

Hear For You

GDA's Quarterly Newsletter



Spring 2023



**Perseverance, determination and a slice of Gumbie's pizza!
Mat Gilbert Interview -
Page 11!**



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



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

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Deaf Awareness Week!

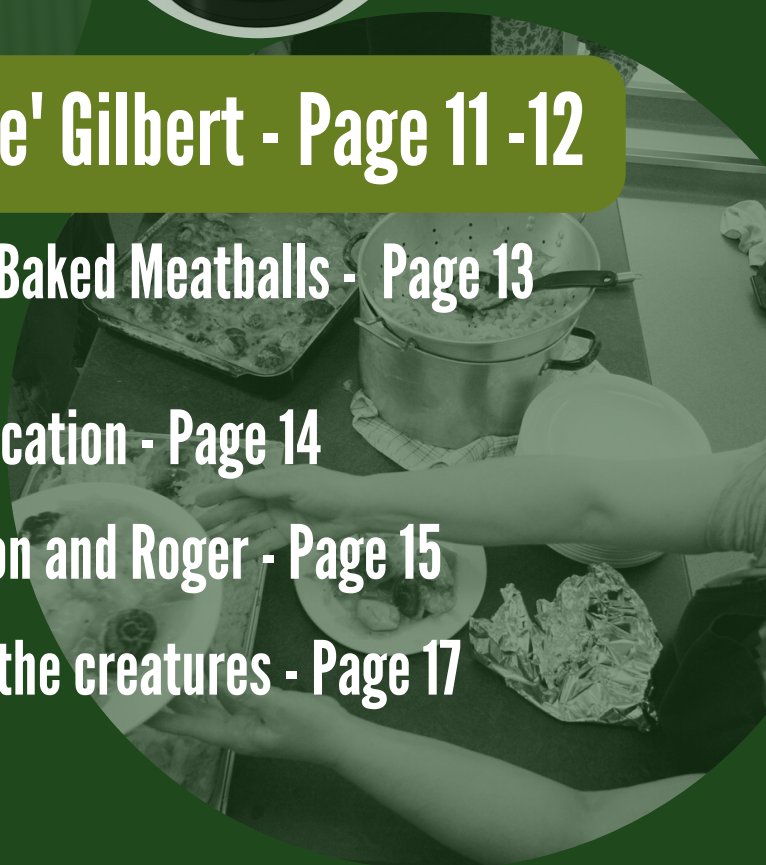
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From the Editor



Welcome to GDA's Spring newsletter. We've got an exciting few months ahead with plenty of wellbeing events, our brilliant Dalmatians kids club is up and running as well as all of our regular services at full steam ahead. We're really excited to bring you the interview by Mat Gilbert, professional deaf rugby player and his journey is such a powerful message to young deaf and hard of hearing people. If you would like to send in your stories, feedback or experiences, please do so. Happy springtime!

Email - socialmedia@gda.org.uk

James

Message from our CEO, Sharon

Welcome to the Spring edition of our newsletter. We hope you enjoy reading it as much as we love putting it together for you.

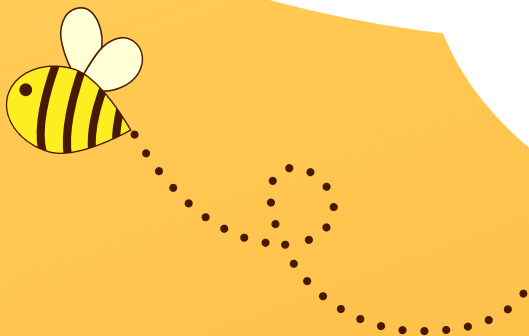
We are incredibly proud to be leading a Lottery funded project in partnership with Deaf Studies Trust and the Centre for Deaf and Hard of Hearing People in Bristol. This will explore the impact of COVID on Deaf BSL users. The project is unique and we are delighted to be part of it.

I would also like to thank our amazing GDA team for all their hard work over the past few months.

So that's all from me now except to wish you an enjoyable springtime!



Sharon



Struggling to understand your technology?

Do you want to learn how to use any of your devices?

You want to improve using Microsoft?

We can help!

Please get in touch: email wellbeing@gda.org.uk or text 07745 530958



Are you a BSL user living in Gloucestershire, South Glos or Bristol?

We need you to help us gather important information about

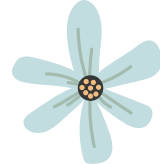
Deaf People after COVID

GDA in partnership with Bristol's Centre for Deaf People and The Deaf Studies Trust will be conducting some important research into the Deaf Community and we would like YOU to participate.



To help us, please email james.banks@gda.org.uk

GDA Services Update



Interpreting Service

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

We continue to be very busy with interpreter bookings into spring, especially with medical requests.

We really want to thank our incredible freelance interpreters for their continued professionalism and for supporting our Deaf community so well.

“Brilliant BSL interpreters, very clear. Help me relax too in difficult situations”

Please do continue to use the QR code below, to send in your feedback of the interpreting service, we love to hear about your experiences, and we really love to share this with our Interpreters.

“GDA Interpreter is the best never had problems, it fabulous good service” - a satisfied, Deaf customer.



Had a GDA BSL Interpreter recently?



Please give us feedback.



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

Equipment Services

Work is progressing nicely on our online Equipment Page where you will be able to order directly from the website.

This season's item that I'd like to draw your attention to is the Sonumaxx 2.4 PR V2 Neckloop System to help you hear more clearly especially with your TV. For more details visit page 6.

If you have any hearing equipment needs, please do not hesitate to contact us - *Gilson*

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.



**Sonumaxx 2.4 PR V2
Neckloop System**

Staff News!

Announcing our new Fundraising Manager, Sally Gillespie who will be joining the GDA team in June. Sally has a wealth of fundraising experience and is proud mum to a deaf child. We are really excited to welcome Sally into the GDA family and can't wait to begin working with her.



GDA Wellbeing update

Spring is in the air, blossoms are on the trees and the flowers are blooming. All these lighter mornings and longer days are great for our health!

I'm Jennie and I'm the Well-Being Manager here at GDA. I support the Deaf and hard of hearing community with all aspects of their well-being through one-to-one conversations, sign-posting services and organising workshops and social events.

My favourite part of the job is seeing the transformations in people when they are able to access a range of well-being services and improve their mental health. If you're feeling low, struggling with accessing services or written information, want to meet with others in the community or just want a chat then the Well-Being Team are here for you. We aren't just here to support individuals: if you are an organisation that want to improve the well-being of your deaf and hard-of-hearing clients, then get in touch. My working days are Monday - Thursday.



Jennie Evans - Wellbeing Manager

contact me: jennie.evans@gda.org.uk

Meet the Wellbeing Team!

Kate Ather - Wellbeing Project Officer

Hi, my name is Kate Ather and you may recognise me from my previous role at GDA, as the GEM officer. However, I would like to introduce myself to you in my new role! I am now the Wellbeing Project Officer, supporting the deaf community. Part of my role now involves organising events such as workshops, guest speakers, coffee mornings and lunch clubs and also I organise volunteers. I offer support to individuals who may be struggling. If you are feeling like you may be in need of some help, please do get in touch and I may be able to offer some support, advice or signpost you to other organisations who can help. *email: wellbeing@gda.org.uk*



Kat Taylor - Wellbeing Assistant

My job aims to support hard of hearing people to get out there and into their local communities. I want them to join in with activities and meet other people. I also look after some groups including Lipreading classes as well as people attending our Mastering Tinnitus course. *email: hohwellbeing@gda.org.uk*



Captioned performance at Everyman Theatre, Cheltenham

- Get a free carers ticket when you go along if you provide proof of disability.
- Best to book in person/by phone/email to discuss your personal needs and choose where you want to sit.
- There are two caption units that stand either side of the stage.
- Recommended seating in the circle or stalls

Box Office

01242 572 573

HAVE **YOU**DUNNIT?

AGATHA CHRISTIE'S
The Mousetrap

70

70TH ANNIVERSARY TOUR

Thursday 18th May at 7.30pm

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

Do you find it hard to follow conversations because you've lost some of your hearing?

Join our Lipreading classes

Tuesdays - Gloucester: GDA - 10am-12pm
Cheltenham: St Lukes Church - 2pm-4pm

only £4 per session

email: Kat Taylor, hohwellbeing@gda.org.uk
Text message: 07927 444924
Telephone: 01452 372999



QUIZ NIGHT

Friday 28th April
Door open 6:30pm
Quiz starts 7:00pm
Event finishes 10:00pm
GDA Centre



Mobile: 07401 150468 - Kate
Email: wellbeing@gda.org.uk
GDA, Colin Road, Barwood, Gloucester, Gloucestershire, GL4 3JL
Please note, my working days are Tuesday to Thursday and Friday AM



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Registered Charity in England 1019397



When: Thursday 27th April
Time: 10:00am to 12:00pm
Where: GDA Centre
GDA, Colin Road, Barwood, Gloucester, Gloucestershire, GL4 3JL

Free drinks and cakes
Everyone welcome Hard of Hearing people and BSL users

NO NEED TO BOOK, JUST TURN UP



Contact: wellbeing@gda.org.uk 07401 150468
Please note, my working days are Tuesdays to Fridays AM



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What to do in May

Tuesday 2nd	2pm - 4pm	Hard of Hearing Coffee Afternoon at GDA
Thursday 4th	10:30am - 2pm	Lunch Club at GDA
Monday 15th	6:15pm - 7:15pm	Badminton at Oxstall Sport Park
Thursday 11th	10:30am - 12:30pm	Bird Feeder Craft's Day at GDA
Thursday 18th	9am - 4pm	Windsor Castle Tour
Saturday 20th	6pm - 11pm	AGM Gloucester Deaf Club
Monday 22nd	6:15pm - 7:15pm	Badminton at Oxstalls Sport Park
Tuesday 23rd	2pm - 4pm	Hard of Hearing Club at GDA
Tuesday 23rd	10:30am - 12:30pm	Wellbeing Walk at Pittville Park, Cheltenham
Thursday 25th	10am - 12pm	Wellbeing Coffee Morning at GDA
Thursday 25th	11am - 12pm	Arabian Culture's Workshop at GDA
Every Tuesday	10am - 12pm	Lipreading Class at GDA
Every Tuesday	2pm - 4pm	Lipreading Class at St Luke's Church, Chelt



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



HARD OF HEARING COFFEE AFTERNOON

At GDA Centre
Colin Road, Gloucester, GL4 3JL

TUESDAY 2ND MAY 2:00PM-4:00PM

CONTACT KAT TAYLOR
HOHWELLBEING@GDA.ORG.UK
07927 444 924
GDA - 01452 372999

Living confidently with deafness and hearing loss
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Bird Feeder Workshop

Where: GDA Centre
When: Thursday 11th May
Time: 10:30am-12:30pm

Mobile: 07401 150468 - Kate
Email: wellbeing@gda.org.uk
GDA, Colin Road, Barwood, Gloucester, Gloucestershire, GL4 3JL
Please note, my working days are Mondays to Thursdays

Living confidently with deafness and hearing loss
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A WALK THROUGH SPRING PARK

Where: Pittville Park - meet by the Pittville Pump Room, East Approach Drive, Cheltenham

Date: Tuesday 23rd May
Time: 10.30am to 12.30pm

Get a coffee at the café after a good walk
Everyone welcome!

Contact: 07401 150468 - Kate Ather

Badminton Club

When: 1st, 15th and 29th May
Time: 6.15pm - 7.15pm
Where: Oxstalls Sports Park, Tewksbury Road, Gloucester, GL2 9DW

Everyone welcome
£2.50 per person

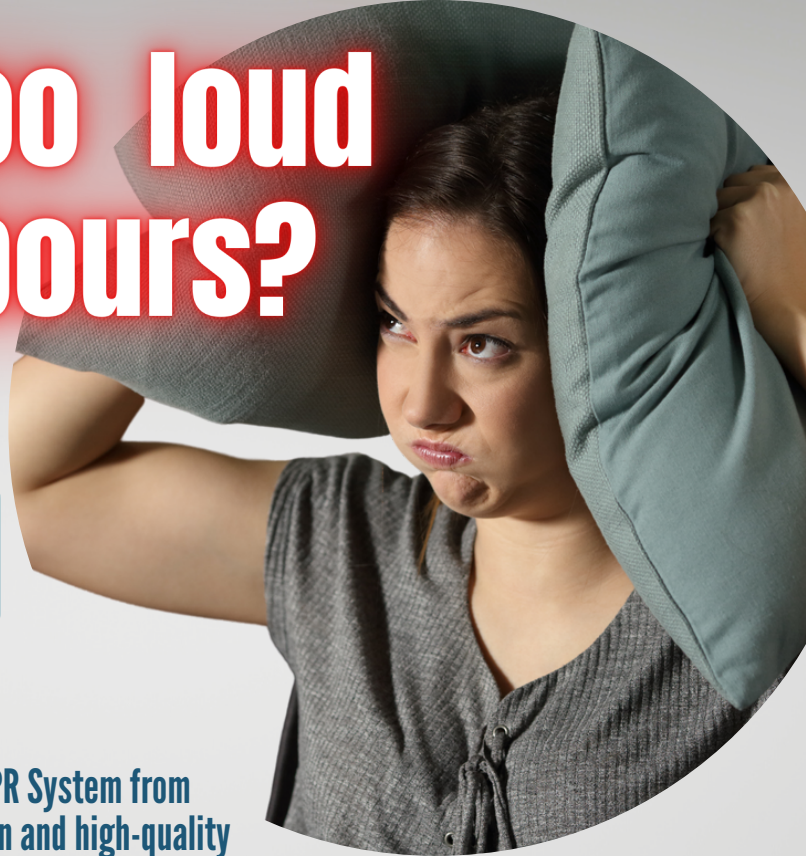
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Living confidently with deafness and hearing loss
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Note! This information is subject to change - please check with Jennie wellbeing@gda.org.uk

Is your TV too loud for the neighbours?

Introducing the Sonumaxx 2.4 PR V2 Neckloop System



With adjustable volume up to 120 dB, the Sonumaxx 2.4 PR System from Humantechnik has exceptionally clear audio reproduction and high-quality sound - reliable and free of background noise.

A special feature of the Sonumaxx 2.4 PR System is the possibility to switch from the reception of the TV sound to the built in microphone of the receiver so that you can listen to conversations too.

This system is supplied with a Sarabec HS5 Stethoscope headset, which plugs into the pocket receiver (You can plug pretty much any headset, earhooks or neckloop into the pocket receiver).



The transmitter serves as storage and docking station, at the same time recharging the receiver's battery. A fully charged battery will last 6 to 8 hours, depending on the set volume. Two batteries are included, so these can be used and recharged alternately.



£141

A button on the front of the sonumaxx 2.4 transmitter serves to select one of three sound profile presets, so the user can choose which one suits them best.

The Sonumaxx 2.4 Headset System has digital (Optical/Toslink) connections, and also Analogue audio connection or you can use the supplied Microphone to pick up the sound



sales@gda.org.uk



01452 372999

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You are welcome to come in and look at and try out all of our equipment, please call to arrange a visit!

