

## MERRY CHRISTMAS EVERYONE!!

Welcome to our Christmas edition! We aim to provide you with a summary of events and plans for the coming months. If you have anything you would like to add to future newsletters or if you know of anyone who would be interested in receiving this newsletter, please let us know.

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**Enjoy Reading!**

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City Project  
Charity No: 1060063



## **Tell us a bit about yourself.**

I am 86 years old and born in Heaton, to a ½ German father who lost 1 arm in the British Army. I worked as an Aerial photographer in the fleet army, a servant on an Air carrier and office manager for an electrical firm. I have been married twice both of them died from cancer, I have 2 daughters, and 5 great grandchildren.

My second wife Elsie, 19 years younger than me, came to my photo class years ago and we started to walk together in France, India and other countries. We learnt Chinese and Indian cooking from scratch.

I enjoyed photography, and joined the World End Camera Club and Gosforth Camera Club. Without qualifications, the Head of Gosforth School asked me to teach adults photography, but when my eyes got bad I had to stop but I then started watercolour painting. Copies of my paintings with my name are still around in places.

I was diagnosed with Ushers Syndrome at school and had to wear glasses. Sadly I had an accident when one of my daughters pushed me in the eye which made my eye detached I was in hospital for 10 weeks! This caused macular degeneration then I had cataract.

## **Did you enjoy attending our Deafblind Pop In?**

**Yes definitely!** Being Deafblind the group helps me to talk about issues with other members and I get support on different things. I use touch type computer and a guide on the computer for large font. I can scan books or magazines which then the computer 'Daniel' reads back in a voice, he even read out my emails! I am delighted with it as need to hear the words aloud because of my hearing loss. I love the books and sounds – even when I am on the loo!

## **What was your best experience?**

I remember going to a coffee morning and a Deaf person taught me Deafblind manual, I was over the moon when I could fingerspell my name with the Deaf woman. Losing my hearing was worse than losing my sight, I miss phones, knockings, rain and the winds, but I am determined to keep going and still cook anything and make bread! I know I have had a rich life and have no regrets.

## **What is your next exciting plan?**

Now as my hearing gets worse, I am transferring a lot of my old LP records into CDs and SD memory chip such as Jazz. Also transferring thousands of my photos into CDs and memory chips, I took photos of the elephants and gorillas in Sri Lanka.

**Have a good Christmas with your family Peter and thanks for talking to us.**





## Healthy Eating and Exercise – Great North Run!

Kim Aghdami and Emma Ashie-Neequaye supported Deaflink by running the BUPA Great North Run, the world's biggest half marathon in September! They ran 13 miles from Newcastle to Gateshead in 2 hours and 52 minutes! Kim who has Usher Syndrome, is seen here running to the finish line with Emma. WELL DONE !!

**We have raised just over £1,100 for Deaflink!**

Massive thanks to everyone who sponsored and supported them!



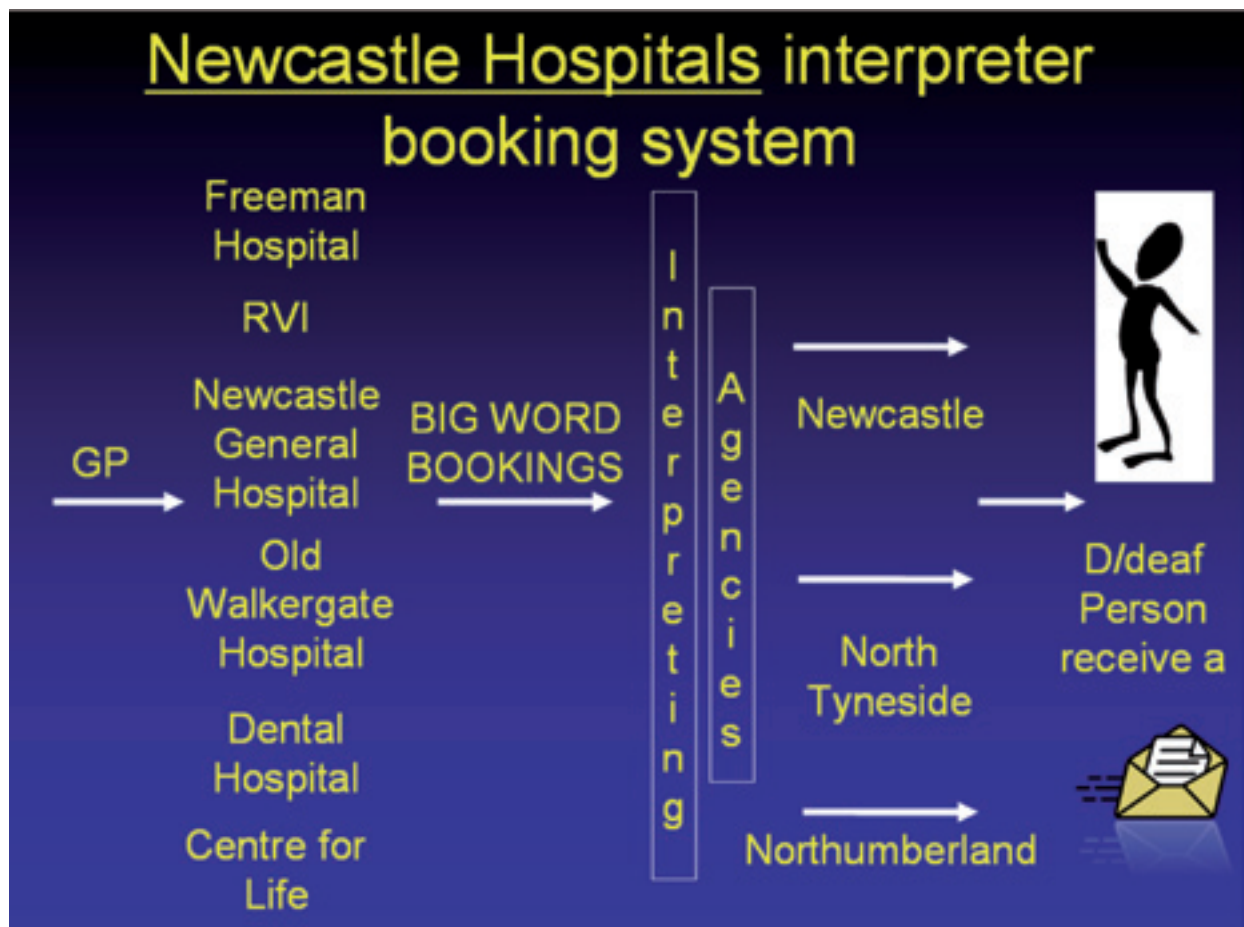
## Our first two Healthy Eating Cooking Classes for the Deaf Women's Fitness Group with our Deaf Chef Alex Redpath!



Katie is looking for a bigger kitchen to let more of you learn how to cook healthy food – Please contact Katie (front cover) if you would like to join us!

## Big Word Consultation Event

Newcastle St. John's OAP Group, North Tyneside Deaf and Disabled Forum, Northumberland Deaf Club and Deaflink held a big consultation event in October about the Big Word interpreting agency, who provide interpreting for foreign languages as well as British Sign Language (BSL) for Newcastle Hospital Trust. Around 70 D/deaf, deafblind, hard-of-hearing, interpreters and interpreting agencies attended and shared their views and concerns over the relationship between D/deaf people, hospitals and the subcontracts with the BSL interpreting agencies.



**The services remain the same for everyone living in South of Tyne - Gateshead, South Tyneside and Sunderland with Northern Sign.**

### Feedback statistics from the event:

- 93% voted yes need to know the name of the interpreter in their hospital appointment.
- 91% voted no don't know how to use the complaint system for hospitals.
- 80% found the event useful.





## Our next Deaflink Health Forum!

On Saturday 22nd January 2011 at 10am - 12.30pm

Topic: 'How to make a complaint?'

With PALS - Patient Advice and Liaison Service

At Main Hall, Brunswick Methodist Church (behind Fenwicks), Brunswick Place,  
Newcastle Upon Tyne, NE1 7BJ

BSL interpreters, Loop System and Speech-to-Text Reporter provided

Contact us for more information

It is important for everyone to know and please come along to our next forum!

## Hard-of-Hearing Awareness Course

Deaflink, Newcastle Sensory Support Team, Hearing Loss Support and a Hearing Therapist ran two Hard-of-Hearing awareness courses, The course aimed at people with newly acquired deafness and their families. Here's some of the feedback:

- 'Useful information and explanations'
- 'Learn more about hearing loss and what things are beneficial'
- 'Got the full potential from my hearing aids'
- 'Information on equipment and education available to hard-of-hearing people to prepare for worsening loss'
- 'Very easy to access by public transport and pleasant environment'



Don't miss your opportunity! For those who are Deafened or Hard-of-Hearing and like to join our 3 weekly sessions in the future, please put your name down on a waiting list by contact Kate Taylor-Hamel (Sensory Support Team) 0191 278 8286, Rhona Stanbury (Deaflink) 07712 163366, or Teresa Crawford (Hearing Loss Support) 07897 943264.

## New Hard-of-Hearing Support Group

Resulting from our Hard-of-Hearing Awareness course we have set up a new user-led Hard of Hearing Support Group to share information, issues and barriers. Anyone who is hard-of-hearing is welcome to join the group on Thursday 13th January at 1.30 - 3.30pm in Room 1 in Deaflink, Newcastle Healthy City (address and contact details on the front cover - Edwardian building next to Newcastle Civic Centre and over the road from Great North / Hancock Museum).



## **LGBT Group – Lesbian, Gay, Bisexual and Transgender Group – our first ever banner in Gay Pride march!**

DeafLink LGBT Group have created their own brilliant banner (above) and carried our finished banner in the Gay Pride march through Newcastle town (behind the orange drummers!) in July for the first time ever!



With a grant of £1,000 from the Newcastle LGBT network the group decided to hold an Awareness raising event last month to share information, build confidence and develop partnerships with other similar LGBT groups in the city – using role-plays and holding a Question and Answer session. See photos below.





## Nexus Metro and Buses Issues and improvements

The electronic visual displays installing into the Metro train were delayed in the summer due to the take over of a German Company DB Regio.

Nexus informed us they have a problem with the visual displays, but will make sure the displays will be working and running shortly.

Claire from Nexus also attended our Deafblind Pop In in July and consulted with our Deafblind members and listened to their concerns and questions.

### Complaints

If you have any complaints or concerns about services in Newcastle we can give you support for example; by sending letters or using our video camera to record your complaint in BSL.

## Newcastle City Library – Newcastle City Heritage: ‘Touching the Past 2’

Everyone enjoyed the second Touching the Past event in Newcastle City Library in July, we looked at old Newcastle photos and some of the members remembered what Newcastle looked like when they were children!





## IMPORTANT AND USEFUL INFORMATION

Accident and Emergency department in Newcastle General Hospital is CLOSED. Now medical emergencies go to a brand new, specialist Emergency Department at the Royal Victoria Infirmary. You'll be able to reach the new A and E via Richardson Road, as the specialist unit will be located just along from the Leazes Wing entrance. You'll also find parking for emergency requirements only. See map below.



RoSPA (Royal Society for the Prevention of Accidents) Safe At Home provides information and support to as many families with children under five as possible. A website has been developed and a Safety DVD (Great visual DVD showing the dangers to under 5 years olds – not BSL signed) has been produced which is now available to view on the website

[www.safeathome.rosipa.com](http://www.safeathome.rosipa.com) and at local children's centre's. Safe At Home has also produced an excellent height chart with Safety tips and emergency first aid steps, available on the website to families free of charge.

The eligibility criteria for families to receive safety equipment in the home such as stair gates, rubber bath mats, fire guards, window restrictors etc, on [www.safeathome.rosipa.com/families/index.htm](http://www.safeathome.rosipa.com/families/index.htm). Criteria includes points such as the family must live in an area covered by a participating scheme, the family must have a child or children aged 0 – 5 years, be unable to afford safety equipment because they are on a very low income or unemployed, receive one of a range of benefits, including disability living allowance care or mobility component for a child, income support, tax credits etc.





