

“For deaf people, with deaf people, by deaf people.”



## Contact Us

**Tel / Text:** 07923 489000

**Email:** [info@deafvibe.co.uk](mailto:info@deafvibe.co.uk)

**Website:** [www.deafvibe.co.uk](http://www.deafvibe.co.uk)

**Facebook:** [www.facebook.com/DEAFvibe](http://www.facebook.com/DEAFvibe)

**Twitter:** @DEAFvibe

## Issue 59, October 2016

### DATES FOR YOUR DIARY

**8<sup>th</sup> October DEAFvibe Café**

Bradwell Lodge 9.30am – 1pm.

**Topic:** Health and Welbeing

**13<sup>th</sup> Oct Tinnitus Support Group**

Bradwell Lodge 10am – 12 noon

**21<sup>st</sup> October DEAFvibe HUB**

Bradwell Lodge 10am-3pm

NDCS – Angie Edwards

Benefits/Welfare – Anita Wall

**4<sup>th</sup> November DEAFvibe HUB**

Bradwell Lodge 10am-3pm

Benefits/Welfare – Anita Wall

**10<sup>th</sup> Nov Tinnitus Support Group**

Bradwell Lodge 10am – 12 noon

**12<sup>th</sup> November DEAFvibe Café**

Bradwell Lodge 9.30am – 1pm.

**Topic:** TBC

### GET HEALTHY FOR WINTER

It's no secret that deaf people tend to suffer with poorer health than their hearing counterparts, usually as a result of not being able to access information on health or through being unable to hear instructions during exercise.

DEAFvibe's October café is all about health. As well as hearing from a friend of DEAFvibe who has an impressive running record, including a 41 mile run, there will be presentations on giving up smoking, adult weight management, healthy eating and getting fit.

You will have noticed that sugar and the risk of diabetes and obesity have been in the news again recently. If you want to learn more about this, Sign Health have a number of BSL videos on their website and so do Diabetes UK. The website details are below. Don't forget to check them out if you're worried about your health or you just want to feel better in general.

**Sign Health:** [www.signhealth.org.uk/health-information/health-advice/](http://www.signhealth.org.uk/health-information/health-advice/)

**Diabetics UK:** <http://www.signhealth.org.uk/health-information/health-advice/>

### DEAFVIBE CRAFT GROUP NOTICE

DEAFvibe craft group has been temporarily closed due to personal commitments. The next craft group will take place at Bradwell Lodge on Tuesday 11<sup>th</sup> October from 1pm to 5pm. Do come along and join us and perhaps make some Christmas crafts for friends and family.

### DEAFVIBE ART GROUP REMINDER

DEAFvibe art group continues to run on Thursday evening 6-9pm at Bradwell Lodge. The group is a friendly, supportive one where people can unleash their hidden talents or hone their artistic skills. Guidance is available from those with more artistic experience and it is an inclusive group. Entry is just £2 and some materials are provided, but feel free to bring your own projects too.

### TINNITUS SUPPORT GROUP – NEW ONE-TO-ONE SESSIONS AVAILABLE

DEAFvibe's Tinnitus Support Group coffee mornings continue to take place every month at Bradwell Lodge with a qualified Tinnitus counsellor. This is an opportunity to meet other people suffering from tinnitus and to learn new ways of managing the condition. It is a friendly, supportive group that runs from 10am until 12 noon at a cost of £2.50 per session. There is free parking at Bradwell Lodge and it is conveniently situated at the top of Porthill Bank, which is easily accessed from the A500 and A34.

A new tinnitus support service has been set up which offers the opportunity to book a one-to-one tinnitus support session between 12.30pm and 2.30pm at Bradwell Lodge on the following dates:  
Thursday 13<sup>th</sup> October

- Thursday 10<sup>th</sup> November
- Thursday 8<sup>th</sup> December
- Thursday 12<sup>th</sup> January
- Thursday 9<sup>th</sup> February.

Appointments can be booked via email on [tinnitus@deafvibe.co.uk](mailto:tinnitus@deafvibe.co.uk) or by leaving a message on **07923 489800**.

### 200 CLUB DRAW

The last draw took place at the September Café. The Winning numbers are as below:

**1<sup>st</sup> Prize - 55**

**2<sup>nd</sup> Prize - 5**

**3<sup>rd</sup> Prize - 50**

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