



NEWSLETTER

JUNE 2026



**sensory
support
uk**

WHAT'S HAPPENING IN JUNE?

Celebrating Carers



Carers Week was 8 - 14 June, but it is still important to talk about it.

At SSUK we want to say thank you to all unpaid carers in our community.

This includes Deaf people, hard-of-hearing people, blind and partially sighted people, and people with dual sensory loss who look after family or friends. Many people do not know they are carers.

You are a carer if you help someone who cannot manage without your support. This might

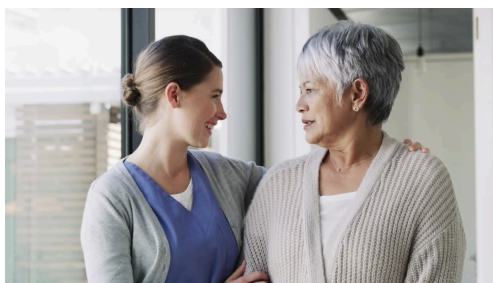
- Celebrating Carers
- Men's Health Week
- Legal Aid - What's your experience?
- Donate Blood, Save Lives

Where to give blood:

The Newcastle Blood Donor Centre (NE2 4NQ).
Open most days. Call 0300 123 23 23 to book.

- How to avoid scams
- Dementia UK - free support in BSL

be because of sensory loss, disability, illness, mental health, age, or addiction.



Unpaid carers save the UK over £180 billion every year.

Carers often have to work fewer hours, leave their job, and they are more likely to have money

problems and poor health. Most people take about two years to realise they are a carer and ask for help.

SSUK is here to support carers with sensory loss, and carers who look after someone with sensory loss.

We can help with information, communication support, benefits, health and social care, and signposting to other services.

If you think you might be a carer, please contact us.

You deserve support too.



WHAT'S NEW THIS MONTH?



MEN'S HEALTH WEEK

Ever wish you could ask a health professional rather than Dr Google?

Most men go into pharmacies, but many do not talk about their health.

Why men stay quiet:

Feel uncomfortable talking in a public shop

Think asking for help is "weak"

Wait too long before getting advice

This can cause problems.

Over half of men said not asking for help made their life worse, stress, missed work, problems at home. But they will talk if:

- The room is private
- They know the pharmacist can send them to the NHS

Pharmacies help men more by:

- Having a private room
- Having a Men's Health Champion
- Men's health check-ups
- Making it easy to book and talk in private

Ever wish you could ask a health professional rather than Dr Google?



MEN'S HEALTH WEEK

If you're not sure what to do about a health problem, try your pharmacist.

There's one on most high streets. They're highly qualified health professionals and most have a private room for a chat. If they can't help, they'll point you in the right direction.

menhealthforum.org.uk #menshealthweek

Got a health question? Ask your pharmacist.

What would make it easier for you?

Legal Aid

New research shows many places in England and Wales have no legal aid for problems like benefits, housing or debt.

These places are called legal aid deserts.

This means many people cannot get the help they need. It can lead to more stress, more problems, and more poverty over time.

Your experience matters

- Have you tried to get legal help?

- Was it easy or hard?
- What barriers did you face?

Please tell us. It helps us understand what support our community needs



Donate Blood, Save Lives

Donating blood saves lives. 1 donation can help 3 people. We need safe blood for many things:-

- childbirth
- severe anaemia
- surgery
- cancer treatment
- accidents
- long-term health conditions

It also helps people with bleeding disorders and weak immune systems.

Donors create a lifeline for our communities. Thank you to everyone who donates



Think You Have Been a Victim of Fraud?

Fraud means someone tricks you to get your money or personal information.

- If something feels wrong
- Someone asks for money
- Someone asks for your personal details
- Something feels strange or suspicious

It is OK to stop, say no, and check.

How to Protect Yourself From Fraud:-

Online

- Check the email address is real
- Check the website address is correct and secure (look for https://)
- Check the charity number on the GOV.UK register
- Do not click links if you are unsure

Offline (in person)

- A real organisation will never ask for your PIN
- They will not ask for bank details in the street
- They will not pressure you to give money or info

If you feel uncomfortable, you can walk away.

People collecting money should wear an ID badge

Collection tins should be sealed

They should show the organisation's name and charity number

SSUK can help you understand your options.



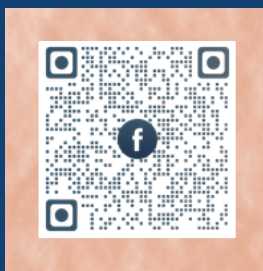
Get in touch with Sensory Support UK. Click on the QR Codes below.



Book Appointment



SSUK Website



Follow on Facebook



Free Dementia Support

Dementia UK now offers free online dementia appointments for Deaf and hard-of-hearing people.

You meet with an Admiral Nurse on video, and a BSL interpreter is provided.

Appointments are on the first Tuesday of every month at 9.30am, 11am, 1.30pm and 3pm.

Who can use this service:

- Deaf or hard-of-hearing people with dementia
- Deaf or hard-of-hearing carers
- Deaf or hard-of-hearing family members supporting someone with dementia

What the nurse can help with:

- Understanding a dementia diagnosis
- Caring for someone with dementia
- Feelings like stress, loss or guilt
- Changes in relationships
- Planning for the future

What to expect:

- One hour appointments
- Microsoft Teams Meeting
- BSL interpreter
- Appointment is private and confidential

How to book

You can book online through Dementia UK's website.

If you need help now, contact the Admiral Nurse Dementia Helpline on 0800 888 6678.

