

## Welcome to the Community Hub



Keep an eye on this space, as we will have lots of exciting events coming up!

### 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



## Bulletin #43 – January 2026

# Happy New Year 2026!

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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.

## 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 people with lived experience of disability to support delivery of our services, if you can volunteer a few hours a week to help us then please get in touch for more details.

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 be added to the register for future sessions, call 01772 558863 and select option 1 (LILS). 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.

## Brew Monday @ DENW

Brew Monday

19 January 2026, 11am-1pm  
 At Disability Equality Community Hub  
 23 Sedgwick Street, Preston, PR11TP.

Come and have a brew on Blue Monday at Disability Equality North West.

## Contact Us

Tel: 01772 558863

Email: [matthew@disability-equality.org.uk](mailto:matthew@disability-equality.org.uk)

## Community Lunch Club

We're starting the New Year full of beans!

### WHAT IT IS

Free Community Lunch for disabled people, support workers and carers. Thanks to a generous donation of beans and bread made to the Community Hub, each Thursday lunchtime's meal in January 2026 will be Beans on Toast!

### WHEN

1pm-3pm Every Thursday.

### 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).

### ACCESS NEEDS

Please inform us of any access needs by:

Email: [matthew@disability-equality.org.uk](mailto:matthew@disability-equality.org.uk)

Phone: 01772 558863

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

### SUPPORTED BY

Community Lottery Fund  
 Preston City Council

## Lancashire Women – What's on in Preston!

40 years of Lancashire Women - What's on in Preston!

**Norwest Court, Floor 1, Guildhall St, Preston, PR1 3NU**

Drop-in times:

Monday to Friday at 10:00am – 3:00pm

Open for pre-booked appointments:

Monday – Thursday at 9:00am – 5:00pm

Fridays: 9:00am – 4:00pm

### Groups

#### **Thrive (one-off workshops)**

Held on Wednesday at 10:00am – 12:00pm. Upcoming dates are 14<sup>th</sup> January (Expectations) and 28<sup>th</sup> January (Boundaries).

#### **Coffee & Crafts (drop-in)**

Next session: Wednesday 21<sup>st</sup> January 2026 from 10:00am – 12:00pm

#### **Free Hep C Testing**

Ask a member of staff for more details.

### Services

#### **SnapBack**

SnapBack provides specialist trauma informed addiction & recovery support to women across Lancashire. We support women who may struggle to engage with drug & alcohol treatment providers by reducing and addressing potential barriers in respect of: stigma, housing, finance, emotional wellbeing, education & employment, family & relationships.

#### **Work Well**

Work Well is a new pilot program designed to assist individuals with low physical health or other physical or mental health conditions in starting and maintaining employment. As part of the program, participants will have access to a Work and Health Coach or Mentor. Together, participants and coaches will agree on realistic and reasonable next steps to create a personalised support plan. This may include strategies to improve both physical and mental health.

## Move Forward

Our Move Forward programme offers 1-to-1 employment support. This service is available to women aged 25+ living in Preston who are not working and haven't been looking for work in the last 2 weeks.

## Money & Energy Advice

Our FCA Regulated advice team can support with budgeting, benefits, form applications, appeals, and discussing your debt options. We also offer FREE support to help you stay warm, whilst reducing your energy bills. Our service also includes a female handy person who can help with small energy related jobs around the house. This service is available to women, families and vulnerable people across Lancashire.

## 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. Carers/support: free-of-charge/optional donation.

Email [JonAveyard1@gmail.com](mailto:JonAveyard1@gmail.com) for more information.

## Community Rail Lancashire Survey

Community Rail Lancashire is currently involved in a project, called On Track, which is doing some work to better understand disabled people's experiences of travelling by train, and we'd really appreciate your help. Your experiences will help inform future work and support improvements based on lived-experiences.

They are inviting disabled people to take part in a short survey to help them learn what works well, what can be difficult, and what could be improved to make rail travel more accessible and inclusive. The survey takes around 10 minutes to complete. All responses are anonymous and you can skip anything you'd rather not answer.

The survey closes on Sunday 25th January:

<https://app.impactreporting.co.uk/pwa/mZDd18>

## Good News Stories from DENW

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

### Events

#### **From Community Lunch Club #4 (11/12/2025)**

“Thank you for a very welcoming session! Me and my support dog were very welcome.”

### Information & Advice

#### **Feedback from client:**

“Thank you very much for all the help and advice given so far; much appreciated.

My niece submitted the UC50 form you helped with, following a telephone assessment. A few days later, she said that she has been classed as 'Limited Capability for Work and Work-Related Activity (LCWRA)'. Earlier she was receiving around £400 per month as universal credit, and now that has been doubled to approx. £800 per month with (I think) the health component of universal credit. This is helping her immensely with her daily life and care. Thank you again.”.

#### **Feedback from Advice Café:**

We hosted our 4th Advice Café on Thursday 4th December with guest legal experts from Forbes Solicitors explaining the range of legal services they offer and giving some practical advice to our service users and staff about Family law, Clinical negligence, Wills and Probate, and Power of attorney.

Leonie and her team chatted with our service users and even participated in the Community Café – enjoying warming soup and cups of tea on a very wet and dreary day.

“We are very happy to have attended DENW and the Advice Café. It is a lovely and welcoming place. It is so obviously an important asset to the community and the people there are just wonderful.” Leonie Millard, Partner at Forbes

“It was a very informative and cheery Advice Café session, and we hope to see more of Leonie and her team in the future.” April, General advisor at DENW.

## Dates for your Diary (DENW)

WHEN	WHAT	WHERE	WHO/CONTACT
<b>Wednesdays</b>	LILS peer support	Online	<a href="mailto:rachel@disability-equality.org.uk">rachel@disability-equality.org.uk</a>
<b>Thursdays</b> <b>1pm to 3pm</b> <b>from 8<sup>th</sup> Jan.</b>	Community Lunch Club- Hot Food, Beverages, & Peer Support	DENW Community Hub	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
<b>Fridays</b> <b>2pm to 3pm</b> <b>from 9<sup>th</sup> Jan.</b>	Jubiloso – communal music-making	DENW Community Hub – Lesley Finley Room	<a href="mailto:JonAveyard1@gmail.com">JonAveyard1@gmail.com</a>
<b>JANUARY</b>			
Monday 19 <sup>th</sup> 11am to 1pm	Brew Monday	DENW Casual Cafe in the Community Hub	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
<b>FEBRUARY</b>			
Thursday 5 <sup>th</sup> 1pm–3pm	Advice Café – Specialist Advice and Signing Advice	DENW Community Hub	<a href="mailto:keith@disability-equality.org.uk">keith@disability-equality.org.uk</a>

## Recipe of the Month: Vegetable stew with herby dumplings

### Ingredients

1 tbsp olive oil  
 350g shallot peeled  
 2 leeks thickly sliced  
 ½ swede chopped into chunks  
 2 parsnips quartered  
 350g Chantenay carrot  
 175g pearl barley  
 225ml white wine  
 1l vegetable stock  
 1 bay leaf  
 3 sprigs thyme  
 small bunch parsley, finely chopped

### For the dumplings:

100g self-raising flour  
 50g unsalted butter  
 50g mature cheddar cheese, grated  
 2 tsp finely chopped fresh rosemary  
 1 tsp fresh thyme leaves

### Method

1. Heat oil in a large casserole dish. Add shallots and cook for 5-6 mins until starting to soften and brown. Add leeks for 2 mins, then stir in swede, parsnips and carrots.
2. Pour in barley and wine, cook until wine has reduced by half. Add stock, bay, thyme, parsley and seasoning. Cover pan, bring to the boil, then simmer for 45 mins until barley and veg are tender. Stir occasionally to stop it catching.
3. Meanwhile, make the dumplings. Heat oven to 200C/180C fan/gas 6. Rub flour and butter together to form breadcrumbs. Add remaining ingredients and mix well. Sprinkle over 2 tbsp water, mix to form a soft dough. Divide into six and roll into balls. Dot on top of stew and transfer to oven. Cook, uncovered, for 20-25 mins until dumplings are golden.

Recipe from: <https://www.bbcgoodfood.com/recipes/vegetable-stew-herby-dumplings>.

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)