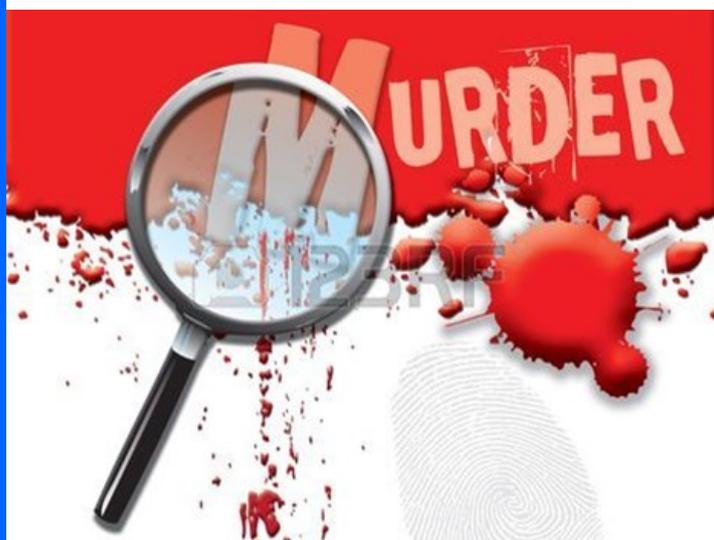


**FEBRUARY
2017
NEWSLETTER**

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



Supporting blind and partially sighted people



Goring Region Occasional Players Ensemble present:

MURDER in the MUSIC!!

Can YOU solve the mystery & win the PRIZE??

7.15pm Saturday 18th March

**Barnham Community Hall, Yapton Road,
Barnham, PO22 0AY**

Fish & Chips and dessert included

Bar and Raffle

Tickets £12.50 Call 01243 828 555

All proceeds are in aid of 4SIGHT

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CEO's Message

Hello everyone and, despite the very cold weather we've been having, I trust this finds you well!

In my last message just before Christmas, I said that I'd update you on the results of the 'Membership & Stakeholder Survey' that was done last summer. In total, we were fortunate enough to hear the views of 158 people, comprising of 61 members, 9 ex-members, 60 volunteers, staff & trustees, 6 funders & donors and 22 partner organisations.

We asked a wide range of questions about people's different experiences of being involved in what I always describe as 'the 4SIGHT community', and here below is a summary of what we found out:-

POSITIVES: Members said...

- They love our Clubs!
- 93% rate our staff as excellent or good
- 92% would recommend us to others
- 90% feel supported
- 94% feel welcomed
- 81% say we've helped them

One member said:

"4SIGHT means opportunity, technology, friendship and support"

We also discovered that 81% of our Partners feel appreciated, that our staff stay with us on average for almost 11 years, and our volunteers for almost 9 years. To sum up the *positives*, we've concluded that:

- Loyalty within 4SIGHT is very high
- Members, staff & volunteers are our best advocates
- Volunteers & Partners feel really valued
- What we do best is offer 'excellent help & support'

All good so far but there are always two sides to every story.

Here's what else we found out:

CHALLENGES: Of our members...

- 16.7% said they don't feel valued
- 80.7 years is the average age of our members
- 13% access Information, Advice & Guidance
- 39% use our 3 Resource Centres
- 25% heard of us through the Sight Care Advisors
- 5% heard through the County Council's ROVI team
- 71% didn't know we worked with the ROVIs

One member said that 4SIGHT should:

"Raise awareness of 4SIGHT; share the stories of the changes you make to people's lives"

Our Partners said that we don't inform them often enough about what we are doing and 37% would like to receive an e-bulletin. To sum up the *challenges*, we've concluded that we need to be better at:-

- Informing Members about our services
- Informing Partners about what we're doing
- Offering services across the whole of the County, especially in the North and North East
- Providing support to younger visually impaired people
- Making our members feel valued
- Promoting and valuing the 4SIGHT 'brand'

As I hope you will agree, the survey has been extremely useful; giving us much to reflect upon and take forward as we develop a new 3 year Strategic Plan for 4SIGHT that will enable us to better meet the needs of the '4SIGHT community' in West Sussex - both now and in the future. Thanks to all who contributed and please be assured that with your help we will be aiming to:

1. Improve our reach to meet growing demand
2. Develop our services across West Sussex
3. Better inform & communicate what we do, and why
4. Identify & demonstrate our mission, vision and values
5. Enable & support all visually impaired people in West Sussex

Nik Demetriades, Chief Executive

Arun & Chichester Area Committee

We were blessed with perfect weather in late September for our **Wine and Cheese Evening**, held at the 4SIGHT Bradbury Centre in Bognor Regis. An eclectic collection of music was provided by Mary, playing her keyboard outside under the wisteria, with many members and guests choosing to sit outside whilst enjoying a chat with their wine, cheese and nibbles (or beer and soft drink). While others sat or mingled in the adjoining room, with the music flowing through the door and windows. Everyone had a good time and left around 7pm.

