

**SPRING 2018
NEWSLETTER**

**Charity No. 1075447
Company No. 3740647**

4Sight
vision support



Charity Horse Racing & Supper Evening



**Thursday 3rd May 2018
Greyhound Pub, Cocking Causeway,
Midhurst, GU29 9QH.**

Arrive for 7pm - 1st race at 7.30pm

**Tickets are £12.50 and include a choice of: -
Fish & Chips, Chicken Pie or Parsnip & Leek Pie.
Race bets not included.**

**Tickets must be purchased in advance, so please
contact Midhurst 4Sight Vision Support Centre
on 01730 812 338.**

**All proceeds are in aid of 4Sight Vision Support.
Making a positive difference for people living with
sight loss.**

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CEO's Message

Dear Members, welcome to the Spring 2018 edition of the 4Sight Vision Support Newsletter, the first of four seasonal issues this year, which we hope you will enjoy with its eclectic mix of news and information from our staff, trustees, volunteers and members across the county.

I'm afraid that my first message to you of 2018 is not one with such enjoyable news because, as you will see in the accompanying statement on the opposite page, the Brighton and Hove Clinical Commissioning Group (CCG) has announced it is cutting its Low

Vision services as of 31st March – a move that will affect around 400 visually impaired people living in East and West Sussex every year. In particular, this will affect our members who have received their Low Vision Assessment in recent years via the Princess Royal Hospital in Haywards Heath.

Since finding out this news in early February, we have been working with our colleagues at the East Sussex Association of Blind & Partially Sighted People and other local agencies to try and challenge the decision through direct discussions with the CCG, as we have very strong reservations about the manner in which their decision to cut the service was made, not least of all, the fact that visually impaired people themselves were not consulted about the negative impact this would have on them.

The discussions will inevitably take some time and may not produce a reintroduction of the service in the short-term. However, in the meantime, please be assured that 4Sight Vision Support is here to help, reassure and support anyone living in West Sussex who has been or will be affected by this decision to cut Low Vision services.

Nik Demetriades, CEO

Important Patient Information

Statement from the Brighton and Hove Clinical Commissioning Group

“Following an in-depth review of the the Low Vision service, we decided to no longer fund the service currently provided in Brighton and Haywards Heath.

CCGs have a responsibility to review the services they commission regularly to ensure they offer the most effective health (clinical) care, that they represent good value for money and that they do not duplicate other services offered in the City.

If you live in **Haywards Heath or Horsham**, you will still be able to access support for council funded Low Vision services which are provided by your local council.

Alternatively, you can contact:

West Sussex County Council Sensory Impairment Services

Telephone: **0330 222 8877**

Minicom: **01403 275 515**

4Sight Vision Support (West Sussex)

Telephone: **01243 828 555”**

Release Date: February 2018

News from Midhurst

After a three-month break at the end of 2017, I have to say how nice it is to be back in the swing of things and looking forward to all that we have planned in Midhurst during the coming year.

The few months leading up to Christmas last year saw some exciting events with our very successful Charity Quiz Night back in October, our late-night Christmas opening where we served mince pies and mulled punch followed by the Christmas Fair in the Grange the day after. This was all rounded off for the year with a lovely Christmas Lunch in The Greyhound where 26 of us had a great time. The support that we continue to attract here in Midhurst is tremendous so thank you to all and long may this last!

So, what are our plans for Spring this year?

- **Tech Group** with Dan continues to meet the second Tuesday each month. Next dates are **10th April, 8th May, 12th June at 10.30am.**
- **Coffee Mornings** continue the last Thursday in the month. Next dates are **29th March, 26th April, 31st May at 11am.**
- **TV/Radio/Book Discussion Group** is a new monthly gathering on the third Thursday of the month that started up in February where members discuss and review various media and book topics. Next dates are **19th April, 17th May, 21st June from 1pm to 3pm.**
- **Arts & Crafts Group** is another new monthly gathering that started early March and takes place on the first Tuesday each month. Led by Rose, one of our new volunteers, members can use their talents and be creative so dress to get messy! Next dates are **3rd April, 1st May, 5th June from 1pm to 3pm.**

In addition to the regular events listed above, we are holding another **Charity Race Night** at The Greyhound on **Thursday 3rd**

May. Please see the poster on the front page of this newsletter; tickets are on sale now.

