



SARC

SENSORY ADVICE RESOURCE CENTRE
Milton Keynes

Winter 2023 Newsletter



Meet the SARC Team



Pauline Jarvis
Team Manager



Elaine Wooding
Sensory Service Officer



Debbie Malone
Rehabilitation Officer Visual Impairment



Dona Rooke
Administrator



Rachel Cross
Sensory Service Officer

BSL Open Day

We have been successful in obtaining funding from the **Milton Keynes Community Foundation** to run an open day for people who use British Sign Language (BSL) as their first language.

Members of the Deaf community have told us that they experience barriers when trying to communicate with services.

The aim of the event is to invite some of these services including, SignHealth, SignLive, Neighbourhood Services (MKCC Housing) and the Fire Service.

The event will be held at our offices on **Thursday 8 February 2024** and we are inviting Deaf people to come anytime between **10.00am and 3.00pm**. BSL interpreters will be available throughout the day.

For more information, please contact us or scan the QR code for details in BSL.



Winter Safety - Sight Loss

Glare can be a problem in winter because the sun is low in the morning and late afternoon. It can also reflect off snow, ice and water on the road. Wearing a wide brimmed hat or wearing anti glare UV shields (Available from SARC) can help.

Darkness comes with shorter days in winter. This can be difficult for people with eye conditions which cause night blindness like Retinitis pigmentosa.

Using a symbol or guide cane when you are out and about will help to make others aware of your sight loss.

Mobility Cane use can become more challenging with the arrival of snow. Sounds you would normally depend on can become muffled.

Using the inner edge (or 'shoreline') of a path if there is one should make travelling through snow easier as this will prevent you wondering onto the road where the snow has covered the kerb edge.

Hearing Care in Winter Immune System

At this time of year we are more susceptible to colds and flu, both of which can cause inflammation or build up of fluid in the inner ear and reduce hearing.

Keep your immune system at its best by getting enough sleep and keeping a balanced diet. These are the best ways to benefit your overall health.

Get Out and About

Go for walks, meet up with friends. It's important to stay connected to those around you. If you struggle to hear speech, remember that the more you practice hearing speech in noisy environments by having conversations, the more you tune in. Doing so will make the best use of your remaining hearing and maintain good mental health.

Hearing Aids

Hearing aid technology has been adapted for almost every setting, but sudden changes in temperature as you go from the warmth indoors to the chilly outside can cause condensation to form in your hearing aids. Make sure you clean them regularly, and store in a cool dry place when you are not wearing them.

It is also worth making sure that you are well stocked in batteries for your hearing aids over the festive period. Extremely cold conditions can make the batteries in your hearing aids drain more quickly than usual. Make sure you don't miss a thing, and keep your hearing aid batteries well stocked just in case!

Milton Keynes Theatre

Access Performance List



Cinderella

CAPTIONED: 19 December 2023 at 7pm

BSL: 20 December 2023 at 7pm

AUDIO DESCRIBED: 21 December 2023 at 7pm
with Touch Tour at 5.30pm

RELAXED: 10 January 2024 at 1pm

Edward Scissorhands

AUDIO-DESCRIBED: 02 February 2024 at
7.30pm with Touch Tour at 6pm

Disney's Aladdin

AUDIO DESCRIBED: 08 May 2024 at 7:30pm
with Touch Tour at 6pm

CAPTIONED: 10 May 2024 at 7:30pm

BSL: 15 May 2024 at 7:30pm



Smoke Alarms At Christmas

Remember to check your smoke alarms to make sure they work and that you can hear them without your hearing aids.

·If you cannot hear your standard smoke alarm without your hearing aids and you live/sleep alone, you may be eligible for a specialist smoke alarm, which has a vibrating pad to go under your pillow.

If you do have a specialist smoke alarm make sure that it is working (especially over Christmas, you could forget about food on a hob, candles or to turn Christmas lights off!).

If the specialist alarm doesn't work properly or at all please contact us for advice.



HOW TO CONTACT SARC

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We are on Social Media!



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