In October, another enjoyable **Quiz Evening** was held in Seasons Restaurant at Bognor Regis Football Club. This re-built venue was the perfect location for a really fun evening for 72 members and friends, with a tasty hot meal between the rounds and a good bar. As it was Trafalgar Day, one of the rounds had a Trafalgar theme and our own Nelson was in attendance - our Vice-Chairman Annie's guide dog with his mate Harry, Trustee Jan's guide dog. With raffle and donations, we made a profit of £381.00 from the evening.

Despite widespread publicity the **Choir Concert** by South Bersted Community Choir on 26th November at St Wilfrid's Church, had a disappointingly low attendance. There was no entrance fee but we served interval refreshments in the church hall and thanks to the generous donations of audience & choir, we managed to cover our expenses with a £16 surplus. Those attending enjoyed the event but, in hindsight, we think that it was too close to Christmas.

Book now for Murder in the Music 18th March 2017 !

Don't miss an exciting evening on Saturday 18th March 2017 at 7pm in Barnham Community Hall when the GROPE theatrical group stages Murder in the Music, an interactive murder mystery with a difference! The play is performed between the courses of the meal whilst the diners try to solve the murder! There will be fish & chips and a dessert, as well as a licensed bar and raffle. Please see the poster on the front page and call **01243 828 555** to buy tickets.

We are planning a members' tea party in the spring, details to come later. In the summer, we shall spearhead a coordinated publicity campaign locally to raise awareness of the everyday challenges that those with visual impairment face daily just to get around safely.

Maureen Jenkins, Area Committee Chair

Shoreham 4SIGHT Centre Update

Angmering Ramble

We are pleased to announce that we raised a wonderful £1,820 at last year's Angmering Ramble sponsored walk. Thank you so much to everyone involved in making it yet another successful year; we look forward to doing it all again in 2017!

Coffee Mornings

Methodist Church Hall, Brunswick Road, Shoreham-by-Sea, BN43 5WB, from 10am till 12pm. There will be coffee mornings on:-

Saturday 11th February 2017

Saturday 15th July 2017

Seaford College Carol Concert

We raised a total of £390 at our annual Christmas Carol Concert performed by the Seaford College Chapel Choir at St Mary de Haura Church in Shoreham. Thank you to everyone that attended, and helped to make this wonderful advent event such a success.

Adur Talking News Farewell

A lovely but emotional morning spent with the wonderful team of Adur Talking News. Lots of memories shared as these dedicated volunteers say farewell after 40 years of producing news for local people with sight loss. You can see a photo of this on the back page of the newsletter.

Kirstie Thomas, Outreach Worker

News from Midhurst

Well, Christmas came and went and here we are starting to plan for a new year! I hope you all had a lovely time and have managed to fend off the coughs and colds, and I wish you all a very happy, healthy and prosperous 2017.

It's thanks to you all who visited us in the Midhurst Centre during 2016 that our resource centre was a busy, jovial and upbeat place on the days that Dan and I were there. We are lucky to have you as supporters who attended many of our sessional activities and made them enjoyable, successful and very welcoming to new members that joined us during the year. If we look back over the three months leading up to Christmas, we had events like the Charity Race Night, the Christmas Fair, the Focus Group afternoon tea, a trip to Chichester Festival Theatre, the Christmas cake raffle and then our lovely Christmas meal in The Grange. Some of these events raised funds for the charity and some were subsidised by the funding previously received from the Rotary Club of Midhurst and Petworth earlier in the year. Thank you to all of you as members, volunteers and donors.

So, following on from this theme, what shall we plan for 2017?

Afternoon Parlour Games

You may recall the article I put in our December newsletter about the winter afternoons drawing in and something to help combat the winter blues! So, just to remind you of the new monthly Afternoon Parlour Games sessions starting on **Thursday 16th February 2017** at 11am where we can have some fun playing dominoes, cards, draughts, chess, Scrabble, Beetle or any other games of your choice? We have a selection of these good old fashioned games in the Midhurst centre in large print or tactile versions. Everyone is welcome so why not bring a sandwich with you and we may even be able to rustle up some soup!

David's Hand Bike Sponsored Challenge

David, a wheelchair user and one of our Midhurst members will endeavour to ride 150kms (93 miles) on a hand bike over a period of 15 days starting on **20th February 2017** to raise money for 4SIGHT. David's challenge will take place in The Grange Leisure Centre, Midhurst where he hopes to achieve at least 15km each day. This challenge will take him through various levels of difficulty on the hand bike and he will be starting at Level 10 and work up to Level 17 which is the equivalent of climbing Harting Hill in West Sussex at a gradient of 32%!

I'm sure David would appreciate all our support with his challenge and we wish him all the very best of luck. So if you would like to sponsor him then either pop into the 4SIGHT centre where you can enter your name and amount pledged on a sponsor form or, you can do this by ringing through to us. Alternatively you can donate online by accessing his MyDonate page at <https://mydonate.bt.com/events/midhursthandbikechallenge>

I think it's time for another **Coffee Morning** don't you? Also a chance to catch up with one another whilst enjoying some more delicious cakes that some of you make! The date for this will be **Thursday 23rd March** at 11am. All are welcome.

and finally.....

Our Midhurst Area Committee will have had their first meeting of the year by now and will probably have started planning some of our area fundraising events for 2017. If you are interested in joining them with your ideas then please do get in touch.

to end..... "February is merely as long as is needed to pass the time until March." - Dr. J. R. Stockton

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

Bradbury Centre Update

A new year is upon us, and for me, 2017 is going to be about development, both personally and professionally. I feel that in 2016, solid foundations were laid, with both the Tai Chi Club and Tech Group forming and partnerships developing with other local organisations and charities. This year, we will continue to develop these services and partnerships to ensure that the awareness of sight loss is raised locally.

Events

We are currently talking with our partners to organise exhibition dates at our Centres and around the county for the forthcoming year. All events and open days will be advertised in our newsletter, as well as on our website, so stay up to date to ensure that you do not miss out.

On Thursday 9th March, we have Dolphin (assistive technology) and Enhanced Vision (Low Vision Aids) joining us at the Bradbury Centre between the hours of 10am and 2.30pm. Enclosed is a leaflet, with further information regarding this day.

Tech Update

The demand for advice and guidance in regards to technology has been growing steadily ever since I re-joined 4SIGHT back in 2014 and to reflect this, we have been able to successfully establish technology groups in both our Bognor and Midhurst Centres, with the addition of a Shoreham and Crawley group coming this year. If you want to discuss accessible technology further, please give me a call, and please do leave a message if there is no answer, I will always get back to you!!

Bognor Regis Macular Society Group

The Bognor Regis Macular Support Group has now been running for just over 6 months and the growth is promising. The group meets quarterly, here at the 4SIGHT Bradbury Centre.

Future dates for the remainder of this year are:

Thursday 13th April

Thursday 13th July

Thursday 12th October

The group meets between the hours of 10.30am and 12.30pm. For further information, please give me a call on **01243 838 002**.

Dan Batchelor, Outreach Worker

Resource Update

NEW! Magnetic Kitchen Timer

PRICE: £27



We have recently added a magnetic kitchen timer to our range of daily living aids available from 4SIGHT (on display at Bognor Centre).

Due to its magnetic back it is ideal to keep in the kitchen as it can be placed easily on any metal white goods surface. It has a black background with white numbers and markings, bumps can be found above each of the numbers to aid with setting. One bump can be found at 5 minute intervals with two bumps denoting every 15 minute interval and three bumps indicating the 30 minute mark. The kitchen timer has a clear ring tone once the timer has finished and does not require any batteries for operation. The timer measures 22cm square.

If you would like to place an order or have any questions, please contact me on **01243 838 002**.

Beau Prince, Assistant Outreach Worker

Bognor Charity Shop

Hello to you all – love is in the air and soon so too will be Spring!

So, please remember us here at the shop when you start your spring cleaning. Don't forget to remind your friends and family to think of us and remind them if they are in the Bognor area to come in to our Shop, on the corner of York Road at the seafront end of the Arcade – we would love to meet them and hopefully they will tell their friends too.

We have an amazing children's Party & Posh section with a wide range of outfits for a lot less than the original purchase price; where else in town would you find that!!

Can you or your friends help at all with any of the following?

Items needed:

- DVDs
- Shoes – both ladies & mens
- Bags

We can collect in the Bognor area if you are unable to bring to the shop direct – please call **01243 861 776** to book available slots.

Shop volunteer openings:

- Monday 9.30 – 1
- Friday 9.30 - 1
- Saturday 9.30 – 1 and 1 – 5

We are looking for volunteers that would like to be in a retail environment – customer service, till work, plus helping with donations that come in and taking them through the different processes. Please call Nicki on **01243 861 776** for a trial.

Volunteer DIY person:

- Needed to help paint & decorate the shop inside and out. Put shelves up, etc.....

House Clearances:

We are very lucky that local charity organisation 'Grandads Front Room' - who helps local charities - can come and collect your unwanted furniture and items from you and then bring it to us.

You just need to ring Dan direct on **07453 813 413** to arrange a collection. What a fine gentleman he is - just remember to say you are ringing for a 4SIGHT collection.

Mother's Day

We will have many items available leading up to Sunday 26th March, from gift boxes to decorative trinkets, and vases for those flowers too, so come on in and take a look.

Hope to see you, and all your family and friends, soon.

Sarah Brooks, Bognor Shop Manager & Team

200 Club

The winning number for **December was 61 and January was 105**. 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**.

TEA DANCES

2017 DATES

Sunday 22nd January

Sunday 19th February

Sunday 19th March

Sunday 23rd April

Sunday 14th May

Sunday 25th June

Sunday 24th September

Sunday 22nd October

Sunday 12th November

VENUE:

WOODLANDS CENTRE,
WOODLANDS AVENUE,
RUSTINGTON, BN16 3HB

TIME: 2pm till 4.30pm

Tickets are £5 on the door
price includes a cream tea!

Free parking

For more information please
call 4SIGHT on 01243 828555

www.4sight.org.uk



IN AID OF



Supporting blind and partially sighted people

Charity Number: 1075447

Kitchen Klub

The Kitchen Klub celebrated Christmas together a few days before the big day. We have done this for several years now but this year was special. Dear Dan volunteered to cook a full Christmas meal for the nine of us. I must admit we all agreed with a great deal of pleasure.

When we arrived the table was laid beautifully and all we had to do was sit down and open the bottles of wine!! (Well it was Kitchen Klub, what else can you expect.) The meal was superbly cooked and our plates were loaded. All the trimmings and more.

It was a lovely day and we all raised our glasses to toast Dan for all the hard work he did to cook the meal, but also for all the hard work and support he gives both the Kitchen Klub and 4Sight. Dan the Man! Great! Thank you so much.

Shirley Buck, leader of 4SIGHT Kitchen Klub

The Hawth Crawley

The Hawth theatre in Crawley is showing the following audio described performances:-

Ghost The Musical, on Saturday 18th February at 2.30pm.

A Judgement in Stone, on Saturday 27th May at 2.30pm.

Visually impaired customers and a companion are generally entitled to a discount on the full ticket price.

Their brochure is available in large print, Braille or emailed text version on request from the box office or as an audio file you can download from the website www.hawth.co.uk. To purchase tickets, or to find out more, please call the box office on **01293 553 636**.

Diary Dates

Sat 11th February, 10am - 12pm, Coffee Morning at Methodist Church Hall, Brunswick Road, Shoreham-by-Sea, BN43 5WB.

Thurs 16th February, from 11am, Afternoon Parlour Games session at Midhurst 4SIGHT Centre, North Street, Midhurst, West Sussex, GU29 9DJ. Everyone is welcome to come along and join in.

Sun 19th February and Sun 19th March, 2pm - 4.30pm, Tea Dances at the Woodlands Centre in Rustington, BN16 3HB. For more details see the poster on page 12 or call 4SIGHT on **01243 828 555**.

Thurs 9th March, 10am - 2.30pm, Low Vision Drop-in Day at Bognor Regis 4SIGHT Centre, 36 Victoria Drive, Bognor Regis, PO21 2TE. Come along and see the latest products and technologies that are available from equipment suppliers Dolphin and Enhanced Vision. There are more details in the leaflet enclosed with this newsletter.

Sat 18th March, starting at 7pm, Murder in the Music at Barnham Community Hall, Yapton Lane, Barnham, PO22 0AY. To buy your tickets, please call 4SIGHT on **01243 828 555**.

Thurs 23rd March, from 11am, Coffee Morning at Midhurst 4SIGHT Centre, North Street, Midhurst, GU29 9DJ.

Thurs 13th April, 10.30am - 12.30pm, Bognor Regis Macular Society Support Group is meeting at the Bognor Regis 4SIGHT Centre, 36 Victoria Drive, Bognor Regis, PO21 2TE. For more details, please call 4SIGHT on **01243 828 555**.

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 **28th February 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

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: Adur Talking News Farewell Party.

Below: 4SIGHT Kitchen Klub members enjoying their Christmas meal.



Left: 4SIGHT Chairman Norman presenting Tea Dance volunteer Lory with flowers, as she steps down and new leaders Lesley and Peter take over to run the group.

Right: Dancers enjoying one of the regular Tea Dance afternoons. You can find more details about the Tea dances on page 12 of the newsletter.

