



Autumn 2017
Magazine

**Your local Charity for support and
information on sight loss**

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Sight Advice South Lakes

We offer a wide range of services providing information, support and equipment for people with sight problems. In our new premises at The Bradbury Centre, 116, Highgate, there is a display of aids and equipment including clocks, watches, kitchen equipment, toys, games, computers, electronic magnifiers and lots more.

We are open Monday to Thursday – 9.30 am to 4pm. The first Monday of the month, the office will be closed until 11.30 am for staff training.

If you are making a special journey to come to the premises, or to see a particular member of staff, we suggest that you contact the office in advance to make sure that someone will be available to assist you. If you are unable to visit us at the Centre, we can visit you in your own home. We also have an information desk at Westmorland General Hospital. For more information on any of our services, telephone 01539 769055. Please leave a message on the answering machine when the office is closed.

Staff and Trustees update

As we approach autumn one thing that stays the same at Sight Advice is that as a Charity we are continually changing! We thought it would be useful to provide our readers with a who's who and Page 15 gives details on our current staff team, with a small brief about their role. We are delighted to welcome Tim Ward and Becky Cass to the team

Eye Can Awards – In June, we were delighted to hear that staff member Margaret McClure, volunteer Eileen Jackson and young person's project member Douglas McCleery were shortlisted for a



North West Eye Can Award. The awards were held at Wellington Park, Leyland and recognise the achievements of people living with Sight Loss across the North West. On the evening, Margaret won the award for the Sight Loss Sector Colleague. Douglas took home the award in the Young Person's category and, although Eileen didn't win an award in the fundraising category on the night,

she is still a winner to us for the amount of time she gives the Charity helping to organise street and store collections. Huge well done to all.

Consultation – Thank you to everyone who took the time to complete and return the questionnaire regarding our forthcoming Big Lottery application. It is very important that we receive as much feedback as possible from people living with sight loss so, if you would still like to contribute please call the office on 01539 769055 and we can complete the form over the telephone with you.

In this edition, we are asking for your feedback once again. Sight Advice faces a huge funding challenge over the next 12 months and the Board of Trustees need to consider prioritising services, if we are not successful with forthcoming grant applications. The trustees would be grateful if you would take a couple of minutes to complete the enclosed form. For those readers who receive the magazine via audio/email please make contact with the office to arrange a time to answer the questions. Thank you in advance.

Wine Tasting at Castle Green – this event was a great success for Sight Advice raising over £1,300 for the Charity. Thank you to those of you who attended on the evening. I sure you will agree that it was a thoroughly enjoyable event. We know members of the staff team certainly learned a thing or two.



Front steps at 116 Highgate – Claire would like to hear people’s feedback on the front steps to 116 Highgate. Claire has been looking at improvements to the steps but would like to hear your thoughts. Some people like them as they are now with the black, tactile edging. Some people would like them defined in yellow and others in white. We appreciate that we will not be able to meet everyone’s needs but we would like to consider your different views. If you would like to give us your ideas, please let a member of staff know when you are visiting us, phone us on 01539 769055 or email Claire directly on claire@sightadvice.org.uk

Celebration and thank you

Jan Graham has been volunteering with Sight Advice South Lakes for around thirty years! Jan is retiring from her role and we could not let the occasion go by without recognising her outstanding commitment. Jan was delighted to be recognized and said, “I’ve met some wonderful people throughout my volunteering days.”



Scott Hemsley and Jan Graham

Support for families

We are holding a second information session for anyone who regularly supports someone with sight loss, including family members, partners, close friends and carers. These sessions are being held in response to feedback from a number of visually impaired people who, although were very appreciative of the

support given to them from Sight Advice, also felt other people in their lives may need information and support too.

The session will be held on Tuesday 12th September in our centre from 1.30 to 3pm and will include information and advice on a range of topics including local support agencies and an opportunity for general discussion.

If you would like to attend please contact Margaret McClure on Tuesdays and Wednesdays at the office.

Children and Young People's Project ***Alicia Makinson***

When you read this we will have had a busy summer, filled with fun and exciting activities. In June and July our younger members and their families attended the local Aura sensory experience in Kendal. The children were able to play with and explore the various equipment on offer. This was a great opportunity for the children to play with one another and to use a facility, which is available for them to use on other occasions.

At the end of August all our children and young people were invited back to Aura to help the centre use their "Penfriend" Labeller (available from the RNIB). Using the children and young people's voices, the main equipment is now labelled to help other visually impaired people using the centre. Thank you to all who came. In August our members attended two sessions at the Lakeland Climbing Centre in Kendal.

We are now planning ahead and organising our annual trip to the theatre. On the 29th December families are invited to join us at the Dukes Theatre in Lancaster. We will be watching Aladdin (with audio description) and going on a touch tour before the production. Please contact Alicia if you are interested in attending.

By early October the project will have a new 'Welcome film'. Thank you to all the families involved in helping us create the film. We have also designed a new leaflet to help us promote the children and young people's project.

If you would like to know more about the project please contact Alicia - email: alicia@sightadvice.org.uk or ring me at Sight Advice, South Lakes.

Volunteering

Hello my name is Julie and I started as the Volunteer Support Officer in June this year and have really enjoyed getting to know everyone. At times it seemed like my role mainly involved drinking tea, eating cake and biscuits, meeting wonderful people and hearing their stories. Whilst this is very enjoyable, the main part of my role is recruiting and supporting our volunteers.

I would like to hear from people who have comments or suggestions around their volunteering experience. I hope to be in the office very Monday 9:30 – 4.00 so you can call in and see me if you're passing or ring and make an appointment if you are making a special trip into Kendal.

You may be surprised to know that we have 139 volunteers helping to make a difference and improve the quality of life for visually impaired people living locally. Volunteers undertake a wide variety of roles including supporting our members to activities, fund raising, managing clubs and you may have met one of our volunteers on reception if you have visited the office.

There is also lots of anecdotal evidence that volunteering has a positive impact on health. (NCVO 2017)

So if you think you or someone you know would enjoy being part of our team, get in touch to discuss the ways in which you may be able to help us AND yourself. julie@sightadvice.org.uk

Volunteer Update

Dates for your Diary

- **Volunteer Celebration afternoon 23/11/2017**
venue to be confirmed
 - **Mondays – volunteer drop in at The Bradbury Centre**
(do all ahead if you are making a special trip)
- #### **Upcoming roles and vacancies**
- **One off support – please let me know if you would like to be considered for providing one off support to our clients.**

News

- **Volunteer updates – coming soon, regular monthly emails about volunteering opportunities and training, make sure we have your email address.**

What's new in the community

Scott Hemsley

The Information and Support Groups are looking for new members. If you would like to join a group in your area, please let me know. Sometimes, just chatting with someone who has a similar eye condition can make a big difference and show that you are not on your own. Thanks to Brian Mace who has organised outings for the Ambleside Group. Brian has also entertained the Windermere Group with music and memories from the past, and will also be coming to the Kendal group at the Bradbury Centre. It's worth remembering that none of the groups could meet without the support of our dedicated volunteers!

The Audio & Large Print Sedbergh Lookaround which provides very easy to listen to Audio versions and Large Print versions of Lookaround will be holding their Annual Coffee Morning on Wednesday 13th September. Examples will be available. Staff from Sight Advice will also be present to demonstrate aids and equipment.

More members are getting the BT Guardian telephone scheme which gives you the opportunity to stop cold callers. If you have SKY, Talk Shield has been introduced which does a similar thing. If you have Talk Talk, they do a Last Caller Barring Scheme which allows you to block up to 100 numbers. Please contact your phone providers to get more details.

In this day of technology, it is nice to know that you can get some equipment which has no wires or batteries, but can aid you when reading. Typoscopes can help keep you on the straight and narrow; they are basically a piece of black card or plastic with a gap varying in size. You put the card over the page you are reading and it cuts out the glare, limits the amount of information you see and helps you track down the page so you don't lose your place. They are useful for people who have had a stroke or who cannot cope with too much information at once. You can make these yourselves or buy a variety of sizes. Please get in touch with me if you want more information.

I am finding that more people I visit are unable to get out to the opticians, but would benefit from seeing one. It is important that you have regular eye checkups, even if you are registered Severely

Sight Impaired. You may have Age Related Macular Degeneration, but are unaware of any glaucoma or diabetes starting. Opticians are not just about getting glasses.

Lastly, can I remind everyone that the South Lakeland District Council Handy Person Scheme will provide up to 12 ceiling/wall LED light bulbs free of charge. Telephone 01539 733333 for further details.

Cumbria Societies for the Blind, Kath Threlkeld

As the development officer for Cumbria Societies, one of the steering groups I belong to is the ‘Better Care Together’ Ophthalmology pathway. The objective of this group is to address capacity and demand mismatch, achieve equality bay wide and provide more integration between hospital and community services. We are looking for service users to take part in a small round table feedback session (date to be confirmed). We want service users to tell the decision makers what is good, what is bad, what does and doesn’t work and what needs to be changed. This is your opportunity to influence service provision at a strategic level. If you are interested in participating please email Kath at cumbriasocieties@gmail.com or contact 01539 769055.

Skills and Employment

If you are wishing to change jobs, explore new volunteering opportunities or even update your CV, an exciting opportunity has arisen for you.

Mandy Morland is kindly giving her time to Sight Advice South Lakes and will be holding a number of sessions to spend time with people on a one-to-one basis. Mandy has a wealth of experience in recognising individual potential and supporting people to develop their skills. The sessions can be tailored to meet your needs and aspirations but may include:

- **Discussing and recognising your skills and experience**
- **Developing your CV**
- **Practising interview skills**
- **Identifying volunteering opportunities**

Sessions will take place between 10-12 on Thursday 26th October, Wednesday 20th December and Thursday 15th February 2018.

Places are limited so please contact us on 01539 769 055 to book your place.

Befriending

Sight Advice has been running a Befriending Project for some time now. It may be that you have come across the term and thought that doesn't mean anything to you.

Loneliness and isolation can come unexpectedly, through bereavement, a long period of illness, no longer being able to drive or just feeling generally lethargic. This last one could be a symptom of depression. It can be a big step to invite someone into a part of your life and might seem quite scary, however it can be stimulating, comforting and healing.

Volunteers can help people by just being there for them on a regular basis, checking in and saying hello, which they can do by telephone or in person. So being unable to get and out and about is no barrier to being a friendly voice on the end of a telephone line. Befrienders can bring isolated people back into their community. They can be a link to other organisations and are a confidential and independent source of support.

Sight Advice's role is to act as the mediator, ensuring all volunteers go through the appropriate checks, emphasising the need for confidentiality, and are suitably trained and supported. Sight Advice also provides advice and confidential help to the user of the service should they have any concerns.

Volunteers can feel a sense of achievement and satisfaction when they see the positive impact they have on someone's life, and in turn benefit by being valued and wanted (see the article in this magazine on the benefits of volunteering).

If you are interested and want to hear more about getting involved, either as someone who wants to volunteer or because you feel that you would like the reassurance of a regular contact to "chew the fat" with, then please do get in touch. There's no obligation and it could be the first step in making a difference in your life. Contact Julie, Email: julie@sightadvice.org.uk or 01539 769055

Kendal Leisure Centre would like to work with us to offer some FREE Gym inductions and swim sessions and to hear feedback from VIPs accessing their facility. Please make contact with the office 01539 769055 if you are interested.

Thanks to every one of the volunteers who have turned up and taken part in our street collections over the recent months, Our summer weather hasn't been kind to us and we've had some wet mornings recently, and I would just like to say thank you. Not only to volunteers, but to staff too, who have helped out so much at all our recent fundraising happenings, quizzes, events and such like. They have been well supported, notably our Charity Wine Tasting Evening, which raised us almost £1300.00!

October has our "Bake off" event on Monday 9th. There are 3 categories: "Chocolate", "Sponge" and "Other". Please bake your best and bring it in on the day. Judging will be held in time for afternoon tea and prizes will be awarded for the best in each category. Free entry, so let's see what you can do!

All dates for upcoming street collections, coffee mornings and other events are detailed on the What's on pages. Please let me know if you would like to help us at any of the events, we would be delighted to hear from you

Blindfold Dominoes Competition

Ivy Leaf Club, Kent Street, Kendal

If you think you can play the game using special dominoes as well as being blindfolded...come and have a go!

£3 per person to enter

Please contact Sight Advice South Lakes to take part in this amazing event.

Race Night

Netherfield Cricket Club, Parkside Road, Kendal.

Friday 22nd September 7.30pm

£3.00 entry per person includes race card

If you would like to be an owner or sponsor a horse or jockey and win big, get in touch with sight advice south lakes.

Book via the sight advice centre or

Online : trybooking.co.uk/cjc

What's On For you to pull put and keep

N.B. Events listed are at The Bradbury Centre at 116 Highgate, Kendal, LA9 4HE unless otherwise stated

SEPTEMBER

Tues 5 Amazon Dot Session, 10-30 -12 noon

Tues 5 Dual Sensory Loss Group, 2 - 3.30pm

Wed 6 Positive Steps Session, 1.30 – 3.30pm

Thur 7 Computer Chat Group, 10 – 12 noon

Thur 7 Games Afternoon 2-4pm

Sat 9 Windermere and Bowness

Street Collection 9am - 4pm

Mon 11 Office Closed for Staff Training

9.30-11.30am

Mon 11 Kendal Support Group 2 – 4pm

Mon 11 South Lakes Dementia Hub, 2 – 4 pm

Kendal Leisure Centre

Tues 12 Amazon Dot Session, 10.30 -12 noon

Tues 12 Kirkby Lonsdale Support Group 10.15 – 11.45 am, Methodist Church Hall, Kirkby Lonsdale

Tues 12 Families Workshop, 1.30 – 3.00pm

**Wed 13 Sedbergh Talking Lookaround 10 – 12
Cornerstone Community Church**

**Wed 13 Windermere Support Group, 10 - 11.45
Goodly Dale, Lake Road, Windermere**

Wed 13 Positive Steps Session, 1.30 – 3.30pm

Thur 14 Enhanced Vision Demo Day 10.30am – 2.30pm

**Mon 18 Arnside Support Group 10 - 11.45am
Millom Court, Redhills Road, Arnside**

**Tues 19 Sedbergh Support Group 2 – 4pm
People’s Hall, Sedbergh**

**Wed 20 New Technology & Sight Loss 2-3.30pm
Windermere Council Chambers, Langstone
House, Broad Street, Windermere**

Wed 20 Positive Steps Session 1.30 – 3.30pm

**Thur 21 Coffee Morning at Natland Community
Centre 10.30-12 noon**

Thur 21 Games Afternoon 2-4pm

**Fri 22 Race Night at Netherfield Cricket Club
Starts at 7.30pm**

**Mon 25 Ambleside Support Group & User forum
2.30 - 4pm, Rowan Court, Ambleside**

**Tues 26 Sight Advice Office Closed
Staff Training - All Day**

Wed 27 Positive Steps Session, 1.30 – 3.30pm

OCTOBER

Mon 2 Vision Aid & Synaptic Demo, 11.30-2.30pm

Tues 3 Dual Sensory Loss Group, 2 - 3.30pm

Thur 5 Computer Chat Group, 10 – 12noon

Thur 5 Games Afternoon 2-4pm

**Mon 9 Office Closed for Staff Training
930-1130am**

- Mon 9 South Lakes Dementia Hub 2 – 4pm**
Kendal Leisure Centre
- Mon 9 Kendal Support Group, 2- 4pm**
- Mon 9 Charity Bake Off, 2pm - 4pm**
Bradbury Centre
- Tues 10 Kirkby Lonsdale Support Group 10 –11.45**
- Wed 11 Windermere Support Group 10 – 11.45am**
- Mon 16 Arnside Support Group 10 - 11.45am**
- Mon 16 Vital 10-Pin Bowling 7pm - 10pm**
- Tues 17 Sedbergh Support Group 2 – 4pm**
- Thur 19 Optelec Demo Day 11.30 – 2.30**
- Thur 19 Games Afternoon 2-4pm**
- Sat 21 Charity Dominoes Event TBA**
- Sun 22 Charity Dominoes Event TBA**
- Mon 23 Ambleside Support Group 2.30-4pm**
- Thur 26 Skills and Employment 10 – 12noon**
- Sat 28 Coffee Morning at Town Hall Kendal**
9.30am-12 noon

NOVEMBER

- Thur 2 Computer Chat Group 10 – 12noon**
- Thur 2 Games Afternoon 2-4pm**
- Sat 4 Store Collection at Morrisons 9am - 5pm**
- Mon 6 Office Closed for Staff Training**
930-1130am
- Tues 7 Dual Sensory Loss Group 2 - 3.30pm**
- Wed 8 Windermere Support Group 10 – 11.45am**

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Mon 13 Kendal Support Group 2 – 4pm

**Tues 14 Kirkby Lonsdale Support Group
10 – 11.45am**

Thur 16 Games Afternoon 2-4pm

Mon 20 Arnside Support Group 10 - 11.45am

**Mon 20 Quiz Night at the Shakespeare 7.30pm-
10.30pm**

**Thur 23 Volunteers' Afternoon 1:30 – 4pm
Venue TBC**

Mon 27 Ambleside Support Group 2.30-4pm

**Mon 27 Vital Quiz at Netherfield C/C 7.30pm-
10.30pm**

Thur 30 Games Afternoon 2-4pm

DECEMBER

**Mon 4 Quiz Night at the Duke of Cumberland
7.30pm-10.30pm**

**Tues 5 Store Collection Tesco Carnforth
9.00am-4.00pm**

**Fri 8 Vital Coffee Morning Town Hall, Kendal
9.30-12 noon**

Wed 20 Skills and Employment Session

Office Closures

Please note Sight Advice office will be closed Monday 11th September 930-1130 and all day on Tuesday 26th September due to a staff and trustee training day.

We apologise for any inconvenience this may cause

Who's Who

Claire Park – Chief Executive



Claire is responsible for the day to day management of the Charity and works closely with the Board of Trustees to lead the organisation in the provision of services for visually impaired people in the South Lakes area. Claire oversees the fundraising strategy for the charity and works closely with the Services Manager to ensure grant outcomes are being met.

Kendal "born and bred" Claire has worked within the voluntary sector at local and national level for over 18 years and has a real passion for making a difference. Claire lives in Kendal with her husband, daughter and springer spaniel Sadie she enjoys accessing all that the beautiful Lake District has to offer.

Email: claire@sightadvice.org.uk

Emma Barker – Finance Officer



Emma is responsible to the Chief Exec of the Charity for the weekly and monthly financial administration of the Charity and the trading arm of the Charity SLSB Enterprises. Emma works closely with our external accountants in preparing the monthly management accounts.

Emma lives in Kendal with her husband, 3 children and cheeky Jack Russell dog. Emma loves running on the fells around Kendal with her dog and supporting her children in their many after school activities.

Email: emma@sightadvice.org.uk

Dave Bedford – Fundraising and Events Coordinator



Dave is responsible for the day-to-day running of the community fundraising. Dave manages a team of volunteers who together run so much of our fund raising activities from store collections to wine tasting nights.

Dave is a Yorkshire man, living in Settle with his Wife, 2 Children, 2 Cats and 2 Dogs!

Email: dave@sightadvice.org.uk

Becky Cass – Trainee Eye Clinic Liaison Officer (ECLO)



Becky is based at Westmorland General Hospital in the Macular Clinic where she provides advice to patients and assists them to get help from Sight Advice South Lakes and other sight loss organisations. Becky really enjoys working with people and looks forward to meeting many of you. Becky has recently moved to Kendal and is enjoying getting to know the area, especially all the wonderful walks.

Email: becky@sightadvice.org.uk

Julie Halford – Volunteer Support Officer



Julie is responsible for attracting, recruiting and supporting volunteers. The role also involves promoting new volunteer roles, training and development opportunities.

Julie lives in Arnside with her husband and 2 lively Springer Spaniels and apart from walking, her other passion is reading and she runs a weekly shared reading group in Arnside.

Email: julie@sightadvice.org.uk

Scott Hemsley, Community Development Co-ordinator.



Scott's main role is helping people with sight loss keep their independence at home, demonstrating practical equipment to aid this and providing a listening ear. Scott also links in with our six local Information and Support Groups. Scott is part of the Low Vision Team which holds monthly clinics and provides magnification and advice on daily living skills.

Scott lives in Kendal and enjoys leisurely strolls with his wife and relaxes by playing the piano and listening to music.

Email: Scott@sightadvice.org.uk

Alicia Makinson – Children and Young People’s Coordinator



Alicia runs the Children and Young People’s Project and works with children and young people ages 0-18 who have a visual impairment. Alicia is able to offer both practical and emotional support to families. Alicia organises fun and exciting activities for all age groups and encourages a friendly and supportive environment to all within the project.

Alicia lives near Kirkby Lonsdale and enjoys spending time with her husband and four year old little boy.

Email: alicia@sightadvice.org.uk

Margaret McClure – Sight Support Coordinator



Margaret is based in our centre on Tuesdays and Wednesdays and delivers Positive Steps Information sessions to enable people to maintain their independence. Margaret supports people with combined sight and hearing loss and provides Sight Awareness Training to our new ECLO , volunteers and any interested groups and organisations.

Margaret lives locally and, as a ‘Cumbrian Lass’ enjoys living and working in South Lakes.

Email: margaret@sightadvice.org.uk

Amy Pearman - Services Manager



Amy is responsible for the management of the project team, who deliver services across South Lakeland. Amy also develops services to ensure we deliver new and innovative opportunities for blind and partially sighted people. Amy is responsible for ensuring grant and funding commitments are monitored and achieved.

Amy lives in Kendal enjoys spending time in the great outdoors with her family and Border Collie.

Email: amy@sightadvice.org.uk



Sarah shares the role of Sight Support Adviser with Aileen, and works on a Monday and Tuesday. As well as being the first point of contact for all those visiting and calling in to the office on a daily basis, Sarah and Aileen also provide support for other members of the team. Sarah is a qualified teacher by training. She lives in Kendal with her husband and two daughters, and enjoys getting out and about whenever she can.

Email: sarah@sightadvice.org.uk

Kath Threlkeld - Development Officer, Cumbria Societies for Blind



Kath is the Development Officer for Cumbria Societies for the Blind, the consortium of 5 Cumbrian sight loss charities including Sight Advice South Lakes as a member. Through this role Kath develops a cohesive approach to the issues that face visually impaired people across Cumbria, ensuring that visually impaired people are represented at the highest level.

Kath lives in Ulverston and enjoys spending time with family and friends, travelling and going to the cinema.

Email: cumbriasocieties@gmail.com

Aileen Ward – Sight Support Advisor



Aileen works on a Wednesday and Thursday at Sight Advice as Sight Support Advisor and first point of contact for visitors and callers to our services. Aileen job shares with Sarah. Both aim to be friendly, professional and helpful wherever possible to anyone contacting Sight Advice and work with the wider team raising awareness of our services among the general public. Aileen's background is in social work and specialist housing advice.

Aileen has 3 dogs and a human family, and is involved with a number of animal welfare and rescue groups outside work.

Email: aileen@sightadvice.org.uk

Tim Ward – Sight Support Co-ordinator (Assistive Technology)



Tim has recently joined the team in the role of Sight Support Co-ordinator (Assistive Technology). Tim ensures that people in the South Lakes who have sight loss are able to get support on the way new technologies can help people with sight loss in their day to day lives. He has previously worked for many years in social care, and more recently for a web site company and a communications tech company both based in South Lakes, so has a real interest in how technology can assist people's daily lives, and how this can be used to best effect for people with sight loss.

Email: Tim@sightadvice.org.uk

Special Thank to Paul Holland
Photography for taking time to
provide us with our new team photos

PAUL HOLLAND
P H O T O G R A P H Y

Sight Support Co-ordinator – Assistive Tech Tim Ward

Hi there, just a few short paragraphs to introduce myself. I am Tim Ward and have just started working at Sight Advice South lakes as the new Sight Support Co-ordinator (Assistive Technology).

I have been employed to ensure that people in the South Lakes who have sight loss are able to get support on the way new technologies can help people with sight loss in their day to day lives.

This could be from advising people on how to get the best out of their mobile phones, Ipads and tablets to ensure they are optimised for large print, voice controls, brightness etc to specialist equipment such as screen readers, magnifiers, even artificial vision devices that can recognise people's faces for you!

I can also give you information on voice recognition devices from the high street.

In the next few weeks, I will be organising awareness sessions so people can see for themselves the potential of the new voice recognition devices such as Amazon Dot/ Echo.

These devices which can be bought in the high street, are activated by your own voice, and someone called "Alexa" replies back to you in her voice. The device can easily be set up in your own home via

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wi fi and a phone app and tailored to an individual's personal needs, for example it can play your music, read your Kindle books, give you the weather forecast and much more.

So I will be holding a couple of short sessions, at the Bradbury Centre. Feel free to turn up and test this technology yourself by using your voice to ask Amazon Echo whatever you wish to do.

Here are the dates.....

Tuesday September 5th 10.30am to 12.00 midday. Bradbury Centre

Tuesday September 12th 10.30 am to 12.00 midday. Bradbury Centre.

Just call the Bradbury Centre 01539 769055 to book a place.

Social media, online shopping and free internet telephone calls.

We are running some sessions aimed at people with sight loss who may not be connected to these newer ways of communicating via computers, mobile phones and ipads/tablets.

One session is already set up in Windermere in September.

Using new technology for people with sight loss and visual impairment.

Windermere Council Chamber, Langstone House, Broad St, Windermere - Wednesday September 20th 2.00.pm to 3.30.pm.

The session I will be providing will include advice and awareness of:

- How to set up Social Media. (Facebook, Twitter, Instagram etc).**
- How to shop online, including an Xmas shopping session!**
- How to use the internet to make free telephone and video calls.**
- Adapting the I phone/ I pads accessibility features (larger text/siri voice control/ voice over).**

We will also continue inviting representatives of the world's top technology companies for sight loss.

The following events have been set up for September and October.

Low Vision Drop in Day at Bradbury Centre Kendal, on Thursday September 14th 11.00am till 2.30 pm

The following companies are sending representatives to the Bradbury Centre on this day. They are Enhanced Vision, Dolphin and Calibre.

There will be demos of magnifiers, hand held and desk top. Screen readers that are compatible with Windows PCs, a great variety of helpful state of the art audio devices plus some CCTV products.

Demonstration of new technology at Bradbury Centre Kendal, by “Synapptic” and “Vision Aid” Monday October 2nd 2017. 11.30am to 2.30 pm

We are very pleased to announce that Jason Shaw of Vision Aid and Olivia Slusher of Synapptic are coming to Sight Advice South lakes at the Bradbury Centre on Monday October 2nd from 11.30 in the morning to 2.30 in the afternoon.

Handheld, portable and desktop magnifiers will be demonstrated so bring along something that you're struggling with such as a difficult text to read or a hobby you're struggling to complete without assistance. Jason will show text to speech reading machines as well.

Olivia will be demonstrating the latest range of Synapptic smartphones and tablets. Synapptic devices are so simple to use, whatever your level of sight loss. They are packed with useful features, so you can phone, text, email, listen to music, watch catch up TV, and much more.

Low Vision Focus Day hosted by “Optelec”, Thursday, 19th October, 2017, Bradbury Centre, – 10.00 am to 2.00 pm

Optelec offer a wide range of reading solutions for low vision - On the Focus day we are very pleased to say that, amongst other products, demonstrations will be available of two NEW Optelec reading solutions, offering both Magnification and Speech. Including a small portable device allowing you to read anytime and anywhere. doesn't work and what needs changing. This is your opportunity to influence service provision at a strategic level.

Magnifier for Sale

Luxo magnifier with lamp built in, anglepoise type with stand or clamp leaving hands-free. Magnification approximately 1.5 to 1.75x
Can be seen at the Sight Advice centre
£125 ONO - Contact Ian Gargate 0779 501 742

Information and Support Groups

Ambleside

Fourth Monday of the month, 2:30pm to 4pm

Rowan Court, Ambleside

Contact Sight Advice Office 01539 769055

Arnside

Third Monday of the month, 10am to 11:45am

Millom Court, Redhills Road, Arnside

Contact Sight Advice Office 01539 769055

Kendal

Second Monday of the month, 2pm to 4pm

The Bradbury Centre, 116 Highgate, Kendal LA9 4HE

Contact 01539 769055

Kirkby Lonsdale

Second Tuesday of the month, 10:15am to 11:45am

Methodist Church Hall, Kirkby Lonsdale

Contact Margaret Bell 015242 71332

Milnthorpe

Meets with the Arnside Group at present.

For further details,

Contact Sight Advice office 01539 769055

Sedbergh

Third Tuesday of the month, 2pm to 4pm

People's Hall, Sedbergh

Contact Sight Advice office 01539 769055

Windermere

Second Wednesday of the month, 10am to 11:45am

Goodly Dale, Lake Road, Windermere.

Contact Sight Advice office 01539 769055

Computer Support Group

First Thursday of each month, 10:30am to midday.

The Bradbury Centre, 116 Highgate, Kendal LA9 4HE

Contact Sight Advice office 01539 769055

Dual Sensory Loss Group

First Tuesday of each month, 2.00pm to 3.30pm

The Bradbury Centre, 116 Highgate, Kendal LA9 4HE.

Activities

Sight Advice South Lakes provides a range of activities including...

- **Social Evening**
Second Wednesday in the month, 7pm to 9pm.
Kendal Day Centre, Dowkers Lane. (April to October)
- **Guided Walks (April to October)**
- **Activities for children and young people**
- **Activities for working age adults (Vital Group)**

For information on any of the above, please ring the Sight Advice office on 01539 769055.

<p><u>Sight Advice South Lakes staff</u></p> <p><i>Chief Executive</i> Claire Park</p> <p><i>Service Manager</i> Amy Pearman</p> <p><i>Sight Support Coordinator</i> Margaret McClure</p> <p><i>Community Fundraiser and Events Coordinator</i> Dave Bedford</p> <p><i>Sight Support Coordinator (Assistive Technology)</i> Tim Ward</p>	<p><i>Volunteer Support Officer</i> Julie Halford</p> <p><i>Young people and children's Coordinator</i> Alicia Makinson</p> <p><i>Community Development Coordinator</i> Scott Hemsley</p> <p><i>Sight Support</i> Sarah Stoddard Aileen Ward</p> <p><i>Eye Clinic Liaison Officer</i> Becky Cass</p> <p><i>Finance Officer</i> Emma Barker</p>
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Promoting independent living
01539 769055

**The Bradbury Centre, 116 Highgate
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info@sightadvice.org.uk
www.sightadvice.org.uk**

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