

Merry Christmas



DEAF SERVICES

CHRISTMAS NEWSLETTER

Sight Action will be closed from Friday 21st December and will re-open on Thursday, 3rd January 2019 at 9 a.m.

Deaf Services Inverness Drop in will be closed from 12 noon Friday, 21st December and will re-open on Thursday, 3rd January 2019 at 10 a.m.

Hearing and Sight Care, Caithness will be closed from Friday, 21st December at 2 p.m. and will re-open on Monday, 7th January 2019 at 10 a.m.

Merry
Christmas

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M e r r y C h r i s t m a s

CHANGES TO THE NEWSLETTER

You will notice a change to the Newsletter this issue.

Sight Action and See Hear Highland Education & Learning Services [SHHELS] have worked together to produce a joint newsletter for people with sight loss and/or hearing loss, as many people live with both a hearing and vision loss.

This is YOUR newsletter so please let us know what you think. If you have any ideas or suggestions please let us know at: admin@highlandsensory.org.uk

A BSL version of this newsletter can be viewed at:

www.sightaction.org.uk

NHS Highland You Tube Channel

REMEMBER: You can also view NHS Highland Local BSL Plan on NHS Highland You Tube Channel

Information for Vision Support Groups for 2019 can be obtained from Sarah Shaw at Sight Action on 01463 233663

M e r r y C h r i s t m a s

M e r r y C h r i s t m a s

STAFF CHANGES IN SIGHT ACTION

It is with deep sadness that we inform you about our colleague in the Western Isles, Dawn Davidson, who has decided to leave Sight Action and move to another post. We will miss her cheerfulness and helpfulness within the team, however I feel this will be a greater loss to the service users both in the centre and within the support groups.

Dawn, who has only been with us a short time, expressed deep regret at leaving, however she feels that she must make this move now.

She made a huge impact on the lives of all those she helped at the Western Isles Sensory Centre and will be greatly missed.

I will personally miss Dawn a great deal as I was there the day she was interviewed for the post, and spent many hours in her company at work and some evenings with her family. When you're working away from home it makes a great deal of difference to have a home cooked meal and a chat in the evenings so thank you. All of us at Sight Action thank Dawn for all her hard work and dedication and wish Dawn the very best for the future and her new post.

Raymond Smart
Rehabilitation Officer

**THANK YOU
&
GOODBYE**

M e r r y C h r i s t m a s

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Looking After Your Deaf Services Equipment

Sadly, the winter months are looming nearer with those short days and long nights. For many of us there is a tendency to only go out when we need to, preferring instead to pull the curtains and stay at home, cosy in the warm. It's during the winter time that our Deaf Services equipment can be of more importance to you, helping you to hear the door, telephone, television, radio and fire alarm.

Most of our equipment uses batteries, so to avoid disappointment, be sure to have spare ones for your devices. There is nothing more disappointing when listening to or watching your favourite programme, on radio or television and suddenly your device goes off!!" Be sure to replace with quality batteries, for example Duracell, as they will last longer.

When the weather becomes colder the sudden drop in temperature can affect your doorbell push and fire detectors. This is because the sudden cold temperatures can pull the existing power from your batteries and it is very common for fire detectors to suddenly vibrate and go off for no apparent reason. The detectors are advising you that your batteries need to be replaced. Similarly, your doorbell push may just stop working.

If any of the above happens and you are unable to or have no-one to replace your batteries for you, just telephone us here at Deaf Services **01349 868711** and we will arrange for a Handyperson to call around and replace the batteries for you. Payment for replacement batteries are to be made directly to the Handyperson.

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Amended Dates for Deaf Services Drop In Centres

- **Glen Centre, Aviemore** – normally last Monday of the month will now be **17th December 2018**
- **Innesmore, Tain** – normally last Tuesday of the month will now be **18th December 2018**
- **Telford Centre, Fort Augustus** – normally last Thursday of the month will now be **20th December 2018**
- **An Arcasaid, Broadford** – normally first Tuesday of the month will now be **8th January 2019**
- **Dingwall Drop In** – First Friday of the month will be open on its usual date **4th January 2019**
- **Inverness Drop In, Beechwood House** – will be closed from **Friday, 21st December 2018** and will re-open again on **3rd January 2019**

M e r r y C h r i s t m a s



Ross-shire Community Transport Partnership

Ross-shire Community Transport Partnership has been operating successfully from April 2018 mainly throughout the Easter Ross area. The Project was set up in response to an acknowledgement that there are residents who are unable to access services because they do not have their own transport or cannot access public transport.

It works by volunteer drivers using their own cars to take residents in the area to their chosen destination. There is a small charge depending on the distance travelled and this is paid to the driver to cover their expenses. Drivers are issued with a mobile telephone and an identity card and all of our volunteers are offered training such as passenger assistance, winter driving, first aid and sensory awareness. They also carry a first aid kit, telephone and emergency equipment in their cars.

RCTP also has a leased 8 seater car and this allows us to take larger groups out and about. This is also driven by a volunteer driver and although the current vehicle is not fully accessible we hope to address this in the future.

How Does It Work?

All of our users need to become members of RCTP. This is free and we ask you to fill in a membership form so that we have your contact details and any other relevant information. Once you have been registered you can use the service.

To book the service, members need to telephone the RVA office and give us the details of the journey. As we are using



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Volunteer drivers, we ask for at least 24 hours' notice so that we can contact the volunteers with the request. It is also useful for us to know if you have any sensory or mobility issues and whether you will be bringing a walking aid or wheelchair with you. Once drivers have confirmed with us that they can take the booking we will let you know who is picking you up and the cost of the journey. Payment is made directly to the driver and a receipt will be issued.

If you would like more information, please contact us on **01349 862431** or **07776765683** or email: transport@rossvolact.org.uk

TORCH

A Torch Fellowship Group for individuals with a sight loss.

Where: Kingsview Christian Centre
Balnafettack Road, Scorguie, Inverness

When: Last Saturday of each month at 2pm

Opportunities to explore Christian faith, develop friendships and have fun! For further information please contact:

Clark Walls on **01463 221597** or torchtrust.org

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Caithness and Sutherland

Lipreading Classes



Lipreading classes have begun in Brora and Thurso and will run for 30 weeks until the end of June, funding permitting. Classes are open to anyone with a hearing loss who would like to learn to lipread, self-manage their hearing loss and hearing aid upkeep and learn coping strategies for daily living. Classes are for 2 hours once a week and there is no cost. Classes are funded mainly by the See Hear Improvement Group, with additional funding sourced elsewhere. Our tutor Debbie Miller comes from Dornoch and is a qualified and registered lipreading tutor. Classes are held as follows:

Brora Community Centre, Thursday afternoon 2 - 4pm

**Thurso - The United Reformed Church, Castle Street
Friday morning from 10.30 am - 12.30pm**

If you are interested in attending please contact **Deirdre Aitken, Manager, Hearing and Sight Care on 01955 606170**

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IT Intergenerational Project

We have received funding from Your Cash Your Caithness to start this project which is aimed mainly at people with sight loss to have one to one sessions with a young volunteer. We have now recruited someone who has started visiting people to help with their IT needs. Again anyone who is interested in this should contact **Deirdre Aitken, on 01955 606170**



Volunteers

We are currently recruiting volunteers to help with our service provision, no experience is needed as full training is given. We would be delighted to hear from you if you have any time you could spare once a week or fortnight within our centres or the community. If you are interested or would like more information please contact **Deirdre Aitken, Manager on 01955 606170**

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EVITA

Hi everyone, well it's now six months since Evita retired and many of you have asked me how she is doing in her well-deserved retirement. She was rehomed in March this year with a couple near where I live and have a small woodland and plenty of space for her to run about and play. This is a total contradiction to the 9 1/2 years she spent working with me.

I still have her at home on the odd weekend or just for a daytime visit when we are not at work. She looks very happy and is always glad to see us. She seems to have settled in to retirement very well, it must be nice to have a sleep whenever you feel like it, and not be woken up to get off the train and go to work. She worked for me every day without fail and I still enjoy her company when she comes home for visits. She is very well looked after and very happy and healthy. Even the family's cat likes her, so much that it sneaks into Evita's bed when she is away staying with me. She certainly deserves to have the best and most enjoyable retirement.

Raymond



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Scottish War Blinded

Scottish War Blinded is a veteran's charity operating across Scotland. In the North its services are provided by Sheena Menzies and Michael Hilton, both themselves veterans.

Support can include:

- Rehabilitation and training to adapt to sight loss
- Grants for equipment to assist with independent living
- Funded respite care
- Home modifications
- Sports, recreation and social activities

We have regular lunch clubs in Tain, Inverness, Nairn and Elgin. We also work closely with other agencies and charities so that even if Scottish War Blinded can't help with an issue we can find the right people for the job.

If you have a verified sight loss, live in Scotland and served a single day in the British Armed Forces you can probably get help from us. There are special circumstances that can increase eligibility, for example we serve some people who have previously served in the Merchant Navy during World War 2 in convoys.

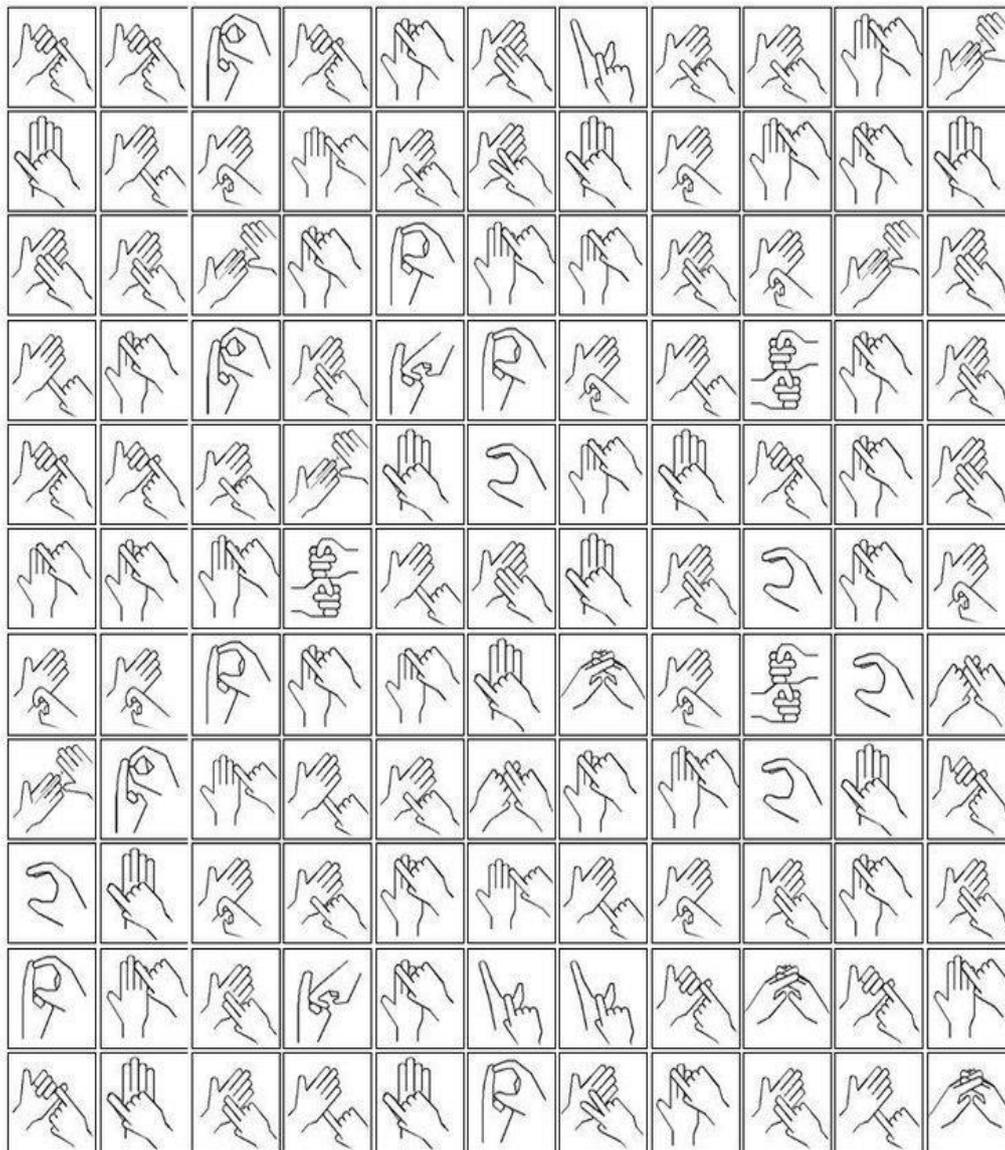
We give free support to ex-service men and women, no matter if they lost their sight during or after service. If you or someone you know could benefit from activities and support from Scottish War Blinded, call us free today on **0800 035 6409**

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BSL Word Search - Merry Christmas



Christmas	Presents	Crackers	Pudding
Festive	Rudolph	Snowman	Carols
Manger	Wreath	Advent	Donkey
Merry	Gifts	Santa	Holly
	Yule	Snow	

©Andrew Pickles BSL Word Search on Facebook

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Live Audio Description at Eden Court

Eden Court Telephone Number: 01463 234234

Useful websites:

<https://www.launchingfilms.com/release-schedule>

<https://www.accessscottishtheatre.com/>

- Jack & the Beanstalk - 15 Dec @ 2.15pm & 28 Dec @ 7pm
- Scottish Ballet: Cinderella - 26 Jan @ 2.30pm
- Scottish Opera: The Magic Flute - 25 May @ 7.15pm

All performances of the below films will have audio description available.

- Fantastic Beasts: The Crimes of Grindelwald
- Widows
- Mary Poppins Returns
- The Old Man & the Gun
- Ralph Breaks the Internet
- Sorry to Bother You

Subtitled Cinema at Eden Court

- Widows - Sun 2nd Dec 1.45pm
- Fantastic Beasts: The Crimes of Grindelwald - Wed 5th Dec @ 5.30pm
- The Nutcracker And The Four Realms - Sun 9th Dec @ 11.30am
- The Old Man & the Gun - Sat 22nd Dec @ 2pm
- Mary Poppins Returns - Thu 27th Dec @ 5.30pm & Mon 31st Dec @ 1.45pm
- Ralph Breaks the Internet - Sun 30th Dec @ 2pm

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Inverness Deaf Club – What's On?

Inverness Deaf Club meets on a Saturday night at Beechwood House, 69 – 71 Old Perth Road, Inverness from 6pm till 10pm

- 1st Dec – Chat Night
- 8th Dec – Christmas Lunch in Nairn
- 15th Dec – Christmas Games [Panto with BSL performance at 2.15pm at Eden Court]
- 22nd Dec – CLOSED
- 29th Dec – CLOSED
- 5th Jan 2019 – New Year's and Catch Up

SIGHT ACTION

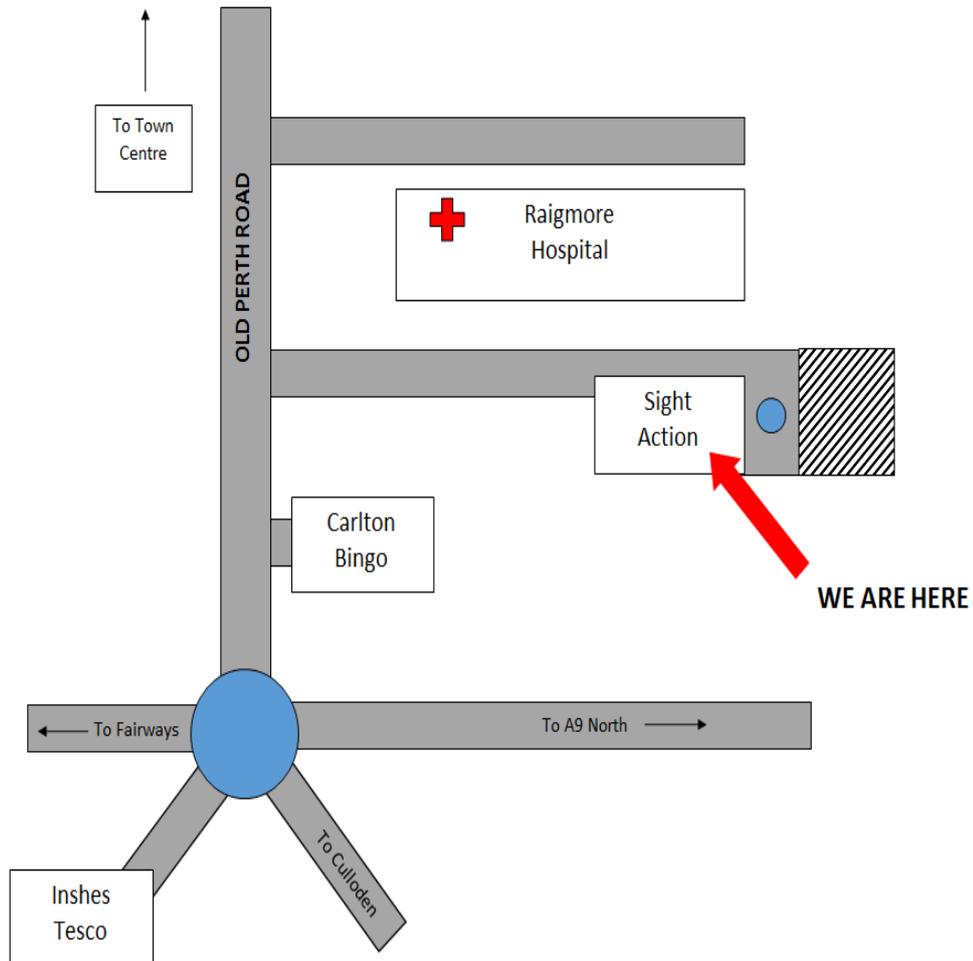
Charity Christmas cards for sale at Beechwood.

Come in and have a look at the selection available. All proceeds go towards the delivery of your services.

M e r r y C h r i s t m a s

M e r r y C h r i s t m a s

HOW TO FIND US



SIGHT ACTION, BEECHWOOD HOUSE, 69-71 OLD PERTH ROAD, INVERNESS, IV2 3JH

TEL: 01463 233663

EMAIL: admin@highlandsensory.org.uk

WEBSITE: www.sightaction.org.uk

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