

**Herefordshire
Disability
United**



Network News

November 2014

Market Place edition



We welcome articles from individuals and organisations to promote their stories or interests.
Please contact the Editor..... details on the back page.

Editorial: What is our market position?



When we decided to organise the Market Place day for our end of year event, the discussion of “What exactly does this term mean?” took place. You see unless you keep up with the jargon touted by current governments and councils the phrase “Market Place” has different meanings to various sections of the community.

Herefordshire Council speaks of the e-market place found on its website. Here abounds the diversity of knowledge to purchase services from Providers, where contracts have been awarded for packages like Direct Payments, disability equipment, day care opportunities, and so much more. This is fine if you grasp the terminology, you might take time to select what you need.

No doubt that the idea of different stands/ stalls is at the root of the term “Market Place” but I found that many people expected money would be changing hands and purchasing taking place. Not what HDU had in mind for our day’s activities. The photo on our front cover in fact is of “The Market House” in Ross on Wye, where regular markets take place every Saturday, and according to time of the month and season Thursdays and Fridays too.



I decided to ask customers and staff at the Cancer Research shop in Ross (where I am a volunteer) what they thought “Market Place” meant to them, just to ensure we reached our target audience when advertising. This proved we really need to be mindful of terminology and not fall foul by misinterpretation. Market meant buying!

Consequently the title applied to our poster for our regular contacts was “**Information Day**”, so that we made clear our intentions. Lots of data/ Information/ material/ facts/ news/ and so on would get the correct message across to potential attendees. HDU have been inundated with organisations wishing to be stand holders at this event, but have not been able to accommodate them all unfortunately. Information in this magazine represents those present.

HDU are fully aware that a much larger version of this event is needed and that would be known as an exhibition. In fact this is something definitely needed in our locality. Although disability exhibitions are held in Birmingham and London each year, for many they are completely out of reach. Contemplating the logistics of getting to the capital or the second city (Birmingham) is a nightmare. The stamina and cash flow of people with disabilities just doesn’t reach that level.

I hope that those of you who have managed to come along today find the experience worthwhile. We have tried to get a good cross section of topics covered, and of course given you access to a variety of organisations / Hereford Council adult social care staff / Commissioners who formulate/ operate local services.



About

Herefordshire Disability United

Herefordshire Disability United is an organisation that has developed to voice the concerns of disabled people and to provide a platform where disability issues can be raised and policies developed.

Herefordshire Disability United (HDU) is an organisation run by people with disabilities for people with disabilities. It was started in January 2011 and its objectives are:

To promote the interests, welfare and social inclusion of disabled people living in Herefordshire by facilitating the following:

- Fostering understanding among policy-makers and practitioners of the needs and aspirations of disabled people.
- Taking part in consultations to make aware issues that affect persons with disabilities
- Raising awareness and debate on disability issues, stimulating the engagement of disabled people within that debate.
- Providing a platform where matters of concern to disabled people can be raised and policies developed.
- Making representations to public sector organisations, voluntary sector organisations, local and central government and local and national business to improve their policies and practices.
- Exchanging information with organisations providing services for disabled people, co-operating with but independent of such organisations.
- Providing information and sources of advice to disabled people.
- Combating discrimination on the grounds of disability by promoting equality of opportunity and a positive image of disabled people.
- Being a democratic, non sectarian, non party political organisation.

HDU newsletter contents

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Date for your diary!

18th March 2015
The Care Act
Implementation in Hereford
Hinton Community Centre,
10.30 am-2.30 pm

Editorial or advertising queries: Contact the editor on 07817 473813 or email info@hdu.org.uk

Contact: Herefordshire Disability United welcomes any feedback on Network News, or any of the services it provides.

Disclaimer: The views expressed in Network News are not necessarily those of Herefordshire Disability United.

Strokes...who can help?



Back in May this year we welcomed Stuart Cooper from the Stroke Association who came to explain how this national organisation can help in the community. There was the offer of FREE blood pressure tests, which proved timely for one attendee. As with many busy people running a support team taking time out for oneself is often forgotten. By coming along in May she took the opportunity to have a free test, showing her blood pressure was indeed too high and she sought medical advice before it was too late.

We have been fortunate to offer these tests again and along with other literature and information from those who have vast experience and personal knowledge of strokes, we hope to spread the word about how you can avoid an early death or disability by adhering to sensible advice.

Are you aware of the local stroke clubs which meet regularly in the market towns? They are there to offer support and advice once those affected by strokes are discharged from hospital and feeling isolated by their new way of life. Family carers also come under this category too.

In September 2012 HDU set up a monthly support group whose aim is to encourage speech and communication after strokes have caused impairment. Many people do not understand the situation of “confused brains” which are common after a stroke. Frustration sets in when those affected know what they want and try to say, but the words are lost in the sea of murk still trying to be navigated from the after effects of stroke. This can last years or a few days according to severity.

We know that working together as a club where everyone truly understands the issue, provides support and encouragement from all present. It doesn't matter that someone had a stroke eight years ago (say), they have been there and come through it, and its this encouragement for those newly affected which inspires.

Please don't be put off by the fact that you may be persuaded to utter a few words, as the clubs all offer various activities to try. This atmosphere and social interaction is what is missing after a stroke, and one can laugh and smile with others at the hilarious things you can attempt. Often trying new skills which never considered in the past. This is T'ai Chi, with fans!!



What is available locally?

Hereford Stroke Club

We are a small friendly group that offers support to people who have had strokes and to their families, friends and carers. We provide access to the many helpful and varied publications about all aspects of stroke produced by the Stroke Association and members receive their quarterly magazines and newsletters.

Activities are varied and offer a choice of evening and daytime activities with speakers and social events including pub-lunches, skittles matches, quizzes, garden visits and theatre trips. There are opportunities to share problems and advice can be given about other agencies that may be able to offer additional support. Members can receive therapeutic massage from a Red Cross Volunteer. Help with transport for people who live in and around Hereford can often be arranged.

The next meeting is a Christmas Lunch on 11th December at 1.00 pm (venue to be advised). If you wish to attend the last day for booking is 4th December: call Sue Rennie 01432 830754; Ann Goodwin 01432 343780; Marian Hardisty 01432 269446; Esther Williams 01432 276113; Ruth Wardle 01544 340065.

The First meeting of 2015 is on 12th February at 7p.m. taking place at Drybridge House Day Centre, and will be a try at Hand Bells.

The Ross on Wye Stroke Club

The Ross-on-Wye Stroke Club welcomes new members and offers a range of activities including social support, speakers, communication support, outings, meals, games, quizzes and exercise.

They can also provide transport. For more information, please get in touch with :jeanwagstaff@hotmail.com or ring Jean Harrison on 01989 567242. They meet at the Ryefield Centre, Grammar School Close, Ross on the second Wednesday of the month starting at noon.

Ledbury & District Stroke Club

Again they offer a range of similar activities to the above groups and meet on the first Wednesday of the month 2.30– 4.00pm at :

Church of The Host Holy Trinity, 40 St Martin's Street, Ledbury, HR8 2EE

For further details email: s_a_hill@hotmail.co.uk or ring 0303 3033 100

The National Stroke Association

Also check out the national Stroke Association for information and help at their website:

www.stroke.org.uk

or ring them on 0303 3033 100.



Autism Friends Herefordshire (AFH)

Last year adults on the autism spectrum told the National Autistic Society they wanted to have a safe Internet-based channel of communication so they could talk about their needs and wishes for a better future. Autism Friends Herefordshire (AFH) has been set up as a *private* email network to meet this need for adults on the autism spectrum who live in Herefordshire.

The aim of this network is to provide a safe way for members to get to know other people on the autism spectrum in Herefordshire by writing about:

1. What being on the autism spectrum is like for you; for example, what are the particular challenges you face? What is working OK for you at the moment?
2. Your favourite activities and interests
3. Your hopes for the future
4. Ways of coping with or avoiding difficult situations that you've found are helpful; for example, how to deal with situations where you've unintentionally offended someone because of something you've said or done.

The AFH network provides a safe, private and confidential form of communication:

- a) It *cannot* be accessed directly via social media or internet search engines like Google
- b) Membership is by application. People who wish to join can do so by sending an email saying they want to join to Aubrey Baillie at aubreybaillie@hotmail.com or by leaving a message on 07971 559678

Aubrey has set up and is currently managing this new service; he is hoping 1 or 2 people on the autism spectrum will come forward to assist in this task.

