



North Wales Deaf Association

E-bulletin, August 2015



North Wales Deaf Association

Fundraising News

The great news we received in June was our application to the Big Lottery fund was successful and we will receive funding over the next 3 years to run a new service to help improve access for Deaf and hard of hearing people to the services they need. More information on this service will appear in future newsletters and via our :-

Web page:- www.deafassociation.co.uk

Facebook:- <https://www.facebook.com/nwda.charity>

Twitter:- @NWDeafAssoc



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

North Wales Deaf Association supports over 3,000 D/deaf and hard of hearing children and adults across North Wales. We provide them with the opportunities to engage with society, support them with specialist equipment and advice. However, we cannot continue offering these valuable services without your help.

Remembering NWDA with a gift in your Will will only take a few minutes but will last a lifetime.

Ensuring your loved ones are provided for must be a priority, but if you feel you are able to leave a gift in your Will to NWDA we would be extremely grateful. No matter how large or small your gift may be, please be assured it will help make a BIG difference to our charity.

If you haven't written your will....

If you have not yet made a will you can find a legal professional by going to The Law Society website www.lawsociety.org.uk

If you are having your will drawn up by a solicitor (which we advise), then your solicitor will advise you on the options available and you need not worry about the wording.

If you have already written your will.....

If you want to add a gift to North Wales Deaf Association to your existing will, the easiest way may be to draw up a codicil (an additional legal instruction or amendment).

You solicitor will be able to advise you on this or you can request a form from us by contacting our office in Colwyn Bay or emailing me at:

mike@deafassociation.co.uk

Thank you for your support



Transition Team is now the Accessible Health Liaison Service



View this information in BSL <http://youtu.be/88zKL8sSC4U>

Communication support at Health appointments has now been delivered through WITS since July 1st 2014. While there have been some initial difficulties, on the whole the new system is working well and NWDA has a good working relationship with both WITS and BCUHB (the Health Authority).

The Health Board realises that the changeover period has now ended but that support is still needed to make sure things continue to run smoothly.

The Health Board have worked with NWDA to create a new service, The Accessible Health Liaison Service.

This new Accessible Health Liaison Service team will be Holly, Sarah and Hazel. But who will do what?

All the members of the team will be able to (if you want):

Make, change or cancel your health appointments – this includes appointments with

- GP's
- Hospitals
- Dentists
- Opticians
- Clinics
- Pharmacies/The chemist
- District Nurses

Book hospital transport

Check communication support has been booked

Sarah will be available to encourage and support you to feedback, both positive and negative to the Health Board and to visit Deaf Clubs, Coffee Mornings or Forums to keep everyone up to date with what the team are doing and arrange one to one meetings for people who cannot attend the clubs etc.

Holly will be responsible for attending meetings with the Health Board, GP's and pharmacy managers to make sure that all their staff are aware of their responsibilities with booking Communication Support, and arrange some Deaf Awareness sessions for their staff.

She will also organise workshops to make health issues accessible for BSL users. What these workshops are about will be your decision, let Holly know what you are interested in.

Hazel will manage the team, doing all the paperwork the Health Authority need.

All of the team will also work with health professionals and the Health Board by:

Providing accessible health information when requested by the Health Board e.g. translation of their health information into BSL, like the flu video that is on our website.

Work with WITS regarding interpreter preferences. Who you chose is up to you, it can be a freelance interpreter, or someone from NWDA, it doesn't matter as long as they are registered with WITS. WITS will use your interpreter preferences for pre booked appointments when possible.

But for last minute appointments or emergency appointments it may not always be possible to have an interpreter from your preference list.

Give information to health professionals on when and how to book communication support.

Promote and distribute the accessible health communication cards.

Monday to Friday 9am to 5pm

We can all be reached at the NWDA offices or directly by e mail to health@deafassociation.co.uk or sms to 07435 967326

Emotional Resilience Course

Course: Emotional Resilience Course

Date: 19th November 2015

Time: 10:30am-3pm



Course Description: Aims to increase your ability to deal with difficult feelings, increases your ability to cope with stressful life events and gives you the information required so that you know where to access further support if you ever need help in the future.

