

# Bucks Integrated Sensory Service Newsletter

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## Happy New Year

Hello and welcome to the first BISS Newsletter of 2023. The BISS team hope you all had a peaceful, restful Christmas and wish you a happy, healthy and prosperous New Year.

## BISS Team Update

The team were pleased to welcome Annie Bunting on 1st November 2022 as our new Sensory Officer, replacing Lucy Burnham who left in September.

Annie will work three days a week, Monday to Wednesday, alongside Rebecca Shute, providing support to people living with hearing loss in Buckinghamshire.



## New Hearing Advice Session

We will be holding advice sessions every month on a Thursday for BSL users at our office in Aylesbury (143 Meadowcroft, Aylesbury HP19 9HH). The first session is on **Thursday 23 February**, followed by 23 March, 27 April and 25 May.

There will be two 50 minute appointments available, one at 11.00am and one at 12.00pm. These advice sessions can support you with dealing with your mail and correspondence or with getting in touch with companies if you need to speak to them about anything.

We can also offer appointments via Facetime for anyone unable to get to our Aylesbury office.

If you would like to book an appointment you can WhatsApp Rebecca or text us on **07918 904 664**.

## BucksVision Trustees

BucksVision are looking for Trustees to help govern and lead the charity. No experience is needed and plenty of support will be provided. They would like their Board to be representative of everyone they support both through BucksVision, the charity and BISS. If this is something that appeals to you or you know of someone that might be interested in getting involved, please do get in touch. You can call BucksVision on: **01296 487 556**, text **07395 490 033**, or email **volunteering@bucksvision.co.uk** for a chat about what is involved or to request a copy of their Trustee Recruitment Pack.

## Glaucoma Awareness Month

January is Glaucoma Awareness Month. Glaucoma is the name of a group of eye diseases that damage the optic nerve. The optic nerve transfers visual information from the eye to the brain and if it's damaged it can result in sight loss and even blindness. Diagnosis of glaucoma is not always easy as it is a complicated disease. As most cases don't have any symptoms, one of the best ways to detect glaucoma is during a routine eye test so it's important to get your eyes tested regularly, at least every two years.

## Goalball Taster Sessions

Goalball is an indoor team sport created for athletes with a visual impairment. The idea of the game is to score goals by bowling the ball along the floor past the opposing team whilst defending your own goal. The ball contains internal bells so players can track its movements by its sound and the court is marked out by tactile lines so players can feel where they are. Participants compete in teams of three and games consist of twelve minute halves, with three minutes half-time.

RNIB has organised the following Goalball taster session:

**When** 5 March 13:30 – 16:00

**Who:** People of all levels of sight from fully sighted to blind are welcome, as are people with different disabilities.

**Where:** Watford Leisure Centre, Central, Peace Prospect, WD17 3HA

**Nearest stations:** Watford Junction (mainline), Watford Tube Station (Metropolitan line)

**What to wear:** Exercise trousers and a long-sleeved exercise top and trainers. The RNIB will provide pads and shades.

**Contact:** If you are interested or know of someone that might be, please call Emma Tamaro for further details on **07534 081 501** or email: **[hertsgoalball@gmail.com](mailto:hertsgoalball@gmail.com)**.

## Blind Football

Wycombe Wanderers Foundation together with BucksVision will be looking to deliver Blind Football sessions via the new project B1 format. Project B1 offers players the chance to play a small sided version of the game. Outfield players must be registered as B1 (no or little light perception) although goalkeepers can be either sighted or partially sighted. The sessions will be safe and age appropriate and will take place in the Wycombe area. Timings and venue will be confirmed at a later date.

To express an interest please email **[simon.wears@wwfc.com](mailto:simon.wears@wwfc.com)**.

## Warm Hub Initiative

Wycombe Wanderers Football Club have recently announced plans for a Warm Hub at Adams Park throughout the winter months, inviting local senior residents to enjoy a free hot meal, various activities, as well as use of the Stadium facilities and an opportunity to socialise with fellow guests.

It will run every Tuesday and Thursday from 5pm-8pm between 10th January to 28th February 2023, supported by Buckinghamshire Council and will be accessible to anyone aged over 65 along with one guest.

If you would like to register for a place at any of these sessions, please contact Wycombe Wanderers Foundation on **01494 455 736**. Alternatively, you can pre book a place by completing the form on the Wycombe Wanderers website **www.wwfc.com**.

## Foodcycle Aylesbury

FoodCycle in Aylesbury welcomes anyone to attend as a guest and enjoy a free hot meal. It runs from The Vineyard Centre, Gatehouse Close in Aylesbury **every Tuesday at 6pm**. There is no need to book, just turn up on the day and enjoy a hot meal and the opportunity to connect and chat to others in your local community. Everyone is welcome, there is no vouchers system or referral mechanism.

For more details, email **aylesbury@foodcycle.org.uk**

## How to contact us

**Phone: 01296 479 970**

**SMS: 07918 904 664**

**Email: [biss@bucksvision.co.uk](mailto:biss@bucksvision.co.uk)**

If you would prefer to receive our newsletter by email, BSL or on audio; or if you no longer wish to receive this newsletter, you can contact us using the details above. If you receive our newsletter by email reply “unsubscribe” to be removed from our mailing list.

