

Bulletin #49 – July 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. Until 4pm for telephone and email advice.*
- **Telephone:** 01772 558863 (option 4)
- **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.

Photocopying and Printing in the DENW Hub

Please note the prices for photocopying and printing in the Hub:

Photocopying/printing

- black and white @ £0.25 per copy
- colour @ £0.50 per copy

Thank you. ☺

Coffee with a Cop @ DENW

Meet local Police Constables (PCs) and Police Community Support Officers (PCSOs), discuss issues, share your experiences, and learn how to report crime to make your area(s) safer to live and work in. Have your say, meet others, and please feel free to join us in a supportive Peer Support environment.

Date: Every Thursday @ Disability Equality (NW) Community Hub, in the Casual Café.
Time: From 12pm to 1pm

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 soup
- Bread
- Pasta
- Pasta sauce
- Teabags (ordinary & decaf)
- Coffee (ordinary & decaf)
- Butter (ideally vegan-friendly)
- Biscuits
- Cakes
- Long life milk
- Fizzy drinks
- Crisps
- 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.

Thank you to all who have made donations since the opening of 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 4:00pm. Alternatively, please use the QR code:

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.

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 @ 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**.

Monthly Monday Walking Group

Local, accessible walks for all abilities.

2026 March – October Walks:

All walks are 1:00pm-2:30pm approx. We leave for walks at 1:15pm. No need to book.

- 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

Preston Disability Pride 2026

Join us for a day of celebration, community and inclusivity, at Preston Disability Pride 2026!

Organised by Disability Equality (NW) Ltd, supported by Preston City Council, this event is dedicated to fostering disability inclusivity, showcasing the support available in Preston City and beyond.

Whether you have a disability (visible or invisible), are an ally striving for empowering the level of inclusivity we experience in society, or represent a community organisation, we want to celebrate with you, at Disability Pride 2026 in Preston.

Date: Thursday, 9th July, 2026

Time: 10:30am – 3:00pm

Location: Preston Flag Market, 4 Cheapside, Preston, PR1 2AP

The event will feature various stalls showcasing inclusive support services from across Preston. It's a wonderful opportunity to share experiences and celebrate the diversity of our communities, under the motto: "Nothing about us without us!"

We look forward to seeing you there!

LILS Recruitment

The Lancashire Independent Living Service (LILS) are currently looking to recruit either 2 part-time or a full time ILA to join our existing team.

Applicants should have previous experience within the social care sector and knowledge of current social care delivery. Applicants must be drivers with access to a vehicle. The advert is on the 'Find A Job' website and will shortly be available on the LILS FB page.

DENW Yarden

As the weather warms up, please feel free to enjoy our Yarden, located at the entrance of our Community Hub. **Kindly remember not to leave any food, rubbish, or bird/animal food behind**, and to keep the yarden a tidy and welcoming space for all. Please do not smoke or vape in the yarden.

Thank you! 😊

The World of Martin Brown: Young Person Illustrator Masterclass

- **Date:** Tuesday, 21st July 2026
- **Time:** 14:00pm - 15:30pm
- **Location:** No.9, Ground Floor of The Harris
- **Price:** Free

Encounter the art behind the Horrible Histories books this summer by stepping into 'The World of Martin Brown'. Journey through Brown's artistic world, tracing his career from his early humorous cartoons to global publishing successes.

Original art from Horrible Histories, illustrations from Lesser Spotted Animals, and exclusive content from his latest books, including Nell and the Cave Bear, bring Brown's imagination vividly to life.

Following the exhibition opening in May, meet Martin Brown once again, get your books signed, and learn how Martin brings stories to life through his dazzling drawings.

Book your tickets here: <https://theharris.org.uk/product/masterclass/>

Carers' Coffee Morning at County Hall

Carers' Coffee Morning – You are Invited

Do you help look after a family member, friend, or neighbour? You may not think of yourself as a “carer”, but if you support someone, this event is for you.

Join for a relaxed **Carers' Coffee Morning**, designed to bring people together, share information, and offer support.

What to expect

At this informal session, you will have the chance to:

- Meet others in similar situations.
- Find out what support is available to carers.
- Ask questions and get practical advice.
- Speak to local services that can help you and the person you care for.

There will be a range of friendly professionals from Adult Social Care and partner organisations available at **informal “talking tables”**, so you can drop in and chat about different types of support.

Who can attend?

This event is open to **anyone who looks after or supports someone**, whether you see yourself as a carer or not.

Event details

- **Date:** Friday 24 July 2026
- **Time:** 10:30am – 12:30pm
- **Location:** The Exchange, County Hall, Preston, PR1 8XB
- **There is no need to sign up for this event.** You can arrive on the day and stay for as long as you please.

Please note, this session is open for individuals aged 18+.

No need to attend alone

If you know someone who might benefit from this, please feel free to bring them along or share this invitation.

Research Study – Disability and Flooding

Liverpool School of Tropical Medicine is inviting people with physical disabilities, mobility impairments or mild learning disabilities to take part in a research study about life during recent flooding in Preston, South Ribble and nearby areas.

The study aims to understand the challenges people faced before, during and after flooding, particularly in accessing essential services, information and support. It also examines how digital technologies (such as mobile phones, social media, emergency alerts and online services), supported or hindered people during these events.

You may be able to take part if you:

- Are aged 18 or over
- Live in Preston, South Ribble or a nearby flood-affected area
- Identify as having a physical disability, mobility impairment or mild learning disability
- Are able to give informed consent
- Have experienced flooding or flood-related disruption in the last 3 years

What Would Taking Part Involve?

- A one-to-one interview lasting about 60 to 80 minutes, with breaks if needed
- You can choose to take part online using Microsoft Teams, by telephone, or face-to-face at an accessible local venue
- You can ask for the questions in advance
- You can skip questions, pause or stop the interview at any time
- You can also choose to record your answers using a device (audio and video) and share with us, or write your answers as a diary at a time that suits you and share with us

Interested or want to know more? Contact:

Cecil Stanley, MSc Humanitarian Studies, Liverpool School of Tropical Medicine.

Email: Cecil.Stanley25@lstmed.ac.uk

Phone: 07469643409

You are welcome to get in touch to ask questions first. There is no obligation to take part.

New Rules Strengthening Benefits Claimants' Rights to Volunteer

Charity sector umbrella body NCVO has cautiously welcomed new government rules that aim to reinforce the freedom of people who receive welfare benefits to work and volunteer.

The Department for Work and Pensions (DWP) intends for its "right to try" regulations, which came into force yesterday, to strengthen benefits claimants' ability to volunteer without automatically triggering a reassessment of their claims.

DWP stated: "Right to try makes it clear that undertaking work or volunteering will not automatically lead to a reassessment." It clarified, however, that starting work or volunteering would not stop a pre-existing reassessment from taking place. "A reassessment may still take place if there is a change in condition, clear improvement in functional ability, or suspected fraud," it added.

The regulations apply to personal independence payment recipients, those on universal credit and people on the new-style employment and support allowance, among others.

NCVO welcomed the initiative but urged "consistent implementation".

Rebecca Young, NCVO policy and public affairs lead, said: "For years, people on benefits who want to volunteer have been held back by fear of sanctions or losing vital support. [This week's] changes should help remove some of that uncertainty and send a clearer signal that volunteering is not only allowed, but valued". "No one should be locked out of that because the system feels too risky to navigate," Young added.

Claimants have been advised to contact the DWP regarding how the new rules apply to their benefit.

Article from:

<https://www.civilsociety.co.uk/news/new-rules-strengthening-benefits-claimants-rights-to-volunteer-welcomed.html>

Break Time registration update

Good news! Break Time registration is open – and it is staying open. When the Break Time offer originally launched, registration was only open for a limited window. They heard from families who missed the registration period, moved into Lancashire later, or had changing circumstances.

In response, registration is now open for the rest of the year — so you can sign up when the time is right for your child.

What is Break Time?

Break Time offers short break activities for children and young people with SEND who meet the eligibility criteria and don't receive social care short breaks. Sessions include outdoor activities, arts and crafts, drama, youth clubs, gaming, and more.

Who can join?

Children and young people aged 4–18 (from school year they turn 5 to the end of the year they turn 18) who live in Lancashire (excluding Blackpool and Blackburn with Darwen). No diagnosis or EHCP is required.

How to register

Visit the [Break Time page](#) on the [Local Offer website](#). Support with registration is available through schools, Family Hubs, or libraries.

What has changed?

Hours are now based on when you register and receive your membership number:

- Before 30th Sept 2026: 78 hours
- On/after 1st Oct 2026: 39 hours

Find out more by visiting the Local Offer website:

<https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/>

Break Time Page:

<https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time/>

Good as New Sale 3rd of August 2026 @ DENW

We are excited to announce that our Summer Good as New Sale will be taking place on Monday 3rd August 2026!

Come along to grab yourself a bargain while supporting Disability Equality (NW).

There will be a great selection of pre-loved clothes, household items, books, toys, bric-a-brac and much more.

We are also looking for donations! If you have any good-quality items you no longer need, we would be incredibly grateful if you could donate them to help make the sale a success.

Every donation helps us raise valuable funds to support the work we do within our community.

If you would like to donate items, please drop them off at the Hub during our opening hours (9:30am – 4:00pm).

Thank you for your continued support – we look forward to seeing you there!

Thank you from DENW - Donations

Earlier this month, we found ourselves running out of sugar for our Community Café and reached out to our amazing community for help.

The response was incredible! Thanks to your generosity, we now have enough sugar to keep the café running for quite some time.

We have been absolutely blown away by the kindness and support shown by everyone who donated.

Every contribution, no matter how big or small, makes a real difference and helps us continue providing a warm, welcoming space for our members.

Thank you to all who donated! 😊

Good News Stories from DENW

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

Information & Advice

We recently supported a client who was told that they would have to take part in a work capability assessment. This is a UK government evaluation used by the Department for Work and Pensions (DWP) to determine how a health condition or disability affects a person's ability to work when claiming Universal Credit or Employment and Support Allowance (ESA).

To pass your Limited Capability for Work-Related Activity (LCWRA) assessment, you do not collect "points" like you do for other benefits. Instead, you must prove that your condition meets at least one specific LCWRA descriptor, or that being forced to work would pose a "substantial risk" to your health or someone else's. The assessment reviews both physical and mental functions, such as mobility, communication, and decision-making, and assigns work capability assessment points based on specific limitations

We supported our client's telephone assessment, on a three-way call, 1 The client, 2 the assessor, and 3 the adviser. By doing this, we ensured that all questions were understood and answered correctly, whilst outlining the true severity of their condition by demonstrating how their health issues prevent them from completing daily tasks safely, reliably, and repeatedly.

This is a new service being offered by DENW due to figures released by DWP disability minister Stephen Timms, showing that claimants who have a face-to-face work capability assessment (WCA) are least likely to be considered to have limited capability for work-related activity (LCWRA) by the assessor and therefore have a reduction in their benefit entitlement.

We have now been told that the supported assessment was a success. This has offered relief from stress and worry on our client's behalf and has now led to a significant donation to DENW.

Dates for your Diary (DENW Activities)

WHEN	WHAT	WHERE	WHO TO CONTACT / MORE INFO
JULY 2026			
Every Monday 1pm to 3pm	Art Group session	Community Hub	Matt. - matthew@disability-equality.org.uk
Every Thursday 12pm to 1pm	Coffee with a Cop	Community Hub	Matt. - matthew@disability-equality.org.uk
Every Thursday 12:30pm to 3pm (Hot Food from 12:30pm to 1:30pm)	Community Lunch Club	Community Hub	Matt. - matthew@disability-equality.org.uk
Monday 13 th 1pm to 2:30pm (& every 2 nd Monday until October 2026)	Monthly Monday Wellbeing Walk	Community Hub	Matt. - matthew@disability-equality.org.uk
Friday 3 rd 11am to 1pm	TryTheTrain Workshop #2 (Week 3/5)	Community Hub	Matt. - matthew@disability-equality.org.uk
Thursday 9 th 10:30am to 3pm	Preston Disability Pride 2026	Preston Flag Market, Preston, PR1 2AP	Mel. - melanie@disability-equality.org.uk Martin - laytonsolutions@hotmail.com
Friday 10 th	TryTheTrain Travel Trip #2 (Week 4/5)	Preston Train Station (Timings confirmed @ Workshop #2)	Matt. - matthew@disability-equality.org.uk Please note: Attendance of Workshop #1 or Workshop #2 is highly recommended before attendance of any of the TryTheTrain Travel Trips, due to these covering Rail Safety and allowing for a user-led decision including you, on where we travel to, along with timings & activities for the day.
Monday 13 th 10am to 12pm (noon)	IT Skills Session (Fortnightly @ DENW)	Casual Cafe of Community Hub	Matt. - matthew@disability-equality.org.uk
Wednesday 15 th 10am to 11:30am	TryTheTrain Reflection Session (Week 5 / 5)	Community Hub	Matt. - matthew@disability-equality.org.uk
Monday 27 th 10am to 12pm (noon)	IT Skills Session (Fortnightly @ DENW)	Casual Cafe of Community Hub	Matt. - matthew@disability-equality.org.uk

Recipe of the Month:

One Pot Bolognese

Our recipe of the month is from the Cosy Homes in Lancashire's '*Little Book of Warm*'.

Serves 4 people

Ingredients

- 1 tbsp olive oil
- 250g mince (any meat/ meat alternative)
- 1 onion, finely chopped
- 125g tagliatelle pasta (or any other shape)
- 400g tin chopped tomatoes
- 1 tbsp tomato puree
- ½ tsp Italian mixed herbs
- 1 beef stock cube
- 15g mozzarella finely grated
- 5g parmesan
- Salt and pepper to taste

Method

1. Using a large non-stick pan or saucepan, heat the oil and fry the mince and finely chopped up onion over a high heat for 3 minutes. Stir regularly and to break up any large clumps of mince until onion is softened.
2. Add pasta, tinned tomatoes, tomato puree, herbs and stock cube. Stir in 600ml of water and season with salt and pepper to taste. Cover with a lid to simmer.
3. Reduce to a low heat to simmer gently for 12 minutes, or until the pasta is cooked, stirring regularly. Increase the heat and continue to stir so the pasta doesn't stick to the bottom for about 3 minutes until the sauce thickens. Serve with grated cheese.

Enjoy!

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".

 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  	

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/>