

Bristol Disability Equality Forum E-Bulletin October 2018



**Bristol
Disability
Equality
Forum**

News

Would you like to become a Forum Advisor?

It's that time of year again when we are planning our Annual General Meeting (AGM). Before our AGM we need members to stand as an Advisor in our next elections. Advisors are the people members elect to our management committee (now called a trustee board). Sadly, we have lots of spare places as a few of our Advisors experienced poor health and/or worsened impairments over the past year.

This is an exciting time to become an Advisor as we are moving into a new phase with lots of opportunity to re-think what we do and develop new work. So, if you are interested in becoming an Advisor, please contact the Forum and we will send you the relevant nomination paperwork and role description.

For more information visit: <http://bristoldef.org.uk/4244-2/>

Please note: deadline for nominations is **Thursday 1 November**.

UKDHM 2018 – Call out for volunteers!

This year, UK Disability History Month will focus on disability and music. To celebrate, The Forum are putting on a free event at the M Shed in Bristol on **Saturday 24th November, 12pm – 4pm**.



We are looking for volunteers who would like to be involved in the event. So, if you are a Disabled musician or singer interested in performing or would like to give a talk or run a workshop about disability and music, please get in touch!

Nominations wanted for Rowen Jade Award 2018

We are looking for nominations for the Rowen Jade Award 2018. This award is given annually to a Disabled person who lives in or near Bristol who has campaigned for the rights of Disabled people, or who has, by example, shown how Disabled people can play an active role in society.



To nominate someone for this award, please contact the Forum with the name of your nominee, a seconder and some information on what the person being nominated has done. We look forward to receiving your nominations by **Thursday 8 November**.

For more information visit: <https://bit.ly/2PoupJY>

New research shows detrimental effects of benefit sanctions

Researchers at the University of Essex have been exploring Disabled People's experience of being placed in the ESA's Work Related Activity Group (WRAG) after a Work Capability Assessment. They have published their findings this month.

The research team found all participants experienced significantly detrimental effects on their mental health.

You can download the report here: <https://bit.ly/2Jfu5rx>

Make music in Bristol – Platform returns

Drake Music are inviting people to join a new group which will support participants to collaborate, create, rehearse and perform music using assistive music technology and traditional instruments.

The sessions will take place at Barton Hill Settlement and will be accessible and group-led.

For more information go to: <https://bit.ly/2yZSjBC>

Dates for the Diary...

Behind the scenes for Deaf visitors: Natural Wonders

Take a peek at Bristol Museum and Art Gallery's amazing natural history collections with their senior curator for Natural History, Isla Gladstone.

Bristol Museum & Art Gallery looks after approximately 650,000 specimens from a man-eating tiger and extinct birds to Bristol's rarest plants and pickled fish!

The tour is British Sign Language interpreted.

The tour is free, but you need to book in advance to guarantee a place. More info at: <https://bit.ly/2gV2Mpn>

Hidden Impairments Group

Date: Tuesday 6 November

Time: 3.30pm – 5.30pm

Venue: St Pauls Learning Centre, BS2 8XJ



Our group is open to anyone with a hidden impairment or disability, who lives with chronic illness, mental distress, is an autistic or neuro-divergent person or does not 'look Disabled.'

At the Hidden Impairments Group meeting we can socialise, share experiences, ideas and information, and look for practical ways that we can improve access to services, employment opportunities etc. for people with hidden impairments.

Contact the Forum to book your place or register through Eventbrite at: <https://bit.ly/2PT8Oq5>

May

Date: Tuesday 13 November

Time: 7:30pm – 9pm

Venue: Trinity Centre, BS2 ONW

Writer, performer and disability arts activist Phoebe Kemp's solo show, based on the life of 'the cripple suffragette' May Billingham.

As well as exploring the constricts facing women alongside their role as wives and mothers, 'May' also journeys into the unspoken nature of LGBTQI individuals, sexual repression and the restricted lives of Disabled people.

Tickets £12.50 / £10.50 (concessions), to book go to:

<https://my.3ca.org.uk/may/>

Do You Want to Write for This e-bulletin?

Are there changes being made where you live that you think others should know about? Do you have any news or views that other members may like to hear about? This is your e-bulletin so please get us by email, phone or post with your ideas.

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