



# Be Safer Project



## Commendation From Nick Hurd, Minister For Civil Society

Following on from receiving two national awards earlier in the year, the work of the Be Safer Project has now been included in a letter of commendation received from Nick Hurd, Minister for Civil Society.

In an open letter to Castle Point Association of Voluntary Services, Mr Hurd congratulated the organisation on receiving the two awards for the Be Safer Project and for the work that is being achieved in the community.

We are very proud that the contribution and support of all partners involved with the Be Safer project, has been recognised at this level.

Thank you to everyone for your continuing commitment, hard work and belief in making a difference.

## From The Be Safer Project Team.

Kirsty O'Callaghan

Ann-Marie Fordham

Katharine Washbrook



## Summer 2012

### Issue. 5

Produced by Castle Point  
Association of Voluntary  
Services Ltd

Registered  
Charity No:  
1103968



### Inside this issue:

- Catch up with news on Be Safer projects across the county.
- Partner Profile: Barley Twist Essex Cares, pg 6.
- Disability Hate Crime Essex Police, pg 5



# Be Safer Project News

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



Here are few facts about Boccia (say 'Botcha'!)

**Did You Know That ....** Great Britain are the defending Paralympic Champions in the Boccia Team Event?

**Boccia is...** believed to have Ancient Greek origins and was introduced as a Paralympic event in 1984.

**Boccia is ...** A seated target sport that tests muscle control and accuracy, demanding skill and concentration.

**Boccia is ...** Played on a rectangular court by individuals, pairs and teams. Participants aim to land balls close to a target ball, known as a 'jack'. The sport is similar to 'boules' or 'petanques'.

**Paralympic Boccia is...**played by wheelchair athletes with cerebral palsy and other locomotor conditions. It is highly competitive and games can be won or lost by the smallest of measurements.

**You can see...**Team GB Boccia athletes in action at the Paralympic Games at London ExCel from 2nd - 8th September.

**You can find out more on....**  
[www.london2012.com/paralympics/boccia](http://www.london2012.com/paralympics/boccia)

'Sport For Confidence' aims to provide a confidence building activities environment for people with a learning disability.

Working with Active Essex, Essex Cares and BATIAS, Be Safer in South Essex is developing 4 Boccia and Multi-Sports 'Sport For Confidence' Clubs in mainstream leisure facilities across South Essex.

Two Boccia and Multi-Sports Clubs are up and running at Basildon Sporting Village and Brentwood Leisure Complex. A Boccia club now meets at Hadleigh Old Fire Station in Castle Point area.

Sports on offer at the Multi-Sports sessions include Spin classes, gym sessions, hockey, trampolining, judo, football, cricket, table tennis, basket ball, dodge ball. The Boccia Sessions are a seated activity suitable for people with a range of disabilities, including wheelchair users, or with no disability at all.

Each Multi-Sports and Boccia session costs £2.00 per person, which ensures that the clubs become self sustaining, covering venue hire and a specialist coach.

In March, Active Essex organised a Boccia leaders workshop, which was run by Boccia England, the national body for the sport. 12 people attended and gained a Level 1 Qualification in coaching a Boccia Group. The workshop was open to people with a learning disability to encourage everyone to become actively involved in the organisation of the clubs.

You can get more details about 'Sport for Confidence' from:

Katharine Washbrook, Be Safer Project on  
[katharine.washbrook@castlepointavs.org.uk](mailto:katharine.washbrook@castlepointavs.org.uk)

Rebecca Jones at Active Essex  
[Rebecca.Jones@ActiveEssex.org](mailto:Rebecca.Jones@ActiveEssex.org)



# Be Safer Project News



## Training For Trainers: Learning Disability Safeguarding Awareness

48 people attended the four 3 day safeguarding awareness training courses in Essex, run by ESAB. The new trainers are now equipped with the resources to deliver safeguarding awareness sessions to people with a learning disability.



New safeguarding trainer, Sandie Moreton-Nance, Learning Disability Hospital Liaison Nurse Specialist at Broomfield Hospital, and co-facilitator, Kerry Mansfield, a Broomfield Hospital Volunteer and self advocate, spoke recently to the Be Safer Mid Essex Group. Sandie and Kerry have just completed 6 safeguarding awareness sessions held at Chelmsford Mencap for a small group of people with learning disabilities.



