

DEAFBLIND SCOTLAND

**NEWSLETTER
SPRING 2017**



**DEAFBLIND
•SCOTLAND•**

Scottish Charity SC031167

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REGIONAL NEWS

WELCOME

Welcome to the spring edition of the Deafblind Scotland newsletter. The days are lighter and the temperature is rising and we are looking forward to a very exciting 2017 for Deafblind people. Read on to hear all about it.

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

Ryan Lee Sallens member from Ayrshire sent in this inspiring article.

I am 19 years old and have Ushers Syndrome that means I am deaf and have a visual impairment. I go to college and study IT. I volunteer for a disabled sports group and I coach with the Honest Kids Club, Ayr United Football.

It's hard being deaf, listening to people and understanding them. People who don't know me sometimes don't understand me, they would give up and walk away. This would upset me as I was left alone.

My proudest moment is my coach Stuart allowing me to help and coach deaf children and nominating me for the Children In Need Rickshaw Challenge.

The charity Children In Need Charity has helped fund Ayr United football Academy – Children with disabilities can go here to learn to play football and meet new friends. I went along with my friend to play and thought I could help other

deaf children by using sign language to help them understand the rules of the game.

This has helped me as I have gained more confidence and made me feel good as I had helped others to understand and make new friends. Stuart, my coach had sent me on my first coaching course



Picture of Ryan cycling on the Rickshaw for Children In Need.

Well done to Deafblind Scotland member Rory Donaldson for winning the East Dunbartonshire Youth Club Talent Night. He sang the Robbie Williams song 'Angels'. There were 20 people in the competition and Rory was delighted to win the top trophy. The picture shows Rory smiling holding his trophy. Well Done Rory!



It is with sadness that we let you know of the death of Esther Ogilvy. Esther was living in Mosswood Care Home, Linwood, Paisley when she died in January. She was aged 94 and a long-time member of Deafblind Scotland with her husband Daniel Ogilvy who died several years ago. Our thoughts are with her family and friends at this sad time.

Your experiences inspire and encourage other deafblind people. Please send in your stories and we'll share them in the newsletter.

Post: Deafblind Scotland, 21 Alexandra Avenue, Lenzie G66 5BG.

Email: information@deafblindscotland.org.uk

Phone: 0141 777 6111

DEAFBLIND NATIONAL ADVISORY GROUP

BSL (Scotland) Act 2015 progress.

The National Advisory Group (NAG) is the group responsible for producing the 1st BSL National Plan.

The 5th NAG took place on January 31. The group has now considered all 10 Long term Aims and Ambitions:

- 1) Early Years**
- 2) School Education**
- 3) Further Education**
- 4) Employment**
- 5) Health, Mental Health & Social Care**
- 6) Justice**
- 7) Transport**
- 8) Culture, Leisure & the Arts**
- 9) Public Services**
- 10) Democracy.**

These topics will form the basis of the BSL National Plan, this then will be used as a guidance document for the public sector

to develop their implementation plans. This document is expected at the end of March.

From March to May there will be meetings around the country to gather views from BSL users on the draft Plan. We will let you know soon when and where these meetings will be.

This will be the final opportunity to influence the Plan. Deafblind Scotland will support deafblind people to attend these meetings where you can hear others and express your own views.

There will also be an online questionnaire. You can have support from a Guide/Communicator to complete this. The final NAG meeting in August will look at all the feedback during the Consultation period before finalising the National Plan.

It's important that as many deafblind people who use BSL take advantage of this opportunity. When the Final BSL National Plan comes out in October this year, this will be in place until 2023.

Contact Ken Hallsworth

Email: dsp@deafblindscotland.org.uk

Phone: 0141777 7774



WELFARE RIGHTS

Connect to Welfare Rights project has received funding to December 2017. It is continuing to develop and is still successfully applying for varied benefits for both deafblind and visually impaired people including PIP, ESA and Attendance Allowance and has seen financial gains of more than £660,000 for the people we have helped.

The project has recruited a new Project Administrator and Trainee Welfare Rights Officer: Riley Bartholomew.

The project was runner up for two awards last autumn, Communities Charity of the Year at the Charity Champions Award and Partnership Working at SCOD awards.

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.

