

Sept / Oct Newsletter 2023

4Sight
vision support



Our Client Services Assistant, Sarah, having her regular eye health check.

Featured in this newsletter:

- National Eye Health Week.
- New – free will writing service.
- Invitation to our Annual General Meeting.



Registered with
**FUNDRAISING
REGULATOR**



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

Spotlight on Eye Health

From 18th – 24th September it's **National Eye Health Week**, the theme for which this year is **'vision really matters'** and we're delighted to support this national initiative.

Regular eye health checks can detect early signs of conditions, including glaucoma, which can be treated if found soon enough. Eye health checks can also detect other health conditions, such as diabetes or high blood pressure. Those with sight loss should continue to attend eye health checks, as checking for further changes in the eyes can help make the best use of remaining vision and prevent any unnecessary further sight loss. If you need help finding your local optician or if you are unable to get there please contact us for advice.



Help us this National Eye Health Week:

- If you haven't had an eye health check for a while – go! And encourage all of your friends and family to do the same.
 - If you know someone living with sight loss who needs support, tell them about us and let them know we're here for them.
 - If you know a little bit about us and what we do – tell everyone! Perhaps you belong to a club or group, or your children / grandchildren are at a local school, make sure they know about us. Or if you're on social media, look out for our eye health posts and share them with your networks.
- Thank you.



Regular eye health checks can also be a gateway to certain avenues of support, registration and benefits that enable you to remain independent.

Some Eye Health Facts and Figures

Since the beginning of 2023:



• Our Sight Care Advisors, based in the Ophthalmology Clinics at Southlands and St Richard's Hospitals, have helped people to understand the visual impairment certification and registration process and processed **156 Certificates of Visual Impairment**. This resulted in visits from the WSCC Rehabilitation Officers for the Visually Impaired and 113 of our clients accessing community-based Low Vision Assessment Services for appropriate magnifying aids.



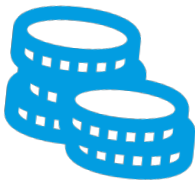
• **187 new clients registered with us** via our Low Vision Services and Sight Care Advisor service (in a number of Eye Clinics around West Sussex) and therefore have access to our ongoing support.



• We have supported **47 clients with Accessible Technology** (just under 43 hours of advice and training given).



• We have **delivered over 123 hours of Low Vision Services**, supporting our clients in accessing appropriate lighting and magnifying aids, addressing glare issues and introducing viewing techniques.



• **81 clients reached out to us for support regarding the ongoing cost of living crisis** and we spent 80 hours ensuring these clients have access to the concessions and financial support they may be entitled to.



For further details about eye health, please call us on: **01243 828 555** or email: **enquiries@4sight.org.uk**

News and Information

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

Accessibility for Transport

Government research shows many blind and sight impaired people avoid travelling by rail due to accessibility issues. To help improve accessibility, an app named Aira (which can be downloaded on the Apple App and Google Play stores) is being trialled. Passengers at Brighton, Stevenage, London Blackfriars and East Croydon can connect to a trained remote advisor who uses the passenger's smartphone camera to help them with anything from checking departures to locating staff and facilities. To learn more, visit the Aira website – www.aira.io



FREE will writing service – Bequeathed

We all want to make sure that our loved ones are taken care of in the future. By writing a will, you can make sure that your money, property and possessions go to the people and causes that you care about. We've teamed up with Bequeathed to offer our supporters a free, professionally drafted Will For Good. This service allows you to make the right will for your needs in the way that suits you best.

Visit www.bequeathed.org/4svs and follow three simple steps:

1. Fill in an online form, with support and guidance available.
2. Attend a 30 minute appointment via telephone, video call or in person.
3. Receive your free Will For Good in the post, sign it in front of witnesses and return it to the legal firm.

Events and Activities

For further details about how to join any of these events and activities, please call us on: **01243 828 555** or email: **enquiries@4sight.org.uk**

September



12th - Sight Loss Awareness Day, New Park Community Centre, Chichester, 1pm - 3pm.
In partnership with Blind Veterans UK, this event is free and open to all. It is an opportunity to find out more about the practical help and support that is available locally from many different organisations. No booking required.

14th - Quiz, Online, 11am - 12 noon.

19th - East Grinstead Drop In, East Grinstead Library, 9:30am - 1:30pm. A chance to find out about our services, share with us any issues you are experiencing and connect with others.

20th - Technology Support, Online, 2pm - 3pm.

27th - Shoreham Drop In, The Shoreham Centre, 10:30am - 12:30pm.

October



2nd - Book Group, Online, 11am - 12 noon.

12th - Quiz, Online, 11am - 12 noon.

11th - 12th - Living Well with Sight Loss Course, Shoreham, 10am - 4pm. Covering information from understanding benefits, staying independent, tips and gadgets for everyday living, eye health to hobbies and interests.

17th - East Grinstead Drop In, East Grinstead Library, 9:30am - 11:30am.

18th - Technology Support, Online, 2pm - 3pm.

25th - Shoreham Drop In, The Shoreham Centre, 10:30am - 12:30 pm.

November



6th - Book Group, Online, 11am - 12 noon.

24th - Annual General Meeting, Online, 11am. (Details on page 7).

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



A big thank you to...

...Arun District Council, Morrisons Littlehampton, our volunteers and everyone that kindly donated at our summer collections. We raised a fantastic £132.50 in Bognor Regis on 1st July and £103.95 in Morrisons Littlehampton on 30th July. Our next collection is in Chichester on **23rd September**, as part of National Eye Health Week – if you would like to help us collect on this date please get in touch.

Seaford College Chapel Choir Christmas Concert – 11th December

Save the date – more details in the November/December newsletter.



Christmas cards

Don't forget to place your order for this year's Christmas Cards. Our ever popular designs have already begun to sell quickly, so be sure to send back your order form, order over the phone today or visit our website. Cards come in packs of 10 at just £4.50 each. Orders will be dispatched in October, order deadline is 11th December.

Love to knit?

We'd love your small festive knits ready to be stuffed with sweets, which we then send to local schools and businesses to sell. Please contact us for patterns, or if you know somewhere that will sell them.



Congratulations to our 200 Club winners:

July: Mrs Jobson, Crawley, No. 192
Aug: Mrs Bell, Chichester, No. 120

CEO's Message

I hope you have enjoyed this edition of our latest newsletter. Remember to keep us updated with any changes to your contact details and don't forget that if you would like to receive our newsletter in a different format (large print, Braille, email and audio, on USB or CD), then please let us know.

I give notice of and would invite you to: **4Sight Vision Support's Annual General Meeting – Friday 24th November 2023, 11am**

Our 2023 Annual General Meeting (AGM) will be held via Zoom, and you can join either via the Zoom video conferencing facility or the Zoom teleconferencing facility. Please contact us and we will issue you with the joining details. A recording of the meeting will be made available to those wishing to hear the proceedings afterwards.

Explanatory Notes: Please note that the AGM is open to all 4Sight Vision Support clients, with or without voting rights, their families, carers and friends. However, please note that only Members with voting rights can participate in certain proceedings.

If you are unsure about your membership status or if you would like to be considered as a voting member please contact us.

Supporting documentation:

Copies of the Agenda, Report of the Trustees and Draft Financial Statements for the year ended 31st March 2023 and the AGM 2022 Minutes will be on the 4Sight Vision Support website from 27th October 2023. You can request copies of any of these documents by contacting us.

Proxy Voting: If you are unable to attend the meeting, you may appoint the Chairman to vote on your behalf, by completing and returning the Proxy Voting Form on page 8, indicating your voting intentions (for the statements on the form). Please return your form by Thursday 16th November 2023.

I look forward to seeing you then, if not before.

Kirstie

Kirstie Thomas,
Chief Executive Officer



4Sight Vision Support

Voting and Proxy Voting Form

Name of member appointing the proxy: _____

Address: _____

Voting and Proxy Voting

I hereby appoint Dr Norman Boyland DL of 4Sight Vision Support as my proxy to vote in my name and on my behalf at the meeting of the Company to be held on Friday 24th November 2023.

Please mark Yes/No to the following statements to indicate how you wish the proxy to vote on your behalf. These documents will be available for you to review on the 4Sight Vision Support website from 27th October 2023.

I hereby approve:

The Minutes of the 2022 AGM	Yes / No
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The 2022-2023 Report and Accounts	Yes / No
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The nomination and election of the 8 existing Trustees	Yes / No
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Signed: _____

Dated: _____

Please detach, complete and return this form by Thursday 16th November 2023 to:

Kirstie Thomas, Chief Executive and Company Secretary, 4Sight Vision Support, 36 Victoria Drive, Bognor Regis, West Sussex, PO21 2TE.