

The background of the cover is a vertical rainbow spectrum with horizontal bands of red, orange, yellow, green, blue, purple, and grey.

# SPECTRUM NEWS

**MEMBERSHIP SPECIAL EDITION**

**MARCH 2017**

Edited by Jennie Musson

**Think you know**  
**Disabled People...**  
**Think Again**

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**From the Information & Membership  
Officer - Jennie Musson**



Dear SPECTRUM Member

**Welcome to this Special Edition of the SPECTRUM Newsletter!**

It's been a busy time, ever since I took over the new role of Membership and Information Officer here at SPECTRUM, getting to grips with all the parts of the job and generally bedding in.

As we look forward to the Spring, Christmas seems like a long way away now, and the indigestion and festivities but a distant memory.

In the spirit of looking forward, I have produced this Special Edition Newsletter, both to let you know what happened at our Membership and Mince Pies event back in December and to inform you about what plans there are for the year ahead.

We have some exciting things lined up, including **FREE social media training** for all of you who would like to know more about the mysteries of Facebook, Twitter and YouTube, a “**Strawberry Tea and Meet the Teams Day**” where you can come and find out more about what the teams at SPECTRUM do, at the same time as enjoying a lovely strawberry tea - and our **SPECTRUM members' Facebook group**, as well as **FREE audio ebooks** available only to SPECTRUM members, so sit back and fasten those seatbelts, as it's going to be an exciting ride!

**Happy Reading**

## Membership & Mince Pies Update

### By Jennie Musson

#### Membership and Mince Pies

Last December, we held a Membership and Mince Pies event, to help us find out what members wanted from their membership and to give people a chance to socialise over a cup of tea and festive refreshments.



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Surveys were also sent out to all members to canvass their views.

Both the survey and the event were very successful, with some extremely useful feedback: 16 surveys were returned, and 13 people came along to the membership event to give their views.



What people liked the most about being a SPECTRUM member ranged from being helping to improve the lives of Disabled People, to being in touch with other like-minded people and following SPECTRUM's work, as well as the friendliness of staff. People were also asked how they would like to get more involved with SPECTRUM and, as expected, there was a diverse mix of answers, but the most common ones cited were: volunteering in the form of helping out in the office and on reception at SPECTRUM, as well as befriending, and helping out at events. Members also wanted to socialise and take part in campaigning. A sizeable number of members were also interested in undertaking training, particularly with computers and social media.

If you would like to take advantage of a **FREE** social media course, Michael Grimmett and Robert Droy will be running one here at SPECTRUM specially for our members!

**Please see page 9 for more details and be sure to return your invitation in the FREEPOST envelope, enclosed with this Newsletter!**

## Greener...and Cleaner! By Jennie Musson

### Help us Go Green(er)

Towards the end of last year, SPECTRUM adopted an Environmental Policy to help us meet our environmental responsibilities. One way we wish to do this is by minimising our use of paper wherever possible and we hope that you, our membership, can assist us in doing this.



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We have some members' email addresses and we are looking to send out more of our communications electronically to save time, postage and, of course, paper. To help us to achieve this, **if we have your email address, we will be sending you communications via email in the future.**

**However, fear not, because if you still wish to get your communications from SPECTRUM by post, please let me know by telephoning me on 023 8020 2643 and leaving a message or by emailing me at: [jennie.musson@spectrumcil.co.uk](mailto:jennie.musson@spectrumcil.co.uk).**



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**If you have not given me an email address and you would like to receive mailings via email, please contact me using the details above.**

If we do not have your email address, we will continue sending your mailings by post unless you tell us otherwise.

If you give us your email address, we will not pass this on to any other organisations and will use it only to keep you informed about SPECTRUM events.

## Looking into the Future

### By Jennie Musson

After our very successful Membership and Mince Pies event in December, we have some exciting stuff on the horizon!

When I say “looking into the future”, I do not mean that I will be producing my crystal ball and reading people’s palms, exciting as this may be, but looking into the forthcoming year and what this means for you, our members.



<https://fabiusmaximus.files.wordpress.com/2012/07/20120702-crystalball.jpg>

From now on, every SPECTRUM member will be getting a **FREE SPECTRUM badge**. These valuable items are not to be bought from friends of friends down the pub or in the shops, but are only now available to SPECTRUM members from us and will be sent out with membership renewals at the end of March/beginning of April and to new members.

On 3rd April we have a **FREE Social Media training session**, run by our very own Robert Droy and Michael Grimmett, to help you get to grips with the ins and outs of Facebook, Twitter and YouTube. You will have the chance to ask questions in a supportive and informal environment with other members, followed by a light lunch.

**Please see the poster on page 9 for more details of the social media event and don't forget to fill in and return the separate invitation enclosed with this newsletter!**

## Looking into the Future By Jennie Musson

We will also be holding a **Strawberry Tea and Meet the Teams** session in the summer, where you will be able to see presentations from all of the teams at SPECTRUM and find out more about their work, as well as enjoying a strawberry tea and socialising with other members.



<http://www.adventuresofalondonkiwi.com>

You will also get the opportunity to see how you could get more involved with SPECTRUM!

Rounding off the year, we have another **Membership and Mince Pies event**, but this time as a purely social event.

We also have a closed group on Facebook for SPECTRUM members, where you can read monthly updates from SPECTRUM's teams and also share any events you know about with other members. It is a small, but growing group and you are very welcome to come and join in!



Details of SPECTRUM events will also be shared in this group. If you are interested and are already on Facebook and would like to join the members' Facebook group, please go to:

<https://www.facebook.com/groups/605423072803097/> or go to Facebook and type in "**SpectrumCIL Members**".

## Looking into the Future By Jennie Musson

As if all this wasn't enough, we also have some **FREE** audio ebooks available from Phil Coldham. For those people who don't know Phil, he ably dealt with all our thorny computer problems for many years at SPECTRUM, before leaving to become a full-time author. He sits on SPECTRUM's Management Committee and has now taken on the role of Treasurer too. As you can probably tell, Phil is a man of many talents, and you will be able to sample Phil's talents as an author for yourselves, as he has some free audio books available just for SPECTRUM members!

**Why not take a look at pages 11-13** to discover more about Phil's work as an author and how to get your free audio book.

So, there we have it—a packed 2017 in store, with plenty of opportunities to get involved!



## **FREE Social Media Training for SPECTRUM Members!**



Centre for  
Independent  
Living CIC



Centre for  
Independent  
Living CIC

**Turned off by Twitter? Frustrated by Facebook? Mystified by YouTube? Ever wanted to know more about social media but never had the opportunity? This is your chance to get started!**

**When?**

**3<sup>rd</sup> April from 10.30am-1.30pm**

**Where?**

**SPECTRUM Centre for Independent Living CIC, 9-19 Rose Road, Southampton SO14 6TE**

**We do not provide transport, but reasonable travel expenses will be reimbursed and a light lunch will be provided.**

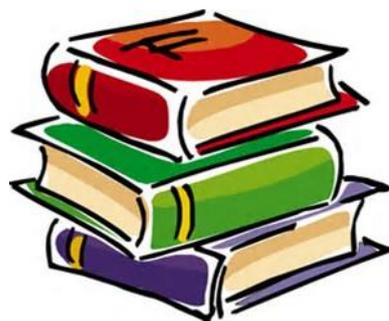
**To book YOUR place, please email [jennie.musson@spectrumcil.co.uk](mailto:jennie.musson@spectrumcil.co.uk), call 023 8020 2643 or fill out and return the separate invitation in the FREEPOST envelope enclosed with this Newsletter by 17th March at the latest.**

## Do you like Audio Books? By Phil Coldham

Some of you may or may not know that I have another life away from SPECTRUM as a writer of tall tales of various descriptions in a number of genres: detective and mystery stories, alternative hiistory, historical and military fiction and I have also written biographies of old-time cricketers in years gone by.

I am a professional writer—that's how I make my living. If you are interested in finding out more about my work, check out at [www.jamesphilip.co.uk](http://www.jamesphilip.co.uk).

Professionally, I call myself JAMES PHILIP. Not very original ,because my first two names are, yes, you guessed it—"James" and "Philip", but it works for me and it means everybody can still call me "Phil", which means I don't get confused!



<http://alm7.wikispaces.com/Bib>.

All my books are available as e-books (that's digitally on Amazon Kindle, tablets, iPhones, smartphones and devices (too numerous to detail here without wasting inordinate amounts of paper and causing whole rainforests to be cut down) via Amazon, some in paperback, and, to date, 11 of my books have been produced as audio books.

I am not writing this to sell you anything. Part of the audio book deal with [www.Audible.co.uk](http://www.Audible.co.uk) who publish my audio stuff is that I get a whole lot of FREE digital - that means audio books you can download onto an iPod, tablet or a computer—that I can GIVE AWAY.

## Do you like Audio Books? By Phil Coldham

The idea is that I “give these away” and ask people to review my stuff—hopefully nicely. BUT—that is not what I am looking to do here.

I have put aside the freebies that I need to do my promotional work and ended up with FIVE free audio books for all ELEVEN of the books currently available on Amazon, Audible, iTunes and elsewhere.

This is not a promotion of any kind; this is me as a proud SPECTRUM and Management Committee member making available 5 free copies of each of my audio books to MEMBERS ONLY.

If you listen to any of them and you want to review them, please feel free. BUT—I am just giving them away with no expectation or obligation on your part.

The way it works is that Jennie Musson, the Membership Officer, will have a list of all the free promotional codes needed to get copies of the books free from [www.audible.co.uk](http://www.audible.co.uk) and will issue them, with appropriate instructions on how to claim your audio books—on a “first come, first served” basis.

To avoid any conflict of interest, I have asked that the whole process be managed by Jennie with no reference to me (in fact, I will not know who has been given which book, unless **YOU—as an individual member—tells me**).

## Do you like Audio Books? By Phil Coldham

Check out [www.jamesphilip.co.uk](http://www.jamesphilip.co.uk) to see if there is anything you might like to listen to on the “available as audio books page” [http://jamesphilip.co.uk/#my\\_portfolio|audio-books|1](http://jamesphilip.co.uk/#my_portfolio|audio-books|1) ; and contact Jennie by email: [jennie.musson@spectrumcil.co.uk](mailto:jennie.musson@spectrumcil.co.uk), telephone: 023 8020 2643 or in person.

Jennie will give you an instruction sheet the magic “code” which gives you access to each FREE audio book.



<http://saltyselections.blogspot.co.uk>



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## So... What do I get out of being a SPECTRUM member anyway?



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- **It's FREE and you'll be supporting SPECTRUM in its aims and work with like-minded people**
- **As a Full member you can have a direct say on issues affecting SPECTRUM and you can attend and vote at Annual General Meetings**
- **You will receive a quarterly newsletter keeping you up to date about SPECTRUM's latest work, projects and topical issues in a lively and informative way**
- **You will have the opportunity to take part in campaigns in issues of importance to Disabled People**
- **You will be the first to hear about job and volunteer opportunities at SPECTRUM**
- **Members are welcome to attend the Management Committee or visit the office at any time**
- **You will be invited to SPECTRUM events**
- **You will have access to our SPECTRUM Members' Facebook page**
- **And last, but not least, you get a SPECTRUM badge - not to be found in the shops or anywhere else!**

**Think you know**  
**Disabled People...**  
**Think Again**



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