LD Connecting Newsletter

June 2012

Connecting people with learning disabilities across Cornwall
Hi everyone,

In June’s edition of LD Connecting we have articles featuring the Olympic torch, including an Olympic torch bearer from Lowena, as well as news from around Cornwall and exciting events to help you plan your LD Awareness Week! Let’s hope the sun shines!

If you have any news or events you’d like to tell people about, email them to ldnetwork@cornwall.gov.uk.

Press the ‘Ctrl’ button on your keyboard and click on the links to go straight to these pages:

- News from around the UK
- News from across Cornwall
- West Cornwall
- Mid-Cornwall
- East Cornwall
- Website of the month

If you want to read old issues of LD Connecting, log on to:

www.cornwall.gov.uk/connecting.
News from across Cornwall

LD Awareness Week Schedule of Events

Learning Disability Awareness Week
18 – 22 June 2012

What’s on in Cornwall?

Living life to the full, and staying healthy!
Monday 18th June 2012

Interview on St Austell Bay Radio

Service users and staff from Blantyre will do a radio interview to promote Blantyre and Learning Disability week

Time
9.30am

http://www.rsab.org/ or 105.6FM

Get together
Studio 61 Truro

5pm – 7pm

Drinks and nibbles before the Hall for Cornwall show

Donations welcome!

More information from Ginnie McReady
Tel 07814 490558
CHARITY FUNDRAISER
LEARNING DISABILITY AWARENESS WEEK EVENT

START THE WEEK WITH A BANG
MONDAY 18TH JUNE 2012

A VARIETY NIGHT OF MUSIC, SONG & DANCE

The Wurzels
South West’s Favourite

3 Daft Monkeys

Compered by
Kernow King

Supported by:
Cahooty
St Stythians Band
Truro School
Samba Band
The Choughs
Shallal Dance
TJ & Alannah

Shadow Move In Pairs
Dance Confidence Cornwall

In aid of:

Tickets £12.50 - £15

To buy tickets:
online www.hallforcornwall.co.uk
by phone on 01872 262466
in person at HFC Box Office
open Mon-Sat 9am-5pm

MONDAY 18TH JUNE 2012
FROM 7:30PM
Hall for Cornwall, Back Quay, Truro
Cornwall TR1 2LL
Tuesday 19th June 2012

Coffee Morning at Wadebridge Town Hall

10.00 am – 2.00 pm
Entry is free
Arts, crafts, music and jewellery and lots more
Home Farm Trust
Tel 01208 815614

Swimming Gala at Murdoch and Trevithick Centre

11.00 am – 1.00 pm
Entry is free
Fun and fitness in the pool!
Mary Trevail
Tel 01209 218139
Zumba Dance Session
Chy-an-Bobel
Heartlands Pool
TR15 3QY

10:30 am – 12:00 pm

Entry is free

Wake up and wiggle Zumba!

Jeni Hawke
Tel 01726 72668
Wednesday 20th June

Proud to be running for the 5th Year!

BLUE LIGHT DAY
‘Building A Safer Cornwall Together’

On Wednesday 20th June At Kingsley Village

Feel free to drop in any time between:

10.30am and 2.30pm

Drinks will be provided. Bring a packed lunch!

Come along for a chance to meet your local Police, Fire, Ambulance, Red Cross and Lifeboat Services.
Think Sensory
Sensory Clinic
Zero Gravity Academy
Parkway Industrial Estate
Saltash
PL12 6LF

10.00am - 12.30pm

Entry is free!

