

Bulletin #47 – May 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 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

N.B. Do not worry if you are not based in Preston. We can FaceTime, call, or email.

Supported Banking

- *Monday to Friday: 9am - 4pm*
- **Telephone:** 01772 558863 (option 2)
- **Email:** supportedbanking@disability-equality.org.uk
- Feedback link and QR Code link:
<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 timesheets both to: supportedbanking@disability-equality.org.uk and [your designated payroll clerk \(for any queries please contact Disability Positive on 01606 331853\)](#).

Please send your timesheets 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 working days.

Thank you.

Direct Payment Employers - please note that the National Living Wage has increased to £12.71 per hour for all employees over 21.

Please be aware that budgets changed slightly in April and that provider costs may change. Should you have any queries regarding this, contact Supported Banking or LILS on the numbers or email addresses provided above.

Donations

We are currently looking for donations to help support our community lunches at the hub. These meals are a really important way for people to come together, enjoy good food, and feel less alone. Donations of the following would be greatly appreciated:

- Tinned baked beans
- Tinned vegetable soup
- Bread
- Teabags (ordinary & decaf)
- Coffee (ordinary & decaf)
- Butter (ideally a vegan-friendly option)
- Biscuits
- Cakes
- Long life milk
- Sugar
- Take-away cups
- PlayStation Games, up to PlayStation 3, for the PS3 set up in the Casual Café

We are looking to provide **hot meals for around 25–30 people**, so any support towards this would make a huge difference.

We would 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 Hub.

If you would like to make a donation, please call in Mon–Fri 9:30am to 4pm. Alternatively, please use the QR code below:



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

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 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 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.

Benefit Increases

From April, most benefits including PIP, Universal Credit, and other disability-related support have increased slightly in line with inflation. This increase is there to help a little with rising everyday costs such as food, energy, and travel. If you receive benefits, your payments should now reflect the new rates automatically. If you are unsure what you are entitled to or feel something is not correct, it is always worth checking or seeking advice to make sure you are receiving the right support.

Personal Independence Payment:

Daily living component	Rates 2025/26	Rates 2026/27
Enhanced	110.40	114.60
Standard	73.90	76.70

Mobility component	Rates 2025/26	Rates 2026/27
Enhanced	77.05	80.00
Standard	29.20	30.30

(Table continued on next page...)

Severe Disablement Allowance:

	Rates 2025/26	Rates 2026/27
Basic rate	100.05	103.85

Age-related addition (from Dec 90):

	Rates 2025/26	Rates 2026/27
Higher rate	14.95	15.50
Middle rate	8.30	8.60
Lower rate	8.30	8.60

UC Amounts - Standard allowance:

Single	Rates 2025/26	Rates 2026/27
Single under 25	316.98	338.58
Single 25 or over	400.14	424.90

Couple	Rates 2025/26	Rates 2026/27
Joint claimants both under 25	497.55	528.34
Joint claimants, one or both 25 or over	628.10	666.97

Disabled child additions	Rates 2025/26	Rates 2026/27
Lower rate addition	158.76	164.79
Higher rate addition	495.87	514.71

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.

Monthly Monday Walking Group

Local, accessible walks for all abilities.

Summer Walking Day Trip 13th July. More information to follow.

2026 March – October Walks:

All walks are 1pm-2:30pm approx. We leave for walks at 1:15pm. No need to book.

- 11th May – Meeting at Disability Equality NW
- 8th June – Meeting at Foxton
- 13th July – Meeting at Disability Equality NW
- 10th August – Meeting at Foxton
- 14th September – Meeting at Disability Equality NW
- 12th October – Meeting at Foxton

Addresses for meeting points:

- Disability Equality NW, Sedgwick Street, PR1 1TP
- Foxton Youth & Community Centre, Preston PR1 3SA

Community Lunch Club @ DENW

Free Community Lunch at:

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

Join us every Thursday from 12:30pm-**3pm**.

Food will be served until 1:30pm – tea, coffee and biscuits available till **4pm**.

Let's Talk – Mental Health Awareness Event

Promoting inclusion and Overcoming Barriers.