We have been invited to have a stand at the **Lurgashall Fete on Saturday 2nd June**, so we will be displaying low vision equipment, our 4Sight Vision Support information, having a raffle and the ever-popular Blind Bowling Competition.

Finally, a trip on the **Watercress Line** with lunch on board has been organised for **Wednesday 20th June**, so please call if you are interested, but tickets may have all been sold out by now!

So, that's it for this Spring edition so we look forward to seeing as many of you that can come along to any or all our events within the next couple of months.

Bev Tinson, Development & Outreach Officer.
Tel. 01730 812 338.

Tara Beesley, Outreach Worker North/Mid Sussex

Hello everyone. I am very excited to be the new Outreach Worker for 4Sight Vision Support. I will primarily be working in the Mid-Sussex area, including Horsham, Crawley, Burgess Hill, Haywards Heath and East Grinstead.

My role is to offer support to anyone who is affected by sight loss; this can be anything from answering questions, helping with daily living aids, offering advice and signposting people to the relevant agencies who can give alternative support. Soon I will also be able to conduct Low Vision Assessments which can be done at the hospital, one of our centres or in your home.

If you have any questions or would like any support, please do not hesitate to call me on **07545 501 216**. If I cannot answer, please leave a message with your name and telephone number and I will call you back as soon as possible.

Bognor Charity Shop

With a Spring in our step we welcome you to the Bognor Charity Shop section of the new look quarterly Newsletter.

We are holding a Chocolate Heaven Tombola in the shop over the School Easter holiday; £1 for 3 attempts to win. So whatever age you are come on in; help to raise money for 4Sight Vision Support and eat chocolate!! Yum yum.

Working our way towards summer, we hope the sun is starting to shine brighter to let us all leave the Winter blues and heavy knits behind us!

With that in mind, don't forget us when you have a big Spring clean, and remind your friends and family too. Remember, we have a lovely man called Ted who has a car, and he will be happy to pick up donations direct from you if you live in the Bognor area.

Please call us on **01243 861 776** to arrange a collection. We are asking if donations can come directly to the Charity Shop here in York Road, Bognor Regis and not to the Bradbury Centre as space is limited there.

Can you, or someone you know volunteer in the Charity Shop for a few hours a week to help with the following requests: -

Ebay

- Helping sell items on site by photographing them and monitoring any questions.

Shop Assistants

- 4-hour shifts are available during the week.
- Contact Sarah, Charity Shop Manager on **01243 861 776** or Karen, 4Sight Vision Support Volunteer Co-ordinator on **01243 828 555**, if you can help.

Like cleaning?

- Help keep the shop floor and out of site areas clean and tidy.

Back in January a new Assistant Manager Quinton Mills joined us. He is a great asset to the team and his experience and foresight (no pun intended) has brought new life and ideas to the shop; helping both the volunteers and customers, and of course myself.

Look out for changes in the Shop and offers on many items; also, see the Shop section on our website for more details and regular updates. Go to www.4sightvisionsupport.co.uk

Until next time – be kind to yourself and to others.

Sarah Brooks, Charity Shop Manager

Arun and Chichester Area Committee

Burns Night

Good music and a traditional four-course meal was enjoyed by 72 members and supporters at our Burns Night celebration held at Seasons, Bognor Regis Town Football Club. Guests were welcomed with music from Ian Richardson our Scottish piper, who later piped in the haggis procession. Stewart Nicol, aka Billy Connearly, then gave the traditional address to the haggis, including ALL the verses!

After the meal, music was provided by Celtic Simbel, a superb singing duo comprising Mal Simms and Jules Bell, between them variously playing guitar, violin, whistle and bodhran. They provided a great selection of traditional Celtic and other folk music. Guests departed to the strains of our Scottish piper.

Along with a whisky roll and raffle, this event helped us to raise a great £262.24 for our funds.

BBQ snacks at Bunnings

On the weekend of 24th and 25th March, we shall be providing a sausage sizzle and cold drinks venue outside Bunnings DIY store in Chichester. This is a fantastic fundraising opportunity provided for

us by Bunnings, who supply all the hardware and guidance for this. We will be there from 8am to 5pm on Saturday and 8.30am to 5pm on Sunday. This includes setting up and clearing up time. We need 2 people to cook and 2 to serve throughout both days, so have a rota for 2 hourly shifts and will be grateful for volunteers.

If you could help, please call Bognor 4Sight Vision Support Centre on **01243 828 555** or email Anna, community fundraiser on anna.sherwood@4sight.org.uk with your name and contact details.

Street Collection

On Thursday 2nd August, we have a street collection in Bognor Regis, Aldwick, Arundel and Rustington. If you are able to offer any time to help us collect in any of these places, please contact our community fundraiser Anna on anna.sherwood@4sight.org.uk or call Bognor 4Sight Vision Support Centre on **01243 828 555**.

Carnival

4Sight Vision Support are going to be part of the Bognor Regis Carnival on Saturday 9th June. The carnival includes a procession of spectacular local floats through the town celebrating the best of Bognor Regis. The celebrations will then continue on at West Park where there will be various stalls and entertainment. This family fun event also supports local charities and 4Sight Vision Support is one of them! We'll be having a stall the carnival, where we will be raising awareness of our services and selling some goodies to the public! This will run from 11am to 5.30pm. We'd love to see you there. If you'd like to help out at the event, please contact Anna Sherwood on **01243 828 555**.

Event Volunteers

If you do not have spare time regularly but would like to help out occasionally and have fun, you would be very welcome to join our team of event volunteers. This is on an ad hoc basis and can be for a couple of hours or more, if able. Please leave a message for anna.sherwood@4sight.org.uk or call **01243 828 555**.

Who to contact if you need help:

Sight Care Advisors		
Mandy Whitman	St Richard's Hospital Eye Clinic	01243 831 450
Annie Taylor	Southlands Hospital Eye Clinic	01273 446 051
Outreach Workers		
Dan Batchelor	Arun & Chichester Area	01243 838 002 07545 501 218
Tara Beesley	North & Mid-Sussex Area	07545 501 216
Kirstie Thomas	Adur & Shoreham Area	01273 454 343 07545 501 214
Bev Tinson	Midhurst & Petworth Area	01730 812 338 07545 501 215
Project 360 & Volunteer Co-ordinator		
Karen McLachlan	Head Office	01243 838 007
Bognor Regis Charity Shop		
Sarah Brooks	Shop Manager	01243 861 776
Quinton Mills	Assistant Shop Manager	01243 861 776
Head Office		
Nik Demetriades	Chief Executive	01243 838 006
Melanie Adams	Finance Manager	01243 838 004
Sonia Balshaw	Finance & Admin Officer	01243 838 004
John Dawson	Facilities Manager	01243 838 004
Beau Prince	Resource Centre Manager	01243 838 002
Anna Sherwood	Community Fundraiser	01243 838 001
Juliet Stallard	Fundraising Development Officer	01243 838 001

Update from Bognor Regis Centre

Oh, my goodness, spring is almost upon us and I think you will all agree the sight and smell of spring time flowers is most welcome!

Since I re-joined 4Sight Vision Support in October I have been very busy visiting some of our affiliated social clubs and groups, which are attended by many of our members. It has been a pleasure meeting our valuable volunteers whom tirelessly devote their time to supporting members, ensuring that they are not isolated and are able to talk to other people with sight loss. Our clubs are a vital part of the organisation, and without the commitment and support of our volunteers they would not be able to continue. A huge thank you to each and every one of you for giving so much.

My first visit in January was to the Littlehampton Club for the Blind, run by Barbara and her team. A lovely time was had with an afternoon of bingo and snakes and ladders, followed by tea and cake. It was great to meet you all and thank you for making me feel so welcome. I also won a raffle prize!

In February I was welcomed to the Bognor Beavers Club. Sadly, I missed the talk by the Cat and Rabbit Rescue Centre in Chichester; where members enjoyed the opportunity to hear about the work they do, and all had the chance to hold a guinea pig, which was a delight. Tea and biscuits followed, so it was another pleasurable afternoon. A huge thank you to Maureen and her volunteers and I look forward to visiting you again for your Easter craft session.

I also managed to squeeze in a quick visit to our Middleton Club and met Jackie and the team. I arrived just in time to enjoy a home-made scone with jam and double cream! It was lovely to meet a few of the members for a chat and they were all enjoying the cakes and tea. Thank you, Jackie, I look forward to sampling more of your home baking!

In February I was able to meet up with members and volunteers from the East Preston Club, run by Margaret and her reliable team. An afternoon of bingo ensued, with caller Ray taking the helm. Sadly, I did not win, better luck next time. Home baking seems to be a popular draw as yet again we were all able to sample the delights of coconut and lemon cakes.

I was able to fit in a visit to our See Saw club in Chichester, ably run by Ray and his team. After a short talk from myself we then enjoyed more homemade cake with tea, fig and walnut was my choice this time and very nice it was too! Ray then shared some facts about Chichester along with some stories of his previous working life.

My final visit was to Rustington and District Self-help Club. It was really nice to meet with group leader Derek and his volunteers. We enjoyed our packed lunches, lots of chat with soup, tea and coffee. Derek then gave a quiz where if you guessed the correct answer you won a Kit Kat bar. There was some time to listen to a few monologues from famous people. Some I have never heard before, but many members guessed who they were. Thank you, Derek and everyone for a lovely afternoon.

There are many more clubs for me to visit and I shall be heading your way very soon and look forward to meeting you. As you may have guessed, cake is a vital part of our clubs, so if you enjoy cake, tea and friendship, and want to meet like-minded people, then please contact us to find out more about our clubs. Give us a call on **01243 828 555**. For many, the clubs really are a vital part of their week and make a real difference to their wellbeing.

I look forward to updating you in the Summer edition with more tales from the clubs. Once again, thank you to all our volunteers.

Karen Mclachlan, Volunteer Co-ordinator



Unite4Sight



A Music Festival of Colour in Aid of 4Sight Vision Support!

When: 5th May 2018 11am-5pm
Where: Hotham Park, Bognor Regis

Unite4Sight is a fundraising event put on by a group of students from Chichester University. The event will be a family fun day, full of great music and activities. There will be live music throughout the whole day with different genres of music playing every hour – from Country to Rock and Disney to hits from the 80s and 90s.

There will be something for everyone!

The event is also to help raise awareness of our services, as well as vital funds. 4Sight Vision Support will have its own stand amongst the vendors, where you'll be able to grab a bite to eat or buy items from local businesses. The stand will have lots of information about our services and clubs, in addition to sight loss materials and how 4Sight Vision Support helps those with visual impairments.

So, come on down to Hotham Park on 5th May for a great day, to help raise awareness and support Unite4Sight as they raise money for 4Sight Vision Support!

If you'd like to volunteer on our stand, please contact Anna Sherwood on anna.sherwood@4Sight.org.uk or call **01243 828 555**.



Unite4Sight Facebook Page:
www.facebook.com/Unite4Sight2018/





Chichester Cathedral Festival of Flowers



In previous years many of our members have taken advantage of a private viewing of the 'Festival of Flowers' at Chichester Cathedral. We are delighted that The Chichester Cathedral Restoration & Development Trust has invited us along again to this year's festival.

The 2018 festival is based on '**This Earthly Paradise**' and will be showing spectacular arrangements based on a range of fine art from the Cathedral collection along with local Sussex art work and classic masterpieces.

As quoted by Emma Bridgewater this year's designer, *'There will be a stunning display, with over 80 arrangements celebrating many aspects of the history of horticulture, such as the early plant hunters and explorers through to contemporary conservation.'*

This Accessibility Evening has been organised for our 4Sight Vision Support members as well as others with a visual Impairment, and those with special access requirements including wheelchair users. This will be on

Saturday 2nd June from 4.30pm – 6.30pm.

Tickets must be purchased in advance and cost £10 per Person; one carer per paying entrant is admitted free.

4Sight Vision Support will be serving refreshments in the marquee during the evening; with all proceeds coming to our charity.

To book your tickets, please call **01243 782 595** or visit the website www.ticketsource.co.uk/chichestercathedralflowers

A-Board / Street Furniture Event in Worthing

The photo below was taken at a recent event in Worthing. This was organised by RNIB and Sight Support Worthing to raise awareness of 'A' boards and other street furniture obstacles. The event was well attended by local businesses, including Rob Vance, Stagecoach Operations Manager. He was blindfolded and then guided by Fiona, a ROVI for Guide Dogs; she instructed him in the basic use of a long cane. He was surprised to learn that the red bands around the cane indicate a hearing impairment; something he would take back to his bus drivers to help raise their awareness. This further illustrates the helpful relationship that we have built with Stagecoach.



200 Club

The winning number for **December was 68, January was 176 and February was 119**. Why not join the 200 Club and help raise money to support our vital activities?

By paying just £20 for the year you will be given a unique number, from 1 to 200. This is entered into our monthly prize draw, where you have the chance to win £100 each month. If you would like to join, then please call us on **01243 828 555**.

Mid Sussex Triathlon Club

We've been invited to take part in the annual Mid Sussex Triathlon Club's Open Meeting on Sunday, 10th June at the Triangle Leisure Centre, Burgess Hill, starting at 6.50am. The three disciplines are: 400 metre swim, 25k bike ride and 5k run. There will be a goodie bag and medal for each competitor. We will try to form teams of three competitors each doing one discipline relay style. Obviously if you would like to do all three disciplines that would be wonderful.

If you are interested in taking part, please ring and let Anne know as soon as possible on **01444 456 026** or send her an email at anne6bramber@gmail.com.

Philip Adams' Sponsored Swim

Philip Adams is doing a Sight Loss Sponsored Swim in aid of 4Sight Vision Support. On the 6th April Phillip, along with his friend Jeremy, will be swimming 100 lengths each of the pool at Freedom Leisure Centre in Felpham.

Phillip recently lost his sight in both eyes and has had to stop working as a result. He is raising money to give back to the charity who are helping him through this transitional time. He is hoping to raise £800, with Santander match funding the total amount!

You can sponsor him via a sponsorship form at Bognor Regis Centre or donate via his My Donate page - <https://mydonate.bt.com/fundraisers/phillipadams1>



Being there when it matters for everyone living with sight loss.

New Drop-In Sessions

If you need any support or have any questions about sight loss, please pop in and see our dedicated outreach worker.



Sessions will be every Thursday, 9am-1pm, at Burgess Hill Town Council, 96 Church Walk, Burgess Hill, RH15 9AS.

For more information or to book an appointment, please contact Tara Beesley on **07545 501 216**.

Living with Sight Loss Course - Haywards Heath or East Grinstead Area

Organised by RNIB Eye Clinic Liaison Officer, Jan Foster

A two-day course to be held at the end of March 2018 in Haywards Heath or East Grinstead (depending on demand).

Have you or a family member been diagnosed with sight loss? Would you like to share experiences with other people in similar situations? Are you interested in finding out about services available to you?

This free, informal course provides information, advice, support and practical solutions for people adjusting to sight loss and those close to them.

We will help you adjust to your sight condition, increase your independence and boost your confidence. You'll get the chance to meet and share experiences with others in similar situations.

What topics are covered?

