



# OUR Newsletter

By and for members of enabled

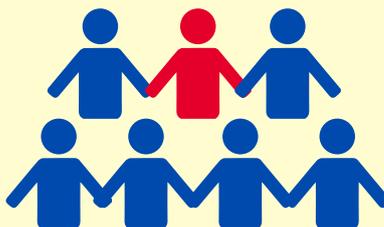


## IN THIS EDITION

- Disability and domestic abuse
- Disability and Food Poverty
- Amanda-Jayne Lanceley Poetry publication
- Louise Brookes Skydive Challenge
- Winner of enabled logo competition
- Celebrating paid carers
  - Anita Green
  - Tori Gardner
  - Sharon Ferguson
  - Chris Wileman
- "Keeping in Touch"
- Time for Reflection

## What is domestic abuse?

This is a behaviour used to gain or maintain power over another person by a partner or any family member or carer. Domestic violence normally happens within a home or family.



1 in 7 people with a disability experience domestic abuse in England and Wales.



A study by the Organisation of National Statistics shows that the rates of domestic abuse is particularly high among young disabled people and those with learning disabilities, mental health, social or behavioural impairments in the year 2020.

## Domestic abuse can be:

- Emotional for example belittling you, isolating you from friends and family, controlling where you go and who you talk to.
- Threats and Intimidation for example threatening to hurt/kill you, harassing or following you.
- Physical for example hitting you, shoving you, throwing things at you, choking you.
- Sexual for example pressuring you into having sex, touching you in a way that you don't want to be touched.
- Financial for example controlling your use of money, not giving you enough money to survive.



## Disability and domestic abuse

Domestic abuse for a person living with a disability may include other forms of abuses and negligence making it difficult to recognise and for the victim to seek help. These may include;



Intrusion and lack of privacy



Withholding or damaging the devices that the person relies on for independence.



Use the person's disability to humiliate them and to gain control over them.



Refusing to support the person or withholding their care and support for necessary life tasks for example using the bathroom, dispensing medication or feeding.



Saying the person is faking their disability and sometimes blocking them from going for routine assessments.

### Domestic violence is about power. It is never the victim's fault!



SafeLives, a charity supporting people with a disability around domestic abuse states that people with a disability are particularly vulnerable to domestic abuse and that they stay in the abusive environment for longer periods of time. This means that people with a disability experience more frequent and severe abuse than people without a disability.



Many barriers prevent people living with a disability from leaving the perpetrators of abuses. For example;

A person living with a disability may feel that he or she cannot leave a perpetrator because of the reliance on them for personal and medical care, housing or financial security.

## Disability and domestic abuse



The nature of a person's disability may affect their ability to either recognise abuse or make them more vulnerable to abuse. For example, physical disability may make a person more reliant on another for personal assistance, medical care as well as daily routine.



Many autistic people might not realise that they do not have to be hit to be abused. They are unlikely to recognise emotional or financial abuse.



Someone with communication challenges may struggle to report abuse. Being verbal does not necessarily mean that a person can understand and talk about an abusive and violent experiences.



A person with physical disability may not be able to leave an abusive environment because the house has been specially adapted for them. They might fear that they will not find a suitable place to live and that their care and support might be affected leading to a reduction in independence if they moved out.



A person with a disability might be socially isolated as a result of their disability and the abusers' control of social relationships. Some may not have anyone that they can trust. Research shows that 13.9% of people with a disability often or always feel lonely compared to 3.4% of people without a disability.

Nobody should have to put up with abuse. There is help and support available for anyone experiencing domestic abuse. Support for people living with a disability can be tailored to meet individual care and support needs.

### Report Domestic Violence and abuse to:



**Freephone 24 hours National domestic violence helpline**

**0808 2000 247**



**If you are in danger, always ring the police on 999**



People with a disability are experiencing five times the level of food insecurity compared to people without a disability.

Food insecurity/ poverty is "a state of being without access to a sufficient quantity of affordable, nutritious food"

Earlier this year, in February, charities and organisations working on food security gave shocking evidence to a House of Commons Committee confirming how people with a disability are affected by food insecurity.



Anna Taylor, from the Food Foundation, explained that the level of food insecurity was 12% higher in households which included a person with a disability.



25% of people with severe or complex disabilities and 11% of people with moderate disabilities experience food insecurity. This compares to 5% of people who do not have a disability.

**More than **6** in 10 adults referred to a Food Bank have a long-term illness or disability.**

These figures show that millions of people with a disability are living in extreme poverty. The Coronavirus pandemic has led to a large increase in vulnerability and food insecurity for people with a disability.

Fazilet Hadi, of Disability Rights UK, explained that benefit levels no longer provide a safety net for people with a disability as they do not cover the costs of things such as housing, heating, food and digital inclusion, thus pushing people into poverty.

Read the full report:

<https://www.disabilityrightsuk.org/news/2021/february/disabled-people-experience-high-levels-food-poverty#:~:text=Those%20giving%20evidence%20to%20the,food%20banks%20were%20disabled%20pople>

## Amanda-Jayne Lanceley Poetry publication

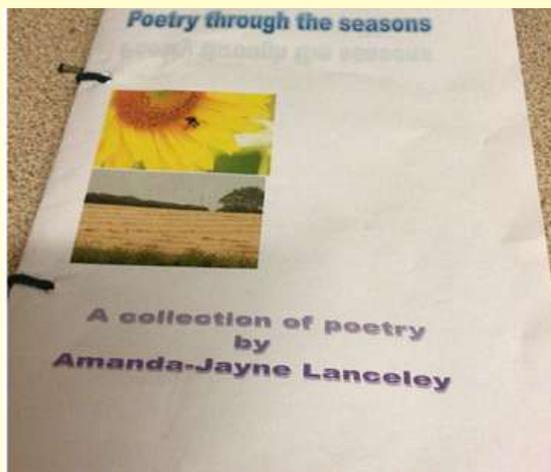
I was eleven years old when I started writing poetry, my English teacher Mr Davies set us a task in our English lesson to write some poetry, as he came near my desk he looked over my shoulder and said to me "Keep writing you have something there".



I have written over 840 poems since that day, many of my poems have been published in anthologies

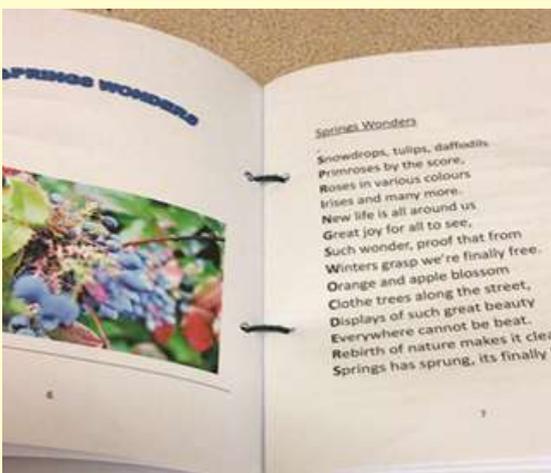
and magazines, currently some are being published in the Salvationist, I also have a writing contract with DC Thomson who produce the yearly Fireside and Friendship books and People's Friend Magazine and to date they have bought ten of my poems.

I never believed my poetry was that good and never really shared it until I met Tristan, since then I have shared my poetry on our weekly Tristan and Mandy Time live shows on Facebook and just recently on our brand-new show on Fortress Radio called Words and Music in Harmony.



I have had so many people tell me that my poetry has really helped and blessed them, I have always said it is God that writes the poems I just hold the pen.

My poems are inspired by people, places, situations and special occasions. Just two months ago I sent off my first book of poetry to some publishers and one publisher got back to me that my book is being forwarded to their board of editors to be assessed for potential for publication. I am so excited to hear back from them, even if I am not successful, I will keep sending to other publishers.



I have always loved writing and working with words, I hope and pray that everyone will enjoy reading my poems as much as I enjoy writing them.

## Celebrating paid carers during the pandemic



During the pandemic, those in care and supported facilities faced so many challenges. This included carers who had to work long hours amidst the fears of the pandemic and with limited personal protection equipment.

Working as a carer requires one to be passionate and have love for others. So, every June, across the UK, a week is dedicated to recognise and celebrate the fantastic contribution that paid Carers make to the people they care for.



This year, carers week was from 7th-13th June 2021. We got in touch with enabled members and friends who work in the Health and Social Carer sector to hear their stories especially during the pandemic.

**To all carers/support workers, we would like to say thank you for the incredible job you do.**

*You are Amazing!*

*You are awesome!*

*Thank you, You are Fantastic!*





## Anita Green enabled member

My name is Anita and I live in Fareham with my dad who I look after and my tortoise 'Tiny Tim' who is only 2 inches in size. I work in a care home as a Night Care Assistant for two nights a week.



