Charity Number:1075447

Read more on Pg 3

4Sight Vision Support Newsletter

Winter 2019

**“**Your visit today wasmonumental and we are so pleased that you have provided help and information to help our Dad.**“**

Company Number:3740647

In this Issue:

The Sight Loss MOT

CEO’s Message

Volunteering

Fundraising News & Events

Arun Updates

Mid & North Sussex

Midhurst & Chichester

Shoreham & Adur

NEW Activity Hub

Second-hand Items

News and Views

How to donate

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**

**The Sight Loss MOT**

Building on national strategies and research, our colleagues at Devon in Sight has developed an innovative ‘Sight Loss MOT’ to help identify the services, support and training that helps people living with sight loss maintain their independence and well-being. 4Sight Vision Support is now able to offer the Sight Loss MOT to our members, a holistic and bespoke needs assessment that will enable us to better understand how we can best help you.

The MOT focuses on the following areas: Understanding your eye condition, making the best use of your sight, your health and well-being, managing at home, getting out and about, your finances and planning for the future, learning, work and having your say. The Sight Loss MOT will identify what/if

additional support might be helpful – particularly if you have been newly diagnosed with sight loss, or if your condition and support needs have changed.

We will also be able to check that you are receiving allowances and entitlements through registering as being sight impaired, and have the opportunity to chat to someone about the emotional impact of living with sight loss.

|  |  |
| --- | --- |
| “Your visit today wasmonumental and we are so pleased that you have provided help and information to help our Dad.” |  |

**If you would like to find out more about this service, please contact Karen Mclachlan on 01243 838 007 or email karen.mclachlan@ 4sight.org.uk**

**CEO’s Message**

**Dear Members,**

As I write, I am reflecting on just how quickly the year is drawing to a close! With the imminent arrival of 2020 we will embrace the challenges and successes of the forthcoming year. As we wait to welcome the new year, I would like to share the following with you.

On the 26th October we held our 2019 AGM in our

newly refurbished Activity Hub in Bognor Regis. Over 40 people attended the AGM and afterwards enjoyed a hot meal of sweet potato and butter-nut squash curry which was provided by the charity UK Harvest. We were very pleased to have so many members and colleagues there with us to share in the day as we looked back on a positive and successful 2018/19 year.

At the start of this year, we undertook the task of gathering the thoughts and feedback of our members. I’m pleased to say that over 1500 of you kindly took the time to respond and I’d like to share some of the results with you now;

**Positive Difference** Overall, 93% stated that we have made a positive difference to you.

34% stated that purchasing equipment from our Centres has made the most difference to you, followed by 29% who said that receiving the Newsletter as a means of regular communication also made a difference.

**Confidence & Independence** 72% stated that as a result of using our services they felt more confident, had more self-esteem and have gained more independence.

**Services & transport**

To further improve the services available to you, 40% said that transport to/from hospital/ doctor’s appointments, shopping and outings would be welcome.

**Support**

69% said they felt supported by us and 63% felt better informed.

These are just a few of the results from the survey, if you would like a copy of the full results, then please do call us on 01243 828555 and we will send a copy to you.

Your valuable feedback reassures us of the things that we are doing well, and alerts us to the things that we need to improve upon or develop anew in order to successfully meet the

ever-changing needs of people living with sight loss in West Sussex.

On behalf of the whole team here at 4Sight Vision Support, we would like to thank you for taking part in our survey and for sharing your views with us.

I would also like to take this opportunity to wish you all a Happy Christmas and a prosperous and healthy 2020.

**Nik Demetriades, CEO**

**Christmas & New Year Closing times for Support Centres:**

Bognor Regis closes: 1pm on Tuesday 24th December and

re-opens at 10am on Thursday 2nd January 2020.

Midhurst closes: closes 1pm on Monday 23rd December and

re-opens at 10am on Thursday 2nd January 2020.

Shoreham closes: 2pm on Thursday 19th December and

re-opens at 10am on Thursday 2nd January 2020.

**Volunteering**

**Would you like to help us make a positive difference?**

**We have a wide variety of volunteer roles to suit different interests and skills and would love to help find the perfect role for you. For more info or to request a volunteer pack, please call Karen: 01243 828555.**

**We urgently need:** VolunteerClub Leaders, Volunteer Minibus Drivers for our clubs in Littlehampton and Rustington, Volunteers for our Kitchen Klub at Bognor and Volunteer Sighted Guides for our new walking group in the Arun area.

**NEW Role: Newsletters**

With our membership numbers increasing, we now produce a larger number of A4 size newsletters which need putting into envelopes. We would welcome some help with this volunteering role that takes place four times a year at our Bognor Regis Support Centre.

**Mid Sussex Applauds Awards** Sunday 13th October - We had an enjoyable afternoon at the Award Ceremony where Dorothy Lazenby won the Lifetime Achievement Award for an individual who has made a substantial commitment to the community in their lifetime.

Dorothy also went on to win the Peer Nominated Award where all award nominees were given the chance to vote for their favourite.

