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FUN ON THE WATER

The first thing we did post-lockdown was head straight to Ladybower Fisheries! After all the fun we had last autumn, we just had to book ourselves in for as many trips as possible. Thankfully, they were as eager to get out on the water as we were. We've been able to introduce loads of our members to joys of their accessible boat trips and fishing lessons.

Accessibility Fishing now have a Wheelyboat, which does guided tours of the reservoir, as well as two smaller accessible boats. Some SHASBAH members have even been able to try driving the small boats! We've had mixed successes with the fish and the weather, but that hasn't dampened the fun at all. SHASBAH member Jeremy said, "I'd recommend it to anybody who wants to come."

For a truly unforgettable day out, book your trip through SHASBAH or Ladybower Fisheries.





Shall we talk about pressure ulcers? Here at SHASBAH, we're passionate about giving you the knowledge you need to take charge of your own health. You are the best person to notice changes in your health. And one very important thing to be aware of, for anyone with reduced mobility and sensation, is checking your skin and watching out for pressure ulcers.

So what is a pressure ulcer and why do we need to watch out for them? A pressure ulcer is an area of skin which is damaged by something pressing or rubbing against it repeatedly. Wheelchair users and people with continence management needs are at higher

risk of getting a pressure ulcer. This is due to spending a lot of time in one position and because wet skin is more easily damaged.

It is much easier to prevent a pressure ulcer from developing than to treat a pressure ulcer once you have it, so it's very important to make sure that your skin is checked regularly. The first sign of skin damage is redness. Check your skin every morning and night and see a doctor or tissue viability nurse if you find any redness that worries you. This is a healthy and important habit to put into your daily routine as soon as possible. It's even more important to check your skin when you are less mobile than

usual, for example when in a hospital bed or during lockdown. A balanced diet also reduces the risk of pressure ulcers so make sure you're getting those fruit and veg!

Of course, some of our members are all too aware of the effect that pressure ulcers can have on life. If you have lived experience of pressure ulcers, or are interested in helping with health research that is relevant to you, then let us introduce you to the Pressure Ulcer Research Service User Network (PURSUN). PURSUN are a Leeds-based group who are working hard to improve research into pressure ulcer prevention and care by giving patients and

**Spot the signs early on
and look out for your own
health!**



**Make sure you check for
redness every day,
morning and night.**

**Focus on the red zones
because they are your
at risk areas.**



carers a voice. They are a network of people who bring their day-to-day experience of living with the risk of pressure ulcers to medical and research professionals. PURSUN have already worked with nurses about preventing pressure ulcers in hospital and helped to develop a pressure ulcer risk assessment tool.

Members of PURSUN are sent out information on any current projects, and can get involved by attending meetings whenever they see anything relevant or interesting to them. One of our SHASBAH trustees, Brian Rawson, is very involved with PURSUN and he says, "I enjoy being part of PURSUN as we have all got one goal and that is to stop the

physical and emotional pain of having a pressure ulcer. The people who are part of PURSUN have got a wealth of knowledge that can help prevent people getting pressure ulcers. The meetings aren't all high-brow and technical words, it's a conversation in layman's terms where questions are welcome."

Delia Muir and Holly Schofield (see information on the right) are the organisers of PURSUN and would love to hear from anyone who is interested in getting involved. If that's you, then get in touch and they will arrange a conversation about your experience, support needs and give more information about the charity. They are keen to resolve any issues with access, so that

shouldn't be a barrier to anyone.



Delia Muir

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Holly Schofield

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WHAT'S ON?

We're so happy that our in-person groups are finally able to restart after a long year away. These groups are a great way to meet regularly with our team and other people who are in a similar situation to you. We really encourage

you to take us up on some of these opportunities. New faces are always welcome. Both are located at our base at **Burton Street Foundation in Hillsborough, Sheffield**. Get in touch for more information!



STAY AND PLAY

**Mondays starting 17th May
10am-12pm**

Stay and Play is our weekly playgroup for young SHASBAH members and their parents/carers. We run activities for the children while giving space for grown ups to meet and chat. Refreshments are provided and siblings are welcome to come along too.

CRAFT AND CHAT

**Thursdays starting 20th May
1-3pm**

An afternoon craft session for adult members with the SHASBAH team. Everything is provided for a relaxing and sociable time, including materials and refreshments. All are welcome, especially beginners. Entry and refreshments are free.



BRANIAC!

A big congratulations to SHASBAH member Bailey Chambers, who has been accepted onto a mentoring scheme with Sheffield University. Bailey is 13 years old and attends Rawmarsh Comprehensive school. The scheme will help Bailey with his education so that he can achieve his big goal of becoming a 999 call handler. Well done Bailey!



FEEDBACK SURVEY

THE RESULTS



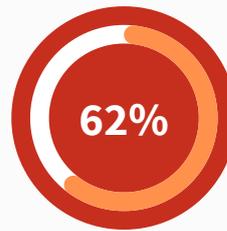
At least 80% were satisfied with our newsletters, online sessions and response times.

OUR MEMBERS WOULD LIKE TO SEE:

- MORE FOR ADULTS
- MORE SOCIAL EVENTS
- MORE HELPFUL INFORMATION



"SHASBAH HAS PROVIDED USEFUL INFORMATION AND ALLOWED US TO FEEL SOME NORMALITY SEEING THAT WE'RE NOT ALONE DURING THIS PANDEMIC."



At least 62% were satisfied with our 1:1 support and outdoor sessions.

67.5% said that SHASBAH had made a difference over the past 6 months.



ETHEL BARGE TRIPS



23rd, 26th, 29th July
& 2nd August

10-3pm

Book now!
Call/text 07752665411



OUR FOOTBALL STAR

Adam Revitt is a special young man. He has a great sense of humour and a brilliant smile, but you don't have to talk to him for very long to see that his big passion is football. Adam loves football so much that he currently plays for three teams! He's also clearly very talented, because he's made it onto a pathway to becoming a future England player.

It all started from a young age, when Adam went to watch Stoke City matches with his Dad, Danny. He fell in love with the game and

started going to training with mainstream teams in Sheffield. But Adam's cerebral palsy meant that it was always a struggle to keep up with those around him. He just played for the love of the game.

All of that changed when Adam and Danny found out about Sheffield Wednesday Disability Football. Adam was 12 at the time. It was like a whole new world had opened up. Adam's skills grew and thrived amongst people of his ability. The rest is history!

Soon enough, Sheffield FA called to ask if Adam wanted to get involved with Sheffield FC. Nowadays, Adam is also playing for the adults NE & Yorkshire team, at age 16. This is one of the top teams in the country, who have recently made it into the FA Cerebral Palsy Cup Final.

Football has provided Adam with a way to use up all of the excess energy that comes with his condition. He thinks that his cerebral palsy can help him to be single-minded and determined. During lockdown, he spent hours

practising his keepy-ups in the garden every day.

Of course, Adam couldn't have had all this success without the support of his family. Adam lives and breathes football, which means that he can be his own worst critic during a match. But Danny helps him from the sidelines to control his emotions and keep going. Adam says he can always hear his Dad's voice during a match. Plus, we can't imagine how many lifts Adam must need to get to all of his training sessions and matches!

During our chat, we persuade Adam to show us some of his trophies. He modestly brings out a couple of trophies that he received for winning penalty shoot outs. What's his advice for

taking penalties? "Take a deep breath and don't think about anything else."

Adam also has some advice for young people like him, who love sport and have a condition like hydrocephalus or cerebral palsy: "Enjoy the journey. Take the highs and the lows because you'll get there in the end. And don't put limits on yourself!" We couldn't agree more. Keep on getting the most out of life, Adam.

"Enjoy the journey. Take the highs and the lows because you'll get there in the end. And don't put limits on yourself!"



OUR COMMITTEE

Michelle Goddard (Chair)

07971 283285

John O'Connell

Laura Rose

Tina Stones (Hon. Treasurer)

07801 445328

Nina Rose (Welfare)

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Shasbah



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MEET OUR VOLUNTEERS

Continuing on from last newsletter, here are two more of our lovely volunteers. You might have met Hafsah and Sathita at one of our recent events. We asked them to tell us a bit about themselves and why they volunteer.

Hafsah: I am a Biomedical Science student in my final year at the University of Sheffield. I aim to go into biomedical research in the future - understanding various diseases from a molecular level and finding ways to treat them. I like volunteering with SHASBAH because I am



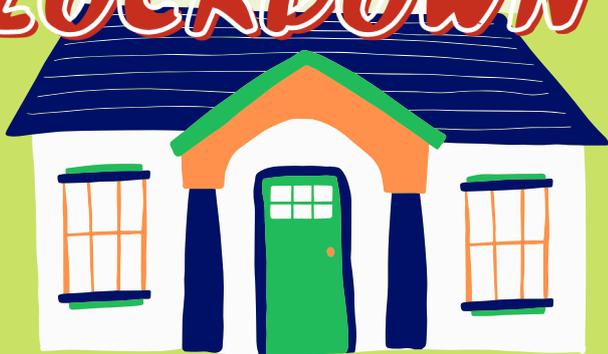
interested in gaining valuable experience in care which will help me in the medical field. I also enjoy taking part in strength sports and look forward to helping SHASBAH members become fitter and stronger.

