

July / August Newsletter 2023

4Sight
vision support



Walkers preparing to head off on our Sponsored Walk in Angmering.

Featured in this newsletter:

- Afternoon Tea Parties and Other Fundraising Ideas.
- Accessible Days Out This Summer.
- Benefits and Concessions – How We Can Help.



Registered with
**FUNDRAISING
REGULATOR**



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

CEO's Message

This month's newsletter is brought to you as we experience all the summer has to offer including the great outdoors, so we are sharing with you some summer stories, plus suggestions for days out and leisure activities which we hope you will enjoy. In addition we have our usual helpful News and Information section which includes details of services and support available, Fundraising news and much more.



Our first summer story highlights 97 year old Anthony Gillings' fundraising Walk in June, in memory of his beloved partner Peggy who was a great fundraiser for us herself – we've included ideas about holding your own Afternoon Tea, as she did for many years, as well as other fundraising ideas.

There's also an update and pictures of our own Sponsored Walk held on 10th June, which I and over 35 other people thoroughly enjoyed, and has so far raised over £1,800.

And finally a summer wedding – our own Accessible Technology Specialist and Service Coordinator,

Dan Batchelor (no more!) tied the knot to his lovely wife Jessica on 20th May in Pagham.

We all wish Dan and Jessica every happiness for the future.



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, please let us know.

Contact us today:

 **01243 828 555**

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

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

   **@4sightVS**

Spotlight on Sponsorship:

A Supporter's Story, And How You Can Help

We'd like to share with you a heart-warming story of one of our supporters, Anthony Gillings aged 97, who recently raised money for us by walking from Shoreham to Worthing (nearly 5 miles). He walked on Friday 2nd June in memory of his partner and love of his life Peggy who was a client, volunteer and supporter of ours. She supported us in many fundraising activities and also as part of the Culture Vultures group, sharing stories from her childhood during the Second World War.

Peggy lived with dementia for many years as well as losing her sight during this time.



“She was in the dark and at the same time didn't know where she was or wasn't able to recognise people because of her sight loss and losing her memory – it felt like a double blow.”

We supported Peggy and her family through visits, assessments and equipment to help with everyday tasks. Peggy was able to stay in her beloved home for as long as she could, and remain independent.



“Peggy attended all our Shoreham coffee morning fundraisers and put on an Afternoon Tea fundraiser in her back garden every year for many years. This summer we would love it if some of our clients, volunteers and supporters held an afternoon tea to raise funds which will make a real difference to the people we support.”
Kirstie, CEO

You could:

- Host a small gathering event at home or in your garden or a community event in your local park.
- Bake delicious home cooked treats or pop out to the shops for those store bought favourites.

We'd love to help make your Afternoon Tea a piece of cake, so please get in touch and we will send you a fundraising pack to get you started – call the Fundraising Team on 01243 838 001 or email fundraising@4sight.org.uk

News and Information

Low Vision Solutions Open Days

- 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. To find out more please contact us.



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.

Driving and Sight Standards

The DVLA sets the legal standards for efficient eyesight while driving a vehicle, which drivers must meet. Failure to meet these standards poses a real danger to yourself and others when on the road, it is also illegal and could lead to a fine, penalty points on your licence and/or disqualification from driving. This is another reason why it is vital to attend your regular eye health checks, to ensure you are safe to drive. If your eye test reveals you do not meet the minimum standard of eyesight, it's your duty to inform the DVLA. If you're unsure about your, or someone else's, ability to continue driving the best people to seek advice from are your optician or consultant. For more information on the rules please visit their website: www.gov.uk/driving-eyesight-rules



Positive Active Living Support (PALS) Service Pilot

Our clients have been telling us that they need one-to-one support with certain tasks, so with thanks to some seed funding and the support of some of our volunteers we have started to pilot our PALS service. Our PALS service will work with clients to determine what they want to achieve and then link them with volunteers who will be able to support them with this. If you would like to find out more about this service or volunteer to support our clients please contact us.



Police Community Support Officers (PCSO)

Our local PCSOs recently visited our HQ in Bognor Regis and made us aware of the following:

- They can fit trueCall devices (a device that plugs into your phone line and helps to prevent unwanted callers) for vulnerable people who have been scammed or have received multiple scam attempts.

If this is of interest, please contact Sussex Police via their non-emergency number: 101.

- They can deliver scam prevention information sessions. If you would be interested in attending such a talk, please get in touch with us to register your interest.



Did you know...

Over **36,000** people in West Sussex are living with sight loss, with over **6,000** officially registered. We are supporting nearly **3,000** clients across the county with our services. By spreading the word about our charity to those you meet, you can help more people be aware of our services. Anyone can get in touch with us, no referral needed.



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

Leisure Activities

Our Online Activities

We continue to run monthly Virtual Activities, focusing on:

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

Access is via the Zoom video and teleconferencing facility over the internet or by phone. For further details please contact us.



Sight Impaired Bowling

A sight impaired bowling club in Worthing is looking for new members. The Club meets every Friday, indoors, from 2pm to 4pm at Pavilion Bowls Club. Would you like to get into bowling or learn?

Please contact the Organiser, Les Fryer, to find out more on: 07539 273 318 or email: sightimpairedbowlsclub@gmail.com For details of more activities in your area please contact us.

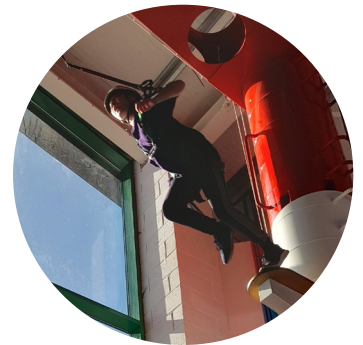


Accessible Days Out in West Sussex

We have put together some of our top places to visit that have great accessibility for blind and sight impaired people:



- **Worthing Theatres and Museum, Connaught Theatre, 01903 206 206** or contact the Access Team via their website www.wtm.uk/visit/access – most newly released feature films in the Connaught Studio include Audio Description.



- **Out of Bounds, Rustington, 01903 788 588** or email info@out-of-bounds.co.uk – a fully accessible indoor and outdoor activity centre (bowling, climbing, adventure golf, soft play). Some of our younger clients and their families enjoyed a trip there last year!

CHICHESTER FESTIVAL THEATRE

- Chichester Festival Theatre, 01243 781 312 or email access@cft.org.uk – runs a ‘Buddies’ scheme, for those who are semi-independent but might need a little assistance and companionship. They also host audio described performances and support with transport to the theatre.



- Crawley Museum, 01293 539 088 – all exhibition and signage text is size 16 minimum, they offer guided tours for those with visual impairments, many exhibition objects are on open display and can be touched, handling boxes are available on request and all audio is push button operated.



RIDGEVIEW

- Ridgeview Vineyard, Mid-Sussex, 01444 242 040 or email retail@ridgeview.co.uk – offer tours that include wine tasting and a talk about the history and making of their wine. They have step free access across the estate including the vineyard, winery shop, tasting rooms, restaurant and bar.



- Parkrun, www.parkrun.org.uk/events/events/ – can provide you with a volunteer guide for their weekly 5k events, which you can run, walk or jog. Events are held across the world and our county has many lovely ones each Saturday morning, including Horsham Park, Lancing Beach and Clair Park in Haywards Heath.

We recommend contacting a venue ahead of time to find out what they can offer to help you make the most of your visit and to make sure this is booked in.

There are lots of other places that offer things such as audio descriptive tours/performances, touch tours or even bespoke times to visit. If there are places you’ve been that have great accessibility, please share them with us so we can share with others.

For further details about any of these leisure activities, please call us on: **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

Send us your rubbish!

Don't forget we can recycle various items to raise funds for our vital services:

- Stamps – from your everyday post and collections,
- Ink cartridges (except laser toner cartridges),
- Cheese packets,
- Cracker, biscuit and cake wrappers,
- Pringles tubes,
- Old or foreign coins and banknotes,
- Mobile phones, games consoles and tablets,
- Jewellery,

If you have any of these items, please drop them off at our offices in Bognor Regis or The Shoreham Centre. If you have any questions or would like to recycle your old car please contact us.



