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# HAVE YOUR SAY

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# **SGDEN June Newsletter**

### **SGDEN NEWS**

Sarah joins SGDEN
Our new logo
Experiencing inequality? We want to hear from you
Can't wait scheme

### **HAVE YOUR SAY**

Healthwatch would like your feedback

### **NEWS & OPPORTUNITIES**

Carers Support Service
Cool Ventures
Free Fitness Class this month
Pathfinders Neuromuscular Alliance
The General Election

### **VOLUNTEERING AND PAID ROLES**

### **SGDEN NEWS**

### Sarah joins SGDEN

Sarah Patten joins SGDEN as Project Development and Support Officer and will oversee all aspects of the South Gloucestershire Disability Equality Network. With almost 25 years in the education sector, Sarah has dedicated the past 12 years to specialising in marketing and communication within the charity sector, both nationally and internationally. Sarah is looking forward to developing SGDEN and advocating for individuals with disabilities in South Gloucestershire. Welcome Sarah!



# **New SGDEN Logo**

You may have noticed that we have a new logo. This new logo will gradually be introduced across our communications and branding.



### We want to hear from you...

We want to hear from you about your experiences of inequality in South Gloucestershire.

- How can we work with the council to address these inequalities?
- Do you have experiences that highlight issues in the area?

Please email your thoughts and comments to <u>info@sgden.org.uk</u> and we will include your feedback in our discussions with the Council.

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#### Can't Wait Scheme

Do you know of any businesses/venues that would be interested in joining the <u>Can't Wait</u> scheme? Please do let them know about it and they can get in touch for more information by visiting our <u>website</u> or emailing admin@sqden.org.uk.

### **HAVE YOUR SAY**

# healthwatch South Gloucestershire

Healthwatch South Gloucestershire would like to hear your feedback and experience of local health and social care services.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, they want to hear about your experiences. They are independent and impartial. Information you share is confidential.

They have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. They also help people find reliable and trustworthy information and advice. You can share your feedback in any of the following ways: Calling 01454 506176, emailing <a href="mailto:contact@healthwatchsouthglos.co.uk">contact@healthwatchsouthglos.co.uk</a> or by completing their online <a href="mailto:feedback">feedback form</a>.

### **NEWS AND OPPORTUNITIES**

# Counselling, and Befriending &

# Connection in 2024 and beyond!

Carers Support Centre

The Carers Support Centre recognise the importance of carers looking after their mental health and those they care for; counselling and befriending can play an important part in that.

The newly funded services are based on carers' responses to our survey about our health and well-being services. To find out more for you or someone else please visit their <u>website</u>.

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# Do you need help to start, develop, or grow your business?

Take advantage of the South Gloucestershire Business Support Service available for all small businesses, sole traders and residents. Fully funded business support for your small business or start-up.

#### What's on offer:

A programme of Business Skills workshops

1-2-1 mentoring & coaching for bigger businesses

Business Networking events

To find out more or book on a workshop visit their website.

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# FREE Fitness Class on Monday 24 June!

FREE Fitness Class! Specialised exercise class aimed at d/Deaf, visually impaired, disabled and/or neurodivergent people aged 16+.

Come and join in with a low Impact session that provides a full body workout leaving you feeling healthier and refreshed.

people aged 16+ years. Fun fitness class for all fitness levels!

**How to Join:** Please book your space before attending. Limited spaces available. **Email** rechargeft@gmail.com or call Marcella on 07525790951 to find out more.

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# Do you have a muscle weakening condition, or know anyone that does?

Pathfinders Neuromuscular Alliance is a user led charity, run entirely for and by people with muscle-weakening conditions. They provide support and information to adults living with muscle-weakening conditions. To find out more, visit the website.

General election 2024 – Your vote counts!

The 2024 UK general election is scheduled to be held on Thursday 4 July 2024. This includes the constituencies of Thornbury and Yate, and Filton and Bradley Stoke. Polling stations are open 7am - 10pm. Find your nearest Polling Station <a href="here">here</a>. Support with how to vote along with where to park can be found on the South Gloucestershire Council <a href="here">website</a>. Don't forget to bring your photo ID!

**Volunteering and Job Opportunities** 

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#### **VOLUNTEERING**

We are seeking a volunteer to create this monthly newsletter. For more information, please contact info@sgden.org.uk

Organisations which may be useful for volunteer opportunities:

Paul's Place

**Thornbury Volunteer Centre** 

Southern Brooks

Voscur

**CVS South Gloucestershire** 

### **JOBS**

Below are some links which may be useful for local job searches:

<u>Paul's Place</u>

South Gloucestershire Council

The Care Forum

**CVS South Gloucestershire** 

Voscur

### SGDEN NEWSLETTER

At SGDEN, we are always keen to provide a platform for local disability groups to share what they have been doing and events that they are running.

If you would like us to share your story or event in the newsletter, please send details to <a href="mailto:news@sgden.org.uk">news@sgden.org.uk</a>









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Our mailing address is:

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