

DEAFBLIND SCOTLAND

**NEWSLETTER
AUTUMN 2020**



Scottish Charity SC031167

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DBS TECHNOLOGY LIBRARY

WELCOME

Welcome to the autumn edition of the Deafblind Scotland Newsletter. I hope you are managing to stay well amidst our current public health concerns. In this newsletter we have brought together some news and activities, as well as some important reminders from the Scottish Government. Take care and remember that Deafblind Scotland is here for you, please do get in touch if you need any help or support.

Isabella Goldie (Chief Executive)

DEAFBLIND SCOTLAND TRUSTEES

Introducing the trustees of Deafblind Scotland. There have been a few changes recently that we wanted to let you know about. Alison Brownlie has stepped down as Chair and the board have agreed that Issy McGrath and John Owens will be Co-Chairs.

The current trustees are:

Issy McGrath (co-chair) – was a teacher of the deaf, and has Usher Type 2, and is a member of DbS.

John Owens (co-chair) – previously worked in social work as a practitioner and manager, he has served on the DbS board since 2011

Michael Rooney – deafblind member of DbS, he previously worked in blindcraft, he has served on the board since 2008.

James Orr Ross – James has over 16 years experience as a Director/Trustee of various charitable organisations. He has served on the DbS board since 2011.

Twimukye Mushaka – works for Poverty Alliance in Glasgow and is a member of DbS and has served on the board since 2016.

Colin Smith – is a chartered surveyor and project manager, he has been involved with DbS since 2008 and has served on the board since 2018.

🌹 WAKE UP AND SMELL THE ROSES 🌹

During the last few months, we have been highlighting stories from our members about how they have been keeping busy during lockdown. We have been inspired by the new hobbies people have engaged in - from Issy gardening, Evie crocheting beautiful sunflowers, Desmond creating amazing Meccano creations, and Kerri baking delicious Rocky Road.

As lockdown restrictions have eased it has been wonderful to facilitate friends meeting up after a long time apart. We have been able to help members get-together for a chat and a walk around local parks, and even helped get members together for a garden birthday party.



LET'S GET PHYSICAL WITH DOT 🇬

Keeping fit and active during lockdown has been incredibly important so we were super excited when we learned about Deafblind Scotland member Dot's Dancercise videos. During lockdown Dot has learned to use social media and has been producing Dancercise routines for all to enjoy. We're featuring Dot's videos as weekly posts on our social media, they're called 'Let's Get Physical with Dot' and with over 15 videos there's plenty to keep everyone busy over the coming weeks.

DbS Social Media:

www.facebook.com/dbscotland/

twitter.com/dbscotland

TECHNOLOGY PROJECT

Technology has been important for everyone during this time to make sure we are still connected to information, friends and family.

The Opening Up Technology project is here to help with your technology needs.

Please get in touch with Gillian if you want Deafblind Scotland:

- To apply for grants to get accessible technology, equipment or software

- Support to get the right equipment for you
- Help for you to purchase equipment on-line
- Basic technology training through the digital café or a home visits if required
- Advice and support on what equipment is available
- Advice and support on internet safety
- Apply to Scottish Broadband Voucher Scheme to apply for support to get broadband in your home

All members can borrow from the DBS Technology Library. The equipment available is at the end of this newsletter.

ONLINE ACTIVITIES

We are all missing you at our weekly activities. Even though we cannot meet at our Development centre we still want to connect with you all to offer activities and classes you can do at home.

A few of our members have been working hard to film classes that you can log into on the DBS YouTube channel. Each activity has three classes for you to try a BSL interpretation and subtitles.

If you want to give it a go but don't have the technology or simply need someone to help you participate at home, please get in touch with Gillian to make sure you can join-in.

- **General Knowledge Quiz with Ian**
- **Craft Classes with Crafty Andy**
- **Art Project with Arty Anne**
- **Gentle exercise and stretching with Alison** – get in touch with Gillian for the password for this class

If you can participate, please log-into the classes on the Deafblind Scotland YouTube channel and click on playlists to see the on-line activities:

<https://www.youtube.com/channel/UCaXkbn5t0p9kd0UibHOfpjQ>

ZOOM ONLINE CLASSES

We also have weekly Zoom classes that some of our members have already been having fun with. Please see log-in details below. If you require extra support or technology to join a class, please get in touch with Gillian.

