

DEAFBLIND SCOTLAND

**NEWSLETTER
SPRING 2019**



Scottish Charity SC031167

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REGIONAL NEWS

WELCOME

Welcome to the Spring Members Newsletter.

Huge congratulations to Bob Nolan, Chairman of Deafblind Scotland, for winning the Unsung Hero 2018 award at the Deaf Sports Personality of the Year Awards 2018. His award was sponsored by InterpreterNow. You can read more about his award on our website www.dbscotland.org.uk/dbs-chairman-wins-the-unsung-hero-2018-award



Picture of Bob with his award.

DEAFBLIND SCOTLAND NEWS

DBS MEMBERSHIP

Do you know someone who is deafblind?

This could be someone who:

Wears a hearing aid and is losing their sight,

Is Deaf and has an eye condition

Has no sight and is also hard of hearing

Or any other combination of vision and hearing difficulties.

You can let them know that Deafblind Scotland is here to help them. Being a member of Deafblind Scotland gives them access to help and advice, activities and support in coming to terms with sight and hearing loss as well as benefits advice.

Here is what Issy has to say about being a member of Deafblind Scotland:

“As someone who is severely deaf and now completely blind it was a very frustrating experience to find help and support those with a dual sensory loss.

When I became a member of Deafblind Scotland you cannot imagine the relief I felt when I realised my individual needs would be met in a holistic way.

I can now communicate with the BSL Community through the use of tactile hands on signing and at the same time I am learning Braille.

I know of no other organisation who can help me in the way that I need most.”

For more information about becoming a member or for an information leaflet and form please contact Margaret Oliphant

Phone: 0141 777 6111

Email: membership@dbscotland.org.uk

MEMBERS CONSULTATION

If you haven't already signed up to attend the member's consultations please try and make it along.

This is your opportunity to shape the activities and events for deafblind individuals. The more deafblind people that speak up about your needs the more evidence we have for funders to give money to our projects. Please see a reminder of the dates and times below. We hope to welcome as many of you as possible for a tea, some cake, a chat and knowing that you are making a difference for deafblind people across Scotland.

East Dunbartonshire – Deafblind Scotland

Wednesday 6th March 2pm – 3pm (after the SAGOD meeting)

Edinburgh – Deaf Action, 49 Albany Street, Edinburgh, EH1 3QY

Thursday 7th March 10.30am – 12.30pm

Glasgow – Deaf Connections, 100 Norfolk Street, Glasgow, G5 9EJ

Friday 8th March 10am – 12noon

Dundee – Tayside Deaf Club, The Old Mill, 23 Brown Street, Dundee, DDI 5EF

Tuesday 12th March 1.30pm – 3.30pm

Coatbridge – Deaf Services Lanarkshire, Unit 40, Fountain Business Centre, Ellis Street, Coatbridge, ML5 3AA

Thursday 14th March 10.30am – 12.30pm

Ayrshire – Dirrans Centre, Dirrans Terrace, Kilwinning, KA13 7PH

Thursday 21st March 2.30pm – 3.30pm

Aberdeenshire – Callum Court Sheltered Housing, McVeagh Street, Huntly, AB54 8FD

Monday 25th March 10.30am – 12noon

Aberdeen City – NESS, 21 John Street, Aberdeen, AB25 1BT

Monday 25th March 1.45pm – 3.45pm



A cartoon picture of 4 people chatting with tea and biscuits.

SAGOD

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, you can meet other deafblind people and lunch is provided.

The dates for 2019 are:

6 March at Deafblind Scotland – Self Directed Support and DbS consultation

5 June at Albert Halls, Stirling – Travel Topics

4 September at Deafblind Scotland

27 November at Deafblind Scotland

All meetings start at 10.30am for tea and coffee then the meeting is from 11am to 3pm.

Do you have any topics that you would like discussed or any speakers you would like to hear from?

Please let us know your ideas and the SAGOD Organising Group will discuss them.

PEOPLE'S POSTCODE TRUST

We are extremely grateful for the support of the People's Postcode Trust for awarding Deafblind Scotland £20,000 to continue supporting our Connect 2 Support welfare rights home visiting programme. Deafblind Scotland's Connect 2 Support home visiting programme aims to make social welfare and welfare rights more accessible for deafblind adults and has helped more than 500 people since the programme began.

If you would like to know more about how the Welfare rights team can help you then please call Helen or Riley on 0141 777 6111.



Picture of the yellow and blue People's Postcode Trust logo.

TAIKO TASTER SESSION

Taiko Taster Session

Monday 18th March, 10am – 12noon

Activity Room

Join the Taiko Tribe to learn the basics of playing the large Taiko drum. You will be led through how to stand at the drum, how to hold the bacci (drum sticks) and how the group come together to play different rhythms. As well as learning a new instrument you will benefit from the physical exercise involved in playing the drums and meeting new people.

If you enjoy this taster session you can sign-up for the weekly classes starting 29th April.



Picture of Deafblind Scotland Taiko Drummers

ACTIVITES AT DBS

Easter Activities

Please let us know in the reply sheet if you are interested in attending any of the Easter Activities

Easter Card Making sessions

Wednesday 3, 10 & 17 April 2pm – 3.30pm

Café

Join Doris and Andy to be led through the craft of designing and making cards with an Easter Theme. All materials will be supplied to make unique cards to take home and send to your friends and family.

Flower Arranging

Thursday 11 April 10am – 12pm

Activity Room

Bring a little bit of spring into your home by making a floral basket with spring flowers. All materials will be supplied to make an Easter or Spring floral basket.

Coming Soon

An Activity newsletter will be sent out shortly with full details of the forthcoming weekly activities along with a reply sheet. In the meantime here is what we have coming soon from the week beginning 29 April for 8 week until week beginning 17 June 2019.

Monday Mornings 10am – 12noon in the Cafe

Social Club & Games - pop along for a cuppa and chat. Or, play our selection of accessible games: chess, snakes and ladders, domino's, cards and a self-led quiz in the café.

Monday Mornings 10am – 12 noon

Taiko Drumming

Activity Room *excluding 27th May*

Whether you have had experience playing the drums or not we would love to welcome you to the Taiko Tribe. Over 8 weeks learn how to play the rhythms of the Taiko drums. You will also get to explore the culture and tastes of Japan. This class is a full sensory experience and loved by those who attended last year.

Monday Afternoon 2pm – 4pm

Activity Room

Scrabble club – Enjoy the classic word game of scrabble. Make the best word you can from the 7 letter tiles and connect them on the board. From beginners to experience gamers looking to compete against one another – all are welcome. We have one braille board and two large print boards to enjoy.

Tuesday Morning 2pm – 4pm

Board Room

Drama - Join Gillian and learn techniques to increase confidence and build friendships with the others in the group. Guaranteed laughs through fun, drama, games and exercises.

Wednesday Morning 10am – 12noon

Activity Room

Cooking, Nutrition and Yoga - Issy is back to take you through a practical guide to learning healthy recipes. The course will begin by promoting good mental and physical wellbeing through 2 weeks of basic yoga tuition followed by 6 weeks of cooking. You will go on a group visit to a supermarket to purchase cheap, nutritional food that you will learn how to cook back in the Deafblind Scotland kitchen.

Thursday morning 10am – 12noon

Board Room

Knitting and Crocheting Group - All abilities of knitters welcome from beginners through to experienced. Working towards knitting project for Deafblind Scotland.

Thursday morning 10am – 12noon

Walking Group - Paths for All lead a walking group around the Kirkintilloch area. Each walk lasts around 1 hour 15 mins and covers roughly 2 - 3 miles. Each month the walk leaves from a different location around Kirkintilloch:

April: Deafblind Scotland Learning and Development Centre

May: Kirkintilloch Leisure Centre

June: Kirkintilloch Leisure Centre

Friday Morning 10.30am – 12.15pm

10th, 24th May and 21st June

Activity Room

Carpet Bowls - All abilities are welcome to learn the skills of bowling and work up to competing in a mini tournament. If the spring time weather allows we will have some sessions outdoor on the bowling green at Auchinloch.

Friday Morning 10am – 12pm

3 May and 7 June

Activity Room

Karate - Join deafblind Scotland member Chris in a beginners guide to Karate. Learn the basics, all abilities welcome.

On Going Activities:

Positivity Café

Wednesday 3rd **April** 10.30am – 12noon

Wednesday 5th **June** (during lunch at the SAGOD meeting)

Find out ways to look after your own Mental Health by practising positivity. Meet new people and be led through discussion over tea and cake.

Bingo

Activity Room

Tuesday 7th **May** 10.30am – 12noon

Tuesday 9th **July** 10.30am – 12noon

Accessible bingo with prizes to be won.

LEARN MOON AND BRAILLE

A deafblind member is teaching deafblind people how 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 have lost their sight later in life. The characters are much larger than braille and over half the letters bear a strong resemblance to the print equivalent.

If you are interested in learning moon contact Ruth Hart.

Phone 0141 777 6111

Email information@dbscotland.org.uk



A picture of the moon alphabet.

Braille Tuition

Deafblind Scotland member Michael Anderson will lead you through a step by step guide to learn braille. All abilities welcome. If you are interested contact Gillian on 0141 777 6111 or email development@dbscotland.org.uk

FUNDRAISING

Kiltwalk 2019

Deafblind Scotland are taking part in the 2019 Kiltwalk and we want you to join us!

Step into summer by choosing from the Wee Wander, Big Stroll or Mighty Stride in the following locations:

Glasgow – 28th April 2019

Aberdeen – 2nd June 2019

Dundee – 18th August 2019

Edinburgh – 15th September 2019

Entry is free for members of Deafblind Scotland and staff if you have a friend/family member who signs up and pays (buy one place get one free). So why not get your family and friends involved and enjoy a fantastic day!

Contact Annemarie.feechan@dbscotland.org.uk for a code to register for free.



Picture of previous Kiltwalk participants.

HEALTH

HEAR TO HELP CLINIC

8 April | 1.30am – 2.30pm in the Board Room

Action on Hearing Loss will run monthly Drop-in clinics for hearing-aid maintenance at Deafblind Scotland.

The sessions will offer you advise on how to look after your hearing-aids, change batteries and tubing.

They can also teach you how to insert ear moulds correctly and signpost you to other useful organisations.

MENTAL HEALTH AND EXERCISE

Did you know that you can look after your mental health using exercise?

There are many reasons why physical activity is good for your body, having a healthy heart and improving your joints and bones are just two, but did you know that physical activity can also help improve your mental health and wellbeing?

Research has found that exercise for 30 minutes, 3–5 times a week can help improve your mood.

The Mental Health Foundation work to promote better mental health, they have produced a pocket guide to show the positive impact that physical activity can have on your own mental health, including some tips and suggestions to help you get started. This fantastic resource can be found online www.mentalhealth.org.uk/publications/how-to-using-exercise

Find an activity that you enjoy, like walking, swimming or bowling and start to do it 3 to 5 times a week and you'll feel the positive benefits.

TECHNOLOGY

CONTACT SCOTLAND AT DEAFBLIND SCOTLAND

Contact Scotland offer British Sign Language Interpreting through a Video Relay Service (VRS), letting your contact all of Scotland's public bodies and third sector organisations, some of these include: schools, councils, social work, making appointments with GP, NHS24, hospital clinics and Police 101 and many more.

They have now set up 2 computers in Deafblind Scotland's IT Suite for anyone to come in and use. One of the computers also have a braille keyboard, so BSL users who use braille can sign to the video camera then receive a response in braille through the braille keyboard. This is an excellent opportunity to access services and information, please contact Ruth Hart 0141 777 6111 or information@dbscotland.org.uk



OPENING UP TECHNOLOGY PROJECT

The Opening Up Technology project has been funded by the Scottish Council for Voluntary Organisations for one year to give deafblind people the opportunity learn how to use accessible technology, or to increase your confidence using the internet.

We will have various pieces of equipment available for you to try out and learn to use including:

Computers with JAWS and ZOOM Text – they can magnify the screen and also read out loud what's on the screen

An Apple Mac computer with built in accessibility

iPads

Accessible Synaptic Tablet

Video Magnifier - for reading letters, and books, you can change the size and colour of the text

As well as various other equipment.

We can also help you increase in confidence using equipment that you might already have You can bring in your own mobile phone or tablet or iPad and I can help you with any problems or to learn new skills on them.

To access the project you can call Ruth Hart and book a 1 hour session. Phone 0141 777 6111 or email information@dbscotland.org.uk

OUT Project

Opening Up Technology



Digital Participation Charter Fund supported
by the Scottish Government and BT

SP ENERGY PRIORITY SERVICE

A new service from SP Energy Networks, for vulnerable people. If there is going to be work carried out in your area and your supply will be cut off, you can be added to the Priority Service list and you will receive a personal visit to discuss your needs during the electricity downtime.

The service is offered from Edinburgh, Central Belt, down to the Borders. They also offer other free support services to anyone within Central and Southern Scotland:

- Energy efficiency advice
- Help finding the best tariff
- Home fire safety checks
- Carers support
- Dementia support
- Befriending
- Warm meals
- Debt Advice
- Benefits Advice
- Help in a power cut

To sign up or for more information call 0330 1010 54

MCCLURE FREE WILL SERVICE

McClure Solicitors are offering a free Will writing service. If you need a home visit that is free of charge as well. They don't charge for storing your Will and don't charge for updates. All they ask is that you consider making a voluntary donation for Deafblind Scotland.

Is your Will enough? The best way to find out is to use McClure's Free Will Review Service. They will review your Will free of charge and if it is fine that's good to know. However, if you need a new Will then you can simply use McClure's Free Will Service.

Every adult should have a Power of Attorney. This appoints someone you trust to manage your affairs should the need ever arise. McClure's Solicitors can help you make a Power of Attorney.

McClure will prepare your Power of Attorney for £199 and donate £30 of their fee to Deafblind Scotland.

Don't leave it until it's too late.

Call McClure Solicitors on Freephone 0800 852 1999 or email contactus@mcclure-solicitors.co.uk

Find out more at www.mcclure-solicitors.co.uk/dbs-will.

WEST

BSL Tours at Edinburgh Castle and Stirling Castle

Explore the castles with deaf tour guide John Hay, whose BSL tours will be translated into English by interpreter Linda Duncan. The tours are included in the normal admission price and can be pre-booked online. On the same days as the Stirling Castle tours, there will also be a free BSL tour of the Engine Shed - Scotland's national conservation centre.

Dates

Edinburgh Castle- Saturday 16th March, Saturday 11th May and Saturday 21st September

Stirling Castle- Saturday 13th April, Saturday 22nd June and Saturday 5th October

Links

Edinburgh Castle BSL

Tours- www.edinburghcastle.scot/whatson/events/british-sign-language-tours

Stirling Castle BSL

Tours- www.stirlingcastle.scot/whatson/events/british-sign-language-tours

Fair Start Scotland

Gain the skills you need to move into work

Fair Start Scotland is the new employment support service for Scotland to help you get into work.

It's tailored to suit you, developing skills you have and preparing you for work. Support can continue for up to a year once you find a job too.

Participation in Fair Start Scotland is completely voluntary and choosing to take part won't affect your benefits. You really have nothing to lose!

We'd like to hear from you if you're:

- Keen to learn new skills and move in to work
- You live in East Dunbartonshire, West Dunbartonshire, East Renfrewshire, Renfrewshire or Inverclyde
- You're eligible to work in the UK

- You're over 18 and out of work

- You're 16 or 17 and are disabled, or receiving Employment and Support Allowance or Universal Credit

If you have an additional need, such as a disability or health condition, or need extra support with literacy and numeracy, we can provide extra resources to help you move towards employment.

Fair Start Scotland is delivered in the West of Scotland by a partnership of providers, led by the Wise Group.

Find out more about how Fair Start Scotland may be able to help you at www.thewisegroup.co.uk/fairstart

You can also email us at fairstart@thewisegroup.co.uk or call us free on 0300 303 3381.

NORTH

THInC Project

Do you need help Getting to Health and Social Care Appointments? THInC aims to help support patients plan travel and overcome any barriers they face. It also offers a door to door wheelchair accessible service for people of the age of 55 in Aberdeen City.

Contact 01467 536 111

Email travel@thinc-hub.org

International Glaucoma Association (IGA)

The IGA have a new development worker based in Aberdeen. They provide free information and advice to people living with glaucoma. As well as information leaflets, the IGA run a telephone helpline (Sightline Phone: 01233 648170), a buddying service and patient support groups.

EAST

BSL Tours at Edinburgh Castle and Stirling Castle

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Dates

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Stirling Castle- Saturday 13th April, Saturday 22nd June and Saturday 5th October

Links

Edinburgh Castle BSL Tours -

www.edinburghcastle.scot/whatson/events/british-sign-language-tours

Stirling Castle BSL Tours -

www.stirlingcastle.scot/whatson/events/british-sign-language-tours

Beach Wheelchairs at Portobello Beach, Edinburgh

Available for free hire, based at the storage container near Tumbles car park, Portobello, Edinburgh, EH15 1DR.

Book by phone 0300 666 0990

Website: www.beachwheelchairs.org

CENTRAL

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Dates

Edinburgh Castle- Saturday 16th March, Saturday 11th May and Saturday 21st September

Stirling Castle- Saturday 13th April, Saturday 22nd June and Saturday 5th October

Links

Edinburgh Castle BSL Tours -

www.edinburghcastle.scot/whatson/events/british-sign-language-tours

Stirling Castle BSL Tours -

www.stirlingcastle.scot/whatson/events/british-sign-language-tours

Forth Valley Sensory Centre Lipreading classes

Do you struggle to follow conversations? Do people often think you have heard what they have said when you haven't? Or do noisy places with lots of background chatter make you concerned you will have problems holding conversations with friends?

Their weekly lip reading class, held each Monday 5:30pm-7:30pm, can help. Their friendly, patient tutor Jill, has hearing loss herself and understands how frustrating noisy places can be. Lip reading will help you follow conversations and enjoy social occasions.

Contact Alison at the Centre for more information or to sign up!

Phone 01324 590888

FVSC Redbrae Rd, Camelon, Falkirk FK1 4DD

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.

We hope you enjoyed this newsletter and we value your views. 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:

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G66 3FA

Phone: 0141 777 6111

Email: info@dbscotland.org.uk