

# Newsletter

Oct 2023



## Workshops coming up

We hope you had a fantastic summer holiday whether it was raining or sunshine.

As we gear up for the next season, we have some exciting new workshops coming your way. Get ready to open up the conversation with our upcoming **'Let's Talk About Sex!'** workshop. And if you're looking to build your skills and knowledge, our **Direct Payment Training courses** are back! See the full programme in this newsletter



## We made it!

In total, we walked 12km (just under 8 miles) around the Carsington Severn Trent Water together at a very steady pace. Our group enjoyed mixing, chatting, and signing with other deaf and hard-of-hearing ladies. We would also like to thank the BSL interpreter Jill H and the walking leaders for taking part as well.

See more on page 6.

membership form

FREE







## Over two thousand hits!

We're excited to share that we've hit over 2K followers on Facebook!

Thank you so much for your support and for sharing our page. We couldn't have done it without you!



## Did you know?

**We have a private Deaf-initely Women's Community Support group?**

It's a safe space where you can share, comment, and drop any ideas you'd like to share for future workshops. We encourage you to join the group and be a part of this amazing community!

In addition, don't forget to check out our chat messages for '**Deaf Book Club**' and '**Learning to Sign in BSL**' if you're a deaf or hard-of-hearing woman who wants to learn British Sign Language within the Deaf-initely Women community. These are great resources to help you learn and connect with others who share your interests!



## Staff training day

We have staff training days every three months to improve our knowledge or skills that can benefit women who are deaf, deafblind, or hard of hearing.

Our speaker was Claire Warner, Senior Public Equality and Diversity Manager, NHS Derby and Derbyshire Integrated Care Board / Joined Up Care Derbyshire

Stephen Oliver, a housing solicitor at Derbyshire Law Centre, was the next speaker. He had a unique insight into different aspects of housing law, such as the cost of housing, welfare rights, and inclusion and involvement.

By sharing their knowledge and experience, they provided valuable insight into the issues facing deaf people with housing needs.

Citizen Advice for Derbyshire District, Welfare Rights and Cost of Living, Dawn Mackenzie. She was able to answer questions and provide advice on a range of topics, such as various benefits and cost of living information.

Sam Hussain, Clinical Research Practitioner/Inclusion and Involvement Manager, and to finish the day, Robin Ash of British Deaf Association.



*Stephen Oliver - Derbyshire Law Centre*



*Robin Ash - British Deaf Association*



# Volunteers - 'Let's celebrate deaf women together!'



We're a team of 6 volunteers working closely with Rachel, Operations Manager, and Agnes, Workshops Co-ordinator to organise a big event on International Women's Day.

We've had a couple of meetings so far to discuss the future event happening on **Saturday, 9th March - Save the date!**

Our first step was to visit The Museum of Making, Derby Silk Mill, to ensure the number of tables/stalls. If you have any businesses, cakes, arts/paintings, or crafts that you'd like to sell with your own stall, please do let us know at [info@deafinitelywomen.org.uk](mailto:info@deafinitelywomen.org.uk).

## Another Thank you!

The Burton Belles Women's Institute invited and welcomed Rachel Shaw, Operations Manager. Rachel gave a talk about Deaf-initely Women's services including the history of how it was first started by 10 deaf women.

The Burton Belles kindly gave a kind donation to Deaf-initely Women to support us and our work.



They thoroughly enjoyed listening to Rachel. If your organisation would like to have a speaker about Deaf-initely Women, then please get in touch: [rachel@deafinitelywomen.org.uk](mailto:rachel@deafinitelywomen.org.uk) or call 01773 828233

**Let's Celebrate Deaf Women Together!**

**9th March 2024**

**The Museum of Making at Derby Silk Mill**

## NEW staff!

We welcome **Rachel Murray** as a **Workshops/Events Assistant for Deaf-initely Women**. Rachel has a wealth of knowledge in hosting workshops in her past role.







## Staff trip to Birmingham

Deaf-initely Women attended the National Women's Aid conference where we listened to various speakers from the Government, Universities, researchers and campaigners.



