

Jan / Feb

Newsletter 2023

4Sight
vision support



Clients and supporters enjoying walks to improve their wellbeing.



Featured in this newsletter:

- Wellbeing- ideas to help us all.
- Join the West Sussex Sight Loss Council.
- Low Vision Open Days- find out more.



Registered with
**FUNDRAISING
REGULATOR**



**The Queen's Award
for Voluntary Service**

CEO's Message

Happy New Year to you all,
and welcome to our
first newsletter of
2023.



Towards the end of last year, we made the decision not to send any Christmas cards. This wasn't because we were feeling mean! We considered the environmental, cost (print and postage) and resource (our staff and volunteers' time) implications – especially now, when we are all having to tighten our belts.

We have decided instead to focus our efforts on making sure our other personal communications to our clients and volunteers are more inclusive and accessible (i.e. are in the format they have requested to receive communications).

In this issue we have details of how to join the West Sussex Sight Loss Council. This Group helps to advocate those living with sight loss across the county and nationally, and is open to all. Please see page 5 for further details.

And finally, despite the situation we face as a charity in terms of increased costs, funding and resources challenges, we will always be here to respond to you as soon as we can when you need us.

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 and 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**
   **@4sightVS**

Spotlight on Wellbeing





For some, January and February can be challenging with days seeming dull and bleak and difficult conditions for people with sight loss: glare from the low sun and more hours of darkness. The excitement of Christmas is over but the cost of it might be lingering, especially with the cost of living crisis. It is ok if you are not ok. Read on for ways to try and improve your wellbeing.

In 2018 the New Economics Foundation conducted a study on ways to improve people's wellbeing. It showed that building the following five actions into our day-to-day lives can help improve our wellbeing:

- **Connecting with others** – make time to see friends/family – make the most of technology to stay in touch – remember we have an Accessible Technology Specialist who can support you to use your existing devices, we also have various online activities – see page 6. 
- **Being active** – if you're able to, find a physical activity that you enjoy – we can help you to find leisure activities specifically for those who are blind or sight impaired. 

• **Taking notice** – pay more attention to the present moment (mindfulness). What are you thinking about? What can you hear or smell? How do these things make you feel?

• **Learning** – try to learn something new. What have you always wanted to do? We can support you to access activities. 

• **Giving** – small acts of kindness can make you and the recipient feel great. Say thank you, ask someone how they are and really listen to their answer, offer help. 

Remember, we're here for you and your family too. If you or someone you know is living with sight loss and needs support, please get in touch with our friendly team.

Other sources of support:



Mind West Sussex –
0300 303 5652 or email:
helppoint@westsussexmind.org

SAMARITANS

Samaritans – call 116 123 (for free) or email: jo@samaritans.org



www.westsussexwellbeing.org.uk

News & Information

RNIB Living Well With Sight Loss Courses

- 15th and 16th March, Bognor Regis.
- 26th and 27th July, Crawley.
- 11th and 12th October, Shoreham.

All 10am to 4pm.

These courses cover information from understanding benefits, staying independent, tips and gadgets for everyday living, eye health to hobbies and interests. To find out more please contact us.

Use old stamps by 31st January

Royal Mail are adding barcodes to their regular stamps. After 31st January, regular stamps without a barcode will no longer be valid. If you won't use up your old style stamps before the deadline, you can swap them for new ones. You should have received, from Royal Mail, a leaflet in the post, if not visit their website: royalmail.com/barcodedstamps, for information on how to send these back. **If you need some support with this, please do contact us.**



Low Vision Solutions Open Days

- Monday 6th March, Crawley.
- Monday 15th May, Bognor Regis.
- Monday 17th July, Shoreham.

Join us as we welcome Optelec and other partner organisations for our Low Vision Days.

Gain hands on experience with products and technology to aid you in your daily activities – magnifiers, electronics, reading machines, desktops and much more. From 10am – 2pm, entry is free, no appointment needed. Further information can be found on the attached flyer or please contact us.

Could you make a difference by representing the voice of blind and partially sighted people in West Sussex?

