

Be Included Basingstoke

Disability Awareness Day 2023

Thank you to all our attendees & supporters!



FREE magazine

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

The
Disability Forum
Basingstoke & District



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supported by
**Basingstoke
and Deane**

Basingstoke Deane
Rotary



EDITOR'S LETTER

Welcome to the second issue of
'Be Included' Basingstoke!

BDDF are a local charity supporting Disabled Adults, their family, and carers across Basingstoke. We have put this booklet together to provide a printed 'one stop shop' of helpful information and a service directory. Please help us to get Be Included to those in our community that may benefit. We have printed copies that can be posted just contact our office with the address you want them sent too. The electronic version is available to all from our website to those able to access it online. Big thank you to the local councillors and Rotary who have supported us with funding to enable us in printing over 5000 copies.

It is heart breaking to hear from our members on the barriers & challenges affecting our community today. For example how long they are waiting for access to the NHS, how they have had care impacted by so many vacancies in the profession and how many of the Disabled community are struggling to pay rent & even choosing to heat or eat. There is help available & this edition focuses on financial inclusion to try & show what support is there to be accessed and who can help you to navigate what's possible. Our ask is please do not count yourself out of help or benefits without seeking advice – we recommend working with groups such as Citizens Advice and see what you are entitled too and applying – the attendance allowance is a grant all Disabled people aged over 65 should consider applying too.

Lastly, BDDF as is sadly the case for many charities is really under pressure. More members need us yet we are unable to find funding or regular volunteers. If we are unable to find funding and a few regular volunteers (to be trustees and signpost/information advice supporters) then BDDF may not exist by our 10 year anniversary next February. If you know of anyone who can help (donations, writing grants, fundraising for us, volunteering etc) please do reach out. Thank you for all the support the community has shown us to date.

Ani Spalding (Chair Trustee)

Volunteer with BDDF!



Information & support
for Disabled People

Roles Include...

TRUSTEES

SIGNPOSTING

ASSISTING WITH EVENTS

WEBSITE & SOCIAL MEDIA

NEWSLETTER DISTRIBUTION

NEWSLETTER ARTICLES

GENERAL ADMIN

SUPPORT GROUPS

FUNDRAISING



Speak to us about becoming a
BDDF community advocate volunteer

Registered Charity no.1155660

Get in touch

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

The Orchard
White Hart Lane
RG21 4AF



@bddforum

@bddforum

@basingstokedisabilityforum

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

Please also take time to read about the changes to needing ID to vote. We have read that ID that has expired is still acceptable if the photo is still a good likeness. Please do not let this additional ID requirement be a barrier to voting and your right to vote.

CENSUS INFORMATION AND DISABILITY ESSENTIALS TRAINING

There are 14 million Disabled people in the UK. 3 million more than 10 years ago. That is 22% of the population so roughly 1 in every 5 people are a Disabled person. The Social Model states that people are disabled by the barrier's society imposes not by their condition. BDDF offers Disability Essentials training to help you as an individual or your company employees to better understand this & more. See page 20 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: 4th May, 8th June, 6th July. Please call 01256 423869 for more info and to secure your space.

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.

Volunteering for BDDF

At BDDF we are always looking for volunteers for a wide range of roles. These Include:

- Trustees
- Signposting (Information Service)
- Assisting with events
- Website & social media
- Newsletter articles
- Newsletter distribution
- General Admin
- Support Groups
- Fundraising

Camera Club - Coming Soon! **'Photography for the Mind'**

Please contact us to register your interest in joining or volunteering. If you have been experiencing mental health challenges and would like to get involved. Club for people with mental health needs. Equipment provided, no experience or kit needed!

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 in June. If you represent a local organisation and would like to attend, please contact us at: office@bddf.org.uk or call on 01256 423869

ARTICLES

ALL ABOUT ACCESS

 **Home Instead.**
To us, it's personal

Live well, *Your* way

with care at home

Your home is where you feel the most comfortable and the happiest. It's the place you know the best.

- ✓ Home help
- ✓ Dementia care
- ✓ Companionship
- ✓ Live-in care
- ✓ Personal care

Contact us on: **01256 840660**
www.homeinstead.co.uk/basingstoke

Home Instead Basingstoke
Riverside View, Basing Road
Old Basing, Basingstoke RG24 7AL

Our Helpline is open from
9am-6pm, Monday-Friday on
0808 808 7777 or you can email
advice@carersuk.org at any time

 **carersUK**
making life better for carers

Carers UK Helpline is here for unpaid carers. They can provide specialist information on a range of topics.

