

March / April

Newsletter 2023

4Sight
vision support



Spring into summer time with our accessible clocks and watches.

Featured in this newsletter:

- Spotlight on Glaucoma.
- Cost of living: helpful hints and tips.
- Go 'green' this spring - garden and recycling news.



Registered with
**FUNDRAISING
REGULATOR**



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

CEO's Message

Welcome to our March/April newsletter.



After a very cold, wet and dark January, isn't it wonderful to have a little bit more daylight and sunshine – spring has sprung!

We have exciting news about a new fundraising Walk around the beautiful Angmering Park Estate on Saturday 10th of June. We have visited the Estate before, which is not normally open to the public, and it is a truly lovely setting for a fun day out. There is a distance choice of either 3, 6 or 13.1/half marathon miles – contact us for further details or to sign up.

Our new Teams phone system is now fully operational so you may have noticed a change when contacting us via telephone. The pandemic made us think about the effectiveness of our telephone system, which relied on individuals being in specific locations to answer/make calls. Our new system means our team will be able to support you from wherever they find themselves working (home, our centres, hospital, etc.).

This change should not affect how you are able to contact us, but we'd appreciate any feedback you have.

Kirstie

Kirstie Thomas
- Chief Executive Officer



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**

Eye Health - Spotlight on Glaucoma

From 12th – 18th March we will be supporting World Glaucoma Week. It is important that everyone has regular eye health checks in order to detect glaucoma as early as possible. Fortunately, for many people early detection/diagnosis and treatment can prevent further/sight loss.

This year, we'd like your help to raise glaucoma awareness by sharing your experiences. We want to hear your story, positive or negative, about diagnosis and treatment. We'd also love your help to encourage your friends and family to attend regular eye health checks (at least every two years, they might even be entitled to a free NHS-funded sight test).

Glaucoma is often caused by a build-up of fluid in the eye. This causes pressure in the eye to increase, which damages the optic nerve and leads to sight loss. Eye drops are the most common treatment for glaucoma, there are several different kinds but all of them reduce the pressure in your eye. Used regularly as prescribed, they help keep the pressure at the right level for you.

Top tips:

- Follow your clinician's instructions – administer the number of drops advised, on time every day. Establish a routine and stick to it.
- Order further supplies before your eye drops finish to ensure you don't run out.
- If you find it difficult to put your drops in – an eye drop dispensing aid might help.

Conversations about a glaucoma diagnosis can be daunting. So please remember, we're here to support you every step of the way.

Alternatively, you can contact Glaucoma UK. They run support groups, which can be a great way of sharing information and experiences.

www.glaucoma.uk

helpline@glaucoma.uk

01233 64 81 70



The image on the right simulates what remaining sight with Glaucoma could be like.

News & Information



Discounted Cinema Tickets

If you are registered as blind (severely sight impaired) or claim a qualifying benefit (such as Disability Living Allowance, Personal Independence Payment or Attendance Allowance) you can apply for a Cinema Exhibitor's Association card which entitles you to two-for-the-price-of-one tickets in participating cinemas. The card costs £6 and needs to be renewed annually. For more information visit their website www.ceacard.co.uk, call 01244 526 016 or email info@ceacard.co.uk



RNIB

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.

Low Vision Solutions Open Days

- Monday 6th March, Crawley – supported by Optelec.
- Tuesday 25th April, Shoreham – supported by Professional Vision Services and Dolphin Computer Access.
- Wednesday 26th April, Bognor Regis – supported by Professional Vision Services and Dolphin Computer Access.
- Monday 15th May, Bognor Regis – supported by Optelec.
- Monday 17th July, Shoreham – supported by Optelec.

Come along to gain hands-on experience with products and technology to aid you in your daily activities – magnifiers, electronics, reading machines, desktops and much more. 10am – 2pm, entry is free, no appointment needed.

To find out more please contact us.



Helpful Hints for in the garden

For more of these useful life hacks please visit henshaws.org.uk and search 'life hacks'.

- If you are just starting to garden with sight loss make sure you get to know your garden and are familiar with the layout.
- Get all the tools you'll need together to save trips back and forth. Bright handles are useful, you could paint them yourself. Keep your storage area tidy to locate tools easily.
- Place small brightly coloured items (e.g. a pen) upright in front of treasured plants, to avoid disturbing them when weeding.
- Choose shrubs and plants that don't need a lot of maintenance.
- You could consider replacing a lawn with a different surface, such as paving, pebbles or artificial grass.



Spring Forward this British Summer Time



At 1am on Sunday 26th March, the clocks will go forward one hour. Remember, any radio controlled clocks and many mobile phones will automatically update the time. We have a small selection of easy to see/talking clocks and watches that we are able to demonstrate in our centres, including simple to use options as well as radio controlled.



Do you belong to a group/club who would like to know more about us?

We would welcome the opportunity to speak with local groups/clubs/councils, to discuss our work and we also support children's groups in achieving badges (e.g. Scouts/Brownies Disability Awareness badges). If any of this would be of interest, please contact us.

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,
- Wednesday – technology,
- Thursday – a quiz!

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

Cricket with Sussex Cricket

Sussex Cricket provides inclusive and accessible opportunities for individuals and groups to play cricket in a safe and enjoyable environment, whilst helping them improve their physical, mental, and social wellbeing. For more information, please visit their website: www.sussexcricket.co.uk/disability-cricket



Sponsored Walk

Registration is now open for our 2023 sponsored walk around the beautiful Angmering Park Estate on Saturday 10th June. There is a distance choice this year of either 3 or 6 miles, or for those who want more of a challenge a half marathon (13.1 miles). Registration is £10 for adults and £5 for children, which includes refreshments and a special finisher's medal.

We'd love to see as many of our clients, supporters and their families there as possible. We can arrange transport to and from Bognor Regis and Angmering train station. There will also be a team of sighted guides to provide support, please let us know if this would be helpful. Dogs on leads welcome. Contact us for further details or to sign up.

(Please note the previously mentioned Horsham Wellbeing Walk scheduled for 18th March will no longer be taking place.)



Air Fryers

We are hearing that more and more of you are using air fryers to cook – they are easy to use, can be placed in an accessible location and, as energy prices remain at record highs, may be more cost effective to run than some other cooking methods. As a result, we'd like to explore whether there is a demand for making this into a social activity, a place to share recipe ideas, experiences, cleaning tips, etc. If you would be interested in participating in such session/s, please contact us.

If you have already got an air fryer, why not give this recipe a go:

- Prepare an omelette mixture as usual.
- Grease an air fryer proof dish.
- Pour the mixture into the dish and place this in the air fryer.
- Cook at 180° for 8 minutes.
- After 4 minutes, open the fryer and put some grated cheese on top of the mixture.
- Close and cook for remainder of time.

Monthly Tea Dances

Please be aware that the previously advertised monthly tea dances will not be taking place. We will let you know of any future events.

Sight Impaired Bowling

A sight impaired bowling club in Worthing is looking for new members. The Club meets every Friday, indoors, from 2pm to 4pm at Pavilion Bowls Club. Would you like to get into bowling or learn? Please contact the Organiser, Les Fryer, to find out more on: 01903 526 903 or email:

lesval01@ntlworld.com

For details of more activities in your area please contact us.



Football with Albion in the Community

The official charity of Brighton & Hove Albion runs weekly and holiday football sessions for people with a disability, including sight loss, throughout the year. There are sessions for all ages and specific ages at various venues throughout Sussex. They also offer a free taster session. For more information, please visit their website:

www.albioninthecommunity.org.uk

Pictured: Brighton & Hove Albion Blind FC star (and TikTok sensation) Toby Addison.



Albion in the Community



The Cost of Living Crisis



This continues to impact on many of us, particularly those living with sight loss. The following might help:

- For specialist advice and information on any aspect of the cost of living crisis, blind and partially sighted people, their family, or those supporting them can call the Sight Loss Advice Service helpline on **0303 123 9999**.

8am-8pm on weekdays and
9am-1pm on Saturdays.

- Free Accessible In-Home Display equipment is available from your energy supplier. These devices work with Smart Meters and include features such as large buttons, high contrast displays and text-to-speech functionality. The Priority Services Register is a free support service to ensure people are not without power in vulnerable situations. Contact your energy supplier or network operator to be added to the Priority Services Register.

- A list of warm spaces throughout areas of the UK is available via www.sightadvicefaq.org.uk

- Supermarkets and Food Banks provide support and guidance for blind and partially sighted customers. The Trussell Trust website can show you your nearest Food Bank – www.trusselltrust.org

- Many people do not claim the benefits to which they are entitled. We can support you to access benefits and concessions and complete associated forms.

- Access to technology is important for people with sight loss to be able to access information and maintain independence, however, assistive technology can incur additional costs. We can provide advice and support on technology.
- The Sight Loss Advice Service helpline can direct you to organisations who offer Mental Health Wellbeing Checks for blind and partially sighted people.

Contact us today:



01243 828 555



enquiries@4sight.org.uk



www.4sight.org.uk

Fundraising News



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



Sponsored Walk – Saturday 10th June

Registration is now open for our 2023 sponsored walk around the beautiful Angmering Park Estate. Choose from 3, 6 or 13.1 miles. Registration is £10 for adults and £5 for children, which includes refreshments and a special finisher's medal. Dogs on leads welcome. Please contact us for further details, to sign up, regarding transport or a sighted guide. (Please note the previously mentioned Horsham Wellbeing Walk scheduled for 18th March will no longer be taking place.)



Quiz Night

Join us on Friday 17th March for a fun-filled evening of quizzing and a two course meal. Tickets just £15 per person, teams of up to 8. Arun District Indoor Bowling Club, Bognor Regis. Doors open at 6.30pm, for a 7pm start. Raffle with locally sourced prizes. **Contact us to book and choose your menu by 8th March.**



Bequeathed – free Will service

With thanks to the RNIB and Visionary, we're pleased to announce our new partnership with Bequeathed. Our clients and supporters can now take advantage of this service and have their Will written for free – all we ask is that you consider making a donation to us in return. It's an easy three step process; complete an online form, speak with a member of the Bequeathed legal team to go through your wishes, then sign your Will in the presence of a witness. Bequeathed's Wills For Good mean you get good legal advice to ensure your family and friends benefit exactly as you wish. Please contact us or visit our website for more information.

Global Recycling Day – 18th March

Why not start something green and good this Global Recycling Day?
We can recycle various items to raise funds for our vital services:

- Stamps – from your everyday post and collections,
- Ink cartridges,
- Cheese packets,
- Cracker, biscuit and cake wrappers,
- Pringles tubes,
- Old or foreign coins and banknotes,
- Mobile phones, games consoles and tablets,
- Jewellery.

If you have any of these items, please drop them off at our offices in Bognor Regis or The Shoreham Centre. If you have any questions or would like to recycle your old car please contact us.



Congratulations to our 200 Club winners:

Jan: Mr Jackson, Horsham, No. 66.
Feb: Mr Donato, Littlehampton, No. 156.

Sending an Easter card this year?

Support us at the same time!
We are now registered with Don't Send Me A Card, so if you're thinking of cutting back on paper cards or wanting to send a more joyous and accessible greeting this could be for you. Using this service you can send e-cards in return for a donation to 4Sight Vision Support for as little as £1 or as big as you might like!

Visit: www.4sight.org.uk/e-cards

Monthly Tea Dances

Please be aware that the previously advertised monthly tea dances will not be taking place. We will let you know of any future events.

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:

☐ Volunteering

☐ Future Events

☐ Campaigns & Appeals

☐ Leaving a gift in my Will

☐ Please don't send me anything new

☐ Post

☐ Email

☐ Telephone



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: