

DEAFBLIND SCOTLAND

**NEWSLETTER
WINTER 2015**



**DEAFBLIND
•SCOTLAND•**

Scottish Charity
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A NOTE FROM THE EDITOR

Welcome to the winter edition of the Deafblind Scotland newsletter.

Deafblind Scotland members and staff have had a busy few months and a lot of people are looking forward to the festive season. What are your plans for this winter? Do you have any tips that you might like to share with other members? Maybe you have a favourite Christmas recipe or have boots that help you in the snow. Whatever it is I'd love to hear from you.

I hope you enjoy this edition.

Merry Christmas and Happy New Year to you!

Stephanie

BSL (SCOTLAND) BILL PASSED IN PARLIAMENT

On 17 September the Scottish Parliament voted to recognise BSL, including tactile BSL, as a language.

Royal Assent was given on 22 October which means it is now the BSL (Scotland) Act.

The Bill requires public bodies to produce a National Plan detailing how British Sign Language users will be fully included.

Many Deafblind Scotland members visited their MPs to ask for their support for the Bill and to ask for support to include an amendment to include hands-on signing and deafblind manual in the Bill.

Deafblind Scotland would like to say a massive thank you to all members who took part by asking for support for the BSL Bill and particular thanks to those who met with MSPs and who attended parliament. Your support was vital in allowing MSPs to see the need for the Act and to allow it to pass.



(Photo: Mark Griffin and Deafblind Scotland staff)

MICHAEL'S WAY

Vice Chairperson and member Michael recently completed the Eyemouth triathlon and plans to do other bike and hike events to raise money for Field of Dreams.

Michael completed the 750m swim, 19.14km cycle and 4.66km run in an incredible 2 hours 21 minutes 35 seconds.

Well done Michael! We can't wait to hear about your next adventures!

**To support Michael and help make Field of Dreams a reality then his JustGiving page is
<https://www.justgiving.com/michaelsway/>**



Photo: Michael and guide during the Eyemouth Triathlon

DESMOND'S MODELS

Member Desmond has been busy making and displaying some detailed models. He had some of his work displayed at an exhibition in Scone Palace.



(Photo: Meccano models at Scone Palace exhibition)

Desmond also recently made a Bayko model from a 1963 set using only his memory as a reference.



(Photo: Bayko model house)

Well done Desmond - the models are terrific!

GIVE VISION GLASSES

Smart glasses, sold under the brand GiveVision contain tiny cameras which can identify things in front of them and provide an audio description through a phone app and ear piece. They are also able to read text. The system is currently being tested but could be included in future mobile phone packages.

ANTENNA HEARING DEVICE

A 3D printed hairclip is under development in Japan. It clips on the wearer's hair and acts as a sensor that translates sounds into vibrations and pulsing lights. Different sounds are translated into different vibrations. Large-scale production of the device is still a long way off but watch this space.

USHER SYNDROME STUDY

Gavin Dean, who has Usher Type 3, is doing research on the wellbeing of people with Usher Syndrome.

Gavin has asked that people take part in a questionnaire online at <https://www.surveymonkey.com/r/UsherResearch>

Alternatively a telephone or Skype structured interview can be arranged on request. If you would like to arrange this please contact Gavin on the details below.

Email: Gavin Dean on 0520860@my.brunel.ac.uk

Telephone/SMS: 07545 636 734

A One4all £10 gift voucher which can be used in over 22,000 retailers is available for those who complete the research survey.

WELFARE RIGHTS

The “Connect to Welfare Rights” project has now been running for over one year and is funded to run until the end of March 2016. We have been consistently assisting more people each month with welfare rights enquiries, with a high percentage of positive outcomes.

We have continued to raise awareness of the project through attending events, liaising with local community groups, liaising with other Third Sector organisations and attending visually impaired support groups.

Please contact Helen or Chris on 0141 777 5830 or WR@deafblindscotland.org.uk if you have any questions or issues in regards to welfare rights, including benefits, money matters, access to information in different formats and your rights as sensory impaired adults.

HEALTH ACCESS PROJECT

John Whitfield, Health Access Officer, has been liaising with health professionals across the board and has attended close to 80 meetings this year to ensure dual sensory loss remains on the health agenda.

There have been 32 training sessions on deafblind awareness for health centres, audiology staff and an increasing number of Scottish Ambulance staff.

BREAST CANCER AWARENESS

Knowing what your breasts look and feel like, and checking them regularly, can help you detect when something's wrong.

If you notice any of the following changes then contact your Doctor.

- **Changes in the outline or shape of the breast.**
- **Changes in the look or feel of the skin**
- **Any new lumps, thickening or bumpy areas in one breast or armpit**
- **Nipple discharge that's new for you and not milky.**
- **Bleeding from the nipple.**
- **Moist, red areas on the nipple that don't heal easily.**
- **Any change in nipple position.**
- **A rash on or around the nipple.**

Some of you may have been contacted recently to receive a 'thingymaboob' keyring which shows the importance of mammograms in detecting breast cancer. We still have a small number of these keyrings. If you would like one then please call us on 0141 777 6111 or email information@deafblindscotland.org.uk

AFTERNOON TEA

Deafblind Scotland hosted a fantastic afternoon tea at the Radisson Hotel on 20th September. Guests were treated to some goodies to eat as well as live entertainment, make-up demonstrations, manicures and more.

All guests had a fantastic time. Over £1100 was raised on the day which will go towards the Field of Dreams project to build a purpose built centre for deafblind people.



MOBILITY AND ACCESS COMMITTEE

Deafblind Scotland's Health Access Officer John Whitfield has been appointed as a member of the Mobility and Access Committee for Scotland. The committee advises on planning and regulating transport facilities to ensure that they are accessible to all. To find out more about the work of the Mobility and Access Committee then visit <http://www.transportscotland.gov.uk/public-transport/concessionary-travel/mobility-and-access-committee-scotland-macs>

CHRISTMAS AROUND THE WORLD

The United Kingdom has some Christmas traditions that occur every year. Christmas trees, turkey dinners and nativity plays are all time-honoured traditions in December. However there are different traditions around the world. Here are a few interesting ones:

- **Argentina** – The main Christmas meal is eaten on Christmas Eve. It may be served in the garden or as a barbeque.
- **Australia** - As Christmas falls in the middle of summer in Australia the words to Christmas carols about cold winters and snow are often changed.
- **Mexico** – From December 16th to Christmas Eve, children perform 'Posada' processions. These celebrate the part of the Christmas story where Joseph and Mary looked for somewhere to stay.
- **Haiti** – On Christmas Eve, children place shoes filled with straw under the tree on the porch. They hope Santa will remove the straw and put presents in the shoes.
- **Japan**- Christmas is known more as a time to spread happiness than a religious celebration. On Christmas Day many people eat fried chicken and it is the busiest time of year for fast food places such as KFC.
- **Trinidad and Tobago** – The Christmas meal is usually prepared throughout mid-December and into the new year! The traditional meal includes apples, grapes, sorrel, a type of egg-nog, ham, turkey, bread and ginger beer.

Have you ever spent the festive season elsewhere in the world? Did you notice any interesting traditions?



EAST NEWS

THE CRUCIBLE

The Lyceum Theatre will be showing The Crucible. Follow the powerful story of the witch hunts in Salem, Massachusetts.

Audio Described Performances:

**Thursday 3 March – 7.30pm and Touch Tour – 6.15pm
Saturday 5 March - 2pm and Touch Tour - 12.45pm**

BSL Interpreted Performance:

Wednesday 9 March – 7.30pm

Captioned Performance:

Saturday 12 March - 2pm

To purchase tickets call the Box Office on 0131 248 4848

3D PRINTING

Musselburgh Library has launched the use of a 3D printer. If you have ever wondered how a 3D printer works, or even what a 3D printer is, then head along to Musselburgh Library to experience the use of their 3D printer.

3D printing can help the sensory experience by printing a 3D tactile object.

Learn more by contacting 10 Bridge Street, Musselburgh, East Lothian, EH21 6AG

Telephone: 0131 653 5130

Email: musselburgh.library@eastlothian.gov.uk

CHRISTMAS EVENTS

Edinburgh is hosting a variety of Christmas events this year. Why not pop along to a Christmas market, have a go at ice skating or sit on the big wheel? Attractions will be taking place at various locations around Edinburgh from 20th November 2015 - 4th January 2016. For more details go to www.edinburghschristmas.com, call 0844 545 8252 or email enquiries@edinburghschristmas.com

FESTIVAL THEATRE OPEN ACCESS DAY

Festival Theatre in Edinburgh is hosting an Open Access Day on Saturday 16th January.

The Open Access Day will include fully accessible theatre tours with a BSL interpreter, audio description, loop system and usher assistance followed by a short film screening. Throughout the day stalls will be set up and there is complementary tea and coffee.

This is a great opportunity to enjoy a relaxed and informative accessibility day at the theatre.

Tickets are free but need to be booked in advance by calling the booking office on 0131 529 6000.

WEST NEWS

SNOW WHITE

It is panto time again. The King's Theatre in Glasgow is showing performances of **Snow White** this winter. **Snow White** will be a comedic pantomime starring famous faces such as **Gregor Fisher** and **Des Clarke**.

Audio description performance – Sunday 13 December 1:00pm

Sign language interpreted performances – Thursday 17 Dec 1:00pm and Monday 21 Dec 7:00pm

Captioned performance – Tuesday 29 December 7:00pm

Guide dogs are welcome and a loop system is in place.

STRATHCLYDE PARK TO HOST EUROPEAN SPORTS CHAMPIONSHIP EVENTS

Improvements are to be made to Strathclyde Park ahead of the European Sports Championships in 2018.

The European Sports Championships will be co-hosted by Glasgow and Berlin in August 2018.

Rowing and triathlon will take place in Strathclyde Country Park and upgrades will take place on both courses.

CHRISTMAS IN GLASGOW

Glasgow is hosting a range of Christmas activities over the festive period. Visit the outdoor ice skating or enjoy the thrill of the fairground rides. Or if shopping is more up your street then visit the Christmas Markets where you can eat some festive food or buy some unique gifts. For more information go to www.glasgowloveschristmas.com or call 0141 287 8985.

SOUTH NEWS

SCOTTISH BORDERS ALERT COMMUNITY MESSAGING SYSTEM

Scottish Borders Alert (SBAlert) is a secure two-way messaging system that allows authorised people to send messages to Neighbourhood Watches and other members of the community.

Messages can be sent by email, telephone or text by information providers such as Scottish Borders Council, Police Scotland, Scottish Fire and Rescue and NHS Borders. You will receive alerts about weather, crime and safety issues.

If you are interested in joining up to receive these alerts go to <http://www.sbalert.co.uk/>, call 0300 100 1800 or email eps@scotborders.gov.uk

CARE CALL SCAM

Dumfries and Galloway Council has been made aware of a potential scam. Two males have called at the home of a Care Call client claiming to be from Care Call attending to fix faulty equipment. These males do not have the relevant identification and are not from Care Call. If you receive a visit from someone claiming to be from Care Call and you have any concerns please call Dumfries and Galloway Council on 030 33 33 3000 or Police Scotland on 101.

If a member of staff from the Dumfries and Galloway Council's Care Call service needs to visit you they will:

- **Call from a visible 01387 number, prior to the visit taking place**
- **Arrange a suitable date and time to visit you, so you will always know they are coming**
- **They will have a Dumfries and Galloway Council Identity Card that they will always show you, even if you don't ask to see it**
- **They will be dressed in clothing with the Dumfries and Galloway Council logo**

CHRISTMAS AT GLENTRESS

On 12th and 13th December head along to Glentress Forest in Peebles. You can enjoy local Christmas crafts, explore the forest trails, buy a real Christmas tree and top it all off with a festive feast in the café. Entry is free between 10am-2pm on both days.

