

**DEAFBLIND SCOTLAND**

**NEWSLETTER  
SPRING 2016**



**DEAFBLIND  
•SCOTLAND•**

Scottish Charity  
No. SC 031167

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## **A NOTE FROM THE EDITOR**

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**Welcome to the spring edition of the Deafblind Scotland newsletter.**

**2016 is set to be a great year for Deafblind Scotland. We are excited about the progress of Field of Dreams. After many years of dreaming, planning and fundraising, 2016 could be the year it becomes reality.**

**What do you have planned for this year?**

**I hope you enjoy this edition.**

**Stephanie**

## **EMILY WELSH**

**It is with great sadness that we note the death of Deafblind Scotland member and Director Emily Welsh.**

**Emily took early retirement from her career in teaching which allowed her over twenty years at sea with her husband Rogan until she was registered blind in 1997. Hearing loss led her to join Deafblind Scotland in 2001.**

**Emily was a cherished and valued Director of Deafblind Scotland.**

**Our thoughts are with Rogan and Emily's family at this time.**



## **FIELD OF DREAMS**

**At the end of 2015 the target left to raise was £251,000. Currently over £1.5 million has been raised, pledged or identified which means we could achieve our new purpose built centre in 2016.**

**If you would like to fundraise towards Field of Dreams or if you would like more information on it, then contact Drena on [drena@deafblindscotland.gov.uk](mailto:drena@deafblindscotland.gov.uk) or call 0141 777 6111.**

## **DEAF SECTOR PARTNERSHIP**



**You may have heard of The Deaf Sector Partnership (DSP). DSP is made up of six delivery partners and two support partners. The delivery partners are:**

- **British Deaf Association Scotland**
- **Deaf Action**
- **Deaf Connections**
- **Deafblind Scotland**
- **National Deaf Children's Society Scotland**
- **Scottish Council on Deafness**

**The Scottish Government directs the DSP and the Voluntary Action Fund (VAF) provides support and monitoring.**

**The DSP will focus on:**

- **Engaging with the Deaf / Deafblind BSL Communities (including Deafblind people who use tactile BSL) so that they can contribute to the development of BSL plans required by the BSL (Scotland) Act; and**
- **Supporting public bodies to better understand / meet the needs of Deaf and Deafblind BSL users.**

**To find out more about the Deaf Sector Partnership, the BSL (Scotland) Act and the role of Deafblind Scotland, then contact Ken Hallsworth on:**

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

**Phone: 07584 078494**

**Website: [www.deafsectorpartnership.net](http://www.deafsectorpartnership.net)**

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## **TARTAN AND TURBANS BURNS NIGHT**

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**The Third Annual Tartan and Turbans Burns Supper took place on Saturday 6th February in Glasgow City Hotel. Deafblind Scotland was the chosen charity for this year's event with all proceeds going to help build 'Field of Dreams'.**

**A fusion of Scottish and Asian cultures came together to celebrate the National Bard, Robert Burns.**

**Guest speakers on the night included John Nicholson MP giving A Toast to the Lassies followed by Kezia Dugdale MSP giving A Reply From The Lassies.**



**(Photo: Dance Lyahami**

**Photo source: Scottish Asian Magazine)**

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## **SCOTTISH SENSORY AWARDS**

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**The first ever Scottish Sensory Awards were held on 15th February in Stirling Court Hotel.**

**The Scottish Sensory Awards were created to recognise the extent of the range of work with hearing impaired, visually impaired and dual sensory impaired people.**

**The full list of winners and runners up:**

**Category 1: Preventing and screening for early diagnosis.**

**Winner: RNIB Pathway Assessment Service**

**Runners up: Fife Council Social Work Communication Service and Joanne Dick, Vision Support Officer RNIB**

**Category 2: Promoting Choice and Control.**

**Winner: Trust Housing Association**

**Runners up: RNIB Springfield Service & Susan Brown – Lipreading Tutor**

**Category 3: Personal and workforce development.**

**Winner: Windsor Park School Sensory Service**

**Runners up: Dingwall Academy Staff Sign Class and Stephen Joyce from Deafblind Scotland**

**Category 4: Engaging people with a sensory loss and information sharing across all our communities.**

**Winner: Dingwall Academy, D/deaf pupils in Deaf Base**

**Runners up: Dingwall Academy, S1 deaf studies course and West Dunbartonshire Health and Social Care Partnership Prescribing Support Team**

**Category 5: Encouraging community connectedness; community arts; libraries and leisure.**

**Winner: West Dunbartonshire Leisure**

**Runners up: Barbara Hamilton from Perth Museum and Art Gallery and Forth Valley Sensory Singers**



**Category 6: Unsung heroes: neighbourhoods, school, residential and day-care.**

**Winner: Adam Ford and the Montgomerie Arms team**

**Runners up: Christine Moroney from Forth Valley Sensory Centre and Rita Balloch from Forth Valley Sensory Centre**

**Category 7: Promoting partnership working across all services for people with sensory loss.**

**Winner: NHS Lothian Audiology**

**Runners up: Mary Rasmussen, Guide Dog Owner and Counterweight through Deafblind Scotland**

**Well done to everyone involved!**



**(Photo: Counterweight through Deafblind Scotland team receiving their award)**

## **NEW WEBSITE**

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**We are delighted to announce the launch of a new Deafblind Scotland website. This fully accessible website includes Browse Aloud technology, different text sizes and colour contrasts.**

**Check out [www.deafblindscotland.org.uk](http://www.deafblindscotland.org.uk) and tell us what you think.**

## **MICHAEL MEETS PRIME MINISTER**

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**Vice Chairperson and member Michael was invited to join David Cameron at Downing Street for the PM's St Andrew's Day celebrations.**

**He was invited after winning the government's 'Points of Light' award last year, which recognises outstanding individuals who are making a change in their community and inspiring others.**

**Michael said "The Prime Minister gave a short speech standing beside a model of HMS Queen Elizabeth, the new aircraft carrier being assembled at Rosyth." He asked his guide to take him to the aircraft model. Michael described as he approached the model the Prime Minister was still there talking to a young man. The photographer said that the Prime Minister was busy but if they touched his arm when he finished speaking, he would respond. His Guide did touch the PM's arm and he was able to shake hands with the Prime Minister and exchange a few words.**

**Michael described it all as "quite an experience"**

**As if he hasn't been busy enough with hobnobbing with VIPs like the Prime Minister, Michael is soon to embark on more fundraising challenges to raise funds for Field of Dreams. He**

**plans to hike from Iona to St Andrews in May.**

**His JustGiving page is <https://www.justgiving.com/MichaelsWay>**



**(Photo: Michael with David Cameron)**

# GRAND CANYON TREK



**Paddington, John and his guide Leah set off from Edinburgh on the 5<sup>th</sup> of March, flying very early to Heathrow where they meet up with the other intrepid trekkers and the crew.**

**John describes the experience below:**

**"After a long haul of travelling, we arrive at the Canyon and spend four days and over 40 miles hiking across a variety of terrains. We will be rough camping overnight in tepees, with no modern conveniences like electricity and hot and cold running water. It is definitely not a luxurious holiday! So far I have managed to raise just over £4000 of the £5000 target I had set. It has been much more difficult to fundraise in this economic climate than in previous years. If anyone would like to help out to support Deafblind Scotland and Paddington raise the £5000 to go towards the Field of Dreams project then we would be most grateful."**

**You can do this by contacting the fundraising office and pledge a donation or you can go onto the JustGiving site and donate on-line**

**<https://www.justgiving.com/John-Whitfield>**

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## **WELFARE RIGHTS**

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**The “Connect to Welfare Rights” project has now entered its final few months and is currently due to finish at the end of March 2016, subject to funding. 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 sensory impaired support groups.**

**Please contact Helen or Chris on 0141 777 5830 or [WR@deafblindscotland.org.uk](mailto:WR@deafblindscotland.org.uk) if you have any questions or issues in regards to welfare rights including benefits, income maximisation, concessions, access to information in different formats and your rights as sensory impaired adults.**

# **HEALTH ACCESS PROJECT**

**The Health Access Project comes to an end on March 31st this year.**

**The project has revealed a wealth of information about how deafblind people are, or are not, included in the Local Authorities and NHS Equality and Diversity policies. There have been disparities in how various areas deal with interpreting and provision of linguistic access for deafblind people. The results from a national questionnaire over the past two years have flagged up both positive and negative points about service provision and equitable accessibility for deafblind people.**

**John Whitfield has, through meeting with Equality and Diversity Officers across Scotland, as well as attending numerous meetings such as the SeeHear initiative, hopefully managed to influence them to make amendments to their policies to address issues around dual sensory loss.**

**John will be compiling a report and giving recommendations and examples of good practice to feedback to the Scottish Government. This will hopefully serve to remind policy makers of the importance of recognising Deafblindness and the unique difficulties experienced in having this condition in order for the necessary provisions to be put in place to meet their needs.**

**Contact John on [jwparticipation@deafblindscotland.org.uk](mailto:jwparticipation@deafblindscotland.org.uk)**

## **WEE ENTERPRIZERS**

**Have you heard about the Wee Enterprizers project? This is run by the Social Care Ideas Factory to support people with disabilities to develop their hobby or business ideas into something more. Member and Director Alison was involved last year. Here she explains all about it:**

**"I have been with The Wee Enterprizers since the beginning.**

**This is run by Social Care Ideas Factory (SCIF). You may remember they came to one of our SAGoD meetings at Falkirk Sensory Centre a while back.**

**It is aimed at people with diverse disabilities who have skills or a hobby or a desire to set up a small business.**

**Mine was to set up a Complementary Therapies business.**

**Another man loves being a DJ so he has his own DJ business now.**

**A few others are good at arts & crafts, so they are setting up their small business to sell their art and pottery.**

**Another person makes jewellery so she working on getting that set up.**

**Another person is good with taking photographs and wants to be a photographer.**

**A few are good as gardeners and during winter months do some woodwork craft, making things like a bird nest table.**

**All of us have had great help from SCIF who helped us understand:**

- **what action we would need to do to make it happen**

- what makes a good business and how to keep it going
- training on **Book-keeping**
- how to do an inventory
- how to set up a website for your business.

Recently **SCIF** had new funding which will be for new people who could benefit from being involved with **The Wee Enterprizers**.

So if you have an idea and want to set up a small business but don't know how to do that, I highly recommend you put your name forward to join the new batch of **Wee Enterprizers**. It is certainly worth it. "

Alison's business website can be found at [www.equilibriumtherapies.org](http://www.equilibriumtherapies.org)

If you are interested in becoming a **Wee Enterprizer** in the future then contact **Suzanne** on 0141 777 7774 or email [services@deafblindscotland.org.uk](mailto:services@deafblindscotland.org.uk)





## **RAIL CLOSURE**

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**Glasgow Queen Street Station tunnel is due to close from 20 March to 8 August. This will cause disruption to services all across the country. Some services will divert to low-level platforms or to Glasgow Central.**

**The closure is to upgrade the tunnel to allow them to run faster and longer trains in the future.**

**For more information on diversions and routes:**

**Website: <https://www.scotrail.co.uk/QueenStreetTunnel>**

**Email: [customer.relations@scotrail.co.uk](mailto:customer.relations@scotrail.co.uk)**

**Telephone: 0344 811 0141**

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## **SCOTTISH PARLIAMENT ELECTIONS**

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**The elections for the Scottish Parliament will take place on Thursday 5 May 2016.**

**If you have not registered to vote then you can do so by going to [www.gov.uk](http://www.gov.uk) or contact your local council for further information.**



The Scottish Parliament  
Pàrlamaid na h-Alba

## **DWP VIDEO RELAY SERVICE**

**Department of Work and Pensions (DWP) is introducing a new video relay service to help British Sign Language (BSL) users easily access government services.**

**The video relay service (VRS) allows users to make BSL interpreted video calls via their tablet, smartphone, computer or laptop. A professional interpreter then relays the call in English to a member of DWP staff.**

**Customers will access VRS from links on the relevant GOV.UK information pages.**

**For more information visit:**

**<https://www.gov.uk/government/news/dwp-services-more-accessible-thanks-to-new-british-sign-language-pilot>**

## **CRESCENDO 50 PERSONAL LISTENER**

**Deafblind Scotland has a Crescendo 50 Personal Listening device available in the Lenzie Office.**

**It amplifies sound from the television, radio or conversation and allows you to listen at a comfortable volume.**

**If you would like to try the device in the Lenzie Office, then ask Information Officer, Stephanie.**

## **PANICGUARD PHONE APP**

**PanicGuard is an app which can be used in smartphones. Turn on the app when you feel you might be in an area of danger. If you are in danger then shake to activate and this will send an**

**alert to emergency contacts. It will also automatically record and upload a video.**

**It can be downloaded from iTunes for iPhones or Google Play for Android phones.**

**More information is available on <https://panicguard.com/>**

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## **DOT WATCH**

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**Dot has created the first Braille Smart Watch. The watch acts as an e-braille reader which supports iOS and Android devices.**

**The watch is still in beta testing.**

**More information is available <http://fingerson.strikingly.com/>**

**Or by email [dot@dotincorp.com](mailto:dot@dotincorp.com)**



## **YEAR OF LISTENING**

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**Breathing Space has branded 2016 as their Year of Listening. They want to raise awareness of listening and being listened to in order to improve mental health.**

**They are holding a competition to win an MP3 player.**

**Email a photo (smaller than 2MB), short story (smaller than 500 words) or poem (shorter than 40 lines) to answer the question:**

**What does listening mean to you?**

**Send entries to [info@breathingspacescotland.org.uk](mailto:info@breathingspacescotland.org.uk)**

**The closing date of the competition is Friday 28 October 2016.**

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## **HEAR TO HELP MOBILE CLINICS**

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**Action on Hearing Loss would like to know levels of interest for a mobile Hear to Help clinic for people who live in isolated areas.**

**Hear to Help assists with hearing aid support, maintenance and provides advice for other hearing loss support.**

**If you would be interested in a mobile clinic please mark on the reply sheet.**

# **COPING WITH STRESS**

Life can be hectic and things can sometimes get on top of us.

**NHS Scotland has put together a guide to help people deal with stress. Here are some of the steps they advise:**

- **Understand how you feel and why you feel like it**
- **Look after yourself by eating well, sleeping well, being active and cutting out things that are bad for you**
- **Take a break to relax and have fun**
- **Use positive thinking to deal with stressful situations better**
- **Deal with difficult situations by dividing them into small pieces and dealing with them one at a time**
- **Try to deal with problems as they arise so they don't get worse**
- **Prioritise what has to be done now and what can wait**
- **Talk about how you are feeling and write it down**
- **Do relaxation exercises**

**If you would like to receive some information on relaxation exercises please mark on the reply sheet.**



# **EAST NEWS**

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## **LEITH FARMERS' MARKET**

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**For food, drink, crafts and artworks then head along to Leith Farmers' Market which is on every Saturday 10:00 to 17:00.**

**Dock Place, Edinburgh, EH6 6LU.**

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## **EDINBURGH CASTLE**

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**The remarkable Edinburgh castle is open to visitors throughout the year. Learn all about the history of the building and its occupants.**

**An audio guide is available with transcript.**

**Braille guidebooks are available on request.**

**Parking is available on the esplanade for Blue Badge holders. The esplanade is closed from April to September for the Royal Edinburgh Military Tattoo.**

**Telephone: 0131 225 9846**

**Email: [ec.enquiries@gov.scot](mailto:ec.enquiries@gov.scot)**

# **SWAN LAKE**

**Did you know that Scottish Ballet provide audio description performances and discounts for patrons with visual impairments?**

**To deliver the audio description performances, the education officers spend hours in the dance studio watching the rehearsals and creating the script. They pick well-chosen words in order for patrons to visualise the dance.**

**In advance of the performance a CD is produced with short musical extracts and characters and set are described. This is sent to patrons with visual impairments when they book their seats.**

**The beautiful ballet Swan Lake is touring in 2016.**

**Festival Theatre, Edinburgh, Saturday 28<sup>th</sup> May**

**Touch Tour 12.30pm, Performance 2.00pm.**

**Headsets or loop systems are provided.**

**Telephone: 0141 331 2931**

**Email: [education@scottishballet.co.uk](mailto:education@scottishballet.co.uk)**

# **WEST NEWS**

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## **TENNENT'S BREWERY TOURS**

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**Are you partial to a pint of Tennent's? Why not arrange to do a tour of Wellpark Brewery where Tennent's is brewed.**

**The 90 minute tour explains about the brand and advertising over the years then you put on safety gear and are taken through the brewing facility. You receive a complimentary pint of Tennent's at the end.**

**Ticket costs:**

**Adults: £7.50**

**Concessions: £5.00**

**Guides go free.**

**For more information:**

**Telephone: 0845 166 6040**

**Email: [bookings@tennentstours.com](mailto:bookings@tennentstours.com)**

**Online: [tennentstours.com](http://tennentstours.com)**

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**The beautiful ballet Swan Lake is touring in 2016.**

**Theatre Royal, Glasgow, Saturday 23 April.**

**Touch Tour 12.30pm, Performance 2.00pm.**

**Headsets or loop systems are provided.**

**Telephone: 0141 331 2931**

**Email: [education@scottishballet.co.uk](mailto:education@scottishballet.co.uk)**

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## **NORTH LANARKSHIRE 'MEMORY LANE'**

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**Older residents of North Lanarkshire are invited to take a trip down 'memory lane'.**

**An activity club will be held monthly in North Lanarkshire's Heritage Centre, Motherwell.**

**Attendees can enjoy arts and crafts, a sing-a-long and refreshments.**

**It is held on the last Thursday of every month from 1.30 to 3.00 pm.**

**Telephone: 01698 524715**

**Email: [languageandaccess@culturenl.co.uk](mailto:languageandaccess@culturenl.co.uk)**

**<http://culturenl.co.uk/memory-lane-at-north-lanarkshire-heritage-centre/>**

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## **MACULAR ROADSHOW**

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**Macular Roadshow will be held in Glasgow, at the Radisson Blu Hotel, Argyle Street, on Tuesday 28 June 2016, from 10:30-15:30 hrs. This is also part of Macular Week which runs from Monday 27 June to Sunday 3 July.**

**The event is open to all those affected by macular conditions and their family, friends and carers, as well as those who are interested in finding out more. Places are limited so early booking is advised.**

**Entry to the Roadshow is by ticket only.**

**Tickets are £15 and available from the Macular Society on 01264 350551.**

# **SOUTH NEWS**

## **NEW ABBEY GARDEN SAFARI**

**Around 20 gardens in New Abbey will open their gates to the public on 26 June 2016 2pm - 6pm. Tickets and maps are available from the Village Hall, where you can also enjoy tea and home baking.**

## **DUMFRIES AND GALLOWAY ARTS FESTIVAL**

**The Dumfries and Galloway Arts Festival will take place from 20 to 31 May this year. It has live performances to audiences throughout Dumfries and Galloway.**

**The box office will open for tickets and other advice in March 2016.**

**Ticket Office:  
The Midsteeple,  
High Street,  
Dumfries DG1 2BH**

**Tel: 01387 253383**

# **KIRK SQUARE KITCHEN**

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**This is a one-day food and music festival taking place in Kirk Square, Berwickshire.**