Contact Helen Campbell or Riley Bartholomew

Phone: 0141 777 5828

Email: WR@deafblindscotland.org.uk

ANNOUNCEMENTS

Announcement from Chief Executive Ruth Dorman

“It is with very mixed feelings that I have write to let you all know that Drena O’Malley will retire at the end of March from her job at Deafblind Scotland. Although retiring Drena will not be gone from Deafblind Scotland as she has agreed to take on the role as a Patron and a volunteer for Deafblind Scotland.

I personally have respected and admired Drena for the way she inspired everyone at Deafblind Scotland. She has made us

all see that hard work and dedication pays off and the goodwill she has cultivated will stay with us. She is finally free from the shackles of deadlines and phones that ring constantly.

We will host a celebration with Drena in our new building, probably early in July. But for now I would like to say congratulations on your retiring, enjoy your break, a fantastic time awaits you as our Patron, of that I am sure.” Ruth Dorman – Chief Executive

Announcement from Chairperson Bob Nolan

For those of us that have been with Deafblind Scotland for many years it will be hard to imagine the Lenzie offices without Drena’s presence. Looking back to her start as a part-time worker for Deafblind UK 28 years ago, who could have foreseen the acquisition of our own offices in Lenzie; the largest national Guide Communicator service in Europe; our “Hands Across Scotland” launch as Deafblind Scotland in 2001; our two highly publicised and successful visits to Holyrood; and most recently the almost completed new centre on our Field of Dreams. It takes a lot of drive, energy, hard work and a real passion for improving the lives of Deafblind people to make it all happen, and luckily for us, Drena had it in spades. She was also very deservedly awarded an MBE for her work. As a relative newcomer to the organisation, having only joined in 1998, I can say it has been a pleasure to work with Drena these past 19 years and to see DbS thrive under her leadership and subsequent work in fundraising for the Field of Dreams. I would really like to thank Drena for everything she has done for us and I’m sure I speak for everyone in wishing Drena (and Hammy) a very well deserved, happy and fulfilling retirement. The best news of course is that Drena isn’t really going anywhere and will carry on working with DbS as a volunteer and as our Patron. She already has some really exciting projects lined up for us, so long may she continue! Bob Nolan – Chairperson.

FIELD OF DREAMS UPDATE

The new Learning and Development Centre on “Field of Dreams” is progressing every day. We are nearly there! We were delighted to receive an additional £50,000 from The Robertson Trust. £100,000 is on its way from The Henry Smith Charity, and The Act Foundation’s £10,000 grant is now in the bank. The final property in Lenzie will be sold by Summer.

Over the years, in total, we have raised £962,000 from legacies, £647,000 from trusts, £251,000 from individuals, and property will realise £312,000 when all sold.

Over £2.1 million Wow!

Well done to all of you for the part you played in raising this huge sum of money. We are truly grateful. It has been an enormous challenge to make the building happen. I am busy fundraising for some activities right now. I feel my job raising funds for “Field of Dreams” is now finished, and I can look to retiring, at the end of March. But, I will remain involved as a volunteer, and doing some sessional work. So I look forward to seeing you in the new building. Drena O’Malley

Picture of the Field of Dreams building with the roof on and most of the external walls, floors and internal walls up.



Picture of the Field of Dreams building, with most of the external up.

HISTORY OF DEAFBLINDNESS

We still have funding in place from The Heritage Lottery Fund to progress with creating a history of deafblindness in Scotland.

We have arranged a meeting in Radisson Blu Hotel Glasgow on Wednesday 29th March so members can come along and have a story filmed.

If you have been deaf or blind since you were a child and lost the second sense as an adult, come and tell us your story, and we will film it. The aim is to create awareness of the impact of deafblindness on schooling, employment, being a parent, life in general.

Interpreters will be available on the day, so BSL users are welcome, and a guide/communicator can be provided if needed.

A representative from Deaf History Scotland will speak on the day.

If you would like to write a story rather than be filmed, please email it to drena@deafblindscotland.org.uk or send a copy to the office.

We want some of this to be ready soon after the new building is open, so please think about getting involved. Thank you.

Please circle yes on the reply sheet and let us know if you need a guide/communicator.

TRANSPORT

TRAVEL DISRUPTION ON THE M8

Major roadworks have begun on a section of the M8 Motorway at the Baillieston Junction. The roadworks will last for 10 weeks and there will be a diversion in place. Please make sure that you avoid the Baillieston area of the M8 and A8 roads, and if you need to travel near there leave extra time for your journey. The roadworks may also delay some guide/communicators who are traveling across the country.

