



# Newsletter

September 2021

## Rosa - Befriending Social Connector

We are pleased to report that we have been successful in getting funding from ROSA under the Women Thrive programme!

We are pleased to report that we have been successful in getting funding from ROSA under the Women Thrive programme! This will fund a Social Connector Coordinator to socially connect deaf and hard of hearing women across Derby and Derbyshire. We will be recruiting up to 18 deaf and hard of hearing women as freelance social connectors, connecting deaf and hard of hearing women with each other and Deaf-ininitely Women. Watch this space!

Teresa Waldron – **Managing Director**



## One third of UK women are suffering from lockdown loneliness

Significantly more women than men are experiencing problems with their mental health as a result of the Covid-19 pandemic.

New research by Lisa Spantig and Ben Etheridge, economists at the Institute for Social and Economic Research at the University of Essex, suggests it is because women are more adversely affected by social isolation during lockdown.

The study reveals that the proportion of people who are reporting that they are experiencing at least one severe underlying mental health problem has increased among both genders. Among men it has risen from 7% before the pandemic to 18% after its onset. But for women, it has risen from 11% to 27%.

The Guardian News - June 2020

<https://www.theguardian.com/world/2020/jun/14/one-third-of-uk-women-are-suffering-from-lockdown-loneliness>



## Molly's Yoga Charity

A total of £136 was raised for Deaf-inately Women!

Molly O'Brien taught an outdoor charity class on Sunday, August 1st at Codnor Cricket Ground.

*"Molly has just completed her Yoga Teacher Training and is an amazing teacher. Despite her sight and hearing loss she absolutely smashed the intensive training"* said Lisa – Fusion Yoga Studio, Ripley, Derbyshire.

Molly raised her awareness and funds for the charity of Deaf-inately Women.

*Well done Molly!*



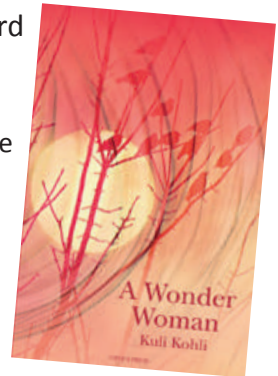
## Kuli Kohli - Poetry

Kuli was born, with mild cerebral palsy and is hard of hearing, in northern India and moved to England at an early age.

Her story was featured on the BBC News online website on 30 August 2020. It has had over 1.7 million views worldwide. Click here to read.

<https://www.bbc.co.uk/news/stories-53749629>

Kuli is now selling a full poetry collection 'A Wonder Woman' is available from Offa's Press shop online: <http://offaspess.co.uk/shop/> or on Kuli's website [www.kulikohli.co.uk](http://www.kulikohli.co.uk)



## Staff Profile



I am still really enjoying my job and it certainly has been challenging and keeping me on my toes, especially during the pandemic. However, now things are starting to get back to some normality it means I can get out and about and meet people face-to-face which is lovely instead of staring at the computer screen!

My aim and passion is to continue working with Deaf/Hard of hearing/Deafblind women who have experienced or still are in a Domestic Abuse situation. Good news, I will be starting my IDVA (Independent Domestic Violence Advisor) course in September to which I'm very much looking forward to. It will mean lots of hard work but I do love a new challenge.

I am still available to do 1-2-1 Freedom Programme and it has proven successful with previous clients who have found this really useful and said it was an eye opener.

This is done on either zoom or face-to-face. Interested then please contact me at **deborah@deafinitelywomen.org.uk / Telephone: 01773 828233 / SMS(text): 07960 056746**

**Deborah Lush – DEaf Abuse Free (DEAF) Personal Navigational Support worker**



# What we did...

## Macramé

We had our first face-to-face Covid-19 secure workshop in Belper, Macramé taught by Jackie Perkins. It was wonderful seeing everyone again, getting everything ready, a big thank you to Janet, Aga and Gene who made this happen. It has made the workshop a more accessible approach with communication in place and enabled Jackie to give 1-2-1 support to each participant as she went around the tables. Big thank you to Jackie for coming all this way to teach a few deaf and hard of hearing women together.