**Want to learn sign language?
Then come to GDA!**

**WE OFFER
BSL LEVEL 1, 2 & 3 COURSES
ALL TAUGHT IN PERSON AT OUR
GDA CENTRE IN BARNWOOD,
GLOUCESTER**

~
LEARN IN A FUN ENVIRONMENT

~
STARTING SEPTEMBER 2023

~
TUTORS WITH OVER 60 YEARS COMBINED
EXPERIENCE OF TEACHING BSL

~
ACCREDITED BY SIGNATURE

~
BASED AT GDA, COLIN ROAD, GLOUCESTER GL4 3JL

~
CONTACT BSLCOLLEGE@GDA.ORG.UK
FOR AN ENROLMENT FORM



@BSLCollege



NEW

**Learn
to
SIGN
at
GDA**

Experienced deaf tutors

" 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 Wednesday evenings! " SH & SH Gloucester

Warm, fun environment

Supporting your local Deaf Community



BSL college
The British Sign Language College



**INVITES YOU
TO A**

FREE BSL TASTER EVENING

WHEN: **6TH JULY 2023**
6.30 - 8.30PM

WHERE: GDA, COLIN ROAD, GLOUCESTER GL4 3JL
YOU CAN ENROL ONTO OUR BSL LEVEL 1 STARTING
SEPTEMBER 2023 AT THE TASTER EVENING

TO BOOK A PLACE PLEASE CONTACT
BSLCOLLEGE@GDA.ORG.UK

@BSLCollege



Sign Language Classes

Our BSL courses are continuing under the expert tuition of our three tutors. Currently we are delivering two Level 1 courses and one Level 2 course in the evenings held at the GDA Centre.

The students have given excellent feedback on their learning:

“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.

Our two Syrian sisters are continuing to do well with their BSL, English and life skills. Our congratulations to them on passing their BSL Level 1 qualification which means it’s their first ever qualification that they have ever achieved! They are now studying for their BSL Level 2 qualification.

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*



These two vibrant Deaf women are taking the world, fashion and travel by storm. Deaf twins Hermon and Heroda are quickly taking off as internet sensations and their fun, bright blogs and Youtube videos are full of laughter, fashion, beauty tips and great information about British Sign Language and being deaf. They're motto is that being yourself is the most powerful beauty product available!



Deaf Social Media Influencers Hermon and Heroda



Being Her by Hermon and Heroda
(<https://beinghermonheroda.com>)

SPOTLIGHT ON STAFF

Our next wonderful staff member is a real morale booster in the office and everyone who meets him, loves him! Meet our Equipment Manager



NAME

Gilson Sly

JOB

Equipment Manager

STAR SIGN

Gemini

= The best star sign!



FAVOURITE FILM

This is a tough one but going to have to say Forrest Gump

WHO'S YOUR ROLE MODEL?

My kids, life is there to be enjoyed and they remind me of the simple pleasures to be had with laughter.



WHAT'S YOUR PROUDEST MOMENT?

Each of my three kids have given me moments of pure pride in their ability to adapt to the challenges they have faced...impossible to pick one!

WHAT DO YOU LIKE MOST ABOUT WORKING AT GDA?

Meeting people and seeing them leave with a smile, also creating mischief in the office! Just ask the staff!

WHAT'S THE WEIRDEST THING YOU DO?

The staff in the office would say my sneezes! They are loud, or so they say! I also play Fortnite to unwind!

WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

I don't want to grow up! A big kid I shall remain!



Gilson is available to support you with any listening aid equipment you may need for home or work. To come in try out some equipment, please contact him on 01452 372 999 or email sales@gda.org.uk

An interview with

Mat Gilbert



Those of you that know rugby in an around Gloucestershire will know Mat Gilbert. For those of you that don't, Mat was at least for a while, the only profoundly deaf professional rugby player in the UK and during his career was quite possibly the only deaf professional sports person! We caught up with him during a rare quiet moment to reflect on his career and his deafness.

What are your earliest memories of your deafness?

I didn't get my first hearing aid until I was 5 years old. I'd lived my early years in Hong Kong while my dad was in the army and I'm not sure why I didn't have a hearing aid before that but I was fitted with one when we moved back to the UK. I do have recollections of throwing a tantrum about not wanting to wear those big chunky NHS hearing aids but I had a pretty regular childhood. I was very close to my brother who is only sixteen months older than me and we grew up like two peas in a pod. I just reverberated off him. Then we went to a public prep school where we boarded. I loved it there. I never felt different from the other, hearing children. I remember there being another deaf boy there, older than me but we were very different. I think he had a totally different experience from me. He didn't have a lot of friends and was alone for much of the time, whereas I was the total opposite, I was a big kid and full of confidence. It was a bit easier for me, my speech was good and I had a lot of friends and I suppose I fitted the model of what society called 'normal' at the time, back in 1994. It was also because of my family culture too, of throwing ourselves into things and to give everything a go and if you fail, you just get up, brush yourself down and give it another go. I really think that being involved in sport helped me with that kind of confidence.

"Being deaf doesn't mean you can't achieve what you set out to achieve you've just got to have perseverance and determination to have a go."

Were you fully included with your hearing friends at the time? Did you ever feel excluded?

It's difficult to reflect on that because as a deaf person, you don't know what information you're missing out on. So at the time I felt like I heard everything but my deafness has become more noticeable as I've got older and I'm actually coming to the understanding that there's probably a great deal that I do not hear. My hearing has deteriorated over the years so I think in my younger years I wasn't as reliant on my hearing aids as I am now. So although I don't remember any exclusion as a child, as I've grown into adulthood, it has become difficult at times, especially in big groups it does become difficult to keep track of what's going on. I often say to people, my deafness is not an acquired disability. I hear of other people who suddenly in their 30s lose their hearing and that must be really difficult. It's like *ouch! Who is this person? It's not the person that has been built over the last 30 years.* They've suddenly become deaf and their life had changed overnight. They've got to adapt hugely whereas my adaptation has been gradual. Its been there from such an early age that it is who I am. I already have a framework for what works for me as a deaf person in the hearing world.

Tell me about your interest in rugby, how did it start?

Rugby was part of my prep school's curriculum. Before that I used to play football, but the sports at my new school were rugby, hockey and cricket. It was the first time I'd played any of those sports. I was a big kid and so the game was pretty easy for me. They would pass the ball to me and I'd just push through everybody and score! In fact, sometimes they wouldn't let me take part in the whole session because they wanted other kids to have a go and they didn't want me ruining it for everybody! I enjoyed the physicality of it and eventually joined the local town club and so I was playing three days a week. I loved it. Even in break times, I always had a ball in my hand, throwing it around with my mates. Sport was my escape from the classroom. It was also a good way to make friends and be respected. I worked hard at it too, often my school reports would say, 'If only Mat worked as hard in the classroom as he does on the school-field'!



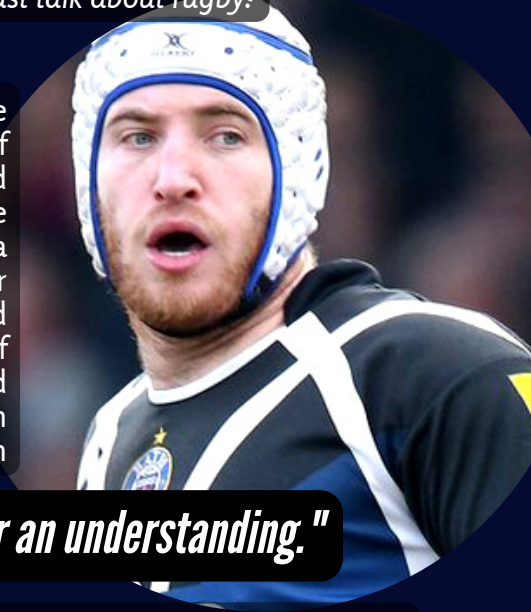
Am I right that while you were playing, you were the only deaf professional sports person?

Well, it was the Daily Telegraph that put that to me at the time when I was playing for Bath, but I didn't know that Ben Cohen was clinically deaf. He won the world cup with England, but he never went public with his hearing loss, and he didn't wear his hearing aids. Maybe he thought it might impact his career. There might have been a lot of people out there with a degree of hearing loss but if you tweaked that and said the only profoundly deaf professional sports person then I think it's right.

Did it ever annoy you that you were associated with deafness instead of the fact that you were a good rugby player?
Yes! But it was unavoidable. I would wear two hearing aids and my skull-cap. I mean I could have worn my skull-cap and people would never have known but people knew and it was unique. It did get frustrating, I'd always be described as a 'Deaf rugby player' and I'd think can't I just be described as a rugby player? Also, post-game, interviewers wanted to talk about my hearing loss and I'd think, *Can we not just talk about rugby?*

You played with the Deaf England rugby squad. Plenty of those players were using sign language. How did you cope with that?

Well, it allowed me to understand deaf people a bit differently. That was the first time I had been involved in a group of deaf people. It was a mix of deaf people from profoundly deaf sign language users through to hearing aid users. It was difficult at times because of communication but we did have some sign language interpreters available at the time. But rugby is a universal language, and you can identify what's going on with your background understanding of the sport, so we used a lot of set-plays and pre-agreed strategies. At the time, we were a newly formed England Deaf team. The Welsh Deaf team were good and had previously won the World Cup and we beat them, so we were pleased. I haven't been involved with them for a while due to time commitments, but the numbers have grown and the quality of the players has really developed.



"I'm not asking for an exception but I'm asking for an understanding."

Are you a highly competitive person?

I'm quite laid back, but I want to win. I do have a *win at all costs* mentality. I won't even let a child beat me at connect 4! I'm massively competitive but am pretty laid back and chilled at the same time. You know generally in life I enjoy an easy life without much confrontation but when it came to sport, winning was everything to me, I never wanted a medal for taking part, I wanted the winner's medal.

What were some of the highlights of your career?

I've been lucky, I've played for some really good clubs. I've played in European Cup nights for Northampton and Friday nights for Bath and have played out in France a couple of times...brilliant nights, nights I'll remember for a long time.

What would you say as words of advice to a young deaf person hoping to achieve things in their life?

You need a lot of resilience. Not allowing people to get away with saying you're not good enough or excluding you just because you are deaf. A child also needs to be given the confidence to say, I'm deaf and I'm not asking for an exception but I'm asking for an understanding. In sport it's saying to the coach, allow me another thirty seconds to digest that information rather than the coach saying oh don't worry, you don't need to do this – that would be making the deaf child an exception. In sport and even in the classroom, the child needs to be confident enough to say *Can you repeat yourself. Can I watch a demonstration first?* It's interesting because as a child I learned those lessons. I used to make sure I was in the middle of the line before the drills, so I could listen to the explanation and then watch other people going before me to fully understand. All the way through my career I did that. I was never the first person but was always comfortable being four or five people back. So it's having the confidence to speak up and ask another question. Being deaf doesn't mean you can't achieve what you set out to achieve you've just got to have perseverance and determination to have a go.

