

# **DEAFBLIND SCOTLAND**

**NEWSLETTER  
WINTER 2016**



**DEAFBLIND  
•SCOTLAND•**

**Scottish Charity SC031167**

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## **WELCOME**

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**Welcome to the winter edition of the Deafblind Scotland newsletter. Christmas is nearly here, are you ready? Remember to get you flu jag if you haven't already.**



**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](mailto:information@deafblindscotland.org.uk).**

**We wish you and your family peace and joy over the Christmas holidays, from everyone at Deafblind Scotland! We look forward to seeing you in 2017 when we will have the opening of our new building!**

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## **DEAFBLIND SCOTLAND NEWS**

### **MEMBERS' STORIES**

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**Congratulations to members of Deafblind Scotland Clark and Eliza Steven, who got married on 12th August 2016.**



**Picture of Clark and Eliza on their wedding day. Clark is wearing a kilt and Eliza wearing a white wedding dress with a red bow.**

**Chris is a member of Deafblind Scotland from Ayrshire. He used to do karate and he has recently started again with the support of a guide/communicator. He recently competed in the SKA International special needs section and won Gold and in the Senior male kata open section he won Bronze. Well done Chris, a fantastic achievement. His club and teachers have been really supportive and helped to make things more accessible.**



**Two photographs of Chris, one doing a Karate move and one of Chris with his medals, wife and daughter.**

**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](mailto:information@deafblindscotland.org.uk)**

## **FIELD OF DREAMS UPDATE**

**At last the new structure on the “Field of Dreams” site can be seen from all around. The steel frame for the new building is now in place and work has begun on the walls. The reduced size of the building and the different shape is now easy to see, mainly because the “L” shape has gone. The one advantage of the smaller size is that the roof has now been changed to aluminium and falls in a single slope from one side to the other, this is the easiest shape for future maintenance. Fundraising continued with the Dinner Dance on 29 October which should raise £4,000 when all money is in. And the Lenzie’s Got Talent concert on 12 November raised £250. Drena is currently focused on converting the pledges made over the past 3 years into cash in the bank. And the good news is The Robertson Trust fulfilled their pledge recently with a £170,000 payment made into to “Field of Dreams” bank account. This is good news as money is now leaving that bank account every month as payments are made to the contractor. But we are on target to raise the £1,502,000 needed. However we continue to fundraise for the vital specialist adaptations and equipment needed to make the centre fully accessible to deafblind people.**



**Left picture show the steel frame of the new building and the right picture is the new architects drawing showing what the building will look like when finished.**

**Contact Drena**

**Email: [drena@deafblindscotland.org.uk](mailto:drena@deafblindscotland.org.uk)**

**Phone: 0141 777 5830**

## **CHARITY CHAMPIONS AWARDS**

**Deafblind Scotland was honoured at the Charity Champion Awards on Thursday 6 October 2016 in the Marriott Hotel, Glasgow.**

**Ruth Dorman, Chief Executive of Deafblind Scotland said “We were absolutely delighted to be shortlisted in 3 categories and so very proud to be runners up in Health Charity of the Year and Communities Charity of the Year. But ecstatic when we were the overall winners for the Disability Charity of the Year!”**

**Well done to all the members, volunteers and staff!**



**Photograph at the awards ceremony, left to right Alison Dunbar (DbS member), Ruth Dorman (Chief Executive DbS), Twimukye Mushaka (DbS Director), Suzanne Abbate (DbS), Aidan Gladwin (Dbs member) and John Whitfield (DbS)**

## **DEAFBLIND UK**

**We enjoyed the company of our colleagues from DBUK at the recent dinner dance and are building closer working links with a follow up visit by Ruth Dorman and our Chair Bob Nolan in November.**



**Photograph top left to right, Liz Bates Deafblind UK Chief Executive, Ruth Dorman Deafblind Scotland Chief Executive, bottom left to right, Michael Anderson director Deafblind Scotland and David Evans Chair Deafblind UK.**

## **DEAFBLIND NATIONAL ADVISORY GROUP**

**BSL (Scotland) Act 2015 progress.**

**The National Advisory Group (NAG) are beginning to develop the BSL National Plan. Over the summer BSL users in Scotland have been feeding back on the 10 Long Term Aims and Ambitions of the BSL National Plan which included Education, Work, Transport, etc. From this groundwork the NAG is now working on the main priorities for the Plan. Then the NAG will then produce the first Consultation on the BSL National Plan. This will be out soon after the 5<sup>th</sup> NAG in 2017. Deafblind Scotland is currently consulting with deafblind BSL users to organise where and when to hold a meeting in**

**January. When the Consultation comes out, Deafblind Scotland will support deafblind people to respond. It is important that Scotland's first BSL National Plan has strong recommendations to help improve access to many areas of Scottish life for BSL users, including deafblind BSL users.**

**To ensure Deafblind Scotland is reaching all areas of Scottish society we have been meeting with organisations who support people with Protected Characteristics to spread the word about what the BSL National Plan will mean for BSL users in Scotland. Protected Characteristics means the groups in society protected by the Equality Act 2010. The groups are age, disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage and civil partnership and pregnancy and maternity.**

**Please let us know if you would like to attend the next meeting in January about the BSL National Plan. We can organise a Guide/Communicator to support you to get there. There will be BSL Interpreters, including Hands-on BSL for those who need this**

**Contact Ken Hallsworth  
Email: [dsp@deafblindscotland.org.uk](mailto:dsp@deafblindscotland.org.uk)  
Phone: 01417777774**



## **WELFARE RIGHTS**

**The main change affecting disabled people born after 8<sup>th</sup> April 1948 is moving from Disability Living Allowance (DLA) to Personal Independence Payment (PIP). This is happening at the moment and will go on until September 2018. You will get a letter asking you to apply sometime before that date.**

**This has to be done by phone so someone can support you to make the phone call to get the application form sent to you. When the form arrives you will need help to complete it as it is very long!**

### **Winter fuel payments**

**Most people born on or before 5<sup>th</sup> May 1953 will qualify for winter fuel payment, if claiming certain benefits, and it will be paid automatically to you. It is £200 for people under 80 and £300 for people over 80.**

**Warm home discount is paid by your energy supplier if you are on benefits or a low income. It is usually £140.**

### **Blind persons tax allowance**

**In Scotland you can receive this if you are registered blind or partially sighted. It means your tax code will change and you won't have to pay as much. If you do not pay tax but your husband or wife does it can be transferred to them. This can also be backdated for 2-3 years depending on date of registration.**

**Welfare rights team can help you to complete forms or assist with any queries relating to money matters, benefits, access, energy suppliers etc.**

**Contact Helen Campbell**

**Phone: 0141 777 5831**

**Email: [WR@deafblindscotland.org.uk](mailto:WR@deafblindscotland.org.uk)**

## **GUIDE COMMUNICATOR SERVICE**

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**The Care Inspectorate came out to do an inspection of Deafblind Scotland's guide/communicator service in September. They spoke to service users who said they were very happy with the service. They also said that the quality of care and support and the quality of staffing were graded at level 5 which is very good.**

**The full report is available on our website**

**[www.deafblindscotland.org.uk/what-we-do/services/guide-communicator](http://www.deafblindscotland.org.uk/what-we-do/services/guide-communicator)**

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## **TRANSPORT**

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**Check what is happening for bus and train services over Christmas, as there will be fewer services than usual on some days.**

**The number to ring to check for services in any part of Scotland is 0871 200 2233.**

**You can also check the website: [www.travelinescotland.com](http://www.travelinescotland.com)**

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## **HEALTH**

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### **DEAFBLIND SCOTLAND HEALTH PROJECT**

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**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 be improved in the NHS.**

## **KEEP WELL OVER CHRISTMAS**

**Cold weather can trigger or worsen some health problems. Here are some tips to prevent these problems.**

### **Colds**

**A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It's very common and usually clears up on its own within a week or two.**

**There's no cure for a cold, but you can look after yourself at home by:**

- **resting, drinking plenty of fluids and eating healthily**
- **taking over-the-counter painkillers, such as paracetamol or ibuprofen, to reduce any fever or discomfort**

### **Sore throats**

**Sore throats are common in winter and are usually caused by viral infections. Keep warm and use salt water solution to gargle it won't heal the sore throat but it can sooth. Dissolve one teaspoonful of salt in a glass of part boiled water.**

**Don't forget to have time for yourself.**

**Take some time to have a break and relax. Just 30 minutes away will help. Find a space away from everyone where you can find a bit of peace and quiet when things get too much for you. It's a hectic time of year, so make sure you get enough sleep, eat right and try to get some exercise every day.**

**If you like places that feel busy and Christmassy:**

- **Go and see the Christmas lights.**
- **Go to the big shopping centres. You don't have to spend money – just look at the lights and the windows.**

- **Enjoy all the free things that the Council are putting on, like carol concerts.**
- **Check out the things that are on in places like local churches and community centres.**
- **Go to the library the week before the holidays. Stock up with books, DVDs, music.**

**Make sure you have enough food in to last you over the days when the shops are shut.**

**Remember to stock up with other things that help you be well, like any medicines you take, or remedies for colds and flu. Get into a pattern that keeps you well before the holidays start, like going for a walk each day and eating well.**

# Have a Happy Christmas



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## ARTS

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**There are lots of performances in theatres across Scotland that have BSL Interpreters, Audio Described and Captioned. We have information for venues in Glasgow, Edinburgh and Inverness. Tick the reply sheet if you would like more information.**

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## TECHNOLOGY

## APPLE WATCH TRIAL

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Online Today offers support to people who are deaf or have hearing loss to become more confident using mobile technology such as smartphones and tablets.



They now are able to offer training for Apple Watch. The Apple Watch has haptic technology to provide you with alerts to calls or messages. It can guide you in the correct direction when using Maps and also tap you on the wrist with reminders.

Molly Watt has Ushers and explains how she benefits from using an Apple Watch.

<http://www.mollywatt.com/blog/entry/my-applewatch-after-365-days>

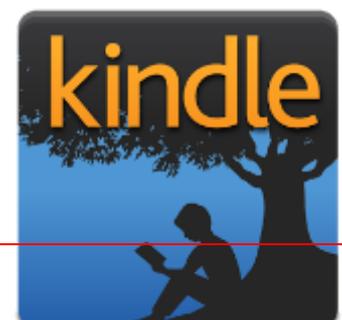
The Online Today Project has an apple watch available for a deafblind person to trial, tick the reply sheet if you are interested.

Contact Michael Woodburn 0141 341 5330

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## KINDLE SCREEN READER

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**Amazon is making its Kindle book reader more accessible for visually impaired people by adding a screen-reader feature.**

**The VoiceView screen-reading function is now available on the Kindle Paperwhite model by plugging in the 'Kindle Audio Adaptor', a USB device designed by Amazon specifically for use with the Kindle. Users plug the adaptor into the Paperwhite charging jack, before plugging in headphones to the adaptor, and can then listen to e-books and navigate the Kindle through text-to-speech and touch-screen, it has eight different reading speeds.**

**More information [www.amazon.com/b?node=14100715011](http://www.amazon.com/b?node=14100715011)**

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## **TV LICENCE DISCOUNT**

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**You can get a 50% reduction on the TV Licence fee if you're blind or severely sight impaired. Your licence will also cover anyone who lives with you. People who are partially sighted or sight-impaired do not qualify for a 50% blind concession.**

**You need a TV Licence if you wish to watch or record television programmes as they're being shown on TV. This includes the use of devices such as a TV, computer, mobile phone, games console, digital box or DVD/VHS recorder.**

**Phone: 0300 790 6115**

**Web: [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk)**



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## **CONTACT SCOTLAND**

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**Contact Scotland is an online video relay service for BSL users. You can contact public bodies like Councils, NHS (GP, Hospital, Clinic), Police 101 and many organisations like charities and community groups.**

**Web: [contactscotland-bsl.org](http://contactscotland-bsl.org)**



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## **NATIONAL NEWS**

### **SOCIAL SECURITY BILL SCOTLAND**

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**Benefits including DLA, PIP, Attendance Allowance and Carers Allowance will be governed by the Scottish Parliament and will affect 1.4 million disabled people.**

**This new bill will be taken to the Scottish Parliament in June 2017. The Scottish Government have been attending lots of events and asking for ideas to make things better for disabled people.**

**This is a great opportunity to make the system better in Scotland and treat disabled people with dignity, fairness and respect.**

**Contact Helen Campbell**

**Phone: 0141 777 5831**

**Email: [WR@deafblindscotland.org.uk](mailto:WR@deafblindscotland.org.uk)**

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## **DEAF ROOTS AND PRIDE PROJECT**

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**British Deaf Association has an exciting new 3 year Big Lottery funded Deaf Roots and Pride (DRP) Scotland project. DRP is aimed at Deaf children and young people (aged 8-20 years) who are transitioning from primary to secondary education or from secondary education to external environments. It will provide Deaf mentors who will support Deaf children and young people to build confidence and increase their participation in school, social activities and within their families.**

**If you know or work with Deaf children and young people from 8 to 20 years old who might benefit from the Deaf Roots and Pride transitioning and mentoring project, we would very much like to meet with you to discuss working together to support them at these challenging stages in life.**

**Contact Lesley Winning**

**Email: [adminscol.drp@bda.org.uk](mailto:adminscol.drp@bda.org.uk)**

**Text: 07814 675210**

**Phone: 0141 248 5565**



## **FIFE CARES**

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**Fife Cares is a Fife Community Safety Partnership initiative. The service offers:**

- **Free Home Safety advice for vulnerable adults and child safety advice for households where there are children under 5 in the home.**
- **Home security visits. In partnership with Police Scotland who can have a police officer visit you in your home and provide free home security information.**
- **Fire Safety Checks. The Scottish Fire and Rescue Service offer free fire safety checks. To book a Fire Safety check please contact your local Fire Service on Freephone 0800 0731 999 or Text the word CHECK to 61611.**

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## **WALKS IN WEST LOTHIAN**

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### **December Walks in West Lothian**

**Mon 12 and 19 December East Calder Ageing Well, meet at library 1.30pm, route decided on the day.**

**Tuesday 13 December Whitburn Ageing Well, meet at Library, Polkemmet 10am.**

**Friday 16 December Livingston Ageing Well, meet at Xcite Livingston at 1pm to walk Riverside.**

**Wednesday 21 December Broxburn/Uphall meet at Sports Centre at 10am to walk canal to Winchburgh.**

**Tuesday 29 December Armadale meet at Community Centre at 10am to walk the Glen.**

**Contact: Heather Harvey**

**Phone: 01506 775626**

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## **WEST LOTHIAN SENSORY SUPPORT**

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**West Lothian Sensory Support Service offer advice, equipment and information for people who are Deaf, Hard of Hearing, Deafened, Blind, Partially Sighted or Deafblind.**

**Drop in sessions are Tuesdays 1pm to 5pm in Arrochar House, Civic Square, Almondvale Boulevard, Livingston, EH54 6QJ.**

**Phone: 01506 774490**

**Text: 07967641239**

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## **FIFE HEALTH SERVICES**

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**Find your local pharmacy or GP Practice at [www.nhsfife.org](http://www.nhsfife.org)**

**Fife Dental Advice Line (during office hours) 01592 226 555**

**If you are NOT registered with a dentist GP Out of Hours: call NHS 24 111**

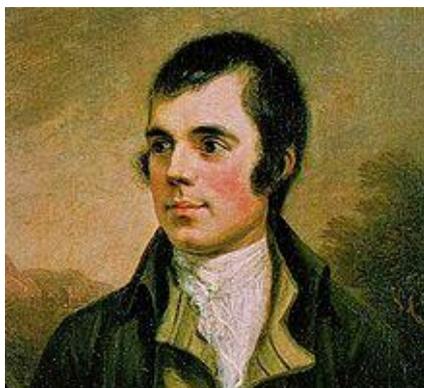
**A&E Services are available at Victoria Hospital, Kirkcaldy**

**A Minor Injuries Service is available 24/7 at Victoria Hospital, Kirkcaldy and Queen Margaret Hospital, Dunfermline. This service is also available from Mon-Fri 8am-6pm at St Andrews Community Hospital, and Adamson Hospital, Cupar.**

## **WEST NEWS**

### **BURNS SUPPER**

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**Lanarkshire Deaf Club Burns Supper, Friday 27<sup>th</sup> January 2017 at 6pm, supper at 7pm. Alona hotel, Strathclyde Country Park. Three course meal with wine. Scottish Dancers, Drummers, DJ, Raffle.**

**Tickets £30 available from Lanarkshire Deaf Club.**

**Email: [lanarkshdeafclub@btconnect.com](mailto:lanarkshdeafclub@btconnect.com)**

**Phone: 01698 268700 or 01698 275710**

**Text: 07941 687 534**

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### **BURNS ALICHT EVENT ALLOWAY**

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**BURNS ALICHT Saturday 28 January 6pm to 11.30pm**  
**Discover special illuminations, mischievous sights, sounds and entertainment. Delight in landmarks coming alive! Finale burning of John Barleycorn at 10.45pm.**

**Tickets: £7.50 and £5 conc. Available from Ayr Gaiety Box Office. Tel: 01292 288235 or [www.ayrgaiety.co.uk](http://www.ayrgaiety.co.uk).**

**Venue: Starts Burns Cottage Alloway, Ayr**

**More details of the event at [www.burnsfestival.com](http://www.burnsfestival.com)**

## **GLASGOW CHRISTMAS MARKETS**

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**Glasgow Christmas Markets have a variety of colourful stalls, offering a selection of gifts and global cuisine set in a festive village of rustic cabins and stalls. There are two markets to visit this year:**

**St Enoch Square - November 10 - December 22**

**George Square - November 26 - December 29**

**Whether you're shopping for a special gift or looking for a bite to eat, Glasgow's Christmas Markets are a great place to visit!**

## **MONTE CARLO CLASSIC RALLY**

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**The town of Paisley will be the UK start point for the 2017 historic classic car rally run to Monte Carlo.**

**A range of historic cars will make the 1300 mile trip to the South of France.**

**Close to a hundred cars are expected to leave the start ramp outside Paisley Abbey at 6pm on Wednesday January 25th.**

**There will be a Historic class which has car models which competed in the Monte Carlo Rallies between 1955 and 1980.**

**Date: 25 January 2017**

**Time: 6pm**

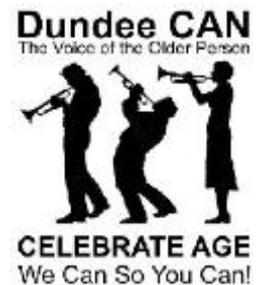
**Where: Paisley Abbey, Paisley**

## **CENTRAL NEWS**

### **CELEBRATE AGE NETWORK**

The Celebrate Age Network aims to help older people have a say in their community. They have a newsletter available online at <http://www.d-v-a.org.uk/voluntary-sector-forums/older-people/>

If you are over 50 years of age, live within the Dundee City Council boundaries and wish to know more about the project and how you can get involved, please contact [nicolamitchell@number10.org](mailto:nicolamitchell@number10.org) or phone 01382 305 731



### **DUNDEE KEEP SAFE CARD**

Keep Safe cards are a great way to keep yourself safe when out and about in Dundee. These easy to use cards hold important details needed to help disabled, elderly and vulnerable people in need of help or support.

The cards can be shown to staff at Keep Safe places when in distress or some extra assistance is needed. Keep Safe places can be recognised by the logo on their window and a list of Keep Safe places can be found

at [www.advocating-together.org.uk](http://www.advocating-together.org.uk)

If you would like a Keep Safe card or to find out more please email [safeplace@advocating-together.org.uk](mailto:safeplace@advocating-together.org.uk) or phone 01382 666601



### **DUNDEE INDEPENDANT LIVING CENTRE**

Take a tour of Dundee Independent Living Centre, with a large variety of aids and adaptations for people with disabilities. It's a place where people can try things out that will help them do everyday tasks, and a source of free, independent advice. To find out more contact 01382 307631 or email [dilc@dundeecity.gov.uk](mailto:dilc@dundeecity.gov.uk)

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## **ADVICE LINE FOR YOU**

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### **ALFY - Advice Line For You**

A new service, supported by NHS Forth Valley and its Council partners, has been introduced across Forth Valley to help support older people to remain well at home. If you, or someone you care for, are over 65, you can call **ALFY** at any time on 01324 567247 for Health related advice and reassurance.

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## **ERROL SUNDAY MARKET**

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Errol Sunday Market every Sunday (not 25<sup>th</sup> Dec or 1<sup>st</sup> January) 8am to 3pm at Errol Market Site, Errol, Perthshire, PH2 7TB, free. Over 100 traders on site many of them under cover plus a Car Boot Sale, Errol Sunday Market is a great day out for all the family with free parking, on-site catering and family entertainment.

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## **FIRE & LIGHT EVENT FALKIRK**

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Start your year at The Helix Park, home of the Kelpies and enjoy New Year's Day with friends and family on a fiery 3k walk. Complete the route and experience the park illuminated and animated for this very special celebration, a great opportunity to start the New Year as you mean to go on. What to look forward to...

- **A giant Jack Frost**
- **A huge fire breathing bird who will ignite your wishes for the New Year.**
- **A beautiful lantern installation**
- **Glow workshop for the kids**
- **Fire dancers and Fire breather**

**1 January 2017 5pm to 8pm, walks start every half hour from 5pm to 6.30pm at The Helix, Falkirk, FK2 7ZT**

**For tickets call 01324 506850**

## **NORTH NEWS**

### **SELF HELP WORKERS DUNOON**

**Argyll & Bute (Dunoon Office) have Guided Self Help workers, who can help you deal with anxiety, self-esteem issues and low mood. If you think you might be experiencing something they can support you with, you can make an appointment with your GP to discuss getting a referral or give their office a call on 01369 700100.**

**They also run a Stress Buster Colouring group in the Senior Citizens Hall (7 Alfred Street, Dunoon, PA23 7QU) every Friday 1.30pm to 3.30pm contact 01369 702 285 for more information.**

### **MORAY HANDY PERSON SERVICES**

**Do you need a small job done around your house?**

**Moray HandyPerson Services exists to help you stay safe and independently in your own home. Their main service is doing small jobs, such as changing a light bulb, fitting draught excluders, fitting curtain rails, replacing toilet seats, hanging curtains, assembling flat-packs, etc but they can also help you declutter, help with shopping or pet care for a limited time if you are ill, and they even offer a toenail cutting service.**

**The jobs are done by volunteers, all of whom have been security checked and trained.**

**Phone 01343 559739**

### **GRAMPIAN 50+ NETWORK**

**Grampian 50+ Network has 61 member groups across Grampian. Most are Walking Groups, enjoying the beautiful**

**countryside. The Network offers projects and events that bring members together to learn new activities, share walks, make new friends, attend training days etc.**

**Phone: 01224 722546**

**Email: [m.c.darcy@talk21.com](mailto:m.c.darcy@talk21.com)**

**Website: <http://www.grampian50plus.webs.com>**

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## **KIRRIEMUIR NEW YEAR RAMBLE**

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**New Year Family Ramble 15th Jan 2017, 11am to 2pm at Glen Doll**

**Shake off the excesses of Christmas on a brisk walk in superb mountain scenery from the Glen Doll car park to Bachnagairn in upper Glen Clova. There is a chance of seeing Golden Eagles above the glen as they return to set up their breeding territory.**

**Venue: Glen Doll Ranger Base, by Kirriemuir, DD8 4RD**

**Tel: 01575 550233**

**E-Mail: [glendollranger@angusalive.scot](mailto:glendollranger@angusalive.scot)**

**All events start and finish at Glen Doll Ranger Base. Where appropriate you should have with you stout shoes, waterproofs, warm clothing and a packed lunch. A telescope will be available to use, but please bring binoculars if you have them.**

## **SOUTH NEWS**

### **BORDERS DEAF AND HARD OF HEARING NETWORK**

The Borders DHHN is open to anyone who is deaf or hard of hearing or has an interest in deaf and hard of hearing issues. From its Resource Centre in the Hive volunteers operate a 2 week trial home loan service of equipment. The DHHN does not sell equipment.

**Address: The Hive, Low Buckholmside, Galashiels, TDI IRT**

**Phone: 01896 756300**

**Email: [bordersdhhn@btinternet.com](mailto:bordersdhhn@btinternet.com)**

### **STEWARTRY COMMUNITY SAFETY FORUM**

Stewartry Community Safety Forum promotes all aspects of safety for those who live and work in the Stewartry area of Dumfries and Galloway. Matters they address include road safety, dealing with bogus callers etc.

For more information contact **Constable Simon Kennedy**

**Address: Castle Douglas Police Station, Academy Street, Castle Douglas, DG7 1EB**

**Phone: 0845 600 5701**

**Email address: [simon.kennedy@dg.pnn.police.uk](mailto:simon.kennedy@dg.pnn.police.uk)**

### **KIRKCUDBRIGHT WINTER WONDERLAND**

**Saturday 3rd December Winter Wonderland Bazaar**

**10am-3pm in Kirkcudbright Parish Hall**

**Come and see Father Christmas arrive by boat in**

**Kirkcudbright harbour 12.45pm approx.**

**Various stalls in the Parish Hall, cakes, books, cafe and**

**Christmas Grotto, Free admission**

## **GUIDED NATURE WALK WIGTOWN**

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**A Guided Walk.** Take a gentle stroll along the flood bank through nature's home, watching for wildlife that use the mud and saltmarsh to feed. Bring binoculars and walking boots.

**15 December at 11am to 1pm**

**Cost £4**

**Venue: RSPB Crook of Baldoon Nature Reserve, Wigtown, DG8 9AF**

**Phone: 01988 402130**

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**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](mailto:info@deafblindscotland.org.uk)**