

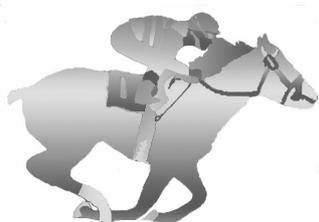
**SEPTEMBER
2016
NEWSLETTER**

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



Supporting blind and partially sighted people

Charity Horse Racing & Supper Evening



Thursday 20th October 2016

**Greyhound Pub, Cocking Causeway,
Midhurst, GU29 9QH.**

Arrive for 7pm; 1st race at 7.30pm

Tickets are £10 and include Cottage Pie or Chicken Pie.
Race bets are not included.

Tickets must be purchased in advance, so please
contact Midhurst Resource Centre on
01730 812 338 or visit the Resource Centre in North
Street, Midhurst, GU29 9DJ.

All proceeds in aid of 4SIGHT to support the needs of blind
and partially sighted people.

Contents

1	Horse Race Evening
2	CEO's Message
3	Arun & Chichester Area
4	Culture Vultures
5/6	4SIGHT Clubs
6/7	Midhurst Centre
8/9	Rambling Ivy
10	Bognor Charity Shop
11	Recipe/Burgess Hill
12	Kitchen Klub
13	Items For Sale/200 Club /Audio Library
14	Diary Dates
15	Contact Details
16	Photo Diary

CEO's Message

In this all too brief message, I have some very positive news to impart to you and some sad news to share.

The '4SIGHT community' lost one of its shining lights recently when Brian Luxford passed away at the end of July. For those who didn't know him, Brian ran the See Saw Club in Chichester for over 20 years and in that time he made a massive contribution to the lives of blind and partially sighted people in the area.

I only met him the once but even then, when he was not in the best of health, it was obvious to me that he was a real gentleman who always put the needs of others first and in so doing he helped shape the kind of welcoming, supportive and caring atmosphere that can be found in so many of our 4SIGHT clubs. I'm sure that you will all wish to join me in sending our sincere condolences to Brian's family and our thanks to them for allowing us to 'share' in so much of his life.

Turning our thoughts now to more positive news, I am very pleased to report that the Membership & Stakeholder Survey has been going really well and I'd like to thank everyone who has taken part on an individual basis so far, and also to thank the clubs that invited Georgia Ewins to visit them so she could meet members face to face. On that note, please see the picture on the back page of Georgia's visit to the Middleton Club in July. There will be an update on the findings of the survey at the AGM in October and also in the next newsletter.

Lastly, I'm pleased to be able to report that we have been awarded a grant of almost £18,000 from the Morrison's Foundation and we are indebted to Nick Gibb, MP for his help in achieving that success!

Best wishes and thanks for your continued support as ever.

Nik Demetriades, CEO

Arun & Chichester Area Committee

Wine & Cheese Evening

Enjoy an early September evening! Come and join us on Saturday 17th September, 5 - 7pm, at 4SIGHT Bradbury Centre, 36 Victoria Drive, Bognor Regis, PO21 2TE. For tickets, please contact Bognor Regis 4SIGHT Centre on **01243 828 555**.

Quiz & Supper Evening

Friday 21st October, 7pm, at Seasons Restaurant, Bognor Regis Football Club, Nyewood Lane, Bognor Regis, PO21 2TY. Maximum of 6 per team. Tickets are £10. There will also be a raffle, bar and tea/coffee available. To find out more about the meal choices or to book your place, please contact Bognor Regis 4SIGHT Centre on **01243 828 555**.

Choir Concert

Saturday 26th November, 3.30 - 5.30pm, at St Wilfrid's Church Hall, Ellasdale Road, Bognor Regis, PO21 2SG. An eclectic mix of lively songs by South Bersted Community Choir; perfect relaxation after Christmas shopping! Refreshments available in the interval and there will be a door collection. All are welcome.

Event Volunteers Needed

The Arun & Chichester Area Committee would be delighted to hear from anyone who can help at fundraising events. No need to get involved in the administrative stress, just join the gang for a couple of hours on the day! If you are able to help, please call Bognor Regis 4SIGHT Centre on **01243 828 555**.

