

# Hearing and Sight Care



The Sensory Centre, 23 Telford Street, Wick, Caithness, KW1 5EQ Tel 01955 606170  
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## AUTUMN NEWSLETTER 2023



**STAFF** – Deirdre has started her new role with Sight Action, working part time with both organisations. She is travelling to Dingwall weekly and apologises if you haven't seen her for a while. Pauline has been given the Sight Action Support Worker job so will be doing the home visits for hearing and sight. Karen is busy as usual in both centres, meeting and greeting all of you lovely people who come into the centre and keeping the staff and volunteers right. We are currently recruiting for a Dual Sensory Support Worker for our Thurso centre but to cover Wick and the community as required. We will look forward to welcoming an addition to the Team.

**VOLUNTEERS** – We really do rely on our lovely volunteers to help us in the centres, we have a small team of loyal volunteers who are brilliant but we would welcome some new faces to help with the service delivery in our two centres in Wick and Thurso. If you have a couple of hours once a week or fortnight you could spare to help us then please get in touch. No experience is needed as full training will be given.

### **SIGHT SUPPORT GROUPS**

Macular Support Group 3<sup>rd</sup> Thursday each month, 11 am  
At Pulteneytown People Project, Huddart Street,  
Wick

Contact: Chair John Penford on 07459371917

Caithness Sight Support Group 1<sup>st</sup> Wednesday each month 2 – 4pm  
URFC, Castle Street, Thurso

Contact: Jennifer Morrison on 01847 894374

## LEARN TO LIPREAD AND MANAGE YOUR HEARING LOSS

Are you interested in learning to lipread and get coping strategies for your everyday life? Then please get in touch with our Lipreading Tutor, Debbie Miller or ask a member of staff about these free classes.

The groups are inclusive and welcoming and provide peer support as well as making friends.

Thurso – Friday 10.30 am – 12.30 pm URFC, Castle Street, Thurso

Golspie – Thursday 1 – 3pm, Golspie Community Centre

Armadale – Friday 1.30 – 3.30pm, Armadale Community Hall

[Debbie.miller205@gmail.com](mailto:Debbie.miller205@gmail.com)

## SUTHERLAND VOLUNTARY SERVICES

**Hearing Aid Upkeep** – Christine Ross has undertaken some training on hearing aid upkeep and will be able to provide this service to those of you in the Sutherland area. She will be promoting this herself when she is out and about so keep your eyes peeled if you need tubing and batteries.



## IT'S NEARLY CHRISTMAS TIME – HO, HO, HO

**Christmas Cards** are available at both of our centres, £4.50 for a pack of 10 with 2 different designs in each. Please get in touch if you would like any – this is to help our fundraising efforts so your support is appreciated, thank you.

### **Christmas Holidays -**

Our centres will be closed from: Friday 22nd December at 12.00 noon re-open on Monday 8<sup>th</sup> January 2024 in Wick at 10 am.

We hope you all have a lovely Christmas and New Year.

## **TRIP TO FORSINARD SANCTUARY AND HALLADALE INN**

Members of staff, volunteers, and members of both sight support groups and our lipreading class recently had a trip to Forsinard Animal Sanctuary and had lunch at the Halladale Inn. The sun shone and everyone had a great day out. Thanks to Caithness Rural Transport and their driver, Roy for their care and kindness on the day.



## **HOW YOU CAN HELP US**

Our services are part funded by NHS Highland for which we are truly grateful, however to meet the increasing demands and to be able to continue to deliver community and outreach services you could help us by:-

- Helping with fundraising, organising and attending events with us
- Giving us a donation
- Leaving a legacy in your will
- Fundraising on our behalf
- Volunteering with us – two hours once a week or fortnight would make a huge difference
- Joining our Board of Directors, using your experiences to give your input to service shaping and delivery. The Board meet 5 times a year

For any information on anything in the newsletter or to speak to a member of staff please contact us on 01847 895636 or 01955 606170 or by e-mail at [hsc@sensorycentre.org.uk](mailto:hsc@sensorycentre.org.uk)