

Great North Run, DELTA Christmas cards, postcard from, project appeal...

GREAT NORTH RUN

Edward Rex, Edward Stuart and Hiten Laad were brave fellow members to complete the 26th BUPA Great North Run 2006 on Sunday 1 October 2006. Did you watch it on BBC1?

About 50,000 runners took part of the biggest half-marathon (13.1 miles course) which started on the Central Motorway in Newcastle upon Tyne and finished by the coast of South Shields! So how did our boys do on the day? Lets find out!

Here is Edward Rex's story:

After watching the Great North Run in 2005 in my slobby dressing gown and guffawing at the unfortunate people in the rain, I was struck down with a thought 'If they can do it, then I can!'.

After getting endless teasing from my family and friends after I announced I would run the Great North Run in 2006, I started my training... well... training?! I had no clue what to do and thought that running for the bus as it moved off was training enough! So one of my hard-core running friends dragged me off to the gym and put me on the running machine. Needless to say, I couldn't run anymore after 2 and a half miles and I still had at least 10 miles to go! So I set myself the regime most marathon runners use and ran almost every day. July was good running weather – the sun was shining, the birds were tweeting, people were milling about watching a panting tall bloke with heavy eyebrows dodging bikes and rabid dogs in the park. Training was going great! But alas! I suffered an injury mid August that put me out of action for three weeks! My age-old ligament injury flared up again.

So I sat in the rain in despair when I was hit with a brainwave! I would train in the swimming pool! So off I went with my trusty Little Mermaid towel and swimwear and I ran in the pool. The sight of a bloke with his head further weighed down with heavy wet eyebrows, running in the pool caused concern to the lifeguards so they did what they always do. They blew their whistle. But with no hearing aids on, I couldn't hear and on I kept. In the end, one of them waited for me at the end and grabbed my wrist, scaring the life out of me! I explained that I was training and also that I was deaf. He understood and relayed the info to the other lifeguards. Three weeks later of avoiding head-on collisions with backward swimming geriatrics, I was back on the street, waiting to run my feet off. I surprised myself that I ran 6 miles! So everyday I increased my running distance to 10 miles and by then it was mid September. I feared for this day... traumatising to remember... poor souls who got in my path... you know what I did? I gave up alcohol for the Great North Run. Not easy as it sounds. Anyhow I kept on training but the training became less and less as students arrived back from the summer and I had to increase my workload. Then came the weekend!

I trembled with excitement and got some sponsorship off peeps I knew. Hiten Laad, a fellow runner, came and picked me up in Leeds in his 'brand new' car. Word of advice folks, never gets into a car with Hitz. He drives like crazy! He was taken back of my new transformation of my hair into blonde locks... but we're straying off the point aren't we? Right, so we arrived at Roz White and stayed in her room. The day came, Hitz and I

warmed up in the nearby park and Hitz laughed as I deftly avoided the attention of the bull, I was wearing red! So we came back and gave Roz a rude awakening using her vibrating alarm clock on her face. She sorted us some breakfast and saw us off to the run.

We met up with Edward Stuart and Rebecca Sharpe (Becci). We arrived at the crowds and we immediately went to the back. A long wait later with Becci and I singing to Goldmember, we started moving! We screamed with joy and did the silly runs (I was doing the Morecombe and Wise walk). Becci waited on the bridge and expertly took the amazing picture of us in the crowd!



Two Edwards...

All three of us went past many people and marvelled at the sight of the Tyne Bridge. After 3 miles, I urged Hitz and Ed Stuart to go ahead and it was my first time running and didn't want to hold them back. So off they went competing with each other. Meanwhile, I looked round at the amazing people who took part and grinned at the sight of funny costumes, one was wearing nothing except a thong! After 5 miles, I came across this poignant message that really kept me going – pain is only temporary, success is forever! So when I felt like I was struggling, I told myself that message in increasing volume and kept me going with determination! Or... I was really running to find the loo. That was determination enough! I must have run 6 miles from the 3-mile point before I found the loo and that's when I stopped. My, I was in a world of pain when I did that and I couldn't get back into my stride. After a mile, I came across a girl - around the same age as me and she was having problems with running. I asked her if she was okay and then we ran together to keep each other up. She left after another mile as she needed the loo. So on my own I was again!

I was kept amused by the ace bands that were playing, the Red Arrows displays and the people that tried to grab a water bottle but missed. I must have drunk enough to fill a deluxe swimming pool as I grabbed anything worth drinking. After 11 miles, the effects on some people were beginning to show, some were collapsed on the side of the track, some people resorted to walking. But me? I kept on running thanks to Tony Christie's 'Is this is the way to Amarillo?' I could smell the sea air and I knew the end was in sight. After navigating the steep decline and almost avoided running into the sea, I was on course for the end!

People clapped, whooped and sang to us. I kept them a cheery wave and threw some water over a kid who tried to empty the contents of his water gun at me. I put on a big grin and sprinted. Only 500 metres to go! 400... 300... 200... 100... I saw the end and still I sprinted! I saw the finishing line and with every single ounce of energy I just went for it! Then I crossed the line! I jumped for joy and relief! Fireworks exploded, a beautiful Miss World came along and put the Gold medal over me, I shook hands with Kelly Holmes and I gave a TV interview! Did that happen? No. After I crossed the line I touched the floor in relief and swept my eyes round for someone to congratulate me. I saw a health and safety person come along and I gave my best smile on and what did she do? Told me to move along...move along...anyway, I got my goody bag with my t-shirt, baking foil, medal and best of all, a chocolate bar.

I met up with Hitz, Ed Stuart and our delightful assistants - Becci Sharpe and Roz White. We all went to a pub and I had the one thing I was looking forward to all month... a lovely pint of Carlsberg. I would really recommend everyone to do the Great North Run next year and if you have doubts, always say this 'If Ed Rex can do it, then I can do better!'. It was an experience to remember and the messages on people's backs when they were running really touched my heart and I'm going to do it next year!



Edward – Hiten – Edward

Edward

Wow! It looks if Edward had a really good time. We are very proud of you boys! Well done!

Now who is willing to do the Great North Run in 2007? I think we should have an army of ydag volunteers to run next year. What do you think?

DELTA CHRISTMAS CARDS

Christmas is on its way and DELTA needs your help to sell their Christmas cards. DELTA is looking for volunteers to circulate the Christmas cards order forms with friends / family and at places of work.

There are four new designs created by young children at DELTA. Each design in packs of 10 is £3.50, postage is extra and over £2 of the sale value goes to the charity fund.

Ideas for selling the cards:

- Encourage friends and family to buy them
- Take order forms to work, leave in the foyer / staff room, put details up on notice board
- Sell them at Christmas fundraising stalls
- Ask family members to sell them

DELTA can post order forms to you or the order forms can be downloaded from the web page: <http://www.deafeducation.org.uk/fundraising/ChristmasCardOrderForm.pdf>.

For further information, please contact Julia Gomm on julia.gomm@deafeducation.org.uk.



POSTCARD FROM...

DELTA held a Secondary Weekend on 6 – 8 October 2006. The event took place at the Frontier Centre in Northampton.

What a fantastic weekend it was. The 'lead helpers' in the two groups were Laura McAuley, Owen Darch, Claudia Hill and myself. Laura and Owen were responsible for the 9 – 10 years old 'noisy' group and Claudia and I were responsible for the 11 – 15 years old 'cool' group. We all had such a great time.

Here are two reports written by Laura and Claudia for your reading:

The secondary weekend for children at secondary school took place at the Frontier Centre in Northampton and all who were there had great fun! This centre was used a few years

ago for one of the YDAG activity weekends so some of you might remember the activities that they have to offer!

The children and supervisors were split into two groups. On the Saturday, after some initiative team games, Ian and Claudia went off to the high ropes with the older teens whilst Owen and myself took the 9-10's to Archery. I have to admit the children were a lot better at hitting the board than I was! I was the very proud owner of a bruised arm by the end of that session! Following the activities, the children were then treated to a workshop with Maria Jane, where they learnt how to change tubing in an ear mould and how radio aids help them at school. We also watched a DVD of young people talking about different secondary school experiences.

After dinner, there were more team games followed by a large campfire outside where we sat around singing songs to keep warm! The evening was then our free time, which gave us an opportunity to speak to the parents and catch up with members of DELTA who we hadn't seen for a while.

The next day consisted of the two groups swapping over and my group was taken to the high ropes. The children were really brave and all had a go at each of the different levels, pretty scary considering how high up a lot of them went! I was the photographer for that session – my excuse for not going up very high!!



Laura's group on high ropes



Owen walking high in the sky

We all had a Sunday roast together before saying our farewells. We had a good time at the weekend, the Centre provides very good accommodation facilities and there was plenty for the children to do during free time including watching DVD's and playing Bingo! The feedback forms were very positive so it's nice to know that the families enjoyed it as much as we did helping out.

Hopefully it won't be long before we can go back for another activity weekend!

Laura

The first official day started with the splitting into two age groups who both left the adults to the seminars whilst we played some interesting and challenging organised games. We had some old classics and some that really got the teamwork going with lots of laughs.

After lunch, the younger group had archery whilst the older group, of whom Ian and myself had the genuine pleasure of leading, had the challenge of the high ropes. A few of us had

experienced high ropes before with the schools etc, but there were still some original rope layouts which we had the challenge of conquering. Between encouraging our fellow group members, there was time to chat and get to know everyone a bit more and some firm friendships began to form from the foundations that were previously laid in the organised games. Everyone had a go on at least one of the rope layouts and so there was lots of boasting to mums and dads of all the achievements and the overcoming of fears of heights.

In the evening we had a bonfire and I must say the thought of going outside on a cold October night wasn't an idea that thrilled me, but I had a good time. With organised games to play there were a lot of laughs as parents were able to have a small glimpse of the types of silly games we'd been playing whilst they were in the seminars. The games were followed by the bonfire, which glowed nicely, warming us up while we 'sang songs round the campfire'. The evening was nicely rounded up by a leisurely time of chatting and drinking hot chocolate!!

On the Sunday it was the younger groups turn to face the high ropes and the screams and screeches of laughter reminded us of the excitement we had experienced the day before. After practicing the techniques of archery, it was made more interesting with a few competitions. With an animal assigned to each of the colours on the target, the sight of seeing people hop around like bunny rabbits when they hit the white area, and swim like fish when they hit blue, will be one that I won't forget easily.



Ian trying to be Robin Hood

The weekend had come to the sad part of home time, at which point there was swapping of mobile numbers and email addresses between the new friendships made throughout the weekend and words of encouragement and support between the adults, we all said our goodbyes and travelled back home, back to our everyday, busy lives.

It was a really successful weekend. Once I got home I really missed the buzz and my house felt really quiet and lonely! (I also missed the food, with the cooked breakfasts and lovely deserts) I thoroughly recommend any similar weekends that may take place in the future.

Claudia

It was a great weekend. I do strongly recommend anyone to come and help in future events. You get to meet and make friends with other volunteers, speak to professionals and parents and have fun with the children!

PROJECT APPEAL FOR PARTICIPANTS

Paul Jacobs, deaf and from Australia, has emailed Wendy Adderley for help for a project he is working on. Some of you may remember Paul who came to the UK last year and he visited Lancaster Summer School on one of his visits in the UK.

Paul is looking for deaf and hearing participants (over age of 25) for his research project. Here is his request:

Hi Wendy,

We met last year when I came to the UK and had some fantastic conversation in Lancaster.

I'm still doing my PhD and am at the stage where I am sending out surveys. I'm pretty keen to involve some of the young people of DELTA.

My study is an international study and focuses on psychosocial attributes and tactics deaf people use to maximise their potential with hearing peers. Would you be able to help me find participants in the UK? If so, it would be fantastic.

I enclosed the Plain Language Statement which explains the project. Also enclosed is the first study. I'm looking for participants over the age of 25. I'm also looking for hearing participants who have had a close relationship with a deaf person.

Hope to hear from you and that you are well.
Kind regards,

Paul

For your information the Plain Language Statement and survey are contained in the attached file entitled "Project_Statement_Survey".

You should have received the attachment in the email. Please let me know if you have problems with this.



EXAM RESULTS

Congratulations to Jennifer Ryan who passed her A-level exams with ACC.
Jennifer writes:

I am currently in my first year at Oxford Brookes University studying Town and Country planning. I am enjoying every minute and just had my first try at doing a presentation in front of everyone! I can tell you it was a nerve racking experience as I was getting marked for it!

I have met loads of new people, and the good thing about my course is the diversity of people you come across! The support here is fantastic, I have note takers and majority of them are students themselves so they don't cramp my style!

Jennifer

Well done Jennifer. Good luck with your first year at university.

NEXT ISSUE

The next issue (Issue 10) will be out in December 2006. This issue will look at DELTA 'Members Day' event which took place at Mary Hare School in October. At the Annual General Meeting, which also took place on the same day, the new board of nine trustees were formed and our fellow Steve Matthews was nominated as Chairman of the Board.

Steve is the first deaf person to become a Chairman of DELTA. More on this will be revealed in Issue 10.

WHISPER FROM DELTA

Well done Ian for producing another brilliant newsletter and well done the lads at the Great North Run. I think I might owe you some sponsor money?!

As you can see we've been pretty busy at DELTA and there's a lot to report in the next issue. Don't forget to help with selling our new **CHRISTMAS CARDS**, get your families and friends to help as well.

Keep in touch and let Ian know all your news.
Wendy xx

... AND IT IS GOODNIGHT FROM ME



That's all for now folks. Please do keep in touch.

Regards,

Ian McDonald
ydag / dvg newsletter
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Do you know anyone who may be interested to receive the ydag / dvg newsletter? If so, please tell them about the newsletter and ask them to contact me.

Your contributions will be most welcomed – we want to read a story or hear what you have been up to. Please send contributions to the above e-mail address.

What would you like to see in future issues? Please let me know.

DELTA CONTACT DETAILS

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