

Hear For You



GDA's Quarterly Newsletter

Summer 2023



Reaching out to BSL - A family story of deafness - Page 12!



Tel: 01452 372999
Mobile/BSL: 07875 610860
email: admin@gda.org.uk



Scan on this QR for a BSL version of this newsletter - enjoy!

Contents

Message from Felicia - page 2

GDA Services News

Interpreting Service - Page 3

Equipment Services - Page 4

Staff News - Page 4

Sally's Fundraising News - Page 5

Wellbeing Service Update - Page 6

The GDA BIG PICNIC! - page 7

Sign Language Classes - page 9

Dalmatians Kids Club - Page 10



Feature - Reaching out to BSL - A family story of Deafness p11-12

Above & Beyond - page 13

Support for Natasha - page 13

Captioned performances - Where can I go? - page 14

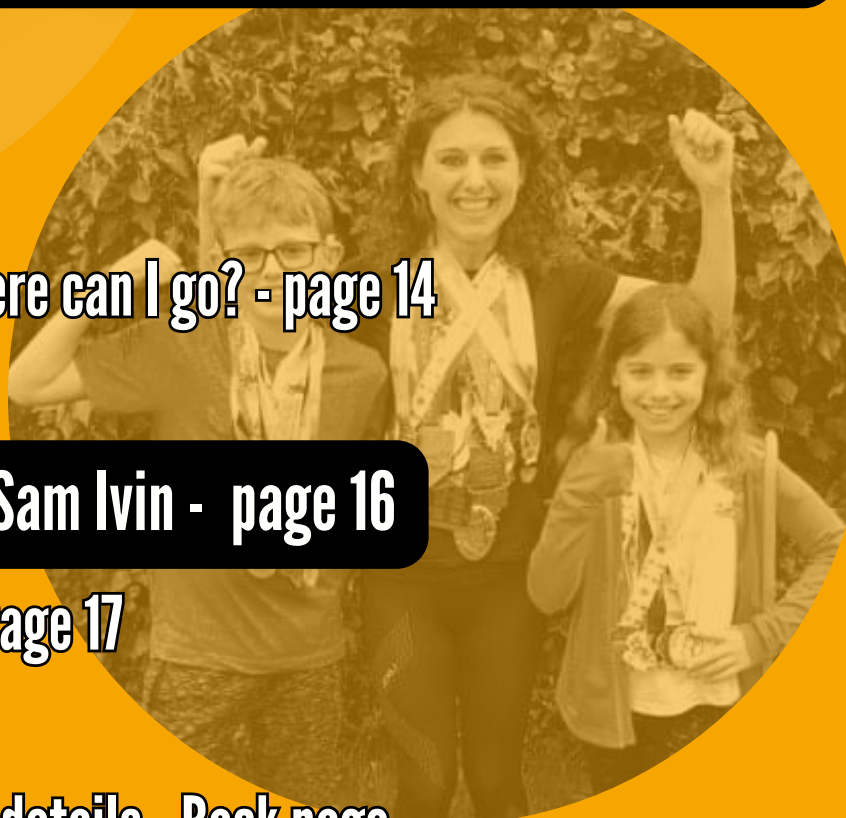
Skydive for GDA - page 15

Feature - Meet Sam Ivin - page 16

Crossword and wordsearch - Page 17

Hearing Aid Clinics - Page 18

1 Crossword Answers - Contact details - Back page



From the Editor



Welcome to GDA's Summer newsletter! As usual GDA has been super-busy throughout the last few months planning and delivering all of the essential services we provide to support our amazing beneficiaries.

This newsletter is packed to the rafters with news and stories and so I hope you enjoy this edition. As always, we are looking for your stories and experiences, so please don't be shy and send me an email if you have something to contribute.

Email - socialmedia@gda.org.uk

James

Message from Felicia Willow, our interim CEO

Hello everyone!

I'm delighted to be here with GDA as the interim CEO. I'm a specialist interim CEO so this is my eighth charity leadership appointment and I couldn't be happier to have joined the team. I have been overwhelmed by their friendliness and welcome, and I am hugely appreciative of everything they've done to take the charity forward in recent months.

A little about me – I'm Australian by birth but moved to the UK back in 2006 and am now a Brit (so I don't take sides in the Ashes I'm afraid!). I'm a human rights lawyer by training but I've worked in the charity sector since 2009 and now divide my time between interim CEO roles and charity consultancy work. I've had the privilege to work with a huge range of organisations – but GDA is my first deaf charity, and I'm learning a lot, as I always do in my interim roles.

Can I sign? No, but...I remember a particularly wet camping trip to Moreton Island when I was a young child. This was pre-phone and tablet days and I think we'd been stuck inside the smelly canvas tent for so long that our books were long finished. My mother raided the car and found the street directory (remember those?). At the back of the street directory was a page with the BSL finger spellings on it. So we spent the next couple of days learning to finger spell. My sisters and I loved it and used it with each other for years, but I never took the next step to learn BSL. GDA has inspired me to do this as soon as humanly possible. It's such a wonderful language and, while I'm currently limited to a few basic phrases (plus the finger spelling!), I'm super keen to learn more.



The team is busy – as always – delivering our range of services and events, and we are delighted to have welcomed Sally Gillespie as our new Fundraising Manager – watch this space for events coming up soon! We also welcomed Andy Kowalczyk as Finance Officer in May – welcome Andy!

We are in the process of re-establishing our Families and Communities service and are looking forward to getting these up and running in the Autumn, thanks to funding from the Masonic Charitable Foundation.

Felicia

GDA Services Update



Interpreting Service

GDA's Communication Support Department continues to be extremely busy, in the last quarter we fulfilled 820 requests, that's an average of 14 requests every day! Well done to Sarah & Emily for their hard work and dedication, not always an easy task but they do their absolute best to fulfil all requests we get. We also couldn't run this service without our wonderful communication support professionals, so a big shout out to them, they do go above and beyond.

We have had some great feedback from some of our Deaf Community:

BSL interpreter was very helpful at the pharmacy as it was confusion and there were problem with medication she was stay with me to make sure I understand what the medication for I appreciated with her support and I would like to use her to interpreter for me again in the future Brilliant BSL interpreter, very clear. Help me relax too in difficult situation

We would also like to say congratulations to Emily for passing her BSL Level 1, she now joins Sarah who has also gained this qualification, this is great news as it means the CSU team are able to have some communication with our Deaf community ensuring they get the right communication support, something that we pride on ourselves on. Emily will be enrolling onto BSL Level 2, and I am enrolling onto BSL Level 3 in September.

