disability hate crime conference

The **conference** was on 17th July at the Churchill Theatre, Bromley. Lots of organisations took part.

There were **workshops** for people to find out more about **hate crime** and **how to help people**.

Members of **Bromley Sparks** and **Bromley Speaking Up Group** teamed up with **Magpie Dance** to do a **performance**.

See pages 10 and 11 for more details.
**news**

**Goodbye Rene**: Rene supported groups in school, the Young Advisers, Bromley Sparks Young Adults and the schools reps at the Bromley Partnership Board.

We are very sad that she has left and wish her luck with her future. She is back at school **learning** to be a **teacher**.

---

**Goodbye Shanti**: Shanti has supported the Bexley Speaking Up Group since January.

**Shanti** is going back to school to support **children** and **young people** with a **disability**.

---

**Goodbye Shanti**: Shanti has supported the Bexley Speaking Up Group since January.

**Shanti** has supported the Bexley Speaking Up Group since January. She is going back to school to support **children** and **young people** with a **disability**.

---

**Welcome to Will and Carol**, the new **Young Advisers** supporters.

**Will** also supports the Bromley Sparks Lads Group and is the Young People's Advocate at Advocacy for All.

**Carol** joined the Young Advisers in September.

---

**Annie** from Bromley Sparks is celebrating winning lots of medals at the **Special Olympics**. Annie won 3 silver medals and 2 bronze medals in **rhythmic gymnastics**.

---

**Bromley Mencap** have awarded **Gordon** from Bromley Sparks an **Ann Kean achievement award**. Gordon won the award for always being at the **keep fit** sessions and keeping up with the exercises.

---

**Bromley Mencap** have awarded **Gordon** from Bromley Sparks an **Ann Kean achievement award**. Gordon won the award for always being at the **keep fit** sessions and keeping up with the exercises.

---

**Annie** from Bromley Sparks is celebrating winning lots of medals at the **Special Olympics**. Annie won 3 silver medals and 2 bronze medals in **rhythmic gymnastics**.

---

**Bromley Mencap** have awarded **Gordon** from Bromley Sparks an **Ann Kean achievement award**. Gordon won the award for always being at the **keep fit** sessions and keeping up with the exercises.

---

**Bromley Mencap** have awarded **Gordon** from Bromley Sparks an **Ann Kean achievement award**. Gordon won the award for always being at the **keep fit** sessions and keeping up with the exercises.

---

**Bromley Mencap** have awarded **Gordon** from Bromley Sparks an **Ann Kean achievement award**. Gordon won the award for always being at the **keep fit** sessions and keeping up with the exercises.
In August, our meeting was about being independent. We said it means:

- doing things **for yourself**
- speaking up for yourself if you need help

We talked about what holds you back:

- when people say, “You can’t do that!”
- when people call you names like “spastic”

What can **help**?

- If you don’t speak up, nothing gets done
- Get the right person to help you

Remember, **you are the boss of your life!**
workshops

In **July** we had a workshop about **healthy relationships**.

**Paul** and **Sarah** from the Bromley Sparks **Young Adults** group talked about **dating, keeping healthy** and **family planning**.

The workshop was **easy to understand, interesting** and had lots of **useful information**.

Paul and Sarah were **very good**. We would **recommend** this workshop for **other people**!
mate crime and hate crime in Bexley

We have been learning about hate crime and mate crime. We have been doing role plays. We have talked about how to report a hate or mate crime and how to keep safe.

We have made an Easy Read Guide for the Police. It is about how the police can work well with people with a learning difficulty.

We met with Chief Inspector Ian Broadbridge in September. We did role play with him to learn about how to report a crime to the police.

written by the Bexley Speaking Up Group
Library Services across Bexley and Bromley

We did some mystery visits to libraries in Bexley and Bromley. We wrote a report and we sent it to the library service. The Head of the Library Service contacted us about what we said in our report. Geoff and Yaninka went for a meeting. We went through the report and explained what we thought could be better.

Bexley Libraries have now updated their opening time leaflets to be in easy read. There is one for each library in Bexley.

We will be training the staff in libraries in Bexley and Bromley to know how to help people with learning difficulty, Autism and Asperger’s when using the library.

We hope we will get a better service and support when we use our local library. We want to help more people to use their local library.

We will let you know when we have done the training. Please let us know your experiences in your local library.

written by the Speaking Up Together Team
A member of the Speaking Up Groups in Kent shares his personal experience of hate crime.

I was bullied at school from when I was 15 to 18 years old. It happened in a place where I should have been safe.

It all started at a boot fair. I was with some friends from school. The guy that hurt me was there with his brothers. He started picking on me and I stood up to him and shouted back. I got punched 4 times in the eye and I could not see for a week. The police were called and he was given a caution and not allowed to come to school for a while.

I thought the teachers would protect me but they did not seem to care. My parents talked to the teachers but nothing changed.

Over the next 2 years he called me retard and spastic. He hit me and I hit him back. He hit me with a shovel. With his gang he chased me, I nearly got run over. I was very depressed and felt in fear all the time.

One day he tried to attack me with a pair of scissors. Finally the police did something but when it went to court he only got community service.

I’m now at college but I do not trust people. I still get depressed and angry. This should not have happened but it did.
If there was not an Equalities Group every 2 months we would not find out any issues from the hospitals.

- It is a good opportunity to **work together**
- It is a good opportunity to **talk about things**
- It is good to have **joint meetings** with the **hospitals**
- We hear about hospitals in **other areas** and share ideas and **good practice**

We have talked about

- **black books** not being taken into hospital
- We talk about any **problems**
- The **training** plans
- **Strategies**

They might not get talked about anywhere else and we get to put forward lots of different view points.
Winterbourne is kept on the agenda it is so important that this does not happen again or is stopped.

We made a DVD of the Princess Royal University Hospital to help people know where to go.

If the group stopped we would lose all the good work we have done. We have:

- promoted the importance of easy read
- done a training strategy: it is important for hospital staff working with people with a learning difficulty/disability to have good training
- hospital menus being more accessible for everyone
- we did some information leaflets
- we talk about strategies

Also we would not know about events if we did not meet up at the group.

written by Gillian
Disability Hate Crime Conference

James Cleverly could not be there so I stood in for him. I had to read his words.

Here are a few of them:

“It is sad to know that people with a learning difficulty are more likely to be a victim of hate crime but are often the least likely to report it.

I am pleased that training will be given to police.

I hope we can make the lives of those with disabilities much easier in the future.

written by Teresa

Members from Bromley Sparks, Bromley Speaking Up group and Magpie Dance teamed up to do the performance. We worked really hard to show people how hate crime can make you feel.

It was a big success. Alison from Community Links said, “That was totally amazing! I cried my eyes out!”

A DVD is being made so we can train the police and go into schools.
if a **hate crime** happens to you on the **bus**, you should **report it quickly**

if you do not have your freedom pass, you can ask the driver for a **999 ticket**. This will show the bus details

tell the police **which bus** you were on and **what time**

if you cannot remember, tell them the **number** on your **freedom pass** and they will be able to find out where you were

the police can **catch people** using travel card records and CCTV

it is best to tell them within **7 days**

if the **same people** keep bothering you in the same place, **tell the police**. They can find a way to help you

if you need **help** to report a crime, ask your **supporter, advocate or carer**
Bexley Partnership Board

On 4th July Emma Barnes from the Bexley Speaking Up Group went to the Partnership Board meeting.

Emma is now the rep for the Bexley Speaking Up Group.

It was good to meet everyone on the Partnership Board. I asked questions and had good discussions with people there.

written by Emma

healthy lifestyles group

In July members from Bromley Speaking Up Group and Bromley Sparks went to College Green for a picnic and to learn how to play boules.

In August we did keep fit with Louise. We warmed up with stretches and running round the room.

We learnt some new dances to Queen and ABBA which was fun. We had different coloured pom poms. Linda said “I’ve never danced with pom poms before, it was brilliant.”

written by Teresa
short breaks review

We were given the short breaks review by Bromley Council to read and give our opinion.

Short breaks is now used instead of respite services.

The short breaks review is a report about the support given to young people in the Bromley borough.

When we read the report we were really concerned about how young people are going to be kept safe.

The council were concerned about what was said and Hilary Rogers, a Commissioner, came in and talked to us about what the borough does to keep young people safe.

At the meeting it was agreed that changes would be made to make things better for young people:

- making the interviews more challenging
- having young people on the interview panel
- letting young people know how the borough keeps them safe

written by the Young Advisers
Books Beyond Words

I went to the Palace of Westminster with a group of people from other groups to look at a new book about domestic abuse.

We looked at the pictures and followed the story. We gave names to the people in the story it made it easier.

There will be a meeting in November with the Bromley Sparks ladies group. We will look at some of the pictures that will be used in the book. Get in touch with Bromley Sparks if you would like to help.

written by Gillian

first aid

St John’s Ambulance showed us how to use bandages on our hands and legs.

In an emergency:

- shout help as loud as you can
- if you ring 999 do not put the phone down until you are told to

written by Teresa, Gillian, Laura
training GP’s in Bromley

We were invited to the Princess Royal University Hospital to tell GPs what it is like when we go to see the GP.

Laura told the GPs that they should talk to the person and not to the carer.

We showed a film Laura made with Maz about the bad things about GPs. GPs do not always listen and sometimes GP receptionists can be rude.

It is important for GPs not to talk too fast; to listen and to keep it simple so we can understand.

Gillian was there too. She ran a stand about Bromley Sparks and helped to do run a quiz.

written by Laura and Gillian

Legal Services

The University of Bristol visited us to find out our experiences using legal services like a solicitor.

They have written a report to show what they found out. Services need to be more accessible for people.

Radio 4 talked about the research. Linda Allchorne was on the show. She talked about her own experiences.

written by Laura and Gillian
getting information

It is not easy to get information in easy read and make appointments on the phone. Phone books are not easy to use.

When you phone companies it can take ages to get through and it costs a lot of money. You wait so long, listening to music that when they answer you forget what you were going to ask!

All these things need to be made easier for people with a learning difficulty.

written by Linda

money, money, money

Stephen from Halifax came to talk to us about money. We talked about all of the different bank accounts like saving, bills and being overdrawn. Lots of members use different banks.

Lots of members do not like to use cashpoints because if you are out on the street people can see your pin number or steal your money.

None of our members use internet banking.

The only bank that opens on a Sunday is Metrobank.

written by Gillian, Laura and Linda
raising money for Bromley Sparks
Cathie's swim

Cathie’s one mile swim in London Docklands was on Saturday 31 August 2013.

Lots of people took part but we still spotted Cathie.

We were very happy Cathie did the swim for us.

We do not know how much yet but we think it will be at least £900. Thanks Cathie from all of us.

written by Linda

---

Mayors civic reception

Geoff and George went to the Mayors Civic reception for volunteers.

Geoff volunteers to organise the weekly tennis group for Go 4 It. George volunteers to organise the monthly bowling sessions and the socials for Bromley Sparks members.

The mayor did a speech and then there was a lady singing. There was a food buffet which was nice and free drinks! It was nice to go but we would prefer if there were more people we knew to talk to.

written by Geoff
Young Adults

Beautiful Octopus Club

With one of our Jack Petchey awards we spent the money to going to the Beautiful Octopus Club.

The club is run by people for with a learning difficulty and was at the Royal Festival Hall.

We travelled up by train and when we got there we had something to eat.

There was different areas including a music lab. In the lab you put on headphones and make your own music. There was an arts and crafts area to make a microphone out of paper.

There was a quiet area for people to chill out and relax and get away from any noises. You could get a massage and there was a dance floor too.

Lots if the members said that they will go again.

Jack Petchey awards evening at the Civic Centre

receiving our awards from Danny Crates, a gold medal paralympian
The easy read cookbook that was put together by the Young Adults group is finished. We launched it at the healthy lifestyle group. Members from Bromley Sparks, Bromley Speaking Up Group and the Bexley Speaking Up Group all came.

The Young Adults explained the cookbook, talked about how it is colour coded and there is a shopping list for each recipe. Geoff did a quiz to find out what members knew about cooking safely.

2 young Adults did a cooking demonstration. They showed us how to make vegetable curry. They also made a chicken stew. We got to taste them, they were yummy!

The easy read cookbook is for sale to everyone:

- £2.50 for members
- £5 for non members

You can also buy laminated recipe sheets:

- £2.50 for members
- £5 for non members

You can also buy our Staying Healthy DVD for £3.
Bromley Sparks fundraising

Bromley Sparks has a **fundraising team** to raise money to keep our office.

- we have stalls at **fetes**
- we go **carol singing** at Christmas
- we hold a monthly **raffle**
- we have fundraising **concerts and dances**

**we need your help**

**we need**

- **volunteers** to help at these events
- **donations** for raffles
- **bottles** for tombolas

Our next event is **9th November** at St George’s Beckenham.

Phone the **fundraising** team at Bromley Sparks.

Advocacy for All     020 8300 9666
Bromley Sparks     020 8315 2508
Easy Read Group    020 8315 2508
Kent office        01233 668518