

**MARCH 2017
NEWSLETTER**

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



Supporting blind and partially sighted people

ANNUAL SPONSORED ANGMERING RAMBLE



Join us and get sponsored for either a 5 or 10 mile walk in the beautiful Sussex countryside.

All proceeds raised are in aid of 4SIGHT.

**Saturday 17th June 2017
Start Time: 10.00am
Angmering Park Estate**

In Aid of

**To register,
please call:-
01273 454 343.**



Supporting blind and partially sighted people

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CEO's Message

I hope that you are all enjoying the warmer Spring weather we are experiencing at the moment. Here at 4SIGHT, we have some more good news for you all. I'm very pleased to announce that we are removing the cost of our membership; from 1st April this year it will be free for everyone in West Sussex who wants or needs to become a member of 4SIGHT in order to access the services that we offer to support visually impaired people in the County.

It was decided by our Trustees at their last Board meeting in

December that we change over to free membership, after receiving feedback from our Sight Care Advisors, Outreach Workers, and from stakeholders in last year's Survey, as it was felt that membership fees were acting as a barrier to people engaging with us.

One of our key aims is to support more people and to make sure that we are providing them with the best services that we can, so we hope that this move will boost membership at the same time as allowing us to focus on ensuring that your '4SIGHT experience' is the very best that it can be.

There will still be some charges for additional services, such as home visits and low vision assessments for example, but we hope that you understand that this is in part due to the continued funding cuts we are experiencing in the voluntary sector.

If you have any questions about memberships fees, please do not hesitate to get in touch with us on **01243 828 555**. Thanks as ever, for your continued support.

Nik Demetriades, CEO

4SIGHT Street Collections

The following street collections are booked for later this year, taking place from 9am to 3pm:-

Burgess Hill on 3rd June

East Grinstead on 8th July

Crawley on 29th July

Haywards Heath on 19th August

These are all in the Mid Sussex Area and are being organised by Jane Aston. If you can spare a couple of hours to help at any of these collections, then please contact Jane on **01444 870 462** or send an email to jane.aston20@btinternet.com.

Ropetackle Arts Centre

One of our members visited the Ropetackle Arts Centre with the 4SIGHT Culture Vultures Group on 1st March and saw the film 'The Bucket List'. She wrote to tell us how much she enjoyed the film.

She thought the film was excellent and that the audio description didn't intrude and was barely noticeable. Although she enjoyed the film very much she did admit that it made her cry as it was so moving and the cost was a mere £3.50!

The next audio described film is being shown on Wednesday 26th April at 2pm and it is 'Ocean's Thirteen'.

The Ropetackle Arts Centre is at Little High Street, Shoreham-by-Sea, BN43 5EG. You can contact their box office on **01273 464 440** or visit their website at www.ropetacklecentre.co.uk to find out about future audio described films.

4SIGHT Tech Clubs

Around this time last year we launched our first two 4SIGHT Tech Clubs in Bognor Regis and Midhurst respectively. A year down the line and we now have established monthly groups in Shoreham and Crawley also.

It is refreshing to see people embracing the world of technology and this is reflected in the attendance at all 4 groups. Please see below scheduled dates and topics for upcoming tech clubs:

Bognor Regis

Thursday 20th April – Accessories

Thursday 11th May – Online Browsing/Shopping

Midhurst

There is no date in April due to the Centre moving

Tuesday 9th May – Applications (Apps)

Shoreham by Sea

Wednesday 19th April – Applications (Apps)

Wednesday 10th May – Accessories

Crawley

Future dates are still waiting to be confirmed - please phone Dan on **01243 838 002** for more details.

If you have the desire to learn how to make technology accessible for those living with sight loss, or if you would like any further information regarding our technology groups, then please give Dan a call on **01243 838 002**.

Upcoming Events

Towards the end of April we will be holding 3 Low Vision Drop-in Days around the county, in partnership with Enhanced Vision, Dolphin and other partner organisations.

Wednesday 26th April – 10.00am – 2.30pm

4SIGHT Shoreham Centre, The Shoreham Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU.

Thursday 27th April – 10.00am – 2.30pm

Park Barn, Horsham Park, North Street, Horsham, RH12 1RL

Friday 28th April – 10.00am – 2.30pm

St Francis & St Anthony Church,
Haslett Avenue West, Crawley, West Sussex, RH10 1HR.

A flyer with further information regarding these events is enclosed with this edition of the newsletter.

If you require any more information, please give me a call on
01243 838 002.

Dan Batchelor, Outreach Worker

Morrisons Foundation has supported 4SIGHT by funding the production of this newsletter.



News from Midhurst

I have some slightly different news to pass on to you in this edition and it's about our future presence in the town of Midhurst.

We are moving to different premises!

On Friday 7th April, we will close our existing premises at the end of North Street by the bus stand to allow us to pack up ready for our move to our new premises at 9, Knockhundred Row further along the High street. (In the premises that was once Pandora's then Chapter 24).

If all goes as planned, we will re-open on Tuesday 18th April but in a slightly different way to what you have been used to seeing in the North Street premises. We will no longer have a donated charity retail shop but will be focussing more on our Resource Centre with all the assistive and daily living equipment to help people living with the challenge of sight loss. We will also be concentrating more on the social engagement side of things to help prevent loneliness and isolation and will do this by having more 1-2-1 sessions and group activities in the centre.

Subject to finalising a few technical details, it is our hope that working alongside us in the new centre will be another sight loss charity, Blind Veterans UK. They have just undergone a restructuring process and have recruited community engagement workers around the county so have said they would like to share some space with us. We are really excited about this potential new development and are looking forward to working closer with them. This partnership will also help some of our current 4SIGHT members who are also members of Blind Vets UK as well. Both of us will then be able to support one another, share activities and work much closer together.

Once we have moved into our new premises we plan to have an 'opening ceremony' so we will let you know when that is planned.

In the meantime, please come along to see us in Knockhundred Row once we open on 18th April.

David's Hand Bike Sponsored Challenge

You will recall that in the February newsletter I told you about David, a wheelchair user and one of our Midhurst members, who was planning to ride 150kms (93 miles) on a hand bike over a period of 15 days in The Grange Leisure Centre, Midhurst.

Well, I'm pleased to say that David completed his challenge and actually managed to do 171.83kms (106 miles) and burnt off 4900kcal over those days! Well done David! I'd like to thank him for his tremendous effort in achieving this and on your behalf thank him for raising funds for 4SIGHT. Final sponsorship figures are not in yet but if you did sponsor David then please arrange for your sponsor money to come into the Midhurst centre at some point soon.

Spring Fair

As we all thoroughly enjoyed the Christmas Fair at the Grange in December and raised some funds for 4SIGHT, we have decided to book a table now at the Spring Fair being held on **Saturday 29th April 2017** again at The Grange Centre, Bepton Road, Midhurst, from 10am to 3pm. We will have our ever popular tombola again, as well as our resource equipment and literature to show people what we do. We hope you will come along to support us on the day and it may be that you have some unwanted new gifts or tinned food, unopened sweets or bottles of wine in the cupboard that you would like to donate to us for the tombola prior to the event! We will gratefully receive most things!!

***to end..... "April hath put a spirit of youth in everything."
William Shakespeare.***

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

Cheese & Wine Quiz

TICKETS £12



Tantalize your taste buds and put your cheese and wine knowledge to the test for a great cause!

Teams of Max 6 people

SATURDAY 13th May 2017

Quiz Starts at 7pm

**St Peters Church Hall, West Street,
Shoreham, BN43 5WG**

**To Get your tickets
please Call:
01273 454343**



In Aid of

Supporting blind and partially sighted people

Registered Charity No: 1075447

Company No: 3740647

200 Club

The winning number for **February was 197 and March was 147**. 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**.

Please Support Our Teams

4SIGHT have been invited to take part in the Mid Sussex Triathlon Club's Annual Open Meeting, which is being held on 11th June at the Triangle Leisure Centre in Burgess Hill. This is the first time the Mid Sussex Triathlon Club has held a "para" style competition at their Open Meeting and I am delighted that we have been invited to be their guinea pigs.

We will be competing in 2 teams of 3 athletes, each member taking on a particular discipline. The teams will work on a tag basis and the winner will be the overall fastest team. They will be competing as novices which will involve a 400 meter swim, 24 kilometre bike ride (tandem in our case) and a 5 kilometre run.

The purpose of entering is to raise some money for 4SIGHT, and I expect some of you will have come across our sponsorship forms either at your club, or in one of the 4SIGHT Centres. Do think of all the hard work our 6 members plus their tandem partners and running guides are undertaking on your behalf and support them through these sponsorship forms. If you require a form to be sent to you, please call 4SIGHT on **01243 828 555**.

Anne Tomlinson, 4SIGHT Volunteer

Bognor Regis Charity Shop

Message from the Bognor Regis Charity Shop for April and May.....

Easter is upon us this month and here at the Bognor Regis Charity Shop we will, as always, be providing a Tombola of chocolate, chocolate and more chocolate.....including allergy free chocolate, so everyone can join in. Plus, there will be other goodies as well if for some reason you don't like chocolate, I know there are some people who don't!

It all begins on Saturday 8th April, running daily and finishing on Saturday 15th April. Tickets will be £1 for 3. All prizes have kindly been donated by our very generous volunteers here at the shop.

Please note that on Good Friday 14th April and Easter Monday 17th April the shop will be closed, but it will be open on Saturday 15th April as normal.

This is the time of year when many of you have a good Spring clean at home so if you, or someone you know, is having a clear out why not donate your unwanted items to 4SIGHT? We would very much appreciate your donated goods. Collection is available locally in the Bognor area; please call the Charity Shop on **01243 861 776** to arrange this.



We especially need more DVDs, music CDs and vinyl records.

Why not come in to look at all our great offers around in the store, as they are always changing.

A big thanks to you all for your continued support, from all of us here at the shop.

Sarah Brooks, Bognor Shop Manager and Team

I.T. Junction

Adur & Worthing Council are offering a service called I.T. Junction, where anyone (over 18yrs) can gain free access to a computer and the internet, including online courses.

So if you, or someone you know, doesn't have regular internet access and is interested in learning the basics, then drop into your local centre, they are located in towns throughout the Worthing and Adur area.

What the Junction can offer you:-

- How to use a keyboard and mouse
- How to create documents
- How to get the most from your tablet/smartphone
- How to use a search engine and shop online
- How to use Facebook/Twitter
- How to set up your own email account
- How to keep personal information secure online
- How to find out about GP online services
- How to guide - NHS Choice
- How to find public services online

All learning is at your own pace.

The I.T. Junction in Shoreham meets at The Shoreham Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU. They are open every Monday, from 10.30am to 12.30pm.

Drop in and find out more about getting online. No need to book, just pop in and someone will be there to help you.

To find out where your nearest I.T. Junction is in Adur and their opening hours, please call them on **01903 221 400**, or visit their website **www.itjunction.org.uk**

Book Review - Notes on Blindness

A journey through the dark, by John M Hull.

Days before the birth of his first son, writer and academic John M Hull started to go blind. He would lose his sight entirely, plunged into darkness, unable to distinguish any sense of light or shadow. Isolated and claustrophobic, he sank into a deep depression. Soon he had forgotten what his wife and daughter looked like.

In the book 'Notes on Blindness', John reveals his profound sense of loss, his altered perceptions of time and space, waking and sleeping, love and companionship. With astonishing lucidity of thought and no self-pity, he describes the horror of being faceless, and asks what it truly means to be a husband and father. And eventually, he finds a new way of experiencing the world, of seeing the light despite the darkness.

RNIB's Flagship Publication - The Beacon

RNIB's oldest magazine The Beacon, now known as NB Online, is being recognised for reaching 100 years in circulation. The editor, Hannah Adams, is looking back at the issues faced by blind and partially sighted people in 1917, and how they compare to those experienced today.

Each month, they will be diving into The Beacon archive and sharing an interesting article from the last 100 years of the magazine. The first one is from the January edition in 1917 and is called, 'Yesterday and Today at St Dunstan's'.

Anyone can access The New Beacon Online by signing up free of charge. Just use the link shown below:-

http://rnib.msgfocus.com/k/Rnib/sign_up_for_nb_eneews

Friends and Family Sighted Guide Training and 4SIGHT and Guide Dogs Q&A

Are you newly diagnosed as having a vision impairment? Want to meet others that are vision impaired or find out more about Guide Dogs' and 4SIGHT's services?

We're delighted to announce that on Thursday 6th April Guide Dogs staff will be visiting Shoreham 4SIGHT Centre to run a session for people with vision impairments and their family members or friends, to increase understanding of how to sighted guide effectively and provide information on services available to help you live the way you want to.

This fun and informative session will start at 11am and will last no more than three hours. To book your free place contact Joel Young, Guide Dogs Community Engagement officer for West Sussex on 07881 269585 or, email him at Joel.Young@guidedogs.org.uk.

For more about Guide Dogs visit www.guidedogs.org.uk/services.



Diary Dates

Sun 23rd April and Sun 14th May, 2pm - 4.30pm, Tea Dances at the Woodlands Centre in Rustington, BN16 3HB. For more details, please call 4SIGHT on **01243 828 555**.

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.

Wed 26th April, 10am - 2.30pm, Dolphin and Enhanced Vision Supplier Drop-in Day at the Shoreham Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU.

Thurs 27th April, 10am - 2.30pm, Dolphin and Enhanced Vision Supplier Drop-in Day at Park Barn, Horsham Park, North Street, Horsham, RH12 1RL.

Fri 28th April, 10am - 2.30pm, Dolphin and Enhanced Vision Supplier Drop-in Day at St Francis and St Anthony Church, Haslett Avenue West, Crawley, RH10 1HR.

Sat 29th April, 10am - 3pm, Spring Fair at the Grange, Bepton Road, Midhurst, GU29 9HD. Come along and meet 4SIGHT there.

Sat 13th May, from 7pm, Cheese & Wine Quiz at St Peters Church Hall, West Street, Shoreham, BN43 5WG. More details on page 11.

Wed 31st May, 10am - 3pm, Optelec Focus Day, at Bognor Regis 4SIGHT Centre, 36 Victoria Drive, Bognor Regis, PO21 2TE.

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 **18th April 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 - From 18th April)

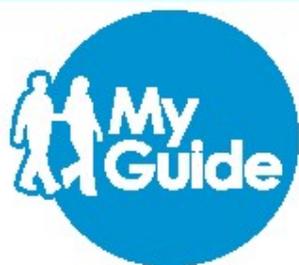
9 Knockhundred Row, Midhurst
West Sussex, GU29 9DQ
Main Tel: **01730 812 338**
Email: **midhurst@4sight.org.uk**

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**



Supporting blind and partially sighted people

GUIDE
DOGS



Friends and family sighted guide training and Guide Dogs Q&A

A fun and informative session with practical activities to increase awareness of vision impairments, sighted guiding techniques and the work of Guide Dogs.

If you know someone that is blind or partially sighted, attend with them to learn how you can help them get out and about.

Venue: 4SIGHT,
The Shoreham Centre, 2
Pond Road, Shoreham-by-
Sea, West Sussex. BN43 5WU

**Thursday 6 April 2017,
11.00am – 2.00pm**

To book your free place
contact Joel Young
(Community Engagement
Officer) on **07881 269585**
or, email:
joel.young@guidedogs.org.uk

www.guidedogs.org.uk/my-guide

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