

May / June Newsletter 2023

4Sight
vision support



A demonstration of products and equipment to help with daily living.

Featured in this newsletter:

- Accessibility – What Does it Mean For You?
- Join Our Big Sponsored Walk This Summer.
- Volunteer With Us – Find Out More.



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**FUNDRAISING
REGULATOR**



**The Queen's Award
for Voluntary Service**

CEO's Message

On behalf of all the Team, welcome to our summer newsletter.



As I write this there's still a distinct chill in the air but warmer days must be just around the corner!

This issue has a focus on accessibility, in its many forms: we offer practical advice for improving access to everyday services, transport and leisure activities. We have details about accessing products and equipment to help with daily living: you'll find information plus a separate insert about our next Low Vision Solutions Open Days, as well as a section on the RNIB Living Well With Sight Loss Courses. And we'd love feedback about your own experiences of access issues, good or bad, to share with others.

There are details of our Sponsored Walk in June – this is open to all, including those with sight loss, and even your four-legged friends! The shortest route option is also suitable for wheelchairs and pushchairs.

And finally you'll find enclosed raffle tickets for our Summer Prize Draw – there are lots of great prizes to be won, tickets cost £1 each and all the funds raised will help support our work. Good luck!

Kirstie

Kirstie Thomas
- Chief Executive Officer

Update your details

Don't forget to let us know if you have moved or changed your phone number, so that we can continue contacting you to support you.

Newsletter format and feedback

We produce the newsletter in a variety of formats – large print, Braille, email and audio, on USB or CD. If you would like to receive our newsletter in a different format, or have any feedback about the format you receive e.g. contrast and imagery, please let us know.

Contact us today:

 **01243 828 555**

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

 **www.4sight.org.uk**

   **@4sightVS**

Spotlight on Accessibility

On 18th May we will celebrate Global Accessibility Awareness Day which puts a spotlight on digital access. However, as vital as digital access is, throughout this newsletter we want to focus on accessibility and inclusion as a whole.

We want to hear from you – what is your experience of accessibility? Please get in touch and share your good and bad experiences with us.

We have highlighted below some practical means of ‘accessibility’ for using a service, facility, device or activity.

Ideas to help with everyday accessibility:

- Activate accessibility settings on electronic devices.
- Download Navilens and scan the codes that are on some food and product packaging.
- Purchase your groceries online or over the phone, with certain supermarkets.
- Banking:
 - Do your banking online or over the phone,
 - Activate voice passwords,
 - Request large print, Braille or audio bank statements,
 - Use enlarged screen or audible ATMs.



Accessible Travel:

Assistance is available in a variety of forms:

- Bus – journey assistance cards notify bus drivers of a difficulty/impairment and can prompt support such as helping to find a seat and stop notifications. Audio announcements help you monitor the progress of your journey.
- Rail – passenger assistance can be booked in advance via phone or the passenger assistance app. At busier stations rail staff can assist you to embark/disembark the train as well as assist in navigating the station. It is always advised to book in advance if you have a journey planned.
- Air – assistance can be booked to help you navigate the airport from arrival to boarding.

“How easy something is to reach, enter, use, see, etc.”

The definition of Accessibility according to the Oxford English Dictionary.

News and Information

Low Vision Solutions Open Days

- Monday 15th May, Bognor Regis – supported by Optelec.
- Monday 17th July, Shoreham – supported by Optelec.
- Tuesday 15th August, East Grinstead – hosted by Optelec & West Sussex ROVI Team.

Come along to gain hands-on experience with products and technology to aid you in your daily activities – magnifiers, electronics, reading machines, desktops and much more. 10am to 2pm, entry is free, no appointment needed.

Please contact us for more information or to let us know about other areas you would like to see these events hosted in.



RNIB Living Well With Sight Loss Courses

- 26th and 27th July, Crawley.
 - 11th and 12th October, Shoreham.
- Both 10am to 4pm.

These courses cover information from understanding benefits, staying independent, tips and gadgets for everyday living, eye health to hobbies and interests.

To find out more please contact us.



Did you know...

We run monthly Online Activities, focusing on:

- Monday – books
- Wednesday – technology
- Thursday – a quiz!

These are a great way to meet new people and have some fun.

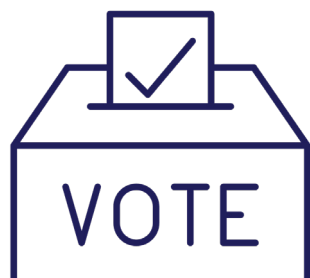
Access is via the Zoom video and teleconferencing facility over the internet or by phone. Contact us for more information.

Elections

Voter ID

From 4th May 2023 the Government has introduced a requirement for voters to show photo ID at a polling station for some elections. This includes passport, driving licence (including provisional), blue badge, certain concessionary travel cards, identity card with PASS mark, biometric immigration document, Ministry of Defence identity card, certain national identity cards.

