

# share!



Have you got something to Share? Email us at: [share@grace-eyre.org](mailto:share@grace-eyre.org)

## WHAT IS SHARE?

**Share!** is a magazine for people with learning disabilities. It tells you what's going on and how to meet and make new friends. We're helping each other out and we hope you enjoy reading Share! If you've got something to share or would like a different version of Share! \* please contact us by email: [share@grace-eyre.org](mailto:share@grace-eyre.org)

If you have any stories, events or news you would like us to include in the December/January issue of Share! please email them to us before November 8th 2010.



**Steven Osborne:**

"I've been very busy with my new job as a kitchen assistant in Shoreham. It's good pay. See how I get on in future issues of Share!"



**Jon Schachter.**

"I'm taking final year Portuguese and art class this year.

Besides Share! I've

worked part time as a volunteer at the Jubilee Library for the past five years."

## MEET THE SHARE TEAM!



**Faye Cooper:** "I'm a sub editor for Share! I'm 22 years old and I enjoy socialising with friends, going to the cinema and I'm a member of the Brighton Cougars basketball team."



**James Grantham:**

"I'm a new sub editor for Share! I'm very pleased to join the team as I already work as a reporter for the Grace Eyre Newsletter. I'm hoping to go to work as a volunteer gardener as I like to see the flowers grow."

\* For copies of the magazine contact any of the partners. The sub editors are highly committed to the project and an LDDF grant has enabled them to receive a wage for the hours they give to the project. Any reporters who get an article published will also receive a payment for their work.



## CARE CO OPS ECO CHATEAU

By James Grantham and Susan Street

This was a working holiday in France. We were there for two weeks. James was gardening and had to put in bulbs and Susan was taking down all the ivy which covered everything.

Susan: "I ate snails in garlic butter, they were lovely." We went to a North African restaurant with lovely food, chicken couscous, sausages and vegetable tagines with rice.

It was so lovely and we would like to go there again.



To find out more about this exciting project which is funded by a **Leonardo Grant** contact **Care Co Ops: 01273 685300**

THUMBS UP LAUNCH PARTY



## THUMBS UP!

### Businesses give a Thumbs Up to people with learning disabilities!

The **Thumbs Up** scheme was launched in September 2010 at the Komedia in Brighton. The Thumbs Up scheme helps businesses (like shops, buses and cafes) offer good support to people with learning disabilities. When businesses join the scheme they can use the Thumbs Up logo, which means they will be helpful to people with learning disabilities.

The Deputy Mayor: "The Thumbs Up scheme is a really good idea." Lots of people came to the launch event and saw a film about Thumbs Up. There was clapping and cheering after the film.



### ASK BUSINESSES TO JOIN THUMBS UP

You can help the scheme by asking businesses to join. If you would like some application forms please email [Keara.Nazaar@brighton-hove.gov.uk](mailto:Keara.Nazaar@brighton-hove.gov.uk) or call **01273 296183**.

For more information about Thumbs Up see [www.brightpart.org](http://www.brightpart.org)

## WHITEHAWK INN

By Sarah Watson

Once a month someone from MIND is there. You can book to see her and she is very helpful. You can use the computers, fax and photocopier. You can pay as you go, but it's cheaper if you're a member. They have people to help you with your CV and getting a job. There are classes for Maths, IT and English as well as pilates, yoga and belly dancing. They have cheap holistic therapy. You can get drinks and snacks in the nice café.



WHITEHAWK INN CAFE

The staff are really helpful, not sure about easy information, but there's always someone there to ask. The toilets are always really clean.

"I used the holistic therapy. The lady was really nice, she had worked with people with learning disabilities before. She made me feel very comfortable, welcome and safe. IT was good value for money. I did two IT courses they were really good. I used their internet too and that was good."

### Where is it?

✉ Whitehawk Road, Brighton, BN2 5NS. It's on the corner of Whitehawk Road and Marlow Road, next to the bus depot. The road is busy so you have to be careful and use the crossing.

☎ 01273 682222

💻 [www.whinn.org.uk](http://www.whinn.org.uk)

**Thumbs up score:** 4.5 out of 5

### Is it accessible and friendly?

There is a disabled toilet, a lift and parking.

## ASSERT

By Steven Osborne



Assert is a group for people over 16 with Asberger's Syndrome or high functioning Autism. They meet once a month to talk about whatever they want. They have a help line for advice and information for parents and carers as well. Assert do coach trips to lots of different places. I would tell people to go because it's fun and you can make new friends.

### When do they meet?

Usually the 2nd Tues of each

month, 7.30-9.30pm.

### Where is it?

✉ Community Base, 113, Queens Road, Brighton, BN1 3XG.

☎ 01273234 850

💻 [assert.bh@assert.org.uk](mailto:assert.bh@assert.org.uk)

[www.assertbh2.org.uk](http://www.assertbh2.org.uk)

### What does it cost? It's free.

### Is it accessible and friendly?

Yes.



