

NEWSLETTER

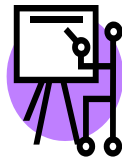
Edition 5

November 2012



Welcome to the 5th edition of the West Berkshire Independent Living Network newsletter. We are covering important issues throughout West Berkshire. It's crucial we get everyone's views so if you have any feedback please send it to us at info@wbiln.com.

Masterclass in Social Care Assessments



Date: Friday 23 November
Time: 11 am – 4pm
Venue: Broadway House, Newbury

The aim of the masterclass is to enable disabled people, and/or those who support them, to prepare for a social care assessment . Topics included:

- The social care legal framework
- Self-directed support/Personal Budgets
- Impact of funding restraints
- Eligibility criteria
- Social care planning

The Masterclass in Social Care Assessments will be run by Brian O'Shea, an experienced trainer with the Spinal Injuries Association.

To reserve your place email or phone as above.

International Day of Disabled People



WBILN is hosting a gathering of disabled people to come together with friend, families, supporters, PAs and carers,

to cheer and celebrate our diversity and resilience.

We will be having special guests, entertainment, music, buffet and bar.

Date: Monday 3rd December
Time: 12:00pm – 3:00pm
Venue: Royal British Legion Club,
Pelican Lane, Newbury
RG14 1NP

We can help with transport costs where needed. For information and a booking form: deborah@wbiln.com / 01635 760425 / 07905 521452..

Website Changes & Improvements



Some of you may have noticed that we have recently updated our navigation menu, which is placed near the top of every page. The menu will now drop down with options relevant to that heading.

An example of this would be under *news* you will see the pages Web News, Social Media and Calendar.

Our new menu will make navigating the website a lot more efficient. The reason we had to change our menu was to increase space for the new pages we have created, plus room for the future.

Another bonus is how quickly you can view and purchase from the Amazon shop, all you have to do is click shop then quick purchase and the shop will dynamically appear on your current page. Navigational menu is still in testing stages so please if you have any feedback please send them to chris@wbiln.com.

We are introducing three new pages to make it easier to keep updated on wbiln's activities.

- Latest News (wbiln.com/latest-news)

Here you will be able to view all our latest news articles concerning wbiln.

- Publications (wbiln.com/publications.php)

This page allows you to quickly download our all our publications including our newsletters.

- Upcoming Events (wbiln.com/upcoming-events.php)

This displays any future event that we would like to invite our members and the public to unless stated otherwise.

WBILN's website is constantly changing with new features being introduced. Please make sure you register so you can use all the features and get the most out of the site.

New Alternative Audio Format



Wbiln have recently brought Natural Reader 11 with Acapela's natural voice Rachel, allowing us to convert any text to mp3.

Rachel is an English speech-synthesis voice from Acapela. Efficient, fast and of very high quality. Mp3 audio can be played on many devices such as a CD, phone or tablet.

This will aid visually impaired people to keep informed.

Converting text to audio is a service we aim to provide to member groups that require it. The audio will be distributed on a CD and sent electronically.

A quality test can be found on Youtube at <http://www.youtube.com/watch?v=xi-atRGfB0k>

Please send any requests to chris@wbiln.com with the text file and number of copies, material costs will be charged.

All of wbiln's major publications will be available in audio, if you would like to receive an audio CD please send your name and address to chris@wbiln.com.

Our Amazon shop has funded and made this service possible, wbiln would like to say a big thank you to any one who has purchased through us and ask if you can keep doing so.

WBILN'S new co-ordinator

Hello! I'm Deborah Sowerby, here until Christmas, on a temporary contract.

I have 20 years' experience of working in disabled people's organisations, both large and small. I have worked in London, Bristol and Cardiff, as well as in Berkshire in the mid 90s.

My work priorities for this period are outreach, events and incorporation. I look forward to meeting many members at one of the events we have planned.

Do send me an email, or ring me, if you have any suggestions or comments to make about WBILN.

I would be delighted to hear from you.

Email: Deborah@wbiln.com

Office phone: 01635 760425

Mobile: 07905 521 452

My Paralympic Experience by Lyndsay Care

My name is Lyndsay Care. I'm 29 and have a walking disability cerebral palsy.

The experience was overwhelming. I started this all off by going to a dance workshop at the 3 Mills Studio with Sarah Hughs. There were about 30 people there, all in wheelchairs.

Then I got asked to go to an audition for aerial. I was spun around high in the air. I didn't think I'd get it, and then an email was sent saying I had.

I was chosen for an 8 weeks course at Circus Space along with 40 others, I went on trapeze, rope, silks, core stability and flexibility.

At the end of the 8 weeks we were put in for an audition for aerial and sway pol., I won't lie, I freaked out on the sway pole, especially when it moved and spun around!

I was chosen for sway pole and went on to do two months rehearsals. It was tough. I had one day off and every day was solid and full on.

While I was rehearsing for sway pole I got an email asking me to go to a strap audition. I didn't know what it was.

I arrived with two other girls. We were doing straps hung in the air. I felt dizzy quite a bit while doing this, but had a great morning.

I didn't hear anything for months. Our manager pulled me aside while I was rehearsing at Dagenham on the sway poles and they wanted me to perform with Denis in the closing ceremonies of the Paralympics.

Being in the opening and closing ceremonies was amazing, the best experience ever, seeing the crowd and performing. It was the time of my life.

Now back to reality.

Neurological Alliance News

On Thursday 8th November, West Berkshire Neurological Alliance are holding an Open Meeting at St Joseph's Church Hall, (on the junction of the A4 and A339, Newbury). Guest speaker is Dr Elizabeth Johnson GP, Chair of the Reading Clinical Commissioning Group (CCG).

The Reading and West Berkshire CCGs will be working as a consortium with shared management. This is a chance to influence the way that services will be commissioned under the new NHS arrangements due to take over from 2013. Arrive from 1.45 for a 2 p.m. start. Light refreshments.

Over the last year or so, staff at South Central Strategic Health Authority have been drafting minimum standards for rehabilitation for cancer, neurology, stroke and other conditions. If you have any inputs to would like to make into this please contact John Holt on 01635 33582 or johnmholtbsc@aol.com

West Berkshire Neurological Alliance needs a Secretary. This is a voluntary post, organising meetings, taking minutes and responding to correspondence. Anyone with an interest in being part of an organised approach to representing the needs of people affected by a neurological condition, please contact John Holt on 01635 33582 orjohnmholtbsc@aol.com

The Royal Berks Hospital AGM will be at Madejski Stadium in the Princess Suite on Thursday 29th November, arrivals from 6 p.m. This is your opportunity to hear about what the Hospital Trust is doing and maybe influence the way things happen there.

On Saturday 8th December, Newbury & District MS Society will be holding their Xmas Party at Stockcross Village Hall. Arrive from 2. 15 p.m.

This is always a super party, with plenty to eat, carols, Santa and magic. If you are affected by MS in any way, you will be most welcome!

Berkshire County Blind Society News

Yoga: Following the success of yoga classes which have been taking place in Newbury since January, we are now looking to extend opportunities for people with sight loss to experience yoga in Thatcham. If this or shiatsu is something you could be interested in. Get in touch with Zoë or Harry on 011 8 90872803.

Pangbourne – Adventure Dolphin

We have been busy extending the programme of activities to members and have had great fun filled sessions recently.

We have enjoyed sunshine, archery, rock wall climbing and of course, boating. Activities are all fully accessible – so come on join in, have a go.

BCBS Christmas meal

We have booked Barts in Reading for a Christmas meal on the 14th Dec. This is aimed at young adults (18 – 35) ish. It will be an evening meal. Places and menu choices will need to be confirmed by the 14th Dec.



And ... We are still waiting feedback from people who went on a recent Theatre Trip to see The Tempest in Newbury (at The Watermill). This included a touch tour.

If you would like further information about audio described performances generally or have information to share, then get in touch.

West Berkshire Council Consultations



Draft Consultation Policy

The draft Consultation Policy sets out the key principles, or WBC's *commitment to consultation*.

To respond to this visit www.wbiln.com or contact Jason Teal on 01635 519102 or email jteal@westberks.gov.uk

Closing date is 7th December 2012.

Health and Well-Being Strategy

This seeks your views on what WBC's priorities for health and social care. Respond online at www.wbiln.com or email joanne.alner@berkshire.nhs.uk or phone: 0118 982 2890.

Closing date is 23rd November 2012.

Consultation documents are available in alternative formats. Do ask for these if you need them.