



# North Wales Deaf Association

## E-bulletin, March 2016



# North Wales Deaf Association

## New Staff Members at NWDA

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North Wales Deaf Association has two new members of staff! We would like to warmly welcome them to the team and introduce them to you all.

### Introduction from our New Access Officer

My name is Lyndon Williams and I started working at North Wales Deaf Association on the 1st February 2016. I am Profoundly Deaf and use British Sign Language. I have four grown up children. Previous to starting here, I worked at Hotpoint in Llandudno Junction for 22 years, before moving on to work for RNID as a Community Development Officer for three years, then a Training Officer for seven years. I was unfortunately made redundant but was lucky enough to find a job working for Cymryd Rhan as a support worker for a disabled client for five years, which was a very rewarding job.

I am now employed as an Access Officer. The project is funded by the Lottery for three years for me to meet with deaf and hard of hearing groups, to find out what difficulties they have accessing a wide range of services; from mental health services, education, social services and various aspects of the Council (e.g. housing issues etc.) to the health service, social events, shops - the list is endless.

You tell me where the issues are and I will arrange meetings with them to help to overcome the barriers. I will be attending all the local deaf/hard of hearing clubs and coffee mornings to meet as many people as I can and find out what issues people have. I can also arrange one-to-one meetings if needed.



Within my role I will also be setting up a Digital Inclusion training course for people with a hearing loss to enable them to access the Internet safely, which will include aspects such as Internet shopping, online banking, as well as enabling people to access the DWP website and talk to someone about their issues via an Interpreter.

I will also be setting up training on how to; use an Ipad, become a Volunteer, build up your confidence, become a Mystery Shopper, go into local business to check for any access issues that people face on a daily basis, and meet other Deaf or hard of hearing people.

Finally, tell me what you need, and I will look into setting up workshops or training courses.

You can contact me via Facetime, Skype, Facebook or Twitter. You can leave a message outside office hours and I will reply when I'm next in the office. I look forward to meeting and working with you all.

## Introduction from our New Communication Service Co-ordinator

Hello! I am the new Communication Service Co-ordinator, Hannah Wilson. I started on 1st February, so I am still new to the job with lots to learn! I used to work at NWDA (left in 2008) so it is nice to be back working with the organisation and seeing familiar faces again! I am working part time for NWDA and my role is to co-ordinate the interpreter bookings and look at developing the service further.

For those of you who do not know me, I am a qualified BSL/English Interpreter, RSLI, and have 16 years of interpreting experience. Originally from Warrington, I moved to North Wales in 2005. As well as being an interpreter, I am also an assessor (A1) of Trainee Interpreters and a qualified teacher (PGCE) delivering on Interpreting courses, the most local being the Degree programme of BSL & Deaf Studies with GLLM at Rhos on Sea. I am looking forward to the challenge of a new job with NWDA and to working with the interpreting team.

My email is [Hannah.wilson@deafassociation.co.uk](mailto:Hannah.wilson@deafassociation.co.uk) if you want to get in touch then please do.



## Fundraising News

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We would like to thank the following organisations for supporting us with a donation so far this year:-

- Botwnnog Community Council
- Llansaidfraidd Community Council
- Rhosllannerchrugog Community Council
- St Dyfnogs Church
- Colwyn Town Council

We'd also like to thank Co-op stores in Penrhyn Bay, Rhos-on Sea and St Asaph, and the Asda store in Caernarfon for allowing us to fundraise in their stores.

Our thanks also go to the individual supporters who have so far donated £790 this year.

Remember you can find all the current information on the services we provide online at the following website and social media pages.

Web page:- [www.deafassociation.co.uk](http://www.deafassociation.co.uk)

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

Twitter:- @NWDeafAssoc

North Wales Deaf Association supports to 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 only takes 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](http://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).

Your 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](mailto:mike@deafassociation.co.uk)



# Conwy County Deaf Club

## — Coffee Morning

**Venue:** North Wales Deaf Association,  
77 Conway Road, Colwyn Bay, Conwy, LL29  
7LN

**Date:** Tuesday 8th March 2016

**Time:** 10am-12 noon



### Health Information in BSL:

### Presentation from Alzheimer's Society: Dementia Friends Session



**(With British Sign Language Interpreter present)**

Please contact **Rosemary Thompson** or **NWDA Accessible Health Team** to book your place for this event as there are limited spaces available for this presentation.

**Email:** [Health@deafassociation.co.uk](mailto:Health@deafassociation.co.uk)

**SMS:** 07435967326



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



# Wrexham Deaf Club — Coffee Morning

**Venue:** Wrexham Deaf Club, Victoria Youth Club, Hill Street, Wrexham, LL11 1SN

**Date:** Thursday 10th March 2016

**Time:** 10am-12 noon

## Health Information in BSL, presentations from:

### The Welsh Ambulance service



Welsh Ambulance Services  
NHS Trust



### The Alzheimer's Society: Dementia Friends



Alzheimer's  
Society  
Leading the  
fight against  
dementia

### (With British Sign Language Interpreter present)

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

**Email:** [Health@deafassociation.co.uk](mailto:Health@deafassociation.co.uk)

**SMS:** 07435 967326



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## PRESS RELEASE (condensed)

February 2, 2016



### People with chronic kidney disease are urged to get the flu vaccine now

As flu continues to circulate in Wales, health experts and charities are urging people with chronic kidney disease to get protected against flu as soon as possible.

People who suffer from chronic kidney disease are at a higher risk of becoming very ill with flu than the general population that's why it's so important that they have the free NHS vaccine.

"Kidney Wales supports the NHS flu vaccine and believes that patients should protect themselves as soon as they can," said Roy Thomas, CEO of Kidney Wales Foundation.

"We know that patients with long term kidney conditions are more vulnerable to infections and with flu cases currently increasing across Wales, it's really important to take advantage of the free vaccine by making an appointment with your GP now. It's not too late to get protected this winter."

The NHS flu vaccine is available free to people who have chronic kidney disease at stage 3, 4 or 5, chronic kidney failure, nephrotic syndrome or kidney transplantation. It is also available for people with other long term health conditions where there is an increased risk of complications if they catch flu including respiratory illnesses, heart and liver disease, diabetes and certain neurological conditions such as stroke or mini stroke (TIA).

Unlike the common cold which may develop over several days, flu symptoms usually develop very rapidly with a high temperature and often include a headache, aching muscles, extreme tiredness and cough.

The public are also being reminded to take the proper precautions to help reduce the chances of flu spreading. Anyone experiencing flu-like symptoms is encouraged to follow three simple steps to prevent the illness from spreading: Catch it. Bin it. Kill it.

- **'Catch it'** - always cough or sneeze into a tissue
- **'Bin it'** - dispose of the tissue after use
- **'Kill it'** - then wash your hands or use hand sanitizer to kill any flu viruses

Anyone with symptoms of flu should drink plenty of fluids, take ibuprofen or paracetamol to relieve symptoms, and avoid contact with vulnerable individuals while they have symptoms, which usually resolve in about a week.





Any individual that feels unwell with flu-like symptoms can get advice on treatment from the NHS Direct Wales website at [www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk) or the helpline on 0845 46 47.

For more information please visit [www.publichealthwales.org](http://www.publichealthwales.org) or [www.beatflu.org](http://www.beatflu.org)

For information in BSL about Seasonal Flu, please watch <https://youtu.be/a7reKCioxZY>

### **Editor's notes:**

#### **Beat Flu**

Beat Flu is an annual campaign, run by Public Health Wales, which promotes the free NHS flu vaccination to those in 'at risk' groups in Wales and other eligible groups such as carers, and health/social care workers.

Health and social care workers with direct patient/client contact are recommended to have an annual flu vaccination, which should be provided by their employer.

More information on the campaign can be found at [www.beatflu.org](http://www.beatflu.org) or [www.curwchffliw.org](http://www.curwchffliw.org). Beat Flu is also on twitter and facebook: @beatflu @curwchffliw [www.facebook.com/beatflu](http://www.facebook.com/beatflu) [www.facebook.com/Curwch-ffliw](http://www.facebook.com/Curwch-ffliw)

## **Lend me your ears**

A north Wales conference for individuals and families with hearing loss

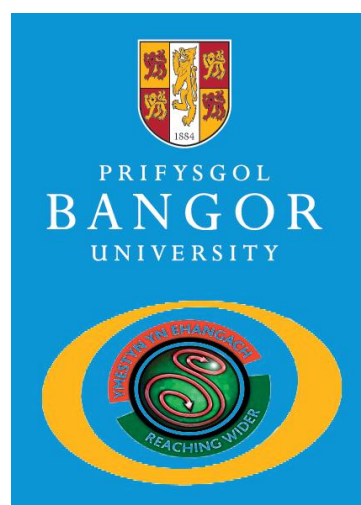
**10am - 3.30pm Saturday 16 April 2016**

Powis Hall, College Road, Bangor, LL57 2DG

A free conference for adults & parents of children who have a hearing impairment.

Speakers, discussions and an opportunity to socialise.

For more information and to register:  
[i.r.cooke@bangor.ac.uk](mailto:i.r.cooke@bangor.ac.uk) (01248) 38225





## Flintshire & Wrexham (Online Watch Link) Association

Pleased to announce our NEW Crime Prevention initiative available for People, Watch schemes and Community Safety Partners throughout North Wales

*supported by*

Police Crime Commissioner for North Wales & CyberCrime Team

### 'Card Minder Aluminium Pouches'

Helping in preventing contactless bank card/credit card fraud  
'known as skimming or electronic pickpocketing'



low cost safeguarding initiative

**£1.00 each**

or

Special 'Good Neighbour' offer  
buy 10 & get 3 free

**AVAILABLE HERE : £1 per pouch - special 'Good Neighbour' offer buy 10 and get 3 free**

**For larger quantities and discounted prices contact:-**

Flintshire & Wrexham (Online Watch Link) Association

Mold Police Station

King Street

Mold CH7 1EF Tel: 01352 708118 Email: [watch@owlcymru.org](mailto:watch@owlcymru.org)

Community Safety Partners/Organisations & other types of watch scheme discounts contact above



## **\*\* WHAT'S ON \*\***

A list of upcoming subtitled screenings and/or BSL performances.

**VENUE CYMRU, Llandudno** [www.venuecymru.co.uk](http://www.venuecymru.co.uk)

*Accessibilty: Hynt Access card scheme – wheelchair user's parking spaces and access – infra-red loop system (reserve headset at booking)*

**HAIRSPRAY (BSL)** – 7:30pm Thurs 14<sup>th</sup> April

**THEATR COLWYN, Colwyn Bay** [www.theatrcolwyn.co.uk](http://www.theatrcolwyn.co.uk)

*Hynt access card scheme – disabled access and wheelchair spaces – Induction loop system*

**THE HATEFUL EIGHT (12a)** – 7:30pm Tues 22<sup>nd</sup> March

**THEATR CLWYD, Mold** [www.clwyd-theatr-cymru.co.uk](http://www.clwyd-theatr-cymru.co.uk)

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

**A WAR (15)** – 8:00pm Tues 8<sup>th</sup> and Wed 9<sup>th</sup> March

**THE LAST DIAMOND (15)** – 8:00pm Tues 29<sup>th</sup> and Wed 30<sup>th</sup> March



## **Information from Deaf Clubs in North Wales**

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### **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 first and third Monday of each month at Hafan Deg, Grange Road, Rhyl  
From 7pm to 10pm

**Denbighshire Deaf Coffee Club**

Meets every Friday afternoon from 2pm to 4pm 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 10am 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](mailto: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**

**77 Conway Road, Colwyn Bay, LL29 7LN**

**E-mail:- [info@deafassociation.co.uk](mailto:info@deafassociation.co.uk)    Web:- [www.deafassociation.co.uk](http://www.deafassociation.co.uk)**

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