



**Spring 2019**  
**Magazine**

***Inside this issue of the Sight Advice Magazine***

<b><i>Chief Executive Update .....</i></b>	<b><i>3</i></b>
<b><i>Eye Clinic Liaison Officer.....</i></b>	<b><i>5</i></b>
<b><i>Positive Steps .....</i></b>	<b><i>6</i></b>
<b><i>Children and Young People .....</i></b>	<b><i>7</i></b>
<b><i>Independent Sessional Workers .....</i></b>	<b><i>8</i></b>
<b><i>Future Vision Newsletter.....</i></b>	<b><i>8</i></b>
<b><i>Volunteering .....</i></b>	<b><i>9</i></b>
<b><i>App of the Season.....</i></b>	<b><i>10</i></b>
<b><i>Social Media for Beginners.....</i></b>	<b><i>10</i></b>
<b><i>What's On .....</i></b>	<b><i>11</i></b>
<b><i>Walking Group .....</i></b>	<b><i>14</i></b>
<b><i>Tony Giles.....</i></b>	<b><i>15</i></b>
<b><i>Service in the Spotlight – Community Development ....</i></b>	<b><i>16</i></b>
<b><i>Product in the Spotlight - Lighting.....</i></b>	<b><i>17</i></b>
<b><i>Craft Group Information.....</i></b>	<b><i>18</i></b>
<b><i>What's on in your Community .....</i></b>	<b><i>19</i></b>
<b><i>Fundraising .....</i></b>	<b><i>20</i></b>
<b><i>User Forum.....</i></b>	<b><i>21</i></b>
<b><i>British Blind Sport .....</i></b>	<b><i>22</i></b>
<b><i>Blind Cricket Taster Session .....</i></b>	<b><i>22</i></b>
<b><i>Contact Details.....</i></b>	<b><i>23</i></b>

***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 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 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. 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 Update***

Welcome to the Spring edition of our popular magazine. My update this quarter is about our charity income: where we get our funding, how we spend it and the ways in which you can continue to support us.

Over the past few years we have been trying very hard to diversify our income streams, so we are not reliant on one source. Our income currently comes from the following:

**59% Grants and Trusts**

**28% Community Fundraising, Gift Aid, Individual donations**

**8% Social Enterprise, VIP Diaries**

**4% Friends Scheme**

**1% Legacy Income.**

We are still too reliant on grant and trust income and the trustees for the Charity are looking at ways in which this can be reduced.

The money we raise is spent locally in South Lakeland to support our services. Here are some examples of where we spend our money.

- A two - hour home visit to Ambleside costs £71.25.
- Our popular quarterly magazine costs over £2,500 per year to produce.
- A one - hour assistive tech home visit in Kendal costs £33.
- Facilitation of our two session Positive Steps course at The Bradbury Centre costs £132 per course.

How can you support us?

### **Friends Scheme**

We currently do not charge for our magazine, however in the future this may have to change. The magazine costs in the region of £2,500 per year to produce. Could you help support the magazine costs by joining our Friends Scheme from as little as £2 per month? There is a sign - up leaflet included in this edition.

### **Legacy**

Over the next few months we will be launching our Gift of a lifetime scheme. A gift in your will could do so much to support the next generation of local blind and visually impaired people. A legacy or bequest left to Sight Advice South Lakes is paid free of tax and can

## **Sight Advice Magazine – Spring 2019**

lower the tax threshold on the rest of your estate, once you have provided for your loved ones. You can also leave us any item of value such as stocks and shares or antiques. Your gift can be given to benefit a particular service we provide, such as our community outreach work or the provision of specialist equipment. Your gift, however small, will make a big difference. Please make contact with Sight Advice for further information.

### **Gift Aid**

Gift Aid is a tax relief allowing UK Charities to reclaim an extra 25% in tax on every eligible donation made by a UK tax payer. Please ask to Gift Aid any donation you make to the Charity if you are eligible.

### **Other ways to donate**

Shopping online - Every time you buy something online - from your weekly grocery shop to your car insurance, you could be raising free donations through easyfundraising. There are over 3,300 retailers including Amazon, Tesco, Aviva, Booking.com and Marks and Spencer, ready to give Sight Advice South Lakes a free donation every time you shop online. It's really simple, and doesn't cost you anything. All you have to do is go to:

1. <https://www.easyfundraising.org.uk/invite/17BUEJ/7HPAWZ>
2. Enter Sight Advice South Lakes in the search box.
3. Click 'Join Us' and enter your details and click on 'Create My Account'.
4. Choose from over 3,300 retailers; do your online shopping as normal and our cause will receive a free donation at no extra cost to you for every purchase you make.

There are many other ways you can support Sight Advice from taking part in a Challenge Event, to attending one of our own local fundraising events.

