

DEAFBLIND SCOTLAND

**NEWSLETTER
WINTER 2018**



Scottish Charity SC031167

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REGIONAL NEWS

WELCOME

Welcome to the winter members newsletter.

As we approach Christmas you may have lots of events planned, it's a hectic time of year, so make sure you get enough sleep, eat right and try to get some exercise every day. Plan some time to have a break and relax. Just 30 minutes away will help. Find a space away from everyone where you can find a bit of peace and quiet when things get too much for you.

Or maybe your struggling with being alone, you can find places that are fun and Christmassy like going to see the Christmas lights, enjoy all the free things that the Council are putting on, like carol concerts, check your local library and community centre for events.

Remember to look after yourself and get into a pattern that keeps you well before the holidays start, like going for a walk each day and eating well.

We wish you and your family happiness, peace and joy this Christmas, from everyone at Deafblind Scotland.



Picture of a Scotty dog with a red Santa hat and a red and white striped scarf.

DEAFBLIND SCOTLAND NEWS

CHRISTMAS POEM

Red Robin at Christmas

by Charlie MacIntyre (member of Deafblind Scotland)

I scarce can see him, but I know he's there
somewhere in the tree,
seeking his winter morsel
as he trills his thanks to me.

A lovely bird the robin is
other birds ne'er sing so sweet,
it wouldn't be Christmas without him
in his waistcoat red and neat.

I look for him in Autumn's glow
or in the Winter grey,
before he flies to other climes
greeting cousins on the way.

He takes his family on winter breaks
or on European tours,
leaving his home for his cousins
from other distant shores.

But I know that he'll come back again
to settle in the tree,
it wouldn't be Christmas without him,
it wouldn't be Christmas for me.



Picture of a robin on a holly branch in the snow.

MEMBERS STORIES

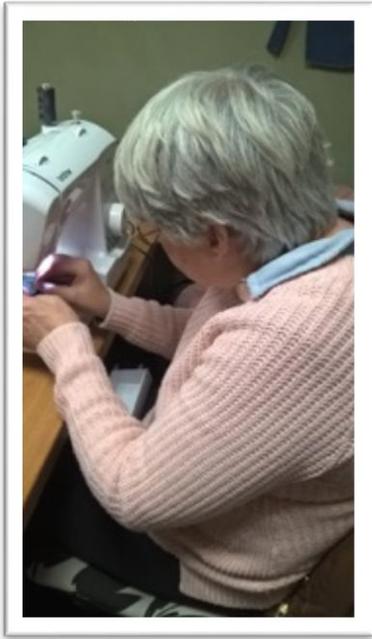
Strathspey Primary Schools' Disability Awareness Days

More than 180 primary school pupils and teachers took part in the disability awareness days held in Kingussie and Boat of Garten. Member and volunteer Dot, helped by her volunteer Mary, delivered deafblind awareness sessions. The children learned about deafblindness and they were also taught deafblind manual. The pupils loved the idea of a secret language and enjoyed spelling their names on their hands. Dot and Mary enjoyed an exhilarating but exhausting two days.



Picture of Dot and Mary teaching the children.

Member Alison Brownlie was supported by Deafblind Scotland's Community Circles project to get involved in a sewing group in her local area. The group take old clothes and donated fabric to recycle and make in to new items. They also teach people how to mend and fix broken items of clothing. Alison has had great fun learning new skills and growing in confidence in her sewing.



Picture of Alison using a sewing machine



Alison is also pictured with hats that she has knitted for the homeless.

Mary recently visited Queens View in Pitlochry. It's a beautiful place to visit. Mary is pictured looking over Loch Tummel, there is a café and a visitor centre. The address is Pitlochry PH16 5NR



Picture of Mary looking over a beautiful autumn scene of water and hills from a bridge over Loch Tummel.

OPENING UP TECHNOLOGY PROJECT

OUT Project Opening Up Technology



Digital Participation Charter Fund supported
by the Scottish Government and BT

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
Or circle the reply slip.

MEMBERS CONSULTATION

A number of members have benefited from the various workshops, events, museum visits, stadium tours and theatre trips we have offered throughout 2018.