The Kingfisher Centre

01256 893333

Laverstoke, RG28 7NY

Activities and Care for the older person





You can follow the project at [facebook.com/fromthegroundup16](https://www.facebook.com/fromthegroundup16) or call Carla on 07713 033621

Back in February, BDDF's Suzi was lucky enough to visit this fantastic community allotment project based in Oakridge. The project is run by Carla, who is incredibly passionate about all things green, as well as accessibility on the allotment.

There are many adaptations here for wheelchair users, from a wide stable path to brick raised beds, an accessible polytunnel, high strawberry planters and a brand-new disabled toilet.

The project is open to absolutely anyone, all are welcome to stop by. Whether you are looking for advice, a chance to get your hands dirty, picking produce, or simply a cup of tea in the peace of the large apple tree, there really is something for everyone.

Carla is at the project every Monday, Tuesday, Thursday, Friday from 10am - 2pm. Groups and workshops are welcome, just drop Carla a line.

The project is holding an open day on 27th May, from 10am - 4pm, with family activities and refreshments, stop by at the Silvester Road allotments and see what there is on offer.



Basingstoke Talking News is a FREE weekly audio production for blind, partially sighted or the print disabled people in the local community. The news is taken from The Basingstoke Observer and the Basingstoke Gazette papers, the recordings include local news stories, forthcoming events, general information and a wide range of articles.

Ways to listen:

On Alexa - Say "Ask Talking Newspaper for Basingstoke Talking Newspaper".

On the web - <https://www.basingstoketalkingnews.co.uk>

The Basingstoke Talking News, is produced in conjunction with Basingstoke Community Radio and their group of volunteers. All recordings are distributed FREE of charge. If you would like to know more about our service, please contact us:

info@basingstoketalkingnews.co.uk

01256 533987

www.basingstoketalkingnews.co.uk



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
general@shopmobilitybasingstoke.org
01256 476066

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**

FREE powered wheelchairs for children under 5



Introducing the **Wizzybug** for mobility and play

For young children aged 14 months and up

Can be used indoors and outdoors and is easy to transport

Flexible seating which can grow with the child (up to 20kg)

FREE to all families across the UK, including NI

designability
Registered charity no. 256335

To find out more:
wizzybug@designability.org.uk
01225 824103



Basingstoke Voluntary Action support local charities & Volunteers whilst supporting the local community. BVA can advise on access issues & guide you to find the right charity/support. www.bvaction.org.uk



Hampshire Hospitals NHS Foundation Trust Accessibility experience group

Have your say!

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



ARTICLES
ALL ABOUT ACCESS

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)

Serendipity Groups



Autistic Adults over 18

Learn new skills

Share your interests

Share your autism experience

Safe place to un-mask

Ask to Join Us



01489 880881 (ext. 225)



serendipity@autismhampshire.org.uk

Our Serendipity Groups are a great way for autistic adults to meet in a supportive and non-judgmental setting. They are small, user led, and facilitated by trained volunteers as well as our Serendipity team and/or community partner organisations.

Some groups are delivered online & some in person. Groups are currently hosted across Hampshire. We are always looking for volunteers to support our groups. If this is something you would be interested in, please get in touch.

What the groups do depends on the type of group it is and the interests of its members.

We recently conducted a survey to help us plan new group openings and workshops. We are looking to open more groups in other parts of the county. We also have a steering group that meets every 3 months to allow autistic people in the community to guide the development of our project.

- For autistic adults aged 18+
- A friendly environment to meet other people with autism
- Meet in venues like community hubs and arts centres
- Groups meet on a regular basis
- Facilitated by volunteers; many of whom are autistic
- Many people attend independently, but friends or carers are welcome
- No formal diagnosis is required
- Community groups to meet other autistic people
- Interest groups for art, drama, music and other interests (subject to demand)
- Workshops to develop specific skills (subject to demand)

Free classes from Home Instead Basingstoke

Let's Move seated mobility exercise sessions to music from bygone eras for seniors, mobility challenged & sensory deprived people.

With FREE Tea & Natter following afternoon sessions!

Mondays Millenium Hall, Cliddesden 2-3pm

Tuesdays Loddon Village Hall, Sherfield On Loddon 2-3pm

Wednesdays Silchester Village Hall 10.30 - 11.30am

Wednesdays Sherbourne St. John Village Hall 2-3pm

Please book in advance - class numbers are restricted for health & safety reasons. Bring your own bottle & a smile!

For more info & to book send a text to 07540 975094



66

Safe Haven offered me the critical support when all other services were unavailable. Safe Haven was critical to my recovery.

