

HELP FILE

Age Concern Herefordshire & Worcestershire: Advice and Information Service for older people and their friends and relatives. 6 Sansome Street, Worcester (01905 726652). www.achw.org.uk

Alcohol Advisory Service: Advice and counselling for people worried about their own or someone else's drinking. 25 The Tything, Worcester (01905 27417). www.wasa.org.uk

Al-Anon: For friends and relatives of alcoholics. Meets every Sunday, 10.30am. YMCA, Henwick Road, Worcester. 01905 22000.

Alzheimer's Society: 01905 763322 (24 hours a day, seven days a week)

ARMCHAIR: Supply of good quality furniture to families in need. 01905 456080.

Contraception & Reproductive Health Care: Moor Street Clinic, Appointments and Times, (U18's - Sat 10am-12 noon) (01905 681639).

Cruse - Bereavement Care: Helpline and Information (01905 22223).

Dental Emergency Infoline: 24-hour information about how, when and where to obtain emergency dental treatment in Worcestershire (01905 760090).

DIAL Worcester: Disablement Information Advice Line (01905 27790).

Droitwich Drop-in-Centre: At Youth Centre, Monday and Thursday, 12-4 p.m., pool, table tennis and table football; Friday, all day, woodwork workshop.

Dyslexia Association: Tel: (01905 840979).

Gay Men's Sexual Advice and Support: Contact the Worcestershire Gay Men's Health Project on (01905 681751), 9am-5pm, Monday to Friday.

Home-Start: Support and friendship for families with Under-5s (01905 29377).

The Independent Counselling Service: Free referral service to a suitable counsellor (01905 620786 or 01684 567056).

LIFE: Pregnancy and post abortion counselling - Hotline: (0800 8494545).

MIND: Worcester City Group, Susan Scarth. 01905 350912.

Noah's Ark Trust: Grief support for bereaved children, young people and their families. 01905 745735.

NSPCC Child Protection Helpline: Tel: Freephone (0800 800500).

Parkinson's Disease Society: Tel or Fax 01386 751349. Welfare visitor enquiries for east Worcestershire tel/fax: 01386 751723. For west Worcestershire tel/fax: 01684 833800.

Partners of Survivors Support: For those whose partners are dealing the aftermath of rape and child sex abuse. Telephone 01905 767487 - Monday and Friday - 7-9.00 pm.

PEAL: Supporting parents and siblings in Worcestershire after the death of an adult child aged 16 or over (01905 723001).

Relate: 19 Castle Street, Worcester. For all appointments - (01905 28051). www.relate-worcestershire.org.uk

R for Rethink: (Charity for all mental health issues) 4 St Nicholas Street, Worcester, Afternoon drop-in - (01905 613878).

Samaritans: Tel: (01905 21121) (24 hours a day); National number, (08457 909090).

SANDS: Stillbirth & Neonatal Death Society, Malvern and Worcester Support Group (01905 455661).

Sexual Health Education Unit: For any advice and information on sexually-transmitted conditions and other concerns, including HIV. (01905 22957), 8am-4.30pm, Monday to Friday. <http://members.aol.com/worcshs/shshome.htm>

Shophmobility: CrownGate Centre, Worcester (01905 610523).

SSAFA: Soldiers', Sailors' and Airmen's Families Association (01905 24701).

The Stroke Association: 01179 531200.

Turning Point, Worcester Druglink: Free, confidential advice, support and counselling to drug users, friends and relations. 35 Foregate Street, Worcester WR1 1EE (01905 724853) (24-hour ansaphone) or call in Mon-Fri 9am-5pm; Thurs 9am-8pm.

Under-25 Advice and Information Centre: Monday-Saturday Noon-3pm, Spring Gardens, Worcester (01905 23925).

Victim Support (South Worcestershire): Free confidential help for crime victims (01905 726885).

Worcestershire Association of Carers: For anyone looking after a disabled, ill or frail family member or friend. Tuesdays to Thursdays 10.00am-3.00pm. Tel 01905 26500.

Worcester Cancer Support Group: Tel: (01905 355642/422654).

Worcester City Volunteer Bureau: 33 The Tything, Worcester (01905 24741); Fax (01905 723688).

Worcestershire Lifestyles: Supporting choice for disabled people. Woodside Lodge, Lark Hill Road, Worcester (Tel: 01905 350686 Fax: 01905 350684 Minicom 01905 350635) E-mail worcslifestyles@btinternet.com

Worcestershire Rape and Sexual Abuse Support Centre: Open Mon and Thurs, 7.30pm-9.30pm. (24-hour answerphone) (01905 724514).

Worcester Housing and Benefits Advice Centre: (advice and representation): 13a Lowesmoor, Worcester (01905 612774).

Worcester Wheels: 33 The Tything, Worcester (01905 724274).

Worcester Women's Refuge: Temporary accommodation, advice and support for women who suffer domestic violence (01905 613875).

Youthline: Worcestershire's free phone service for 14-25s (0800 0961425) - 4pm-10pm weekdays.

Cash brings safety to cookery lessons

Blind students using specially-adapted kitchen equipment

BY SALLY JONES
01905 742257
sj@worcesternews.co.uk

BLIND and partially sighted young people at New College Worcester will soon be putting the kettle on, thanks to a £1,500 donation from the Yorkshire Building Society Charitable Foundation to buy specially-adapted kitchen equipment.

The donation has provided 15 liquid level indicators, five talking microwave ovens with a recipe cassette, a talking combination oven and 10 microwave kettles.

The new equipment will be used as part of the independent living skills training at the college.

Louise Neill, from the Charitable Foundation, said: "We're delighted to support New College Worcester by providing new kitchen equipment for the students.

"The college works hard to ensure that a young person's needs are about more than just their visual impairment and independent living skills are an essential part of helping young people to reach their potential both in and out of college.

"I'm sure the new equipment will be very popular and that it won't be long before the students come up with some fabulous new recipes in the kitchen."

Anne Priestley, fund-raising manager at New College Worcester, said: "New College Worcester students are thrilled to receive this generous donation and are looking forward to cooking."

New College Worcester is a residential school and college for young people who are blind or partially sighted, aged 11-19, who are able to access the National Curriculum and progress to study beyond the age of 16.



Jeremy Heywood and Victoria Gray with the specially-adapted new cookery equipment that has been bought for New College Worcester with a donation from the Yorkshire Building Society Charitable Foundation. Picture by Paul Jackson. 19385901

Guidance for parents on offer at workshops

A SERIES of events are to take place in Worcestershire to help support children with physical and emotional health issues.

The events are primarily being offered to parents and carers with children who are not in, or have difficulty in accessing, mainstream education. However, all parents and carers are invited to the event organised by the Parents Partnership Service.

Professionals from Worcestershire County Council's children services, health and voluntary sectors will be on hand to give advice and workshops will raise awareness and understanding on issues including e-safety, the importance of healthy living and anti-bullying. Workshops will also be available giving guidance on talking to children about sex, the harmful effect of drugs and tips on teaching young people how to be smart with their money.

The first event will take place at Redditch Town Hall on Friday, May 16.

Perdiswell Young People's Leisure Centre, in Worcester, is hosting the second event on Saturday, June 14. It starts with registration at 9am and ends at 3pm.

People attending have the option of taking part in two of the topic workshop sessions at Redditch Town Hall and three at Perdiswell Young People's Leisure Centre. The events are free but places must be booked in advance by calling the Parent Partnership Service on 01905 727940.

For more information go to www.pps.worcs.co.uk.

Girls team second in university challenge

PUPILS from a Worcester girls school showed they were no dunces after becoming runners-up in a regional University Challenge-style competition.

The lower school general knowledge quiz team from St Mary's School were just pipped at the post in the final of a general knowledge quiz, the Junior Schools Challenge competition.

Pupils from years seven and eight pitted their wits against other city teams from the King's School, the Royal Grammar School Alice Otley, as well as King Edward's School, Birmingham, Wrekin College, and King Edward's School (KES), Stratford-on-Avon.

Elizabeth Furber, Annabel Sale, Jodie Fletcher, Carys Hughes, Katherine Bowyer and Stephanie Elliott were all part of the team at the event on Tuesday, April 29.

The girls were finally beaten in the final by Queen Mary's Grammar School, Walsall, West Midlands.

Year five fall in for Civil War drill

PUPILS from a Worcester school got the chance to discover much of the city's history during a visit to Worcester Civil War centre at the Commandery.

Year five children at nearby King's St Albans spent the day at the museum in Sidbury as part of their coursework on the Stuart dynasty.

A spokesman said: "In groups, we practised our pike drill.

"We toured the Commandery and found out what to expect if we had ever been injured and had to visit the camp surgeon.

"We stood on top of Fort Royal Hill and imagined it being built with forced local labour.

"We pictured its walls, ditch, and treacherous storm poles set at a 45 degree angle to prevent



King's St Albans pupils taking part in pike drill at the Commandery's Civil War Centre.

horses breaching the defences. The day was filled with fun and fascination. The English Civil War may not be an easy subject of

historical study for year five children, though this certainly did not seem to cause any dull moments.

"The fact that their own

locality was once the scene of one of the most important battles of Civil War history no doubt made it all the more relevant."