Experienced Minute-taker Required

An experienced minute-taker is wanted to take and write up minutes for the Arun & Chichester Area Committee meetings at the Bradbury Centre in Bognor Regis about once a month. Please call Bognor Regis 4SIGHT Centre on **01243 828 555**.

Culture Vultures



**Culture
Vulture?
Then why not
join us!
Guest
speakers &
performers,
outings and
cultural
activities.**

Date: 2nd Thursday of the month

Time: 2.30pm to 4pm

**For more info:
01273 454343**



Supporting blind and partially sighted people

Registered Charity No: 1075447

Company No: 3740647

4SIGHT Social Clubs in Adur Area

Steyning & Upper Beeding VI Group

Meet on third Wednesday each month, 2 - 4pm, at the Steyning Centre, Fletchers Croft, Steyning, BN44 3XZ.

Lifts are available for anyone who can not make the meeting under their own steam. They are a happy group and in the summer they go out to a variety of venues such as; Horsham sensory gardens, Bluebell railway, lunch at a local golf club and a trip on the canal at Loxwood. They would welcome new members, please ring the club leader Peter Hilditch on **01903 812 308**.

Storrington & Pulborough Club

Meet on second Wednesday each month, 2 - 4pm, at 15 Kensington Close, Haglands Lane, West Chiltington, RH20 2QP.

Lancing Self-Help Group

Meet every Thursday (except in August), 10am - 3pm, at Seaview Court, Brighton Road, Lancing, BN15 8RD.

Marsh House Coffee Group

Meet on first, third (& fifth) Tuesday each month, 10am - 12pm, at Marsh House, Park Lane, Southwick, BN42 4DL.

Henfield Club

Meet on last Thursday each month, 10.30am - 12pm, at Henfield Day Centre, Hewitts, Henfield, BN5 9DT.

The following 4 clubs all meet at Shoreham 4SIGHT Centre, The Shoreham Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU.

Culture Vultures Club

Meet on second Thursday each month, 2.30 - 4pm.

Chatterbooks

Meet on first Monday each month, 10.30am - 12pm.

Tai Chi

Meet every Friday, 10.15 - 11.15am.

Macular Disease Support Group

Meet on second Tuesday each month, 10am - 12pm.

If you would like more information on any of these clubs, please contact Shoreham 4SIGHT Centre on **01273 454 343**.

Bognor Regis Area - Tai Chi Group

Meet every Tuesday, 10 - 11am, at 4SIGHT Bradbury Centre, 36 Victoria Drive, Bognor Regis, PO21 2TE. The group is led by Jan Simpson, a qualified Tai Chi teacher who also takes a weekly Tai Chi class for the Worthing Society for the Blind. The 4SIGHT members who already attend really enjoy the classes and it is a great way to improve balance and learn meditation. If you would like to join this group you will need to be able to attend regularly.

For more details, please contact Bognor Regis 4SIGHT Centre on **01243 828 555**.

Update from Midhurst 4SIGHT Centre

By the time you read this newsletter, you may already be aware that there have been some changes to the resource centre staff in our Midhurst Centre. Dan is now covering low vision and resource work on Tuesdays and I will continue to cover on Thursdays only.

We have needed to make this change so that I can spend an extra day each week writing funding bids to secure future funding for our charity. The charity shop hours have also changed; it is now open from Monday to Friday 10am to 4pm and it is no longer open on Saturdays. The shop is still looked after by Jill, our shop manager.

Coffee morning, it's time for another one and this will take place on **Thursday 6th October** at 11am in the Midhurst Resource

Centre so please come along for tea/coffee, and cake of course and all will be welcome.

I've been asked to do more talks to local community groups lately making them aware of 4SIGHT and the help we give to those living with sight loss. The Midhurst and Petworth area has a very close community and there are lots of local organisations around to support people. I'd like to reach out to more of those people who may benefit from our help. Do you belong to a lunch club or local community group that might be interested in knowing a little more about 4SIGHT and the work we do? If so let me know and I will try and arrange a visit to talk to your group.

With our on-going community fundraising timetable in Midhurst, we are pleased to say that we will be having a **Charity Race and Supper Evening** at **The Greyhound** pub, just outside Midhurst on **20th October**. There is a poster on the front of this newsletter.

As members, are we meeting your needs in the Midhurst and Petworth areas? Is there anything else we could offer you that would help you more? Have you been able to visit our new Midhurst centre or is travelling difficult for you? Would you like a home visit from me if you cannot get to the centre? Are there any projects or initiatives we need to set up that can help you?

Lots of questions here I know but please get in touch with me if you can answer any of these, as some community funding coming our way later in the year from the Midhurst & Petworth Rotary Club may be able to help support some new initiatives or equipment in our centre for the benefit of our Midhurst members.

Finally, "A tangerine and russet cascade of kaleidoscopic leaves, creates a tapestry of autumn magic upon the emerald carpet of fading summer".

Bev Tinson, Development & Outreach Officer.

Rambling Ivy

“Hello my name is Ivy. I'm a 3 year old golden retriever guide dog and live in Burgess Hill with my owner Jean. In the past Thomas has written an occasional article for the 4SIGHT newsletter and before he retired he asked me to take over from him.

So here I am this Sunday evening sitting on Jean's feet to trap her for a few minutes. Now is about the time that she finds out what the weather is going to be like for planning our trips out. Wait a minute, she is talking about an outing with the ramblers tomorrow, going on a coach and something about Virginia Water, whoever she is. My things are being collected into a bag for tomorrow; water, towel, treats.... where are the treats? Come on Mum put in some treats, ah good that's better, in they go. I'm so excited, I love rambling and playing with the other dogs so a quick few laps around the lounge won't go amiss.

I'm up early, and wake Jean by wagging my tail across her face, it always works. Eventually we're ready, sitting at the open front door waiting for a car and person to arrive to collect us for ramble.

We reach a car park with a field and us dogs are allowed to run free. Odd, we're usually kept on our leads until we start the walk, but hey I'll not argue about a romp with my friends. There is a bus in the car park and someone calls everyone to climb on-board but "Dogs and their owners on last please". We climb on-board last as asked and settled down in the aisle for a good nap.

A bit of a long journey but eventually we get off the bus. People are talking about this Virginia Water and I still don't know who she is. After a bit of a wait we are off. Jean and I are walking with Margaret, who is going to keep an eye on me. Leads are off and we are running, gambolling about and having a really good time.

What fun. Lots of water, so much water, water everywhere. I've seen large puddles, ponds, streams, rivers but this is huge,

enormous so I think I'll keep to the path with Harvey. We both like to lead the pack and are normally good dogs, unless there is something very tempting to investigate. Rum and Susie are much more adventurous than us and they love the water and the mud, not sure they are too popular with their owners when they have to be cleaned at the end of our walk.

The humans spend some time looking at this enormous stick which goes way, way up into the sky. It's all carved and painted, very fancy stick. I wouldn't be able to fetch one that big. People are calling it a totem pole, but let's be honest it is really just a very, very, very big fancy stick.

We stop at a van and some of the humans buy coffee. They sit around on seats and we wait. To be honest we're glad to have a bit of a rest and a drink of water.

On we go, we meet lots of people, other dogs it seems a busy place but I've still not seen this Virginia Water person. She must be somewhere, perhaps she's important after all this is part of Windsor Great Park. Could she be royal? I've asked Harvey as he is older than me and wise but he hasn't a clue either. Perhaps it will be a surprise.

We pass a cascade. It should be a waterfall (not sure what that is either) but people are disappointed that there is very little water, just a trickle. But there is still an awful lot of water everywhere else - how much water do our humans want?

Suddenly we are back at the coach and it is time for lunch. Suzie and Rum have a quick rub down and the worst of the mud is brushed off after their splashing around in the water. Is this where we'll meet Virginia Water? Never mind that, the smells coming from the restaurant are scrummy. We're not meant to beg for food and we know our place under the table. Of course this means we are in the right place if anything happens to drop from the table, we can't leave it for somebody else to clear up, we wouldn't be

doing our duty as dogs would we.