99

Useful contacts

NHS: 111 (free) open 24/7
111.nhs.uk

SANE: 0300 304 7000
open 4pm to 10pm, 365 days a year
sane.org.uk

The Samaritans: 116 123 (free) open 24/7
samaritans.org

CALM: Call 0800 585858 (free) 5pm-midnight
thecalmzone.net

SHOUT: Text SHOUT to 85258
(free and open 24/7)
giveashout.org

If you or a loved one is in crisis, you're not alone. We can help.

 mind Andover

talk to us

0300 303 5772

visit us

Andover Mind Wellbeing Centre
3 Vyne Road, Basingstoke RG21 5NL

virtual appointment

andovermind.org.uk/safehaven



Safe Haven operates in partnership with:

 mind
Andover

 NHS
Southern Health
NHS Foundation Trust

Andover Mind
Westbrook Close, South Street
Andover, Hampshire SP10 2BN

Please contact us on **01264 332297**

andovermind.org.uk

Follow us!   @andovermind

Andover Mind is a registered charity no. 1039094
registered company no. 2935549

Safe Haven

North and Mid Hampshire

Out of hours crisis support



Sebastian's Action Trust

SAT are currently the only charity that offer solely respite support for families all year round which is why our Hampshire site, The Bluebells, is so popular among our family-of-families. Each of our 510 families all have access to a dedicated outreach worker who can attend hospital visits, arrange for transport to hospital appointments, help around the home to relieve the pressure and so much more. We also offer bereavement support to families after their child has unfortunately passed away. We pride ourselves on being there for families of seriously-ill children always, so this support is never stopped and our 'butterfly' families can access this support whenever and wherever they need.

www.sebastiansactiontrust.org



Challengers

Our Mission – A world where all children and young people play together, freely.

At Challengers, we provide play and leisure activities for disabled children and young people aged 2-18 across the South East. At our schemes, disabled children and young people can make friends and try new activities in a fun and fully inclusive environment!



"Finally we have a place to go where I know my son is understood, well looked after and safe. I get time to myself knowing that my son is okay!" – Challengers Parent

Challengers not only benefits the children and young people that attend our schemes but also has a monumental impact on their families. Parents often describe Challengers as a 'life-line'.



www.disability-challengers.org
fundraising@disability-challengers.org
01483 230 060
Registered Charity Number: 1095134

[instagram.com/Challengers1979](https://www.instagram.com/Challengers1979)
twitter.com/D_Challengers
facebook.com/DisabilityChallengers
[linkedin.com/company/disability-challengers](https://www.linkedin.com/company/disability-challengers)

PARITY

For People With Multiple Disabilities

Parity provides essential services & support for people with multiple disabilities, without which they would be left isolated. The people aged 18+ (called students) who use Parity's three day services, access our specialist staff, equipment & technologies to engage in chosen activities, build friendships & networks, use & develop skills, contribute to their community – in fact, do what everyone else is doing.

They use Parity's minibus fleet to plan trips locally and further afield – flexible transport really expands the possibilities for our students. Basingstoke town centre is very popular as it's so accessible and includes a Changing Places facility near the library. Other popular destinations around Basingstoke for our students include Milestones, bowling, the cinema and the indoor skydive centre.

To learn more about Parity for Disability, visit www.parityfordisability.org.uk or call 01252 375581.

Social prescribing has become a key buzz word you may have seen. But What is social prescribing? Social Prescribing is a non-medical approach to support your health and wellbeing.

- Social Prescribers (or Link Workers) give you time to focus on 'what matters to me', taking a holistic approach to people's health and wellbeing.
- People may visit their GP because they may be feeling stressed about work, money, or because they are lonely and isolated. But these problems cannot be fixed by medicine, or doctors alone.
- Social Prescribing aims to support people with a wide range of social, emotional, or practical needs whilst improving mental health and physical wellbeing.
- Social Prescribing connects people to community groups and statutory services for practical and emotional support.
- This helps to reduce the impact on GP Practices, by reducing the amount of time that GPs are spending on non-medical issues.

Social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services to support their health and wellbeing.