Congratulations to Dorothy for winning both awards and a very big thank you for 38 years of volunteering at 4Sight Vision Support as Club Leader at the Clayton and Hassocks Clubs as well as the Haywards Heath Readers group.

**Fundraising News & Events**

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

**Tesco Bags of Help Centenary Grant**

Keep voting with Tesco blue tokens across Sussex for the 'Centenary Sight Angels' - we could be awarded up to £25,000 to make a hugely positive difference for people living with sight loss across East and West Sussex as we work with ESAB and Tesco.

Voting ends 31st December. **Co-op Cause**

This past year your support raised £2,312.21 for Low Vision Assessments, Thank You.

We are excited to say that the Co-op will be supporting us again this year for the 3rd year running. Co-op members can select us as their chosen cause and help raise money as they shop, from now unitl October 2020.

**Burns’ Night Celebrations Thursday 23rd January 2020**

Our popular event is back and at a larger venue, so we can welcome even more guests than before.

**6:30pm (Bar open from 6pm, food served at 7pm) Restaurant 64, Chichester College, Westgate Fields, Chichester, PO19 1SB**

Tickets are £25pp and include: 4-course meal including a whisky toast. Music by: Celtic Simbel, Scottish piper & singers. On the night there will also be a Bar & Raffle. Parking available in the College Car park, 50p for 24 hours.

**200 Club - Win £100**

Join the 200 club for just £20 a year and be in with a chance to win £100 each month. To join today, call: 01243 828555. Latest winning numbers: September - 81, October - 16, November – 184.

**Arun Updates**

**For more information on the following updates, please call Kirsty on: 01243 828555 or email:enquiries@4sight.org.uk**

**New Peer Support Group**

An opportunity for people who have sight loss due to a brain injury or stroke, to share experiences and support each other. Friends, family and

carers welcome. Refreshments will be served. **Every 3rd** **Thursday of the month**

**10.30am – 12.30pm. Held in the Bognor Regis Vision Support Centre.**

**New Games Group**

Join us for an afternoon of games for example cards, dominoes, bingo and scrabble, refreshments will be served.

**Every 2nd Friday of the month 1.30-3.30pm starting Friday 14th February 2020. Held in the Bognor Regis Vision Support Centre.**

**Chat, Cake and Coffee Morning** Why not come and meet the team and chat with other

members, whilst enjoying cake and coffee or tea! **Every last** **Friday of the month 10am -**

**11.30am, held in the Bognor Regis Vision Support Centre.**

**Littlehampton Drop In**

Join Arun Outreach Worker, Kirsty Isted, at Littlehampton Library, for information and

support for anyone affected by sight loss. **1st Wednesday each** **month, 10am - 12noon.**

**Bognor Macular Support Group** Meeting open for anyone

affected by central vision loss. DAY CHANGE - **Now every 2nd**

**Wednesday of the month, 10:30am - 12:30pm.**

* The group is also looking for people to assist with

general tasks such as welcoming members, booking guest speakers, and other tasks to help make a positive difference.

**Mid & North Sussex**

**For more information on the following updates, please**

**call Tara, on: 07545 501216 or email: tara.beesley@4sight.org.uk**

**Horsham Area Committee**

Would you like to be involved in the Horsham Area committee? This is a great way to meet new people and be involved with fund-raising, events and clubs in your local area. For more information, please call Tara or Naomi on 01243 828555.

**The Mid Susssex Tandem Ride** A very big thank you to Anne Tomlinson, who put many hours of hard work into organising this hugely successful event again this year. The 2019 ride comprised of 10 tandems, each with a sighted pilot on the front and their visually impaired stoker on the back, cycling a 40 mile circular route through Mid Sussex. It raised £1,785 in 2019, a current grand total of £7,647 over 3 years of this event.



**Drop In Sessions**

If you need support or have any questions about sight loss, please pop in to your local Drop In and see Tara, our dedicated Outreach Worker for this area.

**Burgess Hill:**

First & Third Thursday of the month, 9am - 1pm. Burgess Hill Town Council, RH15 9AS.

**Crawley:**

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

**East Grinstead:**

Third Tuesday of the month, 10am-2pm. East Grinstead Library, RH19 4SR**.**

**Haywards Heath:**

First Tuesday of the month, 9am - 1pm. Haywards Heath Town Council, RH16 1BA

**Horsham:**

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

**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**

**Tech Group**

Second Tuesday of each month, 10:30am at the Midhurst

Centre. Next scheduled dates are 14th January, 11th February

and 10th March.

**Coffee Morning**

Last Thursday of each month,11am at the Midhurst Centre.

Next dates are 30th January,28th February and 26th March.

**Games Group**

Every Wednesday, 1pm at theMidhurst Centre. Next date 8th

January.

**Macular Support Group**

Third Wednesday of each month, 10:30am at the Midhurst Centre. Next dates are 15th January, 19th February and 18th March.

**Chichester Drop In**

Second Friday of each month, 9am - 11am at Chichester Library, PO19 1QJ - until March 2020. Our Outreach Worker, Dan, will be joined by a member of the WSCC ROVI team to answer any questions you may have.

**Synapptic Support Group**

Some of our local members are keen to set up a peer support

group for people using Synapptic Software on their smart devices. Group members will be able to support and advise each other on how to get the most out of the software. If interested, please do get in touch.

**2019**

As another year draws to a close it's nice to reflect on the

positives of 2019, including a successful fundraising concert, flourishing peer and social support groups, and the launch of a new monthly drop in service at Chichester Library.

**Shoreham & Adur**

**For more information about any of the following, please call**

**Kirstie on: 01273 454343 or email: shoreham@4sight.org.uk**

**The Wellbeing Café**

The newly refurbished Wellbeing Cafe at The Hub is proving popular

with the local community. Kirstie will be attending the cafe on Monday 10th February 2020. 9am - 12noon, The Hub, 19 Church Lane, Upper Beeding, BN44 3HP.

**Worthing Hospital**

Jan Hirst and Jenny Goodlad meet every other Thursday, at Worthing Hospital or in the Community Centre in Shoreham

by Sea. Set up with a table displaying information leaflets &

posters - the aim is to make the general public aware of the

services and support available for people living with sight loss.

**“We usually have a very pleasant morning socialising together & with all our visitors.”**

**Health & Wellbeing Event**

27th February 2020, 10am- 1pm. A chance to meet organisations, charities and businesses that can support your health and well-being in the local area. Free event held at Sight Support Worthing, BN11 3JT.

**Charles Bonnet Support Group**

Tuesday 28th January at 1:30pm - 3:30pm, held at the Shoreham Centre. This will be an informal gathering, to be patient led so will be more about your own experiences. Judith Potts from Esme's Umbrella will also be attending to give a talk. If you are interested please call to reserve your place.

**Southwick Coffee & Social** **Group**

1st and 3rd Tuesday of the month, 10am - 12noon. A growing coffee group that meets regularly as well as additional outings.

**NEW Activity Hub**

We have proudly opened the new Activity Hub in Bognor Regis. Located within the Bognor Regis Vision Support Centre, this new room will enable us to cater for larger groups of members and visitors. We can now make social clubs and activities more accessible and inclusive due to the large

multi-purpose room.

Many thanks to everyone who helped fund the project including: The Clothworkers' Foundation, The W G Charitable Trust, The Screwfix Foundation & the WSCC Community Initiative Fund.

During it's first few days the hub successfully hosted our AGM and our first VI Fun Day.

Our VI Fun Day welcomed children and young people living with sight loss, along with their families to enjoy a fun-filled and supportive day. We had over 40 attendees and even a Unicorn!

**Second-hand Items**

**We have a selection of second-hand desktop video magnifiers on offer at our Bognor Regis Vision Support Centre available for you to purchase via a donation. (these machines when new normally retail for over £1000)**

Please note: All items have been tested and are in working order. (Sold as seen and non-refundable.)

**We also have two Talking Microwaves available.**

These can make cooking in the kitchen more accessible to support your independence.

If you have any questions regarding these items or would like to visit the centre to view them then please contact

**Beau Prince: 01243 838002**

**News & Views**

**Gideons International Bible**

Would you like a copy of the new Testament and Psalms?

We can send you a hardback copy in large print, free of

charge, please call the Bognor Regis Vision Support Centre on

01243 828 555.

**Sussex Coast Talking News**

The talking news features local news from Bognor Regis in the

west to Lancing in the east and is published once a fortnight in

two editions – one for Littlehampton and Arun area, and the other centred on Worthing and Shoreham and its surrounding area.

 As well as local news there is also a magazine that covers a wide

range of interests including history, travel, music, hobbies,

gardening and much more. Founded in 1975 as a charity by

members of the Rotary Club of Littlehampton, it is run entirely

by a team of volunteers. **If you would like to become a listener, please call them on 01903 776569.**

**Updating Contact Information**

To ensure that you still receive information on our services

and our newsletter, please could you contact us if any of

your personal details change. This includes information such

as a change of address, telephone number or email address.

Call: **01243 828555**

**Centre Contact Details and Addresses**

**Bognor Regis Vision Support Centre:**

36 Victoria Drive, Bognor Regis, West Sussex, PO21 2TE.

Tel 01243 828 555

**Shoreham Vision Support Centre:**

First Floor, The ShorehamCentre, 2 Pond Road, Shoreham-by-Sea, West Sussex, BN43 5WU.

Tel: 01273 454 343

**Midhurst Vision Support Centre:**

Knockhundred Row, Midhurst, West Sussex, GU29 9DQ.

Tel: 01730 812 338

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

**Make a positive difference at this festive time of year**

Please call **01243 828555** to give a one off donation or set up a regular donation, securely over the phone.

You can also donate online at [**www.4sight.org.uk/donate**](https://4sightsupport-my.sharepoint.com/personal/ccadmin_4sightsupport_onmicrosoft_com/Documents/admin/Jess%27%20File/Comms%20and%20Marketing/Newsletter/Winter%202019/www.4sight.org.uk/donate)