

# Bristol Disability Equality Forum

## E-Bulletin March



## News

### Marching our way through the year

The time passes by quickly when you're busy – well at least this is the case with the Forum!

Our workload is still increasing in all sorts of exciting ways and, as our work increases, we need more trustees to help with the demand we have.

Currently our work involves peer support and information (called Making Change Happen), various different pieces access advice work (for different buildings, transport and homes) a history of the Disabled people's movement in Bristol (called Forging Our Future) and a project providing accessible walks for Disabled people (Stroll and Roll). We are also looking to set up a podcast project.

If any of this sounds like something you'd be interested in, get in touch!

We welcome applications from all people who identify as Deaf or Disabled, who live, work or study in the wider Bristol area and we are able to be flexible in enabling you to be involved e.g. by offering the option of attending meetings virtually (using Skype), if you are unable to be physically present, and by meeting most access needs. We also pay expenses for those on low incomes.

A recruitment poster for trustees. It features the Bristol Disability Equality Forum logo in the top left corner. The main heading is 'WE'RE LOOKING FOR TRUSTEES' in bold green text. Below this, there are several paragraphs of text in black, explaining the Forum's needs and the types of roles they are looking for. At the bottom, there is a green box containing a list of roles: Marketing, Bookkeeping, Recruiting new members, Fundraising, Online Campaigning, Podcasts, and HR. Below the list, it states 'However, this is not absolutely essential' and provides more details about the meeting schedule and flexibility. The poster ends with the text 'INTERESTED? LET US KNOW!' in bold green.

**WE'RE LOOKING FOR TRUSTEES**

We are still looking for some trustees perfect for anyone who is looking for a new endeavour this year!

The Forum have exciting opportunities in the pipeline, as well as tailoring our current work and innovating fresh opportunities within the city.

We welcome applications from all people who identify as Deaf or Disabled, who live, work or study in the wider Bristol area and are particularly keen to recruit people with an interest or experience in one (or more) of the following:

Marketing	Bookkeeping	Recruiting new members
Fundraising	Online Campaigning	Podcasts
HR	Blogging or Vlogging	

However, this is not absolutely essential

Our Trustees usually meet every 6-8 weeks at St Pauls Learning Centre in Bristol, but you will also need to occasionally be available to for attend other meetings, events or specific work/projects. We offer flexibility of ways to be involved (e.g. via skype) and pay for expenses of those who have low income.

**INTERESTED? LET US KNOW!**

[Facebook](#)

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[BDEF Website](#)

## Full steam ahead for Forging our Future project

Forging our Future's Research group has been set up and will have its first meeting on 28<sup>th</sup> March, followed by Research and Interviewing Skills workshops in the coming months.

We are also finalising our list of key members of the 1970s-2000s Disability Movement in Bristol that the Research group will be interviewing, once their training has been completed.

## Stroll and Roll

Our new accessible walks for Disabled people has recruited 3 volunteers, one who has just been trained as a walk leader and two who will be going on their training soon. But, to run a range of walks, we need 3-4 more volunteers.

Interested? As well as being sociable, fun and healthy, being a Forum walk leader also provides you with walk leader training, volunteer expenses and transport (where needed).

What's not to like? Go on, welcome the Spring by sharing it with others as one of our project volunteers!

Contact Winnie on 01 179140528 or [bristoldef@gmail.com](mailto:bristoldef@gmail.com)

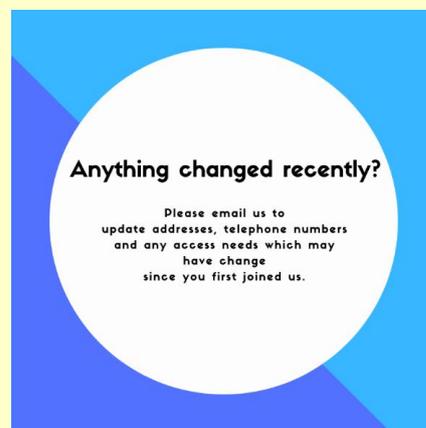


## Database Update

We have noticed that quite a few of you have not let us know that some, or all, of your contact information has changed. Without your latest contact details, we will struggle to get your members'

voice listened to by those making decisions about major changes in the city.

Please email [bristoldef@gmail.com](mailto:bristoldef@gmail.com) with your current address, telephone numbers and email address. Also, tell us about any access needs which may have changed since you first joined us.



## **Reference group of Disabled People for Sustrans**

Bristol Disability Equality Forum to bring a panel of Disabled people together to advise on the design of a walkway.

Would you like to attend a meeting on 23rd March, to give your views on the accessibility of some ideas for improving a shared path? It's a cycle path that's shared with pedestrians, not a pavement shared with cyclists. I.E. it's not a situation where we will discuss the route being for pedestrians only. Your food and travel expenses will be paid for.

The meeting will take place on the Monday 23rd March at St Pauls Learning Centre (Art Room 1 on the floor 2) from 1:30-4:30.

Please let us know if you are interested/available to attend. And please share with your friends and the people you work with.

## Disabled and Older People Making Change Happen in Bristol

**Our** Making Change Happen **project** has had a busy few months, with Dan attending meetings and speaking about the project – making new connections and welcoming new members along the way.

Our most popular points of conversation this month was accessibility to entertainment venues such as the O2 Academy and Hippadrome for wheelchair users. We also discussed how Disabled people have to plan ahead for almost everything in life **because** our environment **puts so many access barriers in our way, often preventing doing** spontaneous things **others take for granted**

One common theme running throughout all the groups, is that people who have impairments can build/be a part of a strong community and help people expand their horizons.

Interesting, wouldn't you agree? If you are a Deaf, Disabled or older person and would like to:

- meet other others,
- have a FREE cuppa, and
- find out what's going on and what we can do about it,

**Come** along to the next Making Change Happen meet up. They're a friendly lot!

We do like to hear what we get right, as well as what we get wrong, so do let us know **both**.

### Upcoming Dates

**Friday 20<sup>th</sup> March at 11:00am – 1:00pm The Hub, Lockleaze BS7 9FB**

**Friday 27<sup>th</sup> March at 10:30 – 12:30pm Gatehouse Centre Café BS13 9JN**

Thursday 2<sup>nd</sup> April 11:30-1:30pm The Beehive Centre, Strefford Road, BS5

Monday 6<sup>th</sup> April at 11:00am-1:00pm St Pauls Learning Centre Café, St Pauls, BS2 8XJ

To find out more please get in touch:

Call: Tel. 0117 914 0528 or email: [mch.bristoldef@gmail.com](mailto:mch.bristoldef@gmail.com)

[Facebook](#)

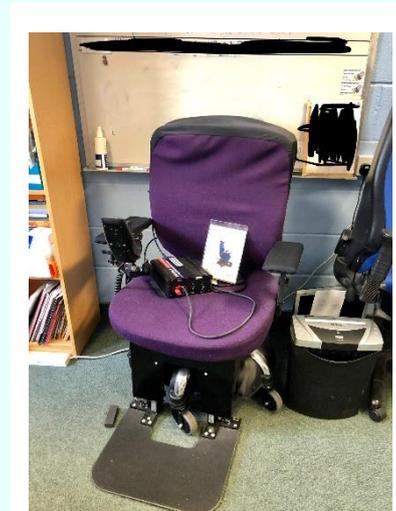
[Twitter](#)

[Instagram](#)

## **eMove5-LC motorised office chair for Disabled Person – LAST CHANCE OR IT GOES TO LANDFILL**

This motorised office chair has yet to be claimed and is sadly collecting dust.

It will need new batteries (which can be easily replaced) but apart from that it is in incredibly good condition and will definitely improve someone's life for years to come. The chair is suitable for the larger person, as well as the lighter person, with the chair dimensions being 660mm wide x 820mm long and adjustable between 1100mm-1410mm in height



We are asking for £300 (or nearest offer) which is only a fraction of the price for a brand new model of this chair (a staggering £3,750.00). Any money we get from selling it will go towards running our peer support project when the current funding ends this August.

Interested? Then please email [bristoldef@gmail.com](mailto:bristoldef@gmail.com)

## Corona Virus Prevention – What you can do

Corona Virus has been all over the news with hundreds of confirmed cases in the UK. The World Health Organisation have published their advice to help prevent the spread of this virus.

- Wash your hands regularly and thoroughly.
- Keep a safe distance from anybody coughing or sneezing (at least 1 metre / 3 feet).
- Minimise touching your face.
- Sneeze and cough into your elbow or a tissue, throwing it away straight afterwards.
- Check the news or internet for updates, regularly.
- If you have symptoms, stay at home and call your doctor or the NHS helpline on 111 - don't go to your doctor's surgery.



## Future Parks – Have your say with Bristol's green areas.

The Council want to work with communities and their organisations to generate conversations, inspiration and ideas around Parks and Green Spaces.

The National Trust and the Heritage Lottery Fund have funded Bristol Future Parks to transform how parks are managed in the future.

This initiative will run for the next two years, asking a range of partners potential funders and local communities how Bristol can continue to fund, maintain and develop our parks.

Why not share your ideas – in writing, or at a public consultation at

1:00– 3.00pm Thursday, 2 April The Park Centre, Daventry Road, Knowle, Bristol BS4 1DQ

To book a place and let them know your access needs contact:  
futureparks@bristol.gov.uk



## St Werburgh's Community Centre needs you!

St Werberghs Community Centre are looking at buying new chairs, tables and audiovisual equipment for St Werburghs Centre. This new equipment is to benefit everyone at the centre & we want it to be accessible for all.

Do you have any opinions into what they could purchase to make the centre more accessible? Let them know!

<https://www.stwerburghs.org.uk/news.php>



## Dissertation Help – Accessibility in Retail

Are you between the age of 18-30?  
Could you lend your help to Lydia, a Fashion student studying the accessibility of the retail stores and how this affects those with a physical disability?

The idea is a review based app, which allows users to write and read reviews of retail stores, which specifically focus around the accessibility of the store, and everything that entails. This will mean that people can ensure that a store is accessible before arriving there preventing any embarrassment of potential bad experiences in the store. There will be compulsory features, such as whether the store has step free access or an accessible changing room.

This will provide users with an improved enjoyment of their shopping experience, aiming to reduce the difficulty faced when shopping with extra accessibility needs.

The app will have a feature in which people can sort reviews by the location of the store, specifying the city the store is in, or by the brand.

Alongside the review section, a forum feature will be added to the app which means that people can chat with others who face the same issues as themselves, and to discuss issues that they face. The idea of secret forums will mean that the user will not feel any judgement from other individuals, creating a safe environment. The format of an app has been chosen to allow for the ease of using it in the go. The app will be intended to be used before the shopping trip, on the go to check if a store is accessible, and after the shopping trip to be able to rate the shopping experience in that store, and help others in this area.



Lydia  
@\_lydiawarren

looking for physically disabled individuals aged 18-30 to share their opinions on a new business concept for my dissertation, please DM me  
[#dissertation](#) [#disability](#) [#accessibility](#)  
[#takingthedis](#)

A premium feature will be available, which will allow users to pay a small fee for additional features.

Could you please answer this survey - 

<https://forms.gle/bRq8LayFHyQuk7jM9>

Or alternatively email [N0728408@my.ntu.ac.uk](mailto:N0728408@my.ntu.ac.uk) with your answers to the following (we will then email over the data collected):

What do you like?

What would you like to add?

How much would you be willing to pay for the premium version?

What would you like to see in the premium version?

How would you see yourself using this app?

Would you use the app? Why or why not?

### **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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