Taking place on **Tuesday 12th May 2026**, from **10:00am-14:00pm @ Disability Equality (NW) Ltd. Community Hub, 23 Sedgwick Street, Preston, PR1 1TP.**

Open to all

A team of specialist service providers will be in attendance to provide information and advice on topics including:

- Ways to improve mental wellbeing
- Service Availability
- Assistive Technology
- Pathways to finding support

Organisations attending include:

- Community Roots (Lancashire and South Cumbria NHS Foundation Trust)
- Disability Equality North West (DENW)
- Galloways
- Pukar Disability Resource Centre (Pukar DRC)
- Sightline

Booking is advisable for catering purposes using details below, especially if you and/or those you are attending with have any allergies/dietary preferences.

Please be sure to specify any dietary requirements upon booking:

- (For Lancashire VI Forum)
Email: vice.viflancs@gmail.com
Phone: 07463 839712 or
- (For DENW)
Email: matthew@disability-equality.org.uk
Phone: 01772 558863

and leave a message for the Community Hub Team, to inform us of any access needs you and/or those you are attending with may have.

Women's Group 2026 @ Foxtton Youth and Community Centre

Free to attend.

Schedule:

- 7th May – Organisational Skills/ Home Top Tips
- 14th May – Dolly Mixture Arts & Crafts
- 21st May – Avenham Park Walk

Runs term-time, 10am-12pm, Thursdays @ Foxtton Youth and Community Centre, Knowsley Street, Preston, PR1 3SA. Children's activities provided.

Ladies' Coffee Morning

Every Monday 10:30am-12:00pm. No booking required. 50p per person. @ Preston Muslim Forum. Hamara Centre rear of 158 Castleton Road, Preston, PR1 6QH.

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

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>

Foxton Community Café Drop-In

Access Foxton Support, including different support agencies each week.
Hot food and a hot drink from £1.50 – cash only.

Please see Foxton notice boards and/ or community WhatsApp for this week's support agency.

Every Wednesday 12pm-2pm. Foxton Youth & Community Centre, Avenham, Preston, PR1 3SA.

Foxton Junior's Club

Ages 8-11. Join in on fun activities. Arts & Crafts, Team Games, Sport Activities, Cooking.

Tuesday & Thursday, 6:00pm-8:00pm. Units 10 & 12 Oakham Court, Avenham, Preston, PR1 3XP. Telephone: 01772 555925, option 3.

Foxton Senior's Club

Ages 11-18. Monday & Wednesday 6:30pm – 8:30pm.
Team Games, Arts & Crafts, PS5 & Xbox & much more.

Units 10 & 12 Oakham Court, Avenham, Preston, PR1 3XP. Telephone: 01772 555925, option 3.

Foxton Over 60 Group

Free. Age may grow but the joy of connection stays.

Are you aged 60 or over?

Are you looking to spend time with like-minded people?

Drop in on 5th June 2026, 10:30am-12pm to tell Foxton what you need!

Foxton Youth and Community Centre, Knowsley Street, Avenham, Preston, PR1 3SA, 01772 555925, option 2.

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 for more information.

Scott's CATERAN YOMP Challenge

Scott is taking on an incredible challenge on 6th to 7th June - the CATERAN YOMP, a 54-mile hike across rural Perthshire, all within 24 hours. He is doing this to raise money for the Army Benevolent Fund, a charity that provides lifelong support to soldiers, veterans, and their families when they need it most. If you are able to, please consider supporting Scott — every donation and share really does make a difference.

Please scan QR code to donate:



The Great British Sewing Bee Casting Call

Calling all sewers! Love Productions is looking for the next bunch of talented home sewers to showcase their creativity and technical skills on the new series of BBC 1's The Great British Sewing Bee!

If you or someone you know is a brilliant amateur sewer, then apply now:

www.applyforsewingbee.co.uk

Deadline: 8pm Wednesday 13th May 2026.

Dementia Action Week 2026 Event

South Ribble Borough Council are delighted to bring to South Ribble the first-ever immersive mobile museum experience in the UK, 'House of Memories on the Road'.

It has been designed to create memorable experiences for people living with dementia, vulnerable, and socially isolated people. It will be held during Dementia Action Week 2026 (DAW 2026).

Would you like to experience this and bring your loved one? Step into a mobile museum and recreate memories.

It is going to take place on Tuesday 19th May, on the car park of Bamber Bridge Leisure Centre, Withy Grove Park, PR5 6YJ.

Drop in and out throughout the day from 11am-4pm. Please wear warm, suitable clothing.

