

Welcome to the seventh 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.

In this Issue

Who are we?	2
Interviewing the new Chairperson	3
Information	4
Tip: Get rid of unwanted phone/mobile calls!	4
Emergency Police Contacts	4
Healthy Eating and Exercise Programme	5
Deaf Women's Health Organisation	5
Healthy Deaf Minds Forum	6
Sudoku game	6
Do you have a Cochlear Implant?	7
Deaf Action Group (DAG)	7
New Sexual Health Clinic	8
Swine Flu Symptoms and Information	8
New City library and its star event!	9
Deaflink Forum is back!	9
Cinema and Theatre	10
Deafblind Pop In	11
Mama's Favourite Recipe	11
Mental Health and Deafness Masterclass	12

We 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. **Newsletter team:** Katie Dewar, Emma Ashie-Neequaye, Niall Nesbitt and Selina Rehman.



Newcastle Deaflink, Newcastle Healthy City,
14 Great North Road, Newcastle Upon Tyne, NE2 4PS
Tel: 0191 211 3594
Minicom: 0191 230 5698, **Fax:** 0191 232 3917
SMS: Rhona: 07712 163 366, Katie: 07897 329 359
Email: rhona.deaflink@healthycity.org.uk
katie.deaflink@healthycity.org.uk

Who are we?



Rhona Stanbury (H)
Deaflink Coordinator



Katie Dewar (D)
Development Worker



Maureen McGarrity
Chairperson (D/US)

A welcome message...

Hiya! I'm Katie Dewar and I am profoundly Deaf, I was brought up in Newcastle and went to Heaton Manor School for Sixth Form (Post 16) and then to Northumbria University. I am the new Deaflink Development Worker and my role is to support D/deaf, Deafblind and Hard of Hearing people to feel valued in the community. This is done by working with users and services to identify gaps in services and achieve equal access for all D/deaf, Deafblind and Hard of Hearing people in Newcastle.

I am looking forward to meeting everyone out in the community.



Helen Robson
Vice Chairperson
(HOH)



Emma Ashie-Neequaye
Committee
(D)



Selina Rehman
Committee
(D)



Helen Thew
Committee
(D)



Maureen Weir
Committee (D/B)



Pam Satterwaite
Advisor (H)

(D) – Deaf
(D/B) - Deafblind
(H) – Hearing
(HOH) – Hard of Hearing
(US) - Usher



Deaflink interview with Maureen McGarrity

Our reporter, Emma Neequaye, caught up with the new chairperson of Deaflink.

Maureen was born to hearing parents in Glasgow where she attended St. Vincent's School for the Deafblind; she has one hearing brother and a Deaf sister. At 16 years old Maureen moved to England, and at 27 years old had a late diagnosis of Ushers Syndrome. Maureen has experienced many working roles in life including factory work, hospital cleaning, being involved in BSL research and working as a TV presenter on See Hear. Maureen is a single mum with two children, Simone and Kristian. Maureen keeps herself busy by being active in her local community and being a volunteer in the wider community.

DL: With such a busy life, why did you volunteer to become a chairperson for Deaflink?

MG: I have known of Deaflink for quite some years and feel that now is the right time for me to come in, raise my hand and show my commitment to the work of Deaflink. I have observed and learnt from other people and have many different experiences, skills and knowledge to offer. I enjoy being part of a team and I am grateful for the support I have from the committee at Deaflink.

DL: What is your hope for the future of Deaflink?

MG: I would like to see Deaflink grow from strength to strength and continue to work in partnership with Health, Council and other Public Services to ensure that D/deaf, Deafblind and Hard of Hearing people, whatever their background, receive good services which will improve their quality of life.

DL: What qualities do you like to see in people?

MG: I like to see people who are kind at heart, happy and most of all respectful and accepting of one another. Whether they are Black, Asian, Chinese and people who are D/deaf, D/Deafblind, Hard of Hearing and Hearing and whether they are gay or lesbian. I like people who are not judgemental of the background and racial profile of others.

DL: What qualities don't you like to see in people?

MG: I don't like ignorant and big-headed people, people who discriminate against others.

DL: What are your favourite hobbies?

MG: I like reading, gardening and meeting new people.

DL: Describe yourself in three words.

MG: Hmm...Confident, bubbly and kind.

Many thanks Maureen!

DO YOU WANT TO GET RID OF YOUR UNWANTED PHONE/ MOBILE CALLS??

Then call via Typetalk 18001 0845 070 0707

Or go online www.tpsonline.org.uk

INFORMATION

From January 2007, if you lose your digital hearing aids you will be charged for a replacement.

**Northumbria Police have got emergency contact number
for Deaf and Hard of Hearing people.**

MINICOM: 01661 820915 (24 Hours)

FAX: 0191 5635788 (24 hours)

TYPETALK: 18001 0191 2146555

IN AN EMERGENCY

TYPETALK: 18000

OR DIAL 999

For non-urgent incidents Northumbria Police Website:

www.northumbria.police.uk



Healthy Eating and Exercise

Some members of the Healthy Eating and Exercise programme held at Westgate Sports Centre with Nutritionist Louise Smith (far right)

We were amazed at the number of people who attend this fitness programme which started on

February 23rd. There have been a wide range of activities involved in the fitness programme, including boxing, cycling and access to the sport centre's gym. We would welcome new members.

For more information on the Healthy Eating and Exercise programme please contact Emma Moynihan on 07816976609 (SMS) or E-mail: emma.moynihan@newcastle.gov.uk

If you would like to find out more about Deaflink and the healthy eating project please visit www.healthycity.org.uk/pages/deaflink



**Deaf
Women's
Health
Organisation**

Programme for 2009

DWHO meet in the Blaydon Room at Gateshead Civic Centre.

Time: 10:00am – 1:00pm. Dates shown below;

September 12th Chronic Fatigue

October 10th Planning for 2010 Programme

November 14th Topic to be confirmed soon

December 4th Christmas Night Out

Please contact Gillian Harrison on either MINICOM: 0191 478 4839, FAX: 0191 477 7852, SMS: 07887 628004 or E-mail: GillianHarrison@gateshead.gov.uk

North East Healthy Deaf Minds Forum

Thursday 24th September at 6.30pm

Central Square, Forth Street, Newcastle upon Tyne, NE1 3PJ

This venue is behind Newcastle Central station. If you walk from the railway station; you go past Centurion pub and the Royal Station Hotel and turn right into Orchard Road (in the tunnel where the taxis wait). Out of the tunnel, you'll see The Telegraph pub on your left and Central Square on your right.

The forum is open to everyone

Mental Health & the Deaf Child

Presenter: **Sophie Roberts**, Consultant Child & Adolescent Psychiatrist
Gerard Davies, Lead CAMHS Community Nurse, York Deaf Child and Family Service

Communication support and light refreshments provided

Contact Newcastle DeafLink for any information on

SMS: 07712 163 366

Email: rhona.deaflink@healthycity.org.uk

Sudoku

Rules: Every Row, Column and 3x3 Block contains the numbers 1 to 9

		7				9		
6			7		4			8
	8	3	1		6	7	2	
	4	2		5		3	8	
	1	5		6		2	4	
	6	8	2		9	4	5	
3			4		8			2
		4				8		

Do you have a Cochlear Implant?

Are you deafened?

WOULDN'T IT BE NICE TO HAVE SOMEONE IN THE SAME BOAT TO TALK TO!

We are looking to set up a support group with people who have had a cochlear implant or have been deafened, somewhere where you can get support or offer support to people in similar situations

**Come along and have a cuppa & a chat
In the ENT Boardroom, Freeman Hospital
Tuesday 1st September 10.30 am – 12.30pm**

**Contact: Rhona Stanbury
0191 211 3594 / 07712 163 366
Newcastle Deaflink**



Deaf Action Group (DAG): Activities for older Deaf people

Thursdays Deaf Centre opens from 10am for tea / coffee, 10.45-11.45am Line Dancing, 12pm lunch 4 courses at only £3!

Activities such as indoor bowling, dominos, cards etc are available...

