

**SEPTEMBER  
2017  
NEWSLETTER**

**Charity No. 1075447  
Company No. 3740647**



Supporting blind and partially sighted people

# **?** Charity Quiz **?** **Night**

**In aid of 4SIGHT**

**Friday 6<sup>th</sup> October - doors open 7pm**

**Arun Indoor Bowling Club**

**Nyewood Lane, Bognor Regis, PO21 2TT**

**£11.50 includes superb buffet meal**

**Prize Quiz : Lucky ticket draw**

**Licensed bar**

**Raffle**



**Tickets: 01243 828 555**

**4SIGHT Bradbury Centre, 36 Victoria Drive,  
Bognor Regis, PO21 2TE.**

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## CEO's Message

As we approach autumn, I'm very pleased to let you know that we have some exciting changes on the horizon at 4SIGHT which I'd like to share with you.

These new developments include a rebrand for 4SIGHT with a new logo (more news about that to come at the AGM in November), plus new partnerships with Sight Support Worthing to improve our Sight Care Advisor service in the hospitals, working in Midhurst

with Blind Veterans UK in the new Resource Centre there, and the purchase of a minibus from Sight Support Worthing which will be used from 2018 onwards to help make our Bognor Regis HQ more accessible for members, and to provide a transport service for our local Clubs and Area Committees to use.

We will also be appointing new members of staff this autumn, helping us to expand service delivery across the county and enabling us to keep improving what we do. Key amongst these new appointments will be another Outreach Worker to provide outreach in Burgess Hill, Crawley, East Grinstead and Haywards Heath; areas where we know from your feedback that we need to provide better support to our members. Other new staff will include a Community Fundraiser / Assistant Volunteer Coordinator to help improve local fundraising and volunteer recruitment, and a Facilities Manager for the day to day management of our centres. This will free up frontline staff to concentrate their efforts on providing support where it's most needed.

With the very generous help of the Garfield Weston Foundation we have appointed a Project 360 Worker starting in October; they will

be working closely with our Sight Care Advisors and Outreach Team to improve signposting for all 4SIGHT members, ensuring they get the best possible support and access to services.

Lastly, we'd be delighted if you could join us at this year's AGM, which will be held on Wednesday 8th November in the QEII Room of The Shoreham Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU. More details about the AGM are to follow shortly.

**Nik Demetriades, CEO**

## **4SIGHT Bognor Tech Club**

As of this month, our Bognor Regis Tech Club has a new home!! We will now hold our meetings at Bognor Regis Library on the last Thursday of each month. The group will continue to meet between the hours of 10.30am and 12.30pm. If you are interested in joining our Bognor Tech Club, or the tech group in Shoreham, Midhurst or Crawley, please contact me on **01243 838 002**.

Bognor Regis Tech Club dates for the remainder of 2017 are:

**Thursday 28th September**

**Thursday 26th October**

**Thursday 30th November**

**Dan Batchelor, 4SIGHT Outreach Worker**



# **Arun & Chichester Area Committee**

## **Swap with Me**

This was a meeting in July between bus drivers and the manager at Stagecoach's Worthing depot, arranged by the RNIB Area Project's Coordinator, along with 4SIGHT, Guide Dogs and Sight Support Worthing. A large group of visually impaired bus users were able to discuss issues and concerns they have when using Stagecoach buses. There was also an opportunity to sit in the bus driver's seat with a tutorial by a driver – albeit in a stationary mode!

Members should be aware that Stagecoach buses should always stop at a bus stop if somebody is standing beside it and the driver should ask the person if they wish to get on the bus. There is no requirement to put a hand out to stop the bus.

If a bus does not stop when you are waiting for it, please make a note of the exact time and bus stop (including which direction), as Stagecoach has a procedure to deal with this if it is reported that day. If everybody did this each time a bus fails to stop at the bus stop for them, the malpractice would stop. To report an incident, please phone Stagecoach on **01903 237 661**.

We are taking a group of 12 visually impaired bus service users for a similar experience at the Stagecoach area headquarters in Chichester on 20th September, during National Eye Health Week.

## **Bognor Regis Street collection**

A few stalwart collectors braved appalling weather in London Road, Bognor Regis in June and collected £144.20 towards 4SIGHT funds. We're very grateful for their tenacity till it was too cold to stay out!

## **Santander funding**

We would like to take this opportunity to thank Santander for kindly providing us with local funding, to ensure that members can travel to 4SIGHT Outreach Days and Technology Clubs.