Women's Aid is the national charity working to end domestic abuse against women and children. They are a federation of approximately 170 organisations including ourselves.

It was good to network with other Women's Aid agencies who provide essential support to women experiencing crisis or abuse. Thanks to National Women's Aid who hosted an informative and interesting event.

## Amazing Fundraising by Deafinitely Theatre! Deafinitely Theatre presents *The Vagina Monologues*, for one night only at the Hackney Empire, London!

DEAFINITELY THEATRE has fundraised to help deaf and deafblind women to live a life free from abuse. The event took place on 23rd September, at Hackney Empire, London. They have raised £12,917.35 - a phenomenal amount of fundraising. Thank you to all deaf women, who were involved heavily in the Vagina Monologues as an idea. Paula directed the show and is their Artistic Director, Sanchu acted in the performance and is on their board of trustees, and Jasmine also acted in the performance and is their comms officer staff member. Also all the cast, volunteers and productions team; equally as important as those who bought the tickets to support a worthy cause.







# Do you live in Nottingham/shire?

## FREE Home Security Products for deaf, deafblind and hard-of-hearing women

You may be entitled to free home secure products such as sensory lights, door chains, and CCTV connected to your mobile phone. This is a great opportunity to enhance your home security and peace of mind. If you believe you are eligible for these products, please get in touch with us to learn more and take advantage of this offer.

def@deafinitelywomen.org.uk | Telephone 01773 828233  
Text 07960 056 746

**FREE HOME SECURITY**  
**Get in Touch**  
If you know someone who may benefit from having **FREE** products



# Technology and the cloud!

Thanks to both Derbyshire and Nottinghamshire Police and Crime Commissioners fund for Case Management System software, aimed at enhancing security measures.

Our team recently received training on a new **Case Management System** called **OASIS**. This is an effort to ensure the case notes have a high level of confidentiality.

Additionally, we are hoping to migrate all of our work to the MS cloud in an effort to maintain a smooth and productive organisation.



**Deaf-initely**  
Deaf and hard of hearing women only  
**SELF DEFENCE CLASS**

**FREE**  
BSL interpreters available on the day

**Self-Defence Class**  
Tuesday 21st November 2023  
Time 10.30-12.30pm  
New Mills - High Peak  
31 Union Road, New Mills, High Peak, SK22 3EL  
Instructor: Danny Smith

Book on **eventbrite**

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

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**Deaf-initely**  
women  
Deaf, deafblind and hard-of-hearing women

**HOW TO BE SAFE ON ONLINE DATING**

Safe online dating  
Talk about different dating websites and not to give money overseas

**DECEMBER 2023**  
7-8.30PM  
ZOOM

zoom  
eventbrite

Telephone: 01773 828233  
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www.deafinitelywomen.org.uk

**ART THERAPY**

**Friday 10th November 2023**  
10.30am – 12.30am  
At Summer House Children's Centre,  
Sutton in Ashfield. NG17 5BB





# Let's Connect!

What's on next!

## Deaf women get walking!

During coffee mornings, as part of our Social Connect project, we asked Deaf, deafblind and hard of hearing women what activities they would like more access to. **Walking was the number one response.**

The aim was to complete three or more walks across Derbyshire that were:

- Accessible for Deaf, deafblind and hard of hearing women
- Provided BSL interpreters and communication support
- Had a variation of distances and terrains
- Included walks in the North and South of Derbyshire

### - Feedback -

"The groups made me feel accepted and involved – I felt welcomed. I naturally love learning and anything educational so loved this!"

## Carsington Water - Circular Walk - 8 miles



Tea, sign and chat  
Alfreton Park







# More...! Deaf women get walking!



*Chesterfield  
Hub Canal*

## Rosliston deaf walking group



### - Feedback -

"I'm so happy to be involved in Deafinitely Women's Walking Group!"

"That was absolutely marvellous... I enjoyed every minute!"

"Lovely and chilled walk around areas new to me at Rosliston. I learnt lots and interaction and understanding was ensured – super day thank you!"

"Communication is not a problem – the group all have shared experiences so it's easy to connect."

"Thank you for an inspirational walk in excellent company. Deafinitely Women have been instrumental in helping me accept my deafness."

## Coming soon! Aqua-swim

We recently conducted a poll to understand what deaf women want to connect and stay fit, and the highest score was for Aqua-swim!

Keep an eye out on our website for the announcement of the new date.







# DEAF GALS ARTY PARTY

**Deaf-initely Women** are very proud to present you with an Autumn/Winter 2023/24 programme.

We are showcasing a range of exciting Arts workshops to learn more about how to do:

- ▶ Wreath arrangement
- ▶ Creative writing
- ▶ Mask theatre
- ▶ Macramé

We are grateful to the **Arts Council** who have kindly funded our arts-based activities enabling freelance artists who are deaf, deafblind or hard of hearing women to teach our peers.

## 30 September

**BSL Singing Workshop**

**Sat 30th Sept / 11-1pm**

**Zoom - online**



**Tsena Butcher, Chorister**

Whether you're a beginner or an expert, our workshop is tailored to suit all levels of signing skills. Plus, you'll have the opportunity to learn by taking part in BSL singing songs / music workshops. It's a great way to enjoy the learning experience and enhance your signing abilities.

## 5 October

**Full Mask Theatre**

**Thurs 5th Oct / 11-2pm**

**The Rose Theatre, Chesterfield**

Chesterfield Studios, Eastwood Buildings,  
Rose Hill, Chesterfield S40 1LW



**Mary-Jayne Russell  
de Clifford, Actress**

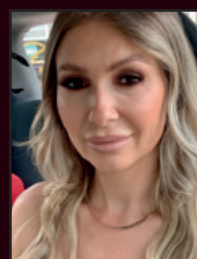
This workshop that explains what full/half masks are in theatre. A Full Mask covers the entire face, sometimes obscuring the eyes and no speech. The workshop offers an opportunity to witness the transformation and mechanics of the full mask through the eyes of the actor.

## 6 October

**Character Creations: Learning Movie  
Makeup Techniques**

**Fri 6th Oct / 7-9pm**

**Zoom - Online**



**Joanna Holmes-  
Branaghan, Make-up  
Artist**

Create special effects and tip on various make-up techniques. This workshop will show how to create a realistic movie star character.



## Scrapbooking

Thur 23rd Nov / 10-4pm

### Sharpe's Pottery Heritage and Arts Trust

23 West St, Swadlincote  
DE11 9DG

**Marie Harrison &  
Lynda Lewis, Artists**



Scrapbooking is the art of recording events together with crafts and photos, memorabilia and written description.

## 25 November

### Christmas Wreath Workshop

Sat 25th Nov / 11-4pm

### Nottingham Playhouse

Wellington Circus, Nottingham  
NG1 5AF

**Corvette Silo, Artist**



How to make a beautiful Christmas wreath with natural materials! Using things like pine cones, holly, and berries to create something truly unique and special.

## Macramé

Sat 2nd Dec / 10-4pm

### Derby Quad

Market Place,  
Cathedral Quarter,  
Derby, DE1 3AS

**Jacqueline Perkins,  
Artist**



Learn the basics of macramé, including what materials to use, how to do macrame knots, and how to read macrame patterns. The art of using knotting to create elegant plant pot.

## 8 February

### How To Get Into Writing

Thur 8th Feb / 6.30-8.30pm

Zoom - Online

**Simone Margett, Writer,**



Tips on how to get into creative writing, there are a few tips that can help you organise your ideas and make your story more engaging

## Embroidery On Paper

Thurs 29th Feb / 10-2pm

### Mansfield Palace Theatre

Leeming St, Mansfield NG18 1NG

**Agnes Latif, Artist**



Simple steps to create stunning pieces of art with step-by-step embroidery stitching onto creative paper.

