

share!



Have you got something to Share? Email us at: share@grace-eyre.org

LISA SMITH, STEVEN OSBORNE & JAMES GRANTHAM



DINING OUT

The Share! editorial team were invited to a Christmas meal at Donatello restaurant in Brighton. James Grantham, Lisa Smith and Steven Osborne enjoyed dinner together...

James: "I had soup first, then a bacon and cheese pizza and a coke. I had cheese and biscuits for pudding. I thought the food was very good! I interviewed the restaurant owner and he

menu and the waiter gave us a few minutes before taking our order. I ordered a three course meal. When brought to the table the food was very tasty and enjoyable.

I did manage to check out the toilets which were clean and tidy and accessible. I found all the staff to be polite and friendly and helpful to my needs. My experience at Donatello was good and I would rate them highly and recommend them to my friends."

Steven: "It was a very good meal and a good price."



SHARE EDITORIAL TEAM

said he tells the waiters what to do and he showed me how the card machine works to pay for the meal. He said we are welcome there any time!"

Lisa: "I went with three of my friends to Donatello restaurant in Brighton. My first impression was it looked clean and inviting. We sat down and looked at the

🕒 **Open?** Daily, 11.30am-11.30pm

✉ **Where?** 1-3 Brighton Place, Brighton, BN1 1HJ

☎ **01273 775 477**

💻 www.donatello.co.uk

👉 **Is it accessible & friendly?** Yes

KNITTING GROUP RAISE MONEY FOR PAKISTAN

By Jon Schachter

At the Christmas Grace Eyre Bazaar, the Knitting Group raised £150. The members of the Knitting Group are Valerie Rowe, Janet Hymas, Brenda Warren, Ann Sweeney and Maureen Hart. Brenda says the money will go to Pakistan because they have no food or water and are very poor. Another £150 from the Grace Eyre Foundation was added to make a total of £300 that will be sent to the Pakistan Appeal. The money has now been sent.



KNITTING GROUP

LEARNING MAKATON

By Faye Cooper

In January I did a beginners course in Brighton learning Makaton. The course ran for two weeks on a Saturday. I was really looking forward to learning Makaton and think it will be useful for the future. I learnt a bit of Makaton when I was younger but have forgotten most things now so it will be good to remember them again.

Cost: £80 (included course readers and books)

Venue: friendly and accessible

☎ For info on future courses call Jackie Bishop on 01273 475512

💻 jackiebishop@sky.com

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 have any stories, events or news you would like to include in the April/May issue of Share! please email them to us before March 7th 2011. If you would like a different version of Share! * please contact us by email: share@grace-eyre.org

* For copies of the magazine contact any of the partners.

FEEDBACK FROM PEOPLE WHO HAVE SEEN SHARE!

"It's the kind of magazine that anyone can pick up and find something of interest."

"What a lovely magazine, vibrant and exciting, loved the articles."

MEET THE SHARE EDITORIAL TEAM!



Faye Cooper:

"I enjoy socialising, going to the cinema and I'm a member of the Brighton Cougars

basketball team. I enjoy doing music and drama with Spiral on Tuesdays. I go to the Media group on Thursday and Friday and I've done a Christmas Party radio show on Brighton Free Radio. I'm going to the BBC on the 9th February to do some more radio recording, which I'm looking forward to. I'm also learning Spanish. This is the last issue of Share! that I will be writing for as a sub editor"



James Grantham:

"I'm a sub editor for Share! I still do the Grace Eyre News Letter on a Tuesday

which I enjoy. I am writing about how we had a party at the Dogs Stadium."



Jon Schachter:

"I'm enjoying my Portuguese course and looking forward to starting my

French course at BASVIC. I enjoy working at the Library still on Thursdays sorting out all the CDs. Robbie my boss tells me I'm the only one who can be bothered to do it!

Overall I like the way things have turned out for me."



Steven Osborne:

"I'm looking for a new job at the moment.

It was my Birthday

in January and I went out for a meal and I wore my suit. My mum has just got engaged and I have a new girlfriend."

If you would like to be a Share! sub editor please email us at share@grace-eyre.org

The Share! 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.



TELLING STORIES

James Grantham talks to Hugh about writing stories

Hugh likes to watch TV or play music. He likes to write short stories with artwork.

Hugh: "I like to write about me and a friend going on an imaginary trip to the Sea Life Centre in Brighton for our birthdays."

James: "How long have you been writing imaginary stories?"

Hugh: "I started when I did art at Wellington House with holiday brochures and leaflets last year."

James: "How long did it take you to write this story?"

Hugh: "It doesn't take long. I write it on my own with no help with spelling. It took me a few hours on Saturday to write it."



SEA LIFE CENTRE

HUGH'S STORY

Hugh went to go swimming in the sea after we had lunch on Brighton Pier and Becky was watching Hugh swimming in the sea as we are on the beach before Hugh went home to watch The Weakest Link on BBC1 after we had a good day in the Sea Life Centre today and having lunch on Brighton Pier.

Sea Life Centre

✉ **Where?** Marine Parade, Brighton, BN2 1TB

🕒 **Open:** Daily, 10am-5pm

☎ 01273 604234

💻 www.visitsealife.com

Is it accessible & friendly?

Yes. Full disabled access.



HEALTH CHECKS

James Grantham and Jon Schachter ask Natalie Winterton about having a health check

Natalie is a Health Facilitator with the Community Learning Disability Team. She's worked there for just over three years. Natalie works with doctors surgeries in Brighton and Hove to help them do health checks and health action plans for people with learning disabilities. Natalie gives the training to the health services.

What is a health action plan? It's a plan to keep you healthy and so you know who needs to help you.

What is a health check? It's longer than an appointment as it's more thorough. You have it yearly by a doctor or a nurse. They ask you questions about your health, your weight, blood pressure and medication.



Why should you have a health check? You'll find out if you have something wrong with you that you did not know about before so the doctors can help you. Only 40% of the people are having their health checks and Natalie wants everyone to have them.

All doctors surgeries in Brighton, Hove, Portslade and two in Saltdean are offering them which makes 47 practices in all. The doctors will write to you or phone you to make your health check appointment as they promised to do so. If you don't hear from them, phone them to make an appointment. Some people can have their health check at home if they can't get out.

Jon hopes people will have a health check and James wants people to know if there is something wrong with them so they can get help.

✉ Natalie Winterton, Health Facilitator, Community Learning Disability Team, 86 Denmark Villas, Hove, East Sussex, BN3 3TY
☎ 01273 295550
💻 www.brightpart.org (click on the Healthy Lives page)
Cost: free

BRIDGE CAFÉ

By Brenda, Margaret and Stevie from the Health Walks group

We had come to visit Lucie and go for a walk. We came in the minibus. We sat outside in the sun as it was warm. There is a nice patio and a children's crèche next door.

The café has herbal teas, internet access, newspapers and leaflets. Stevie went on the internet and said: "It was good. I like the café."

Brenda: "The toilets are lovely. They asked what type of bread and sauce we would like for our bacon butty. The bacon butties are very good. Nice, naughty but nice!"

Reg: "The tea tastes good!"



BRIDGE CAFÉ

✉ **Where?** Lucraft Rd, Moulescoomb, Brighton, BN2 4PN
Free car park, 5 minutes walk from bus stop, 10 minutes walk from Falmer train station

🕒 **Open:** 9am-2.30pm, Mon-Fri, for drinks & snacks, all day breakfast, lunch from 12 noon with a daily special every day. For outside catering, contact Jenine on 01273 294929

Cost: A bacon butty costs £1.80, cup of tea 50p

☎ 01273 294930

💻 www.thebridgecommunityeducationcentre.co.uk

Is it accessible & friendly? Yes there's wheelchair access, a lift to the building, disabled toilets. The customers are friendly.

BRIGHTON TOY & MODEL MUSEUM

By Steven Osborne

I went to Brighton Toy & Model Museum. There was a friendly dog in there. It has displays of lots of old toys such as teddy bears, boats and model railways.

TOY & MODEL MUSEUM



I think children and people who are interested in old toys would enjoy this museum. I would recommend the museum to people who collect old toys or models.

Feedback: I really liked looking at the model railways as I

remember my dad having one like that when I was a child.

✉ **Where?** 52/55 Trafalgar St, Brighton, Sussex, BN1 4EB
In the arches under Brighton Railway Station

🕒 **Open:** Tues-Fri, 10am-5pm; Sat 11am-5pm; closed Sun & Mon
☎ 01273 749 494

www.brightontoymuseum.co.uk

Cost: £4 adults, £3 senior citizens/Children, £12 families

Is it accessible & friendly?

Yes the people were very friendly. There is full wheelchair access and disabled toilets.



PRESTON MANOR GHOST INVESTIGATION

Do you fancy spending the night in a haunted house?

Tales of ghostly sightings and supernatural experiences at Preston Manor go back through history and the reports continue with modern day sightings of non-existent visitors. After the success of the previous ghost investigations, Preston Manor dares you once again to spend the night in Brighton's most haunted house investigating the

PRESTON MANOR



active paranormal. Explore the house and discover its haunted history then take part in ghost vigils in reputedly haunted rooms led by guest medium Marc Richardson.

For serious enthusiasts and the curiously brave (over 18s only).

🕒 **When?** 8pm-2am, Sat 5th Feb & 5th Mar

✉ **Where?** Preston Manor, Preston Drove, Brighton, BN1 6SD
☎ 03002 909 017

💻 www.brighton-hove-rpml.org.uk/Pages/prghostinvestigation2011.aspx

Cost? £51, members £46 tickets must be booked in advance, call 03000 290902

Is it accessible & friendly?

Disabled parking, wheelchair access via a ramped side entrance, accessible toilet.



VALENTINE COOKIES

Preparation: 20 minutes (plus 15 minutes for chilling)
Cook: 25 minutes

Ingredients: (makes about 15)

- 150g butter (room temperature)
- 75g caster sugar
- 225g plain flour

To decorate:

- Icing sugar
- Edible glitter
- Sugar roses

Dice the butter into a big bowl. Add the flour, sugar and a pinch of salt. Gently rub in the butter with your fingertips and bring the dough together into a ball. Wrap in cling film and chill in the fridge for 15 minutes.

Preheat oven to 170C/gas 4.

Turn the dough out onto a floured surface and roll to about 1.5cm thick. Cut out heart shapes with a biscuit cutter and lay on a lined baking sheet. Bake for 15-25 minutes, until light golden. Leave to cool on a rack.

To decorate the biscuits:

Mix a few tablespoons of icing sugar with enough water to make a paste. Spread the icing onto the biscuits, or drizzle over in patterns. You can then dip the biscuits into edible glitter, or use a little icing to glue on sugar roses. Leave to set before eating.

EMMA DEARDEN



CINDERELLA REVIEW

By Jon Schachter

I saw the pantomime **Cinderella** at the **Theatre Royal** and it was a very good production. Cinderella was played by Emma Dearden. I thought that her performance was great. The fairy godmother was acted by Nadine Cox. Elliot Harper was Prince Charming and Ben Redfern was Chadwick.

The costumes and the choreography were sensational and the music in some places got a bit too loud for me, but generally speaking the music was very good as well as enjoyable. Cinderella was entertaining, a joy and a pleasure. If you simply would like a pleasant evening out, this pantomime is for you. A joy for all!

Theatre Royal

✉ New Rd, Brighton, BN1 1SD
 ☎ 08448 717 650
 Special access: 08448 717 677
 Box office: Mon-Sat, 10am-8pm
 🌐 www.ambassadortickets.com

CHRISTMAS CONCERT

By Juliet Senker

On Thursday 30th December, I went to see my youngest niece Esther in a Christmas Concert. She played the violin. She is the first violinist. She was second violinist in 2009. She plays the violin well.

MY TRIP TO LONDON

Three days of shopping and shows by Lisa Smith

I went to London for a three day trip in September 2010. I travelled by train from Brighton. The journey seemed to take a long time but when I got there, wow! It was wicked. I checked into my room at the Cumberland Hotel which was fantastic - a lovely bedroom with big comfortable squashy bed. The coffee table was set full of hot drinks and the fridge full of cold drinks. The bathroom had a really posh shower and was all clean and ready to go!

Once unpacked, I hit the shops. First stop the Primark flagship store. I shopped until I dropped. After all that shopping I needed to sit down and refuel so pizza seemed the perfect choice. After a pizza, salad and dessert, it was back to that comfy bed to relax, ready for the evenings entertainment.



Thriller Live is a Michael Jackson tribute and it was breathtaking. They danced like him, moonwalked like him and when a young MJ sang *I Want You Back* I loved it. It was so realistic, the dancing was brilliant. Exhausted from all the excitement, it was time for a taxi back to the hotel for a good nights rest.

After a day of more shopping, it was time for some Dirty Dancing. What a show! The dancing was just like in the film and the singing was amazing. After another nights rest it was time for our final breakfast: a beautiful selection of cereal, eggs, bacon, crepes, everything. Then it was back on the train to Brighton boo! Overall it was an amazing experience. The hotel was heavenly and the entertainment amazing. I would recommend it to anyone.

The Cumberland Hotel

✉ Great Cumberland Place, London, W1A 4RF
 ☎ 0118 971 4700
 🌐 www.cumberland-hotel.com

Thriller Live

✉ Lyric Theatre, Shaftesbury Avenue, London, W1D 7ES
 ☎ Ticket line 0844 412 4661
 🌐 www.thrillerlive.com



DIRTY DANCING

Dirty Dancing

✉ Aldwych Theatre, Aldwych, London WC2B 4DF
 ☎ Box Office 0207 1939050
 🌐 www.dirtydancinglondon.com

MY NEW NEPHEW By Faye Cooper

On the 31st August, I became an aunty for the first time. My nephew Alfie Garry Paul Cooper was born. He weighed 4.8 pounds and he was healthy. He's so sweet, he's got beautiful eyes. I've fed him two times now and I love him so much. I really love holding him and I can't wait until he's older and I can take him to the park.

LATE NIGHT FEVER

Late Night Fever is a night of music and dancing run by a group of DJs with learning disabilities called **The Late Crew**. The events are open to anyone over the age of 18.



Following our first night in November 2010, we're having another DJ night in February with a totally mixed line up of music and members of **Heavy Load** DJing. We're expecting pop, house trance and metal and hoping to do something special for all those party animals who are staying after 9.30pm.

We've also got a special Late Night Fever lined up for the Brighton Festival and Heavy Load will be performing a load of their new songs. Check our website for updates: <http://stayuplate.org>.

Any money made on the nights will go towards further **Stay Up Late** projects. Stay Up Late is a not-for profit organisation seeking to improve social opportunities for people with learning disabilities.

Do you want to get involved and be a Late Crew DJ? Contact us and we'll tell you how:

☎ Paul Richards 01273 405840
 ✉ p.richards@southdownhousing.org

Late Night Fever

🕒 **When?** 8-11pm, Thur 24th Feb

✉ **Where?** The Brunswick, Holland Rd, Hove

💻 <http://stayuplate.org>

Cost? £3 (support workers free)

Is it accessible & friendly? Yes the venue is fully accessible and there is parking close by.

BLUE CAMEL CLUB



BLUE CAMEL CLUB

When? Four times a year
 🕒 Next one: 7-10pm, 28th Mar, then 20th Jun, 26th Sept and 12th Dec 2011

✉ **Where?** The Corn Exchange, Church St, Brighton, BN1 1UE

Cost? Tickets £4 (carers free)

☎ Sarah Hamlett, Event Co-ordinator, Carousel 01273 234734

💻 sarah.hamlett@carousel.org.uk

Is it accessible & friendly? Yes

Feedback? Feedback is very positive and over 400 people attend each club

WHAT IS THE STAY UP LATE CAMPAIGN?

Who are we? We are a punk band called Heavy Load. We are made up of musicians with and without learning disabilities.

What is our campaign about? Lots of people come to our gigs. But they cannot stay out late to watch us. They have to go home early because their staff finish work at 10pm. We think people with a learning disability have the right to stay up late and

have some fun. We want do something about this - and you can help us!

What we want: We want people with a learning disability to know they can stay up late. We want support workers to work different hours so that people with a learning disability can Stay Up Late.

We know support workers don't mind working different hours, as long as they have enough time to plan. Rotas need to be about what WE want. What do YOU want?

💻 <http://stayuplate.org>

"We want to stay up late, we want to have some fun!"

HEAVY LOAD PIC: MORGAN WHITE



SHUT UP & LISTEN RADIO SHOW



SHUT UP & LISTEN! RADIO SHOW

🕒 The Shut Up And 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 listen online at www.radioreverb.com

Or download a podcast at:

💻 www.shutupandlisten.org.uk