Finally, we would just like to say a huge thank you to everyone who has kindly donated in the past and continues to support our vital work.

**Hello from the Macular Clinic at Westmorland General Hospital!**

**We have had a very busy few months at the clinic. It is good that I am now starting to recognise those of you who are returning to the clinic on a regular basis. Do please come over to say “Hello” if you are at the clinic and make contact if you would like any advice on anything related to your sight.**

**I now have a few items of lighting and a selection of bulbs in the waiting room, if you need to try these out to see if they can help you. As well as these, I have a selection of equipment catalogues with me should you need to order any items. I am also involved with the Outpatients Eye Clinic; if I am not around then do ask the staff to phone up to make contact with me. I am usually in the clinics on a Monday and Wednesday.**

**I am aware that some people are quite apprehensive about attending the clinic or may struggle to hear or remember what is being said during the consultant’s appointment. I am quite happy to accompany you into your appointment and if necessary to write down what was said and any conclusions reached for your information. Please do make contact when you come into the waiting room to let me know if you would like me to do this.**

**If I am not available, the hospital staff in either the Macular Clinic or the Outpatients Eye Clinic will take your details and I will make contact as soon as I am able.**

## **Card Payments**



**We are delighted that we are now able to accept card payments at the Sight Advice Office. This means that when you purchase equipment, make a donation or buy event tickets you will be able to do so by card. We will also be able to take payments at selected street and store collections. This is fantastic news.**

***Positive Steps Information Sessions***

***Tim Ward***

**Next Course: starts on Wednesday 3<sup>rd</sup> April at 1.30pm**

**Our popular Positive Steps course is an excellent opportunity for people living with sight loss to find out more about the support, advice & guidance which is available. Positive Steps also provides the opportunity to meet other people with sight loss.**



**The aim of Positive Steps is to help you maintain your independence. The Sight Advice Team deliver the sessions and we welcome specialist speakers from organisations such as Adult Social Care and AGE UK.**

**Each session covers a different aspect of sight loss.**

- **Week 1 – What is sight loss and how does it affect people.**
- **Week 2 - How aids and technology can help my sight loss.**
- **Week 3 - How can I help myself to deal with my sight loss.**

**As well as finding out about the help and support available, the sessions also offer an opportunity to meet others in a similar situation and get practical advice and information.**

- **Try a variety of daily living aids and new technology.**
- **Hear how others live with sight loss.**
- **Improve your coping skills.**

**The next Positive Steps course starts on Wednesday 3<sup>rd</sup> April and runs on the following three Wednesdays. All sessions are from 1.30 pm to 3.30 pm at the Bradbury Centre, Kendal.**

**Everyone is welcome to join the course. To reserve your place, please contact Tim Ward on 01539 76905.**

**Children and Young People**

**Alicia Makinson**

Our annual Theatre Trip to the Dukes in Lancaster was a great success. We watched Peter Pan and it was wonderful to have so many families join us in the lead up to Christmas – such an exciting time of the year! Our children and young people did a touch tour of the set prior to the performance and many listened to the production through audio described headsets. Feedback included ‘amazing’, ‘fantastic show, fantastic seats’, ‘It was an excellent evening’.



Five of our young members have continued to have skiing lessons as part of the Snowability scheme. As they attend each session, it's great to observe their increased confidence and improvement on their skis as they whizz down the slope. These sessions are continuing until the end of April. Thank you to all the volunteer instructors at Kendal Snowsports Club.

Staying with the Winter activity theme, by the time you read this many of our members and their siblings will have gone tubing down the artificial ski slope in Kendal. They enjoyed it so much last year that we are doing it again!

Currently, behind the scenes, I am organising different events and activities, which will be happening in the coming months. This will include a Technology information evening for parents, carers and our young members. Tim Ward will demonstrate different equipment, including magnification, tablets, Iphones and I pads. There will also be an opportunity for one-to-one discussion following the presentation (Date to be confirmed). For more information please contact Alicia.

Another trip to the Velodrome in Manchester is soon to be confirmed. Once again please do get in touch if you are interested in joining us.

If you would like to know more about the Children and Young People's Project please do get in contact with me...I look forward to hearing from you.

## ***Independent Sessional Workers***

The Children and Young People's Project is looking to recruit some independent sessional workers. This is an exciting opportunity to support the children and young people to get involved with a range of challenging activities. Sessional workers will be self-employed and have completed valid safeguarding training.

The role includes:

- offering one-to-one support at our activities and events
- delivering sessions to support the outcomes of the project
- monitoring and evaluating activities.

The project offers a range of events at various times of the week.

For more information please get in contact with Alicia Makinson, our Children and Young People's Coordinator:

[alicia@sightadvice.org.uk](mailto:alicia@sightadvice.org.uk) or call 01539 769055

## ***Future Vision Exhibition 2019***

***Tim Ward***

Sight Advice South Lakes will again be holding their annual technology Future Vision Exhibition, on Friday May 17th, 10.00 am till 4.00 pm in Kendal Town Hall.

