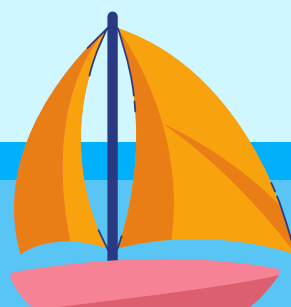




Summer 2023 Newsletter



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**

Equipment Open Days

We are planning a series of open days throughout the year to give our service users and stakeholders the opportunity to learn about assistive and alerting equipment available to support people with sight and hearing loss.

RNIB Products are our partners for sight loss equipment and the next open day will be on **Thursday 28 September 2023**. There are still morning and afternoon appointment slots available.

We will be working in partnership with **Sarabec Ltd** for hearing loss equipment and hope to arrange a date soon, Contact us if you are interested in attending the next session.

If there are specific products that you would like to see demonstrated, please let us know at the time of booking your appointment and we will pass on your request to the reps.

Many of us will be planning a summer holiday or weekend away. If you have sight or hearing loss, here are some top tips to help you plan an enjoyable trip.

Travelling with Sight Loss

- Research travel providers catering for people with sight loss, Seable and TravelEyes are two examples.
- Research attractions and venues that are accessible to people with visual impairments. The TripAdvisor website is a great resource for reviews about travel providers, destinations and places of interest.
- Inform your hotel and travel provider well in advance if you need special assistance. If travelling with a guide dog, specific guidelines can be found on their website - www.guidedogs.org.uk
- Bring your cane. Carrying a cane is an international sign of sight loss. This will signal to others that you are visually impaired.
- Make a list of the assistive devices you use every day. Are they in good condition, or should they be replaced or repaired? Make sure you have enough batteries and chargers with adapters that match the plugs in your destination.

Travelling with Hearing Aids

- Make a list of everything you will need including hearing aid case, batteries and spare tubing.
- If flying, keep all your hearing aid equipment in your hand luggage.
- When you are at your hotel, don't forget to inform the front desk about your hearing loss in case of emergency
- Remove your hearing aids before cooling down in a pool. Hearing aids are not usually waterproof, so it is important to protect them from moisture
- Apply sunscreen before putting on your hearing aids and ensure it is fully rubbed in. Oils and sprays can seep into the microphone ports or vents and damage the hearing aid.
- Keep your hearing aids in their case and out of direct sunlight when you are not wearing them.

Perhaps the best holiday experience is to soak up the benefits of your strongest senses. It is a gift to taste fine wine or touch a stone worn smooth by a mountain stream. Let yourself enjoy those moments! Enjoy your break!

Milton Keynes Theatre

Access Performance List

42nd Street

CAPTIONED: 30 August 2023 at 7.30pm

AUDIO DESCRIBED: 29 August 2023 at 7.30pm with
Touch Tour at 6:00pm

Life of Pi

CAPTIONED: 21 September 2023 at 7.30pm

AUDIO DESCRIBED: 23 September 2023 at 2.30pm with
Touch Tour at 1:00pm

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

EQUAL ACCESS FOR EVERYONE

Full details of our Access services are available from
www.atgtickets.com/access along with accessibility
information for our venue or call our dedicated Access
Assistance line **0333 009 5399**

For our D/deaf and hard of hearing customers, our
Type Talk number is: **18001 0333 009 5399**

Milton Keynes Macular Society Support Group

The group offers practical and emotional support to anyone with central vision loss from any macular condition as well as to their family and friends.

The group meets on the **2nd Tuesday** of the month from **2.00 to 4.00pm** at **Centrecom Meeting Place, 602 North Row (Behind MK Library) Secklow Gate West, Central Milton Keynes MK9 3BJ.**

Upcoming dates as follows;

Tuesday 8 August:

Social meeting, a relaxed afternoon to chat, together with a quiz or bingo with prizes, as well as a raffle. All new prizes, no unwanted Christmas gifts!

Tuesday 12 September:

All Things Macular: Our annual general discussion, led by Maggie, on macular conditions, to share information, and your hints and tips on managing sight loss, let's see how many we come up with!

Tuesday 10 October

Murders In Buckinghamshire: Today a fascinating and entertaining talk from Len Woodley, retired policeman and author, also a group member.

For further information contact: Maggie Weston:

01908 319292 Email: **mkmacsoc@gmail.com**

HOW TO CONTACT SARC

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Website www.sarc-bid.org.uk

ADDRESS

SARC (Sensory Advice Resource Centre)
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Milton Keynes, MK9 2AH

We are on Social Media!



Facebook @SARCMK

Twitter @sarcbid

Instagram @bid_services

Linkedin @bid-services

YouTube @bidservices



SARC is funded by Milton Keynes Council and delivered by BID Services.

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