

JULY 2016 NEWSLETTER

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



Supporting blind and partially sighted people

Arun Area Committee

A small group of volunteers has recently formed an Arun Area Committee with the purpose of raising funds for the charity and providing support for 4SIGHT staff. The committee aim to help with sight awareness issues and other projects. We would love to have a few more volunteers to help us at fundraising events. To kick-start our work, we recently organised a Fish & Chips Quiz Evening, and we plan to hold another quiz evening in late October. Look out for details of this in the next newsletter.

On Saturday 26th November, the South Bersted Community Choir are providing a concert for us at St. Wilfrid's Church Hall in Ellasdale Road (corner of Victoria Drive), Bognor Regis, PO21 2SG. Doors open 3.30pm and the concert is from 4pm to 5.30pm, with refreshments midway through. Entrance is free, with a door collection. Their repertoire is very mixed and vibrant and I guarantee that you will leave feeling happier, singing and maybe even wanting to join the choir!

Fish & Chips Quiz Night

This event was organised by the new Arun Area Committee at The Waverley pub in west Bognor, who provided wonderful fresh fish and chips for 62 people! It was great fun, with some challenging and amusing questions set by the quizmaster for the evening, Dennis Cote, who is also a member of our committee. The raffle provided many prizes.

Along with some additional contributions in our boxes, we raised an overall surplus of a rewarding £366.19 for the charity.

Maureen Jenkins, Chair of Arun Area Committee

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CEO's Message

Hello! I hope this summer edition of the Newsletter finds you well? Since the last Newsletter, I've had the pleasure of visiting the Three Bridges Club in Crawley, attending the Sound4SIGHT Music & Family Day, the Mid Sussex Tandem Ride, the Arun Fish & Chip Quiz Supper and the Replay Beach Party in Littlehampton – all successful fundraising & profile raising events for 4SIGHT.

The Sound4SIGHT event raised a fantastic £2,679.24 and was attended in total by over 3,000

people. There is a photo of the cheque being presented to 4SIGHT by the Chichester University students on the back page of this edition.

And, as can be seen in this July Newsletter, there is so much else happening in and around the County that involves 4SIGHT and which benefits our members, it's a pleasure to be able to report on it to you. Which brings me very neatly to the fact that I have two other pieces of exciting news to share with you:

Firstly, that this year's **4SIGHT AGM** will be taking place at **Clair Hall, Haywards Heath** on **Friday 28th October**, so please make a note of this date in your diary and come and join us on the day if you can – we would be delighted to meet you there!

And secondly, I'm very pleased to announce that we have appointed **Georgia Ewings** on an 8-week internship from the **University of Chichester**, and she will be working with us on the **Membership and Stakeholder Survey** that I mentioned in the last Newsletter. Georgia has recently graduated from Chichester University with a Psychology Degree and her research skills, her experience and enthusiasm will be a great asset to us with this important project.

So, if you do happen to hear from Georgia during her time with us over the next 2 months, please do make her welcome and please do

get involved with the Survey - your thoughts, ideas and feedback really will make a difference!

Best wishes and thanks for your continued support as ever.

Nik Demetriades, CEO

ANGMERING RAMBLE



Join us and get sponsored for either a 5 or 10 mile walk in the beautiful Sussex countryside.

All proceeds raised are in aid of 4SIGHT.

Saturday 10th September 2016

Start Time: 10.00am

Angmering Park Estate

In Aid of

**To register, please call Shoreham :-
01273 454 343.**



Supporting blind and partially sighted people

Bognor Regis Charity Shop Update

Well, welcome to Summer!!

Here at the shop we are hoping that the glorious weather we have had over the last few weeks is not the extent of our summer. Our volunteer team is working hard sorting through all of your generous donations of summer stock ready for your holidays, be it here or on a tropical, sandy beach.

If you are considering having a clear-out or know of anyone who is, we are in need of the following items please: DVDs; CDs; jewellery and men's clothing.

Don't forget, if you are a UK tax payer, we can claim an extra 25% on your donation if you sign up as a Gift Aid donor. This last tax year gift aid raised over £1,300, which is brilliant! This all goes towards supporting the visually impaired people of West Sussex.

