

April / May Newsletter 2024

4Sight
vision support



A selection of products and accessible technology to help with daily living.

Featured in this newsletter:

- Accessibility for All
- Leisure Activities and Peer Support
- Sign up for our Sponsored Walk



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**FUNDRAISING
REGULATOR**



Spotlight on Accessibility

Help us celebrate Global Accessibility Awareness Day (GAAD) – Thursday 16th May. The purpose of GAAD is to get everyone talking, thinking and learning about digital access and inclusion, and the more than one billion people worldwide with disabilities/impairments. The GAAD Foundation’s mission is “to disrupt the culture of technology and digital product development to include accessibility as a core requirement.”

Maximise your potential

As exam season approaches, anxiety levels can be heightened, but our vision should not be a contributing factor towards that. Did you know there is an array of support available?

Qualified Teachers of children with Visual Impairment (QTVI’s) are there to support not just the individual, but the education provider to make reasonable adjustments where appropriate to help achieve maximum potential with exams.

We can offer additional support including talking with teachers about making learning materials more accessible and ensuring all pupils have

the support they need. Our support doesn't end in school and we are there to guide people through further education and into employment.

Technology is now a permanent fixture in education, and in many employment environments. If your use of technology in these environments is presenting a challenge, please do contact us as we may be able to advise/assist in exploring possible software/accessibility options to help you maximise your potential.



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.

Contact us today:

 **01243 828 555** or email:

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

www.4sight.org.uk



@4sightVS



News and Information

Would you like to provide feedback to the NHS?

NHS Health Inequalities Project – We are working with East Sussex Vision Support on a research project around the inequalities of the NHS for visually impaired people across Sussex. Please let us know what you think works well and what requires development, we can then feed this back to the NHS - your input is imperative for change.

Southlands Hospital Patient Engagement Forum – This is an opportunity to let the Eye Clinic know what you think they do well or what could be improved – help to make a difference and improve the service. The next meeting is Monday 10th June at 10:30am, put the date in your diary, come along and have a cup of tea and chat. (It is hoped that St Richard's Hospital will set up a similar forum in the future.)

To find out more or take part in either of these opportunities, please contact us.



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.

News and Information



Low Vision Solutions Open Days

- Monday 20th May, Haywards Heath.

Gain hands-on experience with products and technology to aid you in your daily activities – electronic magnifiers, both portable and desktop, as well as text to speech scanners and other assistive technology. 11:30am to 4:30pm, entry is free, no appointment needed. To find out more please contact us.

RNIB Living Well With Sight Loss Courses

- 11th and 12th June, Haywards Heath.
- 25th and 26th September, Midhurst.

All 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.



Important information - Product Sales

As part of our ongoing efficiency efforts from 1st April 2024 all products that we sell (for example magnifiers, bump-ons, lighting, kitchen aids, large print items), need to be paid for at the point of purchase. Payment can be made by bank transfer, card, cheque or cash.



Staying Safe Online

West Sussex County Council is running three 'Are You Scam Savvy?' events, both online and in person at Crawley, Bognor Regis and Shoreham libraries. The sessions are for anyone who wants to keep themselves, or friends and family, safe from scams, including telephone, courier and romance fraud. To find out more or to book, please visit www.westsussex.gov.uk/staying-safe-online where you can also sign up to their monthly e-newsletter.



Book-a-Bus!

West Sussex County Council has a Book-a-Bus service which operates a flexible on-demand service, for rural areas with limited or no bus service. Journeys to many key destinations can be booked, and concessionary travel card holders travel free! For more information visit <https://www.westsussex.gov.uk/book-a-bus/>



Community Transport Sussex

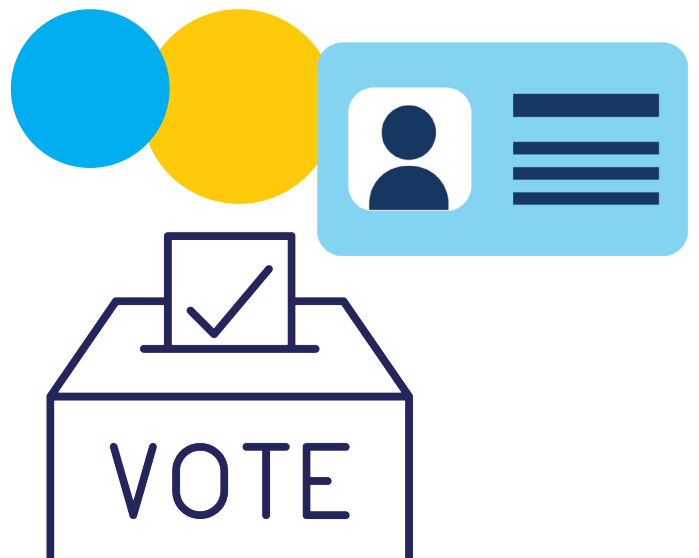
CT Sussex is a charity with information on all the local transport services available to residents of West Sussex. Visit their website for more information on how to access your nearest transport provider www.ctsussex.org.uk

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

Voter ID – Police and Crime Commissioner Election

Thursday 2nd May

From May 2023 the Government 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 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 www.gov.uk/apply-for-photo-id-voter-authority-certificate Alternatively, you can complete a paper application form. Please contact us for further support, go to www.electoralcommission.org.uk/voting-and-elections/voter-id , or call their helpline on 0800 328 0280.



Leisure Activities

Our Online Activities

We continue to run monthly Virtual Activities, focusing on:

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

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

Peer Support Groups

Peer support can be vital as we look to embrace new skills and knowledge. Throughout the county there are numerous sight specific peer support groups, available both in person and remotely (which can be accessed via video conferencing or on the telephone). If you feel you would benefit from a peer support group, please get in touch to find out what is available in your area.

East Grinstead Drop In

Third Friday of the month (next one – 19th April), East Grinstead Library, 9:30am to 11:30am. Find out about our services, share experiences and connect with others. To find out more please contact us.



Audio Description

Did you know that many cinemas offer audio description (AD)? This is a narration track which can be accessed through headphones the venue provides. The narration fills in the gaps between dialogue by describing what is happening on screen and setting the scenes, including describing body language, expressions and movements. Check your local cinema's website for details of their forthcoming audio-described performances. We'd also encourage you to contact them directly for more information, and so they can be made aware of the demand for these services in the local area. Many other leisure/entertainment venues offer a similar service e.g. theatres, galleries and museums, and even some live sporting events.

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



Have you played golf in the past or are interested in trying it for the first time? England and Wales Blind Golf is a registered charity formed in 1989, open to people of all ages and abilities who are blind or visually impaired, whether a beginner or seasoned golfer. Blind golf is a team game comprising of a visually impaired player and a sighted guide or caddy. They follow the same rules that all golfers follow with a few minor adjustments. EW Blind Golf is planning to run some 'have a go' days throughout the year at local driving ranges with tuition included for all ages. If you would be interested please visit or *contact them via email: enquiries@ewblindgolf.co.uk*



How you can help us and have a lovely day out at the same time – Sponsored Walk, Saturday 8th June, 10am.

If we've supported you and you'd like to give something back or if you'd like to do some fundraising and need some help to do so, please consider joining us for our annual sponsored walk on the beautiful Angmering Park Estate.

- Choose from a fully accessible 3 or 6 mile route.
- Register (£10 pp, includes a medal and refreshments).
- Commit to raising a minimum of £25 in sponsorship or making an equivalent donation.

The Fundraising Team can provide you with sponsorship forms and support to set up an online fundraising page. Please let us know if we can help you with transport to/from the event or by providing a sighted guide. Encourage your friends, family and dogs to join us – everyone is welcome! Check out the back page of this newsletter for images from last year's walk.

Contact us today to register.

Accessible Technology: A Day in a Life

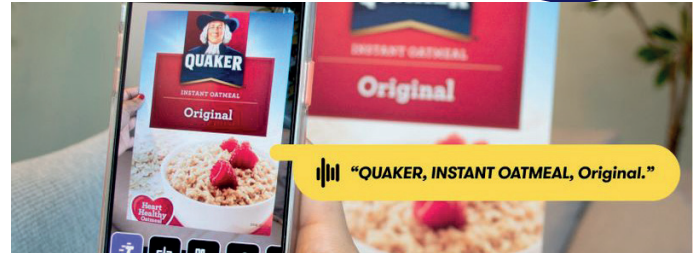
During the last 15 years we have seen significant steps taken to make everyday technology more accessible. Many of us are using various technologies without realising how big a part technology plays in our daily lives. Below, we have collated some of our clients' feedback on how they use technology to support them with everyday tasks.



- **10pm** – “Alexa, wake me up at 6.30am in the morning.” “Alexa, turn my lights off.”
- **6:30am** – Alarm sounds “Alexa, alarm off.” “Alexa what is in my calendar for today?”

Getting dressed – there’s an app that can be used on a smartphone (either Envision or Seeing AI) to identify the colour of different garments.

- **7am** – time for a coffee! In the kitchen a one cup kettle can help to ensure that a cup is not overfilled (or you burn yourself).



- **7:30am** – after coffee and breakfast, it is time to leave home for the day. “Alexa, what’s the weather like today?” Knowing that we are not due any rain, means umbrellas can be left at home.

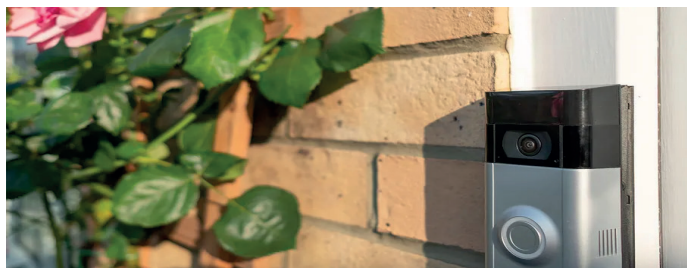


- **8am** – on the bus, if you realise you have left the heating on at home, you can get an app for your smartphone to enable you to switch the heating off remotely. Every penny helps in our current situation.



Throughout the day different technologies can be used for a range of tasks including monitoring emails, creating documents and speaking with friends/family/colleagues/customers.

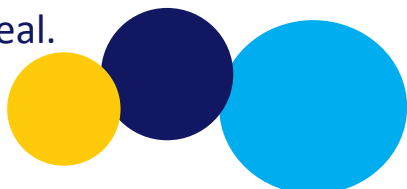
- **3:30pm** – a video doorbell can notify you when someone is at your front door. You can communicate with the delivery driver remotely to ask them to leave your parcel with your next-door neighbour.



- **5pm** – end of the day, you can check bus times home via the bus operator’s app. If the bus is running 10 minutes late, “Hey Google, call Home”. You can notify those at home that you will be running a little late.
- **6pm** – upon arriving home, “Hey Google, open up Envision”. Envision can read your post for you, helping you to remain independent.



- **6:15pm** – it’s time to prepare dinner. An electronic vegetable chopper is a useful tool to prepare vegetables for your evening meal.



- **7pm** – time to unwind in front of the TV. Using the built-in screen reader can help you navigate to the program guide and find out what programmes are available with Audio Description.

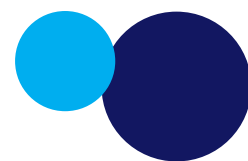


As you can see, a variety of technologies play an important part in our clients’ day-to-day lives, making it easier for them to complete their daily tasks without the need for relying on their remaining functional vision or someone else. Technology is a tool, and like any other tool, can be used for a variety of purposes. As long as we are able to identify a purpose for our own specific needs, that is where the value lies.



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

Fundraising News



A Big Thank You to

ScrapCarComparison

This local company, who were the country's first comparison website for scrap vehicle prices, is a big charity supporter. They've kindly chosen to support us once again and will be donating a percentage of their income from the first two weeks of April to us – how fantastic! We mention through our recycling initiative that we can recycle cars to raise funds, and these are the people we use. So, if you've got a car you need to get rid of, maybe now is the time? Please visit their website www.scrapcarcomparison.co.uk to find out more.

If the company you work for likes to support charities please keep us in mind – we'd love to work with more companies across West Sussex.

Congratulations to our 200 Club winners:

Feb: Mrs Crout, Littlehampton, No.145.

Mar: Mrs Evans, Bognor Regis, No.80.

For further details about any of these articles, please call us on: **01243 838001** or email: **fundraising@4sight.org.uk**

Recycling Update

Thank you to everyone who got involved in our recycling last year we have raised over **£800** and saved more than 56kg of waste going into landfill. All the monies raised go towards our vital services, and it will only cost you a rummage in your cupboards and drawers to find the items we can turn into cash!

We recycle these items and more:

- **Stamps** - from your post as well as collections of any size.
- **Ink cartridges** - from all ink jet printers.
- **Mobile phones** - in any condition.
- **Jewellery** - any age or type including broken.
- **Small electrical items** - like cameras, games consoles and mp3 players (if you are not sure just ask).
- **Coins and notes** - from any country and any age.

Contact us for more information.

Do you shop in Tesco Billingshurst, Storrington or Pulborough?

If so, please consider supporting us with your blue token. We are one of the charities who have been chosen in the April to June store vote.

CEO's Message



As I write it looks like spring might be just around the corner after what seems like relentless rain. As we look to more positive weather, we can also share some positive news, we have ended the financial year in a better situation that we had anticipated. We are therefore very pleased to be in a position to diversify our funding strategy for the coming year.

County Council Funding remains an issue, and in a previous newsletter we encouraged you to write to your MP to support our campaign to reinstate this. If you have not already done so and would like to, there is a letter template on our website. If you have already submitted a letter we would love to hear about any response or feedback you may have received.

We need your help! We are building a Volunteer History Archive to document

the history, heritage and impact of our services. We would love to hear about any memories you might have, particularly of the early days from 1991, through to the present day – especially photographs, which we can accept digitally or as prints to scan and return to you.

During Volunteers' Week, we'll be celebrating our wonderful volunteers on Thursday 6th June, 10:30am to 1pm at The Shoreham Centre. We'd love all our volunteers to join us for strawberries and cream and a chance to explore some of the unusual ways that volunteers help us help our clients live life without limits. Please do let us know if you'd like to join us – we hope to see you there!

Kirstie

Kirstie Thomas,
Chief Executive Officer.

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. layout and formatting. Please let us know.

Sponsored Walk

Saturday 8th June 2024



This summer help us to help blind and partially sighted people, with our annual fundraising walk around the beautiful Angmering Park Estate.

- Choose from a fully accessible 3 or 6 mile route.
- Register (£10 pp, includes a medal and refreshments).
- Commit to raising a minimum of £25 in sponsorship or give an equivalent donation.

**Contact us to find out more and reserve your place
call 01243 838001 email: fundraising@4sight.org.uk**