



Welcome to our Easter 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 Kim Aghdami



Tell us a bit about yourself.

I am 44 years old and have two girls, 14 years old and 13 years old. I was born Deaf and attended Northern Counties School. I don't work because of my health, when I was 3 years old I had an operation and had to wear glasses, then I couldn't see well. When I was 13, I asked my mum to take me to hospital who told me that I had Usher Syndrome. My sight has got worse in the last two years, I have cataracts and can't have an operation which means I will eventually go blind.

Do you enjoy attending the Deaf Women Fitness Group and why?

Better than being stuck at home! Friends asked me to go to Healthy Eating sessions in 2009; I really enjoyed it so I agreed to join the exercise programme. I enjoy meeting new faces and the activities like gym and swimming.



Did you enjoy the Santa Run before Christmas?

I was excited at the start running with my guide Martin (see photo) and it was funny to see everyone dressed up as Santa Clauses! I felt confident with Martin and it was hard to run all the way, I became very tired but was happy when I crossed the finish line in 30 minutes. I will do it again this year with more friends!

What is your next exciting plan?

I am looking forward to do the Great North Run in September; I am doing a lot of training, eating very healthy and keeping my drinking only for parties! I run for an hour at the Deaf Women Fitness Group on Mondays and run at my local gym three times a week.

What are your hopes with the Deaf Women Fitness Group in the future?

As hearing people can go to any gym, I want Deaf Women Fitness Group to carry on and see more D/deaf, Deafblind and Hard-of-Hearing women involved as it is nice to meet new people and get together. In January we were on BBC See Hear, it was great and since then we have seen more women join us. Also I would like to try new activities and have our Deaf Chef Alex teach us how to cook healthily in the future.

Thank you Kim. Our best wishes and GOOD LUCK to you for the Great North Run.

Healthy Eating and Exercise - Great News!

See Hear filmed our Deaf Women Fitness group in action and Alex Redpath, our Deaf Chef cooked us a yummy pasta dish (See Alex's Easter Fabulous Fishy Pasta on page 12)!

You can watch our See Hear clip online...

www.bbc.co.uk/iplayer/episode/b00pssfz/sign/See_Hear_Series_29_Episode_26/ (starts from 15.11 minutes)

Kim Aghdami and some of the members have completed the Santa Run in December and raised around £62 for Deaf Women Fitness Group - WELL DONE TO YOU ALL and THANKS for your support!!



From Monday 12th April, Deaf Women Fitness Group on Monday evenings at 6-8pm at Centre for Sport, Westgate Community College, West Road, Newcastle Upon Tyne, NE4 9LG.

Different activities every week at a cost of only £2 each time! Contact Katie (front page) for more information and a copy of the programme.

All D/deaf, Deafened, Deafblind and Hard-of-Hearing women are welcome!

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 who live locally; £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/pages/deaflink



Deaflink Away Day

Deaflink Advisory Group had a useful Away Day to talk about exciting plans and ideas for the next 5 years - watch this space!



Mental Health First Aid Course

Despite the bad weather at the end of January, 14 people attended the first Mental Health First Aid Course specifically for Deaf people in the North East. Held over two days. Everyone got a lot from the course here are some of the comments:



- **“It is really hit me about Mental Health and don’t judge it. Listen and help. Be compassion.”**
- **“Groupwork was great fun, broke the day up and got everyone involved.”**
- **“Bridget and Rob is very understand people with open mind to listen deaf culture even they can bit sign language.”**

Nexus Metro and Buses – Great News!

Nexus informed us that the electronic display will be installed inside Metro trains and should be working by now!

Nexus has invited the Deaflink User Group to their meetings to check out their new signs inside the bus stations, which will be happening over the next few years.

We have raised awareness about the appropriate language and colours suitable for D/deaf, Deafblind and Hard-of-Hearing people.

Many thanks to everyone for supporting us with the Metro improvements and for your comments;

- **“Visual communication will reduce anxiety and mis-communication.”**
- **“Seems like common sense.”**
- **“If it works on trains should be used on Metro – Metro needs to be brought into 21st Century.”**
- **“More visible signs would help more people who don’t have English as first language.”**
- **“All the improvements are important, but this is one that should be done as a matter of course under the Disability Equality Duty and other statutory requirements. It is one that affects health and safety. If Deaf and hard-of-hearing people are not aware of what is happening on the trains it leaves them exposed and vulnerable to missing trains, including the last train or last connection, and thus to potential harm.”**



Issues and improvements

Sign Health Website (www.signhealth.org.uk) shows this quote which is true...

“Historically, deaf people have had poor access to healthcare. Quite simply, if there is little or no communication between a patient and a medical practitioner, things will inevitably go wrong?”

The Deaflink User Group brought up a lot of issues around transport, hospitals and the community in Newcastle. These issues have been raised with all the organisations who manage the hospitals, GPs and transports – hopefully will see some improvements shortly. We want to say a big thank you to the User Group for their time and support in the meetings and events. Great team work!!

Let us know if you like to join this User Group to share your views.

Complaints

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

A Cochlear Implant (CI) user stopped a thief – a real story!

A CI user was in a rough pub in Newcastle many years ago, she had long hair which covered her CI aid. She was quite happy this Friday night in the pub chatting with friends when a fight broke out, she went to have a look at what was going on; whilst standing there waiting for the door men to come and break up the fight she felt a tug and suddenly her head was pulled back. She shouted at a man: “Get off you idiot that is my CI!”

When the door men arrived they ignored the fight and went to this lady instead, they got the man and phoned the police. It turned out the fight was planned to distract the staff so two men could go around the crowd stealing purses and mobile phones.....Yes you are right he thought he had stolen a mobile phone but was caught red handed stealing the CI transmitter device!

The moral of the story is to be a thief you have to be clever and most thieves aren't.

LGBT – Lesbian, Gay, Bisexual and Transgender

We had a consultation meeting with the Health Improvement Team and four Deaf Lesbian/Bisexual women, talked about the information around women's sexual health. If you would like to join our LGBT mailing list, please let us know.

Northern Pride 2010 on Saturday 17th July - a parade through Newcastle upon Tyne and then onto the beautiful Leazes Park for a festival. www.npride.org.uk



Deaflink Forum

Everyone enjoyed our forums which has given you a chance to listen to

Health speakers and have your say.

Feedback comments from the last Deaflink forums:

- 'Good atmosphere, very helpful.'
- 'Good, understand about good interest, important.'
- '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!!

Next Deaflink Forum is on **Saturday 12th June**

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

10am - 12.30pm

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

Contact us for more information

Come along and bring your friends!

Activities For Deaf People

Mondays – Art and Craft – starts at 10.30am

Mondays and Thursdays - Picture framing – by appointment

Thursdays – Computer Club – 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.

ALL WELCOME!

Whist Drive on **Saturday 10th April and Saturday**

24th June bar opens from 12pm and buffet from 1pm - tickets £6 each, contact DAG for details.



Newcastle Deaf Centre
2 Summerhill Grove
Summerhill Square
Newcastle Upon Tyne
NE4 6EE

Fax: 0191 232 4104

Email: dagdeafcentre@msn.com

SMS: 07530 451 538



IMPORTANT INFORMATION

Make sure you register to 999 SMS Emergency Services.

You can contact the police, ambulance, fire, or coastguard service 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 you have a new mobile, please register again!

You can do this on www.emergencysms.org.uk on 'registering your mobile phone' page.

Warning from Northumbria Police: Always ask for ID when a work person comes to your door, if not sure, say no thanks and close the door.



A new Hairdressing at Home Referral Service is now available in Newcastle for older people who cannot easily get out and about. For more information and/or to arrange an appointment, please ring Age Concern Newcastle on 0191 232 6488 on Monday-Friday at 10am to 3.30pm. Cut only: £8-£12, Set only: £8-£12, Cut and Blow: £10-£15, Cut and Set: £10-15, Colour and Perm: from £25, Men's Cut: £8-12.

BSL: UPTAKE – www.bsluptake.org.uk - a bilingual BSL/English Knowledge Exchange resource for everyone interested in British Sign Language and the Deaf community. Use our BSL Blog as an outlet for your views and to share your own knowledge with others, either in BSL or text.

IMPORTANT INFORMATION continued



Driving Theory Test Extra DVD in BSL!

Cost £19.99 + p&p – order by contact SCARO Training
0191 4201319 (tel/fax), 07852953947 (mobile)
or email: enquiries@scarotraining.com



Sign Health has lottery funding to get our views, and then this can be used to show policy makers and to improve health services. The more numbers they have, the stronger the evidence.
Go to www.deafhealth.org.uk for more information.



Violence and abuse in relationships

The Home Office has launched an advertising campaign to challenge the attitudes of teenagers to violence and abuse in relationships. The adverts send a message to 13 to 18 year olds, highlighting the signs and consequences of abuse, and challenging them to stop abusive behaviour or seek help.

For the advert and information go to
www.spotteenabuse.direct.gov.uk or www.thisisabuse.direct.gov.uk

In the News... The Kiss of Deaf



An American doctor has reported someone losing their hearing because of a kiss! Not the sound of the kiss caused this, it was the suction of the kiss caused pain and stop the person's hearing.
(With credit to Hearing Times, February 2010: page 6)

Hearing Times

is a national UK newspaper for deaf and hard of hearing people, their relatives and friends and professionals in the hearing industry. This unique monthly publication is a forum for discussion, news, issues, events and practical information of interest and is read by over 16,000 deaf and hard of hearing people a month.

Hearing Times is now offering FREE online subscriptions; you can read the latest issue of the newspaper at no cost and at your convenience!

Just go to www.hearingtimes.co.uk/subscribe and sign up using your email address and the password ONLINE.

BIG BROTHER!! Watch out for next Big Brother on TV as there could be a Deaf contestant – new series due to start in June.

Your hearing aids sound distorted or ‘cut out’?

Val Tait, a hearing therapist at the Freeman Hospital and a writer for the RNID writes:

This problem could be created by the moisture in the hearing aid tubing. Moisture can be caused by condensation due to warm weather or perspiration, or an accident such as forgetting to take your hearing aids out before having a bath or shower.

What can be done about this?

Take the ear mould and tubing from off the hearing aid and use a puffer to clear out the water. Don't use your breath because your breath being warm will make the condensation worse.

You can also ask your Audiology Department to:

- **Fit special low-condensation tubing.**
- **Try drilling a comfort vent in the ear mould. This allows air to move in the outer ear and reduces perspiration.**
- **Provide hypo-allergenic ear moulds – reduce sweat and irritation in the ear.**

(Original source: One in Seven magazine published by RNID, February/March 2010 Issue 75: Page 61) website: www.rnid.org.uk/yoursay or email to Val Tait via oneinseven@rnid.org.uk



Time 4 You therapies (massages, reflexology, homeopathy and herbalism) only cost £7.50 per session for anyone on means tested benefits - things like Income Support, Housing Benefit, Council Tax Benefit, Job Seekers Allowance or up to maximum of £16.50 for anyone else. Contact Clare Connors on 0191 274 4722 or naturalsolutions.time4you@btconnect.com on Tuesdays

or Thursdays between 9.30am and 3.30pm and she will arrange to be around when you want to come as she has BSL skills.

Want to Stop Smoking?

Are you trying to quit smoking but have no willpower or not sure where to start? Get a FREE copy of 'Pack It In', A Smokers Guide to Quitting for good' in BSL/ISL sign language format.

Contact BDA Northern Ireland; Email: northernireland@bda.org.uk, Address: British Deaf Association – Northern Ireland, Unit 19c, Weaver's Court Business Park, Linfield Road, Belfast, BT123 5GH, Telephone: 028 9043 7480, Fax: 028 9043 7487, Textphone: 028 90437 486



Cinema



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

Log on to 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

Website: www.theatreroyal.co.uk



Captioned		Audio described	
Calendar Girls	Thurs 1st April 7.30pm	Calendar Girls	Sat 3rd April 2.30pm
Pirates of Penzance	Thurs 20th May 7.30pm	Pirates of Penzance	Sat 22nd May 2.30pm
Whistle Down the Wind	Thurs 10th June 7.30pm	Whistle Down the Wind	Sat 12th June 2.30pm
		Opera North, Rusalka	Fri 25th June 7pm

British Sign Language (BSL)

Opera North, La Boheme Thursday 24th June 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

Website: www.live.org.uk

Captioned	Audio described
A Northern Odyssey Thursday 13th May 7.30pm	A Northern Odyssey Friday 14th May 7.30pm with a Touch Tour at 8pm

British Sign Language (BSL)

A Northern Odyssey Wednesday 19th May 2010 at 7.30pm

EASTER WORDSEARCH

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

APRIL
EASTER BUNNY
SUNDAY

EASTER
BANK
EGGS

JESUS CHRIST
HOT CROSS BUNS
GOOD FRIDAY

CHRISTIAN
HOLIDAY
CHOCOLATE



ALEX'S EASTER FABULOUS FISHY PASTA!

SERVE 4

Ingredients:

175 grams smoked salmon

225 grams low fat soft cheese

150 ml/ 2/3 cup low fat plain fromage frais

Few finely chopped shallots (baby onions)

1 tablespoon lemon juice

2 tablespoons chopped fresh dill

Salt and freshly ground black pepper

3 tomatoes, finely chopped

2 stick celery, finely chopped

Dill sprigs and strips of lemon rind to garnish

Approx 150g grams of cooked pasta



1. Cut the salmon into thin strips and set aside.
2. Place the soft cheese, fromage frais, shallot, lemon juice, dill and salt and pepper in a food processor or blender and blend until the mixture is smooth. Transfer to a large bowl.
3. Add the smoked salmon, tomatoes and celery and mix lightly. Chill until ready to serve. Adjust the seasoning (salt and pepper), garnish and serve with freshly cooked pasta.

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

