



Autumn 2018
Magazine

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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. 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 4.00 pm. The office will be closed until 11.30 am for staff training once a month on a Monday.

If you are making a special journey to visit 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.

Chief Executive Introduction

Welcome to the Autumn Edition of our popular quarterly magazine.

On 1st June 2018 we received the devastating news that our friend and colleague, Margaret McClure, had passed away. Margaret was a wonderful ambassador for people living with sight loss and had touched the lives of so many. She was committed to working to the highest standard but went about this in a sensitive and understanding way. Margaret cared deeply about her work and that showed in what she managed to achieve. We miss her. Please see page 4 for our tribute to Margaret.



I am delighted to inform you that we have had huge success with our recent grant applications. Bids to The Henry Smith Charity, Children in Need, The Sobell Foundation and the The Big Lottery have all been successful. Overall we have secured £366,000 in grant funding to support our main core services over the next three years. This is FANTASTIC news.

One funder commented “During assessment we were particularly impressed with Sight Advice South Lakes as a small, established and user led organisation which is responding well to a rising profile and increasing demand. Management and Governement teams are both strong and we were impresssed with your relationship-working and how well connected you are in the area”

We are extremely proud that all the hard work has paid off.

We still need to fundraise to raise vital funds to support the wider work of the charity and the day to day running costs but there will be no reduction in services in the next three years.

By the time you read the Autumn newsletter, scaffolding will have been erected to the front of the Bradbury Centre and the new colours of black and white will be a refreshing change to the current pale yellow and blue colours

Tribute to Margaret McClure



We are deeply saddened by the passing of Margaret McClure and wanted to share with you some of the tributes we have received. We plan to hold an afternoon in memory of Margaret and will share the date with you in due course.

“When I heard of the tragic, and untimely death of dear Margaret McClure I am not ashamed to

admit I choked and shed a few tears. I have known Margaret for well over 25 years. I was a member of the Committee, of the Old Voluntary Society, that first appointed her. Although it’s me saying it as shouldn’t – didn’t we do well?

We couldn’t have appointed anyone better. Right from the very start she started on the rest of her life’s quest to improve the lives of visually impaired people throughout South Lakeland, and once again didn’t she do well? There are scores of VIPs in South Lakes who owe her a debt of gratitude. Oh! How we’ll miss her.

Of course Sight Advice will find a replacement – no one is indispensable – but it will not find anybody as hard working, dedicated and committed to bettering the lives of the blind and partially sighted people in such a sensitive and understanding way as Margaret. Rest in peace Margaret you have earned it.”

“I am shocked and saddened to read the death of Margaret....I got to know her through her work with the Macular Degeneration Clinic at WGH, where she was a friendly presence when I was first diagnosed”

“Margaret was kind and helpful to me when I came to Sight Advice in 2011”

“I am so sorry to hear of Margaret’s passing. She was a wonderful, caring and thoughtful lady who everyone spoke very highly of... she will be missed greatly”

Service in the Spotlight – Sight Support Advisor

The Sight Support Advisor role is currently shared by two people. Sarah, who works Monday and Tuesday and Krystyna, who works Wednesday and Thursday.

As well as carrying out a wide range of back office and admin functions, the main aim of the role - holders is to provide a friendly and positive first experience for anyone contacting SASL.

The Sight Support Advisor can help in a variety of ways, including:

- making an initial assessment of needs and identifying the most appropriate support (e.g. assistive technology, home visits, support group, Low Vision appointment or referral to other agencies – such as Age UK)
- demonstrating and ordering a wide range of aids and equipment
- providing emotional support to the VIP, their family or carer

The role is supported by a small, but invaluable, team of reception volunteers, who help us to deliver the best possible service.

Welcome from Krystyna Slosarska

Hello, I'm Krystyna Slosarska and I am delighted to have joined the Sight Advice team in July as Sight Support Adviser. I work on Wednesday and Thursday and am here to give advice on the services that Sight Advice offers and on the items available to assist in keeping you independent.

I look forward to helping make your daily tasks a little easier. Please just telephone or pop into the office and I will try and help you.

