**June / July Newsletter**

Featured in this newsletter:

• NEW Services

• Summer Trips

• 100 Anniversary Ball

• Queen's Award for Voluntary Service

# CEO’s Message

Dear members, As the Government's latest announcement about Lockdown easing so clearly demonstrates, we continue to live through a period of flux, forever making plans and being ready to adapt them again at the last minute, not knowing when or if we can resume the clubs and social activities so many of you have missed over the past 18 months. That said, with the easing of some restrictions over the past few months and the weather warming up (for the most part), it does feel as though we have started to turn a corner and a more positive future lies ahead of us after 19th July.

I hope you enjoyed reading and reflecting on our 100-year history in our special edition newsletter last month. As a charity we have much to celebrate and in addition to turning 100 this year, we were honoured to announce on the 2nd June that we had been selected to receive the Queen's Award for Voluntary Service – the highest award a voluntary group can receive and recognition of the incredible efforts of our 200+ volunteers, who support the charity in almost every area of our work.

This newsletter features the latest information about our services, plans to run a series of special summer day trips and of course more ways to get involved in celebrating and raising funds for our 100th Anniversary.

With best wishes, Nik

Nik Demetriades - Chief Executive

All information 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 828 555.

# Service Update

The Covid-19 pandemic has challenged the way we operate, causing us to adapt and find new ways to support our members. We have welcomed the opportunity to speak to so many of you, but been frustrated too, by what we can do by phone. We know many members are waiting for appointments and would like to thank you for your continued patience. We have been working on some exciting and transformational changes to who we are as a charity and the services and support we offer. Full details will be shared in due course, but in the meantime, we are delighted to share news of a couple of recent staff changes which form part of our new Future Services Strategy.

**Call us on 01243 828 555 for advice or to book an appointment.**

**Need help with completing Personal Independence Payment (PIP) forms?**

We are now offering support with filling out these complex benefits forms. If you need assistance or want further advice, call us on: 01243 828 555.

**New Accessible Technology** **Service**

We would like to welcome a friendly face back to the team – Dan Batchelor – who joins us on 1st July as a dedicated Accessible technology specialist. Dan says: “Hello Everyone, I am very much looking forward to returning to the organisation and taking up this new position, supporting members with questions and queries relating to all things technology related, helping to find new ways to embrace / enhance our experiences of technology.”

**Vision Support Service for Children, Young People & Families**

Tara Beesley is now a dedicated Vision Support Coordinator. She can carry out a full needs-based assessment and act as an advocate, to ensure that all your questions and support needs around education, benefits, employment, and low vision are met, as well as arranging age-appropriate activities and events.

# Celebrating our Volunteers

This year’s Volunteers Week began with a very special announcement – news that we had received The Queen’s Award for Voluntary Service – the highest award a voluntary group can have in the UK! The award, given to just four charities in West Sussex, has been made in recognition of the outstanding work of our volunteers. We have also received a ‘Special Recognition – Covid 19' Commendation, for providing impactful support to the community in response to the pandemic.

We are very grateful for everything that our amazing team of volunteers have done to make a positive difference over the last 100 years; here are a few words of thanks from Nik, Karen and Naomi on behalf of us all.

“We are very proud of our amazing team of dedicated volunteers; they and their hundreds of predecessors have always been at the heart of this Charity’s work.” - Nik Demetriades, CEO.

“From making regular welfare calls to members, packing newsletters, to making tea and chatting to members at our social clubs and driving our minibuses; all our volunteers are invaluable and we are truly grateful for everything they do to support the Charity. I know that this news will mean so much to each and every one of them!” - Karen McLachlan and Naomi Towns, Volunteer Coordinators.

Thanks to funding from The National Lottery, we were delighted to thank our volunteers this Volunteers Week with a little token of our appreciation.

**Why I Volunteer...**

Watch repairer, Ken, supports us with his self-taught talents that began as a hobby.

“Being retired, I was looking for a volunteering role that would match my skills and I wanted to give back to the local community. I was pleased to have an opportunity to apply my skills in satisfying a real need. By servicing and repairing member's watches and clocks, I enable members to remain independent in this way. I get great satisfaction from providing the service, but I also enjoy the challenge and being part of a very friendly and committed group of people.”

Communications volunteer, Cathy, uses her role to help us raise more awareness about our exciting new events and services.

“I've recently retired from a long career in Marketing and PR, now as a volunteer I can keep my PR background ticking along and my brain cells active while helping the team spread the word about the restarting of all their events and activities.”

Kitchen Klub leader and member Shirley has been involved with the charity from when she started her own sight loss journey.

“As well as being helped with my own sight loss, I began volunteering in the office, mainly helping at reception. Then a great opportunity came up as 4SVS wanted to set up a cooking club for people with sight loss. I have found that volunteering gives you much more than you put into it.”

# Accessible Technology Tips

**Apple Watch – ‘Speak Time’ function**

You can now get your apple watch to speak the time to you, by following these simple instructions: Setting up ‘Speak Time’:

1. Open the Settings app.

2. Scroll down by swiping the screen or turning the Digital Crown and tap “Clock”.

3. Enable “Speak Time”.

If you don’t want the time announced when your watch is on Silent Mode then select “Control with Silent Mode” - a green tick will appear.

Using ‘Speak Time’:

1. Tap and hold on the Apple Watch’s screen using two fingers - don’t press too hard.

2. Siri will announce the time after a second or so.

**Accessing the RNIB through Alexa**

You can now use Alexa to connect to RNIB by simply saying “Alexa, call RNIB Helpline”.

While we are not yet accessible in this way, you can still reach us, your local sight loss charity, on 01243 828 555.

**BBC iPlayer - new look subtitles and other accessibility features**

The BBC has made changes to their subtitles; the text is more clearly located, is on a black background, and you can increase the font size too. To access and change the size of your subtitle settings, go to the bottom right of the screen to the message box icon.

A full list of Audio Described programmes can be found via the 'Categories' menu or you can search for a programme and choose the accessible version you want from the playback page (if available). Find out more on the BBC website: [www.bbc.co.uk/iplayer/features/accessibility](http://www.bbc.co.uk/iplayer/features/accessibility)

# Virtual Clubs & Summer Trips

We are keeping a close eye on Government announcements and hope we can resume social clubs and activities in person soon. In the meantime our virtual clubs continue throughout the summer.

Virtual Clubs are accessed via the Zoom video and teleconferencing facility over the internet or by phone.

**July 2021**

Monday 5th at 11am -12pm - Chatterbooks

Thursday 8th at 11am -12pm - Virtual Quiz

Wednesday 14th at 2-3pm - Virtual Tech Club

Tuesday 20th at 11am-12pm - "The Show Must Go On!"

Tuesday 27th at 11am-12pm - History Discussion Group

**August 2021**

Monday 2nd at 11am -12pm - Chatterbooks

Thursday 5th at 11am -12pm - Virtual Quiz

Wednesday 11th at 2-3pm - Virtual Tech Club

Tuesday 17th at 11am-12pm - "The Show Must Go On!"

Tuesday 24th at 11am-12pm - History Discussion Group

**NEW Summer Trips**

We are excited to offer members trips out to various locations across Sussex this summer.

There will be something of interest for all ages, with events for Children and Young people, a Sporting Taster event with Sussex County Cricket, and trips to garden centres, the beach & our HQ with refreshments included.

**For more information, joining details for virtual clubs, or to register your interest in one of the trips (see enclosed flyer) please call Naomi on: 01243 828 555.**

# News & Information

**Making a Difference – Employability Support**

Making a Difference offer anyone who is currently unemployed, a free 4-month Employment Coach programme, including 1-2-1 sessions and workshops such as interview skills, CV writing and confidence-building. They assist with local job searches, job tasters and work experience, too. For more info, call: 01329 559 177 or email: [mades@educationdevelopmenttrust.com](mailto:mades@educationdevelopmenttrust.com)

**New Accessible Cricket Club**

Middleton Sports Club are now a local disability cricket champion club in Sussex and are excited to start up a new cricket programme for children and young people in the community. For more information contact Steve Mackley on: 07399 587 493

**RNIB – West Sussex Living Well with Sight Loss Course – by phone**

Join this group and share experiences with others in a similar situation at this six session / 3 week Living Well with Sight Loss phone course. The course is open to all blind and sight impaired people in West Sussex and there will be speakers from 4Sight Vision Support’s Sight Care Advisors and wider team, Rehabilitation Officers for the Visually Impaired, West Sussex County Council and the RNIB.

