

April / May Newsletter 2021

100
1921 - 2021

4Sight
vision support



Featured in this newsletter:

- Update on our services
- Member's story
- Special Edition 100th Anniversary newsletter

CEO's Message

Dear members,
The Government's announcement on 22nd February was welcome news to us all. Here at 4Sight Vision Support we are all looking forward to seeing our members in person and welcoming you back to our clubs, soon.

While the Covid-19 pandemic prevented us from kicking off our 100th Anniversary at the beginning of 2021, we are using the start of a new financial year to mark the start of what will be 18 months of celebration! This special edition newsletter, along with the usual update on services and other topical info, also includes a separate 100th Anniversary commemorative newsletter. This looks back at the changes and achievements in our 100 year history, along with ways to get involved with a series of activities we have planned to celebrate and raise funds to help us continue our vital work.

I would like to thank everyone who contributed to the recent Sensory Impairment Needs Assessment (SINA). We are told by the West Sussex County Council



that the SINA should be ready for publication some time in the summer. I look forward to seeing you at our centres very soon.

With best wishes,

Nik

Nik Demetriades- Chief Executive

All information in this newsletter can be found on our website.

Update your details

Don't forget to let us know if you have moved to a new house or changed your phone number recently, so that we can continue supporting you.

Newsletter format

Did you know we produce the newsletter in a variety of formats- large print, Braille, email, and audio on USB or CD. If you would like to receive our newsletter in a different format, please contact Karen McLachlan on:

01243 828555.

Our Support 4 You

Following on from our update to members at the beginning of March and the latest Government announcement, we can proceed with resuming some of our face-to-face services, by appointment only, once again. To make an appointment at our Centres or in your own home, please contact; **01243 828555**. Please bear with us while we work through a long waiting list of appointments.

Our frontline team have all received first and second doses of the Covid vaccine. They will also continue to wear personal protective equipment and follow social-distancing guidelines where possible.

NEW - Summer Trips!

Watch this space for news on a programme of well-being activities we will be running across the county, using our minibuses to take members out on a series of day trips!

Highlights of the Government's 'roadmap out of lockdown':

Here is a snapshot of the key changes and dates to help you plan your social diary.

29th March – It's now possible to meet outside in public spaces or private gardens in groups up to 6 or 2 households. Outdoor sport and leisure facilities now open and organised outdoor sport allowed.

12th April – In addition to above, indoor leisure activities may resume, non-essential retail, hairdressers and other personal care facilities, outdoor hospitality e.g. cafés/pubs with gardens, outdoor attractions, libraries and community centres reopen.

17th May – In addition to points above, indoor entertainment and attractions reopen. Organised indoor sport and domestic overnight stays permitted. Some large events – e.g football matches, concerts permitted with limits to capacity.

Getting out and about

We are super-excited at the prospect of seeing friends and family and being able to return to some of things we've missed over the past year. However, venturing out again and adjusting to life after lockdown may also seem a bit daunting. So, here are a few tips and suggestions which may help to make the transition a little easier. Please remember that we are always just a phone call away if you need further advice or reassurance.

Public transport

– buses, trains and taxis

Government guidance states it is still necessary to wear a face-covering if you can and to maintain social-distancing, sitting 2 metres away from the next person, wherever possible, or 1 metre if not.



Disabled bus pass / rail card

– contact us and we will help you

You may be entitled to a FREE Disabled Person's Railcard or Disabled Person's Bus Pass. Please visit our website [4sight.org.uk](https://www.4sight.org.uk) for links to the application form, eligibility criteria and details of

documentation you will need when you apply, or speak to one of our team on: **01243 828555**.



Helping Hands

You can apply for a FREE 'Helping Hands' card for use on public transport. The yellow card has a brief written instruction for the driver to make them aware of any assistance you might need. These can even be used anywhere you might want to explain your requirements quickly and discreetly without having to verbally communicate them. Call **01273 886200** or email helpinghand@buses.co.uk

Walking

Many of our members have found that using a symbol cane over the past few months has helped to increase their confidence, acting as a physical aid for them, as well as a visual aid to members of the public. Member, Jodie Pedder, shares her own experiences of using a symbol cane.

My cane - my independence - Jodie's story

Growing up I always wanted to join in with what other children were doing. I didn't want to be seen as different. I found it hard to accept that I couldn't see very well. Even when I lost my bearings on a familiar walk to my Grans, and ended up falling over someone's fence, dropping my shopping everywhere.

However, the turning point was when I walked straight into a lady pushing a pushchair while out shopping. I apologised and explained I was registered blind. However, the woman became more aggravated and started hurling abuse at me. When my friend stepped in to defend me, the woman grabbed her and pushed her into the shop window – winding her. It was then that I knew I needed something to make others around me aware of my sight impairment.

When I first started using a cane I felt apprehensive, but after a little bit of training my confidence grew. I found I didn't care what others thought of me



and for the first time ever, I didn't feel scared or worried about going out. Using a cane has been life-changing for me and I now walk for miles with it!

Rehabilitation Officers for the Visually Impaired (ROVIs)

ROVIs are employed by West Sussex County Council and their role is to offer practical advice and support to people experiencing difficulties due to sight loss.

Support is normally provided through a one-off visit, during which they assess general social care needs. They can advise on anything from lighting, cooking, identifying coins correctly to crossing roads safely. Their aim is to help people remain independent and safe both at home and out and about.

You can contact the team by calling the Adult Care Point on:

5 01243 64 21 21

Daily Living Aids

We have chosen to highlight a selection of daily living aids to support you as you get out and about. For more information, or to place an order, for these or other products available, please contact Beau on: **07907 021202**

Symbol Cane

£14.00

These lightweight, aluminium symbol canes fold into three or four sections, ideal for storing in a bag when not in use.



Vision Impaired lapel badge

£1.50

Shaded eye symbol, metal, 2.5cm diameter pin fastening badge to alert others to visual impairment.



Focus Group

Our newly formed “Focus 4 Sight” group met for the first time in December 2020. The group is made up of 8 members from across the county, of varying ages and backgrounds. The aim is to have a representation of members who act as voice within 4Sight, feeding back on the services we provide and those available in the wider community. Through this group we aim to provide a platform where the needs, experiences, thoughts and areas of concern in the daily lives of those living with sight loss are acknowledged.

The first item on the agenda was the “Sensory Impairment Needs Assessment” (SINA) surveys about local services. This piece of work was met with great enthusiasm and members shared some very important feedback- we would like to thank all involved for their contribution. We will update you on the progress and outcomes of the SINA when this information is shared.

Virtual Clubs Timetable

In the absence of seeing our members in person, it's been lovely to see so many of you join our virtual clubs. All clubs may be accessed by phone or internet. Please do contact us on **01243 828555** if you have any questions or need assistance with joining.



April:

History Discussion Group

Tuesday 27th at 11am -12pm

Talking about a different historical character or event each month.

May:

Virtual Quiz

Thursday 6th at 11am-12pm

20 general knowledge questions, self-marking.

Friendly competition!

Chatterbooks

Monday 10th at 11am-12pm

Come chat about books you have recently enjoyed.

Virtual Tech Club

Wednesday 12th at 2-3pm

“The Show Must Go On!”

Tuesday 18th May 11am-12pm

Topical Talk: Optelec / Enhanced Vision - Ben Wheeler

Wednesday 19th at 11am-12pm

Live demo and Q&A of hand-held electronic magnifiers, reading machines and desktops .

History Discussion Group

Tuesday 25th May 11am -12pm

June:

Virtual Quiz

Thursday 3rd at 11am-12pm

Chatterbooks

Monday 7th at 11am-12pm

Virtual Tech Club

Wednesday 16th at 2-3pm

“The Show Must Go On!”

Tuesday 22nd at 11am-12pm

Topical Talk: Subhash Suthar, Clinical Therapeutics Education.

Wednesday 23rd at 11am-12pm

Subhash, will answer your questions about Eye Health (Glaucoma, Dry Eyes, & Eye Drops, After care of Cataract surgery, Diabetic Retinopathy and Intravitreal injections).

History Discussion Group

Tuesday 29th at 11am -12pm

How to Join:

Virtual Clubs are accessed via the Zoom video and teleconferencing facility over the internet or by phone.



To access by phone:

Dial in on the following number at the meeting time and enter the Meeting ID when prompted, followed by #

Telephone: **0203 481 5240**

Meeting ID: **818 372 5311**

(followed by #)



To access via the internet:

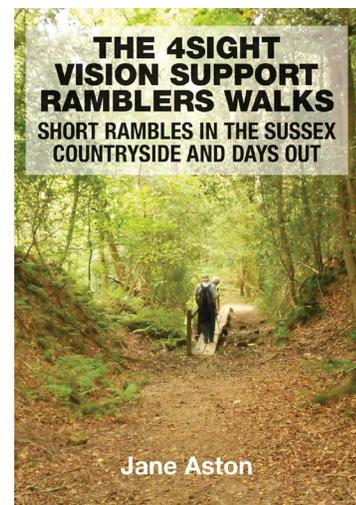
If you would like to access the meeting over the internet, please call 01243 828555 and we will email you the meeting link.

Fundraising News

Go green and get recycling to help raise funds!

There are now more ways to support us through recycling, while doing your bit for the environment too! So, if like the Fundraising Team you love cheese, or are having a spring clean, please save the following items to pass onto one of our frontline team or drop off at our Centres when they are open again:

- Stamps – from your everyday post or stamp collections
- Coins – old or foreign
- Cheese packets (washed please) – the plastic pouch from blocks / grated cheese, the plastic wrapper from sliced cheese and mini-cheese nets.
- Mobile phones – old or broken
- Cars – Give A Car can turn old cars into cash via auction or scrap.



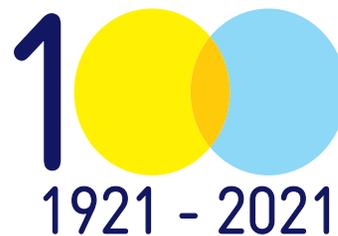
Book Launch! The 4Sight Vision Support Ramblers Walks

Volunteer, Jane Aston, has been involved with 4Sight in various roles, for 30 years. 10 years ago, together with volunteer, Anne Tomlinson, they set up a Rambling Group for members living in the Mid-Sussex area.

During lockdown, Jane used the time to bring together a collection of some of the most popular walks the Rambling Group have done together, to create a book! There are 35 walks, mostly about 4 miles long, with a few longer, more demanding walks for a day out!

Available for £7.99 from the beginning of May (in standard print). Please contact the team on 01243 838001 to reserve your copy. (P&P applies).

100th Anniversary - dates for your diary!



To mark this momentous occasion, we are running a series of event and activities to celebrate and raise vital funds to enable us to continue supporting people for the next 100 years. Full details can be found in the separate 100th Anniversary pullout, but here is a snapshot of just a few of things we have planned.

- **26th June – Wellbeing Walk**

Join us at the beautiful Angmering Park Estate for a new twist on this popular event. The 5 mile undulating route follows tracks, paths and some cross-country.

- **1004100 Challenge**

Follow in the footsteps of Captain Sir Tom Moore and be one of the 100 participants we hope will join in the challenge to do 100 of something to raise £100!

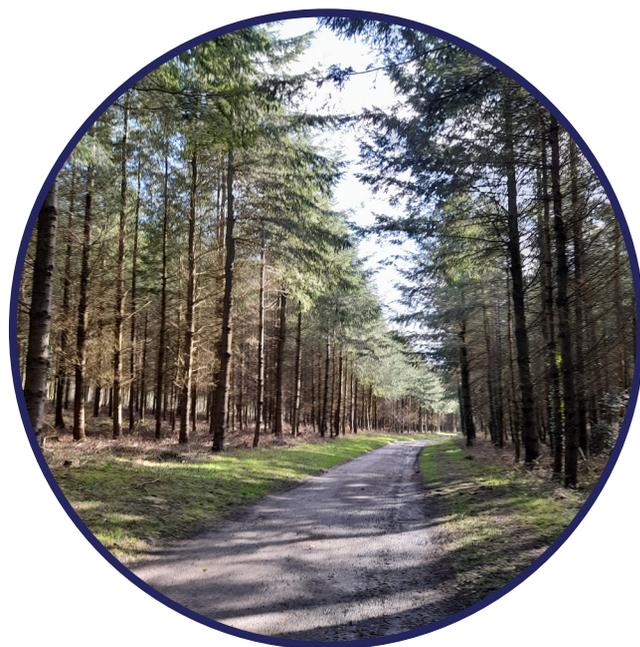
- **July - 200 Club**
– **one-off £500 prize draw**

Could you be the lucky winner of a one-off £500 prize in our special summer draw?

- **Autumn - Anniversary Ball**

An opportunity to dust off your dancing shoes and join us for an evening of entertainment and celebration.

Watch this space for details of our special 100th Anniversary commemorative pin badge and other exciting events.



My Donation

I would like to make a one off donation of:

- £28** - Could enable Tara to provide accessible tech advice helping members to use technology to keep in touch with loved ones.
- £15** - Could enable Karen to provide one member with a Low Vision Assessment, identifying ways to improve lighting & magnification, to make every day tasks easier.
- £8** - Could enable us to send one of our newsletters, available in 5 different formats, to 15 members.
- Other amount:

I enclose a cheque made payable to **4Sight Vision Support**

OR

I would like to make a regular donation by standing order of

every: month quarter year.

Please complete these details:

Bank Name.....Branch.....

Bank Address

Sort code Account Number

Name of Account holder.....

I authorise the payment on (date of 1st payment) and thereafter on the same date each month/quarter/year as stated above.

You can cancel this at any time by contacting your bank directly.

Our bank details: 4Sight Vision Support at CAF Bank Ltd. Account No: 00029420, Sort Code: 40-52-40

Signature Date

My Details

Title: **First Name:**

Surname:

Address:

Postcode: **Telephone:**

Email:

PTO

Gift Aid it

Boost your donation by 25p for every £1 you donate!

- I am a UK taxpayer and I would like 4Sight Vision Support to treat this donation and all donations I make in the future or have made in the past 4 years as eligible for Gift Aid.
- I do not pay sufficient tax / do not wish to Gift Aid my donation.

I understand that if I pay less Income Tax and/ or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify us of any changes to your name and address, or if you stop paying sufficient Income / Capital Gains tax or if you wish to cancel this declaration.

Date: Signature:

Keeping in touch

By making a donation the details you provide will be stored on our database. They will only be used to process and contact you in relation to your donation. In the future we would like to let you know about the vital work we do for people living with sight loss and opportunities to support us. We will never sell or share your data and we promise to keep your data safe and secure.

Please tick the boxes below to tell us all the things you would like to hear about and how you would prefer to hear from us:

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Volunteering | <input type="checkbox"/> Post |
| <input type="checkbox"/> Future Events | <input type="checkbox"/> Email |
| <input type="checkbox"/> Campaigns & Appeals | <input type="checkbox"/> Telephone |
| <input type="checkbox"/> Leaving a gift in my Will | |
| <input type="checkbox"/> Please don't send me anything new | |

Please return this form, along with any cheques to:

Fundraising Team, 4Sight Vision Support, 36 Victoria Drive,
Bognor Regis, West Sussex, PO21 2TE