- **Thursday 10th September DAG barbecue at the Deaf Centre. Tickets available at only £6.**
- **Trip to Skipton on Friday 11th September, leaving 9.30am.**
- **Walking on Saturday 26th September.**
- **Christmas fayre, date TBA.**

Please contact us for more details: Newcastle Deaf Centre,
2 Summerhill Grove, Newcastle Upon Tyne, NE4 6EE.

Fax: 0191 232 4104 E-mail: dagdeafcentre@msn.com

SMS: 07530 451 538

New Sexual Health Centre at New Croft Centre, Market Street East, Newcastle Upon Tyne, NE1 6ND

Offer FREE...

- **CONTRACEPTION** (condoms, pills, injections)
- **Pregnancy testing** (support available)
- **TESTS** for all Sexually Transmitted Infections (STIs) – e.g. Chlamydia, Gonorrhoea, HIV and Syphilis
- **Sexual issues and problems/counselling** (with a letter from your GP)
- **Free private Chlamydia screening kit** (in ordinary brown envelopes) for people to take home. Website: www.checkyourbits.org or text with your name and address for a screening kit to be posted 0797 569 932.

Opening Times

You can just walk in on Monday, Wednesday, Thursday and Friday 9am - 12.15pm

Or ring via Typetalk 18001 0191 229 2999 to book an appointment (different times depend on what you ask for)

Check out website for more information www.newcastlepct.nhs.uk

IMPORTANT PLEASE READ THIS!

SYMPTOMS OF SWINE FLU

Sudden fever (38°C or above) and sudden coughs. Victims can also have: headache, tiredness (sleep a lot), chills (cold), sore muscles, arm or leg pain, diarrhoea (poo a lot) or tummy upset, sore throat, runny nose, sneezing, and don't want to eat food.

If you think you have Swine Flu, **STAY AT HOME** and check your symptoms:

Minicom: 0800 1 513 200

Website: www.direct.gov.uk/pandemicflu

PLEASE CHECK OUT THIS BSL SWINE FLU VIDEO:

Go on to www.nhs.uk and add 'BSL Swine Flu' in the search engine.

New City Library opened in June!!

The Big Clear Glass building!

Lot of helpful staff (black uniforms)

Where: New Bridge Street, opposite Laing Art Gallery

Mon-Thurs 8.30am-8pm, Fri-Sat 8.30am-5pm and Sun 11am-5pm

- **Books - Large prints and even talking books available!**
- **Up to 2 hours INTERNET for FREE!!**
- **Can loan DVDs and Blue Ray Discs for a small sum of ££! A lot of them from other countries (world cinema) with subtitles!!**

You can even look at your family history, births, marriages and death – I found my birth register there!

STAR EVENT at the City Library!

International Day for Older People

Aged 50 years old and over

On Thursday 1st October

Will show demonstrations of activities and events in which YOU CAN JOIN!!

Meet Katie outside the front main entrance at 10.30am (BSL interpreters provided until 12.30pm)

DEAFLINK FORUM IS BACK!!

The forum gives you a chance to listen to speakers and have your say.

On Saturday 24th October at 10.30am – 12.30pm

In Room 3 at Brunswick Methodist Church

Speaker: Not yet confirmed – watch this space!

Communication support provided

Email: katie.deaflink@healthycity.org.uk

SMS: 07897 329 359

Come along and bring your friends!

Cinema

Want to know your favourite cinema but not sure if it subtitled?

Log on to www.yourlocalcinema.com for updates and you will find the film you would like to watch from your local area. Shown below are some cinemas in the North East showing subtitled movies.

Empire, Newcastle (The Gate). Tuesdays only

Odeon, Gateshead (Metrocentre). Various days, normally Sundays and Tuesdays

Odeon, Wallsend (Silverlink). Sundays and Mondays

Theatre

There are three assisted performances:

- **Captioned - English text on screen for D/deaf or Hard of Hearing. Captions are best viewed from the stalls near the front stage**
- **Audio described - Live commentary provided via personal headphones for blind or partially sighted people.**
- **British Sign Language – British Sign Language Interpreted performance for D/deaf BSL users.**

Captioned

September (7.30pm)

Never Forget	Thurs 10th
Porridge	Thurs 17th
Pitman Painters	Wed 30th

October (7.30pm)

As You Like It	Wed 21st
The Winter's Tale	Fri 30th

Later dates

Julius Caesar	Wed 4th Nov 7:30pm
Julius Caesar	Fri 6 Nov 7:30pm
Woman in Black	Thurs 28th Jan 7:30pm
Cinderella	Sat 30th Jan 2:30pm

British Sign Language (BSL)

Cinderella	Fri 4th Dec 7pm
Opera North	November tbc
Opera North	March 2010 tbc

Audio described

September

Never Forget	Sat 12th 5pm
Porridge	Sat 19th 2:30pm

October

Pitman Painters	Thurs 1st 2pm
As You Like It	Thurs 22nd 7:30pm
The Winter's Tale	Sat 31st 1:30pm

Later dates

Cinderella	Thurs 10th Dec 7pm
Opera North	November TBA
Chicago	Thurs 11th Feb 7:30pm
Chicago	Sat 13th Feb 5:30pm

Log on to www.theatreroyal.co.uk for any update and prices.

MAMA'S FAVOURITE RECIPE

This recipe is very easy; from committee member Selina's mum

Chicken Tikka Ingredients

1 lbs boneless chicken breast

1 tbsp coriander powder (optional)

1/2 tbsp garam masala

1 tbsp ginger and garlic paste

1 tsp ground cayenne pepper or chilli powder

1 tbsp kastori methi powder (Buy in an Indian shop)

2 tbsp lemon juice

some cherry tomatoes, 1 small onion, 1 green or red pepper

1 tsp salt

2 tbsp sour cream



Directions - Cut chicken in to small pieces, wash and apply lemon juice and spices as shown. Mix well and then keep the chicken pieces in this marinade for about 2 hours in the refrigerator.

Put the chicken and other vegetables on to skewers and cook in a moderately hot tandoori for about 6 to 8 minutes, keep basting the chicken pieces with butter and heat until slightly coloured and thoroughly cooked.

Remove and serve hot sprinkled with chaat masala.

Deafblind Pop-In

on Monday 7th September at 1.30-3.30pm at room 5-6, MEA House, Ellison Place, Newcastle Upon Tyne.

Speaker: Helen Lamont, Nursing & Patient Services Director, NHS

All carers welcome, transport can be provided. Please contact us if you have any enquiries: Rhona Stanbury, Mobile: 07712163366

Mental Health and Deafness Master Class

September 11th 2009 9am – 4pm

KEYNOTE ADDRESSES

- **Deafness and Mental Health Training for Mainstream Mental Health Professionals**
(Project Update) Matthew James, Dr Pamela Inglis, Liam Gilfellen, Moira Livingston
- **Therapies in Mental Health and Deafness - Dr Sara Rhys-Jones**
- **Signing Presentation - Charles and Gaye Hampton**

“Therapies in Mental Health and Deafness”

We are delighted to invite you to the second annual master class from The North East Mental Health and Learning Disabilities Commissioning Unit and Northumbria University.

You can expect:

- A free event which will increase participants' understanding in psychological therapies for D/deaf people
- To discuss workforce implications or needs to address the requirements of the user group information on Northumbria University's newly developed modules in Mental Health and D/ deafness and how to access them
- To discuss enhancing workforce development and commissioning of therapies for D/deaf people.
- Presentations from leading names in the field of mental health and D/ deafness
- Focus on therapies (including Improving Access to Psychological Therapies and Cognitive Behavioural Therapy) and their appropriateness for working with D/deaf people

The event may be of particular interest to practitioners, therapists D/deaf people, interpreters, academics, commissioners of mental health services and workforce development professionals, although all are welcome.

Places are allocated on a first come first served basis. If you are interested please contact:

**Jane Dowson, Room B105, Coach Lane Campus West,
Northumbria University, Newcastle Upon Tyne, NE7 7XA.
Tel: 0191 215 6187 Email: jane.dowson@northumbria.ac.uk**