For further information, please email: Communities@southribble.gov.uk.

Your Dementia Support Information

There are a number of tools out there to help and support people living with dementia in their everyday life. This includes forms available and website support.

Forms

There are forms to help you stay safe, supported and understood in everyday situations.

Living with dementia can bring challenges — but the right information, carried with you, can make daily life easier and help people support you with confidence.

Forget-Me-Not form for dementia – this is a vital tool for patients with dementia, providing healthcare staff with an insight into the patient's preferences and needs.

Hospital passport

A hospital passport is a personalised document that provides healthcare staff with essential information about a patient's needs, preferences and communication style to ensure safe and effective care. A hospital passport is designed to help hospital staff

understand a patient quickly, and would be a great benefit for someone living with dementia.

Hidden disability lanyards

This is a discreet tool that help individuals communicate their needs without revealing their specific conditions. There are various types – including the hidden disabilities sunflower.

Message in a bottle

This is beneficial for people living with dementia. It provides a simple and effective way for individuals to keep their essential personal and medical details readily accessible in an emergency. A form is completed and popped in a plastic bottle and put in the fridge.

Visit www.lancsteachinghospitals.nhs.uk, NHS England, or ask your GP.

Website

Are you aware of our Dementia Community Connection (DCC) website?

It is one place to go for support, information and advice on supporting people with dementia and their carers.

www.southribble.dementiacc.org.uk

Don't Miss the Signs: Raising Awareness of Meningitis

Recent media coverage has reported a meningitis outbreak in the south of England, believed to be connected to a social event in Kent.

Meningitis is a bacterial or viral infection of the membranes that surround the brain and spinal cord (the meninges), it can affect anyone but is most common in babies, young children, teenagers and young adults. Bacterial meningitis is rarer but more serious than viral meningitis and can lead to blood poisoning or sepsis. When the infection enters the bloodstream or the linings of the brain, it results in invasive meningitis.

University students and young adults are among the groups at increased risk because meningitis bacteria can spread more easily in settings where people live, study and socialise closely together.

Students, staff and families should remain vigilant, **keep an eye on anyone who is unwell** and look out for the signs and symptoms of meningitis which can be mistaken for a bad cold, flu or a hangover. **Someone with meningitis or sepsis can get a lot worse very quickly and it can be very serious if not treated promptly. Trust your instincts and do not wait for all the symptoms to appear or until a rash develops.**

[Meningitis - NHS](#)

Symptoms of meningitis develop suddenly and can include:

- a high temperature (fever) maybe with cold hands and feet
- being sick
- a headache
- a rash that does not fade when a glass is rolled over it (but a rash will not always develop)
- a stiff neck
- a dislike of bright lights
- drowsiness or unresponsiveness
- seizures (fits)

These symptoms can appear in any order. You do not always get all the symptoms.

[Meningitis signs and symptoms | Meningitis Now](#)

The viruses and bacteria that cause meningitis can be spread through close contact with a person who has them.

This can include:

- contact with the person's spit, such as kissing them, or sharing drinks or vapes
- being in close contact with the person for a lot of time, such as living in the same home

Meningitis is usually caught from people who carry these viruses or bacteria in their nose or throat but are not ill themselves. It can also be caught from someone with meningitis, but this is less common.

[Meningitis - NHS](#)

Other things you can do include:

- washing hands frequently, especially before eating
- avoiding close contact and sharing drinks, cups, utensils or toothbrushes

Vaccinations

Vaccination offers the best protection against certain causes/common types of meningitis.

These include the:

- [MenB vaccine](#) – offered to babies aged 8 weeks, followed by a second dose at 12 weeks and a booster at 1 year
- [6-in-1 vaccine](#) – offered to children at 8 weeks, 12 weeks, 16 weeks and 18 months
- [pneumococcal vaccine](#) – 2 doses offered to babies at 16 weeks and 1 year, and a single dose offered to adults aged 65 or over
- [MMRV vaccine](#) – offered to children at 12 months and 18 months
- [MenACWY vaccine](#) – offered to teenagers, sixth formers and "fresher" students going to university for the first time

Taskmaster Casting Call

The makers of taskmaster are casting now for new channel 4 show!

Does your household enjoy watching Taskmaster and would you love the chance to try the tasks?

What if you could compete together against other households from the comfort of your own home AND be in with a chance of winning a cash prize?

Avalon Television is looking for fun and quick-thinking families/housemates/couples to tackle a host of creative and head-scratching tasks set by Alex Horne of Taskmaster fame.

More information and application form link below:

www.avalontvcasting.com

Terms and conditions apply.

Only applications from a household member aged 18+ will be accepted.

Closing date 23:59 on Sunday 7th June 2026.

Any information you provide as part of your application will be processed in line with their privacy policy: <https://avalonuk.com/privacy-policy-cast-crewand-talent/>

Inclusive Circus Skills Day

Roll Up, Roll Up! Phab is excited to invite you an Inclusive Circus Skills Day designed especially for disabled children and young people aged 5–17.

Phab is a national charity dedicated to creating inclusive, life-enhancing experiences where disabled and non-disabled young people can come together, build confidence, and have fun in a supportive environment. They will be working alongside Dream-Makers, a local organisation that provides performance-based activities.

This promises to be a fun-filled and welcoming day where participants can explore a variety of circus skills in a safe and supportive environment. From juggling and plate spinning to balance activities and creative movement, there will be plenty of opportunities to try something new, build confidence, and most importantly — have fun!

Date: Saturday 23rd May 2026 **Time:** 10:00am – 3:00pm

Location: Dreammakers Phab, Creative Hub, 6 Gillibrands Place, Skelmersdale.

What to expect:

- Hands-on circus activities led by experienced facilitators, including aerial skills, hoop juggling and plate spinning
- Meet Ella-van-Elephant!
- All the fun of the Fair!
- Inclusive, accessible sessions for all abilities
- A relaxed and friendly atmosphere
- A spectacular performance finale to end the day

Spaces are limited. Book tickets by scanning the QR code:



If you would like more information or have any questions, please email: jacqui.sutton@phab.org.uk

Roll & Stroll Challenge – Get Active

Roll & Stroll, a fun, free, challenge from LCC that encourages and supports people to get active.

LCC have worked with Love to Ride for a number of years promoting and encouraging cycling through regular promotions and challenges. This May their new travel challenge celebrates **all forms of active travel**, whether that's riding, walking, or wheeling. Love to Ride continues to champion biking however this challenge expands participation so more people can join in and be recognised for their everyday active travel. The aim is simple: to get more people to get active and move more. Participants can ride, walk, or wheel anywhere, anytime in May to participate.

Throughout May, participants everywhere are encouraged to move actively:

- **Everyone is invited:** whether they walk to the bus, wheel to work, or cycle for fun.
- **More points = bigger chance to win prizes:** Earn 10 points for every day they are active and up to 100 points for encouraging others to take part. Plus, extra prize entries can be gained for each mile travelled.
- **Workplace competition:** Move with co-workers to top the leaderboards and bring active fun into the workplace.

How does it work?

1. Register for FREE at lovetoride.net
2. Bike, walk or wheel anywhere, anytime during May.
3. Log trips on Love to Ride website or app, or sync with Strava/Garmin.
4. **Encourage others** using your unique profile link to earn extra points.
5. Take part with your workplace, school or social group to climb the leaderboards and spread active fun!

Roll & Stroll is a **day's active challenge — not a steps challenge**.

✓ It's about daily activity and building habits. ✓ Trips must be at least **300 metres** to count. ✓ Trips are rewarded equally across modes.

The emphasis is on frequency and consistency - not athletic performance.

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By logging trips and getting active daily, great prizes can be won, like a £4,000 holiday plus there are bonus prize entries for each mile people move!

There are so many benefits to moving more: from improved mental and physical well-being to a healthier planet to more affordable and efficient travel. Roll & Stroll is all about celebrating each of these benefits and helping build small, sustainable habits that last a lifetime.

Roll & Stroll is a month-long active travel challenge where people can log their everyday trips, however they move and it's free to take part. People can take part as individuals, with their workplace, school or social group to top the leaderboards.

RNIB Online Workshop – Lobbying your Local Authority

Would you like to better understand how your local authority works and how you can influence decisions that affect your day-to-day life? Join RNIB's **free online workshop** and learn how to effectively engage with your local authority.

What you'll learn:

- How local government is structured
- The key responsibilities of your local council
- How decisions are made at a local level
- Practical ways you can influence change in your community

Who is this session for?