Come and try some of the equipment - Please wear comfy clothes and socks

Sensory Clinic
Tel 01752 842517
Thursday 21st June

Work in Progress: The Launch!
Eden Project
Bodelva
PL24 2SG

10.00 am – 3.00 pm

Entry is free, but please book a place

A National Inclusive Research Project looking at how supported employment works best for people with learning disabilities

Suzy Tucker
Tel 07704 204563

‘Meet and Greet’ open day at Priory Day Centre

12.00 pm – 2.00pm

Entry is Free

Come and enjoy the centre, and have the chance to discuss any suggestions you may have

Priory Day Centre
Tel 01208 73623
Friday 22\textsuperscript{nd} June

Big Beach Day +
Cornwall LD Surfing
Championship

Fistral Beach Newquay

The day starts at 10.00 am

Entry is Free

Beach games and surfing

Joe Taylor
Tel 01872 261301
Saturday 23rd June

Summer Fair – Friends of Murdoch and Trevithick

The day starts at 2.00 pm

Entry is Free

Murdoch and Trevithick
Tel 01209 218139
Lowena’s Olympic Torch Bearer

Trevelyan Magor, known as ‘Trells’, got to carry the Olympic Torch on the first day of the Torch Relay. He carried the torch past the front of his old school, Nancealverne, near Penzance.
He was cheered on by his former teachers at the school, friends from Lowena Short Breaks and Truro College, Riding for the Disabled Association (RDA) and Space play scheme helpers.

Trells lives in Porthleven with his family and has a personal budget which helps him be part of his community. He has a paper round, and works as a volunteer at Boscawen park, and Crenver Grove. He also enjoys carriage driving with RDA, and sailing with Sailability.
News from Studio 61

On 7 – 27 April, Studio 61 held an exhibition for the Shallal Dance Theatre company. The exhibition included sculpture, photography and paintings and work was displayed by Eddie Callis, Zoe Wilton, Toby Bridge and Andy Carter. The exhibition was a great success and much of the work was sold.

Rita Shim, a textile artist, has been holding evening sessions at the studio and teaching felting. Rita plans to teach other techniques such as Shimuru dying and block printing on fabric.

The artists enjoyed the Easter Week, getting inspiration from exhibitions around the city.
The studio has also been working with Wadebridge School. Last year they were able to hold workshops at the school and the students then spent some time at the studio in return. The studio plans to do this again in September when the work will be displayed in an exhibition to the public.

The studio will be providing pre-theatre refreshments before the performance at the Hall for Cornwall on Monday 18\textsuperscript{th} June between 5.00pm – 7.00pm and everyone is welcome to go in and have a look around.

Between 5 November and 21 December there is going to be an exhibition of work by people who go to the studio, which will include techniques such as silk painting, ceramics and felting. Why not go and see?
Boscawen Farm’s new arrivals

This spring, Boscawen Farm has welcomed lots of new animals to the farm. They have seen the arrival of 56 lambs, five calves, six friendly kune kune pigs, one kune kune piglet and even more guinea pigs!

The farm is raising money with some sponsored walks to build a small animal care room, so people can learn how to look after rabbits, guinea pigs and other small animals.

If you would like to be involved in this project please contact the farm on 01872 560530 and speak to a member of staff.
As well as new animals, they also have a new barn which they are planning to use for a barn dance when it is empty in the summer.

Groups have been out and about and going to places such as Tehidy to pick up litter, to the market to sell the lambs and they visited a farm with robot milking machines which was very interesting to see.

Groups have been busy with craft activities including sewing, wood turning and making pottery.

The farm has lots of exciting activities coming up this year, including an Open Farm Sunday on 17th June from 11.00am – 3.00pm. Everyone is welcome to go along and learn about farming and foods.

For more details about the farm, or to arrange a taster day, please contact Wendy Swain or Wendy Wilkinson on 01872 560530 or email wendy.swain@roc-uk.org.
Shallal Dance Theatre Summer Performances

The Shallal Dance Theatre company is going to be performing at three historic Cornish doorways during Summer 2012.

If you would like to see the theatre perform, the remaining shows are taking place on:

- Friday 6th July at Mousehole Sea Salts and Sail Day
- Saturday 7th July at Godolphin House

Performances on the days are going to be at 12.00pm, 2.00pm and 4.00pm. Why not go along and see the shows that have been described as being “an absolute joy to watch, completely uplifting” and “truly life-enhancing and wonderful”.

