

DEAFBLIND SCOTLAND

NEWSLETTER AUTUMN 2016



**DEAFBLIND
•SCOTLAND•**

Scottish Charity SC031167

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REGIONAL NEWS

WELCOME

Welcome to the autumn edition of the Deafblind Scotland newsletter. We've had an eventful few months. The building work on our Field of Dreams site has now started. More about that later in the newsletter. In other news David Cameron stepped down as prime minister and Theresa May became our new prime minister. The Olympics were a huge success for Great Britain as we won 67 medals including 27 Gold. Now you can look forward to the Paralympics from 7th to 18th Sept 2016. There will be many inspiring athletes taking part.

We love to hear from you, so if you have any comments or suggestions for your newsletter please pass them to the office or email information@deafblindscotland.org.uk.

DEAFBLIND SCOTLAND NEWS

MEMBERS' STORIES

Congratulations to William Caulfield who has won several blind bowls competitions recently. He is pictured below with a Gold and silver medal from the Israel International Test Series where he played singles and mixed pairs against other countries including England, Scotland, South Africa and Israel. He has now been picked for the UK Outdoors Singles Championship in Sept 2016 and the International Blind Bowling World Championships in Cape Town South Africa, in March 2017. We wish William and his team all the best and we'll let you know how he gets on.



If you've been inspired to try bowling you can find your local club here www.scottish-blind-bowlers.org.uk

A TRIP TO LARGS

Rory Donaldson has written in to tell us about his trip to Largs.

“The trip was organised by 'Contact Point' which is a coffee club that I attend. We went by coach and the journey going down to Largs was pleasant. We were booked into The Willowbank Hotel where the staff gave us a very warm and pleasant welcome. We had arrived early so instead of waiting at the hotel Zub and I went for a nice brisk walk into Largs town centre and to the beach. There we saw a statue of Magnus the Viking and some information about him. When we arrived back at



the hotel our table was ready. The meal was fantastic. After lunch there was a cabaret singer and I had a dance with Christine.” Perhaps you may like to visit Largs and visit some of the places Rory enjoyed.

ARTS & CRAFTS IN DUNDEE

Another member Sarfaz Ahmad has been out and about in Dundee at pompom and hanging basket classes, he thoroughly enjoyed learning new skills. What fun crafts are on at your local community centre? If you'd like help finding out, contact Ruth, our Information Officer, and she can look in your area.



Please send us in your stories and we'll share them in our next newsletters. Your stories inspire and encourage other deafblind people. Post photographs and stories to Deafblind Scotland, 21 Alexandra Avenue, Lenzie G66 5BG. Or email to information@deafblindscotland.org.uk

FIELD OF DREAMS UPDATE

17th August 2016 was a historic day for deafblind people all across Scotland when the first spade of earth was cut for the new Learning and Development Centre on the “Field of Dreams” site in Lenzie. On a sunny day a small group of Directors, staff and funders was joined by local councillors, as well as Rona Mackay MSP and John Nicolson MP in a photograph to record the moment. The ground is now officially a building site so all had to wear hard hats.



Deafblind Scotland’s chairperson Bob Nolan introduced Michael Anderson, deafblind director, who had the honour of cutting the first sod, with a ceremonial spade. The building should be complete in May 2017.

We continue to raise the money still needed and have an Afternoon Tea on 11th September, and a Dinner Dance in the Millennium Hotel Glasgow on 29th October, tickets cost £40. For those who prefer a challenge we also have places on the Forth Rail Bridge Abseil on 9th October.

If you would like to fundraise towards Field of Dreams, or if you would like more information contact Drena drena@deafblindscotland.org.uk or call 0141 777 5830

DEAFBLIND NATIONAL ADVISORY GROUP

The BSL National Plan will be published next October 2017. The National Advisory Group (NAG) has now met 3 times. The NAG's main responsibility is to draw up the BSL National Plan. There are 2 deafblind members of the NAG, Debra Wherrett and Leona Glennie.

In July and August the Scottish Government consulted with many deaf people, including deafblind BSL users. These groups have now given their views to the NAG. Their views are on a BSL video with subtitles here <http://tinyurl.com/zb89tjd> We have also sent deafblind BSL users a DVD copy.

