



Welcome to our newsletter
telling you more about
D/deaf mental health research news
happening in Wales and other parts of the
UK

ACTivate your life – and how it can help...

Dr Sara Rhys Jones, Clinical Psychologist reports:

ACTivate Your Life focuses on helping people to be more open, connected and engaged with their lives, demonstrating how Self-acceptance and Commitment Therapy can be used to tackle a range of problems such as low self-esteem, anxiety, anger and depression, as well as providing skills for life enhancement and self-development.

This is why we have made an ACTivate Your Life course specially for people who use BSL. Deaf people are at least twice more likely to experience mental health problems (e.g. depression, stress, anxiety, inability to sleep) compared to the hearing population. The reasons are often because of inaccessible health related information, lack of awareness and support within the Deaf community and communication difficulties

The course can help you to take greater control of your actions, so that day-to-day life becomes less distressing and more enjoyable. You will learn practical and effective ways of dealing with thoughts and feelings that may be causing distress.

The course has been developed by Dr Neil Frude and will help you find out what is really important to you and give you the skills to be able to live your life with more confidence and a greater sense of purpose.

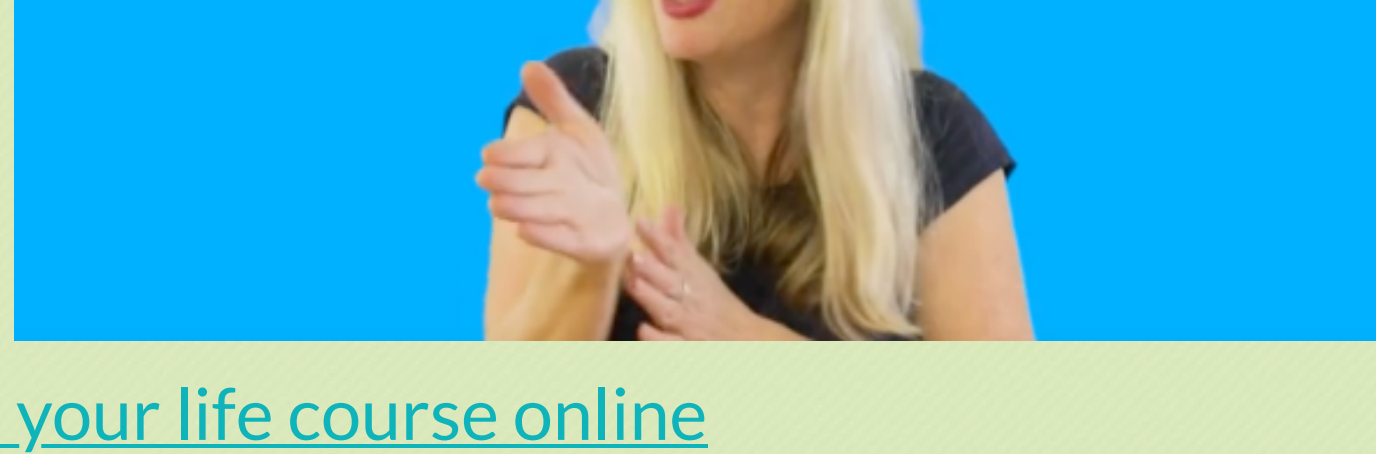
We hope this free online BSL course, will help Deaf people to look after their mental health, to understand themselves and their minds better; and improve their wellbeing.

ACT 1: How your Mind works
ACT 2: Accept what you cannot change
ACT 3: Mindfulness
ACT 4: Your Values

[Click for Sara's Limping Chicken blog.](#)

and

[click here for BSL Introduction to the ACTivate your life course online](#)



What is the aim of the D/deaf mental health research network?

Our aim is to increase research into D/deaf mental health issues in order to improve D/deaf people's mental health. We do this by applying for research project funding and by collaborating together.

Herbert Klein interview



Wider news

Improving emergency services for Deaf people

After 30 years working in NHS Deaf mental health services, Herbert retired in 2018. Now he is a freelance Independent Deaf Advisor in mental health. The last few years have seen Herbert working more globally. In 2020 during his Churchill Fellowship from the Winston Churchill Memorial Trust, he researched how emergency and crisis services can improve communication with Deaf people.

Deaf people are more likely to be injured or die during a crisis situation due to the lack of communication access. Herbert focused on the idea that it would be essential for Deaf community members to be involved in advising emergency services about their community needs because it would increase their access during crisis situations such as the Covid-19 pandemic, earthquakes, fires and major floods.

Herbert is currently volunteering to work for the World Federation of the Deaf Disaster Risk Reduction (WFD DRR) expert group, which aims to save and support people within disaster-stricken areas. For example, this includes setting up tent shelters in safe places away from dangerous areas for people who have lost their homes, providing food and healthcare to disaster survivors.

The United Nations Disaster Risk Reduction (UNDRR) covers many different types of DRR groups like DiDRR (Disabled included DRR), IDA (International Disabled Alliance), IDE (International Deaf Emergency), and WID (World Institute on Disability).

WFD has consultative status in the United Nations (UN) system, including the Economic and Social Council (ECOSOC); the UN Educational, Scientific and Cultural Organization (UNESCO); the International Labour Organization (ILO); and the World Health Organization (WHO).

The work will include setting out clear policies for organisations, improving teaching (such as Deaf awareness) and spreading the word about DRR so that the Deaf community is aware of the aims and objectives.

Herbert has volunteered along with Dr Nick Palfreyman as UK representatives. There are also two representatives from the Philippines, one from France, one from Nigeria and one from the United States. The seven will work together from January 2022 to make sure that information is disseminated widely. Herbert will be going to Indonesia in May, they have fourth largest population in the world – 280 million people, and about 4 million are d/Deaf.

Herbert hopes to show that in addition to the work that needs to be done in the UK to address the Deaf communities' experience of crisis situations (such as the Covid-19 pandemic), that more Deaf British volunteers need to work internationally across organisations to address the needs of the Deaf global community during disaster situations.

[Click here to find out more on Herbert's vlog pages...](#)

[Click for Herbert's GoFundMe page](#)

The All Wales Deaf Mental Health & Well-Being Group

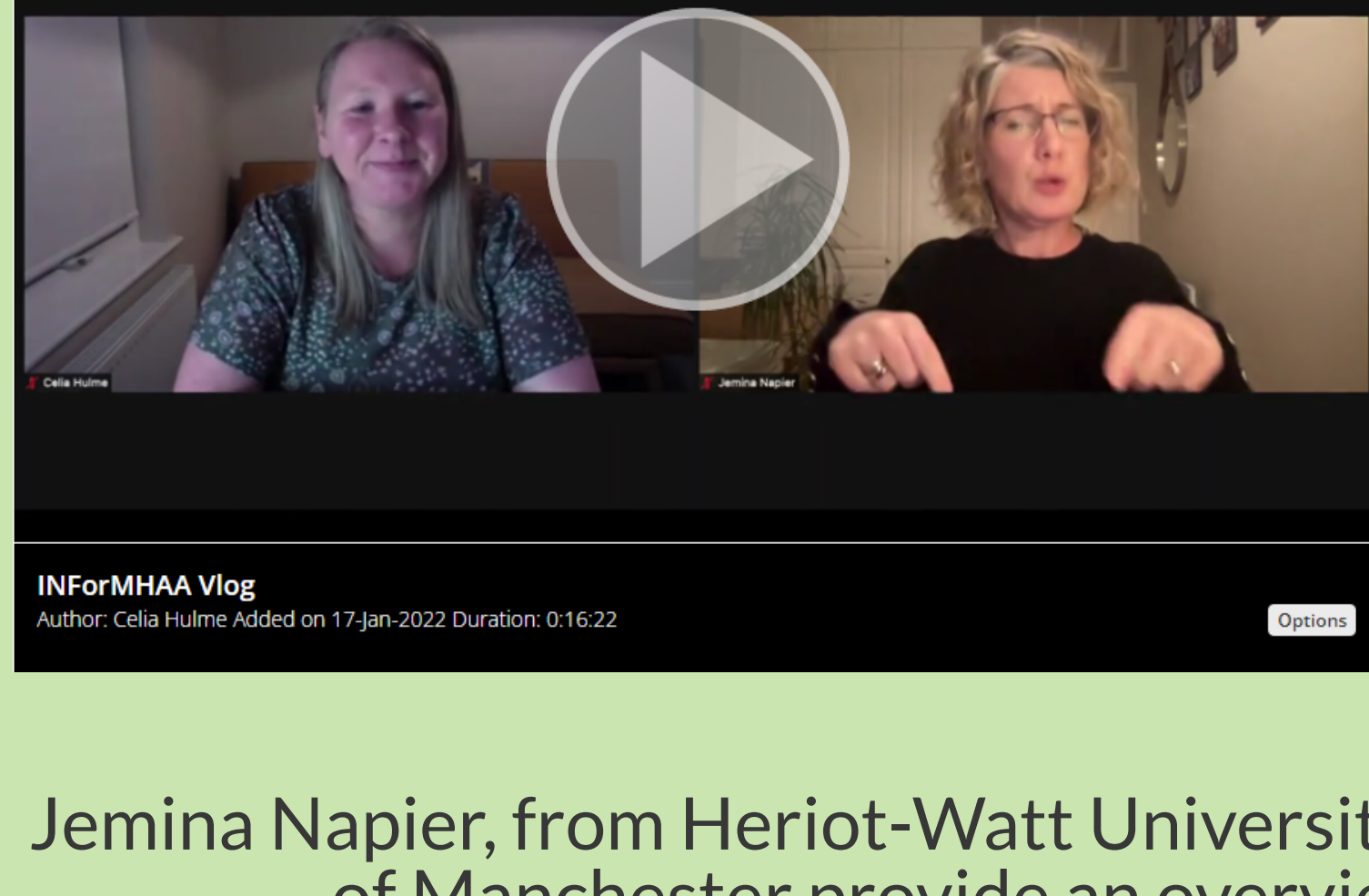
following the launch of *Deaf People Wales: Hidden Inequality* in October 2021, the group were pleased to have [BBC Wales media coverage in December 2022](#) highlighting the lack of Deaf mental health services in Wales.

Welsh Assembly Member, Mark Isherwood brought a short debate to the Senedd in January 2022 raising these issues.

[Click to access the video with BSL](#)



We also had a mental health inequalities consultation in Wales, which closed at the end of February, and we submitted a response highlighting the challenges Deaf people experience in Wales re mental health due to lack of services.



Wider news

INterpreter-mediated Mental Health Act Assessments (INForMHAA)

Jemina Napier, from Heriot-Watt University, and Celia Hulme, from the University of Manchester provide an overview of the INForMHAA project

[Click for BSL vlog](#) or [written vlog](#)

The aim of the project is to explore mental health and interpreting but very specifically how AMHPs (Approved Mental Health Professionals) work alongside spoken language interpreters or sign language interpreters, particularly if an individual needs assessing under the Mental Health Act (in England).

If a person is unable to access English written or spoken, for whatever reason, the interpreter and the professional need to work together. Very little research has been done in this area, so it's a very important and novel project.

The INForMHAA project has been funded by the [National Institute for Health Research \(NIHR\), under the School of Social Care Research](#) and it is funded for 18-months. It is an interdisciplinary project bringing together professionals from various backgrounds.

A website is currently being developed for the project. There will be information and guidance available on the website at the end of the project.

The researchers hope to create some training materials, guidelines for interpreters working with AMHPs and guidelines for AMHPs working with interpreters plus, these resources will be free and available online,

A workshop in Wales coming to you soon...



NEWSREEL is a Deaf awareness project for 2022...

What is NEWSREEL?

We all know that health workers don't get enough Deaf awareness training. So, we have funding in Wales to start a Deaf awareness eLearning project for nursing students (funded by the Burdett Trust for Nursing).

We hope that over 400 students will use the eLearning package this year. Long term the plan is for this to be available to lots of other health professional students and staff in Wales.

We are starting with discussions with our steering group, and then going out to do workshops across Wales to engage Deaf communities about the content that people think is important, so we know what needs to be in the eLearning package.

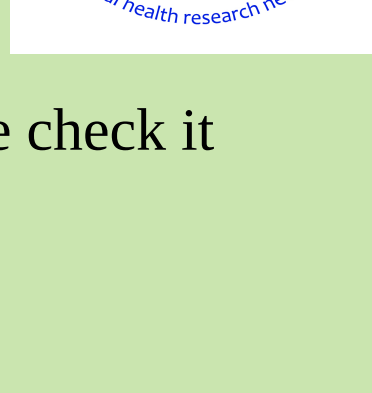
Please expect more emails and adverts about this!
We'd love you to take part. We will also be advertising for researchers.

Workshops in Swansea, Cardiff, Pembrokeshire, Llanelli and North Wales
BSL videos and flyers coming soon!

Excellent news - SignHealth awarded NHS England contract to improve Deaf people's access to mental health support

Wider news

[Click for SignHealth update and BSL video](#)



GDPR

We hope you like our newsletter. We have a privacy notice on the website, please check it out. If you want to follow up on any topic in this newsletter please email:

j.terry@swansea.ac.uk