Community Fundraising

If hosting an Afternoon Tea (like Peggy used to, as we mentioned on page 3) isn't quite your cup of tea, but you'd like to do something to raise funds for 4Sight Vision Support please get in touch with the Fundraising Team. We'd love to hear from you and can provide lots of ideas to get you going and support you along the way, making sure you have everything required to be successful and raise lots of money! Why not take on a sporting challenge, organise your own event or get creative? Please do get in touch.

Summer Prize Draw

Thank you to everyone who bought tickets for our Summer Prize Draw. It has raised over £2,500. The Draw took place on 30th June and we have contacted the lucky winners. If you'd like to view the results, please visit our website. Special thanks to our sponsor Rayner Intraocular Lenses Limited, without whose support it wouldn't have been possible.

 **Rayner**

Sponsored Walk

On Saturday 10th June over 35 walkers joined us on our Sponsored Walk around the beautiful Angmering Park Estate, raising money towards our services. So far the event has raised over £1,800 with more sponsorship still coming in.

A day with bright sunshine and blue skies, sun cream and hats were at the ready as the participants set off on a distance of three or six miles, or a half marathon distance of 13.1 miles. Starting at 10.15am, it was a long day in the heat with the last participant crossing the line at 3.30pm. 10 visually impaired participants were supported either by trained guides from 4Sight Vision Support, or brought friends and family to act as their guide.



“I wanted this photo taken to prove to my son, who runs marathons, that I could take on my own challenge!”
Mrs Yard, Horsham



“I so enjoyed the great company of other walkers as well as the beautiful Sussex landscape, while doing something for a very good cause.” *Walk Participant*

We would like to thank all our wonderful event volunteers, Nigel Clutton and the Angmering Park Estate, South Downs Water, Tesco Durrington and Waitrose Horsham for their support in making this event possible.

Congratulations to our 200 Club winners:
May: Mrs Brown, Crawley, No. 79
June: Mr Robinson, Horsham, No. 8

From one crisis to another – How you can help

Over the past year, people have been facing surging costs in food, utilities and fuel. Blind and sight impaired people are, once again, experiencing disproportionate challenges.

Before prices began to rise, 1:5 blind and partially sighted people said they had some, or great, difficulty in making ends meet. The cost-of-living crisis has made this situation worse. *RNIB, July 2022*

“More of our clients are being pushed into poverty, making hard decisions about what to cut back on and at risk of declining mental health – access to the correct financial support has never been more important. Not only have we seen a huge increase in requests for this type of support, but our operating costs are going up and income is going down – some have less to give and competition for funding has increased.” *Kirstie Thomas, CEO*

Support to access benefits:
2021/22: **22 hours, 12 clients**
2022/23: **60 hours, 140 clients**
This demand continues.

If you are able to support us in these incredibly challenging times, please complete the donation form on the next page or contact us.

Margaret's Story

The issues:

- Margaret's reapplication for Personal Independence Payment (PIP) was rejected.
- As a result, her partner's Carer's Allowance was reduced.
- Finances became tight and the family struggled, they were forced to a food bank so that they could eat.

How we're supporting Margaret:

- Providing a caring, listening ear to talk through the difficult issues and building a trusted relationship.
- Completed complex appeal forms, with our experience and knowledge of the impact of sight loss in mind.
- Accompanied Margaret to the subsequent tribunal.

The outcome:

- Margaret was awarded the highest rate of PIP, which was backdated.
- Her partner's Carer's Allowance was reinstated.
- We continue to support Margaret.

“I was scared to think what would have happened without your support, I'm so happy with how things turned out.” *Margaret*



If you or someone you know needs support contact us:

01243 828555

enquiries@4sight.org.uk

My Donation

I would like to make a one off donation of:

- ☐ **£48** - Could enable us to support someone to access the benefits and concessions they need, including help with completing complex forms, such as Personal Independence Payments and Blue Badge.
- ☐ **£22** - Could enable us to provide a listening ear to talk through financial issues and provide initial information, advice and guidance on entitlements.
- ☐ **£12** - Could enable us to send one of these informative newsletters, containing vital information and current updates on benefits and concessions .
- ☐ 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: CL number:

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