

**DECEMBER
2017
NEWSLETTER**

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

4 Sight

vision support



**CHRISTMAS
CAROL CONCERT**



**Performed by the
Seafood College
Chapel Choir**

Tickets £5
are available on
the day or can be
purchased in
advance. Includes
tea/coffee and
a mince pie!

**Monday 11th December 2017
St Mary de Haura Church,
Shoreham-by-Sea, BN43 5DQ.
1pm to 2pm**

**For Tickets Please
Call: 01273 454 343**

In Aid of

4 Sight

vision support



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CEO's Message

In the run up to Christmas and the New Year, I'm pleased to be able to report that this year's AGM, held on 8th November at The Shoreham Centre, Shoreham-by-Sea was a very productive, exciting and enjoyable event.

Our Chair, Dr Norman Boyland, was delighted to welcome almost 70 people on the day, amongst whom were Councillor and Officer representatives from the County Council, Adur & Worthing Borough

Council, the RNIB, various other local voluntary organisations, 4Sight Club leaders, 4Sight Members and our own staff and volunteers. All of whom contributed to a very successful event.

This AGM was also a very significant milestone for the charity, as the Members in attendance unanimously approved the introduction of new 'Articles of Association' which incorporate the name change from West Sussex Association for the Blind to **4Sight Vision Support**, which brings with it new branding, a new logo and more importantly, a new ethos for the charity going forward in the 21st Century; one which puts visually impaired people at the very heart of what we do as an organisation.

This positive change is represented in our new Vision Statement, which very simply says that 4Sight Vision Support's intention and purpose is focused on:-

"Being there when it matters for everyone living with sight loss."

And it is also embedded further in our new mission statement, which says that 4Sight Vision Support exists to:-

"Make a positive difference in the lives of people living with sight

loss by providing support, advice, advocacy and training to improve their quality of life.”

The Trustees, myself and all the staff and volunteers at 4Sight Vision Support hope that you will join us in welcoming and embracing these positive changes for the charity as we fast approach our 100th birthday in 2021.

Returning to the business of the AGM, I especially want to thank Kirstie Thomas and her team of volunteers at the Shoreham Centre for a well-run and very well-supported AGM. Plus, of course, the support of other staff and volunteers who also helped to make this a successful AGM. The Trustees and I, along with Paul Wright of Sheen Stickland (our independent examiners), were able to report that we had enjoyed another successful year, finishing with a financial surplus, which builds on the positive financial progress made in the last two years.

It was my pleasure again to announce the ‘Volunteer of the Year’ Award winners, who this year are Jean Hall, as well as Richard Green, Sonia Elliot, Ruth Belcher and Matthew Blyther. Jean was nominated for an award as she is an ‘all round superstar’, according to the staff at Bognor Regis 4Sight Vision Support Centre.’ We are also very grateful to Matthew, Richard, Sonia, and Ruth for their invaluable contributions in the recently closed audio library, where they have been providing incredible support to our members for well over 20 years!

There was also a special one-off award given to Adur Talking News to thank them for an outstanding 40 years of service. We would like to say a big thank you to ATN Chair, Ann Simmons, who gave a very moving speech upon accepting the plaque, as well as Cyril Pelluet and all the many other volunteers at Adur Talking News for their outstanding contribution.

Lastly, I’d like to thank you on behalf of the team at 4Sight Vision Support for your continued support and to take this opportunity to wish you all a very Merry Christmas and a Happy New Year.

Nik Demetriades, CEO

Newly Appointed Community Fundraiser: Anna

Hello to all our members, volunteers and supporters. I am delighted to have recently become part of the fundraising team, based at the Bognor Regis 4Sight Vision Support Centre, where we endeavour to raise money to cover every aspect of 4Sight Vision Support's work.

My role is to primarily engage with a variety of people across local communities; be that individuals, community groups, corporates or local councils in order to raise 4Sight Vision Support's profile and contribute to fundraising efforts.

Part of my role is to support our brilliant fundraisers in their own communities, as they raise awareness and funds for our work and services. It's a pleasure to get to know those who are doing something in aid of 4Sight Vision Support. If you'd like to put on an event in aid of our charity, please don't hesitate to get in contact.

If you have any questions, ideas or are planning to fundraise for us, please contact me on **01243 838 001** or send me an email at anna.sherwood@4Sight.org.uk

Anna Sherwood, Community Fundraiser

Newly Appointed Facilities Manager: John

Hello to you all. When I googled, "Facilities Manager", to get an appropriate definition of what I should be doing for 4Sight Vision Support, I was surprised by the number of different responses which came back, but I think the following will help you understand the job role.

"Facilities managers essentially look after all of the services that helps an organisation do its work. Responsibilities can include: overseeing and agreeing contracts and providers for services, such as security, parking, cleaning, catering, technology and so on."

I have a long list of tasks, many of which involve keeping 4Sight Vision Support statutory compliant, but I am happy to help wherever I can.

Please email me at john.dawson@4sight.org.uk or phone me on **01243 838 004** if you think I can help.

John Dawson, Facilities Manager

Newly Appointed Volunteer Co-ordinators: Karen & Jo

A huge hello to all our volunteers of which there are many of you. Jo Bartlett and I have joined 4Sight Vision Support to help support our large team of volunteers and to recruit many more to provide the extra help needed in our Resource Centres in Bognor Regis, Shoreham, Midhurst, as well as our Charity Shop in Bognor and all of our affiliated clubs and groups.

Both Jo and I are looking forward to meeting many of you in the future and would like to hear from any of you if you have any questions relating to your current volunteer role. It has been some time since we have had a person in place for this vital role within the organisation, and we hope that we will make a positive contribution to our team and that you will all be supported in a positive and lasting way.

If you have any questions please do contact me, Karen Mclachlan on **01243 838 007** or email karen.mclachlan@4sight.org.uk or jo.bartlett@4sight.org.uk

In the meantime, and on behalf of 4Sight Vision Support we would like to say a huge thank you to each of you for your time, commitment and dedication in helping us to lead the way in supporting people with sight loss onto a path of independence.

Karen McLachlan, Volunteer Co-ordinator

Arun & Chichester Area Committee

TV stars! Several of our members were interviewed by the BBC and featured in South Today news at the **Swap with Me event**, held at Stagecoach Chichester bus depot.

We organised this together with Stagecoach, RNIB, ROVIs and Sight Support Worthing, after a similar event in June with Worthing Stagecoach staff. Ten of our members met Stagecoach's Operations Manager, Training Manager and bus drivers to explain the problems they encounter when travelling by bus. The drivers all tried getting onto a bus and finding a seat whilst wearing Sim-specs; these have lenses that simulate six of the most common eye conditions.

The drivers said that the experience had helped them better understand the challenges VIPs face using the buses. Our members were able to "have a go" in the driver's seat. They also better appreciated some issues that bus drivers may encounter. When a bus has driven straight past you without stopping, this may be an "Out of Service" bus, whose sign you cannot see and I confess that since then, I (as a sighted person) have noticed these most days.

However, if a bus drives past you when you are waiting at a bus stop, PLEASE make a note of 1) the exact time, 2) which bus stop and 3) the direction you were travelling. Call **01903 237 661** to report this, giving all these details. Stagecoach specifically request that you do this so that they can take action. They are determined to stop the very few unhelpful drivers and as our VIP bus-users all report, most drivers are very helpful. They have also noticed some improvement since these two events.

Quiz night on 6th October

53 people had a great evening pitting their wits against other teams and tucking into another fantastic buffet prepared by Marcus at Arun District Indoor Bowls Club. There was a lucky ticket winner, a raffle and the quiz team winners very kindly donated their winnings to 4Sight Vision Support. The evening raised £269 for our funds.

Co-op Rose Green

Nyetimber Co-op in Rose Green continues to support us as their charity, with collecting boxes at each till and giving us 1% of what is spent at the till by Co-op members using a points card. They also raffled a food hamper for us recently. We hosted an information stand in the store on 25th November, when the Co-op presented us with a cheque for £1,787 for money raised to date.

Christmas Lunch on Wednesday 13th December

This is not organised by us but is offered by Seasons restaurant, where we hold many of our fundraising events. There will be a three-course meal, Christmas novelties, a raffle and carols by local schoolchildren - all for just £13.

If you wish to attend, please contact Mia on **07581 048 651**.

Burns Night on Friday 19th January 2018

Join us for a Burns' Night Celebration with a 4-course meal and some great Scottish entertainment. Doors open at 7pm for 7.30pm start on Friday 19th January, at Seasons, Bognor Regis Football Club, Nyewood Lane, Bognor Regis, PO21 2TY.

The 4-course meal is as follows:-

Soup

Haggis, Neeps & Tatties (Veggie Haggis or Chicken alternatives)

Whiskey toast to the Haggis

Cranaghan

Cheeses & Bannocks

Tea & Coffee

Tickets are £20 each and are available from Bognor Regis 4Sight Vision Support Centre at 36 Victoria Drive, Bognor Regis, PO21 2TE or by phoning **01243 828 555**.

Maureen Jenkins, Arun & Chi Area Chair

Hawth Theatre Trip (Haywards Heath Area)

Would you like to go to the Hawth Theatre in Crawley to see a performance of the well-known Edgar Wallace thriller, 'The Case of the Frightened Lady'? This is a described performance with headphones so you can listen to a commentary of the action.

We are going on Saturday 17th February 2018 at 2.30 pm. The cost is £10.50 (normal ticket price £26) plus £2 extra if you require transport. Volunteer drivers are also needed and they can attend at this same reduced ticket price.

If you are interested, please ring Jane Aston on **01444 870 462** or email jane.aston20@btinternet.com

200 Club

The winning number for **September was 42, October was 125 and November was 4**. 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.

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

Christmas Appeal - Light up 2018

A donation this Christmas could light up 2018 for all our members by making a donation towards our services. We aim to raise £2,500 this Christmas to light up 2018. To make a small donation, please ring us on **01243 828 555**, or send a cheque made out to 4Sight, or you can donate online at **www.4sight.org.uk/donate**

Wishing you all a very Merry Christmas and a bright New Year!

Midhurst Centre Update

Just to let you know we had a very successful quiz night here in Midhurst on Thursday 12th October. We raised a surplus of **£935** made up of ticket balance (£145) after the food had been paid for, auction (£290) with some fantastic prizes donated by local shops and businesses and a donation of £500 for our local centre, which was totally unexpected from the Midhurst Lions Club, eight of them came and made up a couple of the teams. We had a total of 50 people and all the tickets were sold out within a week of us publicising the event. There were eight teams altogether, made up of our members, Rotary, Lions, churches and the wider community.

Our quiz master was one of the Rotarians as was our auctioneer, who also did our auction at last year's race night.

Below are dates for the upcoming Midhurst Centre activities:-

Tues 12th December, from 10.30am, Tech Session with Dan

Wed 13th December, 1-4pm, Games Session

Wed 20th December, 1-4pm, Games Session

We are renaming our Wednesday afternoon meetings as Games Sessions, which will take place 1-4pm every week.

Bev Tinson, Project Development Officer

Midhurst Opening hours over Christmas

Midhurst 4Sight Vision Support Centre will close 3pm on Thursday 21st December and re-open 10am on Tuesday 2nd January 2018. However, after a discussion with the regulars, the Centre will also be open on the following days over the Christmas period:-

Wednesday 27th December, 1-4pm, Games Session

Thursday 28th December, 11am-1pm, Coffee Morning

Ivy's Tail

I know, I know, my owner Jean told me that's not the right spelling of tail but it is the only one I know because you see I'm a guide dog and my name is Ivy. I live in Burgess Hill with Jean and we go out with other dogs and lots of humans every couple of weeks or so for long walks through the countryside. It's really great because I get to play for a whole morning with my guide dog friends.

Not so very long ago Jean was getting us ready to go for one of these walks and mentioned we were going on an outing. Sounds good although I wasn't sure what it meant, but as long as it meant play time and seeing my friends I wasn't really too bothered. Next day we gathered on a field in a place called Whiteman's Green and had a little run before boarding a coach. Dogs on last, well that's because Jane and Anne didn't want people having to scramble over us to get to their seats as we dogs stretch out in the aisle.

We were going to meet some of the group at Pulborough Brooks for the walk, or in my case playtime. The coach eventually stopped and people got out. Two of the group had already arrived and were pulling on their walking boots, but the other car was nowhere to be seen. Pulborough Brooks is an RSPB Centre (not sure what that is but people said it was something to do with birds) there was a shop, coffee shop and toilets; most of the ramblers went in for a "comfort break". Again dear readers, I'm not sure what that is but it involved queues which is not my favourite occupation. Once everyone was outside again and the rest of the group had arrived we set off on our walk/play.

Far be it for me to comment, but I thought humans were meant to be intelligent, I do wonder at times! This walk was on Monday, following "monsoon Saturday" (remember all that rain and local flooding) and we were going to walk in the wetlands - is it me or was this such a good idea? Anyway, off we went and once away from the car park the shout went up "dogs off" - the sign we had been waiting for. Off came our leads and we were off for a really good play, all morning we hoped. We cared not if we would be swimming through fields or wading through mud, it was playtime!

We stopped at one point to look at a huge bull, bit too big for my liking, I was very glad there was a fence between us and him. Everyone said he was a handsome beast, not so sure I agreed, he fair scared me. On we went, Sue managed to slip down in the mud but she laughed, was not hurt and carried on as if nothing had happened. Fortunately none of the blind and partially sighted people slipped as the guides do take such great care of them.

Now I've seen some mud and I've seen a few bogs but this really took the biscuit. It lay under a gate and either side of it. The gate was opened, and we dogs just trotted through and were soon out the other side, it wasn't that big a deal. But the humans, what a lot of fuss! They picked their way carefully across to a gate post, hung onto it for dear life and somehow swung around it and then crept along a fence, hanging on while Ron held up a thing called barbed wire. We dogs were amused at first watching these antics, but we got bored and played while they in turn crept across the mud.

Once everyone was safely across we had to go on our leads, and through a village called Pulborough. However, we soon turned off and were back in the wetlands and running around enjoying ourselves. We made our way back passing the bull again, he had moved further from the fence which pleased me. Eventually we were back at the coach, boots were changed and we were rubbed down, but I don't think we were too muddy all things considered, but we needed to be clean to go on the coach and into the pub.

We went to Storrington for lunch in a pub, dogs collapsed under the tables and slept while keeping an eye half open for anything which might just drop from the table. I don't know why we bother as we're seldom lucky. Jane tried to ring the driver after lunch to say we would meet him back at the bus station, but couldn't get through. Eventually however, all was well and somehow everyone was back on the coach, there was quick head count, yes everyone was there and most important, all dogs present and correct.

We arrived back at Whiteman's Green happy, having had a good day, and we're now looking forward to our next ramble/play, not too long to wait I hope.

Shoreham Centre Update

Fish and Chip Quiz Saturday 28th October 2018

Thank you to the Adur fundraising committee for yet another successful Fish and Chip Quiz evening at St Peters Church Hall Shoreham. The team raised a whopping £495, and everyone that attended on the evening had a fantastic time.

A Big thank you to Sandra and Rod Williams for organising the quiz, Ellen Davis and Graham Brown for everything that you do, and to Ryan Thomas for such excellent raffle ticket selling and general dogs body!

Lloyds Charity Race Night Friday 27th October 2017

We would like to say a huge thank you to Amy Bunn, a member of our Adur fundraising committee, and her team from Lloyds Banking for putting on such an amazing evening raising money for 4Sight Vision Support.

The Charity race night was a fantastic evening, and they raised a staggering £14k!! There are some photos of the event on the back page of this newsletter.

We have received some wonderful feedback from the team and members that attended the event, and everyone has said that it was a thoroughly enjoyable evening and a well organised night of fundraising and fun!

Amy and her team did a staggering job putting the event together and sourcing sponsors for the evening, as well as some fabulous raffle prizes.

Well done to all that were involved from all us of here at 4Sight Vision Support.

MEMBERS CAROL SERVICE



A festive service of thanks for all our members, volunteers and supporters. Carol service and reading, followed by tea and cake.

WEDNESDAY 20TH DECEMBER 2017
Methodist Church Hall, Brunswick Road,
Shoreham-by-Sea, BN43 5WB.
From 2.30pm

More info call:
01273 454 343

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Registered Charity No: 1075447

Company No: 3740647

Charles Bonnet Syndrome (CBS) - the Kitchen Klub

Charles Bonnet Syndrome (CBS) is a huge problem occurring to many people with sight loss. Judith Potts, the founder of Esme's Umbrella, a CBS support group, started the very first awareness day on 16th November 2017. We thought therefore that it was a fitting time to raise awareness again amongst our members, and seek to reassure those experiencing CBS hallucinations that they are not developing dementia.

The following article is by Shirley Buck, leader of the Kitchen Klub:-

“Charles Bonnet Syndrome is a common condition among people who have lost a lot of their sight. It causes hallucinations among some people, but these hallucinations are not related to mental health problems. Instead, they happen because the brain is not receiving as much information from the eyes as it used to, and the brain fills in the gaps by creating new fantasy pictures or patterns. It is a curious and sometimes frightening phenomenon.”

Extract from RNIB Connect magazine

Of the seven members of the Kitchen Klub who have sight loss in varying degrees, five experience CBS. Below are some of the phenomenon they have experienced:-

- Bright golden sun with lightning bolts coming off of it – almost constant
- Coloured cartoon people flashing on and off – mostly morning and evening
- When at the roadside, can see cars approaching that aren't there
- Faces that morph into other faces
- At one particular place a family consisting of mother, father and two small children are seen crossing the road - they come close, disappear and reappear on the other side of the road again

- Flashing blue light in groups of two or three - which appear intermittently
- Vision filled with book print - which is seen from the other side, so it can't be read

Kitchen Klub members also found that no mention of CBS had ever been made during visits to Eye Clinics.

Esme's Umbrella was set up two years ago, and they also campaign to raise awareness among medical practitioners.

For further information, please contact them as below:-

Phone: 0345 0513 925

Email: esmesumbrella@gmail.com

Website: www.charlesbonnetsyndrome.uk

Shirley Buck, leader of 4SIGHT Kitchen Klub

Second Hand Resource Equipment

Second hand electronic magnifiers, USB audio book readers and much more are available at our Shoreham 4Sight Vision Support Centre.

All appropriate donations will be accepted, and items are to be collected from 4Sight Vision Support Shoreham Centre.

Please call Kirstie Thomas on **01273 454 343** for more details.



Glaucoma Support Group

The Glaucoma Support Group, which started in Worthing Hospital, is going to restart on Friday 12th January 2018 at Southlands Hospital, Shoreham-by-Sea, BN43 6TQ.

Anyone with glaucoma is welcome and there will be a talk from Miss Rebecca Papadopolous, a Consultant Ophthalmologist with a special interest in glaucoma. It is also an opportunity to ask questions and raise concerns about your eyes and sight.

The timing of the meeting has not been announced yet but if you are interested in attending, please call our Sight Care Advisors at Southlands Hospital on **01273 446 051**, and they will be able to keep you updated.

With this support group in mind, I thought it was a timely reminder to give a few tips about instilling eye drops.

Tips for putting in eye drops

It is important to instil your glaucoma drops as prescribed by your Ophthalmologist (eye clinic doctor), and so establish a pattern that becomes part of your daily routine and means you are less likely to forget them.

To reduce the risk of infection, always wash your hands before putting your eye drops in and once opened, try not to allow the tip of the bottle to touch anything, including your eye.

If you have difficulty instilling your drops, sit in a chair and tilt your head back or lay on the bed. If you rest the neck of the bottle across the bridge of your nose, you will find the tip of the bottle will sit directly over the middle of your eye. Look up, pull down the lower lid and squeeze a drop in to the eye.

Gently close your eyes after instilling the drops; do not squeeze tightly. If you put your finger on the inner corner of your eyes and hold it there for about 30 seconds, this will prevent the drops draining into the tear ducts and will reduce the problem of taste that can occur. If you find the bottles difficult to hold and to squeeze, ask your pharmacist for a dispenser to help.

The importance of using your eye drops regularly cannot be over emphasised. Loss of vision due to glaucoma is irreversible and is usually a slow process that goes unnoticed until too late.

You will not notice your vision improving through using glaucoma drops but you will definitely be halting the progression of sight loss through regular use of them. If you have problems using your eye drops, contact your eye clinic for advice.

When you have glaucoma, you can expect regular check-ups at the eye clinic to ensure the drops are working effectively. Please be sure to attend all follow up appointments and be ready to chase up the hospital if they don't arrive as you were expecting. If in doubt, contact your hospital appointments team or the eye clinic secretary.

Mandy Whitman, 4Sight Vision Support Sight Care Advisor

This newsletter is available in large print, email, CD, Braille or USB. If you wish to change to a different format, then please let us know.

The copy date for the next edition is **12th January 2018** for any inclusions. Please let us know what you would like included.

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.

Diary Dates

Mon 11th December, 1-2pm, Carol Concert by Seaford College Chapel Choir, at St Mary de Haura Church, Shoreham-by-Sea, BN43 2SG. For tickets please call Shoreham 4Sight Vision Support Centre on **01273 454 343**.

Wed 20th December, from 2.30pm, 4Sight Vision Support Christmas Service, at the Methodist Church Hall, Brunswick Road, Shoreham-by-Sea, BN43 2SG. For tickets, please call Shoreham 4Sight Vision Support Centre on **01273 454 343**.

Fri 12th January, Glaucoma Support Group, at Southlands Hospital, Shoreham-by-Sea, BN43 6TQ. For more details, please contact our Sight Care Advisors on **01273 446 051**.

Fri 19th January, Burns Night Celebration, from 7pm at Seasons, Bognor Regis Football Club, Nyewood Lane, Bognor Regis, PO21 2TY. Tickets are £20 for a 4-course meal. Please call Bognor Regis 4Sight Vision Support Centre on **01243 828 555**.

Sun 21st January, 18th February & 18th March, 2pm-4.30pm, Tea Dances at the Woodlands Centre in Rustington, BN16 3HB. For more details, please call 4Sight Vision Support on **01243 828 555**.

Opening Hours over Christmas and New Year

Bognor Regis 4Sight Vision Support Centre will close at 2pm on Friday 22nd December and re-open on Tuesday 2nd January 2018.

Shoreham 4Sight Vision Support Centre will close at 2pm on Thursday 21st December and re-open on Tuesday 2nd January 2018.

Midhurst 4Sight Vision Support Centre - see page 9 for details.

Bognor Regis 4Sight Vision Support Charity Shop will close at 4pm on Saturday 23rd December and re-open on Wednesday 27th December. It will then close at 4pm on Saturday 30th December and re-open on Tuesday 2nd January 2018.

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**

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**

4SIGHT PHOTO DIARY



Lloyds Charity Race Night
On left: Annie Taylor and
Sheilagh Baker
On right: Kirstie Thomas
and Amy Bunn.



4Sight Vision Support AGM 2017
Above left: Ann Simmons and Cyril
Pelluet from Adur Talking News
Above right: Jean Hall and
Left: Matthew Blyther, receiving
'Volunteer of the Year' awards

This newsletter is supported by:-

