

# Nov / Dec Newsletter 2023

**4Sight**  
vision support



**Seaford College Chapel Choir Christmas Concert  
11th December 2023, at the new time of 6:30pm.**

## **Featured in this newsletter:**

- Good Eye Health This Winter
- Christmas Events, Activities and Gift Ideas
- Volunteer With Us – All Welcome



Registered with  
**FUNDRAISING  
REGULATOR**



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

# Important Information

For further details about any of these articles, please call us on: **01243 828 555** or email: **[enquiries@4sight.org.uk](mailto:enquiries@4sight.org.uk)**



## Sussex

### NHS Health Inequalities Project

We have been invited by the NHS to lead a project in collaboration with East Sussex Vision Support to research the inequalities of the NHS across Sussex. The aim of the project is to look at the full process for visually impaired people in accessing and utilising the NHS.

Please let us know what you think works well and what requires development, we can then feed this back to the NHS. This is the first time we have done such work with the NHS and your input is imperative for change. If you require any more information or wish to take part in this project, please contact us.

### Help us - Write to your MP today

We no longer receive funding from West Sussex County Council; this diminished over recent years and came to an end in 2019. We have been in conversations with the Council for a couple of years to try and reinstate financial support for our work in the following areas:

- Prevention and avoiding social isolation.
- Digital inclusion and remaining independent with accessible technology (accessible technology is the future and will replace low vision aids and equipment).
- Information, advice, guidance, and advocacy.
- Additional services including support with accessing benefits, education, and employment.

Our current situation is not sustainable, and any loss of services would have a devastating impact. We appeal to you to write to your MP asking them to reinstate our funding from the Council, and ask your friends and family to do the same. Please contact us or visit our website for further information and a letter template to use.



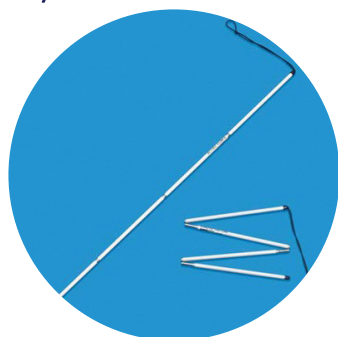
## Winter Eye Health

Winter presents challenging conditions for people with sight loss. Below are a few tips to deal with the winter weather.



**Glare** can be a particular problem due to the sun being low in the sky or reflecting off snow, ice and water. There are some simple solutions such as wearing a brimmed hat, peaked cap or sun visor as well as wearing anti-glare shields which can cut out the blue light: speak to one of our team, a West Sussex County Council Rehabilitation Officer for the Visually Impaired (ROVI) or low vision clinic to ensure you get the correct colour and style to best suit your needs.

**Darkness** comes with winter and can be a particular problem for those who have a visual impairment. We recommend carrying a symbol cane with you: we sell these canes in several different lengths and they are small enough to fit into a pocket or handbag. They are also reflective and will help to make fellow pedestrians or drivers aware that you have a visual impairment. A ROVI can provide training in the use of a long cane or guide.



**Visibility** to drivers can also be enhanced by wearing brightly coloured outerwear that stands out or by adding a reflective item such as a vest or armband.

**Good lighting** at home is important: we have a range of task lighting available for purchase which can be really helpful for many close activities. Good lighting will also help you to determine the hazards outside: make sure that the entrances, stairs and walkways to your home are well lit. It may also be helpful to carry a small torch, especially in unfamiliar areas and for tasks like looking at bus timetables.



**Planning** appointments and trips out for between the hours of 10am and 2pm should ensure that you can make the best use of natural daylight. Whilst wintery conditions can present barriers to leaving your home, please try not to miss essential medical appointments during the winter.

For more information or to try out / purchase any of our products please contact us.

# Gift Ideas, Events and Activities

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



## Christmas gifts – technology and equipment to support you

There are lots of products available to support you with everyday tasks: examples include a liquid level indicator to help you make a cup of tea or an OrCam Read to read your post to you. If you'd like to discuss your technology and equipment needs with our team, we can help you create your Christmas gift wish list! Conversely, if you've been given something that has really helped you, please let us know about it so we can make others aware too. Contact the team today.

## Seaford College Chapel Choir Christmas Concert

– **11th December, 6:30pm**

This popular event returns again on Monday 11th December at St Mary de Haura Church in Shoreham, at a slightly different time of day, 6:30pm. Tickets are just £5pp (cash or card on door) and include festive refreshments. Call us to reserve your seat today.

## New! RNIB Accord USB Player

Finding a usable USB player has been challenging this year due to lack of options available. The RNIB has recently released this device which is a combination of USB player and Bluetooth speaker, and is its most advanced audio device designed specifically for blind and partially sighted users. It is small (coffee mug sized) and highly portable, with easy-to-use tactile controls, wireless charging, easy-to-locate ports, bookmarking features and a chapter skipping function. Please contact us to find out more or to order yours today.



## Accessible Days Out in West Sussex

We have put together some of our top wintery things to do that have great accessibility for blind and sight impaired people:



- Christmas pantomimes or shows at the theatre can be a great way to bring some festive cheer in the gloomy months. Whether it's a trip out alone, with a group of friends or with the whole family, the local theatres across the county offer assistance and accessibility services to help you enjoy your visit. For further details visit each theatre's website directly or give their Box Office a call.



- Light displays are a popular and growing trend that illuminate nature, statues and other objects in bright colours, often with music to add to the sensory experience. Although we understand this isn't suitable for all, we hope that this might be an experience many can enjoy. Local displays include: Cowdray, Leonardslee Lake and Gardens, Wakehurst and more.



- Ice-skating can be a fun activity for children and adults alike. If you feel nervous about navigating the ice, many of the seasonal rinks will have aids to keep you balanced, quieter times for when the ice won't be as busy and may be able to offer a staff member to orientate you or stay with you for your visit. Why not try it, who knows you might find a new hidden talent?



- And don't forget to listen out for details of your local carol singing or Christmas floats. If someone knocks on your door just be sure you are confident in who they are before you donate.

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 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.



# Volunteering - reflections and opportunities

For further details about any of these articles, please call us on: **01243 828 555** or email: **[enquiries@4sight.org.uk](mailto:enquiries@4sight.org.uk)**

## Carole's Story

### – from client to volunteer

Carole's career has been all about helping people, so when she was invited to volunteer for 4Sight Vision Support she found the idea 'amazing'. As she says,

“ I sometimes wake up in the morning and think, what am I going to do today? Getting back into the world, into an office and working with other people will be almost back to being the real me. I'm looking forward to having something to do, rather than sitting at home and feeling sorry for myself. ”

Carole had a fall in June 2021, which fractured her skull and damaged parts of her brain causing hemianopia (a loss of one half of your visual field) along with many other challenges.



*Two images of a house, one with only the right side showing to give an example of sight loss with hemianopia.*

Asked what she hopes to gain from volunteering, she says,

“ I know it will improve my wellbeing and it's the first step to so many things I want to achieve. ”

If you'd like to try volunteering, but wondered if your vision might be a barrier – think again!

4Sight Vision Support is committed to supporting anyone who would like to volunteer, and where desirable, helping them to move into the workplace. We all benefit when visual impairment is not a barrier.



## How does your garden grow?

Gardening is a pleasure that people often regret giving up as their sight changes. At our Bognor Regis office we're helping people enjoy gardening again, by signing up for our Wednesday gardening sessions, working with Brigitte Verdiere, our Lead Volunteer Gardener. Brigitte is clearing the ground, ready to design a new sensory area for clients, staff, and of course, guide dogs!



But we need your help:

- Do you have unwanted garden tools or equipment you could donate?
- Do you have spare time to offer to the garden project?
- Are there plants you would recommend for our sensory garden?

If so, please contact Kay Sexton, Volunteer Coordinator, so we can make our green space something really special!

## Trustees' Week

We'd like to help celebrate the achievements of over 1 million trustees across the UK and, in particular, our own eight.

The theme of this year's national initiative, from 6th to 10th November, is: Many voices. Working together. With purpose. As a charity that is now 102 years young, you can imagine the changes and challenges our trustees have encountered. Throughout, their commitment and the positive impact they have made for blind and sight impaired people living in West Sussex has been unwavering. Our trustees have independent control over, and legal responsibility for, the charity's management and administration. They play a very important role and are unpaid.

This is our opportunity to thank our Trustees, who give so much to 4Sight Vision Support through their commitment and support. From professional experience, through to having lived with their own sight loss or that of their loved ones, they inform our work, act as ambassadors, and help shape our future plans and policy. Thank you.

If you or someone you know is interested in becoming a trustee, please contact us.

# 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](mailto:fundraising@4sight.org.uk)**

## Christmas Prize Draw

Enclosed are some tickets for our Prize Draw. Tickets are just £1 each and can be purchased individually or in books of 10. Please pop your details on the counterfoil, detach this from the tickets and return this to us along with payment. To purchase tickets over the phone or for support with completing your tickets, please get in touch today.



*\*NEW event time of 6:30pm\**

## Seaford College Chapel Choir Christmas Concert – 11th December, 6:30pm

This popular event returns again on Monday 11th December at St Mary de Haura Church in Shoreham, at a slightly different time of day, 6:30pm. Tickets are just £5pp (cash or card on door) and include festive refreshments. Call us to reserve your seat today.

## Christmas cards

Don't forget to place your order for Christmas Cards – they're selling quickly. Cards come in packs of 10 at just £4.50 each. Order deadline is 11th December. Please complete, detach and return the order form on the back page of this newsletter, along with your payment. Alternatively please call us to place your order today.



## Congratulations to our 200 Club winners:

Sept: Mrs Sullivan, Bognor, No. 20

Oct: Mrs Se, Littlehampton, No. 166

## Thank you Chichester

We raised a fantastic £128 collecting in Chichester City Centre on Saturday 23rd September, during National Eye Health Week. Thank you to Chichester District Council, our volunteers and everyone who kindly donated or stopped to talk to us.





