



# Newsletter

Spring 2024



"Exactly Who You Need"

Issue 07



## A Look Back the first few months of 2024

This year has gone so quickly! Already we are at the end of March. We had the non-stop rain and very little frost. I feel like we have missed winter! Spring is my favourite season and everything is all new and growing, nature colours are popping out everywhere, especially bright yellow daffodils which do their best to brighten up a horrible rainy morning.

This year has also seen an influx of referrals of Deaf people with visual impairments and I feel proud that word is getting out so we can support people in this area. They have since started their support with us and has been going really well so far!

We have also started supporting Pitstone, Kingsthorpe and soon to Earls Barton. If you know anyone who needs support in these and surrounding areas please do get in touch.

I look forward to the coming months, especially the warmth of summer!

I hope everyone has a lovely Easter

Take Care,

*Carron*

# Feedback!

## SARC Open Day



I exhibited at SARC BSL Open Day, in February representing my PA Support services and the Milton Keynes Deaf Community activities/coffee mornings.

Despite the rain it was a great turn out, was lovely to see many familiar faces from our Deaf Community and also network with other services such as Back to The Fitness, BSL Church Oxford, SignVideo, BSL999, SignHealth, SARC, MK University Hospital and SignLive! This was a great opportunity for Milton Keynes Deaf BSL users to see what there is in Milton Keynes and how to access important services such as SignVideo, SignLive and more importantly BSL999.

It was such a busy and fun day. A great networking opportunity.

## An Email That was a Pleasure to Open

I wanted to express how delightful it was to meet you at the BID event yesterday. Your passion for serving the deaf community in your area is truly inspiring and leaves a lasting impact.

I am genuinely impressed by the work you do and the positive difference you're making. It's evident that your efforts are highly valued by those you serve.

Thank you once again for the opportunity to connect, Carron. I'm looking forward to staying in touch and hopefully collaborating in the future.

- Steph Lotz, Director of Customer Success, SignLive

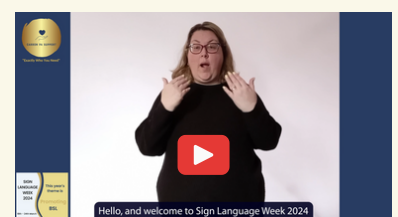


## Sign Language Week 2024

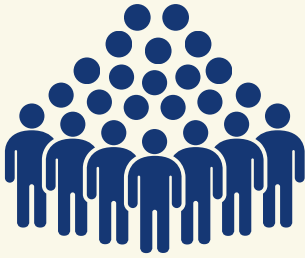
My Sign Language Week videos were well received and gained lots of views.

This year's theme was promote BSL. I wonder how many people have taken up BSL this year?

If you missed my videos you can watch them on my YouTube Channel [@carronpasupport1286](https://www.youtube.com/@carronpasupport1286)



# Statistics!



## 23rd Client!

I have now taken on my 23rd client!

There has been a rise in Deafblind clients and I have had 6 Deafblind referrals so far this year! My business is growing fast!

## Client base

6 clients who are deaf and have a visual impairment

2 clients who are hard of hearing

3 clients are companies

13 clients who are BSL users

2 clients use sign language from other countries as well as BSL

23 adults age 18-95

6 people in my team



## Busy days out for the team and clients



Whilst I drove my client to the Olde Watermill Shopping Village at Barton-Le-Clay, Bedfordshire Ewa took another client out to Marks and Spencer in MK1 for a bite to eat and plenty of clothes shopping.



In particular my client enjoyed shopping at The Model Box then we went over to Poplar Garden Centre for cake!



On a different day Ewa and another client enjoyed a spot of Tetra Tower games and dabbled in some art work!



## Afternoon Tea at Willen Hospice

Recently, one of our new clients visited Willen hospice with Julie, her new PA, for a Carer's Afternoon Tea.

Being a carer can be difficult and at times need a break from the reality, constant monitoring and caring for her husband.

With Julie's support she was able to get involved in conversations with other carers and specialist support staff at the hospice.

Realising that peer support of other people in a similar situation helps you understand that you are not alone and further advice from the specialist support was helpful. Some of the topics included solicitors and your rights, decisions, finances, health and personal experiences. Even down to when do you get time to do the washing!

The afternoon was a delight with Hearing Dog, Danny there to support as well. Beautiful behaviour from him

as he settled down beside us and he enjoyed the clinking of posh bone china tea cups and of course watched his 'mummy' munch her sandwiches (with the crusts cut off) and scones and jam!

Having had a break and new knowledge built in her decisions and routines, she settled back at home with her husband and hearing dog.

- Julie, PA Support Worker



**OFFICE  
CLOSED**

*I will be closed on  
Good Friday, 29th March  
&  
Easter Monday, 1st April*

*I reopen  
9am Tuesday 2nd April*

**OUT OF OFFICE**

*From Friday 26th April 2024  
We'll be back from our break on  
Tuesday 7th May 2024*

## Visit to the RAF Museum

One of our clients celebrated his 95th birthday in style as we took him to the RAF museum London in Hendon.