Social prescribing support may look like:

- Taking the time to find out what is important to you right now
- Exploring whole family issues
- Connecting to advice (benefits/housing/legal)
- Addressing social isolation by building connections
- Introducing and accompanying to community activities
- Creating community activities where none exist – e.g., mums' walking group/local history photography project



**Do You Have
Sight
Problems?**

**Open Sight
can help with**

- Sight conditions
- Emotional wellbeing
- Benefits claim assistance
- Daily living advice
- Information, advice and guidance
- Aids and equipment
- Support for the whole family
- Social & Leisure activities
- Working Age Groups
- Eye health talks
- Information hubs
- Smartphone and app tutorials
- Sight loss awareness training

**Open Sight
Hampshire**
provides a lifetime of support to visually impaired people of all ages, their families and associates, delivering expertise in every aspect of sight loss

More information:
www.opensight.org.uk
info@opensight.org.uk
023 8064 1244

25 Church Road
Bishopstoke, Eastleigh
SO50 6BL

Open Sight Charity No 1055498 Registered Company No 3178631 Registered in England and Wales



Are you in crisis? Struggling to afford food?

Call Basingstoke Foodbank

07722 673645 or 07941 336464 www.basingstoke.foodbank.org.uk

We'll connect you with a local agency to give you support.

Or, contact Citizens Advice www.basingstokeandtadleycab.org.uk

Free phone Basingstoke: 0808 2787829 Tadley: 0808 2787987

If you're referred for a food voucher, visit any of our centres below:

Monday	10.30-12.30	TOWN CENTRE, St Michael's St Michael's Church, Church Cottage Church Square, RG21 7QW
Tuesday	10.30-12.30	TADLEY Tadley Common Methodist Church Newchurch Rd, RG26 4HN
Tuesday	12.30-2.30	WINKLEBURY Church of the Good Shepherd Winklebury Centre, RG23 8BU
Wednesday	10.30-12.30	BRIGHTON HILL Basingstoke Baptist Church Gershwin Road, RG22 4HL
Thursday	10.30-12.30	SARUM HILL The Sarum Hill Centre Hope Community Church, Sarum Hill, RG21 8SR
Friday	10.30-12.30	BUCKSKIN Buckskin Church, Chiltern Way, RG22 5BB
Friday	12.30-2.30	POPLEY St Gabriel's Church Tewkesbury Close, RG24 9DU

Parking is available at all except Town Centre, St Michael's

Registered charity No: 1154319



There are 7 centres in Basingstoke, each open for 2 hrs per centre Mon-Friday

Foodbank is free to access and operate a referral system, partner with agencies (who give a voucher) including CAB, Sovereign, Vivid, Cast, HCC, Job centre, The Bridge Centre, Schools, Women's refuge.

Once referred, you need to take id and the voucher and will be given 3-4 days food, non-perishable items, toiletries, and cleaning products.

The Foodbank offer a holistic service, aiming to help people through crisis & to find the support they need. The 50 volunteers in the centres help to signpost, offer mental health and wellbeing support. Minimal value of a voucher for 4 people (for 3-4 days) is £68 (based on a virtual Asda shop) and £36 for single person.

CAB is now based in all centres so if people using the foodbank have time, they can have a chat. There is a free debt advice service available. They also now have a Community Connector, offering a coaching program, for people who feel overwhelmed. It is a 12-week program, 1 hr once a week.

Citizens Advice Basingstoke

is a local independent charity who support the local community by providing free, independent and impartial advice to individuals and families in need, valuing diversity, promoting equality and challenging discrimination and harassment.

Here with one-to-one advice when someone needs us, whatever the problem*, whoever they are. In-person, online and telephone.

Ranges from providing knowledge/ tools to enable the person to help themselves, checking entitlements, advocating on their behalf, Debt Relief Orders, completing Benefit Claims, appealing against a decision. We are a voice for those who come to us for help and campaign tirelessly for changes to improve the well-being of our community.

*Citizens Advice cover a wide range of topics including the categories below:

BENEFIT ISSUES i.e. Employment Support Allowance, Personal Independence Payment, Working & Child Tax Credits, Housing Benefits, Jobseekers Allowance, Universal Credit, and, Attendance Allowance.

MONEY/ DEBT ISSUES i.e. Council Tax arrears, Credit store & charge card debts, Rent/mortgage arrears, Fuel debt, and Unsecured personal loan debts.

HOUSING ISSUES i.e. Private sector rented property, Housing Association property, homelessness, environmental & neighbour issues.

EMPLOYMENT ISSUES i.e. Pay & Entitlements, Dispute resolution, Terms and Conditions of Employment, Dismissal, Redundancy.

ARTICLES FINANCIAL HEALTH

DISCRIMINATION ISSUES i.e. Domestic abuse, Disability, Blue Badge Applications, Mental Health, Race and Pregnancy.

RELATIONSHIPS & FAMILY ISSUES

i.e. Living together, Marriage, Civil partnerships, Ending a relationship, Death and wills, Gender violence, Looking after people, Children and young people (Child maintenance/abuse/adoption).