# Santa in the City - Event spaces

## 6th OR 7th December, 7pm

Get your running shoes and Santa hats out this winter and join one of the largest Santa runs in London. No training is needed for a fun run like this, and you can choose between the two dates. The route is 4.3km (2.7 miles), relatively flat and you can run, jog or walk. Santa in the City is a great way to get you into the festive spirit, starting from the Tate Modern and taking in many popular London Landmarks.

Entry is just £25, including a 5-piece Santa Suit (hat, beard, jacket, trousers and belt), runner number and medal. Children aged 8yrs to 18yrs are free to enter (Santa suit not provided), but must be accompanied by an adult at all times. (Under 8yrs are not permitted.)

Looking for something closer to home? How about taking on their virtual challenge! At just £10 you can run / walk / jog your own route dressed in your own festive gear and receive a medal on completion. Any time, any distance and anywhere.



So take on a Santa challenge this Christmas, raise funds through sponsorship from friends and family and support our vital services, all whilst you have a bit of festive fun too.

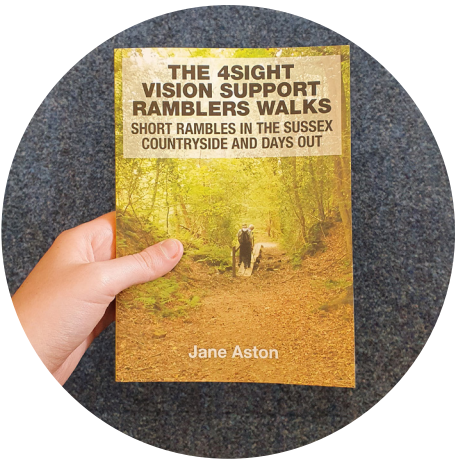
For more information about either event and to sign up, please contact us today.



## Don't forget...the Ramblers Walks Book – the perfect Christmas gift

Volunteer Jane Aston has been involved with us in various roles for 30 years. 10 years ago, together with volunteer Anne Tomlinson, they set up a Rambling Group for sight impaired people living in the Mid-Sussex area. Jane decided to bring together a collection of some of the most popular walks the Rambling Group has done together, to create a book! There are 35 walks, mostly about 4 miles long, with a few longer, more demanding walks for a day out! Available (in standard print) for just £7.99.

Please contact us to get hold of your copy. (P&P applies)



# CEO's Message

On behalf of everyone at 4Sight Vision Support, I would like to wish you a Merry Christmas and a Happy and Peaceful New Year.

In this issue there's a reminder about our wonderful Christmas Concert with the Seaford College Chapel Choir on the 11th December; ideas for accessible Christmas activities, gift ideas and of course our Grand Christmas Draw – tickets are enclosed.

This year has been challenging, with rising costs and increasing demand for services. Our Team has worked tirelessly in approaching charitable trusts and grant making organisations, but they too are facing their own financial issues.

The situation is made more difficult as all our County Council funding stopped in 2019, as mentioned earlier in this newsletter. Please write to your MP, to get this support reinstated from West Sussex County Council, and ask your friends and family to do the same.

Despite the challenges, we have continued to deliver and develop our services to our clients and their

families. To help ensure the continuation of our services as we head into 2024, in January we will be launching a major public fundraising appeal: our Team is working on the finer details – look out for further information and how you can continue to help in the next issue.

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 & 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. our calendar page in our last newsletter, please let us know.



# Christmas Card Order Form 2023

**4Sight**  
vision support



1. Donkeys and Snowman



2. Robins in a Tree



3. Church Post Box



4. Dog in the Snow



5. Three Wise Kings



6. Festive Coast



7. Christmas Trees



8. Choir Boys



9. Nativity Scenes

Sold in packs of 10, with large print message inside reading  
"Merry Christmas and a Happy New Year".

Should your choice of card be unavailable we will contact you.

**Order deadline: 11/12/23.**

Order by phone on **01243 838 001** or send your completed form to:

**4Sight Vision Support, 36 Victoria Drive, Bognor Regis, PO21 2TE.**

Please make cheques payable to: **4Sight Vision Support.**

Card Choice	Price per Pack	No. of Packs	Total (£)
1. Donkeys and Snowman	£4.50		
2. Robins in a Tree	£4.50		
3. Church Post Box	£4.50		
4. Dog in the Snow	£4.50		
5. Three Wise Kings	£4.50		
6. Festive Coast	£4.50		
7. Christmas Trees	£4.50		
8. Choir Boys	£4.50		
9. Nativity Scenes	£4.50		
<b>Postage and packaging:</b>	£1.50	1 pack	
<i>Orders will be dispatched in October.</i>	£2.00	2 packs	
	£3.25	3 packs +	
<b>Optional donation:</b>	£	<b>Grand total = £</b>	

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

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

☐ 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 or address, or if you stop paying sufficient Income / Capital Gains tax or if you wish to cancel this declaration.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Your details:** (Your details will be stored on our database).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

**Internal use only:** Received by: ..... Date received: ..... Payment details: .....

Processed onto CL by: ..... Date: ..... CL Number: .....

Donation thanked by: ..... Date: ..... Posted by: ..... Date: .....