



North Wales Deaf Association

E-bulletin, November 2015



North Wales Deaf Association



North Wales Deaf Association Volunteering Opportunity



Volunteer Lipreading group support worker to support the 2 groups which take place on a monthly basis.
The lipreading support groups are in Abergele and Colwyn Bay.

Are good with people?

Love to help out?

Good at communicating?

Are you able to support with:

- 1) Arranging transport for Colwyn Bay group (with existing contractors)
- 2) Contacting members using the transport, to confirm them being picked on the day
- 3) Typing up any lesson material from notes provided by the tutor
- 4) Setting up the loop system, at the venue
- 5) Meeting and greeting at the group
- 6) Supporting the Tutor and the group members i.e. making tea, writing up on the board
- 7) Escorting members back to the minibuss
- 8) Generally supporting with anything that arises

Please contact *Julia* at **NWDA** for more information.

NORTH WALES DEAF ASSOCIATION AGM

North Wales Deaf Association's **Annual General Meeting** will be held on Tuesday 24th November at Conwy Business Centre at 2pm.

Your Community, Your Choice



The Your Community, Your Choice initiative is being partly funded by the money recovered through the Proceeds of Crime Act, using cash seized from criminals with the rest coming from the Police Commissioner. It awards grants to charities and community groups to run projects to help reduce crime. This year North Wales Deaf Associations has applied for funding to provide crime prevention workshops to British Sign Language users.

Project Outline:

The proposal is to run five workshops in three locations across North Wales which will be designed to be easily accessible to people with hearing loss and will cover crime prevention topics. These topics have been identified as areas of need from feedback we have received whilst working in the community. They are:

- Safety in the home
- Anti-social behaviour
- Scams and cold callers
- Domestic violence
- Hate crimes
- Using the internet and social media safely

We intend filming the workshops so that we can post information on our website and social media outlets to ensure the information reaches as many people as possible.

We will also make these BSL (British Sign language) videos available on a DVD for people who are unable to access the internet and will supported by BSL interpreters to ensure easy access to those people whose first language is BSL.

The decision on which groups receives the grant depends on how many votes they receive from the public.

We Need Your Help

Please vote for our project by following the link below Voting is open till 27 November:-

<http://www.north-wales.police.uk/contact/your-community-your-choice/place-your-vote.aspx>

The area for our project is:- **North Wales**

Our Name is:- **North Wales Deaf Association**

North Wales Deaf Association



COMPLIMENTARY COACH TRIP

FOR NWDA MEMBERS TO VISIT LIVERPOOL ONE

SUNDAY 22nd NOVEMBER 2015

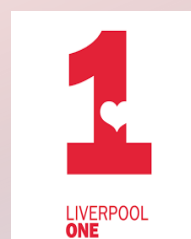


DEADLINE DATE

MONDAY 9TH NOVEMBER 2015

CONTACT KERRY FOR MORE INFORMATION

£5.00 deposit each (returnable on the day)



Coach Pick up and Return Points



NWDA OFFICES COLWYN BAY	8.00AM
ASDA'S QUEENSFERRY	8.45AM
ARRIVE LIVERPOOL	9.30AM
LEAVE LIVERPOOL	5.30PM



Visit to Liverpool One

We would like to say a huge "Thank you" for supporting NWDA through your membership and invite you to a FREE day out at Liverpool One. You can enjoy the day just sightseeing or take the opportunity to do some Christmas shopping.

Liverpool ONE is the huge open-air shopping and leisure district at the heart of the city. It offers a multitude of high-profile stores with more than 160 famous high street shops, ultra-hip fashion brands and cool independent boutiques.

Expect famous names like John Lewis, Debenhams, Apple, Hollister and the only Harvey Nichols Beauty Bazaar in the country. For the children, there's Lego and Disney Stores, plus Build-a-Bear Workshop.

And when you have finished exploring the shops, try the Leisure Terrace overlooking Chavasse Park. The restaurants, cafes and cinema are the perfect way to relax. Pop-up events of all types take place in Chavasse Park.

Help out when you check out this Christmas



Join easyfundraising



Shop online



Raise free donations



Join here today:
www.support-nwda.co.uk



Green Paper: Our Health, Our Health Service

We are seeking your views on how we can improve quality and governance in the NHS

This Green Paper:

- sets out current systems which support quality and governance in the NHS in Wales
- seeks views on what else we can do to improve, including the possible use of legislation.

The consultation provides an opportunity to consider and discuss:

- the legislation that may be required to help further improve the quality of healthcare services in Wales
- revisit the current organisational and governance structures, following the last major health reforms of 2009.

The paper informs the public debate on a number of current issues such as:

- the role of Healthcare Inspectorate Wales
 - leadership in the Welsh NHS
 - the role of patient feedback

To watch a British Sign Language video that summarises the Green Paper, please visit our YouTube channel:

<https://www.youtube.com/watch?v=XnsOm3Or6hM&feature=youtu.be>

New Campaign to Quit Smoking

19 October 2015

New resources to support North Wales smokers

A new campaign called "*Quit for them*" which encourages parents to quit for the sake of their children has been launched across North Wales. "*Quit for them*" is an online resource where smokers can order quit kits, access a comprehensive guide to local services and download vouchers that can be redeemed at local pharmacies for Nicotine replacement therapy and support.

The *Quit for them* campaign is being promoted on facebook throughout North Wales and all smokers are being encouraged to like the page so that they can receive support and advice around quitting smoking.

Delyth Jones is a Principal in Public Health in North Wales and leads on the project, "Many parents will be using the change in the law around smoking in cars and the launch of Stoptober as a trigger to make a quit attempt. The *Quit for them* website, (www.quit.wales) facebook page (www.facebook.com/quitforthem) and downloadable resources will ensure that smokers can access the right support to make their quit as successful as possible."

"We are keen to feature success stories and are looking for parents who have already quit giving advice and encouragement to others. We know how difficult it is to kick the habit and are keen to reward those that have managed to give up. We will be offering those that take part by giving them a pamper session and a chance to take part in a photo shoot during the Autumn."

Judy Henley, from Community Pharmacy Wales said, "Community pharmacies are close to the communities they look after and most are open long hours making them convenient places for people to access smoking cessation support. Our pharmacists are trained to advise smokers about the most appropriate nicotine replacement therapies and give 12 weeks of confidential behavioural support to ensure smokers have the best chance possible of quitting successfully."



BUS FROM LLŶN TO YSBYTY GWYNEDD

This is a 3 month pilot project taking people to Ysbyty Gwynedd Bangor by 1.30pm every Monday, Wednesday and Friday (No service December 25th - January 1st 2016). The bus will pick up from the villages of Llyn to arrive at Bangor Hospital by 1.30pm. It will return at the latest 4pm to be home around 5.30pm.

- November, December and January
- every Monday, Wednesday and Friday
- starts off 12 noon Aberdaron
- return 4.00pm Ysbyty Gwynedd
- convenient for 1.30 -2.30pm visiting
- pick up from Llyn villages (arrange time and place when booking)
- BOOKING ESSENTIAL: 01758 721 777 or oddrwsiddrws@yahoo.co.uk
- £1 EACH WAY

The journey will suit those wanting to visit friends and family, and can also be used for straightforward appointments.

This is a trial for a fixed period. There will be no change to the usual O Ddrws i Ddrws personal service - just phone 01758 721 777 as usual.

www.oddrwsiddrws.org



Welsh Eye Care Services

In Wales patients who are hard of hearing or deaf are entitled to a free extended (more detailed) eye examination, funded by the Welsh Government through an initiative called the Welsh Eye Care Service (WECS). This gives opticians more time to spend with patients and to help with communication, and also ensure that any eye disease or deterioration is picked up and treated early, as sight loss can be much more devastating for people who have hearing loss. WECS also offer the Welsh Low Vision Service to people with multiple sensory impairments. This assessment is provided free of charge in community optometry practices and a wide range of magnification and electronic aids can be dispensed to patients, again free of charge.

*A visit to an optometrist is free if:

- You're 16 or under
- You're a full time student aged 16,17 or 18
- You're over 65
- You're on certain benefits (Income Support, Income related Employment and Support Allowance, Tax Credit, Income Based Jobseekers Allowance)
- If you are on a low income, you may be able to get help with the cost of sight tests, glasses and contact lenses through the NHS Low Income Scheme. For more information about the Low Income Scheme please visit:
<http://www.healthcosts.wales.nhs.uk/home>

* If you reside in Wales and have a GP in Wales, most optometrists can also offer a free eye test if:

- You have an eye problem that needs urgent attention
- You have sight in one eye only
- You have a hearing impairment and are profoundly deaf
- You suffer from retinitis pigmentosa
- You are of Black or Asian ethnicity
- You are at risk of eye disease because you are the genetic father, mother, sibling or child of someone with an eye disease that can be inherited, such as Glaucoma, Diabetes Mellitus, Age related Macular Degeneration or Retinitis Pigmentosa
- Your have seen your GP and they want you to see an optometrist



Llywodraeth Cymru
Welsh Government

Emergencies or if you have an eye problem that needs urgent attention

If you have any concerns at all about your eyes, see a High Street optometrist (also known as an optician) straightaway. He or she will tell you if you are eligible for a free eye health examination. This examination is known as Eye Health Examination Wales (EHEW). Some eye diseases can lead to blindness or some loss of vision, but if detected early enough, your eyesight can often be saved.

An Eye Health Examination Wales (EHEW) is just that – an examination of the health of your eyes. The optometrist will carefully examine your eyes to see if anything is wrong. The tests and equipment they use will depend on what you tell them and what they find. An eye health examination is more in-depth than and different to a routine vision test, so it may take longer.

If the optometrist decides you need an eye health examination, it won't cost you anything.

You can find an optometrist in most High Streets in Wales. If you have a sight problem, you can go to your existing optometrist (if you have one) or just phone or walk into any practice that is convenient for you to get to.

You can check the list of optometrists that can provide this additional service by visiting the website:

<http://www.eyecare.wales.nhs.uk/search-for-services-in-your-area>

For more information about Eye care in Wales please visit:

<http://www.eyecare.wales.nhs.uk/home>



Retired?

Want to stay active?

Get together with people just like you who want to make the most of their retirement. Our affiliated Branches cater for all sorts of social activities like trips, quizzes, lunches, bingo, guest speakers, classes, walks.

We also support campaigns about things like pensions, health, transport and discrimination on behalf of all retired people in Wales

All our Branches are run by their own officers elected by the members. If you have administrative experience of any kind We can always put it to good use.

Would you like to find out more?

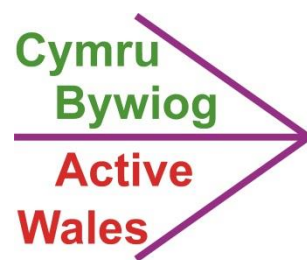
Then come along to:

Nant y Mor, Marine Road

Prestatyn, Denbighshire LL19 7AJ

Everyone is welcome to come and join us

2.00 p.m. on the 9th November 2015



Ymddeol o waith - nid o fywyd
Retired from work - not from life

Or for more details try:

www.activewales.org.uk

(01685) 812130

activewales@gmail.com

Your NHS Wales – Choose Well

'Your NHS Wales – Choose Well' aims to encourage and educate people to use their NHS services wisely; getting the best care for them and their families.

The aim is to

- increase public awareness that self-care is the best choice to treat minor illnesses and injuries.
- increase public awareness of the range of NHS services available so they choose the right service when they are ill or injured
- increase public awareness that the 999 service and A&E are for emergencies only
- increase public awareness of every individual's personal responsibility to choose well for the benefit of all
- encourage better use of these services

Don't put lives at risk – Choose Well this winter.

Self-care is the best choice to treat minor illnesses and injuries.

GP practices, NHS Direct, pharmacies, opticians, dentists, health visitors, community nurses and midwives can help; when looking after yourself at home isn't enough.

Think before you dial 999 – Don't put lives at risk!

Website <http://www.choosewellwales.org.uk/home>

Information on "Choose Well" is available in BSL at <http://www.nhsdirect.wales.nhs.uk/britishsignlanguage/choosewell>



Llywodraeth Cymru
Welsh Government

**** WHAT'S ON ****

A list of upcoming subtitled screenings and BSL performances.

THEATR COLWYN, Colwyn Bay www.theatrcolwyn.co.uk

Accessibility: Hynt access card scheme, disabled access and wheelchair spaces, Induction loop system

PAN – 7:30pm Tues 3rd Nov

MACBETH (15) – 7:30pm Tues 10th Nov

13 MINUTES – 7:30pm Wed 18th Nov

SUFFRAGETTE (12a) – 7:30pm Tues 1st Dec

THEATRE CLWYD, Mold www.clwyd-theatr-cymru.co.uk

Disabled parking and wheelchair ramp – special price access tickets for one and a companion

TANGERINES (12a) – 8pm Tues 10th and Wed 11th Nov

RED ARMY (15) – 8pm Tues 17th Nov

Silent Movie: The Phantom of the Opera (PG)

(With live accompaniment)

Capel Tabernacl Sat 14th Nov 4pm

For more information and to book tickets, visit <http://coastlinefilmfestival.co.uk/whats-on/the-phantom-of-the-opera>

Information from Deaf Clubs in North Wales

Llandudno Deaf Club ANNOUNCEMENT:

We have been informed that “LLANDUDNO DEAF CLUB” has changed its name. We will still carry on as members under the new title of “CONWY COUNTY DEAF CLUB”.

The Committee would like to say a big thank you for supporting Llandudno Deaf Club over the past 7 years and we hope to see you all in the future.

Conwy County Deaf Club coffee morning

Every Tuesday from 10am till 1pm at NWDA Office, Conway Road, Colwyn Bay, LL29 7LN.

Sarah will be on hand if you need any help or support from 10am till 12noon.

£1 entrance including refreshments as much as you like.

Come along when you can to meet up with friends old and new and catch up with the news. Students learning BSL are very welcome to join in.

All very welcome!

Rhyl Deaf Club

Meets on 1st and 3rd Monday of each month at Hafan Deg, Grange Road, Rhyl
From 7pm to 10pm

Denbighshire Deaf Coffee Club

Meets every Friday afternoon from 2 pm to 4 pm at Hafan Deg, Grange Road, Rhyl.
NWDA's Community Support Officer will be there for appointments.

Mold Deaf Club

Meets at FLVC Offices, Corlan, Wrexham Road, Mold
Every Wednesday from 10 am to 12 noon
Drovers Arms, Denbigh Road, Mold – Friday nights 7:30pm

Wrexham Deaf Club

Victoria Youth Centre, Hill Street, Wrexham, LL18 1SN –
Thursday Coffee Morning from 10am.

**The views expressed in this e-bulletin are not necessarily the views of
N.W.D.A. but those of the contributor.**

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info@deafassociation.co.uk and type “unsubscribe e-bulletin” in the
subject box. Your e-mail address will be removed from our mailing list.**

North Wales Deaf Association

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