The network is hosted at GroupSpaces.com



Aubrey Baillie

The Autism Partnership has been set up by Herefordshire Council and meets quarterly. Minutes of each meeting can be found on the HDU website on the Autism page: www.herefordshiredisabilityunited.org.uk.

There is a terrific cross section of people on the Partnership and if you feel you are interested or can offer your services then please get in touch. (07817 473813).

We next meet on Thursday 15th January at the Kindle Centre.

Holistic Therapies

Something new on offer at Hereford Community Farm are Holistic therapies, as the established buildings and staff develop further since the move to these premises.



They have recently been joined by Jan (pronounced Yan) 3 days a week who is on a funded employment scheme with them via the RNC. He has a visual impairment but is fully qualified in holistic massage, sports massage, health & fitness and is offering free treatments to their clients and also on donation for visitors.

Julie Milsom lead partner at the farm says “We are really aware that for many people with a mobility issue - and due to cost - these types of complementary therapies are often out of reach and yet can be hugely beneficial so it is great to be able to offer this”.

There are many therapies available at Warham Court, (HR4 7PF) each one suited to a diverse selection of people wishing to learn new skills or indeed get back some they have lost due to the onset of disability.



← This is Jay with his first completed green wood-working project, a beautifully woven seat framed stool. Seen to the right is Vicky with her ash milking stool. →



Of course animal therapy has been what Hereford Community Farm has been renowned for since establishing in 2007.

You will find small cuddly animals receiving daily care and therapeutic strokes by those who use the centre. All aspects of care are provided at the right level for both animals and clients. Equine facilities allow the ponies to enjoy life whilst visitors appreciate being close to them.

In 2010 the organisation was awarded the Social Enterprise Mark in recognition of its social, ethical and environmental values.

Contact Julie Milsom : herefordcommunityfarm@gmail.com or 07791 026880

Remembering our predecessors



We have much to be thankful for when remembering this November, the 100 years since the start of the First World War. I don't just mean those in the armed forces who sacrificed their lives to maintain our freedom, but the two million men who came back from their ordeal injured and disabled.

Two million people who went from being young vibrant and carefree before the onslaught, to utter devastation as they were carried back having been "saved" or "rescued" from the battlefields.



A very poignant programme was shown on Channel Four on 2nd November (which you may wish to view on "Catch up TV"), that followed the progress and gradual acceptance of disability after WW1. It is narrated by Arthur Williams, who as a 20 year old marine became paraplegic after a car accident on his way back to base.

Back in 1915 the vast number of disabled personnel suddenly in need of help was a huge problem, and at that time this country seemed unable to cope. But this was the catalyst for change. Never in the public eye had so many people been seen to have such horrific disfigurements, amputations, and life altering problems. Of course in the victory parade at the end of the war not a single disabled serviceman was permitted to take part.

In 1915 one soldier, Frank Chapman had both his hands destroyed by enemy fire, and on return, their remains amputated. He was being treated at the Milbank Military Hospital, London, when a notable lady visitor Mrs. Gwynne Holford came to offer support to the patients. When asked what was needed, Frank replied, "Is this all the country can do for me?"

Mrs. Holford became a fundraiser for better provision, which led to the artificial limb facility at Roehampton. It was devoted to amputees, and became known as the "human repair factory". At Queen Mary's Works, men's lives and bodies were being rebuilt. Frank received 2 leather sockets with hooks attached to replace his hands. He then went on to get a job as a chicken farmer, then a gate keeper and lived to be 74 years old. The hospital at Roehampton had 25 beds which saw 41,000 men pass through after the war, all receiving artificial limbs.

In 1916 with Queen Mary as Patron, the Star and Garter homes began, which housed paralysed soldiers slowly rebuilding their lives during months of recuperation. It was the public and notable citizens who provided the funding. Equipment was basic. Wheelchairs were primitive, basically wooden chairs attached to wheels, being hard to sit in for any length of time and limited in movement. The public saw little of the inhabitants but it was a new beginning for many.

100 years of disability



They were comrades in war and still helped each other now. Sport was something relished by the men, and with stiff upper lips two teams known as “the arms and legs” played cricket in an attempt to revive some normality in their lives. This was a way to come to terms with your body, confront reality and learn independence again. These were the darkest days of their lives, with an impossible transition, but the way back was with health and fitness and being positive about what you could achieve and become a person again.

One of the most shocking revelations to the public were those who came home with horrific facial disfigurement. Many were homed together in a hospital in Sidcup, Kent where some sort medical/ reconstruction work could be carried out. But of course this was long before the cosmetic surgery and Botox we know of today. The sight of a blue park bench in this locality signified a warning, “Here you might encounter someone whose war wounds may well shock through severe disfigurement”. It was not intended to create segregation of disability but more as a warning to passers by not used to seeing such sights.



of

The creation of tin masks which hid many facial war wounds was a field which surgeon Sir Harold Gillies pioneered. Wounded soldiers facetiously called it the “Tin Nose Shop” (found at the 3rd London General Hospital), it represented one of the many acts of desperate improvisation borne of the First World War, to deal with the trauma of mind body and soul.

In comparison nowadays, war wounded are offered cutting edge surgery and technology to repay and repair those damaged by war. After 1918, 10,000’s of soldiers needed rebuilding using skin graft procedures with the barest of modernisation.

When in 1916 conscription became law, pressure was put upon the government to provide for soldiers who had given everything for the freedom of their country. It was different now that men had been forced into service, not volunteered freely. Once your life was altered and work was not a possibility, someone needed to provide for the thousands in this situation. In 1917 the “Ministry of Pensions” was set up to give some financial stability to these men, and their families. According to the severity of disability a proportion of the full amount was paid....42s 6d..... (£2.12½).

One MP Sir Brunel Cohen, a prominent public figure who had lost his legs in combat became instrumental in changing attitudes towards disabled people. In fact he devoted his political career to that focus.



“Lest we forget” the suffering which entire generations of disabled people have endured to the commitment of help we have today.

Bright Stripes...Cultural Health CIC



Our communities are made up of people of all ages and abilities – but with shared interests and common joy. Our shared expertise lies in bringing people together – whether through cultural events, sporting projects or health-enhancing pursuits.

While our services are aimed primarily at organisations directly involved in well-being and community needs, within Brightstripe, we too are part of the sector. All of our team are actively involved in the wider networks within their areas of expertise.

We are keenly aware and passionately proud that our sector is an ecosystem with organisations that rely on each other to take collaboration and creativity forward. Bringing authentic art and quality crafts closer to people is another one of our passions. We hold regular cultural events across Hereford to support the best local and UK creative talent to showcase their wares.

Most of our team used to be part of Herefordshire Council, mainly the Arts and Sports Development Teams. But at the beginning of 2013, when the Council was having to make tough decisions around which services it could afford, we started chatting amongst ourselves to explore alternatives to redundancy.

It didn't take us long to realise that we all share a passion for making a difference to the lives of vulnerable people regardless of age or ability, whether through arts or sports and physical activity. We all believe in creative learning and helping everyone across our communities reach their potential. After that we formalised our collaboration, took our proposal to the Council and Brightstripe was born.

We now have a Service Level Agreement with the Council, with funding set to reduce annually. This gives us a chance to get used to running a business and becoming more self-sustaining.

We're always on the lookout for new partners to collaborate with, or new projects to start – as long as they meet our twin objectives of helping vulnerable people or economic development. We're now based in Hereford College of Arts building on College Road. We're surrounded by positivity, creativity and learning. Well, where else would we be really?

Write to us at: Brightstripe – Cultural Health C.I.C. College Road Campus, College Road, Hereford HR1 1EB

Or you can call us on 01432 358232  01432 358232

Information taken from their website
www.brightstripe.co.uk

Herefordshire Adult Social Care

The Care Act 2014

At the time of writing, we are waiting for the Department of Health to publish the final regulations and guidance, but we have been very busy preparing for what promises to be lots of change to meet the requirements of the Care Act.

To summarise, over the next 12 months, Herefordshire residents, including service users and their families and carers should begin to see:

- ◆ A simpler care and support system based on individual's needs and outcomes
- ◆ Greater clarity on who is entitled to care and support and what they can expect to receive
- ◆ Better, more accessible information and advice about the care and support that is available in Herefordshire
- ◆ A nationwide eligibility threshold criteria for care and support
- ◆ More support to help people maintain their independence and take control of their care
- ◆ A greater choice of good quality care and support services More support for carers – including the right to an assessment
- ◆ A co-ordinated whole family approach, with better links between adults and children's services

Assessments

Anyone who needs help and support from the council has to have an assessment to find out what their care needs are. The Care Act makes it clear that from next April (2015) we will have a duty to offer assessments, for the first time, to all carers and people who can afford to pay for their own care. This duty could have a big impact on our staffing and other resources so we are currently trying to work out how we can achieve this.

