

## 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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A Newcastle Healthy  
City Project  
Charity No: 1060063



Deaflink interview with  
Sarah Eaglestone

### Tell us a bit about yourself.

I am 35 years old, married with two boys, 16 years old and 9 years old. I work for HealthWORKS Newcastle as a Community Health Trainer. My husband and children are all hearing, I live in a hearing world and I am treated as a hearing person. This is not always a good thing and it can be difficult at times to keep up as a hearing person, but I have known no different.

I was 12/13 when I was fitted with hearing aids. It was said that my hearing was deteriorating since birth but I had taught myself to lip-read so well that my hearing loss was not detected until my teenage years. I did not learn to sign as I have good speech and doctors and teachers said that my speech would be affected if I was to sign. I have been a cochlear implant user for nearly 11 years now.

### How do you feel being a cochlear implant user?

Having a cochlear implant has been one of the best things ever. It has changed my world and given me loads of confidence. It has enabled me to move forward in my life, and made it possible for me to find a job that I love and a drive to achieve what I set out to do. Before my implant I was beginning to withdraw into myself. It has given me a second chance.

### You have helped set up the new Cochlear Implant support group, why do you think it is necessary?

Because of some technical and medical problems I have had recently with my implant I realise that there was nowhere to go to for support that I really needed. This was to talk to people in the same boat as me. Someone to say "yeah I understand, I've been there".

With the help and support of my family, friends, the organisation I work for and Deaflink I have managed to pull myself back together and I am getting back to my old self again. So a Big Thanks to them all.

Thank you Sarah. Our best wishes to you and your family for the future.

## Healthy Eating and Exercise - Great News!

**Don't miss SEE HEAR on BBC 2 in the New Year for your New Year Resolution**

**See Hear will be filming our Deaf Women Fitness group in action and Alex Redpath, our Deaf Chef!**

**Come and support Kim Aghdami and some of the members at the Santa Run on Sunday 6th December at 2pm Exhibition Park.**

**We have more Healthy Eating packs for anyone who likes to know more about Healthy Eating, the DVD has both BSL and subtitles!**

It is free for individuals; £25 per copy for organisations. If you like a copy, please contact Deaflink; contact details at the front of this newsletter. If you would like to find out more about Deaflink and the healthy eating project please visit [www.healthycity.org.uk/deaflink](http://www.healthycity.org.uk/deaflink)

## Newcastle Citizens Assembly

Newcastle Citizens Assembly is a new way for anyone who lives, works or studies in Newcastle to get involved with improving their city. In response Newcastle Deaflink set up a deaf service user group to give their views and ideas, nine members attended the first meeting in September.



One of our improvements was as a result of incidents on the Metro where deaf people have not heard the announcements and in some cases have been trapped at the depot. We presented the solution, installing visual electronic displays, using role play (see photo) at a major event at the Great North Museum in November with key decision makers from Newcastle Council in the audience.

The good news, John Usher from Nexus (Metro and bus) was on our table at the event! He was happy to inform us of future changes and will meet with our user group in the future. Hopefully the Metro will have the electronic displays added soon!

The User Group brought up a lot of issues around transport, hospitals and the community. These will be followed up with the different departments within the Council. We want to say a big thank you to the members for their time and support in the meetings and event. Great team work!!



## Where have we been?

### DeafHope Domestic Violence Conference, London

Maureen McGarrity, Deaflink Chair, went to this conference in October. The main presentation was given by Susan Gonzalez from Deafhope USA on language, culture, communication barriers and breakdown in Domestic Violence. For example, how easy abuse can happen between Deaf and hearing people, Deaf to Deaf people, and Deaf people with their hearing family and Deaf/hearing children.

Issues were raised around accessibility for Deaf women. For example,

- **The Minicom helpline and webpages need to be more accessible.**
- **Refuge staff needs to have Deaf awareness training around safety issues for example one such deaf victim was threatened by a person through the window in sign language!**
- **Deaf people need training awareness on domestic violence**

Deaflink would like to see a DeafHope conference here in Newcastle.

### Watch this space!

Maureen's comment: 'Domestic Violence is not just about physical injury, it is more than that, it can be emotional, mental and verbal abuse, where money can be stopped and lives controlled. We really need to dig deeper and learn more about domestic violence. Women can be survivors not victims. The conference ended on a positive note and most of us left inspired about the day.'

### Dignity for You, Dignity for Me – Respect for All conference

Four Deaf people attended this conference. It was about supporting and making people in the North East feel valued in healthcare. As the speakers talked about disabled people, they left out the D/deaf, Deafened, Deafblind and Hard-of-Hearing people, so we brought up issues and barriers that we face in the health services.

We enjoyed watching a drama group of disabled people sang 'Dreamer' which had a powerful impact on the audience as they have dreams the same as us, one of the BSL interpreters should win an award for the brilliant interpreting and dancing to the song! 😊

## LGBT – Lesbian, Gay, Bisexual and Transgender Health Summit

This two-day conference covered the experiences, politics, myths and the health needs of LGBT communities. There were many choices of workshops which talked about the needs and experiences of LGBT people. Again the speakers left out the barriers and issues that LGBT people in the Deaf community have to overcome.

Deaflink will be working with Mesmac to set up a LGBT group in the New Year.

## NHS Chlamydia Screening Training

Katie attended the training, where the information and statistics was extremely useful. Chlamydia is the most common sexually transmitted infection in young people under 25 years old. You can find out more on [www.checkyourbits.org](http://www.checkyourbits.org) or text **GREMLIN** followed by your full name and address to **80010** (texts charged at standard network rate), or by telephoning the screening on **0191 229 2958**.



## Older People's Festival in the City Library on 1st October 2009

15 Deaf, Deafblind and Hard-of-Hearing people came along to the event at the City Library and found a lot of information about the activities in Newcastle. Some of them enjoyed having their hands massaged, they signed much quicker afterward! At

the end we were all invited to see our own personal birth or marriage records!

### Comments from the Deaflink forum in October

‘Very interesting meeting.’

‘I feel it's good idea to provide information for Deaf people for awareness and not feel left out.’

‘It's very useful information 😊!’

‘Great step forward and more of this please!’

## EVENTS TO PUT IN YOUR DIARY!!

### DEAFLINK FORUM DATES FOR 2010!!

The forums give you a chance to listen to Health speakers and have your say.

- **Saturday 23rd January**
- **Saturday 20th March**                      **At 10.30am - 12.30pm**
- **Saturday 29th May**

In the **MAIN HALL** at **Brunswick Methodist Church**, (Behind Fenwicks), Newcastle Upon Tyne, NE1 7BJ.

- **BSL interpreters provided**
- **Contact us for more information**
- **Come along and bring your friends!**

## Activities for Deaf people

Newcastle Deaf Centre  
2 Summerhill Grove  
Summerhill Square  
Newcastle Upon Tyne  
NE4 6EE  
fax: 01912324104  
Email: [dagdeafcentre@msn.com](mailto:dagdeafcentre@msn.com)  
SMS: 07530451538



**Mondays** – Art and Craft – starts at 10.30am

**Mondays and Thursdays** - Picture framing – by appointment

**Thursdays** – Computer sessions – 10.30am to 2pm

**On Thursdays**, Deaf Centre opens from 10am for tea / coffee, 10.45-11.45am Line Dancing, 12pm lunch 4 courses at only £3!

Activities such as indoor bowling, dominos, cards etc are available.

**DAG AGM on Thursday 21st January 2010, starts at 2pm.**

**ALL WELCOME!**

## IMPORTANT INFORMATION and DVDS on loan!



### Fire Safety in the Home DVD (BSL)

A 'Fire Safety in the Home' DVD is in BSL and subtitles, talks about smoke alarms, stop fires from happening in the home, what to do when there is a fire, what to check before you go to bed, how to get more advice.

So if you would like to borrow a copy please contact Deaflink, our contact details are on the front of this newsletter.



### HOME SAFETY CHECK – Please make sure you are safe in your home!

This is a free service provided by the Fire Service for all our community.

If you do not have any smoke alarms or are concerned about the ones you have, or any aspect of Fire Safety, contact your **local** Fire Station and ask to have a Home Safety Check.

#### Newcastle North Fire Station

Jubilee Road

Newcastle upon Tyne

NE3 3EU

Telephone 0191 444 1080

#### Newcastle South Fire Station

Colby Court

Elswick Road

Newcastle upon Tyne

NE4 6HL

Telephone: 0191 444 1104

#### North Division Headquarters

West Denton Way

Newcastle upon Tyne

NE5 2RB

Telephone 0191 444 1002

#### Newcastle East Fire Station

Union Road

Byker

Newcastle upon Tyne

NE6 1EH

Telephone: 0191 444 1144

### NEW 999 Text Emergency Service!

You can contact police, ambulance, fire rescue or coastguard by text 999! Register your mobile number by:

**STEP 1.** Text '**REGISTER**' now on your mobile and send it to 999

**STEP 2.** Then after you get a text back (Terms & Conditions) - you text



back **'ACCEPT'** to 999. You should get a SMS saying 'Your telephone number is registered with the emergency SMS'.

In emergency only, please text:

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

If got new mobile, please register again on new mobile!

You can do this on [www.emergencysms.org.uk](http://www.emergencysms.org.uk) on 'registering your mobile phone' page.

## **IMPORTANT PLEASE READ THIS!**

### **SYMPTOMS OF SWINE FLU**

Sudden fever (38°C or above) and sudden coughs. Victims can also have: headache, tiredness (sleep a lot), chills (cold), sore muscles, arm or leg pain, diarrhoea (poo a lot) or tummy upset, sore throat, runny nose, sneezing, and don't want to eat food.

If you think you have Swine Flu, **STAY AT HOME** and check your symptoms:

Minicom: 0800 1 513 200

Website: [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu)

### **PLEASE CHECK OUT THIS BSL SWINE FLU VIDEO:**

Go on to [www.nhs.uk](http://www.nhs.uk) and add 'BSL Swine Flu' in the search engine. We still have copies of BSL and subtitled Swine Flu DVDs – get in touch if you like a copy!

### **NHS - It's your choice!**

You have control over when and where you go to hospital for an operation or other treatment, and you can choose a date and time that suits you best for your first appointment. To do this, ask your GP about your choices or online to do a booking [www.chooseandbook.nhs.uk](http://www.chooseandbook.nhs.uk). Find out more at [www.nhs.uk/choices](http://www.nhs.uk/choices)



## **'Communication begins at home' DVD is for families with a deaf child three years or younger.**

This DVD aims to show how communication can be supported during everyday activities and routines. Also the thoughts and feelings of their families, brothers and sisters, about growing up with deafness in the family.

Families can order only **one** DVD via the helpline - Freephone Helpline **0808 800 8880** (voice / textphone) The DVD can be played with **BSL** or subtitles and is also available in Urdu, Bengali and Punjabi.

## **Community Health Trainer for the Deaf Community in Newcastle**

We provide help to make your healthier choices easier:

- **Improve your Health and lifestyle by Healthy eating**
- **Building your fitness by gentle activity**
- **We help you to make friends and find support**
- **We provide information to help with your choices**
- **Improve your lifestyle**

Weight and Waist Measuring	Alcohol	Get fit and make friend
Sex and relationships	Stop Smoking	Reduce stress and worry

**Date for your diary! On Thursday 10th December 2009 at 1pm - City and Riverside walk – starts from Monument and finish at Central Station.**

Please wear comfortable clothes - lots of layers are best, bring a water-proof coat/jacket and wear comfortable shoes! Also bring a drink (water is best!) walking can be thirsty work! If you would like more information please contact Robin Herdman, Health Trainer, Email [robin.herdman@hwn.org.uk](mailto:robin.herdman@hwn.org.uk) Fax 0191 2260802 Tel 18001 0191 2738889.



## 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>Cinderella</b> - Thurs 10 <sup>th</sup> Dec at 7pm
<b>Woman in Black</b> - Thurs 28 <sup>th</sup> Jan at 7:30pm
<b>Chicago</b> - Thurs 11 <sup>th</sup> Feb 7:30pm
<b>Calendar Girls</b> - Thurs 1 <sup>st</sup> April at 7.30pm
<b>Pirates of Penzance</b> - Thurs 20 <sup>th</sup> May 7.30pm
<b>Whistle Down the Wind</b> - Thurs 10 <sup>th</sup> June 7.30pm

### Audio described

<b>Cinderella</b> - Sat 12 <sup>th</sup> Dec at 2pm
<b>Woman in Black</b> - Sat 30 <sup>th</sup> Jan at 2:30pm
<b>Chicago</b> - Sat 13 <sup>th</sup> Feb at 5:30pm
<b>Opera North, La Boheme</b> - Fri 5 <sup>th</sup> March 7.30pm
<b>Pirates of Penzance</b> - Sat 22 <sup>nd</sup> May at 2.30pm
<b>Whistle Down the Wind</b> - Sat 12 <sup>th</sup> June at 2.30pm
<b>Opera North, Rusalka</b> - Fri 25 <sup>th</sup> June at 7pm