NATIONAL ENTITLEMENT CARDS

Councils are currently replacing the National Entitlement Cards which are used for concessionary travel for anyone aged 60 or over or anyone who has received a card on grounds of disability.

If you still have a OneScotland branded card like the one in the picture below, this must be replaced so you can still get free bus travel.



The new style card will have either the mygovscot or the SALTIREcard logo. Both card designs are valid for travel and will be accepted by bus operators.



It is important that when you receive your new card you also destroy any old bus passes to avoid confusion.

If you have not received a replacement card call the number on the back of your OneScotland card to request a replacement card or get advice on how to get one.

If you try and use your OneScotland card after 1 January 2017 it won't work and you may be asked to pay the fare.

HEALTH

BREATHING SPACE

Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, anxiety or depression.

We are here to provide a safe and supportive space by listening, offering advice and providing information.

Phone: 0800 83 85 87 website: www.breathingspace.scot

British Sign Language (BSL)

Visit www.breathingspace.scot for information on accessing Breathing Space through the contactScotland-BSL interpretation service.

The phone line is available:

Weekdays (Monday to Thursday) 6pm - 2am

Weekends (Open 24 hours) Friday 6pm - Monday 6am

These are the hours at which many people find that their worries seem unbearable and other services are likely to be unavailable.

HOW CAN I KEEP MY MONEY SAFE

Age UK has some advice on how you can keep your money safe.

You may have asked a relative, friend, or your carer to help with your finances. However much you trust that person, it's important to know how your money is being spent.

Talking about how you would like things to be done from the start and keeping records and receipts can avoid any misunderstandings.

Here are some ways to keep control over your money:

- **Keep your Personal Identification Number (PIN) secret. If you give anyone your PIN, you won't have any protection from the bank or building society if money is taken.**
- **If someone does your shopping for you, write down what you asked them to buy. Ask for receipts so you can keep a record of what has been bought and hold on to these for safe-keeping.**
- **Keep your old bank statements and bills. Check your bank balance regularly to ensure everything is as it should be.**
- **Make sure you're included in all decisions about your money.**
- **If someone is helping you with online banking, keep your passwords and numbers hidden.**
- **Before signing a cheque, make sure the amount and details of who is to receive the payment have been completed correctly. Never sign a blank cheque.**
- **Don't hide large amounts of cash in your home. Most home insurance policies only cover you for a small amount of cash. Keep your money in a bank, building society or credit union account.**

Having more than one person to support you with your finances adds protection and will help prevent people from being dishonest. It also means that if one person is away or busy, you still have someone to rely on.

Deafblind Scotland has a cash handling policy to protect our members and our staff. We ask all staff to record all cash handling.

TECHNOLOGY

ONLINE TODAY PROJECT

Online Today is available to support people with hearing loss to become confident online. Using mobile technology such as smartphone, tablets or even Apple Watch. We can offer support and guidance about being online both safely and confidently.

We offer support to both new and experienced users who want to get most out of their device. This includes support for making communication easier, such as text messages, E-Mail, video calling or Next Generation Text Relay Service.

You can find apps that will do almost anything these days so if there is something you are interested in, such as booking a taxi, ordering a takeaway, keep up with the latest news or sports scores. This can all be done from a smartphone or tablet.

Apple Watch trial will give you a hands on experience of using the watch for information and using its Haptic touch be able to feel when you get a message or call and also provide you directions when using the mapping apps.

If you are would like help from the Online Today project please contact Michael Woodburn on 07939 169 150 or email Michael.woodburn@hearingloss.org.uk

BESPECULAR APP

BeSpecular is an app for your android or apple mobile phone. Using the BeSpecular app the visually impaired person (VIP) takes a photo of what he or she needs help with and attaches a voice message. You could ask for help to read a sell by date on food, or the instructions on a medicine bottle.

The VIP's photo and question are sent to our BeSpecular community of sighted people. Those people who are available can reply to the VIP via the BeSpecular app with a voice or text message. Within minutes, a VIP receives a reply with the information they requested.

You can download the app on your phone and your friends and family can also download the app and help visually impaired people see the world through their eyes.

More information www.bespecular.com



TOILET LIGHT

A member of Deafblind Scotland wrote to tell us about a great invention they have found very helpful.

The Toilet Light attaches to your toilet and it senses when someone walks into the bathroom and lights up your toilet. This helps you find your way to the toilet at night time.

There are various types available to buy online. Search for 'Toilet Light' on www.amazon.co.uk or into google and you can buy one for under £10.

SITE VILLAGE EVENT

Site Village is an exhibition for blind and partially sighted people. Deafblind Scotland will be at the Edinburgh event.

Here are the details:

Hilton Hotel, Grosvenor Street, Edinburgh on 25th April

Marriott Hotel, Argyle Street, Glasgow on 26th April

Doors open at 9.30am

Admission is free and refreshments will be available to buy at both venues.

Pre-registration is recommended and can be done via Eventbrite, just type sightvillage.eventbrite.com in your internet browser, or call one of the team on 0121 428 5041 to register your attendance.

If you would like to volunteer to speak to people at the Deafblind Scotland stand in Edinburgh on 25th April please get in touch with Ruth Hart at the Deafblind Scotland office.

Phone: 0141 7776111

Email: information@deafblindscotland.org.uk



sight village

TV

A volunteer from Deafblind Scotland has donated a flat screen Daewoo TV, the size is roughly 36 inches. The TV is for a deafblind person who would find it useful. Please contact Ruth Hart at the Deafblind Scotland office if you are interested. You would need to arrange to collect it from the Lenzie office.

EAST NEWS

MACULAR SOCIETY

The Macular Society have regular meetings in Meadowbank Church, Edinburgh. They meet on the last Friday of the month from 10.15 am to 12.15pm. Upcoming meetings:

31 March AGM

28 April Descriptive Audio Tours, Juliana Capes

26 May Collecting Collections, Steven Balmer

30 June Touch and Scent of the Botanic Garden, Sally Heron

28 July Summer Outing

Macular Society Helpline 0300 3030111

There are also local support groups that meet for tea, coffee and chat.

Morningside Group meet in Falcon House (91 Morningside Road, Edinburgh) on the second Friday of each month from 10am to 12pm. Contact Nancie Swan 0131 447 4808.

Stockbridge Group meet in Stockbridge Library on the second Friday of each month from 2.30pm to 3.30pm. Contact Cleodie MacKinnon 0131 556 6609.

Portobello Group meet in Portobello Library on the second Wednesday of each month from 1pm to 3pm. Contact Anne Dignan 0131 657 2299.

Pentland Group meet in Currie Library on the second Friday of each month from 2pm to 4pm. Contact Jean Pringle 0131 281 9646.

SCIENCE CENTRE BSL EVENT

Interested in Science? - BSL event 15 March 2017 at 10am
Share your views and experiences with the Science Centre.
BSL/English Interpreters provided.

Cost of the tickets? - £4.00

Where to buy tickets? - From the BDA Scotland office

Last date for buying tickets? - By 3pm on Friday 10th March 2017

To book a place, contact Helen:

Email: hco.scot@bda.org.uk

SMS/FaceTime: 07885 367674

INTERESTED IN SCIENCE? **BSL EVENT**

Share your views and experiences with the Science Centre.
BSL/English Interpreters provided.

Wednesday 15 March 2017
at 10am-2pm
Ticket: £4 per person.
50 Pacific Quay, Glasgow G51 1EA

glasgow science centre

To book a place, contact Helen:
Email: hco.scot@bda.org.uk
SMS/FaceTime: 07885 367674

The BDA stands for Deaf Equality, Access and Freedom of Choice
Company 14766666 number 2001991 Registered charity number 1014877 (England & Wales) and 1120189 (Scotland)

BDA
BRITISH DEAF ASSOCIATION

FIFE SENSORY IMPAIRMENT OPEN DAY

Wednesday 12th March 2014, 10am to 2pm

Fife Sensory Impairment Centre will be open to let all those who are interested experience at first hand, what life can be like for people who have sight loss, hearing loss or a sight and/or hearing impairment.

Our mobility staff will show you how to use a white cane and how to be safe in the street.

You can try producing a Braille message.

You will be able to learn a few words in British Sign Language and use manual communication.

Staff from Fife Society for the Blind, Deaf Action and Fife Council Deaf Communication Service will be on hand to answer all your questions and to let you have a go with some of the equipment and aids that help people with a sensory loss or impairment get the best they can out of life.

**Fife Sensory Impairment Centre, Wilson Avenue, Kirkcaldy,
Fife KY2 5EF**

Telephone: 01592 644979

WEST NEWS

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glasgow science centre

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Email: hco.scot@bda.org.uk
SMS/FaceTime: 07885 367674

The BDA stands for Deaf Equality, Access and Freedom of Choice
BDA

AYRSHIRE FOOTCARE PLUS

Footcare Plus is a service provided by Ayrshire Healthy Living Enterprise in North Ayrshire and Arran that offers basic nail cutting by trained volunteers. The service would do what you would do for yourself if you were able. They can help when you have difficulty cutting your own toe nails. They also offer a home visit service.

There is a small charge of £7 per session and £12 for a home visit.

Address: 10 Sanderson Avenue, Irvine, KA12 8HJ

Phone: 01294 311701

Email: ayrshirehle@gmail.com

CENTRAL NEWS

THE SOUND OF DUNDEE

New CD Celebrates ‘The Sound of Dundee’

A free compilation CD of original work from various artists working within the City has been released and is available to pick up at The McManus: Dundee's Art Gallery & Museum and Verdant Works and from Dundee Science Centre.

The Sound of Dundee: Volume 2 is a follow up to last year's successful compilation and it features an eclectic mix of artists from a variety of genres.

Some of the artists are: Courtney Elena, Marley Davidson, STOOR, Jonny Jewel, The Mnemonics and Pilgrims.

COMMUNITY EQUIPMENT LOAN SERVICE IN DUNDEE AND ANGUS

A free service that supplies various equipment to help you live independently in your own home. The type of equipment they supply includes:

- **Toilet products such as toilet seats, frames and commodes**
- **Mobility products such as walking sticks, walking frames and standing equipment**
- **Pressure relief products such as specialist mattresses and cushions**
- **Lifting and handling products such as hoists, transfer boards and lifting belts**
- **Specialist beds such as hydraulic and electric beds**
- **Specialist seating such as adult and children's specialist chairs**
- **Bathing/showering products such as bath seats, rails and shower chairs.**

If you are a resident of Dundee, please contact Occupational Therapy Services 01382 307645 or email sw.otclerical@dundeecity.gov.uk

If you are an Angus resident, please contact First Contact 01307 475242 or by email FirstContact@angus.gcsx.gov.uk

BIG ENERGY SAVING NETWORK

Dundee Citizens Advice Bureau has recently received funding deliver the Big Energy Saving Network. This is a national project designed to help vulnerable customers save money on

their energy bills by checking their tariffs, switching suppliers and applying for energy efficiency grants.

One-to-one advice sessions at the bureau are free, confidential and impartial.

For more information, please contact Sam Walters at the Dundee Citizens Advice Bureau on 01382 431581 or samwalters@dundeecab.casonline.org.uk.

SUPPORTED HOLIDAYS

Cosy Wee Tours organise supported holidays for people who live in central Scotland. They provide support to organise, plan and take part in a holiday of their choice. Tours also have the assistance and guidance of a tour leader to support people 24 hours a day throughout the holiday.

For more information:

Phone: 07921 755 207

Email: cosyweetours@gmail.com

NORTH NEWS

FRIENDSHIP SERVICES

Friendship Services Inverness run a number of services including: Morning Call - a daily telephone call to check you are alright. Visiting Service - they can arrange for any person who is housebound to receive a regular visitor. More information available on their website www.friendship-services.com.

Contact: Alan Michael

Phone: 01463 790410

Email: alan@friendship-services.com

PARKING AT ABERDEEN ROYAL INFIRMARY

Work is now underway on a new multi-storey car park for patients and visitors at the Foresterhill Health Campus.

The existing visitor car park is now closed.

The adjacent staff tarmac car park has been given over to the construction team and a small number of visitor spaces. Visitor parking will be significantly reduced until the expected project completion date of July 2017. Given the existing pressure on car parking on the site visitors are encouraged to use alternatives such as public transport, parking off site or arranging lifts to and from the campus.

Anyone looking for advice on their transport options for attending appointments should contact the Transport to Healthcare Information Centre on 01224 665 568 (Mon-Fri, 9.30am-4pm).

Patients from Shetland

Please contact the Patient Travel Officer at NHS Shetland as soon as possible so that your travel arrangements can be organised in good time.

Patient Travel Office, Gilbert Bain Hospital, LERWICK ZE1 0TB, Phone: 01595 743305

Patients from Orkney

Your tickets are issued under the Highlands & Islands travel scheme and are booked through your GP or through Travel Administration at Garden House, NHS Orkney. Please ask your GP or Travel Administration 01856 888045 for a travel pack containing all the information you will need.