# COME DINE WITH ME!

Inspired by the TV programme, CMG have started *Come Dine With Me* in Hove. In August, the first group of people were matched together and enjoyed four dinner parties, entertaining each other. This was a chance to meet new people, develop cooking skills and have fun. Nicola Higson: "I really enjoyed the experience, and being able to meet new people. My favourite part was getting to try different foods and drinks."

Michael Fullerton (CMG): "We thought this would be a good way for people with a learning disability to meet new friends. Applicants are matched with people with similar interests."

To find out more about *Come Dine with Me* please contact **Michael Fullerton** on **07979 694674** or **michael.fullerton@cmg.co.uk**

NICKOLA PREPARES HER MEAL



KEVIN, DARREN, NICOLA &amp; NICOLE



## THE SPORTSMAN

By Steven Osborne

The Sportsman pub is easy to get to. The number 27 bus stops right outside and the bus journey is nice with lots of pretty views. It can get very busy when there is a football game on. The staff are very nice and friendly and there is a good choice of food including

vegetarian options.

Afton: "It is a nice pub and the food is lovely and well priced."

Jo: "Excellent value for money."

### When is it open?

Carvery Mon-Sat 11.30am-9.30pm, Sun 11.30am-9pm, closed on some match days.

### Where is it?

✉ Tongdean Lane, Withdean Stadium, Brighton BN1 5JD.

☎ 01273 330055.

**What does it cost?** Mon-Sat £3.59, Sun £6.99 for 2 courses.

### Is it accessible and friendly?

There is wheelchair friendly access and disabled toilets.

SPORTSMAN



## RECIPE

### The Angel Cake Café Pumpkin Soup by Jo Hibbs

Put 4lb of sliced onions in a pot with a spoonful of garlic and steam for 10 minutes. Add a sliced pumpkin (medium size). Fill the pot with water and simmer for 20 minutes. Add vegetable stock, fill with water to the top and simmer for a further 20 minutes. Add salt and pepper and then blend it down, ready to serve.

## CHANUKAH

By Jon Schachter

Chanukah is the celebration of an historical event. After the victory over the Maccabees who were a Jewish sect, there was a miracle. They were stuck in the synagogue during the victory over them and although they only had enough oil for candles for one day the oil lasted for eight days. The lighting of the



candles is a miracle. In our home, called Tikvah, we light candles for eight days and we add a candle to be lit for each day. We also give each other presents.

### When is Chanukah?

2nd-10th December.

To link contact: **Rabbi Tikvah** at the **Brighton & Hove Progressive Synagogue** (English is spoken in this Synagogue more than in some others).

✉ [bhps@freenetname.co.uk](mailto:bhps@freenetname.co.uk)



BATH ABBEY



## A TRIP TO BATH

**Jon Schachter spent a couple of days in the City of Bath**

My niece, Esther, my mother and I went to Bath for two and a half days. We stayed at The Queensbury Hotel which is over-priced. The Hotel costs £250 per person per night and this does not include the price for breakfast.

The Jane Austen Centre is worth seeing. There is an admission fee. We also saw The Abbey Cathedral and The Abbey Museum. Both are worth seeing. Also I went swimming at the sports centre (this cost £4.10).

The three of us had a great time in Bath. Please check it out. It is a lovely and attractive city. There are many sights. We didn't have time to see them all.

 [www.bathabbey.org](http://www.bathabbey.org)  
 [www.janeausten.co.uk](http://www.janeausten.co.uk)



JANE AUSTEN CENTRE



BOOTH MUSEUM

## BOOTH MUSEUM

**By Steven Osborne**


The Booth Museum has a collection of British birds, world butterflies, dinosaur skeletons,

fossils and a discovery centre. Jo: "I really enjoyed looking around the museum, particularly at the dinosaur bones."

**When is it open?**

Mon, Tues, Wed, Fri and Sat  
10am-5pm; Sun 2-5pm; closed  
Thurs.

**Where is it?**

 194 Dyke Road, Brighton  
 0300 290900  
 [www.brighton-hove-rpml.org.uk/Museums](http://www.brighton-hove-rpml.org.uk/Museums)



PRESTON MANOR

## PRESTON MANOR GHOST WALK

**By Faye Cooper**


We visited Preston Manor house. We had a look around because it was old and haunted. The house is the most haunted house in Brighton. Many people have seen and heard ghosts in the house. During Halloween you can go to Preston Manor and go on a ghost walk.




**When is it open?**

Halloween events: Ghost Tours  
on 29th, 30th & 31st October,  
7-8pm, 8.30-9.30pm & 10-11pm

**Where is it?**

 Preston Drive, Brighton.

 03002 909 017

 [www.brighton-hove-rpml.org.uk/Museums](http://www.brighton-hove-rpml.org.uk/Museums)

**What does it cost?**

Ghost walks are £12.

**Is it accessible and friendly?**

Wheelchairs access is via a ramped side entrance.

**What does it cost?** It's free.

**Is it accessible and friendly?**

Wheelchair friendly and accessible toilet.



NEW STADIUM



## THE SEAGULLS NEW STADIUM

**Steven Osborne visited the site of the new Amex Stadium at Falmer**

I think the new stadium is fantastic! It's so much better than the old one at Withdean. There is much more seating for the fans and even the away fans have a nice stand with a view of the pitch. It also has a roof so people don't get wet if it rains.

NEW STADIUM



### When is it open?

The stadium should be completed by May 2011.

### Where is it?

✉ Falmer, Brighton  
☎ 01273 695 400  
💻 [www.seagulls.co.uk](http://www.seagulls.co.uk)

### What does it cost?

See the website for different ticket prices.

### Is it accessible and friendly?

Yes when it's completed.

NEW STADIUM BUILDING SITE



ZT FITNESS



## KEEP FIT & HEALTHY AT THE GYM

**Steven Osborne gets pumped at ZT Fitness**

ZT Fitness is a new gym in Hove for people who want to get muscles or just get fit and healthy. The people are friendly and the staff help you if you need it.

There is lots of different equipment like weights, rowing machines, extreme bikes and punch bags. After visiting the gym I feel exhausted but happy and pumped.

Richard Morris: "I like everything at the gym because it makes me slim again."

### When is it open?

Mon-Fri: 6am-9pm,  
Sat and Sun: 6am-7pm

### Where is it?

✉ Unit 7, Hove Business Park,  
Fonthill Road, Hove, East Sussex  
BN3 6HA

☎ 01273 202 226

💻 [www.ztfitness.com](http://www.ztfitness.com)

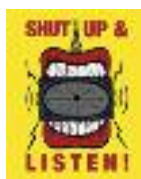
### What does it cost?

£35 per month for unlimited access, £30 per month for students and OAPS.

### Is it accessible and friendly?

Friendly but steps to get inside.

## SHUT UP & LISTEN RADIO SHOW



The Shut Up & Listen Radio show is broadcast at 8pm on the last Thursday of every month, with

repeats every week. You can hear the show on 97.2fm in Brighton, or online at [www.radioreverb.com](http://www.radioreverb.com) Or download a podcast at: [www.shutupandlisten.org.uk](http://www.shutupandlisten.org.uk)

## GRACE EYRE HALLOWEEN DISCO



Grace Eyre are holding a Halloween disco!

### When is it?

Fri 29th October, 7-10pm.

### Where is it?

✉ Grace Eyre, 36 Montefiore Road, Hove, BN3 6EP.

☎ 01273 740373, speak to Karen Askew or Liz Yeats.

**What does it cost?** £3.

**Is it accessible and friendly?** Yes!

# SPECIAL OLYMPICS

## SUCCESS FOR LOCAL SPORTSMEN

### TERRY VINE WINS TRIPLE BRONZE

The Special Olympics European Games took place in Warsaw, Poland in September 2010.

Terry Vine, 36, from the Special Olympics Brighton & Hove was proud to have been selected for these Summer Games and won three bronze medals and came 4th place overall in the Powerlifting.

Terry was the only competitor from Special Olympics Brighton & Hove to represent Great Britain and is one of only two athletes with learning disabilities to have been selected for any international Games.

58 nations and 1600 athletes competed in these Special Olympics European Games, the vision of which is to encourage people with learning disabilities to break down barriers and forge new friendships.

Sonia Howse, secretary of Special Olympics Brighton & Hove: "This is an outstanding achievement for Terry, he has trained extremely hard and dedicated much time to his sport."



### SPECIAL OLYMPICS

Special Olympics provide year-round sports training and competition programme for all people with learning disabilities.

Anyone wishing to be part of Special Olympics Brighton & Hove, should email the club at [enquiries@specialolympicsbrighton.org.uk](mailto:enquiries@specialolympicsbrighton.org.uk) or see website: [www.specialolympicsbrighton.org.uk](http://www.specialolympicsbrighton.org.uk)

### James Grantham talked to Terry Vine about his success at the Special Olympics in Warsaw 2010

Terry Vine: "I went on an airplane to get there and I liked the Hotel, food was nice. I met some nice people.

"I was nervous before lifting weights but happy when I won four medals. I trained a lot before I went. There were lots of people taking pictures and newspapers were there.

"I am proud of myself, there were lots of people there and I would like to go again."



### TRIPLE CROWN GOLF

By Chris Clouder

Eight teams of learning disabled golfers from England, Ireland, Scotland and Wales came together in the challenge for the Triple Crown Trophy at The Drumoig Hotel & Golf Resort in Scotland on Monday 6th and Tuesday 7th of September.

Chris Clouder (above photo: top row, third from left), who uses Grace Eyres Active Lives service and is an athlete with the Special Olympics Brighton & Hove, was part of the England team who took the crown from two time winners Ireland.

Sonia Howse, secretary of Special Olympics Brighton & Hove: "This is a great achievement for Chris. He has trained very hard and dedicated his time to golf. Thanks go to Ken Stafford, Chris' trainer at West Hove Golf Club."

### West Hove Golf Club

✉ Badgers Way, Hangleton, Hove, East Sussex, BN3 8EX

☎ 01273 419738

💻 [www.westhovegolfclub.info/](http://www.westhovegolfclub.info/)

