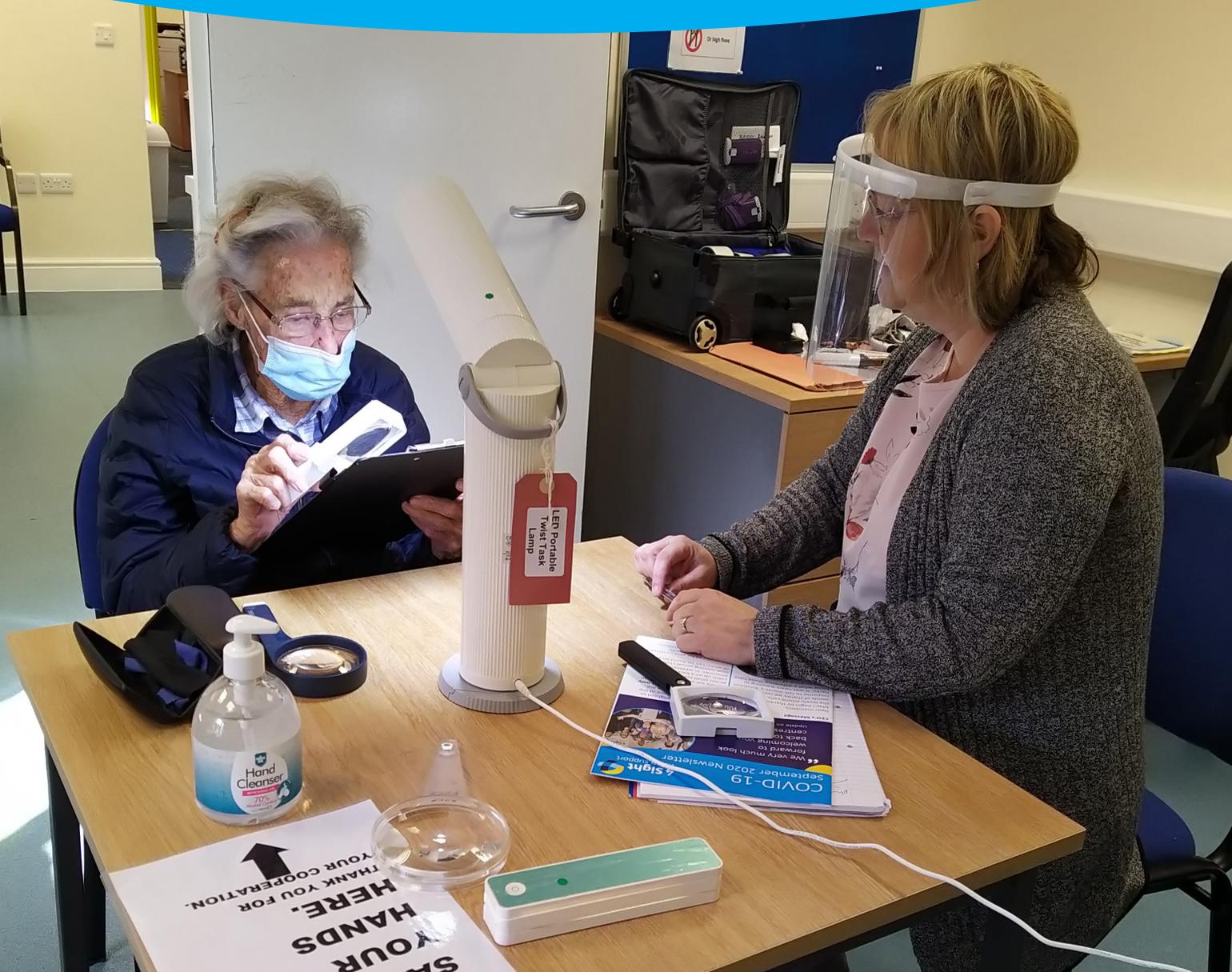


# November Newsletter 2020



## Featured in this newsletter:

- A guide to accessing zoom
- Virtual clubs for November
- Details of forthcoming AGM

# CEO's Message

Dear members,  
We've been delighted to support some of our members at face-to-face appointments last month, however, we continue to keep a watchful eye on the rapidly changing situation, ensuring we work to the most current Government guidance. We will try our very best to communicate changes to you as swiftly as possible, however for the most up-to-date information about our services, please visit our website [www.4sight.org.uk](http://www.4sight.org.uk). If you have already arranged an appointment with a member of the team and have any concerns, please do not hesitate to contact us on 01243 828555.

It's great to hear that our virtual clubs have been gathering momentum recently, but if you have been feeling unsure about how to take part, then please do check out our tips on page 5 which I'm sure you'll find helpful. And for those of you that have attended a virtual club, please do encourage others to join whom you know from your face-to-face social clubs.

Enclosed with this newsletter, are details of our forthcoming AGM on Friday 27th November. Please note that due to Covid-19, this will be a closed meeting.

However, we are currently investigating how we can make it a 'virtual AGM' and, if it's possible to do it, will be sending out the details very soon. In the meantime, stay well & keep safe.

*With my best wishes, Nik*

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**All information featured in this newsletter can also be found on our website.**

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## **Stay Connected:**

Have you moved to a new house or changed your phone number recently? Please let us know if any of your personal details change so that we can continue supporting you at this time of uncertainty. In addition, please let us know if you are an ex-serviceman/woman, or if you have been diagnosed with Charles Bonnet Syndrome, as there may be some additional support available.

Call: 01243 828 555

Email: [enquiries@4sight.org.uk](mailto:enquiries@4sight.org.uk)

# Our Support 4 You

We have started to resume some face-to-face services, including low vision assessments and accessible tech advice, by appointment only.

Our small team are working hard to get through a 6-month waiting list, so please kindly bear with us while we catch up. We are following Covid-Safe guidelines and therefore, need to limit the number of people we have through the building on any given day.

Alternatively, we are still here to support you over the phone and you might find it useful to join one of our virtual zoom/telephone groups, listed on the following page.

**For advice and support please phone us on 01243 828555.**

Please note all services are subject to change in accordance with the most current Government guidelines.



Our thanks to Emsworth based sewing group, Scrubstars, and UK Mask Force for donating masks for our frontline staff to use at appointments.

## Face mask exemption cards

Someone with a visual impairment, whose residual vision would be obscured by a face covering, is exempt from wearing a face mask. If you would like us to post you a laminated face mask exemption card, please contact us on 01243 828555 or ask at your appointment. (Donation optional).



# Our Virtual Support 4 You

It was lovely to see more and more people registering for our virtual clubs this month. Please see below, details of forthcoming activities:

- **Chatterbooks**

Monday 2nd November 11-12noon  
(first Monday of the month)

This is not prescriptive, but an opportunity to discuss books you may have enjoyed reading recently or during lockdown.

- **Virtual Info, advice & Chat**

Wednesday 4th November  
10.30-11.30am  
(weekly on Wednesdays until further notice)

- **Virtual Quiz**

Thursday 5th November  
11-12noon  
(first Thursday of the month)

- **Virtual Tech Club**

Wednesday 11th November 2-3pm  
(second Wednesday of the month)

- **Esme's Friends – Charles Bonnet Support group**

Tuesday 24th November  
10.30-11.30am  
(last Tuesday of the month)

For more information, or to register your interest in joining one of these groups, please contact Area Clubs and Activities Coordinator, Naomi Towns, on 01243 828555.

**Call charges may apply.  
We recommend you check with your phone provider.**

**Member, Carol, says:**

“ I joined the Chatterbooks zoom group in October and although in the past I have found zoom meetings a little hard to access, this time I just pressed join and got in – it was so simple. It was lovely to ‘meet’ and speak with other members. We all had a great deal to talk about, and rather than just have one book that everyone reads, we talked about individual books that we have each read. I don’t feel very confident using computers, but I would definitely encourage members to give it a go- it’s easy once you have tried it a few times. ”

# Technology

In the absence of our face-to-face clubs we have been running a series of virtual online clubs/activities and they are really starting to gather momentum.

However, we know from our own experience that hosting and accessing these can present a few challenges. We hope the following tips we have learnt along the way may prove useful.

Zoom meetings can be accessed via your computer/tablet or you can dial in via your phone .



## **To join a meeting:**

- Simply click and follow the link sent to you. You don't need to download the app but it can be useful for ease of use.
- Alternatively, you can access zoom via the internet.
- If you are joining by phone, call the number on the invitation and dial the meeting ID followed by a #.

## **Meeting etiquette:**

- Mute your mic when you are not talking to prevent noise interference. This can be done by pressing the spacebar or the microphone button at the bottom of the screen. You repeat the process to turn it back on.
- Say your name before you speak. This will help other users know who is talking, especially if they are calling in via phone.
- If possible, use headphones as this will help to reduce the background noise, too.

# Daily Living Aids

If you are just starting to go out to the shops, for a walk or may be attending an appointment at one of our centres, then you may wish to consider purchasing one of the following daily living aids:

