

# **Staying active whilst staying at home**

## **June 2020**

Dear Members. I hope you are all keeping well and staying safe. We know what a difficult time this is for so many people having to stay at home and are thinking about all of you that are in that position. Deafblind Scotland want to be sure we are doing everything we can to make that experience as good as it can be and that none of our members feel alone at this time. This briefing is therefore dedicated to keeping active whilst staying at home. By keeping active we are thinking about both your mind and body. In this briefing we have brought together some helpful resources. We have also included information about our upcoming online activities as it may be a little longer before we can welcome back to the Centre those of you that usually attend. We have also added in a summary of our online Deafblind Awareness Week celebrations and I hope you might be able to join the celebrations in some way. If you don't currently use technology to go online but think that you might want to then let us know and we can visit you at home to see what we might be able to do to help with that. Stay well and you are all very much in our thoughts.

Best Wishes  
Isabella  
CEO

## Turn Around Lockdown

Deafblind Scotland are aiming to beat the boredom of lockdown by offering some activities that you can do in your own home. Have fun, learn a new skill and re-connect with others with our selection of activities. Watch this space for more information on when these activities are going live.

### Online Classes

**BINGO** – Classic game of bingo

**Gentle Fitness** – improve strength and balance with gentle exercise

**Craft Activities** – use everyday objects around your home to create different craft projects.

**Quiz** – Test your general knowledge with this fun quiz

**Art Classes** – Try out different forms of art with what you have in your home.

### **Activity Packs -**

**Knitting** – everything you need to create your knitting project

**Card Making** – Keep in touch with others by making your own hand-made cards

### **Mood lifting outdoor activities if you are not shielding (being told by your doctor to stay at home)**

- Go for a nature walk or to a park or the beach
- Meet a friend or member of your family in a park or garden

- Visit a Garden Centre to look at and smell the flowers
- Outdoor sports like golf, tennis, lawn bowls and fishing

If you cannot go out get plenty of fresh air by opening your windows and try some gentle exercise.

\*\*Remember to keep socially distant when outdoors, 2 metres apart from other people and wear a face covering. Avoid busy parks and beaches and only visit those close to your own home. Free washable cloth masks available from Deafblind Scotland by calling **07715 421399**

## **RNIB Connect Radio**

RNIB have four podcasts and a radio station which are available on apps such as Apple Podcasts, Google Podcasts, Stitcher or Spotify.

RNIB Connect Radio on channel 730 through Freeview TV. If you live in Glasgow you can tune an FM radio to 101FM. Alternatively you can access a radio player on their website at: <https://www.rnib.org.uk/connect-podcasts-and-audio-0>

RNIB podcasts are:

**Read On** – The Audiobook Show. A weekly show about audiobooks. Discussions with authors with reviews and news about new audiobooks.

**RNIB Connect** – short shows about what is happening in the visual impairment community.

**RNIB Conversations** – Listen to visually impaired people talk about a wide range of topics.

**RNIB Tech Talk** – A show about accessible technology. Find out about the latest products.

**Free Talking Books** from RNIB – phone **0303 123 9999**

## **East Dunbartonshire Libraries**

While the libraries and leisure centres in East Dunbartonshire remain closed, they are offering a wide range of support through their website:

<https://www.edlc.co.uk/>

Staff are speaking to interested residents to identify reading material of choice, and these are delivered weekly to resident's homes.

Support available includes:

- eBooks available to download at home
- virtual meetings for their reading groups
- online guidance how to use Skype
- eNewspapers, eMagazines available online
- information resources for adults, young people & children

You can find out more on:

<https://www.edlc.co.uk/libraries/24-7-library/online-services>

## **Deafblind Awareness Week Sunday 21 June – Saturday 27 June**

This year we are pulling out all the stops and celebrating Deafblind Awareness Week in a very unique way! The last couple of months have taught us to appreciate all we have and to think about others, #BeKind. Our focus this year is Dare To Dream. We want you to get involved and try something new or take up a new challenge – it's your dream so you do what would make you happy #DareToDream.

Deafblind Scotland Ambassador, Gordon Smith will be launching our week-long programme of activities for Deafblind Awareness week. People of all ages and abilities can get involved, so choose at least one challenge if you can or encourage family or friends to do so and support Deafblind Scotland in 2020!  
#DareToDream

We will be featuring deafblind people's achievements and showing how they are winning during the lockdown. Deafblind Scotland member and Board Member, Issy has been learning to play the flute and has recently passed her grade 6 music exam. She is now studying for grade 7 and her dream is to achieve grade 8 – dare to dream and you might achieve the unimaginable! Since the lockdown, Issy has also taken up gardening and has conquered another of her dreams, a beautiful gardening plot where she can work, relax and enjoy her free time. Be inspired and make your dreams come true. #DareToDream.

**Activities include:**

Blindfolded Bake-Off; Red and White Week - a chance to show your support with red and white outfits; .The 7 for 7 challenge - set yourself the challenge of completing 7 activities in 7 days; dust off your football skills with our toilet roll Keepy-Uppy Challenge - and more exciting announcements to come!

The fundraising team will be in touch with details soon. Get your thinking caps on – what will be your challenge?



Picture shows member Issy McGrath smelling a flower in her garden.

**Visibility Scotland Project – “Ask The Expert”**

Visibility Scotland and Optometry Scotland give people access to support and advice from eye care professionals during the Covid-19 pandemic.

The service offers visually impaired people access to community optometrists and dispensing opticians through a variety of virtual and digital platforms including conference calls, video chats and group text

messaging. A number of 1:1 sessions are also available.

The sessions do not replace routine appointments but will provide extra advice on eye health, managing eye conditions, along with providing reassurance.

For more information, or to register your interest in taking part in one of the upcoming consultations, please contact Visibility Scotland on **0141 332 4632** or [info@visibilityscotland.org.uk](mailto:info@visibilityscotland.org.uk)

## **Covid-19 Government Guidance Update**

Scottish government has now launched **Test and Protect** aimed at slowing and preventing the transmission of the virus.

- If you have symptoms of Covid-19 it is **important** that you contact **08000 282816** or [www.nhsinform.scot](http://www.nhsinform.scot)
- This will allow you to be tested for the virus
- You will be asked to self-isolate for 7 days
- You will be asked who you have had close contact with
- If you test positive those people you have close contact with will be contacted by an NHS Contact Tracer
- If you are contacted by a NHS Contact Tracer you will be told to self-isolate for 14 days whether you have symptoms or not. This is longer than the 7 days for people with symptoms due to the virus incubation period

This link also gives easy read guidance on Phase 1 easing of lockdown <https://tinyurl.com/y8lj4jst>

## **Wellbeing Support funded by Scottish Government**

Starting Monday 8<sup>th</sup> June 2020 for 3 months experienced guide/communicators will be contacting isolated deafblind people who do not receive regular services. They will make regular health/wellbeing phone calls and emails offering practical and emotional support to reduce the loneliness and isolation deafblind people may experience. For people significantly isolated or at risk they will organise visits, wearing suitable PPE, to check wellbeing and make sure they can access local support. If you would benefit from a wellbeing call please contact Beth or Rosaleen.

Contact details are:

Beth - **07399 828117** or email

[bethwelsh@dbscotland.org.uk](mailto:bethwelsh@dbscotland.org.uk)

Rosaleen - **07399 828119** or email

[rosaleendoyle@dbscotland.org.uk](mailto:rosaleendoyle@dbscotland.org.uk)