## **Co-op Community Funding**

We are one of the Co-op's chosen local charities at their Rose Green store in Nyetimber Lane for funding until November. If you live in or near this area, please support us by shopping there, particularly by buying their own branded goods.

## **Chichester Harbour Boat Trip**

Arun and Chichester Area Committee took a party of 50 4SIGHT members and volunteers on a lunchtime tour of Chichester Harbour by a solar-powered boat on 6th September. This trip proved so popular that we rapidly filled all the places available.

## **Choir Concert at St James the Great in Littlehampton**

The choir at St James the Great Church held another of their very popular concerts to raise funds for us on 2nd September. We are very grateful for their kind support and will let you know the exact amount raised for our funds in the next newsletter.

## **Quiz Night & Buffet Supper on Friday 6th October**

After our exceptionally popular quiz in May, we are holding another one in the same venue with the same superb caterer on Friday 6th October, at Arun Indoor Bowling Club, Nyewood Lane, Bognor Regis, PO21 2TT. Tickets are £11.50; available from Bognor Regis 4SIGHT Centre, 36 Victoria Drive, Bognor Regis, or by calling the office on **01243 828 555**. Doors open at 7pm and the quiz starts promptly at 7.30pm. There is a licensed bar, prize ticket draw and raffle.

## **Littlehampton Area - Tesco Bags of Help**

4SIGHT has been selected as one of three charities to collect blue tokens in the Littlehampton area Tesco 'Bags of Help' scheme, starting on 1st September until the end of October. Participating stores include Finistere Tesco Express, Rustington Tesco Express and Littlehampton Tesco Superstore.

Please let your family and friends know that 4SIGHT will be in the store and REMEMBER you may have to ask the cashier for the blue tokens, as they sometimes forget to give them out!

## **The 'Back-ground' Volunteer - By Matthew Blyther**

“For the last five years or so, I’ve been both the voice of 4SIGHT’s bi-monthly Newsletter and one of three or four Librarians issuing audio books, once a week, nearly every week. But my involvement with 4SIGHT goes back to 2005 – albeit with 2 years absence from 2007 to 2009, due to full-time College commitments – when as a client with Bognor’s Volunteer Bureau, they helped me to secure a position that involved admin duties of the envelope-labelling and stuffing, photocopying, data-entering variety. Along the way, I’ve also helped out at two of the Hobbs Farm fundraising events, collected and distributed our blue charity boxes locally and copied my predecessor’s newsletter recordings onto tapes. AND I’ve even manned 4SIGHT’s fledgling Charity Shop, when it was at our former Longford Road HQ. As you can tell, I’ve done a fair variety of things but it is volunteering ‘behind the scenes’ where I’ve been happiest; hence the title of this piece.

Of the many voluntary jobs I’ve had since 1999, being with 4SIGHT has been my longest-lasting and happiest one. Having spent most of those last 18 years unemployed and feeling adrift from society due to my mental health issues, volunteering for this friendly, valuable charity has been one of the regular activities in my life; giving me a sense of purpose and satisfaction, when often that purpose or reason to get out of bed (especially on a Monday morning) has been found wanting. Being fond of routine and never being the adventurous or ambitious type, I’ve been content to do what many might consider to be low-skill or mundane tasks; but even I appreciate that it is the smallest cogs in life that contribute to keeping the biggest wheels turning and that I and my fellow volunteers (many of whom, like the members, I seldom meet) make a valuable contribution to this eye-health and age-related charity, that could scarcely survive on paid staff alone.

Indeed, the issue of 4SIGHT’s ongoing survival has crossed my mind lately and not just because of the soon-to-close audio library

here – the membership for which I’ve disappointingly seen reducing each year, as people move away, pass-on or are seduced by competing audio book providers that offer a bigger and better service than we can. Over the course of my ten years with 4SIGHT, I can tell from being at the HQ here that things are quieter, staff are fewer and membership is smaller than it used to be.

Could this be a sign that 4SIGHT and the services we provide need to change and adapt with the times? Certainly, advances in medical science have the potential to diminish sight loss and impairment over time. Could that mean that charities like 4SIGHT might one day not be needed? Subject matter for another article perhaps?”

**Matthew Blyther, 4SIGHT Volunteer**

## **Reading Group for the Visually Impaired**

4SIGHT and Bognor Regis Library are holding their first meeting of the Reading Group for the Visually Impaired on Wednesday 18th October from 10 until 11.30am.