Did you ever have to struggle with people's preconceptions about you?

A few times in certain aspects of the game. I had my strengths and weaknesses. Like the line outs. Hearing the calls in the line-outs. Line outs got more and more complicated as my career progressed. I understood them but then the call would change last minute. Then if a mistake happened, I would get some blame because I didn't hear it and then I'd get removed from the situation and I wouldn't get picked for the line out again.

What are you up to now and what does the future look like?

Well, I'm 37 and I'm doing quite well with my businesses. I've got three businesses to run, a coffee trailer at Hartpury College during all the rugby matches, I have a pizza business based in a trailer at the college campuses and I also run a delivery app called GloucesterEats which delivers food for local independent take-aways. I set up the food app during COVID and that was really difficult. The food industry is all about people and is very customer facing, so when we all had to wear masks it was virtually impossible to communicate. I just had to insist that people pulled them down to talk to me. I've recently bought new digital hearing aids because my hearing has depreciated, I don't really register anything over 120dB, but they are great and they cut out all the background noise and can connect straight to my mobile phone via bluetooth for calls etc but I still have the odd problem and sometimes end up handing a cup of tea to someone who ordered a cappuccino! But for the most part, I'm fine and business is looking good.

If you want to order a pizza from Mat, go to <https://www.gloucestereats.co.uk> and click on Gumbie's Wood Fired Pizza or go to gumbiespizza.co.uk



Yumma's Cheesy Baked Meatballs



Ingredients – serves 6

For the meatballs:

500g pork mince

500g beef mince

1 large onion, finely chopped

3 garlic cloves, finely chopped

3 slices white bread, crusts removed,
soaked in ½ cup milk on a plate

Handful of fresh parsley, finely chopped

1 tsp thyme, dried or fresh

1 tsp black pepper

1 tsp salt

For the tomato sauce:

1 onion, finely chopped

4 garlic cloves, finely chopped

500g chopped tomatoes (2 tins)

1 tbsp tomato puree

1 beef oxo, and jug of hot water

1 fresh rosemary, chopped (optional)

2 tsp sugar

Salt and pepper

To finish:

1 cup grated mozzarella cheese

3 tbsp grated parmesan cheese

Fresh basil leaves (optional)

Griddled ciabatta

Method

Fry the onion and garlic in a splash of olive oil until soft, and fragrant.

Allow to cool.

Place the pork, beef and onion mixture in a large bowl.

Squeeze the soaked bread slices to get rid of any excess milk and add to the meat. Add the herbs salt and pepper then mix well. Fry a tsp of the mixture in a hot pan to check the seasoning and adjust accordingly.

Form golf-sized meatballs and place on a tray.

Brown the meatballs in a large, oven-proof pan then remove and set aside on a plate.

To make the tomato sauce, add a splash of oil to the pan you used for the meatballs then fry the onion and garlic until soft and fragrant. Add the chopped tomatoes, tomato puree, beef stock, herbs, sugar and seasoning, and allow to simmer, uncovered, for about 10 minutes.

In the meantime, pre-heat the oven to 200c/400f.

Place the meatballs back into the sauce then place the pan into the oven.

Allow the meatballs to bake for 10 minutes then remove from the oven and top with cheese.

Place the pan back in the oven and allow the cheese to melt.

Remove from the oven and top with fresh basil.

Serve with griddled slices of ciabatta.

www.yummafood.co.uk
<https://en-gb.facebook.com/yummafood/>



Celebrating Deaf Awareness Week 1st-7th May

The 1st of May marks the beginning of Deaf Awareness Week.

A lack of effective communication is one of the most important aspects of anyone who is deaf or has lost their hearing. This is why we want to share with you our guides to better, more inclusive communication.

Guide to communicating with a Deaf British Sign Language (BSL) user and working with a BSL interpreter

A British Sign Language (BSL) interpreter enables you to give information to a Deaf person clearly and effectively. You will also understand the information a Deaf person is giving you.

- Profoundly Deaf people do not all communicate in the same way. Some Deaf people are full sign language users and use no voice. Please note that sounds rather than words from a Deaf person are in no way a sign of learning disability; imagine trying to sound a word when you cannot hear your own voice. Some Deaf people are full sign language users and 'oral'. This means they can use their voice to communicate with a hearing person, though will still rely on sign language to understand what the hearing person is saying.
- Only around 30% of what we say can be interpreted through lip reading. The rest is guesswork. Even the most skilled lip reader cannot follow a conversation by lip reading alone. Remember that if you cannot sign and are trying to communicate with a Deaf person!
- When you communicate with a profoundly Deaf person and they are using a BSL interpreter, please don't speak to the interpreter and refer to the Deaf person in the third person, e.g. 'Can you ask him...?' Your communication is with the Deaf person, so always look at him or her and speak as though you are having a direct conversation.
- When a Deaf person is relying on a BSL interpreter to understand you, they will be watching the interpreter and not be able to give you eye contact as you speak. This can be a little disconcerting but you are not being ignored.
- Interpreting is extremely hard work, both mentally and physically. If you are having a long meeting, ensure the interpreter has a break of five minutes or so every twenty minutes. If the interpreter is happy to continue for a bit longer, that's fine, but please don't take advantage.
- If you are sitting alongside hearing colleagues, don't enter into private conversations that exclude the Deaf person. If another hearing person can overhear your conversation, anticipate that the interpreter may feel obliged to interpret your conversation for the benefit of the Deaf person he or she is supporting.

Guide to communicating with someone who has acquired hearing loss

When we say someone has an acquired hearing loss, we mean they were born hearing and later became deaf or hard of hearing. The most common cause of acquired deafness in adults is age-related sensory loss; however in children it will have been caused by illness such as measles or meningitis, and chronic ear infection. When you are having a conversation with someone who has acquired hearing loss:

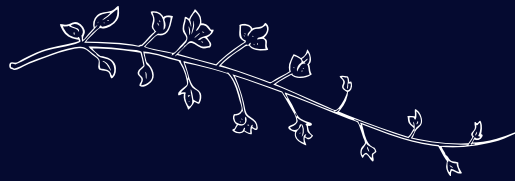
- Don't startle the person by approaching from behind.
- First alert their attention by saying their name, or lightly touching their arm. This gives the person a moment to 'tune in' to you and concentrate.
- Make sure the room is well lit.
- Get rid of any distracting background noise that will interfere with their hearing aid or cochlear implant, e.g. close the window or turn down the TV or radio volume. If you're in a busy place take the person to a quiet corner or even a different room.
- When you start speaking, keep facing the person and don't move around or turn your back mid-sentence.
- Keep your hands away from your face.
- Don't eat while you are talking.
- Don't shout and don't speak so slowly that you embarrass the person you are talking to. Speak just a little slower than normal, and above all try to speak clearly.
- If the deaf person keeps asking you to repeat, try rephrasing instead. e.g. instead of 'Do you want some tea?', try 'Tea? Yes?'
- Don't be shy of using any visual cues; write something down, and always use your hands to signal and aid understanding.
- Many deaf people avoid awkwardness and embarrassment by pretending they've heard, even at the risk of missing information. Without making them feel even more embarrassed, asking the person to repeat back is a good way of checking whether they have really heard.
- Above all, be patient. People with acquired hearing loss often feel humiliated and stupid, and every negative conversation experience risks them becoming more and more withdrawn.

Why not book yourselves and your colleagues on GDAs Deaf Awareness Training Course?

email bslcollege@gda.org.uk

or call 01452 372 999

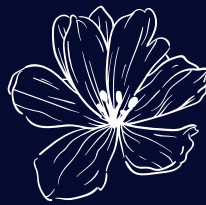
In memory



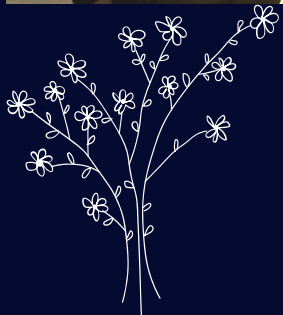
It is with great sadness that we mark the passing of two of GDA's friends and board members. Both Roger and Jonathan gave GDA their energy and wisdom and have helped us tremendously in our journey to support Deaf and hard of hearing people. We will miss them greatly.



Roger Tovey
Former GDA Treasurer



Jonathan Moffitt
GDA Board Member



Yvonne did it again!

Gloucestershire's very own Yvonne Cobb was cooking on ITVs *This Morning* again.

Catch up - 16th March ITV *This Morning* and 7th March *BBC Morning Live* and again on 4th April. At time of print all of these are still online for catch up viewing.



Look out for Yvonne's Yumma recipe on page 13

In 2022 GDA supported 404 vulnerable people in their homes so that they could access the world outside.

Remembering GDA in your Will is a statement saying...

You are not alone

*For a FREE Will-writing service, go to
<https://beesandco.com/>
and mention GDA.*

What's your legacy?

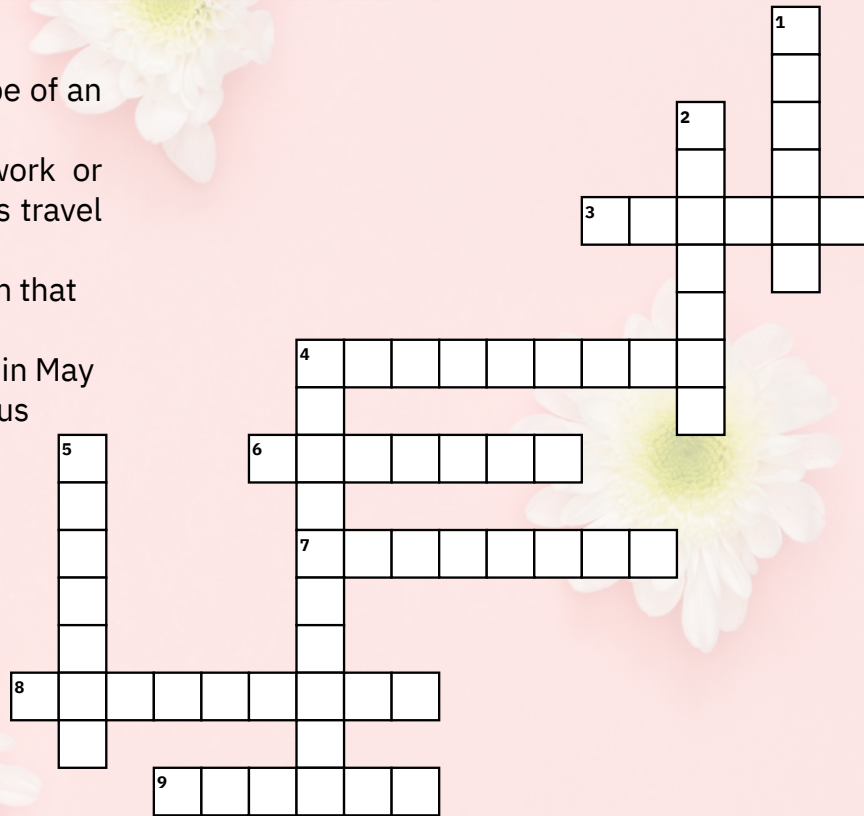
GDA Spring Crossword

Across

- [3] Gilson's star sign
- [4] A delicious gift at Easter, usually in the shape of an egg!
- [6] A time when someone does not go to work or school but is free to do what they want, such as travel or relax
- [7] A yellow, bell-shaped flower with a long stem that is commonly seen in the spring
- [8] Everyman Theatre's Captioned performance in May
- [9] A Christian religious holiday to celebrate Jesus Christ's return to life after he was killed

Down

- [1] The season of the year between winter and summer
- [2] Mat Gilbert's Pizza Business
- [4] A sudden heavy fall of rain
- [5] What a tree or plant does before it produces fruit



GDA Spring Wordsearch

E	W	G	L	O	U	C	E	S	T	E	R	I	E
P	G	N	I	T	E	R	P	R	E	T	N	I	E
I	O	D	E	A	F	N	E	S	S	N	U	S	C
R	P	E	R	S	E	V	E	R	A	N	C	E	H
E	B	L	O	S	S	O	M	S	U	S	E	J	O
W	G	B	N	B	G	N	I	R	P	S	G	G	C
O	G	N	O	I	I	N	L	N	U	E	P	B	O
L	H	I	I	A	R	A	I	N	I	N	G	C	L
F	C	R	L	E	P	Y	N	A	B	M	E	G	A
C	R	I	L	S	B	R	E	R	T	A	E	H	T
I	A	R	A	G	O	L	I	E	G	G	O	G	E
I	M	O	U	C	B	N	L	L	A	T	R	A	T
E	S	R	T	E	A	S	T	E	R	O	T	R	M
T	N	E	M	P	I	U	Q	E	W	U	S	C	Y

- EASTER
- PERSEVERANCE
- WELLBEING
- THEATRE
- DEAFNESS
- EGG
- GILSON
- GEMINI
- FLOWER
- GLOUCESTER
- SPRING
- INTERPRETING
- CHOCOLATE
- JESUS
- MARCH
- EQUIPMENT
- RAINING
- APRIL
- RUGBY
- BLOSSOM

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

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

Stroud & Dursley

Five Valleys, 1A King Street, Stroud, Glos GL5 3BS

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 0DQ

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

Scudamore Place, St Ann Way, Gloucester Quays, GL2 5JQ

Redwell Centre, Red Well Road, Matson, Gloucester GL4 6JG. 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

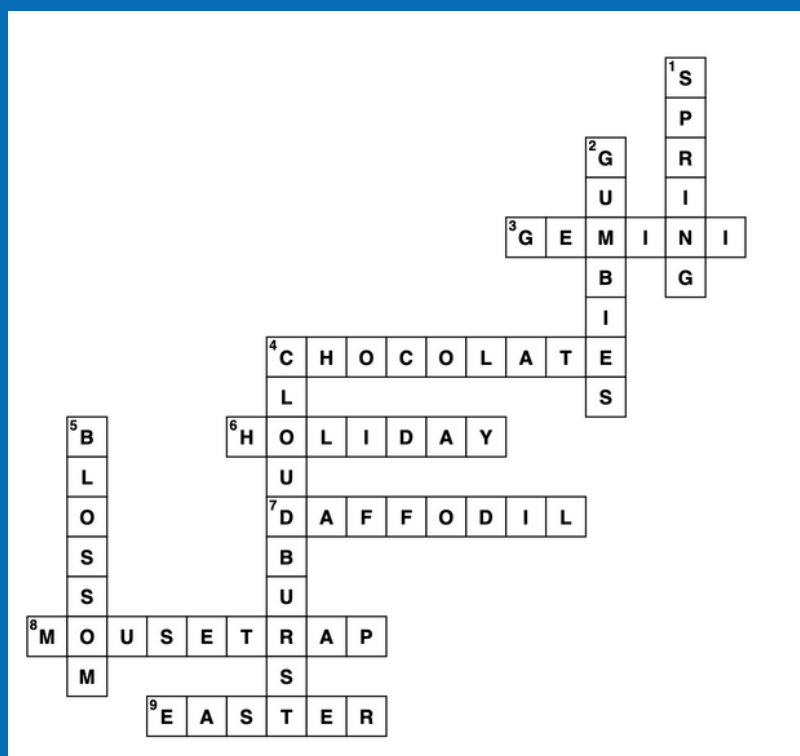
Lydney Town Hall, High Street, Lydney, GL15 5DY. Tel: 01452 372999

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

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

Please note, booking is essential for all clinics.

Crossword 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.