Limited spaces apply - To **book a place** on the course please contact **North Wales Deaf Association**.

BSL accredited courses with Holly starting September:

5 week course – Introduction to BSL (Part 1)

Holyhead – Thursday evenings, 6pm-8pm. Starting date 24th September 2015

Venue: Holyhead Leisure Centre (Creche room), Kingsland, Holyhead, Anglesey, LL65 2YE.

Full course dates: September 24th October: 1st, 15th, 22nd, 29th

Costs: £50 per person – please contact NWDA for an application form to book a place as limited spaces available, or for more information.

5 week course – Introduction to BSL (Part 1)

Bangor – Tuesday Evenings, 6pm-8pm. Starting date 8th September 2015

Venue: Bryn Menal, Ffordd Caergybi, Bangor, Gwynedd, LL57 2JA

Full course dates: September: 8th, 15th, 22nd, 29th October: 6th

Please Contact WEA Cymru for more details and how to book a place (not NWDA)

Email: workplace@weacymru.org.uk **Telephone:** 01248 363935

Stroke Association Presentations

(With British Sign Language Interpreter)



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

cymdeithas

Strôc | Stroke
association

Conwy Deaf Club Coffee Morning, Training room, North Wales Deaf Association, 77 Conway Road, Colwyn Bay, Conwy, LL29 7LN

Date: Tuesday 8th September 2015

Time: 10:30am

(Please contact NWDA Accessible Health Team to book your place for this event, as there are limited spaces available for this presentation)

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Mold Deaf Club Meeting Room, Flintshire Voluntary Services Council, Corlan, Unit 3, Mold Business Park, Wrexham Road, Mold, Flintshire, CH7 1XP

Date: Wednesday 9th September 2015

Time: 10:30am



NWDA Holiday Club

**Cadbury's
Chocolate World
Birmingham**
Wednesday
19th August 2015



DEADLINE DATE



WEDNESDAY

12TH AUGUST

2015

MINIBUS PICK UP & RETURN POINTS

START-	
MORRISONS CAERNARFON	7.30AM
TESCO'S BANGOR	7.45AM
NWDA COLWYN BAY	8.30AM
DEESIDE LEISURE CENTRE QUEENSFERRY	9.15AM
SAINSBURY'S WREXHAM	10.00AM
ARRIVE-	
BIRMINGHAM	12.15PM
LEAVE-	
BIRMINGHAM	4.30PM



BIRMINGHAM CADBURY'S CHOCOLATE WORLD



INFORMATION FOR THE TRIP

EACH CHILD TO BRING A **PACKED LUNCH**
AND **DRINKS** WITH THEM ON THE DAY
BE PREPARED FOR THE WEATHER

For example bring a **COAT** in case the weather is nice in
Wales but raining when we get to Cadbury's World
or **SUNCREAM** if it's very hot and sunny

POCKET MONEY – each child can bring along
with them a maximum of **£10**

NWDA

Holiday Club

BONKERZ

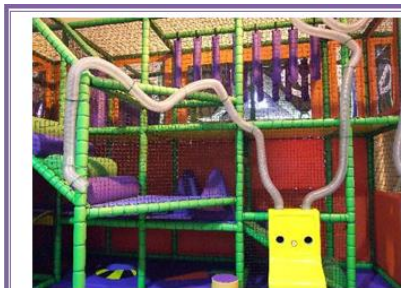
FUN CENTRE

FREE ENTRANCE AND HOT FOOD PROVIDED

THURSDAY 20th AUGUST 2015 TIME 12NOON to 2PM

DEADLINE DATE Wednesday 12th August 2015 Contact: Lee Thomas

BONKERZ FUN CENTRE – Llewelyn Avenue, Llandudno, LL30 2ER



North Wales Deaf Association
77 Conway Road, Colwyn Bay, Conwy, LL29 7LN
Tel: (01492) 530013 Minicom: (01492) 524983 Fax: (01492) 532615
E-mail: info@deafassociation.co.uk

Mold Deaf User Forum

The next forum meeting will take place on 16th September at Corlan, Mold Business Park from 10am.

Guest speakers will be Sarah Matthews, new CEO of NWDA and Annette Lewis of Gadfest.



Mental Health First Aid

North Wales Deaf Association

**Friday 18th
and Saturday 19th
September 2015**

**9am to 5pm
each day**



Deaf trainer Susan from the British Society for Mental Health and Deafness (BSMHD) will run a course in BSL/SSE.

Mental Health affects us all. How we think and feel about ourselves and our lives affects our behaviour and how we cope in tough times. You will learn:

- What is Mental Health?
- Understanding different mental health conditions such as depression, anxiety, self-harm, suicide and eating disorders
- Supporting someone who maybe in crisis
- What is ALGEE ?

For further details & booking form, please see web site www.bsmhd.org.uk or contact info@bsmhd.org.uk



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The Health Board was placed into Special Measures by Welsh Government on 8th June 2015 and an Interim Chief Executive appointed (Mr Simon Dean, Deputy Chief Executive NHS Wales).

As part of the process, a number of “100 Day Plans” were developed around key areas highlighted by the Minister for Health and Social Care where early action was required.

These are:

- **Reconnecting with the public and staff; communications**
- **Mental Health improvement**
- **Obstetrics and Gynaecology**
- **Corporate Governance**
- **GP Out of Hours Services**

For each heading a detailed delivery plan has been produced, and the progress to date and full plans are available at:

<http://www.wales.nhs.uk/sitesplus/861/appendoc/269883>

To view the information in BSL, see <http://youtu.be/xBw9pKwy0Xw>

Public Health Wales...

...is reminding people to take care in the sun.

Hot weather can cause heat exhaustion or heat stroke, which is more serious, as well as the risk of sunburn.

Huw Brunt, Consultant in Environmental Health Protection for Public Health Wales, said: "We know that the weather is forecast to be very hot over the next few days, and we want people to be careful that they don't ruin their enjoyment of the sun by becoming unwell as a result of the outside temperatures.

"By taking some simple steps to protect themselves and others, everyone can enjoy the sunshine while staying safe and well."

People planning to be outside while the weather is hot are advised to:

- **Use sunscreen or sun block to reduce the risk of sunburn**
- **Cover up with loose fitting clothes**
- **Wear a hat to protect the head and sunglasses to protect the eyes**
- **Drink plenty of water**
- **Avoid direct sunlight between 12pm and 3pm (the hottest part of the day)**

"The usual symptoms of heat exhaustion – which can become heat stroke if left untreated – include a headache, high temperature, dizziness, nausea, vomiting and muscle cramps.

"If you are concerned that you or someone else has these symptoms, you should contact your GP."



LIVING HEALTHIER, STAYING WELL

Betsi Cadwaladr University Health Board wants to hear the views of people in North Wales on health and healthcare services – what’s important to you in maintaining your health; what we do well and what could be improved. We’d also like you to share your own experiences of the NHS locally.

What you tell us will be used to help shape the way NHS services are delivered in North Wales, now and in the future.

The questionnaire may be completed by representatives from organisations and individual residents aged 16 or over. All questionnaires should be completed by **30th September 2015**.

All completed questionnaires will be processed by Opinion Research Services (ORS), an independent research company. Feedback from individuals will be completely anonymous, but views from organisations may be attributed.

For further information, go to www.wales.nhs.uk/NWalesHaveYourSay

To complete the survey

English: <https://www.ors.org.uk/web/index.php/449455/lang-en>

Or you can find use the SurveyMe app for smartphones & tablets – search for the app & install, look for “surveys near me” and it is the Living Healthier, Staying Well survey.

Deaf Charity Ball 2016

Nia Jones, Bethan Hughes, Julie Rinaldi and Kim Clark Walker are holding a 'Rock n Roll Deaf Ball' at Llandudno in the summer of 2016.

In aid of Roy Castle Lung Cancer Charity.

The venue is at:
St George's Hotel,
The Promenade,
Llandudno,
LL30 2LG.

£40 per person.
Drink on arrival.
3 course meal. With tea/coffee.
Rock n roll disco.



Disability Arts Cymru invites you to submit work for the:

DAC ANNUAL EXHIBITION

The theme of this year's open exhibition is
'Austerity/Extravagance'



For more information and enquiries please contact: kate@dacymru.com
or post@dacymru.com Tel: 02920 551 040

- We will be judging your entry based on a clear photograph sent either by post or in an email (300dpi – A4 sized) to kate@dacymru.com
- Must be aged 16 and over and residing in Wales.
- Entry fee - £7.50
- Visual art mediums accepted: drawing, painting, sculpture, photography, ceramics, collage. Any queries please contact us.
- Exhibition ready - All 2D work must be framed – with 'd rings' and picture wire/string attached for hanging.
- A commission will be taken for any work sold
- Entries must be submitted by **30th September 2015**



'Reliquary' by Joolz Cave-Berry

All artists must be members of DAC (you may join at the time of submission including your completed membership form alongside your entry form)

Through our DAC Annual Exhibition we showcase and tour the work of disabled and deaf artists or those living with long term physical and/or mental health conditions.

It is an open exhibition including work from up-and-coming artists and those who have been working as professional artists for many years. Our aim is to raise profiles, increasing the likelihood of sales for artists, to help with progression of the artist's careers and to build relationships between artist's peers and with exhibiting venues.

Theme of Austerity/Extravagance: In the light of recent governmental decisions, which affect many people throughout Wales, we wanted to reflect the feelings about this through our exhibition of work by DAC members, many of whom have been affected by austerity measures. Contrary to this we are also asking for work in response to the theme of 'Extravagance'.



Noddir gan
Lywodraeth Cymru
Sponsored by
Welsh Government



**Norwegian Church
Arts Centre**
Canolfan Celfyddydau'r
Eglwys Norwyaidd

***** 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*

MAD MAX: FURY ROAD (15) – 7:30pm Wed 6th Aug

SAN ANDREAS (12a) – 7:30pm Tues 11th Aug

MR HOLMES (PG) – 7:30pm Tues 18th Aug

ABSOLUTELY ANYTHING (12a) – 7:30pm Wed 26th Aug

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

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

13 MINUTES (15) – 8pm Tues 18th and Wed 19th Aug

VUE RHYL www.myvue.com

*Two nearby car parks provide a limited amount of blue badge spaces (but please
remember you must be in a specified blue badge parking space with your blue badge
in clear view) – wheelchair access – CEA card holders – Infra-Red loop (contact staff
for headset)*

CINDERELLA – 10am Sun 9th Aug



Information from Deaf Clubs in North Wales

Llandudno Deaf Club Coffee morning

Llandudno Deaf Coffee Club meets 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.



Come along and meet your friends old and new for a relaxing chat over coffees, teas, and cakes. Look forward to see you all there.

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.

Do you care for a family member or friend?



In recognition of the knowledge and experience unpaid carers can offer in helping improve and shape the way health services are delivered, Betsi Cadwaladr University Health Board (BCUHB) is seeking carers to become involved in a North Wales Carers Reference Group. The aim of the group will be to offer advice and feedback to the Health Board on the impact of services on carers and help create a culture of carer involvement at all levels within the Health Board.

The group will meet at least twice a year at locations across North Wales. The Health Board will reimburse reasonable travel costs, respite, child care or other expenses incurred by Carers through attending the meetings.

If you would like to learn more about this exciting opportunity, or to request an application form to be part of the reference group, please contact:

Jane Berry, Carers Measure Project Manager on (01745)448740 Ext 2492 or email: Jane.Berry3@wales.nhs.uk

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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North Wales Deaf Association

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