

**AUTUMN 2018
NEWSLETTER**

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

4 Sight
vision support



Christmas Carol Concert



Monday 10th December, 1pm – 2pm
St Mary de Haura Church, Shoreham
Performed by Seaford College Chapel Choir

Tickets: £5 (on the day or in advance)
Includes tea/coffee & mince pie!

For more information or to book:
Tel. 01273 454 343
www.4sight.org.uk

In aid of

4 Sight
vision support



Contents

1	Xmas Carol Concert
2/3	CEO's Message
4	New Sight Care Advisor
5	Bognor Charity Shop
6/7	Midhurst Centre Update
8	Resource/Items for Sale
9	Haywards Heath Drop-in
10	Club/Swimming/Friends
11	Fish & Chips Quiz
12	Volunteer Account
13	Key Rings/Xmas Cards
14	Peer Support Group
15	Arun & Chi Area News
16	September Poem/Club
17	Rox Charity Ball/200 Club
18	Diary Dates
19	Contact Details
20	Xmas Wreath Workshop

CEO's Message

Mahatma Gandhi once said:
"Be the change that you wish to see in the world."

Twenty years ago, 4Sight Vision Support decided to do just that by setting up the Sight Care Advisor (SCA) service in the two coastal hospital Eye Clinics, with the aim of making a positive difference for visually impaired people.

Now, as we approach the 20th anniversary, I'd like to share with you some facts about the SCA service and in so doing, celebrate the work of our two long-serving

Sight Care Advisors, Mandy Whitman and Annie Taylor – whom many of you (I suspect) will have met at one time or another.

What does the SCA service do?

The Sight Care Advisors support patients at the eye clinics by providing:

- Emotional support at the time of diagnosis or need;
- Direct practical support with expert information, advice and guidance;
- Fast help with the Certificate of Vision Impairment process, which provides access to vital statutory services and rehabilitation services.

What difference does it make?

Here's what Mandy and Annie have to say:

'Before our service, patients were told they would be registered as visually impaired and were sent home, often to worry and with no support or anyone to answer questions. With our service, patients and professionals have direct access to highly-skilled, empathetic

and named individuals who are able to provide advice, support and guidance at the time of most need.

This means that visually impaired people who can no longer be treated medically, don't feel abandoned. With timely guidance and support many of our patients retain their homes and their jobs, no longer feeling useless or a burden on their families and can face the future more positively.'

Here are some Testimonials from our members:

'Thank you is such a small thing to say for your kindness and time you spend with me'

'If it hadn't been for the SCA Service and the support I received over the last 20 years, I wouldn't be where I am today'

'Thanks for all your help and understanding. We are most grateful.'

How many people has it helped?

Over the last 20 years, the SCAs have directly helped **9,053** people with a visual impairment. They've also indirectly helped another 10,000-12,000 people - an estimated figure that includes families/carers, healthcare professionals, etc. All in all, almost **20,000** have been helped by the SCA service, which I hope you'll agree, is an amazing achievement!

20th Anniversary Celebration

We're working with the hospitals and other partners to celebrate this important milestone and will be announcing more about that at our Annual General Meeting (AGM) in October, which brings me to my last point...

Save The Date - Friday 26th October 2018 AGM

...which is to kindly ask you to save the date of our **2018 AGM**, which will be taking place this year at 11.30am on Friday 26th October at the Billingshurst Community and Conference Centre. I hope that you will be able to join us on the day to help us reflect upon and celebrate not only the SCA service, but the wider work of the charity. Thank you as ever for your continued support.

Nik Demetriades, CEO

New Assistant Sight Care Advisor

Hi, my name is Jan Wise and I was appointed at the end of June to join Annie and Mandy in the Sight Care Advisors team based in Southlands and St Richards Hospitals.

My previous work experience has proved very useful because I have spent the last 20 years working in different roles for a variety of organisations helping older people to remain independent. I have been in this job for 6 weeks now and although there is a lot to learn, I have met some very interesting and inspiring people and am thoroughly enjoying the role.

The post involves supporting people coming through the eye clinics who are struggling with sight loss and is often at a point where they have been told that nothing else can be done medically to improve their vision. I will be able to offer advice and guidance on coping with sight loss and maintaining independence, as well as providing emotional support.

Jan Wise, Assistant Sight Care Advisor



Bognor Regis Charity Shop

What an amazing drop of weather we have had since our last newsletter – although I think the gardens won't agree!

With three quarters of the year gone, we need to let you know all the things we have planned for our York Road shop and how you can get involved helping us raise money.

We have had a very busy time here, with some new and exciting changes to come that will help us utilise the area. This includes a new shop counter, display units and models to show off the fabulous clothes that people donate. So, pop on by and see what's new - come and look at our Autumn and Winter clothes for ladies, gents and children of all ages – grab yourself a bargain. Look out for dress up items – themed ideas and scary ones too. We have some great sets and gift items as well, not forgetting our bric-a-brac section, mirrors, art work and picture frames of all sizes. We also sell books, talking books, music and DVDs, all of which would be greatly received if you are having a clear out.

Over the next few months we will be having Tombolas during the school half term and Halloween. Our wonderful shop volunteers are kindly donating all the prizes, such as chocolates and other goodies.

If you or a friend could bring donations direct to the shop that would be wonderful. Maybe you can even volunteer for a few hours and help sort the bags of donations, looking through all the marvellous items. We also have some exciting and fulfilling volunteer roles available, so if you do know anyone who has a little spare time on their hands as Autumn approaches please think of us here and give us a ring.

Speak to you all again at the end of the year!

**Sarah Brooks, Charity Shop Manager and
Quinton Mills, Assistant Shop Manager**

News from Midhurst

Well, considering it's been holiday season the centre has been as busy as ever over the last few months, with the regular activity groups running including the new monthly Macular Support Group, which started in July and is run by one of our members, Betty.

In July we had an excellent afternoon tea enjoyed by some of our members in Betty's garden, which included a wonderful tour of her own private woods! I was invited along to do a talk to the Midhurst Probus Club who were interested in what we do and how we support people and they very kindly gave us a donation to help support the Midhurst activities. We also had a stand at the Fete in the Park, Petworth and on page 12 one of our volunteers, Alison has written about her experience of the day. Some members also enjoyed a visit to the Midhurst Parish Church Friendship Tea which takes place on the third Thursday of the month at 3.30pm and more hope to come along next time.

On Saturday 4th August some of our members enjoyed an audio description performance of *Me & My Girl* at Chichester Festival Theatre, where they were well looked after by the staff and had the privilege of a 'Touch Tour' prior to the performance allowing them behind the scenes to touch all the props and to meet the cast.

Another group of members had a day trip to Selsey on 10th August where they had a guided tour of the new Lifeboat Station followed by a lovely lunch in the Lifeboat Inn on the seafront.

And of course, we had our stand at the annual MADhurst Carnival Finale on August Bank Holiday Monday where we had our ever-popular tombola, raffle and equipment display. Hopefully some of you were able to come along and see us on the day.

So, what are our plans for Autumn this year?

Tech Group with Dan continues to meet the second Tuesday each month. Next dates are 16th October, 13th November and 11th December at 10.30am.

Coffee Mornings continue on the last Thursday in the month, but not in December. Next dates are 27th September, 25th October and 29th November at 11am.

Media Mutterings Group continues on the third Thursday of the month, but not in December. Next dates are 20th September, 18th October and 15th November, from 1pm to 3pm.

Games Group continues every Wednesday from 1pm.

Macular Support Group continues on the third Wednesday of the month. Next dates are 19th September, 17th October and 21st November, from 10.30am to 12.30pm.

Late Night Christmas Street Party and Light Switch On is on Friday 30th November this year and the centre will be open for hot mulled punch, mince pies and children's activities throughout the evening.

Christmas Wreath Workshop – see our poster on the back page. Please contact me for more information, or to book your place.

Members Christmas Lunch has been booked for Friday 14th December at The Greyhound Pub, so please contact me for details of cost and menu if you are interested.

So, that's it for this Autumn edition and I hope to see as many of you as possible that can come along to our centre or future events.

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

Big Print Diaries & Calendars 2019

Just a reminder for all you early planners that next year's calendars and diaries should soon be available for purchase/order.

