

Eye Health Special Edition Newsletter 2024



A member of our team having an eye health check at Walsh Opticians

Featured in this newsletter:

- Eye Health – What You Need to Know
- Events, Open Days and Courses
- Annual Impact Report, and AGM



Eye Health

From 23rd – 29th September 2024 it's National Eye Health Week with the theme 'vision really matters'. We're proud to support this initiative which encourages people to look after their eyes and have regular eye health checks.



Regular Eye Health Checks

These checks can detect early signs of conditions, including glaucoma, which can be treated if found soon enough, and diabetes or high blood pressure. Those with sight loss should continue to attend 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.



Eye Health Checks are FREE if you are:

- Under 16; 16, 17 or 18 and in full-time education, or over 60
- Registered as partially sighted or blind
- Over 40 and your mother, father, sibling or child has been diagnosed with glaucoma
- A prisoner on leave from prison
- Eligible for an NHS complex lens voucher – your optician can advise you about your entitlement
- Receiving certain benefits

Also, if you have been:

- Diagnosed with diabetes or glaucoma
- Advised by an eye doctor that you're at risk of glaucoma

The NHS website has all the eligibility criteria and further information.



Exercise

Lack of exercise contributes to several eye conditions, particularly amongst people aged 60+. Exercise may reduce the risk of sight loss from narrowing or hardening of the arteries, high blood pressure and diabetes. For support with finding or accessing local activities, please contact us.

Smoking / Alcohol

After ageing, smoking is the biggest risk factor for developing macular degeneration and increases your risk of developing cataracts. Excessive alcohol consumption can have a detrimental effect on your eye health. Try to maintain a healthy balanced lifestyle, with everything in moderation. To find out about local wellbeing services, please visit westsussexwellbeing.org.uk



Diet

A healthy balanced diet is ideal, not just for our vision but for our overall health and wellbeing. Antioxidants can help to prevent retinal damage especially lutein, found in egg yolks, spinach, kale, corn, orange pepper, kiwi fruit, grapes, courgette, and squash. For support with shopping, reading food packaging or preparing meals please contact us.

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

The Sun

You should never look at the sun directly and check that your sunglasses have a CE mark which ensures that they are giving you the right level of ultraviolet protection. For support with anti-glare or ultraviolet shields, please contact us.



Screens

A computer screen will not cause permanent changes to your eyes, or make any eye conditions you may have worse, however, it is recommended that you take frequent breaks from a screen. Try the 20, 20, 20 rule – take a 20 second break, every 20 minutes and look at something at least 20 feet away.

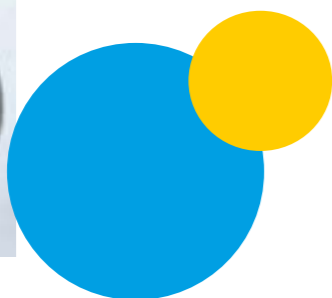
With thanks to Walsh Opticians, Bognor Regis, for allowing our team to visit and take photos.

Please be aware that our offices in Bognor Regis and Shoreham will be closed during National Eye Health Week (23rd – 29th September 2024) whilst we're out on the road supporting this vital awareness raising initiative – more details on page 6.

News and Information

IMPORTANT SAFETY WARNING – Product Recall

The wireless charging pad supplied with the RNIB Accord Player (DH472) is disc shaped with a clear outer and red and black inner part which contains the words, 'FANTASY wireless charger' and 'wireless and limitless' in the centre. The wireless charging pad may in some instances overheat and cause a fire. We request that you stop using the wireless charging pad immediately. Please return the charging pad as this ensures that no-one else can use it. If you have given the charging pad to someone else, please notify them. Please contact us should you require further information and for details on how to return your charging pad to us for a replacement. If you purchased your Accord direct from the RNIB then they will contact you, but if you need to contact them, call their helpline on 0303 123 9999. Please note, you can still enjoy your RNIB Accord Player by charging it using the USB C port located on the top of the device.



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 to discuss your wishes 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.
- Of course, if in return you'd like to make a donation, we would be very grateful to receive this.

Let's Talk Jobs

Hosted by the Thomas Pocklington Trust, a national charity that supports blind and partially sighted people, with a focus on education, employment and engagement. These online sessions are a friendly space for blind or partially sighted people to come together to share ideas or listen to others exploring all aspects of employment. The sessions started in July and take place on the second Monday of every month, via the Zoom video conferencing platform. For more information, please contact employment@pocklington.org.uk or call Jonathan Ward at TPT on 07971 076440.



AccessAble

AccessAble is the largest provider of accessibility information across the UK, with the mission of 'taking the chance out of going out'. It provides the detailed information needed to work out if a place is going to be accessible to you. They have surveyed 10,000s of venues across the UK and Ireland, including shops, pubs, restaurants, cinemas, theatres, railway

stations, hotels, colleges, universities, hospitals and more to understand their accessible facilities. They also have a free App available to download. For more information, please visit their website www.accessable.co.uk



British Wireless for the Blind Fund

This organisation has been providing radios to people living with sight loss since 1928. They have recently announced that people can now apply for a free Alexa device through their fund. The ability to control Alexa by voice and without buttons or on-screen controls makes it popular for people living with sight loss who want to access audio entertainment and information. There are other devices they provide. You need to be referred to the fund and eligibility criteria apply. For more information, please visit their website (blind.org.uk) or contact sarahhj@blind.org.uk, 01622 754757

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

September Events

So far this year we have welcomed 112 people to our community events, we hope to see you soon!

11th – Sussex Sight Support Day, 10am to 2pm. The QEII Room, The Shoreham Centre, Pond Road, Shoreham-by-Sea, BN43 5WU. Hosted in conjunction with East Sussex Vision Support, we hope Sussex residents can really benefit from this event. We're delighted that we can bring such an array of exhibitors together under the same roof. It's all about choice, and to be able to give that to our clients is key to supporting them on their sight loss journey. Entry is free, no appointment needed.

25th and 27th – RNIB Living Well With Sight Loss Course, 10am to 4pm, The Grange Community & Leisure Centre, Bepton Road, Midhurst, GU29 9HD. These free courses cover information from understanding benefits, staying independent, tips and gadgets for everyday living, eye health to hobbies and interests.

23rd – 29th – National Eye Health Week

With thanks to our corporate partners, PMW Communications, please pop along and see our team at the following locations:

- Haywards Heath, Orchard Shopping Centre, Tuesday 24th September, 10am to 4pm
- Horsham, Swan Walk Shopping Centre, Thursday 26th September, 10am to 4pm
- Crawley, County Mall Shopping Centre, Saturday 28th September, 10am to 4pm

30th – Low Vision Solutions Open Days, 11:30am to 3:30pm,

New Park Centre, Chichester, PO19 7XY. 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. Entry is free, no appointment needed.

Leisure Activities

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.



Parkrun

Parkrun is a free, community event where you can walk, jog or run 5k. Events take place every Saturday morning at 9am, there is no time limit and no one finishes last. parkrun events are inclusive and can provide you with a volunteer guide. Events are held across the world and our county has many, including Littlehampton, Worthing, Bognor Regis and Horsham - all of which have guide runners available and would love to welcome new members. For further details please visit *parkrun.org.uk*



Disability Sports Sessions for 5-16 year olds

Weekly sessions for young people with a disability and their siblings. Every Wednesday, 5pm to 6pm, K2 Crawley. £2.50 per participant. For more information email:

matt.laird@crawley.gov.uk

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. layout and formatting. Please let us know

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

Fundraising News

Bernice is biking to give back

Client and long-standing supporter, Bernice Stephen, loves a challenge! So, when she got the opportunity of riding tandem her first thought was how can I make this more interesting? With the help of her riding partner, Dave, the pair are building up to ride 40 miles across the county of Sussex in October to raise much needed funds for 4Sight Vision Support. Bernice said "The charity has helped me, and it will be great to give a little bit back." If you would like to help Bernice smash her target, please donate by visiting JustGiving.com and searching for Bernice Stephen or use the QR code below.



Congratulations to our 200 Club winners:

June: Mr Dodd, Storrington, No. 75

July: Mrs Travers, Bognor Regis, No. 131

August: Mr G Jackson, Horsham, No 44

We hope it's not too early to mention the 'C' word!

- Seaford College Chapel Choir Christmas Concert – likely to be an evening during the second week of December – more details in the next newsletter
- Christmas cards – place your order today! Our ever-popular designs are now on sale, so be sure to send back your (enclosed) order form or order over the phone today. Cards come in packs of 10 at just £4.50 each. Orders will be dispatched in October, order deadline is 13th 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.

A big thank you to everyone who supported our...

- Sponsored Walk on the Angmering Park Estate in June. We were joined by 30 of you and raised just under £2,000.
- Summer Prize Draw which raised £2,525. Congratulations to our winners, ticket numbers; 1st prize – 32456, 2nd prize – 19625 and 3rd prize – 12023.

Give as you shop

Did you know you can support us whilst doing your regular online shopping?



- **Easyfundraising** partners with over 7,000 brands who will donate part of what you spend to us. It won't cost you any extra. The cost is covered by the brand. Sign up on their website, choose us as the cause you'd like to support, then visit the online retailer via a link on their website and shop as normal – they even have a handy donation reminder feature that you can download! www.easyfundraising.org.uk



- Give as you Live – works in much the same way, except they have an App as well as a website. Sign up, find the online retailer on their website/App and shop as normal. www.giveasyoulive.com



FREE Will Writing Service –

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.
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 3. Receive your free Will For Good in the post, sign it in front of witnesses and return it to the legal firm.
- Of course, if in return you'd like to make a donation, we would be very grateful to receive this.

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

Impact Report 2023/24

We provide free support and specialist information to blind and partially sighted residents, their families and carers across West Sussex. Our mission is to help our clients live Life Without Limits.

Demand for our services has never been greater and research predicts a further 23% growth in demand by 2032 (RNIB). Securing funding and resources to provide care for those in need is a constant challenge.

- We welcomed 689 new clients.
- Total number of clients: 3,228.
- Our Sight Care Advisors provided emotional and practical support after diagnosis to 945 contacts – including help with understanding the visual impairment certification and registration process and completing 308 registrations.
- We carried out 348 dedicated assessments to identify magnification, techniques and products to help with everyday tasks such as reading, shopping, medication and preparing meals.



- We supported 152 clients (29% increase) with accessing benefits and concessions, helping them to complete forms (such as Personal Independence Payments, Attendance Allowance and Blue Badge) and supporting people with appeals, tribunals and assessments.

- We supported 156 clients through our accessible technology service (a 200% increase in demand), to develop new and adapt existing skills, communicate effectively and remain independent with their technology after sight loss.



- Based on client feedback, we introduced a new Telephone Befriending service, providing our clients with someone to talk to when they need it. 131 calls were made, totaling 35 hours of support. Please continue to contact us when you need us and please be patient, our team will always respond to you as soon as they can.

Please call us on: **01243 828 555** or email: **enquiries@4sight.org.uk**



CEO's Message

This Newsletter, in particular, is packed with information and resources which I hope you will find helpful! In addition, please also look out for some important information coming soon about our major fundraising appeal. Some extra items of news – Kay Sexton our Volunteer Coordinator has moved on to pastures new and we are currently working on a future recruitment plan.

AGM and lunch – I give notice of and invite you to: 4Sight Vision Support's Annual General Meeting and lunch – Friday 8th November 2024, 11am. Our 2024 Annual General Meeting (AGM) will be held in person, at The Shoreham Centre, Pond Road, Shoreham-by-Sea, BN43 5WU. **Please do stay on and join us for lunch, please let us know if you have any dietary requirements.**

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 2024 and the AGM 2023 Minutes will be on the 4Sight Vision Support website from 11th October 2024. 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 12, indicating your voting intentions (for the statements on the form). Please return your form by Thursday 31st October 2024.

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: _____

_____ Postcode: _____

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 8th November 2024**.

Please mark YES/NO to the following statements to indicate how you wish the proxy to vote on your behalf.

I hereby approve:

The Minutes of the 2023 AGM YES / NO

The 2023-2024 Report & Accounts YES / NO

The nomination & election of the 6 existing Trustees YES / NO

Signed: _____

Dated: _____

Please return this form by Thursday 31st October 2024 to:

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