Since the introduction of the 5p bag charge, we have noticed that we are seriously low, and some days completely out of carrier bags. If you could put the word out that we are in desperate need of carrier bags, we would be most grateful. Maybe you have a hidden stash that you have forgotten about or have not got round to using, we would be happy to give them a new home.

You can see a photo of June, one of our Bognor Regis charity shop volunteers, on the back page of this newsletter. She recently celebrated her 90th birthday!

We have a few spaces for volunteers; do you have a few hours to spare a week? If you would like to know more, please call Sarah or Nicki on **01243 861 776**, or pop into the shop at 11, York Road and have a chat.

Nicki, Assistant Charity Shop Manager.

News from Midhurst

I'd like to start by giving you all an update on the wonderful evening we had at the Chichester Cathedral Festival of Flowers on Friday 3rd June. As I mentioned in the last newsletter, 4SIGHT are invited along each time to this event, to serve refreshments during the Accessibility Evening.

It goes without saying that the evening would not have been a success without the help of so many willing volunteers from both our Midhurst and Bognor Area Committees, who not only worked tirelessly during the 3 hours we were there, but also for the most delicious cakes and donations they had made between them.

We had about 14 different cake selections for people to choose from and many people came up to us afterwards, including Cathedral officials, to say how much they enjoyed them. It was also nice to see some members from our other social and activity clubs around the county who came along. So, a big thank you to all our staff, volunteers, cake and money donors as well as the volunteer drivers who helped us raise a surplus of £340 for the charity.

We had another successful coffee morning in Midhurst the following week and this one was for the Queen's Official Birthday. We had about 15 people drop in during the morning and Velia, our 'famous' cake maker, had made us a wonderful rectangular sponge cake and had gone to the trouble of icing it with the red, white and blue Union Flag. I'm sure she will be happy to tell you how she mastered the technique of getting the iced flag done!

As the holiday season is approaching we haven't arranged any more coffee mornings during the summer, but please look out for the September newsletter, when we hope to have some dates for you.

The only other update I have for you is about the forthcoming new **Macular Support Group** meetings that are scheduled.

The next three meeting dates are:-

- **Thursday 28th July;** Julia Edwards is coming along to tell us about the latest research being done for Macular disease.
- **Thursday 29th September;** I will give a short presentation to update people on the latest 4SIGHT equipment available.
- **Tuesday 29th November;** Nicole from Calibre will tell us how the audio book service works and to demonstrate Boom Boxes.

All of the above meetings start at 11am in the Midhurst Resource Centre and will finish around 1pm. All are welcome.

Finally, at the end of the month 4SIGHT will have been in Midhurst for a year. It has taken a little while to build up our presence and the Resource Centre is now working well; it is regularly used by our existing members as well as new ones who are able to make use of our service. Regular activities are taking place including meetings, technology sessions, coffee mornings and the formation of our new Midhurst Area Committee. They are working hard to generate funds for our centre and come up with suggested events that we can book ourselves onto. Word is getting round the community that we are in Midhurst and I've been invited along to speak at various community groups to promote 4SIGHT and the work we do.

However, we still need to do some work on improving the footfall and sales in the charity shop area. Jill, our charity shop manager, is working hard to try and turn the shop around. She is finding ways to source new volunteers to support our existing loyal ones and encouraging members and shoppers to donate their unwanted items to the shop. If you have any ideas or can support her in any way, then please pop in and see Jill.

I hope you continue to enjoy the summer and we look forward to seeing you in the centre, where you will always be welcome. We are open Tuesday to Friday from 10am until 4pm and on Saturdays now from 10am until 2pm. I am in the centre on Tuesdays and

Thursdays to offer advice and support on equipment and low vision issues. We can be contacted on **01730 812 338** or via email at midhurst@4sight.org.uk

Bev Tinson, Outreach & Development Officer.

Walking in Windermere

I thought I would share with you my recent experience of staying in a Vision Hotel. I have just enjoyed 5 days of low level walking at Windermere and stayed in one of the three Vision hotels that are run by Action for Blind, who also work with the RNIB.

I was part of a small group of 6 people plus the leader and there were at least 6 local people who came along with us each day to act as sighted guides. We went out daily by minibus to different locations and walked for about 5 to 6 miles, stopping to eat our packed lunches and for tea/coffee breaks. Other guests at the hotel went out in another minibus for excursions, or "did their own thing".

I went away on my own but soon made friends with other walkers in the group. The food was very good and the hotel staff very helpful and trained to help people with visual impairment.

All the Vision hotels are AA 3 star and are situated in the Lake District, Devon and Somerset. Visually impaired people can go on their own or with a sighted partner, or as a visually impaired couple. All the hotels have well-designed en-suite rooms, easy access to the public rooms, and facilities for guide dogs (and friendly pet dogs).

Visitors can go to stay and perhaps join in excursions arranged by the hotel, or they may join special "theme" activities which are organised throughout the year. I hope to visit another one of the Vision hotels next year.

Jean Puttick, a visually impaired 4SIGHT member.

4SIGHT & WSCC ROVI Team - working in partnership

Through the course of the work we do in support of people living with sight loss, there are occasions when the services offered by the WSCC ROVI Team might be more appropriate or relevant. Below is an overview of the services that the county Rehabilitation Officers can provide:-

The Rehabilitation Officer for the Visually Impaired (ROVI)

West Sussex County Council has a team in Adult Care that works with visually impaired people in the county. The team comprises of six Rehab Officers, or ROVIs as they are often known, and three assistants.

On average, the waiting list for the county will have 50-60 people on it at any one time, and there is a wait-time of 6-8 weeks to be seen.

When called in to help, ROVIs will address many aspects of a person's life that have been affected by sight impairment, such as kitchen skills, mobility skills and how to access information in a suitable format, as well as providing advice on benefits, work issues and how to make general day to day issues less challenging. It's important to know that a ROVIs work with a person is not time-limited, meaning that each ROVI will work with someone until all their needs are met, as is appropriate at the time.

Each ROVIs job is to 'rehabilitate' people after sight loss, making them a very valuable source of support to visually impaired people who are struggling to adjust.

Three of the ROVI team are more specifically trained to work with someone who has a sight and hearing impairment combined, especially where such a dual sensory impairment is having a massive impact on how that person is managing day-to-day;

for example, helping them with their communication, accessing information and getting out and about (mobility).

If you would like to speak to someone about your sight impairment difficulties and your concerns about how you are managing day-to-day, please contact the Adult Care Point on **01243 642 121** or go to the West Sussex 'Connect to Support' webpage
<https://www.westsussexconnecttosupport.org>

Emma Smith, Senior Rehabilitation Officer for the Visually Impaired (ROVI). April 2016

[Please note, in addition to the valuable support that the ROVIs provide, 4SIGHT has a team of Outreach Workers based in three Resource Centres, who are here to help you with independent living and general advice, including helping you to access a range of specialist equipment. In addition, 4SIGHT Sight Care Advisors, based in Worthing and St Richard's Hospitals, are available to discuss, advise and support you with any eye health and sight loss issues you may be facing.]

Talk at Northbourne Medical Centre

To find out about eye conditions, including macular degeneration, come along to a talk by Stella Black, Regional Manager for Macular Society and Kirstie Thomas, Outreach Worker at 4SIGHT.

This is taking place on Wednesday 14th September, from 12.30pm, at the Community Room, Northbourne Medical Centre, 193a Upper Shoreham Road, Shoreham-by-Sea, BN43 6BT.

You can reserve your place in advance by contacting the reception desk at the Medical Centre on **01273 464 640** or by sending an email to joanmoore444@gmail.com.

Please contact Joan by email to find out further information. This talk is being arranged by Northbourne Patient Participation Group.

Journey Assistance Cards

I'm wondering whether you have heard of this travel initiative that can be used on the buses! It was brought to my attention by David, one of our Midhurst members, so I have looked up the information and can tell you about it here.

