



Newsletter

December 2020



Photograph by Marie Harrison

What a year! Full year of highs and lows during Covid-19 pandemic

At the start of the year we had all our plans prepared for the year 2020 till the lockdown hit due to the Covid-19 pandemic.

The low was that as a team we could no longer work together in a face to face environment with our communication support worker colleagues. This was initially strange for us all. We all immediately had to adapt to the change and find a way around this problem in continuing to provide services for all deaf and hard of hearing women.

The high was being able to connect together in different ways such as Microsoft Teams and Zoom. We quickly had to change all our workshop plans and continued to succeed by going virtual! Every event/workshop has been successful but brought different challenges.

We thrived on reading all your feedback and improving our services for all deaf and hard of hearing women to enjoy their online experience. Here is a quote from one of our participants on why and what we do is so important:

“I believe that Women only events like this are vitally important for mental health and should be funded with priority. They are such an important resource and are needed at this time.”

(participant from Abstract Art workshop)

How are we doing?

With eight contract projects ongoing, **we are doing well.**

One of our targets was to enable 30 deaf and hard of hearing women to be an employee or work as one-off sessional worker to have a go working as event organisers, trainers, tutors and sub-contractors. Instead we empowered 74 women!

- (12) Event organisers
- (26) Trainers
- (19) Sub-contractors
- (10) BSL/Lipreading tutors
- (7) Employees



**WE EMPOWERED
74 WOMEN!**

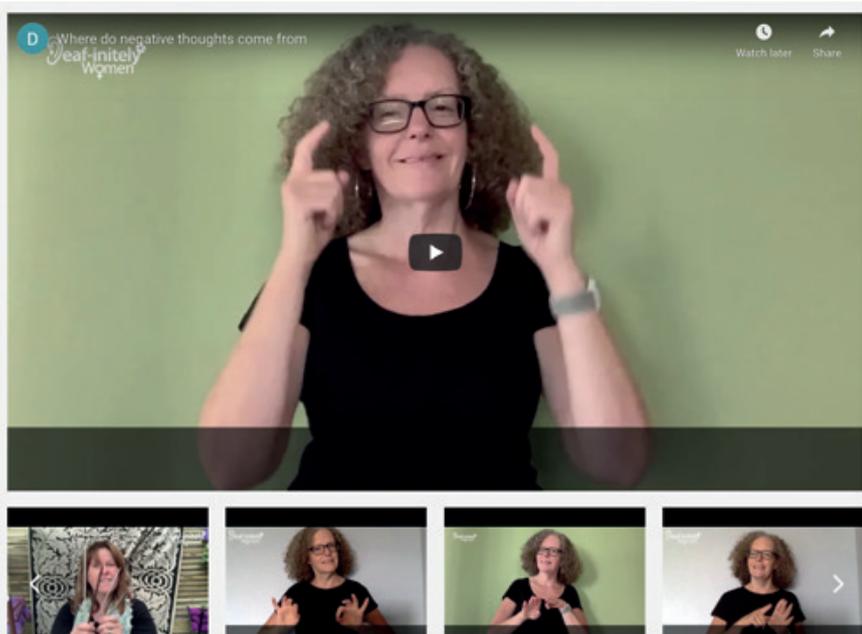


Mindfulness Videos

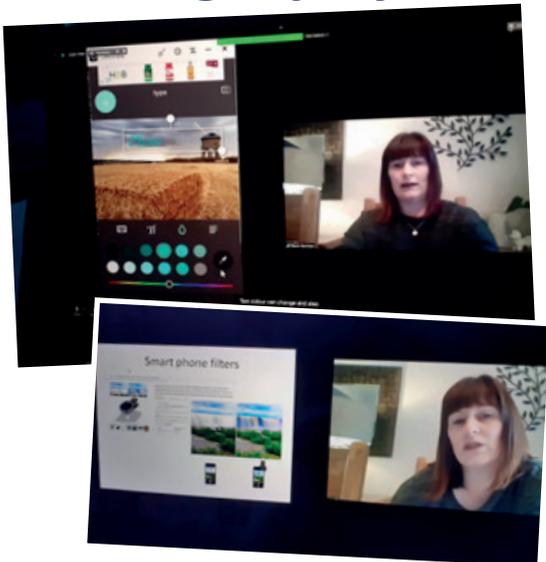
There are four videos on our website - take a look!

