



North Wales Deaf Association

E-bulletin, October 2015



North Wales Deaf Association

North Wales Deaf Association Consultation Event

**Tuesday, 13th October 2015
at 5.00 pm—8.30 pm**

**Rhuddlan Room
Venue Cymru North Wales Conference Centre
The Promenade
Llandudno LL30 1BB**

**Come and meet our new CEO Sarah Matthews at
our Questions & Answers Event on the future
plans for NWDA, Colwyn Bay**

Please book your place—Contact NWDA
Tel: 01492 530013 Minicom: 01492 524983
Fax: 01492 532615 sms: 07719 410355
Email: info@deafassociation.co.uk

North Wales Deaf Association

Lipreading. Information. Practical. Strategies. (L.I.P.S.) Dates

L.I.P.S. Classes have now started! See below for future dates. We look forward to seeing you. Any queries, please contact NWDA office.

Venue	Day and Time	Dates
<p>Menai Bridge The Meeting Room, St Mary's Church, (opp Waitrose), Ffordd Mona, Menai Bridge, LL59 5EA</p>	<p>Tuesdays 2pm to 4pm</p>	<p>Sept: 29th Oct: 6th, 13th, 20th, Nov: 3rd, 10th, 17th, 24th Dec: 1st , 8th ,</p>
<p>Abergele British Red Cross, Red Cross House, North Wales Business Park, Abergele, LL22 8LJ</p>	<p>Wednesdays 10am to 12 noon</p>	<p>Sept: 23rd , 30th Oct: 7th, 14th, 21st , Nov: 4th , 11th, 18th, 25th Dec: 2nd</p>
<p>NWDA Office 77 Conway Road Colwyn Bay Conwy LL29 7LN</p>	<p>Wednesdays 2pm to 4pm</p>	<p>Sept: 23rd , 30th Oct: 7th, 14th, 21st , Nov: 4th , 11th, 18th, 25th Dec: 2nd</p>
<p>Mold Parkfields Community Centre, Ash Grove, Mold, Flintshire, CH7 1RY</p>	<p>Thursdays 10am to 12 noon</p>	<p>Sept: 24th Oct: 1st, 8th, 15th, 22nd, Nov: 5th, 12th, 19th, 26th Dec: 3rd</p>

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.

Upcoming Presentations and Courses

Welsh Ambulance Presentation (With BSL interpreter present)

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

Date: Tuesday 20th October 2015

Time: 10:30am

COURSES

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**.

Fundraising News

Pam Williams is hiking along the cycle path from Rhos-on-Sea to Rhyl on 3rd Oct: 12 miles in total! I'm sure you'd all like to support Pam as it's for such a great cause!

To sponsor her, Pam will accept your pledges and cash in person or you can sponsor her via the link below.

<https://mydonate.bt.com/fundraisers/pamnwda>

Community Advice and Support Service

North Wales Deaf Association is changing how this service will run. More and more people now use their computers, tablets or mobile phones to contact NWDA, but you never know who is going to be there or even if you will get an answer.

We have decided to run a pilot, to see if changing the way the Advice and Support service can be accessed makes a difference. It might seem a bit complicated at first, but I hope it will become easier as we go along.

Sarah Thomas will be in the office to take your **Skype, Facetime, SMS, Fax and phone calls** every:

Monday 9am to 11am

Wednesday 3pm to 5pm

Friday 10am to 12pm

At these times you will not be able to call into the office in person to see her.

If you do need to **see Sarah** then she will be available every:

Tuesday 10am to 12pm at Conwy Deaf Club's coffee morning

Wednesday 10am to 12pm at Mold Deaf Club's coffee morning

Friday afternoon 2pm to 4pm in Hafan Deg in Rhyl



If you cannot come to the office then we might be able to arrange an appointment for you at other times

HEALTH NEWS

Campaign Urges Women Over 70 to be Alert to Symptoms of Breast Cancer

Public Health England has launched a nationwide 'Be Clear on Cancer' to raise awareness of breast cancer symptoms in women aged 70 and over, with the main message being: *1 in 3 women who get breast cancer are over 70 so don't assume you're past it.* The campaign also emphasises that a lump is not the only sign of breast cancer and women should tell their GP if they notice any changes to their breasts.



For further information, including a leaflet in alternative formats, visit www.nhs.uk/breastcancer70

For information in BSL <http://bcove.me/gnaznckj>

Health Information – FLU JAB

It is now once again the time of the year when it starts getting dark earlier and the temperature starts to drop, unfortunately the risk of getting the flu also increases around this time of the year. Flu is a highly infectious illness that spreads rapidly through the coughs and sneezes of people who are carrying the virus. If you're at risk of complications from flu, Please visit your GP to discuss having the annual flu vaccine available from September onwards.

