

Jan / Feb

Newsletter 2022

100
1921 - 2021

4Sight
vision support



Featured in this newsletter:

- Our 100th Anniversary celebrations continue!
- Low Vision Support Products Exhibition Days
- Eye Health Prevention – find out more



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**FUNDRAISING
REGULATOR**



**The Queen's Award
for Voluntary Service**

CEO's Message

Dear Members,

Welcome to our first newsletter of 2022. I would like to wish you all a very Happy New Year.

As we enter 2022 I've been reflecting on the past 22 months and how we have adapted to the challenges and new ways of working. It's been a journey, but I'm proud to say that our services have and will remain open. Thank you to all our staff and volunteers who continue to adapt and move with us. Please do continue to get in touch if you need our support. Read on to see more information about our evolving services.

I'm thrilled to let you know that Dr Tim Fooks, former High Sheriff of West Sussex, has chosen to join us as a Vice Patron. Tim brings a wealth of medical and NHS experience to this voluntary role, which will no doubt help us develop and strengthen our working relationship with local NHS providers to promote awareness of 4Sight's services and create more targeted and tailored services. As we continue to celebrate our

100th anniversary, we look forward to working with all our staff and volunteers to meet the needs of our members in the future.

Kirstie

Kirstie Thomas - Chief Executive

Update your details

In this edition we have included an "Update Your Contact Details Form" for those with sight loss only. Please could you complete and return this to us in the provided ARTICLES FOR THE BLIND envelope (no stamp needed). If you would prefer to contact us by telephone, then please call us on: **01243 828 555**

Newsletter format & feedback

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, or have any feedback about the format you receive e.g. paper type, please contact Karen McLachlan on: **01243 828 555**.

Eye Health Prevention

Eye health is vital for everybody: there are small things that we can all do each day to prevent deterioration of our eye health:

- **Your eye health**

Everyone should have a regular eye examination, it is a vital health check that can detect a number of conditions and prevent avoidable sight loss. Those with a visual impairment can sometimes decide to stop having regular check-ups – this may be for a variety of reasons, such as they have been told there is no treatment available, or that nothing further can be done. If you have vision loss, it is still important to keep attending annual eye health checks so your optometrist (eye specialist) can check the health of your eyes. If you are unable to attend your opticians due to mobility, please contact us for advice on eligibility for home visits.

- **20-20-20**

If you spend time each day looking at screens, like your computer at work and at home, your smart-phone, television, or other digital

devices, you may find you get eye strain. The 20-20-20 rule may help. Every 20 minutes spent using a screen, you should try to look away at something 20 feet away for a total of 20 seconds. You can't harm your eyes by using screens, they don't cause permanent changes to your eyes, or make any eye conditions you may have worse, and there is no evidence that the blue light from screens is harmful. However, 20-20-20 will help keep your eyes comfortable.

- **Vitamin A**

There is now evidence that taking large amounts of Vitamin A can potentially speed up vision loss and retinal degeneration if you have recessive Stargardt's disease, cone-rod dystrophy or any other retinal condition caused by variations in the ABCA4 gene. Therefore, if you have one of these conditions and are considering taking a supplement, it would be important to discuss the risks and benefits of doing so with your specialist or GP.

Service Update

As the pandemic continues, our services remain open and our message remains the same – please get in touch if you or someone you know needs our support.

Our Services

- **Client Services** – our amazing HQ team are the first point of contact, offering a caring and supportive assessment of people's needs. They organise referrals to our different services, signpost to other forms of support and keep clients updated via regular newsletters and welfare calls.
- Our **Vision Support Advocates** carry out a full needs-based assessment to ensure each individual's support needs are met. This person-centred service covers all ages from birth to later life with a variety of support including education, employment, benefit applications, training, peer-support and mobility.



- Our **Sight Care Advisors** are qualified professionals who work closely with hospital Ophthalmology teams to guide clients through the sight loss certification and registration process. We explain the support and resources available and help people to understand their sight loss condition.
- **Low Vision Service** – our Specialists help clients access the correct magnification, lighting and accessibility aids to make everyday tasks easier. The team helps sight impaired people get the most out of their remaining vision.



• **Accessible Technology Service**

– we help blind and sight impaired people access the latest technology to remain independent, stay in touch with family and friends, manage their finances, work, shop, and live life without limits.



• Our **Health and Wellbeing service** runs a range of virtual and in-person clubs and activities for all ages which provide safe, friendly and supportive environments for people to participate in, learn new skills, re-build confidence and share experiences.



To access any of our county wide services please contact our **Client Services** team, Karen & Sarah, on **01243 828 555**.

