

DEAFBLIND SCOTLAND

**NEWSLETTER
AUTUMN 2017**



Scottish Charity SC031167

IN THIS ISSUE

DEAFBLIND SCOTLAND NEWS

- Members Stories
 - Afternoon Tea with Drena
 - IT Suite
 - Welfare Rights
 - Fundraising
-

HEALTH

- Walking Group
 - Eat Better Feel Better
-

TRAVEL

- Safe Journey Card
-

NATIONAL NEWS

- New Money
-

ARTS

- BSL Tour
 - Cinema Subtitles
-

REGIONAL NEWS

WELCOME

Welcome to the autumn edition of the Deafblind Scotland newsletter. Have you had a good summer? Do you have any stories from your holidays or places you visited that you would recommend to other deafblind people? Please send them to us.

I hope it's not too early to mention Christmas, but it's getting closer and the Deafblind Scotland Charity Christmas Cards are back in stock. An order form is included with your newsletter.

Enjoy your newsletter.

DEAFBLIND SCOTLAND NEWS

MEMBERS STORIES

Congratulations to Deafblind Scotland member Wilma who was recently given a Volunteer Award for her commitment and contribution as a volunteer with Kirkton Community Safety Partnership.



Many thanks to Adam who has been an unsung hero again helping Deafblind friend Clark. Adam is supported by his brother William in assisting Clark with the monumental task of decorating. Worst of all scrapping off wood chip. Well done!



Photo of Clark in the middle of Adam and William, holding wall scrapers.

AFTERNOON TEA WITH DRENA

On 5 July over 100 people gathered at the new Deafblind Scotland building to celebrate with Drena as she retired. Members also had the opportunity to have tours around the new building. Drena received many lovely cards and gifts. She would like to say a big thank you to all the members for their kindness. Drena will still be around as a volunteer helping with activities and fundraising for guide/communicator hours so deafblind people can use the new centre.



Photo of lots of members sitting around tables in the new activity room, Drena is in the photo smiling.

IT SUITE

Come and use the new IT Suite at Deafblind Scotland.

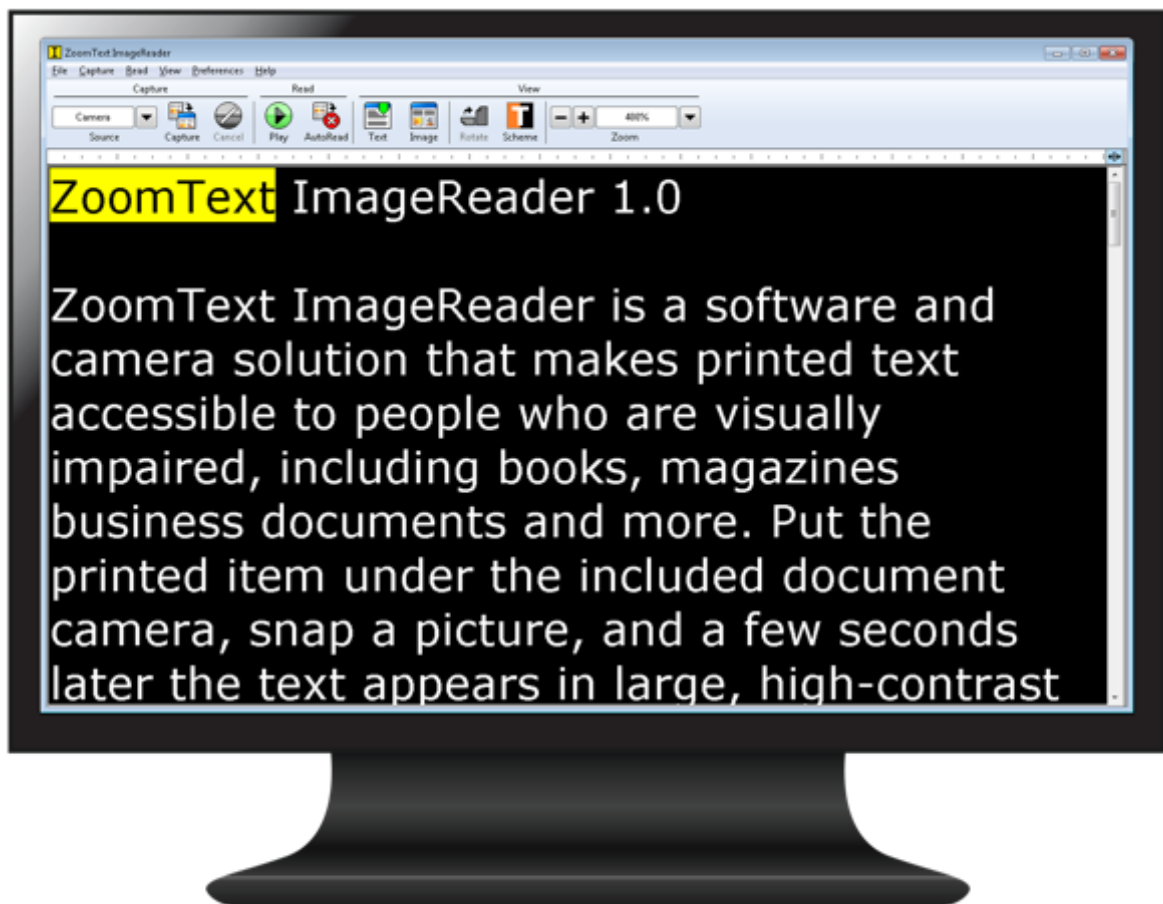
Book a computer and come in to use a PC to browse the internet, or learn a new skill. All the computers have Zoom Text that magnifies the screen and Jaws that reads things aloud to you. There is also one computer with Dolphin software that magnifies the screen and reads it out to you.