You can look forward to seeing a large range of the latest state of the art technology, which can assist people with sight loss and their carers. There will be magnification, lighting, artificial intelligence, wearable technology, voice enablement, talking books, screen readers, phones, tablets, aids to daily living products and much, much more.



Already, 10 exhibitors have accepted our invitation and another 4 or 5 are also expected to accept. Oxsight, Orcam, Enhanced Vision, Humanware, Associated Opticals, Pamtrad, Synaptic are amongst those who have already accepted.

We will also be holding the Future Vision 2019 Exhibition in conjunction with a fundraising coffee morning in an adjacent room to the exhibition, so this will be a great day out.



They will never know what a difference they make to the lives of people living with sight loss in the South Lakes. Last year we helped around 900 people and behind that figure are individual stories of people being re-connected to their local community. Our volunteers support people in their homes, in community groups, in the office and out and about, shopping and socialising. Volunteers spend from as little as one hour a month or just on a when they can basis. If you want to find out more about how you can help please get in touch and ask for Julie. The time spent volunteering can be small but the rewards are great.



Some opportunities we have at the moment include:

**Community Supporters** – supporting clients one to one by helping them to improve the quality of their lives. Our volunteers have helped people to their local, tea and cake in local cafes, nattered over a cuppa, run small errands that we would not think twice about.

**Drivers** – getting out and about in the South Lakes is hard at the best of times and driving is impossible for a lot of our clients. Sometimes they need help getting to groups or appointments.

**Fund-raisers** – we have one of the best teams helping us to raise money to support people in the South Lakes. We will always welcome enthusiastic new team members. Our fund raisers collected an incredible £4,833.31 in street collections – over the last 9 months; helped to organise events such as the ABBA premiere evening; host bingo and quiz evenings, coffee mornings and much more besides. We will help you find your niche!!



On a sad note, we lost a valued four - legged member of the fund-raising team in January.

Buddy could always be relied upon to raise a smile and get people talking. He will be missed by us all.

This app simulates some of the more common eye conditions such as Macular Degeneration, Cataracts, Glaucoma and Retinitus Pigmentosa. It does this in a very simple way. Basically you download the free app which is on IOS (Apple), and Android . A menu with the eye conditions appears and you chose the one you wish to simulate.



If, for example, you choose cataracts, your camera on your phone/tablet will automatically open. You can then point this anywhere and the initial image will be what the camera sees if your sight is perfect. Then there is a simple “slider” mechanism on the screen that you move with your finger and it will then alter the image so that you can simulate the progress of the eye condition.

This is very useful for people with sight loss to show their friends and family how the world looks to them, and at Sight Advice we have used it successfully in our Positive Steps course, where people have commented how accurately it reflects their own eye condition.

As this is a Norwegian app, the language is Norwegian but you can recognise the eye conditions as they spell them in almost the same way we do!!

***Social Media for Beginners***

***Tim Ward***

Are you keen to find out what is happening in your community, link up with you friends and associates and even keep up to date with what is happening at Sight Advice South Lakes? We are regularly asked for more information and assistance in using Facebook and other social media platforms. Tim has planned some “Social Media for Beginners” sessions and would be delighted to welcome you. The session can be used to access whichever social media platforms you are keen on using. These may include: Whatsapp, Facebook, Twitter, Instagram etc. Please come along on one of the following dates:

**Tuesday 5<sup>th</sup> March 10.30am - 12noon**

**Tuesday 9<sup>th</sup> April 10.30am - 12noon**

**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

**March**

<b>Mon 4<sup>th</sup></b>	<b>Closed till 11:30 am for staff training</b>	
<b>Tue 5<sup>th</sup></b>	<b>Dual Sensory Loss Group</b>	<b>2-3.30pm</b>
<b>Tue 5<sup>th</sup></b>	<b>Social Media for Beginners</b>	<b>10.30am-12</b>
<b>Thurs 7<sup>th</sup></b>	<b>Advice Drop In at Arnside Surgery</b>	<b>All Day</b>
<b>Thurs 7<sup>th</sup></b>	<b>Tech Know How</b>	<b>10am-12</b>
<b>Thurs 7<sup>th</sup></b>	<b>Games Afternoon</b>	<b>2-4pm</b>
<b>Sat 9<sup>th</sup></b>	<b>Bowness &amp; Windermere Street Collection</b>	<b>All Day</b>
<b>Sat 9<sup>th</sup></b>	<b>Kendal Swimathon at Kendal Leisure Centre</b>	
	<b>If you wish to join our team please call 01539 769055</b>	
<b>Mon 11<sup>th</sup></b>	<b>Kendal Support Group</b>	<b>2-4pm</b>
<b>Tue 12<sup>th</sup></b>	<b>Positive Steps Course in Kirkby Lonsdale</b>	<b>10am-12</b>
	<b>Week 1, held at Methodist Church Hall, Kirkby Lonsdale</b>	
<b>Tue 12<sup>th</sup></b>	<b>Dementia Hub</b>	<b>2-4pm</b>
	<b>At the Brewery Arts Centre, Kendal</b>	
<b>Wed 13<sup>th</sup></b>	<b>Windermere Support Group</b>	<b>10-11.45am</b>
	<b>Goodly Dale, Lake Road, Windermere</b>	
<b>Wed 13<sup>th</sup></b>	<b>Walking Group – Visit to Cartmel</b>	
	<b>Please contact us on 01539 769055 if you wish to join the walking group</b>	
<b>Thurs 14<sup>th</sup></b>	<b>Volunteer Training: Emergency Response</b>	<b>am</b>
<b>Sat 16<sup>th</sup></b>	<b>Children &amp; Young People – Snowability</b>	<b>pm</b>
<b>Mon 18<sup>th</sup></b>	<b>Arnside Support Group</b>	<b>10am-12</b>
	<b>Methodist Hall, Chapel Lane, Arnside</b>	
<b>Mon 18<sup>th</sup></b>	<b>Bingo Night</b>	<b>7pm</b>
	<b>At The Globe, Kendal</b>	
<b>Tue 19<sup>th</sup></b>	<b>Sedbergh Support Group</b>	<b>2-4pm</b>

## **Sight Advice Magazine – Spring 2019**

**People's Hall, Sedbergh**

<b>Wed 20<sup>th</sup></b>	<b>Advice Drop in at James Cochrane Practice Helme Chase Surgery, Burton Road, Kendal</b>	<b>am</b>
<b>Thurs 21<sup>st</sup></b>	<b>Games Afternoon</b>	<b>2 -4pm</b>
<b>Thurs 21<sup>st</sup></b>	<b>Positive Steps Course in Arnside 12 Week 1, held at Ashleigh Court, Arnside</b>	<b>10.30am-</b>
<b>Mon 25<sup>th</sup></b>	<b>Ambleside Group Rowan Court, Ambleside</b>	<b>2–4pm</b>
<b>Thurs 28<sup>th</sup></b>	<b>Positive Steps Course in Arnside 12 Week 2, held at Ashleigh Court, Arnside</b>	<b>10.30am-</b>

## **April**

<b>Mon 1<sup>st</sup></b>	<b>Closed till 11:30am for staff training</b>	
<b>Tue 2<sup>nd</sup></b>	<b>Dual Sensory Loss Group</b>	<b>2-4pm</b>
<b>Wed 3<sup>rd</sup></b>	<b>Positive Steps Course in Kendal 3.30pm</b>	<b>1.30-</b>
<b>Thurs 4<sup>th</sup></b>	<b>Advice Drop In at Arnside Surgery</b>	<b>All Day</b>
<b>Thurs 4<sup>th</sup></b>	<b>Tech Know How</b>	<b>10am-12</b>
<b>Thurs 4<sup>th</sup></b>	<b>Games Afternoon</b>	<b>2–4pm</b>
<b>Sat 6<sup>th</sup></b>	<b>Children &amp; Young People – Snowability</b>	<b>pm</b>
<b>Mon 8<sup>th</sup></b>	<b>Kendal Group</b>	<b>2-4pm</b>
<b>Tue 9<sup>th</sup></b>	<b>Kirkby Lonsdale Support Group Methodist Church Hall, Kirkby Lonsdale</b>	<b>10am-12</b>
<b>Tue 9<sup>th</sup></b>	<b>Social Media for Beginners 12</b>	<b>10.30am-</b>
<b>Wed 10<sup>th</sup></b>	<b>Positive Steps Course in Kendal 3.30pm</b>	<b>1.30–</b>
<b>Wed 10<sup>th</sup></b>	<b>Windermere Support Group Goodly Dale, Lake Road, Windermere</b>	<b>10–11.45</b>
<b>Wed 10<sup>th</sup></b>	<b>Walking Group – Visit to Coniston Please contact us on 01539 769055 if you wish to join the walking group</b>	

<b>Mon 15<sup>th</sup></b>	<b>Arnside Support Group</b> <b>Methodist Hall, Chapel Lane, Arnside</b>	<b>10am-12</b>
<b>Tue 16<sup>th</sup></b>	<b>Sedbergh Support Group</b> <b>People’s Hall, Sedbergh</b>	<b>2-4pm</b>
<b>Wed 17<sup>th</sup></b>	<b>Positive Steps Course</b> <b>Held at Sight Advice South Lakes, 116 Highgate, Kendal</b>	<b>1.30pm</b>
<b>Wed 17<sup>th</sup></b>	<b>Advice Drop in James Cochrane Practice</b> <b>Helme Chase Surgery, Burton Road, Kendal</b>	<b>9.30am–12</b>
<b>Thurs 18<sup>th</sup></b>	<b>Games Afternoon</b>	<b>2–4pm</b>
<b>Mon 22<sup>nd</sup></b>	<b>Closed for Bank Holiday</b>	
<b>Sat 20<sup>th</sup></b>	<b>Wainwrights Yard Street Collection</b>	<b>All Day</b>
<b>Sat 27<sup>th</sup></b>	<b>Children &amp; Young People – Snowability</b>	<b>PM</b>
<b>Mon 29<sup>th</sup></b>	<b>Quiz Night – a fundraising event</b> <b>The Duke of Cumberland, Kendal</b>	<b>7.30pm</b>

## **May**

<b>Thurs 2<sup>nd</sup></b>	<b>Advice Drop In at Arnside Surgery</b>	<b>All Day</b>
<b>Thurs 2<sup>nd</sup></b>	<b>Tech Know How</b>	<b>10am -12</b>
<b>Thurs 2<sup>nd</sup></b>	<b>Games Afternoon</b>	<b>2-4pm</b>
<b>Sat 4<sup>th</sup></b>	<b>Kirkby Lonsdale Street Collection</b>	<b>All Day</b>
<b>Mon 6<sup>th</sup></b>	<b>Closed for Bank Holiday</b>	
<b>Tue 7<sup>th</sup></b>	<b>Tue 2<sup>nd</sup> Dual Sensory Loss Group</b>	<b>2–4pm</b>
<b>Wed 8<sup>th</sup></b>	<b>Walking Group – Visit to Smardale Railway</b> <b>Please contact us on 01539 769055 if you wish to join the walking group</b>	
<b>Wed 10<sup>th</sup></b>	<b>Windermere Support Group</b> <b>Goodly Dale, Lake Road, Windermere</b>	<b>10-11.45</b>
<b>Mon 13<sup>th</sup></b>	<b>Kendal Group</b>	<b>2–4pm</b>
<b>Tue 14<sup>th</sup></b>	<b>Kirkby Lonsdale Group</b> <b>Methodist Church Hall, Kirkby Lonsdale</b>	<b>10am–12</b>
<b>Wed 15<sup>th</sup></b>	<b>Advice Drop in at James Cochrane Practice</b> <b>Helme Chase Surgery, Burton Road, Kendal</b>	<b>am</b>
<b>Thurs 16<sup>th</sup></b>	<b>Games Afternoon</b>	<b>2– 4pm</b>

## **Sight Advice Magazine – Spring 2019**

<b>Fri 17<sup>th</sup></b>	<b>Future Vision Exhibition</b>	<b>10am–3pm</b>
	<b>Kendal Town Hall</b>	
<b>Fri 17<sup>th</sup></b>	<b>Coffee Morning at Kendal Town Hall</b>	<b>9.30am–12</b>
<b>Mon 20<sup>th</sup></b>	<b>Arnside Support Group</b>	<b>10am–12</b>
	<b>Methodist Hall, Chapel Lane, Arnside</b>	
<b>Tue 21<sup>st</sup></b>	<b>Sedbergh Support Group</b>	<b>2–4pm</b>
	<b>People’s Hall, Sedbergh</b>	
<b>Sat 25<sup>th</sup></b>	<b>Kendal Street Collection</b>	<b>All Day</b>
<b>Mon 27<sup>th</sup></b>	<b>Closed for Bank Holiday</b>	
<b>Thurs 30<sup>th</sup></b>	<b>Games Afternoon</b>	<b>2–4pm</b>

## ***Sight Advice South Lakes Walking Group***

The Walking Group is managed and supported wholly by volunteers and is a wonderful group to be a member of. Sun, smiles, sandwiches and if you are lucky, sponge cake! Sheila has planned the calendar of walks for this year and we are hoping the sun shines like last year. Here are the all-important dates for your diary in 2019:

<b>13 March</b>	<b>Cartmel</b>
<b>10 April</b>	<b>Coniston</b>
<b>8 May</b>	<b>Smardale Railway</b>
<b>12 June</b>	<b>Elterwater</b>
<b>10 July</b>	<b>Bolton le Sands - Canal &amp; Shore</b>
<b>21 August</b>	<b>Cunswick Scar</b>
<b>11 September</b>	<b>Levens Park</b>
<b>9 October</b>	<b>Canal - Crooklands</b>

Walking is good for your mental as well as physical health as it can improve your sleep and self-esteem, as well as reducing your stress and anxiety. This is not just our opinion as health professionals widely agree on all these benefits. Take a small step in the right direction and get in touch if you want to find out more about our Walking Group, new members are always made very welcome.

