



News...

The Forum are looking for new Trustees!

We are looking for new Trustees to join the Forum!

This is an exciting time to become a Trustee as we are moving into a new phase with lots of opportunity to re-think what we do and develop new work. While we welcome applications from all people who identify as Disabled, we are particularly keen to recruit people with an interest or experience in one (or more) of the following:



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- Fundraising
- Marketing
- HR
- Book-keeping
- Recruiting Forum members
- Campaigning

Our Trustees currently meet every 4- 6 weeks at St Pauls Learning Centre in Bristol however additional time may be required for attendance at other events and other specific work/projects.

If you are interested in becoming a Forum Trustee we would love to hear from you! Please contact us by email bristoldef@gmail.com or call the office on **0117 914 0528**

The Forum Delivers Session on Impact of Brexit on Disabled people

Recently, The Forum was asked to deliver a session on the potential impact of Brexit (especially a 'no deal' one) on Disabled people to University of Bristol students undertaking a Masters degree in Disability Studies. Students were shocked to realise just how many problems Disabled people may face, and amazed that it hasn't been mentioned in any of the news coverage.



Disabled Women's Access to Healthcare Survey

Access to healthcare is for everyone, but disabled women are being excluded from important health screenings because their local surgery doesn't have a hoist.

Muscular Dystrophy UK are trying to identify the existing barriers wheelchair users face when trying to access health services such as these. They are particularly interested in gathering evidence from anyone who cannot transfer out of their wheelchair without a hoist.

You can find out more and take part in the survey here:

<https://www.surveymonkey.co.uk/r/N3B9FHF>

New Research Uncovers 'Hidden Barriers' Faced by Disabled Artists

New research commissioned by Attitude is Everything has uncovered a number of "hidden" barriers facing Deaf and disabled artists and musicians.

Drawn from results of a nationwide online survey, launched as part of the charity's Next Stage initiative, supported by Arts Council England, the research indicates that "individuals with access requirements or long-term health conditions are facing a number of career-damaging obstacles".

You can read the full article here: <http://bit.ly/2JDfDfi>

Dates for the Diary

Disabled and Older People Making Change Happen in Bristol

Making Change Happen is the Forum's new peer support project. It is run by and for Disabled people, older people and people living with mental or physical health difficulties.

We are holding some drop-ins across Bristol in May. Please join us to meet new people, have a say about the issues that matter to you and talk about how to make change happen in your area of Bristol.

North Bristol: Friday 17 May, 11:00am – 1:00pm, at [The Hub Lockleaze](#)

South Bristol: Friday 24 May, 10:30 am – 12:30 pm, at [The Gatehouse Centre Café](#),

Central & West Bristol: Wednesday 29 May, 10:30 am – 12:30 pm, at [The Watershed Café](#), (Harbourside)

Please contact mike.bristoldef@gmail.com for more information or call **0117 914 0528**



**Making
Change
Happen**



funded through  

Louder is not Always Clearer

Wed 15 May, 8:00pm, at The Weston Studio, £12

Jonny is a teacher, a workshop leader and an avid football fan. He's just become a father. His friends say that he's outgoing and that he loves music, festivals and nightclubs. Jonny is deaf. He was born deaf to hearing parents who were afraid that disability would stigmatise their son and the family.

Louder Is Not Always Clearer is an honest portrayal of the vulnerability of a deaf man, created and performed by a deaf man. Book tickets here:

<http://bit.ly/2Ysb3EO>

Mental Health Awareness Week 2019

13 – 19 May, Bristol

Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place from 13-19 May 2019. The theme this year is Body Image – how we think and feel about our bodies.



Let's Talk About Body Image (15 May, 3:45-5:15pm)

Off the Record, supported by Community Access Support Service, invite community members and Bristol residents to join them to discuss body image and how we think and feel about our bodies.

Share your views, perspectives and solutions, and find local services that can support a positive body image and emotional wellbeing.

Book your free place here: <http://bit.ly/2JEQVeq>

Illustrate (15 May, 6pm)

Focusing on this year's Mental Health Awareness theme: Body Image, Illustrate are hosting an exclusive exhibition, *We are One of A Kind*. Additionally, there will be a panel discussion, talks and a Q&A on "finding peace around food, weight and body image", and afterwards guests will be invited to mingle and experience free massages, drinks and cakes.

Find out more and book your place here: <http://bit.ly/2HmCHMG>

Bristol Walk Fest 2019: How 'Walkable' is Bristol?

Wednesday 29 May, 7:00-8:30pm, Watershed

During Bristol Walkfest 2019 (www.bristolwalkfest.com), the 'walkability' of several neighbourhoods will be considered

The Bristol walks to assess walkability include: routes to school in Easton; walking routes to Broadwalk Shopping Centre; walking around Westbury-on-Trym village. Come and join them to find out the results.

Find out more and book your free place here: <http://bit.ly/2LRA7n4>

Conference on UK Disability and International Development and Cooperation

Saturday 1 June, 11am – 4pm, Student Central, University of London Union

A one-day conference to discuss the new DfID Disability Inclusion Strategy and develop strategies for international cooperation and development.

This conference is for Deaf and Disabled People and representatives of Deaf and Disabled People's Organisations (DDPOs).

Participation is free and expenses will be covered by DfID/ROFA. Travel and accommodation costs for people travelling from outside London will be considered.

Book your place here: <http://bit.ly/2WDLlwl>

Volunteers needed!

The Forum is looking for volunteers to work with us. We have lots of roles available but we also welcome your ideas about what you could do.

We would also like to hear member's ideas about what we should be focusing on and what is most important to Disabled people in Bristol.



If you have time to spare, please contact us!

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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