Journey Assistance Cards are available for you to use if you need a bit more help when using the bus. They'll make it easier for you to let the bus drivers know what extra help you may need. You can use the cards any time of day, seven days a week, on any bus services. The cards are free but are not a permit to travel. You can apply for Journey Assistance Cards if:-

- You have limited vision or hearing
- You have difficulty in communicating
- You have special educational needs
- English is not your first language
- You need extra time or help to find a seat

The cards available are:-

- Please be patient, I am visually impaired
- Please be patient, I am deaf / hard of hearing
- Please be patient, I have difficulty speaking
- Please speak slowly and face me to help me hear better
- Please scan my pass for me
- Please count my change for me
- Please help me find a seat
- Please give me time to sit, in case I fall down
- Driver, please let me know when we get to ...
- Please tell me when we reach my stop

Using public transport can be an off-putting experience for some passengers with disabilities and the Confederation of Passenger Transport (CPT) Code looks to overcome this. This Code has been developed by Bus Operators and is endorsed by the Department

of Transport. The Code also aims to improve the interaction between passengers with hidden disabilities and bus drivers, as well as the passengers' overall journey experience.

You can obtain one of these cards in three ways. You can download a form from the bus operator's website, or you can contact your local bus company and discuss your Journey Assistance Card requirements so they can arrange for one to be sent to you. You can also come in to one of our 4SIGHT Centres, where we have a supply of the forms and will be more than happy to complete it and send it off on your behalf. Please contact us at your local 4SIGHT Centre if you need any advice about these cards.

Bev Tinson, Outreach & Development Officer.

Items for Sale

17" Clearview Spectrum video magnifier, including feature pack. Very good condition. Trolley included upon request. £300 ono. Please contact Ellen Chapman on **01243 513 344**.

24" Merlin Ultra desktop video magnifier, only 6 months old, like new, manual included. £800 ono. Please contact Jonathan Ivatt on **07545 979 555**.

Please contact the seller direct. The above items are for sale from 4SIGHT members. 4SIGHT accepts no responsibility for items sold.

200 Club

The winning number for **May was 41, June was 21 and July was 107**. Why not join the 200 Club and help raise money for 4SIGHT? 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.

There are lots of numbers still available. If you would like to join, then please call us on **01243 828 555**.

FISH & CHIPS QUIZ NIGHT



Tickets £10
and include a
Fish & Chip Supper

Bar, Tea & Coffee
Available
Max of 6 Per Team
Raffle & Games

**Tickets must be
purchased in
advance**

SATURDAY 22nd OCTOBER 2016
St. Peter's Church Hall, West Street,
Shoreham-by-Sea, BN43 5WG
Quiz starts at 7pm

In Aid of

**For Tickets,
please call:
01273 454 343**



Supporting blind and partially sighted people

Film Club at Ropetackle

Ropetackle Arts Centre, situated in Little High Street, Shoreham-by-Sea, BN43 5EG, is showing the following film with audio description:-

The Lady in The Van on Wed 21st September at 2pm.

The cost is £3.50 and a carer can attend for free.

For further details please contact Joan ropetackelfilmclub@gmail.com or to purchase tickets please call **01273 464 440**.

The Hawth Crawley

The Hawth theatre in Crawley is showing the following audio described performances:-

The Glenn Miller Story starring Tommy Steele on Sat 1st October at 2.30pm.

The Shawshank Redemption on Sat 15th October at 2.30pm.

Peter Pan on Sat 17th December at 2.30pm and on Wed 28th December at 5.30pm.

Visually impaired customers and a companion are generally entitled to a discount on the full ticket price.

To purchase tickets, or more information, please call the box office on **01293 553 636**.

Burgess Hill County Library

Please note that there is now an Optelec text reader machine in the Burgess Hill county library, which anyone is welcome to use. Please ask the library staff if you require assistance.

Diary Dates

Thurs 14th July, 2.30 - 3.30pm, Organ Recital in aid of 4SIGHT at Shoreham Methodist Church, Brunswick Road, Shoreham-by-Sea, BN43 5WB. For more information, please call Shoreham 4SIGHT Centre on **01273 454 343**.

Sat 16th July, 10am-12pm, Coffee Morning & Sale at the Methodist Church Hall, Brunswick Road, Shoreham-by-Sea, BN43 5WB. There will be bric-a-brac, books, a raffle and tombola, as well as home-made cakes and tea/coffee. Everyone is most welcome.

Sat 10th September, from 10am, a 5 or 10 mile sponsored Ramble around the Angmering Park Estate. All proceeds raised are in aid of 4SIGHT. To register, please call Shoreham on **01273 454 343**.

Wed 14th September, from 12.30pm, a talk about eye conditions at Northbourne Medical Centre, 193a Upper Shoreham Road, Shoreham-by-Sea, BN43 6BT.

Sun 25th September and Sun 16th October, 2 - 4.30pm, Tea Dances at the Woodlands Centre in Rustington, BN16 3HB. For tickets or more details, please call Bognor Regis 4SIGHT on **01243 828 555**.

Sat 22nd October, from 7pm, Fish & Chips Quiz Night at St Peter's Church Hall, West Street, Shoreham-by-Sea, BN43 5WG. Tickets are £10 each and must be purchased in advance, please call Shoreham 4SIGHT Centre on **01273 454 343**.

Sat 26th November, 4 - 5.30pm, choir concert by South Bersted Community Choir at St Wilfrid's Church Hall, Ellasdale Road, Bognor Regis, PO21 2SG. Everyone is welcome to attend.

This newsletter is available in large print, email, CD, Braille or USB. If you wish to change the format, then please let us know. The copy date for the next edition is **5th August 2016** for any inclusions.

Due to space and resources, some articles may have been edited accordingly. Information contained in this newsletter was correct to the best of our knowledge at the time of printing.

4SIGHT Contact Details

BOGNOR REGIS 4SIGHT CENTRE & CHARITY HQ

4SIGHT Bradbury Centre
36 Victoria Drive, Bognor Regis,
West Sussex, PO21 2TE
Main Tel: **01243 828 555**
Fax: 01243 838 003
Email: **enquiries@4sight.org.uk**

SHOREHAM 4SIGHT 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 CENTRE

North Street, Midhurst
West Sussex, GU29 9DJ
Main Tel: **01730 812 338**
Email: **midhurst@4sight.org.uk**

SIGHT CARE ADVISOR SERVICE

4SIGHT - Worthing Hospital Eye Clinic
Direct Number: **01903 285 281**
4SIGHT - St Richard's Hospital Eye Clinic
Tel: **01243 788 122 ext. 3515**

4SIGHT BOGNOR REGIS SHOP

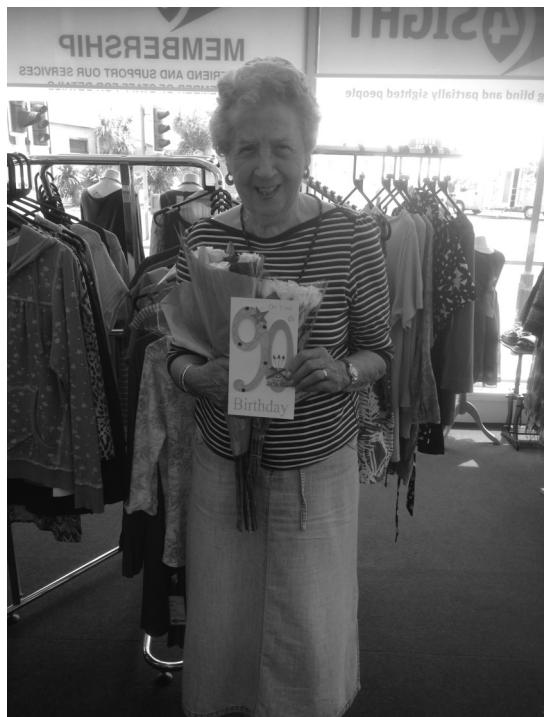
11 York Road, Bognor Regis,
West Sussex, PO21 1LW
Tel: **01243 861 776**

4SIGHT PHOTO DIARY



Top left: Sound4Sight cheque being presented by Chichester University students to 4SIGHT.

Below: Bognor Charity Shop Volunteer, June, celebrating her 90th.



Middle left: Counsellor Ann Bridges, Leader of 4SIGHT's Lancing Self-Help Group, becoming Chair of Adur District Council. Seen here with fellow club volunteers Suzie Mettrick and Sheila Lord, as well as Outreach Worker Kirstie Thomas.



Bottom left: Members of 4SIGHT Culture Vultures Club enjoying their outing to Nymans Gardens.