CENTRAL NEWS

FALKIRK COUNCIL ADVISES PLANS FOR WINTER

Falkirk Council advised plans are in place and preparations are underway to limit the impact extreme weather has on services and communities this winter. They advised they will prioritise the people who need help the most.

If there is an emergency there are helplines that are available 24 hours a day:

- Council Emergency Helpline: 01324 503050**
- Antisocial Behaviour Helpline: 0808 100 3161**
- Clarence/Roads Helpline: 0800 232323 or 01324 504840**
- Gas Maintenance Helpline: 0800 783 1636**
- Housing Repairs Helpline: 01324 590590**

If you are not contacting them about an emergency you can email contact.centre@falkirk.gov.uk or call the contact centre on 01324 506070

CELEBRATION OF BURNS

Are you a fan of Scotland's National Bard Robert Burns? Visitors to Stirling Castle on 23rd and 24th January 2016 can learn about the man and his work. The event is included in the

admission price to Stirling Castle. For more information call Stirling Castle on 01786 450 000 or go to www.stirlingcastle.gov.uk for more information.

SANTA'S WOODLAND EXPERIENCE

Are you taking your children or grandchildren to visit Santa Claus this year? Santa's woodland experience lets guests set off through the woodland on board his tractor and trailer to visit him in his cabin. Tickets can be booked in advance. More information is available from www.woodlandexperiences.co.uk or call 01360 752052.

CHRISTMAS PANTO

A comedic version of The Little Mermaid will be performed at Macrobert Arts Centre in Stirling. Ariel lives in Oceania and is in love with the most feared and handsome pirate Captain Spark Barrell. Can he love her if she is a mermaid?

Accessible performances:

Thur 10 Dec 10.30am - signed & audio described

Touch tour available - If you would like one then please book in advance at Box Office

Fri 18 Dec 2pm and 7:30pm - captioned, signed & audio described

Touch tour available - If you would like one then please book in advance at Box Office

Please advise Macrobert Arts Centre in advance if you require a headset for audio description

Call 01786 466 666 to book or visit

<http://macrobertartscentre.org/event/the-little-mermaid/>

JOINT SENSORY SERVICES DUNDEE

The Scottish Government developed the See Hear strategy in 2014 and tasked each local authority to consult with people with a sensory impairment in order to develop a range of services and information to suit people involved.

Shona Street, Engagement Officer, would like to speak to anyone who has a sensory impairment and lives in Dundee.

Telephone: 01382 305728

Mobile/Text: 07985 871613

Email: shonastreet@number10.org

Website survey:

<https://www.surveymonkey.com/r/dundeesensoryimpairmentconsultation>

NORTH NEWS

BURNING OF THE CLAVIE

On 11th January the tradition of the Burning of the Clavie will take place in Burghead. A flaming Clavie (a barrel filled with staves) is carried around the town and then settled on Doorie Hill. If you are a Burghead local then you may be lucky enough to receive a piece of the wood from the Clavie which is thought to bring good luck for the next year.

BIG BURNS STRAMASH

A full day of events on 23rd January celebrating the work of Robert Burns will take place in Eden Court, Inverness. The day of celebration will include workshops and ceilidhs. Tickets are £17 or £16 for a concession. For more information go to www.scotland.org/winter

CHRISTMAS IN ABERDEEN

Join in the city's festive fun. Visit the Christmas Village in Aberdeen City Centre or visit the Nativity Scene at St Nicholas Kirkyard. Most of the city's festive attractions are free and can be accessed from the beginning of December to the beginning of January. The Christmas Carol Concert in Duthie Park Winter Gardens is to be held on 19 December at 11am and 2pm.

We hope you enjoyed this newsletter and we value your continued interest and support. This newsletter is available in various formats, including: audio CD, Moon, Braille, and via email. For info on any aspect of DbS contact: Deafblind Scotland, 21 Alexandra Avenue, Lenzie, Glasgow, G66 5BG / Phone: 0141 777 6111 / Fax: 0141 775 3311 / Email: info@deafblindscotland.org.uk.



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Scottish Charity
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