- This session is open to anyone interested in making a difference locally, particularly blind and partially sighted people and those supporting them.

Accessible for all:

- Join **online via Microsoft Teams**
- Or **dial in by phone** (an RNIB staff member can assist you with this request)
- Designed to be fully accessible

How to book your place:

- To reserve your place, please register using the Eventbrite link here: <https://www.eventbrite.co.uk/e/lobbying-your-local-authority-tickets-1987917147702?aff=oddtcreator>

Social Prescribing Drop-In Session – South Ribble

South Ribble Social Prescribing team are here to help you link in with additional support to help you have a happier, healthier life.

The team can help with:

- Money worries
- Mental Health/ wellbeing
- Employment/ new skills
- Housing issues
- Diet/ exercise
- Isolation/ loneliness

Drop in and see them.

EVERY Friday from 12:00-14:00 at the Civic Centre (starting 1st May).

Tel: 01772 625286

Email: social.prescribingSR@southribble.gov.uk

Website: www.southribble.gov.uk/southribbletogether

Active Health Sessions

Free to attend!

For adults and young people aged 16 and over.

Tuesday 5th May 2026

13:30pm-14:30pm

Leyland Library, Leyland, PR25 2EX.

'5 Ways to Wellbeing'. Please book a place at the library.

South Ribble Active co-ordinator and a qualified yoga instructor will deliver an informal session based on the 5 Ways to Wellbeing, including yoga, meditation and mindfulness techniques.

Phenomenological Experiences of Schizophrenia and The South Asian Heritage

Our volunteer Shuresh would like to share a link to his eBook, 'Phenomenological Experiences of Schizophrenia and The South Asian Heritage', for Mental Health Awareness Week (11th-17th May 2026):

<https://chipmunkapublishing.com/product/phenomenological-experiences-of-schizophrenia-and-the-south-asia/>

Good News Stories from DENW

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

Information & Advice

Feedback form a Service User:

'Your help and support really has been appreciated and I am very grateful to you and the fact that we won was definitely a bonus.'

Donation to the Hub

A huge thank you to Margaret, one of our trustees and a volunteer fundraiser, who presented us with a fabulous donation for over £1000. We really appreciate it!



Photo above: Mel and Margaret standing in-front of a DENW banner, posing for the photo as Margaret hands over a small black purse with the donations to DENW which Mel is receiving with a big smile.

Dates for your Diary (DENW Activities)

WHEN	WHAT	WHERE	WHO/CONTACT
Fortnightly on Mondays 10am to 12pm 18 th May until 27 th July 2026	Information Technology (IT) and Digital Support	<u>DENW Community Hub</u> – Casual Cafe <u>Computer area</u>	Matt. - matthew@disability-equality.org.uk for any requests/suggestions with digital/I.T. Barriers faced by you and/or those you know. Hosted by <u>AbilityNet</u> & <u>DENW</u> .
Mondays 1pm to 3pm	<u>Art Group @ DENW</u>	<u>DENW Community Hub</u>	Matt. - matthew@disability-equality.org.uk
Every Second Monday of the Month 11 th May's Walk 8 th June's Walk	Monthly Monday Wellbeing Walk	Meeting Point varies monthly	Matt. - matthew@disability-equality.org.uk
	May- PNE Timeline Mural Tour @ Deepdale	Starting @ <u>DENW</u>	<u>'Starting @DENW' Walks begin at the Casual Café of DENW Community Hub, PR1 1TP</u>
	June- Ribbleton & Parks	Starting @ <u>Foxton</u>	<u>'Starting @Foxton' Walks begin at Foxton Centre, PR1 3SA</u>
Tuesdays 1pm to 3pm	Meet the Medics / Meet the Pharmacists / Meet the Students	DENW Community Hub – Casual Cafe	Matt - matthew@disability-equality.org.uk
Wednesdays 10am to 2pm	<u>LILS Peer Support</u>	<u>DENW Community Hub</u> – Casual Cafe	Lancashire Independent Living Services's Team Inbox - lils@disability-equality.org.uk
Thursdays 1pm to 3pm	<u>Community Lunch Club</u>	<u>DENW Community Hub</u>	Matt - matthew@disability-equality.org.uk
MAY 2026			
Tuesday 12 th 10am to 2pm	Good to Talk – Mental Health Awareness Week event, with Disability Equality (NW) & VI Forum for the Lancashire Area	<u>DENW Community Hub, Lesley Finley Room</u>	Matt. - matthew@disability-equality.org.uk (for queries about Accessibility) & Denise - vice.viflancs@gmail.com (for queries about Catering, Dietary Requirements & Food Allergies)
Monday 18 th 10am to 12pm	IT & Digital Support Sessions – First Session/Launch of Fortnightly Event	<u>DENW Community Hub</u> – Casual Cafe <u>Computer area</u>	Matt. - matthew@disability-equality.org.uk for any requests/suggestions with digital/I.T. Barriers faced by you and/or those you know.

Dates for your Diary (External Activities)

WHEN	WHAT	WHERE	WHO/CONTACT/FURTHER INFO
Mondays 7pm to 9pm	Narcotics Anonymous Weekly Preston Meeting	DENW Community Hub – Lesley Finley Room	https://meetings.ukna.org/meeting/preston-monday
Fridays 2pm to 3pm	Jubiloso – communal music-making £5 to attend. Carers free-to-attend.	DENW Community Hub – Lesley Finley Room	JonAveyard1@gmail.com prestonmusicworkshops.com/jubiloso
MARCH			
Saturday 21 st 10:30am-12:30pm	LATUC Meeting (Once per month)	DENW Community Hub – Lesley Finley Room	latuc@gmx.co.uk (Session Host) & info@tuc.org.uk (General Info)
APRIL			
Saturday 11 th 10:30am-12:30pm	LATUC Meeting (Once per month)	DENW Community Hub – Lesley Finley Room	latuc@gmx.co.uk (Session Host) & info@tuc.org.uk (General Info)

Save the Date

Dates for upcoming events – keep an eye on [our website](#) and [future bulletins](#) for further details!

- w/c 1st June 2026 – Accessibility in Travel/Public Transport, and, Community Rail Week – joint-event with Disability Equality (NW) and Northern: Community Rail Lancashire.
- Thursday 9th July 2026 – Disability Pride.
- Saturday 26th September 2026 10am-5pm: [Preston Pride 2026](#), Preston Flag Market; Hosted by Disability Equality (NW) and Preston Pride.

Recipe of the Month:

Nursal's Turkish Ezo Bridal Soup

Our recipe of the month has kindly been shared by Nursal, who cooked this recipe for our Community Lunch Club with Sanctuary Cookalongs on 16/04/2026. Thank you, chef!

The soup was served alongside Nursal's Turkish bread, the recipe for which will feature in June's bulletin – stay tuned!

Note: A cup size = 250ml

Ingredients

- 2 tbsp butter
- 1 medium onion
- 2 cloves garlic
- 1 cup red lentils
- ¼ cup bulgur
- ¼ cup rice
- 2 tsp salt
- 2 tsp black pepper
- 7 cups water

For the sauce:

- 2 tbsp butter
- 1 tbsp tomato paste
- 1 tbsp wheat flour
- dried mint (to taste)
- chilli pepper (to taste)
- 2 cups water or broth

Method

1. Melt the butter in a pot.
2. Put the finely chopped onion and crushed garlic in the pot and sauté until soft.

(recipe continued on next page)

3. Add the washed red lentils, bulgur, and rice to the pot and stir a few times.
4. Add salt, pepper, and water and stir a few times.
5. Close the pot lid and let it cook.

For the sauce:

6. Add butter to a saucepan and melt it.
7. When the butter melts, add tomato paste and flour to fry it.
8. Add dried mint, chilli pepper, and mix.
9. Add water and mix until it reaches the right consistency.

To combine:

10. When the legumes in the soup pan are cooked, add the roux and mix.
11. Close the lid and let it cook for another 10-15 minutes.
12. Divide the soup into bowls.
13. Serve hot. Enjoy your meal.

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

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 with the subject line "Disability Equality NW Membership".

 <p>Would you like to become a member of Disability Equality (NW)?</p> <p>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.</p>	 <p>Member Benefits</p> <ul style="list-style-type: none"> • Regular Updates • Event Invites • Service Updates 
<p> Tel: 01772 558863 Web: https://disability-equality.org.uk/members/ Charity Number: 1114622 Company Number: 05506903 </p>  	

Room Hire



We have rooms 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/>