Sathita: I volunteer with SHASBAH because I'd like to gain experience in working with people of different ages and backgrounds. I want to build my interpersonal skills and become a more confident speaker. This is important for me as I'd like to pursue a career in psychology. In my free time, I enjoy reading and hiking. Having a place like the Peak District in my backyard has given me a greater appreciation for nature.



"Hello. I'm Vicki and I'm the new Volunteer Coordinator at SHASBAH. I live in Barnsley with my husband, son and physically disabled daughter. I have worked in the field of disabilities and difficulties for over 20 years. I'm looking forward to meeting you all and learning all about SHASBAH."

LOOKING BACK ON LOCKDOWN



Now that lockdown is easing, it's important to have conversations about the inequalities experienced by people with disabilities in the last year. The pandemic hasn't affected everyone in the exact same way. You might have heard people say that "we're all in the same boat," but that's not really the case. We're all experiencing the same storm, but we're in different boats. People with disabilities, along with their families and carers, were always in a different boat from people who don't have to deal with these issues.

Thankfully, some people are asking these important questions and there has already been research done. This research shows that some of the big ways

that disabled people were particularly affected by the lockdowns were:

- Lack of access to medical and social care
- Lack of social contact and opportunities
- Impact on wellbeing and mental health

In September 2020, half of people with disabilities said that they were receiving less or no medical attention for their conditions. We all know about the amazing job that the NHS and its staff have been doing throughout the pandemic. However, it's important to highlight the impact of cancelling routine procedures and appointments on people with complex health conditions. A lot of people's health has declined

during the pandemic for non-Covid reasons.

On top of this, a great deal of home care visits and school timetables were stopped or reduced during the pandemic. We know that people have reported much lower satisfaction with their care plans than before the pandemic. This has increased the workload on family and other unpaid carers, impacting their ability to do their jobs and creating added stress.

Many people with disabilities would regularly attend groups at day centres or voluntary projects, such as Stay and Play, Crafternoons and day trips put on by SHASBAH. Lockdown put a stop to these activities, or moved

them online, which had a big impact on our members' social contact. If you add on the fact that so many people with disabilities had to completely shield themselves for most of the year, you can understand why their wellbeing was affected more than people without any disabilities. Did you know that loneliness is actually harmful to our physical health?

These issues, plus many more, combine so that people with disabilities have felt forgotten about or neglected during lockdowns. Many people still feel that way. We can't ignore this. For advice or support, contact SHASBAH at 07752 665411 or info@shasbah.co.uk.

To read more about the effects of lockdown and how we can respond and build back better, see Scope's 'We Won't Be Forgotten' campaign.

If you'd like to make a difference to people who have been shielding for the best part of a year, why not volunteer with SHASBAH? Our befrienders have been checking in with our members by phone throughout lockdown, aiming to reduce loneliness and be there for support when hard times hit. We also love to have volunteers to help with our in-person events so that our members can start to get back to normality. Please get in touch if you're interested in getting involved.



Volunteer with us!



SHARE THE LOVE

Volunteers Week is being held from 1-7th June this year. SHASBAH is so lucky to benefit from the time, effort and skills of many wonderful volunteers. From trustees to events volunteers to digital volunteers, we appreciate you all.

Volunteer highlights from the last year include our Christmas Tree Festival win, the big Walk, Wheel and Wobble and benefitting from the specialist subjects of our trustees. We recognise the big contribution all of our volunteers make to our charity.

We'd love our members to join with us and say a big "THANK YOU!" to our volunteers. Could you colour in the template on the next page and share a photo of you holding it up on social media? Make sure to tag SHASBAH and include #VolunteersWeek in the caption.

THANK YOU
VOLUNTEERS

Decorate this template and share it on social media to say a big THANK YOU to our volunteers. Make sure to tag SHASBAH and include #VolunteersWeek in the caption!

5 THINGS TO DO IN JUNE

See some art at Millenium Gallery

Visit Hillsborough Park Walled Garden

Have a clear out and donate your extra stuff

Celebrate a special person for Carers Week

Take part in Beat the Street



SHASBAH

Barbara and Les Base (BL10)

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07542 680404



Do you have any unwanted gifts lying around? Donate them to SHASBAH and we can use them as tombola prizes. Drop them at our Burton Street office or arrange a pick-up with us.