I live in Kendal with my partner and we have a daughter and a naughty terrier. I enjoy walking and singing in two local groups - it's relaxing and such good fun.

I hope to meet and speak to you soon



I am always being asked which are the best phones for VIPs. There is not one phone that beats all I am afraid, but there are a variety of phones that suit different people in different ways. Below is a quick summary of some of the best.



Doro

Features - the basic phone gives access to standard features such as calls, texts, and address book.

Accessibility - this phone is only for users with low vision as, whilst the buttons on some of the phones will voice the numbers when pressed, the screens do not and so you need to be able to see the screen content to fully access the phone.

The phone will suit users who do not like modern smartphones and like to press a physical button. Doro also produce a smartphone with a touchscreen. Price: £28 - £260 For more information:

www.doro.co.uk

Synapptic

Features - the basic phone is an android Samsung which gives you access to standard features. The full phone also includes emails, skype, radio, internet access, a reading machine and a magnifier. Excellent for users who prefer to use their voices to make calls and send texts.

Accessibility - the phone is fully accessible regardless of sight level. The large print, high contrast menus are accessible to some low vision users but this can also be combined with the audible voice control which enables navigations without sight as the phone talks back.

Good for users with little or no sight as the phone talks back at all times and has easy to use touch screen. Can be used with voice only for those who do not like screens. Price: from £399. For more information: <http://www.synapptic.com/>

iPhone

Features - iPhones come in a variety of sizes, shapes and specs but have wide functionality, including in built features such as Siri. It is possible to make calls and send texts via Siri using voice only. Additionally, the screen can read back to the user. It also has access to some remarkable apps such as Seeing AI and Soundscape, which are not found on other devices

Accessibility - fully accessible regardless of someone's sight level. A good choice for those who want a phone that is versatile and has the ability to be used by voice only. Price: from £250 to £1000
For more information: www.apple.com

Android

Features - the android operating system is used across a range of manufacturers, including Samsung and Amazon. All phones give access to calls, texts and standard smartphone features.

Accessibility - fully accessible regardless of sight level, however, the quality and range of accessibility features vary widely between devices and do not always work consistently. The VIP relevant apps on android devices are also significantly different. Price:
www.android.com

Tech Know How Group.

This group meets on the first Thursday of the month at the SASL office at 10:30 am (no appointment needed). The group is sufficiently low tech to enable anyone to join in. We discuss how technology can assist VIPs, share our knowledge and try a few devices out.

At each meeting we have O2 representatives present to give help and advice, as well as provide discounts to SASL users on some products.

Additionally, we have some demonstrations planned for Autumn.

October – Humanware, 10.00 am to 3.00 pm. Magnifiers, reading machines and GPS devices will be displayed and available for trial.

November - Orcam, 10.00 am to 3.00 pm. The revolutionary “talking glasses” product, which reads print discretely into email via a small microphone will be displayed and available for trial.

On a separate day, September 5th, 10.00 am till 3.00 pm Optelec will be in the Kendal office, with a full range of magnifiers, reading machines and other state of the art products.

Products of the Month

This quarter we focus on a range of self - care ‘talking’ products.

Talking bath scales:



In our office, we have the Terrailon scales. They are easy to use (just tap with your foot to wake them up). These scales can speak your weight in either kgs or stones. Talking bath scales are widely available from online retailers such as Cobolt, RNIB and Amazon

(Guide Price - £30-£40)

Talking blood pressure monitor:



The SASL office also has a talking blood pressure monitor produced by Beurer. This works exactly in the same manner as a normal blood pressure monitor. Available from Currys, Lloyds Pharmacy and other online retailers. (Guide Price - £30-£40).

Talking thermometer:



Finally, this talking thermometer measures your body temperature from your ear or forehead. Very simple to use, it speaks your temperature within a couple of seconds and is programmable in either Centigrade or Fahrenheit. Ours is from RNIB’s online shop. Similar products are available from other online retailers (Guide Price - £30-£40)

There are other health related products around such as talking pedometers and medication prompts. Having not seen these in use yet, I would be interested to hear from anyone who has used talking products to support their health and wellbeing.

South Lakes Talking Newspaper



The South Lakes Talking Newspaper aims to provide VIPs with audio recordings of local news from the Westmorland Gazette.

They send out the weekly recordings on memory sticks, which are free to send back to them. The newspaper is free to any VIP, including the supply of the speaker player.

Each edition is about 90 minutes long and is made up of two, 45 minute recordings. The first is devoted to the week's news, the second is a magazine section covering such topics as food and drink, gardening, the arts and entertainment.

The small machine which plays the recordings is easy to use and a volunteer will arrange to take it to the home of a new listener to explain how it works and to answer any questions.

For more information contact John Barker 01539 821438 or visit www.sltna.org.uk

Arnside Area Community Wellbeing Day

Open to everyone, this wellbeing day will take place on 29th September, 10.00 am – 3.30 pm at the Educational Institute, Arnside. Organised by Cumbria County Council, it will include a wellbeing market place, free health and wellbeing checks, taster sessions, information stands and lots more. For more information please email carol.last@cumbria.gov.uk

Families and Carers Session

A meeting for Families and Carers is to take place on Wednesday 5th September at the Kendal office (10.00 am – 12 noon)

This will be an informal session, run in collaboration with South Lakeland Carers.

Please contact us if you are interested in attending.

Positive Steps

Following VIP feedback, we have made some changes to our Positive Steps course. We have condensed the course, as well as taking it to the community venues, such as Sedbergh and Windermere. These changes have enabled more VIPs to access the course.

Courses in the community take place over two afternoons. The course at the SASL office takes place over three afternoons, with the addition of guest speakers, who provide the extra afternoon.

Dates for Positive Steps:

5th & 12th September, 2.00 – 4.00 pm at Wainwright Court, Kendal

12th, 19th & 26th September, 1.30pm – 3.30pm at the SASL Office.

Aimed at people who are newly diagnosed with sight loss, the sessions focus on daily living aids, assistive technology, benefits & concessions. More than anything, though, it is an ideal opportunity just to come along and meet other people and share experiences.

Please contact us on 01539 769055 if you are interested in attending.

On Line Shopping for Christmas

For people totally new to online shopping, or those who just like to have a bit of support, we are offering a Christmas online shopping service, that will also include wrapping up your presents!

On October 3rd, Amy and Tim will help people to set up shopping accounts with major online retailers – such as Amazon, Ebay, M&S or Boots. You will then be ready for Cyber Monday on November 26th! Cyber Monday is one day where you can get huge reductions on goods but only online. As needed, Amy & Tim can again assist you on the actual sale day (10.00 am - 12.00 noon).

But that's not all! On December 11th (10.00 am till 12.00 noon) you can bring in the gifts you ordered online and get them beautifully wrapped by our team of volunteers. (Bring your own paper, bows & glitter!). An added bonus Sight Advice may receive 2% of the value of any purchases you make directly from many of those companies - at no cost to yourself! Ho Ho Ho Merry Xmas everyone!

What's On For you to pull put and keep

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

September

Sat 1st	Bowness and Windermere Fundraising Street Collection	9am – 4pm
Tues 4th	Community Supporters Workshop	10am – 12noon
Tues 4th	Dual Sensory Loss Group	2 – 4pm
Wed 5th	Optelec Demo Day Magnifiers and Screen Readers	10am – 3pm
Wed 5th	Families, Carers & Friends Session	10am – 12noon
Wed 5th	Positive Steps at Wainwrights Court Please contact us to reserve your place	2 – 4pm
Thurs 6th	Tech Know How With 02 Mobile Phone Company	10.30am – 12
Thurs 6th	Games Afternoon	2 – 4pm
Mon 10th	Office Closed for Staff Training until 11.30 am	
Mon 10th	Kendal Support Group	2 – 4pm
Tues 11th	Kirkby Lonsdale Support Group Methodist Church Hall, Kirkby Lonsdale	10.30am – 12
Wed 12th	Positive Steps at Wainwright Court (wk2)	2– 4pm
Wed 12th	Positive Steps at The Bradbury Centre	1.30 – 3.30pm
Wed 12th	Wednesday Evening Social At Kendal Day Centre. Please contact us to book	7 – 9pm
Sat 15th	Kendal Torchlight Street Party Visit our stall or volunteer	10am – 5pm
Mon 17th	Arnside Support Group Methodist Hall, Chapel Lane, Arnside.	10am – 12noon
Tues 18th	Sedbergh Support Group People's Hall, Sedbergh	2 – 4pm

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Wed 19th	Windermere Support Group Outing	10.30am
	Meet at Goodly Dale, Windermere	
Wed 19th	Positive Steps at the Bradbury Centre	1.30 – 3.30 pm
Thurs 20th	Games Afternoon	2 – 4pm
Mon 14th	Ambleside Support Group	2 – 4pm
	Rowan Court, Ambleside	
Mon 24th	Quiz Night at The Globe Inn, Kendal	7.30 pm
Wed 26th	Positive Steps at The Bradbury Centre	1.30 – 3.30 pm
Sat 29th	Wainwright Yard Street Collection	All Day
Sat 29th	An Evening of Rock and Roll with Ricky Aron	
	Ibis Club, Kendal – Tickets available from Sight Advice	

October

Tues 2nd	Dual Sensory Loss Group	2.00 - 4pm
Wed 3rd	Online Christmas Session	1.30-3pm
Thurs 4th	Tech Know How	10.30 am – 12
	With 02 Mobile Phone Company	
Thurs 4th	Humanware Demo Day	
	At The Bradbury Centre	10am - 1.30pm
	Magnifiers and GPS Systems	
Thurs 4th	Games Afternoon	2 – 4pm
Mon 8th	Sight Advice Closed for Staff Training until 11.30am	
Tues 9th	Kirkby Lonsdale Support Group	10.30 am– 12
	Methodist Church Hall, Kirkby Lonsdale	
Wed 10th	Windermere Support Group	10 -11.45 am
	Goodly Dale, Lake Road, Windermere	
Wed 10th	Wednesday Evening Social	7 – 9pm
	At Kendal Day Centre. Please contact us to book	
Sat 13th	Hutton Harvest Supper	
Mon 15th	Arnside Support Group	10am – 12noon
	Methodist Hall, Chapel Lane, Arnside.	
Tue 16th	Sedbergh Support Group	2 – 4pm

People’s Hall, Sedbergh

Thurs 18th	Games Afternoon	2– 4pm
Sat 20th	Wainwright Yard Street Collection	All Day
Sat 20th	Swede Dreamz Abba Tribute Event	Evening
	Kendal Town Hall – Tickets available from Sight Advice	
Mon 22nd	Ambleside Support Group	2.30 – 4pm
	Rowan Court, Ambleside	

November

Thurs 1st	Tech Know How	10.30am – 12
	With 02 Mobile Phone Company	
Thurs 1st	Orcam Demo Day	10am – 3pm
	Talking Glasses	
Tue 6th	Dual Sensory Loss Group	2 – 4pm
Mon 12th	Kendal Support Group	2 – 4pm
Tue 13th	Kirkby Lonsdale Support Group	10.30am– 12
	Methodist Church Hall, Kirkby Lonsdale	
Wed 14th	Windermere Support Group	10 – 11.45am
	Goodly Dale, Lake Road, Windermere	
Thurs 15th	Games Afternoon	2– 4pm
Tues 20th	Sedbergh Support Group	2 – 4pm
	People’s Hall, Sedbergh	
Sat 24th	Coffee Morning at Kendal Town Hall	9.30 am – 12
Mon 26th	Cyber Monday Shopping Session	10am – 12
Thurs 20th	Games Afternoon	2 – 4pm

Future dates for your Diary

December 2018

Sat 1st	Kendal Street Collection	All Day
Tue 4th	Community Supports Workshop	10am -12
Sat 15th	Kendal Christmas Fayre: Tastes Scents & Sounds	Afternoon
	Kendal Town Hall	

Children and Young People

I am busy tying up loose ends as Alicia returns from maternity leave in August - I know she is looking forward to see you all again. The good news is that Children in Need have agreed to fund the project for another three years! From October 2017 we have had eleven events ranging from craft sessions to skiing and have hopefully provided something for everybody who wished to be involved.



We have recently been involved in some exciting events. Three young people have continued to attend the Snowability sessions at Kendal Ski Club and are looking forward to continuing their new hobby. In May we went down to Holgates, (near Silverdale) where we enjoyed a bowling session and tea. Last week, we travelled out to Staveley by bus and attended a djembe drum workshop at the school run by Phil Middleton - the dad of one of our young people. The workshop was great fun and we learnt some pretty complex rhythms! One of our young people said it was ‘a superb learning experience’ and two individuals explained it helped with their confidence. We also took a small group to watch ‘The Three Musketeers’ in Williamsons Park, Lancaster. We will be finishing off the project in September with a visit to the Manchester Velodrome.

A big thank you to everyone who has been involved in the project, especially to all the volunteers and sessional workers. And finally, to all the young people. I have really enjoyed being able to run a variety of activities and will miss you all! I only hope that Alicia will allow me to come along on occasion in the future!

Minor Eye Conditions – Conjunctivitis

One of the more common symptoms which patients present in practice is a red eye. There are a number of potential causes for this and there can sometimes only be subtle observable differences to differentiate between conditions. One of the most common causes of a red eye is conjunctivitis. This is where the conjunctiva, one of the outer layers of the eyeball and the lining of the eyelids, becomes inflamed.



There are 3 main causes of conjunctivitis: bacterial infection, viral infection or allergy.

Bacterial conjunctivitis is usually characterised by one or both eyes being red and sticky. Sometimes, the eyelashes are stuck together on waking, making opening the eyes difficult.

Viral conjunctivitis is often suspected when one or both eyes are red or pink and watery, often with a burning sensation. It can often occur following a cough or cold. Both are highly contagious and care should be taken not to spread the infection from one eye to the other or from person to person. Ways to prevent this include not sharing flannels and face towels and not rubbing one eye after the other. Frequent hand washing is essential.

Allergic conjunctivitis usually presents with both eyes being itchy and watery. It is unusual for allergic conjunctivitis to occur in only one eye unless something has been in or near one eye only. Potential allergens include pollen, dust and animal hair.

If you have any concern about your eye(s), professional advice should be sought from the local opticians Minor Eye Conditions Service, your GP, NHS 111 or your pharmacist.

Timothy Bagot

Speak your thoughts

Would you prefer to record a special message such as birthday greetings in a card so that a loved one can 'hear' your message if they cannot see it?

Perhaps you prefer to speak a message rather than write?

The Voice-W enables you to do this simply It is a voice pad with adhesive sticker. You record your message and stick in a card! All the recipient has to do is feel and press the pad to hear the message. Available direct from www.icswretail.co.uk or we can order it for you. Cost £5 direct, or £5.50, if we order on your behalf.

The Role of the ROVI

My name is Claire McCulloch and my title is Senior Enhanced Rehabilitation Officer for Cumbria County Council. I support and supervise the ROVIs (Rehabilitation Officers in Visual Impairment) across the County.

A ROVI is a member of the Adult Social Care team, qualified to work with customers with visual impairments. In some Counties ROVIs are employed in the Health Service or by local Societies, but here in Cumbria we are all employed by the County Council.

We have four ROVIs covering six Districts; Martin Ikast works across South Lakes and Barrow, Carol Hopcroft covers Allerdale and Copeland, Karen Priestley is the ROVI in Eden and Jayne Hyde Dryden is the ROVI for Carlisle.

You can self-refer or a family member could refer you for our service on your behalf. (Referral details have been included at the end of this article). You do not need to be registered as sight impaired or severely sight impaired, as we are a prevention service and can provide lots of advice and information at an early stage to enable you to remain independent in your own home.

We also receive referrals from other agencies, such as the local sight loss charities, but a large proportion come directly from the Eye Consultants, either at the beginning of treatment or when the patient is to be registered. The Consultant sends the Certificate of Visual Impairment (CVI) to our department as Cumbria County Council hold that register.

Once we have received the referral, our first involvement is to carry out a Care Act compliant assessment. This usually takes place in your own home. We look at your life, as a whole and see how your sight loss affects each area of this. We will also assess your

eligibility for a service. Our involvement, at this stage, may only be advice, signposting to relevant agencies or the provision of some small aids to enable you to remain independent.

However, ROVIs are also trainers and provide one-to-one sessions around the following areas; Orientation and Mobility, Daily Living Skills and Communication. If, after the assessment, your ROVI feels you would benefit from some one-to-one teaching, you would be offered this service and regular sessions would be set up. This is where our service differs from that of the Societies.

Orientation and Mobility (O&M) – this could be anything from teaching family members how to guide you safely and effectively, to being taught how to use a long white cane independently and learn routes to enable you to get out on your own. We do also support people with referrals to Guide Dogs, although Guide Dogs prefer you to have had some ROVI mobility training before considering a dog as the skills are transferrable.

Daily Living Skills (DLS) – this is anything that affects your day to day life, such cooking, cleaning, shopping and dealing with finances etc.

Communication – we can advise alternative forms of communication and we also teach Braille if required.

We can help with a number of different issues but a large part of what we do, although not listed above, is providing emotional support. Often a person has not come to terms with their own sight loss when we become involved, and needs to be able to discuss what is happening to their vision and have a better understanding of their own condition. We do not claim to be medical professionals but we can provide general advice and we will listen and provide support.

We aim to build confidence and I can honestly say it is one of the most rewarding jobs to do. There is no feeling like working alongside someone who had given up hope, was grieving for the loss of their sight and felt they would not be able to cope again, and then being able to watch them learn new tasks, regain skills lost and slowly but surely regain their confidence and independence. Not to mention all the interesting people we get to work with and the stories they have to share.

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Please do not hesitate to contact us if you feel your needs can be met by our service.

In order to make a referral please contact Telephone: 0300 303 2704

Email: barrowssd@cumbria.gov.uk

Email: kendalssd@cumbria.gov.uk

Volunteering News

Julie Halford

Our volunteers have been busy over the last 3 months. I don't think there is an area they haven't been involved in. Their enthusiasm, kindness, humour and dedication make SASL a unique organisation. I have lost track of the number of times people have commented on the lovely and friendly atmosphere that surrounds all that we do.



With charities increasingly relying on volunteers, little things mean a lot in helping to ensure our volunteers stay with us. They also help new volunteers to get to know that they are part of a great team.

If a volunteer has made a difference in your life, please do let me know. It could be a smile, a supporting hand or arranging an outing. Thanking someone and letting them know how much their efforts mean to you is equally rewarding. We will be sure to pass on any thanks and give the volunteer the recognition they deserve.

Volunteering Opportunities:

The volunteering opportunities available with SASL are only limited by people's imagination. If you are interested in volunteering I would love to have an informal chat with you. I am in the office most Mondays so please feel free to drop in or make an appointment.

We currently have specific opportunities for managing support groups, supporting client in the community, street collectors, receptionists and casual drivers.

I look forward to hearing from you.

Walking Group:

The SASL Walking Group has been blessed with good weather this year, making a nice change from the usual rainy weather! We have had some lovely walks and had a few new faces joining the group.

If you would like to join, it's not too late! The next walk is on the 12th September when we will be walking Tarn Hows and having a picnic. If you would like to join the group please call SASL today.

Community Supporter (Volunteer) Workshops

We will be holding two Community Supporter workshops in September and December at the Kendal office. Places are limited, so if you are a volunteer working with clients and are interested in attending one or both these workshops please contact Julie on the details below.

Workshop 1

Date: 4th September 2018

Topic: Case Studies

Time: 10.00 am – 12 noon

This workshop will look at examples of client stories and situations. We will be able to share past experiences, exchange ideas and come to solutions together.

Workshop 2

Date: 4th December 2018

Topic: Shared Reading

Time: 10.00 am – 12 noon

- This workshop will look at the practice of reading one to one with clients and how to get the most out of reading together.
- There will be the opportunity for some practical exercises so bring along a favourite piece of poetry or prose.

Email: julie@sightadvice.org.uk

Telephone: 01539 769055

Calling all Literature Lovers

After a recent group session, people expressed an interest in establishing a SASL reading group, the format of which is to be decided. It would involve reading poetry aloud, which could range from the well-known to the original. The group may also select items of prose to read and discuss. You do not have to be a reader or writer, you may just want to come along and listen. The group is open to everyone, from VIPs to volunteers to carers. Anyone interested please contact Julie.

“Reading is that fruitful miracle of a communication in the midst of solitude.”

— Marcel Proust

Fundraising Update

It's been a busy time with more to come over the next 3 months, here are our upcoming fundraising events!

15th September – We will be at the ever popular Torchlight Carnival on Saturday 15th September with a street stall. If you would like to volunteer for this fun event, please contact us. Even an hour or so would be appreciated!



24th September - Quiz night on 24th September at the Globe in Kendal. Tickets £5 on the door (including a light supper).

29th September - we have a Rock and Roll Show at the Ibis Club, Kendal. Ricky Aron will perform a night of great rock and roll hits for you to dance to! There will be a raffle and auction too! Tickets are £10 and available from IBIS Club, SASL office or online: www.trybooking.co.uk/FOF

13th October - Harvest Supper at Hutton Roof Village Hall, hosted by Alison Newton. This promises to be a delightful Autumn event. Please contact us in September if you would like to order advance tickets. Numbers are limited - so be sure to book early. All proceeds very kindly donated to SASL.

20th October – ABBA Tribute group, 'Swede Dreamz', will be performing at our fundraising event at Kendal Town Hall. There will be a singing, dancing and a raffle. The evening is BYOB and promises to be a great night. Fancy dress optional! Tickets are £12.50 (balcony seat) or £17.50 (table seat). Book early to avoid disappointment.

Up coming Street and Store Collections -

We have three collections in September. Helpers welcomed!

1st September - Bowness and Windermere

21st September – Asda Kendal

29th September - Wainwrights Yard, Kendal

20th October – Wainwrights Yard, Kendal

Street Collections go from strength to strength collecting across the area and, as always, the public is very generous with their donations and our fab team of volunteer collectors. Thank you also to Jeff, Miriam and Buddy the Dog for raising funds through a

sponsored walk in the Lune Valley. Also to our volunteer, John Wilkinson, who held his 60th birthday celebrations and raised nearly £500 for Sight Advice. We would also like to thank BenchMarx Joinery and The Bath House for providing wonderful goodie bags at our Mamma Mia 2 event. Special thanks to all the local companies who have provided raffle prizes recently – all provide a vital contribution to raise funds for Sight Advice South Lakes.

Events in your community

Below are just some of the activities taking place in the local area. If you need help finding activities you are interested in, we are happy to help, just contact the office. Alternatively, you can visit www.exploresouthlakeland.co.uk for all the latest events.

Kendal .

AGE UK offer a number of lunch clubs across the area throughout the month, a chance to meet up with a group of friends and enjoy an excellent, freshly cooked meal. Bookings required – please call 01539 728118 for more information.

Windermere:

A social club for over 55 socially stimulated group, games, and exercises 10-3 is a friendly easy going group, open to anyone over 55. Held at the Marchesi centre every Monday & Friday, the charge is £5.00 per hour. Please contact Anita Baxter today on 07810430933

Arnside:

Why not join Arnside and Silverdale area of outstanding natural beauty (AONB) for walks, talks and activities throughout the year? Call them on 01524 761034

Ambleside:

Ambleside Parish Centre is hosting an Over 50's Community Event 26th September, 12:20 pm – 4.00 pm. The key note speech will be given by Tim Farron and lunch will be available. Call Juliet Cunningham on 01539 434172

Sedbergh:

**Robert Western will be hosting a talk on 'A Railway for Sedbergh' on the 21st of November, 7.30 pm. Contact - 01539 620771
Farfield Mill continues to have wonderful exhibitions and displays. Contact 015396 21958 to find out more.**

Summer 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

(temp)

Sarah Stoddard

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

Alicia Makinson

Sight Support

Sarah Stoddard

Krystyna Slosarska

Eye Clinic Liaison Officer

Jackie Bateman

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Mrs Margaret McCulloch

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Mrs Linda Baverstock

Trustee

Mr Chris Jackson

Trustee

Miss Jenny Hodkinson

Trustee

Mrs Sara Webb

Trustee



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Promoting independent living
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