

DEAFBLIND SCOTLAND

**NEWSLETTER
SPRING 2018**



Scottish Charity SC031167

IN THIS ISSUE

DEAFBLIND SCOTLAND NEWS

- Members Stories
 - Taster Day
 - Weekly Activities
 - Community Circles Project
 - Football Stadium Tours
 - Personal Safety Classes
 - DbS Learning and Development Centre
 - Learn Moon
 - DbS Computer Room
 - SAGOD Dates
 - Fundraising
 - Welfare Rights
 - History of Deafblindness
-

TECHNOLOGY

- Dolphin EasyReader
 - JAWS Software
-

HEALTH

- Guides for Social Care
-

NATIONAL NEWS

- BSL Local Plans
 - Priority Services Register
 - Riverside Museum
-

REGIONAL NEWS

WELCOME

Welcome to the Spring Deafblind Scotland members newsletter. This spring we have lots of new things starting at our new centre. It would be great to see you, your family and friends at any of our events and activities. Keep reading to find out more.



Picture of yellow daffodils

DEAFBLIND SCOTLAND NEWS

MEMBERS STORIES

A poem by Deafblind Scotland member Agnes.

Our Field of Dreams

Here it stands our field of dreams
Once a muddy track
As we raise the funds for this
None will hold us back
Slowly see the work begin
Causing all deafblind to sign
An answer to a prayer for sure
See good work throughout each hour
Raise a cap to all our teams
Raise a toast to our “field of Dreams”

So, here we are on this wonderful day
When we walk through the doors of
“Our house of dreams”
We should turn to each other and say
Thank You to God
For His many blessings
And our safe journeys here

© Agnes Fisher 2011, Updated 2017



Picture of the new Deafblind Scotland Centre with blue sky.

Rory's Climbing Adventure

In November I went to Gartmore House with Positive Achievements for a residential outdoor activity week. My favourite activity was climbing at the Edinburgh Climbing Centre. I enjoyed the challenge. On the climbing wall I couldn't see the hand holds so I had to rely on my sense of touch and other people shouting directions from the ground. It was fun to try something new.

A picture of Rory sitting on a wall in the sunshine.



Malteser Tray bake Recipe

Deafblind Scotland member, Louise likes to make Malteser Tray Bake, and enjoys eating it even more, here is her recipe:

300g bar Galaxy

260g Maltesers

7oz butter

3 teaspoons syrup

400g digestive biscuits

Melt butter syrup and half the chocolate in pan or microwave, add crunched up digestive biscuits then add Maltesers and put in to baking tin keeping back a few Maltesers for the top about 7/8.

Melt the remaining chocolate and add to the top once cool and sprinkle with the crushed Maltesers.



Picture of Louise making the tray bake.

If you have any stories or handy hints and tips please share them with us. You can phone the office or email Ruth Hart 0141 777 6111, information@dbscotland.org.uk

TASTER DAY

We are running an Activity Taster Day on Wednesday 18 April at Deafblind Scotland's Learning and Development Centre. We have lots of exciting activities planned.

10am – 12noon Choose one activity from:

Tandem bike ride

Gardening and wildlife session

Dance exercise class

Guided walk

2pm – 4pm Choose one activity from:

Chill-out with a movement relaxation session

Art session

Tri-cycle bike ride

Storytelling session

IT session with Michael Woodburn.

You can come for the morning, afternoon or the whole day if you wish. There is no charge to take part in the classes. However, if you require a guide please amend your hours accordingly to attend and book with the guide service. Alternatively, we would welcome all family and friends to join in the fun with you.

Please tick the reply sheet if you would like to attend.

WEEKLY ACTIVITIES MAY – JUNE 2018

We have a new range of activities at the learning and development centre to keep you busy after the Easter holidays right through to the summer holidays. You can choose as many as you wish from Monday through to Friday. All classes are free to take part in but if you require a guide/Communicator you will be required to use your own hours to attend. Alternatively, you are welcome to bring a friend or family member.

Classes start the week beginning Monday 30th April and run every week for 8 weeks until Friday 22nd June.

Monday 10am – 12noon Social and Games club

Monday 2pm – 3.30pm Drama

Tuesday 10am – 12noon Personal Safety Class

Tuesday 2pm – 4pm Taiko Drumming Class

Wednesday 10am – 12noon Gardening and Wildlife run by the community ranger

Wednesday 2pm – 4pm Art activity run by Project Ability

Thursday 10am – 12noon Knitting class, big chunky knits for all abilities

Thursday 2pm – 4pm Accessible IT with Michael Woodburn

Friday Morning 10am – 12noon Carpet bowls

More information and a booking sheet will be sent out in a couple of weeks.

Feedback from some deafblind people who have been attending activities at our new centre...

‘It’s changed my life coming along to the classes. I do the Drama, Carpet Bowls, Knitting, Dance and soon the drumming. I feel really happy with myself and have more confidence. It’s great fun getting up out of bed and having something to do.’

‘The dance class is really relaxing makes me feel free.’

A member learning braille said she ‘used to use Braille but hadn’t done it for so long. It was great to get back into it.’

COMMUNITY CIRCLES PROJECT

Deafblind Scotland has been awarded funding to help deafblind people reconnect with a hobby or social group that they have lost touch with. The project will initially work in west central Scotland.

I can help you find a hobby that you would like to get back to, for example; bowling, chess, book group or anything else that you're interested in.

Or maybe you used to go along to a local community group, a focus group, or church group and you haven't been able to go for a long time. I can help you find a group and find ways to make the activity and the group more accessible.

I will work with the group and provide deafblind awareness training so that you can be included in the groups activities. I can also help train a volunteer, a family member or friend to help you get to your chosen activity.

If you would like help getting back involved with a hobby or group please respond using the reply slip and Ruth Hart will contact you to organise a visit.

Phone 0141 777 6111

Email information@dbscotland.org.uk



Picture of the red Community Circles logo

FOOTBALL STADIUM TOURS

Due to requests from our members we have arranged special guided tours of some of Scotland's most famous football stadiums.

Monday 30 April we have a guided tour of Scotland's National Football Stadium, Hampden Park followed by a tour of the football museum.

Wednesday 16 May guided tour of Celtic Football Stadium

Tuesday 12 June guided tour of Ranger's football ground at Ibrox Stadium.

Each tour will allow you an insight into the dressing rooms, trophy room, through the players tunnel and finally pitch side.

Both Celtic and Rangers tours are free to attend but if you would like to attend the Hampden tour there will be a small charge of £2 per head.

If you require a Guide/Communicator you will need to use your own hours to attend. Alternatively, we would also welcome one friend or family member to accompany you on any of the Stadium tours. If you would like to attend please let us know by ticking the reply sheet.



Picture of the pitch at Hampden Park

PERSONAL SAFETY CLASSES

Deafblind Scotland have been working with The Scottish Centre for Personal Safety and Forth Valley Sensory Centre to deliver an 8 week Personal Safety course for individuals with a visual impairment. The members of East Dunbartonshire's Visual Impairment group are finding the course very helpful to give them confidence and techniques to reduce the fear of attack and hate crimes. The fully qualified instructors will be running the classes after the Easter holidays for all Deafblind members to attend at our centre.

Tuesdays from 24th April for 8 weeks to the 19th June at 11am – 12noon.
Picture of two people taking part in a personal safety class



A member from the visual impairment group who is attending the weekly personal safety classes said;

'It's the best class I have ever done. The blind instructor really understands what it's like and tailors the class to suit us.'

More information and booking sheet will be sent out in a couple of weeks.

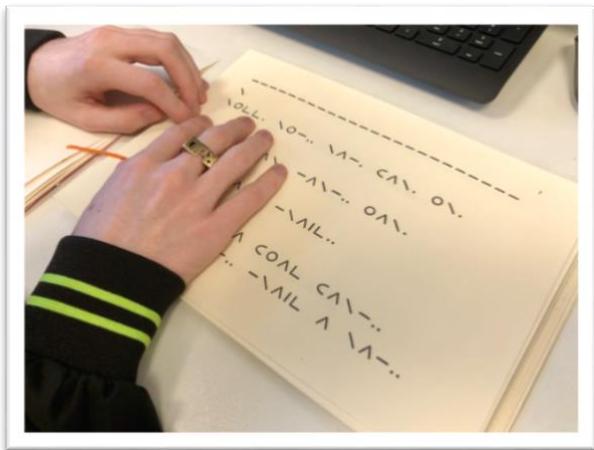
LEARN MOON

The Deafblind Scotland Information Officer, Ruth Hart has recreated a set of teaching books to help deafblind people learn to read Moon. Moon is a tactile form of reading. Many people learn moon because they struggle with braille. It is particularly suitable for those who lose their sight later in life. The characters are fairly large and over half the letters bear a strong resemblance to the print equivalent.

If you are interested in learning moon contact Ruth Hart at the Deafblind Scotland office.

Phone 0141 777 6111

Email information@dbscotland.org.uk



Picture of hands reading/feeling moon characters in a teaching book

DBS COMPUTER ROOM

Come and use the new Computer Room 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.

You can also book some time with the Information Officer who can help you learn to use the accessible technology on the computers.

Contact: Ruth Hart

Phone: 01417776111

Email: information@dbscotland.org.uk

SAGOD DATES

Have you been to a SAGOD meeting recently? SAGOD is the Scottish Advisory Group on Deafblindness, and they meet 4 times a year. There are always interesting speakers, and you can meet other deafblind people, and lunch is provided.

The next dates for 2018 are:

6th June

5th September

28th November

FUNDRAISING

ICELAND TREK

John Whitfield will be flying off on another fundraising adventure in July, to trek through Iceland with 2 guide/communicators and his trusty companion, Paddington Bear. John Whitfield is deafblind and works at Deafblind Scotland.

He is having a Race Night on Friday 27 April at 7.30pm in The Iron Horse West Nile Street, Glasgow to raising funds. There will be races, a raffle and a free buffet. Tickets are £5 available from John by emailing j.p.whitfield@btinternet.com

If you'd like to support John he has a Just Giving page for donations www.justgiving.com/fundraising/John-Whitfield2

Picture of John Whitfield with his red and white cane and Paddington bear stuffed toy, sitting beside a statue of Paddington bear in Paddington Station, London.



DIRTY DANCING AFTERNOON TEA

On 25th March Deafblind Scotland will be hosting a fabulous Dirty Dancing Afternoon tea at the Radisson Blu Hotel, Glasgow. Clyde 2's Gina McKie will be our wonderful host for this exciting event.

Individual tickets are £35 and includes afternoon tea with a glass of fizz, subtitled showing of Dirty Dancing, live band, great auction lots and various stalls. Tickets are available via Anne Marie from the Fundraising Team.

Tables of 8 are also available for £245, email Annemarie.feechan@dbscotland.org.uk or call 0141 777 5830 for more info.



Pink Poster with the Dirty Dancing logo and Afternoon Tea information.

The Kiltwalk is back for 2018!

With four walks throughout Scotland and three distances to choose from, there's a walk for everyone.

Dates for 2018 are as follows:

Glasgow – Sunday 29th April

Aberdeen – Sunday 3rd June

Dundee – Sunday 19th August

Edinburgh – Sunday 16th September

You can choose to walk 26 miles, 13 miles or 6 miles around one of the four towns above.

For more information contact Anne Marie from the Fundraising Team
Annemarie.feechan@dbscotland.org.uk or call 0141 777 5830.



Picture of the Kiltwalk Logo

WELFARE RIGHTS

Connect to Welfare Rights project can help you with:

Fill out forms
PIP applications including transfer from DLA to PIP
Attendance Allowance
Blue badge applications
Pension Credit
Employment Support Allowance
Blind Persons Tax Allowance
Access to Work
Applying for Grants for equipment
Advocacy
Self Directed Support
Support letters for housing and others
Liaising with utility companies to sort out problems
Provide information in alternative formats

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

Phone: 0141 777 5828

Email: WR@dbscotland.org.uk

HISTORY OF DEAFBLINDNESS

The Heritage Lottery funded History of Deafblindness project will become available to view in April, so be sure to set aside some time to come to the new Centre and have a look at all that has been preserved for people to view. The "Field of Dreams" story is there, as are Members' stories, and stories of well-known deafblind people. It really will be worth a visit.

TECHNOLOGY

EASYREADER

EasyReader from Dolphin is a free accessible reading app for dyslexia, low vision & blindness. It is available on Android and Apple devices. You can open books from online libraries like the RNIB and other accessible libraries - from the web, cloud storage, emails or those already stored on your phone or tablet.

You can choose colours, text size and highlights to suit your visual needs. Don't forget, you can also copy text from anywhere on your phone & hear EasyReader announce it too!

For more information visit <https://goo.gl/fkZm6E>



Picture of the Dolphin EasyReader Logo

JAWS SOFTWARE FOR SALE

A member in Glasgow has a copy of Jaws software home use edition for sale. JAWS is a screen reading programme which reads everything on your computer screen and you learn shortcuts using the keyboard to find your way around the computer.

It will work on a computer that uses windows 7, 8 or 10. To buy a new copy would cost around £650.

The cost is £400. This includes a fee of £75 to re-register the software to a new owner, which Jaws are happy to do.

If you are interested please contact Ruth Hart at the Deafblind Scotland office on 0141 777 6111 or email information@dbscotland.org.uk

HEALTH

GUIDES FOR SOCIAL CARE

NICE, the National Institute for Health and Care Excellence have produced some helpful guides. They are a quick easy way to access key information from NICE on social care topics like Help to prevent infection, Moving between hospital and home or a care home and Better home care for older people.

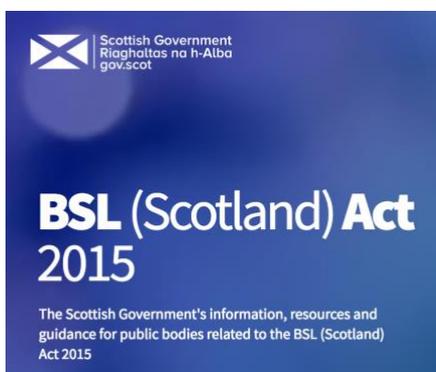
You can read the guides online here:

www.nice.org.uk/about/nice-communities/social-care/quick-guides

NATIONAL NEWS

BSL LOCAL PLANS

Now that the British Sign Language (BSL) National Plan has been completed by the Scottish Government all Local Authorities, Colleges and Universities and Public Bodies, need to produce their own BSL plans. Local Authorities will write a draft plan then they will be looking for your views. If you want to get involved then contact the Deafblind Scotland office and we will find out what events your local authority is planning. Going to these meetings means you will be able to give your views and make suggestions about what to put in the plan. After the meetings, the council's staff will use the feedback to revise and refine their plan.



Picture of the Scottish Government logo

PRIORITY SERVICES REGISTER

If you have hearing and visual impairments you could benefit from the Priority Services Register. This means you will be entitled to priority service during power cuts, advanced notice of service interruptions, annual gas safety checks and much more!

You can join our Priority Services Register if you:

- Are over the age of 60
- Have a special communication need
- Depend on electricity for home or medical care
- Have a child under 5 years of age
- Have chronic illness

Sign up for the Priority Services Register by calling 0330 10 10 167 or visit

www.spenergynetworks.co.uk/pages/priority_services_registration_for_m.aspx



Image description: An electricity pylon in a field

RIVERSIDE MUSEUM

Riverside Museum is Glasgow's award-winning transport museum. With over 3,000 objects on display there's skateboards, trains, prams, cars and a Stormtrooper.

Get hands on with the interactive displays. Walk through Glasgow streets and visit the shops, bar and subway. Climb aboard a train, tram or bus and get a real feel for old public transport. Discover Glasgow's rich shipbuilding history, explore the car and motorbike walls and help put out a fire with the fire engine.

There are over 90 large touch screen panels full of images, memories and films that tell the fascinating stories behind the objects. All of the touch screens have British Sign Language videos with lots of interesting information.



Picture of the outside of the Riverside Museum

EAST NEWS

SCOTCH WHISKY EXPERIENCE BSL TOURS

The Scotch Whisky Experience in the Royal Mile in Edinburgh will now host sign language tours for deaf visitors.

You will be able to use a device supplied by the experience, to learn information about the centre in British or American sign language.

For full information on visiting, please see the website:

www.scotchwhiskyexperience.co.uk

Tel: 0131 220 0441

Email: info@scotchwhiskyexperience.co.uk

WEST NEWS

MERCHANT CITY BSL TOUR

BDA Scotland has organised a BSL tour of Merchant City, Glasgow, with an interpreter. The tour will last for around 2 hours on Sunday 15th April, starting at 2pm. Meet up at the corner of Rottenrow Gardens and Montrose Street and will set off from there for our tour.

This is a great chance to learn more about the history of some of the magnificent old buildings and to hear some of the stories associated with this special place.

If you want more information about this event, please contact:

Helen at hco.scot@bda.org.uk or SMS/Facetime 07885 367 674

The deadline for booking a place on the tour is Friday 30th March.

TRON THEATRE ACCESSIBLE PERFORMANCES

Pride & Prejudice* (*Sort Of)

Tron Theatre Company and Blood of the Young's unique take on the classic romantic comedy story.

Dates:

Saturday 7 July 2.30 pm BSL Interpreter and Audio Described

Thursday 12th July 7.45 pm Captioned

Tickets: £15 or £11 concession

Phone 0141 552 4267

Website www.tron.co.uk

VIDEO RELAY BSL INTERPRETER IN LANARKSHIRE HOSPITALS

On-line Sign Language Video Relay Service(VRS) is being introduced to hospitals in Lanarkshire. If you are a sign language user and you arrive at hospital you will be given an iPad so you can communicate with an interpreter straight away. You can also download the Contact Scotland app on your phone.

CENTRAL NEWS

VISION SUPPORT MONTROSE

Vision Support Montrose meets every second Thursday at the Park Hotel in Montrose from 2pm – 3.30pm. Anyone living in the Montrose area with a visual impairment who would like to meet up with others to share experiences can contact Binnie Taylor on 01674 660666.

FUN EXERCISE CLASS

New Move it or Lose it class.

Fun exercise class for over 50s to help you feel and move better.

Monifieth Community Cabin

Thursdays 10.45 am to 11.45am

Suitable for all fitness levels and abilities.

Cost £3 per class.

For more information contact Fiona Hay 07952462952

fionayoungatheartfitness@gmail.com

SEATED PHYSICAL ACTIVITY CLASS

Video active, new seated physical activity class at Webster's Sports Centre, Kirriemuir on Mondays at 2pm.

The class links to other groups around Angus via Video Conferencing. Go along to be part of something new and get fit.

SOUTH NEWS

BORDERS FOOD BUDDIES

This project is for people with dementia and their carers, to encourage each other, focusing on food and keeping well.

Activities include:

- Group activities that bring people together such as cooking classes doing food-related things together, and sessions on adapting to people's changing food needs
- Encouragement and support for people with dementia and carers on ways to look after yourself
- One-to-one peer support for people who prefer this and to help people follow up on the group activities

To find out more phone 0141 419 0451 or email christine@otbds.org

Website www.facebook.com/otbBorders

CAERLAVEROCK WETLAND CENTRE

Dusty's GIANT Easter Duck Hunt

Friday 30 March to Sunday 15 April, 10am-5pm WWT Caerlaverock Wetland Centre, Eastpark Farm, Caerlaverock, Dumfriesshire, DG1 4RS
Help Dusty find the cheeky GIANT yellow ducks hiding around the stunning reserve this Easter! You'll need to use all your special detective skills to track down these cheeky ducks.

Normal admission charges apply, WWT members free. Booking is essential.

Please contact the centre on 01387 770200 or email info.caerlaverock@wwt.org.uk

NORTH NEWS

CONNECT INFORM SUPPORT PROJECT BY NESS

Connect Inform Support (CIS) is a Big Lottery Funded project run by NESS. It aims to improve the lives of people over 65 who have sight and/or hearing loss, who often experience social isolation and loneliness.

Elgin Group meet every Monday from 2-4pm at Elgin Community Centre.

Forres Sensory Group meet every second Thursday from 10.30am-12.30pm in Cameron Court.

Buckie Sensory Group meet every second Tuesday from 2-4pm in Burnside Court.

Keith Sensory Group meet on the first Thursday of the month from 2-4pm in Taylor Court.

Phone 0345 27 12345 for more information.

COFFEE MORNING

On Saturday, 28 April 2018 NESS is hosting a coffee morning in the North Church Hall, Keith from 9.30am until 12noon.

Admission is £2 per adult and £1 for youngsters. There will be the usual bottle stalls, home bakes etc.

We would love to hear your stories, they inspire and encourage other deafblind people. You can share something you find useful, a special event, a recipe or a poem. You can send your story to our Information Officer, Ruth Hart.

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