

**MAY 2016
NEWSLETTER**

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



Supporting blind and partially sighted people

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

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

In Aid of



Supporting blind and partially sighted people

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CEO's Message

"Spring is a time of renewal and rebirth; a time to expand our horizons & to count our blessings."

Last week I was reminded of just how fortunate we are at 4SIGHT, when I attended the Mid Sussex Area Committee AGM & Spring Lunch, and also a presentation at Haywards Heath Town Council, where the Mayor of Haywards Heath, Cllr Sujan Wickremaratchi, presented a cheque to Outreach Worker Kirstie Thomas for £5,200 to support our work in Mid Sussex. We are very grateful to the Mayor for his commitment & generosity. The Mid Sussex Spring Lunch,

attended by over 40 members, was a very joyful & happy occasion; where the work of the local Clubs & the many volunteers that help to make the Clubs so successful, was celebrated by all concerned!

Area Chairman and 4SIGHT Trustee Phil Revis kindly invited me to say a few words and I was able to let everyone there know about some of our exciting plans for this year, which include a new website and a forthcoming Membership & Stakeholders Survey.

I would encourage all of you to participate in this Survey if you can because we really do want to know your views about the services and support that we currently offer. Only with your help, will 4SIGHT be able to improve what it does and find the right ways to 'expand its horizons' and consider 'new possibilities'.

Nik Demetriades, CEO

Free Entry

SOUND 4 SIGHT



A Live Music Family Event

At Priory Park | Chichester

Line up

THE WATERMELONS

The Buzniks Ft. John Bentley
(from Squeeze)

Henry & Max

Lizzie Haynes

The Rifftrakers

Ruby Tiger

Melodie Joy Hornett

Daniel Blixa Reed

Local Exhibitors | Food Vendors | Children's Activities

Sunday 22 May
2016

11.00 - 17.00



GEORGE IDE LLP
solicitors

serving the community for 50 years



4sightevent16@gmail.com | www.Sound4Sight.com

Update from Midhurst

Midhurst Area Committee

In the March newsletter I reported that we were planning to set up an Area Committee in Midhurst. Well, by the time you read this the new committee will have already met up twice. Made up of a well enthused group of our visually impaired members and sighted volunteers and led by Anna, one of our trustees, the group have already got to work on an action plan for the forthcoming year.

With some financial support coming from the Midhurst and Petworth Rotary Club later in the year, and a recent donation from family and friends of one of our members who passed away in March, the group have some funding behind them to help 'kick-start' any particular initiatives that require funding.

The new committee are tasked with giving thought to ideas for fundraising events within the local community, to consider what other groups or sessions members would like to benefit from, considering if there are any particular topics of interest or campaigns that members may want to explore, and finding better ways to engage with our wider 4SIGHT members living in the area who may not have visited our new Resource Centre yet.

An area committee acts as a 'voice for members' to ensure that your needs, views and opinions are conveyed to the 4SIGHT Board of Trustees. Your views are important to them, so please get in touch with me if you want to have your say.

Coffee Mornings

Fun and laughter was the theme at our May coffee morning with good company and lovely cakes made by our members and

volunteers so thanks to you all.

By popular request, our next one will be the **Queen's Official Birthday Coffee Morning at 11am on Thursday 9th June.**

Red, white and blue will be the theme so I wonder how many union flag iced cakes we will see! All welcome, so look forward to seeing you on the day.

Outings for Members

Member outings are one of the ideas that the new Midhurst area committee are working on, as well as the possibility of hiring the Midhurst Yellow Bus. A visit to the Chichester Cathedral Festival of Flowers Accessibility Evening, on Friday 3rd June, may be a trip that the committee can organise for those who of you who are interested. You can see the main article about the Festival of Flowers on page 10 of this newsletter.

Finally

We are hoping that some U3A walkers/ramblers will be interested in being trained to act as sighted guides to partner up with members so they can enjoy walks in the South Downs.

A charity street and store collection outside Budgens during the summer is planned, so if you able to spare a few hours to help with a collection then please let me know.

You can get in touch with me on **01730 812 338** or via email at **midhurst@4sight.org.uk** and I will be pleased to offer you help.

Until next time, I hope you enjoy the beginnings of summer.

Bev Tinson, Development & Outreach Officer

Update from Bognor Regis

Recent Club Visits

I'd like to take this opportunity to thank all of the club leaders, volunteers and members who have invited me to their clubs over the last few months and made me feel so welcome.

The 4SIGHT Clubs are essentially the beating heart of our charity, and the peer support given by our members to each other has a huge impact on many aspects of daily living, as I am sure many of you will agree.

Again, thank you to all those involved in contributing to these vital community groups and for also welcoming me with open arms on my visits.

Dan Batchelor, Outreach Worker

Bognor Regis Macular Support Group

You may have already read in the previous newsletter about the introduction of a Macular Support Group at our Midhurst Centre; following further discussions with the Regional Manager of the Macular Society, the decision has been made to introduce a Macular Support Group in Bognor Regis, here at our Bradbury Centre.

The group is open to anyone living with central vision loss and all carers are welcome too. We have scheduled the first Macular Group for Thursday 2nd June, from **10.30am** to **2.30pm**.

If you require any further information, then please give me a call on **01243 838 002**.

Dan Batchelor, Outreach Worker

Resource Centre Pricing

Due to circumstances beyond our control, prices of some Daily Living Aids and Low Vision Aids within our Resource Centres will be increasing from May 2016 onwards. As always, prices will include VAT, where chargeable, whilst other aids continue to be VAT exempt if a VAT declaration form is completed by the purchasing individual.

We have taken every measure to ensure that our equipment remains good value for money and I, along with the rest of the 4SIGHT Outreach Team, continue to monitor for any new aids that we feel would be beneficial to those living with sight loss.

If you require any information regarding daily living aids, please contact one of our 4SIGHT centres and speak to one of our Outreach Workers. A copy of our new 4SIGHT Product Catalogue, which provides information on the majority of the aids on display within our centres, is available upon request.

Dan Batchelor, Outreach Worker

Healthwatch West Sussex

Healthwatch wants to hear about your recent experience of a GP Surgery, Dentist, Hospital, Pharmacy or Care Provider. Was the service you got excellent or poor? What would have made it better?

Healthwatch will listen to you, investigate and share their findings with those who provide the services, so they can make things better. They can also help you to find health and care services.

Find out more on their website www.healthwatchwestsussex.co.uk.

You can tell them your story, by calling 0300 012 0122, or via email at helpdesk@healthwatchwestsussex.co.uk.

ADUR BUCKET COLLECTION



We are looking for
Volunteers
to help with our
ADUR Bucket
Collection.

Can you spare an
hour or two to help
raise funds to
support local
people with
sight loss?

SATURDAY 11TH June 2016

Adur Area - Shoreham, Southwick,

Lancing & Sompting

9am till 4pm

**To Volunteer Call:
01273 454 343**



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Registered Charity No: 1075447

Company No: 3740647

Charles Bonnet Syndrome (Visual Hallucinations)

Working at the eye clinic, I often come across people suffering with Charles Bonnet (pronounced Bonnay) Syndrome.

It is a term used to describe visual hallucinations in people with sight loss and can happen to anyone experiencing loss of visual stimulation.

Hallucinations can range from simple flashes of coloured lights to much more elaborate visions. Last week I met a lady who saw oversized bugs crawling up her walls and across her carpet. People are not uncommon hallucinations, and much larger objects may be experienced too.

At best sufferers may find them amusing or a bit of a nuisance, but some people may find them quite frightening.

Please don't be afraid to tell your family and friends about the hallucinations you are experiencing. It is a fairly common phenomenon and you are not suffering with a mental illness.

You may find it a comfort to share your experiences and hopefully even have a little joke about them!

If you would like any further information about Charles Bonnet Syndrome, please contact 4SIGHT's Sight Care Advisors, based at the Worthing Hospital Eye Clinic.

You can phone us on **01903 285 281** and we will be happy to talk to you about this and provide you with further information.

Mandy Whitman, Senior Sight Care Advisor

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 2016 festival is based on '**The Artist's Palette**' 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 from this years' brochure,
'The combination of the architectural splendour of this historic Cathedral, along with the artistry of over 80 spectacular flower arrangements, will ensure a fabulous visit for everyone'

This Accessibility Evening has been organised for our 4SIGHT members as well as others with a visual impairment and those with special access requirements, including wheelchair users. This will be on **Friday 3rd June from 5.30pm until 7.30pm.** Tickets must be purchased in advance and cost £10 per person. One carer per paying entrant is admitted free.

4SIGHT will be serving the refreshments in the marquee during the evening, with all proceeds coming to our charity.

To book your tickets, please call **01243 813 595.**

4SIGHT Ramblers (Mid Sussex South)

The 4SIGHT Ramblers are going to celebrate their fifth birthday in June 2016. Joint leaders Anne Tomlinson and Jane Aston got together in 2011, when they recognised that blind and partially sighted people have real trouble getting out in the countryside for fresh air and exercise.

This friendly, welcoming group now has over 30 members. They meet on the first Monday each month at 10am at the chosen venue and walk for about 4 miles. The walks are very varied, some are on the Sussex Downs, some in parks and some are village circulars. There are quite a few guide dog owners and on some walks 7 or 8 dogs are all running free, romping and having a great time.

After the walk the Group goes to a nearby pub, café or restaurant for lunch, dogs lie down exhausted while humans relax, talk and have a well-earned meal. Everybody who needs it has a volunteer guide to help them and transport is also provided.

A member said, "What I enjoy most is that it makes me feel 'normal' again. It's also a social thing, I love it and I loved it from day one". For more information, or to join the 4SIGHT Ramblers, please call Anne on **01444 456 026** or Jane **01444 870 462**.

Items for Sale

17" Eclipse Desk Top Magnifier, little used and in vgc, £350 ono. Please contact Francis on 01730 810 501.

Smart View Xtra CCTV (SCVX 610), 19" colour monitor and leads. 10/15 years old but works perfectly, £150 ono. Collect from Aldwick or can deliver locally. Please contact Pat Holmes on 01243 267 167.

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

An Anecdote by Pam, a 4SIGHT volunteer

“On a sunny Saturday morning I decided to have my lunch in the conservatory, as it was nice and warm and I was fed up with the cold. So, I made my lunch and got the Chichester talking news to listen to, when suddenly I could see something walking about on my patio!

I couldn't see enough to make out what it was, and I was afraid to find out what it could be. Anyway, after finishing my lunch I fell asleep! It must have been the warm weather!

On the following day, which was another sunny day, I decided to eat my Sunday dinner out in the conservatory again. On this occasion I was sitting near to the door, which was closed as it was windy but sunny. This time I was listening to an audio story, when suddenly I saw something moving outside; there were not one but two things running about!

Eventually I thought they were too big to be mice, but could they be hedgehogs? I decided to go outside and investigate. So out I went. I found the things, but now there were two large and one small one. I thought to myself, should I feed them? So I went back indoors. I wondered if they would eat bird food? I put some on the paving slabs, and then I took a quick look at the objects.

I then had a good laugh to myself, as what I thought were mice or hedgehogs were in fact hydrangeas, they were what I had cut off my bush!! I did have a good laugh!

I hope that this will give you a good laugh too and help to brighten up your day.”

Pam is one of our volunteers at Bognor Regis 4SIGHT Centre.

200 Club

The winning number for **February was 146 , March was 199 and April was 166**. Why not join the 200 Club and help to 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**.

Theatre Royal Brighton

The following shows will include an audio described performance:-

Our Ladies of Perpetual Succour, on Saturday 21st May, at 2.30pm.

Brideshead Revisited, on Saturday 11th June, at 2.30pm.

Guide dogs are welcome in the theatre.

If you require any more information, please contact Jackie Alexander on **01273 764 415**.

Littlehampton Social Club for the Blind

This 4SIGHT social club meet on the second and fourth Tuesday of each month, from 2pm to 4pm, at Southfields Jubilee Centre in Littlehampton. They are currently looking for new members to join their group, as well as more volunteers, especially car drivers.

If you are interested in joining them, either as a member or as a volunteer, then please contact 4SIGHT on **01243 828 555**.

Diary Dates

Sun 22nd May, 11am-5pm, Sound4Sight Live Music Family Day at Priory Park in Chichester. This a fundraising event in aid of 4SIGHT and entry is free. For more details go to www.sound4sight.com.

Sun 22nd May and Sun 26th June, 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**.

Thurs 2nd June, 10.30am - 2.30pm, Bognor Regis Macular Support Group meeting at Bognor Regis 4SIGHT Centre.

Fri 3rd June, 5.30 - 7.30pm, Chichester Festival of Flowers Special Accessibility Evening. For tickets, please call **01243 813 595**.

Thurs 9th June, 11am – 1pm, Coffee Morning at Midhurst 4SIGHT Centre. Join us to celebrate the Queen's Official Birthday.

Sat 11th June, 9am - 4pm, Adur area bucket collection. If you can help at this, please call Shoreham 4SIGHT 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 welcome.

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 **10th June 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



Left: Suzie Mettrick, volunteer at Lancing Self-Help Group, celebrating her 70th birthday with a party put on for her by the group's members and volunteers.

Below: The 4SIGHT Mid Sussex Area Committee Spring Lunch.



Below: 4SIGHT Ramblers (Mid Sussex South) out on one of their rambles.



Below: Kirstie Thomas, with Phil Revis, being presented with the cheque by the Haywards Heath Mayor.



Left: The new Tai Chi Group that has started in Bognor Regis.