The NAG have now begun the job of working on the priorities for the plan. They next meet on 1st November 2016.

There will be further consultation on the contents of the BSL National Plan. We will keep you informed of developments and hope you will feel able to make your own comments.

If you have any further questions/information about the BSL National Plan or the NAG, please contact Ken Hallsworth At dsp@deafblindscotland.org.uk or 01417777774



WELFARE RIGHTS

GOOD NEWS! Welfare Rights Project will be continuing.

Over the last 2 years Connect to Welfare Rights has successfully applied for varied benefits for both deafblind and visually impaired people including PIP, ESA and Attendance Allowance and has seen financial gains of around £520,000 for the people we have helped. During this time of welfare reform and financial hardship we have assisted about 120 sensory impaired people to claim benefits that they were previously unaware they were entitled to.

In June this year the project was given a Spirit of the Community Award by Yorkshire & Clydesdale Bank along with a cheque for £5000 towards continued funding.



The major change in benefits at the moment, for our membership, is 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.

Please contact Helen Campbell on 0141 777 5831 or WR@deafblindscotland.org.uk with any queries.

QUEEN'S GARDEN PARTY

In July Suzanne Abbate, Service Manager at Deafblind Scotland was invited to the Queen's Garden Party at Holyrood to celebrate the work she has done for equalities. She said it was a "Thoroughly enjoyable day spent at Holyrood Palace. Member Leona from Aberdeen took the chance to educate the Duke of Edinburgh on the use of a red and white cane".



TRANSPORT

ASSISTED TRAVEL

ScotRail aims to provide assistance to those who need help when travelling on their network. You can book assistance at least four hours in advance by phoning Free Assisted Travel Helpline: 0800 912 2901 or Assisted Travel Textphone: 18001 0800 912 2 901 (for people who are hard of hearing)

You can also book assistance by visiting any staffed station or go online: Assisted Travel booking form (for journeys booked more than 24 hours in advance)

www.scotrail.co.uk/form/assisted-travel



TRAIN STATION ACCESSIBILITY

Do you have any problems at your local train station or a station you frequently use? Perhaps the yellow lines are worn out, or there's no hand rail on the stairs. Maybe you can't read the signs, or the platform is uneven. Any issues like these, Stephen Joyce, our training manager, would be happy to receive and pass onto Abellio/ScotRail. You can write any issues on the reply sheet.

RNIB REACT

Have you heard of the RNIB React fob service that can help anyone with sensory impairment? It is recognised throughout the UK including many areas in Scotland. The fob assists anyone with sensory impairment to gain better access when moving around in busy areas and whilst using public transport. Any owner of a React fob will be able to access on the spot audible announcements for the next bus arrival at a bus stop and on other modes of public transport. It is small enough to go inside a pocket or can be attached to a lanyard. They will soon be launching a new piece of hardware called React interactive that works through Bluetooth via an app in Smartphones. Contact your local council office to speak to them about React in your area or ring one of our team at React Technology Ltd. They will be happy to hear from you and offer as much assistance as possible. 01457 861 431



HEALTH

CHARLES BONNET SYNDROME

Information from the RNIB. Charles Bonnet syndrome is named after a Swiss philosopher and writer who lived about 250 years ago. Charles Bonnet wrote about his grandfather's experiences after his grandfather lost his sight to cataracts and began having "visions". He could see patterns, people, birds and buildings, which were not really there. Charles Bonnet syndrome is a common condition among people who have lost their sight. It causes people who have lost a lot of vision to see things that aren't really there, known as visual hallucinations.

It can be distressing, but many people find that the hallucinations can get less frequent with time.

DEAFBLIND SCOTLAND HEALTH PROJECT

We recently posted out a Health Needs Questionnaire to all our members. We would be very grateful if you can fill it in and return to us. If you need any help to fill it out please get in touch with John Whitfield 01417776111. The completed questionnaires will greatly help Deafblind Scotland in applying for funding and to target areas that need to become more accessible.

HEAR TO HELP

Action on Hearing Loss are running Hear to Help clinics for people who live in isolated areas. A volunteer would come to your home to assist with hearing aid maintenance.

If you would be interested in a home visit, please mark on the reply sheet.

