

Be Included Basingstoke

Charity Care Activities
 Community Talking
Basingstoke Support
 Information signposting
 Visible & Invisible Physical Health
 Access **Disability**
 Mental Health Transport
Forum Mobility
 Advocate Financial Wellbeing
 Adapted Exercise Accessibility
 Ability Chronic Pain
 Giving a voice **Inclusion**

FREE magazine
 Created & distributed by
 Basingstoke & District Disability Forum
 Online version available here
www.bddf.org.uk



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EDITOR'S LETTER

Welcome to the first 'Be Included' Basingstoke!

There are many issues and barriers faced by the Disabled community. We have listened to our members & formed these articles with your lived experiences in mind. We hope that the information contained in 'Be Included' will help you & your family navigate the support & help that is available.

Under the Equality Act 2010 you are considered Disabled if you have a physical or mental impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities. BDDF hope that 'Be Included' will shine a light on the barriers shared by our members and we will take issues raised to the relevant local groups & teams to raise awareness & where possible seek solutions. BDDF is a charity for over 18s, though we can signpost to children's charities etc.

As this is our first edition we would love to hear feedback from you. Is the information useful or are there other areas you want us to focus upon in a future edition? The next 'All About' event focuses on Financial Health & inclusion where we will look to connect our members with the organisations that can help you to navigate the cost-of-living crisis. All of this & more inside so please do take the magazine home, share it with a friend who it might help and help us to spread the word on 'Be Included Basingstoke'. We wish you a happy and healthy 2023 from all of us at BDDF.

Ani Spalding, Chair Trustee for BDDF

Get in touch

01256 423869
office@bddf.org.uk
www.bddf.org.uk

The Orchard
White Hart Lane
RG21 4AF



@bddforum



@bddforum



@basingstoke
disabilityforum



Save the date!

Disability Awareness Day

Friday 28th April 2023

Our Disability Awareness Day is back this April!
If you are a Charity or organisation that would like to be involved please email
office@bddf.org.uk or call 01256 423869

For more info & details of previous events visit
www.bddf.org.uk/disabilityawarenessdays

ABOUT BDDF

We are the disability champions for Basingstoke.

BDDF promote awareness and understanding of the barriers faced through living with a disability.

BDDF attained charitable status in 2014 and is led by a Board of Trustees, part time staff members and dedicated volunteers.

Membership is free and open to Basingstoke's Disabled community and their family and carers. See page 3 for our contact information.

Our Vision: To create a community that sees the person, values the difference, and embraces awareness.

Our Mission: To facilitate increased awareness, active involvement and healthy promotion of disabled people and their impairments and health conditions.

BDDF seeks to improve the involvement and representation of Disabled people and their families/carers within Basingstoke by:

- Raising awareness; listening to and voicing our members' lived experiences and sharing the barriers faced in the everyday lives of Disabled people with local groups, companies, the council and other relevant organisations and working to make services better
- Bringing people together to reduce social isolation
- Sharing inclusive learning opportunities including sessions aimed at tackling the digital divide
- Encouraging employers to think inclusively about Disabled applicants.
- Improving partnerships and networking opportunities between both the voluntary sector and statutory, who are involved in supporting Disabled people and also encouraging inclusivity.
- Signposting our members to information and services that can help them

To find out more on our volunteering opportunities please turn to page 24.

ARTICLES ALL ABOUT ACCESS



Our in-person 'All About Access' event took place on Monday 12th September 5-7:30pm, at Howard Parks Bowls Club in partnership with Access 4 All Working Group.

We had a fantastic meeting where local residents shared some of the barriers to access they personally face. Thank you to all our special guests which included charity and business groups as well as our wonderful members.



Lots of topics & actions to help were discussed and shared in order to improve access for our community. Special thanks to the Mayor and Mayoress for attending our event.

Solutions to the Issues Raised at the Access Event

Parking See page 7 for information about Blue Badge parking.

Pavements See page 7 for details of who to contact if you are having problems with pavement access.

Public Transport See page 9 for information on 'Passenger Assist' which operates across the UK rail network.



Our next event is 'All About Financial Health'
Thursday 23rd February 10.30-12.30
See page 17 for full details!

In Basingstoke 1 in 5 of us live with a disability. These can be physical, visual, auditory or neurological and range from autism and ADHD to cognitive impairments such as learning difficulties and dementia, as well as mental health conditions. They can also be respiratory and chronic conditions such as asthma, diabetes, chronic pain and sleep disorders. BDDF are here for the Disabled community of Basingstoke including Disabled people, their carers and family.

BDDF Chronic Pain Support Group

Free to attend and open to all who experience chronic pain. We come together to share experiences and often have guest speakers sharing and demonstrating holistic pain management techniques. Our Chronic Pain Support Group has moved to a monthly slot on a Thursday at Proteus Creation Space in Basingstoke town centre.

Upcoming meeting dates for 2023: 2nd Feb, 2nd March, 13th April, 4th May, 8th June, 6th July. Please call 01256 423869 for more info and to secure your space.

All About Financial Inclusion

The next in person event will be on the 23rd February at Oakridge Hall. Our focus will be on financial wellbeing. BDDF are partnering with Citizens Advice to bring together groups which support you during the cost of living crisis including debt management, accessing benefits and more.

Come and join us at the **Disability Awareness Day (DAD)** on Friday April 28th. BDDF hosts this event annually outside The Malls in the town centre. Over 30 local charities and groups who support Disabled people will come together to host a stall

so come along and speak to us about how we can help you or your family.