Looking ahead to 2019 we want to make sure as many of our members as possible can access what's on offer as well as making sure there is something to suit everyone.

The development officer from Deafblind Scotland, Gillian Mooney, will be inviting you all to local consultations throughout Scotland to meet for a tea and a chat. During this time you can find out what has worked well at the Learning and Development centre and the positive impact this has had on our members. We want to find out from you what activities you would like and the events you would like to attend in your local area.

Invitations will be sent out in January. Please look out for these in the post and send in your reply. It would be great to have the opportunity to meet as many of you as possible.



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

5 June

4 September

27 November

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.

LEARN MOON

One of our deafblind members has offered to teach other 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

FUNDRAISING

A huge thank you to all our members, volunteers and supporters who have taken part in our fundraising events for Deafblind Scotland throughout 2018.

If you have any suggestions for fundraising in 2019 we would love to hear from you.



Photograph of the 2018 Santa Dash with lots of people in red and white Santa outfits.

GUIDE COMMUNICATOR SERVICE

We know how important the guide/communicator service is to so many of you so we wanted to let you know about some work we have been doing. DbS has job adverts on our website, we have registered with recruitment agencies, we advertise using social media and other methods.

It takes at least 6 weeks to train a new guide with enough skills to work independently and rely on service users and experienced guides to support them to this point. We would thank you for your patience during this time and ask that you are supportive to new guides coming

into the role by building their confidence and helping them improve their skills.

If you know of anyone who you think would be a good guide/communicator please ask them to contact HR@dbscotland.org.uk or call 0141 777 7774.

We will keep you up to date with progress in future newsletters.

HEALTH

HEARING-AID CLINIC AT DBS

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.

Upcoming dates are:

Monday 10th December from 11.30am – 2pm

Monday 14th January from 11.30am – 2pm

Monday 11th February from 11.30am – 2pm

HEALTH AND SOCIAL CARE STANDARDS

Do you know what you should expect when receiving care from health and social care services?

The new Health and Social Care Standards have been developed to make health, social care and social work services better for everyone so that people are treated with respect and dignity, and their human rights which everyone is entitled to are upheld.

You can find out more by visiting their website:

www.gov.scot/publications/health-social-care-standards-support-life/pages/1/

TECHNOLOGY

ORBIT BRAILLE READER

RNIB have launched a new affordable refreshable braille display.

The Orbit Reader has the following features:

- 20 refreshable eight-dot braille cells; pins represent any six or eight-dot braille code.
- Eight braille input keys and space bar and two panning control bars.
- Control keys to help navigate easily around books and magazines.
- SD card; pre-installed with a selection of books and a dictionary.
- Reads files from an SD card.
- Use any braille code, in any language and of any genre including music, maths, or your favourite book.
- Connects to computers and portable devices using USB or Bluetooth for use with a screen reader.
- Simple note-taking capability.

Available to buy from RNIB for £449 (excluding vat)

www.rnib.org.uk/orbit-reader-20

0303 123 9999



Picture of hands reading braille on the Orbit Reader.

SUITCEYES RESEARCH PROJECT

The SUITCEYES Research Project are inviting Deafblind people to take part in a research project, being carried out by University of Leeds.

The project aims to improve opportunities for independent living and participation for Deafblind people by developing new technology. This includes using new innovations in facial recognition and navigation devices. They are finding out what people need in devices, by asking people about their lives, what they enjoy, the things they find more difficult and about their use of technology.

If you want to take part, they would like to interview you somewhere that is comfortable for you. The interview would last approximately 90 minutes and you will receive a £10 gift voucher to say thanks for your time.

To take part please contact Adriana 07443 162 948
or e-mail me A.R.C.Atkinson@leeds.ac.uk

HATE CRIME AND THIRD PARTY REPORTING

Hate Crime

Did you know that Hate Crime is any criminal offence committed against an individual or property that is motivated by a person's hatred of someone because of his or her race, religion, transgender identity, sexual orientation or disability?