The London Metropolitan police released their great new youth website in the summer [www.safe.met.police.uk/](http://www.safe.met.police.uk/) - useful information about safety and crimes such as bullying, internet safety, travel safety, personal theft, domestic violence, hate crime, assaults, gangs, drugs and alcohol. Also advice and tips if you are worried about someone, doing something you are worried about, getting pressure from your friends or been a victim and need help?



The NDCS Family Sign Language DVD is now available, can order a free copy through the Freephone Helpline 0808 800 8880 (voice/textphone) or see Family Sign Language on [www.familysignlanguage.org.uk](http://www.familysignlanguage.org.uk)

The first ever broadcast of Sign Language from outer space on the International Space Station! Astronaut Tracey Cauldwell Dyson signs in ASL as her hair floats about in the weightless space. See her video with subtitles on [www.deafchurch.co.uk](http://www.deafchurch.co.uk) – many news and stories on the website too!



Muslim Deaf UK (MDUK) is the first national Deaf organisation to support Deaf Muslims in the development and learning of their faith and culture. MDUK has created a website to make Islam accessible to the Deaf community in BSL -

[www.muslimdeaf.org](http://www.muslimdeaf.org) Aim at both Deaf and hearing Muslims but also available for anyone from any faith, the website have many interesting information about Islam including the first ever Qur'an translation in BSL!



Neema Crafts restaurant in Iringa, Tanzania ([www.neemacrafts.com](http://www.neemacrafts.com)) won a Best of British award, set up and run by Yorkshire couple Susie and Andy Hart from Harrogate. They employ 103 D/deaf and disabled people in its craft workshops, where they make everything from elephant dung paper to micro-solar panels. The restaurant, which is entirely staffed by deaf people, serves fantastic food, cakes, ice cream and some of the best tea and coffee in East Africa. It serves local dishes alongside a taste of home, with cakes made to recipes handed down by Susie's great-grandmother.

What the judges say: 'In an out-of-the-way place in a country not known for its gastronomic expertise, and staffed entirely by deaf people, this restaurant may not be conventional. But it is truly inspirational. The food is described by its many fans the world over as sensational (delicious), particularly the lasagne and the lemon meringue pie. But it is the atmosphere of the place as much as the food that enthuses its fans. For them it is a very special and unique place. As one commentary put it: "Good food, good people and a wonderful cause to boot!"'

[www.telegraph.co.uk/expat/7681793/The-Telegraphs-Best-of-British-awards-the-winners-in-full.html](http://www.telegraph.co.uk/expat/7681793/The-Telegraphs-Best-of-British-awards-the-winners-in-full.html) The Telegraph; May 2010



[www.gp4u.info](http://www.gp4u.info) is a 'You're Welcome' website with information about the services at Saville Medical Group, Falcon Medical Group and Roseworth Surgery in Newcastle upon Tyne. Aimed at young people but the information is useful for all ages. Information such as appointments, confidentiality and consent, talking to a doctor or a nurse, sexual health, emotional health and information for parents and carers.



**warning – be careful!** Please do not reveal your personal/private details, as well as important information like dates when you are going on holiday or away for few days. As people will know when you are not in your house and could break in!



**BE AWARE OF INTERNET SCAMS! DO NOT REPLY TO EMAILS FROM PEOPLE YOU DON'T KNOW! Including 'Deaf Lottery' or someone else from UK or abroad!** Remember:

- You can't win a prize in a lottery you haven't bought or been given a ticket for.
- Real lotteries don't ask for money/funds before paying out prize money.
- Never give your personal/private information to a company or person you do not know. Especially your full name, date of birth, address, credit card or bank account details.

[www.deaflizards.co.uk/](http://www.deaflizards.co.uk/) - An informative sexual health website aimed at deaf young people, created by deaf young people and the youth workers in Lancashire.

**DeafEducate** has provided interactive learning resources where Deaf learners can try out to develop their literacy skills.

They read text with BSL translation and go on to answer multiple choice questions. Have a look on [www.deafeducate.co.uk/Toolkit.asp](http://www.deafeducate.co.uk/Toolkit.asp) it's different and a real learning tool! It is intended to develop this further by adding different resources weekly. Further, there is the Daily News feature where there are loads of news items in English with BSL translations.





## Cinema

**Want to know your favourite cinema but not sure if it subtitled?**

Log on to [www.yourlocalcinema.com](http://www.yourlocalcinema.com) for updates and you will find the film you would like to watch from your local area.



## Theatre

**Theatre Royal, Grey Street, Newcastle Upon Tyne, NE1 6BR.**

Tel: 0191 244 2590 Fax: 0191 244 2512

Email: [boxoffice@theatreroyal.co.uk](mailto:boxoffice@theatreroyal.co.uk) Website: [www.theatreroyal.co.uk](http://www.theatreroyal.co.uk)

### Captioned

<b>Robin Hood</b> - Thurs 9th December 7pm
<b>Footloose</b> - Thurs 27th January 2011 7.30pm
<b>The Comedy of Errors</b> - Thurs 3rd Feb 2011 7.30pm
<b>Blood Brothers</b> - Thurs 3rd March 2011 7.30pm

### Audio described

<b>Robin Hood</b> - Sat 8th January 2011 2pm
<b>Footloose</b> - Sat 29th January 2011 5pm
<b>The Comedy of Errors</b> - Sat 5th Feb 2011 2pm
<b>Opera North</b> - The Merry Window Wed 16th February 2011 7.30pm
<b>Blood Brothers</b> - Sat 5th March 2011 2.30pm

## British Sign Language (BSL)

Robin Hood on Thursday 16th December at 7pm

Opera North – The Merry Window on Wednesday 16th February at 7.30pm

*Customers are entitled to £2 off if they are attending an assisted performance and a free companion ticket if you require assistance. Guide, hearing and other working dogs are welcome in all parts of the theatre. For more information and Access Form to fill in for free companion ticket – see on*

[www.theatreroyal.co.uk/your-visit/access](http://www.theatreroyal.co.uk/your-visit/access)

**Northern Stage, Barras Bridge, Newcastle upon Tyne, NE1 7RH.**

Tel: 0191 230 5151 Fax: 0191 261 8093 E-mail: [info@northernstage.co.uk](mailto:info@northernstage.co.uk)

Website: [www.northernstage.co.uk](http://www.northernstage.co.uk)

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Website: [www.northernstage.co.uk](http://www.northernstage.co.uk)

### Captioned

<b>The Wind in the Willows</b> - Mon 20th Dec at 2pm
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### Audio described

<b>The Wind in the Willows</b> - Wed 29th Dec at 2pm
<b>With Touch Tour</b> at 12.30pm

## British Sign Language (BSL)

**The Prince and the Penguin** (for children aged 6 and under) Saturday 12th December at 10.30am and Tuesday 15th December at 1.30pm

## ALEX'S CHRISTMAS LEFTOVER RECIPE: Nice and Simple Warm Baked Ham Rolls!

### Ingredients:

- 1) 2 thick slices of white bread
- 2) 2 eggs beaten
- 3) ½ teaspoon grated nutmeg
- 4) ½ teaspoon paprika
- 5) 1 tablespoon oil
- 6) 2 tablespoon fresh breadcrumbs
- 7) 2 tablespoons chopped parsley (herb)
- 8) 2 tablespoons chopped chives (herb)
- 9) ½ teaspoon salt and pepper
- 10) 4 slices of ham



Remove the crust from the bread, toast it then break it up into crumbs then add in a mixing bowl.

Cover with beaten eggs and leave to soak for 2-3 minutes.

Whisk in the nutmeg, paprika, oil, herbs, salt and pepper.

Spread the bread mixture onto slices of ham.

Then roll it up and if necessary, secure it with cocktail stick or skewers.

Place in a greased ovenproof dish in an oven at 180 degrees or Gas Mark 4 for 20 minutes.

Serve hot with a mixed salad and/or jacket potato etc.

### Enjoy!

**Alex Redpath, our Deaf Chef and a Deaflink Advisory Group member.**



Merry  
Christmas