Please come visit our stall at the **Festival of Transport** created by The Rotary and located on War Memorial Park this year it will be on Sunday 14th May from 11am - 4pm.

BDDF are supporters of the **Hidden Disability Sunflower scheme**. Sunflower lanyards, ribbons and wristbands are available online and often from banks, airports and supermarkets. These lanyards are for people who have a disability that you might not be able to see and may need some extra help. A non-visible condition could be, for example:

- A learning disability;
- A sensory loss, including seeing or hearing impairments;
- A physical disability that may not be visibly obvious;
- Autism;
- Anxiety or any other mental health condition.

BDDF Community Cafe

BDDF host a quarterly informal networking get together for local groups and organisations supporting Disabled people. We come together to share our latest activities and to discuss common issues such as tackling the digital divide and how we can all become more inclusive.

The next meeting will take place on 30th March. If you represent a local organisation and would like to attend, please contact us at:

office@bddf.org.uk

or call on 01256 423869



Am I entitled to a Blue Badge?

To find out if you are entitled to a blue badge contact Hampshire County Council's blue badge unit email them at blue.badge@hants.gov.uk or phoning 0300 555 1376. To help the blue badge unit answer your enquiry please have your national insurance number and the details of your doctor to hand.

Car park Info for Blue Badge holders in Basingstoke The Malls

Blue badge holders, who have registered in advance for concessionary parking, can gain free entry and exit to this car park with their pass card. If you have difficulty operating the pass card system, and you are the only person who drives the vehicle, we can arrange for our system to recognise the vehicle number plate, the barriers will then be raised automatically on entry and exit.



Family and friends or organisations, such as NeighbourCare that provide transportation for blue badge holders in vehicles that have not been pre-registered, will still be able to use the car park for free. They can register on the day, but the blue badge holder will need to present their badge when requested by the car parking management staff.

Festival Place

Parking at Festival Place has been designed to offer good, level access to the shops and facilities.

** Festival Place and Basingstoke railway station car parks are not controlled by the council and there may be a charge for blue badge holders. Other car parks in the town centre have spaces for disabled drivers, but are located further away from the main Town Centre area and may involve steep slopes.

Is a tree or branch blocking your way on a path or is your pavement blocked for any other reason?

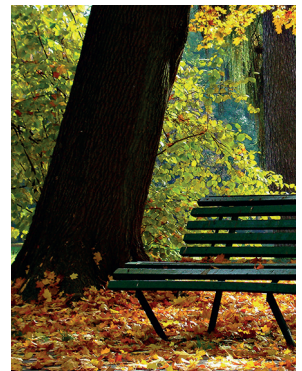
Contact Hampshire County Council

Email: roads@hants.gov.uk

Phone: 0300 555 1388

8:30am to 5pm, Monday to Friday

Outside of hours call 101 (emergencies only)



Love4Life is a friendship and dating network for adults with learning disabilities & autism. Love4Life hosts up to 20 social events each month across North Hampshire for members



to make friends, try new things and maybe even find love! We also provide workshops to support people to live independent lives, learning skills that can help them to thrive in their community, such as Travel Training, Money Management and What is a Good Friend?

As well as all this, we support members who are interested in dating through chaperoned dates and also provide one to one drop-in support should a member require some help or advice in any aspects of their life. Membership costs only £10.00 a month, with access to all events, chaperoned dates, one to one drop in sessions and workshops, as well as a thriving Facebook community.

To apply to be a member of Love4Life, visit: www.fitzroy.org/love4life/apply
Or to have a chat with our North Hants Coordinator, Cader
Call 07789 653 692 or email Cader.MacPhail@love4life.org.uk

Hampshire Hospitals NHS Foundation Trust Accessibility experience group

Have your say!

HHFT serves a population of approximately 600,000 people across Hampshire & parts of west Berkshire. This includes people living in Andover, Basingstoke, Eastleigh and Winchester as well as the surrounding towns and villages across Hampshire and parts of west Berkshire. The main hospitals are Basingstoke & North Hampshire Hospital, Andover War Memorial Hospital and Royal Hampshire County Hospital (Winchester).

We recognise that there are barriers to accessing our services for people with disabilities and long-term health conditions. To improve patient experience for everyone, we want to work with people who have experienced these barriers.

If you are interested in sharing your experience and working with us to improve accessibility, please get in touch!

Patientexperience@hhft.nhs.uk
Tel: 07471 028080

Hampshire Hospitals
NHS Foundation Trust



WELLBEING WALKS

Basingstoke

Basingstoke Wellbeing Walks encourages people of all ages to join regular, short walks in their own communities.

www.bvaction.org.uk/wellbeingwalks

Wellbeing walks help boost the health of participants whilst enjoying local, natural spaces in the company of others. The social side of walking can be as important for wellbeing as the walk itself.

All new walkers are welcome whether you are fit and active, haven't exercised in a long time, or have been advised to join by a doctor.

Phone: 01256 423816

Email: walks@bvaction.org.uk

Anxious about using the trains?

Passenger Assist is a national system supported by all operators. They will help you 24/7 to support your journey. You can book in up to 2 hours in advance by calling 0800 5282 100 or online www.southwesternrailway.com/travelling-with-us/assisted-travel

If a station is inaccessible to you, alternative accessible transport (e.g. a taxi) will be made to the nearest accessible station at no cost to you. SWR are running trials and making improvements all the time - if you have questions, you can contact accessibility@swrailway.com



Are you DRIVEN to make a difference in your Community?



If so, offering a few hours a week to provide much-needed **car transport** would make a huge difference....

