

VIEWPOINT

NEWSLETTER



ISSUE 10

SEPTEMBER – NOVEMBER 2018

A FEW WORDS FROM OUR CHIEF EXECUTIVE

It's right in the middle of the month of August when I'm writing this and looking forward to some cooler autumn weather. We have been in our Vision Support Centre for just over a year now and we are still developing our activities. The Low Vision Service operates from here and the Kitchen Skills course will be starting soon. We also have Knit and Natter, telephone befriending and demonstrations of daily living aids, to name but a few. Please get in touch if you would be interested in taking part.

We also have a number of events, organised by Callum Mansell, who is volunteering to assist us to provide more. His first event was a walk round southern Walney which proved to be a lovely day out.

At Ostley House, our plans for the Sight Loss and Dementia Village are progressing and we now have planning permission. We are still fundraising for this project and hope to have enough to commence the building work next year.

Recently, I heard that some people thought we were Government funded. This surprised me, because as a registered charity we do not receive any such funding to provide the services we offer for visually impaired people. We must do all the fundraising ourselves!

In the recent Consultation, 45% of those that completed it offered to become Friends of the Society and in the coming months we will be contacting them to explain the scheme.

That's my bit. I'm off for a few days holiday now.

OUR ANNUAL SUMMER TRIP TO RYCROFT HALL



We had our annual trip to Rycroft Hall, Hambleton on Wednesday 25 July. One coach set off from Barrow at 10.00am and another coach from Millom. We had a lovely three course lunch on arrival and an afternoon of entertainment. There was a lot of singing, dancing and laughter. We set off home again at 5pm. We had a wonderful day out

Emillie Voy

EXHIBITIONS – VISION SUPPORT CENTRE

**ORCAM Exhibition – Wednesday 10th October 2018
10am – 12pm at the Vision Support Centre & also at
Grange Library - 1pm - 3pm**

**OPTELEC Exhibition – Friday 21st September 2018 -
10.00am - 2.00pm**

VISION SUPPORT TEAM

Well I am pleased to say that the Knit and Natter and Armchair Aerobics groups are proving to be popular. I don't know if a lot of knitting gets done but there is certainly a lot of nattering! The Blind Football is still slow to take off so if anyone is interested can they get in touch for details. Those who attend really enjoy it and age doesn't matter so come and give it a try.

The recent consultation provided us with some very useful information, enabling us to find out the views of all our clients and what they expect from us. One thing highlighted was the fact that people in outlying areas find it difficult getting to our Centre in Cavendish Street. With this in mind I held a session at Age UK in Grange and I displayed some of our aids and equipment. It was a useful exercise and I intend doing the same again but perhaps in other areas.

We will soon be starting our Kitchen Skills. Kitchen equipment will be demonstrated i.e. talking microwave, talking kitchen scales, LLI, lighting, talking tins etc. We will then start some baking sessions.

Our Events Coordinator, Callum, has been working hard organising several events. We had a lovely walk at South Walney Nature Reserve on 5th August. The warden, Sarah, gave a guided walk and told us about the wildlife and also explained about the industrial heritage. It was very interesting and something we hope to do again in the Spring.

Our Volunteers Day was well attended and gave us the opportunity to thank all of our wonderful volunteers who

help in so many ways. We would not be able to do what we do without them.

Our new VSO, Jackie, is recovering well from her recent health scare but in the meantime we have welcomed Claire Huddleston who has stepped in and is doing a great job. Our Vision Support Team are here to support all of our clients and are extremely dedicated and always available to help in any way possible. Emillie continues to run the groups and I would like to thank her for organising our annual trip to Rycroft Hall which everybody enjoyed immensely. Cath is busy organising more events for our children and will tell you all about it in the next issue of the newsletter.

Maggie Nelson

TREATMENT FOR MACULAR DEGENERATION

For those of you who have to travel to Kendal for your injections there is some good news on the horizon.

Scientists have developed eye drops that people will be able to administer themselves. In a recent article in The Daily Mail it stated that 'eye drops can deliver a therapeutically effective amount of the drugs to the retina. The technology behind the eye drops is that of a cell-penetrating peptide which can deliver the drug to the retina at the back of the eye.'

It is expected that the drops will be available for use within the next five years and whilst this does seem a long time off, the benefits of this treatment will be immense. No more injections and having to travel long distances! Let's hope that this treatment will be available sooner rather than later.

SIGHT LOSS AWARENESS TRAINING

We offer awareness training to organisations/residential homes who wish to provide an excellent service to all customers. If anyone is interested in this service, please contact us on 01229 440556 for more details.

LARGE PRINT BOOKS FOR CHILDREN

RNIB have a lending library for visually impaired children. A maximum of six large print books can be requested and are on loan for a period of three months. If anybody wishes to access this service, please contact us and we will organise for RNIB to send your book choices

AMAZON ECHO SPOT

We have the new up to date Echo Spot which is priced at £120.00 or £140.00 with the stand, feel free to come along to the Vision Support Centre for a demonstration and if you have any questions, we can answer them!



INTERESTING FACTS

DAILY CUPPA LOWERS GLAUCOMA RISK BY 74%



The hot beverage that holds a treasured place in the nation's heart has also received the tick of approval from eye health researchers.

EXERCISE & GLAUCOMA



Research suggests that those who engage in moderate to vigorous physical exercise lower their risk of developing glaucoma.

WE ARE SURVIVORS

(FOR THOSE BORN BEFORE 1940...)

We were born before television, before penicillin, polio shots and frozen foods, Xerox, contact lenses, videos and the pill. We were before radar, credit cards, split atoms, laser beams and ballpoint pens, before dishwashers, tumble driers, electric blankets, air conditioners, drip dry clothes ...and before man walked on the moon.

We got married first then lived together (how quaint can you be?). We thought 'fast food' was what you ate in Lent, a 'Big Mac' was an oversized raincoat and 'crumpet' we had for tea. We existed before house-husbands, computer dating and 'sheltered accommodation' was where you waited for a bus.

We were before day care centres, group homes and disposable nappies. "We never heard about FM radio, tape decks artificial hearts, word processors or young men wearing ear-rings. For us 'time sharing' meant togetherness, a 'chip' was a piece of wood or fried potato, 'hardware' meant nuts and bolts and 'software' wasn't a word.

Before 1940 'Made in Japan meant junk, the term 'making out' referred to how you did in your exam, 'stud' was something that fastened a collar to a shirt and 'going all the way' meant staying on a double decker bus all the way to the terminus. In our day cigarette smoking was 'fashionable', 'grass' was mown, 'coke' was something that was kept in the coalhouse, a 'joint' was a piece of meat that you ate on a Sunday and 'pot' was something you cooked in. 'Rock Music' was a fond mothers lullaby, 'Eldorado' was an ice cream, a 'gay person' was the life and soul of the

party, while 'aids' just meant beauty treatment or help for someone in trouble.

We who were born before 1940 must be a hardy bunch when you think of the ways in which the world has changed and the adjustments we have had to make. No wonder there is a generation gap today.....BUT

By the grace of God we have survived!

NATIONAL EYE HEALTH WEEK

National Eye Health Week runs from 24th – 30th September 2018. Here at the Vision Support Centre, we will be holding a Coffee Afternoon on Tuesday 25th September with 'tasters' of food that researchers feel are beneficial for our eyes.

Throughout that week feel free to drop in and talk to one of our Vision Support Officers if you feel that your eyesight is deteriorating or you would benefit from any of our services or indeed pop in if you would just like a look around.



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.

FRIENDS OF THE SOCIETY

The Society relies on the generosity of those who give, this is vital to us as it allows us to continue to provide our ever-growing range of services that we are proud to offer local visually impaired people.

By paying direct into the office or by setting up a standing order with your bank to pay the Society any amount, no matter how small, you can make a real difference to our work. If you are a taxpayer then we can increase your donation through the Gift Aid Scheme. The Gift Aid Scheme allows us to increase your donation by 25% at no additional cost to yourself, so if you would like to become a “Friend of the Society” please come in and pick up a leaflet or give us a call and we will help you set it up.

Thank you.

CAN YOU HELP?

Can you spare us an hour or two of your time on a regular basis to help with the following:

Driving

Being our Handyman

Talking to people

Walking with people

Administration

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.

STEPPING FORWARD

If you have recently experienced sight loss, this short course could be of assistance to you. For four sessions 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.

We hope to provide our next training sessions in October. Anyone who has already attended these sessions can come along for a refresher course. If you are interested in attending please give us a call on 01229 440556

WHAT'S ON IN 2018

Monday Group - Social - Every Monday night 7.00pm - 9.00pm at Spring Mount, Walney.

Tuesday Group - Craft- Every week, The Vision Support Centre - 1.30pm - 3.30 pm

Thursday Group - Bingo - Every week - 2.15 pm - 4.15 pm at Station View, Barrow.

Ulverston Group - Social - Monthly - 1.30pm - 3.30pm - The next meeting is on 19th September at Neville Street Methodist Church, Ulverston.

Macular & Charles Bonnet Support Group –

Is a group for people with macular degeneration and for people who experience visual hallucinations as a result of their sight loss. The next meeting is on 14th November at 1.30pm till 3.00pm at Neville Street Methodist Church, Ulverston, and the speaker is Michelle Dutton from the Macular Society.

Barrow Luncheon Group - Last Wednesday of every month, assorted venues.

Dual Sensory Loss Support Group - Meets monthly at the Vision Support Centre for clients with Sight & Hearing problems. The next meeting is on Monday 8th October at 1.30pm.

Millom Group - Social - every Friday 1.00pm – 3.00pm at the Salvation Army Citadel.

Grange Group - Social - First Wednesday of every month 2.00pm - 4.00pm At Thornleigh, Grange over Sands from October

Men's Group – Social – every month commencing on 5th September 1.30pm – 3.30pm at the Vision Support Centre.

Blind Football - Fitness - Every 3rd Friday of every Month 7.00pm – 8.00pm at Central Drive community Hall. Please phone for more details

Knit & Natter - Social - Every Tuesday at 10.00am – 11.00am. A chance to enjoy some knitting while having a chat. At the Vision Support Centre.

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.

Chair based exercises - 11am -11.30am every Tuesday at the Vision Support Centre.

FUNDRAISING EVENTS

Store Collections

7th & 8th September	- Booths
15th September	- Morrisons
29th September	- Ulverston Co-op
6th October	- Barrow Island Co-op
13th October	- Ulverston Co-op

Other Events

16th September	- Cross Bay Walk
7th November	- Barrow Town Hall Tour

If you are interested in attending either the Cross Bay Walk or the Town Hall tour please contact 01229 440556 for more details.

BUMBLEBEE

Bumblebee is the latest tablet device with preloaded apps powered by British Wireless and has brought BWBF's product range into a new era of interest internet accessible audio technology for those who are visually impaired.

Bumblebee has been specially designed to give listeners with sight loss simple, portable access to a huge range of internet audio content including talking newspapers and magazines, radio stations, podcasts, audio books and much more.

It has large, simple menus which can be viewed in a variety of contrasts including yellow and black as they stand out to those with residual vision. Combined with audio description of each menu item it is also user friendly for people with very little or no sight.

Part of the exclusivity of Bumblebee is the user-led content aspect, where listeners can essentially create their own personalised audio library in their pocket. Bumblebee requires a wireless connection to stream live radio and download content, but once the audio files have been saved on the device they can be used anywhere.

For more information about Bumblebee, contact BWBF's head office on 01622 754 757.



VOLUNTEER APPRECIATION DAY



We recently held a Volunteers Day here in our Centre to show our valued volunteers how much we appreciate them. A good time was had by all.

WILLIE HORNE COMMEMORATION DAY



Bessie Horne (pictured centre, sitting) kindly brought in some memorabilia from her late husband the legendary England Rugby player Willie Horne. The day was a resounding success and we raised £295.00 to help us to continue to provide our services to local visually impaired people. Thank you Bessie.

BARROW & DISTRICTS SOCIETY FOR THE BLIND

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This newsletter is available in multiple formats including Braille, Audio, and on our website. If you would prefer your newsletter in an alternative format, please do not hesitate to contact us on 01229 440556.