## British Sign Language (BSL)

**Cinderella** Friday 4<sup>th</sup> December 2009 at 7pm

**Opera North, Ruddigore** Saturday 6<sup>th</sup> March 2010 at 7.30pm

**Opera North, La Boheme** Thursday 24<sup>th</sup> June 2010 at 7.30pm

## 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)

### Captioned

<b>Peter Pan</b> Sat. 19 <sup>th</sup> Dec 2009 at 2pm
<b>Oh What a Lovely War</b> Thurs 18 <sup>th</sup> March 7.30pm

### Audio described

<b>Peter Pan</b> Sat. 2 <sup>nd</sup> Jan 2010 at 2pm
<b>Oh What a Lovely War</b> Sat. 27 <sup>th</sup> March 2pm

## 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

**Peter Pan** (for children aged 7 and over) Wed 16th Dec 2pm and Tues 29th Dec 7pm

**Oh What a Lovely War** (12+) Wednesday 17th March 2010 at 7.30pm

**Live Theatre, Broad Chare, Quayside, Newcastle upon Tyne, NE1 3DQ.** Tel: (0191) 232 1232 Fax: 0191 232 2224 Email: [tickets@live.org.uk](mailto:tickets@live.org.uk), Website: [www.live.org.uk](http://www.live.org.uk)

### Captioned

**Jump!** - Thursday 3rd Dec at 7.30pm

### Audio described

**Jump!** - Sat 5th Dec 4pm with a Touch Tour at 2.30pm

## British Sign Language (BSL)

**Jump!** Tuesday 1st December 2009 at 7.30pm

## The Outpost Housing Project – Accommodation, Support and Advice for young people who are Lesbian, Gay, Bisexual or Transgender

If you are between 16 and 25 years and are (or think you might be) lesbian, gay, bisexual or transgender, you can apply for a space in Outpost accommodation. Fully furnished and equipped accommodation in single person bedsits. You can be housed with the Project for up to 18 months then when you are ready to move on we will help you to find safe and suitable accommodation.

They also offer support and information on Housing, Benefits, Education, training and work, Living independently, Coming out and being out, Relationships, Emotional health, Sexual Health, and Drugs and Alcohol.

Tel: 0191 281 0099, Fax: 0191 281 0090, Email: [admin@outpostproject.org](mailto:admin@outpostproject.org), Online: [www.outpostproject.org](http://www.outpostproject.org), 2 Osborne Road, Jesmond, Newcastle Upon Tyne, NE2 2AA (Opposite Jesmond Metro Station)



## CHRISTMAS GAME - WORDSEARCH!

W	S	T	A	B	L	E	M	A	B	R	A	T	S
C	H	D	D	E	C	O	R	A	T	I	O	N	S
E	F	I	V	E	G	O	L	D	R	I	N	G	S
F	T	G	T	J	H	W	I	X	J	Y	K	L	N
S	H	N	B	E	T	H	L	E	H	E	M	P	O
U	R	S	T	S	C	M	A	N	G	E	R	S	W
A	E	T	U	U	T	H	V	H	P	E	S	O	J
L	E	N	R	S	R	W	R	U	D	O	L	F	E
C	K	E	K	O	Y	K	M	I	L	G	Z	A	L
A	I	S	E	C	A	R	O	L	S	B	E	C	V
T	N	E	Y	K	X	M	A	S	V	T	T	U	E
N	G	R	E	O	T	E	L	T	S	I	M	I	S
A	S	P	S	R	E	E	D	N	I	E	R	A	V
S	M	I	N	C	E	P	I	E	S	Z	R	B	S

Mince Pies	Manger
Elves	Sock
Five Gold Rings	Santa
Claus	Turkey
Rudolf	Mistletoe
White Christmas	Decorations
Snow	Mary
Bethlehem	Joseph
Star	Carols
Jesus	Reindeers
Presents	Three Kings
Stable	

## ALEX'S CHRISTMAS RECIPE!

### Santa Snow Queen Dessert

#### Ingredients:

500ml Double Cream  
2 boxes of meringue  
2tbsp of sugar  
Zest of a lemon  
1 or 2 shot of Amaretto!



1. Pour double cream into a glass or metal bowl (suitable for freezing) and whisk until half thick and smooth cream.
2. Add a shot or two of Amaretto - depend on how much you like.
3. Add the sugar and zest of a whole lemon.
4. Whisk again until the cream is nearly firm.
5. Break up all of the meringue and add to the bowl.
6. Careful turn over the cream and make sure the meringue is covered.
7. Put cling film on the bowl and put in the freezer for one to two hours - in the end you want the dessert to be like ice cream, not too hard or frozen.

### Enjoy the spirit of Christmas!!

Alex Redpath, our Deaf Chef and a DeafLink committee member.