The effects of flu

Flu symptoms can hit quite suddenly and severely. They usually include fever, chills, headaches and aching muscles. You can often get a cough and sore throat.

Because flu is caused by a virus and not bacteria, antibiotics won't treat it. Anyone can get flu, but it can be more serious for certain people, such as:

- people aged 65 or over
- people who have a serious medical condition
- people who are very overweight
- pregnant women

If you are in one of these groups, you're more vulnerable to the effects of flu (even if you're fit and healthy) and could develop flu complications, which are more serious illnesses such as bronchitis and pneumonia, which could result in hospitalisation. Flu can also make existing medical conditions worse.

Should you have the flu jab?

See your GP about the flu jab if you're 65 or over, or if you have any of the following problems (however old you are):

- a serious heart complaint
- you are very overweight with a BMI over 40
- a chest complaint or breathing difficulties, including asthma, bronchitis and emphysema
- serious kidney disease
- diabetes
- lowered immunity due to disease or treatment such as steroid medication or cancer treatment
- if you have had a stroke or a transient ischaemic attack (TIA)
- if you have a problem with your spleen or you have had your spleen removed

Your GP may advise you to have a flu jab if you have serious liver disease, multiple sclerosis (MS) or some other diseases of the nervous system.

For more information please visit:

<http://www.nhs.uk/livewell/winterhealth/pages/fluandthefluvaccine.aspx>

If you are a BSL user, please see the link below for more information about the flu and the flu jab in BSL. <https://www.youtube.com/watch?v=a7reKCi0xZY&feature=youtu.be>

STOPTOBER

Next month sees the start of **Stoptober** in Wales, the 28 day national campaign where smokers across the country will join forces to quit smoking for the month of October.

Reasons to quit smoking:

- Feel great
- Reduced health risks
- Extra money in your pocket
- Improved breathing and general fitness
- Fresher breath
- An improved sense of smell and taste
- Less stress and anxiety
- Cleaner lungs and a stronger heart

Protect your family from secondhand smoke

More than 80% of secondhand smoke is invisible and odourless, so no matter how careful you think you're being, your family still breathes in the harmful poisons. This puts them at risk of meningitis, cancer, bronchitis and pneumonia.

That's why the law is changing. From 1st October 2015, it will be illegal to smoke in vehicles with someone under 18 present; both the driver and passenger could be fined £50.

OTHER NEWS

Anglesey Hate Crime Awareness Event

NWDA will have a stall at Anglesey Hate Crime Awareness Event. The Ynys Mon Citizens Advice and Wipe Out Transphobia are hosting this event during Hate Crime Awareness week in October 2015.

The event will be held on Thursday 15th October in Llangefni Town Hall/Enterprise Centre from 10:00am.

Conwy Involvement Network provides you with an opportunity to get involved and have your say about health and social care services in Conwy.

All people need and use these services at some point in their lives.

For example:

Mental and emotional well-being

Disability and chronic conditions

Being able to access services

Living a healthy lifestyle

Older people

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There are two ways to be part of the Involvement Network

The Involvement Network Group

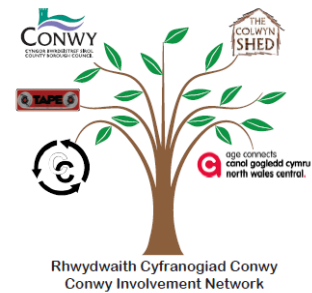
We represent our community group or forum. We meet once a month. We get involved with groups and work which will make a positive difference.

Wider involvement network

We keep in touch by sending you information about opportunities to have your say

To join the Network or to find out more, contact participation@conwy.gov.uk or Pauline Roberts (Participation Officer) on 01492 574039

Wider Involvement Network



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

A list of upcoming subtitled screenings and BSL performances.

VENUE CYMRU, Llandudno www.venuecymru.co.uk

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

DIRTY DANCING (BSL performance) – 7:30pm Thurs 15th Oct

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

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

RICKI AND THE FLASH (12a) – 7:30pm Tues 6th Oct

3 HEARTS/ 3 COEURS – 7:30pm Mon 19th Oct

A WALK IN THE WOODS (15) – 7:30pm Tues 27th Oct

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

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

THEEB – 8pm Tues 6th and Wed 7th Oct
THE SECOND MOTHER – 8pm Tues 13th and Wed 14th Oct
MIA MADRE – 8pm Tues 27th and Wed 28th Oct

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)

STRANGE MAGIC – 10am Sun 11th Oct

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!

WELSH DEAF PUB on Saturday 10th October 2015 at 7pm.

Where : Wetherspoons Pub, Llandudno

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
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