**Tony Giles**

There is a wonderful blog online written by Tony Giles, who describes himself as totally blind and 80% deaf in both ears without his hearing aids. Tony had a successful kidney transplant in December 2008 and has visited the World's Seven continents, all fifty states of the USA, crossed the Arctic Circle, travelled in every South American country and visited all ten Canadian provinces.



Tony has kindly given us permission to share an extract from his blog. Here is an extract describing his visit to Burkina Faso:

After posting my last blog about Ghana I have been rather busy - sitting on crocodiles and visiting yet another slave camp in Paga on the Ghana-Burkina Faso border and also traditional villages with interesting carved houses. After leaving Ghana I made a simple border crossing into quiet peaceful Burkina Faso, country 119. With help I travelled some 20 km to the small uninteresting town of Po. Two kind people actually gave me a free motorbike ride from the border to the town. I stayed at the Hotel Tiandora Esperance. I was most likely overcharged for the room and a bottle of water. One guy spoke reasonable English and offered to take me, by motorbike, to the small, famous, picturesque village of Tiebele some 32 km distance. I was also heavily overcharged for this, having to pay for the bike, petrol, his time and allegedly to take photos at the village in people's houses. I found out later this was not correct and he took advantage. However the guy was friendly and I had an interesting experience. Tiebele is an extremely old, traditional village of southern Burkina Faso, but unlike most other villages in Burkina that have houses made of basic mud brick and no decoration, Tiebele is different and unique. I was able to feel the various shapes and patterns moulded into the outside of the adobe houses and the different textures of paint. Their houses are in many shapes and styles, but mainly they have tiny semi-circular doors for entry and one has to crawl inside before climbing over a brick step to be able to stay.

Many Thanks to Tony for allowing us to share his adventure.



***Service in the Spotlight – Community Development***

Sight Advice South Lakes has a team of Community Development Officers who visit people with sight loss in their homes. We get referrals from many places:



- individuals and their families,
- our services like the ECLO in the hospital and local support groups,
- the Low Vision Clinic
- other agencies such as opticians, GPs and social workers.

We visit people at home to carry out assessments and offer advice. Our aim is to help them live as independently as possible.

We think visiting people at home is important. Some people find it difficult to get out of the house to appointments. We find our assessment and the advice we offer is better if we can see where people live; the layout of their house; the lighting and the things they use around the home. When looking at lighting we can check how well lit the house is and any key areas where people do things like reading, puzzles, crafts or preparing meals. We can also check to see if people can use controls on things like ovens, microwaves, washing machines, central heating, telephones and TVs. In many cases, better lighting and the wonderful bumpons can help with these. We will offer advice about things people and their families can do for themselves, for example, remembering to switch on lights, replacing bulbs for brighter ones or positioning things around the home. We can tell people about aids and equipment they might want to consider buying. These include such things as liquid level indicators, talking clocks and large button phones. We can also offer advice about services people might want to consider such as our support and social groups, the Low Vision Clinic (for advice on magnifiers and lighting) and talking books and newspaper services.

At the end of our visit, we'll agree with people any next steps that are needed. Sometimes a second visit might be needed and we will always do a follow up telephone call to see how things are going and to find out if what we've been able to do has been helpful.

If you or someone you know would like our Community Development service to do a home visit, please contact the Sight Advice South Lakes office.



When I'm out visiting people at home, a lot of people have queries about lighting, especially at this time of year when there is less daylight. I look at:

- ambient or background light - How well lit is each room when the lights are switched on? What about thoroughfares such as hallways, stairs and corridors? Are there any black spots which aren't well lit?
- task lighting – What lighting is needed to help people do specific tasks around the home like reading or preparing food in the kitchen?



Here are some things I've found.

**Remember to switch on lights**

Sometimes there is good lighting in the home but it needs switching on. For example, people remembering to switch on lights when going up and down stairs and when heading to the bathroom at night. Automatic lights can help here so people don't need to remember to switch them on. A problem with old style low energy bulbs was that they took a while to 'warm up' to provide full light. The newer low energy bulbs such as LED ones don't have this problem. People might worry about the energy costs of switching their lights on. However, the move to low energy bulbs helps with this – LED bulbs use about 15% of the energy of old style bulbs.



**Get some good bulbs**



Some people have good lighting fittings but they have weak bulbs fitted or haven't replaced bulbs which have failed. I advise people to try LED bulbs. They are more expensive than the older style ones but use less energy and last many times longer. You can also get daylight LED bulbs. These give out a bluer light which is closer to daylight than the warmer orange light normal bulbs give out. Some people find they can see better with daylight bulbs.