Hate Crime is wrong, it is against the law, and everyone has the right to live safely and without fear. It is important to report any hate crime that you might experience.

Here is how you can report a Hate Crime:

- By Telephone 999 (emergency) 101 (non-emergency)
- In person at any Police station
- At a Third Party Reporting Centre (like Deafblind Scotland)
- Or online using the Hate Crime Reporting Form
www.scotland.police.uk/secureforms/hate-crime/

Third Party Reporting

If you do not feel comfortable going straight to the police you can report a crime to someone you are more comfortable with.

Police Scotland works with Third Party Reporting Centres across the country. Deafblind Scotland is registered as a Third Party Reporting Centre. This means that staff at Deafblind Scotland have been trained to help victims or witnesses of any crime. We can help you to submit a report to the police or we can make the report on your behalf.



Picture of the Third Party Reporting Logo

HELEN KELLER

Bob Nolan recently visited Ivy Green in Alabama, which was Helen Keller's childhood home.

The house was built in 1820 by Helen's grandfather. The house and estate is now a museum about Helen and is visited by people from around the world. Helen was a girl born in 1880 who overcame becoming deaf and blind at 19 months of age following a traumatic illness. Her life is truly inspiring. Helen's teacher was Anne Sullivan was her teacher who taught her using tactile signs. Helen became the first deafblind person to earn a degree when she graduated from Radcliffe College in 1904 and she later became a successful writer, public speaker and renowned campaigner for women and people with disabilities.

Helen's family home had lots of windows, wooden furniture and many photographs of Helen's life. Helen learned to live independently in a cottage behind where the family home. The gardens are tranquil and pretty with several benches for sitting, clear well marked paths, and numerous leafy trees.

As a deafblind person I often quote Helen in my talks "Blindness cuts us off from things, but deafness cuts us off from people." Helen also said "Alone we can do so little, together we can do so much." This sums up why Deafblind Scotland and Deafblind UK are so important.

In memory of Helen Adams Keller 27th June 1880 – 1st June 1968.



Picture of Bob with his red and white cane in front of Helen Keller's house.

WEST

Activities at the Learning and Development Centre

Due to the severe winter weather conditions this year we had to cancel a number of our weekly classes. As a result the decision has been made to run the winter activities a little differently this year. We will run a few one-off activities together with following weekly classes:

Social Club & Game Drop-in Monday am (10am – 12noon)

7th January onwards

Pop in for a cuppa and chat with your friends. Make use of the tactile games: scrabble, chess, cards, domino's, snakes and ladders and more.

Walking group Thursday 10am – 12noon

10th January onwards

Paths for All lead a walking group around the Kirkintilloch area. Each walk lasts around 1hrs 30mins and covers roughly 2-3miles. The

walking group leaves from a different location throughout Kirkintilloch please see timetable below:

- **January** 10th 17th 24th 31st
Leaving from Kirkintilloch Leisure Centre, G66 3DD
- **February** 7th 14th 21st 28th
Leaving from Kirkintilloch College campus, G66 1NH
- **March** 7th, 14th, 21st, 28th
Leaving from Kirkintilloch Leisure Centre, G66 3DD

One off activities:

Hear to Help, Hearing Aid Clinic

Monday 14th January and Monday 11th February
11.30am – 2pm

Robert Burns Afternoon Tea

Scottish afternoon celebrating burns with poetry, music and ceilidh dancing. Accompanied with a pie and a pot of tea.

Friday 25th January
2pm – 3.30pm

Positivity Café

Wednesday 6th February and Wednesday 6th March
10.30 – 12noon

Take the time to share with others and chat over tea and cake. Learn techniques to promote positivity and aid motivation and encourage mental wellbeing.

Bingo (Braille/Large Print)

Accessible Bingo for all with prizes to be won.
Tuesday 19th February and Tuesday 19th March
10.30 – 12noon

Coming soon

A full activity newsletter will be issued in the New Year with all your regular favourite starting again after the Easter holidays: Knitting, Carpet bowls, Taiko Drumming, Cooking. Exciting new opportunity coming soon are:

Members Tea Dance, First Aid training and much more.

Visual Impairment Information Day

Run by Dolphin

At Visibility, Renfield Centre, 260 Bath Street, Glasgow, G2 4JP

12 February 2019 from 10am to 2pm

Talking Microwave Donation

A talking microwave has become available for someone who is able to collect it from the Glasgow area.

If you are interested please contact Ruth Hart at the Deafblind Scotland office.

Podiatry Service in Lanarkshire

Run by Older and Active team which supports people over 50 and/or those who have a disability.

The clinic is in Shopmobility in East Kilbride Town Centre.

The first visit costs £12, then future visits are £8.

Phone 01355 571300 to book.

Podiatry Services in Glasgow

Nan McKay Community (29 St Andrews Drive, Glasgow, G41 5SR)

Phone 0141 429 5370

Appointments on Thursday Mornings, £10 for first visit then £5 for future appointments.

Toryglen Community Hall (199 Prospecthill Circus, Glasgow, G42 0LA)

Phone 0141 569 1031

Appointments on Tuesdays and Friday mornings, £10 for first visit then £5 for future appointments.

NORTH

Aberdeen Book Club

Were you an avid reader? Do you now enjoy listening to books? Why not go along to 21 John Street, Aberdeen on the third Friday of each month. They provide the books so all you need to do is play the CDs and go along to discuss them with a group of others with sight and/or hearing loss.

Moray Companion Talking Newspaper

The Moray Companion is Moray's free local talking newspaper with stories from the Northern Scot, Press and Journal and other local papers twice monthly. The Moray Companion is produced on cassette or USB memory stick. It is sent out for free in a wallet, using "Articles for the Blind". You return the wallet once you've finished with the issue so it can be re-used.

To sign up you can contact Moray Companion directly by phoning David Dick on 01343 543333.

Pickleball is a racket sport created in the USA in 1965.

It is played on a badminton court and combines some of the elements of badminton, tennis and table tennis. Whether you have played any racquet sport before or not, pickleball can be adapted and made accessible to lots of people with varying abilities.

Around three years ago, pickleball was introduced to Aberdeen as a regular activity in three venues in the city hosting regular sessions.

Tuesdays, 12.30–2pm at Kincorth Sports Centre, Corthan Crescent, Kincorth, Aberdeen. 01224 507732.

Wednesdays, 12.30–1.45pm at Get Active @ Jesmond, Jesmond Drive, Bridge of Don, Aberdeen. 01224 507755.

Fridays, 11am–12.30pm at Aberdeen Sports Village Linksfield Road, Aberdeen. 01224 438900.

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Community Concerns Register

Fife Centre for Equalities would like you to share your concerns about any barriers or difficulties you, or anyone you know, might have experienced because of a protected characteristic e.g. age, disability, gender reassignment, marriage/civil partnership, pregnancy/maternity, race, religion/faith, sex and sexual orientation.

These could be relating to your work, home, out in the community, or when attending appointments and/ or receiving services.

You can tell them about your experience on an online form at <https://goo.gl/B7CLfQ>

Or you can call them 01592 645310

All concerns will be forwarded to Fife Council and relevant organisations to help to continually improve their services.

SOUTH

Visual Impairment Information Day

Run by Dolphin

At Cairndale Hotel and Leisure Club, English Street, Dumfries, DG1 2DF

13 February 2019 from 10am to 2pm

CENTRAL

Activities at the Learning and Development Centre

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The **V&A Dundee Museum** is newly opened. Its design was inspired by the jagged cliffs on Scotland's North East coast, the V&A is committed to making the museum as accessible as possible to everyone and to engaging with local communities, so they can enjoy all that the museum has to offer.

The museum will be running regular accessible tours of the museum and some of the museum exhibitions. The tours will be free and will take place on the first Monday of every month.

Monday 7th January 2019 at 15.00 – the design and architecture of V&A Dundee (described)

Monday 4th February 2019 at 15.45 – Ocean Liners: Speed and Style (BSL tour)

For more information visit www.vam.ac.uk or phone 01382 411 611.

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:

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

Phone: 0141 777 6111

Email: info@dbscotland.org.uk