



# Be Safer Project

## Be Safer Project Receives Two National Awards!



On March 28th 2012, Kirsty O'Callaghan, Chief Executive Officer of Castle Point Association of Voluntary Services, attended a national award ceremony, with partners from Essex County Council and Essex Police. The national Annual Improvement and Efficiency Awards was held at Church House in Westminster and

Castle Point Association of Voluntary Services was the only charity at the event to receive a nomination.

As many of you are aware, CAVS Be Safer proudly received two awards in the following categories:

### **Working Together** and **Transformation in Social Care.**

Find out more about the Improvement and Efficiency Awards at: [www.southeastiep.gov.uk/iese-awards-2012](http://www.southeastiep.gov.uk/iese-awards-2012).

We are delighted at this success and at being able to share it with you. It has been achieved by the contribution, hard work, commitment and vision of all the partners that Be Safer works with. This, for us, is what these awards stand for.

Thank you to everyone involved who has made this possible.

The Be Safer Project Team

Kirsty O'Callaghan

Katharine Washbrook

Ann-Marie Fordham



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## Keep Safe Scheme

### Braintree - and NOW Tending!

The Keep Safe Scheme has just got bigger!

Keep Safe has completed its successful pilot in Braintree Town Centre with over 100 people with a learning disability signed up to the scheme and carrying key fobs and contact cards. 11 premises in Braintree Town Centre now carry the Keep Safe sticker and offer safe telephone access to people in trouble in the town centre.

With funding from the Be Safer Project, Keep Safe is being extended out to the districts around Braintree in the coming months.

Keep Safe in Braintree has also started to work with transition age students at special schools in the area to introduce the the scheme, along with a Think Safe pack of materials. The aim is for Keep Safe to become part of the curriculum for students with additional needs at this stage in their education.

Tending District Council is also starting the Keep Safe scheme in Clacton Town Centre. Keep Safe will help people with a learning disability to be more aware of their personal safety and to seek help if they need it. It will also help those providing assistance, such as shop assistants, librarians and the Police, to access support for the user of the card and understand how to make them feel safer.

Leanne Thornton, Tending District Council's Community Safety Manager, is leading on setting up the Keep Safe Scheme in Clacton Town Centre,

alongside other community partners. The scheme is being enthusiastically supported and welcomed. There is an anticipated official launch for the scheme in the summer.

The Keep Safe Scheme project lead, Chris Robb from Braintree District Council has devised a consultancy support package that enables organizations in other areas in Essex to receive a toolkit of guidance, costs, resources and support for setting up a Keep Safe scheme in your area.

If you are interested in finding out more, please contact: Katharine Washbrook, Be Safer Partnership Support: [katharine.washbrook@castlepointavs.org.uk](mailto:katharine.washbrook@castlepointavs.org.uk)



Mediterranean Garden, Clacton

## News from North East Essex

### Bloomin' Green

Bloomin' Green in North of Essex has four projects ready to get underway in 2012. These include a huge garden design and development project at Marylands Resource Centre in Colchester, and a request by Tending District Council to revamp the Sensory Garden on Clacton Seafront. Last year, Bloomin' Green successfully worked on the Mediterranean Garden on Clacton sea front.

### Schools, Colleges and Youth Organisations Needed

Bloomin' Green want to invite more youth organisations/schools/colleges in the

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Colchester area to get involved and take part in the project. If your organization or educational establishment can help, please contact:

Ann.MarieFordham@castlepointavs.org.uk

Clacton Coastal Academy is extremely pleased with their link with Bloomin' Green. They have had workshops provided by Lisa Outhwaite, Essex Cares, Lynn Forde, United Response and self advocate, Ben prior to embarking on the gardening project and Bloomin' Green is now included in their curriculum.

## News from West Essex:

### Two new exciting projects in development in West Essex

#### **A 2 B - a project about travel and people with a learning disability.**

Responding to the 2011 Be Safer survey results showing that people with a learning disability are scared or anxious when either travelling on or waiting for public transport, **A 2 B** aims to encourage people with a learning disability to access more public transport safely.

The project wants to challenge the perceived 'danger' of buses, trains, bus stops and train stations and at the same time wants to raise public awareness of people with a learning disability in the community.

**A 2 B** will produce a DVD, made by and for people with a learning disability and care/support staff. The DVD will explore issues and challenges around independent travel for people with a learning disability on public transport.

Essex County Council's Travel Training Manager, Jackie Brewer and David Parker from Figment Arts will be working with Zinc

Arts, Shenfield High School and Endeavour School to create the DVD. Brian Upton, Strategic Planning and Commissioning Officer and Dominic Lund-Conlon, Senior Transport Development Officer; Passenger Transport are providing information and guidance to make ensure that **A 2 B** is a real success.

**You, Me and Community** is designed to promote community inclusion for people with a learning disability initially starting in the Harlow area. The project will involve local schools, working with pupils to raise their awareness and understanding of the lives and experiences of those with a learning disability.

The project will be led by Jo Bird, Family Mosaic and aims to:

- Run workshops within schools and youth groups to educate young people about people with a learning disability
- Develop a program of interaction between people with a learning disability and students/professionals to create mood boards,
- Opticians, dieticians, health practitioners, dentists and dermatologists will educate people with a learning disability in how to prevent ill health
- Develop and present a fashion show to which the community will be invited
- Photography and videoing to be carried out by both students and people with a learning disability and professional photographer resulting in a DVD resource which will be used as a tool to demonstrate the breakdown of barriers of discrimination within the community.



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## The Be Safer Website Is Launched!



Be Safer is pleased to announce the launch of its new website in January. The website has been designed with the help of people with a learning disability.

The web pages provide easy read information, clear accessible pages, links to partners across the county and up to date news on all the Be Safer projects in Essex. Catch up with us on:

[www.besaferessex.org.uk](http://www.besaferessex.org.uk)

## News From Mid Essex

### I'm Only Joking! Campaign



The I'm Only Joking Campaign is currently being developed in Mid Essex.

Designed as a pilot series of 6 anti-bullying workshops, I'm Only Joking! is a frank, lively, humorous and thought provoking approach to having a learning disability, aspects of difference and bullying.

The workshops explore how words, actions and body language can be used jokingly to hurt people and they'll also look at the

serious side of how it can quickly get out of control. The workshops will be led by people with a learning disability from Braintree Mencap Drama Group and Zinc Arts and they will be bringing some of their own, real life, experiences to the workshops.

Six schools across Mid Essex have agreed to host delivery of the pilot workshops later in the year and are a mix of both special schools and mainstream secondary schools.

Luke Pipe from Pipe Media Design has worked on designing and setting up a website for the campaign, and this will go live in May 2012. The website will feature the news and developments of the campaign as it progresses, an active calendar of events, a learning resource and activities section, and a section featuring integrated and inclusive drama groups across Essex.

The website is also designed to be easily accessible on mobile phones and Luke has set up a Twitter account for future I'm Only Jokers to get tweeting.

## Training For Trainers Learning Disability Safeguarding

Essex Safeguarding has completed delivery of its four Be Safer funded training for trainers courses across Essex. The courses provided bespoke safeguarding training and materials to be delivered direct to people with a learning disability.



Essex Safeguarding intend to continue to run these courses but there will now be a charge.

The first Be Safer Safeguarding group has already finished some work on safeguarding. A group of people with a

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learning disability met at Chelmsford Mencap for a couple of hours over the course of six Wednesday evenings. Using the Essex Safeguarding training materials and resources, the group looked at aspects of keeping safe and learnt what to do and who to go to if there are problems.

## News From South Essex

### Everyday Lives, Different Dimensions

A touring exhibition of photographs, promoting positive visual images of people with a learning disability, has been created.



The exhibition is called **Everyday Lives, Different Dimensions** and celebrates the contribution of people with a learning disability or learning difficulty in everyday life, at school, in the community, at work, at play. Some of the photos have been taken by people with a learning disability themselves.



Shenfield High School in Shenfield and Endeavour School in Brentwood have worked together to produce a colourful logo design in a collage, which features on the exhibition display material.

Catch up with Everyday Lives, Different Dimensions at the following venues:

14—18 May: Brentwood Library  
21—23 May: Knightswick Shopping Centre, Canvey Island  
11—15 June: Rayleigh Library  
18 - 22 June: Chelmsford Library, County Hall, Chelmsford

### Hate Crime Awareness Workshops

Hate Crime Awareness Workshops continue to be delivered into secondary schools in Basildon and Districts. Be Safer is working with Basildon Hate Crime Panel and facilitator, New Generation Development Agency. The workshops provide a forum for interactive discussion and activities around all types of hate crime, particularly disability hate crime. The workshops aim to raise young people's understanding of what constitutes a hate crime and the consequences that may arise from this.

Hate Crime Awareness Workshops are now extending out to secondary schools in Rochford and Castle Point. Working with Rochford Hate Crime Panel and Community Safety Partnerships in Rochford District and Castle Point, Borough, over 60 workshops will have been delivered in these areas by the end of the year.

### 'Sport With Confidence' Multi-Sports and Boccia Groups

Be Safer South Essex is working with Active Essex, and partners across South Essex to set up four Boccia and multi-sports clubs.

Boccia (pronounced 'Botcha') is an inclusive paralympic sport that can be played by



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people of all abilities and disabilities. Similar to French 'boules' or bowls, Boccia 'Sport With Confidence' aims to get people with and without a learning disability mixing through a fun activity.

A Boccia Leaders course, facilitated by Boccia England, has just been held at Basildon Sporting Village. The course aimed to train people to achieve a Level 1 qualification to lead the new clubs.

The leaders course was open to people with a learning disability as well, as it is important for everyone to be involved in making these clubs a success.

The inclusive multi-sports sessions offer a variety of activities such as cricket, judo, football, table tennis, basketball, hockey, badminton etc. The aim is for people to develop confidence, make friends, get out and about and find something that they enjoy doing.

Nearly all the new Multi-Sports and Boccia clubs take place in mainstream leisure facilities and all activities are led by a qualified coach. All sessions cost £2.00.

'Sport For Confidence' is happening at:

Basildon Sporting Village, Gloucester Park North, Basildon - Tuesday afternoons 2.45pm - 4.00pm.

Hadleigh Old Fire Station, Hadleigh - Monday afternoons, 1.30pm for 1 hour.



Boccia is an all inclusive paralympic sport

Brentwood Leisure Facility, Brentwood - Thursday afternoons: Session One (2.30pm - 3.30pm) is a multi sport session and Session Two (3.45pm - 4.30pm) is a Boccia session.

For more information, please contact Nick Sime at Active Essex on: 01245 438615

## Contact Us:

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