Trudi did a couple of workshops for us in November on The Healthy Mind and How to Manage Your Anxiety. Both were so informative and explained how we can relax especially during this difficult time. We all managed to get involved by watching a 5-minutes visual video of meditation over Zoom. Have a look at her four videos explaining the topics of: 'What is mindfulness', 'Where do negative thoughts come from', 'Managing negative thoughts' and 'Be kind to yourself'.

www.deafinitelywomen.org.uk/video-vlog/



Photography Skills with Marie



"I learnt some new things. Marie showed us how to use the Pixlr app, showed us a few examples, showed us what we could use and used both iPhone and Samsung"
(participant from Photography Smartphone workshop)

Xmas Yule Log with Yvonne Cobb

See what we have done!



Scrumptious!



Mosca's fulfilled a life-long dream

When I looked at my ten year old daughter watching me, I knew it had been worth the struggle... Perhaps a little background would help illustrate why this moment was such a milestone?

At the age of ten, because of an inspirational primary school teacher who gave me confidence and the realisation that my light was brighter than I'd previously thought, I decided I wanted to teach. I had severe to profound deafness which had been discovered only by accident during a routine school check. At around the age of seven or eight, I was given my first hearing aid and I was to continue at mainstream primary school.

In those days, there was very little support at school, apart from being told to sit at the front of the class. I thought I coped pretty well but towards the end of the GCEs as they were then called, I was bored so attended school as little as possible. Growing up in Blackpool meant that I could spend time at the beach smoking with friends, or at the library – and that was better than sitting in class, listening. Sixth form was bewildering because I couldn't keep up writing notes, and felt thick. When I asked about teacher training college and was told that I would fail the medical. There was no other route into teaching discussed so I felt that it was the end of the road for education. I think I was depressed and felt angry with everyone and myself.

Fast forwarding a couple of years to avoid all the details of me going off the rails – that is another story in itself!

I decided I still wanted to work with children, so went off to Germany to work as an au-pair at the age of 19. I had intended to return and go to college as a mature student, but this was delayed by 16 years as I stayed, married and had children.

At the age of 35 I left Germany and my marriage, and embarked upon an Open University degree which I thought would be better than having to sit in classrooms. I can honestly say that this was probably one of the best things I have decided to take on, in terms of building my self-esteem. Indeed I had always said to my girls that an education is one thing that you cannot be stripped of. There was still a niggling chip on my shoulder from my youth, and I started digging online about that teaching qualification. After all there was more than one way to skin a cat and teaching didn't just mean standing in front of a class of 30 adolescents who were more interested in the latest social media challenge. First, I had to get a Maths GCSE which was surprisingly unproblematic – It had always been a bit of a magical experience without real explanation, at school. I felt that in adulthood I understood far more.



Starting my PGCE was monumental, it was putting all those demons to bed. I absolutely loved the experience. The training reminded me that there were limitations in being deaf, and I was able to adapt from there – using the training experience as a platform. Attending classes as an adult with brilliant tutors and classmates altered my perception of learning in groups because until then, I had only felt a sense of dread.

Graduating, which brings me to the first line of this dialogue, was one of my proudest moments. I was awarded for being an outstanding student, delivered the "Vote of Thanks," and also won the Principal's Award. I had started the course under extremely challenging circumstances, and fulfilled a life-long dream.

Currently, I am studying an MA in Education, and I'm taking the Special Educational Needs and Disabilities (SEND) pathway. My work will mainly focus on the experiences of D/deaf learners as in the future, I would like to continue research into educating D/deaf students, and hopefully influence policy. (Now that I have announced it in public, I'd better get it done!)

By Mosca Burns 2020

Deaf-inately Women's note: *That is fantastic achievement and so you should be proud!*

Please get in touch with Mosca to help out her research, email: Moscaburns2019@gmail.com



Useful information

These are various links to useful information.

Derbyshire Fire and Rescue Service

This BSL video provides advice on measures that can be taken to reduce fire risks in the home. It takes you through general fire safety advice and specialist information such as smoke alarms for those hard of hearing.

Click here to see video: <https://youtu.be/IPoVjDIGbzg>



Derbyshire County Council: Disability and carers benefits

If you have difficulty with your personal care or getting around, you may be able to claim:

- **Disability Living Allowance** - if you're under 16
- **Personal Independence Payment** - if you're 16 or over but under-pension age
- **Attendance Allowance** - if you're over 65

You can only claim one of these at a time.

If you look after someone who is receiving one of these benefits you may be able to claim Carers Allowance.

Deaf-initely Women - Workshops

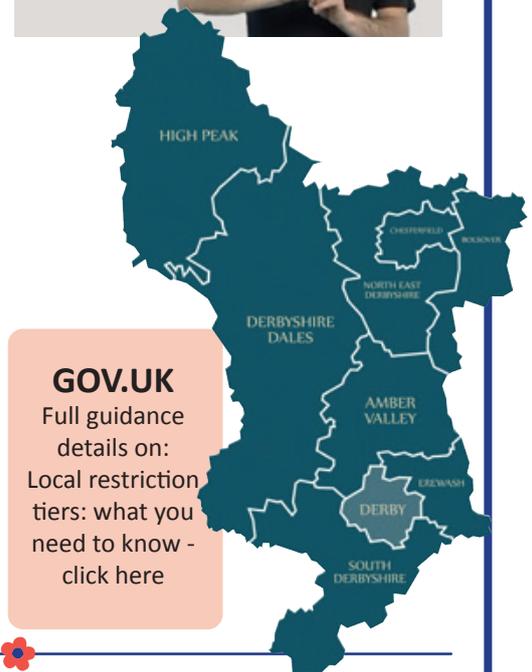
We will be running a couple of workshops about benefits, credits and pensions advice, one in January for under 65's and another workshop in February for over 65's.

Derbyshire Live

Derby and Derbyshire have been put into **Tier 3** it was revealed this was partly due to concerns over the pressure on the local NHS.

Tier 3 measures mean a ban on households mixing, except in limited circumstances such as parks.

Bars and restaurants will be limited to takeaway or delivery services and people will be advised to avoid travelling outside their area.



Derbyshire County Council: Getting a test

Get a **FREE** test within five days of experiencing any symptoms.

Symptoms are a:

- New, continuous cough or
- High temperature or
- Change in or loss of sense of smell and taste

If you have symptoms, self-isolate immediately and do not leave your home.

Ring NHS 119 to book a free test at a drive-through or walk-through centre or to request a home testing kit.

You can also do this online at [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Wash hands

Keep apart

Cover up

Do it for Derbyshire

©Derbyshire County Council



Our DEaf Abuse-Free information and support is available now

1-2-1 support service

Our support worker will meet with you to discuss the problems you are having and she will help you to access any support and advice that is available. Contact us if you need help.

We can help you with lots of services for...

- 1-2-1 help from a Deaf Abuse Support worker
- Information on where to get:
 - support to stop bullying, harassment or abuse,
 - free legal advice,
 - advice on moving house,
 - counselling services
- Short workshops
- Deaf Abuse free programmes that will change your life for the better!

Contact details

Telephone: 01773 828233 | SMS/text: 07960 056746
 Email: def@deafinitelywomen.org.uk
www.deafinitelywomen.org.uk

WOW!

f We have over 1k followers!

We have **992 likes**...see if we can stretch it to over 1k likes? Please invite and share with all your friends to celebrate our 1k mark!

Deaf-ininitely Women's Community Support Group is growing with 183 members - you can share your news, advice and giving ideas to all our members.

Click | Like | Share >>>

The National Lottery and Arts Council England: It's crossed-finger selfie time!



We would love for you to opt in/subscribe with us!

Please click on this link for update: <http://eepurl.com/gMIUEz>



ARE YOU OR SOMEONE YOU KNOW EXPERIENCING ABUSE?

Help and tips for you or someone you know on how to get out of abusive relationships.



FREE for hard of hearing and deaf women only

THURSDAY 7TH JANUARY 5.45-8PM

BSL interpreters, subtitles and voiceover are available.



Telephone 01773 828233
info@deafinitelywomen.org.uk
www.deafinitelywomen.org.uk



Taster Session

Lip-Reading

Come and learn to lipread with us

For hard of hearing and deaf women only



Wednesday 13th January 2021

9.45am-12noon

Trainers:
Liz Kopp and Sarah Tupling

Book your place via Eventbrite:

<https://www.eventbrite.co.uk/e/128693757493>

Telephone 01773 828233
info@deafinitelywomen.org.uk
www.deafinitelywomen.org.uk



Moneywise

A specialist benefits adviser:
Alison Ash

Highlight a range of benefits including universal credits and pensions that you may be entitled to.

FREE
Deaf and hard of hearing women only UK



For under 65

Are you claiming benefits and credits that you're entitled to?

January xx 2021
11am-1pm | Zoom



For over 65

Are you claiming benefits and pensions that you're entitled to?

February xx 2021
12noon-2pm | Zoom

Register now on Eventbrite

Telephone 01773 828233
info@deafinitelywomen.org.uk
www.deafinitelywomen.org.uk



Freedom Programme



DEaf Abuse free programme that will change your life for the better!

For **deaf and hard of hearing women** in UK only

www.deafinitelywomen.org.uk

Contact details - More details on the next page
Telephone: 01773 828233 | SMS/text: 07960 056746
Email: def@deafinitelywomen.org.uk

