

JULY 2017 NEWSLETTER

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Supporting blind and partially sighted people

Events and Exhibitions

You will find enclosed with this edition of the newsletter a leaflet advertising some upcoming exhibition days with several of our partner organisations.

I am also currently in the process of finalising further events for later this year and for early 2018 with our charity partners and organisations, and I am seeking your views on where you feel we should bring these exhibitions.

If you know of any suitable venues

near to where you live, please get in contact and we will try our best to get an event organised, if viable. So far, this year we have had numerous events at our 4SIGHT Centres, but we have also had the opportunity to visit Pulborough, Crawley and Horsham, with Haywards Heath and Chichester in the pipeline.

As always, any events we are holding will be advertised in the 4SIGHT newsletter, so always pay attention to the 'Diary Dates' page as well as any extra leaflets included with the newsletter.

Dan Batchelor, 4SIGHT Outreach Worker

Eye Clinic Move

Many of you living in the southern end of the 4SIGHT area will be aware of the eye clinic move from Worthing Hospital to Southlands Hospital in Shoreham-by-Sea.

The new eye clinic has its own public entrance, facing west, and is located on the opposite side of the Hospital's main entrance which is situated in Hammy Lane. Access by road is off Upper Shoreham Road near the corner of Hammy Lane. Pay and display parking is available on site. There are currently no parking restrictions on the roads surrounding the hospital.

Three local bus companies serve the hospital: Stagecoach (no.9), Compass (no.19), and Brighton and Hove Buses (no.2). Shoreham-by-Sea railway station is 25 minutes away by foot.

Patient Transport Service

If you are having trouble getting to your hospital appointment you may be entitled to use the hospital transport service provided by South Central Ambulance Service. They provide transport for some people who are unable to use public transport or other transport due to their medical condition.

To find out if you may be eligible for the patient transport service, please call **0300 100 0015**.

If you are eligible for transport you can make a booking by calling **0300 100 9841**.

If you are not eligible, there are a number of subsidised community car and minibus schemes available. Please note that some of these schemes make a nominal charge for their service. Please enquire with the provider at the time of requesting transport.

Please visit www.ctonline.org/search/ to find local providers near where you live.

Local community transport providers include:

| | |
|--------------------------------------|---------------|
| Sammy Community Transport | 01243 827 821 |
| Arun Coordinated Community Transport | 01903 723 584 |
| Guild Care Worthing | 01903 528 600 |
| Billingshurst Community Transport | 01403 787 696 |
| Crawley Community Transport | 01293 523 764 |
| Community Transport Brighton & Hove | 01273 677 559 |

4SIGHT Sight Care Advisors at the Eye Clinics

Annie and Mandy, the Sight Care Advisors, continue to attend the eye clinics at St Richard's Hospital and Southlands Hospital, giving advice, support and guidance to anyone affected by sight loss.

There are now new direct line phone numbers for accessing the Sight Care Advisors at both hospitals:

| | |
|-----------------------|----------------------|
| Southlands Hospital | 01273 446 051 |
| St Richard's Hospital | 01243 831 450 |

Mandy Whitman and Annie Taylor, Sight Care Advisors

Healthwatch West Sussex

Healthwatch West Sussex has a simple ambition, to make health and social care services better for the people who use them.

They are there to understand the needs, experiences and concerns of people who use services and speak out on their behalf. They will listen, take action and make positive changes. They want to know about your local health and social care experiences...good AND bad. Your story could start the conversation to improve local services.

Share your story with Healthwatch by visiting their website at www.healthwatchwestsussex, access free information and guidance by calling their helpline on **0300 012 0122** or send an email to **helpdesk@healthwatchwestsussex.co.uk**

Shoreham Update

Having difficulty completing forms and documents?

We have a new volunteer who has recently joined us at our Shoreham 4SIGHT Centre. Lorraine worked for many years at Citizens Advice, and would like to put her valuable skills to use, helping people with sight loss to complete any forms or documents.

If this service would be of help to you or someone you know, then please contact Kirstie Thomas at the Shoreham 4SIGHT Centre on **01273 454 343** or email Kirstie.thomas@4sight.org.uk

Ropetackle Arts Centre

The following screening is for the Visually Impaired: -

War Horse on Wednesday 26th July at 2.00pm

Full Audio description throughout. Tickets £3.50 (carers free)

The Ropetackle Arts Centre is situated in Little High Street, Shoreham-by-Sea, BN43 5EG. You can contact their box office on **01273 464 440**, send an email to admin@ropetackle.co.uk or visit their website at www.ropetacklecentre.co.uk

Chichester Visually Impaired Reading Group

Are you, or do you know someone who is visually impaired who would like to join a reading group?

Torch Visually Impaired Reading group meet monthly in Chichester and read a selection of novels and Christian books. Transport is not provided, but it is in an easily accessible central location.

Torch Trust is a Christian organisation for visually impaired people. For more details please contact Pam King on **01243 533 747**.

Bognor Update

Reading Group for The Visually Impaired

4SIGHT and Bognor Regis Library are hoping to set up a reading group for the visually impaired starting in October, to be held in Bognor Regis Library.

Unlike most reading groups each person would read a book of their own choice, and then discuss it at the next meeting. Talking Books and large print books are available to borrow, and there would be sighted volunteers to help readers choose their books.

It will most likely be held once a month in the morning. If you are interested in joining as a visually impaired person, or you would like to volunteer to help readers choose their books, please contact 4SIGHT on **01243 828 555** and leave your name and telephone number and Shirley Buck will call you back.

Cross Stitch Keyrings

Some of our volunteers have been busy over the last few months making cross stitch keyrings to be sold in aid of 4SIGHT.

There are examples of these at Bognor Regis 4SIGHT Centre which are for sale at £2.00 each. They include various patterns as well as boats, ducks, cars, bicycles, bird tables and letters of the alphabet which are available in either script or block letters.

Any of these can be personalised in colours of your choice and ordered through the Bognor Centre. It is also possible to order several breeds of dogs or cats. Orders will be ready in 2-3 weeks.

If you would like something that is not currently available, please phone 4SIGHT on **01243 828 555** and we will endeavour to find a design that suits your needs.

Bognor Regis Charity Shop

A warm and hopefully sunny 'Hello' to all of you reading our 4SIGHT newsletter..... Summer Holidays are nearly upon us again – where has the time gone?!

So here at the York Road charity shop we will be going through an internal makeover, to help display your wonderful donations to their full potential. This will include raised window areas, a new counter, a 4SIGHT information centre and a more defined area to promote our wonderful children's party and special occasions section. Please be patient with us if we are a little disorganised over the next month or so – cake is always welcome!!

Talking of donations, the list below are items we are looking for. If you, your family or friends can help with any of these we would be grateful – thank you in advance.

- DVDs
- Music – CDs, vinyl
- Books – urgently need non-fiction
- Children's special occasion outfits

All in good condition please.....

I have never wanted to specify the condition of donations that we are able to accept – because I thought broken, unusable and dirty items would not be given but unfortunately, they have been; this may be due to the queues and costs at council tips, however it takes a lot of time and space to sort them, and costs the charity to them throw away!!

Volunteers update

Congratulations to Christine Hamilton on her 10-year anniversary working at our Bognor shop – big thanks and love to Chris.

We are looking for volunteers to help out in the charity shop – so if you like being on the shop floor, chatting to and serving customers, displaying clothing, till work or sorting out donations – and going through all the processes to get ready to sell. Maybe you like being on social media and blogging? – we need help for our shop page on the 4SIGHT website.

In this newsletter we have a few words from Lorraine – one of our volunteers here at York Road.

“My 4SIGHT Story” by Lorraine Butler

.... I have volunteered for a few charities in Bognor Regis over the years – I have anxiety issues so I needed to find a charity shop that gave their volunteers a chance to learn, gain confidence and experience without being judged. Thank you to Sarah and Nicki and the volunteers at 4SIGHT York Road ...

Until next time, be safe and enjoy the summer. Please remind your family, friends, neighbours and the postman that we are here and situated on the corner of York Road by the Arcade.

Many thanks.

Sarah Brooks, Shop Manager and Team

200 Club

The winning number for **June was 94**. Why not join the 200 Club and help raise money for 4SIGHT?

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

Crawley Area Update

The Crawley Area Committee remains active and is constantly taking note of the comments expressed by its members. It is from this feedback that the Committee decided to co-opt a younger partially sighted member, to try and address the requirements of the younger persons in the area who are blind or partially sighted.

The feedback from Horsham members who ramble with the Mid Sussex Rambles is that 4SIGHT do not have any activities they can join. There are several clubs in the Horsham area but they are not brought to the notice of Horsham members. The Committee has made it one of their objectives over the next few months to contact and visit all these clubs with the view to bringing their activities to the attention of members via their regional monthly newsletter.

The existing clubs in the Crawley area are all doing well: -

The Crawley Tuesday Club

They meet on the second Tuesday of each month and have an average attendance of 30 people who partake in such activities as cheese and wine, musical quizzes (with a difference), speakers and cream teas, etc.

The Technology Club

They meet on a regular basis with attendees from as far afield as Haywards Heath. The sessions are run by Dan Batchelor from 4SIGHT. The group has about 12 attendees per meeting.

The 4SIGHT Ramblers

This friendly group meets on the first Monday each month at 10am and they walk about 4 miles. They ramble on the Downs, coast and High Weald and afterwards have lunch at a nearby pub. There are usually 25 people walking and 4 or 5 guide dogs. Every blind or partially sighted member has a guide.

For more information please get in touch with Jane Aston on **01444 870 462** or Anne Tomlinson on **01444 456 026**.

Crawley Blind Bowlers

Crawley Blind and Disabled Bowlers had an amazing success at Beach Park, Worthing when they competed in the Worthing Lions Centenary VI event on Saturday 3rd June, together with 3 other visually impaired clubs against 4 local sighted clubs.

The Crawley Blind Bowlers team consisting of Ray Wood, Alan Cox & Bert Nelson (all registered blind) were runners up in the whole competition, the winners being Worthing Pavilion Bowling Club, one of the elite sighted clubs in West Sussex, losing on shot difference having gained the same number of points as the winners.

This is another mile stone in the Crawley Clubs history after being a previous winner of the Mayors Charity Club, the Worthing Rotary Visually Impaired Tournament, as well as receiving the Crawley Community Award last year in the Sport Team category.

Crawley Blind Bowlers are part of the Downsman Bowling Club whose home is in West Green Playing Fields, and their aim is to get anyone who is visually impaired or disabled on to the green whilst also participating in the social side of the umbrella club.

For more details please call Valerie Smith on **01293 511 710**.

Forthcoming activities:

| | |
|------------|-----------------------------------------------|
| 11th July | Tuesday Club Coach Trip to Hastings |
| 17th July | Mid Sussex Summer Ramble |
| 20th July | Crawley Tech Club – provisional date |
| 29th July | Street Collection in the Crawley Borough |
| 4th August | Collection at Crawley Tesco |
| 7th August | Ramblers Annual Coach trip |
| 8th August | Crawley Tuesday Club coach trip to Eastbourne |

For further details or to give your comments, please contact Derek Drake on **07743 098573** or email derek@kardell.co.uk or Jane Aston on **07508 423890** or email jane.aston20@btinternet.com

Triathlon - We did it with medals and trophies to prove it!

11th June, a Sunday in downtown Burgess Hill. The sky was a shade of grey and rain half-heartedly threatened. 6 intrepid members of 4SIGHT arrived at the Triangle Leisure Centre with a nervous excitement. Today was the day of the Triathlon. Training completed, this was really it. We had divided into 2 teams North and South and would compete on a relay basis.

Why were we there you may ask yourself? You will recall mention of 2 tandem rides in Mid Sussex. Some of the pilots (front riders) were from the Triathlon Club and were really impressed to see blind and partially sighted people taking on such a challenge (40 miles on a tandem) and invited us to take part in their annual event. As a way of thanks for their help & support the challenge was accepted.

We assembled near the tennis courts, 2 tandems stood ready for our cyclists and I couldn't begin to tell you how many other bikes were waiting there. Bikes of every description, size, colour from what I would term as "sit up and beg" which only needed a basket on the front, and others which I felt sure could sprout wings and fly. I've never seen such an array. There were approximately 240 participants from various Tri Clubs, from Kent, the Sussex Coast, Surrey and even 2 people allegedly from China (not sure about that one!) all competing in the Mid Sussex Tri Club Open Meeting and of course ourselves. We were all given the rules of the competition and the swimmers went off to the pool ready for their section.

The first people taking part were serious athletes, then it was 4SIGHT. Pam and Mike were first up, Pam I heard was a very elegant and fast swimmer. The swim was 400 metres and it seemed no time at all that the two tandem pilots who were ready at the poolside to touch hands with the swimmers were out to the tandems where their stokers were ready to go. Once on board they shot out of the leisure centre on their 24k ride, so much for 'we just want to get back in one piece' - the competition was on! Just over an hour and Julie and Lawrence came haring back into the car park closely followed by Jackie and Ron and then it was Dan yes, our

very own Dan Batchelor and Tim out on their 5k run.

The swimmers and cyclists were asked to go to the finish line for a team photo for the Club's website. We watched Dan race in, to be honest he looked as if he had been out for an afternoon stroll, and had just about broken a sweat. Then Tim accompanied by his running guide Dave arrived a couple of minutes later. Goodie bags and medals were handed to all the competitors and our teams pounced on their bags like children on party bags.

We were asked to attend the prize giving at the end. It meant hanging around but it was worth it. The Tri Club every year give a small trophy to someone who has really shown the spirit of the triathlon, who has tried really hard, trained hard sometimes in the face of adversity. Steve, the Club Chairman said there was only 1 winner this year; the blind and partially sighted competitors. Each team member received a silver dish inscribed with "Mid Sussex Spirit of the Triathlon Award 2017". The athletes, their friends and relatives really showed their appreciation and it was a very proud and emotional moment. Photos were taken and we slipped away, hungry athletes needed feeding; we all went for breakfast or was it lunch by this time? The general feeling was one of achievement and pride and quite rightly so. We had received a warm welcome from the Tri Club and much encouragement from fellow athletes. Yes, it had been a good morning and well worth all the effort.

Oh, and by the way, in case you're interested the South Team won. So well done to Pam, Julia and Dan. Hints of entering more teams next year were heard, made by various Tri Club officials so could we perhaps see the revenge of the north in 2018, we'll have to see.

I would like to take this opportunity to thank all our competitors, they were absolutely brilliant and whole heartedly entered into the spirit of event. I would also like to thank Maureen Jenkins for all her help, support and enthusiasm with the organisation of the teams and at the event itself.

Anne Tomlinson, 4SIGHT Volunteer

Peter Hindess of Burgess Hill

Peter Hindess, a long-time supporter of 4SIGHT, died in December 2016. He was partially sighted and started fundraising for us in the early 1990's. He organised street and store collections in Haywards Heath, Burgess Hill and local villages. He would collect all day filling one box and often half or more of another one. He loved talking to friends who passed by and anyone who came to donate.

In 1995, we opened a 4SIGHT resource centre in Haywards Heath on the District Council campus and Peter was there from the start. He helped with decorating, purchasing materials and equipment and getting the centre set up. Then he came in several days a week to answer the phone and help all who came through the door. He was a cheerful, friendly, larger than life person who never let things get him down! He will be remembered with great fondness for the unstinting work he did for 4SIGHT and for the generous character he was.

Jane Aston, 4SIGHT Volunteer

Sense Adventures

Colwall based Dee Jones has set up a holiday company which offers guided activity holidays in the Malvern Hills area for the blind and partially sighted, and a luxury Spa Retreat at Clover Mill in Cradley.

Dee created Sense Adventures to provide the holiday that she had been looking for herself, but could not find. The holidays are based on small group weekend breaks of walking, cycling, going to local restaurants and enjoying the countryside. The Spa weekends at Clover Mill include yoga, massage treatments, home cooked meals and luxury accommodation. The cycling holidays are for tandem riders and they provide the tandems and pilots.

For more information, visit www.senseadventures.co.uk, telephone **01684 540920** or email **dee@senseadventures.co.uk**

Midhurst Update

I am now in the centre on Tuesdays and Thursdays, except for the Tuesday each month when Dan is here running the Tech session.

Some of our regular activities have now moved to a Wednesday as Velia, our trusted and loyal volunteer who manages the centre on a Wednesday is happy to take the lead on these.

The Midhurst Spring Fair was a great success, thanks to some of our dedicated volunteers and raised £119 for our local centre and was a tremendous help in promoting the work that we do.

Here is a list of the forthcoming events and activities. Everyone is welcome so we look forward to seeing you soon.

| | | |
|--------------------------------------------------------------------------------------------|-----------------------|--------------|
| 11th July | Tech Session with Dan | From 10.30am |
| 27th July | Coffee Morning | 11am - 1pm |
| 2nd Aug | Parlour Games | 11am - 1pm |
| 8th Aug | Tech Session with Dan | From 10.30am |
| 31st Aug | Coffee Morning | 11am - 1pm |
| 6th Sept | Discussion Group | 11am - 1pm |
| (your experiences and ways of overcoming the daily challenges when living with sight loss) | | |
| 12th Sept | Tech Session with Dan | From 10.30am |
| 26th Sept | Midhurst Focus Group | From 2pm |
| 28th Sept | Coffee Morning | 11am – 1pm |

Wednesday 28th June saw a Bridge taster session, so if you are interested in joining the group, please get in touch with me.

Thanks to you all for making the Midhurst Resource Centre a happy, friendly and welcoming place to meet and chat over a tea or coffee.

Bev Tinson, Project Development Officer
Tel. Midhurst 01730 812 338.

Diary Dates

Sat 15th July, 10am - 12pm, Coffee Morning & Sale at the Methodist Church Hall, Brunswick Road, Shoreham-by-Sea, BN43 5WB. Come along and join in the fun!

Wed 26th July, 10am - 1pm, Supplier Focus Day at Shoreham 4SIGHT Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU. Come and see the latest equipment that is available from Optelec and find out about Calibre Audio Library Service.

Thurs 27th July, 11am - 1pm, Coffee Morning at Midhurst 4SIGHT Centre, Knockhundred Row, Midhurst, GU29 9DQ.

Tues 22nd August, 10am - 1pm, Supplier Focus Day at Midhurst 4SIGHT Centre, Knockhundred Row, Midhurst, GU29 9DQ. Come and see the latest equipment that is available from Optelec and find out about Calibre Audio Library Service.

Thurs 31st August, 11am - 1pm, Coffee Morning at Midhurst 4SIGHT Centre, Knockhundred Row, Midhurst, GU29 9DQ.

Wed 6th September, 11am - 1pm, Members Discussion Group at Midhurst 4SIGHT Centre, Knockhundred Row, Midhurst, GU29 9DQ. Dealing with your experiences and ways of overcoming the daily challenges when living with sight loss.

Sun 24th September, 22nd October and 12th November, 2 - 4.30pm, Tea Dances at the Woodlands Centre in Rustington, BN16 3HB. For more details, please call 4SIGHT on **01243 828 555**.

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 **8th August 2017** 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.

4SIGHT Contact Details

BOGNOR REGIS 4SIGHT CENTRE & CHARITY HQ

4SIGHT Bradbury Centre
36 Victoria Drive, Bognor Regis,
West Sussex, PO21 2TE
Main Tel: **01243 828 555**
Fax: 01243 838 003
Email: **enquiries@4sight.org.uk**

SHOREHAM 4SIGHT 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 CENTRE

Knockhundred Row, Midhurst
West Sussex, GU29 9DQ
Main Tel: **01730 812 338**
Email: **midhurst@4sight.org.uk**

SIGHT CARE ADVISOR SERVICE

4SIGHT - Southlands Hospital Eye Clinic
New Direct Number: 01273 446 051
4SIGHT - St Richard's Hospital Eye Clinic
New Direct Number: 01243 831 450

4SIGHT BOGNOR REGIS SHOP

11 York Road, Bognor Regis,
West Sussex, PO21 1LW
Tel: **01243 861 776**

4SIGHT PHOTO DIARY

Middleton Club members enjoyed a lovely outing to Manor nursery and tea room in May.



Crawley Blind Bowlers team; Ray Wood, Alan Cox and Bert Nelson. They all took part in the Worthing Lions Centenary VI event at Beach Park.



Julia Kirkham, one of our 4SIGHT members, taking part in the tandem ride as part of the Triathlon event. Pictured here with her pilot Lawrence, who helped to organise the event.

