4Sight Vision Support Newsletter

Autumn 2019

We need more information & coffee meetings, so that we feel less isolated and do not have to explain all the time.

Read more on Pg 4

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If you have any inserts for the next newsletter:

Call: **01243 838001** or Email: **marketing@4sight.org.uk**

If you have any comments on how we can continue to update this or any of our other services, please let us know:

Call: **01243 828555** or Email: [**feedback@4sight.org.uk**](mailto:feedback@4sight.org.uk)

**Charles Bonnet Syndrome Awareness Day**

As we soon approach Charles Bonnet Syndrome Awareness Day - Saturday 16th November, we want to explain a little more about what this is. We will soon be setting up our own group to support

members experiencing CBS.

**What is Charles Bonnet Syndrome?**

Charles Bonnet Syndrome (CBS) is a term used to describe visual hallucinations in people with serious sight loss and can happen to anyone experiencing loss of visual stimulation. The hallucinations often diminish and stop within a year to 18 months.

The important thing to remember is, don’t be afraid to tell your family and friends about the hallucinations you are experiencing, you are not suffering from a mental illness and you are not the only one with them. You may find it a comfort to share your

Experiences and hopefully even have a little joke about them!

If you have further questions about CBS, would like to speak to someone about your experience or would like to find out more about the new group starting up, please feel free to call our Senior Sight Care

Advisor, Mandy Whitman, on 07947 310651.

“Most of all I am grateful to you for explaining Charles Bonnet

Syndrome to me, I was really beginning to believe I was losing my mind. I am feeling so much better after speaking to you … I am really very grateful.” – member

**CEO’s Message**

**Dear Members,**

Welcome to the Autumn 2019 edition of the 4Sight Vision Support Newsletter.

As ever, it’s our chance to share with you news and information that we hope you will find interesting and with that in mind, I’d like to start by letting you know that this year’s **AGM will be held at 11am on Friday 25th October** here in the new Activity Hub that has recently been

completed at our Head Quarters in Victoria Drive, Bognor Regis. We are very grateful to all of the funders and supporters that gave so

generously to enable us to convert the old pool room in our HQ into what is now a fabulous, multi-purpose space that can be used for a

variety of activities & events; anything from AGMs to coffee mornings to Zumba! We do hope that you will be able to join us at the AGM.

A perfect example of how we plan to use the Activity Hub follows the very next day after the AGM in fact, when we will be hosting the first of two VI Fun Days this autumn which are for the benefit of visually

impaired children & young people and their families (VI CYPF).

Working with the Blatchington Court Trust, Time Aside Sensory Art and a host of other organisations, these two Fun Days are packed full of

exciting activities that VI CYPF told us they wanted to be able to access in West Sussex. We hope that these events, if successful, will be the first of many as we begin to develop a range of services that will make a

difference to the lives of visually impaired CYPF.

The two Fun Days take place on Saturday 26th October (Bognor) and Saturday 23rd November (Horsham), and if you would like to know more, please do get in touch.

**Nik Demetriades, CEO**

**VI Fun Day**

A fun filled day for children and young people living with sight loss, and their families.

Saturday 26th October (Bognor) and Saturday 23rd November

(Horsham)

**11am – 5:30pm (Drop IN)**

Limited spaces available. Reserve your free place online (through Eventbrite), over the phone or through our Facebook Page.

FREE Celebration Lunch for all guests.

We encourage you to share this event with families with children and young people living with sight loss. More details and booking can be found on our website or call: 01243 828555

**Volunteering**

**Volunteer Week**

Our Volunteer Thank you Event on Friday 7th June at the Shoreham Centre was an opportunity to recognise volunteers with our Annual Awards.

We would like to congratulate this years winners and say a big thank you for your commitment.

**Fundraiser of the Year 2019**

Peter and Lesley Bowden

(Rustington Tea Dances)

**Inspirational Role Model 2019**

Pat Marshall

**Volunteer Club 2019**

Ray Treagust on behalf of the See-Saw Club, Chichester

**Volunteer Group 2019**

Shoreham Resource Centre

volunteers

**Outstanding Individual Award 2019**

Derek Drake

**DATE for your diary**

Next years Volunteer Thank you Event will be held on Monday 1st June 2020 – further details to follow.

If you would like to nominate a volunteer for a 2020 Volunteer award, please contact Naomi or Karen for a nomination form.

**Changes in the Volunteer Team**

Following her appointment as Area Clubs and Activities Coordinator, Naomi will now coordinate Club volunteers, and Karen will coordinate resource centre volunteer roles.

**Would you like to help us make a positive difference?**

**We have a wide variety of volunteer roles to suit different interests and skills and would love to help find the perfect role for you. For more information or to request a volunteer pack, please call: 01243 828555.**

**Fundraising News & Events**

**Here are some ways you can get involved and help us raise vital funds to support what we do.**

**Tesco Bags of Help Centenary Grant**

We have joined forces with ESAB to raise funds for the

Centenary Sight Angels - Supporting people with sight loss in Sussex through prevention, education and outreach, reaching our 100th year milestone in 2020.

From the 1st October – 31st December when you purchase anything in store, at an East or West Sussex Tesco branch, you will be given a blue token. Please use this token to vote for us. More tokens equal more money, which will ensure we can reach even more people living with sight loss across Sussex.

**Coffee Morning and Sale**

Saturday 5th October, 10am -12noon. Homemade goods, tombola and more. Methodist Church Hall, Shoreham, BN43 5WB

**Fish and Chip Quiz**

Saturday 26th October 2019, 7pm. St Peters Church Hall, Shoreham, BN43 5WG. Max 6 in a team, tickets are £12pp and include fish and chip supper. Raffle & bar. Book your tickets today:

01273 454343

**Arun Quiz Night**

Friday 1st November, 7pm. Arun Indoor Bowling Club,

Bognor Regis, PO21 2TT. Tickets are £11.50pp with a delicious hot and cold buffet meal. Raffle and club bar.

Book your tickets today: 01243 828555

**200 Club - Win £100**

Join the 200 club for just £20 a year and be in with a chance to win £100 each month. Join today, call: 01243 828555.

Latest winning numbers:

June - 136, July - 110, August – 114

**Setting up your own event? Email Jess for support at: fundraising@4sight.org.uk**

**Arun Updates**

**For more information on the following updates, please call Kirsty on: 01243 828555 or email:enquiries@4sight.org.uk**

**NEW Littlehampton Drop In**

1st Wednesday each month starting on the 2nd October, 10am - 12noon.

Join Arun Outreach Worker, Kirsty Isted, at Littlehampton Library, for information and support for anyone affected by sight loss.

**Rustington Success**

On 15 August, we held a stand in Rustington town centre where people were able to access information about our services and experience

different sight loss conditions by wearing Sim specs.

Our volunteers collected an amazing £233.08.

**Return of the Burns Night**

We are planning another Burns Night on 23rd January 2020. Details will soon be available on our website and in the next newsletter.

**NEW Walking Group**

For 7 years, the Mid-Sussex committee has run a popular rambling group and we are starting one for the Bognor Regis / Chichester/Midhurst

area. We are currently recruiting guides, as we need one sighted guide for each visually impaired walker. So if you, or someone you know, would like to undergo a short My Guide training session to learn how to be a guide on a 4 mile country ramble, please contact:

Naomi Towns: 01243 828555 /Maureen Jenkins: 07740421022

**Arun Outreach Worker, Kirsty**

I wanted to inform you all that as from the 4th September my hours will be changing:

Tuesdays 09.15-14.45

Wednesdays 09.15-14.45

Thursdays 09.15-14.45

**Mid & North Sussex**

**For more information on the following updates, please call Tara, on: 07545 501216 or email: tara.beesley@4sight.org.uk**

**‘Fit for Life’ showcase**

28 September 2019, running from 10am to 3pm.

We will be joining The Rotary Club of East Grinstead Meridian at the community event, involving a number of health, well-being & fitness

organisations. Held at: Sackville School, RH19 3TY

**The Yews Lunch Club**

Every 2nd & 4th Friday of each month, 10:30am - 2pm.

A friendly club with a two course lunch, games, quizzes and outings. We would love to welcome new members at just £8pp (including transport).

The Yews Community Centre, RH16 1BJ. To join, call: Jane Aston on 01444 870462

**Drop In Sessions**

If you need support or have any questions about sight loss, please pop in to your local Drop In and see Tara, our dedicated Outreach Worker for this area.

**Burgess Hill**

Every Thursday, 9am - 1pm,

Burgess Hill Town Council,

RH15 9AS

**Crawley**

Second Monday of the month, 10am - 2pm. Crawley Library, RH10 6HG

**Haywards Heath**

First Tuesday of the month,

9am - 1pm. Haywards Heath Town Council, RH16 1BA

**Horsham**

First Wednesday of the month, 9am - 1pm. Age UK, Lavinia House, RH12 1GZ

**Midhurst & Chichester**

**For further information regarding the activities & events listed below, or to suggest other activities for the area, please call Dan on:**

**01730 812 338 or email: midhurst@4sight.org.uk**

**Chichester Drop In**

After a successful trial period, we are pleased to confirm that our Chichester Drop In will now continue up until March 2020. Our Outreach Worker, Dan, will be joined by a member of the WSCC ROVI team to answer any questions you may have.

9am – 11am, On the second Friday of each month. At Chichester Library, PO19 1QJ.

Upcoming dates:

Friday 11th October

Friday 8th November

**Centre Closure**

Please be aware that the Midhurst Centre will be closed on Thursday October 3rd and Thursday October 10th.

**Edwin James Festival Choir, Concert Success**

A big thank you to all those who attended on Friday 12th July. Your

generosity helped us raise £1643.79, which will help us deliver valuable support to our members in Midhurst & the surrounding areas.

**Midhurst Centre Christmas**

**Party 2019**

On Tuesday 26th November, we will be hosting a Christmas Party. Lunch will be on offer, and as always, plenty of refreshments will be available.

We are also considering venues for this years Christmas Lunch, in December.

To help us gauge catering requirements for both of the events listed above. Please contact Dan to express your interest.

**Shoreham & Adur**

**For more information about any of the following, please call Kirstie on: 01273 454343 or email: shoreham@4sight.org.uk**

**Glaucoma Support Group**

Monday 14th October, 11am-1pm Shoreham Centre, BN43 5WU.

A day with the Glaucoma Association, guest speakers, advice and support. Please call Kirstie to book your space (Booking is essential)

**Sight Advice Hub**

First Thursday of each month, 10am - 12noon. Shoreham Centre, BN43 5WU. A member of the ROVI team as well as Kirstie Thomas, Senior

Outreach Worker, will be available to answer questions, offer support and advice about sight loss.

**The Wellbeing Café**

Kirstie will be attending the cafe on Thursday 14th November.

9am - 12noon, The Hub, 19 Church Lane, Upper Beeding, BN44 3HP

**Mother Theresa’s Meals.**

Your favourite meals, freshly cooked and delivered to your door, everyday. Fresh, never frozen. Delivered 365 days a year. To find out more call: 01323 441114.

**Sussex Sailability**

People living with sight loss are welcome to learn and enjoy the fun of sailing with the help of Sussex Sailability at Sussex Yacht Club in Shoreham by Sea. The sailing experience varies and all the skippers are fully trained. For more details and to join, Call Cliff on: 07582 902 922

**Southwick Coffee & Social Group**

1st & 3rd Tuesday of the month, 10am - 12noon. Marsh House, BN42 4DL. Join this active group for games, quizzes, refreshments and good

friendly chats with other people living with sight loss.

**Christmas with 4Sight Vision Support**

**Christmas Cards**

Use the enclosed order form to order your Christmas cards

today. Each pack will help support our services and spread awareness of our charity.

**Christmas Card Sale**

As well as order forms & stock in all our centres you can also pop along to the sale on Saturday 9th November, 10am-12noon, at Methodist Church Hall, Shoreham, BN43 5WB

**Seaford College Chapel Choir Christmas Concert**

Monday 9th December 2019 1pm till 2pm. St Mary de Haura Church, Shoreham, BN43 5DQ. Tickets are £5 and include tea/coffee and a mince pie. Book your tickets today: 01273 454343

**A Cappella Christmas Concert**

Wednesday 18th December, 7:30pm. St Mary’s Church, Barnham, PO22 0BP. Performed by group, Cavatina. Tickets are £10pp and include

seasonal refreshments. Book your tickets today: 01243 828555

**Penny's Lasting support**

**Volunteer and lovely cake baker.**

Some of you may remember Penny our volunteer who was known for her lovely cake baking.

Penny always made extra special cakes for the amazing 4SIGHT Hobbs Farm Music Festivals that we used to hold in September each year. The

festivals raised more than £120,000 in total, thanks to volunteers like Penny.

Penny also helped in the office and the resource centre.

Her kindness, generosity and support of the charity lives on through a generous gift that she left in her will to the charity when she passed away in October 2008.

To remember her now we have a rose tree and a plaque in the garden at the Bognor Vision Support Centre and staff often remember her

dedication.

Thank you Penny for your lasting support.

If you would like to talk about leaving a gift in your will, please contact Bev Tinson to have a friendly chat today.

Call: 01243 828555 or Email:

bev.tinson@4sight.org.uk

**News & Views**

**NHS Funded at home Eye Tests**

Keep up to date with your eye tests, in the comfort of your own home. To find out if you are eligible and to book call the NHS freephone: 0800 9549090

**Talking News Federation**

Making local news and information accessible. Call them today to be directed to your nearest local service to start receiving your free audio programmes straight to your door. Call: 01793 497555

**Seable - Accessible Holidays**

Holidays designed for blind and partially sighted people to enjoy the world around them. Including: Skiing in Slovenia, Italain cooking lessons in Rome and Clog making in Amsterdam. A local will guide you around your chosen destinations creating a dedicated tailored holiday to suit you. To find out more visit their website: www.seable.co.uk or call: 02033 756947

**Chichester Festival Theatre**

**Inclusive for All**

With buddies, for anyone who may not feel comfortable or able to attend the Theatre alone the trained volunteers will be with you for the

duration of your theatre trip helping and guiding you to ensure everyone can enjoy the love for the Theatre.

They also run Audio described performances, with Touch Tours available to book before the performances and can provide Braille and large print cast lists too.

The theatre is also able to provide seasonal brochures in large print and on audio CD upon request. Audio brochures are also available on our

YouTube and Soundcloud channels.

Please call 01243 781312 or email access@cft.org.uk for more

information.

**Make a positive difference today and make a donation towards our services**

A gift, big or small, can make a positive difference to the services we provide. To make a donation today, fill in the enclosed form, or call us today on 01243 828555.