At every meeting, we will each choose a book from the library stock (Talking Books or Large Print) to read in the coming month. There will be no set book, just pick a book you would like to read. At the following meeting, we each give our views of the particular book we have read. As we will each be reading a different book it should be an interesting and informative get together.

At the first meeting, we will get to know one another, perhaps have a light-hearted literary quiz (very easy!) and discuss our favourite book. If you love reading and want to meet like-minded people who find reading an ordinary book difficult, this group is for you. We will also need a couple of sighted volunteers as part of the group to help us choose the books we wish to read.

If you are interested and would like to find out more, please contact 4SIGHT on **01243 828 555** and leave your name and telephone number; Shirley Buck will ring you back. Otherwise come along to Bognor Regis Library on 18th October; you will be very welcome.

## News from Midhurst

So here we are, September already and it's hard to believe that we have been in the new centre for five months now!

All continues to go well and we found that August was a much quieter month with absences of staff, volunteers and members due to holidays and other circumstances. I think people are now used to the new arrangements which started in July, with me being in the centre now on every Tuesday and Thursday; except on the second Tuesday of each month, when Dan is here running the IT Tech session.

The move of some of our regular activities to a Wednesday and being led by Velia also seems to be going well, with increasing membership and apparently plenty of fun is being had!

I'm pleased to say that Blind Veterans UK have now joined us and they plan to be in the centre one day each week. If you would like to find out more about becoming a member, then please ring them on **0800 389 7979**. You are likely to see them at some of our activities and sessions so they can get to know you all.

We are still awaiting planning permission for the building works and hope to be able to announce a start date for this soon. Here is a list of the forthcoming events and activities in the Midhurst Centre and as usual, everyone is welcome so we look forward to seeing you soon.

12th Sept	RNIB/Tech Session	From 10.30am
20th Sept	Bridge Session	1pm - 4pm
26th Sept	Midhurst Focus Group	2pm - 4pm
27th Sept	Parlour Games	2pm - 4pm
28th Sept	Coffee Morning	11am - 1pm
4th Oct	Bridge Session	1pm - 4pm
10th Oct	Tech Session	From 10.30am

11th Oct	Discussion Group	2pm - 4pm
(your experiences & ways in overcoming the daily challenges when living with sight loss)		
25th Oct	Bridge Session	1pm - 4pm
26th Oct	Coffee Morning	11am - 1pm

By the time you read this we would have hopefully had a successful day with our stand at MADhurst on August Bank Holiday Monday and some members would have enjoyed what we hope was a lovely trip on the Solar Heritage Boat tour around Chichester Harbour.

We will be having an information stand and tombola again at the Christmas Fair in The Grange Centre, Midhurst which is on Saturday 2nd December 2017. So, if you have any unwanted items for our tombola then they will be gratefully received!

We will also be organising a members' Christmas Lunch again this year, so if you have any thoughts of a suitable venue then please let us know.

Thanks to you all for making the Midhurst Resource Centre a happy, friendly and welcoming place to meet and chat over a coffee or cup of tea and we look forward to seeing you soon.

**Bev Tinson, Project Development & Outreach Officer.**  
**Tel. Midhurst 01730 812 338.**

## **Christmas Cards**

Enclosed with this newsletter you will find a poster advertising our 2017 Christmas card designs. To place your order, please return the form along with a cheque to Bognor Regis 4SIGHT Resource Centre. Alternatively, you can ring us on **01243 828 555** and order your cards over the phone.

## **New Service available at our Shoreham Centre**

Having difficulty completing forms and documents? Would you like help to apply for any items, such as a blue badge or bus pass? We have a new volunteer called Lorraine, who has recently joined us at our Shoreham 4SIGHT Centre, who is here to help.

Lorraine worked for many years at Citizens Advice and would like to put her valuable skills to use, helping people with sight loss to complete any forms and documents that they may be struggling to complete on their own.

If this service would be of help to you, or someone you know, then please contact Kirstie Thomas at the Shoreham 4SIGHT Centre on **01273 454 343** to make an appointment to meet with Lorraine.

## **A Night at the Races**

If you like a little flutter, selfie or just a good boogie, then this one's for you! Lloyds Bank are organising a fundraising event in support of 4SIGHT on Friday 27th October at The Grand in Brighton, from 7pm. The theme will be 'A Night at the Races'. There will be race night entertainment, a photo booth, disco and more!

Tickets are £45 each, which includes a three-course meal and wine or beer. If you are interested in coming along, then please contact Kirstie Thomas as soon as possible on **01273 454 343** who will be happy to give you more information.

We are also looking for businesses or individuals to sponsor the event or donate a prize; all businesses that support us will be advertised at the event. If you know anyone that may be interested in supporting this event then please get in contact. Many thanks for all your help.

**Kirstie Thomas, Outreach Officer**

## **Steyping Good Neighbours Association**

Steyping Good Neighbours offers a voluntary hospital car service for Steyping and district residents. They can be contacted by email on [estellehilditch@gmail.com](mailto:estellehilditch@gmail.com) or by phoning **01903 816 181**.

## **200 Club**

The winning number for **July was 169 and August was 101**. Why not join the 200 Club and help raise money for 4SIGHT?

By paying just £20 for the year you will be given a unique number, from 1 to 200. This is entered into our monthly prize draw, where you have the chance to win £100 each month.

There are lots of numbers still available. If you would like to join, then please call us on **01243 828 555**.

## **Upcoming Exhibition Days**

As mentioned in the previous 4SIGHT Newsletter, I have been trying to finalise plans for exhibition days over the next couple of months. I am pleased to say that the planning proved successful and later this month we will be welcoming Professional Vision Services into our Bognor Regis and Shoreham 4SIGHT Centres, along with a selection of other charity partners and organisations. Details of specific exhibitors can be found in the enclosed leaflet.

We have also now booked two Low Vision Drop-in days for October, alongside Enhanced Vision, Dolphin and other charity partners. These events will be held at the Assembly Rooms in Chichester and Clair Hall in Haywards Heath. Again, more in depth information regarding specific exhibitors can be found in the leaflet enclosed.

**Dan Batchelor, Outreach Worker**

## **News from the Crawley & Horsham Area**

### **Three Bridges Tuesday Club**

Club members enjoyed a trip to Hastings in July and to Eastbourne in August. A big thank you to Crawley Luxury Coaches and driver Trevor, for two very pleasant trips. The club meets next on 12th September at the Friary, Crawley for a Posh Cream Tea and quiz.

### **Mid Sussex Ramblers**

The Ramblers had a very good outing to the RSPB Visitor Centre at Pulborough Brooks in August and enjoyed a good lunch afterwards at the Moon Pub in Storrington. Their next meeting is in September and will be through beautiful woods and farmland in East Grinstead.

### **Crawley Tech Club**

At the Tech session in August the Amazon Echo was demonstrated. It was felt that this would be beneficial and is reasonably priced.

Provisional dates for future meetings are as follows: -

Thurs 26th October	2 - 4pm
Thurs 23rd November	2 - 4pm
Thurs 14th or Fri 15th December	Christmas Party

### **Judo at K2 Leisure Centre**

This club caters well for both blind and partially sighted people from beginners to the more advanced.

### **4SIGHT Horse Riding**

Eight intrepid 4SIGHT members met on 22nd August for their first riding lesson at Hillcrest Stables, Plummers Plain, near Horsham. Some riders were experienced but since losing their sight had not been able to ride; others were complete novices. The stables took everything in their stride and many helpers were available to assist people on and off their horses, instruct and guide them around the ring. Transport was provided by 4SIGHT volunteers and the cost was £20 for half to three quarters of an hour riding.

Afterwards everyone retired to the local pub to steady their nerves and review the day; they decided that the lessons will continue on a monthly basis. For more information, please contact Derek Drake on **01293 611 936** or Jane Aston on **01444 870 462**.

### **Horsham Visually Impaired Group**

The group meets on the first Wednesday of each month. Their activities include guest speakers, quizzes and local outings.

Forthcoming events are:

October	Musical Quiz
November	Talk on the Horsham Riverside Walk
December	Christmas Lunch

### **Horsham Handicraft Group**

The Group meets at the Baptist Church, Brighton Road, Horsham on the second Thursday each month. Materials are supplied and they take their goods home. Transport is provided and it costs only £2.

### **Lunch Club**

On the second Thursday each month there is a lunch club starting at 12.45pm. Pauline cooks a two-course lunch and the cost is just £3. After lunch those that wish can move to the Handicraft Group.

### **Derek Drake, Crawley Area Chair**

### **New Younger Persons Club**

One of our 4SIGHT members Bernice Stephen, who lives in Crawley, is trying to get something started for younger people. Their first get together was at the New Moon pub, Crawley, where they had drinks and some food. They'll meet next on Wednesday 20th September at 6.30pm at the Snooty Fox, Haslett Avenue, Three Bridges, Crawley, RH10 1LX; opposite Three Bridges train station. Bernice is hoping to plan some activities that can interest everyone and work on how the group could grow. If you are interested, please contact Bernice on **079 045 13307** or email [bernice.stephen@gmail.com](mailto:bernice.stephen@gmail.com).

## Diary Dates

Wed 20th September, 10am-2.30pm, Low Vision Exhibition Day at Bognor 4SIGHT Centre, 36 Victoria Drive, Bognor Regis, PO21 2TE.

Thurs 21st September, 10am-2.30pm, Low Vision Exhibition Day at Shoreham 4SIGHT Centre, 2 Pond Road, Shoreham, BN43 5WU.

Sun 24th September, 22nd October & 12th November, 2pm-4.30pm, Tea Dances at the Woodlands Centre in Rustington, BN16 3HB. For more details, please call 4SIGHT on **01243 828 555**.

Wed 18th October, 10am-2.30pm, Supplier Drop-in Day at Assembly Rooms, Chichester City Council, North Street, Chichester, PO19 1LQ.

Thurs 19th October, 10am-2.30pm, Supplier Drop-in Day at Clair Hall. Perrymount Road, Haywards Heath, RH16 3DN.

Thurs 28th September and Thurs 26th October, 11am-1pm, Coffee Mornings at Midhurst 4SIGHT Centre, Knockhundred Row, Midhurst.

Fri 6th October, starting at 7pm, Charity Quiz Night at Arun Indoor Bowling Club, Nyewood Lane, Bognor Regis, PO21 2TT. To buy your tickets, please call 4SIGHT on **01243 828 555**.

Fri 27th October, from 7pm, Charity Night at the Races, at the Grand Hotel in Brighton. Please call Kirstie Thomas on **01273 454 343**.

Wed 8th November, 9am-3pm, 4SIGHT AGM in QEII Room, First Floor, The Shoreham Centre, 2 Pond Road, Shoreham, BN43 5WU.

This newsletter is available in large print, email, CD, Braille or USB. If you wish to change to a different format, then please let us know.

The copy date for the next edition is **1st November 2017** for any inclusions. Please let us know what you would like included.

Due to space and resources, some articles may have been edited accordingly. Information contained in this newsletter was correct to the best of our knowledge at the time of printing.

# **4SIGHT Contact Details**

## **BOGNOR REGIS 4SIGHT CENTRE & CHARITY HQ**

4SIGHT Bradbury Centre  
36 Victoria Drive, Bognor Regis,  
West Sussex, PO21 2TE  
Main Tel: **01243 828 555**  
Fax: 01243 838 003  
Email: **enquiries@4sight.org.uk**

## **SHOREHAM 4SIGHT CENTRE**

The Shoreham Centre, 2 Pond Road,  
Shoreham-by-Sea,  
West Sussex, BN43 5WU  
Main Tel: **01273 454 343**  
Email: **shoreham@4sight.org.uk**

## **MIDHURST 4SIGHT CENTRE (NEW ADDRESS)**

Knockhundred Row, Midhurst  
West Sussex, GU29 9DQ  
Main Tel: **01730 812 338**  
Email: **midhurst@4sight.org.uk**

## **SIGHT CARE ADVISOR SERVICE**

4SIGHT - Southlands Hospital Eye Clinic  
New Direct Number: **01273 446 051**  
4SIGHT - St Richard's Hospital Eye Clinic  
New Direct Number: **01243 831 450**

## **4SIGHT BOGNOR REGIS SHOP**

11 York Road, Bognor Regis,  
West Sussex, PO21 1LW  
Tel: **01243 861 776**

## 4SIGHT PHOTO DIARY



The new 4SIGHT Minibus, from left to right, are:- Steve Deane and Frances Pritchard, at Sight Support Worthing; Nik Demetriades and Ray Russell, from 4SIGHT.

Barbara Westmore, 4SIGHT volunteer at Middleton Club, with some friends. They provided the musical entertainment at the annual club Cream Tea, which was in July.



Bernice Stephen, one of our Crawley 4SIGHT members, who took part in the first 4SIGHT Horse riding lesson at Hillcrest Stables, near Horsham.