Tim will only grow to 7 inches in total, that is why I called him 'Tiny Tim'.

I attend The Southsea Corps in the Southern Division where I sing in the songsters and work as a Y.P. Worker at the Corps. Southsea is situated on Portsea Island where we have a Catholic Cathedral and a Church of England Cathedral. Portsea Island is better known as the city of Portsmouth and the town of Southsea.



During the pandemic, it was scary, but we had to work hard to take care of the residents in our care. I am fortunate that I did not catch Covid-19 but sadly most of my work colleagues caught it and we lost nine residents or as we say in the Salvation Army got promoted to glory.



**1 in 5  
staff caught  
the virus.**

So I was one of the staff that worked right through the pandemic, looked after our residents and nursed the residents with Coronavirus in their final hours and days which is sad but yet an honour as they've done so much for this country.



Even though its been an eventful and yet stressful 14 months and having been diagnosed with 'Social Anxiety Disorder', I also managed to complete my level 3 apprenticeship in Health and Social Care.

In March this year I got a tortoise as a therapy pet. Tiny Tim is a total joy to look after and he has eased my anxiety. I am grateful that the Lord has enabled me to live my life to its full potential and has protected me and loved me. My faith has got me through as well as the **"Mandy and Tristan Time"**!



## Tori Gardner Lifestyle Coordinator

Hello Everyone, my name is Tori and I have been a member of enabled for about six to seven years. It has been incredible being a member of this group as members are so supportive.



When we went into the first lockdown in March 2020, I didn't have a job because I was at university doing a degree in Education Studies. But after a month I decided that it was time to go back to work.

Being from a Health and Social care background, I thought I could help working in the sector as so many people were shielding and isolating.

I was lucky to get a job as a Lifestyle Coordinator in a care home and at first it was pretty easy, I arranged different activities for the residents to maintain their well-being and keep them active.



As lockdown progressed things started getting more difficult, residents began to miss their families more and the seriousness of the virus began to have an impact on staffing levels. For a good while it didn't matter what your job role was you just mucked in and did whatever needed doing.



Although this was a very tough time for staff and residents it was also a great time that brought us together. Everyone helped each other; we laughed and cried together as well. It made me realise that no matter what we go through Jesus helps us to find the good in others and encourages us to make the best of a shockingly bad situation.



As a team we overcame the stresses and strains that Coronavirus brought us; we pulled together to maintain the safety of our residents and staff members although we all suffered a little in the process. All the staff worked tirelessly as professionals but never forgot their responsibilities at home to be a loving mother/ father/ brother/ sister and to protect one another from the virus.





## Tori Gardner Lifestyle Coordinator



The kind of activities provided went from constant jolly group activities to more one to one activities to boost morale and provide comfort and reassurance when families could not visit. Part of my job was to sit with residents in their last days of life and also keep in contact with families throughout.



During all this I felt like I was constantly praying for life to improve for everyone that I came into contact with, but I have been lucky to have a really good support network that I could rely on when things got tough.

The hardest part of lockdown was when I sat with a resident, who I had known for years, a retired Salvation Army officer who was on end of life care. I knew that she was going to a better place but it's still a challenge to accept this. It was during this time that I knew the Lord was with me as all the staff members made sure that I was ok and they rallied round to assist when they could.



Things are starting to improve now, residents are starting to see families again and the stress of Covid has, for me personally, reduced significantly since the vaccines. I still regularly pray that things will improve for everyone that I work with, the wider community, and the world in general.



As well as coping with the stresses and strains of work I have also completed my degree this year and dealt with other family issues. It just goes to show that if you put your mind to something then the Lord will always be there and although it seems sometimes that he's not helping he really is, he's just doing it his way and not ours.



## Sharon Ferguson Support Worker George Steven Community Hub

During the pandemic I encountered many different emotions, ways of working and having to adapt to the ongoing ever-changing situations due to COVID.

When the Coronavirus (Covid) was first announced, I was working with my service users as normal. We had a series of different activities, going out for outdoor activities and supporting the service users in the usual ways. Everyone was happy.

Then we had the first lockdown, which brought many fears; there was fear of the unknown, what was life going to be like? For me due to underlying health issues, I had to go into shielding and was immediately put on furlough as did many of our service users and support workers respectively.