ENT AND AUDIOLOGY SERVICES

In spring ENT and Audiology services will be moving from Woolmanhill Hospital to Woodend Hospital.

They will be the last two services to move out of the city centre hospital. Services moving include ENT Head and Neck Outpatient Department, and Audiology and Hearing Aid Services.

A programme of construction work at Woodend has transformed two former ward areas into a new clinical area. There will be new audiology booths and examination rooms throughout the facility.

NESS SPRING BALL

North East Sensory Services are holding a Spring Ball on Saturday, 18th March in the Cullen Bay Hotel. Enjoy a 3-course meal, with entertainment by local band Bedhead. Tickets are on sale from their Elgin Office priced at £35 each. Elizabeth House, 10 Victoria Crescent, Elgin IV30 1RQ:
Open 9.30am- 4pm, Monday to Friday
Email: moray@nesensoryservices.org
Fax: 01343 547617
SMS: 07968 013951

ABERDEEN MACULAR SOCIETY

Meets at NESS, Aberdeen, 10.30 to 12.00 on the third Friday every month from September until June. Contact NESS, email info@nesensoryservices.org or contact Michael Biddlecombe, m.biddlecombe@btinternet.com or Phone: 01467 681652.

SOUTH NEWS

BORDERS SENSORY IMPAIRMENT TEAM

Getting an optical low vision aid assessment.

The majority of people with a visual impairment may still have a degree of useful sight and can be helped and encouraged to make better use of this remaining vision. You can ask for an Optical Low Vision Aid Assessment and you may be entitled to receive one or more types of optical low vision aid free.

Your ophthalmologist or local optometrist can refer you to the Low Vision Aid (LVA) clinic at the Borders General Hospital. You can have an assessment at home if you are unable to attend the clinic because of illness or disability.

Sensory Services Team

Phone: 01896 826272

Fax: 01896 826270

Address: Social Care and Health, Borders General Hospital, Melrose, TD6 9BS

BORDERS DISABLED SWIMMING GROUP

Dippers: Borders Disabled Swimming Group

Wednesday 22 March 2017, 12pm to 1pm in Kelso Swimming Pool, Inch Road, Kelso, TD5 7JP

Friendly club offering fun and exercise for people with minor physical disabilities to wheelchair bound. Helpers available.

Costs £2.25

Contact Tel: 01835 822524

DUMFIRES AND GALLOWAY SEE HEAR GROUPS

Do you have a Sensory Impairment and would like to get out more to meet others for a coffee and a chat? Come along to one of the groups held monthly across Dumfries & Galloway.

Dumfries Visual Impairment Group

Where: St George's Church Hall, George St, Dumfries

When: Third Tuesday of every month

Time: 1.30 to 3.30pm

Newton Stewart Visual Impairment Group

Where: Cinnamon Café, Victoria Street, Newton Stewart

When: Last Monday of every month

Time: 2pm to 3.30pm

Stranraer Sensory Impairment

Where: Custom House, North Strand Street, Stranraer

When: First Tuesday of every month

Time: 2pm to 3.30pm

Castle Douglas Sensory Impairment Group

Where: Community Centre, Cotton Street, Castle Douglas

When: Third Wednesday of every month

Time: 2pm to 3.30pm

Lockerbie Sensory Impairment Group

Where: Kings Arms Hotel, High Street

When: First Monday of every month

Time: 12.30pm to 2pm

Kirkcudbright Sensory Impairment Group

Where: Greyfriars House

When: First Thursday every 2 months (next meeting 6th April)

Time: 1pm to 3.30pm

If you would like to speak to someone first before going, contact 01387 267131 or email seehear@visibility.org.uk

WILD SWAN FEEDS

Wild Swan Feeds at 11am and 2pm at WWT Caerlaverock Wetland Centre, Eastpark Farm, Caerlaverock, Dumfriesshire, DG1 4RS

See wild whooper swans closer than anywhere in Britain from the Sir Peter Scott Observatory, with live commentary by the warden.

Normal admission charges apply, WWT members free.

Booking is essential.

Please contact the centre on 01387 770200 or info.caerlaverock@wwt.org.uk

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:

Deafblind Scotland, 21 Alexandra Avenue, Lenzie, Glasgow, G66 5BG

Phone: 0141 777 6111

Email: info@deafblindscotland.org.uk