A packed lunch and an hour's car drive and we were in the height of a world war II plane lovers heaven. We started our experience by borrowing a free electric mobility scooter from the RAF and having a coffee sitting underneath the enormous Sunderland aircraft.



He reminisced from when he was a boy of 15 in New Zealand flying for 8 hours in one of these planes, the same one as he was sat under now! Peeking out of the porthole windows and being sick with air turbulence, his uncomfortable ride on hard old fashioned chairs was a strong memory for him to share with me today.

We then went off to find out about the last 100 years of RAF history and see models and real airplanes in hanger one. Impressive bombs and trying out a toy spitfire, we whizzed around looking at modern and past machines.

Our client decided he needed a souvenir of today and treated himself to his favourite plane, a model Spitfire. Thrilled with his purchase we went on to hanger three. We were in awe! The planes were huge, so many of them, and so big in the client's knowledge he told us of his memories, when he'd seen them, who flew them and details of the bombing raids. Very animated and alive our client chatted to the stewards on duty and proved his knowledge of the Battle of Britain is correct.

Sadly our time ran out and we discussed our next trip to return to hanger 2,4,5, and 6!

Overall, a great day out with souvenirs to remember our day and literature to read and hoping our next visit will be soon!

## Bedfordshire Fire Service –Fantastic Service!

Bedfordshire Fire and Rescue Service recently came out to visit four of my clients in their homes for a home safety check. They provided each of them with smoke alarms and a carbon monoxide alarm which also have vibrating pads so they can be alerted if there is a fire or detect gas when they are asleep and flashing receivers will alert them when they are awake.



Jirius was thorough and clear when explaining how to escape in the event of an emergency and gave great advice about using appliances safely around the home. Not to overload plug sockets, be careful when using portable heaters, don't charge your phone overnight to name a few.

It is extremely important that Deaf people have working fire alarms connected to a vibrating pad and flashing monitor. Having one of these could save your life.

**Book your home safety check today.** It is free and you have nothing to lose. The fire service will also book a qualified BSL interpreter for you.



## Debt Management

### Assisting a Client in Debt: A Success Story

One of my clients was experiencing a difficult time with a significant amount of debt. I offered my services and signposted them to an advisor, Milton Keynes Money LifeLine, who was able to provide them with a solution that successfully eliminated their debt. The client is now debt-free, feeling much happier, and able to plan for a brighter future.

## Domestic Abuse

Domestic Abuse  
Awareness Workshop in  
British Sign Language

For Professionals  
in the Deaf Community

My work quite often supports deaf clients who are victims of abuse. This can be physical, emotional, financial, psychological.

A while ago I attended an online Domestic Abuse Awareness Training course for professionals in the Deaf community. This was delivered by SignHealth and was very informative.

I have since worked alongside SignHealth staff supporting clients in their road to recovery. they are the leading Deaf Health Charity in the UK.

If you are in crisis you can self-refer to SignHealth  
[www.signhealth.org.uk/with-deaf-people/psychological-therapy/therapy-service/](http://www.signhealth.org.uk/with-deaf-people/psychological-therapy/therapy-service/)

There is also BSL support for Refuge who are a charity providing specialist support for women and children experiencing domestic violence.

Text DEAF 85258 to SHOUT if you need to talk to someone

You can also contact [www.999bsl.co.uk](http://www.999bsl.co.uk) for police, ambulance, fire and coastguard services in an emergency.

National Domestic Abuse Helpline

Refuge  
For women and children.  
Against domestic violence.

Please visit [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) if you need help or advice.

Chat to us live  
Open Monday - Friday, 3pm - 10pm

Support in BSL  
Open Monday - Friday,  
10am - 6pm

Did you know Deaf people can...

Text  
DEAF  
to  
85258

shout  
85258 here for you 24/7

if you need to talk to someone urgently about your mental health

999  
BSL

Download app  
Save lives

If you need someone to talk to in a time of crisis text DEAF to 85258 for free, confidential, 24/7 support via text message.

Milton Keynes Deaf Community have been enjoying activities, organised by me. I am very passionate about my local Deaf Community. There is an event happening at least once per month. They are very popular and get booked up quickly!

Deaf Coffee Mornings are on the 3rd Saturday of each month at John Lewis.

Events we have planned are Go Karting, Sunday Lunch and London Zoo BSL Tour

If you have any requests for future events please do let me know.

## Pottery Painting



## MK DeafZone Afternoon Club

17th, April, 15th May, 12th June



## Upcoming

### Go Karting



### Sunday Lunch



### London Zoo BSL Tour



Thank you to everyone I have worked with over the years and to all those who have supported me setting up and establishing my business.

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"Exactly Who You Need"