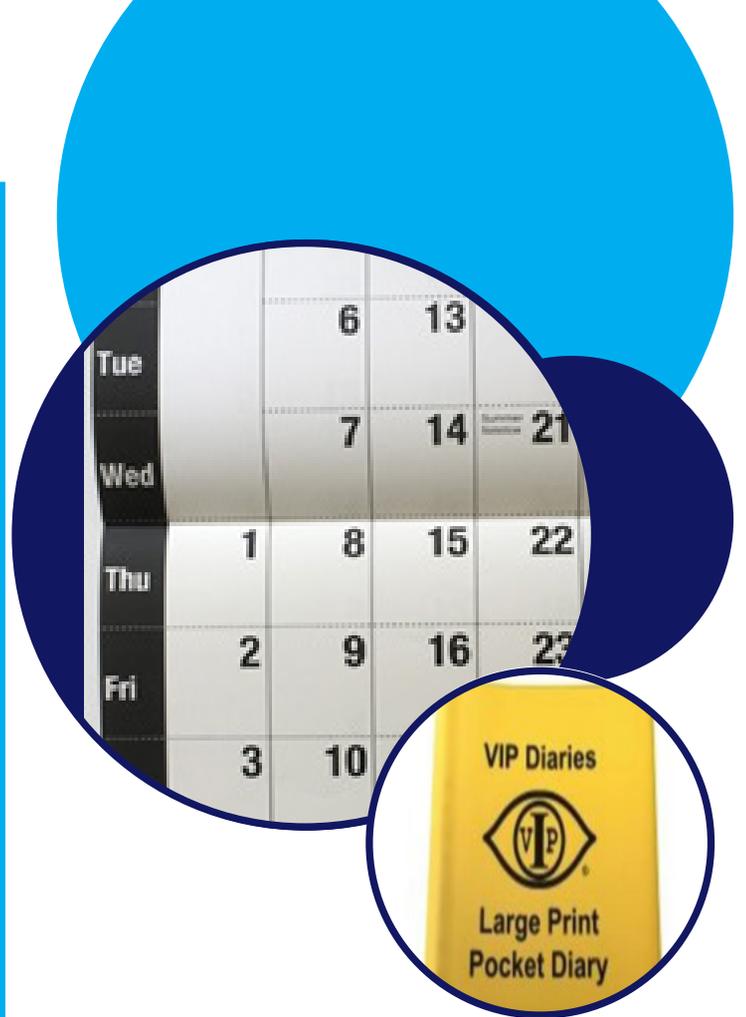
## Symbol Cane

A lightweight, aluminum cane, which folds into three or four sections, ideal for storing in a bag when not in use. **£16.50**



## Vision Impaired lapel badge:

Metal, 2.5cm diameter pin fastening badge with shaded eye symbol can help to alert others to visual impairment. **£1.50**



## 2021 Diaries & Calendars

We have a variety of large print 2021 diaries and calendars available to order, as follows:

Big Print Desk Diary - **£9.00**

Big Print Pocket Diary - **£6.50**

Big Print Wall Calendar - **£5.50**

Big Print Foldaway Calendar - **£6.25**

A6 VIP Pocket Diary - **£6.25**

**For more information, or to place an order for any of the items listed above, please contact Beau Prince on 07907 021202.**

# News & Information

## Scam telephone calls

We have been made aware that there has been an increase in scams, particularly around people offering fake Coronavirus testing. Please note these are only being offered by the NHS. If you have any concerns, please contact the West Sussex Community Support team on 0330 222 7980.

## How to clean your magnifying glass

To maintain the clarity of your magnifying lens, we recommend cleaning it regularly with a small drop of detergent / washing up liquid, taking care not to get the battery compartment wet. Alcohol-based cleaners or wipes are not recommended as these will fog up the lens and could cause irreparable damage.



## Covid-19 Community Hubs

The West Sussex County Council Covid-19 Community hubs are still operating. Many local councils have established neighbourhood teams to support people who are more vulnerable, isolated or need help with issues such as food, money, safety or mental health. To request support for yourself, or someone you know, visit [westsussex.gov.uk](https://westsussex.gov.uk) and click the Coronavirus link near the top of the page. If your request is urgent, for example, you are going to run out of food or medicine within the next three days, please phone 033 022 27980.

## Tip

With evenings getting darker, we recommend carrying a small LED torch on your key ring. This can help with finding things in bags or illuminating the lock on your front door for example. These are available at places such as Robert Dyas, Argos and Amazon.

# Fundraising News

## Meet the Team

It has been a real pleasure speaking with members and supporters over the course of the year, to thank you for donations, take Christmas card orders or when our outreach team have been unavailable!

So, we thought we would take this opportunity to introduce ourselves, so you can put some faces to the names of the people on the other end of the phone.

**Chloe Neilson-Hopkins**  
Fundraising Manager



**Amy Bunn**  
Fundraising Officer - Events & Corporates



**Jessica Passmore**  
Marketing and Communications Officer / Community Fundraiser



## THANK YOU

If you follow our social media pages, you may have seen recently, that we have been successful in securing a number of grants from local organisations, including Waitrose Rustington, the Hall & Woodhouse Community Chest and several Parish and District Councils. We are delighted to say we have also been successful in securing an incredibly generous grant for £20,000 from the Garfield Weston Foundation. In a year when our fundraising activities have been severely impacted, this donation comes at crucial time and will help us to deliver our frontline support services by phone and in person over the next couple of months.