

Welcome to the sixth edition of Newcastle Deaflink. This newsletter aims to provide you a summary of updates and plans and events in the upcoming months. If you have anything you would like to add into the newsletter or if you know of anyone who would be interested in receiving this newsletter, please let us know.

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Hope you enjoy this newsletter, if you have any comments or suggestions on how this newsletter could be improved or if you would like to place an article, please contact Newcastle Deaflink.

Enjoy! Laura McQuillan (editor)



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A Newcastle Healthy
City Project
Charity No: 1060063

NEWCASTLE DEAF LINK

AGM

Tuesday 30th September 2008

At Gosforth Civic Centre

The AGM

- Reviewed the last four years of Newcastle Deaflink
- Launched Newcastle Deaflink's NEW logo
- Re-launch of Healthy Eating DVD/report

Councillor John Shipley opened the event.

Please contact Newcastle Deaflink if you would like a copy of the reports given out at the AGM, and a copy of Newcastle Deaflink's newsletter. Contact details can be found on Page 1.

Website and Logo!

Newcastle Deaflink has a new logo and a new website in the making ... watch this space for more information. Meanwhile our current website can be found at: www.healthycity.org.uk/pages/deaflink

Take a look!

North East Healthy Deaf Minds Forum

The forum is for Mental Health professionals as well as Deaf, Hard of Hearing and Deafblind people who have/had a mental health problem.

When? On the last Thursday every two months

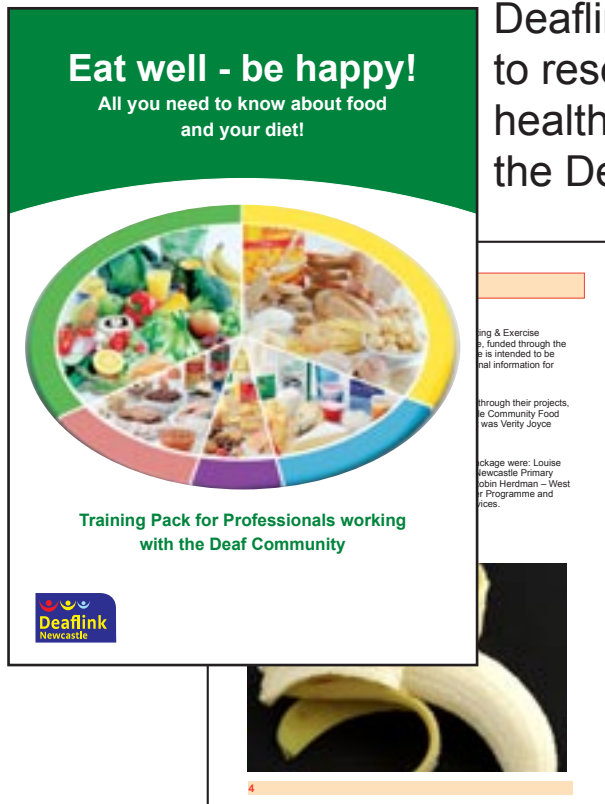
Time? 6.30pm

Where? Central Square, Forth Street

(behind Newcastle Central train station)

Next meeting is: 30th October

Healthy Eating Information Pack



Deaflink and the Community Food Initiative to research and develop an accessible healthy eating/exercise information pack for the Deaf, Deafblind community has received extension funding from the Working Neighbourhood Fund.

The research from Phase 1 of this project is now available on Newcastle Deaflink's website. British Sign Language DVD has been produced with this report. Contact Newcastle Deaflink if you would like to buy a copy.

Northumbria Police Contact Numbers

For Deaf, Deafened, Hard of Hearing and Speech Impaired

Emergency: (18001) 999 using Typetalk

Non-emergency or advice: Remember non-emergency calls may not be answered immediately

- **Mobile (SMS) number: 07786 200815**
- **Textphone: 01661 820915**
- **Fax: 0191 5635788**
- **Visit the Northumbria Police website to report online:
www.northumbria.police.uk**
- **E-mail: comms.enquiries@northumbria.pnn.police.uk**

New National Bus Pass



A new national bus pass came into operation in April 2008 for people aged 60 and over and disabled passengers. They are entitled to free local 'concessionary' bus travel anywhere in England. The Government is funding the scheme, which will benefit 11 million people across England. The Government gives Local Authorities and Nexus money which is in turn paid to bus companies in compensation for the 'free' journeys they carry.

If you haven't received your new national card yet please email us at contactus@nexus.org.uk giving your name, address, any previous address and your current Tyne and Wear CT card number (this is printed on the pass). Please title your email 'CT pass enquiry'. You can also call our CT bureau on 0191 203 3434.

And don't worry, you can still use your existing Tyne & Wear Concessionary Travel pass in Tyne & Wear until 30 September 08, as long as it hasn't expired.

Sex Education

The Sex Education Show:



From Tuesday 9th September on Channel 4 at 8pm for 6 weeks.

This programme aims to tackle the nation's sexual lack of awareness and silence by capturing a wide range of different personal experiences of sexual issues and problems, as well as offering truthful advice. The series will reveal the secret sex lives of teenagers as they talk about pornography, abortion, sexual disease, homosexuality, peer pressure and pregnancy.



You can view more information on sex education from the programme on: www.sexexperienceuk.channel4.com

Deafblind Pop-in

Reminder: This pop-in runs on the first Monday of every month.

Venue: MEA House, Ellison Place, Newcastle upon Tyne, NE1 8XS

Newcastle Deaf People Walks for All

- Interested in Walking?
- Would you like to explore the area, whilst meeting new people?
- Are you interested in getting more exercise, preferably in the great outdoors?
- Why not come along? We look forward to meeting you soon!
- Meeting every Wednesday at 10.00 am
- Short walking in easy to moderate

For further information, or if you need details of how to get there, contact:
Robin Herdman, Health Trainer for the Deaf Community 07985 243 777

Captioned theatre arrives in Newcastle!

Do you enjoy theatre but find it difficult to follow? If so, why not come and find out how captioning works and what your local theatres have to offer you? Captions are similar to TV subtitles and give deaf, deafened and hard of hearing people access to theatre.

See a Voice will be hosting a free event called Discover Theatre on Friday 17th October from 4pm-6pm at the Theatre Royal, 100 Grey Street, Newcastle upon Tyne NE1 6BR.

For further information or to book a place contact Deepa Shastri, See a Voice Audience Liaison Officer. Places are limited so don't miss out.

BSL interpreters and speech-to-text will be provided. If you have other access requirements, contact Deepa before Friday 4th October 2008.

Contact details:

Address: See a Voice, 1st Floor, 54 Commercial St, London, E1 6LT

Email: deepa@see-a-voice.org

Textphone (18002) 0207 247 7801

SMS: 07751234837.

Please make these captioned performances a success by going along and telling all your family and friends about them!



Forthcoming Captioned Performances

NORTHERN STAGE

Far From The Madding Crowd, Saturday 25 October, 2pm

Hansel and Gretel, Saturday 20 December, 2pm

Othello, by William Shakespeare, Wednesday 18 February, 7.30pm

Booking details

For more information go to www.northernstage.co.uk or ring the Box Office on 0191 230 5151.



THEATRE ROYAL

The Taming of the Shrew, Saturday 11 October, 2pm

The Merchant of Venice, Tuesday 21 October 7.30pm

Shout! The New Swinging 60s Musical, Thursday 20 November 7.30pm

West Side Story, Monday 16 February 2009, 7.30pm

Booking details for Shout and West Side Story

Tel: 08448 11 21 21

Email: boxoffice@theatreroyal.co.uk

When booking, please ask for seats suitable for viewing the captions.



LIVE THEATRE

Geoff Dead: Disco For Sale, Wednesday 29 October, 7.30pm

For tickets and information, call 0191 232 1232.

To book online visit www.live.org.uk



Forthcoming Signed Performances

NORTHERN STAGE

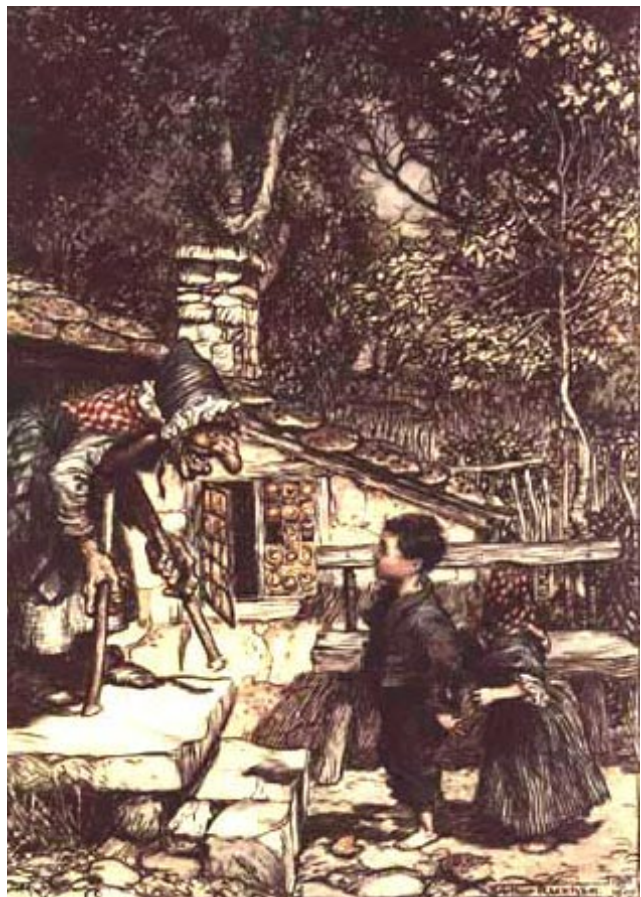


The Bloody Chamber, Wednesday 8 October, 8pm

The Goblin Who Saved Christmas, Wednesday 10 December, 10.30am, and Saturday 13 December 1.30pm

Hansel and Gretel, Saturday 27 December, 2pm

For more information go to, www.northernstage.co.uk, or ring the Box Office on 0191 230 5151 or via Typetalk (18001) 0191 230 5151. Email: info@northernstage.co.uk



YMCA

There is now a couple of exciting additions to our youth provision. A new Junior Club for 7-12yrs has started at the YMCA every Saturday 10.30 – 12.30 (older children welcome as Junior leaders) Also a new Youth Club at Northern Counties. This means that we can offer a wider variety of activities for the young people across both sites.

For 11 to 19 year olds

We open:

18th Sept - Northern Counties School 4pm – 8pm

25th Sept - YMCA North Tyneside 5.30pm – 8.30pm

2nd Oct - Northern Counties School 4pm – 8pm

9th Oct - YMCA North Tyneside 5.30pm – 8.30pm

16th Oct - Northern Counties School 4pm – 8pm

23rd Oct - YMCA North Tyneside 5.30pm – 8.30pm

30th Oct - Northern Counties School 4pm – 8pm

For more info, contact Charles Murphy:

Mobile 07828 474254

Minicom 0191 2961597

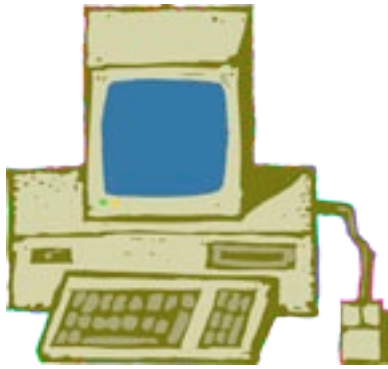
Voice 0191 257 5434

Fax 0191 258 7850

E-mail: charles@ymcanorthtyneside.co.uk



Remploy



Remploy Recruitment Services offer courses and training to customers who have a disability and have been unemployed for 6 months or more or they are a recent education leaver.

Their courses are held in Remploy. The Executive Centre, Cuthbert House, Newcastle upon Tyne, NE1 2ET

If you are interested, Ring Remploy on 0191 3506190

DNEX Exhibition

Disability North Exhibition, The North's biggest and best independent living event!



The Metro Radio Arena Newcastle

22nd and 23rd October 2008

Information, equipment and advice for disabled and older people

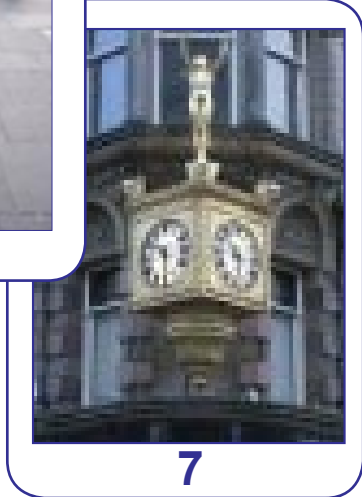
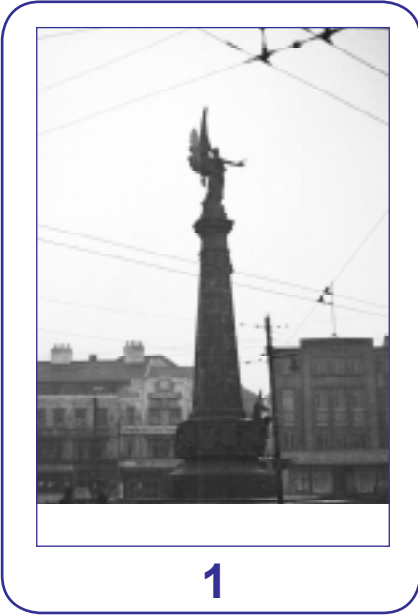
- **Over 150 Exhibitors**
- **Seminar & workshop programme**



Keep checking www.disabilitynorth.org.uk for updates.

QUIZ

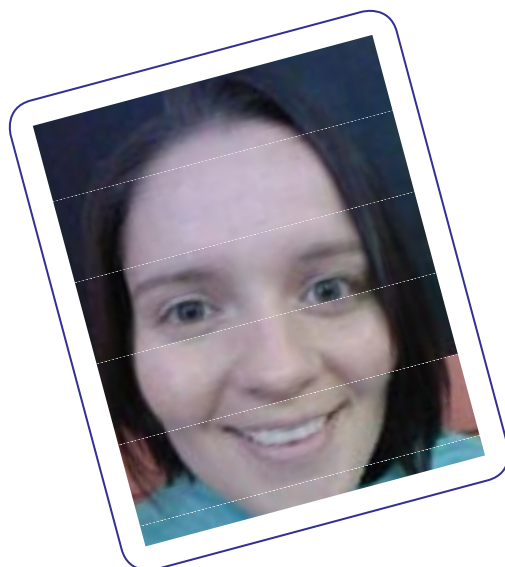
Where in Newcastle could you find the following statues?



Interview with Verity Joyce

Q Tell the readers a bit about yourself...

I am the Healthy Eating and Exercise Project Worker for Newcastle Deaflink. I live in Middlesbrough. I am Deaf and went to a mainstream school where I was the only one Deaf. It was hard, but I found my personality and confidence lift when I started swimming for Great Britain in the Deaf World Games (now called Deaflympics) from 1993. I mixed with Deaf and learnt BSL, which helped my identity grow.



Q Producing the Healthy Eating Report – how did it go?

The report was done on a short timescale, but I was welcomed by people even though I was a new face. It was great when I brought out the visual equipment on the table at Deaf Club – for example fat test tubes that show how much fat is in our foods. We do not see it when it is all mixed in and tastes lovely!

Q Is there anything interesting you found out whilst researching?

The most interesting piece of research I found was from Austria, they found that Deaf people suffered MORE than hearing people from different illnesses like heart disease. Why is this? They have the same bodies. It probably is from lack of access to information.

Q What advice do you give to Deaf people regarding Healthy Eating?

Look at one area of your eating at a time. For example – work on eating 5 or more fruit and vegetables a day for 6 weeks. Then look at a different area, like chocolate, and try cutting down over 6 weeks. It takes 6 weeks to get into a good routine. Do not get angry if you make a mistake one day. Get back to the good work the next day.

If you would like to buy the BSL DVD or report, please see page 3.

NEWS

British Deaf Association appoint a new Chief Executive Officer

BDA's conference 'Back to the Future' (9th August 2008) will be showcased as part of See Hear's new series in September and the filming will highlight the BDA's new CEO, Simon Wilkinson-Blake, in his first public speech since being appointed earlier this month. Photo: Chair Francis Murphy welcomes Simon to the platform.



DEAF ACTION GROUP

Meet in the Deaf Centre, Summerhill Square every Monday for crafts and Thursday from 10am-4pm with a 3 course lunch on a Thursday at 12 noon.

Future events are

Thurs 2nd Oct. DAG AGM

Sat. 1st Nov. Open Day 5 year anniversary.

Thursday 18th Dec. Christmas Dinner

Contact Marie Callender for any information at Newcastle Deaf Centre, Summerhill Square, Rye Hill, Newcastle upon Tyne

Hearing Concern moves

Hearing Concern and LINK are working together towards becoming one charity. Hearing Concern has moved offices. Please note that their old helpline number is no longer available.

Hearing Concern

The Resource Centre, 356 Holloway Road, London N7 6PA

Tel Number 020 7700 8177

Fax Number 020 7700 8211

Textphone 020 7700 8177

Email: info@hearingconcern.org.uk

Details of the resource centre can be found at:

www.theresourcecentre.org.uk