EAT WELL GUIDE

Food Standards Scotland has released a new **Eat Well Guide** that explains how to eat a healthy well balanced diet. The booklet was recently updated to take into account the new dietary recommendations for more fibre and less sugar. If you would like a copy of the **Eat Well Guide**, circle yes on the reply sheet.



CONIC HILL WALK

Several members of **Deafblind Scotland** joined the rangers at **Loch Lomond** and the **Trossachs National Park** for a walk up **Conic Hill** near **Balloch**. There was a choice of two walks, one walk went up **Conic Hill** and the other was a shorter one around the **Millennium Trail**. It was a beautiful day and everyone had a lovely time. Look out for the walk next year and join in the fun.



ARTS

VISIBLE CINEMA AT GLASGOW FILM THEATRE

Visible Cinema at Glasgow Film Theatre is a pioneering deaf and hard of hearing monthly film club that screens a number of subtitled, captioned and audio described films at **GFT** throughout the month.

The monthly screenings include **BSL** interpretation and **Speech To Text Reporting** plus a **BSL** interpreted discussion after the film led by an expert guest speaker.

September's film is **Swallows and Amazons**, 26 Sept 6.15pm, Tickets £5.

Find out more about **Visible Cinema**, and stay up to date with news and events by liking **Visible Cinema at GFT** on Facebook (facebook.com/VisibleCinema) or join their eNewsletter by contacting jodie.wilkinson@glasgowfilm.org.



TRON THEATRE

The Tron Theatre in Glasgow has several **Audio Described** and **BSL** interpreted performances in **October**, **November** and **December**. If you would like a list of performances sent to you, please circle yes on the reply sheet.



NATIONAL NEWS

EU REFERENDUM RESULT

Why is Britain leaving the European Union?

A referendum vote was held on Thursday 23 June, to decide whether the UK should leave or remain in the European Union. Leave won by 52% to 48%. More than 30 million people voted. England and Wales voted for leave, but Scotland and Northern Ireland both backed staying in the EU.

What happens now?

Theresa May is now prime minister and she will start to discuss with the EU how the UK will leave. However, it may take 2 or 3 years before the UK actually leaves the EU.



USHER SOCIAL

The Usher Social Christmas Ball will take place on Saturday 3 December at 6pm at MacDonald Drumossie Hotel, Inverness. Tickets are £35 and include a drinks reception and 3 course meal. To buy a ticket for £35 the deadline is 23 September, after that date tickets are £40, email info@ushersocial.co.uk, dress code is black tie.

ACCESSIBLE HOTEL IN BLACKPOOL

The Bond Hotel in Blackpool has been recommended by a few members of Deafblind Scotland. They specialise in affordable holidays where your disability will never restrict you. The hotel is very accessible and has a range of equipment and care packages available. They have live cabaret every night and cater for special diets. If you would like to find out more or to request a brochure call 01253 341 218 or visit www.bondhotel.co.uk



WELCOME To Scotland's Most Inclusive Pubs



canalstation.co.uk
facebook.com/canalstation



clockworkbeercompany.co.uk
facebook.com/TheClockworkBeerCompany



The Dog House
doghouseballoch.co.uk

DRAM!

dramglasgow.co.uk
facebook.com/dramglasgow



lairdanddoginn.co.uk
facebook.com/lairdanddoginn



thesteadingedinburgh.co.uk
facebook.com/thesteadingedinburgh



Wheel Inn

wheelinnperth.co.uk
facebook.com/wheelinnperth

We welcome all our guests with excellent food, a range of beers and fine wines, SKY TV, and friendly service.

And some guests get a special welcome, with **localised hearing loops, adapted furnishings, special cutlery/crockery and easy accessibility.**

PLUS a sensory room and garden, adult changing place and kids play areas at The Wheel Inn.

All our pubs are audited by DeafBlind Scotland.

We're investing more to become Scotland's most inclusive pubs.



THISTLE PUB COMPANY III – SERVING THE WIDEST COMMUNITY

EAST NEWS

ASSERTIVE COMMUNICATION WORKSHOP

Assertive communication workshops – next date: Tue 4th of October 2016

Are you a disabled person, or someone with a long-term condition?

Do you want to learn how to:

- **be more assertive?**
- **give yourself the best chance of getting what you need?**
- **prepare well for meetings or assessments?**
- **challenge decisions?**

...and would you like to:

- **meet new people?**
- **increase your confidence?**

in a relaxed and friendly atmosphere.....then come along to our workshops!

10.30am – 2.30pm, Tuesday 4th October 2016

Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY

At this workshop we'll cover different ways of communicating and their effects, and you'll have a chance to think about and plan how to make a case for something you need.

ACCESS SCOTTISH THEATRE

The Edinburgh Playhouse has some accessible performances of Billy Elliot coming up in September:

Wed 28 Sept 7.30pm BSL Interpretation

Thu 29 Sept 2.30pm Captioning

Fri 30 Sept 7.30pm Audio Description

If you are taking a guide or companion with you, there is an 'Access and Companion Rate' ticket which means your guide's ticket is free. Phone the access line to book 08448717677, or go into the theatre box office.

The Festival Theatre is showing Chitty Chitty, Bang Bang

Thu 6 Oct 7.30pm Captioning

Fri 7 Oct 7.30pm Audio Description

Fri 7 Oct 7.30pm BSL Interpretation

Thu 13 Oct 7.30pm Captioning

Sat 15 Oct 2.30pm Audio Description

The Festival theatre offers a 'Disability Concession' ticket, so your ticket and your guide or companion will both get a discounted ticket. To book call the box office 0131 529 6000 or you can visit the box office in person.

WEST NEWS

GLASGOW FILM THEATRE

Visible Cinema September: Swallows and Amazons – Captioned Screening. At Glasgow Film Theatre.

Monday 26 September 6.15pm. Tickets £5.

Based on the much-loved 1930 adventure story by Arthur Ransome, Swallows and Amazons tells the story of the four Walker children, who create a world of imagination during their summer holiday and take control of a lake to play out their fantasies but find themselves caught in a tug of war with a rival team, the “Amazons”.

Tickets available from glasgowfilm.org or calling Box Office: 0141 332 6535

OVER 60'S ART CLASSES (TROON)

The Little Art School Trust runs art projects throughout South Ayrshire.

They have an art class in Troon called ‘ACTIVE ART’ ART FOR THE YOUNG AT HEART – 60 YEARS PLUS!

This monthly class is completely FREE and is held in their studio at 139 Templehill, Troon. Wednesdays, 1-2pm.

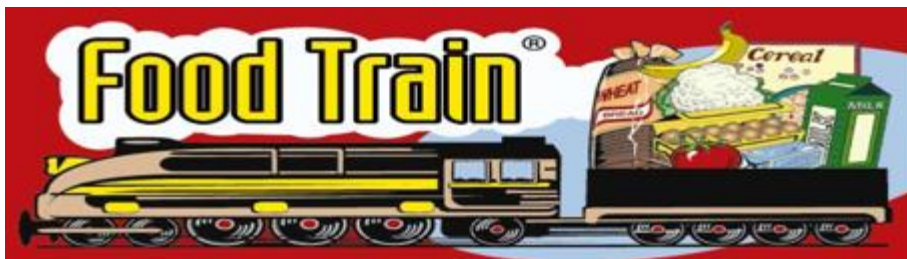
Come along and enjoy art, no previous artistic experience necessary!

To book a place please telephone Susan on 07709 845640 or email trust@littleartschool.co.uk www.littleartschool.co.uk

FOOD TRAIN PILOT

A new Food Train Pilot has been set up to serve Prestwick, Troon and Ayr. The aim is to help older people who, through age related ill health, frailty or disability, are unable to manage their grocery shopping, by providing a shopping delivery service. To access the service you need to be; aged 65 or over, live in Prestwick, Troon or Ayr and are struggling/starting to struggle to manage your own shopping.

To access the service you can contact Marri Welsh on 01294 271 025 or 07712 322193 or email marri@thefoodtrain.co.uk If you live in South Ayrshire but you don't live in one of the towns mentioned you can still contact Marri so she can see where they could expand the service to.



WEST DUNBARTONSHIRE DOORS OPEN WEEK

This year West Dunbartonshire will have a Doors Open week. There will be 12 venues including:

Maid of the Loch, Balloch 10 September.