Daily Living Aids

We provide a range of daily living aids to help people get the most out of their remaining vision and to make everyday tasks easier, including magnification devices, lighting, accessibility aids and anti-glare and ultraviolet shields.



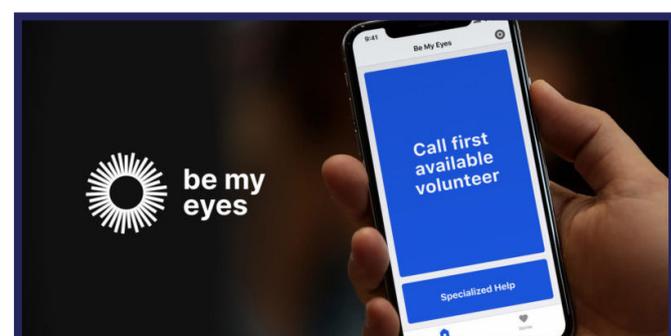
Ultraviolet light (UV) comes from the sun and is invisible to the human eye. It is important to protect your eyes from UV light to prevent damage. A common misconception is that you need the darkest sunglasses you can find to provide the best protection. For those with a visual impairment this may not be the best option, because darker sunglasses can also block out the useful light we need to see.

For more information or to try any of our daily living aids please contact Beau Prince on **01243 838 002**.

Covid Testing

As many of us are now having to take Lateral Flow and PCR tests more regularly, we thought the following might be useful:

- The RNIB provide instructions for COVID-19 testing in alternative formats including large print, audio and Braille. These can be downloaded directly from the RNIB website. The audio instructions can also be accessed via telephone, dial: **0203 432 1488** & select option 7.
- The NHS Test & Trace Service can offer sighted assistance for those needing to take a COVID-19 test at home via the Be My Eyes app. After making contact with NHS Test & Trace via the app, a specialist NHS call handler can guide you through taking the test as well as registering and packing your test. The Be My Eyes app can be downloaded free of charge from both Apple's App Store or Google's Play Store.



NaviLens

Some of you may recall an advertising campaign towards the end of 2020 between Kellogg's Cereal and NaviLens, but in case you missed it... NaviLens uses a digitally printed code placed onto packaging to enable individuals using the NaviLens app access to the printed packaging material that may have proved difficult visually. These small multicoloured codes are now becoming more prominent globally and thankfully we shall be seeing more NaviLens codes across the UK in 2022! NaviLens can be downloaded free of charge from both Apple's App Store and Google's Play Store.

Voting Member

Being a Voting Member will enable you to vote at our Annual General Meeting (AGM). If you would like to be considered or for more information, please contact Karen Mclachlan on **01243 838 007**. Deadline for an application pack is **31st March**. Applications will all be considered at the next Trustee meeting on Friday 29th April 2022.

Low Vision Products Exhibition Days

Enclosed is a flyer about our Low Vision Products Exhibition Days in our Shoreham and Bognor Centres in February, with Professional Vision Services and Dolphin Computer Access demonstrating their products.

Places will be by appointment only and will run from 10am – 2pm (allowing eight 30 minute slots for each exhibitor). Please contact us on **01243 828 555** to book a slot.



Priority Services Registration

The Priority Services Register is a free support service to help people in vulnerable situations, we recommend this to our members. Energy suppliers and network operators offer it.

If your electricity or water supply is damaged or develops a fault, engineers work around the clock to restore it as quickly and safely as possible. Being on a Priority Services Register will ensure that extra support is received if you experience an outage.

Various suppliers are active in Sussex, the following are the most common.

If you try to register with the wrong operator they will usually steer you in the right direction. You will need your payment reference number.

Suppliers:

UK Power Networks: **0800 169 9970**
www.ukpowernetworks.co.uk/power-cut/priority-services/about-the-priority-services-register

SSEN: **0800 294 3259**

www.ssen.co.uk/PriorityServices/

Southern Water: **0800 027 0800**
www.southernwater.co.uk/help-advice/join-our-priority-services-register

South East Water: **0333 000 2468**
www.southeastwater.co.uk/get-help/help-for-priority-customers

Online Clubs

Virtual Clubs are a great way to meet new people and have some fun. They are accessed via the Zoom video & teleconferencing facility over the internet or by phone.

For further details about the clubs or for assistance with using Zoom – please call 01243 828 555.

February 2022

Thursday 3rd, 11am-12pm
Virtual Quiz.

Monday 7th, 11am-12pm
Chatterbooks.

Wednesday 9th, 2pm-3pm
Virtual Tech Club.

Tuesday 22nd, 11am-12pm
History Discussion Group.

March 2022

Thursday 3rd, 11am-12pm
Virtual Quiz.

Monday 7th, 11am-12pm
Chatterbooks.

Wednesday 9th, 2pm-3pm
Virtual Tech Club.

Tuesday 22nd, 11am-12pm
History Discussion Group.



“ The Virtual Clubs have helped me get to know other members of 4Sight Vision Support and I have learnt a lot from the discussions we have had. ”
4SVS Member, Bury

FREE Tickets for Chichester Festival Theatre

The wonderful theatre in Chichester is offering free tickets to our members for the upcoming Tony Award-winning performance of 'Doubt'. Tickets are available for their Audio Described shows on:
Friday 4th Feb at 7:30pm &
Saturday 5th Feb at 2:30pm.
Tickets are limited and will be allocated on a first come, first served basis. To book please email:
rsvp@cft.org.uk

Fundraising News

Reflections...

Thank you to everyone who last year:

- Bought our Christmas cards – we're delighted to let you know that 412 packs were sold, raising £1,398.19.

- Recycled something with us – please keep this going!

We'd love to receive your:

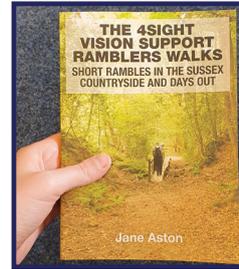
- stamps
- old or foreign coins
- mobile phones
- jewellery
- ink cartridges
- cheese packets

(Please note these are the only items we are currently able to accept.)

If you have any questions or would like to recycle your old car (yes you read that right!) please get in touch.



- Bought copies of volunteer Jane Aston's Ramblers Walks book and/or our 100th Anniversary pin badge. We do still have a few of each left and if you'd like to purchase either please contact us.



- Knitted little Christmas stockings for us – we received a staggering 634 of these beautiful, hand-crafted items! We filled them with sweets, sent them out to local schools and businesses to sell them and have raised over £250 so far with money still coming in! If those needles are itching to get clicking again we would be pleased to receive little Easter chicks or bunnies (that we can fill with Cadbury Crème Eggs), please get in touch for more information and a pattern.



For further details about any of the above please contact the Fundraising Team on:

01243 838 001 or

9 fundraising@4sight.org.uk

...and resolutions!

We continue to celebrate our 100th Anniversary this year (until we turn 101 in October 2022!).

And we're still looking for participants to sign up for our 100-4-100 challenge, with the aim of 100 people doing 100 of something to raise £100 - that'd be a total of £10,000 raised! A number of participants have already signed up: Fundraising Manager Chloe Neilson-Hopkins is growing 100 plants to sell. Two people have made a £100 donation each and one supporter has even enjoyed 100 gin and tonics and made a donation! Perhaps this could be your New Year's resolution? Could you bake 100 cakes, read 100 books, swim 100 lengths or whatever it is you like doing?! Contact the Fundraising Team today if you'd like to join this special Team.

Coming soon – Murder Mystery

We are in discussion with the Goring Region Occasional Players Ensemble about the return of this ever popular event. Restrictions permitting, we hope to be able to run this event in March or April. Get in touch today to be the first to find out details of this Murder Mystery fundraising evening.

Centenary Prize Draw

Enclosed with this newsletter are some tickets for our Centenary Prize Draw. Just £1 a ticket, with lots of fabulous prizes up for grabs including a tour of Hepworth Brewery, four tickets for Rock of Ages at The Hawth Theatre and a £30 voucher for the Giggling Squid Restaurant. If you'd like to purchase some please pop your details on the counterfoil & return this to us with payment (don't forget to detach and keep the tickets). Tickets can be purchased by cash, bank transfer or debit card - please call the Fundraising Team to pay by bank transfer / debit card, on **01243 838 001**.

Please do not send cash in the post. Feel free to pass these on to friends & family and if you'd like any more just let us know.

For further details about any of the above please contact the Fundraising Team on: 01243 838 001 or fundraising@4sight.org.uk

Congratulations to our 200 Club winners:

Dec: Mr Styles, Chichester, No. 42
Jan: Mrs Brown, Crawley, No. 79

My Donation

I would like to make a one off donation of:

£29 - Could enable Tara to carry out a Low Vision Assessment, supporting each member to find a magnifier which makes it easier to complete daily tasks.

£15 - Could enable Naomi to run one of our virtual clubs, bringing members together to talk all things musical, discuss the latest book or get tech advice.

£8 - Could enable us to send one of our informative newsletters, available in large print, audio or Braille, 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 address: _____

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: