

North Wales Deaf Association,

E-bulletin, April 2015

North Wales Deaf Association



What's happening at NWDA

Monday afternoons – English for BSL users

Monday evening – BSL introduction part 1

Tuesday mornings – Deaf Coffee Club

Wednesday afternoon – Lips classes

First Friday afternoons – Lipreading group monthly

Coming soon

Yoga through BSL

Art through BSL

Collection Days

Volunteers are needed to support these collection days, if you have a couple of hours spare to help out, please contact Julia Donaldson who is organising volunteers for the events – julia@deafassociation.co.uk. Come along and practice your Sign Language – Lee one of NWDA's BSL Tutors will be collecting on these dates!

April 10th – ASDA Bangor

April 13th – Morrison's Holyhead

April 14th – Morrison's Holyhead

Farewell by Jane Priestley

After 21 years working at NWDA I have decided to take early retirement so that I can spend more time with my ever growing number of grandchildren and get on top of my weed filled garden.

Times are very difficult for all charities at the moment, but I am confident that I am leaving NWDA in a good place, with all our contracts with Social Service Departments and the BCUHB renewed for a between six months and two years.



Our interpreting agency is extremely busy and I can only apologise to the team for not been able to secure a helicopter to get them from one appointment to another.

We have grants from Community Voice (Anglesey) which has a further two years to run and we have just started a project for Children in Need that will last for three years.

We are waiting the results of an application for an Access Project through the Big Lottery and we will find out if this is successful in June. This will bring in a further £138,000 over three years.

Our BSL classes are once again proving very popular with several classes starting over the coming months in a number of locations and with our forthcoming registration with Signature we will soon be able to offer more accredited courses linked to Deafness.

The new offices are very busy, with tenants moving into offices over the next few months brining in an income for the organisation.

The training room is also very busy with a variety of club meetings, BSL classes and the first Essential Skills Course through BSL taking place every Monday afternoon.

We now have several volunteers looking after our reception desk and helping out with a variety of tasks in our offices.

I would like to take this opportunity to thank all the Directors and staff for their support over the years; our increasing number of volunteers who give up their time freely to support the organisation, and clients. Lastly, our members, some of whom have been with the organisation as long as I have.

WHAT'S ON – SUBTITLED SCREENINGS

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

LEVIATHAN (15) – 7:30pm Tues 14th Apr

CHAPPIE (12a) – 7:30pm Tues 28th Apr

CINDERELLA – 7:30pm Tues 26th May

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

JAUJA (WOW) – 8pm Wed 1st Apr

CHARLIE'S COUNTRY (WOW) – 8pm Wed 15th Apr

STONES FOR THE RAMPART – 8pm Tues 21st & Wed 22nd Apr

DANCING IN JAFFA (PG) – 8pm Thurs 23rd Apr

LIFE OF RILEY – 8pm Tues 28th & Wed 29th Apr

WILD TALES (WOW – 15) – 8pm Tues 12th & Wed 13th Apr

BLIND (18) – 8pm Tues 19th & Wed 20th May

HAMOUN (WOW – 15) 8pm Thurs 21st May

MOMMY (15) – 8pm Tues 26th & Wed 27th May

VUE RHYL www.myvue.com

Big Hero 6 (PG) – 10am Sun 12th Apr

Getting I.T. by Sarah Thomas

Denbighshire County Council have funded a project to provide 10 Denbighshire residents with an hours one to one session to get them using the internet.

This can be on a computer, tablet, iPad or mobile phone.

If you have the internet already, but feel you are not getting on with it, or are a complete novice who wants to know what all the fuss is about, then we can help.

So, if you ever wanted to know what a “cookie” is, or how to use facetime or Skype to keep in contact, or just want to set-up an e-mail address get in touch.

Thanks

FUNDRAISING NEWS

To start, I would just like to thank the following organisations for their support this year.

Horizon Nuclear Power (Anglesey) with a grant of £1950 to run our LIPS classes

Denbighshire Social Services with a grant of £1770 to run health advice workshops and basic IT training in Denbighshire for people with hearing loss.

I'd also like to thank the following Community and Town councils for supporting us with grants so far this year. All their support helps us provide our services to people in their local community:-

- **Llanfairdyffrynclwyd town council**
- **Botwnnog Community Council**
- **Rhosllanerchrugog Community Council**
 - **Colwyn Bay Town Council**
 - **Mold Town Council**
 - **Dolgellau Town Council**
- **Llanystumdwy Community Council**
 - **Gresford Town Council**

Remember you can support our work at no cost to yourself when you shop online.

North Wales Deaf Association has received more than £1000 simply from our supporters shopping online! This amount is part of over £5 million generated by leading UK good cause shopping website easyfundraising.org.uk for over 50,000 causes just like North Wales Deaf Association.

North Wales Deaf Association earns the cash donations when people register to support us and shop online through the site. It's a really simple process, all you have to do is:

1. **Register at www.easyfundraising.org.uk**
2. **When you're asked to choose your cause, select [insert cause name].**
3. **Get shopping - it couldn't be easier!**



There are over 2,700 online retailers available, including Amazon, John Lewis, eBay and Tesco and all will give a small percentage of what's been spent back to North Wales Deaf Association to say thank you for shopping with them.

What are you waiting for? Head to www.easyfundraising.org.uk to boost your fundraising for North Wales Deaf Association now. Already registered? Spread the word to family and friends to let them know just how easy it is!