*Sharon and John one of the service users.*



# Sharon Ferguson

## Support Worker

### George Steven Community Hub



Initially it wasn't too bad staying at home, the weather was lovely, and I could sit and do things in the garden, and I got caught up on all my I-learn (online) training.



But the longer it went on, the harder it became. I felt trapped and didn't like relying on other people to do things for me like food shopping. I also felt like I was letting my colleagues down by not being able to work and they were having the burden of the extra workload.

I kept in touch with my colleagues and management which helped me to keep up to date with what was going on and felt included even though I wasn't actually working.



When the shielding had ended, I returned to work but things were very different for example, we wearing personal protection equipment (PPE) and service users were not allowed out and about for their regular activities as before.



Our daily working with the service users was really different, services users had to adapt to their support times being reduced so there was less contact time, we do their shopping for them as we were trying to keep them safe within their homes.



We arranged more indoor social activities such as jigsaws, zoom meetings and welfare calls. Some service users didn't fully understand the coronavirus threat but with support and reassurance from ourselves, they were able to adjust.



Personally, I was also able to adjust and was just happy to be back at work, having a routine and doing things and seeing other people all be it socially distanced.



# Sharon Ferguson Support Worker George Steven Community Hub



Then we had our second lockdown. I was back on shielding and on furlough again. This time I did struggle mentally. After having some freedom, I missed work and the routine. Thankfully this was not for as long as the first lockdown and after a few months I was back to work.



When I got back to work, there were so many inhouse changes. For example, changes with the rota initially which affected my confidence and work balance. But things slowly got back to normal for me and I began to cope better with the different situations.



It is now two months since I came back to work and all is good. COVID rules are easing, and although we still have more to overcome, I can see a more positive outlook ahead for support workers and service users as the country starts opening up more.

Hopefully a bit more freedom for all, soon!.





## Chris Wileman Support Worker



Hi everyone, my name is Chris Wileman. I was born in Burton on Trent, Staffordshire and raised in a small village called Newhall which is based in a town called Swadlincote in South Derbyshire. I now live in Swindon after 3 years in Bromley. I first started going to enabled (then called SAFE) in 2015 as a delegate, I am now an assistant, when the Gibson family (Trevor, Deirdre and Justin) encouraged me to get involved in this amazing event. Thanks to them.

I met my wife, Vicky Rowe at enabled and we have been together for six years and married for three years this year. I moved to Swindon in 2016 and we attend Swindon Citadel Corps.

The COVID-19 Pandemic has had a dramatic effect on all of our lives and with all honesty, this has been very challenging for my wife and me. I work in Social Care, at the time, I was working for The Salvation Army in a Homeless Life house in Swindon.

I continued working throughout the lockdown and had to deal with situations which had a massive impact on my physical and psychological wellbeing. For example, having to be faced with a cardiopulmonary resuscitation (CPR) incident where the gentleman was promoted to glory even after giving 35 minutes of CPR. There were many challenges supporting people with mental health issues such as crisis and suicide interventions and I had quite a few drug overdose incidents where I had to give life saving responses to some service users.



I then contracted Coronavirus which resulted to myself and my wife Vicky self-isolating for more than two weeks. During our time in quarantine Vicky also contracted the virus. However, looking on the bright side, we had not long moved into our first home together. So, we were able to spend time together making our house a home. All in all, I had approximately 6 weeks off work. At the beginning of the summer holidays 2020, my wife was in hospital seriously ill which was another worry.



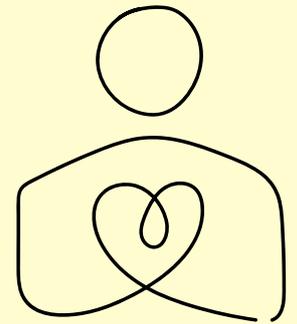
## Chris Wileman Support Worker



After a year of worry, stress, and anxiety I knew I needed to speak out and ask for help. I was able to do that using a number of different resources such as counselling, talking to close friends whilst going out for social distance walks and coming to the realisation that my own feelings were valid and that I am worthy.

Big changes were going to be important so, I changed my job. I now no longer work for The Salvation Army. I work for a company called Lifeways Group which support people in supported living with many disabilities. I love it!, and mentally I feel much better because of the change in environment.

