm-6pm

### Session 3: Coping Strategies for Emotional Regulation

Wednesday 3<sup>rd</sup> December 4:30pm-6pm

Limited Spaces! Book Your Place: (QR Code on page above).

Suitable for parents of children aged:

8-14 years

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 Health Centre

## Horticulture Course - Lancashire Adult Learning



+

*Let's*  
**GROW**  
*PRESTON*

**lal.**  
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](https://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](https://lal.ac.uk)



## Carols from the Coffee Shop





Poster on previous page/above reads:

Carols from the Coffee Shop with the Illumination Community Choir

You are invited to join us on  
 Wednesday 3<sup>rd</sup> December 2025  
 At 12:30pm – Central Methodist Church  
 FREE hot drink and mince pies for everyone.

## RNIB Survey for Blind and Partially Sighted People Regarding PIP

Help RNIB ensure blind and partially sighted people can meaningfully shape the UK Government's upcoming review, by taking part in their survey:

<https://www.rnib.org.uk/living-with-sight-loss/money-and-benefits/cost-of-living-payments-and-information/cost-of-living/how-could-the-personal-independence-payment-pip-assessment-be-improved/>

The UK Government has released further details on the role disabled people will play in its upcoming review of the PIP assessment process.

The Chairs of the review are both disabled. Dr Clenton Farquharson CBE has 25 years' experience as an advocate for disability rights, co-production and social justice. Sharon Brennan worked at National Voices, the coalition of health and social care charities, and advises the Department for Transport on accessibility.

They'll oversee a steering group of 12 members, the majority of whom will be disabled people or representatives of disabled people's organisations.

This is welcome news, and the review will be an important opportunity for blind and partially sighted people to help shape a system that better reflects our needs and daily realities.

## 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, the group is 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](mailto: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:

#### **Monthly Monday Wellbeing Walk (November) – Avenham & Frenchwood**

“I grew up in and went to school around this area”...“and never knew this part of the parks existed!” (About Frenchwood Recreation Area).

“Brings back memories of playing Football here often” (Frenchwood Football Pitches).

#### **From Announcement of Community Lunch Clubs**

“[I have] never done anything like this before it sounds good”.

“[This is] what Doctors and physio say I need”.

### Information & Advice:

The Advice team recently supported a lady with an Attendance Allowance (AA) application. The team helped her to complete the application, and advised on the most appropriate evidence to submit in support of both her health condition and care needs. She has now been in contact and said that she received an award of £73.90 per week. This will be backdated to the date of the application, approximately 6 weeks, she thanked DENW for all the help and support.

## Dates for your Diary



# DATES for YOUR DIARY

DENW: Disability Equality (North West)

WHEN	WHAT	WHERE	WHO/CONTACT
<b>Wednesdays</b>	LILS – Peer Support	Online	✉ rachel@disability-equality.org.uk ☎ 01772 55 88 63 (Option 1)
<b>Thursdays 1pm to 3pm</b>	Community Lunch Club - Hot Food, Beverages, & Peer Support	DENW Community Hub	matthew@disability-equality.org.uk ☎ 01772 55 88 63 (Option 3)
<b>Fridays 2pm to 3pm</b>	Jubilo – communal music-making	DENW Community Hub – Lesley Finley Room	✉ JonAveyard1@gmail.com 🌐 prestonmusicworkshops.com
<b>DECEMBER</b>			
Thursday 4 <sup>th</sup> 1pm–3pm	Advice Café – DENW & Forbes Solicitors	DENW Community Hub	✉ april@disability-equality.org.uk
Thursday 4 <sup>th</sup> 1pm–3pm	Community Lunch Club	DENW Community Hub	✉ matthew@disability-equality.org.uk
Thursday 11 <sup>th</sup> 1pm–3:30pm	Festive Community Lunch Club	DENW Community Hub	✉ matthew@disability-equality.org.uk
Friday 12 <sup>th</sup> 1pm–3:30pm	DENW Christmas Party in the Hub	DENW Casual Café	✉ matthew@disability-equality.org.uk
Monday 15 <sup>th</sup> 1pm–2:30pm	Monthly Monday Wellbeing Walk (Raincheck date – postponed from Monday 1 <sup>st</sup> December)	DENW Community Hub	✉ matthew@disability-equality.org.uk ✉ gina.campbell@thefoxton.org
Thursday 18 <sup>th</sup> 1pm–3pm	Final Community Lunch Club of 2025	DENW Community Hub	✉ matthew@disability-equality.org.uk

**Please note: Good As New Sale is being rearranged for January 2026.**

Disability Equality (NW) Ltd.

**Together, we're furthering the human rights of disabled people**

Registered company no. **05506903**

Registered charity no. **1114622**

## Recipe of the Month: Cheesy Sprout Gratin

### Ingredients

- 600g Brussels sprouts trimmed and halved (if large)
- 1 tbsp olive oil
- 50g unsalted butter
- 2 banana shallots finely chopped
- 50g plain flour
- 750ml semi-skimmed milk (or equivalent)
- 100ml double cream (optional)
- 1 tbsp English mustard
- 150g mature vegetarian cheddar grated (or equivalent)

### Method

1. Bring a large pan of lightly salted water to the boil. Tip in the sprouts and cook for 3 minutes, then drain and set aside to steam-dry.
2. Heat the oil and butter in a medium saucepan until the butter is foaming, add the shallots and cook over a low heat for 7 minutes or until softened.
3. Stir in the flour and cook for 2 minutes. Remove from the heat and whisk in the milk in several pours, continuously whisking until you get a smooth sauce. Return to the heat and simmer for 2 minutes, whisking all the time. Whisk through the cream, mustard and cheddar. Season to taste. Heat the oven to 220C/200C fan/gas 7.
4. Toss together the dried breadcrumbs, thyme leaves and hazelnuts. Tip the sprouts into a deep 30 x 20cm ovenproof dish and pour over the sauce. Top with the breadcrumbs. Bake in the centre of the oven for 20-25 minutes or until golden brown and bubbling. Leave to rest for at least 10 minutes before serving.

Note: this meal should keep well in the fridge for up to 24 hours after preparing.

Recipe from: <https://www.bbcgoodfood.com/recipes/cheesy-sprout-gratin>

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](mailto:beth@disability-equality.org.uk)