



Summer 2018
Magazine

Inside this issue of the Sight Advice Magazine

<i>General Data Protection Regulations Update</i>	<i>3</i>
<i>Chief Executive Update</i>	<i>4</i>
<i>Introduction from Peter Knock</i>	<i>5</i>
<i>Introduction to New Trustee – Sara Webb</i>	<i>5</i>
<i>Volunteering News.....</i>	<i>6</i>
<i>Volunteer Guide Runner.....</i>	<i>7</i>
<i>Arnside Support Group</i>	<i>7</i>
<i>Wednesday Evening Social</i>	<i>7</i>
<i>Product in the Spotlight</i>	<i>8</i>
<i>User Forum Date</i>	<i>9</i>
<i>Children and Young People’s Project</i>	<i>10</i>
<i>Office Closure Notice</i>	<i>10</i>
<i>What’s On</i>	<i>11</i>
<i>Update from Timothy Bagot.....</i>	<i>14</i>
<i>Positive Steps in the Community</i>	<i>15</i>
<i>Techno Talk</i>	<i>15</i>
<i>Sight Loss Booklet – What we needed to know.....</i>	<i>17</i>
<i>Cumbria County Council Reporting.....</i>	<i>18</i>
<i>Handy Hints.....</i>	<i>19</i>
<i>Fundraising news</i>	<i>20</i>
<i>Spring at Sight Advice.....</i>	<i>22</i>
<i>Contact Details.....</i>	<i>23</i>

Sight Advice South Lakes

We offer a wide range of services providing information, support and equipment for people with sight problems. 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 – 9.30am to 4pm. The first Monday of the month, the office will be closed until 11.30am for staff training. If you are making a special journey to come to the new 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.

General Data Protection Regulations Update (GDPR)

On 25th May 2018 new regulations come into place relating to how organisations use, store and process your personal details. General Data Protection Regulations (GDPR) state that personal details are to be collected for specific, explicit and legitimate purposes. Therefore, we must ensure that your personal data is:

- 1) processed lawfully, fairly and transparently
- 2) adequate, relevant and limited to what is required for processing and using data.
- 3) accurate and up to date
- 4) stored in a format in which individual data can be identified for the necessary time required to a deliver service or while that data is being processed.
- 5) Processed in a way in which ensures its security.

We take our responsibility to look after your data seriously. In preparation for the new regulations, we have reviewed the information we gather and will continue to collect only information related to delivering our services as outlined in our charitable objectives.

For people accessing services offered by Sight Advice South Lakes this means a limited range of personal information and sensitive data, including health information, as this enables us to deliver the support, advice, guidance and services you need. Sometimes, we also use anonymous data to provide evaluation and monitoring reports to organisations funding our support services. If you wish to review, correct or erase the information we store about you, you can do so by contacting Amy Pearman, Service Manager.

If we would like to use your information for any other purpose, for example as a case study of our services, we will always contact you directly in advance to seek your agreement. We will also seek consent if we are referring you to another organisation for additional support. Rest assured that your data will never be transferred to another organisation without your consent.

Sight Advice Magazine – Summer 2018

Our full Privacy Policy will be available on our website or in large print from 24th May 2018.

If you have any questions please contact Amy Pearman on 01539 769055 or amy@sightadvice.org.uk

If you're reading this article because you currently receive our quarterly magazine, please make sure you read the enclosed letter – we need to hear from you!

Chief Executive's Update

Welcome to the Summer Edition of our popular magazine. I cannot stress how important it is for you to let us know that you would like to continue receiving this publication, as if you do not, we will not be able to send you the Autumn edition - act now.



During the Summer we will receive notifications about a number of large grants we have applied for which will enable us, hopefully, to continue running the highly valued services we provide. We have got through to stage 4 with Henry Smith and Children in Need and Stage 2 with the Big Lottery. If we are unsuccessful, unfortunately from October 2018 there will be some reductions in the services we offer until we can reapply. Unrestricted income is vital to our Charity and if you are not a member of our friends scheme please consider joining from as little as £2 per month, it can make a huge difference. If all our readers joined the scheme at £2 we would receive £10,920 which would pay for 1.5 days per week of assistive tech support. Please contact us for more information on joining the scheme.

We have received a grant from the Clothworkers Foundation to paint the front of our building and this will take place in August. I would welcome people's thoughts on a colour scheme - stay the same, black and white or maybe something else?

Human Error – can I please remind readers that our quarterly magazine is not professionally produced. Staff members spend time putting the magazine together on top of their very busy day jobs. Occasionally, we do and most likely will continue to make minor mistakes – however we do try our best to minimise these..

Introduction from Peter Knock

Hello, I'm Peter Knock and I'm very pleased to have joined the Sight Advice Team as a Community Development Officer. My role is to visit people at home to provide information and advice about Sight Advice's services and the range of equipment available to people to help them remain as independent as possible.



My background is in the management of social care. I worked for Cumbria County Council's Adult Social Care service for 27 years until I took early retirement at the end of last year. I had a range of roles in the council including managing customer care teams, leading on the council's communications and more latterly commissioning new services.

I live in Kendal, have an allotment which grows amazing garlic and am a keen runner. I currently work one day a week which is usually a Wednesday. Please get in touch if you think I can help.

All the best.

Peter Knock

Introducing New Trustee – Sara Webb



Sara grew up in Banbury and graduated from the University of Hull with a degree in Scandinavian Studies. She started her professional life as a Graduate Trainee in Human Resources at British Nuclear Fuels, later working for BT, in manufacturing and the NHS. In 1994 Sara joined the auction house Sotheby's as Human Resources

Manager, and was later appointed as European Human Resources Director, with overall responsibility for HR matters in the UK, Continent and Middle East. She has been a Governor at Arts University Bournemouth since 2013. Sara moved from Berkshire to Lancaster when she retired in 2015, and is delighted to become involved with Sight Advice South Lakes.

Volunteering News

The first week in June is Volunteers' Week, it's a good way to take some time out and appreciate these wonderful people. We are very lucky at Sight Advice South Lakes to have a small army of often unsung heroes who contribute to improving the lives of people living with visual impairment in the South Lakes. Our volunteers undertake all sorts of things from receiving our visitors with a smile, supporting our clinics, running our myriad of support groups, fund raising in all its forms, to supporting people out in the community.



If you would like to thank a volunteer for a particular effort he or she has made on your behalf or to just let them all know how much they are valued, please send these thanks in to Sight Advice. We will be sure to pass them on and give them the recognition they deserve. We are holding an afternoon tea on Monday 4th June from 2pm at the Bradbury Centre to celebrate our volunteers, if you volunteer for Sight Advice please pop by and be treated to homemade cakes made by the staff team as a small thank you for all you do.

Volunteer Vacancies

There have been several new volunteers welcomed into the team recently, bringing a wealth of talent and experience. They are helping us to support people in their homes, promote the message of Sight Advice and add to the fun in our Young People and Families Project. If you or someone you know could spare some of their time and skills, we would like to hear from you or them.

We are urgently looking for:

Occasional Drivers to help people access social groups, workshops and clinics. This would be only as and when you are available.

Social Group Leaders/organisers to help those volunteers already running our social groups throughout South Lakeland. Volunteers help in organising transport, making members welcome and arranging events. These groups are a valuable support and link to people in the community who may become isolated.

Please get in touch with julie@sightadvice.org.uk if you would like to know more about how you can help.

Community Support

We have a group of volunteers who give support to people on an individual basis. This support includes things such as helping with post, technology or reading, getting out to groups or just having a chat. All the volunteers have undergone the necessary checks and have regular support and workshops from us at Sight Advice in order to help people in their own homes. If you want to find out more about our Community Supporters contact Sight Advice and we can talk about what we can do to help you.

Volunteer Guide Runner

We have been offered the services of an experienced Guide Runner. So if there is anyone who would like to make use of his services, please contact Julie or Amy in the first instance. You do not need to have running experience and it may be something you would like to take up or you might just want to try it out to see if you would like it. No excuses now!!

Arnside Support Group – Change of Venue

Arnside Support Group is moving venue to the Methodist Church and will start to meet at the new location on Monday 18th June, 10.30 - 12.00. This date is also the next User Forum – so all are welcome to join us.

The Methodist Church hall is next to the church building on Chapel Lane (off Silverdale Road).

We look forward to welcoming you.

Wednesday Evening Social Club

The Wednesday Evening Social Club is back for 2018, thank you to funding and support from Kendal Rotary Club. We have a brilliant programme planned for this year including: Musical Film Night, Singing for Fun and Traditional Tea Party.

You are very welcome to join us and transport can be provided. Please contact Amy Pearman if you like to come along – we meet the 2nd Wednesday of the Month between May and October.

Products in the Spotlight.....

I'm new to Sight Advice and thought I'd share with you some products that I've been particularly impressed with in my first few weeks. I suspect readers might know all about these and some products may have been covered in previous magazines but here goes!



Bumpons

What a wonder these little stick on tactile labels are! They come in a range of sizes and colours and are great for marking switches and buttons on everyday items such as lights, cookers and microwave ovens. They can be bought online and through Sight Advice.

Voice activated assistants like Amazon Echo and Google Home

These devices seem to be everywhere! I visited a lady who showed me her Echo Dot and some of the things Alexa (the name of the voice who answers you) can do. Telling the time and date, weather forecasts, latest news headlines, joke of the day, question of the day and answering queries. If you choose to subscribe, you can access things like music, talking books and electronic books if you have them. The devices start at around £50.

Online shopping at Asda using Google Home.

Tim has previously written about Alexa, the voice enabled “robot” that tells the time, plays music, reads books, plays radio stations, and much more.

Alexa has a rival called “Google Home” which does much of the above but interestingly, allows you to do your grocery shopping by voice at Asda.

There are various quite simple set up instructions, but you will need some of the following equipment.

Voice shopping - to shop with Asda using voice commands you'll need:

Either iPhone or iPad with iOS10.0+, Android phone, Chromebook or TV with Android 6.0+ or Google Home or Google Home Mini.

You'll also need to download Google Assistant and have an Asda Online Groceries account. To register, go to <https://groceries.asda.com>.

It is best to combine a smart phone / tablet with Google Home or Google Mini, but it is possible just to voice shop on your phone/tablet if it has the correct specifications.

Tim is very happy to help anyone if they have the correct equipment at home, or he can advise on the correct equipment to purchase.

I'd be interested to hear about the products you have found useful so these can be shared in future editions of the Magazine.

User Forum Dates

We hold four User Forums a year. These are opportunities for you to meet with a trustee and member of the Sight Advice management team to share your thoughts, experiences and suggestions relating to the support offered by Sight Advice. Forthcoming dates are:

Arnside and Milnthorpe:

Monday 18th June – 10.30am at Arnside Methodist Church Hall

The User Forums take place at the time of the group meeting in that area, however you do not have to be a member of that group to attend the User Forum. We aim to include the dates for upcoming forums in future editions of the magazine, so you will not receive individual invitations to attend.

Children and Young People's Project

Our project members continue to be very busy. In February, we had a great time at Pizza Express where we all made pizzas and tasted different toppings. We enjoyed Babychinos whilst waiting for our pizzas to cook. I am not sure how many pizzas made it home in one piece though! Our thanks to Kendal Pizza Express for all their help and our lovely volunteers for making this possible.



A number of the older, young people have been attending ski sessions as part of the Snowability scheme at Kendal Ski Club. They are all doing so well and are beginning to look so stylish as they whizz down the slopes! Hopefully you have seen their videos on the Sight Advice Facebook page.

We returned to the ski slope in April for a tubing session where nine young people launched themselves down the slope in huge inner tubes. The session was exhilarating and everyone had a great time with children asking for the activity to be repeated soon! It is already down on the wish list for next year!

We have also been approached by Kendal Lions, who have offered a Creative Writing course for our young people. We have a number of potential participants so hope to get this up and running as soon as possible.

I am continuing to plan events for early summer and am exploring the possibility of drumming, bowling, cycling and a trip to Rag Tag Arts for a craft workshop so watch this space. I hope to see you on one of the events soon!

Office closure Notice

Sight Advice South Lakes offices will be closed on the first Monday of each month for staff training. We are also closed on Wednesday 4th July for the whole day.

In August we will be having the front of The Bradbury Centre painted. This will require scaffolding to be in place. The exact dates are to be confirmed but we will update the Facebook page, nearer the time when we have more details. At that point, if you would like to call us ahead of your visit, we will be able to advise you further.

What's On For you to pull out and keep

NB: Events listed take place at The Bradbury Centre, 116 Highgate, Kendal, LA9 7HE unless otherwise stated

June 2018

Mon 4th	Office Closed for Staff Training	9.30 -11.30am
Mon 4th	Volunteer Celebration Event	2 - 4pm
Tue 5th	Dual Sensory Loss Group	2 - 3.30pm
Wed 6th	Positive Steps – Getting Around Safely	2 - 4pm
Thurs 7th	Tech Know How: Kendal	10.30am - 12
Mon 11th	Kendal Support Group	2-4pm
Tue 12th	Kirkby Lonsdale Group	10.30am - 12
	Methodist Church Hall, Kirkby Lonsdale	
Wed 13th	Positive Steps – Benefits & Independent Living	2 - 4pm
Wed 13th	Windermere Support Group	10 – 11.45am
	Goodly Dale, Lake Road, Windermere	
Wed 13th	Walking Group visit to Leighton Moss	
Please contact us on 01539 769055 if you would like to attend		
Wed 13th	Wednesday Evening Social Club	7 - 9pm
Thurs 14th	Games Afternoon	2 - 4pm
Mon 18th	Arnside Support Group & User Forum	10.30am - 12
	New Venue: Methodist Church Hall, Chapel Ln, Arnside, LA5 0AQ	
Mon 18th	VITAL: Quiz Night	7.30pm start
	Netherfield Cricket Club, Kendal	
Tues 19th	Sedbergh Support Group	2 - 4pm
	People's Hall, Sedbergh	
Wed 20th	Positive Steps – Assistive Technology	2 – 4pm

Sight Advice Magazine – Summer 2018

Mon 25th Ambleside Support Group 230 - 4pm

Rowan Court, Ambleside

Tue 26th Visual Awareness Training

Please contact us on 01539 769055 if you would like to attend

Thurs 28th Games Afternoon 2 - 4pm

July 2018

Mon 2nd Office Closed for Staff Training 9.30 – 11.30am

Tue 3rd Dual Sensory Loss Group 2 – 3.30pm

Wed 4th Sight Advice Office Closed All Day

Thurs 5th Tech Know How: Kendal 10.30am – 12

Mon 9th Kendal Support Group 2 – 4pm

Tue 10th No Kirkby Lonsdale Group this month

Tue 10th Bingo Night at Burneside Cricket Club

Please contact us on 01539 769 055

Wed 11th Wednesday Social Evening Club 7 – 9pm

Wed 11th Windermere Support Group 10 – 11.45am

Thurs 12th Games Afternoon 2 – 4pm

Mon 16th Arnside Support Group 10.30am – 12

Mon 16th VITAL Meeting

Tue 17th Sedbergh Support Group 2 – 4pm

Mon 23rd Ambleside Support Group 2.30 – 4pm

Tue 24th MAMMA MIA 2 Premier at Brewery Arts Centre

For more information please contact us on 01539 769 055

Thurs 26th Games Afternoon 2 – 4pm

August 2018

Thurs 2 nd	Tech Know How: Kendal	10.30am – 12
Sun 5 th	VITAL: Trip to the Ratty Railway	
Mon 6 th	Office Closed for Staff Training	9.30 – 11.30am
Tue 7 th	Dual Sensory Loss Group	2 – 3.30pm
Wed 8 th	Windermere Support Group	10 – 11.45am
Wed 8 th	Wednesday Social Evening Club	7 – 9pm
Thurs 9 th	Games Afternoon	2 – 4pm
Mon 13 th	Kendal Support Group	2 – 4pm
Tue 14 th	Kirkby Lonsdale Group – Summer Trip	
Mon 20 th	Arnside Support Group	10.30am – 12
Thurs 23 rd	Games Afternoon	2 – 4pm

Fundraising Events coming up soon

Fundraising Events coming up soon....All welcome

Interested? Want to book tickets? Like to help?

Please ask Aileen, our Fundraising Coordinator here at Sight Advice, for more details.

June

2nd June Arnside Street Collection

9th June Kirkby Lonsdale Street Collection

23rd June Ambleside Street Collection

July

10th July Bingo Night with Leonard Cheshire

7th July Grasmere Street Collection

24th July Mamma Mia 2 Premier Week... join us for Music, Movie, Wine & Canapes

21st July Kendal Street Collection

Update from Timothy Bagot

With the success of the current services rolled out for community optometrists in the Better Care Together suite, the group are looking at new pathways to enable a greater number of patients to be seen closer to home in the community. This will continue to free up valuable hospital time for patients with more complex needs.



The most recent pathway being rolled out is the Ocular Hypertension (OHT) Monitoring Service. This is currently undergoing a pilot with a small number of patients.

Ocular hypertension is where someone has high pressures in one or both eyes. High intra ocular pressure (IOP) is a risk factor for glaucoma (where the nerve supply to the eye gets damaged). The higher the pressure, the higher the risk of glaucoma.

Where things get a bit more complicated is that people with high IOP don't necessarily have glaucoma and those with a normal or low IOP can still have glaucoma. As high IOP is a significant risk factor for glaucoma, however, those with a high IOP receive regular monitoring to ensure that they do not progress to glaucoma.

With the integrated care model used in the Better Care Together ophthalmology pathways, a referral letter will be sent digitally to the community optometry practice chosen by the patient. This letter will include the IOP criteria, which outlines the process for the patient to be referred back to the hospital along with any other relevant clinical information. At the monitoring appointment, the patient's IOP will be measured utilising the same method employed by the ophthalmologists in the hospital. Visual fields will be measured and the optic nerve head will be examined to check for any signs of glaucoma. An image of the optic nerve head can also be taken and kept on file for comparison at future visits. This will ensure a robust system is in place to monitor these patients.



Positive Steps in the Community

Sight Advice South Lakes regularly offers a Positive Steps course to people with sight loss. The courses have previously been offered in Kendal but more recently we have taken the course on the road and offered a condensed version to people living in our rural communities. As we write, we have recently held our fun, interactive and informative course in Ambleside and Arnside with great feedback.

“I have been wanting to come to Positive Steps for a long time but find getting to Kendal difficult”. An Ambleside Participant.

Positive Steps offers people the opportunity to find out more about aids, equipment and technology for independent living. Advice and guidance is also available from other organisations such as Adult Social Care and AGE UK South Lakeland. We are often told that the best part is Positive Steps is the opportunity to meet other people with sight loss, share experiences and in many cases make new friends.

We are currently planning a Positive Steps course in Sedbergh, and dates are to be confirmed.

We also have a course starting in Kendal on Wednesday 6th June 2018.

Please contact us to find out more and reserve your place please contact Sarah on 01539 769055 or sarah@sightadvice.org.uk.

Techno Talk

**Future Vision 2018 – Castle Street Community Centre
May 19th**

Sight Advice South Lakes held our annual Future Vision Exhibition, at Castle St community Centre, where 15 of the world's leading companies providing products for people with sight loss held displays.

There were the most up to date magnification and lighting products, plus developments in the world of artificial intelligence. These included glasses that read back to you and glasses that could recognise objects.



Sight Advice Magazine – Summer 2018

We had talking books, talking phones, tablets and screen readers. There were also some products that were adapted from high street goods with a slight adaption for people who are visually impaired. One example was a call blocker for the phone another was Bluetooth speakers.

We had great feedback from people who attended, and one exhibitor said it was the best event of its kind he had ever been to! Needless to say we will run it again next year!

Renting Magnifiers.

There is a new scheme set up by a well-established company called Bierley, that allows you to enter a club and rent magnification devices. This may be an excellent solution for people who do not want to buy. The details are below.

The Bierley Vision Club is a monthly membership program where you can borrow any of the Bierley electronic magnifiers just like borrowing a library book.

When you join the Bierley Vision Club, your chosen digital magnifier is posted to you via Royal Mail. You are charged a recurring monthly membership fee which starts at £9.99 and varies depending on the membership level you have chosen. There is no contract, no minimum membership period and no hidden costs.

The main benefits include-

- Lifetime warranty**
- Accidental damage waiver**
- Free lending library of vision aids**
- Free upgrades to ensure the latest technology**
- Free increased magnification if required**
- Free help and advice**

For more information visit the Bierley website on <https://www.uk.bierley.com/bvc/> or telephone on 0800 0430 282 or e mail on inquiries@bierleymagnifiers.co.uk

Telephone number for your phone.

The RNIB helpline telephone number below is really useful if you are trying to find information. I know of people who have called it to get bus times in rural areas, advice on benefits and more.

Call RNIB Helpline on 0303 123 9999

RNIB say this about their helpline. “we are here for anyone affected by sight loss. When you call out Helpline, we have a team of helpful experts who point you to any support or services you need to continue living life to the full

We’re here to help you

Call us on 0303 123 9999 from 8am - 8pm weekdays and Saturday from 9am - 1pm.”

You can also email: helpline@rnib.org.uk

Thanks. Tim, Assistive Technology Co-ordinator.

Sight Loss Booklet - What we needed to know

“I was diagnosed with macular degeneration. It was a trying and frightening time for me. I was not given any information and what I needed was a guide to where to find answers to my questions. If I’d had this booklet at the time, it would have helped me”

The RNIB alongside a number of organisations have worked with people living with Sight Loss to put together a new sight loss booklet entitled – “What we needed to know”.

The booklet is available to download at www.rnib.org.uk/sightlossinfo

The information has been put together by people living with sight loss and who are at different stages of their sight loss journey.

Sight Advice will have hard copies available at the Hospital and from the Bradbury Centre from mid-June

Cumbria County Council Reporting

Cumbria County Council has asked us to share the following contact information for Parking services and highways issues such as obstructions and faulty traffic signals.

Please see below contact details for the Council's Parking Services team:

Telephone: 0300 3032992

E-mail: parking@cumbria.gov.uk

Web-site: www.cumbria.gov.uk/parking

Office locations:

Cumbria County Council, Parking Services, Parkhouse Building, Baron Way, Kingmoor Business Park, Carlisle, CA6 4SJ

Cumbria County Council, Parking Services, Lillyhall Depot, Joseph Nobel Road, Lillyhall Industrial Estate, Workington, CA14 4JH

To report a highways faults including issues with traffic signals or obstructions on the highway there are a number of options.

1) via the website - link <http://www.cumbria.gov.uk/roads-transport/highways-pavements/reporting-problem-on-highway/WDM/default.asp>

2) Via e-mail if people are clear on the area that the defect relates to.

The e-mail addresses are as follows,
betterhighways.allerdale@cumbria.gov.uk - Carlisle, Eden, Barrow, Copeland or Southlakeland or if in doubt use
highways@cumbria.gov.uk

3) Via the phone number 0300 303 2992

Handy Hints

This quarter's handy hints have been shared with us by readers and members of the Sight Advice Team. If you would like to share your useful tips and hints, please do get in touch.

In the Kitchen:

Bumpons – everyone possible. I use them on my oven, microwave, toaster and washing machine. I asked the team at Sight Advice to help me place the bumpons on my most frequently used points of contact.

Talking scales are very useful and I am able to continue baking, which I enjoy very much

I have been given an **iron guard**. This fits over my iron and it stops my burning myself if my hand is in the wrong place.

Money:

A number of cashpoints now have a socket for headphones so you can hear the instructions and next steps.

Technology – Apps of the Season

Calibre Library App: Calibre has developed and released a new version of its app, called 'Cal Download' which increases accessibility and usability for the visually impaired. The app is self voicing and in large print for both blind and low vision users. The app is available for free for both IOS and Android with subscriptions starting at £35 for a lifetime membership. For more information visit: <https://calibre-ebook.com/>

BeSpecular

The app allows visually impaired users to take a photograph of something about which they need more detail. You attach a voice message asking a question, and then send it to a sighted volunteer – The volunteer is then able to respond to the question via voice message or text message. Some examples, which I have had sent to me include cooking instructions on a food packet, identifying colours of clothes people want to wear that day, reading out a letter and identifying American Footballers on photos. Works well.

Hello to everyone, I am Aileen Ward, your new fundraising Coordinator at Sight Advice. Some of you will have met me in my soon to be previous role as Sight Support Advisor. I was the first person you met when you contacted or visit Sight Advice.



Dave has now left the fundraising post, following a period of ill health and I know everyone will wish him well and I hope, wish me well taking our fundraising into the next era as the new coordinator.

I came into post in late March, working Tuesdays and Thursdays based at SASL. As everyone will know, as a registered charity we are responsible for raising the funds which enable us to offer the help support and services that we provide for people with sight loss across South Lakeland.

So what's ahead?

Well I've been busy booking fabulous fundraising events for the next 6 months. Keep up to date on our What's On in the newsletter, our website and Facebook page. Here you will find details of events such as a Premier showing of Mamma Mia 2 at the Brewery in July, a night of Rock n Roll in Sept at Ibis and an ABBA Tribute night being held at the Town Hall in October. These are just a few of the future planned events please do let me know if you would like advance tickets reserved as they promise to be great nights.

Alongside these we have coffee morning's quiz nights bingo nights and more - something for everyone to enjoy we hope while we raise much needed funds too!

Another priority for me is making sure our fantastic fundraising team, who coordinate street & store collections, quiz nights, coffee mornings and collection boxes have the necessary support and help to continue the brilliant job they do. Thanks, as always, to those involved.

Finally I'm looking to build working partnerships with our local businesses and community groups. This will be a two – way street with us able to offer companies help with, for instance, guiding training and advice on workplace for employees with Visual

Impairments. We can also offer advice on providing accessible information to members of the public who have a visual impairment, which organisations are required to do now by law.

We are asking in return for our help, if businesses will host a sponsored fundraiser for us, make a donation, or adopt us as their charity of the year!

If you know of a business or group who might be interested in this do let me know.

So what help do we need?

If you can help us in our fundraising efforts, we'd love to hear from you. Here are some examples of ways you might help.

Do you have an hour to spend at an instore collection or help at an event as an usher? You could donate a raffle prize or run a raffle. You might design posters and ticket, distribute posters, share social media information about events to your groups. Perhaps you might serve refreshments, promote tickets sales, join us in presentations to local organisations... all sorts of activities really. Why not give me a call or pop in for a chat?

If you would like to help in any way or have an idea for a fundraiser which you'd like to take part in I would love to hear from you!

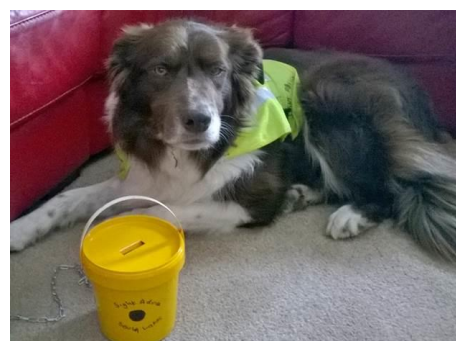
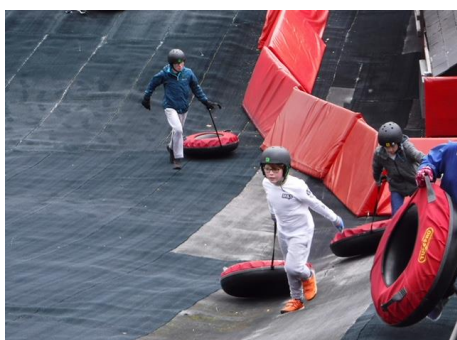
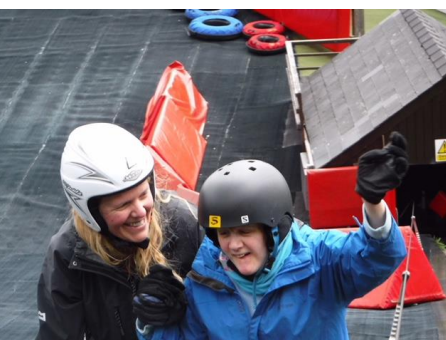
We want you to enjoy your time with us and as one helper said to me 'It's always fun when you are about'. So don't be shy we need you!

I'll leave you now with a favourite quote of mine - a school of thought I subscribe to in my new role.

"Fundraising is the gentle art of teaching the joy of giving"

Hank Russo

Spring at Sight Advice South Lakes



Staff and Trustee Team

Sight Advice South Lakes staff

Chief Executive

Claire Park

Service Manager

Amy Pearman

Sight Support Coordinator

Margaret McClure

Sight Support Coordinator

(Assistive Technology)

Tim Ward

Fundraising Coordinator

Aileen Ward

Community Development

Coordinator

Peter Knock

Volunteer Support Officer

Julie Halford

Young people and children's

Coordinator

Jackie Bateman

Sight Support

Sarah Stoddard

Aileen Ward

Eye Clinic Liaison Officer

Peter Knock (Temp)

Finance Officer

Emma Barker

Trustees

Acting Chair

Dr Sal Riding

Mrs Margaret McCulloch

Trustee

Mr Chris Jackson

Trustee

Mrs Sara Webb

Trustee

Mrs Linda Baverstock

Trustee

Miss Jenny Hodgkinson

Trustee

Mr Alistair Wolley

Trustee



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