



What is Deaf Awareness Week? Deaf Awareness Week 2024 took place from the 6th to the 12th of May. The UK Council on Deafness created Deaf Awareness Week to increase the visibility of challenges the deaf community face and educate others on how they can support them.

There are at least 12 million people in the UK who are deaf or have a hearing loss. That's at least 1 in 5 adults.

For Deaf Awareness Week, the Academy Medical Centre Patient Participation Group put together some handy hints and resources to look at Deafness and hearing loss.

How to communicate with someone who is deaf or has a hearing loss.

Not every tip below will be appropriate for every person who is deaf or has a hearing loss but be patient and considerate.

Three Simple ways to start.

- 1) Get My Attention
- 2) Face Me
- 3) Be Patient

Royal National Institute for the Deaf (RNID) links to aid communication. Handy Tips to help.

<https://rnid.org.uk/wp-content/uploads/2021/02/CommunicationTipsForTheGeneralPublic.pdf>

One of the worst things is when people say something I miss and when I ask to repeat it, they say “Oh it probably doesn’t matter” It probably didn’t matter to them at the time but it makes me feel that I Don’t Matter”

If you suffer a hearing loss or have concerns, Contact your local surgery for information or advice.

Resources and Support

Most organisations have a website or information on Facebook, Instagram and X (formerly Twitter)

Your Local Surgery

Contact your local surgery for information for advice.

<https://www.academymedicalcentre.co.uk>

Angus Council / Angus Health and Social Care Partnership have an agreement with **NESS (North East Sensory Services)** to provide a range of support for people with hearing loss. They are open from Monday to Friday 9am to 4pm and can be contacted on 0345 271 2345 or 01224 625622 or by Text 07593 102004.

Angus Area - Angus Health and Social Care Partnership

www.independentlivingangus.org.uk

Tayside Deaf Hub

Is a community centre in the heart of Dundee, providing advice and social activities for D/deaf, hard of hearing people with sensory loss.

Located in Dundee at

The Old Mill

Taymills,

23 Brown Street

Dundee Tel: 01382 201077 email info@deaflinks.org.uk

www.taysidedeafhub.org.uk

The Tayside Deaf Hub also have a Facebook page.

Other Helpful Organisations or websites

Most websites and organisations will have a wide range of resources on them which are free to download.

Voluntary Action Angus

<https://www.voluntaryactionangus.org.uk>

British Deaf Association (BDA)

<https://bda.org.uk>

Tayside Deaf Hub

<https://www.taysidedeafhub.org.uk>

Age Scotland / Age UK

<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/hearing-loss/>

Tinnitus UK

<https://tinnitus.org.uk>

NHS Inform (Scotland) Tinnitus

<https://www.nhsinform.scot/illnesses-and-conditions/ears-nose-and-throat/tinnitus/>

NHS Inform (Scotland) BSL Translations

<https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/>

Deaf Rainbow (LGBTQIA)

<https://deafrainbowuk.org.uk>

Deaf Action Edinburgh

<https://deafaction.org>

Royal National Institute for the Deaf (RNID)

<https://rnid.org.uk>

Sign Health (The Deaf Health Charity)

The organisation's vision is a world without barriers to good health and wellbeing for Deaf people and is specific to health.

www.signhealth.org.uk

NHS Inform Scotland - Hearing Loss

<https://www.nhsinform.scot/illnesses-and-conditions/ears-nose-and-throat/hearing-loss/>

National Children's Deaf Society

<https://www.ndcs.org.uk>

Deaf Action

www.deafaction.org

Deafblind Scotland

www.dbscotland.org.uk

Sense Scotland

www.sensescotland.org.uk

The information provided is not an exhaustive list but a general guide of what is available in the local and national area.

Check out some of our deaf awareness videos and hear from colleagues across the National Deaf Children's Society and deaf young people themselves.

<https://www.ndcs.org.uk/get-involved/become-more-deaf-aware/deaf-awareness-week/>

National Deaf Children's Society

<https://www.ndcs.org.uk/get-involved/become-more-deaf-aware/deaf-awareness-resources/>



There are various groups on Facebook which highlights BSL words of the day. The Deaf Chef and Commanding Hands.

Want to Learn British Sign Language (BSL)?

BSL alphabet (Right Hand)

<https://youtu.be/LReyS9aXcBI?feature=shared>

BSL alphabet (Left Hand)

<https://youtu.be/gaFe-VeSYnU?feature=shared>

National Deaf Children's Society Scotland Family Signs on YouTube

<https://youtu.be/-L7-P7dpmdM?feature=shared>

Local British Sign Language Courses



<https://dundeeandangus.ac.uk/search/?keywords=British+sign+language>

(basic sign and accredited courses)

Signature

Signature (Leading Awarding Body for British Sign Language (BSL Qualifications))

<https://www.signature.org.uk>

Tayside Deaf Hub

The Hub runs Sign Language courses from time to time.

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