

# 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**

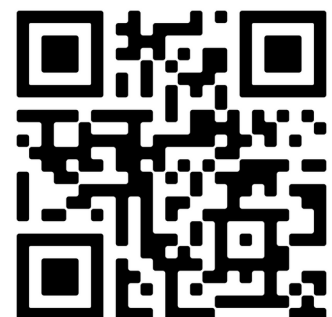
We have been successful in obtaining funding from the **Milton Keynes Community Foundation** to run an open day for people who use British Sign Language (BSL) as their first language.

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

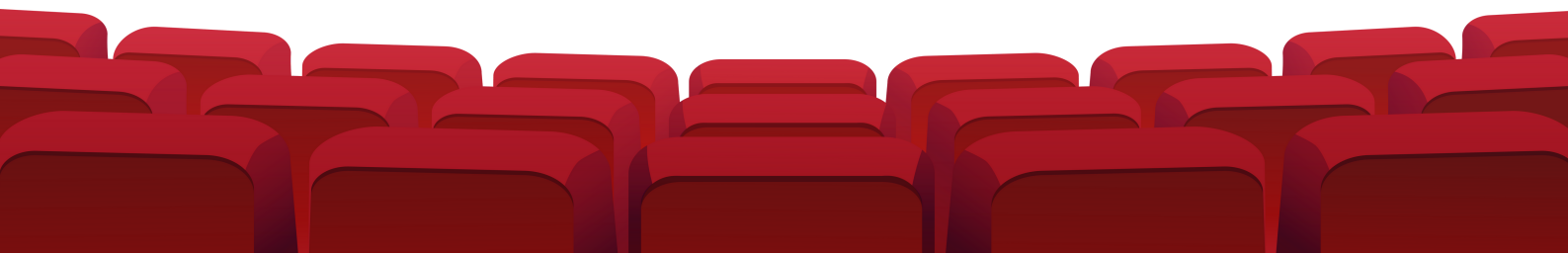
**AUDIO-DESCRIBED:** 02 February 2024 at  
7.30pm with Touch Tour at 6pm

### 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

Tel: 01908 401135

SMS: 07803 452617

Skype: sarc.office

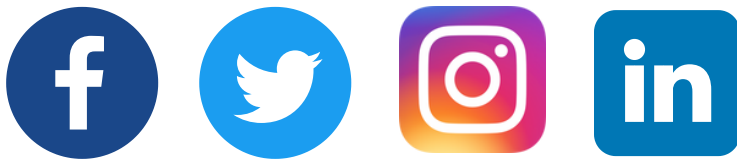
Email/Facetime: [sarcmk@bid.org.uk](mailto:sarcmk@bid.org.uk)

Website [www.sarc-bid.org.uk](http://www.sarc-bid.org.uk)

## ADDRESS

SARC (Sensory Advice Resource Centre)  
Gloucester House, 399 Silbury Boulevard,  
Milton Keynes, MK9 2AH

We are on Social Media!



Facebook @SARCMK

Twitter @sarcbid

Instagram @bid\_services

Linkedin @bid-services

YouTube @bidservices



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