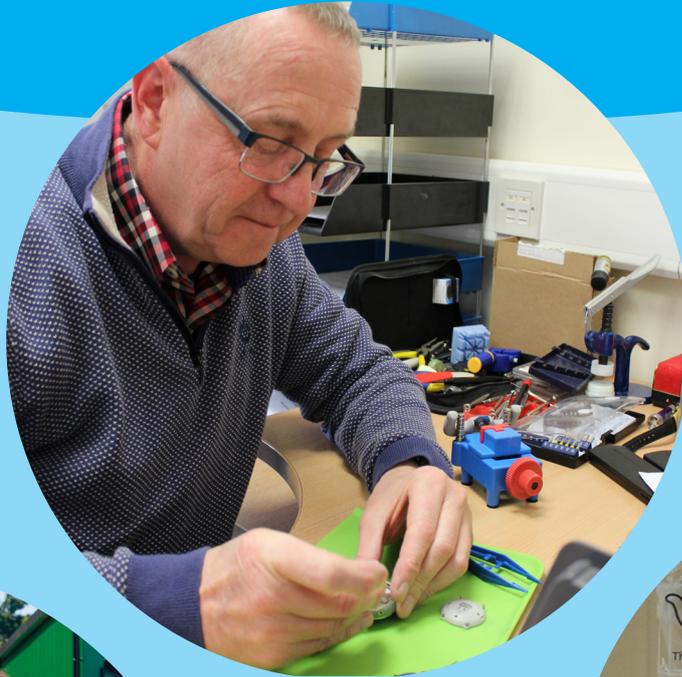


May/June Newsletter 2022

100
1921 - 2021

4Sight
vision support



Our dedicated volunteers supporting our services.

Featured in this newsletter:

- Helpful hints for getting out and about
- Low Vision Solutions Open Days
- Volunteers' Week 2022



Registered with
FUNDRAISING
REGULATOR



The Queen's Award
for Voluntary Service

CEO's Message



Welcome

to our May/June Newsletter. I hope you are all well.

With Volunteers' Week fast approaching, I'd like to sincerely thank all our volunteers – we simply wouldn't be able to provide our services without you.

For those volunteers leading activities for us, I'd be delighted to come along to talk with you and meet your club members. Please do get in touch to organise this. To find out more about the volunteer led activities in your area please get in touch.



In March we said farewell to Annie Taylor (pictured left above), one of our Sight Care Advisors. Annie had been with us since 2000 and has supported countless clients.

I'm very excited to inform you that Karen McLachlan, who many of you will know, has now stepped into an additional role of Sight Care Advisor, working alongside Jan Wise, to continue this vital service. I'm sure you'll join me in wishing Annie and Karen all the very best.

Kirstie

Kirstie Thomas - Chief Executive

Update your details

Don't forget to let us know if you have moved or changed your phone number, so that we can continue contacting you to support you.

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 let us know.

Contact us today:

 **01243 828 555**

 **enquiries@4sight.org.uk**

 **www.4sight.org.uk**

Global Accessibility Awareness Day - 19th May

Global Accessibility Awareness Day (GAAD) celebrates its 10th year in 2022 and we wanted to share a little bit about it with you, in case you have not heard of it.

The purpose of GAAD is to get everyone talking, thinking, learning about and celebrating digital access and inclusion, and the more than one billion people with disabilities/impairments. Everyone should have the same positive and successful outcome when undertaking a digital activity or using a digital product. This awareness and commitment to inclusion is the goal of GAAD.

Although many may associate the word 'accessibility' with technology, the event relates to inclusive services and activities, as well as how technology can enhance our day-to-day living.

“Accessibility removes barriers and unlocks the possible”

Examples of how inclusive design and development can impact lives include:

- Audio description at theatres/cinemas
- Accessibility settings on electronic devices
- Enlarged ATM screens/audio ATMs at the bank
- Voice passwords for telephone/mobile banking
- Navilens codes on food/product packaging



You can find out more and how to get involved on the GAAD website: [accessibility.day](https://www.accessibility.day)

To find out how we can support you to become more digitally included please contact us on: **01243 828555,**
enquiries@4sight.org.uk

News & Information

Low Vision Solutions Open Days

Join us on Monday 27th and Tuesday 28th June as we welcome Optelec and other partner organisations for our next series of low vision days. Gain hands on experience with products and technology from the Optelec low vision specialist to aid you in your daily activities – magnifiers, electronics, reading machines, desktops and much more.

Entry is free, drop in, no appointment needed.

We look forward to welcoming you between 10am and 2pm on both days. Further information can be found on the attached flyer or please call us on: **01243 828 555**.

Do you know how your bank can support you?

Banks have a wide variety of ways to support you with your banking, ensuring you can continue to manage and access your money independently and securely, from accessible apps and online banking to tactile and hi-contrast bank cards. Here are a few examples of what some provide:

- Audio pin readers – a larger device with bigger screen and easy to use keypad, to help you log in to online banking.
- Accessible communications – you can ask your bank to provide the information they send you in a different format, this usually will include Braille, large print or audio.
- Cheque guides are available to guide you as to where to write the amount, payee details, date and your signature for cheques/counterfoils.

For information about exactly what support your bank can offer, get in touch with them directly or visit your local branch.



Helpful Hints

As we all learn to live with Covid-19 and try to get back to a form of normality, please find below a few tips and tricks to support you as you start to get out and about again, if you're living with sight loss.

For more of these useful life hacks please visit [henshaws.org.uk](https://www.henshaws.org.uk) and search 'life hacks'.

Entertainment:



- Audio description is available on your TV, for popular soaps, dramas, comedies and children's programmes. Audio description is free and available on any digital TV service. (Please contact us if you'd like some help with this.)



- Due to the largely visual nature of exhibits you may think museums/galleries are not worth it, however many venues have handling collections and audio described tours. Tell the museum/gallery staff you are visually impaired and they will help you get the most out of your visit.

Travel:



- If you're registered severely sight impaired or sight impaired you may be entitled to free or discounted travel on buses, trams and trains – *contact your local council to find out more.*



- When using airports, hotels, taxis, trains, trams and buses – staff are happy to help. At train stations and airports for example, staff are trained to meet you and guide you to your connection or pick up point. Sometimes this does need to be arranged in advance, just give them a call to discuss.



- If you have a smart phone you can use GPS to identify your location and get directions to your destination. Google Maps for example can give walking directions through voice guidance, with notification given at each stage of your journey.

Volunteering & Volunteers' Week

Volunteers' Week takes place from 1st – 7th June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities.

Volunteers have played a key role in the pandemic response across the UK, and similarly at 4Sight Vision Support, where many volunteers have continued throughout.

During an exceptionally difficult couple of years, people from all walks of life around the UK have taken the time to volunteer and make a huge difference to their communities – just as they do every year.



“ It was a welcome opportunity to start volunteering at the monthly Walking Group, it has given me great pleasure as well as an insight into living with sight loss. ”

“ Volunteering for 4Sight is totally rewarding, you go home feeling you have made a worthwhile contribution to both staff and clients. ”

Did you know...

★ Across the UK 16.3 million people volunteered through a group, club or organisation in 2020/21.

★ Most people have formally volunteered at some point in their lives, dipping in and out of involvement over time.

★ We have about 150 active volunteers, who on average each year give 15,600 hours.

★ That equates to approximately £266,600 of added value to our services.

★ During the pandemic 4Sight Vision Support volunteers offered over 1,000 hours, including support with more than 5,000 welfare phone calls to clients.

The Queen's Award for Voluntary Service and Royal Garden Party

In recognition of the work of our incredible volunteers, you may recall that we received the prestigious Queen's Award for Voluntary Service in June 2021. We were doubly honoured to receive an additional 'Special Recognition – Covid 19' Commendation.

Many of us were privileged to attend a ceremony in November when the Lord-Lieutenant of West Sussex, Mrs Susan Pyper, presented us with the Queen's Award for Voluntary Service crystal and certificate.

Later this month representatives will be attending a Queen's Award for Voluntary Service Royal Garden Party at Buckingham Palace. This will be a wonderful way to celebrate this achievement and also the Queen's Platinum Jubilee.



Returning to Volunteering

Since the autumn we have seen the gradual return of our volunteer led activities. We are so grateful to all our volunteers who have returned to offer invaluable time and commitment to our clients and staff.

There are many ways in which you, a family member or friend can help:

- Micro-volunteering: knitting, recycling, collecting stamps, putting up posters in your local community to promote our events and activities.
- Flexible volunteer roles: newsletter stuffing, collecting collection boxes, support at our fundraising events/activities.
- Ongoing volunteer roles: Club Volunteers, Volunteer Drivers, Centre Volunteers, Fundraising Volunteers.

We're always looking for volunteers to join our team. To find out more and discuss current opportunities, please call us on **01243 828 555** or email **enquiries@4sight.org.uk**

Leisure Activities

Online Clubs

Virtual Clubs are a great way to meet new people and have some fun. We continue to run monthly clubs, focusing on:

- Monday – books
- Tuesday – history
- Wednesday – technology
- Thursday – a quiz!

Access is via the Zoom video and teleconferencing facility over the internet or by phone.

For further details please call us on: **01243 828 555**.



CRAWLEY MUSEUM

Sporting Memories

Anyone over the age of 50 is invited to join this weekly club based at Crawley Museum. It's for those who love to reminisce about either playing or watching sport with like-minded people.

Each Thursday at 10am - 11.30am.

For more information please contact Crawley Town Community Foundation: **01293 410 000**, extension 4 or visit:

www.ctcommunityfoundation.com



British Blind Sport (BBS)

It is well known that physical activity is proved to relieve stress, improve mental health, and boost the immune system.

The BBS 'Active At Home' programme is a series of audio-led workouts, covering a wide range of activities such as Yoga, Pilates, HIIT, Boxercise and Strength. It is a varied and structured programme which encourages progress in strength and fitness and builds stamina. There are daily workouts and monthly 'live workout weeks'.

Access workouts from the BBS website: britishblindsport.org.uk/active-at-home/

Fundraising News

Wellbeing Walks

Registration is now open – you can sign up to one, two or challenge yourself to all three walks over the next year!

- Angmering Park Estate (5 miles), Saturday 9th July 2022
- Bognor Regis Seafront (2, 4 or 6 miles), Saturday 1st October 2022
- Horsham Town (5 miles), Saturday 18th March 2023

Registration is £10 for adults and £5 for children, per event and includes refreshments, wellbeing activities and a special finisher's medal.

11 year old Alyssa has already signed up and says:

“ I've decided to do the Wellbeing Walk again in the hopes that I can double the amount of money I raised last year! I really enjoyed the walk last year and want to do everyone proud. ”



Don't miss out...

Our limited-edition 100th Anniversary pin badges are still available to order at just £5 each. The daisy featured in our design, was chosen for its special connection to sight loss - meaning 'the days eye' or 'the eye of the day'.

Please call the Fundraising Team to order yours today.



Thank you to everyone who has been knitting Easter novelties.

We received a staggering 176 of these beautiful items! We filled them, sent them to local schools and businesses to sell and have raised over £250! If those needles are itching to get clicking again we would be pleased to receive little Christmas novelties by early November (that we can fill with small bags of sweets), 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 **fundraising@4sight.org.uk**

Fundraising News

100th Anniversary – we're still celebrating our very special year!

We still need a few more people to make up a total of 100 who will each raise £100 to help us raise £10,000 for our 100-4-100 campaign.

Volunteer and Supporter, Wendy, has recently signed up and said:

“ I decided to set myself the challenge of reading 100 books in 2022 to support the campaign. I'm up to 15 so far and have enjoyed every one! ”

You can do whatever it is you like doing; bake 100 cakes to sell, play 100 rounds of golf, stay silent for 100 hours or walk 100 miles! We are here to support you and would love to hear from you.

A big thank you to the Team at Scrap Car Comparison

This small, local company, who were the country's first comparison website for scrap vehicle prices, is a big charity supporter. They kindly chose to support us earlier this year and have just sent us a whopping £8,383.46.



Rob's Big Bike Ride

On Sunday 19th June Rob Buck will be taking part in the 54 mile London to Brighton bike ride to raise funds for us. Rob's partner, Michelle Russell, is our Vision Support Advocate – Ageing Well, and managed to persuade Rob to support us this year. This will be his third time completing the challenge and he has been training hard since January. If you'd like to support him please visit his JustGiving page – [justgiving.com/fundraising/robert-buck2](https://www.justgiving.com/fundraising/robert-buck2)

From everyone at 4Sight – thank you so much Rob!

Congratulations to our 200 Club winners:

Apr: Mrs Laing, Worthing, No.81

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

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 person to find a magnifier which makes it easier to complete daily tasks.
- £15** - Could enable Naomi to run one of our virtual clubs, bringing people together to enjoy a monthly quiz, discuss the latest books or get tech advice.
- £8** - Could enable us to send one of our informative newsletters, available in large print, audio or Braille, to 8 people.
- 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!

(Please tick all that apply): I am a UK taxpayer and I would like 4Sight Vision Support to treat this donation , all my gifts in the last four years , and all donations I make in the future as 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: