

Paralympics!

Greetings to you all!

I hope you had a lovely summer, and grabbed the opportunity of once in a life time experience of attending the London 2012 Olympics and

Paralympics!

It seems like everyone gives a sigh of relief when the school holiday period is over!

Daily routines and schedules go out the window, we make more exceptions so children can enjoy the holiday season.

Though most of us may have had great times, getting home life back to normal can be a real challenge. During the 'clean up', you find yourself asking what in the world has gone wrong.

News flash: This is completely normal! Think about everything your family has experienced. While the holidays are exciting, they are also unpredictable and chaotic. Remember how important consistency is to kids?

Post-holiday re-adjustment takes longer for some children than others. You know your children best, and are aware of their typical recuperation time.

Re-establishing your regular family routines - whatever they may be are important for promoting your children's sense of security and stability.



Nicole Campbell
DPUK Coordinator

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The smells of Autumn...

Asif Iqbal, DPUK Ambassador's Update:



A warm welcome – after a fantastic summer of Diamond Queen Jubilee, Torch relays, Olympic and Paralympics events, it was certainly a good way to celebrate with your family and attending

family friendly activities. There are even some Deaf people involved in planning and providing entertainment for the mass audiences – Deepa was one of them who performed a powerful song in BSL at the opening ceremony!

I was also closely involved in supporting the local Torch Bearer – Ben Lampert, himself Deaf and come from a Deaf family, who carried the Olympic Flame as explained below.

Whilst many of us enjoy such events, there are some Deaf parents who struggled in accessing to basic services. Especially Deaf father who battled with health authority regarding provision of BSL interpreter so he can access to his partner (hearing)'s birth. To read more, see page 4.

Your Voice, Your Story:

If you have any more stories to tell, the challenges you face in fighting for your basic human right and challenging discrimination, we want to hear from you! Also if you have successful stories as Deaf parents/ Deaf families or know of some news to share, please email me on info@deafparent.org.uk

Facebook/ Twitter: If you have any events aimed to Deaf parents/ families, please let us know or add it onto DPUK Facebook and tweet [@DeafParentingUK](https://twitter.com/DeafParentingUK).

Funding News – DPUK Bristol Project and DeafParents Connect project:

Finally - DPUK has been successful in its application to the **Facilitation Fund** set up by the **Government's Office for Disability Issues**. This fund was set up to strengthen

organisations led by disabled people and to help them get new sources of income and DPUK will use the £28,000 we will receive on our NEW 3 year **DeafParents Connect** project. This will enable DPUK to expand across the country the training we provide for Deaf people to become qualified Parenting Skills Trainers, befrienders or mentors and so increase the number of Deaf people available to deliver support to other Deaf parents. DPUK will be able to work with more local authorities to deliver the services that Deaf parents need and be paid by them for the specialist skills we provide.

More details will be coming out soon - please watch this space! If you are keen to be involved or know of someone interested, as a **Parenting Skills Trainer or befriender/ mentor**, please email info@deafparent.org.uk with your contact details so we can forward the details to you.

DPUK Bristol Project:

Following another successful bid for funding, DPUK Bristol has appointed Eva Fielding Jackson as Facilitator and Mary Humphries as Coordinator. DPUK Bristol is planning Deaf Parenting Skills courses on the following dates:

Sun 25 th Nov 2012	Sat 2 nd Feb 2013
Sat 8 th Dec 2012	Sun 3 rd Mar 2013
Sun 6 th Jan 2013	Sat 23 rd Mar 2013

Please note that those dates may be subject to changes.

The reason for having alternate Sat and Sun is for those Dads who play in the local football team on Sat are able to participate on the Sunday

Courses will be held at St Paul's Children's Centre Bristol from 10.00-15.00 hrs

If you have any queries please contact either Eva or Mary:

Eva Fielding-Jackson:

hava11554@hotmail.com

Mary Humphries:

mary.humphries@btinternet.com

We look forward to seeing you there!

