

DEAFBLIND SCOTLAND

**NEWSLETTER
SUMMER 2017**



**DEAFBLIND
•SCOTLAND•**

Scottish Charity SC031167

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REGIONAL NEWS

WELCOME

Welcome to the summer edition of the Deafblind Scotland newsletter.

DEAFBLIND SCOTLAND NEWS

FIELD OF DREAMS UPDATE

This is a historic time for deafblind people in Scotland.

In 2007 we became aware of the piece of land we wanted for our new centre, after raising quarter of a million pounds we purchased the land and in 2010 set about the process of designing the building and securing planning permission. We launched our fundraising campaign in earnest in 2013. Finally, building commenced in October 2016 and I am delighted to inform you all that we will move into the building later this month, June 2017.

We would not have been able to achieve this without the support of all our members, staff, all your family, friends and communities who have taken the time to raise vital funds and pass on the news of our dream. Several large trusts have made donations or pledged vital financial support these include The Hugh Fraser Foundation, The Clothworkers' Foundation, The Robertson Trust, The Wolfson Foundation, The Garfield Weston Foundation, The Henry Smith Charitable Trust, The Act Foundation, Endrick Trust, Sylvia Waddilove, Commonwealth Fund, Margaret Murdoch Trust, Dowager Countess Eleanor Peel Trust. Deafblind Scotland would like to record its heartfelt appreciation to these Trusts for their support without which we simply would not have achieved our dream.

A significant legacy from Mr Gordon Neasham added more than half a million pounds to the field of dreams and in recognition of this East Dunbartonshire Council have named the road that the new centre sits on I Neasham Drive.

When we have moved into the centre we will have an opportunity to name some of the rooms after those trusts and foundations who made significant contributions to the new building, we may also have one or two rooms which we can ask members to name.

The board of trustees and the chief executive, Ruth Dorman, look forward to welcoming you all at the new centre.



Picture of the new Deafblind Scotland building nearly completed.

AFTERNOON TEA WITH DRENA

Dear Member,

I do hope you will be able to join me on 5th July for Afternoon Tea in our new building, from 2pm to 4pm. This building is a dream come true for so many of us, and it seems right that we should celebrate my retirement there, hopefully the first of many celebrations in our new building!

Some of my friends who – unlike me – can bake will provide home baking and lots of goodies for us to eat. During the afternoon you can have a guided tour of the new building and see for yourself what is available for you to use.

Since I retired on 31st March I have been busy collating the history of deafblindness in Scotland and also raising funds for guide/communicators to bring deafblind people from all over Scotland to the new building.

I am looking forward to seeing you all on 5th July, so please try to make it along if you can.

Tick the reply sheet to let us know if you are coming and if you are bringing a family member or friend or if you need a guide/communicator.

5th July 2017 | 2pm to 4pm

DbS Development Centre: 1 Neasham Drive, Kirkintilloch, G66 3FA

**AFTERNOON
TEA**  **with
Drena**

DEAFBLIND SCOTLAND AGM

Dear Member,

Notice is hereby given that the 16th Annual General Meeting of Deafblind Scotland will be held on Wednesday 16th August at Deafblind Scotland Learning & Development Centre, 1 Neasham Drive, Kirkintilloch, G66 3FA from 2.30pm until 3.30pm. Tea & coffee will be available from 2.00pm.

Anyone who wishes to stand for election must apply in writing at least 6 weeks before the AGM, identifying the skills and knowledge they can bring to the board of trustees, in particular the board is looking to recruit individuals who have skills in finance, human resources, line management, project development, and any other skills relevant to the governance of the charity and meeting our legal responsibilities.

If you wish to attend, please inform Deafblind Scotland by completing the reply slip. I look forward to seeing you at the meeting.

Yours sincerely,

Ruth Dorman

Chief Executive

BRITISH SIGN LANGUAGE NATIONAL PLAN

The consultation for the BSL (Scotland) Act 2015 National Plan has now finished. Many deaf and deafblind people took part in meetings and gave their views on the draft plan.

The final BSL National Plan comes out in October this year, and this will be in place until 2023. We will let you know all about it once it is published.

Email: dsp@deafblindscotland.org.uk Phone: 01417777774



WELFARE RIGHTS

Connect to Welfare Rights project is continuing to develop and is still successfully applying for benefits for both deafblind and visually impaired people including PIP, ESA and Attendance Allowance and has seen financial gains of more than £870,000 for the people we have helped. Since the project began, in August 2014, we have assisted about 650 deafblind and visually impaired adults to claim benefits that they were previously unaware they were entitled to. We are also helping people with a variety of enquiries ranging from housing, energy suppliers, equal rights, equal access to travel.

We have been busy sending out Advice Directories to members, groups and external referrals. We have received positive feedback from people who have enjoyed reading up on benefits, energy saving tips and using the folder to store their important documents.

The major change in benefits at the moment, for our membership, is still the transition from DLA to PIP for under 65 age group. This is slowly taking place and you should receive your letter over the next few months. It is very important you ask for help to complete the form.

Contact Helen Campbell or Riley Bartholomew

Phone: 0141 777 5828

Email: WR@deafblindscotland.org.uk

FUNDRAISING

The Kiltwalk is coming to Dundee on 20th August and Edinburgh on 17th September. Each location has 3 different walk lengths, 6, 12 or 26 miles. So there's a Kiltwalk for everyone. Would you like to take part and raise funds for Deafblind Scotland?

Get in touch with Anne Marie and we'll help you register, 01417775830 or email annemarie.feechan@deafblindscotland.org.uk
Or go to the Kiltwalk website to find out more www.thekiltwalk.co.uk



Just Try It! for **Deafblind Scotland** in 2017!

HEALTH

GUIDE RUNNER

Do you enjoy running? Would you like the assistance of a guide runner. Neil Anderson is a volunteer Guide Runner and has been running with deafblind people as a guide. Neil is willing to help other deafblind people who enjoy running for training or for a 5k run. His email address is andersng@hotmail.co.uk

RECIPE

Homemade chicken nuggets are a popular recipe, this comes from NHS Tayside.

Ingredients

- 2 chicken breasts, trimmed of all fat
- 2 eggs
- 3 mugs of cornflakes
- 1 mug of flour
- Pepper for seasoning

Instructions

- preheat the oven to 200°C/400°F, gas mark 6
- cut the chicken into bite-sized pieces
- beat the egg in large bowl
- crush the cornflakes and toss with pepper
- coat the chicken in flour, dip into the beaten egg and then into the crushed cornflakes
- arrange chicken pieces on an oiled baking tray
- bake in the oven for 15–20 minutes

Do you have a favourite recipe? Please share them with us.



TRAVEL

NATIONAL ENTITLEMENT CARD

If you have a visual impairment and you have a National Entitlement Card (NEC) for free rail travel you can now use the automatic ticket gates at train stations. Present your card to the reader at the gate to the platform. If you need a ticket for your companion you will need to go to the ticket office or see a member of staff on the train to buy a companion ticket. If you have any questions you can contact the ScotRail Smartcard team on 0344 811 0141.

AIR TRAVEL

Are you travelling by plane? The Equality and Human Rights Commission have a booklet about the free assistance that should be provided by airlines and operators for people who are disabled. It includes top tips to ensure your journey goes smoothly. This is available from the Equalities and Human Rights Commission website: www.equalityhumanrights.com/airtravel

If you think you might have been treated unfairly and want further advice, you can contact the Equality Advisory and Support Service Freephone 0808 800 0082 Textphone 0808 800 0084 Or write to them at FREEPOST, EASS Helpline, FPN6521.



NATIONAL NEWS

NEW MONEY

Did you know that from 5th May 2017 all of the old paper £5 notes are no longer legal tender? Only the new plastic ones that have been in circulation for a while now will be accepted.

The new £1 coins are now in circulation, they have 12 sides and are slightly thinner and lighter than the old pound coins. The old round pound coins can still be used, but make sure to use them all up or take them to your bank before the end of September 2017.



Deafblind Scotland has a cash handling policy to protect members, service users and staff. We ask all staff to record all cash handling. Member and service users are encouraged to handle their own cash at all times, any situations where a guide is required to assist, the guide must email the office afterwards. This is to protect the member and guide should there be any queries at a later date.

EMERGENCY TEXT 999

Did you know that you can text 999 in an emergency? This is very useful for the Deaf or hard of hearing.

You need to register first. Text 'register' to 999 and you will get a reply and follow the instructions you are sent.

Then in an emergency you can text 999. You need to let them know:

Who – Ambulance, Police, Fire, Coastguard

What – briefly what is the problem

Where – exactly where is the problem happening

Then the emergency service might ask you for more information or will tell you help is on the way. It will usually take about 2 minutes to get a reply. Do not assume your text has been received until the emergency service sends a message back.

Contact 999
by SMS text



In an emergency you can contact the
Emergency Services with a text message

ART

DESCRIPTIVE TOURS

Artist Rooms Ed Ruscha Descriptive Tour and Workshop

Wednesday 21 June, 10:15 am - 3:30 pm

Scottish National Gallery of Modern Art, Edinburgh

Ed Ruscha is an artist who paints West Coast American culture.

Including photographic series, paintings and drawings.

Beyond Caravaggio Descriptive Tour and Workshop

Wednesday 19 July, 10:15 am - 3:30 pm

National Galleries of Scotland, Edinburgh

Michelangelo Merisi da Caravaggio (1571 - 1610) was a radical and revolutionary Italian artist.

For both events the gallery will provide guides, chairs and refreshments. Please bring a packed lunch.

Free but booking essential, to book your place:

Phone: 0131 624 6560

Email: informationdesk@nationalgalleries.org

WEST LOTHIAN TRUSTED TRADER SCHEME

West Lothian Trusted Trader Scheme helps you to choose a reputable trader by viewing previous customer feedback. You can search their database of plumbers, electricians, roofers and many others. Visit their website www.westlothian.gov.uk/trustedtrader or call 01506 280000



FREE MUSIC AT NATIONAL MUSEUM OF SCOTLAND

From Sat 5 to Sun 27 August 2-2.40pm at National Museum of Scotland, free Music as part of the Edinburgh Fringe Festival.

Experience the joy of live music at the museum as the best contemporary talents take inspiration from the Bonnie Prince Charlie and the Jacobites exhibition, performing traditional Scottish songs and instrumental sets.

For more Fringe events visit their website www.edfringe.com

KEEP SAFE

Keep Safe is a charity that works with Police Scotland to raise awareness and tackle disability hate crime. They will be holding a coffee morning on Tuesday the 20th of June, from 11am - 1pm in Hamishes Hoose, High Street, Paisley. You can go also to have a chat about Keep Safe cards and Keep Safe places.

Email iamme@renfrewshire.gov.uk for more information.



SING ALOUD

Some deafblind people have been enjoying Sing Aloud. They are singing for pleasure groups, open to any adult who wants to sing. The aim is to enjoy singing with others, making friends and keeping active. There is no audition and you don't need to have any singing experience. The first session is a free taster so you can go along and give it a go. They meet in Lenzie, Bishopbriggs and Bearsden.

For more information contact the information officer at Deafblind Scotland office or visit their website www.singaloud.co.uk

NORTH LANARKSHIRE HEARING AID SESSIONS

North Lanarkshire Hospitals and Health Centres run Hearing Aid drop in sessions for advice, batteries and tubing. Contact them for times at a venue near you 01698 456556 or contact Deafblind Scotland and we'll help you find your local session.

CENTRAL NEWS

FREE LIP READING CLASSES

Lipreading Classes for people with a hearing loss

Contact Michelle Donoghue, Lipreading Tutor Text:

07745347567 Email: michelle@deaflinks.org.uk

Deaf Links, Tayside Deaf Hub, The Old Mill Complex 23 Brown Street, Dundee, DDI 5EF (01382) 201077

DIAL-OP

Dundee Information Helpline and Telephone Befriending service, provides information on social activities and community groups, support needs, issues with money, assistance at home, transport, care and volunteering. They can link people who would benefit from a friendly phone call with a trained volunteer befriender.

They are now offering a Morning Call which is a 5 minute telephone call between 9am and 10am, Monday to Friday, to isolated or vulnerable adults in Dundee. The service will also offer a reminder service for medical or social appointments, repeat prescriptions, or any events of relevance to the service user.

For further information on the Morning Call or any of the services, please contact Dial-OP on 01382 305757.

RELAXATION AND STRESS MANAGEMENT

A new relaxation group aimed at helping people with tinnitus and those

who have a hearing loss to explore self-management techniques to reduce stress and anxiety.

This group will run fortnightly starting from the 18th of May 2017 until the 24th of August 2017, 2-4pm, Deaf Hub 23 Brown Street Dundee DD1 5EF

For further information please contact Tricia or Michelle Tel: 01382 201077 or email: tricia@deaflinks.org.uk

STIRLING LIBRARY OUTREACH SERVICES

Library Outreach Services caters for those who are Housebound and those living in Old People's Homes.

If, due to age, location or disability you are unable to get to your local library, these services are available for you. If you are unable to access the library temporarily due to illness, or following a stay in hospital, they can also help until you are back on your feet.

Deliveries to the housebound are made throughout the Stirling Council area. They provide books, music cassettes, books on tape, as well as reading aids such as book rests and magnifying sheets, cassette players and closed caption readers. They also operate a home loan scheme to borrow a laptop computer and learn IT skills.

After an initial visit by the Community Outreach Librarian, your choice of items will be delivered once a fortnight.

Contact Outreach Services on 01786 237549



NORTH NEWS

HEALTH WALKS

Health Walks across Aberdeen including Bridge of Don, Torry, Peterculter, Dyce, Sheddocksley, Kingswells, Altens and Ferryhill. For more information please contact the Health Walks Coordinator on 01224 047928, their website <https://goo.gl/kJmKcb> or the Deafblind Scotland Office for help.

SMITHTON POP IN

The Pop In at Smithton Church, Murray Road, Smithton, every Wednesday between 10 am and 3 pm. It is mainly for people over 50 years of age, it is great fun.

There is no need to apply just turn up and you will receive a very warm welcome.

Any person interested or wishing more information should contact the Church office on 01463793191.

FIRST BUS ABERDEEN

If you use buses in Aberdeen City you will be aware of the new ticket machines. Visually impaired people are finding them much easier to use. The card reader is a bright blue colour and is flat. You lay your concession card on it and tell the driver where you would like to go.

SOUTH NEWS

LIPREADING CLASSES

Free Lipreading Classes, friendly and fun. Learn how to lipread to follow conversations. Information about equipment and services is also available, along with the opportunity for people with different levels of hearing loss to meet and share experiences.

Lipreading classes are held:

Mondays 10 – 12 in Kelso Hospital

Tuesdays 10 – 12 in Chirnside Southview Church

Tuesdays 10 – 12 in Jedburgh Kenmore Hall

Tuesdays 10.30 – 12.30 in Earlston Red Lion Hotel

Thursdays 10 – 12 in Hawick Community Hospital

Thursdays 10 – 12 Peebles Haylodge Health Centre

Thursdays 10.30 – 12.30 in Eyemouth Community Centre

For further information contact Sensory Services team, call or text 07768 431443.

COMMUNITY CAFE

Open Door Community Cafe

Monday 26 June 2017, 10:30 - 14:00

All welcome. 2nd and 4th Mondays of each month. Coffee menu served: 10.30am-12noon; lunch 12noon-1pm

Selkirk Parish Church, High Street, Selkirk, TD7 4JX

WORLD PEACE FESTIVAL

Sunday 18th June, International World Peace Festival 2pm-6pm at Allanton World Peace Sanctuary, Allanton House, Auldgirth, Dumfries DG2 0RY

Free entry and all welcome!

From 2pm until 4pm there will be a programme of local live music, a Taiko drumming workshop, a Fairtrade Cafe, Stalls promoting the theme of 'inclusion', a raffle, and tours of the walled garden.

From 4-5pm send wishes for peace and happiness to all the countries of the world in the World Peace Flag Ceremony.

From 5-6pm there will be more live music with The Red Kite Band. The day will end with curry being served for a £5 donation.

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:

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Phone: 0141 777 6111

Email: info@deafblindscotland.org.uk