

# 4Sight Vision Support Newsletter Spring 2019



Summer  
Fundraising Events  
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**4Sight**   
vision support

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If you have any inserts for the next newsletter: Call: **01243 838001** or Email: **marketing@4sight.org.uk**

If you receive a paper copy of this newsletter, you may be aware that the layout and format has changed.

This has been updated based on your feedback to ensure it suits you, our members, best.

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**



# CEO's Message

## Dear Members,

As we move into Spring with its promise of change, I'm delighted to let you know that we are making some changes to our staff team, as part of our drive to continually improve our services.

Firstly, Bev Tinson will be moving from her role as Midhurst Outreach Worker to take up a new position supporting the governance and strategic work of the Board of Trustees and myself. As a result, Dan Batchelor will be taking over Outreach duties for the Midhurst Area and Kirsty Isted will be moving from her Volunteer Coordination role to become the Arun Outreach Worker, based at our Bognor Centre. And last but not least, we are delighted to welcome Naomi Towns as our new Asst. Volunteer Coordinator. I hope that you will join me in wishing everyone success in their new roles.

On another note concerning change, it's with great sadness that I have to report to you the passing of our Vice-Chairman David Whyberd last December. David joined the charity as a Trustee in 1998 and over the last 20 years, made a huge contribution to the work of the charity, having helped it through the very best and sometimes, the very worst of times.

David was a real gentleman and he always had time for people, as can be seen in the picture on page 2. His colleagues found him a wonderful support at meetings and his wisdom and sense of humour will be sorely missed.

Above all else, David was a genuine, compassionate and thoughtful man who chose to give back so much to improve the lives of other visually impaired people. We will miss him.

**Nik Demetriades, CEO**

# Centre Opening Times

We are pleased to announce that 4Sight Vision Support has welcomed over 400 new members, which is an increase of 21% in the last 11 months.

Whilst great news, this rise in membership is having an impact on our outreach worker team and, coupled with changes to internal staff roles, it means that we have to make changes to the opening times at our Bognor Regis Support Centre.

In order to provide the best service possible, we would be very grateful if you would please call in advance to book an appointment, as that will ensure there's a member of our team available to meet with you. If we're unable to take your call immediately, please leave your details and we will

call you back as soon as we can. Please note from April 2019, there may be some disruption to our opening times due to building improvements taking place in the Centre; we apologise in advance for any inconvenience this may cause.

## **Opening times for all our Centres:**

### **Bognor Regis**

01243 828555

**Monday to Thursday**

**10am to 2pm**

### **Shoreham**

01273 454343

**Monday to Thursday**

**10am to 2pm**

### **Midhurst**

01730 812338

**Tuesday to Thursday**

**10am to 3pm**

# Charity Shop Closure

**It is with a heavy heart I write this, as it will be the last message from the Shop and from me. It is with sadness we announce that, after 10 years of trading, the 4Sight Vision Support Charity Shop closes as of the 13th of March.**

Despite the best efforts of our wonderful staff and volunteers to increase sales over the past year, we have not seen the necessary uplift, and with the shop lease due for renewal later this year we have reluctantly taken the decision to close.

While the decision to close the shop is obviously disappointing, over the years the shop has made a huge contribution to 4Sight Vision Support, and it really is true to say that without our amazing team of volunteers we couldn't have achieved what we have done since 2009.

As many of our customers have said to us over the years, they have loved being able to support a local charity, with real services helping people with sight loss in Bognor and Arun.

I want to personally thank you all for all your support over the last years and for your continual support of a wonderful charity. It has been a pleasure to have been part of 4Sight Vision Support for the last 9 years, and a pleasure to work with Quinton Mills and the volunteer team.

Farewell from us all - Let's celebrate the end of an era.  
**Sarah Brooks, Shop Manager.**

Please note: The closure of the shop will not affect the charity's core service delivery, however, as this shop closes, we ask you to please consider making a donation towards the wide variety of vital services and support we offer.

# Volunteering

**We are proud to be supported by over 300 volunteers that help to deliver the services we provide. As our membership increases, we need to recruit more volunteers to continue making a positive difference.**

## **Lancing Club Helper:**

The Lancing Group for the Sight Impaired requires a friendly helper to volunteer every Thursday, 10am-2pm, helping out with refreshments, activities and more.

## **Bognor Coffee Morning Helper:**

Meeting every last Friday of each month, the Bognor Chat, Cake & Coffee Morning Club is looking for a self-motivated volunteer to join them for just a couple of hours each month. The volunteer would help run the coffee morning as a relaxed drop-in session, with a friendly atmosphere.



## **Dorothy Lazenby - Ready to Retire**

The Clayton and Hassocks Contact Clubs have been running for 30 years under the leadership of Dorothy Lazenby, and now she would now like to find someone interested in running the Clubs to whom she can pass the baton over.

The clubs are well known to provide friendship, support and a good time. "As a volunteer helper, it can give motivation, new community contacts and the satisfaction of helping others"

**For more information or to request a volunteer pack, please call: 01243 828555**

# Arun Updates

**This season brings new clubs, new services and a chance to celebrate the success of our long-standing Kitchen Klub. For more information on the following updates, please call: 01243 828555**

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## Large Print Recipe Book

The Kitchen Klub was set up 10 years ago to assist people with sight loss to cook meals that are easily prepared, nutritious and enjoyable to eat. We are excited to now share with you all the fantastic recipes in a book.

### **Call today to get your copy.**

There is a small charge of £3.00 per copy to cover the cost of the paper and printing.

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## Sausage Sizzle Singing Success

This year a number of the University of Chichester Students are working hard for their Musical Theatre and Charity Development degree by raising funds to support all our services, including this newsletter. Despite the cold

weather, the students sang loudly outside Homebase, and raised £208 with the support of the Arun Area Committee.



## Chat, Cake & Coffee Morning

Meeting every last Friday of each month, 10am- 11:30am, at the Bognor Regis Centre, this coffee morning is a relaxed drop-in session, with a friendly atmosphere. We want to create a welcoming space for people living with sight loss, family, friends and carers to come and learn more about our services and enjoy time with others.

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## Tai Chi Club

A relaxed class for people living with sight loss. The session includes meditation techniques.

Meeting at the Bognor Centre, Every Tuesday 10am- 11am.

# Watch Repair & Battery Service

Meet Ken, our new volunteer, who on his retirement taught himself to service and repair mechanical watches as a new hobby; here's what Ken has to say about his new role:

“ In December, while waiting to have my hair cut, I was talking to a lady with a white stick sitting next to me. Her watch spoke “10 am” when it was 9am. She explained that she relies on her son to change the hour twice a year using the complicated instructions. As her son is not always around, she chose to leave it on GMT. I had to admit that I had never even heard of talking watches.

On arriving home, I was looking at the volunteer section of the Chichester Observer and by pure chance came across the advert by 4Sight Vision Support who were looking for a volunteer to change batteries and carry out repairs. What a coincidence!

The interview process was timely and efficient and I was pleased to join such a friendly team. More importantly, I was able to start working on replacing batteries and repairing watches in January, and I am enjoying making a difference to our members' wellbeing.



**This service is now available to all our members across West Sussex.** If you have a watch that needs repairing or a battery replacing, please send to the **Bognor Regis Centre** with a note stating the problem and I will do my best to repair it. There is a small charge, so please call **01243 828555** if you have any queries. Address is: **36 Victoria Drive, Bognor Regis, West Sussex, PO21 2TE**

# Mid & North Sussex

**Drop-in sessions give all members a chance to ask questions and discuss the services, equipment and general advice available.**

**Here is a reminder of when they run in this area and notes of change due to staff annual leave:**

## **Haywards Heath Drop-In**

9am- 1pm,  
First Tuesday of each month,  
Town Council, RH16 1BA

**April Session Cancelled**

**Next date: 7th May**

## **Horsham Drop-In**

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

**April Session Cancelled**

**Next date: 1st May**

## **Crawley Drop-In**

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

**April Session Cancelled**

**Next date: 13th May**

## **Burgess Hill Drop-In**

9am- 1pm,  
Every Thursday,  
Town Council, RH15 9AS

**April Sessions will be covered by local volunteer, Richard Foot.**

## **Spring Tea and Area AGM**

Thursday 4th April, 2pm.  
A free event for all in the Mid Sussex area to join for tea, cake, sandwiches, entertainment and more.

Join us at Centenary Hall,  
Haywards Heath, RH16 3QH

**RSVP to Jane Aston, call:**

**01444 870462**

## **Storrington & District Club**

Reaching out to their local residents, this group is seeking to grow by encouraging others to get out and about and meet new people. Join this friendly group every second Wednesday of each month, 2pm- 4pm.

15 Kensington Close, RH20 2QP

**For more information please**

**call Beryl: 01903 742650**

# Midhurst

**In the last edition of the newsletter, you would have seen that Bev Tinson mentioned she is leaving the Midhurst Centre at the end of March; Dan Batchelor is looking forward to building on the solid foundations she is leaving behind. This is just a reminder of Bev's farewell celebration being held on Thursday 21st March 2019 from 12.30pm onwards so it will be lovely if you can pop along to say 'Goodbye' to her.**

## **Midhurst Rother College's Community Day**

Join us on Saturday 27th April, 10am- 2pm. We will be raising awareness of the support and services we offer within the local community.

## **Tech Groups**

Continue to meet at 10.30am on the second Tuesday of each month. Next scheduled dates are 9th April, 14th May and 11th June.

## **Coffee Mornings**

Continue to meet at 11am on the last Thursday of each month. Next dates are 28th March, 25th April, 30th May.

## **Macular Support Group**

Continues to meet at 10:30am on the third Wednesday of each month. Next dates are 17th April, 15th May, 19th June.

## **Games Group**

Continues to meet at 1pm every Wednesday for a social time of board games and more.

## **Pelynt Male Choir & MRC Jazz Band Concert**

Saturday 27th April, 7pm at the Midhurst Rother College Theatre. The Choir is made up of farmers visiting from Cornwall who put on these concerts throughout the UK every year, all for the benefit of charities.

**Tickets are just £10 and can be booked from the Midhurst Centre, please call: 01730 812338**

# Shoreham & Adur

Coming up this Spring is a variety of events and sessions that offer something for everyone. For more information about any of the following, please call: **01273 454343**

## **Apetito Taster Session**

19th March, 10:30am  
The Shoreham Centre  
Offering hot meals 7 days a week, the company Apetito will be there to answer questions about the service and offering free tasters of the meals.

## **ROVI Monthly Drop In**

1st Thursday of each month.  
(starting 4th April) 10am- 12pm  
A member of the ROVI team, along with our Senior Outreach Worker Kirstie Thomas, will be available to answer questions, offer support and provide advice and information.

## **Wellbeing Cafes**

Taking place at The Hub, Upper Beeding, BN44 3HP. We will be joining with other services providers to ensure everyone is aware of the variety of support that is available in the area.

### **Dates for 2019:**

**16th May, 9am-12noon**

**15th August, 9am-12noon**

**14th November, 9am-12noon**

## **Southwick Coffee & Social Club**

1st & 3rd Tuesday, of each month, 10am to 12pm.

Marsh House, Park Lane, Southwick, BN42 4DL.

With delicious snacks and seasonal treats, a raffle, domino bingo and quizzes. The meetings are buzzy, full of laughter and chat.

## **Coffee Morning & Table Top Sale**

Saturday 16th March,  
10am- 12noon,  
The Methodist Church Hall,  
Shoreham, BN43 5WB  
This is an event for all family and friends to come along and enjoy a variety of table top stalls. With tea and coffee available and yummy homemade cakes we can't wait for this friendly community event. Feeling lucky? We will also be hosting a raffle to get your hands on some fantastic prizes too.

**If you or someone you know would like to volunteer to make this event a success, please call Kirstie: 01273 454343**



## **Pulborough Lunch Club**

Every Wednesday, 12:30pm,  
Arun Hall, Pulborough

At just £3 a week this club is a community lunch club that we thought might be of interest to our members. The group serves seasonal soup and homemade puddings.

Please note this club is not run by us or by our volunteers but a separate community group.

**For more information, call the group directly: 01798 872819**

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## **For Sale**

### **Aladdin Rainbow 2004**

Being sold as the owner has passed away and his wife would like it to go to a good home.

**For more information, please call Mrs Rowe direct on: 01903 745111**

### **MagniLink Machine**

This is an old piece of equipment wanting to go to a good home- for **FREE**. Email: **Rachjanefrog@hotmail.co.uk**

# Fundraising News and Events

## Space4Sight Thanks

We are grateful to all that have supported the funding of the conversion of the new Activities Room in Bognor Regis.

Opening this summer to support the growth of clubs and activities in the area, we would like to recognise the support from:

**The Clothworkers' Foundation**

**The W G Edwards Trust**

**The Screwfix Foundation**

**WSCC Community Initiative**

**East Preston Club**

**Arun Area Committee**

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## Arun Committee Quiz Night

Sat 30th March, at 7pm- **£12pp**

Arun Indoor Bowling Club  
with raffle, auction and buffet.

**Call: 01243 828555**

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## 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 with the enclosed form or call: 01243 828555.**

Latest winning numbers:

December- 80,

January- 178,

February- 177.

## Take up the Tandem Challenge

We are looking for 2 more volunteers to take part in a sponsored Tandem Ride. The ride is taking place in lovely Mid Sussex on Sun 19th May. You will be paired with an experienced pilot and comfort breaks are set, therefore first time riders are welcomed- although you must be fit to ride.

For more information or to sign up today, contact **Anne on: 01444 456026 or email: [anne6bramber@gmail.com](mailto:anne6bramber@gmail.com)**

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## Angmering Ramble

Sat 8th June 2019!

Join us this June for the popular fundraising walk at the Angmering Park estate.

Call today to sign up and start collecting your sponsorship as you Walk4Sight this June.

**This event is open to all our members, friends and family so get everyone joining in.**

**Call Kirstie: 01273 454343**

# Let Your Lasting Support Continue

## **Leaving a gift in your will is simple, and can make a lasting difference.**

After providing for your loved ones, a gift small or large could help to transform and improve the quality of life of someone that is living with sight loss in West Sussex.

Making a will ensures all your wishes are followed when you die. It will ensure your money is distributed to those you intend to benefit such as friends, family or charitable causes. There are many qualified professional advisors to make it simple, affordable and ensure it is done correctly.

There are different types of gifts that you can leave in your will, so going through this with a qualified and independent professional advisor, will

ensure all this information is made clear and that you select the type of gift that works best for you and for the lasting difference you wish to make.

## **Your gift will make a lasting, positive difference for people living with sight loss in West Sussex beyond your life.**

If you choose to give to us, we would love to know about your plans as we value your support

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

# News & Views

## **FREE Eye Tests in your Home**

Available from the NHS, you can book an eye test with a qualified optician in the comfort of your own home - areas and dates limited. **For more information, please call The Outside Clinic: 0800 605040**

## **Talking News**

Local information in an accessible audio format by your local Talking Newspaper group. Keeping you up to date with news headlines from a variety of popular papers, and available in a variety of audio formats.

**For assistance to find your local provider, call the group on: 01793 497555**

## **Updating Contact Information**

To ensure that you still receive information on our services and our newsletter, please could you contact us on **01243 828555** if any of your personal details change. This includes information such as a change of address, telephone number or email address.

## **Join the New Focus Groups**

At 4Sight Vision Support, we want to make sure that our members have an opportunity to have their voices heard by providing valuable input on the services and support we currently provide- that's why we are setting up two new Focus Groups; one in the north of the county and one in the south. The groups will play a vital role in helping us to continue to provide services and support that is relevant and which truly reflect the views of our members. Our members are the heart of our organisation and you can help us to re-assess our priorities and clarify the direction we are heading in. We are looking to have a maximum 12 people with a minimum of two meetings per year.

**Help shape the future of 4Sight Vision Support. Please call Karen to join or for more information: 01243 838007**

# Make a positive difference today and make a donation towards our services.

Cheque by post: 4Sight Vision Support, 36 Victoria Drive,  
Bognor Regis, West Sussex, PO21 2TE

By card, please call: 01243 828555

Please remember not to send cash in the post, cheques can be made payable to 4Sight Vision Support.

## **Boost your donation by 25p of Gift Aid for Every £1 you donate.**

This donation is at no extra cost to you, or the charity.

### **One tick, for 25% bigger impact.**

- I am a UK taxpayer and I would like 4Sight Vision Support to treat all donations I make in the future or have made in the past 4 years with Gift Aid.

**Title:**

**First Name:**

**Surname:**

**Full Address:**

**Postcode:**

**Date:**

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 if you want to cancel this declaration, or of any changes to you name, address or if you stop paying sufficient tax.