



What have we all been up to?

Despite both becoming grannies in 2010, **Ann** and **Jen** have been regularly and gallantly trouping off to Scotland to present a series of one day workshops at Glasgow, Edinburgh and Invernewss, which were commissioned by LINK/Hearing Concern.

All of the workshops have been well attended and the participants have had the opportunity to learn and practice some relaxing and stress busting skills to continue to use at home. The use of a speech to text service proved invaluable and made sure that everyone there whatever their level of hearing loss or lipreading skill, was able to relax and join in!

Caroline has continued to work freelance as a Psychological Therapist across the north of England - this has also meant a lot of travelling but has been greatly valued by the BSL individuals who are able to have confidential counselling on a one to one basis without needing to use an interpreter.

These are just the main working areas of the team members of Balancing ACT who also have various other commitments as individual home based therapists (both Ann and Jen) and as a BSL interpreter (Caroline)

As the New Year begins we would like to wish everyone of you a

Very Happy, Healthy and Positive New Year!

with very best wishes from Ann, Jen and Caroline

**Do you and your friends
deserve a special
treat?**

Lakeland Balancing Act offers
special weekends in stunning
locations:

- Celebration Weekends
- Pamper Yourself Weekends
- Friends Together Weekends
- Relaxation Weekends for
People who are Deaf,
Deafened, or Hard of
Hearing (APHL)

**Don't forget we can come
to you, use a venue of your
choice or arrange it all!**

**See our website for
further details!**