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FREE L.I.P.S. Classes Spring 2015

Lipreading. Information. Practical. Strategies Classes

Spring Term



Venue	Day and Time	Dates
Menai Bridge The Meeting Room, St Mary's Church, (opp Waitrose), Ffordd Mona, Menai Bridge, LL59 5EA	Tuesdays 2pm - 4pm	April : 14 th , 21 st , 28 th May : 5 th , 12 th , 19 th June : 2 nd , 9 th , 16 th , 23 rd
Abergele British Red Cross, Red Cross House, North Wales Business Park, Abergele, LL22 8LJ	Wednesdays 9.45am to 11.45am	April : 15 th , 22 nd , 29 th May : 6 th , 13 th , 20 th June : 3 rd , 10 th , 17 th , 24 th
NWDA Office 77 Conway Road Colwyn Bay Conwy LL29 7LN	Wednesdays 12.30-2:30pm & 2:45-4:45pm	April : 15 th , 22 nd , 29 th May : 6 th , 13 th , 20 th June : 3 rd , 10 th , 17 th , 24 th
Mold Parkfields Community Centre, Ash Grove, Mold, Flintshire, CH7 1RY	Thursdays 10am – 12 noon	April : 16 th , 23 rd , 30 th May : 14 th , 21 st June : 4 th , 11 th , 18 th , 25 th July: 2 nd

BCUHB - Health Board News

Buying over the Counter Medicines - Help us to make the best use of NHS Resources

With the current economic climate putting a sharp focus on public spending, the NHS in Wales is under great pressure to take action to address gaps in funding.

As a consequence, and to cope with the funding cuts, Betsi Cadwaladr University Health Board will have to take tough decisions to transform services.

Dr Berwyn Owen, Clinical Director of Pharmacy and Medicines Management said: "Over the counter medicines are the type of medication you can buy at your local pharmacy, supermarket or shop without a doctor's prescription. Many of these products can be purchased at a minimum cost and often much more cheaply than it would cost the NHS.

"We currently spend four million pounds every year on over the counter medicines and this year we are experiencing a significant growth in their cost. A 2% reduction would reduce our costs by an estimated £80,000, which at a time when the NHS is under constant pressure is a significant amount.

"We can make savings through encouraging patients to 'self care' and to purchase some of the simple and inexpensive products over the counter for the treatment of minor ailments, which include simple painkillers, laxatives, vitamins, hay fever treatments and head lice treatments.

"Community Pharmacists are highly trained health care professionals and are in an ideal position to assist with 'self care' and to advise on the most appropriate product for each individual patient.

"Alongside other Health Boards in Wales, we have asked GPs to reduce unnecessary prescribing of these simple medications, however, be reassured that if your GP considers it essential that you take the medication for your condition, it will be prescribed for you.

"As part of the Welsh Government's Choose Well Campaign, we are encouraging patients to choose their local pharmacy for advice on minor ailments / illnesses and over the counter medicines. This will not only free up your GP's time, but will also reduce waste through the prescribing of additional quantities for use on a future basis or 'just in case'."

Geoff Ryall-Harvey, Chief Officer of the North Wales Community Health Council (CHC) said: "Our members welcome this drive by Health Boards, both locally and nationally, and see it as a positive way forward in reducing the huge amount of waste that comes from repeat prescriptions and stockpiling of medications by patients. However, it is also reassuring that in some situations the doctor can still prescribe these medicines on the NHS."

BCUHB Information

Accessible Healthcare Communication Card

View this information in BSL on <http://youtu.be/FHaoj40rRLO>

Do you require Communication Support for your Health Appointments?

For example:

- A British Sign Language Interpreter
- A Signed Support English Interpreter
- A Note Taker
- A Lip Speaker

Please let a member of staff know so that we can ensure that your Communication Support needs are made available

Pick up an Accessible Health Communication Card these are available from:

- GP Practice
- Minor Injuries Units
- Accident and Emergency Departments at Ysbyty Gwynedd, Ysbyty Glan Clwyd and Ysbyty Maelor
- Main Information Desk at Ysbyty Gwynedd, Ysbyty Glan Clwyd and Ysbyty Maelor
- Download and print from our website www.bcu.wales.nhs.uk

Tick your Communication Support need and when attending your Health Appointments if Communication Support has not been provided show this card to your GP, Nurse or Receptionist and Communication Support will be booked.

Any member of staff can book an interpreter for you

The Health Board has a duty to ensure that we are communicating with our patients in your first or preferred language. Our interpretation protocol states:

"as a general rule we do not encourage the use of family member, however, it is recognised that in emergency situations this may be the only option.... Children will not be asked to interpret. It is not appropriate to use children (under 16) to interpret for family members."

Information from Deaf Clubs in North Wales

Llandudno Deaf Club Coffee morning

Llandudno Deaf Coffee Club meet every Tuesday morning at NWDA's new offices 77 Conway Road, Colwyn Bay LL29 7LN from 10 am to 1 pm. NWDA's Community Support Officers will be available from 10 am to 12 noon. The club starts back again after the Christmas break on the 13th January 2015

Come along and meet your friends old and new for a relaxing chat over coffees, teas, and cakes.

Llandudno Deaf Club Social Evenings

New Venue for the first three months is at British Legion Club, Conwy on a Friday Evening

Friday 27th March - Easter Theme Evening

Friday 24th April - Social

Friday 29th May - Social

Door open from 7pm until late

Saturday 20th June - BBQ Evening at the Bodafon Farm, Llandudno

New dates on a Fridays or Saturdays for July, August, September, October, November, December will follow later after the BBQ Evening in June.

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.

Free Lip-reading groups with Rosemary Claydon

**Llandudno Junction has moved to NWDA's new offices
At 77 Conway Road, Colwyn Bay**

Next meeting 7th November from 2 pm to 4 pm

Abergele

Third Friday every month 2pm to 4pm

Hafod Y Parc, Kinmel Avenue, Abergele, LL22 7LW



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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