



Be Safer Project

Christmas is Coming.....

And it's been a busy year for Be Safer - the project has received two national awards and support from the Minister of the Civil Society, existing community projects have continued to develop, and new ones have started.

We would like to send our festive greetings and many thanks to all our partners and Be Safer supporters for the continuing exceptional work, inspiration and creativity that you all bring to Be Safer in Essex.



With every best wish from us for a Happy Christmas and a Happy, Healthy New Year.

From

The Be Safer Project Team.

Kirsty O'Callaghan, Ann-Marie Fordham & Katharine Washbrook

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Be Safer Project News



Keep Safe Across Essex

The Keep Safe scheme continues to expand across Essex. Keep Safe stickers

are now visible in shops and premises in Braintree Town Centre, Witham and Halsted and Clacton Town Centre.

In 2013, Community Safety Partnerships in Maldon, Chelmsford and Colchester will be working on setting up and launching Keep Safe in their respective areas in the months to come.

Keep Safe is also working closely with the Essex County Council Travel Training Team to encourage more people with additional needs to access Keep Safe, and to promote a safer, independent travel approach.

Interested in knowing more?

Contact Kryshia Fuller at Braintree District Council. kryfu@braintree.gov.uk



Training For Trainers: Learning Disability Safeguarding Awareness

Safeguarding Awareness sessions for people with a learning disability continue to flourish across the county. Trainers deliver sessions within their own organisations, and others hold community based sessions, raising awareness and understanding about challenges such as financial abuse, emotional abuse, physical

abuse, crime, bullying and internet safety. If you would like to access safeguarding sessions for people with a learning disability, and want to know if there is a trainer in your area who could do this, please contact:

Paul Bedwell: Essex Safeguarding Adults Board: Paul.bedwell@essex.gov.uk

Or:

Katharine Washbrook: Be Safer Project katharine.washbrook@castlepointavs.org.uk



ZINC arts without exception **I'm Only Joking! ...but a joke's only funny when everyone laughs.**

In November 2012, a group of seven actors from Braintree Mencap Drama Group and Zinc Arts, delivered a pilot series of drama led anti-bullying workshops into 5 secondary schools in Mid Essex.

The workshops are a result of a collaboration between Be Safer and Zinc Arts, based in Ongar. Facilitated by Gavin Dent, the workshop performances offered an interactive opportunity for young people to look at different aspects of bullying experienced by people with a learning disability and to participate in thinking up alternative ways of changing the outcomes.

The 5 Mid Essex secondary schools supporting I'm Only Joking! and hosting the workshops in November were: Ormiston Rivers Academy, Plume School, Moulsham High School, Columbus School and Edith Borthwick School.



Be Safer Project News



'Sport For Confidence' Boccia and Multi Sports - South Essex

Inspired by the success of Team GB Boccia players and their bronze medal at the London 2012 Paralympic Games, Active Essex Boccia 'Sport For Confidence' clubs continue to develop well.

Two Boccia clubs are now well established in Basildon Sporting Village and Brentwood Leisure Centre. Essex Cares has established a Boccia group at Hadleigh Old Fire Station in Castle Point and plans for 2013 include developing a group in Rayleigh/Rochford area and an additional Boccia group in Castle Point.

You can find out more on 'Sport for Confidence' from:

Katharine Washbrook, Be Safer Project on katharine.washbrook@castlepointavs.org.uk
Rebecca Jones at Active Essex
Rebecca.Jones@ActiveEssex.org



Hate Crime Awareness Workshops- South Essex

Over 100 hate crime awareness workshops have been delivered in to secondary schools in Basildon and Districts and Rochford District, with an additional 30 workshops scheduled to start in Castle Point area in January 2013.

Basildon Hate Crime Panel, Rochford Community Safety Partnership and Castle Point Community Safety Partnership and facilitators, New Generation Development agency, have worked with Be Safer to bring the workshops to young people in a variety of educational settings across South Essex.

With a key message about what hate crime is, its legal consequences and the effect it has, the workshops provide a challenging and thought provoking session for young people to look at their personal perceptions around vulnerable people and hate crime.



Everyday Lives, Different Dimensions

24 black and white positive images, many taken by people with a learning disability, celebrate how those with a learning disability contribute to, enhance and are part of the community in daily life.

The Everyday Lives Exhibition has been exhibited at over 17 venues in South and Mid Essex, and in 2013 will continue to be displayed in venues across North East and West Essex.

If your organisation would like to book this display, or if you want to find out more, please contact:

Katharine Washbrook—Be Safer Project
katharine.washbrook@castlepointavs.org.uk

Be Safer Project News



Tri Safe On DVD

The Tri Safe project is the combined work of 3 Be Safer Projects. Based on work led by Razed Roof

Integrated Arts Group based in Harlow, and supported by the Everyday Lives exhibition and themes from New Generation Development Agency's Hate Crime Workshops in schools, Tri Safe is producing a DVD resource for secondary schools in Essex.

The DVD contains suggested activities and resources, including a film around difference and understanding learning disability, incorporating Razed Roof's integrated workshops in West Essex. Here students & schools worked on ideas around performance pieces and themes such as bullying, tolerance, understanding, isolation, keeping safe etc. The schools involved performed their work at the Harlow Playhouse in November 2011..

