**4Sight Vision Support Newsletter**

**Summer 2019**

“Thank you is such a small thing to say for your kindness and time you spend with me”

Read more on Pg 3

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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

Sight Care Advisors

**Over the last 20 years you will have met Annie Taylor and Mandy Whitman and our new Assistant Sight Care Advisor Jan Wise, through your visits to the hospital eye clinics at Southlands in Shoreham by Sea, St Richard’s in Chichester.**

“Together, we make up the Sight Care Advisor team and although we are based in the eye clinics, we are employed by 4Sight Vision Support (not the NHS) in the vital work of supporting people newly diagnosed with irreversible sight loss, as well as continuing to help many others who continue to struggle both practically and emotionally long after receiving their diagnosis.

Recently we have been able to increase the availability of our services in the eye clinics thanks to a partnership arrangement with Sight Support Worthing - a development that has been welcomed by both patients and hospital staff alike, particularly at St Richard’s eye clinic where we now provide more Sight Care Advisor hours per week, which means we can support more people.

Every one of our patients is given our phone number for further contact but at St Richard’s, it had often proved difficult for people to contact us as we were sharing the very busy main clinic number. However, 4Sight Vison Support has now provided a dedicated mobile phone line for the team so that people can contact us directly, which will help to avoid the frustration some of you may have experienced.

As ever, we operate an ‘open door’ policy and welcome calls from anyone who needs advice and information about sight loss. We look forward to hearing from you.”

Mandy, Annie & Jan

Please call us on

St Richard’s Hospital:

07947 310651

Southlands Hospital:

01273 446051

**CEO’s Message**

Dear Members,

I’d like to share with you some positive news about the achievements of the staff & volunteer team over the last 12 months. They’ve been working hard to achieve the goals set out in our Strategic Plan 2018-19 and to fulfil the 4Sight Vision Support mission, which is:

‘To make a positive difference in the lives of people living with sight loss in West Sussex by providing support, advice, advocacy and training to improve their quality of life’.

Here’s a summary of their achievements April 2018 - March 2019:

* Membership figures rose by 21% to 2017 people, with 518 new members joining us in the year.
* Volunteer numbers rose by 35; up to 302 people.
* Our 3 resource centres had a combined footfall of 6430.
* 200 volunteers gave 3300 volunteer hours to support 350 members at 37 activity & leisure Clubs across the county.
* The Outreach Workers team made 1738 contacts, delivered 117 low vision assessments, gave 894 daily living aids/tech equipment demonstrations and offered information, advice & guidance on 1034 occasions.
* The Sight Care Advisors team received 648 referrals, made 1175 referrals out and had 1464 patient contacts in total. They also supported 365 patients with their CVIs.
* We delivered over 300 Low Vision Assessments in Crawley and Horsham Hospital Eye Clinics.
* The Minibus provided 60 trips for members, carrying 720 passengers.
* We distributed 7000 newsletters in 6 different formats.
* An Eye Clinic Observations Study was carried out in partnership with Healthwatch West Sussex and University of Chichester.
* We carried out a Mapping Project amongst visually impaired children & young people in West Sussex who are aged 0-30.
* Our social media presence grew last year, with a total of 843 ‘Likes’ on Facebook. We added 343 new followers on Twitter.
* We worked in partnership with the County Council, local Councils, the NHS, colleagues in the sight loss and voluntary sectores; Sight For Surrey, Sight Support Worthing, ESAB, RNIB, Macular Society, Guide Dogs, Blind Veterans, Age UK, Independent Lives, Carers Support, Sussex Oakleaf and are active members of the new VCSi Alliance.
* As active members of Visionary, we contributed to the 6 England Vision Strategy outcomes.
* Our services meet the ‘10 Seeing It My Way’ outcomes for visually impaired people in the UK, most particularly for our 2,017 members in West Sussex who are at the heart of everything we do.

We have exciting plans in place to continue building on the achievements of 2018-19, including a new activities/meeting room at our Bognor Regis HQ, a new National Lottery funded project called ‘Connect4Sight’, and the recruitment of a Clubs Coordinator to better support and expand our Clubs.

As ever, we’re here to support you and if there’s anything we can do to improve how we do that, then please do get in touch with me or any of the 4Sight Vision Support staff team.

We look forward to hearing from you!

Nik Demetriades, CEO

**Volunteering**

Since joining the team in March I have had the pleasure of meeting up with the staff and Area Committees around the county. As well as interviewing and inducting many new volunteers, I have also had the opportunity to meet some of our members at their local Clubs, which has been lovely.

I am looking forward to coming out to meet with many more of you at our Resource Centres and Clubs around the county in the very near future.

**Naomi Towns**

**Assistant Volunteer**

**Coordinator**

Volunteer Thank You Event on Friday 7th June at the Shoreham Centre. It was lovely to spend some time with our volunteers in a more informal setting. Thanks to all of you who attended. We value how hard working and dedicated all our volunteers are and appreciate the difference you make to our members everyday.

Would you like to help us make a positive difference?

Here below are some current roles we are recruiting for.

Call Naomi on : 01243 828555 to find out more.

Volunteer Sighted Guides for Walking Group:

Accompany our members on walks of about 3-5 miles on country footpaths in the Chichester and Midhurst area, as a new group is established.

Club Leader Volunteers:

Take leadership and run one of our well - established social clubs. Required in: Mid Sussex, Chichester and Arun.

Car Driver Volunteers:

Transport members to social clubs across West Sussex. A full, clean driving licence is required as is a road worthy vehicle, up to date MOT certificate and full vehicle insurance.

**Fundraising News & Events**

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

Summer Street collections:

Burgess Hill

– Saturday 29th June

Haywards Heath

– Saturday 27th July

Rustington

– Thursday 15th August

East Grinstead

– Saturday 17th August

Crawley

– Saturday 24th August

If you could spare an hour or two to help, please call:

01243 828555

**MADhurst 2019**

Monday 26th August, We will be on hand to answer any question/queries about the support we can offer as well as a selection of activities.

**Edwin James Festival Choir, Summer Prom Concert**

**‘Magical Movie Musicals’**

Friday 12th July, 7pm

The Edwin James Festival Choir will be performing in the Southdowns Memorial Hall, Midhurst in aid of 4Sight Vision Support, refreshments and raffle available on the evening.

Tickets are only £12 available from the Midhurst Vision Support Centre, GU29 9DQ

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:

March-65, April-162, May-9.

Why not organise your own event, take on a sporty challenge or swap out presents for donations? For advice to get your fundraising started call Jess on: 01243 838001 or email: fundraising@4sight.org.uk

Arun Updates

For more information on the following updates, please call Kirsty on: 01243 828555

Large Print Recipe Book

The Kitchen Klub recently launched a large print cook book, full of recipes from the popular lunch club. Copies are selling fast and raising

money for our vital services.

Call today to order your copy. Only £3.00 per copy.

Hays Travel Quiz

This year Hays travel have chosen to support the work we do by raising money for us throughout different events, this quiz will be a great start to that. Join us for a great evening.

11th September - £6pp

Claremont Hotel, Bognor Regis

Call to book: 01243 887164

Tea Dance

Join us each month throughout the year for the well-loved cream tea, dance and raffle. Hosted at the Woodland Centre, Rustington.

2pm-4:30pm Only £6pp

Next date: 30th June

Call for more information and future dates.

Chat, Cake & Coffee Morning

This new group has been a great success and we welcome new faces to join. A drop in session for people living with sight loss, family, friends and carers to learn more about the services we offer.

Held in the Bognor Regis Vision Support Centre.

Every last friday of the month. 10am - 11:30am.

Mid & North Sussex

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

New East Grinstead Drop In

Tuesday 18th June, 10am-2pm.

Outreach worker Tara, will be on the ground floor of the

library to answer any of your questions and with a selection of equipment to demonstrate.

New Mid Sussex Bowls Group 3rd Thursday of every month in Haywards Heath, 2-4pm £4.

New swimming group

4th Tuesday of every month in Haywards Heath, 12noon £4.

NEW Crawley Lunch Club

Visiting different venues each month to enjoy great food and good company.

Living with Sight Loss Course

Join us and the RNIB for information, advice, guidance and to share experiences.

Held in Horsham 19th & 26th July, 10am-3pm. Call RNIB to book your free place: 03001233933

Horse riding group

This Horsham group is very popular with different classes for level of experience. New members welcome and the club members enjoy a nice pub lunch after the ride.

All are welcome to join us for our annual horse riding show which is on 20th August at

Hillcrest Riding Stables,

Plummers Plain.

“The activities have helped to raise my confidence and make good friends.”

**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**

**Selsey Lifeboat Station Outing**

On Friday 21st June at 9:30am, a group of 4Sight Vision

Support members will be travelling down to Selsey via public transport, to visit the Lifeboat Station as well as a spot of lunch nearby. Last years visits proved very popular.

**Chichester Drop In**

Our next scheduled Drop In Session at Chichester Library is on Friday 12th July, 9am-11am. One of our Outreach Team alongside a member of the WSCC ROVI Team will be available to provide information and advice.

**Thank You to Midhurst U3A**

A big thank you to the Midhurst U3A who helped raise £1,000 and awareness for 4Sight Vision Support, through ticket sales and collections from the Pelynt Choir & MRC Jazz Band Concert at the end of April.

**Regular Centre Activities**

**Tech Groups** continue to meet the second Tuesday of each month. Next scheduled dates are 9th July, 13th August and 10th September at 10.30am.

**Coffee Mornings** continue to be held on the last Thursday in the month. Next dates are 27th June, 25th July and 29th August at 11am.

**Games Group** continues every Wednesday from 1pm.

**Macular Support Group**

continues the third Wednesday of the month. Next dates are 17th July, 21st August and 18th September. **Visit to Cowdray Walled**

**Garden**

Monday 11th March was a windy but sunny day when 9 members and volunteers from Midhurst met for the first visit to The Cowdray Walled Garden. Some walked the Causeway from Midhurst Bus Station and others drove to the entrance. Once at the entrance Alison kindly read the recent history of how Jan Howard had restored the garden, followed by a walk around looking at the walnut tree, conservatory, dormant fruit trees, fountain and ponds. Some made a second trip around before going inside to enjoy coffee/tea and cakes.

We enjoyed a relaxed time with lots of tea/coffee drinking and chatting.

This was the first of 4 visits to the garden throughout the year, the plan is to enjoy the change of seasons.

Our next outing to the Walled Garden is scheduled for Monday 5th August.

Shoreham & Adur

For more information about any of the following, please call Kirstie on: 01273 454343

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: 15th August, 9am-12noon

14th November, 9am-12noon

Sight Advice Hub

A member of the ROVI team, along with our Senior Outreach Worker Kirstie Thomas, who will be available to answer questions, offer support and provide advice and information.

Held at the Shoreham Vision Support Centre, BN43 5WU.

1st Thursday of each month, 10am 12noon.

NEW Pulborough Group

We are working together with The Macular Society and have begun a new group for those local to Pulborough to join together and share and learn with each other. Held at the Old School, School Lane, RH20 4LL. 4th Tuesday of each month, 2pm - 4pm.

Call Philippa on: 01903 743182

Low Vision Open Event

Explore the latest products and technologies for people living with sight loss. Held with a variety of sight loss sector charities in our Shoreham Vision Support Centre.

Wednesday 17th July, 10am-12noon.

Margaret’s Lasting Support

A lady full of energy and character, whose support will make a lasting and positive difference for people living with sight loss.

Margaret Fithyan’s generous gift is dedicated towards the Outreach and Sight Care Advisor services that she found so beneficial herself.

Described by her family as a ‘fun lady’, who enjoyed being with others, Margaret is sure to be missed from the Marsh House Club. This was a club that she found so helpful to be able to talk to people and enjoy time with others in a similar situation to herself. This helped her continue her independent lifestyle, and with 4Sight Vision Support’s help, reduce the risk of her feeling isolated.

As a lady that didn’t let things get her down, we are sure that the difference her gift will make will encourage others that a diagnosis of sight loss is not a one-way road to loss of independence and isolation.

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

Call: 01243 828555 or Email: bev.tinson@4sight.org.uk

News & Views

Sussex Coast Talking News

Local information in an accessible audio format.

Keeping you up to date with news headlines and items of general interest.

For more information or to join call the group on: 01903 776569

FREE Bus Stop Audi Fob

The majority of the real-time information displays at bus stops now feature a special audio facility. You can request a free ‘Key fob’ from the County Council.

Call: 01243 642105, or email: buses@westsussex.gov.uk

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.

Add-Venture Holidays

Educational themed holidays for visually impaired adults. This separate organisation provide residential breaks in beautiful parts of the UK, including the Yorkshire Moors.

Contact Barbara today on: 01460 281226 or email: mricktt@hotmail.com

RoomMate® Toilets in Theatre

Providing an audio description of ‘away from home’ toilets for Visually Impaired visitors who would normally rely on a carer, the Chichester Festival Theatre are installing the devices to give users greater independence and dignity.

Carers Health Team

If you are a carer and would like professional support and guidance to maintain your own health and well-being, contact the NHS team today. Call on: 01243 623521 or email: SC-TR.carerwellbeing@nhs.net

Donate Today:

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

Please call 01243 828555 to give a gift today and support our on going services.