

WINTER 2018 NEWSLETTER

Charity No. 1075447
Company No. 3740647

4 Sight
vision support



**We would like to wish all
of our members a very
Happy and Healthy
Christmas and a
Prosperous New Year.**



Contents

1	Christmas Greeting
2/3	CEO's Message
4/5	Head Office Update
6/7	News from Midhurst
8	Fundraising Update
9	Bognor Charity Shop
10	Shoreham News
11	Arun Area/200 Club/ Item for Sale
12/13	Volunteer Vacancies
14	Good Neighbours
15	ROVI/My Guide/Helping Hand Scheme
16	Carers Support/ Community Opticians/ Hearing Test/Blind Vets
17	Blue Badge/WTN
18	Tea Dances/Christmas and New Year Opening
19	Contact Details
20	Christmas Appeal

CEO's Message

The great American storyteller Washington Irving, famous for the Rip Van Winkle stories, once said:

'Christmas is the season for kindling the fire of hospitality in the hall, the genial flame of charity in the heart'.

As we pause to reflect on that thought for a moment, I'd like to share with you the news that we enjoyed a lively and successful 2018 AGM on 26th October in Billingshurst. This was attended by 48 people, including 31 of our members and representatives from the RNIB, WSCC ROVI team, Croydon Vision, Healthwatch West

Sussex and Sight Support Worthing. We were very pleased to have so many members and colleagues there with us to share in our day, as we looked back on a positive and successful 2017/18 year.

And it's in that spirit of sharing goodwill and cheer at this festive time that I'd like to tell you about another great story, one which concerns our friends at Sight Support Worthing who, like us, have a proud and rich history of *'...kindling the fire of hospitality in the hall, the genial flame of charity in the heart'*. Their story, which has been captured in a recently published book, called **Providing The Jam** (see picture on page 3) goes back to 1910, before the days of the welfare state or disability benefits, when they were established as the 'Worthing Society for Befriending the Blind' with a mission to help blind people who would otherwise face a life of poverty and exclusion. The Book's title comes from a quote from early Society Chairman, the Rev Edward Penfold, who once said that, although

the County Council provided 'the bread', it was the Society that provided 'the Jam', i.e. all the little extras like companionship, trips and an annual holiday that made the difference.

Co-written by Chris Hare & Lela Tredwell, 'Providing The Jam' tells an absolutely fascinating story about the history of blind/visually impaired people in Worthing and it includes many references to 4Sight Vision Support (or West Sussex Association for The Blind as we used to be known) because our history is so closely intertwined with that of Sight Support Worthing. This is hardly a surprising fact given the work that both charities have done over the years to support the many visually impaired people in our communities.

In fact, in a manner akin to that true Christmas spirit, ourselves and Sight Support Worthing are working together more closely than ever before as we share our ideas, energy and resources these days to make a difference; something that can only be a good thing for visually impaired people in West Sussex and Worthing.

On that note, I would heartily recommend any interested readers to pick up a copy of this fantastic book; it'll make a fantastic stocking filler! For further information on how to purchase a copy, please call Sight Support Worthing on **01903 235 782**.

Lastly, I'd just like to thank you on behalf of the whole team here at 4Sight Vision Support for your continued support and to take this opportunity to wish you all a very Merry Christmas, a Happy New Year and a healthy and prosperous 2019.

Nik Demetriades, CEO

PROVIDING THE JAM



*A story of the visually impaired
community of Worthing*

Lela Tredwell and Chris Hare

Chat, Cake and Coffee Morning

A new drop-in session will be taking place at the Bognor Regis 4Sight Vision Support Centre from January 2019. The session will run on the last Friday of each month, from 10 to 11.30am. It is an opportunity for you, family, friends and carers to learn more about the services we provide. Come and meet the team and chat with other members, whilst enjoying cake and coffee or tea! If you would like to join us, please contact Karen Mclachlan on **01243 838 007** so we can make sure there is enough cake for everyone.

New Service – The Sight Loss MOT

Building on national strategies and research, our colleagues at Devon in Sight have developed an innovative 'Sight Loss MOT' to help identify the services, support and training that will help people living with sight loss maintain their independence, well-being and choice. 4Sight Vision Support is now able to offer The Sight Loss MOT to our members - a holistic and bespoke needs assessment.

The MOT focuses on the following areas: Understanding your eye condition, making the best use of your sight, your health and well-being, managing at home, getting out and about, your finances and planning for the future, learning, work and having your say. The **Sight Loss MOT** will identify what/if additional support might be helpful – particularly if you have been newly diagnosed with sight loss, or if your condition and support needs have changed.

We will also be able to check that you are receiving allowances and entitlements through registering as being sight impaired and have the opportunity to chat to someone about the emotional impact of living with sight loss.

We will be working with partner organisations and groups to ensure we provide a bespoke and meaningful service – making a positive difference to you as an individual. If you would like to find out more about this service, please contact Karen Mclachlan on **01243 838 007** or email **karen.mclachlan@4sight.org.uk**

The Gideons International Bible

Would you like a copy of the new Testament and Psalms? We can send you a hardback copy in large print free of charge, please call Bognor Regis 4Sight Vision Support Centre on **01243 828 555**.

West Sussex Library Service

West Sussex Library Service now offers a free electronic magazine that library members are able to read on tablets, smartphones and computers. They offer over a hundred titles including special interest magazines such as health, sport, craft, computers and many more. They can be found by visiting www.westsussex.gov.uk/ebooks and creating an account. The number of magazines that can be downloaded is limited by the storage on your device, there are no time limits and back copies are available too. They also offer newspapers and periodicals online. Visit www.westsussex.gov.uk/enewspapers and sign in with your West Sussex library card. For more details visit your local library or email elibraryhelp@westsussex.gov.uk.

We need your help?

As a charity we face the daily challenges of securing funding and raising income that will ensure we are able to continue to support you with our vital services. A lot of our income is generated through applications and funding bids to Trusts and Foundations. Statistics on our service delivery and members are a vital part of securing the funding required; we must also submit reports that provide evidence of the impact and more importantly “the difference our services and support make to you as an individual”.

We now have an email address which will enable you to provide your vital feedback that will demonstrate the value of our services and help us to secure income. Please share your thoughts with us on **feedback@4sight.org.uk** or call any of our 4Sight Vision Support Centres and we'll be happy to write down your feedback. You can make a real difference and we look forward to hearing from you.

News from Midhurst

Well, here we are and it's that wonderful festive time of year again! We all look forward to gift giving, decorations, feasting and being merry. However, it's easy to forget the true meaning of Christmas; that's about showing gratitude, sharing and making people happy.

By the time you read this newsletter, we will have enjoyed several festive celebrations here in Midhurst, including our Christmas party for members and activity groups, and the Midhurst Christmas street light switch on, where we provided hot punch and mince pies, as well as a Christmas tombola and craft sessions for the children.

The two remaining Christmas activities for this year are; Christmas Wreath Making Workshop, Tuesday 11th December, 1-4pm, and Christmas Lunch, Friday 14th December at The Greyhound Pub in Cocking. For more details, or to book either of these events, please contact Bev Tinson on **01730 812 338**.

So, what's happening in the New Year?

The Tech Group with Dan continues to meet the second Tuesday each month. Next dates are 8th January, 12th February and 12th March at 10.30am.

Coffee Mornings continue the last Thursday each month. Next dates are 31st January, 28th February and 28th March at 11am.

Games Group continues every Wednesday from 1pm.

Macular Support Group continues the third Wednesday each month. Next dates are 16th January, 20th February and 20th March at 10.30am.

So, that's almost it for this edition, just one other piece of news! At the end of March 2019, I will be leaving the centre here in Midhurst and working on more strategic, developmental and governance projects at our HQ in Bognor Regis.

I've been in Midhurst for almost 4 years now, starting with finding and setting up our very first premises in the town. The support we have had from the community has been second to none and that, along with the help and gratitude from our members, has made my time here so enjoyable. I feel confident that the Midhurst centre is now well established, continuing to attract new members and I'll be leaving you in Dan Batchelor's capable hands.

So, all that remains for me to say is a 'BIG THANK YOU' to each and every one of you who have supported me and our centre during my time here. My farewell celebration will be on Thursday 21st March 2019, from 12.30pm onwards and it will be lovely to see you all.

May your Christmas sparkle with moments of love, laughter and goodwill, and may your year ahead be full of contentment and joy.

Bev Tinson, Development & Outreach Officer
Tel No. 01730 812 338.

Me & My Girl - Chichester Festival Theatre Review

'Firstly, I must admit that I am not a great fan of musicals but this one changed my mind! When we arrived at the theatre, we were met by one of the ladies who was doing the audio description and she explained what was going to happen before the show. Shortly after we were taken on stage for the touch and feel experience and then got introduced to some of the cast members. After all this, we collected our earphones and were shown to our seats.

As for the show itself, I cannot praise it enough. The cast, from the stars down to the last chorus person, all played their part in what was a brilliant master class in how to keep a full house enthralled for two and a half hours. The audio description was so good that it did not make the slightest difference that I could not see a thing that was happening on the stage!'

David B. (Midhurst 4Sight Vision Support member)

New Blog Webpage - Your Stories & Views - Your Space

This new space on our website is for personal stories, poems, funny tales and much more. All entries are written by people living with sight loss, or family/friends/supporters making up our 4Sight Vision Support Community. Find these at www.4sight.org.uk/blogs/

If you would you like your writing to feature here, please contact Jessica at fundraising@4sight.org.uk or call **01243 838 001**.

A Big Thank You from the Big Ball

We would like to thank everyone for attending and supporting the ROX Charity Big Band Ball. It was a lovely evening celebrating work going on in the community from various organisations and we were very grateful to be part of it. We would also like to thank the local businesses that donated raffle prizes which generated even more money. There is an update on our website of the total raised and pictures of the Ball; we look forward to future events like this.

Copacabanna – Popular Musical returning in the New Year

We are delighted to announce that the wonderfully talented musical theatre students, from Chichester University, will be performing Copacabana at the Alexandra Theatre, from 7th to 9th March. This is part of our ongoing relationship with the students as they are working on different projects for the organisation.

Tickets are available from the Alexandra Theatre Box Office at just £14, or concessions £12. Tel. **01243 861 010**.

Active? Want a challenge or know someone that does?

Next March you can be part of our St Patrick's Day Virtual Run. You can run anywhere, any time and any distance, but it must be done all in one go on either 16th or 17th March to earn your themed medal. This challenge is open to everyone, all ages and abilities, so why not get all the family involved? Entry is just £12 and 4Sight Vision Support will receive a minimum of 20% of every entry fee.

Go to: www.virtualrunneruk.com/product/st-patricks-day-run/

Bognor Regis Charity Shop News

Seasonal greetings from the 4Sight Vision Support Charity Shop in York Road, Bognor Regis. All of us here at the shop, volunteers and staff wish everyone the joys of this festive time, as we prepare to welcome in 2019!

Please remember if you have neighbours or know someone who is on their own, why not just say hello or offer a place at your dinner table or take them a mince pie and smile to show someone cares.

Yet another year has slipped away so fast – let us take a look at all the things the shop has achieved over 2018. Although many of us said goodbye to loved ones and a farewell to some volunteers, we also said a big Welcome to new volunteers here in the shop. We also welcomed Quinton at the beginning of the year as Assistant Shop Manager; he has fitted in here so well and gone above and beyond – I would like to thank him personally.

Quinton is now our onsite PAT tester – checking all the electricals that are donated are safe for the shop to sell on. So, don't forget please that we are able to accept any small electrical appliances.

Come into the shop to see the wonderful Christmas items that can be purchased to make everyone smile, or grab yourself a bargain when the sale starts in January. Why not get yourself a chunky jumper, hat and scarf or a pair of boots – we stock all, including decorations and even a Christmas tree. There are also things that volunteers and friends have made for us to sell; including knitted items, a lovely hanging angel advent, tags and advent stockings which were made from a donated Christmas piece of material.

Please don't forget us in the New Year when you are clearing out the old to make way for the new – give the shop a ring on **01243 861 776** to see if we are able to collect in the Bognor Regis area.

Until next time – we hope to see you in the shop soon.

Sarah Brooks & Quinton Mills

Shoreham Fish & Chips Quiz Review

More than sixty people enjoyed the annual Fish & Chips Quiz held at St Peter's Church Hall, Shoreham on Saturday 27th October. The sometimes taxing questions were set by Sandra and Rod Williams covering a variety of subjects. The food was as good as ever and delivered promptly, on time by a local fish and chip shop. Kirstie and Ryan Thomas proved to be excellent raffle ticket sellers raising £220 and all prizes had been donated. Various games between the quiz rounds helped boost the amount raised to a total of £708!

All in all, a very successful and enjoyable evening. It was good to see many familiar faces and to welcome some new ones as well. Many thanks to all who helped and/or donated prizes. Also, thanks to Jane and Pat who always give us a big welcome to the hall and manage the bar. See you all next year!

Ellen, Shoreham 4Sight Vision Support Volunteer

Seaford College Chapel Choir Christmas Concert

Come along on Monday 10th December, from 1pm to 2pm, for a Christmas Carol Concert performed by Seaford College Chapel Choir at St Mary de Haura Church, Shoreham-by-Sea. Tickets are £5 each and can be booked in advanced or paid for on the day. This includes tea/coffee and a mince pie.

For more information or to book your tickets, please call Shoreham 4Sight Vision Support Centre on **01273 454 343**.

Shoreham Members Carol Service

Join us on Wednesday 19th December at 2.30pm, at the Methodist Church Hall, Brunswick Road, Shoreham-by-Sea, BN43 5WB, for a festive service of thanks for all our members, volunteers and supporters. There will be a carol service and readings, followed by tea or coffee and cake.

Arun and Chichester Area Committee

In September, we held a Fish & Chips Quiz at the Bassil Shippam Centre, Chichester. Although attendance was not as high as usual, our feedback was that they all thoroughly enjoyed the evening and meal. We auctioned 2 items and held a raffle, which raised £217.

Due to ill health, we have been unable to organise events for a while, but we plan to hold our next quiz night in the spring. Details will be in the next newsletter. Once again, we would welcome new volunteers to help out at our social and fundraising events. These only happen occasionally, for just a few hours and usually fun!

Please contact Karen or Kirsty on **01243 828 555** if you would like more information. Also, please call them if you are visually impaired and would be interested in riding tandem.

Maureen Jenkins, Area Chairman

200 Club

The winning number for **September was 146, October was 147 and November was 53**. Pay just £20 to join the 200 Club for a year and help to raise money to support our vital activities. You will be given a unique number, from 1 to 200, where you have the chance to win £100 each month in the prize draw. If you would like to join, then please call us on **01243 828 555**.

Item for Sale

New handheld Clover 7 video magnifier, LCD screen, 2.2 by 16 times magnification. Mistaken purchase. Paid £545, will accept £380 ono. Please phone **01243 788 389** after 6pm.

Please contact the seller direct. The above item is for sale from a 4Sight Vision Support member. 4Sight Vision Support accepts no responsibility for any items sold.

4Sight Vision Support Volunteer Vacancies

Minute taker for Outreach Workers Meetings

We need someone to support our Outreach Team by taking the minutes at their quarterly meetings at the 4Sight Vision Support Centre in Shoreham and type them up after the meeting.

Previous minute taking experience would be an advantage but is not essential, as well as a knowledge of 4Sight Vision Support and the vital work we do. Shorthand experience is not necessary.

For more details about this volunteering role, please contact Kirstie Thomas on **01273 454 343**.

Minibus Drivers Needed - Littlehampton Area

We require volunteer minibus drivers in the Littlehampton area to enable our members to continue to access our 4Sight Vision Support Littlehampton Social Club.

The drivers will collect our members from an agreed location, transport them to the club and return them afterwards. The Club meets on the 2nd and 4th Tuesday each month, 2-4pm. They also have a couple of outings during the year, so we need our drivers to be flexible/willing to drive to different locations.

Companion Needed - Rustington Area

We have a female member living in Rustington who would like to attend educational talks and groups and needs someone to assist by attending these events with her. The subjects that she has an interest in are; consumer affairs, health and research, medical, human interest stories and many more.

If you, or someone you know, would like to volunteer for either of these roles, please call either Kirsty or Karen on **01243 828 555** and they will be happy to give you more details.

New Leader for 4Sight Vision Support Lunch Club

The Clayton and Hassocks Contact Clubs have been running for 28 years under the leadership of Dorothy Lazenby. Dorothy is now 88 and ready to retire so we need to find a new club leader.

When Dorothy was 60, she gave up her nursing career and looked for a new role as a volunteer. She heard about 4Sight Vision Support, known then as West Sussex Association for the Blind and decided to help. The Area Committee told her how much a club was needed in the Burgess Hill area and Dorothy rose to the challenge. Setting up not just one club, but two! The Clayton and the Hassocks Contact Clubs. In 2013 Dorothy was awarded the British Empire Medal for her work with our charity.

The clubs meet alternately on a Wednesday, from 10.30am to 2.15pm. They provide friendship and support to elderly blind and partially sighted people. The clubs offer a good lunch, speakers, quizzes and some outings. Transport can also be provided.

We plan to merge the two clubs, so the Clayton Contact Club will continue to meet on alternate Wednesdays at Clayton Village Hall. If you would like to be considered for the Leader's role or know someone else who would be interested, please contact:

Jane Aston, 4Sight Vision Support Mid Sussex Area Committee Secretary, on **01444 870 462** or **07508 423 890** or email jane.aston20@btinternet.com.

Newsletter Stuffing

With our membership numbers increasing, we now produce a larger number of newsletters and these need folding and stuffing into envelopes. We need your help with this volunteering role that takes place four times a year at our Bognor Regis Centre.

If you have a few hours spare and can offer to help, please call us on **01243 828 555**.

Royal Voluntary Service Good Neighbours

Royal Voluntary Service is contracted by West Sussex Council to deliver a befriending service across the County. However, they have had to change the way they deliver their support due to increased demand for this service. Good Neighbours now offer a time-limited intervention of **up to 12 weeks**, with the aim of helping older people to re-engage with their local community and remain active and independent at home. Their support could include:

- Helping someone to access/attend a club or group
- Accompanying a person on a short walk or outing
- Assisting a person to go shopping
- Telephone befriending
- Some company and a chat from a volunteer (for up to 12 weeks)

Their service aims to increase social contact and improve health and wellbeing, enabling a person to build self-confidence. They can also link people with other organisations across West Sussex that provide advice, support and activities.

The Good Neighbours service is **free of charge** and supports older people who are living alone. Their criteria include:

- People aged 55 years and over
- People who have been identified as socially isolated or lonely
- People who do not have a network of local support nearby
- People who are able to access and attend activities in their local community with support.

Please contact them if you know someone who may benefit from their support, or if you require any further information.

For Adur, Arun, Chichester and Worthing, call **01903 257 019**

For Crawley, Horsham and Mid Sussex, call **01293 228 060**

The Role of the ROVI

What does ROVI stand for?

Rehabilitation Officer for Visually Impaired.

What does a ROVI do?

They will look at every aspect of a person's everyday living that would be affected by their sight.

Does a person have to be registered to see a ROVI?

No. A ROVI will see anyone who has a serious sight problem that is not corrected by glasses.

How does someone get to see a ROVI?

You can make a self-referral by calling **01243 642 121** or by filling in an online enquiry form at www.westsussex.gov.uk/contact-us

Guide Dogs - My Guide Service

Following an initial assessment to ensure the My Guide service is right for you, Guide Dogs can match you with a fully trained and checked sighted guide. This volunteer will enable you to get out and about and do the things that you want to do.

To find out more about the My Guide service, contact Guide Dogs on **0345 143 0229** or visit their website guidedogs.org.uk/services

Helping Hand Scheme

The Helping Hand card allows you to discreetly and directly advise of any assistance required when using Brighton & Hove buses.

You can design your own message to go on the card or use one of the popular ones like - "Please call out my stop" - which is helpful when on buses without next stop audio announcements.

The card is free, and anyone can apply for it, either by phoning **01273 886 200** or online at Buses.co.uk/HelpingHand

Carers Support

If you look after someone who could not manage without your help then you are a family or friend carer, and you may be missing out on available services, support, advice and benefits.

Carers Support provides free and confidential practical information, guidance and emotional support to carers across West Sussex.

You can register with Carers Support West Sussex easily online at www.carerssupport.org.uk or by calling them on **0300 028 8888**.

Community Care Opticians

Can't get to the High Street Optician on your own?

If you are registered blind or partially sighted and aged over 60 or receiving benefit, you may qualify for a free NHS eye test at home.

For more details, or to book a test, please call **01273 220 588** or visit www.communitycareopticians.co.uk

Getting Your Hearing Tested

People with sight loss need good hearing more than most and can't afford to wait before doing something about this. Research done indicates that the outcome is better the quicker you take action.

The Community Care Opticians also offer private hearing aids and tests for people who are housebound. See details above.

Blind Veterans UK

Blind Veterans UK provide free practical and emotional support to ex-Service men and women living with severe sight loss.

You can apply by phoning them free on **0800 389 7979** or by visiting their website blindveterans.org.uk

Note to all BLUE BADGE Holders

A 4Sight Vision Support member suggested we might put an article in the newsletter telling people of her experiences of receiving a parking fine.

Her friend parked the car in a space for cars with a Disabled Badge in a car park, but they did not check the 'small print' on display, so did not realise they needed to pay and received a penalty notice of £100. She wanted to alert other members to check carefully and not assume displaying the badge was sufficient, as it's an expensive mistake to make.

For more details about the Blue Badge scheme and the parking restrictions please refer to your Blue Badge booklet or contact: blue.badges@westsussex.gov.uk or phone **01243 777 653**.

Wealden Talking News (WTN)

Wealden Talking News, based in Heathfield in East Sussex, have some exciting news for blind and partially sighted people across East and West Sussex. Following their recent recording studio upgrade they are branching out and are now offering a new **free** service to anyone who is visually impaired.

They can offer audio recordings of Sussex Life magazine, Sussex Living magazine and a compilation issue featuring Sussex history and wildlife, listeners' letters and poetry.

The three recorded magazines are on one monthly memory stick and can be played on your own USB player, computer or tablet.

If you live in East or West Sussex and would like to receive this new service, please call their office on **01435 862 304** and leave a message on the answerphone. Alternatively, you can email them on **secretarywtn@gmail.com**.

New Tea Dances Dates 2019

Sunday 20th January	Woodlands Centre, Woodlands Avenue, Rustington, BN16 3HB.
Sunday 17th February	
Sunday 17th March	2pm till 4.30pm
Sunday 14th April	Tickets are £6 on the door
Sunday 19th May	Price includes a cream tea, plus a free raffle ticket!
Sunday 30th June	<u>Free parking</u>
Sunday 15th September	Please call 4Sight Vision Support on 01243 828 555 or Lesley on 01243 264 317
Sunday 20th October	
Sunday 17th November	

Christmas and New Year Opening

Bognor Regis 4Sight Vision Support Centre will close at 2pm on Friday 21st December and re-open at 10am on Wednesday 2nd January 2019.

Shoreham 4Sight Vision Support Centre and Midhurst 4Sight Vision Support Centre will close at 2pm on Thursday 20th December and re-open at 10am on Wednesday 2nd January 2019.

4Sight Vision Support Bognor Regis Charity Shop will close at 4pm on Saturday 22nd December and re-open Thursday 27th December. It will then close at 4pm on Monday 31st December and re-open on Wednesday 2nd January 2019.

This newsletter is available in large print, email, CD, Braille or USB. If you would like to change to a different format, or no longer wish to receive the newsletter, then please let us know.

The copy date for the next edition is 15th February 2019 for any inclusions. Due to space and resources some articles may have been edited. Information contained in this newsletter was correct to the best of our knowledge at the time of printing.

4Sight Vision Support Contact Details

BOGNOR REGIS 4SIGHT VISION SUPPORT CENTRE

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

SHOREHAM 4SIGHT VISION SUPPORT 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 VISION SUPPORT CENTRE

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

NORTH & MID SUSSEX 4SIGHT VISION SUPPORT

Tara Beesley Tel: 07545 501 216
Email: tara.beesley@4sight.org.uk

SIGHT CARE ADVISOR SERVICE

4Sight Vision Support - Southlands Hospital Eye Clinic

Direct Number: **01273 446 051**

4Sight Vision Support - St Richard's Hospital Eye Clinic

Direct Number: **01243 831 450**

4SIGHT VISION SUPPORT BOGNOR REGIS SHOP

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

Merry Christmas and a Happy New Year
to all our members we have had pleasure in
supporting this year.

Support us this Christmas with a small donation towards our
Christmas Appeal.



Please remember not to send cash in the post, cheques can
be made payable to 4Sight Vision Support and sent to:
36 Victoria Drive, Bognor Regis, West Sussex, PO21 2TE

Thank you 4Sight Vision Support for . . .

Let us know how we have helped you this year.
Fill in and send us this note in with your donation.