## Changing light fittings

Sometimes light fittings or lampshades aren't suitable. They might not give a wide spread of light or they obscure the light. I've seen light fittings that produce glare because you can look directly at the bulb. Changing light fittings and installing new ones is an electrician's job. They may be able to offer advice or you can discuss different types of fitting at lighting and DIY shops. There is a good advice guide available free on the internet called 'Lighting in and around the home: a guide to better lighting for people with sight loss' published by Thomas Pocklington Trust.



## Task lights – lighting for specific things



Often I get asked about lighting to help people carry out tasks like reading, preparing meals, doing puzzles or crafts. Here you need a good source of light directed at the book, kitchen worktop or work area you are using.

We have a range of 'task lights' and spotlights available in our office for people to see and try.

In the next edition of The Magazine, I will describe some examples of the types of lighting we have found to be popular.

If you have any queries in the meantime, or would like someone to visit you at home to discuss lighting, please contact the Sight Advice South Lakes office on 01539 769055 or drop into the Bradbury Centre, 116 Highgate, Kendal.

## ***Craft Group Information***

In March VIP Crafts is moving to the Castle Street Centre. If you fancy having a go at crafts such as knitting, sewing or card making then come and have a try. We meet on a Tuesday morning about once a fortnight, for more information contact:

[windowsonart@btinternet.com](mailto:windowsonart@btinternet.com) Tel 07769185057

### **ARNSIDE**

Age UK run a Lunch Club at The Albion, Arnside on the 1st Friday of each month.

Meet up with a group of friends and enjoy an excellent, freshly cooked meal.

Age UK also run other Lunch Clubs at various locations throughout the South Lakes area. Please contact them for more information and to book your place. Contact Tel: 01539 728118



### **BOWNESS ON WINDERMERE**

Prom Art on the Glebe is an Arts & Crafts Event with free entry Each month from April to September. There will be stalls set up on the Glebe to display the work of some of the region's finest and most talented artisans. Their work includes Fine Art, Prints, Photography, Sketches, Cards, Pottery, Silversmithing, Millinery, Ceramics, Knitwear and Textiles.

### **AMBLESIDE & GRASMERE**

Grasmere History Group is a group of local people who meet monthly to discuss matters of local history. It is a very friendly, informal gathering to share interests and ask questions of others who might know the answers. They have a wide range of interests and in recent years have produced exhibitions about Grasmere in the First World War. New members are very welcome and they are always looking to meet more people with fascinating stories to tell about Grasmere and the Lake District. To book: Call 015394 35544.

### **KENDAL**

Age UK's Men's Pie and Pint Club meets on the 1st Thursday of the month at 12 noon. Enjoy a pie and a pint in a friendly pub, with the chance to sit and chat with a group of guys and put the world to rights. Kendal Rugby Club, Mint Bridge, Shap Road, Kendal LA9 6NY. To book a place contact AGE UK on 01539 728118

### **SEDBERGH**

Talk by Diane Elphick "His sisters and his cousins and his aunts! The wide-ranging roles of women". Wednesday, 6th of March 2019: 7.30pm at Settlebeck School Long Lane Sedbergh, Sedbergh, LA10 5AL. To book a place call 01539 620771, tickets priced £1 – £2

Christmas and New Year have been and gone and it's the long run into the much - awaited Spring. I hope everyone is well and looking forward to Spring. Thank you to everyone who has supported us recently through attending events, purchasing Christmas raffle tickets or donating time or resources to us, your support really matters to us.



We are privileged to be supported by so many members of our local community. This has got us thinking about how hobbies can benefit your local community. Perhaps you or a member of the family, are looking at a new, fitter you? Maybe you want a challenge and would consider doing this on behalf of Sight Advice South Lakes fundraising? Could be anything from a local walk to the Great North Swim .....?

It doesn't always have to be a full - on experience and you could support us by....

- Hosting a lunch, afternoon tea, coffee morning, theme night at your home or garden in aid of Sight Advice
- Perhaps you know someone musical who would perform free of charge (or for travel costs) at a fundraising event?
- Organise a plant / seed/ allotment produce sale?
- Share a special interest, hobby or career and be a speaker at a local event?
- Helping to organise an inter pub quiz along with members of our fundraising team?
- If you are you on good terms with a local shop, café, pub or restaurant, please could you ask if they would accept one of our collection boxes for change donations or perhaps they are willing to donate a raffle prize.
- Coordinating an event or stall as part of world vision week in October 2019.

You may have other ideas, please do feel free to have a chat with Aileen about them or about any of the above ways to help us raise funds for Sight Advice South Lakes.

Looking ahead, we will be building on the successful talk and presentation nights we started in January where we heard Steve Bateman's adventures of Trans America travel on a tandem. (For those of you who don't know Steve he is completely blind). There will be other speakers' evenings on a range of subjects - just awaiting confirmed dates but the next one will be in March.

