



Newsletter

Autumn 2024



"Exactly Who You Need"

Issue 08



We are now in the second half of 2024

It feels like we have gone from 1-25th September so fast it feels like two days! Autumn is clearly in the air and I have been contemplating when I should put my heating on!

We have all been extremely busy supporting our clients and we have had some fun days out, including Bletchley Park. Bletchley Park is the home of The Enigma Code. If you haven't been, it is definitely worth a visit.

Sandy has been settling in well and building her confidence as a Deafblind Communicator Guide.

As the weather is getting cooler now and the nights are drawing in, it is important to check in with ourselves, get our flu jabs done, stock up on cold remedies and get your boiler serviced.

October is the month for stopping smoking and reducing your cholesterol. Look out for my upcoming posts about how you can help yourself and take a look at my website for more interesting blogs.

If you would like to advertise your services or business to our deaf and deafblind communities, please get in touch.

Take Care, keep warm and stay safe.

Carron

BucksVision Equipment & Information Day



On Wednesday, 18th September 2024, I had the pleasure of attending the BucksVision Equipment and Information Day at Buckingham Community Centre. Accompanied by my British Sign Language (BSL) interpreter, Alyson, I set up an exhibition stand to showcase the specialist support services I offer to deaf and deafblind clients.

This event marked a significant milestone as I celebrated three successful years in business! Over these years, I've had the privilege of building a solid client base, and today served as an important reminder of how much our services are needed—not just in our local community, but nationwide.

The BucksVision event was a fantastic networking opportunity, bringing together professionals and service providers who work with visually impaired, deaf, and deafblind individuals. I had the chance to share my work and meet others who are equally passionate about improving access to services and equipment for those with sensory needs.

I had the opportunity to try out some 'subtitle glasses', supplied by VisionAid and then I gave feedback! They were great, more accurate than Google's transcribing. They were a little pricey at £740. The bonus is you can wear them as your prescription glasses.

It was inspiring to see so many people interested in the support we provide, and I'm excited to have onboarded several new clients who are in need of the specialist services we offer. The demand for dedicated, personalized support is growing, and today was further proof of the importance of our work. I also gained valuable insights into other services and equipment that could benefit my clients, helping to make their lives easier and more connected.

As I reflect on this wonderful day, I'm filled with gratitude for the ongoing support from the community, my interpreters and the trust my clients have placed in me. Thank you to BucksVision for inviting me to exhibit. Here's to many more successful years ahead, continuing to make a difference for the deaf and deafblind communities!

Navigating Adulthood: Mentoring Young Deaf Adults Through Transition Challenges



Mentoring deaf people is one of several roles of Carron PA Support's services.

Recently a new client has taken on our services after growing up in a deaf boarding school all her life and now as a young adult has had to adapt to adulthood in the wider community.

Deaf Boarding Schools can mean immersive deaf culture. Deaf boarding schools provide an environment rich in Deaf culture, where students can communicate freely using sign language, have a tailored Education equipped with specialised staff and resources to meet the educational needs of deaf students. Students form strong bonds with peers who have similar experiences, fostering a sense of community and belonging and social integration. The entire school environment, from classrooms to extracurricular activities, is designed to be fully accessible for deaf students.

The downside to this is isolation. 'We' live in a predominantly hearing world so access to the hearing community, family and friends has daily communication barriers. Students all too often have limited interaction with the hearing world, which can create challenges as an adult when transitioning to a mainstream environment. Friends and social networks formed at boarding school may be spread across the country, making it difficult to maintain relationships after school life has finished.

Carron has been mentoring the client. This includes accessing DWP, how to find a job, translating letters, training the person in essential life skills, such as managing finances, cooking, and using public transportation, career support – assisting with job search strategies, creating a CV and interview preparation and techniques, educating potential employers about the benefits of a diverse workforce. There is still a long way to go. Alongside Carron's work, Ewa has been working on social skills and activities with our client and introducing her to local areas in Milton Keynes, how to find and access local deaf community groups, visit local attractions and activities. This support will enable her to have the independence to connect with others of her own age who share similar experiences and communication preferences.

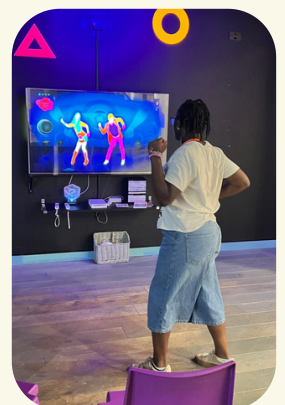
Long-Term Goals

Our plan is to encourage client in active participation in both Deaf and hearing community events to build a diverse network of support and friendships.

By addressing these areas, the client can develop their skills, confidence, and support network needed to thrive in both Deaf and hearing environments.



This holistic approach ensures a smoother transition from the familiar setting of a deaf boarding school to the broader and more varied experiences of adulthood in the wider community. Hopefully in the future, our support service can be reduced or stopped once the client has gained self- confidence and full independence after the mentoring programme.



Arts and Crafts as a Therapeutic Tool for Deaf Individuals

Arts and crafts offer a powerful form of therapy for deaf individuals, providing an expressive outlet that nurtures emotional well-being, enhances communication, and fosters community connections. For deaf people, this form of therapy addresses challenges like isolation, stress, and difficulties in self-expression.

Therapeutic Benefits:

Non-Verbal Expression: Deaf individuals often rely on sign language or written communication, which can be limited in certain contexts. Arts and crafts allow them to express complex emotions without words. Through painting, sculpting, or drawing, they can freely communicate their feelings.

Emotional Healing and Stress Relief: Creating art calms the nervous system, reducing stress and anxiety that may result from communication barriers. Engaging in artistic activities promotes mindfulness and providing a sense of accomplishment and control.

Building Confidence and Self-Esteem: Art therapy provides a non-judgmental space where deaf individuals can explore their creativity. This boosts self-confidence, especially for those who have faced challenges in socialisation. Group sessions foster interaction and support, allowing individuals to showcase their skills and feel valued.

Fostering Community and Connection: Arts and crafts, particularly in group settings, build a sense of community. Deaf individuals often experience isolation due to communication barriers. Art therapy groups provide an inclusive environment where participants share work, collaborate, and form meaningful connections.

Enhancing Communication: While art is often non-verbal, it enhances communication through shared creative processes. Visual storytelling through drawings or collages can help individuals express emotions that are difficult to articulate in words.

Effective Art Therapy Techniques:

Sculpture and Clay Work: The tactile nature of clay work provides a sensory-rich experience for emotional expression.

Collage and Mixed Media: Combines images and textures, enabling participants to symbolically represent their feelings.

Accessibility and Inclusivity: For art therapy to benefit deaf individuals, accessibility is key. Art therapists fluent in sign language, or supported by interpreters, ensure inclusive participation.



Deaf culture's emphasis on visual and tactile experiences makes arts and crafts a natural fit for therapy, creating a space where individuals feel understood and empowered.



Clients and staff enjoying what our community has to offer



Arts and Crafts



Bletchley Park



Spot of lunch!



And back home... we all love our home comforts of technology!



My Afternoon as a Deafblind Communicator Guide

Part of my role involves me working as a Deafblind Communicator Guide. Each appointment brings new challenges and rewards. Recently, I had an appointment that truly tested my skills and showcased the importance of my role.



My deafblind client was attending the first of a series of diabetic training sessions, with my support. This meant she was also able to access all the information as well as the services. Click the link to read more [here](#)

Advocacy Services

We have been working closely with the Job Centre, visiting the Citizens Advice Centre (CAB) in Bedford and Milton Keynes who helped us to resolve several issues.

Did you know that Citizens Advice is a voluntary organisation and rely on funding. Although they have been a great help to us, I had to provide my own interpreters to support me as they have no funding for this. This is another communication barrier to the deaf community that needs sorting. I submitted my feedback on this issue.



Deaf Coffee Clubs

Milton Keynes Deaf Coffee Club meet 3rd Saturday of the month, 11am - 2pm at John Lewis, The Place to Eat, 680 Silbury Blvd, Milton Keynes MK9 3AE

MK DeafZone Afternoon Club meet on the 3rd Wednesday each month in The Discovery Room at John Lewis, ORI Cafe, 680 Silbury Blvd, Milton Keynes MK9 3AE 1pm - 3pm

Aylesbury Deaf Coffee Club meet at The Methodist Church, Buckingham Street, Aylsebury, Bucks HP20 2NQ
1st and 3rd Tuesday of each month from 11am to 2pm in the Hall.

Deaf Access Bedfordshire, meet every 2 weeks on a Friday at 3 Commerical Road, Bedford, MK40 1RB 11am - 1pm



Keeping Healthy and Safe This Autumn and Winter

Keep warm: hot drinks, eat hot meals - lots of nutritious hearty foods like stews and soups, rice and pasta dishes.

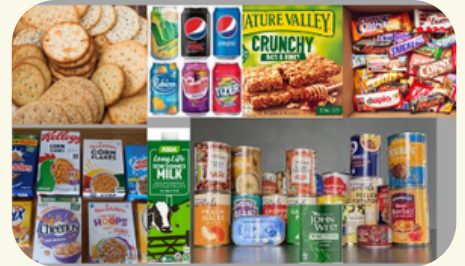
Stock up on long-life food and milk and ready to eat meals



Keep your medication up to date and in order

Get your Flu injection

Keep warm: wear layers of clothes, use blankets, close the curtains when it goes dark, have a water bottle, heating on,



Keep active

Keep your gas and electric meter topped up if you are on a prepayment meter



Has your boiler been serviced? The best time is late summer or early autumn, before the winter season begins.

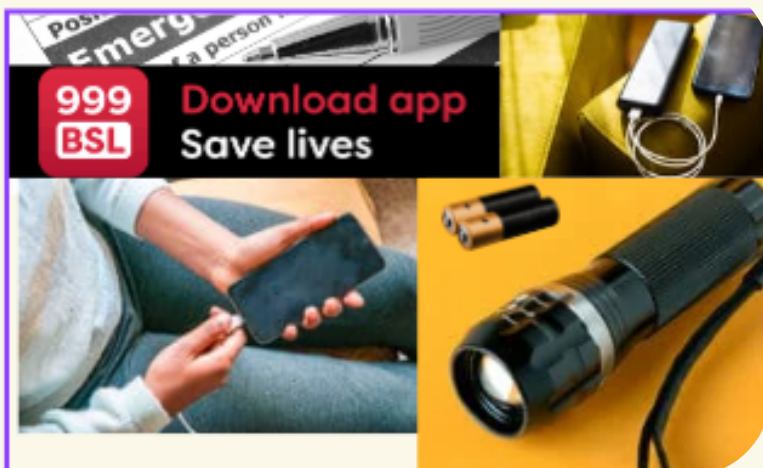
Plan for an emergency:

- keep your phone charged
- keep a torch and batteries handy
- have a list of important phone numbers



Stay up to date with weather forecasts

Check in on your neighbours



Have you had your boiler serviced this year?

There are several reasons why it's important to service your gas boiler, including

Safety

- Servicing your boiler can help prevent dangerous issues like gas leaks, fires, and carbon monoxide poisoning. Carbon monoxide is odorless, colorless, and tasteless, so it's easy to be poisoned without knowing it.

Efficiency

- A boiler that's serviced regularly will be more efficient, which can help reduce your energy bills.

Lifespan

- A well-maintained boiler will last longer than one that hasn't been serviced.

Early warning of issues

- Small problems can become big ones if left unattended, so servicing your boiler can help you save money on future repairs.

Boiler service

The best time to service your boiler is in the late summer or early autumn, before the winter season begins. Make sure you use a reputable engineer. Check-a-trade or trust-a-trader are good ways to find someone.



Prepayment gas and electric meters

If you are on a prepayment meter, make sure there is enough money on your meter so you don't run out of gas and electric when it gets cold.

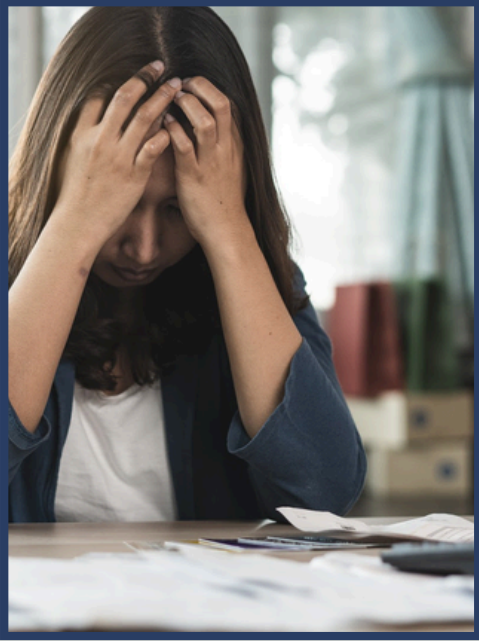


Leaky taps

Make sure you have no leaky taps and cover your outside tap so it doesn't freeze and burst when it gets really cold



Financial Abuse



What is financial abuse?

Financial abuse is the mistreatment of someone in terms of their money or assets, such as their property. Financial abuse often occurs alongside other forms of abuse.

Financial abuse can include:

- money being stolen or misused
- fraud
- exploiting someone's financial affairs
- restricting someone's access to money, employment or possessions
- pressuring and coercing someone about their will, lasting power of attorney, property or inheritance.

Signs of financial abuse

While financial abuse can look very different for different people, there are signs of financial abuse you can look out for, either in your own life or if you're worried about a friend, relative or neighbour. Think about the answers to the following questions:

- Have you noticed unusual or inappropriate transactions on your bank statements?
- Are you unable to access cash, either via banking or income sources, such as your pension or other benefits?
- Are you being pressured into giving your money to others, leaving you without the money you need to pay for essentials?
- Have you recently lost money without any explanation?
- Have you lent money to someone and they haven't given it back?
- Do you feel pressured or forced into making changes to your will or other financial plans?

While this list isn't exhaustive, these are some of the most common signs that someone may be experiencing financial abuse.

Organisational abuse

Organisational abuse is where poor working practices and inadequate care in a specific setting leads to the mistreatment and/or harm of adults and children at risk. This level of abuse focuses on organisations and their explicit rules and informal norms. It occurs when the individual's wishes and needs are sacrificed for the smooth running of a group, service or organisation.

See Sign Health for a video in BSL www.signhealth.org.uk/videos/economic-abuse/

If you are concerned talk to someone such as your support worker, social worker, a trusted friend or family member, doctor, police, 999BSL, or Action Fraud via SignVideo



Download app
Save lives

Action Fraud

National Fraud & Cyber Crime Reporting Centre

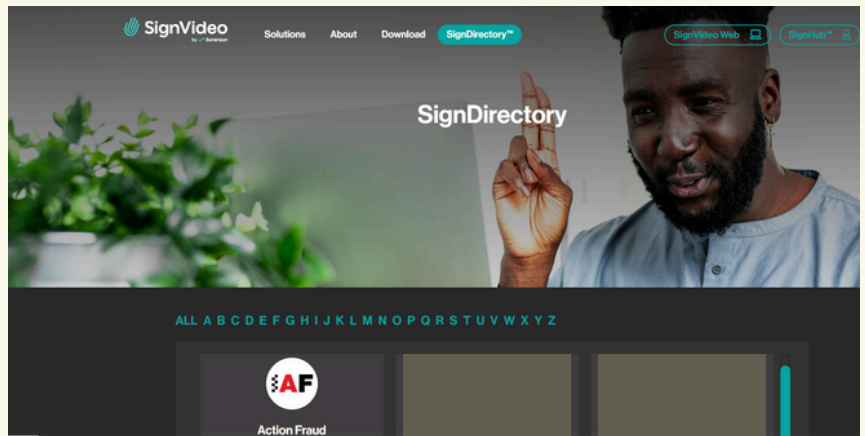
0300 123 2040

Financial abuse also is: "The unauthorised and improper use of funds, property or any resources belonging to another individual." It includes: theft, fraud and exploitation, pressure in connection with wills, property, inheritance or financial transactions, misuse or misappropriation of property, assets, possessions, savings, capital or benefits

<https://www.actionfraud.police.uk/>

Telephone 0300 123 2040

BSL users can contact Action Fraud via SignVideo www.signvideo.co.uk/sign-directory/



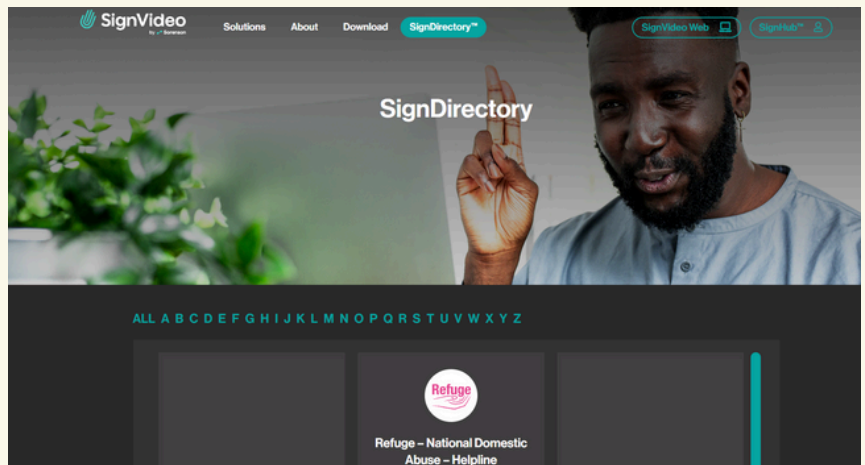
National Domestic Abuse Helpline

Refuge
For women and children.
Against domestic violence.

Please visit 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...

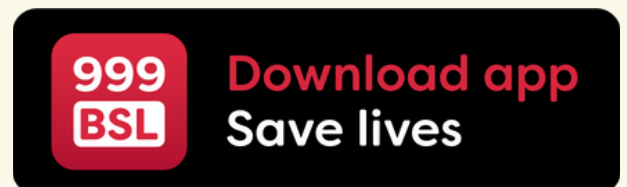
Text DEAF to 85258

 shout 03235 here for you 24/7

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

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.

www.signvideo.co.uk/sign-directory



Milton Keynes



Deaf Community

In the community

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 11am - 2pm
John Lewis, The Place to Eat, 680 Silbury Blvd, Milton Keynes MK9 3AE

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

Milton Keynes Deaf Coffee Club

Saturday 19th October 2024
11am - 2pm

John Lewis, The Place to Eat
680 Silbury Blvd, Central Milton Keynes
3rd Saturday of each month
Contact Carron: 07523 061304

Milton Keynes Deaf Community

Sunday Lunch
Get Together With Friends
Sunday 27th October 2024
2pm

Talbot Inn
33 London Road
Loughton,
MK5 8AB

25 spaces available

Book now!

Inbox Carron to secure your place
or text 07523 061304

Christmas Wreath Making & Refreshments
Saturday 23 November 2024, 1pm

£40

Milton Keynes Deaf Community

25 places Book now to reserve your place
Inbox Carron or text 07523 061304

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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07523 061304 Text/ Video WhatsApp

