

VIEWPOINT NEWSLETTER

ISSUE 5

JULY – SEPTEMBER 2017



**BARROW & DISTRICTS SOCIETY FOR
THE BLIND**

Company Number: 3133015

Charity Number: 1051674

67/69 Cavendish Street

Barrow in Furness, Cumbria, LA14 1QD

Tel: 01229 440556

A FEW WORDS FROM OUR CHIEF EXECUTIVE

We have listened to your views about our newsletter and have made some changes to make it better. Do tell us what you think.

On Tuesday 25 July we are having an Open Day at our newly refurbished Vision Support Centre in Barrow. It's taken nearly two years since the visually impaired people we support asked us to develop our facilities. We have been busy redesigning the building and fundraising for the £177,000 (almost there). We can now offer the Low Vision clinics, kitchen skills courses, chair based exercises, better facilities for volunteers, coffee mornings, demonstrations of modern equipment and accessibility for everyone. So the Open Day is an opportunity to celebrate the opening of a centre that is ideally suited for visually impaired people. We hope to see you here.

At a recent Focus Group we held in Ulverston, it was clear that most of our clients were not aware of the Friends of Barrow Blind Society. This is a low cost way to help to support our work. A small donation each month can make a big difference. Please get in touch if you like to know more. Barrow & Districts Society for the Blind is an independent local charity and we have no financial links with national charities. If you would like to support our work, please remember our name when leaving a legacy.

Our plans at Ostley House are progressing and we will be getting an architect to design a Dementia Village. This essential idea will bolster the provision of care we offer there.

Enjoy the summer!

Carl Hodge

OPEN DAY

We will be holding an Open Day on Tuesday 25th to officially launch our new look Vision Support Centre. Come and see our President, Mrs Joan Milburn cut the ribbon at 11.00 am and then join one of our tours. If you would like to attend our Open Day please contact Jill or Elaine on 01229 440556 to book your place. Light refreshments will be provided.

EXHIBITION

An exhibition is to be held at the Lisdoonie Hotel, 307 Abbey Road, Barrow-in-Furness, LA14 5LF on Thursday 17th August 2017 – 10.00am – 3.00pm.

Some of the exhibitors attending are;

- British Wireless for the Blind
- RNIB
- Calibre
- Wiltshire Farm Foods
- Sight & Sound
- Enhanced Vision.

Come and take a look at some of the new ground-breaking equipment that can help you to remain independent in our own home.

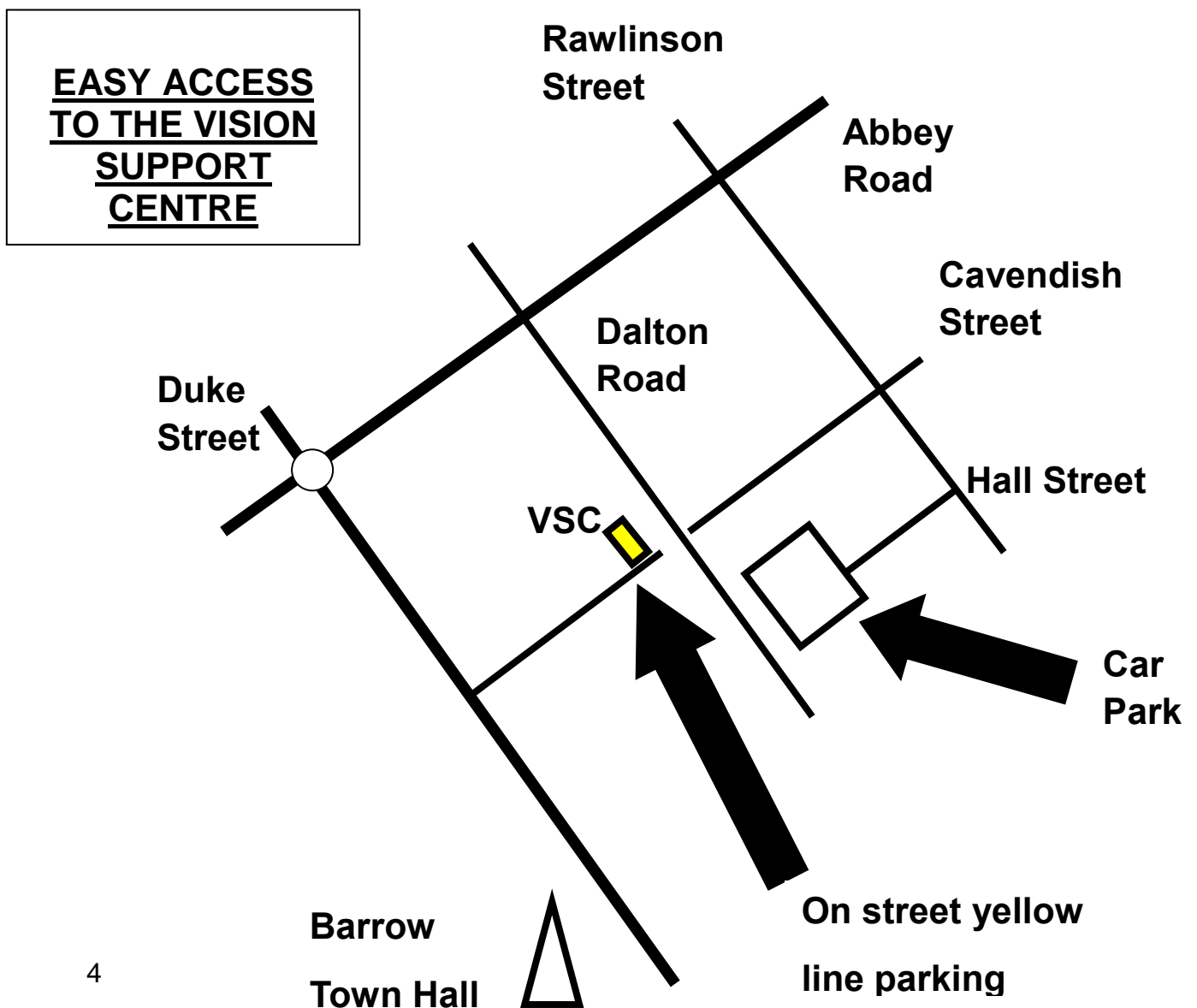
QUIZ ANSWERS

- | | |
|--------------------------|--------------|
| 1. The Falkland Islands. | 6. Chile |
| 2. The Indian Ocean. | 7. New York. |
| 3. Yellow. | 8. Yen |
| 4. The number of states. | 9. Oslo |
| 5. Lamb (or Mutton). | 10. Taurus. |

In Barrow-in Furness, Barrow Borough Council will allow parking for blue badges for up to 3 hours in any of the pay and display or dedicated blue badge holder car parks. This is on condition that a current and valid badge is clearly displayed together with the clock set at the time of arrival and is being used by the badge holder.

The nearest car park to the Vision Support Centre (VSC) is at Hall Street (LA14 1DR). This car park is 3 mins walk and 100 yards from our front door. Non-blue badge drivers can also pay to use the car park.

Across the road from our front door there are double yellow lines which are normally free from cars. Blue badge holders can park here for up to 3 hours.



OUR WELFARE TEAM

The Vision Support Centre is in its second phase of refurbishment and we have lots of exciting plans for the future. The Welfare Team are very busy but we know that there are more visually impaired people who could perhaps benefit from our help. Our Open Day in July will mean that people will be an opportunity for you to discover more about our range of new services

Our Team consists of four Welfare Officers, a Children's Coordinator and Group Coordinator. We also rely on our volunteers who help us in various ways. Paul Ogden is our ECLO (Eye Clinic Liaison Officer) and is based at Furness General Hospital every Tuesday. He advises patients attending the Eye Clinic about our services and refers them to the Welfare Team. He is extremely enthusiastic and because of his work we have been able to help and advise many visually impaired people, who otherwise would not be aware of the work we do.

Cath Rogerson, our Children's Coordinator, has organised several exciting expeditions including a visit to the Chill Factore in Manchester. Her next project is a visit to Lakeland Wildlife Oasis where the children will be able to hold and feel several creatures including Tarantulas!

Emillie Voy, our Group Coordinator, organises many groups and recently invited Michelle Dutton of the Macular Society to present a talk to anybody affected by Macular Degeneration. Michelle, who also suffers from macular problems, was able to relay her personal experiences to people and explain how she has overcome difficulties she has encountered because of her impaired vision. She spoke about Charles Bonnet Syndrome and how important

it is to let people know about this distressing condition and the help that is available to cope with it. Charles Bonnet Syndrome is a common condition among people who have lost their sight. It causes people who have lost a lot of vision to see things that aren't really there, known as visual hallucinations. We do hope in the future to provide some support sessions where people can discuss their experiences of Charles Bonnet Syndrome and perhaps help each other by discussing how they deal with it.

We held our Stepping Forward Course in April and the participants agreed that the information given was extremely useful and would help them to deal with living with sight loss. We hope to hold another four sessions in October so if you are interested could you please get in touch. The course is primarily for anybody new to sight loss but many of the people who attended in April had been sight impaired for some time. As with the Macular talk, there is always something new to learn regardless of how long you have been sight impaired.

Our annual trip is on 26th July to Ryecroft Hall near Blackpool. We will be having a meal and entertainment is included. I am sure we will all have a great day and we are not dependent on the weather!

We hope to see you all at our Open Day in July where you will be able to see the many changes we have made and hear about all our exciting plans. If you are interested in attending this event please call the office on 01229 440556.

AIDS AND APPARATUS

Bump-ons are raised coloured stick on dots that enable you to easily recognise where the correct settings are on your electrical appliances,. They are priced at £4.50 per sheet.

Liquid Level indicators are sensors which hang on the edge of a cup or mug and when the liquid touches the long probes the sensor emits a loud beeping sound and it also vibrates. This is a valuable safety tool as it prevents you from scalding yourself. These are priced at £5.00 for our new/registered clients.

Communiclock is a radio controlled clock which proves very useful in the Spring and Autumn when the clocks change as it adjusts the time automatically. There is a large button on the top of the clock which when pressed announces the time and the date. On the bottom of the clock there are four non-slip feet which stop the clock from moving around when pressed. These are priced at £43.00.

Big Button phones are popular with our clients as they are easy to install and use and have the added benefit of the numbers being easy to see and feel. They have voice mail and when a message has been left there is a green flashing light. You can easily store thirteen numbers in its memory, three of which you can have on speed dial. It can be used on hands-free and it also has a volume button. These are priced at £29.00

If any of the items of equipment described are of any interest to you please call into our Vision Support Centre where our staff will happily demonstrate them for you before you buy.

ORIGINS OF OSTLEY HOUSE RESIDENTIAL HOME

“THE HAPPOLDS”



Ostley House was built to the requirements of William Happold in 1892. Mr Happold of German nationality was a Master pork butcher with business premises on Duke Street in the town of Barrow-in-Furness.

He bought all the land surrounding and to the rear of Ostley House that is now known as Wheatclose Road and on this land he built huts, piggeries and slaughter houses, where, most of the pork was butchered for the butchers shop.

William Happold had two children John and Gertrude. Ostley House was the family home. To the left of the house they built tennis courts and to the right a croquet lawn.

John became a professor of Chemistry at Leeds University, while Gertrude remained a spinster and stayed at home.

William Happold died during the Great War which was fought between 1914 and 1918 so the family had to sell off land to enable them to keep the house and the business. After his death Mrs Happold and Gertrude continued to live in Ostley House eventually selling some land off at the rear of the property. They then built a small house on the remaining land which became known as Little Home.

During World War II Gertrude moved into Little Home and a RAF Balloon Unit was stationed at Ostley House. Mrs Happold lived in Ostley House and huts were built on the tennis courts for the men based at the Balloon Station.

After the War the property was converted into flats and bed-sitters. On Gertrude's death the property was passed down to John who had since married and had a daughter Elfreda and a son Edward.

John put the property up for sale on the open market and an offer was made but the intending purchaser was waiting to see if permission would be granted to build six bungalows on the land.

The property was brought to the knowledge of Mr Frank Castle who was the Secretary of the then Barrow, South Cumberland and Westmorland Society for the Blind; a voluntary body who acted as agents to the Barrow-in-Furness Borough Council. The Societies solicitor a Mr Robert Forrester and Mr Castle went as agents for the Blind Society Committee to see John Happold, as they were aware that there was a need in the area for a Residential Home.

John Happold was agreeable to his family home to be used for such a purpose. The previous potential purchaser of the Home had offered £6000.00 but his planning permission was denied, he no longer wished to purchase the property. Mr Happold, therefore, agreed that the Barrow, South Cumberland and Westmorland Society could have it for the same price. The house was sold.

This was the start of a long process as all money had to be raised voluntarily. The house had to be converted; it had to comply with Fire Safety Rules. To do this and other

necessary work was to cost £9000.00.

The home eventually opened in October 1965 with the admittance of 7 residents.

The first extension to the home was built by Henry Hull Builders Ltd, this was built in 1967 and this extension consisted of a sickroom, downstairs bedroom, an office and a telephone cubicle.

The second extension built at the beginning of 1976 was opened by the Rt. Hon Albert Booth on the 16th July 1977. This extension consisted of a dining room. These extensions were carried out through a job creation scheme and a government grant, which was a big help to the Society as it meant the cost to the Society was very little. The home staff in 1977 was Matron and Master Williamson. There was a cook who worked 3 days from 8am to 5pm, a domestic who worked 3 days from 8am to 1pm and then another cook and 2 domestics who worked the same hours for the remaining 4 days of the week. Also at this time Girl Guides worked voluntarily to gain their Service Badges and also pupils on the Duke of Edinburgh Award Scheme assisted with the more menial tasks in the home. The Probation Service sent people who had been given community service to perform tasks such as cutting the lawns.

Ostley House has had various other “Wings” added to the building and in the present day can house up to 44 residents comfortably. Ostley House also now has the added benefit of a dedicated Activities Centre, which, is used for all manner of Social Activities for the enjoyment of our local Visually Impaired people living in the Community.

FUNDRAISING

25th August 2017 - Quiz to be held at the Nautical Club, the Promenade, Walney Island. £6 per ticket, pie and peas included. 7.30pm for 8.00pm start

10th September 2017 - Tour de Furness we will be entering a team. Anyone wishing to take part or sponsor us please contact Crawford on 01229 440556.

16th September 2017 - Race Night at the Sports Club in Ulverston (next to the Swimming Baths) Tickets £5 - entry by race card, light refreshments will be provided. Anyone who is wishing to sponsor a race at a cost of £25 or "buy" a horse or jockey for £3 please contact Crawford on 01229 440556. The winning horse and Jockey owner will receive a prize as will the race sponsors.

FRIENDS OF THE SOCIETY

The Society relies on a variety of income sources to keep providing services in our local area for visually impaired people and one way is through the Friends of the Society.

By paying direct or setting up a standing order with your bank to pay the Society £2, £5, £10, £20 or any other amount, you can make a real difference to our work. And if we can, we'll increase your donation through Gift Aid at no extra cost to yourself.

So if you would like to become a Friend please pick up a leaflet or give us a call and we will sort it out.

Thank you.

REMEMBERING US IN YOUR WILL

“The Society was there for me when I needed it the most. I want it to be there for others”. Client

Sight loss can be frightening and isolating, the simplest tasks, such as finding your way around the kitchen can be daunting. Lifelong hobbies, reading, baking, looking at old photographs, seem impossible and stepping outside suddenly becomes overwhelming.

With the right support, people can adapt, maintain independence and live life to the full. A gift in your will ensures that this support will be there for generations to come.

Legacies provide a vital part of our income and we could not carry out our work without them. After making provision for your family and friends, please consider leaving a gift for Barrow & Districts Society for the Blind in your Will. Whatever its size, your gift will help us to really make a difference.



JUST FOR FUN QUIZ

- 1. By what name do we know the Malvinas by?**
- 2. In which ocean is the island of Madagascar?**
- 3. What colour is the cross on the Swedish national flag?**
- 4. What do the stars on the USA flag represent?**
- 5. Which meat is traditionally used to make an Irish stew?**
- 6. In which South American country is the Atacama Desert?**
- 7. In which city would you find the headquarters of the United Nations?**
- 8. What is the currency of Japan?**
- 9. Which city donates a Christmas tree to Trafalgar Square each year?**
- 10. Under which star sign would someone born on St. George's Day fall?**

ANSWERS ON PAGE 3

VOLUNTEERING

We need volunteers!!!!!!!!!!!!!!!!!!!!

Do you want to gain new skills, support other people and really make a big difference?

We have several volunteering opportunities available and we would be extremely grateful for just as little as an hour of your time on a regular basis.

We have the following volunteering roles available:

- **Social Groups – these are run on a weekly/monthly basis and we urgently need volunteers to help run activities.**
- **Telephone Befriending – Can you give an hour of your time to telephone a visually impaired person for a chat?**
- **Home Befriending – Could you spend an hour visiting someone in their own home for a chat?**
- **Administration support – Do you have office skills that we could utilise?**
- **Walking Group – Could you help to guide a visually impaired person on a short walk?**
- **Fundraising – Could you help us raise funds to enable us to continue to provide our services?**
- **Driver – Could you help us to transport the people we support to events etc? We would pay your mileage.**

There are other opportunities available. If this is of interest, please get in touch today. Call Elaine on 01229 440556.

Thank you!

PAUL OGDENS STORY

Dear Friends

Firstly, I hope you are all well. I just want to tell you a little bit about myself. I know a lot of you very well. I was a truck driver for 30 years, 21 years driving in the United Kingdom and my last 9 years working for a German Company which I really enjoyed, at the age of 52 the Driving Licensing Agency revoked my licence because of my diabetes affecting my eyes, which in turn put me out of work at the age of 52 which is far too young!!!!. Basically I've gone from 100 miles an hour to zero in an instant. I sat at home for approximately 4 years watching the TV, tinkering in the garden ...you know the sort of thing. Then my wife came home from work one day and said they are in need of volunteers at the Vision Support Centre in Cavendish Street in Barrow. So the next morning I went into the Centre filled in a volunteer application form then had a police check, everything went well so I became a volunteer for Barrow & Districts Society for the Blind. I have been a volunteer for approximately 3 years. So I have gone from working alone in a cab with only the radio for company. I have settled in very well with everybody in the Centre. I do whatever is required of me which suits me because of the variation of jobs. The shop has a team of 12 active members of staff and I can honestly say that they are all a pleasure to work with; there is what I call a pleasant family atmosphere.....Yes!! we work very hard but we also have a good laugh as well. So anyone out there who is bored or even lonely I am sure that the Vision Support Centre will find you a suitable role.

(Continued over the page)

Jut to mention some of my tasks are ECLO (Eye Clinic Liaison Officer) every Tuesday working alongside the Eye Clinic staff at Furness General Hospital, Tele befriending where we phone our clients who live alone just so they can have a general chit chat, it also makes sure that they are safe and well and not in need of a visit from our Welfare Officers. I also organise the Luncheon Club on the last Wednesday of every month which has proved very successful and I also help our Group Co-ordinator Emillie Voy at Social Groups and last but not least and very important for the Society is fundraising.

So come on volunteer, help someone out and get the really good feeling I get every day. You can come into the Centre in person or ring on 01229 440556

Thank you and Regards

Paul Ogden

WALKING GROUPS

12TH JULY 2017 – BARROW PARK WALK – MEET LEISURE CENTRE ENTRANCE – 1PM

19TH JULY 2017 – CHANNELSIDE WALK – MEET PREMIERINN ENTRANCE – 1PM

2ND AUGUST 2017 – QUAYSIDE WALK – MEET AT FORUM ENTRANCE – 1PM

16TH AUGUST 2017 – BARROW PARK WALK – MEET LEISURE CENTRE ENTRANCE – 1PM

6TH SEPTEMBER 2017 – ABBEY WALK – MEET ABBEY MILL CAFÉ – 1PM