

# VIEWPOINT

## NEWSLETTER



**ISSUE 8**

**MARCH – MAY 2018**

## **A FEW WORDS FROM OUR CHIEF EXECUTIVE**

**Well the New Year has passed us already and at the Vision Support Centre we have had a busy start to the year. A new consultation was sent to all our clients asking for their feedback on a variety of subjects. We want to know what visually impaired people think of our services, ask if they have any ideas for the future, highlight volunteering opportunities and mention a bit about fundraising. We will share the findings in a future edition of this newsletter.**

**As well as continuing to run our existing groups we have plans to start some more. Armchair exercises, Knit and Natter, Kitchen Skills, Blind Football, Techy Tuesdays and a Taste of Life Club are all due to start this year. For more information please look further into this newsletter.**

**It is sad that Cumbria County Council has decided to cease funding the provision of the Dual Sensory Loss group we have run for around 10 years now. However, the Society will support the cost to ensure the group continues while we look for a grant funder to support it.**

**We now have a new Vision Support Officer, Jackie Scott. As the number of visually impaired people we have registered with us is currently 850 and rising steadily, there was a need to get extra support for the Vision Support Team. Welcome on-board Jackie!**

**It was great to hear that we have secured funding to keep the Younger Generations project going for another 2 years.**

**In 2018 we are going to be concentrating our efforts to raise £128,258 for a ground breaking Sight Loss and Dementia Village at Ostley House.**

**Lots happening at the Society!**

## **VISION SUPPORT TEAM**

**We held our first Charles Bonnet Support group on 8<sup>th</sup> November and it was interesting to hear about everybody's experiences of Charles Bonnet Syndrome (CBS) and how they cope with it. It is our aim to spread the word about CBS as it isn't a widely known condition. When somebody first experiences hallucinations it can be very disturbing but if they and their families have prior knowledge of the condition it is much easier to deal with. We advertised the meeting on Radio Cumbria and took the opportunity to explain what CBS is and how it affects people. A lady attended the meeting and thanked us for highlighting this condition as for twelve months she had thought she was going mad. It is also surprising how many medical professionals do not know about CBS and it has often been diagnosed as a mental health problem resulting in unnecessary medication being prescribed and sometimes admittance to hospital. We hope to have four Macular and CBS meetings throughout the year and will be inviting various speakers.**

**Our next Stepping Forward course will be in April where we will discuss benefits, eye conditions, daily living aids, mobility, the importance of lighting, magnification and contrast and any problems people are facing due to their sight impairment. If anybody is interested please get in touch.**

**Our team consists of four Vision Support Officers, Social group Co-ordinator and Children & Young Person Co-ordinator. We are very pleased to welcome Jackie Scott our new Vision Support Officer who we know will be a great asset to the team. Paul Ogden is also our Eye Clinic Liaison Officer at Furness General Hospital. He is there every Monday and gives information to the eye clinic patients about any help available to them.**

**We are starting some extra groups this year including Blind Football, armchair aerobics and kitchen skills. We hope that you will take the opportunity to take part in some of these activities. Most will be held at the Vision Support Centre which has proved to be a successful venue. The Low Vision Clinic is now held at Cavendish Street and the move from Furness General Hospital has proved to be both successful and popular with those who have attended.**

**We all look forward to another action-packed year!**

## **THANK YOU FOR REMEMBERING US**

**In January we were informed of some legacies that were left to the Society by the Late Douglas Garnett, Muriel Rigg and Mavis Cousins. Their kind contributions will be used towards helping fund the Vision Support Officers, enabling them to continue to support visually impaired people in the community.**

**We are very grateful that these individuals remembered our Society in their Wills.**

## **FRIENDS OF THE SOCIETY**

**The Society relies on a variety of income 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.**

## **WHAT'S ON IN 2018**

**Monday Group** – Social – Every Monday night 7.00 to 9.00 at Spring Mount, Walney

**Tuesday Group** – Craft work – Every Tuesday 1.30 to 3.30 at the Vision Support Centre, Barrow

**Thursday Group** – Bingo – Every Thursday 2.15 to 4.15 at Station View, Barrow

**Ulverston Group** – Social – Meets every third Wednesday 1.30 to 3.00 at Neville Street Methodist Church, Ulverston

**Macular & Charles Bonnet Support Group** – A support group for people who have macular degeneration and for people who experience visual hallucinations as a result of their sight loss. Meets three times a year 19 February, 13 June and 14 November 1.30 to 3.30 at Neville Street Methodist Church, Ulverston

**Barrow Luncheon Group** – Last Wednesday of every month at different venues.

**Dual Sensory Loss Support Group** – Meets every second Monday 1.30 to 3.00 at Vision Support Centre

**Millom Group** – Social – Every Friday 1.00 to 3.00 at the Salvation Army Citadel.

**Grange Group** – Social – First Wednesday of every month 2.00 to 4.00 at Abbot Hall, Kents Bank.

**Men's Group** – Social – First Wednesday of every month 1.30 to 3.30 at the Vision Support Centre.

**Armchair exercises** – Fitness – Every Wednesday at 1.00 to 1.30 at the Vision Support Centre (Starting 13 March).

**Knit and natter** – Social – Every Tuesday at 10.00 to 11.00. A chance to enjoy some knitting while having a chat. At the Vision Support Centre. (Starting 13 March).

**Kitchen skills** – Training – Every Tuesday 11.00-12.00 at the Vision Support Centre.

**Blind Football** – Fitness – First session 7.00 to 8.00 on Fri 20 Apr at the Central Drive Community Hall, Walney.

**Techie Tuesday** – Need help with IT? Book an appointment and come and see our advisor who will be happy to help you. At the Vision Support Centre.

**Taste of Life Club** – A small group of visually impaired people getting together to taste a variety of drinks. Various days and locations around Barrow.

**Focus Group** – Tuesday 1 May 2.15 to 3.30 at Grange library. You chance to tell us what you think of our services.

**Volunteer Appreciation Day** – Monday 18 June at the Vision Support Centre. An opportunity to thank all our volunteers for supporting our work this year.

**National Eye Health week** – 17-23 September

## **SIGHT LOSS AWARENESS TRAINING**

We offer awareness training to companies or organisations that wish to provide an excellent service to all customers. If anyone is interested in this service please phone 01229 440556 for more details.

## **EQUIPMENT DEMONSTRATIONS**



**We have a number of equipment providers who are willing to come to the Vision Support Centre to demonstrate the new equipment that visually impaired people can benefit from:**

**Wednesday 14 March – Enhanced Vision**

**Wednesday 28 March – Orcam**

**Tuesday 26 June – Dolphin & Wireless for the Blind**

**Mon 17 September – Sim spec event**

**Friday 21 September – Optelec**

## **STEPPING FORWARD**

**If you have recently experienced sight loss, this short course could be of assistance to you. For four afternoons, we will describe the variety of services and products available for visually impaired people. Please get in touch if you are interested in taking part.**

## **FUNDRAISING EVENTS**

Here is a list of the events we have planned so far for 2018. If you would like to take part in any please get in touch with Paul Ogden at the Vision Support Centre. As well as raising much needed funds to support our charity, these events are fun and exciting.

**24 March – Abbey House Ball – *PLEASE GRAB YOUR TICKET BEFORE THEY ALL GO!***

**31 March – Barrow & Dalton street collection**

**20 April – Tesco Extra Barrow store collection**

**28 April – Ulverston street collection**

**12 May – Grange street collection**

**12 May – Keswick to Barrow sponsored walk – *WOULD YOU TAKE PART IN THIS FOR US?***

**19 May – Tesco Flass Lane store collection**

**26 May – Coniston & Hawkshead street collection**

**27 May – Parachute jump at Flookburgh – *FANCY JUMPING FOR US?***

**22 June – Abbey walk with John Murphy**

**23 June – Millom street collection**

**4 August – Ulverston street collection**

**18 August – Grange street collection**

**7&8 September – Booths store collection**

**16 September – Cross Morecambe Bay walk**



# **VOLUNTEERING EVENTS**

**In addition to the volunteers who help run our social groups, we also need people who can help us by:**

**Driving**

**Being our Handyman**

**Talking to people**

**Walking with people**

**Doing jobs in the office**

**Helping with fundraising**

**Approaching local solicitors to help with legacy giving**

**Having fun with us!**

**If you are interested in any of the above opportunities please get in touch.**



**This is Callum Mansell who is 20 and he currently volunteering with us by helping Carl Hodge our CEO with a variety of tasks. He is visually impaired and he has optic nerve hypoplasia. Recently, Callum did training at Furness College, Age UK and Dunelm Mill to help him find employment but has so far been unable to find a job opportunity. By volunteering with the Society, he hopes to gain work experience that he can put on his CV.**

## **OSTLEY HOUSE**



**Our residential home, Ostley House, is full at the moment and residents enjoy all the delights on offer there. In the coming months we will begin offering Day Care for people with Sight Loss and Dementia. This much needed service is one we want to develop to support people and families affected by these conditions.**

**Also, our Sight Loss & Dementia Village plans are progressing with us receiving Planning Permission for the extension. We now need to raise the remaining £128,258 for the project that will cost £338,819 in total. A number of grant-making trusts have already pledged their support for the project that will make us ground breaking in the provision of care for people with both sight loss and dementia.**

## **RECYCLING FOR GOOD CAUSES**

**We have teamed up with Recycling for Good Causes to collect any unwanted items that we can convert into cash for us.**

**Please send us any unwanted items including:**

**Jewellery**

**Stamps**

**Currencies & coins**

**Mobile phones & gadgets**

## HISTORY OF THE EASTER EGG

Eastertime is all about new season lamb, hot cross buns, and Easter eggs. It's a moveable feast, although these days it seems supermarkets stock their shelves with Easter eggs soon after the Christmas trappings are cleared away.

The humble egg has been used by many cultures and religions throughout history as a symbol for new life and a new beginning. The Christian church superimposed its doctrine on many of the old ways, linking the symbolism of eggs, Easter and the resurrection together.



### The first egg

JS Fry of Bristol made the first chocolate egg in the UK in 1873, with Cadbury's launching their version two years later. Decorated by hand to suit Victorian tastes, these eggs were made from dark chocolate and would have been rather grainy and bitter by today's standards according to Tony Bilsborough of Cadbury's: "They would have been a very expensive and luxury gift."

Then In 1905 Cadbury's launched the Dairy Milk chocolate bar, and the subsequent Easter egg made with this new style milk chocolate proved a big hit. Better transportation, a lowering of trade tariffs on cocoa, and developments in production allowed the masses to enjoy Easter eggs, but adults were still the target market.

## **CHILDRENS PROJECT**

### **Christmas Celebrations Report December 2017**

**On Tuesday 19<sup>th</sup> December, the Younger Generations had a day of Christmas fun at Forum 28 in Barrow. In the morning, we enjoyed some Christmas activities and party games, we had a party food lunch and in the afternoon we watched the Pantomime, Cinderella.**

**We started off in the morning by doing some Christmas colouring and craft. The children coloured in some paper baubles and gift boxes with labels on. They then wrote on the labels who they wanted their gifts to go to and we stuck them to a giant picture of a Christmas tree, which was displayed on the wall. The tree looked really good with all the baubles on it and gifts underneath it. There was some excellent colouring on display.**

**After our craft session we played some party games. The children enjoyed playing pass the Christmas parcel, the chocolate Santa game and the left / right Christmas gift passing game. The Chocolate Santa game involved the children waiting for the music to stop then running to the table where the chocolate Santa was, putting on an elf hat, scarf & gloves and trying to eat the chocolate with a plastic knife & fork. This was so much fun. The left right game involved the children listening to a Christmas story and every time, they heard the words 'left' or 'right' they had to pass their gift bag round the circle in that direction. Every so often they would look in the bag and if they had a 'naughty' gift tag in their gift bag they were out of the**

game, but if they had a 'nice' gift tag, they could carry on playing. The game continued like this until only one person had a 'nice' gift tag and they won a prize!

Lee Winter from Forum 28 then came to see us and asked us if we would like to go into the main theatre for a touch tour of the set. We all went up on the stage and had the opportunity to walk around the set, trying out some of the scenery and props and look at things close up in more detail. This was great as the children may not have been able to see the detail of some of the scenery or props from where they were sat in the audience, but by seeing them close up on the stage, they could relate this to what they would see later from sitting in the audience. The highlight of the touch tour was being able to sit in Cinderella's carriage. We took lots of photographs of the children sat in the carriage with their friends and families. Afterwards the cast came out to meet us and talk to the children before they did their run through on stage. It was very kind of them to do this and of Lee to arrange the touch tour and meeting the cast.

We had a party lunch with Christmas songs playing in the background and just before the children went into the main theatre, they were all given a little present – a selection box! In the afternoon we watched the pantomime, which was brilliant. Our families really enjoyed it.

We would like to thank everyone at the Forum for their hospitality. They were wonderful.

## **JUST FOR FUN QUIZ**

- 1. Bagna càuda is a dish of garlic, anchovies, olive oil and butter which originates from which country?**
- 2. At what age may you legally purchase alcohol in France?**
- 3. From which country does Gouda cheese originate?**
- 4. What are the full names of TV's two 'Hairy Bikers'? (Or Hairy Dieters!)**
- 5. From which country did Merlot wine first originate?**
- 6. 'The Botanist', 'Monkey 47' and 'Opuhr' are all brands of which spirit?**
- 7. What is the national dish of Jamaica?**
- 8. 'Warwickshire Drooper', 'Mirabelle' and 'Belle de Louvain' are all varieties of which fruit?**
- 9. Which type of pastry is used in a Cornish Pasty?**
- 10. What do Americans call fresh coriander?**

***Answers on Back Page***

## **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. Please consider leaving a gift for Barrow & Districts Society for the Blind in your Will. Thank you.**

## **AIDS AND APPARATUS**

**We have a wide range of equipment in our Vision Support Centre that assists people with a visual impairment.**

**This equipment ranges from small items such as Liquid Level Indicators that help you to avoid scalding yourself when making a hot drink to much larger items like CCTV readers. CCTV readers are large scale magnifiers that help you to do everyday things like read a newspaper.**

**We also offer a dedicated lighting section that enables you to try out our range of daylight lamps in the comfort of an armchair. This is intended to simulate the conditions in your own home.**

**Come in and take a look around**



# **BARROW & DISTRICTS SOCIETY FOR THE BLIND**

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info@barrowblindsociety.org.uk**

**Company Number: 3133015**

**Charity Number: 1051674**

## **QUIZ ANSWERS**

- 1. Italy**
- 2. 18 (was 16 for wine and beer until 2009 but now 18 for all alcohol)**
- 3. Netherlands**
- 4. Simon 'Si' King and Dave Myers**
- 5. France**
- 6. Gin**
- 7. Ackee and Saltfish**
- 8. Plum**
- 9. Shortcrust**
- 10. Cilantro (sometimes also known as Chinese parsley or Mexican parsley)**