6 sessions over 3 weeks. (Tuesday and Thursday)

Tuesday, 10th August 2021 - Thursday, 26th August 2021, 10.30am to 12pm.

For more information and to book onto the course please call Jan Foster on 07597 397 284.

# Fundraising News

**200 Club – Winners**

Congratulations to June winner: **Alison from Midhurst with number 93.**

Alison has very generously chosen to donate her £100 prize back to 4Sight Vision Support, helping us to continue providing our vital support - Thank you Alison!

If you would like to sign up to our 200 Club Lottery and be in with a chance of winning the higher one off prize of £500 in our special Anniversary draw on 1st August, contact us on: 01243 838 001

**Our recycling stations are now up and running!**

Our offices are open and recycling boxes are at the ready, so please do feel free to pop in and drop off your stamps, coins, mobile phones, and washed cheese packets for us to recycle into funds.

**The Lyrical Euphonium - Christ Church, Chichester - 7th July**

The Festival of Chichester is back for 2021 and accomplished performers and supporters of 4Sight Vision Support, Martin Smith and Christopher Johnson will be putting on a Euphonium/ piano recital to raise funds for 4Sight Vision Support. The programme includes classical and original works by Rossini, Sir Karl Jenkins, Dvorak and Capuzzi to name a few. Tickets are £10 and may be booked via the Novium Museum at:[**www.thenovium.org**](http://www.thenovium.org)

(Limited number of complimentary tickets for members available as part of our summer activities programme. See enclosed Summer Trips Flyer for more details and how to register.)

**Will and Lasting Power of Attorney workshops**

We will shortly be launching our first ever ‘free’ Will and Lasting Power of Attorney Writing event, to take place later in the year. There will also be a handy Gifts in Wills Guide available to help you think about some of the important things you may need to consider when writing or updating a Will and a series of workshops with a solicitor on-hand to answer any questions. If you are considering writing or amending an existing Will or setting up a Lasting Power of Attorney then please register your interest by contacting: [fundraising@4sight.org.uk](mailto:fundraising@4sight.org.uk)

**Calling all knitters!**

Are you a keen knitter, or know someone who is? Could you help us set up a new fundraising scheme by knitting a selection of mini Christmas characters we can put chocolates and sweets into – along the lines of these pretty little stockings. Please email Julie Branson to register your interest on [julie.branson@4sight.org.uk](mailto:julie.branson@4sight.org.uk)

**Visions of Hollywood 100th Anniversary Ball!**

Join us for a spectacular evening of Hollywood glamour at our special Anniversary Ball on Friday 29th October at the Hilton Avisford Park Hotel, Arundel.

Tickets will include: drink on arrival, three course meal, half bottle of wine, live music and a few little surprises to get you into the party spirit and celebrating this momentous occasion.

For more information and to reserve your ticket call Julie Branson on: 01243 838 001

**Got your own fundraising idea you’d like to discuss?**

If you’d like more info, to register for one of the events above or talk through your own fundraising ideas, please contact our Fundraising Team on: 01243 838001 or email: [fundraising@4sight.org.uk](mailto:fundraising@4sight.org.uk)

**Donate**

If you would like to make a donation to support our vital services please call us on 01243 828555 or visit our website: [www.4sight.org.uk/donate-and-make-a-positive-difference-today/](https://www.4sight.org.uk/donate-and-make-a-positive-difference-today/)

Here is how your money can help:

£29 - Could enable Kirstie 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