Sessions include: -

- Welfare rights
- Getting out and about
- Tips and gadgets for everyday living
- Assistive technology – including tablets and phones
- Eye health
- Wellbeing
- Leisure, hobbies and interests

Plus, you'll hear about a range of organisations and services out there to help you.

If you are interested in booking a place, please contact Jane Aston, 4Sight Mid Sussex Area Committee Secretary, on **01444 870 462**, **07508 423 890** or **jane.aston20@btinternet.com**

Diary Dates

Tues 20th March, 2pm, audio described screening of **Mindhorn** at Ropetackle Arts Centre, Little High Street, Shoreham-by-Sea, BN43 5EG. Tickets are £3.50 each; carers are free. Ring the box office on **01273 464 440** or visit the website at www.ropetacklecentre.co.uk.

Thurs 22nd March, 2pm - 4pm, **Crawley Tech Club** meeting in the Longley Room at Crawley library. For more details, please contact Derek Drake on **01293 611 936**.

Sat 24th March, 10am - 2pm, **Coffee Morning and Sale** at the Methodist Church Hall, Brunswick Road, Shoreham-by-Sea, BN43 5WB. There will also be homemade cakes and tea and coffee. Come along and join in the fun!

Sun 22nd April, 20th May & 24th June, 2pm - 4.30pm, **Tea Dances** at the Woodlands Centre in Rustington, BN16 3HB. For more details, please call Bognor Regis 4Sight Vision Support on **01243 828 555**.

Thurs 3rd May, from 7pm, **Charity Horse Racing and Supper Evening** at the Greyhound Pub, Cocking, Midhurst. For tickets, please contact Midhurst 4Sight Vision Support on **01730 812 338**.

Sat 5th May, 11am - 5pm, **Unite4Sight 2018, Music Festival of Colour** taking place in Hotham Park, Bognor Regis. A family fun day with local live entertainment and a different genre of music every hour. In aid of 4Sight Vision Support. Everyone is welcome.

Sat 9th June, 11am - 5.30pm, **Bognor Regis Carnival**, which will be attended by 4Sight Vision Support. For more details, please call Bognor 4Sight Vision Support Centre on **01243 828 555**.

The copy date for the next edition is **15th May 2018** for any inclusions. Due to space and resources some articles may have been edited. Information contained in this newsletter was correct to the best of our knowledge at the time of printing.

4Sight Vision Support Contact Details

BOGNOR REGIS 4SIGHT VISION SUPPORT CENTRE

Bradbury Centre
36 Victoria Drive, Bognor Regis,
West Sussex, PO21 2TE
Main Tel: **01243 828 555**
Email: **enquiries@4sight.org.uk**

SHOREHAM 4SIGHT VISION SUPPORT CENTRE

The Shoreham Centre, 2 Pond Road,
Shoreham-by-Sea,
West Sussex, BN43 5WU
Main Tel: **01273 454 343**
Email: **shoreham@4sight.org.uk**

MIDHURST 4SIGHT VISION SUPPORT CENTRE

Knockhundred Row, Midhurst
West Sussex, GU29 9DQ
Main Tel: **01730 812 338**
Email: **midhurst@4sight.org.uk**

SIGHT CARE ADVISOR SERVICE

4Sight Vision Support - Southlands Hospital Eye Clinic
Direct Number: **01273 446 051**
4Sight Vision Support - St Richard's Hospital Eye Clinic
Direct Number: **01243 831 450**

4SIGHT VISION SUPPORT BOGNOR REGIS SHOP

11 York Road, Bognor Regis,
West Sussex, PO21 1LW
Tel: **01243 861 776**

4SIGHT VISION SUPPORT PHOTO DIARY



Left: Stuart Nicol, aka Billy Connearly, about to cut the haggis at our Burns Night Event at Seasons in Bognor.
Below: Volunteer Jean, Outreach Worker Dan and Trustee & Area Chair Maureen at Burns Night.



Above and left: Some of our 4Sight Vision Support volunteers at the recent lunch held for our volunteers in the Arun and Chichester / Midhurst area.



This newsletter is supported by:-