In Addition:

PENSIONWISE: Free and impartial government guidance about your defined contribution pension options

CONSUMER HELPLINE: Solve ongoing consumer problems with a business seller. Report to Trading Standards

WITNESS SERVICE: Citizens Advice Witness Service provides free and independent support for both prosecution and defense witnesses in criminal courts in England and Wales.

HELP TO CLAIM: Free confidential and impartial support to help make a Universal Credit claim

NATIONAL WEBSITE: citizensadvice.org.uk – lots of general information

How to contact us:

Phone 08082 787829

(free advice line)

Mon-Fri 9.00 am to 5 pm

Online contact

sheet: [https://www.](https://www.basingstokeandtadleycab.org.uk/citizens-advice-basingstoke)

[basingstokeandtadleycab.org.uk/citizens-advice-basingstoke](https://www.basingstokeandtadleycab.org.uk/citizens-advice-basingstoke)

(anytime)



**citizens
advice**

ALL ABOUT FINANCIAL HEALTH EVENT

On Thursday the 23rd of February BDDF hosted our second All about event – focused on Financial Health. This was in partnership with Citizens Advice Basingstoke and held at Oakridge Hall for All.

We had a number of representatives from local groups and charities that could help with worries or concerns related to finances – including a focus on accessing the correct benefits, queries about grant entitlements, knowing where to access free training courses, debt advice or general support navigating the current cost of living crisis.

We thank Citizens Advice Basingstoke, Connect to Support Hampshire, Junction 5, Money Lifeline, NeighbourCare and RCS for joining us.



For support from any of these groups or please check out the Financial Health part of the directory of services located at the back of this Be Included edition.

Many of us are facing difficult decisions – you are not alone and there is help to be found.

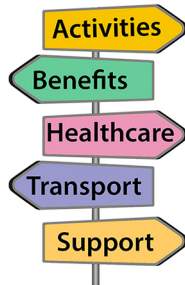
At time of print there is an ongoing community support hub at Oakridge Hall for All (RG21 5RL) every Monday 9.30-12.30 and 1-2.30pm. No need to book and covers Benefit advice, Money/Debt concerns, Relationships, Housing problems, Employment and Discrimination – not a BDDF event but we recommend it to those in need of support.

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

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

WE SUPPORT DEAF AWARENESS

DEAF AWARENESS CAMPAIGN SET UP BY BASINGSTOKE RESIDENT CELEBRATES IT'S SECOND ANNIVERSARY!

#WeSupportDeafAwareness, a campaign set up by Simon Houghton a deaf person from Basingstoke, was launched in April 2021 as a result of the difficulties experienced during lockdown, and the lack of awareness and understand from the hearing population.

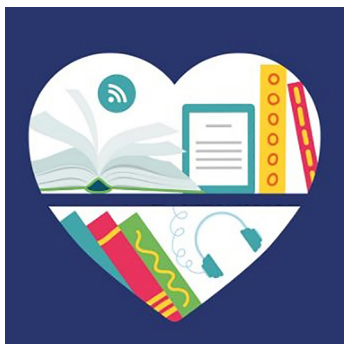
Since then, the campaign has been rolled out to a large range of organisations both across the UK and abroad, including 30 NHS Trusts, Hampshire Constabulary, Hampshire Fire & Rescue, as well as charities such as Alzheimer's Society and The Samaritans. PepsiCo UK and The Body Shop are just two corporations that have joined, as well as The Oracle Centre and Festival Place retail centres, with over 240,000 employees now having access to the deaf awareness training.

If you would like your organisation to become more deaf aware, please contact Simon Houghton at simon@WeSupportDeafAwareness.org

**# WE
SUPPORT
DEAF
AWARENESS**

Hampshire Home Library Service

Helping people who find it difficult to access a Hampshire library due to ill-health, disability or caring responsibilities. The service arranges for library books, audiobooks and other library materials including items from our Reminiscence collection to be delivered to customers in their own homes by library volunteers on a monthly basis.



Ask about the Home Library Service at your local library, call 0300 555 1387, or fill in the Home Library Service form on the Hampshire County Council website (hants.gov.uk)

After you have completed the enquiry form, you will be contacted by phone to assess your eligibility. If you are eligible, you will be matched with a library volunteer who will made aware of what you like to read. This is a free service.



FREE ADULT EDUCATION

We provide free courses to adults aged 19+ living within Hampshire. These include;

- ENGLISH
- ESOL
- MATHS
- IT
- EMPLOYABILITY
- WELLBEING
- CHILDCARE



CONTACT US

01264 359223

rcsserviceseducation@gmail.com



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

Semi-retired or retired?

Now's the time to develop your interests and have fun! With over 60 groups, there's something for everyone

Join us today!



u3a Basingstoke - Old Basing u3a

membersbasingu3a@gmail.com
www.basingstokeu3a.org

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

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.

There is a cost for this training (£14 per person) although if volunteering for BDDF you get access for free

To register go to:

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



Access at Anvil Arts

We are an independent charitable trust that operates the Anvil, the Forge and the Haymarket and are committed to making your whole experience completely accessible.

Access List System

- Free to join and lets us know what requirements you need when you visit us.
- This helps us find you appropriate seats giving everyone visiting us an equal chance to enjoy our shows.
- Entitle you to adult concession price.
- This form can be accessed via our website www.anvilarts.org.uk/visit-us/access

Relaxed Performances

Open to all but are specifically designed for people on the autism spectrum, have sensory and communication disorders, and other learning disabilities.

A relaxed performance means:

- The auditorium lights will remain on during the performance
- The foyers will be open and you are free to come and go during the performance
- There will be a Quiet Zone available.
- Music and sound effects will be quieter
- No pyrotechnics will be used
- Additional wheelchair spaces will be created at The Anvil
- The pantomime will be BSL signed

Familiarisation Visits

- If you would like to look at the venues in advance, please call the box office to arrange.

- There are Visual Stories available on the website which can be used to prepare for visits to the venues.

Wheelchair Users

There are up to six wheelchair spaces available in The Anvil, and up to two in The Forge.

Hearing Enhancement

- The Anvil and The Haymarket are equipped with infra-red hearing enhancement systems for use with headsets, or portable induction loops.
- Assistance dogs are welcome; please discuss suitability of seating areas at the time of booking.

Community Engagement

Allowing everyone to be involved in the arts and culture creates happier and healthier communities.

- ‘Finding the Words’ – project for people living with dementia. We encouraged participants to write poetry and create songs, using their memories.
- ‘Music in Motion’ - A planned new project teaching young people with Autism to create music for video games.

If you have any ideas for future projects for your community group, please get in contact with our community engagement manager, Chloe, at chloe.peck@anvilarts.org.uk

A message from The Mayor of Basingstoke & Deane

Bringing our communities together

It has been a wonderful privilege to serve as the Mayor of Basingstoke and Deane over the last year, particularly in a year of such historical importance, as together we celebrated the Platinum Jubilee of Her Majesty Queen Elizabeth II and then shortly after, mourned her death. The Mayoress and I attended many events in the run up to and during the jubilee weekend, meeting residents, businesses and organisations who had come together with their communities to celebrate the Queen's remarkable milestone.

Seeing our communities work and celebrate together was incredibly special, as my theme for the year is community engagement. I wanted to see us build on the way our communities supported each other, particularly our more vulnerable residents, during the COVID19 pandemic and continue these relationships to make our towns and villages even better than before. This kind of positivity is very powerful and can make a huge difference to people who need our support.

Being Mayor has given me the opportunity to speak to many of our residents and to see first-hand some of the terrific work that takes place particularly by volunteers. I would like to say thank you to them all and to encourage others to consider volunteering. Not only is it good for our communities but it is also good for our own wellbeing. Anyone interested can contact Basingstoke Voluntary Action who will be able to offer advice and information.

Finally, with my Mayoral year almost over, I would also like to say thank you to everyone who has shown Sandra and me such kindness during our 200+ visits around the borough. If you would like to know more about the office of Mayor, please visit my web page www.basingstoke.gov.uk/Mayor



The title of this magazine, Be Included, is a good one because it speaks not to “special treatment” but to equitable treatment; ensuring that any barriers to people’s inclusion are removed so we’re all on a level pegging.



This is something that’s always been important to me as leader of the Women’s Equality Party Basingstoke: we believe firmly in intersectional feminism. We therefore work to ensure our campaigns and activism benefit all marginalised communities, including the disabled community.

This approach led us to research we recently undertook on smear tests for disabled women together with BDDF chair, Ani Spalding. Knowing that the uptake on cervical smears can be too low for non-disabled women, we were troubled by nationwide reports that suggested that there were additional barriers that meant the rates for disabled women were much worse. When we started to look into the data locally, what we found is that the data often didn’t even exist or was unavailable.