One of the ladies bringing the food brings us some dog treats and we soon make short work of them. We have to wait for our meal until we get home so a snack keeps us going.

Finally we're back on the bus again. I am quite tired now as we have been walking for a long time, we've walked nearly 5 miles around the lake and we still haven't met Virginia Water. Still never mind, I'm sure she's a nice lady but right now I just want to sleep."

Bognor Charity Shop Update

"Hello to all – we here at Bognor Shop hope this finds you well!

So we're all ready to start a new school year – the summer holiday is over far too quickly again. It was lovely to see all the holiday makers who made the most of the sunshine when it was out.

Here at our Bognor shop we have a great reputation for soft toys and now we have made a mark in selling beautiful girls (& boys) party and special occasion outfits. Please tell your friends and pop in to see them. Plus if they have any that no longer fit them – we will take care of them and let another child wear them with pride. Also any winter outfits – including Christmas ones (can't believe we are mentioning the C word already). We are also looking for the following items to stock up: DVDs; CDs; children's toys & games.

We have a fantastic team of volunteers but still have a few sessions open for new people to come and join us. If you or a friend like to interact with people – help them to find things in the shop to buy, packing and taking money, or helping to sort donations, pricing and displaying items - then we need you.

From us all – take care."

Sarah Brooks, Charity Shop Manager & Team

Apple & Cinnamon Loaf Cake

This is a recipe you may like to try, that was sent in by one of our Midhurst members, David Beresford, whose cakes and scones go down very well on a regular basis in our Midhurst centre!

Ingredients (enough for two cakes):

- 7oz self-raising flour
- 3oz butter
- 4oz light muscavado sugar
- 1 teaspoon ground cinnamon
- 3 desert apples
- 3 eggs beaten
- 2 tablespoons of warmed and sieved apricot jam to garnish.

Heat oven to 180C, grease two 1lb loaf tins and line the bases with parchment or greaseproof paper. Place flour and butter in a bowl and mix together until like fine breadcrumbs, stir in sugar and cinnamon. Dice two and a half apples and stir into the mixture along with the eggs and beat until combined. Divide the mixture equally between the two tins. Finally slice the remaining half apple thinly and place along the centre of the cakes and bake for about 40-50 minutes until golden and firm to the touch.

Allow to cool in the tins for 10 minutes then spread apricot jam on top of each cake. Remove from tins and allow to cool on wire racks.

Burgess Hill Drop-in

We have received a cheque for £500 from Burgess Hill District Lions Club. They have kindly donated this money to 4SIGHT from the proceeds of a fundraising curry night which was held in April. It will be used towards the costs of the Drop-in Centre at Burgess Hill Help Point. Don't forget that one of our 4SIGHT Outreach Team are available here on the third Monday of each month, from 10am to 1pm, at 96 Church Walk, Burgess Hill, RH15 9AS.

Kitchen Klub Visit to Tinwood Estate

“Over the last few years the Kitchen Klub has been meeting every month to cook and share a meal together. We have all become good friends and this year we have branched out. Still meeting regularly, we have now started going on outings. The first was a cream tea at one members’ home, and this proved very successful.

This time it was a little more ambitious and we arranged to go via Sammy Transport to Tinwood Estate Vineyard near Chichester. The ride there was interesting; we ended up in a narrow country lane, amid a great deal of laughter! However, after a phone call to the vineyard, we soon arrived and were treated to an outside table by Jodie. It was an ideal place and the weather was fine. We were served with three sorts of sparkling wine, products of the vineyard. They are not allowed to call it champagne because the grapes are not grown in that area of France. The wines were lovely, each kind served with a different type of cheese and honey, also made at Tinwood. Jodie told us the history of Tinwood and how the wines were made.

We were there for almost two hours and when I say a good time was had by all it is a complete understatement! You will find a picture of our outing on the back page of this newsletter.

We are now planning a fish and chip lunch at the Waverley, which promises to be delicious and probably just as hilarious as our time at Tinwood.”

Shirley Buck, Kitchen Klub Leader

Christmas Cards

Enclosed with this newsletter you will find a poster advertising our new 2016 Christmas Card designs. To place your order, please complete and return the form or call us on **01243 828 555**.

Items for Sale

Optelec Clearview+ 22" video magnifier with a small desk. It has hardly been used and costs £2,500 new. Asking price is £1,500. Available for collection from Brighton. Please contact Elena on **01273 271 360** or email pansesar@hotmail.co.uk

19" Optelec Clearview+ electronic desktop magnifier. 7 years old and in perfect working order. Collection from West Wittering. Only £300 ono. Please contact Mrs Russell on **01243 514 272**.

Please contact the seller direct. The above items are for sale from 4SIGHT members. 4SIGHT accepts no responsibility for items sold.

200 Club

The winning number for **August was 126 and September was 74**. 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**.

4SIGHT Audio Library

We are pleased to announce that from 1st September we will be reducing the service charge for our audio library from £24 a year to just £12. This reduced fee will be available for any new members and for existing members who renew over the next 12 months. We are hoping that this will encourage a greater number of people to make use of our valuable service.

For more information about our audio library service, or if you wish to join, please call us on **01243 828 555**.

Diary Dates

Wed 14th September, 12.30pm, a talk about eye conditions at the Northbourne Medical Centre, 193a Upper Shoreham Rd, BN43 6BT.

Sat 17th September, 5-7pm, Wine & Cheese Evening at Bognor Regis 4SIGHT Centre. For tickets, please call **01243 828 555**.

Sun 25th September, 16th October and 22nd November, 2-4.30pm, Tea Dances at the Woodlands Centre in Rustington, BN16 3HB.

Thurs 6th October, from 11am, coffee morning at Midhurst 4SIGHT Centre, all are welcome to come along.

Thurs 20th October, 7pm, Charity Horse Racing & Supper Evening at the Greyhound pub near Midhurst. See poster on the front page.

Fri 21st October, 7pm, Quiz & Supper Night at Seasons Restaurant, Bognor Regis Football Club. For more details, or to buy your tickets, please call Bognor Regis 4SIGHT Centre on **01243 828 555**.

Sat 22nd October, from 7pm, Fish & Chips Quiz Night at St Peter's Church Hall, West Street, Shoreham-by-Sea, BN43 5WG. Tickets are £10 each and must be purchased in advance, please call Shoreham 4SIGHT Centre on **01273 454 343**.

Fri 28th October, 4SIGHT AGM at Clair Hall, Haywards Heath, RH16 3DN. Please see enclosed sheets for more details.

Sat 26th November, 4-5.30pm, concert by South Bersted Community Choir at St Wilfrid's Church Hall, Bognor Regis, PO21 2SG.

Mon 5th December, 1-2pm, carol concert by Seaford College Chapel Choir, at St Mary de Haura Church, Shoreham-by-Sea, BN43 2SG. For tickets please call Shoreham 4SIGHT Centre **01273 454 343**.

If you wish to receive the newsletter in a different format, please let us know. The copy date for the next edition is **2nd November**.

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

North Street, Midhurst
West Sussex, GU29 9DJ
Main Tel: **01730 812 338**
Email: **midhurst@4sight.org.uk**

SIGHT CARE ADVISOR SERVICE

4SIGHT - Worthing Hospital Eye Clinic
Direct Number: **01903 285 281**
4SIGHT - St Richard's Hospital Eye Clinic
Tel: **01243 788 122 ext. 3515**

4SIGHT BOGNOR REGIS SHOP

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

4SIGHT PHOTO DIARY



Left: 4SIGHT Middleton-on-Sea Club members enjoying their annual cream tea at one of the member's homes on a lovely sunny day in July.

Below right: Georgia with some of the Middleton-on-Sea Club members.



Above: Kitchen Klub members as they relax on their outing to the Tinwood Estate Vineyard.

Right: Brian Luxford, former leader of the 4SIGHT See Saw Club in Chichester, who sadly passed away in July.