The Clydebank Heritage Trail with the Clydebank Museum Team. Monday 5 September at 2:30pm. Meet at the Clydebank Town Hall. Find out layers of history through to shipbuilding and WWII.

The Clydebank Blitz with David Carson. Saturday 10 Sept at 10:30am and 2:30pm. A tour by bus. Meet at the Clydebank Town Hall. This tour highlights the Blitz, but also takes in some of the history of the shipyards and even sewing machines. Duration 1.5 hrs. Booking required. Phone the Clydebank Library 0141 562 2434.

More events online <http://goo.gl/XkWUDI>

NEW DEMENTIA CARERS SUPPORT GROUP

NEW Dementia Carers Support Group in Bishopbriggs.

Support from staff and meet others in a similar situation.

Relevant dementia education and information.

Enjoy the benefits of a social outing.

Share ideas, management tips and techniques with other carers.

Learn about local community services for people with dementia and their carers.

Third Tuesday of the month at Woodhill Evangelical Church.

For more information contact Carers Link 0800 975 2131.

FREE LIPREADING TASTER SESSIONS

As part of Lipreading Awareness Week (12th – 19th September), Ayrshire Lipreading is running some FREE taster sessions:

Wednesday 14th September, 10.30am to 12.30pm at Carnegie Library, 12 Main Street, Ayr KA8 8EB

**Wednesday 14th September, 1.30pm to 3pm at The Speakers,
8 -10 Whitehall, Maybole KA19 7AJ**

**Wednesday 14th September, 6.30pm to 8pm at The Vennel
Centre, East Road, Irvine KA12 0BQ**

**Have you ever wondered what goes on in a lipreading class?
Have you ever wondered if a lipreading class might be useful
to you? If you struggle to hear, a class may be just what you
need!**

**There is no need to book spaces, just turn up on the day! If you
would like more information please email:**

**ayrshirelipreading@gmail.com or you can telephone/text
Margaret (South Ayrshire) on 07746373348 or Chris (North
Ayrshire) on 07788241022.**



CENTRAL NEWS

OOR WULLIE TRAIL - DUNDEE

A member of Deafblind Scotland, Sarfaz Ahmad, wrote in to tell us about the Oor Wullie trail in Dundee. He had a great day out visiting some of the 55 different Oor Wullie statues.



The statues have all been removed now. Did you manage to find any? They will all be auctioned to raise money for The ARCHIE Foundation Tayside Children's Hospital Appeal.

LIPREADING CLASSES TAYSIDE

Deaf Links are looking to run lipreading classes in the Tayside area. To help with our funding applications they are researching to see if there is a need for the lipreading classes and geographic area of need. To register your interest or for more information contact Michelle 01382 201077 Text 07745347567 or email michelle@deaflinks.org.uk

COMMUNITY COMPANION PROJECT

The Community Companion project is aimed at adults in Dundee who are either experiencing or have the potential to experience social isolation. Each person is matched up to a Community Companion based on personality, hobbies and interest and general living experiences. Community Companions befriend people in many ways, for example; visiting them in their own home, accompanying them to social activities or shopping trips, or even a visit to a local café. If you would like more information contact clarecockburn@number10.org or phone 01382 305736.



DIAL-OP

DIAL-OP, a confidential information helpline and signposting service, is provided by local volunteers, for older people in Dundee and their carers. The helpline 01382 305757 is open Monday to Friday 10am to 1pm with an answering machine covering outwith these hours.

DIAL-OP also offers a befriending telephone service offering companionship to isolated people through weekly telephone calls provided by trained and supported volunteers.

BATTLE OF STIRLING BRIDGE ANNIVERSARY

It's 1297 – and Wallace's greatest victory has just taken place – join in the celebrations in Stirling!

10th and 11th September 2016, The National Wallace Monument.

On the 11th September 1297 Wallace's army was victorious at The Battle of Stirling Bridge. On 10th and 11th September the anniversary will be marked with a programme of special medieval themed activities at The National Wallace Monument including:

Performances by costumed actors portraying key moments in the battle and in Wallace's life

Weapons demonstrations

Dress-up costumes, face painting and special activities just for kids

Falconry display (Saturday 10th only)

Archery (Sunday 11th only)

PLUS! There's a discount of 20% off admission prices over The Battle of Stirling Bridge Anniversary weekend – tickets can be booked online, or purchased at the Monument.

NORTH NEWS

DETECTING SIGHT AND HEARING LOSS

Questionnaires are going out to help folk find out whether there have been any recent changes in their eyesight or hearing.

North East Sensory Services (NESS) is working on behalf of the Aberdeen See Hear Strategy group to launch questionnaires to support front line health and social care staff to detect if there has been a recent sensory loss. If the questionnaires detect a change, then onward referral to an optician, and to a GP for a referral to audiology, should be made.

NESS can support people to use the questionnaires by providing guidance and advice. For more information, please contact NESS on (tel) 0345 271 2345, (SMS) 07593102004, or at info@nesensoryservices.org. The organisation's website is at www.nesensoryservices.org

FAMILY HISTORY FOR BEGINNERS

Highland Archive and Registration Centre Friday 9 Sept
2.00pm

If you have ever wanted to explore your family tree, but didn't know where to start, take the plunge and start here. For four weeks the cost is £32, £16 (concession) For more information phone 01463 256433 or email genealogy@highlifehighland.com

COWAL FEST ARGYLL

7 to 16 October, Cowal Fest is an Outdoor Walking Festival which is two weeks of events including lots of organised walks, health events, culture and food.

Full event listing on the website www.cowalfest.org

Here are a couple of the organised walks:

Arthritis Care Walk Dunoon. Tuesday 11th October, 11am. Start at War memorial Castle Gardens Dunoon. This is a fully accessible, short, safe and low level walk. A short walk along the promenade, plenty of stops available, benches to sit on and café to finish.

Puck's Glen Mindfulness and Meditation Walk. Monday 10th October 2pm at Puck's Glen Car Park, costs £6.00. Relax and unfurl your senses as you unwind your way round the waterfalls and wonders of Puck's Glen. A self-guided introduction to Mindfulness Meditation with invitations to engage with the natural surroundings and create stone sculptures and cairns. The paths can be uneven and steep in places, with both ascents and descents, so wear suitable footwear.

BORDERS NEWS

BOWHILL HOUSE

Upstairs Downstairs at Bowhill

Monday 12 September 2016, 2pm

Join our entertaining and very knowledgeable house guides as they take you on a journey from the Victorian Kitchen along passages in the house rarely used by visitors, to the Dining Room and beyond, exploring this much loved family home and finding out about some of the people who lived here, from serving maids to Dukes.

Tickets are £10 for adults and £5 for under 16s.

Booking essential. To secure your place, please call 01750 22204 or email info@bowhillhouse.co.uk.

Bowhill House and Country Estate, Bowhill, Selkirk, TD7 5ET

PEEBLES HIGHLAND GAMES

The 2016 Peebles Games will take place on Saturday 3rd September, 11:00 until 17:30 in Hay Lodge Park, Old Town, Peebles, EH45 8JE. Events include: Pipe Band Competition, Heavy Events Competition, Highland Dancing Competition, Whisky Tasting, Haggis Hurling, Stalls, Traditional Scottish Foods, Fairground Rides, Street Parade and much more.

Entrance fees are £6 for adults and £4 for seniors and children between the age of 5 and 16 (children under 5 are free). Car parking is £4.

ST ABBS MARKET

Every Friday from March 25th to Dec 16th.

If you are looking for things to do in St. Abbs and the Scottish Borders then this is definitely something you should add to your list. They are open for business every Friday (Easter to Dec) in The Ebba Centre, Brierylaw, St Abbs. St Abbs Friday Market sells local food, crafts, baking, art, fashions, accessories, photography, woodcrafts, stitchcrafts, knitwear and jewellery, to name but a few. Meet the friendly local producers and learn more about this lovely part of Scotland.

Spring & Summer Hours 2016, every Friday from March 25th to Friday 28th October 10am to 4pm.

Winter Hours 2016, every Friday from 4th November to Friday 16th December, 10am to 3pm.

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 and XXL print, audio CD, Moon, Braille and email.

**For information on any aspect of DbS please contact:
Deafblind Scotland, 21 Alexandra Avenue, Lenzie, Glasgow,
G66 5BG**

Phone: 0141 777 6111

Fax: 0141 775 3311

Email: info@deafblindscotland.org.uk