Basingstoke NeighbourCare provides an **accompanied transport service** for those in need in our Community, often people with limited mobility.

- Typically, this might involve our **Volunteer Drivers** spending an hour or so accompanying someone to an appointment with a GP or to a local hospital for a consultation.
- Our drivers are reimbursed at the standard HMRC motor mileage rate so all we ask for is your time - whether you can spare **2-3 hours a week**, or perhaps can only offer a **few drives a month** - we'd be delighted to hear from you.

Ready to make a difference?

Please call our team on **01256 423855**
Or if you prefer, drop us an email at info@neighbourcare.com



The Queen's Award for Voluntary Service

www.neighbourcare.com

SHOP MOBILITY



For a small charge people with mobility difficulties can hire a scooter or wheelchair from Shopmobility. This is located in Church Street near Marks and Spencer.

For more information please contact Shopmobility
info@shopmobilitybasingstoke.org
01256 476066

Driving and the Disabled Community

- Recent statistics for the UK show that 83% of non disabled people aged 17 and over held a licence versus 55% of Disabled people holding a licence.
- BDDF have been asked to share the following article “Electric Cars & Accessibility: What Drivers with Disabilities Need to Know” <https://www.autotrader.co.uk/cars/electric/ev-drivers-with-disabilities/>. It’s a worthwhile read for those considering driving an EV.
- Some positives include a smoother ride, less noise, potential lower running costs and less grip at charging required than when using a manual fuel pump.
- Adaptations can be made including hand controls to help with accelerating and braking which can be useful for drivers who aren’t able to freely use the lower half of their body. These work fantastically for automatic gearboxes, which EVs exclusively use. Other adaptations include Pedal modifications, Electronic accelerators and Steering aids available. If you have trouble holding or moving a traditional wheel. This includes a ball which can be used in one hand to control the direction you’re heading.
- Please also see the **Motability Scheme** which helps drivers and their carers to affordably and safely get behind the wheel and now covers EVs. Lease schemes are available that assist with a variety of expenses. <https://www.motability.co.uk/how-it-works/>

Connect to Support Hampshire

Follow connect to Support Hampshire on Facebook or visit their website for information on topics including, supermarket vouchers for unpaid carers, cost of living advice & support & death positive hubs to remove barriers around death & dying.
www.connecttosupporthampshire.org.uk

**Connect to
Support
Hampshire**



Working collaboratively with local GP's and other Health Care Professionals to provide preventative health care across Basingstoke and North Hampshire.

Working to alleviate pressure on GP practices you can find the following health services:

- Health Checks - blood pressure and BMI
- Covid Vaccines
- Stop Smoking advice
- Shape up for life Hampshire - Weight loss programme
- Fluid Motion programme of wellbeing activities

Based in Festival Place, Unit 53- 54
Upper Mall (old Laura Ashley)
Open 9am - 5pm
Monday - Saturday

Contact The Health Hub

hiowicb-hsi.thehealthhub@nhs.net

www.thehealthhubasingstoke.co.uk

Follow them on Facebook & Twitter
for service updates

What is a PCN?

PCN or Primary Care Network is a group of GP practices working together with community, mental health, social care, hospital and voluntary services. Most GP's are part of a PCN and they aim to give more personal, coordinated and integrated care especially for individuals living with long term conditions.

To support this, since 2019 there have been a number of additional roles created including:

- Pharmacy Technicians
- First contact Physiotherapists, Dieticians & Podiatrists
- Social Prescribers
- Care Co-ordinators



Walk-in Health Hub

Basingstoke

We are offering walk-in sessions for:

- First, second and booster doses of the **COVID vaccine** to anyone eligible aged 12 years+
- Free **blood pressure checks**
- Free **flu vaccine**, if eligible and registered with a Basingstoke practice
- General **info and advice** to promote a healthy **lifestyle and wellbeing**

Everest Academy, Oxford Way, Sherborne St John, RG24 9UP

- 2 March from 4.30pm to 6.30pm
- 31 March from 4.30pm to 6.30pm

Ridgeway Centre, Buckskin Centre Blackdown Close, RG22 5BN

- 18 January from 9.30am to 2.30pm
- 15 February from 9.30am to 2.30pm
- 15 March from 9.30am to 2.30pm

Oakridge Hall for All, Forsythia Walk, RG21 5RG

- 20 January from 9.30am to 2.30pm
- 17 February from 9.30am to 2.30pm
- 17 March from 9.30am to 2.30pm

Sycamore Halls, Sycamore Way, RG23 8AB

- 26 January from 9.30am to 2.30pm
- 23 February from 9.30am to 2.30pm
- 24 March from 9.30am to 2.30pm

Popley Fields, Carpenters Down, Popley Way, RG24 9AE

- 1 February from 9.30am to 2.30pm

Westside Community Centre, Paddock Road, RG22 6QB

- 9 February from 9.30am to 2.30pm

Jo's Cervical Cancer Trust is the UK's leading cervical cancer charity. We are here for everyone who needs us, for as long as they need us but we won't stop until the day that cervical cancer is no more. Cervical cancer can be devastating but we're here to reduce the impact. We provide trustworthy information, campaign for change and provide support at every step.

Helpline: If you have questions or need to talk, call our helpline for information or support- 0808 802 8000

Jo's Trust Services

Ask The Expert

Have a question? Receive a confidential response via email.

Support events

Come to a support event to meet other people who have had a cervical cancer diagnosis.

Online forum

Connect with others, share experiences and ask questions on our forum.

1:1 cervical cancer support service

Individual support via phone or email, for anyone affected by a cervical cancer diagnosis.