Yes, the past 18+ months have been challenging due to continuing to work, illnesses and personal issues. But because of this I now remember, to count my blessing each and every day. I know I am loved; I am worthy, I have the support not only from my wife but from my close family and friends also. And for that I am eternally grateful.



I do not walk alone because I know that God is with me all the way. Joshua 1:9 says: Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

Onwards and Upwards!



**Be strong and courageous.  
Do not be afraid; do not be  
discouraged,  
for the Lord your God will be with  
you wherever you go."**



# Louise Brookes Sky Diving Lyndon House



Not many people are going in aeroplanes at the moment, let alone jumping out of them, but I like to be different!!!!

I originally signed up for a skydiving challenge in February 2020, but then things went a bit pear-shaped. Not sure if you're aware but a global

pandemic hit us 😊 ... and funnily enough, jumping out a plane wasn't really allowed.

I didn't think any more of it until November 2020, when UK parachuting emailed me asking when I was going to do it. I asked when was available, and they said any day! I didn't reply and then in December things got a bit (more) crazy at work when coronavirus hit our centre so badly, so I put everything off.



In April this year when restrictions started to ease, I emailed UK parachuting back and asked what the situation was. I was told that they would be reopening on the 18th April and I could book any date from them.

So, with the Captain Tom 100 campaign being advertised, it seemed like a good idea to do it for a good cause. So I booked to have it the bank holiday weekend, giving me only two weeks to prepare. This meant a quick, manic, sponsorship campaign to try and raise as much money as I could to support Lyndon House.

Because the time was so short, it didn't give me much time to think about the actual jump which was good because I have fears for some heights. For example, going up escalators and climbing mountains. My calf muscles would always be so tensed going up but I would not have problems coming down. For the skydive, I was however quite excited and wanted to do it, It was a worth challenge taking.



Anyway, when I was driving to the venue, I did have a few butterflies in my stomach. When the first group went up in the plane, and I saw how high the plane was, I thought WOW, that is high!



The staff were excellent! They made me feel at ease and were always having a laugh with me. I had the whole experience filmed by Juliet and Wes was taking some photos.

If you want to know what it feels like, ...you have to do it yourself! 😊

Alright, I'll give you a taster: imagine having -15 degrees temperatures blown in your face at 150mph and free-falling a mile then the parachute opens, and you're gently floating in the air, looking at amazing views of the area! Sound tempting??? I do highly (excuse the pun) recommend it.....but I'm not rushing to do another one!

**THANK YOU  
to all who  
sponsored me!!!!  
I raised close to  
£1000.**

"When He gives quietness, who then can make trouble."  
What a powerful passage from the Bible. Let's get into the word more deeply.

Quietness - referring to peace with God, peace in God and peace of God through prayer. Peace with God is not something we did or did not do because that victory was bought by the blood of Jesus Christ when he died on the cross and resurrected 3 days later, those who accept him as their Lord and Saviour, shall have eternal life in heaven.

There was a band in the 90's called Eternal and they had a hit called "Just a Step from Heaven" - I wonder which step they were referring to - were they outside the gates of Heaven or were they referring to the step one takes when making the decision to follow Jesus Christ. Peace in God goes a step beyond whereby one submits and trusts God that he has got everything under control even in the midst of a storm. We humble ourselves before Him in order that we can experience a peace beyond all of our own understanding. Peace in God moves us to the next stage of quietness as we live in his peace.



But God doesn't just want us to live in his peace, he wants to have a relationship with you and me. He wants to communicate with you through prayer and the Holy Spirit. We will talk about the Holy Spirit in the next edition of the newsletter. But for now let's consider peace in prayer.



Prayer can be a dangerous tool if used incorrectly. Do you remember the Jeremy Kyle Show where people would share their problems such as "I think he's my son but I just don't know." Really! But our prayer life can be much the same because when we get into the slightest difficulty, we pour out all of our problems to God without even saying hello. And this can create a lot of negativity.



Imagine you had a friend whom you meet for coffee, when you turn up, you don't say hello, you just jump straight into problem number 1, 2, 3 and so on.

## Time for Reflection:

I presume very quickly you'll have to find another friend. God is different from your friend. He already knows your problem. He is already working in the background to find the solution. That doesn't mean you shouldn't say anything. The saying goes - a problem shared is a problem halved.

So when you pray to God, say hello, recount the good times (as you would with your friends), praise his Holy name and then let him have a small nugget of the problem which he already knows and is providing the solution to. I bet this is not far from how Jesus taught his disciples the Lord's Prayer. God has never let you down so why would he do so now. This is about trust; which we can only have when we have the peace of God through prayer.



