

**MAY 2017
NEWSLETTER**

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



Supporting blind and partially sighted people

? **Charity Quiz** **?** **Night**

In aid of 4SIGHT

Friday 26th May at 7pm

Arun Indoor Bowling Club

Nyewood Lane, Bognor Regis PO21 2QA

£11.50 includes 2-course Buffet supper

Quiz (Maximum 6 per team)

Lucky ticket draw

Raffle



Tickets: 01243 828 555

**4SIGHT Bradbury Centre, 36 Victoria Drive,
Bognor Regis, PO21 2TE.**

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CEO's Message

Hello everyone and welcome to the May edition of the 4SIGHT Newsletter, which as ever is packed with great stories and information. I hope like me, you find it an informative, enjoyable and interesting read! Before you get to the rest of the Newsletter, there are 2 matters that I would like to bring to your attention:

The first concerns important news about our **Audio Library** which, after providing many years of

outstanding service to 4SIGHT members, is due to close at the end of September. This decision has been taken after full consultation with all 4 of the volunteers who run the library, as well as with staff and trustees; all agreed that it is now time to make the change. We have spoken with our partners at West Sussex County Council Libraries, who have a range of excellent services for visually impaired people across the county, and we will be working with them in the coming months so that where possible, we can transition our existing library members across so that they can continue to enjoy access to an even greater range of audio books and library services. In addition, we will also be signposting members to the Calibre Audio Library and the RNIB's Talking Books Service. I would like to take this opportunity to thank Richard Green, Sonia Elliott, Ruth Belcher and Mathew Blyther for the fantastic service they have provided to our members over the years and for their time and support for 4SIGHT – it is very, very much appreciated!

Secondly, I would like to let you know some news about the **Eye Clinic** at Worthing hospital, which is due to move to Southlands Hospital at the end of June. The move is necessary because demand

for eye care is rising at a rate of 15% every year - hence why the Western Sussex Hospitals NHS Foundation Trust has invested £7.5 million in building a new eye care unit at Southlands. However, because of funding problems, there is a shortage of new specialised equipment at the new Clinic, so the Hospital is launching an appeal to raise funds and they have asked for our help. And, because 4SIGHT has been providing a Sight Care Advisor service at the Eye Clinic for almost 20 years now, we are very keen to support this initiative because it will improve facilities, treatment and care for all people living with sight loss in West Sussex.

If you would like to help this cause, please contact the team at **Love Your Hospital** on **0800 028 4890**. You can also visit their web page at **[ww.loveyourhospital.org/vision](http://www.loveyourhospital.org/vision)**.

Thanks as ever for your continued support.

Nik Demetriades, Chief Executive

My Guide Service – Part of the Guide Dogs Mobility Services

Are you, or is someone you know, vision impaired? Do you have difficulty getting out and about, or do you lack confidence because of your vision loss? If so, then the My Guide service may be able to help you.

The My Guide Service matches trained, sighted guide volunteers with people with sight loss in the community to help increase confidence in getting out and about. The volunteer will offer 2 to 3 hours per week for a period of time to help with independence and confidence through an agreed activity plan. For the My Guide Service applicants and volunteers must be 18 or over. Full training is provided and DBS checks are carried out of all their volunteers.

Find out more about the My Guide Service in West Sussex contact: suzanne.carr@guidedogs.org.uk or call **0345 143 0224**.

News from Midhurst

So, here we are! Successfully relocated in our new premises in Knockhundred Row, Midhurst. Everything went smoothly and we reopened as planned on Tuesday 18th April. A lot of people dropped in on our first day for coffee and cake (naturally!) including existing members as well as new ones, supporters and some of our new friendly neighbours who welcomed us to the Row. I'm sure you will be pleased with our new premises which are spacious, light and homely. We have some accessibility work to be done in the near future and this includes the fitting of some ramps, hand rails and door widening to make it easier for our users of wheelchairs and mobility scooters to access the centre.

Working alongside us in the new centre will also be another sight loss charity; Blind Veterans UK, and fairly soon we will know what days they are planning to be in the centre. Both charities will then be able to support one another, share activities and work much closer together.

David's Hand Bike Sponsored Challenge

I'm please to say that we have now collected all the sponsor money that David raised for our charity whilst undertaking his two week Hand Bike Challenge at the Grange Leisure Centre in February. He raised a staggering **£1001.18** for us and I'm sure you will join me in thanking him for his wonderful courage and effort in undergoing this arduous event. We must also thank David's good lady Maggie who wheeled him to the gym and back every day during that fortnight. She deserves a mention – if not a medal!

Spring Fair

In the March newsletter, I mentioned our planned attendance at the Spring Fair that was scheduled for Saturday 29th April at The Grange Centre, Bepton Road, Midhurst. Unfortunately the Grange

had to postpone this event and now it is rescheduled for **Saturday 20th May** between **9am and 2pm**, as part of their Home and Garden event they are holding. We will have our ever popular tombola again, as well as our resource equipment and literature to show people what we do. We hope you will come along to support us on the day, and it may be that you have some unwanted new gifts or tinned food, unopened sweets or bottles of wine in the cupboard that you would like to donate to us for the tombola prior to the event! We will gratefully receive most things!!

Midhurst Shopping Trips (on the Midhurst Yellow Bus)

This shopping trip service, available to people living in Midhurst, goes to Waitrose in Petersfield every Monday and on alternate Thursdays. Leaving the Grange car park at 1.30pm, it returns to the Grange car park at approximately 5.15pm after leaving Petersfield at 3.15pm and stopping for afternoon tea at either Cowdray Café or Durleigh Marsh.

The cost is £2 for the bus plus the cost of afternoon tea. The trip must be booked in advance and application forms for this service can be obtained from our Resource Centre in Midhurst. Some of our 4SIGHT members are regular users of the shopping service and thoroughly enjoy it. Pop in for a form if you are interested.

More about the Midhurst Yellow Bus

Compass Bus have withdrawn one of their weekly Tuesday bus routes, number 96 from 24th April meaning there is only one bus a week on a Friday to Midhurst. This service which ran from North-chapel, Lurgashall, Lickfold, Lodsworth, Selham, Graffham and Heyshot to Midhurst was the only service which linked people living in those villages to their nearest main town on Tuesdays and Fridays. The Midhurst Yellow Bus trustees have looked at their current Tuesday timetable and believe that they can extend their route to include Lurgashall and Lickfold.

They have put together a provisional timetable for Tuesdays and are interested in your views if you live in one of the villages affected by the loss of the 96 route. Timetables and the Midhurst Yellow Bus contact can be found at the Midhurst Resource Centre, so please pop in for a copy if you would like one.

Well, space is running out for all I want to say, so below you will find an abridged list of forthcoming events in the new Midhurst Centre or in community venues. Everyone is welcome, so we look forward to seeing you soon.

- 25th May Coffee Morning - 11am until 1pm
- 1st June Parlour Games - 11am until 1pm
- 13th June Tech Morning - From 10.30am with Dan
- 15th June Macular Support Group Meeting - 11am
- 20th June Afternoon Cream Tea - 2pm until 4pm
- 29th June Coffee Morning - 11am until 1pm
- 6th July Midhurst Discussion Group - 11am until 1pm
(Members experiences living with sight loss)
- 8th July 4SIGHT stand with blindfold games and activities
at the Petworth in the Park event
- 11th July Tech Morning - From 10.30am with Dan

I'd like to thank all our local members and committed volunteers for the packing, cleaning and making everything happen so smoothly with our move to Knockhundred Row. Without you all it would have been extremely difficult, so a big thank you to you all. We look forward to seeing you in our new centre soon.

***to end..... "What potent blood hath modest May."
- Ralph Waldo Emerson***

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

News from Shoreham

Macular Society and 4SIGHT Awareness Day

On Tuesday 27th June from 10.30am - 2.30pm the Macular Society and 4SIGHT are hosting an Awareness Day.

It is taking place in the QEII Room, 1st Floor, The Shoreham Centre, 2 Pond Road, Shoreham BN43 5WU.

We'll be there to answer any questions you may have, and provide you with information and advice on how we may best support people living with sight loss. We look forward to seeing you there.

For more information, please contact the Macular Society Adur Support Group Leader Nick on **01903 241 673** or the Shoreham 4SIGHT Centre on **01273 454 343**.

Shoreham Coffee Morning and Sale

There is a coffee morning and sale taking place on Saturday 15th July, from 10am to 12pm, at the Methodist Church Hall, Brunswick Road, Shoreham-by-Sea, BN43 5WB.

There will be a raffle, tombola, bric-a-brac and books, as well as homemade cakes, tea and coffee. Come along and join in the fun!

For more information, or to volunteer to help, please call Shoreham 4SIGHT Centre on **01273 454 343**.

Shoreham Technology Group

This group meets once a month, from 10.30am to 12.30pm, at the Shoreham 4SIGHT Centre, 1st Floor, The Shoreham Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU. For more details, please call Shoreham 4SIGHT Centre on **01273 454 343**.

Kirstie Thomas, Outreach Worker

4SIGHT Tech Club Update

Our 4 tech clubs around the county are going from strength to strength and continue to grow steadily. They are a great forum for learning, but more importantly, they are also a great social event.

Please see below upcoming dates for all of our tech clubs.

Midhurst

Tues 13th June 10.30am – 12.30pm Tech Accessories

Shoreham by Sea

Wed 21st June 10.30am – 12.30pm Social Media

Bognor Regis

Thurs 22nd June 10.30am – 12.30pm

Crawley

Thurs 22nd June 2pm – 4pm

If you would like to find out more about our tech clubs, or you are interested in attending, please contact Dan on **01243 838 002** or via email at dan.batchelor@4sight.org.uk

RNIB 'Make a Noise in Libraries' 5th to 18th June

As part of the RNIB's 'Make a Noise' campaign I will be at Bognor Library in London Road on 6th June from 10am to 1pm along with Richard Jones from West Sussex County Councils Rehabilitation Service for the Visually Impaired.

The idea of this campaign is to bring visually impaired and sighted people together whether they are young or old, to enable the visually impaired to gain better access to books and information via the library service.

Both myself and Richard will be available to answer any questions or queries you may have on any aspect of sight loss. If you have any questions on this event please phone me on **01243 838 002**.

RNIB Online Today Session – Friday 16th June

On Friday 16th June, we will be holding another RNIB Online Today session, this time at Bognor Regis Library, from 10am to 1pm. We have worked in partnership with the RNIB over the last two years to deliver these sessions across the county, the purpose being to help individuals living with any form of sensory loss to access technology.

Davinder Kullar, from Action For Blind People will be taking the lead during the session, assisted by myself. The session will include an introduction to accessible technology, including Mobile Phones and Tablet Computers, followed by questions and one to one mentoring. If you have any questions, or wish to request a place for this event, please contact Dan on **01243 838 002**.

Dan Batchelor, Outreach Worker

Arun and Chichester Area Volunteers' Committee

Helpers are needed with our Bognor Regis street collection on **Thursday 8th June**. We shall have a 4SIGHT information and support table and would like to have a big presence in the town on that day. Even if you are able to give just 1 hour anytime between 9am and 5.30pm - we will warmly welcome you. Every little collected is an important addition for our funds. If you can help please call 4SIGHT on **01243 828 555**.

Quiz and Supper on 26th May 7pm at Arun Indoor Bowling Club, Nyewood Lane, Bognor Regis PO21 2QA. Tickets are £11.50, and include a 2-course buffet supper, quiz and lucky ticket draw. There will also be a bar and raffle. Another one of our fun quiz evenings! Maximum 6 per team, or come and make up a team on the night, a great way to meet new friends. To buy your tickets, please contact 4SIGHT on **01243 828 555**.

Bognor Charity Shop

Hello from sunny Bognor Regis! Here at the shop we are all getting over our "Chocolate Feast". Our Easter Tombola was a great success and we would like to thank all of those who donated goodies for it!

If you are looking for special occasion outfits for children, we have an amazing range of suits, bridesmaid/communion dresses and some amazing dresses for parties.

Are you clearing space for your summer wardrobe? Watched all of your DVDs and listened to all of your CDs and vinyls? We would be happy to receive your donation and give your items a new home.

Don't forget, if you are a UK tax payer and register with us for Gift Aid, we can get an extra 25p per £1 that we sell, helping to raise even more funds for the charity.

Please note, Monday 29th May is a bank holiday, therefore we will be closed on this day.

We have some spaces for volunteers if you or someone you know would like to join the team. Why not pop into the shop or call us on **01243 861 776** to find out more.

Here is Peter, one of our Saturday and cover volunteers to tell you his experience of volunteering for us:

"I started volunteering for a national charity, after being made redundant around four years ago, graduating to volunteer Assistant Manager.

Shortly after moving into this area a couple of years later, I started volunteering for another national charity working alongside Nicki the Assistant Manager.

After 4SIGHT moved from the arcade, Nicki wondered whether I was looking to work a few extra hours at the new shop; as I was redundant it helped to fill the time and helped to make me feel useful. Learning the ropes of how this charity functions and operates was entirely different from what I had been used to and meant learning a few different procedures and ways of doing things.

Being used to working full time I found it so much better for my mental health to be occupied as fully as possible and feel valued. I have found that I enjoy the friendly ambiance of the shop and helping the customers if they need assistance, and spending time with the friendly people that I work alongside.

Having worked for several national charities I find that being a smaller local charity there isn't the pressure that comes with the larger national charities, which helps with the feeling that personal input has a direct influence on the charities continued ability to help those who may otherwise not get the help they need."

Thanks from all of us here for your continued support!

Nicki Chapman, Bognor Shop Assistant Manager and team

200 Club

The winning number for **April was 193 and May was 88**. 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 lots of numbers still available. If you would like to join, then please call us on **01243 828 555**.

News from the Crawley Area

The Crawley Area Committee was rejuvenated 18 months ago, with the sole purpose of providing 4SIGHT members in the area with support to enable them to lead active lives by going out and meeting others with similar eyesight problems. To this end the area started sending out a monthly newsletter to keep locals informed of what is happening in the Crawley and Horsham areas. This has brought attention to the various activities that are going on such as:

The Three Bridges Tuesday Club is held in the afternoon on the second Tuesday of each month at the Friary in Crawley. The club is well attended by about 30 members each month. At each meeting a different activity is organised from old favourites such as a quiz, coach trips to the coast, wine tasting and guest speakers, etc.

The Blind Bowling Club is very active and now meets at least once a week at West Green Park, their summer venue. They hold regular competitions against both sighted and blind bowling clubs.

The Ramblers is a Mid Sussex club but they have several members from both Crawley and Horsham attending their monthly rambles. A different 4 mile route is taken each month culminating in lunch at a local pub.

And finally, the recently formed Technology Club which meets on a monthly basis at Crawley Library. The club draws members from Crawley, Burgess Hill and Haywards Heath and it is well attended. The sessions are run by Dan Batchelor of 4SIGHT and they are free.

On the fundraising front, the Crawley Area is having a street collection on 29th July, a Tesco collection on 4th August and a Fish and Chip Quiz on 23rd June.