Sight Loss Councils are led by blind and partially sighted members and funded by the Thomas Pocklington Trust. They advocate the needs of visually impaired people and work to improve access to goods and services at a local and national level.

Council members will:

- Gain an understanding of the issues affecting blind and partially sighted people at a local and national level.
- Have a chance to do something positive with the potential to influence change.
- Gain access to an excellent core training package with ongoing learning and support.
- Have the opportunity to demonstrate your communication skills and commitment.

Travel expenses will be reimbursed. Recruitment has just begun, with a planned launch date of February 2023.

To get involved please visit the Sight Loss Council website directly: sightlosscouncils.org.uk/meet-the-councils/west-sussex/ or for an informal chat or an

application pack please email, volunteering@pocklington-trust.org.uk or call 020 7031 6376.



Adults' Services Customer and Carer Group

West Sussex County Council has a friendly Adults' Services Customer and Carer Group, and they are always looking for new people to join to share their experiences of social care and strengthen the voice of people who use the services. The group meets every two months and will pay out of pocket expenses for anyone coming along. You can choose to attend the meeting or join online if you prefer. For more information, please contact Fung-Yee Hite on 03302 228 954 or email: workingtogetheras@westsussex.gov.uk

For further details on any of these news and information articles, please contact us: **01243 828 555** or email: **enquiries@4sight.org.uk**

Leisure Activities

For further details about any of these leisure activities, please contact us: **01243 828 555** or email: **enquiries@4sight.org.uk**

Our Online Activities

We continue to run monthly Virtual Activities, 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.



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/

Wellbeing Walks

We've had two of our three planned Wellbeing Walks, Angmering in July and Bognor in October, with nearly 70 of you joining us. We've raised just over £3,250 so far – thank you all so much. Our third Walk will take place on Saturday 18th March around the beautiful park and historic town of Horsham. This will be a five mile circular route, starting in the afternoon at 2pm. To find out more and register please contact us. Wouldn't it be great if we could tip £4,000...



Ways to improve wellbeing

We've heard from a couple of our clients recently who have turned to various activities to improve their wellbeing after sight loss.

After a road traffic accident resulting in a brain injury, Katya was left only seeing the right side of the world.

After some time to heal, she began a self-taught art journey as part of her recovery and to express the scenes of her life. Not only did this improve Katya's recovery and wellbeing, but she has also been raising awareness of hemianopia and brain injury and inspiring others (learning and giving – see page 3).

'In Plain Sight' Exhibition, Welcome Collection Gallery,

Katya's work is currently on display in London until 12th February 2023. The exhibition explores the different ways we see and are seen by others. It questions the central place that sight holds in human society through the different experiences of sighted, partially sighted and blind people. For more information visit the gallery website: welcomecollection.org



Monthly Tea Dances

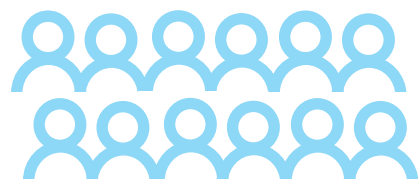
Two of our long-standing supporters, Peter and Lesley, invite you back to their popular monthly tea dances. These events were well-attended and much enjoyed pre-Covid, and resumed at the end of last year. The dates for 2023, all Sundays, 2pm to 4.30pm are 12th March, 16th April, 21st May, 25th June, 16th July, 15th October, 19th November, 17th December. Tickets £6 – refreshments and raffle ticket included. In the new location of Durrington Community Centre, Romany Road, Durrington, BN13 3FJ (FREE parking available).



Our impact

2022/23

Our services are open to anyone of any age living in West Sussex who is blind or sight impaired or supporting someone with sight loss.



- **36,200** people in West Sussex are living with sight loss.
- **22%** increase (to 44,500) predicted by 2032.
- **5,995** people in West Sussex are registered blind or partially sighted.
- We provided our specialist support to **467** new clients.
- Total number of our clients **2,655** - that's our busiest year yet.

We:

- Provide emotional and practical support after diagnosis including help with understanding the visual impairment certification and registration process.
- Help people to understand their eye condition, what support they can access, and promote good eye health.
- Enable access to leisure, social, health and wellbeing activities.

- Carry out dedicated assessments to identify magnification, techniques and products to help with everyday tasks.

- Assist with technology to help develop new and existing skills, communicate effectively and remain independent.

- Support with education, training, learning, and employment.

- Support clients in accessing benefits and concessions, help complete forms, such as Personal Independence Payments (PIP), Attendance Allowance (AA) and Blue Badge.

Please continue to contact us when you need us and please be patient, our team will always respond to you as soon as they can.



Contact us today:

- ☎ **01243 828 555**
- ✉ **enquiries@4sight.org.uk**
- 🖱 **www.4sight.org.uk**

Fundraising News

During this challenging time, we are truly grateful to all our loyal and generous supporters – **thank you** for helping to ensure we can continue to be there for those living with sight loss in West Sussex.

Unwanted Christmas presents

If you received something that wasn't quite 'you' this Christmas and don't want it to go to waste, please consider donating your unwanted gifts to us. We would love your new and unopened items to use as raffle and auction prizes in future, these will help us to raise even more funds for our services. Simply pop them into one of our centres (Bognor Regis or Shoreham) or pass them to one of our team. Feel free to contact us to discuss.

Christmas Fundraising 2022

Thank you to everyone who last year:

- Bought our Christmas cards – we're delighted to let you know that 473 packs were sold, raising £2,128. That could enable our Vision Support Advocates to support 510 clients for 4 weeks with tailored advice, low vision assessments and assisted technology training.

- Knitted little Christmas trees or stockings for us – we received a staggering 558 of these beautiful, handcrafted items! We filled them with sweets, sent them out to local schools and businesses to sell and have raised over £450 so far with money still coming in! If those needles are itching to get clicking again, we would be pleased to receive little Easter chicks or bunnies (that we can fill with Cadbury Crème Eggs), please get in touch for more information and a pattern.

- Attended our festive Christmas Concert with Seaford College Chapel Choir on 12th December. We're delighted to let you know that the event raised a staggering £500 – congratulations to S. Dore and Mr Griggs who won raffle prizes.



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

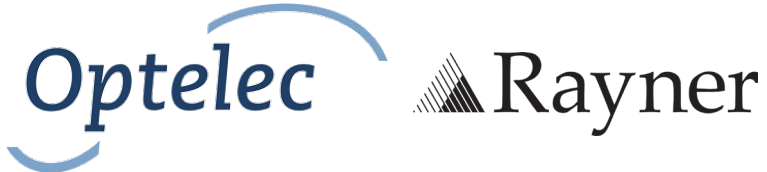
Wellbeing Walks

Don't forget our next Walk will take place on Saturday 18th March in Horsham (see page 7). To find out more and register please contact us.



Grand Christmas Draw

Thank you to everyone who bought tickets for our 2022 Christmas Draw. It has raised £2,079 so far with money still to come in – we say that as we're writing this newsletter just before the draw takes place! However, by the time you read this newsletter the draw will have happened, and we'll have contacted the prize winners! If you'd like to view the results, please visit our website. Special thanks go to our sponsors, without whose support it wouldn't have been possible; Optelec and Rayner Intraocular Lenses Limited.



Make a Will Scheme – second year of success

We're really pleased to report that our second Make a Will Scheme was a great success, with thanks to local solicitors Kreston Reeves. So far, we have raised £1,650 with more donations still to come. We are extremely grateful to our supporters, who notified us as part of this scheme that they will be leaving us a gift in their Will. This means that we can better plan for our future. Thanks to everyone who supported this initiative, we hope to build on it again for next year.

Congratulations to our 200 Club winners:

Nov: Mrs Skillman, Bognor Regis, No. 191.
Dec: No. 63.



For further details about any of these fundraising items, please contact the Fundraising Team on: **01243 838 001** or email: **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 Michelle 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: