



Be Safer Project

Welcome to the Autumn edition of the Be Safer Project newsletter

In this issue, find out how the current Be Safer projects underway across Essex are getting on and catch up with some exciting new developments as the project continues to grow including the launch of the new Be Safer website.

The real key to the success of the Be Safer Project is the commitment, engagement and enthusiasm of all the community partners in the Be Safer Groups and beyond. It's a commitment to make positive things happen for adults with a learning disability and in times of economic constraints for everyone, this makes the achievements of the Be Safer partners even more remarkable. To celebrate the partnership work taking place across the county, take time to read about some of the people helping to make a difference. More partners will be featured in future issues.

Learning Disability Week – 20th – 26th June 2011

During Learning Disability Week, Ann-Marie Fordham and Kirsty O'Callaghan from the Be Safer team and Paul Bedwell from Essex Safeguarding were invited on to the Dave Monk Show at BBC Essex to talk about the Be Safer Project and some of the things that are happening around the county. We hope to be able to give another update on the show at a later date.

Also during the week, the Be Safer Project supported Essex Mencap at the launch of Mencap's three year national campaign against disability hate crime.

The campaign is called 'Stand By Me'. At a stand in High Chelmer Shopping Centre, Essex Mencap got 160 people to sign a petition supporting the campaign and to promote a charter of values to Essex Police. Essex Police are giving their support to the Stand By Me Campaign and the charter of values.



Essex Mencap & Be Safer

More information on the campaign can be found at: www.mencap.org.uk/campaigns/take-action/stand-me

Autumn 2011

Issue. 2

Produced by Castle Point Association of Voluntary Services Ltd

Registered Charity No: 1103968



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Be Safer Project News

Be Safer Group - South Essex

Hate Crime Awareness Workshops – Basildon and Districts



From a joint partnership approach between Basildon Hate Crime Panel, New Generation Development Agency and supported by the Be Safer Group South Essex, this project is delivering over 70 workshops across 7 secondary schools, alternative education programmes and a Pupil Referral Unit in Basildon and surrounding areas.

Through interactive workshops and themed discussion groups, the programme aims to raise young people's awareness of what constitutes a Hate Crime, how to go about reporting Hate Crime, understanding the legal consequences of being a perpetrator and the effects of Hate Crime on individuals and the community. A real life case study of someone with a learning disability living in Essex is used in discussion, as well as the high profile national disability hate crime case of Fiona Pilkington and her daughter, Francesca.

Everyday Lives, Different Dimensions Photographic Exhibition



This project has been developed from a successful award winning model called 'Ordinary Lives' that ran in Southend Borough. A touring photographic exhibition across South Essex is designed to celebrate the role of people with a learning disability in the community, going about their 'everyday lives'. Based on the concept that it is society that disables people, not their disability, this exhibition aims to challenge the perception of difference. Using positive images, many of

which have been taken by people with a learning disability, this exhibition is supported by a wide range of partners in South Essex. Shenfield High School have designed the logo and information booklet to go with the photographs. The photographs will be displayed at community venues in South Essex, so if you are interested in showing the display for your group or organisation, please contact: Katharine Washbrook, Partnership Support Officer, South and Mid Essex; katharine.washbrook@castlepointavs.org.uk

Be Safer Group - Mid Essex

Keep Safe Pilot Project, Braintree Town Centre



The Keep Safe Scheme was officially launched in Braintree Town Centre on 7th September. The focus of the scheme is for shops and premises to offer telephone access to anyone with a learning disability who finds themselves in trouble or distress when out and about in Braintree Town Centre.

People with a learning disability carrying a Keep Safe key fob or contacts card will be able to access any of the premises that display the corresponding Keep Safe logo in their windows.

A specially designed easy read pack and awareness briefings for businesses, shops and the police will support those taking part to understand how the scheme operates. The Keep Safe pilot has involved close partnership working between Braintree District Council, Essex County Council, Essex Police, Braintree Mencap, Neighbourhood Watch. Greenfields Housing Association and the

Be Safer Project News

Be Safer Group Mid Essex. Other areas in Essex are already expressing an interest in the scheme, with a view to implementing this elsewhere in the county.

Essex Safeguarding Board – Learning Disability Safeguarding Training

Using a Train The Trainer approach, Essex Safeguarding have developed safeguarding resources in easy read covering how to recognise abuse and neglect and how to report inappropriate or harmful treatment.

ESAB are offering a series of free three day courses around the county for potential trainers to learn to deliver these materials direct to people with a learning disability. The aim of the training is to raise awareness amongst people with a learning disability about inappropriate or abusive treatment and where to go to get help if they are a victim of this, or know someone who is. There are still places available so for further information or to book a place, please contact: Michaela Jury, Essex Safeguarding Board: michala.jury@essex.gov.uk. This project has been supported by all four Be Safer Groups across Essex.



Be Safer Group - NE Essex

Bloomin' Green

The Bloomin' Green Project continues to go from strength to strength. Led by Essex Cares and United Response, Bloomin' Green will be running four separate gardening schemes in Essex and already a small team of volunteers including people with learning difficulties, Walton Sea Cadets, Essex Cares and Swan Floating Support, have been working the Mediterranean Gardens on Clacton Sea Front.

The team will work one day a week on the gardens for five to six weeks before moving to their next project which will be in Colchester.

Lisa Outhwaite from Essex Cares said, "It is all about making people feel safer within the community. It is important the groups recognise each others' abilities and if they work alongside each other in this way it is less likely there will be any issues when they meet up in the street.

The project is supported by Tendring District Council and staff from the Horticultural Services have been working alongside the volunteers.



TDC Horticultural Services' Donna Artis and Cabinet Member Stephen Mayzes help Daniel and Rebecca in the Mediterranean Garden.

Be Safer Project News

Razed Roof – “The Event”

10th November 2011 at the Playhouse Theatre, Harlow

Razed Roof is an inclusive drama group who are based in the Harlow area. During this project a wide range of different people will come together to engage in performing arts activities, experiencing ways to get along with each other.

The project will involve Razed Roof participants, some of whom are people with a learning disability, delivering workshops to groups of school pupils. These workshops will involve personal experiences and discussions relating to incidents that have been highlighted in the Hate Crime project. A range of schools have been offered the opportunity to attend and include Primary, Secondary and Special Schools, plus involvement from the Children’s Support Centre (previously PRU).

Teachers will, with support from Razed Roof, work with their pupils and prepare a Creative Sharing Event: some poetry, music, singing, dance, drama etc.

Razed Roof staff and participants will liaise with the teachers/schools to offer support in the “Event” creation which will be held at the **Playhouse Theatre, Harlow on 10th November 2011.**

Each school will present their contribution and watch others perform theirs. A DVD of all activities through from the workshop stage to completion will be available for viewing via the LifeChannel in schools. A further activity to encourage inclusive interaction on the day will be set-up, which will be representatives from each group interviewing other groups on film for inclusion in the DVD of the day.

TRI-SAFE PROJECT

“THE EVENT”

10TH NOVEMBER 2011
PLAYHOUSE THEATRE
HARLOW

FEATURING:
RAZED ROOF & GUESTS



Be Safer Project - Website Development www.BeSafer.org.uk

The Be Safer Group West Essex is soon to launch the Be Safer website - the official website for the Be Safer Project.

Under the guidance and development of Chris Rumens (Director of Field & Rumens), the website will provide information about;

- How to be safer on the internet
- Be Safer Groups and their meetings
- Newsletter and fact sheets
- Local activities and services
- Social networking via private Facebook groups
- Links to all contributing partner organisations
- Essential emergency information

The website is being designed with input from people with a learning disability and will be as interactive as possible to ensure involvement with the site.

Be Safer Project News

Future Ideas

All four Be Safer Groups across Essex are now preparing to go through their second round of proposals for funding with panel presentation dates set for October 20th & 21st. Already a range of interesting ideas are coming forward including a sailing barge project, a Good Buddy befriending service in North East Essex, anti-bullying school workshops involving drama and people with a learning disability across Mid Essex, a social inclusion project in West Essex and integrated sports activities through the paralympic sport of Boccia.

All the projects aim to break down barriers and raise understanding and community awareness of learning disabilities, while being able to demonstrate impact and sustainability in the work that each community scheme undertakes. We will keep you up to date on how these future ideas get on.

Essex Safeguarding Adults Board - Safeguarding Adults Project



Building on the success of the Be Safer Project, ESAB have asked CAVS to undertake research to find out if a similar project model could be set up to look at community resources for vulnerable adults.

Working on a similar structure to the countywide Be Safer Groups, the regional groups would consist of a broad range of community partners focussing on:

- Adults with physical and sensory impairment
- Adults with a learning disability
- Adults with mental health issues
- Older people

As an initial step, a countrywide survey and resource pack is being designed and this will be circulated through partner organisations to reach up to 3,000 vulnerable adults. As with the Be Safer survey, this will allow vulnerable people to have a voice on a range of issues about safety and safeguarding and help to identify local needs and responses, including building community resources to promote safeguarding.

Partner Profile

ASK VERA – Colchester

Some exciting news...ASK VERA are working in partnership with MHFA (Mental Health First Aid) to create an accessible version of the course in which people with a learning disability can learn about mental health and mental health issues and how to help someone who may be feeling distressed. The project will take a year to complete and the work materials are being contributed to by Shakka, Victoria, Lee and Ben who themselves have a learning disability.



Partner Profile

Crossroads Care

Crossroads Care is Britain's leading provider of support for carers and the people they care for.



We work with over 35,000 individuals and their families, helping carers to make a life of their own outside caring. We provide the special quality of care that gives them the peace of mind to let someone else step into their shoes.

Our Day Care Centre is open 5 days a week, providing care and life skills through fun activities and outings. Our aim is to support young adults leaving full time education to gain skills that will help them to live more independently.

We go bowling, have line dancing and drama throughout the week. We go shopping, cook our meals, go to the pub and some days we go swimming. Days out have included trips to Tropical Wings, Leigh-on-Sea and Wat Tyler Country Park. We are looking forward to our upcoming Christmas shopping and lunch trip to Lakeside. Crossroads can offer regular weekly support or an occasional break. The relief care is offered at the time best suited to the family and can be during the day, evenings or at weekends. The Carer can stay at home and be relieved from responsibility whilst the person they normally care for is taken out by the carer support worker. By and large, Crossroads is not a crisis intervention service. The aim is to offer regular help to prevent a breakdown in the health of the Carer occurring. Crossroads tries to offer crisis/emergency help to those families already known to the Scheme.

We also offer young carers support from ages 8-18 to those who care for a relative with a physical learning or learning

disability, mental health problem, long term illness, drug/alcohol misuse or domestic violence. The person they care for may be a parent or sibling. We run group sessions that include fun and educational activities as well as trips out.

For more information please contact **Crossroads Care Essex on 01268 660860.**

Colchester Transport and Shopmobility - Colchester CVS

Colchester Transport and Shopmobility is a non-profit making project providing car and minibus transport to people within the community who have difficulty using public transport. We also hire electric scooters, electric wheelchairs and manual wheelchairs for use in Colchester Town Centre or fold-away scooters for weekends and holidays.

Transport by mini-bus or car, and is available Monday - Friday 9.00 am - 4.00 pm although we are now offering weekend and evening trips wherever possible. This service is offered subject to volunteer driver availability. Bookings should be made by telephone, giving at least three working days notice.

Charges & Contributions:

The annual membership fee for Colchester Transport and Shopmobility is £15.00. Car Journeys - From £2.50 per single journey, up to three miles and thereafter 50p per mile. Longer journeys by arrangement with office

Scooter Hire – One session is charged at £2.50; 2 sessions at £4.00. **Sessions are 10am - 1pm and 1pm - 4pm** Weekend and holiday hire rates are available on request.

To find out more tel: 01206 216600 Fax:

01206 500367 Email: ct@ccvs.org

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