You can also book some time with the Information Officer who can help you learn to use the accessible technology on the computers. Tick the reply sheet if you are interested.

Contact: Ruth Hart

Phone: 01417776111

Email: information@dbscotland.org.uk



WELFARE RIGHTS

Connect to Welfare Rights project is now going into its fourth year and is still successfully applying for varied benefits for both deafblind and visually impaired people including PIP, ESA and Attendance Allowance and has seen financial gains of over £980,000 for the people we have helped. Riley attended a week long introduction to welfare rights course and Helen attended an Energy Advice forum and a PIP forum.

Please contact Helen Campbell or Riley Bartholomew if you need any help of advice.

Phone: 0141 777 5828

Email: WR@dbscotland.org.uk

FUNDRAISING

VOLUNTEERS

Fundraising have a number of exciting collections happening over the next few months, including Glasgow Airport and Glasgow Central Station and would welcome volunteers for the following dates:

7th Oct – Asda Bishopbriggs

3rd Nov – Glasgow Airport

December (date tbc) – Glasgow Central Station

If you can help please contact Anne Marie on 0141 777 5830

or annemarie.feechan@dbscotland.org.uk



SPORTS DINNER

Deafblind Scotland's first ever Sports Dinner is taking place on 10 November at 200 SVS, Glasgow.

The evening will include a champagne reception, three course meal, entertainment and fundraising with all proceeds going to Deafblind Scotland.

We would like to offer our members a discounted rate of £40 per ticket. This offer is limited to 10 places.

Contact Anne Marie as soon as possible to secure your ticket 0141 777 5830 or annemarie.feechan@dbscotland.org.uk



SAVE THE DATE

10th November 2017
200 SVS, St Vincent Street, Glasgow

Deafblind Scotland

Sports Dinner

Hosted by Gordon Smith
Plus special guests

Champagne reception 7pm	Dinner 7.30pm
Tickets £50	Table £450

Charity No: SC031167

The poster features a black background with a pattern of white and yellow starbursts on the left side. The text is primarily in yellow and white. In the top right corner, there is a red logo for Deafblind Scotland, which consists of a stylized human figure with arms raised, forming an 'X' shape, with the words 'DEAFBLIND SCOTLAND' written below it.

HEALTH

WALKING GROUP

Deafblind members from the walking group visited the new centre for a cup of tea while stopping for a break.

Volunteer Lyn from Paths for All organises the routes.

If you'd like to join the walking group they walk in the Kirkintilloch area every Thursday morning.

Contact the office if you're interested.



EAT BETTER FEEL BETTER

A Scottish Government campaign designed to inspire and support parents and their families to make healthier changes to the way they shop, cook and eat. They provide families with advice and support around eating healthily on a budget. There are now almost 200 recipes, many of which cost less than £5 for a family of four. Their website also has some great cook a long videos with text to describe the ingredients and cooking methods.

www.eatbetterfeelbetter.co.uk

Here is one of their popular recipes for healthy orange and cranberry muffins. Serves 12, costs under £2.00 and cooks in 20 minutes.

Ingredients

- 8 Tablespoons Self Raising Flour, Heaped (240g)
- 2 Tablespoons Sugar (40g)
- 3 Tablespoons Dried Cranberries (85g)
- 1 Egg (50g)
- 11 Tablespoons Freshly Squeezed Orange Juice (165ml)
- 8 Tablespoons Low Fat Spread (125g)

Method

- 1 Preheat the oven to 200°C / 180°C fan oven / 400°F / gas mark 6.
- 2 Mix flour and sugar together in a large bowl then add cranberries.
- 3 Rub in the spread using fingers.
- 4 Crack egg into a small bowl and beat with a fork, stir in the orange juice and then add to the other ingredients.
- 5 Place muffin cases on an oven proof tray and 3/4 fill with the mixture.
- 6 Bake in oven until lightly browned and firm to touch, around 15- 20 minutes.

Once cooled they can be made in advance and stored in an airtight container.



TRAVEL

SAFE JOURNEY CARD

First have produced a handy card to let the driver know if you need any help with your journey. They have several different messages on the card. Some examples are “Please be patient I am visually impaired”, “Please face me and speak clearly, I lipread”. There is also a blank part to add your own message.

If you would like one of the cards tick the reply sheet and we’ll send one out to you.



ACCESSIBLE TRANSPORT STRATEGY

There is an Accessible Transport Strategy and Action Plan for Scotland.

The plan outlines some aims for transport in Scotland, including:

- Disabled people have a say in the planning and implementation of services.
- The Equality act requirements are met by services.
- Public funds are only being spent on transport services which are accessible.
- Disabled people can travel in safety and in comfort.
- Disabled people can travel using cars and other means of private transport.

- There is better awareness and understanding of services to encourage disabled people to use transport services
- Information is available in a range of formats for all public transport services to enable disabled people to plan and make journeys easily.
- There is help with travel costs and practical assistance to enable disabled people to use the transport services available to them.

This plan will run until 2020 and hopes to give better consistency of transport services across Scotland.

For more information visit

www.scottishaccessibletransport.org.uk/atsaps.php

NATIONAL NEWS

NEW MONEY

The new polymer £10 notes are due to be released in September 2017. The Scottish and English banks have been working with the RNIB to design all of the new notes. The new £10 note will have tactile features on it. There will be a clear window and raised print in places. There are also two arrangements of four dots in a square formation, so that the visually impaired can identify the note. The new note will be smaller than the current paper £10 note - but larger than the new fiver.

All banks have confirmed that they hope to include similar tactile features, although the designs have not yet been finalised.



ARTS

BSL TOUR

BDA Scotland has organised a BSL tour at Palace of Holyrood House, Edinburgh on Wednesday, 27 September 2017.

Do you want to see how Queen Mary of Scotland lived at Holyrood House? You will see her old things and the rooms she used.

The tour will start at 11am and after the tour, there will be light refreshments provided. BSL/English interpreters are also provided.

The price for this tour is £7.50. This includes one year pass (free admission for other events for a year).

For the BSL version, please visit bda.org.uk/holyroodhouse-tour
For more information or to book a space, please contact Helen at the BDA hco.scot@bda.org.uk or call 0141 248 5565.

The deadline to book is 20 September at 12pm.



CINEMA SUBTITLES

To find out what films near you have subtitles visit the website
www.yourlocalcinema.com/films.html

You can also let them know the cinemas and areas you'd like listed and they will create a personal page, just for you.

Email: subtitles@yourlocalcinema.com

Download the app! Automatically find all subtitled shows nearby.

Available on Apple & Android:

www.yourlocalcinema.com/appdownload.html



EAST NEWS

LEARN BRAILLE

Would you like to learn Braille? A volunteer is available to help you learn braille. If you are interested please contact Ruth Hart at the Deafblind Scotland Office, phone 0141 7776111 or email information@dbscotland.org.uk

THISTLE ASSISTANCE CARD

The Thistle Assistance Card is a quick and easy way to get help when using public transport. You will find a leaflet in with your newsletter this month. There are peel off stickers which show different disabilities and the type of help you need. Place the appropriate stickers on the card.

When using public transport show the card to the driver who will then be able to quickly see what you need. On the back of the card you can add any extra details that you may think will be useful to the driver.

For more information call SEStran 0131 524 5150.

A card has been included with your newsletter.



NETWORKING AND PEER SUPPORT GROUP

The Lothian Centre for Inclusive Living (LCiL) hosts a monthly networking and peer support group for disabled people and people

with long term conditions who live in West Lothian. The networking and peer support group will give you the opportunity

to:

Meet other people

Discuss issues and share information

Find out practical information, resources and information

Develop skills and build confidence

Hear from guest speakers and organisations on a range of topics

Contact Emma to find out the date of the next meeting,

Meetings run from 10.30 - 12.30 followed by lunch. At Almondbank Centre, Shiel Walk, Craigshill, Livingston EH54 5EH

Lunch and refreshments are provided and transport can be arranged for people who live in West Lothian.

Contact Emma Wynack at LCiL on 0131 475 2554 or email emma.wynack@lothiancil.org

SITE APPS CLUB

Are you interested in the latest apps that help with travel, cooking, recognising the colour of your clothes, reading and much more? If the answer is 'Yes' then why not take part in the monthly Apps Club. The monthly meetings of the SITE Apps Club will take place in Glasgow.

To join the apps club on Facebook search for SiteAppsClub, all one word and then you can select it from the results and send a request to join.

E-mail: info@sitescotland.org

Web: www.sitescotland.org

WEST NEWS

LEARN BRAILLE

Would you like to learn Braille? A volunteer is available to help you learn braille. If you are interested please contact Ruth Hart at the Deafblind Scotland Office, phone 0141 7776111 or email information@dbscotland.org.uk

GOALBALL

Goalball is a team sport designed specifically for blind players which can be played by fully sighted or visually impaired players. Everyone wears eyeshades. Participants compete in teams of three, and try to throw a ball that has bells inside it into the opponents' goal. Players use the sound of the bell to judge the position and movement of the ball.

Glasgow Goalball is currently the only goalball club in Scotland and has players that are visually impaired and sighted who support each.

Classes are held fortnightly on a Monday evening from 18:30 – 20:30 in Rosshall Academy. They offer a meet and greet service at Glasgow Central Station. The participation fee is £5 for the but everyone is welcome to a free taster session to see if they like it. If you want to find out more or to go along to one of the sessions please get in touch through any of the ways below.

Email: glasgowgoalball@outlook.com

Facebook: www.facebook.com/GlasgowGoalball



RUNNING AND SWIMMING

A local guide runner has offered to help any deafblind people who are interested in running. She can run up to 10k. If you would like someone to support you while out running or jogging please contact the Deafblind Scotland.

A trained swimming teacher has also offered to help any deafblind person who would like to learn to swim, or go swimming. If you are interested please contact Deafblind Scotland.

SITE APPS CLUB

Are you interested in the latest apps that help with travel, cooking, recognising the colour of your clothes, reading and much more? If the answer is 'Yes' then why not take part in the monthly Apps Club. The monthly meetings of the SITE Apps Club will take place in Glasgow.

To join the apps club on Facebook search for SiteAppsClub, all one word and then you can select it from the results and send a request to join.

E-mail: info@sitescotland.org

Web: www.sitescotland.org

CENTRAL NEWS

ANGUS HEALTH FAIR

Angus Health Fair 2017, Thursday 21 September from 10am to 3pm in

The Reid Hall, Castle Street, Forfar, DD8 5JX. Admission is free, includes a free prize draw and free beverages.

Over 40 stalls with information and advice for people of all ages. Healthy eating, exercise, caring, mental wellbeing, alcohol awareness, support groups and many more.

For more information contact Voluntary Action Angus on 01241 875525.

LEARN BRAILLE

Would you like to learn Braille? A volunteer is available to help you learn braille. If you are interested please contact Ruth Hart at the Deafblind Scotland Office, phone 0141 7776111 or email information@dbscotland.org.uk

FORFAR IN FLOWER

Forfar in Flower is a group of gardeners who look after the hanging baskets, Boyle Park, entrance to the country park, daffodils by the roadside, the roundabout at Angus House and many other areas around Forfar. They're looking for volunteers to join them. You don't need any experience. You can email them or phone and they'll let you know what they're doing and you can go along to join them.

email: forfarinflower@gmail.com Phone: 07930 532 935

ADVICE CENTRE NINEWELLS

Advice Centre in Ninewells Hospital recently opened on level 7 in the hospital. It is a partnership of agencies such as Citizens Advice, Tayside Carers, Macmillan Cancer Care, Dundee Energy Advice, Homes Scotland, Shelter, Advocacy Information and Health Care coming together to provide help and advice.

The centre is open Monday to Friday 9am - 5pm.

NORTH NEWS

SENIORS CLUB

The Seniors Club Helping Hand Project meet on Fridays from 10.30am in the Life Centre, Caroline Place, Aberdeen, AB25 2TH. If you are over 60 you can go along for fun with lots of different activities and meet new people. The club starts back in September 2017.

For more information call Cynthia on 01224 566360.

CROCHET CLASS

NESS are hoping to start up a crochet class in Aberdeen. If you are interested in going along please contact Linda at NESS on 0345 271 2345. If there is enough interest, they hope to start a class later in the year.

SOUTH NEWS

FOOD TRAIN

The Food Train is run by local volunteers. They provide weekly deliveries of fresh groceries to older people experiencing difficulties doing their weekly grocery shopping, ensuring they can eat well, live well and age well.

Customers must be 65 and over and must be unable or have difficulty getting their grocery shopping.

Dumfries and Galloway

Tel: 01387 270800

Email: everything@thefoodtrain.co.uk

Scottish Borders

Tel: 07860 851615
scotborders@thefoodtrain.co.uk

CARE CALL

Care Call is a support service operated by Dumfries and Galloway Council in partnership with NHS Dumfries and Galloway and Social Work Services.

This is a 24 hour 365 day response service which works through a special control unit connected to the telephone line, helping you to remain safe in your own home.

To apply call 030 33 33 3001 or email contact@dumgal.gov.uk

We would love to hear your stories, they inspire and encourage other deafblind people. You can share about something you find useful, a special event, a recipe or a poem. Please share them with the Deafblind Scotland Information Officer.

We hope you enjoyed this newsletter and we value your views and support. If you have any suggestions for future newsletters please get in touch with us.

This newsletter is available in various formats, including: XL, XXL and XXXL print, Audio CD, Moon, Braille and Email.

For information about DbS please contact:

Deafblind Scotland, 1 Neasham Drive, Lenzie, Kirkintilloch, Glasgow,
G66 3FA

Phone: 0141 777 6111

Email: info@dbscotland.org.uk