

Registered Charity No. 1114877

children of deaf parents uk

In partnership with



Winter 2010

11th December –Christmas Party!

Book our popular FREE Christmas Party!

CoDPuk members

Have you forgotten?
Please book your place quick! Ho Ho Ho!



When: Saturday 11th December 2010

Time: 2pm to 5pm

Where? East Horsley Village Hall, Kingston Avenue, East Horsley, Surrey KT24 6QT

See website for map/directions

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National Winner is Roger Hewitt!



In our last newsletter we were pleased to tell you that CoDPuk Volunteer and adviser Roger Hewitt had won the regional award for his fantastic work and now we are proud to say he was the UK winner and featured in a See Hear Special on 17th October!

Did you miss it? If so you can catch up with 'See Hear' on i-player to find out about the other regional finalists– all very inspirational Deaf and Hard of Hearing people!

Congratulations Roger!

Do you know someone who is deaf or hard of hearing that you think deserves recognition? Why not nominate them for next year? £5 goes to Hearing dogs for every person put forward! Visit the website to download a form; www.specsavers.co.uk/hearing/sound-barrier-star-awards or www.hearingdogs.org.uk



Thanks for all your help and Support!

....to Our Volunteers and Organisers

CoDPuk rely on our brilliant volunteers; we value all your hard work –thank you for your support.

Funders & Supporters...

Deaf Access for their ongoing support thanks to Awards for All for funding us for 2010.

Also all our members for their support and donations.

Thank you!

Letter from the Chair



Hello readers!

as we approach towards the end of 2010 with a very good year for CoDPuk. The Go Ape activity proved to be a smash hit for families with older children. The Olympic tour organised by Roger and Sue was an eye opening experience. See Ryan's article below. We recognised the need to organise events that would attract teenage children of deaf parents so we did Go Ape! More planned for 2011!

The Awards for All grant finishes in December 2010 so we are applying for new grants from other providers. We are hoping we will be as successful as we were with the Awards for All grant in order to organise more quality events for 2011 at subsidised prices for you and your family.

CoDPuk are very fortunate to have a committed group of volunteers - my thanks to Helen Farthing, Anthony Clarke, Sue Craney, Penny Pearce, Roger Hewitt, William Clapham and Bron Buxton for their hard work to ensure CoDPuk remain an active, dedicated charity providing a quality service for our members. Long may it continue for the foreseeable future.

Please don't forget our Christmas Party on Sat 11th December - a good number of families are attending. Finally if we don't see you before the end of this year. have a very merry Xmas and a Happy New Year. See you in 2011!

Cheers! Dave

Olympic site guided tour - Sat 4th September



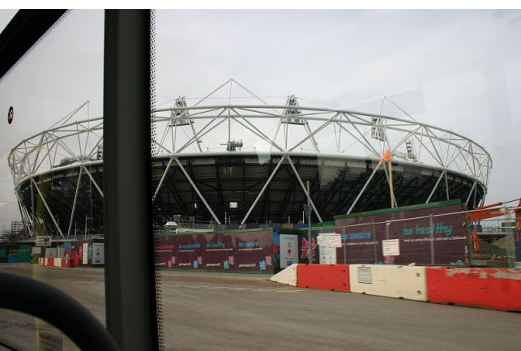
Olympic park, miraculous day When we went to the Olympic park, we had a fabulous time. When everybody started to arrive and the parents were talking like mad. Everybody at one point said "Oh yes I remember you!". When the colourful bus started moving everybody had tingling stomachs. A live commentary was running and luckily a hearing interpreter helped out with the deaf. A video was running alongside the commentator to show a



bit of what she was saying. When the bus reached the Olympic Park it was spectacular to see. We drove around and there were loads to see including the Olympic stadium, Basketball arena, Aquatics Centre, Olympic Park, Olympic Village. It was a successful day and

a great day out. Wesley said "It was an amazing view". I thought it was brilliant and I really recommend it to other people.

By Ryan Ingham





Fundraising for us

The great Women's Adidas 5 km run in Hyde Park on 5th September was a success and even more importantly- great FUN!

I am the Codpuk secretary and I took part on behalf of our charity to raise badly needed funds. I was the 13,659 thousandth person to join in..... being the last of the line!

I managed to catch up with the "pirate" Deaf Access group and joined Sue Hewitt who is also one of our Codpuk volunteers.



After a slow start (Sue; pushing through the crowds of walkers at the back!) we were off '..not running, not sprinting...' (Oh *yes she was!!!*) but more like fast walking or jogging on the spot slowly moving and swerving our way between runners or joggers!!! It was impossible to run much, but any spaces we saw we grabbed the chance to!

We managed to finish in a respectable 40 mins!! *Helen Farthing raised £100 for us! Woo hoo!! 😊* Why not join us next year; Mum's and daughters? *Nice goodie bag at the end too.....*

Deaf Parents corner

FAQ dealing with Challenging behaviour

If you have a child who is displaying tricky behaviour that causes you stress and anxiety, it is understandable that some may want to keep their child away from others for fear of a public tantrum! Every parent dreads the idea of their child doing this, particularly in public, and often it seems that the only answer is to not do things that involve other people.

Challenging behaviour can usually be explained ...

If your child's behaviour has recently changed it is worthwhile going back over the last few weeks or months to try and pinpoint when and why these changes happened. When you have established a pattern of behaviour you can begin to unravel what has happened and try to find a solution. Although it may seem easier to keep a challenging child away from other children, by interacting with others, children often change their behaviour and therefore this can be a good thing.

Sometimes children become aware their parents are 'different' -to us being deaf isn't 'different' but to a hearing child and their friends it might be seen in a negative way –especially using BSL, or if your voice is different- which may affect their behaviour. Talk to them- encourage them to see the richness of their CODA culture and meet with other positive CODA's email ;coda@codpuk.gmail.org.uk if you want to talk to someone or via our website.

Other people's opinions

Dealing with what other people think of you and your child is only part of the problem you may face if you are trying to promote positive behaviour, and it can be very hard to accept that other people have strong opinions not only about your child's behaviour, but about your parenting skills. If you have good friends, they will understand what you are trying to do and will not be bothered by your child's behaviour. Other people who do not know you won't understand what you are trying to cope with so try not to pay too much attention to negative comments. Instead concentrate on rewarding your child for good behaviour.

Go Ape!



September 12th Go Ape and the Treasure Hunt took place at the Look Out Swinley Forest. Organised by Dave Ingham (Chair of Codpuk) it was a great success! Many new families turned up for the Go Ape event and it was great to see everyone buzzing with excitement. They went in three groups and completed the trail in 3 to 4 hrs!!! Phew!!



Well done to everyone who took part. **Cerianne (16)** *I feel the Go Ape day was fantastic. The experience was riveting and aside from the numerous toilet breaks from the older 'apes', I really enjoyed myself. It was a great way of overcoming my fear of heights*



*and also enjoying myself whilst spending time with family and friends. On top of that I met new people (and even managed to rekindle some old friendships). I would definitely do it again. **David (14)** I think that the CoDPUK event was great! I met up with some family friends and had lots of fun on the go ape course. I would definitely go again if I got the chance :)*

For those younger ones who were too small to take part they went on the Treasure Hunt Trail looking for 20 Ape/ Gorilla mind boggling questions to answer! The families enjoyed this as it was different to the usual quiz they had previously. Some families came close and the Best family (Best is the families surname if you pardon the expression!) won and received a prize to eat out at pizza express. It was a great day out had by all eating, chatting, climbing, playing, hunting. Thank you everyone for coming and taking part.

© Helen Farthing Codpuk Secretary

Volunteering is FUN! Can you help us? (All ages)

Would you like to join our Volunteer team? We are always pleased to have more support even if you can only do a few hours to help on the day, or to organize an event - something for everyone! Why not ask for more information?

Photos and Privacy

Privacy Act We respect your privacy and if you do not want to be included in any publicity photos, please do tell anyone taking photos at our events and we will try not to include you or your family.

CoDPuk Diary -2011 dates for your diary

[See website and posters for more information](#)

**Provisional dates only
TBC**

30th April
Longleat (all ages)

11th June
Outdoor activities at
Grantham Water (all ages)

July? TBC
Butlins

11th September
Coach trip to Alton Towers
(all ages)

10th December
Christmas Party