*"It's so lovely to have a face-to-face workshop, I have missed it, can we do more of this please?"* said one participant.



## Coffee Morning- Bake-off cake competition

Deborah organised a coffee morning with deaf and hard of hearing women together. There was a couple of baked cakes, and they were scrumptious!



## Horse Equine Therapy

Back in July we had our first outdoor event – Horse Equine Therapy based in Holymoorside Riding School, near Chesterfield, Derbyshire. We had a lovely day, being in the fresh air, the view was spectacular. It was great meeting other deaf, deafblind and hard of hearing women. *"I have met another deaf woman, whom I have never met before, we chatted quite easily while we were grooming the horse we were sharing. That was nice"* said one of participant.





We worked in partnership with Derbyshire Law Centre, British Deaf Association, Communication Unlimited and Cloisters Chambers where a Solicitor from the Law Centre and a Barrister from Cloisters Chambers were present to advise deaf people.

**ENOUGH IS ENOUGH!**  
**Legal Corner**

**Q: “I have been refused Direct Payment by my council? What can I do to ask them to change their mind?”**

There are many ways to present your case when needing a Direct Payment. Make a list of the support you need at home and surrounding areas (e.g. shopping). You can:

- Complain
- Ask a Councillor to support you to put a request in for social care support.
- Contact your nearest advice agency that specialises in community care law to get free advice.
- Contact Disability Law Service - [dls.org.uk](http://dls.org.uk) or Derbyshire Law Centre.

**Q. “I am a member of a trade union. If my manager or colleague discriminates against me, which is best? Ask my trade union or consult a solicitor/lawyer?”**

Trade Union as you already pay a subscription for their service. They have stewards who may be able to represent you at meetings with your Manager to try and resolve problems before they get out of hand. If discrimination does not stop then your union may refer your case to their team of lawyers who can further advise you of your rights in work and whether you have a claim to bring to Employment Tribunal. Most issues get resolved by having meetings with their Managers.

**Q. “My deaf child attends local gymnastics but they do not provide an interpreter. Should they?”**

It depends on the nature of the disadvantage, and whether it is affordable and practicable for them pay i.e. whether it is a reasonable adjustment. Local Gymnastics club – can they afford to pay for interpreting costs? If not, is the club affiliated to a regional or national body who may be able to pay? If they can pay, then that’s great! If they cannot afford to pay, then there are many options for you to explore:

- Use your Direct Payment to pay for the interpreter’s cost.
- Ask your local Council if they fund for an interpreting service. If so contact them to arrange one for you.
- Unsure then contact Children’s Services or Deaf Adults Social team to get more information on how your child’s communication needs can be met.

Service providers can discriminate if they can show they cannot afford to pay for sign language interpreting costs.

Want to ask a question? Contact [dlc@derbyshirelawcentre.org.uk](mailto:dlc@derbyshirelawcentre.org.uk) and if it’s appropriate, we will do our best the post the question on Social Network Media.

Follow us on Facebook, LinkedIn, Twitter and Instagram.

**Q: “Should I be using my Personal Independence Payment (PIP) to pay for communication support (e.g. sign language interpreter) for Estate Agents, Accountants, and Solicitors for their service?”**

No. PIP is used to pay for your daily social care needs that come with having a disability (deafness). Where reasonable, it is the service providers’ responsibility to arrange and pay for a sign language interpreter to be present at your appointment. The service provider cannot expect you to pay this in full too. Service Providers need to cost their services properly for all and ensure the extra costs are absorbed in their charging system. If you are charged for having a Sign Language interpreter, contact Derbyshire Law Centre.



Contact **Derbyshire Law Centre** on:

**Telephone:** 01246 550674 / 0800 707 6990

[dlc@derbyshirelawcentre.org.uk](mailto:dlc@derbyshirelawcentre.org.uk)

**SMS:** 07781 482826

**Textphone relay service for deaf people:** 18001 01246 550674



**Lisa Haythorne,**  
Solicitor



**Catherine Casserley,**  
Barrister

**DISCRIMINATION**



# Cyber Crime: Derbyshire Alert

Sign up to Derbyshire Police free Community Email Messaging Service, for local beat information, crime prevention, fraud and cyber advice visit [www.derbyshirealert.co.uk](http://www.derbyshirealert.co.uk) and select "Sign up now".

Also, follow "East Midlands Cyber Secure" on Facebook too.

In November 2021 we will be putting on a workshop in Belper on how to protect your home with cyber and home security with Samantha Hancock, Cyber Protect Officer Force Headquarters Derbyshire Police – Please look out for email, website and social media.

## Are you a business based in Derby / Derbyshire?

### Would your SME benefit from the POLICE CYBER ALARM tool?

Police Cyber Alarm is a free tool to help members understand and monitor malicious cyber activity. This service is made up of two parts; monitoring and vulnerability scanning. [www.cyberalarm.police.uk](http://www.cyberalarm.police.uk)

## East Midlands Cyber Resilience Centre – free Core Membership

Did you know that you can sign up for free core membership of the East Midlands Cyber Resilience Centre? Visit [www.emcrc.co.uk/membership](http://www.emcrc.co.uk/membership) for more details!

Email: [samantha.hancock@derbyshire.police.uk](mailto:samantha.hancock@derbyshire.police.uk)  
[@EMCyberSecure](http://www.derbyshire.police.uk)



Protect your home security and technology

## Home Security

For all deaf and hard of hearing women

### Workshops on home security

Our workshops will educate deaf and hard of hearing women on:

- ▶ How to make your home safer to live in
- ▶ How to keep you safe from crime or issues in your area
- ▶ Fire safety
- ▶ How to access emergency services
- ▶ Give you free **INFORMATION AND ADVICE ON SAFETY PRODUCTS** that could improve your home security.
- ▶ **GIVE YOU SMALL FREE SAFETY PRODUCTS.**
- ▶ Where appropriate, work with your landlord/housing association to provide you **FREE SAFETY PRODUCTS.**

Contact at  
[info@deafinitelywomen.org.uk](mailto:info@deafinitelywomen.org.uk)  
 Telephone 01773 828233  
 Mobile SMS 07579 809766





# Infographics on Deaf-inately Women

## Deaf Women Matter!

Deaf Women Matter!

### Project: Big Lottery Fund

**NUMBER OF DEAF WOMEN: Bookings**  
Over **1290**

Deaf, hard of hearing and deafblind women **booked** to attend classes and workshops.



### NUMBER OF DEAF WOMEN: Access

Over **680**

Deaf, hard of hearing and deafblind women **accessing** our activities and services.



**NUMBER OF DEAF WOMEN: Report**  
Over **390**

Deaf, hard of hearing and deafblind women **using** Deaf-inately Women's services and activities will **report** having better coping strategies.



### Digital overview



There are **4923** WEBSITE VISITS!

### eventbrite

Since started from September 2020, there were:

**875** BOOKINGS

### YouTube

Total views on all types of videos on Deaf-inately Women's website:

**3,711** YOUTUBE VIEWS SO FAR

### SOCIAL MEDIA

**1262** LIKES

**1393** FOLLOWERS

**917** FOLLOWERS

**74** FOLLOWERS

**554** FOLLOWERS

**28** SUBSCRIBES



## 'Deaf Women Matter! Skills For Life' Project Evaluation and Impact Report: final year 2020-2021

Molly has completed over 40 pages of a thorough Evaluation and Impact Report.

Thank you to 'The National Lottery Community Fund' for enabling Deaf-inately Women to make a difference for all deaf and hard of hearing women in Derby and Derbyshire! There is still more to do!

**Molly O'Brien – Researcher and Evaluator** - MA Research Methods Sociology



### Chesterfield Theatres - Accessible

**Audio described** Saturday 11 Dec 2pm & 7pm

**Touch Tour** Saturday 11 Dec 5.45pm  
*(free, please call the box office to book)*

This event is a 30 minute touch tour for customers who hold tickets to the audio described panto performances on Sat 11 Dec at 2pm or 7pm. A guided touch tour around the set, puts the performance in context to enhance the experience for blind and partially sighted customers.

**BSL Signed** Saturday 18 December 2pm

**Relaxed** Thursday 30 December 2pm

<https://chesterfieldtheatres.co.uk/shows/beauty-and-the-beast-pantomime.aspx#YS44UNNKJLA>

## Are feeling lonely? Are you feeling isolated?



If so, contact us now and we will allocate a Social Connector who is deaf or hard of hearing to meet with you.

Contact us now:

Email: [info@deafinitelywomen.org.uk](mailto:info@deafinitelywomen.org.uk)

Telephone **01773 828 233**

SMS: **07421 827 162**

Rachel – Office Manager

## Opportunities

### Freelance befriending for deaf and hard of hearing women in Derby and Derbyshire

Your support will help them to:

- Reduce their social isolation
- Connect with each other for emotional support
- Improve their mental health
- Improve their knowledge on how to connect with us digitally such as internet.

Get in touch if you are interested:

[rachel@deafinitelywomen.org.uk](mailto:rachel@deafinitelywomen.org.uk)

### Derbyshire Fire and Rescue Service Two opportunities to work for Derbyshire Fire and Rescue Service.

Equality, Diversity and Inclusion Officer as well as a Youth Worker both working for Derbyshire Fire and Rescue Service

<https://www.jobtrain.co.uk/derbyshirefire/internal/displayjob.aspx?jobid=510>

<https://www.jobtrain.co.uk/derbyshirefire/internal/displayjob.aspx?jobid=511>

### Disability Rights UK is recruiting We're recruiting – kickstart vacancies.

Disability Rights UK is looking to hire two young people to join their team, via the Kickstart Programme. They have two Programme Assistant vacancies within dynamic areas of their work - one within the Disability & Skills Unit; and another in the Get Yourself Active Team. People with lived experience of disability are welcome to apply.

<https://www.disabilityrightsuk.org/news/2021/august/disability-rights-uk-recruiting>



**Deaf-ininitely Women**

## Relationship & Sex therapy

with Caroline Feldon  
Relationship and Psychosexual Therapist

Thursday 16th September | 6-8pm  
BSL interpreters, voiceover and subtitles available on the day

**FREE** For deaf and hard of hearing women only

Book on **eventbrite**

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

**Deaf-ininitely Women**

## Deaf and hard of hearing women only SELF DEFENCE CLASS

**FREE**  
BSL interpreters and captions available on the day

Thursday 23rd September  
12-2pm

**Derby Martial Arts Centre**  
34 The Strand, Derby DE1 1BE

Book on **eventbrite**

Self-defence helps you to become more aware, assertive and physical techniques that enable you to successfully survive a physical assault.

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

**Deaf-ininitely Women** Deaf, deafblind and hard of hearing women only

## Want to feel safe in your home?

How to make your home secure from break-ins and fires.

Refreshments, BSL interpreters, electronic notetakers and loop system are available on the day.

**FREE lunch**

Thursday 30th September  
10am-2.30pm

Nottingham Road Fire Station  
Chaddesden, Derby DE21 6FP

Book on **eventbrite**

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

**Coming soon!**

Autumn ramble and coffee shop

Season of Light - Lantern with Surtal Arts

Pregnancy, maternity and planning family tips

Loving Me, Loving You Workshop

Fitness Classes

**You tell us, what would you like us to do....**

Get in touch by email, [info@deafinitelywomen.org.uk](mailto:info@deafinitelywomen.org.uk)  
Telephone **01773 828 233** SMS: **07421 827 162**