Creative Writing Classes – Wednesday mornings

10.45am – 11.45pm

Zoom log-in ID: 932 4782 6978

No password required

BINGO - Friday afternoons 2pm – 3pm

Zoom log-in ID: 587 457 2669

Password: bingo

CORONAVIRUS IN SCOTLAND

Stay safe, protect others, save lives.

To help suppress the virus you should:

Face coverings

Must be worn on public transport, in shops, banks, post offices, places of worship, museums, cinemas and other indoor spaces or where social distancing is difficult. This is to keep yourself and others safer.

Avoid Crowded Places

We should continue to avoid places with lots of crowds.

Clean your Hands Regularly

Continue to follow guidelines regarding cleaning and washing your hands regularly.

Two Metre Distance

Remember to keep physical distance of 2 metres from other people.

Self Isolate and Book Test if You Have Symptoms

Remember to stay at home and get a test if you have symptoms. To book a test please contact **08000 282816** or www.nhsinform.scot

HEARING LINK BADGES

Express your communication needs in a visible way with one of the badges in their range. There are options for people with all levels of hearing loss and a new selection suitable for lipreaders too. Visit their website for more information: <https://shop.hearinglink.org/badges-8-c.asp>



SUPERFAST BROADBAND

The Scottish Broadband Voucher Scheme (SBVS) aims to help every home in Scotland has access to superfast broadband by the end of 2021. They can provide vouchers to help you access superfast broadband if you don't already have it.

Applications can be made online:

<https://www.scotlandsuperfast.com/how-can-i-get-it/voucher-scheme/>

If you need help filling out the form please contact development@dbscotland.org.uk

WELFARE RIGHTS PROJECT

During the Coronavirus outbreak the Welfare Rights team replaced home visits with phone calls and emails. Although many of our usual referral lines were closed with hospital in-patient support stopped and social work visits postponed. We continued to work with previous service users who, like all of us, have had to adapt to the changing landscape of benefits during a pandemic.

We completed applications at home over the phone or email with the client. This was vital as deadlines with these forms still need to be met. The team had about 30 referrals in this time.

DWP have moved face-to-face assessments and tribunals to phone or video call. We are still able to support with this. Social Security Scotland have delayed their plan to take over benefits from DWP. This is now due to happen by the end of 2021. We will keep you updated on any developments.

Now some restrictions are easing we have restarted home visits with full PPE. We are happy to get back on the road, visiting service users in their homes, completing applications and carrying out benefit checks.

If you require any advice or help with benefits, please do not hesitate to contact Helen or Riley on **0141 777 5835**.

SHARE YOUR EXPERIENCES

Videos on Deafblindness for University Students

Glasgow Caledonian University would have asked for our help to produce videos of deafblind people sharing their experiences of using health services.

Have you had a positive or negative experience with the paramedic service and mental health services? Would you be willing to share this experience with current students?

What would you want a paramedic to know in an emergency situation and how can they overcome any barriers that you may experience?

If you would like to share your experience please contact information@dbscotland.org.uk and we can arrange to film you.

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.

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Deafblind Scotland's Technology Library

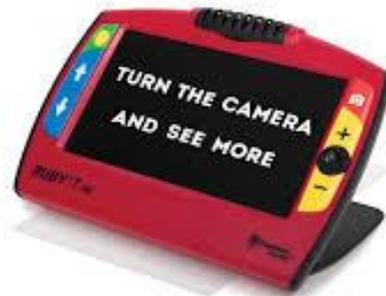
Apple I-pad (+ keyboard)
Tablet with accessible features



Samsung, Synaptic tablet
Easy to use software for sight impaired



Ruby 7 handheld video magnifier
Displays and magnifies text up to 24 times



Roger Pen
Wireless microphone



Opeltec Clear Reader
Audio text reader



Doro Mobile phone
Easy to use mobile phone



Micro speak digital voice recorder
Portable Dictaphone with build-in mic



Talking Scales
Easy to use talking kitchen scales



Victor Reader Stream

Handheld media player and audio recorder



In your pocket mobile phone

voice controlled smart phone, media player and living assistant



Amazon Echo

A smart speaker (Alexa) with digital display



LED Handheld Magnifier

Magnifies up to 10 x



Med Centre Talking Alarm Clock

Reminder of day and time to take medication



Liquid Level Indicator

Monitors the amount of liquid in cup



Portable Video Magnifier

Magnifier folds away like a laptop



All members can borrow the equipment from DBS's Technology Library. The equipment is available for you to try in your own home for two weeks.

If you are interested, please get in touch with Gillian 0141 777 6111 development@dbscotland.org.uk