

DEAFvibe

Deafness = Equality & Access = Fairness STAFFORDSHIRE

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DATES FOR YOUR DIARY

7th December - DEAFvibe HUB
10am until 3pm Newcastle Civic Offices

8th December – DEAFvibe Café
One group 11am – 3pm.
Christmas Party with food and Entertainment. Morning and afternoon sessions combined. Bring a £3 Secret Santa present suitable for men or women if you want to. Free entry and food.

10th December – Newcastle CVS
Gala Awards Evening (by ticket only).

15th December 10am – 4pm –
Sign Singing, ASDA Wolstanton

20th December 3pm – 8pm –Sign
Singing Sainsburys, Newcastle

No HUB on 21/12/12 or 4/01/13 due to Christmas Break.

DEAFvibe Nominated For CVS Awards

DEAFvibe will again be attending the Newcastle Community and Volunteer Gala Awards Evening at Keele Hall on December 10th.

DEAFvibe has been selected as a finalist for the **Voluntary Organisation of the Year**.

In addition to this, some of our volunteers have been shortlisted for a further 3 awards:

- **Volunteer of the Year** – Rowan Robinson
- **Student Volunteer of the Year** – Charlotte Whittaker
- **Outstanding Contribution to Volunteering and the Community** – Julie Hart.

This is a wonderful chance to show our appreciation for the hard work that these three volunteers have put into DEAFvibe on a regular basis.

Congratulations to the finalists and good luck. We're keeping our fingers crossed for you.



LOTTERY FUNDED

SEASON'S GREETINGS TO ALL FROM DEAFVIBE

DEAFvibe would like to extend warm seasonal greetings to each and every one of you who has visited our Café, HUB and website during 2012 and to those who have supported the organisation along its way, be it through volunteering, donating or giving up time to get involved. However you celebrate this coming festive season, may you all be happy, peaceful and safe.

Don't forget to spare a thought for those around you who may be vulnerable or lonely during this time and check to see if they are okay. Just a few moments of your time could make all the difference.

We are privileged to have met so many wonderful people this year, and look forward to welcoming old and new faces to join us in 2013.

CHRISTMAS SIGN SINGING TO RAISE FUNDS FOR DEAFVIBE

Don't forget to join us for a Christmas Sign Singing fundraising session. Videos of the songs are available on You Tube via the DEAFvibe website to practice ready for the day.

- Saturday 15th December 10am – 4pm. Asda, Wolstanton Retail Park.
- Thursday 20th December 3pm – 8pm. Sainsbury's, Liverpool Rd, Newcastle

THE LIMPING CHICKEN – DAILY DEAF NEWS AND VIEWS WEBSITE

Check out www.limpingchicken.com for daily news, views and humour for deaf and hard of hearing people. Recent articles include 'The Hearing World is a Cruel One' and 'Rubbish Subtitles – An Update'. There is also a regular 'Deaf Dad' and 'Secret Deafie' column.

INFOSHOT

Go to www.infoshot.org.uk, a new not for profit information service aiming to raise awareness of deafness and deaf issues. Video clips are in BSL with subtitles.

POLICE AND CRIME COMMISSIONER ELECTIONS – UPDATE

Matthew Ellis has been appointed Staffordshire's first Police and Crime Commissioner and will be in this post for the next 4 years. Mr Ellis has a background in health and social care as well as politics.

VIEWS SOUGHT ON STRENGTHENING THE NHS CONSTITUTION

Proposals to strengthen the NHS constitution have been set out for public consultation. These include proposals to ensure staff treat patients with the highest levels of dignity and respect, a pledge that all patients can expect to sleep in single-sex wards and a pledge that NHS staff must be open and honest when mistakes occur. To view and comment on the consultation, go to <http://www.dh.gov.uk/health/2012/11/constitution-consultation/>

Disclaimer: whilst DEAFvibe endeavors to provide accurate and up to date information at all times, no responsibility nor liability will be accepted for any information which may subsequently prove to be wrong or misleading.

‘Don’t Quit’ by Edgar A Guest

When things go wrong, as they sometimes will,
 When the road you’re trudging seems all up hill,
 When the funds are low and the debts are high
 And you want to smile but you have to sigh,
 When care is pressing you down a bit,
 Rest if you must but don’t you quit.
 Life is queer with twists and turns,
 As every one of us sometimes learns
 And many a failure turns about
 When he might have won if he stuck it out.
 Don’t give up though the pace seems slow –
 You may succeed with another blow,
 Success is failure turned inside out -
 The silver tint of the clouds of doubt.
 And you can never tell how close you are,
 It may be near when it seems so far.
 So stick to the fight when you’re hardest hit—
 It’s when things seem worst that you must not quit.

The poem on the left perfectly explains how deaf and hard of hearing people feel sometimes as a result of the struggle of fitting in with the hearing world at large.

Social and family gatherings, seeking employment, participating in everyday life and even feeling like a valued member of society can be difficult when faced with barriers to communication and acceptance.

It is important to remember that you are a valuable person no matter what your level of hearing is. You have every right to participate in society and have the same opportunities as others.

Below are some tips to help you to cope in those times where you feel like you are ready to give up and hide away.

COPING STRATEGIES FOR WHEN DEAFNESS GETS YOU DOWN

1. **Develop a support network** – strong friendships can help prevent depression, as can supportive groups. Groups like DEAFvibe can put you in touch with other people who are going through the same experiences as you so you will no longer feel alone and can help support each other through difficult times. What may seem like a problem when you are going over and over it by yourself can be solved if a friend or support worker can offer you advice, a listening ear or a friendly shoulder to cry on.
2. **Value yourself** – you are as important as anyone else on this planet! Make this your mantra. When you are your own best friend and you know your true worth, it makes it easier to deal with the things that life throws at you. Focus on what you are – a fantastic parent, a warm and caring friend, a dedicated employee, creative, kind, patient – the list goes on.
3. **Develop hobbies** – keeping busy keeps your mind active and your self esteem high. Whether it is walking, baking, aerobics, playing with the grandchildren or discovering a new activity or place every month, by being active there is always something to look forward to. Deafness can be isolating if you let it be so find creative ways of enjoying yourself. Maybe see if other DEAFvibe members have the same hobbies as you and arrange days out or activities.
4. **Help others to help you** – fear, ignorance and lack of awareness create barriers daily and even hiding your own struggles with hearing loss can make this worse. If you notice people avoiding you or if you avoid others because of your deafness take a moment to think how you can change this. Maybe you or a friend or DEAFvibe volunteer could sit down with your family and give them some basic deaf awareness skills or perhaps you could go along with a friend or partner to a lip-reading or sign language class. If you are in employment, Access to Work can set up Deaf Awareness training for your colleagues. You are not alone.
5. **Be yourself** – go out into the world and be you. Nobody else can do it better!!

Thanks to Albert Cartlidge for providing the joke below:

Jack was about to marry Jill when his father suddenly took him to one side.

“When I married your mother, the first thing I did when we got home was take off my trousers,” he said. “I gave them to your mother and told her to put them on. When she did, they were enormous on her and she said to me that she couldn’t possibly wear them.”

“I told her that of course they were too big. I said that I wore the trousers in the family and I always would. Ever since that day, we never had a single problem.”

Jack took his father’s advice and as soon as he got Jill alone after the wedding, he did the same thing, took off his trousers and told Jill to put them on.

Jill said the trousers were too big and she couldn’t possibly be expected to wear them. “Exactly,” replied Jack, “I wear the trousers in this relationship and I always will. Don’t forget that.”

Jill paused, removed her knickers and gave them to Jack, “Try these on,” she said.

He put them on and they were too small.

“I can’t possibly get into your knickers,” said Jack.

“Exactly,” replied Jill. “And if you don’t change your attitude, you never will!”

CHRISTMAS CUPCAKE RECIPE

115g Butter, softened
 230g caster sugar
 2 teaspoons vanilla extract
 230g plain flour
 2 teaspoons baking powder
 3 large eggs
 140g mincemeat
 Half teaspoon nutmeg
 1 teaspoon Brandy (optional)

For the Icing –

85g Icing Sugar, sifted
 1 teaspoon Cointreau or other liqueur

- Put butter and sugar in a large bowl and beat until light and fluffy. Add the vanilla extract and stir.
- Add the eggs one by one, beating the mixture after each egg has gone in.
- Sift the flour and baking powder together and fold into the butter/sugar mixture in 3 parts, making sure each part is well mixed in before putting the next part in.
- Stir in the mincemeat, spices and the brandy if you are using brandy.
- Place cupcake cases into a muffin tin. Fill each case two thirds full with mixture. Bake in preheated oven at 160 degrees for fan, 180 degrees or Gas Mark 4 for 20 minutes.
- To make the icing, mix the icing sugar and Cointreau and drizzle over cupcakes when cool.

SEASONS GREETINGS TO ALL

AND ALL THE BEST FOR THE NEW YEAR

JANUARY 2013 DATES

CAFÉ: 12th January 2013

Morning Session: Counselling and Mental Health Awareness – Jenny Brown

Afternoon Session: Living with Meniere’s - Meniere’s Society and Darren Perry

HUB: 18th January 2013