Ben Lampert - Deaf Torch Bearer:

The Olympic Flame was carried by 8,000 inspirational people over 70 day's journey across the UK. London 2012 organisers have described the torch bearer's role as *'a moment to shine, inspiring millions watching in their community in the UK and worldwide.'*

In total, there are 25 Deaf Torchbearers that took place across UK.

One of them is Ben Lampert, 27, Deaf (from Deaf family, his parents are Deaf too), and is Great Britain Deaf Football Player & Fulham



Ben Lampert

Football Player, was selected to carry the Olympic Torch relay in Harrow on 25th July 2012.

Harrow Asian Deaf Club was involved in fundraising to support Ben in his bid to play for GB Deaf Football at European Championship.

London Olympic 2012's website described Ben as *"an amazing sportsman, who is now putting back into the community all he has learnt and experienced. He is in the GB Deaf football team, but taken that knowledge, and skills from his degree in Sports Science to coach deaf children. He has worked for Brentford FC and in a very short time has established links with 3 primary schools and secondary schools who have deaf children, he is also setting up a new football club aimed solely at deaf children, so they can develop their skills and strive to emulate his success in the GB team. He is not stopping with football though, as he is now trying to widen his skill base to include tennis coaching. All he is doing is wonderful for deaf children - to have a successful, enthusiastic, able, encouraging, deaf role model to look up to and emulate is rare, but amazing!"*

Deepa Shastri performed the song in British Sign Language and sang by Denise Leigh at Paralympic Games 2012's Opening Ceremony.

On Wednesday 29th August, the first ever Paralympic Games was opened in London 2012 with tickets sold out. Lots of local people were involved including some who are Deaf.



Opening Ceremony of London Paralympic 2012



Deepa performing 'Spirit in Motion' song in BSL

1 billion viewers that saw the Paralympic Games' Opening Ceremony but little did they know that a Deaf person from Harrow, Deepa Shastri was signing to the song 'Spirit in Motion', which was sang by Denise Leigh, soprano who is also blind.

Also having British Sign Language (BSL) throughout the ceremony and including the Queen's speech is an integral part of accessibility and inclusion of Deaf community

onto the world. For many of us, we are proud of her and Deepa is an inspiration for us all.



Our first glimpse of Deaf performers at the event was the signing choir, who signed 'God Save the Queen'



HM The Queen is the first British monarch to have officiated at the openings of both the Olympic and Paralympic Games. All speeches were signed for the deaf community.

Following the positive events of Paralympic and raising awareness on importance of access, many of us hope to see positive actions!

So for all public services and providers of services, the key message is that your services should be accessible to deaf people including provisions of BSL interpreters/ captioned shows and events within the local area. And also to engage and communicate with deaf people to ensure they are fully informed and able to

access to core public services as any other hearing person can, in line with the Equality Act. **So, for Deaf parents – if you have positive stories or concerns on lack of access, please let us know.**

Harrow Asian Deaf Club's Halloween Party on Saturday 6th October 2012.

Harrow Asian Deaf club (HADC) were delighted to welcome their patrons, John Purnell GM QPM Deputy Lieutenant of Harrow and his wife Margaret to join HADC's Halloween party on Saturday 6th October 2012.

The party was in a full swing, with 110 people and a mixture of deaf and hearing children joining Halloween theme activities including



Photo: Our Patron Margaret and John Purnell together with Laila Ahmed (2), her sister Fatima Ahmed (9), children of Deaf parent, cutting a beautifully decorated Halloween cake.

feeling the jelly, eating donut hanging from a string, drawing pictures, making balloons and pumpkin piñata, resulted in fantastic prizes. Everyone had lots of fun and wore fantastic fancy outfit.

Both patrons were introduced to children of deaf parents and members of HADC, getting to know them and enjoyed being involved in some of the Halloween theme activities. They were also invited to cut the Halloween cake, beautifully made by one of the committee member, Sankeetha Balakrishnan who is well known for making delicious cakes.

DEAF FATHER-TO-BE'S RELIEF AS FIRM OFFERS INTERPRETER FOR BIRTH

A PRIVATE company has stepped in to provide a deaf father-to-be with a sign language interpreter at the birth of his first child after he was refused one by the NHS.

Adam Bassett, 31, of Hull, says Hull and East Yorkshire Hospitals NHS Trust discriminated against him when they told him they would not be able to provide an interpreter.

Mr Bassett says he has already missed out on important appointments and birthing classes with his partner Toni and feared he would not know what was going on in the birth without one.

Now, the couple are receiving help from Sign Loop Interpreting service Ltd – a company that has a mission to help raise deaf awareness.

The company has agreed to fund an interpreter for the remaining antenatal classes and the birth.

Mr Bassett said: *"We feel so relieved they offered to help out. That's really fantastic for them to do that and they have been wonderful, supporting us and understanding our situation totally. Offering to be present for the birth has taken away a huge strain and worry from Toni to be able to concentrate on being relaxed and have an easy birth. However, Sign Loop shouldn't have had to offer their services for free, the NHS has money available for interpreter services, which should be used in this case."*



'discriminated against': Adam Bassett and Toni Burrows were refused a British Sign Language interpreter for birthing classes and birth by Hull and East Yorkshire Hospitals NHS Trust.

Picture: Simon Renilson

Mr Bassett said although he is relieved that he will now know everything that is going on at the birth, he still worries about the future.

He said: *"To be honest, it's not over because I still worry about the future though and what would happen with our daughter if only I were present at any appointments for her health. I also worry about other deaf fathers and fathers-to-be. Who would help them?"*

I would love to see those future problems solved and for the NHS to recognise that fathers want to be fully involved and offer services to do this to all expectant fathers."

Lucy Doig, director at Sign Loop said: *"Mr*

Bassett just wants to be involved in the pregnancy and learn with his partner.

"It's a real shame they have faced such a fight. It has been stressful for them both. Unfortunately, something like this happens on a daily basis for deaf individuals. It comes down to budget. This is not an isolated case. We got involved because we believe an interpreter should be there."

The trust does provide British Sign Language (BSL) interpreters and interpreters in 30 different languages for patients, but the couple cannot have one because Mr Bassett is not the actual patient.

Under the Equality Law, organisations that provide a service for deaf people are required to make that service accessible for disabled people.

Shelly Davy, of Sign Loop Interpreting Services Ltd, said: *"There seems to be a bit of a grey area over providing an interpreter for the birth because Adam is not the patient so the service is not offered to him.*

However, birthing classes are a service provided to the mother and whoever she wishes to bring along, so the NHS are expected to make reasonable adjustments for the person who has the disability to be able to attend and not to be at a disadvantage.

By putting this person at a disadvantage because of their disability can be a form of discrimination."

The trust told the Mail it provides interpreter services for all "patients" who need them.

Source: By Hull Dail Mail newspaper (Thursday, September 27, 2012)

Family Lives' Useful Guide on 'Violence with your teenager'

Arguments are to be expected as part of family life, and these can definitely start to happen more often, once your child enters their teenage years.



Sometimes disagreements will turn into blazing rows, with your teenager insulting you or swearing. This can be hurtful and disappointing, leaving you asking yourself questions like *'why has it got to this level?'* or *'What have I done wrong?'*

Whilst it is understandable that they may sometimes get very angry and need to let their frustration out, it is not acceptable for them to become aggressive and it is never OK for them to physically hurt you.

If these heated arguments are leading to violence, then you need to face the issues behind all the anger. It may be hard to admit that there is a problem, but if your teenager is hitting you, then this is domestic violence and you deserve to feel safe in your own home.

Family Lives' useful tips on coping with 'arguments'

- **Try to keep calm.** If you get too worked up, you will end up saying things you regret.
- **Accept that arguments do happen.** Sometimes your teen will say really upsetting things, but it's just their way of reacting.
- **Try to resolve the argument with a compromise.** Or at least show them that you can understand where they are coming from – "I can see why that would upset you, but..."
- **Don't stir-up the situation by saying the opposite to them all the time.** If you can see their point even slightly, let them know.
- **Encourage them to talk instead of just shouting.** Let them know you want to hear their views.
- **Walk away.** If they are just too angry to be reasonable then it may be better and safer to leave the room and give them some space.
- **Think about counselling.** If such heated arguments are happening all the time, then it may be worth suggesting counselling to them. Your teen may need to talk to someone new and unbiased, who isn't in their family and won't judge them.
- **Remember that they may not be emotionally mature enough to deal with their feelings.** If they are in their early teens, or just quite immature for their age, then perhaps your teen doesn't know how to handle their anger. This can leave them



feeling frustrated and letting it out in an unhealthy way.

Family Lives' useful tips on dealing with 'violence'

- **Accept that any violent behaviour is wrong.** It cannot be allowed to continue.
- **Don't use violence with them.** If you are hitting your teenager as a form of punishment or discipline, or even because you are losing control of your temper in an argument, then you are giving them the message that it is OK to use violence to solve disagreements. Look at your own behaviour before you criticise theirs.
- **Put your safety first.** Get away from your teen as soon as they lash out at you or an object – such as throwing a glass.
- **Recognise that they are taking their anger out on you.** Your teen may not know how else to get rid of their feelings, and so they hit out at you just because you're there. They are a danger to themselves as well as others.
- **Call the police.** If you feel threatened or scared, then you need to protect yourself, and if leaving the room or house isn't helping, then you have every right to call the police.
- **Give them space.** Once they have calmed down, you may want to try to talk to them about what has happened and suggest they let you find them some help.
- **Be clear.** Teenagers need to know that you will stand by the boundaries that you set and the values that you believe in. They need to understand that any type of violence is unacceptable.

- **Arrange counselling.** If your teen admits they have a problem and is willing to get help, book an appointment with a counsellor as soon as possible. If they deny there is a problem, then you may still be able to arrange counselling for them. Speak to your GP or their school about what help there is out there for them.
- **Work together.** Show them that you will support them in getting through this stage, and if they do see a counsellor then work alongside them. With your love and forgiveness, your teen stands a much better chance of identifying anger and learning to express it safely.

(source: <http://familylives.org.uk/advice/violence-your-teen>)



DPUK's Useful Factsheets:

Deaf Parenting UK has developed a series of Factsheets online on to support Deaf Parents and professional working with Deaf Parents.

The easy to read information together with visual pictures (designed by Deaf graphic designer) are available from our website: www.deafparent.org.uk/resources/factsheet/ on the following topics:

- Accidents at Home
- Challenging Behaviours
- Child's Rights
- Child's Safety on Road
- CODA (Child of Deaf Adults)
- Disciplines for Teenagers
- Don't Treat Child as Interpreter
- Stepfamilies

Information not there?

If there is something you need that is not listed on our Factsheet Series, please let us know as we are always on the look out to develop further factsheets. We want to hear from you on topics that you need us to cover.



DPUK Board Trustees Wanted

- Are you an experienced parent or have experience working with Deaf Parents/families?
- Do you understand issues that Deaf Parents/families face?
- Are you willing and committed to be a part of something rewarding that would make a difference to Deaf parent's lives?

If YES, we want to hear from you.

DPUK Board Trustee

The DPUK Board Trustee is a group made up of a Working Party consisting of deaf parents, professionals and service providers working together to identify gaps in information and services and find ways to improve access for deaf parents.

Deaf Parenting UK is an exciting and pioneering charity that focuses on the needs of Deaf parents who have deaf/ hearing and disabled children. We have secured funding to expand our work and this is fantastic opportunity to get involved!

Deaf Parenting UK is seeking exciting and passionate Deaf people or professionals working with Deaf People to become Trustee Board Members.

To be a Trustee, you must be responsible for maintaining high standard of professionalism, have good vision, and fostering a positive role model. Enhanced CRB and to undertake safeguarding training are essential.

Interested? Want to know more information:

Please send or email your Curriculum Vitae (CV) together with a covering letter explaining why you want to become a Trustee and email it to info@deafparent.org.uk or post it to:

DPUK Families Project Coordinator
C/o 49 Gordon Square, London
WC1H 0PD

Or fax it to **0871 2643323**



DPUK Family Events News

DPUK Family Fun Day at Coram's Field – July 2012

Coram's Fields is a large urban open space in central London. It occupies seven acres in Bloomsbury and includes a children's playground, sand pits, a duck pond, a pets corner, café and nursery. A special place for children and parents alike and is all walled off from the hustle and bustle of London life.

Deaf Parenting UK held a family fun afternoon in the room hired at Coram's Fields in the form of Winnie the Pooh & Tigger characters, providing fun & games entertainment.

A very big thank to all the deaf parents who came with their children.



DPUK Deaf Families Day out at London Southbank – August 2012

Celebrating the London 2012 Olympic Games, the Festival of the World at Southbank Centre welcomed hundreds of international artists to transform the South Bank into an epicentre of cultural endeavour over the summer.

25 Deaf Families and their children attended the Southbank Festival of the World at London Wonderground. Deaf Parenting UK arranged provision of BSL Interpreter at the Handa's Surprise Show to enabled Deaf families' access in the same way as any other families. The show was a great event that included physical performance, with puppetry, live music, songs and audience participation.



Soap & Candle Making Workshop – September 2012

Deaf Parenting UK presented their first soap & candle making workshop, facilitated by Lumiere De Londres.

Deaf Parents and children learnt how to make their own soap using Oatmeal, goats milk and natural scents, and bath fizz bomb with simple and natural ingredients. Parents and children also had the opportunity to learn how to make candles.

Afternoon tea was served during the break and everyone went away with a new skill and their own soap and candle to use!



DPUK Children In Need's Funded Events Update

Deaf Parenting UK received funding from Children In Need in August 2011, to run their monthly 'Family Fun' events aimed for Children of Deaf Parents, living in the London Communities.

The funding enabled children the opportunity to be entertained and interact with other children in a Deaf friendly environment.

Sadly, funding has now ceased and there will be no further deaf families' monthly events.

It is hoped to apply for further funding but we need more feedback, comments or quotes from you, those of you that have attended to any of our DPUK Families Event. This would help us to submit bid for further funding so please support us!

- What did you like most about the events?
- What did your children like most about the events?
- What did you not like about the events?
- What did your children not like most about the events?
- To encourage you and your family to go to other DPUK Family activities – how can we improve?

Please email your comments to: info@deafparent.org.uk, specifying which event you attended to.

DPUK Parent Support Group Diary Dates for 2012

Are you a Deaf Parent/ Deaf Parent to be?
in a family friendly environment?

Want to receive information, support and
advice on parenting?

Why not come along and find out what it is
all about?



Camden Locality

Time: 12.30-2.30

When:

- Tuesday 9th October
- Tuesday 13th November
- Tuesday 11th December

Where: Harmood Children Centre, 1 Forge
Place, Off Ferdinand Street NW1 8DQ

Hackney Locality

Time: 12.30pm- 2.30pm

When:

- Monday 22nd Oct
- Monday 19th Nov

Where: Comet Children Centre, 20
Halcomb Street, Hackney N1 5RF

Newham Locality

Time: 1 – 3pm

When:

- Friday 19th October
- Friday 23rd November

Where: Abbey Lane Children Centre, 1
Abbey Lane, Stratford E15 2SD

Hammersmith & Fulham Locality

Time: 1 – 3pm

When:

- Monday 15th October
- Monday 12th November
- Monday 10th December

Where: Masbro Brook Green Family Centre
49 Brook Green, London, W6 7BJ





Croydon Deaf Parents Group



If you are a deaf parent with children aged 0- 4 years

Or

A hearing parent with deaf children aged 0 - 4 years



Please join us on
alternate Tuesdays
10.00 - midday

For details:

EMAIL: chancock3.306@lgflmail.org

TELEPHONE: 0208 660 5639



PURLEY NURSERY SCHOOL AND
CHILDREN'S CENTRE
58 PAMPI SFORD ROAD, CR8 2NE.
(ENTRANCE VIA CHRISTCHURCH
ROAD, ENTRY INTO COMMUNITY
ROOM THROUGH THE BLUE GATE)



'Deaf Parents in Touch'

A monthly group for Deaf Parents to meet other local Mums and Dads!

Do you have children
age 0 - 16 years?

Why not come along & share your experience.
Children under 5 years welcome

Where?

Deaf Access Community House South Street Bromley BR1 1RH

For more information, please contact Deaf Access:

Tel: 0208 315 2550

Minicom: 0208 315 2552

SMS: 07732 449349

Fax: 0208 315 2554

Email: information@deaf-access.co.uk



(Funded by Deaf Access)

Gange Children's Centre



SEE ME HEAR



For deaf parents with hearing children

Sing songs

Sensory experiences

Sounds and noises

Share a sign

Shared focus activities



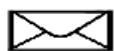
When: Fridays 1.30pm – 3.00pm



Where: Elmgrove Children's Centre



Who: Karen Rose



Contact: Karen.rose@harrow.gov.uk

68 Canning Road, Wealdstone, HA3 7SN

**Eid and Diwali Celebration
Harrow Asian Deaf Club
on Saturday 3rd November 2012
at 5pm to 9.30pm**

**Bentley Day Centre, 94 Uxbridge Road, Harrow, Middlesex,
HA3 6DH**

Ticket Price:

Adults (over 16) = £5
Children (15 & under) = £1

Catered Indian Buffet

Get a plate and enjoy
the food!

Bollywood Dancer

Nehal Bhogaita Top 14
finalist in Star Plus's "Let's
Dance" will be Performing!

Raffle

With lots of FANTASTIC
PRIZES!

Guest Speakers

Lots of surprise guests!

Ethnic Dress code

Come in ethnic wear to
celebrate our cultures!

Fireworks

To make sure things go
with a bang!

Everyone is Welcome

Deaf/deaf/hearing people including young people, older people, their families/ children, BSL students and people from ALL faiths.

Contact HADC by: Email-hadc@hotmail.co.uk

Family Christmas Celebration on Saturday 1st December 2012

**Christmas Party
Harrow Asian Deaf Club
on Saturday 1st December 2012
at 2pm to 9.30pm**

**Bentley Day Centre, 94 Uxbridge Road, Harrow, Middlesex,
HA3 6DH**

Christmas Raffle

With lots of FANTASTIC
PRIZES!

Advanced Ticket Price:

Adults (over 16) = £10
Kids (12yrs to 16yrs) = £7
Children (3yrs to 11yrs) = £5
Babies (up to 3 yrs) = FREE

Christmas Buffet

Get a plate and enjoy
the food!

Door Entry Price:

Adult (over 16) = £12.50

Free gift included in price for all under 11yrs. Please reserve boy or girl gift when buying advance ticket and please give us the name and their age.

Father Christmas

Presents & there will be
Party games too!

Children's Entertainment

Clown & Face Painting.

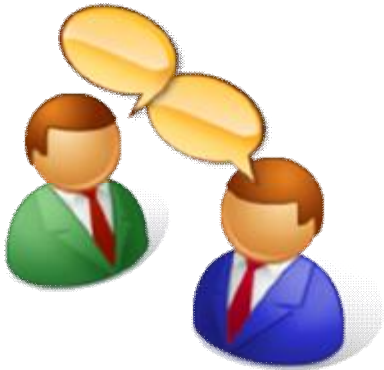
Henna Tattoos

Get a festive design to
celebrate the season.

Everyone is Welcome

Deaf/deaf/hearing people including young people, older people, their families/ children, BSL students and people from ALL faiths.

Contact HADC by: Email-hadc@hotmail.co.uk



staying in Touch

If you would like to submit an advert or a feature relating to parenting in the DPUK Newsletter, please contact the DPUK Project Manager for details:

email: info@deafparent.org.uk



Visit our website: <http://www.deafparent.org.uk/>

Be our friend on Facebook: Deaf Parenting UK

You can now also follow us on Twitter:
<https://twitter.com/DeafParentingUK>

DPUK Address:

Deaf Parenting UK
C/o 49 Gordon Square
London
WC1H 0PD



Email: info@deafparent.org.uk

SMS: 07928 842529

Fax: 0871 2643323