If you're unsure if you have an acceptable form of photo ID, or need to check validity, or if your photo no longer looks like you, you can apply for a free voter ID, known as a Voter Authority Certificate at voter-authority-certificate.service.gov.uk. Alternatively, you can complete a paper application form and send this to the electoral services team at your local council. Please contact us for further support, go to electoralcommission.org.uk/voterID, or call their helpline on 0800 328 0280.



Accessibility

The Electoral Commission recognises that blind and sight impaired people may face difficulties, however, every voter has the right to vote independently and in secret.

Did you know:

- A member of polling station staff (the Presiding Officer) should be able to guide you through the voting process and read papers to you.
- You are entitled to take a companion to support you with the voting process.
- Equipment (magnifier or tactile voting device) to enable you to mark your ballot paper should be available.
- Large print information should be available.
- You can request to vote by post.
- You can contact your local council to request the additional support or equipment you need to enable you to vote.
- You can request that your local council send you election information (such as your polling station location) in your preferred format.

For further details about any of these news items, please call us on: **01243 828 555** or email: **enquiries@4sight.org.uk**

Volunteers' Week

It's Volunteers' Week from 1st - 7th June and we're one of the thousands of UK charities that relies heavily on its volunteers to provide support and services. Around 9.2 million people volunteer every month in the UK, but we happen to believe that our volunteers are the best of them all!



Mary's Journey - Client to Volunteer

Mary Gullick has just joined the Shoreham office volunteer team and we asked her what prompted her to become a volunteer after ten years as a client, “Well, I always want to help and to give back to 4Sight Vision Support for the help they've given me. When the chance came to volunteer, I knew it would help me as much as it will help them. Although I can be nervous meeting strangers, I'm looking forward to getting to know new people.”



And will her visual impairment make a difference?

“Yes of course. It means I can't do certain things, like filling in forms, but equally, my eyesight means I can understand how it is for other people – they don't have to explain to me what it's like to live with poor vision.”



Could you volunteer with us?

Our volunteers help us to deliver the vital services and activities that help our clients. It's also a great way to feel part of the 4Sight Vision Support community and know that you're helping blind and sight impaired people to live life without limits.

There are many ways to volunteer with us:

- Activities – meeting fortnightly or monthly, our activity groups offer a chance for a chat, walk, coffee and cake or a meal, and a friendly supportive environment. You'll need to be DBS checked and able to make a regular commitment to the group. Drivers who can bring clients to the group are especially welcome.



- Bognor and Shoreham offices – we're always looking for volunteers to help us with administration and service delivery so if you have half a day once a week to spare, and some administrative skills, please let us know!



- Unable to get out or only have an hour to offer? We still have opportunities for you to contribute to our work.

Can you knit items for our Christmas and Easter sales?

Could you join one of our Bognor based teams to help pack up and send out newsletters or count money from our collection boxes? Can you share our posts on social media, so that we reach a wider audience? All these 'micro' volunteering roles are invaluable because they help us reach further into our local communities and share our services with more people.



If you're ready to volunteer or would like to talk to somebody about what opportunities might suit you best, please call the main office number: **01243 828555** or email our Volunteer Coordinator, Kay Sexton: **kay.sexton@4sight.org.uk**

Leisure Activities

Blind Baseball

Chichester Falcons Baseball and Softball Club are thinking of starting a blind baseball club, after being inspired by a talk given by the UK Blind Baseball Association.

Baseball is a lot like rounders, but blind baseball is adapted so it's safe, fun and easy to get into. Players don't need to be athletes but there will definitely be running, hitting and throwing involved (also yelling and laughing!). We are working with the club to gauge interest in this new venture – so if this sounds like something you would like to try, then please get in touch.

Crawley Blind Bowling Club

A sight impaired bowling club in Crawley is looking for new members. The Club meets every Thursday, indoors in the winter and outdoors in the summer at the Downsman Bowls Club. Would you like to get into bowling or learn, why not pop along to their Open Day on 27th May to find out more? Please contact Valerie Smith, to find out more on: **01293 511710**. For details of other activities in your area please contact us.



Accessible Leisure Activities

- Cinemas offer audio description (AD) which can be accessed through headphones provided by the venue. The narration fills in the gaps between dialogue by describing what is happening on screen and also describes body language, expressions and movements.
- Many other leisure/entertainment venues offer a similar service including theatres, galleries and museums, and even some live sporting events.
- Check the venue's website for details. We'd also encourage you to contact them directly for more information, so they can be made aware of the demand for these services.

For further details about any of these leisure activities, please contact us: **01243 828 555** or email: **enquiries@4sight.org.uk**

Fundraising News

For further details about any of these fundraising items, please contact the Fundraising Team on: **01243 838 001** or email: **fundraising@4sight.org.uk**



Sponsored Walk – Saturday 10th June



Registration is now open for our 2023 Sponsored Walk around the beautiful Angmering Park Estate on Saturday 10th June.



There is a distance choice of three miles which is suitable for wheelchairs and pushchairs, six miles, or a half marathon distance of 13.1 miles.

Registration is £10 for adults and £5 for children, which includes refreshments and a special finisher's medal.

We'd love to see as many of our clients, supporters and their families there as possible. We can arrange transport to and from Bognor Regis and Angmering train station.

There will also be a team of sighted guides to provide support, please let us know if this would be helpful. Dogs on leads welcome.

Please fill in the enclosed registration form or contact us for further details and to sign up.

Grand Summer Draw

Please find enclosed some tickets. Just £1 a ticket- first prize £250 cash, plus other fabulous prizes! If you'd like to purchase some please pop your details on the counterfoil and return this to us with payment (don't forget to detach and keep the tickets).



With thanks to Rayner Intraocular Lenses for their ongoing support.

Congratulations to our 200 Club winners:

March: Mrs Robson, Chichester, No.65.

April: Mrs Grout, Bognor Regis, No.72.

A big thank you to:

- Our wonderful volunteers who organised, and all of you who attended the Quiz Night back in March – we’re delighted to let you know that the event raised a fantastic £659.70.
 - Everyone who attended our Murder Mystery fundraiser back in April and to Goring Region Occasional Players Ensemble who provided the entertainment – the event raised an amazing £650.
- Don’t forget, if you’d like to be the first to hear about our next fundraising event you can be added to our mailing list – just get in touch.

Thank you to everyone who has been knitting Easter novelties.

We received a staggering 283 of these beautiful items! We filled them, sent them to local schools and businesses to sell and have raised over £250! If those needles are itching to get clicking again we would be pleased to receive little Christmas novelties by early November (that we can fill with small bags of sweets), please get in touch for more information and a pattern.



Community Fundraising

Taking on a sporting challenge, organising your own event or getting creative? We’d love for you to raise funds for 4Sight Vision Support at the same time...

The Fundraising Team would be pleased to hear from you and will be able to support you every step of the way, making sure you have everything you need to be successful and raise lots of money! From sponsorship forms to race day tops, collection boxes to helpful tips, we are here to support you when fundraising for us. Please do get in touch.

For further details about any of these fundraising items, please contact the Fundraising Team on: **01243 838 001** or email: **fundraising@4sight.org.uk**

My Donation

I would like to make a one off donation of:

☐ **£29** - Could enable Richard to carry out a Low Vision Assessment, supporting each person to find a magnifier which makes it easier to complete daily tasks.

☐ **£15** - Could enable Tara to run one of our virtual clubs, bringing people together to enjoy a monthly quiz, discuss the latest books or get tech advice.

☐ **£8** - Could enable us to send one of our informative newsletters, available in large print, audio or Braille, to 8 people.

☐ Other amount: £

I enclose a cheque made payable to **4Sight Vision Support** ☐

OR

I would like to make a regular donation by standing order of £

every: ☐ month ☐ quarter ☐ year.

Please complete these details:

Bank Name: _____ Branch: _____

Bank Address: _____

Sort code -- Account Number

Name of Account holder: _____

I authorise the payment on: _____ (date of 1st payment) and thereafter on the same date each month/quarter/year as stated above.

You can cancel this at any time by contacting your bank directly.

Our bank details: 4Sight Vision Support at CAF Bank Ltd. Account No: 00029420, Sort Code: 40-52-40

Signature: _____ Date: _____

My Details:

Title: _____ First Name: _____ Surname: _____

Address: _____

Postcode: _____

Telephone: _____

Email address: _____

Gift Aid it

Boost your donation by 25p for every £1 you donate!

(Please tick all that apply): I am a UK taxpayer and I would like 4Sight Vision Support to treat this donation ☐, all my gifts in the last four years, ☐ and all donations I make in the future ☐ as Gift Aid.

☐ I do not pay sufficient tax / do not wish to Gift Aid my donation.

I understand that if I pay less Income Tax and/ or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify us of any changes to your name and address, or if you stop paying sufficient Income / Capital Gains tax or if you wish to cancel this declaration.

Signature: _____ Date: _____

Keeping in touch

By making a donation the details you provide will be stored on our database. They will only be used to process and contact you in relation to your donation. In the future we would like to let you know about the vital work we do for people living with sight loss and opportunities to support us. We will never sell or share your data and we promise to keep your data safe and secure.

Please tick the boxes below to tell us all the things you would like to hear about and how you would prefer to hear from us:

☐ Volunteering

☐ Future Events

☐ Campaigns & Appeals

☐ Leaving a gift in my Will

☐ Please don't send me anything new

☐ Post

☐ Email

☐ Telephone

Please return this form, along with any cheques to:

Fundraising Team, 4Sight Vision Support, 36 Victoria Drive,
Bognor Regis, West Sussex, PO21 2TE

Internal use only: Received by: Date received:

Processed onto CL by: Date: Thanked by: Date: