

Communication from Deafblind Scotland during the COVID-19 Pandemic

16 June 2021

This week no major changes have been announced to the current restrictions.

Unfortunately, cases of COVID-19 have been rising. These new cases are increasing quickly and there is now evidence that the people requiring treatment are younger than before.

However, the number of people who are becoming seriously ill and needing hospital treatment is much lower than earlier in the pandemic and hospital stays are shorter. This shows that the vaccination program is progressing positively.

The First Minister explained that due to the quickly rising cases the Scottish Government will continue with caution, and pause the planned lifting of restrictions to give time for more people to have their second jab. Having

the second jag is showing to be very important to the level of protection people have against the virus. The First Minister was confident that the vaccines would win the race against the virus but more time is needed.

The next full review will be on 22nd June, at that review the Scottish Government will consider whether any changes are possible from 28 June onward, and then what restrictions could be lifted into July. However, the First Minister did indicate that it would be unlikely that areas would move down a level on the 28 June and more likely that any further easing would be paused until the next review on the 13 July.

Similarly, Prime Minister Boris Johnson announced a delay in lifting the remaining coronavirus restrictions in England from 21 June to 19 July.

The First Minister encourages everyone to:

Get the vaccine when you are offered it and get the 2nd dose.

Get tested regularly, tests can be ordered online or at community pharmacies.

If you test positive make sure that you self-isolate and book a PCR test.

To order the correct test visit:

www.nhsinform.scot/self-help-guides/self-help-guide-access-to-testing-for-coronavirus

Touching Lives Take 2 - East Dunbartonshire and Fife

This new 3 year project, will involve deafblind people delivering deafblind awareness training, to groups and organisations across Fife and East Dunbartonshire.

We need your help and expertise. We are looking for deafblind people who are interested in sharing their experiences with others.

Would you like to be involved? You can still be involved even if you live out with East Dunbartonshire or Fife.

The project workers Adam Lodge and Alison Wilkie will support you and provide training to enable you to deliver sessions to small groups in your community.

If you need a guide/communicator, one will be provided. If you are interested in getting involved, please complete the reply sheet.

Remember that Deafblind Scotland is still here to help, please continue to contact us for information and support.

Phone: **0141 777 7774**

Text: **07715 421 377**

Email: **info@dbscotland.org.uk**

LGBT+ Research

Greater Glasgow and Clyde NHS are doing some research to explore health needs and health inequalities of LGBT+ people (lesbian, gay, bisexual, transgender and non-binary). Deafblind Scotland will run two online group discussions, led by researcher Traci Leven, for d/Deaf and deafblind people who have LGBT+ identities. Each group will be 4-5 people. A broad range of topics will be covered on what it's like being an LGBT+ person including social health, mental health, lifestyle and access and use of health services. These will be open discussions and you do not have to join with your real name, everyone will be anonymous in the report. The meeting will take around an hour. As a thank you each participant will be offered a £20 retail voucher. If you are interested in taking part please contact Ruth Hart, information@dbscotland.org.uk or telephone 0141 777 6111.

DEAFBLIND AWARENESS WEEK

21 June – 27 June 2021

We hope those who can, will join in the festivities such as wearing red and white and send us a photo. There are exciting and fun challenges for everyone during the week.

Knitting us Together – knit a square 10cm x 10cm for our red and white mural

Blog on Deafblindness – DbS member Leeanne will record a blog of her experiences.

Drawing in the Dark – send in photos of your blindfolded drawings on our theme 'Dare to Dream'.

Wednesday 23rd June - Elena Piras

Concert, Scottish Folk music via DbS Facebook page.

Thursday 24th June - Walking Group, can our group reach 34,000 steps?

Friday 25th June - John Whitfield Live Beard shave via DbS Facebook.