

VOICEBOCS

News and Views from the Brothers of Charity Services in Lancashire

Winter 2016 - Issue 92

Privileged and Proud at PRIDE!



Voice for All had yet another successful and fun day at Preston Pride 2016 on Saturday 24th September.

Hundreds of people of all ages attended the annual event that celebrates 'Sexuality' and 'Individuality', and Voice for All were once again proud to be part of it all.

As usual we had our very own stall where we met lots of new friends and spent the day sharing Voice for All news, stories and information. We also spent the day offering friendship bracelets and face painting, which in total raised a fantastic £150 for Voice for All!

Throughout the whole day the atmosphere at Preston Pride was electric! A great party atmosphere! We enjoyed some fantastic live music and entertainment on the main stage, the 'King' and 'Queen' Drag competitions, and of course visiting old and new friends and colleagues at the numerous stalls that surrounded Preston Flag market.

We would like to congratulate and thank the organisers of Preston Pride for doing a great job and for inviting Voice for All back to such an amazing event and day of celebration.

A special thank you also to Voice for All's vice chair Becky, and committee members Lizzie, John, Chris E and Chris W for their much valued and appreciated support on the day. We had the time of our lives and we already look forward to 2017!

We hope that you enjoy looking at some of the photos and that you will come along and join us next year and experience it for yourselves!

Don't forget to visit Voice for All's web page gallery for more photographs of Voice for All at 'Preston Pride'

www.brothersofcharity.org.uk/lancashire/about-us/voice-for-all/



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National Volunteers' Week 2016: Walk and Picnic

Once again the Lancashire Dotcom Walkers organised a walk and picnic as part of the celebrations marking National Volunteers Week. The walk started in Cuerden Valley Park where volunteers from St Catherine's Hospice Care, Sue Ryder Care, the Wildlife Trust for Lancashire, Manchester and North Merseyside and Brothers of Charity Services Lancashire gathered in the Parks offices for a talk by David Beattie chair of the Friends of Cuerden Valley Park.

The Park itself is a trust which organises working parties of volunteers on the first Sunday of every month. However its big project in the past 12 months has been the building of a visitors centre. Now in its final phase of construction it will house a café and a function room (which will also provide a new space for the Park's established environmental education programme for local schools).

After David's presentation Michael Swarbrick the volunteer health walk leader for the park led the group of just under 40 walkers through Cuerden Valley on an attractive route. Early afternoon they arrived at Lisieux Hall where they were joined by more volunteers and the Voice for All advocacy group of Brothers of Charity Services. Together they enjoyed a delightful picnic in warm (some might call it hot) sunshine next to the chapel. Afterwards Clare Whittle (chair of VFA) and Becky Gammon (Deputy chair) gave

a presentation about the role of advocacy at BOCS. This was followed by the annual pilgrimage to the top of the Mound for the traditional group photo.

Lots of thanks - to Michael Swarbrick who led the walk and kept us on time, to David Beattie (who once worked for BOCS) for his instructive contribution, to Catherine Haddon of the Wildlife Trust, to Laura Brewer of Sue Ryder Care to Don Beal, Barbara Blackwell, Jim Bentham and Sandra Livesey for marshalling the road crossings, to Liz Beaver for co-ordinating the BOCS volunteers and providing brews at the chapel, to David Johnstone for the supply of hi-vis jackets and to John Whitehead, Becky Gammon and Clare Whittle for their warm welcome at Lisieux.

We look forward to seeing everyone in 2017.

Bob Clare, Volunteer



New Breastfeeding Service Launched at Roccoco

Roccoco have recently teamed up with Families and Babies Charity (FAB) to run support sessions for breastfeeding mums from their Coffee Lounge. FAB has been selected to continue to provide peer support services to breastfeeding mums across Central Lancashire which has allowed it to move to their new base to Roccoco. Mums can come along and socialise without having to worry about when they'll be able to breastfeed their baby. Roccoco also have set up a room for private breastfeeding, creating an area for one to one support with FAB.

This is great news for new Mums in the Leyland area!



We Have Launched a New Website

The Brothers of Charity Services in England launched an innovative new website during August 2016.

Our new website is fully and intuitively accessible for everyone through the use of imagery rather than words. Pages containing more text will also be available but will support full accessibility through built in 'Read Speaker' software which reads out selected website text, other standard accessibility options will also be available such as increasing the text size and changing the contrast.



The website will take you on an engaging journey, allowing you to scroll effortlessly and with confidence through the different pages of the website, clicking on symbols/ icons. This enables us to communicate our defining characteristics, heritage and vision and values, throughout the user journey.

You can view our new website on:
www.brothersofcharity.org.uk



Volunteers Thank You Event: 6th July 2016 Coffee and Cake at Roccoco

BOCS volunteers were invited to an evening get together at Roccoco Coffee Lounge in July. They were able to try Roccoco's delicious cakes and coffee and enjoy a chat with people in different volunteer roles to themselves. Heather Vickerman came along to thank volunteers personally and to let them know the latest news from Brothers of Charity Services. We had a 'flower' quiz, which got quite competitive, with a few winners! The Walled Garden provided some small pot plants for volunteers to take away.

I have spoken to some of the people who came to the event and they said how much they enjoyed the evening and think it is so valuable to meet up with other volunteers and to feel 'part of the team'.

Many thanks to volunteers who provide such a valuable service!

If you are or you know of someone who is interested in volunteering, please let me know

and we can meet up for a chat and have a look round the services.

Liz Beaver Volunteer Coordinator



Facebook Training Opportunity

Voice for All was aware that many people with a learning disability had never had the opportunity to learn about social media and how to stay safe



on line. Some of our members in particular had heard about Facebook and how great it was for staying in touch with family and friends but they didn't know how to use it. Voice for All wanted to change this.

Voice for All with the help of some of our partners (Chorley and South Ribble Clinical Commissioning Group and SPICE) put on a training session for self-advocates and advocacy groups to come and find out about Facebook.

The training was kindly provided by Joanne Farmer (Digital Inclusion Officer) for Chorley Council and it included;

- Setting up an email address
- Creating a Facebook account
- Tips and advice on 'How to stay safe online'

On Wednesday 3rd August, fifteen people from across Lancashire came to Lisieux Hall to attend the workshop which was fun, interactive and very informative. Joanne had prepared a presentation and brought in a laptop for everyone to use. She taught us how to set up a personal email address, open a Facebook account and spent a great deal of time sharing tips and advice on how to stay safe online.

The Facebook training was really good and was enjoyed by everyone. Many people said this was a great opportunity and much needed. Everyone went away looking forward to exploring the world of social media and in staying connected with their family and friends.

"Thank you Voice for All for the opportunity!"

Lizzie's Patient Story

Voice for All is currently working in partnership with the Clinical Commissioning Groups (CCG) from 'Chorley and South Ribble' and 'Greater Preston'. Members of the Voice for All committee were recently invited to come and talk to the CCG's about their experiences regarding their health care - referred to as a 'patient story'.

Patient stories are a powerful way of bringing experiences to life and making them accessible to other people. The CCG's Governing Body listens to and focuses on the patients overall experience as a whole person rather than just a clinical condition or as an outcome. We are delighted that Lizzie McClennan's story was chosen by the CCG.

In a letter from Dr Gora Bangi, Chair NHS Chorley and South Ribble CCG and Dr Dinesh Patel, Chair NHS Greater Preston CCG to Lizzie and Voice for All, they say;

"We are writing to let you know that your patient story, which you recently shared with

the Clinical Commissioning Groups (CCGs) was presented to the Governing Bodies in July. Your story was very well received by the Governing Body Members who want to thank you very much for sharing it with us. The video is now on the CCG websites. Hearing stories like yours will help raise awareness and improve patient care. We will be sharing your story with General Practices to raise awareness of issues like wheelchair access and highlighting the red, amber, green system that you find very useful."



Our thanks to Dawn and Glenis from the CCG for using and sharing Lizzie's story and our huge thanks and congratulations to Lizzie herself!

You can watch and listen to Lizzie's story by visiting either of the following website links;

- <https://www.youtube.com/watch?v=ePUM3EKpGZo>
- <https://www.chorleysouthribbleccg.nhs.uk/patient-stories>

Voice for All's Annual General Meeting and Party

Everyone is invited to come along to Voice for All's Annual General Meeting (AGM) on Tuesday 29th November 2016 at St Joseph's Parish Centre, Harpers Lane, Chorley PR6 0HR.

The meeting will start at 7pm and finish at 8pm. (FREE to attend).

From 8pm to 10pm there will be a Party and Celebrations! (*Ticket needed, £5 each). The ticket includes Hot Pot, a raffle and live entertainment! There will also be a bar at the event.

Please come and support your Advocacy Group!

Voice for All have lots of news and reasons to Celebrate!

*Tickets are available from John Whitehead and are £5 each. Please purchase a ticket if you plan to stay for the party.

Please get in touch with John Whitehead for tickets or more information on:
Tel: ☎ 01257 266 311

Visit our website to download the flyer:
<http://brothersofcharity.org.uk/lancashire/voice-for-alls-annual-general-meeting-and-party/>



Roccoco at 'A Taste of Leyland'

Roccoco Coffee Lounge, our Café Social Enterprise in Leyland, took part in 'A Taste of Leyland' in Leyland town centre on Saturday 27th August.

They held food demos at 11am and 1pm on the day, cooking up a selection of easy to make delicious, healthy meals, such as Mexican Bean Burgers and Crispy Tuna and Sweetcorn Sliders. The ingredients came to 90p per portion, showing that a nutritious meal doesn't have to be expensive to make!

You can re-create one of Roccoco's healthy meals at home with their 'Mexican Bean Burgers' recipe.



Mexican Bean Burgers with Salsa: Preparation Time: 35 Minutes (approx)

Makes 6 Burgers
90p (approx) per portion!

Ingredients

2x 400g Tins Kidney Beans
100g White Breadcrumbs
2 Teaspoons Mild Chilli Powder
1/2 Small Bunch Fresh Coriander
1 Egg
Salt and Pepper



Method

1. Drain and rinse the kidney beans, shake dry, place in a bowl and mash roughly with a fork.
2. Add the fresh breadcrumbs, roughly chopped coriander, chilli powder and salt and pepper.
3. Lightly beat the egg and add to the mix, stirring enough to combine and bring together the mix (more egg can be added if needed).

4. Divide into 6.

5. With wet hands, mould into burgers and place on a cling film covered tray in the fridge for 10 minutes or until needed.

To Make the Salsa

Combine 3 roughly chopped ripe tomatoes, 1/2 a finely chopped red onion, chopped fresh coriander to taste, 1 fresh chilli (very finely chopped), 1 clove garlic (crushed), juice of 1/2 a lime, 1 teaspoon of salt. Add a pinch of ground black pepper.

Cooking

Pre Heat a non-stick frying pan, add a little oil and fry the burgers on both sides till golden (approx. 3 minutes per side, medium heat). Serve topped with salsa with salad or on a bun with guacamole and sour cream.

Pastoral Group Summer Update

Foxhill Retreat

On the 11th June around 26 of us left Lisieux Hall for a trip to Frodsham. Several of us had experienced weekend retreats at the wonderful Foxhill Centre with Sister Kathleen and the Vincentian Partnership. It was these wonderful experiences which led us to encouraging Andrew, our lovely Pastoral Co-ordinator to try and organise something for this year.

Well, what a good day we had! The atmosphere amongst the group was relaxed and friendly all day. We left Lisieux in coach midday and arrived at the Amore Italian restaurant an hour later. We enjoyed a great meal in very pleasant surroundings. The staff looked after us admirably. The afternoon was spent in the beautiful Foxhill Retreat Centre with stunning views of the Delamere Forest.

Andrew did a magnificent job of leading us in a workshop the theme being WORRY. We found it

thought provoking and we shared our thoughts easily with each other. It was good to have Lizzie's mum and her friends from Liverpool with us. The afternoon concluded with a short time of prayer and song in the lovely chapel there.

What a good, inspiring day we had! I hope we can repeat it soon.

Dorothy Klemm



Pastoral Group Visits Ladyewell Shrine

Two groups within the Pastoral group recently visited the "Ladyewell Shrine" at Fernyhalgh to the north of Preston.



Devotion to Our Lady of Fernyhalgh goes back through the ages to the 11th century. Pilgrims continue to make their way to this beautiful shrine where they intercede to Our Blessed Lady, bring their petitions and leave unburdened and spiritually renewed. They also take away with them water from the well and use it in invocation to Our Blessed Lady who inspires great devotion.

Fernyhalgh is the Diocesan Shrine of Lancaster and encompasses the beautiful church of St Mary and Ladyewell House and grounds, which is the site of the well.

Our groups met at Lisieux Hall and travelled in convoy to Ladyewell. Father Earnest celebrated

Mass for our groups (Friends in Faith and Saturday Space). He shared our love of happy rejoicing music and led us in several songs during a lovely service. We then moved to the conservatory for tea, coffee and refreshments. Many of us bought gifts from the repository for family and friends.



As we visited in the evening we didn't have time to fully look around the shrine where there are various other areas well worthy of a visit.

We are grateful to Fr Earnest and their staff for making us so welcome and hope to see them again next year.

Michael Holden
Member of the Pastoral Team

Summer at Hands on Recycling

The summer months are always a busy period for the social enterprises this year has been no different. Our hardworking teams have been collecting large quantities of dry recyclables from many local schools and businesses on a weekly basis. Over the summer period we have diverted over 40 tonnes of paper and card away from landfill ready for it to be made into useable items again.

A typical day consists of around 15 to 20 collections. The rest of the day is spent processing and sorting the recyclate into its specific waste streams which are then stored in to large transport containers ready for collection. The teams cover the majority of Lancashire within the week, spending 5 days in South Ribble and 4 days in the West Lancashire area.

A number of schools we work with have given the teams thank you gifts for their hard work and commitment shown throughout the previous year. The photo below shows James and Adam from the West Lancashire team with their thank you gift.



Heaton Street and Hands on Gardening's New Contract

Gardening throughout the summer months is always a special time for everyone. Gardens need plenty of attention with a great variety of jobs for the teams to complete such as hedge cutting, pruning, grass mowing, weeding and fence painting. All of these jobs work as a tool to allow the teams to develop gardening and customer service skills whilst working in their local community.

A typical day sees the gardening teams working throughout Lancashire from Accrington to Ormskirk, completing up to 5 jobs a day for our regular customers. We also complete one off jobs for customers such as installing fences, laying patios and power washing hard standing areas.

The Heaton Street team have recently begun a new contract with Baxi Ltd. We provide commercial grounds maintenance for their manufacturing site on Club Street in Bamber Bridge, Preston.

The contract has been a great experience over the last few months. We have been working hard on jobs such as cutting back heavily overgrown shrubs and spraying the area with 40 litres of weed killer. The teams working on the contract have loved how welcoming the Baxi staff have

been, with many of them telling us that the site has never looked so tidy. We have also been eating our lunches in the staff canteen with the Baxi employees which has provided some great conversations!

The teams will be meeting with the Baxi management team soon to discuss further works during the winter. We are already looking to link Hands on Recycling in to our contract to collect their office paper on a weekly basis. The Walled Garden in Leyland are also busy producing winter bedding and shrubs which will be used in the display pots on site at Baxi.

This contract has been a great for providing opportunities for the teams and we look forward to seeing it successfully develop into the future. Photos show some of the work that we have completed with the teams.



Santa Stroll and Christmas Fair

On Wednesday 14th December, Brothers of Charity Services in Lancashire held their annual Santa Stroll and Christmas Fair.

Everyone met up in the Chapel at Lisieux Hall, ready to set off on their festive 3km walk. The scenic route took the Santa Strollers around the surrounding grounds of Lisieux Hall, alongside fields with beautiful views across the countryside. The weather made it even more enjoyable with clear blue skies; a perfect day for the Santa Stroll!

The walk was enjoyed by everyone who took part. There was plenty of chatting going on during the walk, festive songs were sung and Santa also made an appearance; offering delicious treats to the strollers at different parts of the route! Once everyone had completed the walk, they went back to the Chapel to warm up and enjoy a well-deserved cake and hot drink!

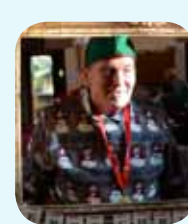
The Christmas Fair was also being held in Chapel alongside the Santa Stroll. BOCS in Lancashire's social enterprises, The Walled Garden, Roccoco and Crafty Uniforms, all took part and had stalls!

The Walled Garden were selling a selection of their handcrafted Christmas Wreaths, Memorial Pots and festive Chippons! Roccoco had a stall selling delicious homemade cakes and cake mixes and Crafty Uniforms were selling handmade jewellery and craft items. There was also a Tombola and 'Find Santa's Hat' as well as a stall to enter this year's Christmas Jumper Competition.

While everyone enjoyed shopping around the stalls and winning prizes at the Tombola, John Whitehead had brought along his guitar and led a Christmas sing-a-long.

Thank you to everyone who gave their help and supported this year's Santa Stroll and Christmas Fair! Thank you to all those who donated prizes for the tombola and a big thank you to Cadbury's for the kind donations of cakes and chocolate!

The event raised a total of £114 which will be donated equally between The Brothers of Charity Services Charitable Projects Overseas in Sri Lanka and Help The Homeless in Chorley.



★ Closing Date for Winter edition of VoiceBOCS ★

The closing date for submission of articles for the next edition of VoiceBOCS is **Monday 16th January 2017**. Are you having a Christmas party, going on holiday or celebrating a birthday?

Let us know about it! **Please email your articles and photographs to marketing@brothersofcharity.org.uk.**

VoiceBOCS Information

VoiceBOCS is available to download on our website: www.brothersofcharity.org.uk. You can have your own personal copy emailed to you by supplying your e-mail address to info@brothersofcharity.org.uk. If you would like to arrange a copy to be sent out by post contact Lisieux Hall Reception on **01257 266 311**.

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