So remember, give your life to Jesus Christ (this is peace with God), Trust in the Lord always (peace in God) and have a positive prayer life even amidst the storm (peace of God through prayer). So when God gives you that peace which you desire, nothing will trouble you anymore.

**"When He gives quietness, who then can make trouble?  
And when He hides His face, who then can see Him,  
Whether it is against a nation or a man alone"  
Job 34:29**



## Prayer Network

The enabled prayer network roll is a prayer group who share prayers and encouragement every week. If you are interested, please get in touch with Chris Stringer or Paska Moore.

**"Therefore encourage one another and  
build one another up, just as you are doing"  
1 Thessalonians 5:11**



## Result of the Enabled Summer School of Arts, 2021 Logo Competition

Thank you to all those who took part in the logo competition, in total we had 13 entries.

The winner for this year logo competition is Stephen Smith, of Smithdesign based in Leicestershire. Steve can be contacted by email on: [smithdesign@talk21.com](mailto:smithdesign@talk21.com).

The logo reflects the message of Isaiah 49:16 with open hands that reassure us, we are always supported and nurtured by Gods unwavering and unconditional love.



The theme this year is: "In his hands" from Isaiah 49:16.

The Summer School this year is from **Saturday 24 July - Saturday 31 July, 2021**. All sessions will be on enabled (The Salvation Army) Facebook group: <https://www.facebook.com/groups/223464041034354>

Join  
enabled!

### enabled

enabled is a member led group which provides spiritual and social fellowship for people with a disability and their carers whilst cultivating an inclusive attitude and approach. The enabled community evolved from Salvation Army Fellowship of Endeavour (SAFE).

Membership is free and you do not have to belong to The Salvation Army Corps/Church to become a member. All you need to do is complete a simple form to tell us about yourself.

enabled members engage in inclusive activities which are led and facilitated by the members themselves. It is all about fellowship and inspiring one another. *"We have so much fun when we attend enabled, along with singing songs and enjoying everyone's efforts."* North East England enabled member.

FREE!!!



To join enabled, send an email to: [enabled@salvationarmy.org.uk](mailto:enabled@salvationarmy.org.uk) or telephone using the number on our contact page on this newsletter.

# Keeping in touch

The opportunity to talk to someone can be a great relief and help for every one of us. Just having to talk to someone and laugh with them can cheer us up and lighten our day.

To address loneliness and isolation amongst people living with a disability and their family carers, we will be launching enabled **"Keeping in touch"** this year.

This will provide an opportunity for members to connect with each other and talk on the telephone, at a time that has been mutually agreed by the caller (a volunteer) and the receiver (a member who has subscribed) to join **"Keeping in touch"**.

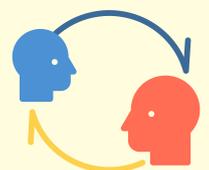
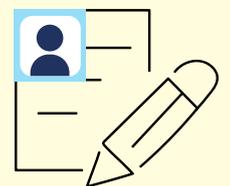


**Wanna  
Catch up  
and chat !**



## How will it work?

- Members who are interested will have to complete the application form to join.
- You will then be matched with a like minded person, keen to make a new friend.
- They will give you a call to chat. You can chat about anything... after all it's "keeping in touch". As time goes, people can choose the best way that they would want to keep in touch.
- You can sign up as a Lead caller (volunteer) or just a call receiver.



**To find out more about "Keeping in touch" or if you would like to join contact us by email [enabled@salvationarmy.org.uk](mailto:enabled@salvationarmy.org.uk).**

# Contact us



Your comments and feedback is very important, so please talk to us. We also love to hear your stories and receive articles about what you do in your corps and community to promote inclusion of people living with a disability and encourage others especially during this difficult time.

**We look forward to hearing from you!**



LETTER

**Chris Stringer**

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FACEBOOK

Salvation Army Fellowship of Endeavour



**Founder:** William Booth

**General:** Brian Peddle

**Territorial Commander:** Anthony Cotterill



The Salvation Army United Kingdom Territory with the Republic of Ireland. The Salvation Army is a Christian church and a registered charity. The charity number in England, Wales and Northern Ireland is 214779, in Scotland SC009359 and in the Republic of Ireland CHY6399.