**On 4 June 2016, head to Kirk Square to enjoy some local food and entertainment.**

**For more information:**

**[www.visiteyemouth.com](http://www.visiteyemouth.com)**

**[www.facebook.com/kirksquarekitchen](https://www.facebook.com/kirksquarekitchen)**

# **CENTRAL NEWS**

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## **CALENDAR HOUSE**

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**Have you visited the historic Callendar House which dates from the 14th Century. It has permanent displays including The Story of Callendar House. It also has changing displays as part of The Park Gallery.**

**An induction loop is installed in the reception/gift shop.**

**Guide Dogs and Assistance Dogs are welcome in the house.**

**Callendar House**

**Callendar Park**

**Falkirk**

**FK1 1YR**

**01324 503770**

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## **SPIRIT OF STIRLING WHISKY FESTIVAL**

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**If you enjoy a drop of whisky, then you might want to visit the Stirling Whisky Festival. The £20 ticket includes:**

- **A range of whiskies to taste**
- **Two Master Classes**
- **A food court area**

- **Free branded Spirit of Stirling Glencairn tasting glass**

**Saturday 7 May**

**Albert Halls**

**Albert Place**

**Dumbarton Road**

**Stirling**

**FK8 2QL**

**For more information**

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

**[info@spiritofstirling.com](mailto:info@spiritofstirling.com)**

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## **RAMBLES FOR 50+**

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**The Stravaiger and Tryst rambles take the over 50s on walks of up to 13km in duration on mostly easy paths.**

**The rambles leave from Victoria Building's car park in Falkirk at 09:15 every second Tuesday with the Tryst rambles departing from Foundry Loan car park in Larbert at 09:30 on the alternate Tuesdays.**

**Telephone: 01324 506846**

**Email: [outdooractivities@falkirkcommunitytrust.org](mailto:outdooractivities@falkirkcommunitytrust.org)**

**For ages: 50+ Years**

**Price: £8.50**

# **JOINT SENSORY SERVICES DUNDEE**

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**Dundee Health and Social Care Partnership are looking for your views on how Joint Sensory Social Work services will be provided in Dundee in the future.**

**For more information on future drop in sessions contact David Pratt:**

**Call or text: 07773 067 692**

**Email: [Dpratt1@nhs.net](mailto:Dpratt1@nhs.net)**

# **NORTH NEWS**

## **SWAN LAKE**

**Did you know that Scottish Ballet provide audio description performances and discounts for people with visual impairments?**

**To deliver the audio description performances, the Education Officers spend time in the dance studio watching the rehearsals and creating the script. They pick well-chosen words in order for patrons to visualise the dance.**

**In advance of the performance a CD is produced with short musical extracts, characters and set are described. This is sent to people with visual impairments when they book their seats.**

**The beautiful ballet Swan Lake is touring in 2016.**

**Eden Court, Inverness, Saturday 7 May.**

**His Majesty's Theatre, Aberdeen, Saturday 30 April.**

**Touch Tour 12.30pm, Performance 2.00pm.**

**Headsets or loop systems are provided.**

**For more information**

**Telephone: 0141 331 2931**

**Email: [education@scottishballet.co.uk](mailto:education@scottishballet.co.uk)**



## **NIP WHISKY AND GIN FESTIVAL**

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**NIP is Scotland's annual whisky and gin festival. The festival normally includes tastings, masterclasses, tours and dinners.**

**It takes place from 29 March to 2 April 2016 in Inverness.**

**The full schedule is still to be announced.**

**For more information:**

**Website: [www.thenip.scot](http://www.thenip.scot)**

**Email: [yvonne@mint77.events](mailto:yvonne@mint77.events)**

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## **HIGHLAND AND WESTERN ISLES VOTING DRIVE**

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**The Electoral Registration Officer for Highland and Western Isles wants to encourage anyone not yet registered to vote to register.**

**The deadline to register to vote in these elections is Monday 18 April 2016. Whilst there is still time, it's running out quickly.**

**You can register online at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)**

**Or contact the registration office on 0800 393783**

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



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