So our task now is to find out why this is the case: why is data on smear testing not disaggregated by disability, so that any barriers for disabled women to this vital and necessary healthcare can be identified and removed? This is an example of one of the ways in which disabled women are doubly disenfranchised and one of the ways in which the Women’s Equality Party can help, through working with local groups, with our own party’s Disability Caucus, not to mention listening to our own branch’s disabled women’s lived experience and expertise, to ensure that no one is left behind. This is our goal, because we know equality is better for everyone.

If you have any issue you’d like us to campaign on or be aware of, or would like to know more about the smear testing campaign or our branch, please do get in touch. www.womensequality.org.uk/basingstoke

Accessible Boating

Accessible Boating Association, a Charity managed by unpaid volunteers, invites Disabled people and those with mobility or socialising difficulties to enjoy day trips or longer cruises with carers, family and friends on our two specially-equipped boats on the Basingstoke Canal from Colt Hill Wharf, Odiham, Hampshire.

ABA was formed in 1986 and since then has taken around 30,000 people for canal trips. In recognition of ABA's exceptional service to the community, especially to those with mobility or other disadvantages, the charity was presented with the Queen's Award for Voluntary Service by the Lord Lieutenant of Hampshire in May 2021.



Wetwheels Hamble

At Wetwheels Hamble we build Disabled people's confidence by providing them with the opportunity to access the sea in a fun, safe, stimulating and rewarding way using specially modified, fully accessible powerboats.



Based in Hamble we also run trips out of Ocean Village in Southampton on our purpose built powerboat. Onboard we can accommodate 3 wheelchairs at a time, taking up to 10 passengers in total per trip. Everyone can access the boat straight from the pontoon with our internal ramp. We have lots of experiences to choose from and we can tailor trips to meet your needs and timings. You can even drive the boat if you wish!

We hope you would like to join us and help us to get more deserving people with their families and carers out on the water. Please give Suez a call on 07733 944321.

Oakley Stitchers

We are a group of volunteers who use our hobbies and skills, to help others who need our support. We rely mainly on the generosity of the public making donations, profit from our monthly craft group and donations raised from stalls and events to fund the amazing work that we do.

We have created links with our local neonatal and maternity units and others further afield, providing knitted cannula holders, hats and blankets etc. for premature and poorly babies. We also have a relationship with many care homes to help them support their residents including comforters, bags for zimmer frames, lap blanket and twiddle muffs.

We are also, alongside the knitted knockers, working on a Zipp'2'PICC hoodies which are adapted to help those going through PICC line treatments such as Chemo or gastric interventions to enable them quick and discreet access without having to remove clothing. These are just a few of the areas that we are working towards to continue supporting and provide items throuout the UK.

If you want to find out more please have a look at www.oakleystitchers.org.uk. If you know of something or someone we may be able to support, please contact us on oakleystitchers@yahoo.com and we will see what we can do.

Islam Jalaita, Inclusion and Diversity Officer Basingstoke and Deane Borough Council

Islam's role involves making contact with individuals, groups, and organisations from diverse communities in the borough, providing support and understanding in relation to the challenges different communities face. He also supports a range of community groups and representatives forums in Basingstoke and Deane to respond to accessible requirements and the needs of diverse communities.

For more information please contact:

Islam.Jalaita@basingstoke.gov.uk

FEATURES



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.

This is a flexible volunteering role. You will give the time which suits your lifestyle, work, family, and other commitments. Please do contact me to discuss the opportunities we have here at BDDF.

sanchia@bddf.org.uk



**HAMPSHIRE
PARENT / CARER**

NETWORK

Hampshire Parent Carer Network

Offering parents & carers of children & young people aged 0-25 with additional needs, or disability the opportunity to tell the Local Authority, Health and other services, what life is really like.

HPCN offer a huge range of services

- Get Togethers
- Future In Mind workshops
- A range of courses to support individuals and their families
- Courses & other events with Ask About Autism
- Parent led engagement sessions

www.hpcn.org.uk

Your local Basingstoke branch of the MS Society have a wide range of equipment including parallel bars, exercise bikes, stand aids and wheelchairs, to support anyone living with MS with their movement.

The charity also offers offer emotional support & advise to help people live well with the condition.

07502 419 077

basingstoke@mssociety.org.uk



Basingstoke Post offices

Abbey Road Post Office
599 Abbey Road RG24 9ES
01256 322066

Basingstoke Post Office
(Next to WHSmith)
5-7 Old Basing Mall RG21 7AW
01256 324545

Brighton Hill Post Office
Stanford Road RG22 4LP
0345 722 3344

Buckland Avenue Post Office
2 Buckland Parade RG22 6JJ
0345 611 2970

Kempshott Post Office
147 Pack Lane RG22 5HN
01256 465517

Kingsmill Post Office
1 Anstey Close RG21 3JG
0345 611 2970

Munnings Close Post Office
33-34 Munnings Close RG21 3EH
0345 611 2970

Oakridge Post Office
2 Forsythia Walk RG21 5RG
01256 324411

Old Basing Post Office
48 Belle Vue Road RG24 7JX
0345 611 2970

Shakespeare Road Post Office
30 Shakespeare Road RG24 9DH
0345 611 2970

Sherborne St. John Post Office
1 Elm Road RG24 9HP
0345 611 2970

Sherborne Road Post Office
41 Sherborne Road RG21 5TP
0345 611 2970

Watson Way Post Office
57 Watson Way RG23 8AW
01256 470635

Royal Mail Articles for the blind

Royal Mail offer FREE 1st Class or International Standard postage for blind & visually impaired people.

The scheme is designed to support blind & visually impaired people as well as the charities that work hard to improve their lives. It works by waiving postage (first class only) for sending:

- Books, printed materials, letters, relief maps
- Audio and electronic media
- Equipment such as magnifiers and mobility aids

These items can be sent as:

- 1st Class letter, large letter or parcel
- International Standard letters

To send items under the scheme, simply write 'ARTICLES FOR THE BLIND' on the front of the envelope and the sender's name and address clearly on the reverse of the envelope. Leave your mail open or make sure it's easy to open for inspection.

www.royalmail.com/sending/articles-blind

DIRECTORY ACCESS

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 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

Basingstoke Voluntary Action

Supporting charities & volunteers whilst supporting the local community.
www.bvaction.org.uk

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.org.uk

MHA Communities

Support members who would like to get out & about. MHA will work with you 1:1 to make a personal journey plan. 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

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

Working to promote understanding, cooperation & good relations between organisations & 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 & 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

Love 4 Life

Supporting people with learning disabilities and autism to make friends and find love. www.fitzroy.org/love4life - 01329 826423 - info@love4life.org.uk

Reporting Hate Crime

Crimes committed against someone because of their disability, gender-identity, race, religion or belief, or sexual orientation are hate crimes.
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

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
www.homeinstead.co.uk/basingstoke

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

MS Society

We're here to support you and your loved ones to live well with MS.
www.mssociety.org.uk - 07502 419 077 - basingstoke@mssociety.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.
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. General 01264 332297 Safe Haven 0300 3035772
mind@andovermind.org.uk - www.andovermind.org.uk

Basingstoke Mencap

Helping people with learning disabilities to lead better lives through leisure, social activities and meaningful occupation. www.basingstokemencap.org.uk

Beat Eating Disorders

Helplines open 365 days a year from 9am–midnight & 4pm–midnight on weekends & 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

Hampshire Parent Carer Network

Offering parents & carers of children & young people aged 0-25 with additional needs, or disability the opportunity to tell the Local Authority, Health and other services, what life is really like. www.hpcn.org.uk

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 if you are having suicidal thoughts or 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 9:30 - 4pm, Mon-Fri. 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 & couples counselling for adults
01256 843125 - 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, 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

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

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.
Freephone Advice Line: 0808 278 7829
Admin line: 01256 329 984
www.basingstokeandtadleycab.org.uk

Citizens Advice - Tadley

Freephone Adviceline: 0808 278 7987
Admin line: 0118 981 7567
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.

Junction 5

FREE confidential advice to anyone struggling with debt. Services are offered by a team of trained and qualified advisers and is regulated and licenced by the Financial Conduct Authority. 01256 769953

Money Lifeline

FREE service providing expert debt advice for people living in or near Basingstoke. 01256 351026 - 07954 040961
moneylifelinebasingstoke@gmail.com

Specialist Employability Support

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

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.

©2020 Foundation for Credit Counselling Ltd. StepChange Debt Charity. England and StepChange Debt Charity. Authorised and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and SC048263.

Providing free
debt advice from
experts who care

www.nationaldebtline.org



NATIONAL
DEBTLINE

THE BIG MATCH GAMES FOR EMMA



the Big
Match



#GamesforEmma

Emma, a solo Mum to 20 month old Alice, has been diagnosed with a brain tumour and we are desperately trying to assist her raise funds to have specialist treatment to prolong her life and spend more time with Alice.

Come along and support this great cause!

2nd June 2023

St Mary's Stadium, Southampton FC

GAME ONE • KO 9AM
GAME TWO • 12 NOON KO

Tickets £10



Book your ticket by scanning here!
or you can DONATE by scanning here!



www.thebigmatch.co.uk

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

The
Disability Forum
Basingstoke & District



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