One of the options we are looking at for some people is self-assessments. We are also planning to develop easier ways for people to find care and support themselves if they would prefer to do so.



This information was taken from “Spotlights on Adult Well Being” an online magazine issued every two months on the Herefordshire Council website, under the “Social Care” page.

The next edition will be published on 15th December.

The link is:

www.herefordshire.gov.uk/health-and-social-care/adult-services

SIL...Care and Support



We are passionate about supporting disabled and older people to live the life they choose in their own home and community. We understand that it matters to our customers that they have a consistent staff team providing a reliable service and we go the 'extra mile' to make it happen.

Our service is individually designed in partnership with you to meet your unique needs. You can choose to be involved in the selection of the support workers who best fit you and your lifestyle. We operate a thorough recruitment process, and support workers are selected for their enthusiasm and commitment to the rights and choices of individuals. They receive ongoing and comprehensive training to ensure they have the skills to meet your needs.

Whether for a few hours a week or full time support, we can help you lead the life you want. We are happy to offer a trial period of support for you to experience our service. Our high quality service is illustrated by our high customer and staff retention rates.

What services are available?

We provide reliable and experienced staff to enable people to maintain their independence and live at home safely and independently. Our services include:

- Personal Care
- Practical support with daily tasks, paying bills and maintaining a home
- Complex care and support
- Dementia care
- Respite and short breaks
- Hospital discharge and regaining independence
- Assistance to access education, training, employment and social activities and to remain in your community
- Health care - e.g. medication, catheter care, healthcare, oxygen facilitation.
- Palliative care
- ♦ 24 hour back up

What happens next?

We offer a FREE, no obligation, home visit to discuss your needs. For more information on any of our work check out the website: www.s4il.co.uk/contact_us Or try an email or phone us.

Email: contactus@s4il.co.uk
Phone: 01568 616653 01568 616653

Herefordshire Carers Support

OUR VISION

Herefordshire Carers Support exists to ensure that carers are universally recognised as fundamental to the communities in which they live and to ensure that there is a balance between their caring responsibilities and their lives outside their caring role.

WE DO THIS BY:

- ◆ Actively involving carers to tell us what services they wish to receive.
- ◆ Sharing our knowledge and skills to inform others about best practice.
- ◆ Promoting the participation of carers in their communities by recognising and overcoming the barriers that they face.
- ◆ Participating in the development of policies that enhance equality and thereby challenging discrimination.
- ◆ Working in partnership with other voluntary, statutory and private organisations.
- ◆ Efficiently delivering services that are of a high quality and work across professional and administrative boundaries


Are you aware there are 10 different area support groups? Each group meets monthly and has their own lead worker. Locations are:

Bodenham
Kington
Madley

Bromyard
Ledbury
Ross

Hereford City
Leominster
Weobley

Also, Carers in Mind (held at Heffernan House, Widemarsh Street, Hereford

For more information contact: 01432 356068  01432 356068

Remember that we can arrange alternative cover so that you can attend the group, as long as we are given at least 2 weeks' notice. We can also try to assist with transport where needed.

Our Carers Rights Day is a must, and is almost here on Friday 28th November 9.30–2.30 pm, at the GWRSA Club, Barton Yard, Hereford, HR4 0AZ.

We have invited representatives from all the main political parties to each give a five minute presentation about their future plans for Carers and then answer your questions in an open discussion, chaired by Baroness Jill Pitkeathley.

Contact details are:

Herefordshire Carers Support

Berrows Business Centre, Bath Street, Hereford HR1 2HE

Phone: 01432 356068 |

email:

help@herefordshirecarerssupport.org

Website:

www.herefordshirecarerssupport.org



Growing Point

Gardening is a powerful tool to improve the quality of life for people with disabilities. The therapeutic benefits of gardening are:

- Physical and mental fitness, well-being and sensory stimulation
- Opportunity for vitamin D production
- Enabling a move into employment
- To increase the building of confidence and self-esteem
- Rebuilding life after illness or accident
- ◆ Social interaction and acquiring basic gardening skills



Herefordshire Growing Point works with the following client categories:

- The elderly or frail.
- Those with learning difficulties or mental health problems.
- Children and young people with disabilities.
- People recovering from accident or illness.
- Those with a sensory or physical disability

For many years the positive advantages of horticulture have been recognised nationally. Locally, Herefordshire DIAL (Disablement Information and Advice Line) acknowledged this interest and need. In 1988 the first Autumn Gardening event was hosted by Holme Lacy

College, and so began the productive alliance between the College and gardeners with special needs.

After the second Autumn Gardening event in 1990, it was agreed that it was time for the gardening project to continue alone. So, in 1991 Herefordshire Growing Point was formed. Now, it is a registered charity (number 1006625).

Contact details are:

The Courses Co-ordinator , Herefordshire Growing Point, Holme Lacy College, Herefordshire, HR2 6LL.

Telephone: 01544 262186



01544 262186

Email: h_growing_p@hotmail.com

Mental Health Reference Group (MHRG)



Hereford Mental Health Reference Group is open to anyone in Herefordshire with experience of, or connection with, Mental Health matters. Its sole aim is to improve services through the wider involvement of Service Users and Carers.


The aims of the MHRG are:

1. To share knowledge and experience and improve mental health services for everyone. They will respect different experiences and knowledge, recognising that there are different understandings of mental health.
2. The group work in partnership with the Mental Health Services run by 2gether NHS Foundation Trust exchanging information, ideas and viewpoints so that they actively influence service development and provision. These two groups views will feed directly into the Herefordshire Locality Board.
3. The MHRG meet monthly, and meet staff from the Mental Health Services on alternate months. By inviting relevant people to meetings they gain and share knowledge and invite clinicians to join its roll.
4. By following these protocols MHRG aim to have a wider influence on public understanding of Mental Health through its work with the Statutory Services.

Next meeting is 19th January 2015 at the Kindle Centre, Hereford, 2.00– 4.00 pm.

Contact details:

dawn.lewis@mentalhealthreferencegroup.org~Tel : 01432 508801  01432

508801~Mob : 078 5569 8535  078 5569 8535



Red Spark Learning is a not-for-profit Community Interest Company which runs courses, workshops and learning projects for adults. We work with a wide range of people, including people who are unemployed, parents, carers, older people, people with mental health difficulties and people with learning or physical disabilities. We are based in Leominster.

We aim to help our learners:

- learn skills which they can use every day, including English, Maths and IT skills and qualifications
- feel more confident about what they can learn, and how they can use it
- improve their chances of finding work or gaining access to further training
- run community events and activities
- develop stronger communities, working with others to tackle local problems.

Contact details:

**Email: mark@redsparklearning.co.uk
admin@redsparklearning.co.uk**



Useful Contacts

NHS Herefordshire

Patient Advice and Liaison Service (PALS)

The County Hospital, Hereford

Mon-Fri 8.30-4.30

Office Tel No: 01432 372986

Mobile Tel No: 07825 681801

Email:

makingexperiencescount@wvt.nhs.uk

Equality and Human Rights Commission

Freepost RRLL-GHUX-CTRX, Arndale House,

Arndale Centre, Manchester, M4 3AQ

Tel: 0808 800 0082 Website:

www.equalityhumanrights.com

RADAR, now at Disability Rights UK

12 City Forum, 250 City Road, London, EC1V 8AF

Tel: 020 7250 3222 Minicom: 020 7250 4119

Email: enquiries@disabilityrightsuk.org

NHS Direct Tel: 111 (free service)

Wye Valley NHS Trust

The County Hospital

Union Walk

Hereford

HR1 2ER

Tel: 01432 355444

Wye Valley NHS Trust

Community Health

Vaughan Building

Ruckhall Lane

Belmont

Hereford

HR2 9RP

Tel: 01432 344 344

Herefordshire Council and NHS Herefordshire

Social Services Adult Duty Desk

Office hours 9am - 5pm

Office Tel No: 01432 260101

Out of hours: 0330 1239309 adults

01905 768020 children

Email:

Our next event to be held at

Hinton Community Centre

will be on 18th March 2015

The Care Act

Its implications in Herefordshire

Check out website for details

www.herefordshiredisabilityunited.org.uk

Network News is produced by Herefordshire Disability United,

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