**Coming Soon:**

**Annual Swimathon on Saturday 9<sup>th</sup> March at Kendal Leisure Centre. If you would like to join the Sight Advice team please contact Aileen on 01539 769055**

**May - Will see us hosting another Premier night at the Brewery Arts Centre. 'Rocket man' is a biopic of Elton John and the evening will include welcome drinks and canapes. Tickets will go on sale in March.**

**We regularly post updates on Facebook and Twitter and you can contact us on 01539 769055 if you would like to reserve tickets or find out more information.**

**We look forward to welcoming you at some of our upcoming events.**

## ***User Forums***

***Amy Pearman***

**We are delighted to receive feedback at any time. We also hold User Forums throughout the year. These are opportunities for you to meet with a trustee and member of the Sight Advice team. The dates for upcoming User Forums are:**



**Kirkby Lonsdale: Tuesday 9<sup>th</sup> April at 10.30am at The Methodist Church**

**Windermere: Wednesday 10<sup>th</sup> April at 10am at Goodly Dale, Lakes Road**

**The User Forums take place during the group meeting in that area, however you do not have to be a member of that group to attend. Please do come along and let us know what you think about the support the charity is offering and if there are other types of support which would be helpful for you. All feedback we receive is valuable and assists us in planning for the future. We aim to include the dates for upcoming forums in the magazine.**



## ***British Blind Sport***

British Blind Sport, the national charity for visually impaired people to access sport and physical activity, has opened submissions for clubs to register for their upcoming Activity Finder. This will make it easier than ever for people with visual impairments to identify local activities which offer a welcoming and positive experience. British Blind Sport have developed an Activity Finder. The hope is that this Activity Finder will be known as the UK's centralised database of activities which people with a visual impairment can be confident about, available in one, easy-to-reach place. It will allow people to find local opportunities in a matter of clicks, making it really easy for VI people to find a local activity that they enjoy.

The British Blind Sport Activity Finder will launch in May 2019, aiming to be the leading source of information for users to locate activities in their local area and to find inclusive sports clubs and activities which support people.

Clubs can help more people living with a visual impairment to find opportunities to get active by creating a register of inclusive sessions accessible by a few clicks of a mouse. Clubs will also gain free coverage, advertising and promotion on the British Blind Sport website when the search tool goes live in May.

## ***Blind Cricket Taster Session***

***John Garbett***

Blind Cricket England & Wales is running a VI cricket taster session for people of all ages and abilities, with fully qualified ECB coaches, who are visually impaired themselves. The session will take place at Kendal Leisure Centre on Tuesday 9th April, from 5pm to 7pm. Please feel free to drop in and have a go and to see the benefits of playing our great game.

For more information and to book a place free of charge, please contact the BCEW Development Director John Garbett on:-  
Mobile : 07769 909906 or Email : [garbett.j@sky.com](mailto:garbett.j@sky.com)

John is Development Director for Blind Cricket England and Wales and John and his team will meet you at Kendal Leisure Centre on 9<sup>th</sup> March 2019.

**Staff and Trustee Team**

**Sight Advice South Lakes Team**

**Chief Executive**  
Claire Park

**Service Manager**  
Amy Pearman

**Sight Support Coordinator**  
**(Assistive Technology)**  
Tim Ward

**Sight Support Coordinator**  
**(Community Development)**  
Peter Knock

**Sight Support Coordinator**  
**(Community Development)**  
Jackie Bateman

**Volunteer Support Officer**  
Julie Halford

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

**Sight Support Advisers**  
Sarah Stoddard  
Krystyna Slosarska

**Eye Clinic Liaison Officer**  
Jackie Bateman

**Finance Officer**  
Emma Barker

**Fundraising Coordinator**  
Aileen Ward

**Housekeeping**  
Diane Boulder

**Trustees**

**Dr Sal Riding**  
**Acting Chair of Trustees**

**Mr Chris Jackson**  
**Trustee**

**Mrs Sara Webb**  
**Trustee**

**Mrs Linda Baverstock**  
**Trustee**

**Miss Jenny Hodkinson**  
**Trustee**



Facebook: Sight Advice South Lakes @SightAdviceSL



Twitter : @SightAdviceSL



**Promoting independent living**

**01539 769055**

**The Bradbury Centre, 116 Highgate**

**Kendal, Cumbria LA9 4HE**

**info@sightadvice.org.uk**

**www.sightadvice.org.uk**

**Charity No. 1145818 Company No. 7879355**

**This newsletter is also available in Braille,  
audio or on the web.**

**Recycle this newsletter.**

**Once you have read this newsletter  
please pass it on to a friend or relative,  
leave it at your GP's surgery, community  
centre or church. If one extra person  
reads each copy, we will double our  
readership to 1260.**



**LOTTERY FUNDED**