All the best Mary, Sarah & Emily



If you or your organisation would like to book a BSL interpreter, please call us on 01452 372999 or email us at bslinterpreters@gda.org.uk

Had a GDA BSL Interpreter recently?



Scan this QR Code on your phone

or go to - <https://www.surveymonkey.co.uk/r/GDAInterp>

or send a BSL message to 07875 610860

or come to the office and talk to Mary

Thank You!



Don't forget to use our BSL Interpreter feedback system!

We are getting some great feedback from BSL users about our service.

Whether there are things you weren't so happy about or things you loved about your support, we'd really like to know your thoughts.

The system uses BSL to ask the questions and we think that's pretty innovative!

If you are not comfortable with using a smartphone to give your feedback, you can always email, phone or come into the office and speak privately to Mary, Sarah or Emily.

email: bslinterpreters@gda.org.uk



Hard of Hearing Team

The Hard of Hearing team is sad to say goodbye to our long-term volunteer, Debbie Holland. She provided support in the Cotswolds by hosting the hearing aid clinics. She has been a great asset to the team and will be missed. We wish her all the best and hope she will remain a friend of GDA.

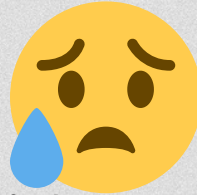
Some of our hearing aid clinics have changed by how often they occur, and two of our Gloucester clinics have been cancelled. Please see the recently updated poster with a list of all our venues and contact details to book onto the clinics. Please make sure to book in advance.

Our assisted hearing equipment sales manager is now holding appointments at GDA every Wednesday. Please call GDA on 01452 372999 to book an appointment for a consultation in our equipment room.

The Hard of Hearing team would like to say a huge thank you for the donations given at our hearing aid clinics, it is much appreciated and means we are able to continue our work across all our services.

If you would like to come along to speak to one of our expert and impartial technicians, please contact us on 01452 372999, text 07875 610860 or email admin@gda.org.uk to book your appointment.

Staff News! Farewell to Jennie



Hello all,

It is with some sadness that I want to announce that I will be leaving GDA in October.

My time at GDA has been incredible with many happy memories and experiences. I have thoroughly enjoyed working with our Deaf and hard of hearing community over the last three years and have learned so much from you all.

When I began my role, during the second lockdown of the pandemic, GDA had no well-being provision and I felt proud and privileged to be the first ambassador of such a valuable service. One of the first things I did was set up virtual coffee mornings that supported us all through the ups and downs of lockdown life. Working from home was a challenge, but also a huge learning curve. It was wonderful to finally be able to move offline and gather in real life for coffee mornings at GDA and to meet you all face to face. The coffee mornings have become bigger with each month and provide a much needed space for people to come together and have a chat.

Another part of my role I am proud to have been involved with is the numerous workshops we've provided. Whether they've been about internet safety, the menopause or family history, there's always been something new to learn in an accessible and fun way. I particularly enjoyed delivering my own workshops on an Introduction to Mindfulness and Five Ways to Mindfulness.

I've loved the many and varied trips we've organised such as chocolate tasting at Cadbury's World, learning about the royals at Windsor Castle, feeding the birds at the Slimbridge bird sanctuary, shopping at Clarks Village and local strawberry picking to make our own jam. There have been so many fantastic trips, it's hard to choose a favourite!

Perhaps the best part of my role as Well-Being Manager has been meeting all of you, supporting you through the challenges we've all faced in the last three years and seeing us overcome them and find happiness in our lives.

While I'm moving on to pursue new, exciting adventures, the GDA Well-Being Service will still be here to support you. I look forward to seeing it go from strength to strength in the coming years, which I'm sure it will do thanks to the contributions of our members.

My last coffee morning will be 28th September and it would be lovely to see you for a farewell and some cake before I leave.

Thank you for your support. Remember, happiness can be found in community and you are an important part of an amazing community. Laughter is the best medicine!

Jennie



Jennie Evans - Wellbeing Manager

Sally's Fundraising Update



My first month at GDA has been a brilliant whirlwind! I have been inspired on a daily basis by the team and the community GDA support, my understanding of what it means to be deaf or hard of hearing has developed greatly as I have attended lunch clubs, coffee mornings, classes and wellbeing events to really understand why our charity is so important to so many people across Gloucestershire.

To be part of a truly inclusive team is personally so important to me and everyone has been so welcoming. I have been delighted by the response of corporate and community contacts to learn more about GDA and pledge their support, with lots of interest in fundraising as well as BSL and deaf awareness training. I am really excited about the forthcoming year with lots of events and activities already in the diary, working for a charity that means so much to me was certainly 100% the right decision 😊



We are thrilled to announce the fantastic news that The Midcounties Co-operative Forest of Dean Regional Community have chosen to support GDA as their charity partner for the next 12 months. Three charities were shortlisted with members voting either online or instore for their chosen charity with GDA receiving the most votes. With 8 food stores, 2 travel agents, 200 colleagues and 50,000 customers a week this partnership is incredible news for our charity, both in terms of fundraising but also awareness raising of the support available that GDA offers deaf and hard of hearing adults and children across the county.

"We are absolutely delighted for our members and colleagues to have chosen GDA as our charity partner. The charity does such incredible and important work, and all of the colleagues are excited to be raising money for such a great cause. We have already planned our Dalmatian Day for GDA in stores and a marathon walk for later this year and look forward to raising awareness as well as funds". Chris Chandler, Forest of Dean Regional Community Ambassador at The Midcounties Co-operative.

"This partnership means so much to GDA and we are over the moon to have been chosen by members. We are so excited to partner with The Midcounties Forest of Dean Regional Community and have already been blown away by the passion and ideas for fundraising which have started already. It was a pleasure to welcome some of the Store Managers to GDA for a tour of our centre in Barnwood. Thank you so much to everyone who voted for us!" Sally Gillespie, Fundraising Manager at GDA.

To find out more about how The Midcounties Co-operative support local communities visit www.midcounties.coop

We are delighted to welcome Cordell Ray MBE, who is the CEO of amazing local charity *Caring for Communities and People* as our 3rd runner in our Run Cheltenham half marathon team for 2023.

Cordell who lives in Cheltenham, was motivated to take on the 13.1 miles of his hometown to raise money for GDA after sharing his very personal story of becoming virtually deaf in his right ear after being diagnosed with Meniere's disease at aged 18 and also suffering from tinnitus 24/7.

We are so grateful to Cordell for his support and look forward to cheering him through the finish lines at Cheltenham Racecourse on the 3rd September with our cheering squad.

If you would like to join our running team for this event please do get in touch with our Fundraising Manager Sally by emailing Fundraising@gda.org.uk or calling 07483 154804, we have plenty of running vests just waiting for owners!

To show support to Cordell his sponsorship page is https://lnkd.in/em_c35-f



If you or your organisation, community group, school or sports club would like to fundraise for GDA by organising your own event or joining one of ours please get in contact with me by emailing Fundraising@gda.org.uk or calling 07483 154804, I would love to hear from you. Keep an eye on our social media over the next few months for lots of ways you can get involved and help support GDA.

Wellbeing update & Events

What a busy few months the well-being team have had!

In April, our Coronation Quiz Night was fantastic fun with teams having to attempt a tricky newspaper challenge. There was lots of laughter, practical games and plenty of cheese and biscuits to keep the players energy levels up. Our quiz master, Jennie, had a few tricks up her sleeve to keep everyone on their toes. There was even a fashion show at the end with some rather creative newspaper clothes suitable for the coronation!

To celebrate International Women's Day we treated ourselves to a delicious brunch at No.131 Hotel in Cheltenham. There were pancakes, poached eggs and full English breakfasts with endless pots of tea. A lovely opportunity to catch up, chat and laughter together.

We also held a craft workshop where attendees could create a range of beautiful smelling bath salts to use at home. Some were even sold to raise money for GDA.

As the sunshine arrived in May, we took the opportunity to develop our crafting skills and help our feathered-friends with a Bird Feeder Workshop. We made some fantastic bird feeders from pretty recycled vintage tea cups.

Over 15 of us went on day trip to Windsor Castle, enjoying the spring weather again. There were some sombre and touching moments when visiting the Queen's burial place, King George VI Memorial Chapel, and paying our respects to Her Majesty and her husband, Prince Philip. The buildings were impressive both inside and out.

May was also the month we had our Arab Culture Session during coffee morning. Ahd and Rawan delivered a brilliant cultural experience, introducing our regular coffee morning clients to Arab culture and food. It wowed the audience.

The weather continued to improve through June and we were lucky enough to have a scorching, sunny day for our annual strawberry picking event. Everyone picnicked together and went home with punnets of delicious fruit.

We had two fascinating educational workshops in June. Firstly, a valuable Internet Safety talk which reminded us how to keep ourselves safe online. There were lots of engaging questions and plenty of practical tips!

Our second was about researching Family History. Deaf leader and GDA employee, Jemima, gave a wonderful presentation about how to start researching our family history and find out more about our ancestors. We all understand so much more about how to navigate the problems in finding the right information.

July seems to have flown by with lunch club, coffee mornings and a Colouring on Canvas workshop where attendees learnt how to use shade and tone to create some impressive artwork they could keep.

There's plenty more to look forward to in the coming months. The Well-Being Team hope to see you at one of our events soon!

Note! This information is subject to change - please check with Jennie wellbeing@gda.org.uk



What to do in September

Thursday 7th	10:30am - 2:30pm	Lunch Club at GDA
Saturday 9th	10am - 12pm	Dalmatians Club at GDA
Tuesday 5th	2pm - 4pm	Hard of Hearing Coffee Afternoon GDA
Saturday 23rd	6pm - 11pm	Gloucester Deaf Club at GDA
Thursday 26th	2pm - 4pm	Hard of Hearing Club at GDA
Thursday 28th	10am - 12pm	Wellbeing Coffee Morning at GDA
Thursday 28th	10am - 12pm	Am I eating right? GDA
Thursday 28th	1.30pm - 3.30pm	Understanding Pension Workshop at GDA
Every Tuesday	10am - 12pm	Lipreading Class at GDA
Every Tuesday	2pm - 4pm	Lipreading Class at St Luke's Hall Church, Cheltenham

Contact: wellbeing@gda.org.uk / Text: 07401 150468
Please note, my working days are Tuesdays to Friday (AM)



GDA's Big picnic

at Pittville Park in Cheltenham



Keep an eye out on our social media for more events



Always wanted to learn sign language? *Now's your chance!*



Whether you are a total beginner or have some signing experience, GDA's BSL College has a course for you!

Deaf tutors with a combined 60 years of experience
Face to Face lessons
Great fun and a wonderful life experience!
Lessons take place in the heart of the Deaf Community
We have an exemplary pass rate!

"Kim is a brilliant teacher and has a great way of getting us engaged and participating in the sessions. She also has a great sense of humour! We have a lovely group of people in our class and all work well together. We both look forward to our classes!" SH & SH Gloucester

Level 1, 2 and 3 BSL Courses begin in September

Spaces are limited - enrol without delay!

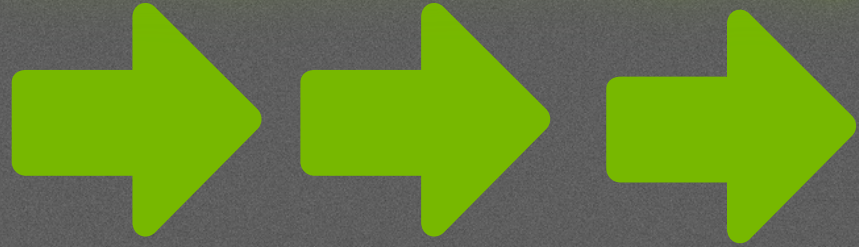
Tues	Level 3	6-8.30pm
Wed	Level 1	2-4pm
Wed	Level 1	6.30-8.30pm
Thurs	Level 1	6.30-8.30pm
Thurs	Level 2	6.30-8.30pm

Telephone 01452 372 999 or email bslcollege@gda.org.uk to secure your place



**please indicate your preference of day or eve for level 1*

GDA is now collecting old mobile phones for recycling!



Sign Language Classes

Our BSL courses came to a successful conclusion and our students did **AMAZINGLY!** 91% passed Level 1 and 100% passed our Level 2 course!

We are really proud to have successfully delivered both Level 1 and Level 2 courses and are even more proud of our brilliant tutors William, Nicola and Kim.



Some of our level 1 students after passing their exams

Our two Syrian sisters have also completed all of their learning and the transformation in their confidence and BSL is just exceptional. Congratulations to them both.

We are now offering Level 3 BSL!

"It's a relaxed environment, friendly and a very enjoyable course. A privilege to learn BSL." (Level 1 student)

"Learning with others, supporting each other. Having a weekly class helps motivation." (Level 2 student)

If you are interested in joining a sign language class this September, please contact us on bslcollege@gda.org.uk for more details.

Jemima Buoy
BSL College coordinator

*Our next courses will be in September 2023
Put your name on the list before they fill up!
email: bslcollege@gda.org.uk*

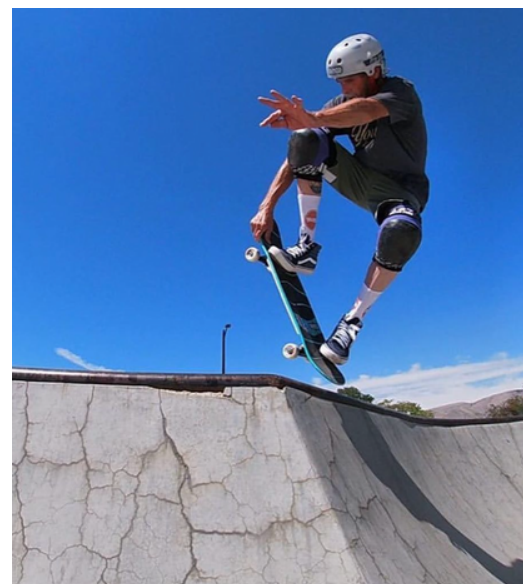
CHECK IT OUT →



Chris Weddle Deaf Skateboarder

Chris is a legend of the skateboarding world who invented a move that other skaters called the 'mute grab'. In 2020, Tony Hawke's Skateboarding computer game asked him if he wanted to change the name of the move. It's now called the 'Weddle Grab'. Check out Deaf Skateboards on

<https://deafskateboards.com>



Dalmatians



The Dalmatians Club is a club that takes place once a month on a Saturday in Gloucester at the GDA Community Centre in Barnwood. The Club offers a friendly and engaging social environment for deaf and hard of hearing children aged 0 to 8yrs, their siblings and their parents.

The Dalmatians Club



for deaf children and their families

The Dalmatians Club is an opportunity for the whole family to enjoy a friendly and supportive environment – it is a chance for the children to engage with other deaf children and to feel confident. It is also an opportunity for the parents to learn from the experience of other parents and to share their concerns and their successes.

At The Dalmatians Club, we offer a total communication environment. However your child wishes to communicate – be that through British Sign Language (BSL) or orally, we will support them and you.



Pirates, Boats and Bubbles Day



Come along and enjoy the fun!

Our next Dalmatians Club...

...is in space!

Where: GDA Centre
When: Saturday 9th September
Time: 10:00am-12:00pm
Theme: Space and rockets
Ages: 0-8
Entry: £2 per child
Cash only

Deaf children, hearing children of deaf adults, grandparents, brothers and sisters all welcome!

Turn up no need to book
 for more information please contact dalmatians@gda.org.uk

Email: dalmatians@gda.org.uk
 GDA, Colin Road, Barnwood, Gloucester, Gloucestershire, GL4 3JL
 Please note, my working days are Mondays to Thursdays

GDA

Company Limited by Guarantee 2692718.
 Registered Charity in England 1015937.

The cost to attend The Dalmatians Club is £2 per child. For more information about joining The Dalmatians Club please contact 01452 372999, text 07875 610860 or email dalmatians@gda.org.uk.

Reaching out to BSL

A family's journey in deafness

In 2010, Emma Denton and her husband, Matt, were about to walk on stage to perform in their string quartet, when they received some life-changing news.

They were both professional classical musicians, touring the UK and juggling demanding careers in music while raising their first child, Charlie and their new-born, Daisy.

Their son, Charlie had already been diagnosed as profoundly deaf.

Charlie was two and a half and Emma was told that he wouldn't hear a plane taking off close to him. That was a difficult diagnosis for a parent to hear but the news they were about to receive before walking on stage had a deeper, more profound impact.

At first I felt sad about Charlie's deafness, that we couldn't share our passion for music with our son, but then very quickly I told myself that this is not about me but about Charlie and so I went 'Tiger mum' and thought, what can I do to give him the best opportunities? So, my way of coping was to read up and gain as much information as I could. During this period, I also had a gut feeling that he had Usher's syndrome. Usher's Syndrome is a genetic condition that causes deafness from birth and sight loss in later life. He would struggle in sunlight and despite being really active as a toddler, he couldn't walk in a straight line and would fall over for no reason. This was dismissed by the medical professionals, but I kept pushing and he eventually got tested.

I was on tour, badgering them on the phone for the results and then just before going on stage, they told me. He had Usher's 1B – the most severe type. Then we walked out on stage to perform. Matt and I couldn't look at each other the whole performance because it was just so devastating.

Around that time there was an article in The Telegraph about Emma and her husband Matt as musicians and the reporter had picked up on the 'Tragic' story of musicians with a deaf child who was getting cochlear implants. After the article came out we were sent a very nasty image from somebody of parents holding down a child and drilling into their head with the message 'This is what you are doing to your son!' It was a very difficult time. We were given no information at the time about Sign Language as an option and were quickly advised about cochlear implants, about fixing his deafness.

I remember the worst, most frustrating day I had as the parent of a deaf child, was when I was chasing Charlie around the front room trying to get the hearing aids on, and him screaming at me. The reality of realising that my own child is running away from me, screaming, struck me. I realised at the time that that is not a natural way for us to be and just simply gave up.

For a time, Charlie was a little angry whirlwind of emotions, and it was all because he was frustrated that he couldn't communicate. But there was never a conversation with me from professionals about him learning sign language or at least including sign language in with his general language learning. Instead, we were given a bunch of glossy leaflets about which brand of cochlear implant to get. We were also worried about if Charlie loses his eyesight, then how would he understand sign language, not knowing or being told anything about Deaf-Blind manual sign language.