The DVD resource will soon be available to secondary schools in Essex .



The Bloomin' Green Project continues to bloom. The Natural History Museum garden in Colchester Town Centre was their last venture.

BLOOMIN' GREEN



The project is being developed by David Parker, Figment Arts, Zinc Arts, Loughton, Shenfield High School, Endeavour Special School, Brentwood, Castledon School, Nibs Bus Company, Wickford, Jacky Brewer, Essex County Council Travel Training, and the Be Safer Project Partnership Support Officers.

The Be Safer survey results produced in August 2011, provided evidence that people are scared or anxious when either travelling on or waiting for public transport.

The aim of the project is to encourage people with a learning disability to access more public transport, to challenge the perceived "danger" of buses, trains, bus-stops and train stations, as highlighted in the survey. It helps to provide people with a learning disability the confidence and a 'toolkit' to go out into the community and to travel safely.

A DVD is being developed and is in its draft stage, together with teaching resource materials by and for people with a learning disability and care/support staff, exploring issues around independent travel on public transport. The DVD will address issues of safety when using public transport.

There will also be:

- A how-to guide to access public transport
- How to be aware of actual or perceived danger and threats
- How to access support when buying tickets
- How to find their way from A to B
- Staying in touch, letting people know where you are
- How to report abusive behaviour - who to tell?

A secondary aim is through making a film, will be to raise public awareness of people with a learning disability in the community and to challenge stereotypes.

Partner Profile



Be Safer Website

This website has been created to allow people with a learning disability, their carers and anyone who supports them to have access to information from one location.

It has been designed as a repository for:

- Organisations to advertise their events
- Dates, times, location of meetings
- Important information to be made available
- What to do in the event of an emergency
- How to keep themselves safe on the internet, at home, out and about and what is hate crime
- Information about previous, current and future Be Safer Projects
- Be Safer Project Newsletters
- Be Safer Project minutes and agendas
And much more

In order to keep the information current I would like to ask each of you, if you can, to provide the following people with any information you feel should be shared with the people with a learning disability, their carers and all who help support them, together with your company logo (as applicable):

Danielle.phillips@castlepointavs.org.uk
Vicky.pilton@castlepointavs.org.uk
Ann.mariefordham@castlepointavs.org.uk
Katharine.washbrook@castlepointavs.org.uk

They will be happy to arrange for suitable materials to be uploaded onto the www.besaferessex.org.uk website.



The following article has been written by Pauline Annis, Service Delivery Manager, Victim Support

Victim Support is an independent charity that helps victims and witnesses of crime across England and Wales. We give free and confidential emotional and practical support, and information, to victims to help them find the strength to carry on following a crime.

We support people from all communities, whatever crime they have suffered, whenever it happened, and regardless of whether the police are involved. Volunteers are at the heart of what we do. They develop knowledge of the effects of crime and support victims of all types of crime, including burglary, cyber bullying, robbery, assault, domestic abuse, sexual violence and homicide. After extensive training, our volunteers support victims on a person to person basis and stay in touch for as long as we are needed.

Our volunteers have listening skills, they are non judgmental, reliable and punctual and have sufficient time available to contribute to the work of Victim Support. If you would like to know more about becoming a volunteer please contact us on: 01277 357 555 or look at: www.victimsupport.org.uk



Partner Profiles 2012



The following article has been submitted by Jessica Plant, Supporting People Volunteer Co-ordinator at BBWCVS. Basildon, Billericay and Wickford Council for Voluntary Service (BBWCVS)

Supported Volunteering Project

A supported volunteering project has been set up for people living in the Basildon district for people with learning disabilities and mental health conditions.

The aim of the project is to help people access volunteering opportunities that exist in Basildon and the surrounding area. Volunteering can be a great way to increase self-confidence, build skills, improve health, meet new people and gain a sense of accomplishment.

Support will be given to potential volunteers and host voluntary organisations at every stage of the project. People can start volunteering from a couple of hours a week, if volunteer wants to they can build up the time they spend volunteering. The volunteering can be time-limited or ongoing.

People can contact Jessica Plant at BBWCVS on Jessica@bbwcv.org.uk or 01268 294420, themselves or can approach their keyworker to contact Jessica.

The project has been funded by NHS South West Essex, and has been supported by a number of voluntary organisations around Basildon.



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To contact us, our details are:

The Be Safer Project Team at Castle Point Association of Voluntary Services:

The Tyrells Centre, 39 Seamore Avenue,
Thundersley, Essex, SS7 4EX

Tel: 01268 638416

Fax: 01268 638415

www.castlepointavs.org.uk

www.besaferessex.org.uk

Kirsty O'Callaghan

Chief Executive

Kirsty.ocallaghan@castlepointavs.org.uk

Tel: 01268 638416

Katharine Washbrook

Partnership Support, South & Mid Essex

Katharine.washbrook@castlepointavs.org.uk

Tel: 01268 638416

Ann-Marie Fordham

Be Safer North East and West Essex

Ann.mariefordham@castlepointavs.org.uk

Tel: 01268 638416

