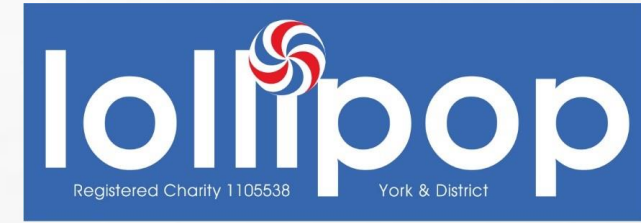


# Lollipop newsletter

June 2020 - Issue 3



**LOLLIPOP (YORK & DISTRICT)**

Supporting children, young people and families with deafness

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**Note:** There are lots of links in this newsletter. If you want to open them in a new window each time, hold down the Control key (or Command key on a Mac) whilst clicking on the link. Otherwise, just click back in your browser to return to the newsletter.

# Update from Deb

## Activities Coordinator



Deb Walker – Activities Coordinator

Hello everyone,

I hope you are all managing to stay safe and well during these difficult times.

I can hardly believe that we are sending you our third Lockdown Newsletter - I really hoped that we would be back in the office and things would be back to normal sooner than this!

Although we can't meet up together yet, Lollipop is still very much open and here to help you in any way we can.

Please use our contact details, [Facebook](#) and [Instagram](#) to stay in touch. We all miss you and would love you to send us pictures of what you have been up to since the lockdown started.

**Let's flood our page with positive vibes!**

To get in touch with Deb email: [activities@lollipoppyork.org.uk](mailto:activities@lollipoppyork.org.uk)

**BSL video:** <https://bit.ly/3i7Yut9>



## What Deb has been up to...

I've been working hard during the past few months searching for fun things to do online or that we can send out to you. If you have any ideas or special requests, please let us know!

We were pleased to link up again with the [Animated Objects Theatre Company](#) who sent us their activity pack. There are still a few available so please email me if you would like one: [activities@lollipoppyork.org.uk](mailto:activities@lollipoppyork.org.uk).

We're also grateful to [I Can Play](#) and [Music and the Deaf](#) who are sending us musical activity videos (see below) and will join us at the next **HQ Zoom sessions on Sat 11 July!**

Aside from doing my Lollipop jobs, I've had my knitting needles out making 'ear savers' for our wonderful NHS workers and care staff who have been getting sore ears from wearing facemasks.

Penny, our Chairperson, has been busy making scrubs, laundry bags and hearts too! Read on to find out how you could have a go at making your very own deaf-friendly face mask!

**That's all from me. Please keep in touch, send us your pictures and stay safe! Deb x**



**I CAN SING SESSION 1:** <https://bit.ly/2YLiVmx>

**I CAN SING SESSION 2:** <https://bit.ly/37Kr9zE>

**BSL video:** <https://bit.ly/3i7Yut9>

# The impact of face masks

## Are you concerned about the impact of face masks on deaf children and young people?

Many deaf children and adults are feeling anxious about face masks becoming the norm. They worry about communication becoming much harder and feeling more isolated as a result.

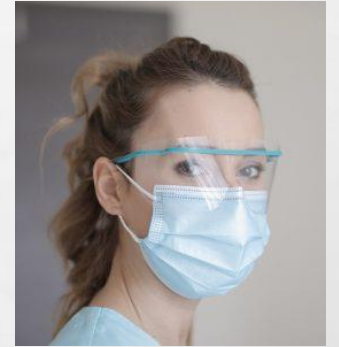
In England face coverings are now mandatory on public transport. But there are some [important exemptions](#) e.g.

- children under the age of 11
- if you are travelling with, or providing assistance to, someone who relies on lip reading to communicate.

[DIY face masks with clear panels](#) could help too. But these will not be suitable in all situations so we'll need to be more flexible, creative and patient in how we communicate with one another.

## How you can help

- Watch this short [top tips video](#) on communicating with deaf people when using a mask
- Read the NDCS blog post on [the impact of face masks on deaf children](#)
- Have a go at making your own [deaf-friendly face mask](#).



Deaf and hard of hearing people can't lipread with this mask.

If any parents or volunteers would like to make and donate clear face masks for Lollipop to use when we are able to resume face-to-face activities, please let us know!

**BSL video:** <https://bit.ly/2NsPPTN>

# Connect with Lollipop on social media!

**Last week was Small Charity Week and like all small charities we rely on the support of people like you. In the absence of face-to-face activities interaction on social media is more important than ever!**

Search for 'Lollipop York' on [Facebook](#) to like our page, or follow us on [Instagram](#).

It would be great if you could write a Facebook review to share with others why you and your children love Lollipop!



Our new private Facebook [Parent Chat Group](#) is exclusively for parents of Lollipop members.



It's a safe space for Lollipop parents to chat online and share thoughts and experiences of being a parent of a deaf child or children. Ask questions, contribute to discussions and offer support to others!

Click here to [request to join the group](#) (you need to be logged in to Facebook to join). If you have any questions please email Becky [info@lollipoppyork.org.uk](mailto:info@lollipoppyork.org.uk)

**BSL video:** <https://bit.ly/2Nzo2AZ>



# The READY Study

## Are you READY to get involved?

The [National Deaf Children's Society](#) (NDCS) has launched ground-breaking new research that will follow deaf young people as they become independent adults. This research is the first of its kind and the results will help to improve the support that deaf young people get in future.

It is called READY, which stands for **Recording Emerging Adulthood in Deaf Youth**, and NDCS are delighted to be running it in partnership with the Universities of Manchester and Edinburgh.

The research is open to deaf young people aged 15-19 living in England, Scotland or Wales, with all degrees of permanent hearing loss and all language preferences.

If you'd like to find out more, you can find all the details on the [University of Manchester READY website](#) in English, BSL and SSE.



Click here for  
[info for young people](#)

Click here for  
[info for parents and families](#)

**BSL video:** <https://bit.ly/2ZaY4ZZ>

# Meet our Parent Liaison Officer



Cheryl McBride  
Parent Liaison Officer

## Early years

Born to hearing parents in the late sixties, Cheryl's deafness was diagnosed at the age of four and was the result of her mother contracting German Measles during pregnancy. This was a common cause of deafness amongst children at that time.

Starting out her school life at Royal School for the Deaf in Stockport, Cheryl made lots of friends and has fond memories of those early days.

Transitioning to mainstream school at the age of eight, Hazel Grove Juniors and High School offered a Partial Hearing Unit (PHU) where Cheryl was described by her teachers as a chatterbox and a dreamer!

**BSL video:** <https://bit.ly/3dy1MIF>



# Meet our Parent Liaison Officer

## **School and early career**

Education was a struggle for Cheryl, but she managed to gain one O Level and four CSEs.

As a young adult, her dreams of becoming an air hostess were shattered when she was told she couldn't pursue a career as a flight attendant due to her deafness.

With little communication support available at college, Cheryl dropped out aged eighteen after being told that she would be lucky to get a job in a factory or a supermarket. She then went on to pass her driving test a year later (mainly at her dad's request so he could be driven to the pub)!

After being turned down for a number of job roles, often being told that her deafness was a barrier, Cheryl began a career in administration – starting out as an Office Junior Clerk.

## **Family and further education**

In the 1990s, Cheryl devoted her life to being a mum, raising her two daughters (both hearing) and teaching them deaf awareness and British Sign Language (BSL). With the support of her family and her own determination to prove herself, Cheryl returned to education at the tender age of 45 where she qualified to become a Teaching Assistant and BSL tutor.

**BSL video:** <https://bit.ly/3dy1MIF>

# Meet our Parent Liaison Officer

## A new lease of life

In 2014, Cheryl underwent cochlear implant surgery, which gave her a new lease of life. Cheryl can now hear almost every sound, with no ear infections and no longer suffers from tinnitus. Remembering how hard it was growing up without deaf role models, Cheryl decided to start volunteering at Lollipop to encourage and inspire deaf children and young people.

In her role as Parent Liaison Officer, Cheryl provides close liaison and support for parents and families. She helps to connect families who might have had similar experiences, monitors parent feedback and advises Lollipop in developing engaging activities that are fully accessible for members and their families.

*"Lollipop is a striving service with lots to offer, with new plans & challenges for the future.  
I'm proud to be part of a lovely team and working with other professionals.  
I thank them for giving me this opportunity"*

Watch [Cheryl's YouTube video](#) to find out what she has been up to lately and how she's been adjusting to life in lockdown.

To get in touch with Cheryl email [parentsupport@lollipopyork.org.uk](mailto:parentsupport@lollipopyork.org.uk)

**BSL video:** <https://bit.ly/3dy1MIF>

# Volunteering news

**During National Volunteers Week (1-7 June) the University of York celebrated their student volunteers with a social media awards campaign.**

Congratulations to Lollipop Deaf Mentor, Nikhita, who won an award for her voluntary work with us, particularly the way she has continued to support us from home during the lock down:

- Joining our online youth activity sessions on Zoom
- Contributing to the [Lollipop blog](#)
- Taking part in the [2.6 challenge](#) to help raise money for us

Before Nikhita joined Lollipop she took part in a 4-week voluntary activity programme with the National Citizen Service (NCS). You can [read about her experience](#) in our blog.

We're so pleased that she has been recognised for her contribution and think she's a great inspiration to our members!



**Nikhita – Deaf Mentor**  
Winner of a University of  
York Student Volunteering  
Award 2020

THANK YOU TO ALL OUR VOLUNTEERS FOR YOUR SUPPORT!  
WE COULDN'T DO WHAT WE DO WITHOUT YOU!

**BSL video:** <https://bit.ly/2CAyFBn>



# Volunteering opportunities at Lollipop

**Volunteering doesn't just benefit charities.** Research shows that volunteering can be stimulating and rewarding for the volunteers themselves. Through volunteering you can develop many new skills, many of which are transferable to work and personal life and may help towards your career development.

## Activity volunteer

**Do you like working with young people and making sure events run smoothly?**

If you are reliable, can work in a team, show initiative and communicate well with children, young people and families you could be an activity volunteer.

There are a wide range of activities to get involved with, including creative workshops, sporting activities and monthly drop-ins for different age groups.

## Fundraising volunteer

**Do you have an interest in events management, PR or marketing?**

If you are creative, enthusiastic and have a passion for raising awareness of good causes you could be a fundraising volunteer.

There are a wide range of activities to get involved with, including charity stalls, coffee mornings, collections, bag packing and sponsored events such as our annual skydive!

## Mentor volunteer

**Do you enjoy being a deaf role model and helping others reach their potential?**

If you are caring, supportive and dependable and would like to help our members develop positive skills for the future, you could be a Deaf Mentor.

If you are aged 16+ and have some degree of hearing loss yourself, you could work one-to-one or in groups to help build our members' confidence, self-esteem, self-identify and resilience.

All Lollipop volunteers are DBS checked and are given deaf awareness training. If you are interested in any of these roles and would like more information, please email [servicemanager@lollipoppyork.org.uk](mailto:servicemanager@lollipoppyork.org.uk)

**BSL video:** <https://bit.ly/2CAyFBn>



# Fun and games

## Quiz winner

Congratulations to Nicola Moran who aced last month's [Lollipop Quiz](#) and won a £15 shopping voucher!

## Hidden words puzzle

Just for fun but can you find all 6 words hidden in this picture?

Answers to the hidden words puzzle in our [May edition](#) were:

CAT, CORD, COUCH, MIRROR, STRAW, TILES

**How did you do?**

**BSL video:** <https://bit.ly/2VjKOkL>



# Useful contacts

## Advice and information about Coronavirus

### [Signhealth](#)

Coronavirus information videos in BSL.

### [NHS 111 for BSL users](#)

Interpreter Now site for BSL users to contact NHS 111 if you have symptoms or any concerns about your health.

### [NHS advice](#)

NHS website with information about Coronavirus and all the latest advice about looking after your health and how to stop the infection spreading.  
(English only, no BSL)

### [Government guidelines on Coronavirus](#)

Government website with guidelines on Coronavirus and advice on a range of matters such as employment concerns and school closures.  
(English only, no BSL)

### [Deaf UK Coronavirus website](#)

A new website set up by Jen Dodds and other volunteers to make Coronavirus information more accessible for Deaf BSL users.

## Local services

### [Council Tax Discretionary Reduction Scheme](#)

Provides assistance to people unable to pay their council tax bill. City of York Council are offering this on the basis of hardship, for example if you have lost your job and have no savings.

### [Wilberforce Trust](#)

Information on changes to their [York Sensory](#) service during the Coronavirus outbreak and how to access support.

[Children's hearing services](#) across York and North Yorkshire.

## Family support

### [The National Deaf Children's Society](#)

A range of very useful information for families with Deaf children including specific guidance and support relating to the coronavirus.

### [Home School Support for Deaf/BSL using parents Facebook group](#)

A group to support BSL-using parents with home schooling. Offers activity ideas and help with explaining and interpreting work your children have been asked to do by their school.

## York Council coronavirus helpline:

Call 01904 551550 or email [covid19help@york.gov.uk](mailto:covid19help@york.gov.uk)

**BSL video:** <https://bit.ly/3i38zan>



# Useful contacts cont.

## Online support

### [BSL Health Access](#)

A free BSL interpreting service for health related situations such as GPs, dentists, pharmacies, opticians, NHS hospitals and any health-care related appointments. The service is available, 24 hours a day, 7 days a week.

### [Deaf translators/BSL interpreters Volunteer Responders Facebook group](#)

A Facebook group set up by Lynn Stewart-Taylor and other volunteers where you can ask for interpreter assistance if you have any non-emergency communication needs, such as contacting your GP, school, or family via phone or help with checking emails and translating letters.

### [Deaf Stay At Home Facebook group](#)

A Facebook group set up by Lynn Stewart-Taylor and other volunteers which is a supportive online community sharing information about Coronavirus in BSL so that Deaf people know what to do to keep themselves and other people safe.

### [Sign Pals](#)

A project encouraging new friendships in the UK BSL community. You can sign up and get matched with other Deaf people based on your hobbies and interests. Pals all use BSL and use video call to get to know each other.

## Mental health

**During this stressful time it's important to take care of your mental health as well as your physical health. Here are links to some organisations who can provide support if you need it.**

### [Samaritans](#)

Contact the Samaritans on 116 123 to discuss anything you're going through that's causing distress. This service is available 24 hours a day, 365 days a year. Callers who are d/Deaf or hard of hearing can contact the Samaritans for support by email on [jo@samaritans.org](mailto:jo@samaritans.org) or by using the Next Generation Text (NGT) service on the number 0330 094 5717.

### [Shout](#)

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer.

### [Signhealth](#)

Signhealth runs a psychological therapies service in BSL.

**BSL video:** <https://bit.ly/3ew8H0c>