Looking back, the shocking thing was the lack of information. I remember Charlie being so frustrated with communication that he would hit his head against the wall and I'd have to hold him until he calmed down. If only we'd been offered a different way of communicating, that might have been different but there was never a time when we were presented with any other option. It was like a snowball effect where one thing led to another, and we never really were allowed the time to pause and rationally think about other options.

We began to think about sign language while we were on a family holiday and Charlie and Daisy were in the sea the whole time. He preferred not to risk his implants in the water but we needed a way of communicating with him. There were also moments at home, in the mornings when he wasn't wearing them. So, we began to think about learning sign language. We reached out to find some classes but at the time there was a shortage of BSL classes and teachers.

Despite some of the stresses and decisions faced by his parents, Charlie grew into a confident and positive child, taking a keen interest in sports and making good friends at school.

"I love his determination to keep reaching out to expand his experience of what being Deaf really means."





For Charlie, going to a mainstream school, he was surrounded by hearing friends and never really had the opportunity to meet other deaf people. He's had some struggles with his identity as a result, not knowing where he really fits in.

Now that Charlie has joined Deaf tennis, he's suddenly met with other people who get it. He just feels a lot more comfortable, if he's sharing a room with another cochlear implant user, he doesn't need to explain anything. At school he sometimes misses out on things that the other boys talk about, even things like swear words! So, I've had to have a few very odd conversations with him where I need to explain things that really, if he was among other deaf boys, his friends would have explained to him. So, it's great that he now has peers that he can totally relate to at tennis. It's been life changing for Charlie – given him so many opportunities. When he met Deaf BSL users, it triggered something in him.

Since becoming an ambassador for Deaf Sports, he's become so interested in sign language. He loves his cochlear implants but it's become really important to him to understand that there's a whole Deaf community out there that he wasn't part of and he wants to become connected with that. But there's also a guilt there from the cochlear generation. He wants to fit in with the BSL users but feels that sometimes the BSL users are offended by him. I try to explain to him that there's strong feelings there but it's not personal. It's nothing to do with him as a person but he's left with a feeling that he doesn't always fit in in the hearing world, but he also doesn't quite fit into the deaf world. So, Charlie has started to want to learn sign language.

My mum had always wanted to learn it. She's been supporting us all the way, looking after Charlie as a small child. She understood that on those occasions where Charlie doesn't have his implant on, like first thing in the morning, she needed a way of communicating with him so she was keen to start learning with Charlie. Charlie's sister, Daisy was also desperate to learn and so at a huge cost, four of us, three generations of the family all began learning at the same time. So, we completed our level 1 as a family.

For Charlie, he made a really strong connection to William, the teacher and it was because William understood him. There was a really nice bond and I think he realised he could click with a Deaf BSL user for the first time and that made him really feel at home. I could see him growing in confidence with his BSL and that has fired him up to learning more.

Then we began level 2, but Charlie was doing his GCSE's so he had to hold off for a year. Granny didn't do it last year, so she could join him this September. So, Daisy and I did Level 2 and passed it! We use it all the time at home, especially every morning before he wears his implants. This coming September Charlie and his Gran will be doing level 2 and Daisy and I want to move onto level 3! However, the costs increase as you go up the levels and are huge so we're going to have to consider if we can afford to carry on.

The bill for all of us to continue in September is around £4,500 and when you look at what we've paid already, it will be £8500 in total. It's a real shame that this isn't provided for free for families with deaf members in them. We'd love to carry on but we're seriously going to struggle to afford that.

Charlie loves being deaf. He takes his implants out and the silence he experiences is a really sacred time for him. He also sees that actually his deafness has opened opportunities for him. It gives him a unique perspective and he wants to grab all of the opportunities presented. He's turned out to be a really good communicator and will be brutally honest with us about his feelings. He's a positive spirit, and I love his determination to keep reaching out to expand his experience of what being Deaf really means.

Scan to donate



gofundme

If you would like to donate to help Charlie and his family to cover the costs of learning BSL, then please see their fundraising page

<https://gofund.me/84d69eao> or scan the QR code

Charlie Denton has been selected to represent Team Great Britain at the World Deaf Tennis Championships 2023 in Greece, at the end of September. The 16-year-old from Stonehouse in Gloucestershire, was one of three athletes shortlisted for the Young Deaf Sports Personality of the Year Award. In 2022, Charlie represented Great Britain at the Deaf Youth Tennis Cup in Braunschweig in Germany and achieved a gold in the doubles and bronze in the singles. He's now a Young Leader for UK Deaf Sport and has achieved a Lawn Tennis Association Assistant Coaching Level 1 Qualification.



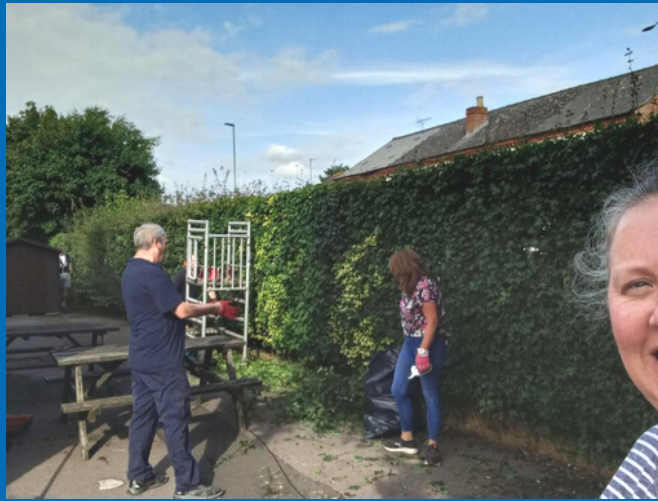
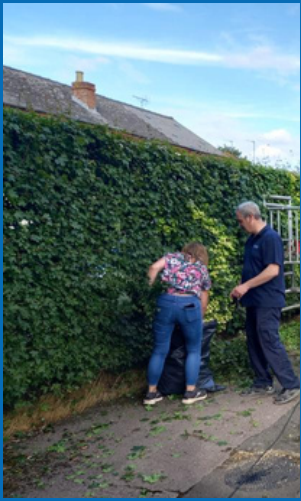
Above & Beyond!



Thank you to the volunteers & staff that worked their magic and cut all the hedges at the GDA building! The grounds are looking SO much better! Between them they gave around 27 volunteering hours. Thank you!

Mark Kirby
Tom Hailes
Nick Hailes
Will Thomas

and staff members
Emily, Mary and
Sarah



Can you help Natasha get to the Deaf World Cup?

Meet Natasha Hamm from Coleford in the Forest of Dean. Natasha is training hard for a 'dream come true' after being selected for the England Deaf World Cup Squad to play in The Deaf World Cup Finals in Kuala Lumpur, Malaysia.

Natasha, 33, a cleaner from Coleford said she was "so excited" to be selected for the World Cup Squad. She started playing at the age of 14 with Ross Town Ladies and despite past injuries has proven herself enough for the Deaf Women's management team to invite her into the national squad. Now the World Cup beckons but it's not an easy ask. Natasha works as a cleaner at the Suntory factory in Coleford in the mornings and at the Forest of Dean District Council offices in the evening. She also has a fitness regime at home to help build her stamina. She said: "I have two jobs and I do a lot of walking around. "I come home and do another 40 minutes on my overall fitness."

Apart from training, the biggest hurdle to overcome is that she needs to cover her own travel and expenses to get to the world cup. She is trying to raise £300.

Can you help her to get there? If you'd like to help, please contact www.peoplesfundraising.com/EDW



Captioned performances Where can I go?

Our staff member and Hard of Hearing Champion, Kat Taylor has investigated Gloucestershire venues to see what they have to offer. Here's what she found.



Everyman Theatre, Cheltenham

Audio described, sign language interpreted and captioned performances are available. Individual show pages within the site will display symbols when these services are available.

They have a sound enhancement system. Using a headset (with or without a hearing aid) you can boost the volume of the performance. Ask their ushers for your headset.

Please note: this is not a loop system, it is an infra-red system. In order to use the infra-red hearing system whilst wearing a hearing aid you will need to have a T-setting on your hearing aid. If you are not sure, please speak to your audiologist prior to your visit to the theatre. Without a T-setting your hearing aid will not be able to connect to the infra-red system.

Top tips for enhancing your visit if you are hard of hearing:

- Book a seat close to the front. Hearing aids lose their effectiveness beyond a certain distance so the closer you are to the stage, the better the experience
- If using one of our headsets (either with or without a hearing aid) ensure that it's not covered by any clothing (e.g. a scarf) so as not to block the infra-red signal

Any queries, please feel free to contact us (or your audiologist) in advance of your visit, or talk to an usher on the night. For more information email: access@everymantheatre.org.uk or phone our access line on 01242 705559.

CAPTIONED PERFORMANCES

Captions are similar to television subtitles. The actors' words appear on display units, placed on either side of the stage, at the same time as they are spoken or sung. Speaker names, sound effects and offstage noises are also shown as text. Audience members for captioned performances can sit where they prefer, however centre/side Circle or centre/side Stalls are recommended.

Book your tickets online at www.everymantheatre.org.uk

Cheltenham Town Hall

If the event has a disabled concession it will extend to people with hearing loss. Usually though the events have the 'disabled' person paying the full price and the carer gets in for free. To book 'Disabled' tickets and carer tickets you will need to call them and make the booking over the phone on 01242 528764

Cineworld

"Hearing impaired guests

Subtitles for the hearing impaired are available at certain performances.

Hearing loops (either infra red or induction) are installed at all our cinemas auditoria (except at The 02 Greenwich).

Please check with the box office which facility is available.

Type Talk calls are available on our telephone booking service."

The Access card

What is the Access Card?

Information, Evidence, Discounts and Opportunities for Disabled People

The Access Card (sometimes referred to as the CredAbility Card or a Nimbus Card) is a card like no other; we translate your disability/impairment into symbols that highlight the barriers you face and the reasonable adjustments you might need.

Think of it as a Disability Passport.

This then informs providers quickly and discreetly about the support you need and may gain you access to things like concessionary ticket prices and complex reasonable adjustments without having to go into loads of personal detail.

It's all based on your rights under the Equality Act and providers' responsibilities.

Cost: £15 for 3 years.

Gloucester Guildhall Cinema

"We offer regular Hard of Hearing subtitled films. These are labelled HOH in our programme. We have an induction loop in the cinema. Performance Events - A loop is available for some performances. Contact - You can contact the box office by Phone 01452 503050, email guildhall.boxoffice@gloucester.gov.uk or in person. We are able to use Hearing link services over the phone. <https://www.hearinglink.org/living/loops-equipment/relayuk/>"

Bristol Hippodrome

Access bookings must be made directly with the venue. Please visit the accessibility page for the theatre you are looking to book for information and contact details. Are discounts available for access patrons?

Discounted tickets are available for access patrons and a companion who are limited to the Stalls, with price depending on the show booking.

For further information, ticket bookings and assistance, please call the dedicated access line: 0333 009 5399, email: bristolmarketing@theambassadors.com or Submit a Request. You can request a visual story from bristoladmin@theambassadors.com.

Sherborne Cinema

- Speech enhancing headphones & audio description headphones now available at every show.

Cheltenham Playhouse

Offer a complimentary ticket for the registered carer of a disabled person. You will need to ring the Box Office to book tickets that include concessions. Tel: 01242 522852.

Bacon Theatre, Cheltenham

Offer disabled patrons, including hearing loss, the concessionary rate if it is available for the performance. They also offer a free carer ticket in addition to this.

If you're interested in booking a show, please give them a ring and they'll be happy to arrange for this & the free carer ticket. Box Office hours are Mon-Wed-Fri 9am to 12pm, on 01242 258002.



Are you looking to take on a challenge of a lifetime?

Well, look no further as we have just the thing! Book an exhilarating skydive today!

Freefall from 10,000 feet reaching speeds of up to 125mph before the parachute opens and you gently glide back down to earth. It will be an experience you'll never forget while helping GDA to raise money at the same time!

Join our Skydive Day for our group event on Sunday 1st October, there are 10 spaces available on each date and it's the perfect challenge to take on as a team. You will arrive at the Salisbury jump site and meet others taking on the charity skydive for GDA. We will support you on the day to help steady any nerves and be there to celebrate and marvel at your bravery.



Book your jump today with a deposit of just £70!

