

Aug / Sept Newsletter 2021

100
1921 - 2021

4Sight
vision support



Young member enjoying trip to Aldingbourne Trust.

Featured in this newsletter:

- Staff changes
- Limited-edition anniversary pin
- Visions of Hollywood Anniversary Ball



Registered with
FUNDRAISING
REGULATOR



The Queen's Award
for Voluntary Service

CEO's Message

Dear Members, Friends & Colleagues,

Prompted by a recent move to Bedfordshire for family reasons, I'm sad to say that this will be my last Newsletter article as CEO of 4Sight Vision Support (4SVS).

I have had 6 very happy years here at 4SVS and I'm pleased to say that today the charity is in a strong position, with an excellent strategy for the future based upon the right values and a clear sense of purpose. That is in no small part due to the dedication and commitment of a great Board of Trustees, an amazing Staff Team and some of the most incredible Volunteers you could ever hope to meet! Together, we have overcome many challenges to ensure that 4SVS consistently delivers high quality, relevant services that meet the needs of all people living with sight loss in West Sussex.

I am delighted that the Trustees have decided to appoint Kirstie Thomas as my successor; respected by her peers both within 4SVS and beyond in the wider sight loss sector, Kirstie brings 12 years of experience and a deep passion for the charity to her new role – both of which will ensure that 4SVS continues to go from strength to strength. I wish Kirstie and her team all the very best for the future.

I would like to thank you for all that you have done to support me and the team over the years – it has been my absolute privilege and pleasure to work for and with you all.

Take care and all the best for now,
Nik

Nik Demetriades - Chief Executive



Congratulations Kirstie Thomas our new CEO



You may have already seen in the press or on social media that Kirstie has been appointed as our new CEO. Kirstie is currently our Services Manager, with overall responsibility for planning, coordinating and delivering services for both children and adults. Kirstie, who has a genetic form of macular degeneration, was initially supported by 4SVS when she was diagnosed with Stargardt Disease at the age of 20.

Impressed by the services provided by the Charity, Kirstie firstly volunteered on the Shoreham Fundraising Area Committee. In 2009 Kirstie was then employed initially as a Volunteer Coordinator and increasingly grew her role within the organisation, gaining invaluable experience and knowledge of sight loss, low vision and the complex needs of blind and sight impaired people.

4SVS Chair of Trustees, Dr Norman Boyland comments, "Along with her own personal experience of sight loss, Kirstie has been a key architect of the strategic development of our

services over the years, and her previous management experience, passion, drive and commitment will serve the Charity well as we develop our services to meet the future needs of our clients."

Kirstie, who takes the helm from 13th September, said: "I feel extremely proud and privileged to have been offered this opportunity and look forward to working with the incredible team here, to provide the very best standard of tailored support for blind and sight impaired people in West Sussex."

We are sure you will all join us in congratulating Kirstie, and also in thanking Nik for all his hard work over the last 6 years and send him best wishes for the future.

Service Update

Following the move to Step 4 of the government roadmap on 19th July, as an organisation we have taken the decision to keep our Covid safe measures in place. This means that our team will continue to wear masks and maintain social distancing, where possible, during appointments. Our staff will continue twice-weekly testing, and our cleaning and sanitising procedures will also remain.

If you would like advice or support, or wish to book an appointment, please call us on 01243 828555.

Please note, our telephones are manned Monday – Thursday only. On Fridays you may leave a message on our answerphone which will be returned on Monday morning.

Low Vision Service:

During a low vision assessment we will spend time working with you to understand and identify the right strength magnifier, make lighting adjustments and advise on any equipment which may help to make things a little easier around and outside of the home.

Accessible Technology Service:

Whatever your level of knowledge, technology can increase your independence, enabling you to keep in contact, manage your finances, work, shop, and much more.

Our Accessible Technology Specialist, Dan, can provide one-to-one support, working with you to demonstrate how your current technology such as smartphones, computers, tablets, and smart speakers can be made more accessible, enable you to continue using them with confidence.

We can also provide information, advice, and demonstrations that may help you even if you've never used technology before.

Accessing benefits:

We can now offer advice and assistance with completing Personal Independence Payment (PIP) forms, as well as inform you of other benefits and concessions available.

Online Clubs

If you haven't yet accessed one of our online clubs, then it's never too late to sign up and meet other members from across the county. Accessible by phone or the internet via Zoom video and teleconferencing.

Call us for further details and assistance on: 01243 828555.

September 2021:

Thursday 2nd September

11am-12pm

Virtual Quiz – a little bit of fun to test your grey matter and 'meet' new people.

Monday 6th September

11am-12pm

Chatterbooks- come along and chat about your favourite book or audiobook.

Wed 8th September

2-3pm

Virtual Tech Club- your chance to quiz our expert on using phones, tablets, home speakers and more.

Tuesday 14th September

11am -12pm

"The Show Must Go On!" - discuss all things theatre with this like-minded social group

Tuesday 21st September

11am -12pm

History Discussion Group – whether you're a history buff or someone who hasn't thought about it since school – come join in the discussion and learn something new.

October 2021:

Monday 4th October

11am-12pm

Chatterbooks

Thursday 7th October

11am-12pm

Virtual Quiz

Wed 13th October

2-3pm

Virtual Tech Club

Tuesday 19th October

11am -12pm

"The Show Must Go On!"

Tuesday 26th October

11am -12pm

History Discussion Group

News & Information

Clubs Update

Although Government guidelines changed in line with the Roadmap on 19th July, due to the ongoing and very high levels of Coronavirus cases - as reflected in the latest public health data - it is clear that the Pandemic is still not over. Therefore, we are working with Club Leaders on an individual basis as to next steps for the safe reopening of Clubs, and a further update will be provided in the next newsletter.

Volunteer Recruitment

Volunteers play a vital role in supporting the Charity and its beneficiaries across all areas. Last year, with their support, we made over 5,000 calls and spent over 700 hours assisting members to feel less isolated and maintain their independence as much as possible.

If you would like to join our volunteer team, please visit our website for current vacancies.

Your details

Please be advised that your information will be stored securely on our data system. We will not contact you to gain your consent again unless there is a significant change in our services. You can revoke your consent at any point by contacting us on **01243 828555**.

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 828 555**.

National Eye Health Week 20th – 26th September

Around 2 million people in the UK are living with sight loss which is severe enough to impact their daily life. Half of this sight loss is avoidable.* This National campaign aims to promote the importance of good eye health such as eating well, not smoking and wearing eye protection in bright sunlight, as well as recommending regular eye tests, which can detect the early signs of several eye conditions including Glaucoma.

*Future Sight Loss UK(1): The economic impact of partial sight and blindness in the UK and adult population, Access Economics PTY Ltd, June 2009.



Gardening service

If you are aged 50 or over and finding it a challenge to keep up with those pesky weeds, then Age UK West Sussex, Brighton & Hove offer a service, whereby vetted and insured volunteers can come and assist with general duties such as mowing the lawn, clearing fallen leaves, weeding, pruning and planting. For more information call: **0800 019 1310**



DIScoverABILITY Day Thursday 16th September

Open to all ages!

If the Olympics and Paralympics have inspired you or your child to take up sport, then why not join us at this event being run by Sussex Cricket Foundation at The 1st Central Cricket Ground, Hove, 10am-2pm. Activities include, cricket skills challenge, inflatables, table cricket, café and more.

For more information and to book call Aroop Tanna on:

07500 025449.

Registration closes 10th Sept.



Family Fun at Aldingbourne

On 3rd August, we took some of our younger sight impaired members on a visit to the Aldingbourne Trust. From feeding the farm animals, getting messy with sand and water play, to building dens - new friendships were formed and a great day was had by all.



“ I've had the best day ever! ”

TV Licences

Free TV licence guidelines changed on 1st August 2020. If you are aged 75 or over, you are only eligible for a free TV License if you receive Pension Credit. If you are registered blind (Severely Sight Impaired - SSI), then you qualify for a 50% 'blind concession'.

If you need to set up a new TV license, please contact them on **0300 790 0368** or visit **www.tvlicensing.co.uk**

Please note: You can only be registered blind (SSI) by a Consultant or Ophthalmologist.

Farewell Bev

After 14 years working for 4Sight Vision Support, we bid a fond farewell to Bev as she relocates to Dorset for a new life as a pub land lady. Bev has been involved in many parts of the organisation, including Fundraising, Outreach, Midhurst Centre Manager and Governance. We would like to thank Bev for her passion and commitment to 4Sight Vision Support and our members, and we wish her the best of luck as she embarks upon her new adventure.



Fundraising News



Wellbeing Walk a welcome start to 100th Anniversary Events

The weather was on our side as we celebrated the return of our public fundraising events in June, with our Wellbeing Walk around the beautiful Angmering Park Estate.

We were delighted to welcome over 50 participants, who enjoyed mindfulness moments, sensory experiences and breath-taking views of the Sussex countryside along the 5-mile route.

Thanks to the generosity of everyone who took part and their sponsors we have raised over £4,800!

With thanks to the following for helping to make this event possible; Nigel Clutton and the Angmering Park Estate, Bubbles Bargain World, Co-op Bognor Regis, Fleur de Lis, Forever Grazing, Morrisons Bognor Regis, Passmore Glass, Southdowns Water and our team of Volunteers.

Congratulations to our 200 Club Winners

July winner: June from Crawley with lucky number 192.

August '£500 Anniversary Draw' winner: Eileen from Bognor Regis with lucky number 191.



100 4 100:

Join the 1004100 campaign! Follow in the footsteps of Captain Sir Tom Moore and be one of the 100 participants to join our challenge! The aim: to do 100 of something to raise £100! Please take a look at the enclosed flyer for more information.

Save the date:

The Christmas Concert with Seaford College Chapel Choir at St Marys de Haura Church, Shoreham will take place on Monday 13th December 2021 – more details to follow in our next newsletter.



Free Will Workshops

Join us and an expert lawyer from Kreston Reeves at one of our FREE workshops on:

- **Wednesday 8th September, 2pm**
at The Shoreham Centre,
Shoreham-by-Sea, BN43 5WU.

- **Monday 13th September, 2pm**
at London Road Methodist Church,
Horsham, RH12 1AN.

It will be an opportunity to talk and ask questions about different types of Wills, Inheritance Tax, Trusts in Wills, Codicils and Lasting Powers of Attorney.

To book, contact the Fundraising Team on **01243 838001** or email **fundraising@4sight.org.uk**

Make a Will Scheme

Mon 27th Sept - Fri 8th Oct 2021.

We are running our first Make a Will Scheme, where you can have your Will written, or amended, by local law firm Kreston Reeves.

Appointments may take place in their offices in Horsham or in your own home, between the dates above. For more info or to book one of these limited slots, contact the Fundraising Team.



Visions of Hollywood Ball Friday 29th October 2021

Dust off your dancing shoes and join us for a glamorous evening of celebrations Hollywood style, with three-course meal, drinks, dancing and entertainment at the Hilton Avisford Park Hotel, near Arundel. Tickets £80 per person, tables of 10 available.

If you can't attend, but would like to support us then please do speak to our team about donating raffle prizes, sponsorship and other forms of in-kind support.

For tickets or to support, call the Fundraising Team on **01243 838001** or visit: **4sight.org.uk/100th-ball**



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.

Signature: _____ Date: _____

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

Internal use only: Received by: Date received:

Processed onto CL by: Date: Thanked by: Date: