

COVID-19

September 2020 Newsletter

4 Sight
vision support



“We very much look forward to welcoming you back to our centres once again.”

Update on our support 4 you on page 2



CEO's Message

Dear members,
May I begin by thanking you for the lovely phone calls, letters and words of thanks we received in response to last month's 'Kindness Packs'. It was heart-warming to know what a difference these have made to some of you, even if not all the biscuits arrived in one piece!



This month, I am delighted to bring you news of some of the face-to-face services we are resuming **by appointment only** – from 1st October. Please can I kindly ask you to bear with us, as our small team work hard to catch up on a backlog of urgent enquiries. In addition, we are now running virtual clubs, details of which can be found on page 3.

Thank you all for your continued support and kind words.
With my best wishes, Nik

Our Support 4 You

We are planning to resume some face-to-face services by appointment only, in people's homes and at our centres in Bognor Regis and Shoreham-by-Sea from 1st October - providing Government guidance doesn't change again.

We will ensure all meetings follow Covid-Safe guidelines and our staff, volunteers and members will be asked to wear facemasks, unless you are exempt.

To book, please phone our Head Office on **01243 828555**, where you will be added to a waiting list initially and contacted by a member of our team to arrange an appointment.

We will do our best to arrange a meeting as soon as possible but, please bear in mind we have a backlog of requests to deal with and your safety is our top priority.



Stay Connected:

Moved 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 in this time of uncertainty.

In addition, please let us know if you are an ex service man or woman, or if you have been diagnosed with Charles Bonnet Syndrome, as there may be some additional support available. Call: **01243 828555**

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

If you are unable, or have trouble accessing the online links throughout this newsletter, please contact us and a member of the team will happily support you.

Virtual Clubs

Until we can run clubs and support groups face-to-face, we have begun trialling some virtual versions including:

- **Virtual Info, Advice and Chat Weekly on Wednesdays, 10:30 am - 11:30 am.**

Opportunity to chat with an Outreach Worker about your eye condition / sign-posting and general chat.

Special guest: High Sheriff of West Sussex, Dr Timothy Fooks, on Wednesday 30th September.

- **Virtual Tech Club
Wednesday 14th
October, 2pm - 3pm.**

A social group that focuses on how to make technology more accessible.

- **Virtual Chatterbooks
First Monday of each
month, 11am - 12pm.**

An opportunity to share your love of reading and chat about your latest book.

- **Virtual Quiz
First Thursday of each
month, 11am - 12pm.**

20 questions, mark yourselves – opportunity for some friendly competition and chat

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

Tuesday 29th September
Support group for members with Charles Bonnet Syndrome (CBS).

It's easy to join any of these clubs by landline, mobile phone or online via the communication app Zoom.

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.**



Daily Living Aids

Please contact Beau Prince on 01243 828555 or 07907 021202, if you would like to purchase one of the following daily living aids, or to find out more about other items available.

Liquid Level Indicator

The liquid level indicator detects two levels of liquid. A series of vibrations and an intermittent beep indicate the first alert, letting you know when to stop adding hot water and if you also want to add milk; the second faster beep and continuous vibration indicate the second alert to tell you when the cup is nearly full. There is an easy opening battery draw, which also beeps to indicate batteries are inserted correctly (One CR2032 lithium battery (supplied)). It also has two small magnets so it can be attached to a fridge for easy access.

PRICE - £9



Communiclock

This radio-controlled clock will automatically set the time for you. At the touch of a single, short press it announces the time. Press for longer and it will announce the time, date and day. It has a volume control dial on the front and a choice of five alarm sounds. There are two tactile setting buttons on the base which are used to set the alarm and calendar. An easy access compartment on the base allows you to insert and replace batteries when necessary (Requires 4 x AA batteries (supplied)). The clock can be connected to mains electricity with the purchase of an AC adaptor - £9.50

PRICE - £36

Technology

Features & benefits of Home Speakers

We have received a huge number of tech queries, in particular, from members keen to understand the benefits of home speakers such as an Alexa (Amazon Echo) or Google Home.

Once set up, these are voice activated and respond accordingly to your request.

Here are few key functions:

1. Radio –

digital access to radio stations around the country, just ask them to play the radio station of your choice.

2. Time, alarms and reminders –

ask for the time, set up an alarm or daily reminders such as ‘take your medication at ...’

3. TV guide –

By downloading the TV guide skill, Alexa will read out what shows are on certain channels. You can even set up reminders for your favourite shows!

4. News and weather –

ask what the weather forecast is and for news articles to be read out to you.

5. Recipes and timers –

Download the Recipe Skills and let Alexa talk through cooking new recipes with you. Or ask Google to find a recipe and allow it to read it to you. You can pause and rewind steps and also set timers.

6. Audible –

You can link both Alexa and Google home with an Audible account and listen to your books with ease. You can pause, play, rewind and skip easily with voice commands.

7. Compatible plug –

With the right set up you can use it for things which run on mains electricity e.g. lights, the TV, and even your heating.

Please note you will need an internet connection for these devices. **For more information and advice in setting it up, please contact Tara Beesley on 07545 501216.**



Key News

Do you experience vivid hallucinations?

In August the Independent reported that “an estimated 1 million visually impaired people in the UK are thought to experience vivid hallucinations” known as Charles Bonnet Syndrome (CBS). The University of Oxford has begun investigating what might cause CBS. In doing so, they hope to destigmatise the illness and lay the groundwork for eventual treatment – access the full article via our website. For more information about CBS, visit the website for Esme’s Umbrella - the campaign group which aims to raise greater awareness of this condition: www.charlesbonnetsyndrome.uk

Face mask exemption cards

Face coverings became mandatory in enclosed spaces on 24th July. However, the Government guidance specifies that there is an exemption for someone with a visual impairment whose residual vision would be obscured by a face covering. If you would like to download a printable exemption card/badge visit our website.

Registered Sight Impaired (SI) or Severely Sight Impaired (SSI)

Last month, we advised it was possible to receive a 50% discount on the cost of your TV licence if you were registered blind or severely sight impaired. If you’re unsure whether you are registered as Sight Impaired (SI) or Severely Sight Impaired (SSI), you can contact the sensory services team on **01243 642121** to find out.

Has your sight deteriorated?

If you feel that your sight has deteriorated and want to find out if you are eligible for registration, please contact your local optician to make an appointment for an eye health check. For further information please call us on **01243 828555**.



Make your computer easier to use

AbilityNet provides specialist advice services, free information and resources which supports people of any age, living with any disability or impairment to use technology. There is a wealth of information available on their website www.abilitynet.org.uk, however, we thought the section 'My Computer My Way' was particularly useful, this covers how to:

- Make text larger
- Magnify the screen
- Make your mouse pointer easier to see
- Change colours or fonts
- Use your own style sheets
- Make the device talk to you



Libraries now open for browsing.

Limited browsing is now available in all West Sussex County Council Libraries. To find out the opening times for your local library, visit their website.



For sale

Moira Dare-Edwards, based in the Horsham area, is looking to sell the following items. Moira describes them as being hardly used and in perfect condition (bought 2019).

Please contact Moira directly on 07792 088938 for more information.

Sonic 2 USB memory stick MP3 player with large yellow control buttons, compact design
£35 ONO

Easy-to-See Universal remote control for TV - £10 ONO

LARGE Print Scrabble - £20 ONO

Cordless LED High Magnification Mirror (1x/10x) - £25

(4Sight Vision Support accepts no responsibility for any of these items sold.)

Kirstie Hikes 4 Sight

with her own walking challenge

We were incredibly disappointed we couldn't put on our popular Angmering Ramble this year. However, this didn't stop regular participant and Senior Outreach Worker, Kirstie Thomas, from taking on her own 10 mile walking challenge with hubby Ryan, dad Michael and good friend Trisha. When asked why she took on the challenge, Kirstie said:

“

I live with sight loss and up until this month I had not left the house by myself since March. When I was first diagnosed, I thought losing my sight meant losing my independence and I have spent the last 23 years proving that wrong. However, Coronavirus and the need to social distance made me feel like I was in a worse place than before. I felt unable to do things I would normally do independently, like going shopping, walking my dog or getting on the bus. By doing this walk I wanted to raise awareness of the challenges and struggles people with sight loss face in this new way of living,

as well as much-needed funds for 4Sight Vision Support, which has continued to be there to support people with sight loss during this crisis.”

On behalf of everyone at 4Sight Vision Support, a huge thank you to everyone for collectively raising a incredible £640.



If you feel inspired by Kirstie's story and are thinking about taking on your own fundraising challenge, then contact the Fundraising Team to discuss how we can support you.

01243 828555

fundraising@4sight.org.uk