

# LONG EATON 50 PLUS FORUM NEWSLETTER AUTUMN ISSUE 2019

Editor Ian Neill

Report on our September 2019 Open Forum Meeting held at  
10:15 am on September 9<sup>TH</sup> at the Long Eaton Town Hall



Website [www.lead50plus.com](http://www.lead50plus.com)



## CHAIR'S REPORT

## NEXT MEETING

December 9<sup>TH</sup> 2019  
10:15 TO 12:00 Noon  
TOWN HALL LONG EATON

### Speakers

**Dinah Gleed - Owen Fresh start for hens**  
**Tess Thompson Support Dogs**  
**Crown Derby Singers**

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FOOD BANK BOX WILL BE AVAILABLE

Raffle made £ 54.20 Thanks to Jenny who ran it and all those who contributed, both financially and prizes.

**THE VIEWS EXPRESSED IN THE NEWSLETTER ARE THOSE OF THE CONTRIBUTORS AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE FORUM**

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### **1<sup>st</sup> Guest Speaker: Julie Gregory-Bateman, Victim Support Worker with Derbyshire Victim Support:**

Julie thanked the members for their invitation and the opportunity to bring a wider awareness to the service.

Derbyshire Victim Support are funded through Derbyshire's Police & Crime Commissioner and come under the Umbrella Organisation of Remedi.

The aim of the organisation is 'Empowering people, changing lives'

#### **WHO WE ARE!**

Established in 1996 with the simple aim of offering victims of crime the opportunity to engage in a restorative intervention with the person responsible.

The key principals, ethos and vision our organisation was founded on are still at the heart of the work we undertake today.

Voluntary, Impartial, and Supportive

From an initial starting point as a small project working in partnership with the Sheffield Probation Service Remedi have expanded significantly across the UK

They work in partnership with the 8 Youth Offending Teams and the Offices of the Police and Crime Commissioner in South Yorkshire, North Yorkshire, Humberside, West Midlands, Greater Manchester, Derbyshire, Cumbria and Cheshire.

In addition they are contracted nationally by the Victim Support Homicide Service to provide Restorative Justice in case of murder, manslaughter and death by dangerous driving.

Remedi are one of the UK's leading facilitators of restorative justice services across the youth and adult criminal justice arena.

Since 2005 Remedi have also been a registered Restorative Justice training provider with the Restorative Justice Council (RJC) and pride themselves on the bespoke approach they take to training in order to ensure the purchasing agency receives the most appropriate package for them.

In 2015 Remedi secured the first contract to provide victim services across the County of Derbyshire. They take a completely needs focused approach to this work providing both emotional and practical support for victims of crime.

In 2015 Remedi expanded their services to include the provision of victim services- providing emotional and practical support for victims of crime and anti social behaviour.

They work in close partnership with:

- Police forces
- Victim Services
- Probation Services
- Youth Offending/Youth Justice Services
- Community Rehabilitation Companies
- Prisons
- Schools
- Social Services
- Community Groups

They provide services across all offence types and at any stage of the criminal justice system.

They provide restorative services and support as a means of addressing conflict in any setting – criminal justice, social care, schools and the workplace.

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### Adult Justice Service:

The services provided include:

Proactively contacting identified victims of crime to offer the opportunity to engage with a restorative justice process.

The provision of self-referral systems for victims and offenders.

The provision of victim awareness and empathic thinking training for adult offenders serving community and custodial sentences.

### Family & Community:

Given the holistic approach adopted when using restorative approaches to resolve conflict they have been able to develop a range of services available to local authorities, Police and Social care professionals.

Restorative approaches to addressing neighbourhood disputes and community conflicts has a long history in the UK. Remediate facilitate these services across our areas of operation.

Since 2006 we have provided restorative interventions to address conflicts within families. Working collaboratively with safer and stronger family teams within local authorities and with our youth justice partners we have seen a year on year expansion of this work ever since.

### Derbyshire Victim Support Services:

This service is free, confidential and available to everyone.

You can contact Derbyshire Victim Support Services whether or not you want to report the crime to the police – help is available whatever decision you make.

You do not have to be referred by a professional body – you can refer yourself.

You can also call Derbyshire Victim Support if you have concerns about somebody else you feel may be a victim of any type of crime.

For help and support call: **0800 612 6505**.

This helpline is open Monday to Friday 8am-8pm and Saturdays 9am-5pm.

### Help and Support

Victim Support is here to help anyone affected by crime.

Our specialist team delivers tailored support to help people recover from the effects of crime and traumatic events. We speak up for victims' rights, ensuring their needs are met in the criminal justice system.

Because we're an independent charity, you can talk to us whether or not you've reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.

### What is antisocial behaviour?

If your quality of life is badly affected by other people in your community then you could be a victim of antisocial behaviour. All the staff at Victim Support Services have experience of supporting people dealing with:

- noise nuisance
- neighbour disputes
- verbal abuse
- threatening behaviour
- harassment and intimidation
- vandalism
- criminal damage.

You might think that an incident is small or unimportant to start with, but antisocial behaviour can go on for a long time, and become very serious. Not all antisocial behaviour is classed as crime but a lot is, or can become a crime. Victim Support can help you even if the police are not involved, but nothing will change if you don't take action. You may not know how to do this, but they can give you the information and support you need to change things

### Shoe Aid Project:

#### **.2<sup>nd</sup> Speaker: Jonathan Gulbe-Mitchell, Time to Talk Project**

Jonathan thanked the members for inviting him to the meeting and giving him the opportunity to spread the work about the Time to Talk Project.

He started his presentation off with a short video illustrating someone who had once contacted the Samaritans at the age of 14 and gone on to have a very successful life.

Jonathan explained that he had himself suffered from depression and mental health and at the time didn't know what to do or who to talk to. After working in Accident and Emergency for a number of years and seeing the number of people who attended A&E through self-harm, depression etc. he decided to set up the Time to Talk Project.

The project is run by a group of excellent volunteers, who don't council people, they listen, chat and offer a safe environment for the times you feel alone and no one is listening to you. It's ok not to be ok here. The volunteers may be able to signpost you to any help or other events in the local community. Jonathan and his volunteers have seen a vast difference in a number of individuals attending the project – some going back to work, reassessing their lives, attending alcohol and drug rehabilitation sessions.

The project runs from 9.30 -11.30 at Infusion Coffee house on Derby Road. With Tea/Coffee provided free of charge you will find a guaranteed safe environment with people who care and have time to listen.

Congratulations were given to Jonathan not only for setting up the project but especially for attending the meeting and speaking so openly about his own experiences to help raise awareness of the project

The project has started to fly with over 800 pairs of shoes/boots/trainers/sandals of all sizes already being donated through a variety of outlets.

Brochures have been produced and members were asked to take these to share with family/friends/other groups.

Betty Thompson set us off with a collection of 28 pairs.

Local school support has been excellent. Having contacted a number of schools as late as the last week of Autumn term – information was sent out to parents via e-mail and a special school brochure.

Risley School returned this term and 220 pairs had been brought into school ready for collection. A number of other schools have shoes waiting and are to be visited in the next couple of weeks.

House collections have been made – including from committee member Cindy Smith's house – Cindy visited neighbours and informed them that a collection box would be under her carport and it was filled in no time!

St Lawrence Church has also been an excellent support – they have placed a collection box inside the church and one in the porch for when the church is closed.

Long Eaton library staff also collected 20 pairs. All collections will be taken to the Shoe Aid Depot in Basford. A request was made for volunteers to go across to the Depot to help sort the shoes. Lee Todd has always got more work to do than volunteers time to cover it!

### CHARITY ADS.

#### **PARKLANDS STROKE CLUB**

##### **HAVE YOU OR SOMEBODY YOU KNOW HAD A STROKE**

Why not come along to Parklands Stroke club.  
We meet every second Friday, starting on the 6<sup>th</sup>  
of September, from 2:00 PM to 4:00 PM  
Where? At Petersham Hall

Contact:- Pat on 0115 972 2389

#### **LONG EATON AND DISTRICT INVALID CLUB**

Meets every second Tuesday of the month at  
Sawley Memorial Hall.

Come along and join us  
We run 3 coach trips per year  
Pick up points are too numerous to mention but  
there will be one near you,

#### **The Erewash RAFA (884) Branch Welfare 'Drop-In' Centre,**

open at 91, Grasmere Rd, Long Eaton, next to the  
Petersham Hall Social Centre, for all people to  
join, regardless of military service. The Indigo  
bus service stops outside the premises For Sat  
Nav code: NG10 4DZ.

#### **LONG EATON INDIAN ASSOCIATION**

Meets every Monday (except bank holidays) from  
12:00 until 3:00 PM  
United Reformed Church, the Green, Long Eaton  
Chair based exercise and social  
£5.00 per month  
All welcome

#### **LONG EATON ALL MEDIA AND ARTS GROUP**

Meets every Thursday evening from 7.00 PM  
until 9:00 PM at Petersham Hall  
Contact Loraine on 0115 972 6132  
All Welcome

#### **PETERSHAM HALL**

The fully refurbished hall is now running the  
following clubs or meetings

Hope - Free breakfasts and advice with a Job Club  
Fibro Active  
Flower Arranging Monday Evening  
Tai Chi on Tuesday  
Fibro Active  
EMH Tuesday Club Tuesday Afternoon  
Bingo Tuesday Evening  
Social Line Dancing Wednesday Afternoon  
Serious Line Dancing Wednesday Evening  
Social Thursday afternoon  
Tai Chi on Thursday Morning  
Art Club Thursday Evening  
Stroke Cub Friday Afternoon  
Rethink A new approach to Mental health  
Private Function Friday Evening

There is also activities organised during the half  
term and Autumn holidays for the kids  
For more information on these events  
[www.phca1969.org.uk](http://www.phca1969.org.uk)  
or phone Ian on 0115 972 6057

you take time out - we take time to listen



- a friendly, safe place & listening support
- free tea, coffee & toast (other refreshments available to purchase)



### Autumn TRIP TO MANCHESTER

#### **RAFFLE PRIZES NEEDED**

IF YOU HAVE ANY SUITABLE PRIZE FOR  
OUR RAFFLE PLEASE BRING IT ALONG TO  
THE NEXT MEETING

# **LONG EATON & DISTRICT 50 PLUS FORUM**

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## **NEWSLETTER**

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# LONG EATON & DISTRICT 50 PLUS FORUM

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### TABLET SESSIONS



These are held at the Community House on Derby Road on Monday afternoons

For Details Contact Roy Smith at :-

[longeaton50plus@yahoo.co.uk](mailto:longeaton50plus@yahoo.co.uk)



**New to Computing?  
Experienced but with questions?**

**LONG EATON 50 plus FORUM  
COMPUTER GROUP**

Offers a free drop in consultation during term time

**MONDAY MORNING 10.00 am to 12.00 noon  
AT LONG EATON LIBRARY  
NG10 1JG  
01629 531470**

also sessions at

**MONDAY AFTERNOONS 1.00 PM to 3.00 PM  
AT COMMUNITY HOUSE  
173 DERBY ROAD,  
LONG EATON,  
NOTTINGHAM  
NG10 4LL  
01629 537384  
ALL ABILITIES WELCOME  
AN OPPORTUNITY TO LEARN AND IMPROVE  
OR SHARE  
COMPUTER SKILLS**