Already released

A6 VIP Pocket Diary 2019 (including cover)

Price: £5.75

A6 VIP Pocket Diary 2019 (insert only)

Price: £5.25



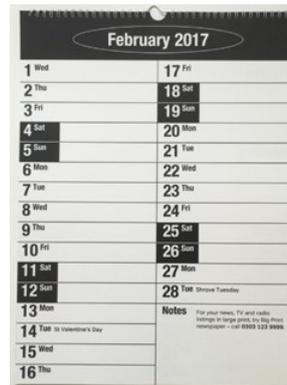
Awaiting release (Prices TBC)

Big Print Desk Diary 2019

Big Print Pocket Diary 2019

Big Print Wall Calendar 2019

Big Print Foldaway Calendar 2019



If you would like to order one of the VIP Diaries or to place a pre-order for one of the Big Print Diaries or Calendars, please contact **Beau Prince, Resource Centre Manager** on **01243 838 002**.

Items for Sale

New handheld Clover 7 video magnifier, LCD screen, 2.2 by 16 times magnification. Mistaken purchase. Paid £545, will accept £425 ono. Please phone **01243 788 389** after 6pm.

Merlin Elite CCTV, only 2 years old and in pristine condition, 24" colour LCD screen, 2.4 to 70 times magnification. Asking price £850 includes a wheeled work station. Please call **01243 697 667**.

Please contact the sellers direct. The above items are for sale from 4Sight Vision Support members. 4Sight Vision Support accepts no responsibility for any items sold.

Haywards Heath Drop-In Session

*There when it matters for everyone
living with sight loss*



If you need any support or
have any questions about sight loss, please
pop in and see our dedicated Outreach Worker

First Tuesday of the month, 9am – 1pm

Haywards Heath Town Council,
40 Boltro Road, RH16 1BA

For more information contact our Outreach Worker

Tara Beesley: 07545501216

4Sight Vision Support: 01243 828555

www.4Sight.org.uk

Registered Charity Number 1075447 Registered Company Number 3740647

4Sight 
vision support

Marsh House Coffee Group

This 4Sight Vision Support Club meets from 10am to 12pm, on the first and third Tuesday each month, at Marsh House, Park Lane in Southwick. They are a very friendly and welcoming group, with activities such as bingo and raffles taking place. They would love to welcome some more members.

If you would like to join this group, or wish to find out more, please ring the club leader Sally McNiff on **01903 815 792**. Or ring our Shoreham 4Sight Vision Support Centre on **01273 454 343**.

Swimming Buddy Wanted

We are looking for a female volunteer to be a Swimming Buddy for one of visually impaired members living in Felpham. Do you live in Bognor, Felpham or Littlehampton and would like to go swimming at the Arun Leisure Centre pool? The lady isn't very confident about going swimming on her own and needs a bit of moral support.

If you can offer to help, please ring our Bognor Regis 4Sight Vision Support Centre on **01243 828 555**.

School Friends Reunited

We have received a request from a lady trying to trace some old school friends. Back in the early sixties she attended a boarding school for partially sighted girls in Sunninghill, Berkshire and she wanted to get in touch with anyone who went there at the same time. She would love to hear from any of the other girls to share memories, good and bad.

The lady's name is Joan Potter (nee Kettle) and you can contact her on **01403 266 372**.



**Tickets £11
(inc. Fish &
Chips)**

Fish & Chips Quiz Night

Saturday 27th October, Quiz starts at 7pm

Join us at St. Peters Church Hall, West Street, Shoreham for a night of fun, food and games!
(Quiz teams of up to 6 players)

For Tickets:

Telephone: 01273 454 343

(Tickets must be paid in advance)

4 Sight 
vision support

Registered Charity Number 1075447 Registered Company Number 3740647

Volunteers - What a difference a day makes!

The following is an observation from one of our volunteers, Alison, who helps in the 4Sight Vision Support Centre in Midhurst and with local community events in the area. One this occasion she was on a stand at the annual Fete in the Park in Petworth.

“It was an almost uncomfortably hot day but several people ‘had a go’ at our Blind Bowling, where contestants tried their luck after putting on special spectacles which simulated how various eye conditions affect one’s sight.

This activity in itself was valuable, as several people linked the experience with realising how life ‘looked’ for one of their friends or relatives. Other people kindly bought tickets in our 50/50 raffle, but we certainly didn’t raise a significant sum of money for 4Sight Vision Support, due to external events like the Wimbledon finals, the England World Cup match and not to mention the Goodwood Festival of Speed that clogged the roads around the area!

Nevertheless, I was convinced of the value of the whole endeavour when I watched Bev interacting with, and supporting, one troubled family. They were from the eastern coastal area of 4Sight Vision Support’s patch – wife, husband and two youngish teenage daughters. It was the wife who has a medical condition that has now affected her sight. She was naturally and obviously very fearful and distressed and was soon in tears whilst talking with Bev.

It certainly looked as if all the family were stressed by her situation and it was good that they could listen whilst Bev talked with her and told her of 4Sight Vision Support’s resources and help. She assured her that she didn’t need to feel isolated in her loneliness whilst living with sight loss because, through 4Sight

Vision Support she could meet others struggling with similar challenges, as well as receiving advice about all the equipment available to help with daily tasks, such as reading and cooking.

I felt that seeing that one frightened woman and her family given hope and the promise of skilled and practical help, made our long day in the hot sunshine utterly worthwhile.”

Alison, Midhurst Volunteer

Key Rings made by Volunteers

Some of our volunteers have again been busy making cross stitch key rings in aid of 4Sight Vision Support. There are patterned ones, ones with various motifs on and even an initial in either script or block letters. We have a selection on sale at the Bognor Resource Centre or you can order them. The photograph on the left shows some of the new designs. They can be made in colours of your choice. At just £2.50 each they make ideal stocking fillers for Christmas, so don't leave it too late! Please allow 3-4 weeks for your order to be filled.



If you would like to place an order, or to receive a catalogue of the full range, please call Bognor Regis 4Sight Vision Support Centre on **01243 828 555** and leave a message for Jean Hall.

Christmas Cards

Enclosed with this newsletter you will find a poster advertising our 2018 Christmas card designs. Please return the completed order form along with your cheque, alternatively you can ring us on **01243 828 555** and place your order over the phone.



Peer Support Group

Family, friends & carers welcome!

An opportunity for people who have sight loss due to a brain injury or stroke (such as hemianopia) to share their experiences and support each other.

For more information and meeting details:

Shoreham Support Centre: 01273 454343

www.4sight.org.uk



Registered Charity Number 1075447 Registered Company Number 3740647

Arun and Chichester Area Committee News

Bognor Town Centre and Shared Space

In June, three of our severely sight impaired members and myself had a meeting in Bognor Regis High Street with the WSCC Area Highways Manager, WSCC Projects Director and Design Engineer. This demonstrated how difficult and dangerous it is for even the most independent visually impaired people (VIPs) to cross the High Street since the Shared Space development three years ago, also to negotiate walking along both pavements because of the plethora of A-boards, tables and chairs. Worst of all are the many concrete cubes on the pavements that reduce the already narrow pathway.

The design had all been about aesthetics and clearly there had been no consideration or consultation with disability groups. The WSCC representatives and designer listened carefully and discussed ways to change the area to make it safer for VIPs. The Government are discussing the safety of similar areas in other town centres, and it is apparent that there will be no more Shared Space designs.

Awareness Days

In July, Specsavers Bognor Regis provided gifts to promote 4Sight Vision Support services and joined us at our information stand in the precinct. Then, in August we held an Awareness Day about the difficulties for VIPs getting around the town because of the many hazards discussed above. The Mayor joined us and wearing Sim-Specs to simulate the sight of a VIP, he was guided across the High Street and along both pavements to experience just how difficult it is when you cannot see. We will keep pressurising the WSCC and our local representatives to improve the safety of the local area.

Bognor Regis Carnival

Our soft toy tombola and book sale was great fun in West Park after the Bognor Regis Carnival procession. Several people wanted information about our services and we recruited at least three new members. We also made £200 for our funds.

Maureen Jenkins, Arun & Chichester Area Committee Chair

'September' by Peggy Hopkins

The sun shone on the spitfire's wings
As it roared across the sky,
Bringing back memories, Memories of days gone by.

A skinny kid in a grubby dress
Gazing at the sky,
Watching a dog fight,
A battle fought on high.

The skinny kid has grown up now,
Plump with hair that's turned grey,
Sitting in her garden chair
To celebrate the day.

To say a great big thank you
To men she never knew
And say well done boys,
The last of the few.

Peggy Hopkins is 90, and she is one of our 4Sight Vision Support members who attends the Littlehampton Social Club for the Blind.

Littlehampton Social Club for the Blind

This club meets from 2pm to 4pm, the second and fourth Tuesday each month, at Southfields Jubilee Centre, Southfields Road in Littlehampton. They have regular talks, quizzes, etc and they are looking for some new members to join their lovely friendly group.

If you would like to find out more about the club, please contact Barbara Croft, the club leader, on **01903 725 788**. Or call Bognor Regis 4Sight Vision Support Centre on **01243 828 555**.

The Rox Charity Ball - Saturday 24th November

A Big Band Extravaganza event is taking place on Saturday 24th November at Butlins in Bognor Regis, sponsored by Bognor Rox, Butlins and Love Bognor Regis. The aim of the evening is to have a great party and to raise £10K to support and celebrate the work and contribution of local charities such as 4Sight Vision Support.

Whether you want to dance or just soak up the music and listen, I hope that you can come and join in the party. Tickets are £35 each, to include a finger buffet.



To find out more about this fun musical event, please contact Jessica Benson at our Bognor Regis 4Sight Vision Support Centre on **01243 838 001**.

200 Club

The winning number for **June** was **98**, **July** was **131** and **August** was **84**. 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**.

One Stop - Carriers for Causes

We are delighted to have received a grant of £1,000 from One Stop Carriers for Causes, from funds created by the 5p bag levy. This will really make a difference in our community, helping towards Outreach work in and around Bognor Regis.



Diary Dates

Sun 21st October and 18th November, 2 - 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**.

Sat 27th October, starting at 7pm, **Fish and Chips Quiz Night** at St Peters Church Hall, West Street, Shoreham-by-Sea, BN43 5WG. Tickets are £11 each and must be purchased in advance. Please call Shoreham 4Sight Vision Support on **01273 454 343**.

Come and find out about the latest low vision equipment from the suppliers Enhanced Vision and Optelec at the following **Focus Days**. More details can be found in the enclosed flyer: -

Mon 29th October, 10am - 2pm, at Shoreham 4Sight Vision Support Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU.

Tues 30th October, 10am - 2pm, at Midhurst 4Sight Vision Support, Knockhundred Row, Midhurst, GU29 9DQ.

Wed 31st October, 10am - 2pm, at Bognor Regis 4Sight Vision Support Centre, 36 Victoria Drive, Bognor Regis, PO21 2TE.

Fri 23rd and 30th November, FREE 2-Day **Living with Sight Loss Workshop**, 10am - 3.15pm, at Bognor Regis 4Sight Vision Support Centre. This is being organised by 4Sight Vision Support and RNIB, offering practical and emotional advice to people with sight loss and those who support them. More information is in the enclosed leaflet. To book your place, please contact Beau Prince on **01243 838 002**.

Mon 10th December, 1-2pm, Carol Concert by Seaford College Choir at St Mary de Haura Church, Shoreham. For more details or to book, please call Shoreham 4Sight Vision Support on **01273 454 343**.

This newsletter is available in large print, email, CD, Braille or USB. Please let us know if you would like to change to a different format. The copy date for the next edition is **7th November 2018**. Due to space some articles may have been edited. Information included 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**

NORTH & MID SUSSEX 4SIGHT VISION SUPPORT

Tara Beesley Tel: **07545 501 216**
Email: **tara.beesley@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**



Christmas Wreath Workshop

- Learn basic and traditional techniques
- Add your own decorations, e.g. seed heads, fir cones, orange slices, cinnamon sticks or ribbon
- Greenery and holly provided, but bring your own if you would like, e.g. evergreens, ivy, sprigs of holly with berries or teasel heads

Tuesday 11th December, 1pm

Midhurst Vision Support Centre,
Knockhundred Row, Midhurst, GU29 9DQ

- £15 per person
- Maximum of 10 people

For more information or to book:

Tel. 01730 812 338

Registered Charity Number 1075447 Registered Company Number 3740647

4 Sight 
vision support