

## Bulletin #44 – February 2026

### It's Midwinter!

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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. Alternatively, please use the QR code below:



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.

## Arts and Crafts Group @ DENW

Every Monday from 1:00pm to 3:00pm

The Group welcomes anyone to start an art project here or bring an existing project to continue. Art Supplies that we have are available to use.

Takes place at Disability Equality (NW) Community Hub, 23 Sedgwick Street, Preston, PR1 1TP

## Community Lunch Club

### **WHAT IT IS**

Free Community Lunch for disabled people, support workers and carers, with hot food, and hot and cold beverages.

General Advice on Disability Issues is available.

### **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.

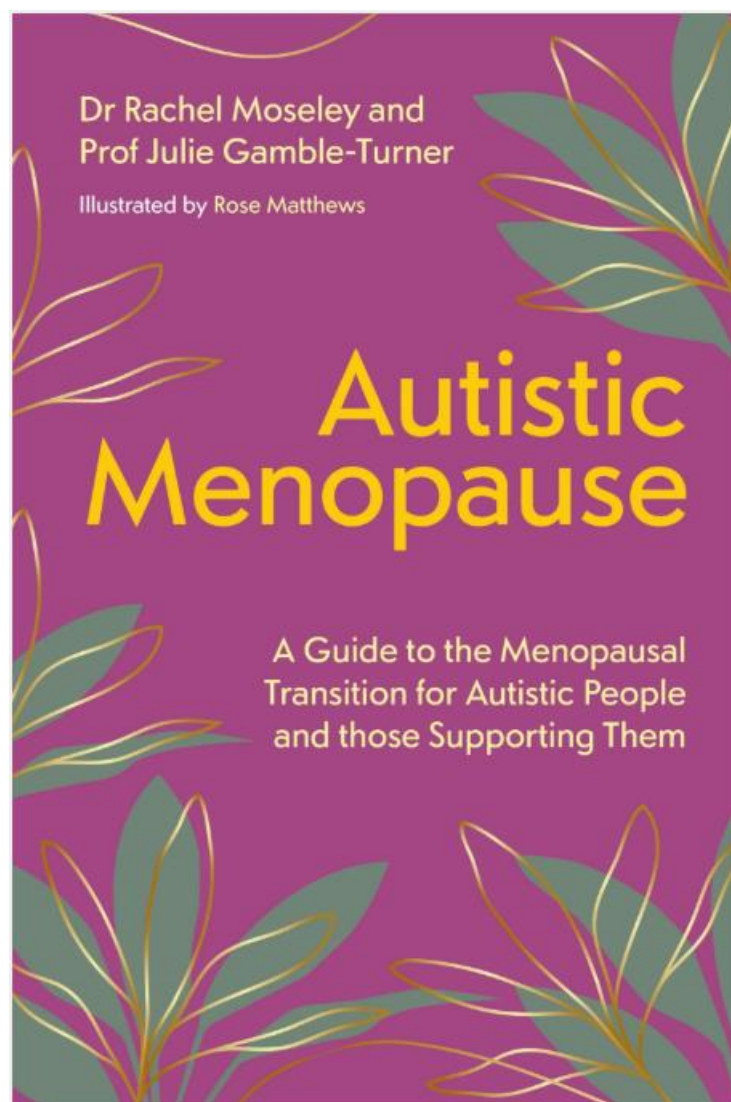
### **SUPPORTED BY**

Community Lottery Fund  
Preston City Council

## Autism and Menopause

Racheal, our Supported Banking Service Administrative Assistant, was diagnosed with Autism, PDA & ADHD after menopause. Racheal was interviewed about her experiences for a book which aims to help autistic people (and those who support them) understanding and navigate this transition.

*Autistic Menopause: A guide to the Menopausal Transition for Autistic People and those Supporting Them* by Dr Rachel Moseley & Prof Julie Gamble-Turner, was published on 21st January 2026. It uses easy to understand language to firstly explain what changes are happening in the brain during the menopause transition and why this causes physical (hot sweats), emotional (anxiety) and cognitive (brain fog) symptoms. The guide then details why autistic people experience these symptoms more severely and what can be done to support them.



## Autism Connect

Autism Connect welcomes people with autism, ADHD and adults with disabilities to their social group.

Starting Monday 12th January 2026 (every other Monday)

Time: 10:30am-12:30pm

Location: The Harris Museum, Preston PR1 2PP

For more information, please contact: Emma 07792960899

## Race Across the World Applications

**Race Across the World**, BBC One's BAFTA winning hit series, is returning for another series soon. They are keen to further broaden representation within the cast for the next series. In case you are not familiar with BBC's **Race Across the World**, please see below for a brief description of the series:

*On a limited budget and away from the luxuries of modern technology and conveniences, those selected will experience life in some of the world's most beautiful and remote locations.*

*Navigating their way across thousands of miles, they will travel through spectacular scenery and dynamic cities, visit ancient wonders, learn local customs, and take part in time-honoured traditions.*

*But the physical journey is only half of the story...*

*As they travel the world, they may end up learning more about themselves - and each other - than anything else.*

*Maybe they are looking to change something in their life? Or are keen to share the journey with someone special like a family member, best friend, or someone they have lost touch with. They may even have a very personal reason for wanting to explore a particular part of the world.*

### Extra Information

To watch previous series of BBC One's hit series, **Race Across the World**, please visit [BBC iPlayer](https://www.bbc.com/iplayer) and prepare to be inspired!

### Application Link

For anyone interested in applying, they can do so here:

<https://eu.castitreach.com/ag/lambert/ratw7/welcome.html>

Closing date: **29th March 2026.**

Terms and Conditions apply.

If you would like to know more about how they may process your information if applying to take part, please visit <https://studiolambert.com/privacy/>

## Trussell – Share your Experiences

Trussell is putting together plans for the work it will do over the next five years, to help them move towards a UK without hunger and hardship- to end hunger today, together, forever. One of their programmes of work is focused on influencing government to improve social security and employment support. They wish to talk to a wide range of individuals with direct lived experience of navigating the social security system.

### What's involved?

This is a one-off opportunity to take part in a 2-hour session where they aim to gain your perspective and experiences of navigating the social security system and/or employment support services. They would like to understand what issues they should try to research or better understand, what issues you would be motivated to campaign with them on, and how, together, they can help improve public attitudes towards social security.

### Who are they looking for?

They want to speak with individuals who have current or recent experience receiving social security support, as well as those with experience of insecure work or facing barriers to work. They are looking for a wide range of experiences and are hoping to hear from people from all over the UK. As part of your participation, you will gain knowledge on specific policy issues relevant to Trussell's mission, build confidence in contributing to strategic conversations and influencing strategic decisions.

### Details:

The session will take place via Zoom on **Monday 23rd February (10:30-12:30)**. Any materials will be sent to you in advance to help you prepare. There will be follow-up communication to thank you for your contribution and to clarify any questions raised in the session. The deadline for expressions of interest is **12 noon on Thursday 5th February 2026**. Love2shop vouchers will be offered as a thank you for your time and participation.

### How to apply:

If you are available on **Monday, 23rd February 10:30-12:30**, please email [hellop participation@trussell.org.uk](mailto:hellop participation@trussell.org.uk) to express your interest. Please include your name, address and a brief overview of why you are interested in taking part. If you have any questions/need more information, please contact [hellop participation@trussell.org.uk](mailto:hellop participation@trussell.org.uk) **before the 5th of February**.

## Hope Prevails Preston Group Programmes

Hope Prevails have upcoming group programmes that are designed to offer a safe, supportive space to build confidence, share experiences and develop practical tools for moving forward from domestic abuse.

You can self-refer and can get in touch for more information by calling their helpline on 01772 201601 or by emailing: [enquiries@hopeprevails.org.uk](mailto:enquiries@hopeprevails.org.uk)

## PCN Cancer Ambassador Campaign

Preston Community Network are honoured to have been invited by organisers of a new regional 'Cancer Ambassador' campaign to lead the programme in the Preston area. The aim of the campaign is to raise awareness of cancer by encouraging people to discuss the subject, improve their knowledge of the disease and to offer friendly advice to them if they have any concerns over possible symptoms.

In order to achieve this aim, the campaign's plan is to set up a network of 'Cancer Champions,' and they are therefore encouraging as many people as possible to sign up to be a 'Champion.'

It is free to do so, and the only commitment you have to make is to pledge to spread the word about cancer awareness. It might be just via a friendly word with anyone you meet, whether through work, volunteering, socially, or within your own family, who might mention a health concern. It could even just be a case of just passing on information or simply distributing via social media a relevant post or piece of information you might come across to your own followers or network.

Both Tony and Glenn at PCN have already signed up, and they would be really grateful if as many of you as possible could follow their lead and sign up yourselves. All you have to do is send them a quick email to [admn@prestoncn.org](mailto:admn@prestoncn.org) with your name, group and contact details, and they will do the rest. They look forward to hearing from you and please contact them if you need any further information.

Tony Dawber - Development and Communications Officer @ Preston Community Network.

- Mobile: 07526 786795. Please feel free to call on this number if you need any assistance
- Email: [tonyd@prestoncn.org](mailto:tonyd@prestoncn.org)

## Consumer Alerts – February 2026

### Beware bogus roofers in Preston

Traders offering to clean gutters cold called at a Preston householder who agreed to the work for £20. The traders then identified some broken and cracked roof tiles worrying the householder about possible water ingress. The householder agreed to their offer to carry out repair work, using spare roof tiles the householder had in storage. After 30 minutes the traders stated they had finished and demanded £1200.

### Beware cold callers offering insulation services

A vulnerable householder in the Ribble Valley received such a visit, agreed to insulation being fitted in the attic space, and the work began within two days of it being agreed. The workers arrived without a ladder asking where the nearest stockist of insulation products would be. After a few hours of work immediate payment of £3000 was asked for.

Trading Standards advice is to always say no to cold callers. The Safetrader scheme can help you find a trader in your area, contact 0303 333 1111 or go to [www.safetrader.org.uk](http://www.safetrader.org.uk)

Do not deal with cold callers, get quotes, giving you time to think and to get other prices for the work. Remember, if you agree to a contract in your own home, you will have a 14 day right to cancel.

### Cryptocurrency investment scam

The scam uses celebrity endorsements and persuasive advertising on Facebook to build trust and encourage an initial investment of £200. The investor is then contacted by a trader via WhatsApp and persuaded to invest a substantially larger sum with the promise of early retirement. Despite warnings from the bank, one Lancashire victim transferred £30,000 to accounts provided by the trader who they had built a rapport with. The trader is now uncontactable, and the company appears to have no legitimate presence.

Be cautious of investment opportunities advertised on social media or endorsed by celebrities, they can often be fake. Never transfer money based on pressure or promises of quick wealth. Check if the firm is authorised by the Financial Conduct Authority (FCA).

### Amazon pass-code scam

Beware receiving a phone call alleging to be from Amazon, claiming there is suspicious activity on your account, including high value purchases being made from it. The scammer, who probably already has your email address and mobile number, perhaps from a previous data breach, will have already tried to access your Amazon account. Accessing your account from a new device triggers a legitimate text or email from Amazon containing a passcode. The caller will ask for this passcode, giving them the final piece of information they need to access your account.

Be suspicious if receiving such a call, the number could be spoofed, impersonating a legitimate Amazon contact number. Never share any passcode provided.

Contact the Trading Standards Service via the Citizens Advice Consumer Helpline on 0808 223 1133.

## Digital Skills Training and Insights with AbilityNet

Staying Safe Online – Scam Awareness

### Reporting Fraud:

- **Scam texts:** Forward the message to **7726**
- **Suspicious mobile call:** Text the word 'Call' followed by the scam caller's number to **7726**
- **Suspicious call from your bank:** Hang up and call **159** to get through to your bank
- **Suspicious email:** Forward scam emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

### Further Learning:

#### AbilityNet

- Internet scams and how to avoid them – <https://abilitynet.org.uk/factsheets/internet-scams-and-how-avoid-them>
- Free webinars – <https://abilitynet.org.uk/free-tech-support-and-info/webinars>

## News Article: Support from across UK for CEO who turned down MBE

**Article from:** <https://www.disabilitynewsservice.com/support-from-across-uk-for-ceo-who-turned-down-mbe-over-government-demonisation-of-disabled-people/>

Tressa Burke, founding chief executive of the disabled people's organisation Glasgow Disability Alliance (GDA), received a letter from the UK government on the day of the budget, 26 November, telling her she would be awarded an MBE in the new year honours for services to disabled people. But in her response to that letter – released on social media on 30 December – she said she could not accept such a “personal honour” at a time when disabled people were being “so dishonoured”.

Burke told Disability News Service (DNS) this week that she had been left in tears and “blown away” by the reaction to her decision to turn down the MBE from disabled people across the UK, both in emails and on social media. She said this response had shown her that rejecting her MBE had left other disabled people – and disabled people's organisations – “feeling heard”.

In her letter to the government, Burke highlighted “unfair, inadequate and inaccessible work”, “barriers to securing work”, inadequate benefit levels, and rising disability-related costs. She said the “political choices” made in November's budget had “supercharged the inequalities and unfairness disabled people face” while the budget was “another missed opportunity to make real changes which would have improved disabled people's lives”. Burke pointed to the “horrendous impacts” of 15 years of austerity, the Covid pandemic, and the cost-of-living crisis. And she said GDA had lost hundreds of its members since the start of the pandemic, some of them by suicide, with some of these deaths caused by policy failures in poverty, housing, and social care.

Among the UK government's planned changes to social security, she highlighted increased face-to-face assessments for personal independence payment, the halving and freezing of the health element of universal credit for most new claimants from April, and “unfair and unjust” changes to Motability, including tax changes that will add hundreds of pounds to upfront payments to cars leased through the scheme.

Burke said in her letter that the budget lacked commitments on social care, accessible housing and transport, education and wheelchair services, omissions which would



“deepen existing inequalities and leave disabled people facing exclusion, isolation, homelessness and unsafe care levels”. She said she had been forced to decline the MBE because of the lack of progress in addressing injustice and inequality and the impact of the budget which had left disabled people feeling “criticised, condemned and brutalised”.

## 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.

## Good News Stories from DENW

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

### Information & Advice

We recently worked with a client who was unaware of their appeal options and would not have had the courage to ask for a Mandatory Reconsideration. Their first reassessment stated there had been no changes over 10 years. This really upset the client, as her diagnosis was degenerative. We suggested that they request a copy of the assessment report, which highlighted inaccuracies. There was then a wait of 11 weeks, after which, the client was awarded enhanced rate daily living and standard rate mobility.

### Supported Banking Service

Feedback form a Service User:

*‘The staff member immediately let me know what I needed to do and promptly processed my PA’s salary as soon as they got the necessary information. Also, the person who took my call, also dealt with my call extremely efficiently. Thank you. Supported Banking Service.’*

## Dates for your Diary (DENW)



# Dates for Your Diary

DENW: Disability Equality (North West)

WHEN	WHAT	WHERE	WHO/CONTACT
<b>Mondays</b> 1pm to 3pm	Art Group @ DENW	DENW Community Hub – Lesley Finley Room	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
<b>Every Second Monday of the Month</b>	Monthly Monday Wellbeing Walk	Meeting Point varies – alternating between DENW & Foxton	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a> & <a href="mailto:gina.campbell@thefoxton.org">gina.campbell@thefoxton.org</a>
<b>Wednesdays</b> 10am to 2pm	LILS peer support	Casual Cafe/Online	<a href="mailto:rachel@disability-equality.org.uk">rachel@disability-equality.org.uk</a>
<b>Thursdays</b> 1pm to 3pm	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>FEBRUARY</b>			
Monday 2 <sup>nd</sup> 1pm to 3pm	Art Group @ DENW	DENW Community Hub	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Thursday 5 <sup>th</sup> 1pm to 3pm	Community Lunch Club	DENW Lesley Finley Room & Casual Cafe	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Monday 9 <sup>th</sup> 1pm to 3pm	Art Group @ DENW	DENW Community Hub	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Thursday 12 <sup>th</sup> 1pm to 3pm	Community Lunch Club	DENW Lesley Finley Room & Casual Cafe	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Monday 16 <sup>th</sup> 1pm to 3pm	Art Group @ DENW	DENW Community Hub	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Thursday 19 <sup>th</sup> 1pm to 3pm	Community Lunch Club	DENW Lesley Finley Room & Casual Cafe	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Monday 23 <sup>rd</sup> 1pm to 3pm	Art Group @ DENW	DENW Community Hub	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Thursday 26 <sup>th</sup> February	Community Lunch Club	DENW Lesley Finley Room & Casual Cafe	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
<b>MARCH</b>			
Monday 2 <sup>nd</sup> 1pm to 3pm	Art Group @ DENW	DENW Lesley Finley Room	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Monday 2 <sup>nd</sup> 3pm to 4pm	The making of the PNEFC Timeline Mural. Presentation by Michael Barrett.	DENW Lesley Finley Room	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
Wednesday 4 <sup>th</sup> 12pm – 3pm	Good as New Sale	DENW Community Hub	<a href="mailto:beth@disability-equality.org.uk">beth@disability-equality.org.uk</a>
Monday 9 <sup>th</sup> 1pm to 2:30pm	Monthly Monday Wellbeing Walk	DENW Community Hub and Preston City Centre	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a>
<b>APRIL</b>			
Monday 13 <sup>th</sup> 1pm to 2:30pm	Monthly Monday Wellbeing Walk – Featuring Old Tram Bridge	Foxton Community Centre and Avenham Park	<a href="mailto:matthew@disability-equality.org.uk">matthew@disability-equality.org.uk</a> for any queries, access requests or suggestions for future walks.

## Dates for your Diary (External Activities)



# Dates for Your Diary External Organisations's Activities, Events, Meetings, and Workshops

WHEN	WHAT	WHERE	WHO/CONTACT/FURTHER INFO
<b>Mondays</b> 7pm to 9pm	Narcotics Anonymous Weekly Preston Meeting	DENW Community Hub – Lesley Finley Room	<a href="https://meetings.ukna.org/meeting/preston-monday">https://meetings.ukna.org/meeting/preston-monday</a>
<b>Fridays</b> 2pm to 3pm	Jubiloso – communal music-making	DENW Community Hub – Lesley Finley Room	JonAveyard1@gmail.com <a href="https://prestonmusicworkshops.com/jubiloso">prestonmusicworkshops.com/jubiloso</a>
<b>JANUARY</b>			
Friday 30 <sup>th</sup> 2pm to 3pm	Last Jubiloso of January	DENW Community Hub – Lesley Finley Room	JonAveyard1@gmail.com <a href="https://prestonmusicworkshops.com/jubiloso">prestonmusicworkshops.com/jubiloso</a>
<b>FEBRUARY</b>			
Saturday 14 <sup>th</sup> 10:30am-12:30pm	LATUC Meeting	DENW Community Hub – Lesley Finley Room	latuc@gmx.co.uk (Session Host) & info@tuc.org.uk (General Info)
Friday 27 <sup>th</sup> 2pm to 3pm	Last Jubiloso of January	DENW Community Hub – Lesley Finley Room	JonAveyard1@gmail.com <a href="https://prestonmusicworkshops.com/jubiloso">prestonmusicworkshops.com/jubiloso</a>
<b>MARCH</b>			
Saturday 21 <sup>st</sup> 10:30am-12:30pm	LATUC Meeting	DENW Community Hub – Lesley Finley Room	latuc@gmx.co.uk (Session Host) & info@tuc.org.uk (General Info)

## Save the Date

### Disability Equality NW Good as New Sale

Bargains from as little as 50p. We accept both cash and card – easy and convenient!

Wednesday 4th March 2026, 12:00pm – 3:00pm.

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

What is there to find? Retro clothing, vintage antiques, classic paintings, exciting reads, bargain gift sets and so much more!

## Recipe of the Month: One-Cup Pancakes

### Ingredients

- 1 large free-range egg
- 1 cup of self-raising flour
- 1 cup of milk
- sea salt

### (Optional)

- 200g blueberries
- olive oil
- 4 tablespoons natural yoghurt

### Method

1. To make the batter, crack the egg into a large mixing bowl.
2. Add the flour, milk and a tiny pinch of sea salt.
3. Whisk everything together until you have a lovely, smooth batter.
4. Fold through the blueberries, if using.
5. Put a large frying pan on a medium heat and after a minute or so, add ½ tablespoon of oil.
6. Carefully tilt the pan to spread the oil out evenly.
7. Add a few ladles of batter to the pan, leaving enough space between each one so they have room to spread out slightly – each ladleful will make one pancake, and you'll need to cook them in batches.
8. Cook the pancakes for 1 to 2 minutes, or until little bubbles appear on the surface and the bases are golden, then use a fish slice to carefully flip them over.
9. When the pancakes are golden on both sides, use a fish slice to transfer the pancakes to a plate.
10. Repeat steps 5 to 9 with the remaining batter, adding ½ tablespoon of oil to the pan between batches, if needed.
11. Serve the pancakes straight away, topped with a dollop of natural yoghurt, and some extra berries, if you like.

Recipe from: <https://www.jamieoliver.com/recipes/fruit/one-cup-pancakes/>

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)

## Membership

Become a Disability Equality NW member! Members receive regular updates, event invites, and links to the latest edition of our monthly bulletin. There is no charge to become a member.

To join, please visit <https://disability-equality.org.uk/members/> or scan the QR code below. Alternatively, email [heather@disability-equality.org.uk](mailto:heather@disability-equality.org.uk) with the subject line "Disability Equality NW Membership".

 <p><b>Would you like to become a member of Disability Equality (NW)?</b></p> <p><b>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.</b></p>	 <p><b>Member Benefits</b></p> <ul style="list-style-type: none"> <li>• Regular Updates</li> <li>• Event Invites</li> <li>• Service Updates</li> </ul> 
<p>             Tel: 01772 558863              Web: <a href="https://disability-equality.org.uk/members/">https://disability-equality.org.uk/members/</a>              Charity Number: 1114622              Company Number: 05506903         </p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div>	

## Room Hire



We have spaces to hire here at 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 scan the QR code/ follow the link below:

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