Living with cervical cancer

Read about ways to cope with any effects of treatment and getting practical support.



Let's talk about cervical cancer

You might know about smear tests. They can stop cervical cancer from ever developing.

You're invited regularly from 25 to 64

You might find going for smear tests hard (especially at the moment).

So make sure you know the symptoms:

- Vaginal bleeding that is unusual for you
- Changes to vaginal discharge
- Pain or discomfort during sex
- Pain in your lower back or pelvis

The earlier cervical cancer is found, the easier it is to treat.

So whether you're up to date with your smear test, are waiting for a test, or have never been, if you have any of these symptoms then call your GP as soon as possible.

Your GP has measures in place to keep you **safe from coronavirus.**

For further information and support
Call our helpline: **0808 802 8000**
Find us online: **jostrust.org.uk**

Jo's cervical cancer trust

WEEKLY schedule 2023



Monday

The Orchard, Basingstoke

10am-11am: Yoga (booking essential)

11:15am-12:45pm: Newcomers Drop-In

12noon-1pm: Mindfulness on Zoom



Tuesday

PPxtra - Secondaries group - monthly/6wkly

Bookclub on Zoom - monthly/6wkly

Wednesday

Howard Park Bowls Club
Basingstoke

10am-12:30pm: Ladies Wellbeing Session

Friday

The Maltings, Alton

10am-12noon: Alton Wellbeing Session

Twice a month, men & ladies welcome



Complementary Therapy

Bookable sessions

Counselling

In-person or phone
appointments

Contact us for more details:



Tel: 07899 970841



info@thepinkplace.org.uk



www.thepinkplace.org.uk

Reg. Charity: 1153494

The Pink Place

Cancer Charity:

Based at The Orchard,

White Hart Lane,

Basingstoke, RG21 4AF

Healthier Together App & Website

This service provides advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals.

BDDF's Suzi has tried and tested the App! She has described it as...

'A really good resource that has helped me find information and advice for my two young children is accessible and lots of translations available. It's a great way to gain information for your child outside of GP hours.'

www.what0-18.nhs.uk or Download from your App store.



Cancer Services Partnership

Patients, Families, Caregivers and Professionals Together

Making a difference to Patients, their Families & Caregivers in North and Mid Hampshire.

You Matter

Do you or someone close to you have experience of cancer?

Are you looking for support?

Visit our website for "signposting" to organisations who can offer support for cancer patients, their families and caregivers.

Please share your views and ideas with us to help enhance our local cancer services- your views ARE making a difference.

We work independently, in partnership with Hampshire Hospitals (HHFT), national and local cancer Charities and Support Groups, focussing on everyone having a positive, quality and safe experience during cancer treatment, and beyond.

Contact us:

Email: hello@cancerservicespartnership.org

www.cancerservicespartnership.org

Church Cottage Community Café



Every Tuesday

10:30am to 1pm

Church Cottage, St Michaels Church, RG21 7QW
(Behind M&S in Basingstoke town centre)

A nice warm, friendly and relaxed place for older people to get together over a cuppa and a slice of cake
Chat About Table

This is where customers, who want to connect with others, can sit & chat to each other

~ SEASONAL SPECIAL ~



~ Home Made Soup & A Roll ~ £1:50 ~

~ A Bacon Roll & A Cuppa ~ £1:50 ~



Basingstoke NeighbourCare
01256 423857

Registered charity number: 1154382

CHRIST CHURCH CHINEHAM



is pleased to provide a

WARM WELCOME
to anyone in need this Winter



Free



Warm



Welcoming



Safe

All Welcome for free hot drinks, wifi & activities
Every weekday morning 10am to noon

Next to the Doctor's on Reading Road ♦ 01256 474280

Warm Hub Information

As many of you will have seen 'warm hubs' or 'warm spots' are popping up at many community centres, churches & public spaces this winter.

They are often free & open to everyone! Basingstoke Voluntary Action have collated a list that you can find at:

www.bvaction.org.uk/warm-hubs

Discovery Centre Library

Open daily Monday - Saturday

Christ Church Chineham

weekday mornings from 10-12noon

Church Cottage

Tuesdays 10.30 - 1pm

Church of the Good Shepherd

Wednesdays 9am -12noon

Chineham Library

Tuesday 9.30 - 5pm,

Wednesday 9.30 - 1.30pm

Hill Rise Hall, Brighton Hill

Wednesdays 10.30 -12.30pm

Lychpit Community Hall

Thursdays 12-3pm

Melrose Community Association

Thursdays 09.30 - 11.30am

Oakridge West Community Centre

Over 55s coffee morning

Wednesdays 10-12noon

Oakridge Methodist Church

Fridays 10-1pm Free tea/coffee & biscuit

Sherfield on Loddon Village Hall

Mondays 10.30 - 2.30pm

Sherfield Park Community Centre

Monday to Thursday 8am - 8pm

(Fridays until 6pm), 9 - 3pm hot drinks & snacks are available

Every Thursday is Community Café4U

12noon to 2pm.

The Hot Spot



Every other
Wednesday at Viables
Community Centre
12.30-2.30

Free to attend and
intended for those
who need a warm
space during the
colder months



St. Andrews Methodist Church, South Ham

'Pay what you can' cafe, free wi-fi & people to chat to. Mug & Biscuit Tues, Weds & Thurs term time only 10 -1.30pm Tuesday Coffee morning 10 -11.30 all year Knit one drop one Wednesday 1- 3pm term time only

Play time Thurs 10-11am term time only

St. Leonards Church, Sherfield-on - Loddon

Wednesdays 11 - 2pm

Tadley Library

Monday to Saturday

The Roger Morris Centre

Every other Tuesday from Oct to Feb inclusive, 10-11.30am

Viables Community Centre

The Hot Spot - every other Wednesday 12.30 - 2.30pm

WestSide Community Centre

Tuesday & Thursday 10 - 2pm

You can also find Warm Hubs across
the UK on:

www.warmwelcome.uk

ATTENDANCE ALLOWANCE

Attendance Allowance is a non means tested benefit. If you are 65 or over & meet the eligibility criteria you may receive funds weekly. A number of our members have recently been awarded this benefit, some were unsure of applying as didn't feel they were 'Disabled enough' or 'didn't want to be a burden'. BDDF encourage all members to apply (with our help if needed) so don't count yourself out of something you may be well entitled to. If you need support completing the form please contact Citizens Advice or BDDF.

You can find out more here

- www.gov.uk/attendance-allowance
- www.citizensadvice.org.uk

Other financial support is available from

- National Debtline 0808 808 4000 www.nationaldebtline.org
- StepChange Debt Charity 0800 138 1111 www.stepchange.org

Providing free
debt advice from
experts who care

www.nationaldebtline.org



NATIONAL
DEBTLINE

Find it hard
to talk about
debt?

WE
HEAR
YOU!

StepChange
Debt Charity

FREE, PERSONALISED
ADVICE. DAY OR NIGHT,
ONLINE 24/7.

www.stepchange.org/online

The UK's leading debt charity can help you take control of your money. Use our online advice service and debt solutions.

All About Financial Health

Forum for Disabled people to share their experiences
whilst living and/or working in Basingstoke



Share your experiences
Get advice & support
Connect with others

Thursday 23rd February 10.30am - 12.30pm
Please arrive between 10 - 10.30am for registration

**Venue: Oakridge Hall for All, Forsythia Walk
Oakridge, Basingstoke RG21 5RG**
Free parking & refreshments available

Pre-booking essential
Please contact: office@bddf.org.uk
01256 423869



In Partnership with....



We will be encouraging you to share your experiences and listening to your views. All feedback will be collated & shared with the relevant decision makers as the **'Voice of Disabled people in Basingstoke'**.

www.bddf.org.uk/all-about-financial

IT Skills & Digital Confidence

Do you know someone who is finding it increasingly difficult to live in this 'online' world? Please tell them that they are not alone.

As a charity supporting Disabled people in Basingstoke we are still seeing an increase in the digital divide, of older people and those with a disability being 'left behind'. BDDF's services are free & available to anyone with a disability, visible or invisible. If you feel you will benefit from what we do, please let us know.

Since the outbreak of the pandemic, many services have been forced to move online, not just for BDDF but for every charity and business in the world. For people who do not have confidence using a computer, tablet or smartphone, this can be a very lonely, isolating experience.

At BDDF we are working hard to reach our members who do not have computer skills, or who are lacking digital confidence. Please contact us: office@bddf.org.uk or call **01256 423869** & discover how to send emails, download apps, safely shop online, join video calls to see loved ones & how to search the web.

Free Course Info

- Ask About Autism, Hampshire parent & carer network www.hpcn.org.uk
- Aspiral Learning & Basingstoke College of Technology www.bcot.ac.uk
- Hampshire Libraries - Learning in Libraries (see below)
- Open Sight Hampshire www.opensight.org.uk
- RCS Services www.rcsservices.org.uk

There are a huge range of FREE courses available from Hampshire Learning in Libraries. Many courses are available at The Discovery Centre Basingstoke. View all available courses here: www.shop.hants.gov.uk/collections/learning-in-libraries



www.facebook.com/librarylearn

What is hate crime?

A hate crime is any criminal offence which is perceived by the victim or any other person, to be motivated by hostility or prejudice based on a person's identity or perceived identity. It is illegal to target someone due to their identity, there are seven protected characteristics:

- Age
- Disability
- Ethnicity
- Gender Identity
- Nationality
- Religion
- Sexual orientation

Hate crime includes threats, harassment, bullying, vandalism, intimidation, violence & abuse.

If you experience a hate crime you can report it on the True Vision website-
www.report-it.org.uk/your_police_force



Hate Crime reporting centres Basingstoke-

- Citizens Advice Discovery Centre (library)
- Citizens Advice Tadley Franklin Avenue
- Victim Support The Orchard
- Basingstoke Multicultural Forum, Chute House

Ability Net

Free IT support at home. Our friendly volunteers will help older people & Disabled people of any age, anywhere in the UK.

Free helpline 0800 0487642
www.abilitynet.org.uk/athome

AGE concern
Hampshire

JOIN US

COMPUTER CONFIDENCE SESSIONS IN CHINEHAM

1-2-1 SESSIONS AVAILABLE FOR THE OVER 50'S, INCLUDING IT SKILLS, SETTING UP NEW DEVICES AND GETTING ONLINE AS WELL AS SOFTWARE AND HARDWARE ISSUES.

Address:
Chineham Library, Centre Dr,
Chineham, Basingstoke RG24 8BQ

Day / Time:
Wednesdays 10am to 1pm
By appointment only

Contact us to Book:
kim.stone@ageconcernhampshire.org.uk
01962 868545

DISABLED CARERS

Are you a Disabled carer or do you know a friend or family member who is? Do you feel you have the support you need?

We have been asked about setting up a new support group either online or in person for Disabled Carers, run by Disabled Carers. If you would like to be involved, either to attend meetings or help to run them, please get in touch. Email sanchia@bddf.org.uk or call 01256 423869.

If there is sufficient interest, we hope to bring you more details in the spring.



Information from Carer's UK

We appreciate that caring for someone can be rewarding but it can also be very tiring, putting a lot of demands on your physical and emotional energy. When you are simply coping day to day and responding to the needs of others, it's easy to forget your own health needs.

If you would like to talk to someone who understands the challenges of caring, you can request a series of calls from Carers UK friendly, trained callers. The Listening Support Service offers up to four weekly phone calls with someone who understands the ups and downs of caring and who can provide a listening ear. Whether you want to discuss some of the issues you are facing as a carer, or just want to chat, our callers are here to listen.

Please visit the Carer's UK website for more information & advice:
www.carersuk.org or call [0808 808 7777](tel:08088087777) Mon - Fri 9am - 6pm

AccessAble Disability Essentials online training in partnership with Basingstoke & District Disability Forum

What does the course cover?

- A practical, digital course that will give you the knowledge and skills to confidently engage with Disabled people and carers in the workplace and beyond.
- Interactive scenarios and impactful videos.
- The training combines legal expertise with the lived experiences of Disabled people.
- You'll hear directly from Disabled people, who share their thoughts on how you can provide a great service.

Why should someone do the course?

- 1 in 5 people have a disability or long-term impairment yet many people do not feel confident in discussing disability.
- What do you understand by the term 'disability'? Do you feel anxious about supporting or interacting with Disabled people? This course can help you and your teams.
- This course is a time and cost-efficient way of providing everyone with confidence and knowledge.

Who is the course aimed at?

- This training is suitable for both individuals, teams and companies.
- Group license discounts available.

What is the course format?

- Online learning. You can complete the course all in one go, or stop at any point and comeback to it.
- At the end of each module there is a short multiple-choice test with the pass rate of 70%.
- Once you have successfully completed the modules you will receive a certificate.

To register go to:

<https://basingstoke-and-district-disability-forum.accessabletraining.co.uk/login/create-account>



Would you be interested in leading or joining a FREE camera club?

A camera club is a great way to keep your passion for photography going, meet new people with similar interests, share your photos, and get inspiration from other photographers. The group leader role would include helping facilitate the monthly group with support taking photos. You wouldn't necessarily need photography experience, just to help hosting the sessions.

There is growing appreciation of photography's power to help some people cope with difficult times. According to the National Institute of Mental Health 30 minutes of daily walking/outside activity such as photography, is really all you need to boost clarity and focus and improve your mental health.

We are passionate about supporting well-being and believe this project will benefit those struggling with their mental health

We are hoping to offer a monthly group session, exploring a specific theme e.g. Nature in Action; with a follow up meeting to review our images.

Digital cameras will be available to use as well as participants own devices if they wish. Over the course of the sessions, we will build a portfolio of images which we plan to showcase at the end of the year.



We will be working with staff and residents from Wavelly House at the Together UK project.

We are really excited about the project and if you would like to get involved or know more, please get in touch:
Sanchia@bddf.org.uk



Message from our Patron Rt Hon Dame Maria Miller MP

"I know that many people are concerned about the rising cost of living, but I am aware that these pressures are often felt even more acutely by people who are disabled.

We all know that in recent months, inflation has risen rapidly. This has been driven by rising energy costs, caused by surging demand after the pandemic, as well as Russia's illegal invasion of Ukraine. In turn, these rising energy costs have led to increased prices for food and fuel, putting huge pressure on everyday household incomes.

For many reasons, adults and children with a disability or medical condition can incur higher than average energy bills. This is due to many different factors including the operating costs of medical equipment, or the need to pay for extra heating to ensure that those on certain medication or with limited mobility stay warm.

As a Patron of the Basingstoke and District Disability Forum, I want to try to make sure that everything possible is done to support Disabled people with cost-of-living pressures in our community.

There are a number of new schemes in place from national and local government which are specifically designed to help Disabled people through these difficult times. The Disability Cost-of-Living Payments; electricity refunds for users of certain medical equipment; and the Borough Council's Cost of Living Assistance Fund which is designed to support residents facing financial difficulties. If you need more information about any of these schemes, please look at the Basingstoke & Deane Borough Council website or visit our local Citizen's Advice offices.

I hope that every Disabled person makes full use of these important support packages. In the meantime, if you are having any difficulties with accessing these payments, please do not hesitate to contact my office."

maria.miller.mp@parliament.uk



BDDF Community Advocate Volunteers

Do you have a spare thirty minutes or an hour and want to give back to your community but not sure where to start? Please consider supporting BDDF, we welcome all people, skills & abilities.

A Community Advocate is a fantastic local, flexible volunteer opportunity, providing your community with knowledge and confidence to assist the running of BDDF.

BDDF is inclusive, and we are keen to ensure all Community Advocates are welcomed, supported, and feel valued. Our volunteers will reflect the diversity in our society, celebrating lived experience and growing our knowledge. To engage and respond to the needs of local people, we need volunteers who understand the communities they will meet.

We have a fabulous new training module for our Community Advocates, through AccessAble called Disability Essentials Training, see the article on Page 21. Community Advocates develop knowledge and skills, confidence in presenting and speaking, networking with local groups, and increasing their awareness of all local issues. The community will have an increased awareness of our services available.

The positive impact for communities has been proven, so we need your help to achieve our goals.



This is a flexible volunteering role. You will give the time which suits your lifestyle, work, family, and other commitments. We know each volunteer makes a positive difference to an individual, family and community.

