



Newsletter

Autumn 2025



"Exactly Who You Need"

Issue 12



Welcome to the autumn newsletter of 2025

What a busy and joyful summer it has been! From sunny days at Hunstanton Beach, creative workshops at IF: Milton Keynes Festival, and peaceful moments among the lavender fields, to fun afternoons of bingo, Lego flowers, and self-care activities – our clients and team have shared so many wonderful experiences together. Each outing and session is a reminder of how important connection, laughter, and new memories are in building confidence and wellbeing.

Alongside the fun, we've also been reflecting on some of the barriers Deaf people still face in care settings, and how with the right awareness, communication tools, and support, we can help people not only live but truly thrive.

I'm also delighted to introduce Rowan, the newest member of our growing team, who brings creativity, passion, and a deep commitment to inclusivity.

As autumn arrives, our focus turns to safety, wellbeing, and little acts of self-care – whether that's wrapping up in something bright for the darker evenings, taking time to relax, or simply enjoying a treat for yourself.

Thank you, as always, for being part of our community. Your feedback continues to guide us, and it means the world to know that together we're creating spaces where everyone feels safe, supported, and valued.

Wishing you a safe, colourful, and happy autumn.

Carron xx

A Lovely Day Out at Hunstanton Beach



On Tuesday 12th August, I had the most amazing day at Hunstanton Beach with my PA, Carron, and our interpreter, Verona. The sun was shining, the beach was packed, and I even won two prizes at the fair! We enjoyed delicious food (without any cheeky seagulls stealing it!) and finished with huge, warm doughnuts.

Just over a year ago, I was very unwell and spent weeks in hospital, so days like this mean the world to me. Life's too short not to enjoy every moment, and Hunstanton Beach was the perfect place to make memories.

Summer Mentoring Days



Ewa and our client took part in a free workshop called 'Peace Takes Flight' at Centre:MK in Milton Keynes. Families, friends and curious passersby were invited to fold their own paper doves and write messages of peace at the free workshops.

This was part of the award winning, IF: Milton Keynes International Festival from 18 – 27 July. It transformed Milton Keynes city centre into a vibrant stage, hosting performances and installations that imagine a brighter shared future.

They also visited Hitchin Lavender Farm. If the rows of lavender were planted in one long row it would stretch for 25 miles!

Young at Heart



Our client had support to the hairdressers. She was so excited before she went. She said she wanted to look young! After wards she said she felt like a new woman!

On another day, after a short stint in hospital they went to Disco-licious, an absolutely lovely place to come for a nice meal, buy local produce and choose from a range of really pretty gifts.



Bingo Win!



Another day out, first for lunch followed by a game of bingo at Luton Deaf Club. And a win too! A lovely summer's day out.

Flower Art, Lego Style



Another client created some Lego flowers with Ewa's support.

A lovely relaxed afternoon chatting whilst making these beautiful flowers as part of a mental health wellbeing session.

Breaking the Silence – Supporting Deaf Residents in Care Homes

For many deaf people living in care homes, communication barriers can have a profound impact on their health, independence, and emotional well-being. Without the correct support, these barriers can lead to social isolation, reduced quality of life, and even poorer health outcomes.

Key Barriers

Limited Access to Sign Language Interpreters:

Many homes lack qualified BSL/English interpreters, leaving residents to rely on family or untrained staff. It is a legal requirement to provide interpreters for medical and legal appointments.

Ineffective Communication Strategies:

Shouting or over-enunciating never works and can feel patronising.

Lack of Visual Aids:

Few homes use clear signage, large-print materials, or video systems to support understanding.

Social Isolation:

Without accessible communication, deaf residents often struggle to join in activities or conversations.

Low Deaf Awareness:

Limited staff training on deaf culture and basic functional signs leads to frequent misunderstandings and missed opportunities for engagement.

Exclusion from Decisions:

Residents may miss vital information about their care, limiting their ability to make informed choices even when they have capacity.

The Impact

- Reduced Quality of Life
- Social disconnection and lack of engagement take an emotional toll.
- Negative Health Outcomes
- Misunderstandings can lead to medication errors, misdiagnosis, or delayed treatment.
- Feelings of Alienation
- Being left out of conversations fosters disempowerment.

How to Bridge the Gap

- Provide qualified interpreters for appointments, meetings, and daily interactions.
- Deliver staff training on deaf culture and communication skills.
- Introduce visual aids such as clear signage, large-print notices, and captioned media.
- Promote inclusive activities where deaf residents can fully participate.
- As an extra to in-person interpreters, use assistive technology like video relay services and visual alert systems.
- Involve deaf residents and their families in all care decisions.

A Simple Truth:

Communication is more than exchanging words — it's the foundation for dignity, safety, and belonging. By removing barriers, we can ensure deaf residents are not just living in care homes, but thriving in them.

Staff Updates

Our team is growing! Meet our newest team member, Rowan.

My name is Rowan.

I live in Milton Keynes and have most recently completed my BSL Level 3. I am a hearing person with a passion for British Sign Language and Deaf awareness.

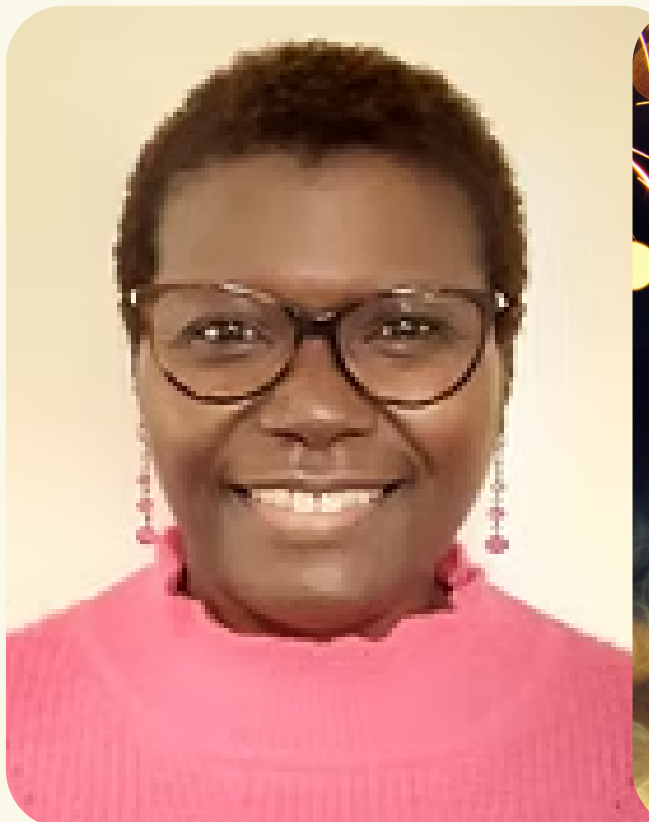
For the past 9 years I have worked as an Assistant Stage Manager on theatre shows in London and around the country.

I love meeting new people and have a strong passion for inclusivity and accessibility, especially within the Deaf community. Encouraging and supporting people both practically and emotionally is something that is really important to me.

Outside of work, I enjoy anything creative that sparks imagination, whether that be going to the theatre, sewing, dancing, drawing, painting or learning a new skill. I am adventurous but also don't mind just sitting with a cup of tea and chatting for hours. I love learning about different people's stories and experiences.



Rowan



Self Care For Autumn

Each week I post a self-care idea on Facebook. Look out for new ideas. Here are some for you to try.

Whether it's taking treating yourself or having a declutter these small acts can make a big difference.

I hope these tips inspire you to prioritise your well-being and find moments of peace throughout your day.



Buy something special



#YearOfSelfCare



Wardrobe makeover



#YearOfSelfCare

You deserve a treat—visit your favorite store for a little luxury or self-care item! Refresh your wardrobe for any season, even while working from home, to boost your confidence.

To avoid digital eye strain, follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds. For added relief, take out your contacts for a few minutes. Additionally, decluttering can enhance your well-being. Tidy up a messy spot in just 20 minutes and enjoy the satisfaction of seeing the transformation!

Look out for our weekly tips



Declutter



#YearOfSelfCare

The **20-20-20** Rule
to prevent digital eyestrain



Every 20 minutes



Take a 20 second break



To focus on something 20 feet away

Give your eyes a break



#YearOfSelfCare

Feedback

What Our Clients Say

It's that time of year again when we ask our clients how we're doing. Once again, we're delighted to share that every single person told us they feel safe, supported, respected, and listened to.

Highlights from this year's feedback

100% of clients said they feel safe and supported with Carron PA Support.

Everyone agreed communication is clear and easy to understand (BSL and Plain English).

All clients confirmed they trust our team with their personal information.

Every client felt their support is person-centred and matches their needs.

In our clients' own words

"I work so I need help with appointments – I have lots!" – Client

"CH has been showing me how to do things. Before, I didn't know anything, but now I want to learn more so I can do things myself sometimes." – Client

"I'm so pleased with the support sessions. They mean I'm not stuck at home – I can get out, be social, and enjoy myself." – Client

"No, I am fine with everything." – Client

What's next

Some clients told us they'd like more support with learning new skills and building confidence to do things independently. We'll be exploring ways to add this into future sessions, while continuing to provide the safe, reliable, and friendly support you know us for.

Thank you to everyone who shared their thoughts – your feedback helps us grow and improve.



In the Community



Saturday 20th September 2025
11am - 2pm

John Lewis, The Place to Eat
680 Silbury Blvd, Central Milton Keynes
3rd Saturday of each month
Contact Carron/Cathy: 07523 061304
Email: mkdeafcommunity@gmail.com



Saturday 18th October 2025
11am - 2pm

John Lewis, The Place to Eat
680 Silbury Blvd, Central Milton Keynes
3rd Saturday of each month
Contact Carron/Cathy: 07523 061304
Email: mkdeafcommunity@gmail.com

Scan the QR Code to see more about

Milton Keynes



Deaf Community
'Where friendship matters'

What's On



SCAN HERE

Regular Groups



SCAN HERE

Contact Carron or Cathy:
Text/ WhatsApp: 07523 061304
Email: mkdeafcommunity@gmail.com
www.mkdeafcommunity.co.uk

2025 Dates For Your Diary

Saturdays: 11 am - 2pm

18th January, 15th February, 15th March, 19th April, 17th May,
21st June, 19th July, 16th August, 20th September,
18th October, 15th November, 20th December

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Facebook: Milton Keynes Deaf Community



We have several events booked and more in the pipeline.

If you have any ideas and would like to get involved email Carron or Cathy at mkdeafcommunity@gmail.com

Safety This Autumn



As the nights start to draw in remember to keep you and your family safe when out and about in the evenings and especially when around fireworks and sparklers.

Wear something bright; be safe, be seen. If you cannot hear the cars and they cannot see you there may not be enough time for you to get out of the way.

Start planning your wardrobe now! Do you have a bright jacket, reflectors to put on to your bag? Now is the time to go shopping if you haven't.

Consider investing in reflective armbands or vests, which can be easily worn over any outfit and significantly increase visibility. Additionally, always carry a torch or use the torch feature on your phone to light up your path and alert passing vehicles to your presence.

When it comes to fireworks and sparklers, maintain a safe distance and always supervise children closely. Ensure that sparklers are held at arm's length and extinguished in a bucket of water after use. It's also wise to keep a first aid kit handy, just in case any minor accidents occur.

Remember, safety doesn't mean compromising on fun. By taking these simple precautions, you can enjoy the crisp autumn evenings with peace of mind, knowing you've done everything to protect yourself and your loved ones.

Stay safe and enjoy the beauty this season has to offer!



Hold sparklers safely.

Stick the sparkler into
a carrot before giving
to a child.

Sparklers are 10x hotter than boiling water
Have fun - but STAY SAFE!



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. It is going from strength to strength!



"Exactly Who You Need"

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