For further information about any of the above, please contact the Area Chair Derek Drake either by email at derek@kardell.co.uk, or by phone on **07743098573** or **01293 611 936**.

Charles Bonnet Syndrome Visual Hallucinations

Do you have low or no vision and are you seeing things which are not really there? If so, you may be suffering from Charles Bonnet Syndrome (CBS). This happens when sight is diminished or lost and produces silent visual hallucinations, which range from disturbing to terrifying.

People report seeing lattice-work, words, patterns, insects, worms, snails, snakes, people (tiny or real-sized, often in costume), children in Edwardian or Victorian dress, buildings, floating buses and lorries, gargoyles and goblins, disembodied faces, animals, buildings, trees, water and sometimes, the room morphs into somewhere completely different. It is important to remember that the visual hallucinations are completely silent. If sound, touch, taste or smell is involved, it is not CBS.

Too many people are living in frightened silence with the condition, scared that it is the fore-runner to dementia. If there has been no diagnosis of mental illness nor serious memory loss, then the hallucinations will be caused by CBS.

Unfortunately, there is no medication or any medical consultants in the condition. However, Esme's Umbrella is the Campaign and Charity for CBS and they can be contacted in one of the following ways:-

Website: **www.charlesbonnetsyndrome.uk**
Email: **esmesumbrella@gmail.com**
Helpline: **0345 051 3925** (answered 24/7 365 days a year)

The website carries coping strategies and a printable explanatory leaflet which can be taken to the GP, hospital or Care Home. If you would like to help Esme's Umbrella collect data for future research, then please call the Helpline and give a detailed description of your hallucinations and any coping strategies that work for you.

Diary Dates

Sat 20th May, 9am - 2pm, Spring Fair at the Grange, Bepton Road, Midhurst, GU29 9HD. Come along and meet 4SIGHT there.

Fri 26th May, 7pm start, Charity Quiz Night at Arun Indoor Bowling Club, Nyewood Lane, Bognor Regis, PO21 2QA. Tickets are £11.50 and include a 2-course buffet supper. To buy your tickets, please call 4SIGHT on **01243 828 555**.

Sun 11th June, Mid Sussex Triathlon at the Triangle Leisure Centre, Burgess Hill, RH15 8WA. You can support our 4SIGHT teams by sponsoring them. Please call 4SIGHT on **01243 828 555**.

Sat 17th June, from 10am, a 5 or 10 mile sponsored Ramble around the Angmering Park Estate. All proceeds raised are in aid of 4SIGHT. To register, please call Shoreham on **01273 454 343**.

Fri 23rd June, 7pm start, Charity Quiz Night at the Downsman Bowls, Ifield Avenue, Crawley, RH11 7AJ. Tickets are £8 each and include a fish and chip supper. To buy your tickets, please contact Mrs Sue Doughty on **01293 512 295**.

Sun 25th June and Sun 24th September, 2pm - 4.30pm, Tea Dances at the Woodlands Centre in Rustington, BN16 3HB. For more details, please call 4SIGHT on **01243 828 555**.

Tues 27th June, 10.30am - 2.30pm, Macular Support Awareness Day at The Shoreham Centre, 2 Pond Road, Shoreham-on-Sea, BN43 5WU. For more details, please call Shoreham on **01273 454 343**.

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 **9th June 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 (NEW ADDRESS)

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

SIGHT CARE ADVISOR SERVICE

4SIGHT - Worthing Hospital Eye Clinic
Direct Number: **01903 285 281**
4SIGHT - St Richard's Hospital Eye Clinic
Tel: **01243 788 122 ext. 3515**

4SIGHT BOGNOR REGIS SHOP

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

4SIGHT PHOTO DIARY



Some of the members of the 4SIGHT Lancing Self-Help Group, which meet up every Thursday.

My Guide Service - matching a trained sighted volunteer with someone who has sight loss.



Dan Batchelor from 4SIGHT leading the Technology Group meeting in Crawley.