

# **DEAFBLIND SCOTLAND**

**NEWSLETTER  
WINTER 2017**



**Scottish Charity SC031167**

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## WELCOME

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Welcome to the winter Deafblind Scotland members newsletter.

Christmas is only a few weeks away, are you ready?

We wish you and your family peace and joy at Christmas, from everyone at Deafblind Scotland!



# DEAFBLIND SCOTLAND NEWS

## ROYAL OPENING

Deafblind Scotland's new Learning and Development Centre in Kirkintilloch was officially opened by Her Royal Highness The Princess Royal on 19th October 2017. A local choir sang a Scottish song "Will ye go lassie go!", then the princess had a tour of the centre and met several deafblind people. She also enjoyed meeting all the guide dogs. She wished every one well for the future.



Picture of HRH The Princess Royal meeting members playing chess, the princess is smiling. We have since received two thank you letters from Princess Anne's ladies in waiting, telling us how much Princess Anne enjoyed her visit to Deafblind Scotland and meeting members.

## MEMBERS STORIES

In May Pat suffered a stroke and was in hospital for a few weeks but the one thing that kept her going was that she wanted to see her grandson getting married down in Suffolk. She had to work hard to recover and eventually in August she was able to travel to the wedding. It was a beautiful day and she got to visit many places she hadn't seen in a long time. Pat wanted to encourage other deafblind people who are struggling with health to keep going and find things to do that make you happy.



Picture of Pat with her grandson and new grand-daughter in law in their wedding outfits.

Deafblind Scotland member, Desmond Smith, has made some fantastic Meccano models which were displayed at an event Darlington and Elgin recently.



Picture of Desmond's colourful Meccano models including a bench, car and crane.

Another member, Anne Dignan, has created a beautiful photo collage with her friend Keith. Anne had seen similar photo frames in the shops but they were all too small and she couldn't see the pictures very well. So with the help of her friend she created this much larger version so she can enjoy her photos and memories up on her wall.



Picture of photograph frames arranged on the wall.

If you have any stories or handy hint and tips that help make life easier please share them with us. You can phone the office or email Ruth Hart 0141 777 6111, [information@dbscotland.org.uk](mailto:information@dbscotland.org.uk)

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## **ACTIVITIES JANUARY TO APRIL 2018**

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What a great day we had at the Taster Activity Day. Members got to try out lots of different activities throughout the day from drama, music making, an outdoor walking trip, dance, card making, carpet bowls and more importantly the chance to meet with friends. Thank you to those who volunteered their time and for the members who came along and gave the activities a try.



Picture of deafblind people making music.



Picture of the Christmas cards that deafblind people made.

From January to April there are lots of activities planned for the new Centre.

To attend any of the events please tick the reply slip. You can bring a family member or friend along with you, there will be volunteers to help at the activities.

There is no special funding for guide/communicators to support at activities so if you need a guide/communicator you would need to use your own hours or pay for the service, please tick to book a or if you need a guide/communicator you would need to use your own hours, please tick the reply slip to book.

## **Monday's**

**Signing for the Blind** – 8 week step by step workshop for all levels Monday 5<sup>th</sup> Feb – Monday 26<sup>th</sup> March 10am until 12noon

**Drama course** – 8 week introduction to drama Monday 5<sup>th</sup> February – Monday 26<sup>th</sup> March 1.30pm until 3pm

## **Tuesday's**

**Taiko drumming** – 12 weeks Healthy exercise whilst learning to play an instrument 20<sup>th</sup> February – 22<sup>nd</sup> May (excluding Easter holidays)  
2pm until 4pm

## **Wednesday's**

**Fortnightly Card making classes** – 5 weeks of making sessional cards 31<sup>st</sup> January - 28<sup>th</sup> March 2pm until 4pm

## **Thursday's**

**Knitting** – 6 week knitting class for all levels. 1<sup>st</sup> February – 8<sup>th</sup> March  
10am until 12pm

## **Friday's**

**Carpet Bowls** – 11 week carpet bowls session for all levels Friday  
19<sup>th</sup> January – 30 March 10am until 12noon

**Dance class** – 9 week dance class working on balance, movement and strength 2<sup>nd</sup> February – 30<sup>th</sup> March 2pm until 3.30pm

Something for  
**EVERYONE!**

## EVENTS

**Jupiter Art Land Tour and Workshop** on 7th February 10am until 4pm

Tour includes an outdoors and indoors one hour adventure around the Artland exploring the grounds, sculptures and exhibitions followed by an art based workshop. Bring a packed lunch.

**Football Memories** 14 February 10am until 12noon

What is your favourite football memory? This one off session will talk about teams and matches from the past and explore your memories.

**Movie Memories** 28 February 10am – 12noon

Reminisce about films from the past. What was your favourite film, movie star and memories of going to the cinema? Chat about this and more in this one off workshop.

## WEEKLY ACTIVITIES AT DEAFBLIND SCOTLAND

**Weekly Games Club** – selection of board games and quiz's. Come along any Monday between 10am and 12pm.

**Weekly Braille Lessons** – step by step guide for all levels, contact Gillian 0141 777 6111 to book your lessons.

**Thursday Weekly Walking excursion** – A one hour walk led by WALK East Dunbartonshire in and around Kirkintilloch. Phone the office to find out the starting point each week, meet at 10am.



# FUNDRAISING

## Pop Up Christmas Cinema

Get into the spirit of Christmas with Deafblind Scotland's Pop up Cinema!

Taking place at 200 SVS on:  
14<sup>th</sup> December – Elf (PG) with subtitles

Tickets are £15 per person and include a glass of fizz, popcorn and a selection box. Contact [Annemarie.feechan@dbscotland.org.uk](mailto:Annemarie.feechan@dbscotland.org.uk) for tickets

## Sports Dinner

Deafblind Scotland's first ever Sports Dinner is taking place on Friday 9<sup>th</sup> March 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 so contact Anne Marie as soon as possible to secure your ticket 0141 777 5830 or [Annemarie.feechan@dbscotland.org.uk](mailto:Annemarie.feechan@dbscotland.org.uk)

# SAVE THE DATE



9th March 2018  
200 SVS, St Vincent Street, Glasgow

## Deafblind Scotland Sports Dinner

Hosted by Gordon Smith  
Plus special guests

Champagne reception 7pm

Dinner 7.30pm

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### IT SUITE

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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.

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](mailto:information@dbscotland.org.uk)

## WELFARE RIGHTS

Connect to Welfare Rights project has now helped deafblind and visually impaired people receive over £1 million through the project, since August 2014. Helen attended a three day course in Edinburgh on Self Directed Support focussing on human rights, case law and how to best support those trying to navigate this complex system.

With winter fast approaching it is important that you keep warm. You may be eligible for help with fuel costs with the winter fuel payment, cold weather payments or a warm home discount.

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

Phone: 0141 777 5828

Email: [WR@dbscotland.org.uk](mailto:WR@dbscotland.org.uk)



## HEALTH

### HEARING FORCES

Hearing Forces supports people in the Armed Forces Community who have hearing difficulties. The majority of people who enlist in the Armed Forces are exposed to vast amounts of noise from small arms fire, artillery, engines and other machinery and in some cases explosive devices. As a result veterans are more likely than the general population to report hearing difficulties.

The service is being run by Action on Hearing Loss will provide support to older veterans (aged 65+), their families and/or carers on issues surrounding their hearing loss or tinnitus.

This will include:

- Hearing aid maintenance and support
- Information and advice around hearing loss and tinnitus
- Equipment
- Peer support groups
- Volunteering opportunities

The service will be available across Scotland.

For more information contact Donna McSwiggan 0141 341 5330 or email [hearing.forces@hearingloss.org.uk](mailto:hearing.forces@hearingloss.org.uk)



**UNFORGOTTEN  
FORCES**

Supporting Scotland's  
Older Veterans

**UNFORGOTTEN FORCES**

# TECHNOLOGY

## SEEING AI

A free app for your phone that narrates the world around you. Designed for the visually impaired it describe people, text and objects. You can download the app on you iPhone.

It can:

Read letters or printed documents

Gives audio beeps to help locate barcodes and then scans them to identify products

Recognizes friends and describes people around you, including their emotions

An experimental feature to describe the scene around you

And soon it will be able to Identify currency notes when paying with cash.

You can download the app through the iPhone App Store, and it will be coming to Android phones soon.



## **NATIONAL NEWS**

### **OLD £10 NOTES**

The banks have announced that you need to spend all of your old £10 notes by 1st March 2018. The old style notes are being replaced by the new plastic notes which also have some tactile markings on them.

## **EAST NEWS**

### **CAMELOT PANTOMIME**

The Linlithgow Players present Camelot - the pantomime!  
A show that is fun for all the family! Performances from Thu 11 Jan -  
Sat 13 Jan 2018 at 7pm  
Phone: 07847735077  
Web: [www.linlithgowplayers.org.uk/](http://www.linlithgowplayers.org.uk/)  
Address: Braehead Rd, Linlithgow EH49 6EH

## **EDINBURGH CHRISTMAS**

Edinburgh's Christmas is a spectacular, six-week season of festive entertainment in the heart of the city. It runs from 17th November 2017 to 7th January 2018.

Visit the website for more information  
[www.edinburghschristmas.com](http://www.edinburghschristmas.com)

Events include:

Ice Adventure: A Journey Through Frozen Scotland on George Street  
Christmas Markets on George Street and East Princes Street Gardens.

## **WEST NEWS**

### **GLASGOW MUSEUMS RESOURCE CENTRE**

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#### Behind the Scenes Tours

Find the amazing museum collection all stored away waiting to be discovered on this behind the scenes tour. Discover this very special building for yourself on this behind the scenes tour.

Every Wed, Fri, Sat & Sun

Wed & Fri 2.30–3.30pm

Sat & Sun 11.30am–12.30pm

Contact Glasgow Museums Resource Centre

200 Woodhead Road, Glasgow South Side G53 7NN

01412769300

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### **CINDERELLA PANTOMIME, AYR**

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Cinderella A magical family pantomime in the Gaiety, Ayr from 1 Dec to 3 January.

Tickets available from £11.

Phone 01292 288235

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## **CENTRAL NEWS**

### **DUNDEE ENERGY ADVICE**

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Dundee Energy Efficiency Advice Project (DEEAP) is an energy advice project designed to help people in Dundee improve the energy efficiency in their home. Some of the help includes:

- Advice on which tariff is best for you
- Heating system demonstration so you don't waste energy
- Help with billing or fuel supplier problems

- Benefit checks & help with unclaimed benefits
- Emergency fuel payment assistance (if applicable)
- Help with white goods (if applicable)

If you need assistance ring DEEAP on 01382 434840 or email [deeap@dundeecity.gov.uk](mailto:deeap@dundeecity.gov.uk)

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## **FIRE AND LIGHT, HELIX**

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Illuminate your New Year celebrations at the Fire & Light outdoor experience. Get wrapped up with friends & family for a walk to take in the night air and explore some spectacular sights.

The stroll through The Helix Park will lead you to the Kelpies and back. The route will be animated along the way with installations and performers, from beautiful lanterns to fire breathers and other surprises.

Parking is only available at the Falkirk Stadium for £5 per car. If you require a Blue Badge parking ticket please call 01324 506850.

More information on their website  
[www.thehelix.co.uk/all-events/fire-light-2018](http://www.thehelix.co.uk/all-events/fire-light-2018)

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## **NORTH NEWS**

### **HEAR 2 HELP**

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NESS in partnership with NHS Grampian's Audiology department, HEAR 2 HELP at 21 John Street in Aberdeen

They provide: Hearing Aid batteries, re-tubing, support and advice.

Drop in between 10am and 12noon on the second and fourth Tuesday of each month (except December).

## **BUCKIE SENSORY GROUP**

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A social group for people with sight and/ or hearing loss in Buckie and the surrounding area.

Various activities take place such as musical entertainers, speakers, games and outings.

Cost £3.50 towards travel, subs and refreshments.

They meet on alternate Tuesdays 14.00 - 16.00 at Burnside Court

Contact Lynsey Mason 0345 27 12345

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## **CARNOUSTIE SOCIAL-EYES**

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The only independent social group for Blind and partially sighted people in Angus. The members, who all have a visual impairment run Social-eyes.

The group meets on the first Tuesday of every month in Carnoustie. Members have the opportunity to chat over coffee and biscuits in a relaxed, informal way.

Members also enjoy regular talks given by guest speakers, quizzes and board games.

If you have a visual impairment and are interested in joining Carnoustie Social-eyes contact Margaret Morrison 01241 854936

Meg12@blueyonder.co.uk

## **SOUTH NEWS**

### **LAUDERDALE COMMUNITY CHOIR**

Lauderdale Community Choir at Lauder Public Hall

If you enjoy singing go along and try this friendly choir. They sing a wide range of music to suit all tastes and welcome singers of all abilities. No experience is necessary and there are no auditions.

Contact: 07733 448110

### **LIP READING SESSIONS**

Lipreading Sessions starting Tuesday 30 January 2018

Are you hard of hearing? Then come to Lipreading Sessions. Free, friendly and fun. Learn how to lipread to follow conversations.

Southview Church, Chirnside & Kenmore Hall, Jedburgh 10am-12noon.

Red Lion Hotel, Earlston: 10.30am-12.30pm.

Contact Tel: 07824 904190

### **CAST DOUGLAS BOOK GROUP**

Castle Douglas Book Group meets on the third Thursday of each month in the Crown Hotel, Castle Douglas. All welcome. Find the CD Book Group on Facebook and join them to chat books and socialise.

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](mailto:info@dbscotland.org.uk)