

December Newsletter 2020

100
1921 - 2021

4Sight
vision support



Featured in this newsletter:

- Some of our wonderful volunteers
- Tips on staying active this winter
- NEW- My Santa Run event



CEO's Message

Dear members,
Well I can hardly believe we are in December and Christmas is only just around the corner! When we started 2020 none of us could have foreseen the dramatic turn of events which lay just around the corner. As a charity, we have had to adapt to working remotely and while phone and video conferencing are no replacement for face-to-face contact, we know that just being there, only a phone call away, brought a great deal of comfort to many of you. A highlight for me was the distribution by our staff & volunteers of the Kindness Pack to our members, and in turn, hearing what a positive impact these had.

As we head into a new year, one which we all hope will enable us to return to some of the things we all love – including our Clubs- we will be taking forward the positives and learnings of this year including developing 'welfare calls' to become a core part of our service provision. In addition, it's a very exciting time in the history of 4Sight Vision Support, which will see us celebrate our 100th Anniversary –

I very much hope to see you at some of the celebrations we will be announcing in the New Year! All that's left to say is a very sincere thank you to you all for your continued support and kind words.

With my best wishes for a happy and healthy Christmas and New Year,

Nik Demetriades, CEO

All information featured 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

Please note we will be closing the office at midday on Thursday 24th December and re-opening on Monday 4th January. It will still be possible to book a face-to-face appointment for low vision assessments and accessible tech advice, or phone us on 01243 828555 for advice or support, up until this date.

If you have concerns about your eye health over the Christmas and New Year break, please contact your local eye unit, GP, or optician.

Virtual Clubs

We have been trialling virtual clubs for a few months now and learning lots along the way. Most groups have continued to grow in popularity, however our 'advice and chat group' hasn't been so well-attended. Therefore, over the next couple of months we will be trialling virtual one-to-one appointments with a member of our Outreach Team, as well as a couple of new clubs.

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.

We are happy to help you with any queries you may have about using Zoom – please call 01243 828555 for assistance.

Virtual Clubs Timetable

December 2020

Virtual Outreach Worker

Wednesday 9th at 10.30-11.30am
– please call to book.

Virtual Tech Club

Wednesday 9th at 2-3pm
(second Wednesday of the month)
Opportunity to bring your tech queries and share ideas about accessible tech.

Virtual Outreach Worker

Wednesday 16th
at 10.30-11.30am
– please call to book.

*** Christmas Break ***

January 2021

Chatterbooks

Monday 4th at 11am-12pm

New Year Quiz

Thursday 7th at 11am-12pm
(first Monday of the month)
20 questions – self marking.
Join us for some friendly competition.

Virtual Tech Club

Wednesday 13th at 2-3pm

Topical Talks

Wednesday 20th at 11am-12pm
(third Wednesday of the month)
Something new for the New Year! Join us for a talk by a Guest Speaker – different topics each month. Subhash Suthar, Development Manager at Glaucoma UK will join us to talk about Eye Health (Glaucoma, Dry Eyes, Blepharitis & Eye Drops).



Daily Living Aids

Now that the evenings are getting darker, why not consider purchasing one of the following easy-to-use, portable lamps we now have in stock. For more information, or to place an order for these, or other products available, please contact Beau on: **07907 021202**

ZigZag portable folding light

A bright daylight-equivalent, portable Z shape folding lamp, with single, touch-sensitive button to control power and brightness. Height adjustable with built-in rechargeable battery which provides up to eight hours of light.

Price: £48 (£55 including mains adapter)

Size: 20 × 6 × 2.5cm when closed. 30.5cm high when fully open.



ZigZag



Smart Travel

Smart Travel Lamp

Dimmable, low heat, daylight LED light, with up to 4 hours battery life. The lamp is lightweight and is supplied with a rechargeable battery and USB cable.

Price: £33 (£40 including mains adapter)

Size: H 27.5cm, W 27.5cm, D 6.5cm

2021 Diaries & Calendars

To keep track of all the special occasions we will be catching up on next year, we have a variety of large print 2021 diaries and calendars available to order, as follows:

Big Print Desk Diary - **£9.00**

Big Print Pocket Diary - **£6.50**

Big Print Wall Calendar - **£5.50**

Big Print Foldaway Calendar - **£6.25**

A6 VIP Pocket Diary - **£6.25**

Gideons International Bible

Would you like a copy of the new Testament and Psalms? We can send you a hardback copy in large print, free of charge, please call 01243 828 555.

Staying Active in Winter

We know many of you have not been able to get out very much and as the winter draws in, it can be even harder to go out.

However, even just 10 minutes a day can improve your general health, strengthen different muscle groups and improve your mental health too.

British Blind Sport offer a range of FREE Audio descriptive exercises, including HIIT workouts, dance classes, yoga and stretch classes - there is something for children and adults of all abilities. For more info, visit: britishblindsport.org.uk/active-at-home



And fellow sight loss charity, Henshaws, have the following tips for exercising safely and effectively when you have a visual impairment:

1. Hold onto the back of the chair to help with spatial awareness.
2. Clear the exercise space/ area – ensure there are no slippery floors.
3. Leave plenty of room so that you don't bump into walls.
4. Make sure you are wearing practical and comfortable attire.
5. Work to your own pace.

Please take care not to push yourself too hard when trying an exercise for the first time. These are suggestions and we recommend you do these within your own limitations.

Fundraising News

Festive Fun 4Sight FREE - Children's Creative Christmas Competition

Do you have any children in the family? We would love for them to join in the festive fun and help raise awareness of 4Sight Vision Support - all they need is imagination and creativity! Visit our website for more info, to download our FREE Christmas tree template and to find our top tips on how to make designs stand out for people living with sight loss. Prizes available in 4 age categories! Entries must be received by **14th December**.

My Santa Run

This year you can take on the 'Santa in The City' 5km challenge anywhere and at any time during December. Dress up and run, walk or even skip your way round your chosen 5km route. Set up your own JustGiving page to raise money to enable us to continue our work. For more information and to sign up, visit our website.



We are turning 100!

Next year is a momentous occasion in our Charity's history and although there is still so much uncertainty around Covid and what we may or may not be able to do, we are determined to mark this special occasion – so watch this space for announcements in the New Year of activities we have planned for 2021/22, including our bold challenge to raise **£100,000 for 100 years of service**.

Share your ideas!

Have you, or your family and friends perhaps, got a fundraising suggestion or an idea for a celebration you would like to share. Please contact Jessica on: 01243 838001

Spotlight on our wonderful 'welfare' volunteers

We would like to say a huge THANK YOU to the wonderful volunteers, including Club Leaders and their team of volunteers, who, since March, have been supporting our team by making calls to check in and see how members are doing. Here, some of them share a few words about their experience.

Sarah

“It has been a joy to get to know the ladies I ring on a weekly basis. They have enjoyed ‘having someone different to talk to’. After all, you might be the only person they speak to all day. It has helped improve my confidence too and it really is heart-warming to know they look forward to my calls.”



Jean

“I was delighted to help 4Sight Vision Support by making welfare calls throughout lockdown, not only was I able to ensure members were getting the help they needed, but it helped to occupy my time and improved my own mental wellbeing. I enjoyed chatting and having a laugh and a joke with members.”

Gill

“I was pleased to be able to continue volunteering for 4Sight. I felt more connected to people, even if it was from home. I learned a lot from these calls with members and some of their difficulties during this time. I was able to help connect members with other services, or just have a chat – it has been a very rewarding experience for me.”

Maureen

“ I have found talking to members during lockdown a very interesting experience. Like me, most people were isolating at home, either shielding because of their age or having a health condition. I was able to help members obtain online or local shopping deliveries, access community library delivery and healthcare attention. Many were just pleased to have someone to chat to, but all were reassured knowing that we were there to offer advice and support. ”

Words of Thanks

We are very fortunate to be supported by over 250 dedicated and loyal volunteers.

Is there a member of our staff or one of our volunteers you would like to send a special message to?

Why not complete this section to share your personal message of thanks and appreciation and post it to us at: 4Sight Vision Support, 36 Victoria Drive, Bognor Regis, PO21 2TE

These will be shared on social media, displayed in our centres and on our website.

Your Message:

Full name: _____

Phone number: _____

By checking this box I am confirming I am happy for the information provided to be stored on the database and my first name and message of thanks to be used in 4Sight Vision Support communications.

Our Support in 2020

This year we have had the pleasure of supporting our members in the following ways:

Our Outreach Team and Volunteer's made **4380** calls and spent **560** hours providing support and advice by phone.

We have run **21** virtual clubs and support groups.

Sent **1,726** Kindness Packs.

Since resuming face-to-face support in October, we have conducted **9** low vision assessments and **8** accessible tech advice sessions.

We have produced and distributed over **9,000** newsletters – **25** in Braille, **6,523** in Large Print, **1,681** by email and **962** by CD/USB .

Sent out **565** daily living aids.

And here's what some of you thought of our support this year...

“ You are doing an amazing job – I never feel alone with you there! ” **M Mulcahy**

“ 4SVS have been so useful, I don't know what we would have done without you. ” **J Talbot**

“ What a wonderful surprise, it made us feel so valued and that we were not forgotten about – a marvellous thought. ” **D Beresford**

“ Your charity and the work you do is invaluable, I'm so grateful for all the support you give my mum. ” **Carol**

“ Thank you so much for keeping in contact, it really is good to know you are there for us. ” **W Smith**

“ I appreciate everything you are doing for me, you have got everything sorted so quickly and have taken the time to find out what would be best for me. ” **Iris**

**With your help,
we could do more in 2021...**

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 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

Thank You