



January 2014

**Happy New Year from everyone at Resolve.** Hope you all had a nice time over the festive season. We enjoyed celebrating Disability History Month in December and are looking forward to a New Year full of action.

**Look who it is!:** *Care Network* came to talk us last month. The presentation was interesting & we chatted about ideas of how they can improve their services which provides quality trades people & services.



**care network** 

**01254 507255**

**Mon-Fri 9-5pm**

## Dry January

*Fast 4wd* also told us about dry-jan, a chance to start healthy alcohol habits & feel what it can be like for people with alcohol addiction. *5 of us signed up for Dry January!*

  
Supporting Life Recovery



## New Years Resolutions

Resolutions are a traditional start to a New Year and a New You. Though they can be easier to make than to stick to. At Resolve we have made a number of resolutions including:

- Stop smoking and improve fitness
- To stay clean for 12 months
- Be more assertive
- Start something new



**One resolution Resolve will keep for sure is to continue to promote disability awareness & access**

## Good News

Member Angie is happy as she has a new coat for her dog, Lady. This now helps to let people know that Lady is much more than a pet but an emotional support dog which helps Angie be independent in the community.



Resolve are planning training to help others understand disability over the next few months. Stay tuned!

## What's on!

**Veggie Hedges:** Share and Grown will be planting herbs  
Tuesday 18th February

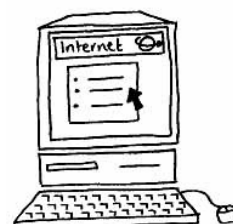
Shadsworth community centre

From 10:30



**FREE** bacon sandwich for all helpers.

**This is I.T. :** Friendly & small beginners  
computer group starting February



**Make Changes:** Do you have COPD, diabetes, heart  
disease or another long term health condition? New  
course from 5th Feb to help you make changes to help

Contact Your Support Your Choice

for more info 01254 292620



**Introducing....** Each issue we will introduce a member of  
Resolve. Will you be our newest member?

**Name:** Janet

**2014 Hope:** To live in shared housing

**Favourite Colour:** Red

**Hobbies:** Music & facebook.

**Why do you like Resolve?**

*It's interesting, I get to know lots of  
new things & make new friends*



## Become a member of resolve

Are you affected by disability and want to make a difference then come to Resolve:

Every Wednesday 1pm-2:30pm

Or ring us on 01254 292620

Or e-mail us on [info@ysyc.co.uk](mailto:info@ysyc.co.uk)



## Volunteering

Resolve are setting up **Support to Report**. This will help people to report disability hate crime to someone who understands, **our amazing volunteers!**

If you want to become one of our reporting volunteers then let us know on 01254 292620.

### Coming up at Resolve

Date	Activity
22/01/14	Speaker: Wish
29/01/14	Planning for next year
05/02/14	Training planning
12/02/14	Newsletter Planning
19/02/14	Speaker: Healthwatch

### Upcoming Events

**Learning Disability  
Partnership Board**

Tuesday 28th January  
9:30-12:30 at

Livesey All Age Centre  
Lunch & Refreshment

01254 587547



**Resolve**@Your Support Your Choice

9A Town Hall St, Blackburn

01254 292620 [info@ysyc.co.uk](mailto:info@ysyc.co.uk)