There are growing numbers of community Advocate volunteers across the country, so please do contact me to discuss the opportunities we have here at BDDF - sanchia@bddf.org.uk



supported by
**Basingstoke
and Deane**

Ability Net

Free IT support at home. Our friendly volunteers will help older people & Disabled people of any age, anywhere in the UK.
Free helpline 0800 0487642 - www.abilitynet.org.uk/athome

AccessAble

Accessibility Guide which gives detailed information you may need to work out if places will be accessible before you go.
01438 842710 - hello@AccessAble.co.uk - www.accessable.co.uk

Access 4 All Basingstoke

Volunteers who seek to make Basingstoke & Deane a more accessible place.
www.accessbstoke.weebly.com

Basingstoke NeighbourCare

Assists those in need in the local community by providing support to maintain their independence. Services include befriending & transport service.
01256 423855 - info@neighbourcare.com - www.neighbourcare.com

Connect to Support Hampshire

Helping you to stay independent for longer by providing you with resources to look after yourself, stay safe & connected with your local community.
www.connecttosupporthampshire.com

MHA Communities

Support members who would like to get out but have either lost confidence with using public transport or have no idea what is on offer in their area. MHA will work with you 1:1 to make a personal journey plan & get you to where you want to go. Other activities include lunch clubs, Singing for wellbeing, Pom Fit and Exercise Classes.
Basingstoke and East Hampshire - 01256 346 022

Open Sight

Offer a range of services for those with, or at risk of sight loss. These range from home visits, benefits advice to family support services and social clubs.
023 8064 1244 - info@opensight.org.uk - www.opensight.org.uk

Shopmobility Basingstoke

Is a national scheme for supporting people with restricted mobility.
01256 476066 - www.shopmobilitybasingstoke.org

DIRECTORY

PHYSICAL HEALTH

Age Concern Hampshire

Info and advice, foot clinics, social groups & classes including digital support & access to list of assisted bathing services.

01962 868545

www.ageconcernhampshire.org.uk

Basingstoke Sports Centre

A variety of activities available to help keep you fit & healthy including health wise physical activity referral scheme, cardiac rehab scheme, weight management courses, fall prevention classes, COPD health & training, cancer rehab programme, adult swimming lessons, walking football & much more. Located in Festival Place. 03301 231500 - www.better.org.uk

Basingstoke & Area Tinnitus Support Group

Members support each other to live with Tinnitus. Free to join and participate.

01256 423816

baatinggroup@outlook.com - www.basingstoketinnitusgroup.org

Diabetes UK

Get expert advice, exercise tips & nutritious recipes to help you stay healthy at home.

www.diabetes.org.uk

Hampshire County Council's Deaf Services Team

Specialist team with Sign Language skills.

0300 555 1386

Healthier Together - a community initiative

The Healthier Together programme relies upon patients and healthcare professionals working together to improve how local healthcare is delivered.

www.what0-18.nhs.uk

Home Instead

Providing home carers alongside community activities such as seated exercise sessions & social events. 01256 840660

Hampshire FA

Inclusive football for all. Get in touch to find out more.

Glenn.brailey@hampshirefa.com 01256 853023

Macmillan Cancer Support

Doing whatever it takes to give people the support they need. Free, confidential advice from our cancer specialists you can call the Macmillan Support Line on 0808 808 00 00 (open 7 days a week, 8am to 8pm).
www.macmillan.org.uk

Parity

For people with multiple disabilities 01252 375581

Parkinsons UK

Support for anyone living with the condition. Help to improve the quality of life for people affected by Parkinson's and to find a cure for the condition.
0808 8000303 - www.parkinsons.org.uk

Royal Osteoporosis Society

The UK's only national charity dedicated to bone health and osteoporosis. Helping the nation look after its bones and appreciate the importance of bone health for everybody. For those who do develop osteoporosis, we're here to help them live well.
0808 8000035 - www.theros.org.uk

St. Michaels Hospice

An independent charity based in Basingstoke, supporting people across North Hampshire living with a life-limiting illness, facing the end of life or experiencing bereavement
01256 844744 - www.stmichaelshospice.org.uk

Sue Ryder

Supporting people who are living with a terminal illness, a neurological condition or who have lost someone - we are there when it matters.
0808 164 4572 - supportercare@sueryder.org - www.sueryder.org.uk

SPEAKEASY ADVOCACY

Providing independent advocacy to vulnerable adults & children in Basingstoke. 01256 423829 hello@speakeasyadvocacy.org.uk

Andover Mind

Providing support, advice and information, across Hampshire for anyone affected by mental health distress

01264 332297 - mind@andovermind.org.uk

www.andovermind.org.uk

Beat Eating Disorders

Helplines open 365 days a year from 9am–midnight during the week, and 4pm–midnight on weekends and bank holidays

0808 801 0677

www.beateatingdisorders.org.uk

CAN-Abilities

Contributing to relieve the needs of children with ASD & other disabilities by providing practical advice moral support & raising Autism awareness.

www.canabilities.org

Give us a Shout

A free, confidential, anonymous text support service. If you are struggling to cope and need to talk you can text from wherever you are in the UK.

Text 'Shout' to 85258 www.giveusashout.org

Headway

Working to improve life after brain injury.

www.headwaybasingstoke.org.uk

italk

Hampshire's NHS talking therapy service.

02380 383920 - info@italk.org.uk

www.italk.org.uk

Samaritans

Whatever you're going through, call us free any time, from any phone, on 116 123. Open 365 days a year open 24/7

The Safe Basingstoke

Practical, emotional & social support for struggling parents

01256 460100 / 07973 738861 - enquiries@the-safe.org.uk

www.the-safe.org.uk

Tough enough to care

We want men of all ages to feel comfortable talking & opening up about their emotions. Text 'Tough' to 85258 a 24/7 free support service.

Stay Alive App

A pocket suicide prevention resource packed full of useful information & tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

www.stayalive.app

Youngminds

If you need support with looking after your child's mental health our Parents Helpline is open from 09:30am – 4pm, Monday – Friday. You are not alone.

0808 802 5544

Text 'YM' to 85258 if you're under 25, it's a free, confidential, anonymous support

PTSD UK

Information about PTSD & C-PTSD www.ptsduk.org

COUNSELLING SERVICES

Basingstoke Counselling Service

Offering an affordable service for 1-to-1 and couples counselling for adults

01256 843125 - info@basingstokecounselling.org.uk

www.basingstokecounselling.org.uk

Cruse Bereavement Support

Grief service for when you have lost a loved one.

Help line: 0808 8081677

Victim Care Service Support (Victim Support)

Free, confidential support for victims of crime aged 4 upwards. Helping victims cope & recover from the effects of crime, regardless of whether or not you have reported to the police. 0808 1781641 - www.hampshireiowvictimcare.co.uk

YPI Counselling

Offering confidential counselling to young people aged 11-25 across

Basingstoke 01256 423878 - office@ypicounselling.co.uk

Autism Hampshire

Creating opportunities, challenging perceptions & enhancing choices for people with Autism. Providing info, advice, guidance, training & support.
01489 880881- info@autismhampshire.org.uk
www.autismhampshire.org.uk

Basingstoke Inter Faith

The Inter Faith Network for the UK works to promote understanding, cooperation and good relations between organisations and persons of different faiths in the UK.
interfaithbasingstoke@gmail.com
www.interfaith.org.uk

Basingstoke Multicultural Forum

Offering a voice and actively engaging with culturally diverse hard-to-reach groups to promote better understanding in the communities.
01256 322751 - admin@bmforum.org.uk - www.bmforum.org.uk

Diversity and Ability

Championing neurodiversity and disability inclusion through technology, training and talent, an award-winning social enterprise led by and for Disabled people, paving the way for a future where everyone is welcomed & included.
www.diversityandability.com

Dragonfly Project (Paragon)

Raising awareness of domestic & sexual abuse.
www.paragonteam.org.uk/dragonfly-project

Reporting Hate Crime

Crimes committed against someone because of their disability, transgender-identity, race, religion or belief, or sexual orientation are hate crimes and should be reported to the police. This can be reported online at:
https://www.report-it.org.uk/your_police_force

Show Racism the Red Card

The UK's leading anti-racism educational charity, provides educational workshops, multimedia packages, training sessions and other resources to help tackle racism in society. 07838 957 238- www.theredcard.org/england

Benefits Calculators

Get an estimate of what benefits and tax credits you might be entitled to. www.gov.uk/benefits-calculators

Basingstoke & Deane Council

Advice & support for Basingstoke residents struggling to pay their bills
www.basingstoke.gov.uk/trouble-paying

Basingstoke Foodbank

If you are you struggling for money to buy food, please contact the foodbank centre. 07722 673645 / 07941 336464
www.basingstoke.foodbank.org.uk

Basingstoke Job Centre

Jobseeker's Allowance, Incapacity Benefit, Employment and Support Allowance and Income Support.
0845 604 3719
www.jobcentreguide.co.uk/basingstoke-jobcentre

Citizens Advice - Basingstoke & Tadley

Gives you information on benefits and tax credits if you are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran. 0808 278 7829 Free Phone Advice Line
01256 329 984 Admin Line Only
www.basingstokeandtadleycab.org.uk

Enham Trust

Supporting Disabled people to live, work & enjoy life.
01264 345800 - info@enhamtrust.org.uk

First Point

Provides housing support and advice services to people at risk of losing their home, including those falling behind on the rent.
For more information call 01256 423805.

Specialist Employability Support

Intensive support and training to help you into work if you're disabled.
www.gov.uk/specialist-employability-support

**HAVE A
GREAT FAMILY DAY OUT**

**BASINGSTOKE
FESTIVAL OF TRANSPORT**

Sunday 14th May 2023 11.00 - 16.00
War Memorial Park, Basingstoke, Hampshire RG21 4AG
Over 800 assorted vehicles, autojumble & trade stalls
refreshments all day, fun and games for the kids

For full details, stall bookings & entry forms etc.
Visit www.bstokefot.co.uk enquiries 07557 403401



Basingstoke Deane
Rotary 

**BDDF will once again be at Basingstoke Festival of Transport!
Please come & support us as well as all the other fantastic causes.
A great FREE family day out!**

Do you have a disability
related query and don't
know which way to turn?

Email our Signpost Service
Information@BDDF.org.uk

121 appointments also
available - contact us on
01256 423869 to request



www.bddf.org.uk
01256 423869
info@bddf.org.uk



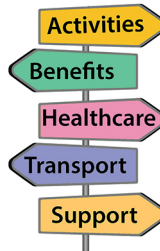
www.bddf.org.uk/Information
facebook.com/bddfforum
[@basingstokedisabilityforum](https://twitter.com/basingstokedisabilityforum)

Basingstoke & District Disability Forum (BDDF)

**1 to 1 Disability
Information Service**

Got a disability related question
and don't know which way to turn?

Want to sit down with someone
who can listen and offer direction?



To book your FREE
appointment email:
information@bddf.org.uk
or call 01256 423869

