

Newcastle Deaflink Newsletter

Issue 13—Autumn/Winter 2011



Deaflink Groups and Forums

BSL User Group

Deaf BSL users meet to discuss issues and lobby for change with services in the community, health, and transport .

New Deaf Men's Health Forum

Any D/deaf, Hard-of-Hearing and Deafened men are welcome to join this new group to talk about issues that are important to men. This forum is once a month in the Conference room at Centurion Bar, Newcastle Central Station and the next forum is on Thursday 13th October at 7pm for 7.30pm starts until 9.30pm. The leaders are Alex Redpath and Ben Mallett. The September forum focussed on Healthy Eating which was presented by Health Trainer Robin Herdman.



Deaf Women Fitness Group

Every Monday evening from 6-8pm at the Centre for Sport, Westgate Road, Newcastle Upon Tyne, NE4 9LG, costs only £2.50 every week! Usually we have Gym at 6-7pm then different activities from 7- 8pm, this may include:

Walking - Cycling - Zumba - Boot camp - Badminton - Circuits - Boxercise - Climbing - Dance Mats - Legs, Bums and Tums and much more!

We use a new in-body test machine every 12 weeks to check our weight, body fat, how much water and vitamins, and fitness!

Any woman aged 16 and over is welcome to join to improve fitness, confidence or simply enjoy the fun! 'QUOTE' " It's hard work, get very hot but good fun!!"



Deafblind Group

In partnership with Newcastle Blind Society; members who have a dual sensory loss meet to socialise, share news and ideas.

We provide speakers to give information of interest to the group; such as Fire Safety in the Home, the new Equality Act, and the next one in October will be on Organ Donations.

In the summer we had a guided tour round Newcastle Central Station which gave us a chance to raise lots of access issues.

This Group meets the first Monday of every month in Room 5-6, 5th Floor, Mea House, Ellison Place, Newcastle Upon Tyne, NE1 8XS.

Our next meeting is on Monday 3rd October at 1.30 –3.30pm

If you want to book assistance to help you to get on the train, please 24 hours before you travel phone (Minicom Text Relay 18001) 08457 225 225 or email customers@eastcoast.co.uk or visit the travel shop in Newcastle Central Station.



Drama Group

Join us to have fun learning and practicing Drama!

No experience necessary as the group aims to build confidence and drama skills. This group uses drama to highlight Health and lifestyle topics in our every day lives. We meet every 2 weeks on a Wednesday evening 5 - 7pm.

Quotes from the group: 'Found it interesting and funny', 'Improved my confidence' and 'More exercise and movement - better than stay at home'.

Hard-of-Hearing and Deafened Group

This new group is now starting to take shape with up to 30 members all keen to share information, discuss issues and support one another. Anyone who is Hard-of-Hearing or Deafened is welcome to join our monthly group meeting with invited speakers.

Loop system, BSL interpreters and speech-to-text screen provided.

Our next meeting is in October and contact Katie (back page) for details.



Health Forum

Everybody is welcome to come to our Health Forum on a Saturday 10am - 12.30pm every 2 months in Brunswick Methodist Church main hall, Brunswick Place, Newcastle Upon Tyne, NE1 7BJ (Behind Fenwicks).

This is a chance for you to know more about Health and other topics and for you to ask the speakers questions directly. BSL interpreters, loop system and speech-to-text screen provided.

We had Choose Well, early cancer symptoms and seasonal flu talks in September Health Forum. In July Fire Safety Health Forum, see page 6 for useful information and tips - please let Katie know if you would like a **free** Home Fire Safety Check.

Our next forum is on Saturday 12th November 10am-12.30pm - 'Newcastle and North Tyneside Citizens Advice Bureau and Debt'. Come along!



Healthy Deaf Minds Forum

Every two month on a Thursday evening 6.30-8.30pm in Central Square, Forth Street, Newcastle Upon Tyne, NE1 3PJ (Behind Newcastle Central Station) - we provide speakers linking to Mental Health topics to give you a chance to know more information and to ask questions or raise views. BSL interpreters and speech-to-text screen provided.

September's forum we had 'Personalisation and Mental Health' topic and the next one is on Thursday 24th November 6.30-8.30pm with a Deaf speaker from London to talk about Alcohol Awareness.

Healthy Eating Cooking Class

Come and join our fun Healthy Eating Cooking Class led by our Deaf Chef Alex Redpath with cooking on a Tuesday evening 6 - 8pm once a month.

Contact Katie for more details.



Lesbian, Gay, Bisexual and Transgender (LGBT)

LGBT members share support and raise issues in the meetings.

In July we joined Northern Gay Pride marching down Northumberland Street in the pouring rain. Despite the soaking we all made it through and enjoyed the day! Our banner was on the ITV local news too!



Please let Katie know (contact details on the back of this newsletter) which groups you would like to join or just come to our forums!
We can provide transport if you have problems getting to our meetings or forums.

Please support our Lip-reading petition!



We are trying to get lip-reading classes in Newcastle. Please sign the lip-reading letter that came with this newsletter and send it off to your local MPs - their contact details is on the next page after the letter. Or by going on www.toonhearing.org.uk/lipreading_bill.html to print the letter and/or email the letter to your MPs. On the website above you can enter your postcode to find your MP.

Deaf BSL users would feel the same if there are no BSL classes!

Thanks to our funders ...



SafetyWorks Visit

Many members attended our Safety Works visit to learn more about safety in the following areas and here's the top 5 tips for you:

Home Fire Safety

1-WORKING SMOKE ALARMS on each level of your house. Test it weekly.

2-ESCAPE PLAN: Make sure you all have a fire escape plan. Make sure everybody knows where door keys are kept and can get out of the front door in an emergency. Make sure your escape route has no things in the way.

3-NIGHT TIME CHECKS: Before you go to bed make sure switch off electric things not in use, cigarettes are put out and you have closed all doors, especially the kitchen door which is important to prevent the fire spreading.



4-COOKING SAFELY: Most fires happen in the kitchen. Never leave food cooking unattended; make sure your cooker and grill have no grease; keep things away from the cooker that can burn in fire, use a thermostatically controlled deep fat fryer or use oven chips. Never cook if you are very tired, taking medication which makes you sleepy or have had any alcohol.

5-SMOKING: Dropping lit cigarettes are the biggest cause of fire deaths in the home. Never smoke in bed or when you are very tired as you may fall asleep and the cigarette could fall from your hand and burn your house. Leave ashtrays to cool overnight before emptying them in an outside bin. Make sure you keep matches and lighters away from small children.

More information and BSL Fire Safety video can be found on www.twfire.org/bsl/ or ask Katie for a DVD copy of the BSL Fire Safety.



Don't forget Tyne and Wear Fire and Rescue Service offers FREE home safety checks. This includes looking for fire risks and advice on what to do to cut down fires, and fitting new smoke alarms for you and your home for free. The fire service have two staff who can sign basic BSL.

Ask Katie if you would like this free home safety check!

SafetyWorks Visit

Metro Safety

1. In the event of disruption to the metro service, check the overhead departure boards that are located on platforms / concourses for information / alerts. Staff wearing orange jackets are there in all stations to help people onto replacement buses in metro disruption.
2. If anything happen, look for a member of staff. Metro drivers, customer assistants, engineers and police are all out on the system at anytime.
3. Metro has a very low rate of crime – each help point is covered by a camera and there are over 550 cameras over 60 stations! If you press the help point button, please wave at the camera and a staff will come to you.
4. When waiting for a metro, the safest place is closest to the wall, furthest away from the platform edge – because not all trains stop!
As 1500v of electricity running through the overhead line – only 50v is needed to kill you – so keep away! If an item is dropped on the track and is a danger to trains, hit the red emergency button either on help points or on the platform wall and stay away from the track.
5. Always allow passengers to leave the train before you get on the train.



Road Safety

1. At formal crossing places tactile paving (bumpy flagstones) are installed to show a safer place to cross the road.
2. Look out for a tactile button (textured cone) under the yellow box of a pedestrian crossing, it will spin when the green man is on.
3. When about to cross the road, don't set foot on the road until the drivers in both lanes have fully stopped. Make eye contact with them to make sure that they have seen you before you step out.
4. Do not think drivers will or can stop for you when starting to cross on zebra crossing. Yes they should stop but some drivers will not brake in time and an accident could happen.
5. Don't take risks, use the crossing lights that are there for you. Pedestrian refuges (traffic islands) footbridges, subways, signalised crossings, zebras and lollipop people are all there to help you get across busy roads safely.



Emergency SMS text service and non-emergency

First you register your mobile phone with the Emergency SMS Service by texting 'register' to 999 then after got their Terms and Conditions message you text back 'yes'. Or 'registering your mobile phone' page on www.emergencysms.org.uk. If you have a new mobile, please register again on new mobile!

Then in a case of emergency you text 3 Ws to '999':

1. Which emergency service? (Police, Ambulance, Fire or Coastguard)
2. What wrong?
3. Where? Address, place, road etc.

Non-emergency—when you want to report a crime, bullying, graffiti etc.

- Mobile/SMS: 07786 200815
- Textphone / Minicom: 01661 820 915 or Telephone: 03456 043 043
- Email on•Northumbria Police Website www.northumbria.police.uk

Click 'Advice & Information' on the website to get information on how to stop crime happening in your home, outside and car.

BSL Northumbria Police News can be found on www.northumbria.police.uk/news_and_events/bsl/index.asp

Newcastle Deaf OAP Group Day Out in York!



Deaf members enjoyed their day trip to York despite the rain! They looked around York, and some visited the Viking Museum and others went shopping. Everyone had a good time and as always they can't do without their bingo on their way home!

FAST—Stroke information

Think you or someone may be having a stroke?

Act FAST:

- F— **Face:** Face, mouth or eye drooped? Can't smile?
- A— **Arms:** Can't lift both arms?
- S— **Speech (Talk):** Can't move mouth well or can't talk or sign BSL?
- T— **Time** to text /call 999

Make sure your mobile is registered to Emergency SMS Service! More information on page 8.

More information and video on FAST on www.nhs.uk/actfast/pages/stroke.aspx



Our Human Rights in BSL!

Watch the clear and powerful BSL and subtitled video of our Human Rights on www.youtube.com/watch?v=aP9Z2dfQcTw

Diabetes for people in BME (Black Minority Ethnic)

People in South Asian communities can download or print out 'Eating well with Diabetes' in different languages and English on www.diabetes.org.uk/OnlineShop/Food-and-activity/Healthy-eating-for-the-South-Asian-Community/

'The government wants health outcomes in this country to be amongst the best in the world. For us to achieve this ambition for people with hearing loss, we need to give them more choice and access to treatment and support'.

Quoted by Paul Burstow, Health Minister in Action on Hearing Loss, page 26, August/September 2011

'Language is the foundation of thinking: of good reasoning skills, the ability to see someone else's point of view and the ability To have insight'

Quoted by clinical psychologist Sally Austen - page 18 in Action on Hearing Loss Magazine, August/September 2011

Support for carers



British Red Cross can offer short-term emergency support and practical help (providing medical equipment loan, free wheelchairs or transport at a charge or delivering food, water or medication when flooding or severe weather) or just talk to a carer when become ill, had an accident or a crisis. Available 24 hours a day, 7 days a week including bank holidays.

Call 07713 385 268 or email HSCNorthEast_Cumbria@redcross.org.uk

Website: www.redcross.org.uk



Sign2Sing 2012! 'Let's sign and sing and break the World Record!'

Children and adults in schools in the UK to join Sign2Sing on 8th February 2012 - all you need to do is register your school now and Sign Health

will do the rest!

Via website www.sign2sing.org.uk or info@sign2sing.org.uk or 01494 687 600 or post to Sign2Sing, 5 Baring Road, Beaconsfield, Bucks, HP9 2NB.

The current record is 94,489 children and adults - we want to break this record!



Good or bad Deaf Awareness or loop system?

When you are out and about shopping or using services for example; bus's trains, hospitals, leisure places like the cinema or pubs. Please let us know if you have had a good or bad experience .

Contact us and we can use your story to tell the service "Well done we can recommend you to other Deaf and Deafblind people" or if you had a poor experience we can advise them on how to improve their accessibility.

Well done to Boots in Kingston Park for their service toward a Deafblind member!

Survival Tips for Deaf + Hard-of-Hearing teenagers

Watch this visual and subtitled video on how to cope with things happening everyday for Deaf and Hard-of-Hearing teenagers on www.youtube.com/watch?v=_AdKpTF99yA (or search 'Survival Tips for Deaf teenagers' on Google).

Show it to your family and friends to help them too!

Healthy Heart information in BSL!

BSL videos about healthy eating, heart disease, smoking, obesity can be found on www.bhf.org.uk/heart-health/your-heart-health-in-bsl.aspx



Equality consultation launched

Ben Murphy, Equality and Diversity Lead for North East Primary Care Organisations, said: "The NHS is going through some big changes at the moment and we would like you to respond to the questions on the survey and tell us your views on how we can ensure equality for all is delivered within your local NHS."

Questions include:

- What could your local NHS do better to meet your needs?
- What actions would you like to see in the Equality Strategy?
- How can we improve the way we communicate with you?

You can access the survey by www.digbig.com/5benra or you can request a copy of the survey by email: benmurphy@nhs.net or call 01642 666700.

Surveys can be completed up until 14 November 2011.

LaunchPad - Newcastle Mental Health Day

Deaflink was asked to do a stall at the annual mental health day at the Monument, Newcastle Upon Tyne. The day including street entertainment which got people dancing and looking around different stalls.

The Deaflink stall attracted many people and it was good to see Deaf friends come and encourage us despite the rain!



The Newcastle Trades Register

The Newcastle Trades Register is operated by Mears Home Improvement - they tell us that they aim to give older people peace of mind when hiring trades people. The register include a lot of approved firms in Newcastle who can do different jobs - whether it's a small property or a new bathroom, fitting a new carpet, decorating, gardening, roof repairs, gas service, electrical and wood jobs, broken locks, setting up or repairing TV or computer.

To find out more, please phone Mears Home Improvement on (Minicom Text Relay 18001) 0800 111 4418.



Britain's 1st night for Deaf + hearing music lovers!

Vibrating dance floors, Sign Language rappers and aroma (smell) jockeys to help Deaf clubbers to follow the music! On Saturday 8th October in IndigO2 at the London O2 arena, see www.dailymail.co.uk/news/article-2031437/Vibrating-floors-sign-language-rappers-aroma-jockeys-Britains-club-night-deaf-open-O2.html

Film fans watch any film with subtitles glasses!

Soon D/deaf, Hard-of-Hearing and deafened people can use glasses showing the subtitles while watching a film! See more information and the video on www.bbc.co.uk/news/technology-14654339

But would this be comfortable to wear it and good enough for us? Would it be better if ALL films have subtitles on them anyway?

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**Please don't forget to contact your MPs to support our
Hard-of-Hearing and deafened members with our
lip-reading letter!**