For more information, email admin@shallal.org.uk or visit their website at www.shallal.org.uk.
Healthwatch Events

The Health and Wellbeing Board organised three events to find out how the public feel about the new Healthwatch model and to get people involved in the development of the Health and Wellbeing Strategy.

If you would like to attend the last of the events, it will be held on:

- **Tuesday 26th June 2012** from 9.30am – 12.30pm at The Parkhouse Centre, Ergue-Gaberic Way, Bude, EX23 8LD.

Lunch will be provided. To book your place, either email healthwatchconsultation@cornwall.gov.uk or phone 01872 324477 to say which event would suit you or if you have any special requirements or dietary needs.
Free workshops for parents

West Cornwall National Autistic Society has received funding to run a series of free workshops for parents.

Topics covered within the workshops include Managing Anger, First Steps, Sensory Needs, Supporting Siblings and Teen Life.

The remaining sessions will take place in Truro on various dates in June.

For full details or to book a place on a course, please visit www.naswestcornwall.co.uk.
Travel Training
delivered by

Free for people in Cornwall with learning disabilities!

Come along and learn how to use public transport, including buses and trains safely.

Gain new skills, confidence and freedom on this useful and exciting course!

Please call Kate Spenceley for more information, or to book a place:

07595 642606
The Shallal Dance Theatre has started ‘Improvisation and Performance’ sessions to be held every Thursday between 7.00pm – 8.30pm until 19 July 2012.

The theatre creates a no-pressure environment in which they recognise and respect every person’s talent and inspire people to give their best.

The sessions are being held at Studio J, The Performance Centre, Tremough Campus, Penryn. Students are free, adults are £4.00 and under 18s are £2.50.

For more information, please visit their website at www.shallal.org.uk.
Free Surfing Course

The Wave Project is launching a free surfing course for 20 young people from Cornwall who are under the age of 18 with mental health needs.

Young people taking part in the course must have been referred by schools, local charities or by someone who works in mental health services.

The course started on Tuesday June 5th and will run every Tuesday and Thursday for 6 weeks at Fistral Beach in Newquay. You will receive one to one tuition from qualified instructors and trained volunteers.

If you know anyone who is interested in this fun opportunity, please contact Joe Taylor at The Wave Project on 01872 261301 or 07584 124873 or visit the website at www.waveproject.co.uk.
Pathways to Apprenticeship

Volunteer Cornwall is offering placements to 16 – 19 year olds who would like to gain more skills and experience of work or take on a new challenge.

The programme will run for 8 – 12 weeks and help with transport costs may be available if needed, as well as the chance of receiving £20 per week in some cases.

For more information, please contact Steve Roberts on 01872 266990 or 07968 706112 or by emailing StephenR@volunteercornwall.org.uk. You can also look at the website at www.volunteercornwall.org.uk or on Facebook at www.facebook.com/volunteercornwall.
The Healthy Weight Programme

The Healthy Weight Programme is starting free courses to help you improve your lifestyle through diet, exercise and weight loss.

As well as fun and friendly exercise sessions, the programme also offers healthy cookery courses and tips to help you to lose weight.

For full details, including course dates and contact details, please see pages 27 and 28.

For more information about the Healthy Weight Programme, please visit www.weightmatters.org.uk.
The Healthy Weight Programme

Weight Matters

Would you benefit from a healthier, more balanced diet, being more physically active or controlling your weight?

Do you suffer with type 2 diabetes, high cholesterol, high blood pressure or other weight related issues?

If so, The Healthy Weight Programme offers FREE courses to help you!

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<thead>
<tr>
<th>Weight Management</th>
<th>Healthy Eating and Cooking</th>
<th>Simple Circuits</th>
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<tr>
<td>A FREE nutrition, physical activity &amp; behaviour change programme for 2 hours a week over 8 weeks. This programme will help you make positive lifestyle changes &amp; assist with weight loss</td>
<td>A FREE healthy eating &amp; cooking course for 2 hours a week over 6 weeks. This course will provide the skills &amp; confidence to make positive changes to your diet whilst learning some healthy, tasty recipes</td>
<td>FREE low intensity exercise sessions, adapted to your individual needs, for 1 hour each week over 8 weeks. The course aims to improve health and fitness levels in a fun and friendly environment.</td>
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You can choose to take part in just one or all three courses, which are taking place all over the county.

**BOOKING IS ESSENTIAL!**
To find a course near you call us on: **01209 310062**

Alternatively you can email on: [WeightMatters@Cornwall.NHS.UK](mailto:WeightMatters@Cornwall.NHS.UK)

For more info have a look on our website: [www.weightmatters.org.uk](http://www.weightmatters.org.uk)
November 2011—May 2012
THE HEALTHY WEIGHT PROGRAMME
Weight Matters

BOOKING IS ESSENTIAL FOR FURTHER INFO PLEASE CALL: 01209 310062
OR EMAIL: WEIGHTMATTERS@CORNWALL.NHS.UK

Choose from one or all of the following courses...

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<thead>
<tr>
<th>Location</th>
<th>Weight Management</th>
<th>Healthy Eating &amp; Cooking Course</th>
<th>Simple Circuits</th>
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<tr>
<td></td>
<td>A FREE 8 week nutrition, physical activity &amp; behaviour change programme to help make positive lifestyle changes &amp; aid weight loss</td>
<td>A FREE 6 week healthy eating &amp; cooking course providing skills &amp; confidence to make positive changes to dietary habits</td>
<td>FREE low intensity exercise sessions, adapted to your individual needs. The course aims to improve health and fitness levels in a fun and friendly environment.</td>
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<td>Wadebridge</td>
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<td>8/11/11—13/12/11</td>
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<td>Falmouth</td>
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<td>Newquay</td>
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<td>Launceston</td>
<td>Thursdays</td>
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<td>Bodmin</td>
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<td>Redruth</td>
<td>Tuesdays</td>
<td>31/11/12 — 20/03/12</td>
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<td>Camelford</td>
<td>Fridays</td>
<td>03/02/12—23/03/12</td>
<td>Fridays</td>
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These FREE courses are suitable for anyone who would benefit from a healthier, balanced diet, weight loss and/or increased physical activity, particularly those suffering with type 2 diabetes, high cholesterol, high blood pressure and other weight related issues.
Fairytale, Dream and Memory Exhibition

The Old Dairy in Penzance has a new exhibition featuring artwork from local artists in Cornwall who have learning disabilities or autism. The exhibition is entitled ‘Fairytale, Dream and Memory’, for anyone who would like to take a look.

The Olympic Torch has also been inspiring people to get creative!

Here is a picture created by Christopher Burns who followed the torch through its celebrations and even got to touch it before it was lit!
As part of Learning Disability Awareness Week, BF Adventure will be hosting an open afternoon on Thursday 21st June from 3.00pm – 5.00pm.

Have a wander around their beautiful site and see their accessible equipment, followed by a brief refreshments break and finish the afternoon with a short taster session in the Adventure Quarry.

Spaces are limited to 10 people, so please contact Kate as soon as possible on 01326 341802 if you are interested.
‘Strive for Success’

Build confidence & work based skills through outdoor activities at BF Adventure- build links to get into work or further education/training.

Each Monday from 11th June – 16th July from 10am – 3pm.

Kate on 01326 341802

Email kate@bfadventure.org
Strive for Success
Expression of Interest form

In order to apply for the programme the beneficiary must be 19+ years old and not in any other education, employment or training

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<th>Interests/Hobbies</th>
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<th>Please describe nature of disability</th>
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<th>Please describe current support needs</th>
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Please return this form to Kate Adams at BF Adventure for eligibility assessment, alternatively please email kate@bfadventure.org for an electronic copy. Any queries please call 01326 341802.
Redruth Forum
Rugby Club, Redruth

28 June
1.00 pm until 4.00 pm

Helston Forum
Helston Children’s Centre,
Bulwark Road, Helston

12 July
1.00 pm until 4.00 pm

For more information:

Contact Kate Spencely
kate.cpf@live.co.uk
07595 642606

Look at our website
www.cornwallpeoplefirst.com
FORUM: 1:00 until 3:00

We will be talking about Human Rights...

And we will be talking about health with Tori, a liaison nurse.

NEW: 3:00 until 4:00

Come to Kate’s One to One session...

...to talk about any issues, or problems.
Work Club

The Elms, Redruth
1st and 3rd Wednesday of the month
12 – 2pm

‘We can help break down your barriers to work’

• Help with job searches
  • Completing a CV
  • Filling in job applications
  • Building confidence and assertiveness
  • Help with decision making
  • Action planning

Or just pop in for a coffee and a chat.

For more information, please contact Suzy Bundy for further details. Email Susan.bundy@brandontrust.org or phone 07879 423659.
Work Club

Dracaena Centre, Falmouth
2nd and 4th Tuesday of the month
10am – 12pm

‘We can help break down your barriers to work’

- Help with job searches
  - Completing a CV
  - Filling in job applications
- Building confidence and assertiveness
  - Help with decision making
  - Action planning

or just call in for a coffee and chat.

For more information, please contact Suzy Bundy for further details. Email Susan.bundy@brandontrust.org or phone 07879 423659.
The New Guide to Healthy Eating

A new guide to healthy eating is available from the Health Promotion Library at Wilson Way, Pool, for people with a learning disability and also for their carers.

The booklet and DVD have easy healthy recipes. It also has information for carers, including nutritional information and guidance on choice and capacity. There are numbers to call for additional help and support.

These resources are free. Please call 01209 313419 or 01208 79525.
Mid-Cornwall

Truro, Newquay, St Austell, Fowey

LANE THEATRE

PLAY WITH MUSIC
“THE SEQUEL!”
COMEDY

GIRLS' NIGHT TOO

by Louise Roche
Director Susie Bundy

22 MAY - 25 JULY
EVERY TUE & WED

Booking office at Lane Theatre (TR8 4PX)
From 14th May Every Mon, Tue, Wed 10am - 1pm
01637 876945
Online bookings www.lanetheatre.co.uk

TICKETS £7.50 Curtain up 8.00PM
Blantyre at
St Austell Library

Throughout June

Entry is free – come and learn more about Blantyre and see their artwork, pottery and jewellery

Blantyre
Tel 01726 72583

29 June
Blantyre
Strawberry Fayre

2.00 pm – 4.00 pm

Entry is free – come and celebrate everything about strawberries!
Gill Penwarden
Tel 01726 72583
Lane Theatre Charity Night Performance

On Thursday 21st June, during Learning Disability Awareness Week, the Lane Theatre is going to be holding a charity night performance for the Brandon Trust.

This will be a fun night out for everyone and will include popular music such as ‘don’t stop me now’ and ‘stand by your man’ to name a few.

The evening will start at 8.00pm and there will be a raffle which is match funded by Barclays Bank. Tickets are £7.50 and can be reserved by phone or picked up on the door. You will also get a free glass of wine or fruit juice.

To buy your ticket or for more details, call the Lane Theatre on 01637 876945 or book online at www.lanetheatre.co.uk.
People and Gardens, the Sensory Trust and Seeds, Soups and Sarnies are going to be hosting open days at Watering Lane nursery, Pentewan, St Austell, PL26 2BE, on Tuesday 12th June and Wednesday 13th June 2012 from 10.00am to 3.00pm.

The purpose is to promote the social enterprise side of the nursery and to show how different communities can work together with Eden to provide greater opportunities for the disadvantaged.

Everyone is welcome, tea and doughnuts will be available for a small donation and the Eden nursery team will be selling various flowers and herbs.

If you would like to go along to one of the open days, you can RSVP by emailing peopleandgardens@hotmail.co.uk or by phoning 07816 230630.
Work Club

Burrow Centre, Par
1st and 3rd Thursday of the month
10am – 12pm

‘We can help break down your barriers to work’

- Help with job searches
  - Completing a CV
- Filling in job applications
- Building confidence and assertiveness
- Help with decision making
  - Action planning

or you are welcome to just call in for a coffee and chat.

For more information, please contact Suzy Bundy for further details.
Email Susan.bundy@brandontrust.org or phone 07879 423659
East Cornwall
Wadebridge, Bodmin, Camelford, Bude, Liskeard, Launceston, Looe, Saltash

Poster by Toni Gibbs, supported by HF-Trust.
Family Fun Day

Saturday 30 June
Morley Tamblyn Lodge
Family Fun Day

The day starts at 2.00 pm

Entry is free

Morley Tamblyn Lodge
Tel 01579 345858
Duchy College Outreach & Adult Learners Open Day

Duchy College Stoke Climsland
Monday 18th June from 11am-3pm
Pendray Building

This is an opportunity to find out about courses for adults with learning difficulties/disabilities. People involved in the social inclusion teams, care workers and support staff are all invited.

We will be holding the open day for people to come and see the College and have a tour of the site. It is a good opportunity to visit classes in progress and staff will be on hand to answer any questions.

We have an exciting range of new courses starting NOW.

Refreshments will be available.

For further information please contact Christina Hodges
M: 07917 084 238  T: 01579 372239
E: christina.hodges@duchy.ac.uk
Or Phyll Ferguson Academic Administrator T: 01579 372238

THERE'S MORE TO DUCHY COLLEGE
Priory & Morley Tamblyn Lodge Proudly Present

Strictly... Coco Bongo

Fourth Annual Ball to be held at The Eden Project
on 25th July 2012
With live music from

THE SWING EMPIRE

Dress to impress - Ballroom or Latin, the choice is yours!

Doors open at 7pm

Tickets £10

For information contact Priory Day Centre on 01208 73623
Just for fun – why not challenge your friends!

QUIZ OF THE MONTH

Q1. Boscawen farm has some new pigs. Are they

A. 1) Gloucester Old Spots
2) Kune kunes
3) Saddlebacks

Q2. Healthwatch are holding an event on what date?

A. 1) Tuesday 26th June
2) Thursday 28th June
3) Monday 2nd July

Q3. Wave Project is offering surfing courses, beginning when?

A. 1) 5 June
2) 5 July
3) 5 August

Q4. What day will be held at Kingsley Village on 20 June?

A. 1) Green light day
2) Blue light day
3) Amber light day
Q5. Where is starting LD Awareness week with a bang?

A. 1) Eden Project  
    2) Hall for Cornwall  
    3) Buckingham Palace

Q6. Murdoch and Trevithick are holding an event during LD week, but what type of event is it?

A. 1) Running relay  
    2) Hula-hooping day  
    3) Swimming gala

Q7. The Wurzels are performing at the Hall for Cornwall during LD week with

A. 1) 3 daft monkeys  
    2) the 7 dwarfs  
    3) 10 green bottles

Q8. Which three areas offer work clubs?

A. 1) Par, Falmouth and Redruth  
    2) Redruth, Camborne, Falmouth  
    3) London, Birmingham, Cornwall

All of the answers can be found in the newsletter – good luck!!  
Turn over to check your answers.
Answers

Q1) 2  Boscawen farm’s pigs are kune kunes

Q2) 1  Tuesday 26th June

Q3) 1  The Wave Projects courses begin on 5 June

Q4) 2  It’s Blue light day at Kingsley village

Q5) 2  Hall for Cornwall

Q6) 3  Swimming gala

Q7) 1  The Wurzels are performing with 3 Daft Monkeys

Q8) 1  Par, Falmouth and Redruth

How many did you get right? ________