Kerry designed the PowerPoint training for each session and told Be Safer how important it is for people with a learning disability to understand who to tell if they experience trouble. The safeguarding group even has its' own slogan:

**Report It To Sort It!**



**I'm Only Joking! ...but a joke's only funny when everyone laughs.**

This project is being led by Zinc Arts, based in Ongar. Zinc is developing a drama focused anti-bullying workshop that will be delivered into 6 'host' schools in Mid Essex, as a pilot.

The workshops will be delivered by a group of actors with a learning disability from Zinc Arts and Braintree Mencap. I'm Only Joking! offers an interactive, lively, humourous and thought provoking perspective about having a learning disability and bullying hidden as a joke.

The 6 Mid Essex secondary schools supporting I'm Only Joking! and hosting workshops in November are: Ormiston Rivers Academy, Plume School, Moulsham High School, Columbus School, Alec Hunter Humanities College and Edith Borthwick School.



## Essex Keeps Getting Safer!

Tendring District Council proudly launched the Keep Safe scheme into Clacton Town shops and premises on June 20th. There are already plans to expand Keep Safe to other areas in North East Essex. In Braintree and Districts, Keep Safe stickers are now visible in premises in Braintree Town Centre, Halstead and Witham.

Interested in knowing more?

Contact Kryshia Fuller at Braintree District Council. [kryfu@braintree.gov.uk](mailto:kryfu@braintree.gov.uk)

# Be Safer Project News



## Everyday Lives - Different Dimensions Is On The Move!

This touring exhibition of 24 positive images celebrating people with a learning disability in their everyday lives has been on display through the library network and other venues across South and Mid Essex. The display comes complete with its own stands and promotional literature.

If you or your organisation are interested in exhibiting the display, contact Katharine Washbrook, Be Safer Project.  
katharine.washbrook@castlepointavs.org.uk

## 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 last November.

The DVD resource will be available to secondary schools in Essex later this year.

## Bloomin' Green - North East Essex

**A horticultural project with community at its heart...** Bloomin' Green has been hard at work during the year, bringing together young people and people with a learning disability to work on horticultural and gardening schemes in the community in North East Essex.

Here's some of the work they've been tackling:

- The Sensory Garden at Clacton Sea Front where they worked alongside pupils from the Coastal Academy School. The work ran for 3 weeks and Bloomin' Green was interviewed by the judges of The Green Flag award.
- New Town communal garden where the group planted berry bushes and rhubarb plants that were donated from Perrywoods Garden Centre.
- The Big Garden at Highwoods Country Park where they built Bug Homes and helped with harvesting the crops. Colchester Institute helped on this garden.
- The group has also cleared and cut back bushes and shrubs at a Home in Copford for four elderly gentlemen who can no longer maintain their garden, this is ongoing once a month.

Future plans, currently under discussion, include work on Colchester Institute's Sensory Garden and the garden of the Natural History Museum in Colchester.

**You Can Help....**if you are from an organisation or group that works with or supports young people. Bloomin' Green offers you a unique opportunity to work alongside people with a learning disability on practical community projects that benefit everyone who takes part.

To find out how to get involved, contact:

Lynn Forde: [lynn.forde@unitedresponse.org.uk](mailto:lynn.forde@unitedresponse.org.uk)  
Alison Ling: [levelbest@dacontrust.co.uk](mailto:levelbest@dacontrust.co.uk)  
Nicky Springett: [Nicky.Springett@thera.co.uk](mailto:Nicky.Springett@thera.co.uk)

# Be Safer Project News

## Disability Hate Crime

The following article is by  
**PC Jurgen Reid, Hate  
Crime Officer, South Essex,  
Essex Police.**



**Hatred is a strong word but sadly one that causes people to commit crime.**

Hate crime is a term used to describe an offence committed against a person because of hate or prejudice.

It affects such a range of people, it's difficult to define but we describe it as any incident, which may be a criminal offence, motivated by prejudice or hatred towards a particular social group because of their: Race, Religion/Faith, Gender Identity, Sexual Orientation and/or **Disability - disability can be any sensory, physical, or learning disability/difficulty**

### Hate crime can take many forms including:

- Physical attacks – such as, but not limited to: physical assault, damage to property etc.
- Threat of attack – such as, but not limited to: offensive letters, abusive or obscene telephone calls.
- Other abuse such as - offensive leaflets and posters, bullying at home or on line.

### Positive action

It is important to report hate crime because it gives us a chance to protect you and other people, but the first step is recognising it's happening to you and you are not to blame.

### What you can do?

Firstly - recognise that what is happening to you is a hate crime.

Secondly - understand that by reporting the incident you will get the help you need.

Thirdly - don't suffer in silence, the help you need is available, **call us now...**

**Dial 999 for emergency  
and 101 for non urgent incidents.**

Essex Police will treat all victims of crime in a professional and sensitive manner.

We understand your concerns regarding confidentiality and will consult and advise you through every step of the investigation.

### Our Hate Crime Officers will:

- Provide support and reassurance, explain the criminal process and give you sufficient information so you can decide what you want to do.
- Give you guidance and get you help from our partner agencies, if required.
- Above all we will stay in touch and provide contact details where you can get the support you need.

*\* Due to operational needs it may not be a Hate Crime Officer that may visit you initially.*

### Essex Police Contacts:

**Dial 999 for emergency  
Non urgent calls: 101**



**Minicom number: 01245 452828  
Text Phone number: 07624 800101**

**Essex Police web site: [www.essex.police.uk](http://www.essex.police.uk)**

**Essex Police Headquarters:  
D/Sgt Tracy Martinez**

**Hate Crime Officers in North Essex:  
DC Jackie Long - Colchester  
PC Ann-Marie Pitcher - Chelmsford  
PC Sharon Hall - Tendring**

**Hate Crime Officers in South Essex  
PC Emma Makey - Southend  
PC Jurgen Reid - Basildon  
DC Beckie Davis - Rayleigh**

**Hate Crime Officers in West Essex  
PC Lisa Brodie - Thurrock  
PC Jenny Paget - Harlow**



# Be Safer Projects 2012

## Partner Profile: Essex Cares

By Julie Dallison, Service Lead, Ashleigh Resource Centre, Basildon



Essex Cares offers a variety of services for lots of people, from older persons services right through to support for adults with learning disabilities.

Essex Cares Work Based Training and Social Enterprise service offers training opportunities for adults with learning disabilities. We also offer support for our customers to find and maintain paid employment.

We have several training units in the South of the County which include Barley Twist Diner, Book Rest Cafés in Basildon and Brentwood Libraries and Copy Cats 2.

Barley Twist offers training in catering and horticulture giving individuals an opportunity to learn all aspects of catering from growing vegetables to preparing them ready for consumption.

The Book Rest Cafés offer a great opportunity for our trainees to learn valuable skills in customer service, money handling and work based ethics including time keeping, attendance and commitment.

Copy Cats 2 offers training opportunities in a printing environment. We print leaflets, brochures, newsletters and transfer photographs onto canvas.

As part of our training we also provide outside catering for conferences and other events.

Please consider using us for your events in the future. We offer excellent food at competitive rates with an excellent service. Do not hesitate to contact us on 01268 271042 or email [Julie.dallison@essexcares.org](mailto:Julie.dallison@essexcares.org) for more information.



# Be Safer Projects 2012

If you would like 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](http://www.castlepointavs.org.uk)

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

### **Kirsty O'Callaghan**

Chief Executive

[Kirsty.ocallaghan@castlepointavs.org.uk](mailto:Kirsty.ocallaghan@castlepointavs.org.uk)

Tel: 01268 638416

### **Katharine Washbrook**

Partnership Support, South & Mid Essex

[Katharine.washbrook@castlepointavs.org.uk](mailto:Katharine.washbrook@castlepointavs.org.uk)

Tel: 01268 638416

### **Ann-Marie Fordham**

Senior Team Leader - Projects - Be Safer North East and West Essex

[Ann.mariefordham@castlepointavs.org.uk](mailto:Ann.mariefordham@castlepointavs.org.uk)