## 6 March

### Tips On How To Write A Book

Wed 6th Mar / 6.30-8.30pm

Zoom - Online

**Sahera Khan, Writer,**



Tips on how to write a creating book with an outline, setting deadlines, and breaking the writing process into manageable steps.



**ALL Workshops are FREE to deaf, deafblind and hard of hearing women**

**BSL interpreters and captions available**

[deafinitelywomen.org.uk/deaf-arty](https://deafinitelywomen.org.uk/deaf-arty)

# Workshops

What's on next!

Deaf-initely women  
Deaf and hard of hearing women only

## SELF DEFENCE CLASS

**FREE**  
BSL interpreters available on the day



**Self-Defence Class**  
Tuesday 21st November 2023  
Time 10.30-12.30pm  
New Mills - High Peak  
31 Union Road, New Mills, High Peak, SK22 3EL  
Instructor: Danny Smith

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

Book on eventbrite

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ARTS COUNCIL ENGLAND, disability confident LEADER, COMMUNITY FUND, DEAF GALS ARTY PARTY

Deaf-initely women

## Scrapbooking Workshop

FREE WORKSHOP FOR DEAF, DEAFBLIND & HARD OF HEARING WOMEN ONLY

Scrapbooking is the art of recording events together with crafts & photos, memorabilia & written description.

**THURSDAY 23RD NOV**  
10am - 4pm

SHARPE'S POTTERY HERITAGE  
SWADLINCOTE - DE11 9DG

ARTISTS - MARIE HARRISON & LYNDA LEWIS

BSL INTERPRETERS & CAPTIONERS AVAILABLE ON THE DAY



ARTS COUNCIL ENGLAND, disability confident LEADER, COMMUNITY FUND, DEAF GALS ARTY PARTY

Deaf-initely women

## Christmas WREATH MAKING

FREE WORKSHOP FOR DEAF, DEAFBLIND & HARD OF HEARING WOMEN ONLY

Led by artist Corvette Silo...  
Learn how to make a beautiful Christmas wreath with natural materials! Using things like pine cones, holly, & berries to create something truly unique and special.

Saturday 25th Nov  
11 am - 4 pm  
@Nottingham Playhouse  
Wellington Circus, Notts - NG1 5AF

BSL INTERPRETERS & CAPTIONERS AVAILABLE ON THE DAY



ARTS COUNCIL ENGLAND, disability confident LEADER, COMMUNITY FUND, DEAF GALS ARTY PARTY

Learn basic Macramé

Sat 2nd Dec  
10-4pm  
Derby Quad

Self-Defence

Thur 7th Dec  
10.30-1pm  
Unit 3, Sawley Park, DE21 6AQ



Deaf, deafblind and hard-of-hearing women

HOW TO BE SAFE ON ONLINE DATING

Safe online dating  
Talk about different dating websites and not to give money overseas

DECEMBER 2023  
7-8.30PM  
ZOOM

Coming Soon

ARTS COUNCIL ENGLAND, disability confident LEADER, COMMUNITY FUND, DEAF GALS ARTY PARTY

**ART THERAPY**

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Sutton in Ashfield. NG17 5BB



**SAVE THE DATE!**

Let's celebrate deaf women together!

Saturday  
9th March 2024

The Museum of Making,  
Silk Mill, Derby

\*YVONNE COBB\*  
FREE GIVEAWAY  
STALLS  
BUFFET

Tell us what you would like to happen and we will make it happen!  
Contact Agnieszka@deafinitelywomen.org.uk Workshops Co-ordinator and Digital Creator





## FREE training courses for Personal Assistants, Communication Support Workers & Care Workers working for Direct Payment employers & users

### October 2023

**An overview on how to support and communicate with deafblind people**

**Date:** Monday 30th October  
**Venue:** Online - Zoom  
**Time:** 10-4pm **Duration:** 5 hours  
**Trainer:** Debbie James

**CPD accredited?** Yes  
**Certificate available?** Yes



### November 2023

**Taster Deafblind Manual session**

**Date:** Wednesday 8th November  
**Venue:** Oddfellows, 32 Charnwood Street, Derby DE1 2GU  
**Time:** 10-4pm **Duration:** 5 hours  
**Trainer:** Debbie James

**CPD accredited?** Yes  
**Certificate available?** Yes



**Taster British Sign Language session**

**Date:** Monday 13th November  
**Venue:** Royal School for the Deaf Derby, Karten Centre, Ashbourne Road, Derby DE22 3BH  
**Time:** 10-1pm **Duration:** 3 hours  
**Trainer:** Robin Ash

**CPD accredited?** No  
**Certificate available?** Yes



### December 2023

**Supporting & communicating with people with dementia and acquired hearing and sight loss**

**Date:** Friday 1st December  
**Venue:** Oddfellows, 32 Charnwood Street, Derby DE1 2GU  
**Time:** 10-4pm **Duration:** 5 hours  
**Trainer:** Mary Brown, Wendy Burton and CAMTAD

**CPD accredited?** Yes  
**Certificate available?** Yes



**BOOK NOW!**

booking@deafinitelywomen.org.uk  
 Or call 01773 828233

### January 2024

**Basic Guiding Skills session**

**Date:** Wednesday 10th January  
**Venue:** Nottingham Mechanics Institute, 3 North Sherwood Street, Nottingham, NG1 4EZ

**Time:** 10-4pm **Duration:** 5 hours  
**Trainer:** Debbie James

**CPD accredited?** Yes  
**Certificate available?** Yes



**Communication and acquired hearing and sight loss**

**Date:** Tuesday 23rd January  
**Venue:** Nottingham Mechanics Institute, 3 North Sherwood Street, Nottingham, NG1 4EZ

**Time:** 10-4pm **Duration:** 5 hours  
**Trainer:** Carolyn Greig

**CPD accredited?** Yes  
**Certificate available?** Yes



**Deaf Equality training**

**Date:** Friday 26th January  
**Venue:** Online - Zoom  
**Time:** 10-4pm **Duration:** 5 hours  
**Trainer:** Liz Brown

**CPD accredited?** Yes  
**Certificate available?** Yes



### February 2024

**Supporting & communicating with Deaf BSL users with dementia**

**Date:** Thursday 29th February  
**Venue:** Oddfellows, 32 Charnwood Street, Derby DE1 2GU  
**Time:** 10-4pm **Duration:** 5 hours  
**Trainer:** Dr Emma Ferguson-Coleman and Corvette Silo

**CPD accredited?** Yes  
**Certificate available?** Yes



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



**Deaf-initely women**

# DROP-IN

FREE confidential one-to-one drop-in sessions for deaf, deafblind and hard of hearing women

<b>Derby</b>	<b>Nottingham</b>
Fridays:	Tuesdays:
13th Oct	17th Oct
27th Oct	31st Oct
10th Nov	14th Nov
24th Nov	28th Nov

From then on, every fortnight until 15th December

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**10-12noon - Women's Centre**  
**Text/Video call: 079 600 567 46**

**Deaf-initely women**

# COFFEE MORNING

Deaf, hard-of-hearing and deafblind women only

**Deaf-initely Women,**  
**Strutts Community Centre,**  
**Belper, DE56 1UU**  
**10.30-12.30pm**

**Thursdays**  
**16th November**  
**DECEMBER - CLOSE**  
**18th January 2024**  
**15th February 2024**  
**21st March 2024**

**FREE**

Back by popular demand!

Let's talk about **SEX**

Deaf, deafblind and hard-of-hearing women only

**Tuesday 5th December 2023**  
**Sex Therapy and Healthy Relationships**  
7-8.30pm | Zoom - *Dr Nichola Marchant*

**Thursday 18th January 2024**  
**Sexual Pain and Sexual Pleasure**  
7-8.30pm | Zoom - *Ms Tabitha Bast*

**Thursday 19th February 2024**  
**Let's talk about Sex**  
7-8.30pm | Zoom - *Ms Tabitha Bast*

**BSL interpreters and captions**