You must commit to raising a minimum of £395 to cover your jump costs, booking fee and a minimum donation of £125 to GDA. The more you raise the more we receive so reach for the sky! You will find it easy to get sponsorship for a skydive as everyone marvels at your bravery but our Fundraising Team will be on hand to help you reach your target by the date of your jump.

Can't make it on those dates? You can book an individual skydive at any point in the year – just select a different date when you sign up on the Skyline website.

To find out more details or if you have any questions please email our Fundraising Manager Sally Fundraising@gda.org.uk



Introducing Sam Ivins

When staff at GDA saw Sam's beautiful hand-crafted bowls at our Christmas Fair, we had to find out more about him. We met with Sam and his PA Rosemary Morgan, to find out more.

Sam is deaf with additional learning needs and has known GDA since his days as a teenager, attending GDYZ. Rosemary has been a friend of GDA since the late 90s when she first started learning BSL.

Sam first caught the woodworking bug while attending Hartpury College and then took this on further for his Duke of Edinburgh award.

"It's something that makes me very happy ..working with wood." For Rosemary, who has worked with Sam since his days at Hartpury College, Sam's development has been remarkable. *"He's still a man of very few words but compared to the quiet young man I first met back in Hartpury College, I've seen him constantly growing in confidence and skills. For me it's been wonderful seeing the potential that I've always known was there, actually come out."*

Sam is particularly proud of his Gold Achievement in the Duke of Edinburgh award. The award was demanding, with physical elements, skills sections an expedition and hours of volunteering. Sam had to undertake sessions at Gloucester Athletics, the gym and some park runs and was just about to start volunteering at *Parkrun* when the pandemic struck. It was very isolating and Sam struggled. It was during this period, when contact with Rosemary was limited that Sam found particularly difficult. However it was there, stuck at home that he continued pursuing his love with woodwork.



As we take the photograph, Sam handles his certificate with great care. He was awarded it by Prince Edward, the Duke of Edinburgh himself in London along with Rosemary. You can tell it means a great deal to Sam. In total, in order to achieve the Gold DofE award, Sam undertook 18 months of work through the pandemic and beyond. His expedition included camping and hiking every day. It's a great achievement.

Since his DofE award, Sam is particularly keen on woodturning and has a small lathe in his Dad's garage. He has made all sorts of things, including a beautiful striped rolling pin made up of different layers of dark and light wood. He has made 10 park benches at Viney Hill that he researched the design for himself.

Sam is currently selling his work at craft fairs. He makes his bowls at a lathe in Oaklands but he's looking for a 'men's shed' in the Forest of Dean that he can use so he can work more days on his craft. Most of his woodwork is made up of scrap wood, including the benches he made that were made up of old pallets.

Sam is looking to sell his work at summer fairs this year, expanding the number of stalls he sells on. He's looking to sell online but wants to make sure that he can make the work he's interested in. *"Everything that Sam makes is absolutely unique."* Rosemary says with a grin.

He's certainly an artisan and we think that Sam is pretty unique himself. Good luck to him and a huge well-done to his amazing PA, Rosemary for her continued support for this talented man!



News flash: Sam's made 15 benches for Viney Hill Christian Adventure Centre and has two more on the go!

Sam and Rosemary would like to say thank you to anyone involved/supporting with Sam's DofE awards, some of which continue on today. We could not have done it without you!

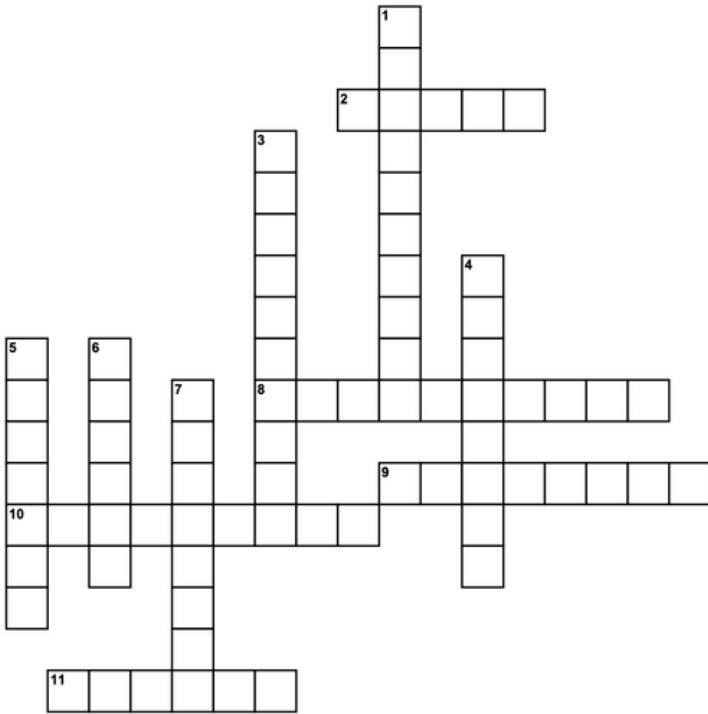
If you would like to buy some of Sam's work, please email

samthecarpenter@gmail.com



GDA Summer Games

Signs of Summer



Copyright © 2023 crosswordspin.com

Across

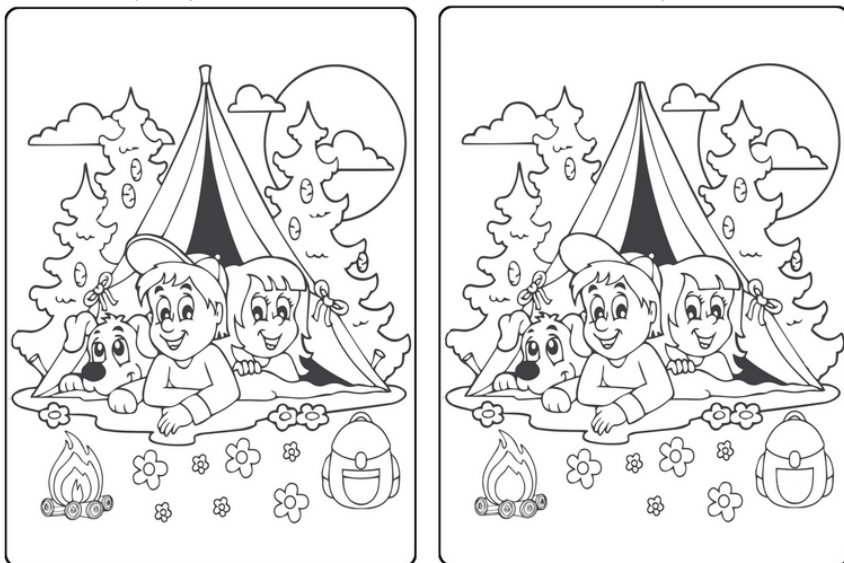
- [2] A thick absorbent cloth used for drying oneself or wiping things dry
- [8] Glasses tinted to protect the eyes from sunlight
- [9] A sport or activity, that requires the use of one's entire body to move through the water
- [10] A cream or lotion rubbed onto the skin to protect it from the sun
- [11] The warmest season of the year

Down

- [1] Swimming on or near the surface of the water with a mask, a tube, and usually fins to see underwater attractions
- [3] A castle built out of sand, typically by children
- [4] To travel to a place in order to relax, when you are not at school
- [5] Feeling a need to drink something due to heat or exhaustion
- [6] A sport or activity of swimming or exploring underwater
- [7] A soft, sweet frozen food made with milk and cream and typically flavored with vanilla, fruit, or other ingredients

SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



Free printable courtesy of PrintitFree.net

Can you find these 10 hidden flowers in this newsletter?



Hearing Aid Clinics

Our hearing aid clinics are as busy and popular as ever. Our expert technicians can service your hearing aids free of charge and are happy to give advice and guidance on ways to ensure your hearing aids are working at optimum levels.

Hearing-aid clinics

GDA hosts weekly free hearing-aid clinics across the county to assist NHS hearing-aid wearers with re-tubing and cleaning.



ALL CLINICS ARE BY APPOINTMENT ONLY



Tewkesbury -

Mythe Medical Practice, 1st Floor, The Devereux Centre, Tewkesbury, GL20 5QN. Tel: 01684 293278

Cotswolds

Badgersfield Community Room, George Lane, Chipping Campden, GL55 6EL. Tel: 01452 37299

Winchcombe Medical Centre, Greet Road, Winchcombe, GL54 5GZ. Tel: 01242 602307

Jameson Court Sheltered Housing, Community Room, Jameson Court, Moreton in the Marsh, GL56 0EW. Tel: 01452 372999

Cotswold Medical Practice, Bassett Road, Northleach, GL54 3QJ. Tel: 01451 860247

Fisher House Sheltered Housing, Bartletts Park, Stow on the Wold, GL54 1LS. Tel: 01452 372999

Pheonix Surgery (formerly Romney House), 41 - 43 Long Street, Tetbury, GL8 8AA. Tel: 01666 502303

Stroud & Dursley

Five Valleys, 1A King Street, Stroud, Glos GL5 3BS. Tel 01452 372999

Stonehouse Community Centre, Laburnum Walk, Stonehouse, GL10 2NS. Tel: 01452 372999

Minchinhampton Surgery, Bell Lane, GL6 9JF. Tel: 01453 883793

Prices Mill Surgery, Newmarket Road, Nailsworth, GL6 ODQ. Tel 01453 832424

Culverhay Surgery, Marybrook Street, Berkeley, GL13 9BL. Tel: 01453 810228

GL11 Community Hub, Fairmead, Cam, Gloucestershire GL11 5JS Tel: 01452 372999

The Keepers Community Hub, Symn Lane, Wotton Under Edge, GL12 7BD. Tel: 01452 372999

Gloucester

GDA, Colin Road, Barnwood, GL4 3JL. Tel: 01452 372999

St Oswald's Retirement Village, Gavel Way, GL1 2UF. Tel: 01452 372999

Cheltenham

Rectory Court Sheltered Housing, Churchfields, Bishops Cleeve, GL52 8LJ. Tel: 01452 372999

Cleavelands Medical Centre, Sapphire Road, Bishops Cleeve, GL52 7YU. Tel: 01242 672669

Highbury Church, 1-15 Priory Terrace, Cheltenham GL52 6DU Tel: 01452 372999

Cirencester

Beechgrove Court, Beech Grove, Cirencester, GL7 1BD. Tel: 01452 372999

United Church, Clarks Hay, South Cerney, GL7 5UA. Tel: 01452 372999

Forest of Dean

Sheppard House Day Centre, Onslow Road, Newent, GL18 1TL. Tel: 01452 372999

Mitcheldean Surgery, Brook Street, Mitcheldean, GL17 0AU. Tel: 01594 542270

Goode Court, Bream Road, Lydney, GL15 5JP. Tel: 01452 372999

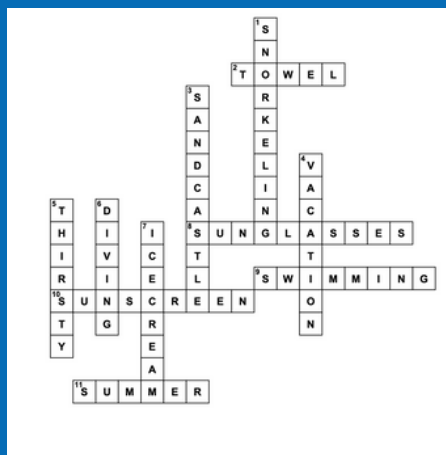
Lydney Town Hall, High Street, Lydney, GL15 5DY. Tel: 01452 372999

The Main Place, (Wednesdays and Fridays) Old Station Way, Coleford, GL16 8RH. Tel: 01452 372999

Information above correct as of August 2023, for full updates refer to our website or contact us, to check availability.

Please note, booking is essential for all clinics .

Crossword Answers!



Spot the difference answers



Could You be a *Hear For You* Sponsor?

We want to make *Hear For You* into a fantastic newsletter that appeals to everyone and lets Gloucestershire know about important information and services available to the Deaf and Hard of Hearing Community. The printed version is VERY popular, especially with our Hard of Hearing community but is expensive to print. Would you be able to help us with a donation or would like to advertise your business to keep this newsletter going? If you think you can, then please contact us socialmedia@gda.org.uk

CONTACT US

Tel: 01452 372999
Mobile/BSL: 07875 610860
email: admin@gda.org.uk



If you'd like to find out more about GDA's services and support or how you can get involved, please do get in touch.