

COVID-19

June 2020 Newsletter

4Sight
vision support



We are still here
to support you.

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Stay Connected:

Moved house or changed your phone number recently? Please let us know if any of your personal details change so that we can continue supporting you at this time of uncertainty.

Call: **01243 828555**

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



Have your say:

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

Call: **01243 828555** or

Email: **feedback@4sight.org.uk**

We would love to hear from you if you have any ideas for the next newsletter:

Call: **01243 838001** or

Email: **marketing@4sight.org.uk**

Just a little note to say hello...

**Message from
Senior Outreach Worker,
Kirstie Thomas.**

“ We are still here to help and provide an over the phone service for your queries on Low Vision aids, eye health, accessible technology and general advice and guidance.

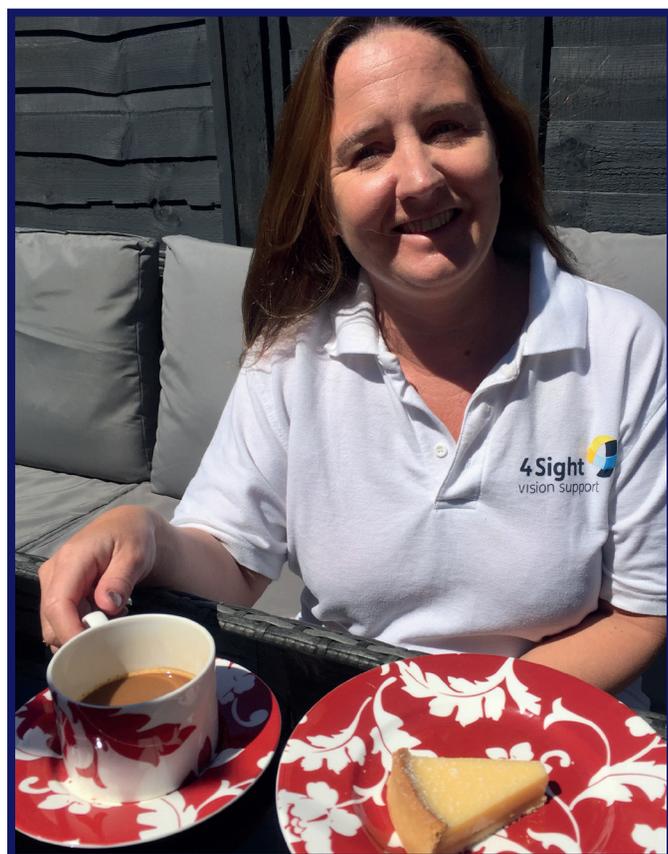
This change to our usual service has been extremely challenging for all and we are making improvements to the service we are offering all the time.

Working from home and not being able to visit our members has been really tough and very frustrating but we are still here for you.

Our aim is to make contact with all our members during this time and check that you are okay.

We have been overwhelmed by the positive and grateful words we have received for the support we have been providing.

Please call with any questions or concerns, or even if you just want a chat - we can always have a virtual cuppa! ”



We look forward
to talking to
you soon!
Kirstie ü

Our Support 4 You

Whilst we can't be with you physically, we are still here to support you.

Our Outreach Team and Sight Care Advisors are working from home and can be contacted by phone or email. Contact details can be found on the next page.

Eye Health

If you have a specific query regarding your eye health, please contact one of our Sight Care Advisors- Jan Wise or Annie Taylor.

Tech Advice

If you have specific challenges with electronic devices such as tablets, smart speakers, laptops or TVs, or would like to know more about accessible tech, please contact Tara, Beau or Kirstie.

Daily Living Aids

If you would like some advice or wish to order a daily living aid please contact Beau.



Need a chat

If you are feeling lonely, finding things difficult and don't know where to turn for support, please contact any one of our Outreach Workers.

In addition, the Outreach Workers and a team of Volunteers are proactively calling members to see if anyone needs any support. If we haven't reached you yet, please know that you are on our list!

Lastly, please do continue to check our website and social media for news and updates.

Team Contact Details



Kirstie Thomas
07545 501 214
kirstie.thomas@4sight.org.uk
Mon-Fri, 9am – 5pm



Karen Mclachlan
07545 501 215
karen.mclachlan@4sight.org.uk
Mon – Thurs, 9am – 5pm



Bev Tinson
07545 501 218
bev.tinson@4sight.org.uk
Tuesday & Thursday, 9.30am – 3.30pm



Tara Beesley
07545 501 216
tara.beesley@4sight.org.uk
Mon – Fri, 9am – 5pm



Annie Taylor
07858 128 312
antoINETTE.taylor@nhs.net
Mon – Fri, 9am – 1pm



Jan Wise
07947 310 651
janine.wise@nhs.net
Mon: pm, Tues: am, Wed: all day



Beau Prince
07907 021 202
beau.prince@4sight.org.uk
Mon – Fri, 10am – 3.30pm

Living in Lockdown

Member's Story

Our Outreach Team has had the privilege of speaking to lots of our members, hearing how you have each found ways to live through lockdown. Here, Pamela Akehurst, shares her experience:

“ I am a normal 80 year old and this is my philosophy: we are all here to help each other.

I do get days when I am down and want it to all be over, but I still have a bit of life in me and I am protecting my children.

It is no good just sitting here all day so this is my way of making the day more varied, it keeps me mentally stimulated

I spend my day by setting hourly actions, so I spend an hour doing my exercise usually a walk around my home and garden, listening to my audio books. I also spend time calling friends and family, I try to contact different people each day to see how they are, and talk to my neighbours through the window.



Even though I can't see to put it on properly and it probably goes everywhere, I always put my lippy on- even if it is just for the postman! ”

Routine

Some people have told us they have felt anxious during lockdown. Keeping a routine, like Pamela, can help.

The charity Mind has some practical advice for staying at home and taking care of your mental health and wellbeing. To find out more, visit their website: www.mind.org.uk and click on Coronavirus under the heading 'Information and Support'.

If you would like to share your experiences of living during lockdown, please contact:
jessica.passmore@4sight.org.uk

Daily Living Aids

We can still provide you with a range of Daily Living Aids. Please contact Beau Prince on 07907 021 202 to place an order, or for advice on specific pieces of equipment, such as:

Daylight LED Portable Twist Task Lamp

- Easy-Twist' head with automatic ON/OFF operation when you close the shade

PRICE - £55.00



Communiclock (Radio Controlled Clock)

- Large black button for time and date. With a clear male voice and adjustable volume

PRICE - £36.00



Symbol Cane

Lightweight Aluminium Cane

PRICE - £14.00



Liquid Level Indicator

Lightweight and suitable for a wide variety of cups.

- Beeps and vibration indicates when the cup is nearly full or when the liquid has reached limit
- Suitable for hot or cold drinks

PRICE - £9.00



Sonic 2 USB MP3 Player

- Plays content on USB memory sticks
- Bluetooth Connectivity for pairing with mobile and tablet devices
- Large yellow control buttons

PRICE - £50.00



Other items are available, please ask for details. Note it may take a little longer for items to arrive.

News & Audio Books

Talking Newspapers

Talking Newspapers can help you stay updated with local news and information in your area. You can find out more and find your local Talking News by emailing:

enquiries@tnf.org.uk or call: 01793 497 555

RNIB Connect Radio

RNIB's radio station broadcasts 24hrs a day communicating the needs, interests and aspirations of visually impaired people throughout the UK.

You can listen online, Freeview channel 730 or simply ask your Amazon or Google Home digital device to "...Play RNIB Connect Radio"

NEW Facebook Group



For those of you on social media, you may be interested to know that we have set up a Facebook group for members to stay connected and share tips. Find the group on our Facebook page @4SightVS .

Audio Books from West Sussex Libraries

Join the free online library service and gain access to thousands of free eAudiobooks as well as eBooks, eNewspapers and eMagazines. West Sussex Libraries have also started to offer delivery of audiobooks to your home.

For more information call Jackie Manners, Principal Librarian Wellbeing, on 03302 224767.

Calibre Audio

Has reopened its CD and memory stick service for all members and for any new members, the team aim to get their first book in to the post in 48 hours. For more information, contact Calibre Audio on 01296 432339 or membershipservices@calibre.org.uk



Be scam aware

Advice on avoiding scams during the pandemic.

There has been an increase in scams since the Coronavirus pandemic began, including:

- Online shopping- where people buy items like hand sanitiser or face masks which never arrive.
- Suspicious / phishing emails and calls offering bogus shopping services or fake Coronavirus tests.

If you have any concerns please contact the West Sussex Community Support team on 0330 222 7980 for advice. Phones are manned 7 days a week, 8am- 8pm.

4Sight Vision Support, along with a consortium of other local charities, has come together to provide the following advice:

- Don't open the door to anyone calling 'out of the blue'.
- Don't give money upfront to someone on the doorstep offering to shop for you, unless you know them well and trust them.

- Be aware coronavirus testing is not being offered door to door by statutory bodies.
- Do not click links or open emails from senders you don't know.
- Buy only from well-known online retailers.
- Do not give out personal information such as bank details, addresses, existing insurance, pension, or investment details.

Reputable organisations, including charities, offering 'doorstep' services will always:

- Call in advance.
- Let you know the name of the person to expect.
- Take payment in advance through online/telephone payments.
- Payment will not be taken on the doorstep unless a prior agreement has been made.
- Wear ID.

Our COVID-19 Crisis Appeal

Over the past few weeks, myself and the team have had the privilege of speaking to over 1,000 of our members, helping in whatever way we can to make life that bit easier during lockdown.

I know many of you have felt isolated before Coronavirus, but since our clubs and other services are not currently running, you are probably feeling this even more keenly. Please be reassured that we will keep working hard to ensure we continue offering the support and advice you might need at this time. Whether this is assistance with magnifiers, advice on eye health, purchase of daily living aids, accessible technology training or just a chat - we are still here to support you.

However, as you may be aware, coronavirus has had a huge financial impact on small charities like us, and while demand for our support has increased, income has dropped.

Today, I am asking for your help!

A one-off gift or regular donation could make a significant difference to charities of our size.

For example, just £4 a month could ensure Outreach Workers like myself can be there for one member for a whole year.

To make a donation and secure our services, please complete the form on the next page.

Thank you in advance for your support.

Senior Outreach Worker,
Kirstie Thomas



My Donation

I would like to make a one off donation of:

- £4 - Could help one member feel less isolated over the next 4 weeks.
- £15 - Could help three members to access specialist sight care advice over the next 4 weeks.
- £30 - Could help 7 members to receive tech support needed to keep in touch with loved ones over the next 4 weeks.
- 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:

Gift Aid it

Boost your donation by 25p for every £1 you donate!

- I am a UK taxpayer and I would like 4Sight Vision Support to treat this donation and all donations I make in the future or have made in the past 4 years as eligible for 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.

Date : **Signature :**

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 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"/> 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

Thank You