



Summer 2019
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 – 9.30am 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.

Chief Executive update

Welcome to the summer edition of our popular quarterly Magazine. As I write, the sun is shining and this has prompted me to give a reminder about protecting your eyes in the sun. We are all aware that UVA and UVB rays in sunlight can harm your eyes and may increase the risk of cataracts and AMD. Wearing sunglasses, glasses or contact lenses with a built in UV filter will protect your eyes. Only buy sunglasses that have a CE mark or carry British Standard BS EN ISO 12312-1.



A range of eyeshields and sunglasses are available to try on and order from Sight Advice, so please pop in if you would like some help with protecting your eyes in what, hopefully, will be a very warm, sunny summer.

I am delighted that we have recently been approached by a number of local business's requesting visual awareness training for their staff. In January, we provided training to The Bridge Dental Practice and most recently, The National Trust approached us to deliver some training to the staff and volunteer team at Fell Foot Park, Windermere. The training was a three-hour workshop, which



included guiding techniques, effective communication and ways in which the trust could improve visitor experience for people living with sight loss. We have developed an excellent programme of training packages at rates to suit all sizes of businesses, so please get in touch if you would like to learn more for your business or organisation.

In April, we were saddened to hear that a former employee of Sight Advice South Lakes, Stephen Ridge had passed away. Many of you will remember Stephen answering the phone when the Charity was based at Stricklandgate House. Stephen was also an active member of the VITAL group. Our thoughts are with his family and friends.

Hello from the Macular Clinic at Westmorland General Hospital!

The clinic continues to be very busy and I have enjoyed meeting you all and trying to signpost to other services or provide advice about strategies or equipment which may assist you to be able to continue with those activities which are important to you.



In conversation with a number of people in the clinic waiting room, it has become evident how widespread hallucination - like experiences seem to be for those with macular issues. We have, therefore, decided to organise a support session for those who are affected or who have an interest in this. The session will be delivered by Sophie Grisenthwaite, the new optometrist with the Morecambe Bay NHS Trust on July 8th. This will take place at 2pm at Kendal Unitarian Chapel, Market Place, Kendal. Please leave your details with Sight Advice if you would be interested in attending.

We are also looking at developing a support group for those with Macular Degeneration which will be run by the Macular Society. Details to follow but if you would be interested in attending this please leave a message at Sight Advice South Lakes.

And finally, we are delighted to share the news that we have received funding from national sight loss charity RNIB to extend our ECLO provision at Westmorland General Hospital. Sarah Stoddard will join me at the hospital from 3rd June 2019. This great news provides the opportunity to develop the ECLO service further.

Meanwhile if I can help in any way, when you attend the Macular or outpatient clinics, either have a word with me or ask staff to take your details and I will make contact as soon as I am able. Thank you.

Every edition of the Magazine focuses on a different service offered by Sight Advice. Fundraising is a vital element of our organisation, as it supports the existing and developing services offered by Sight Advice. Not only does our fundraising activity aim to raise valuable, unrestricted income but also to increase awareness of the support we offer to people living with a visual impairment. Sight Advice's fundraising has many components.



When I came into post as the Fundraising Coordinator it was apparent that a strong street, store and pink elephant collection network was already established. We have built on these firm foundations and expanded our presence e.g. adding Marks and Spencer and Lakeland Limited to our instore collections. We have expanded our Pink Elephant scheme across more South Lakes venues and worked on raising awareness and building relationships with our local community both with the general public and the business community. This approach has resulted in an amazing year for donations and we have received fabulous prizes for our use at fundraising events.

As we go into a new financial year, the relationships with the business community have even seen us receive sponsorship towards some of our larger fundraising events.

Over the last twelve months we have been supported by many individuals and organisations to offer a wide range of fundraising activities including:

- coffee mornings
- sponsored activities
- quiz and bingo nights
- film premier nights at the Brewery Arts Centre
- tribute nights at Kendal Town Hall
- birthday fundraising in lieu of presents
- Christmas Draw and quiz
- selection as 'charity of the year' for a variety of groups
- Harvest Festival dinner
- specialist interest talks.

At the close of the year we are proud to announce that across all the fundraising activities we have raised £16,411 for Sight Advice South Lakes. In context, this contributed to funding the role of Sight Support Advisors. This is a vital role at Sight Advice as our Sight Support Advisors are the first point of contact offering a support, advice, guidance and a friendly welcome to all of our visitors.



A huge thank you to everyone who has attended, volunteered and donated to our fundraising! The roll call of thankyou's is truly immense and it would be an edition of the Magazine on its own if we named every individual and organisation. We pride ourselves on ensuring that we personally thank all of our supporters throughout the year.

Our fundraising strategy also contributes to raising awareness about the charity and its services for both individuals and local businesses. Businesses can benefit by awareness raising of sight loss within their organisations to enhance customer experience. We can provide guiding and communication technique training or assist with technology for employees living with sight loss.

We are looking forward to the future year ahead, our upcoming events can be found in the What's On pages and on page so please get involved. There are lots of ways you can make a difference and fundraising with the Sight Advice team is also a lot of fun.

You can improve your mental and physical health, boost your career, and make a positive difference to your community all by volunteering for as little as a couple of hours each month. I don't think it's just a coincidence that our volunteers are among the happiest people I know. You could volunteer with a friend and have twice the fun! If you feel you would like to know more or perhaps a relative or friend is interested, you can call me for an informal chat.



Here are some examples of the opportunities we have at the moment. The list is not exhaustive. A volunteer brings their own unique experience and skills; sometimes they are skills we didn't know we needed until we met the volunteer! So if you feel you can help in any way, do get in touch.

Volunteering Opportunities

Group Facilitator Ambleside area – the Sight Advice Community Support groups run throughout the South Lakes and are a valued and much needed link to the community for some of our clients. These groups are entirely run by volunteers. We are desperately looking for volunteers in the Ambleside area to assist in the running of the local group. We also have opportunities in other areas so if this sounds interesting to you, please get in touch for further information.

We need volunteers to support clients in a range of activities from shopping to salsa, swimming to sky-diving – we have people who would really like to find out more about what is going on in their area and to get involved. If you feel you can support someone to get out and about or even to have a cuppa at home, we know your support will be really valued. There are opportunities throughout the South Lakes area.

Drivers – to support clients to groups, clinics and courses. Times and days to suit your availability. We all know that getting out and about in the South Lakes can be challenging at the best of times and driving is impossible for a lot of our clients. We are looking for drivers throughout the South Lakes area to add to our bank of volunteers who can be called upon as required.

Welcome to Paul Blackburn – New Trustee

I was born in Cumberland, the son of a Police Officer. My first school was in Kendal, but I attended four more schools around England, as we kept moving home and finally settled on The Wirral. Whilst at school, I played hockey for England Juniors. I went to The University of Nottingham, graduating with a BSc (Hons) degree in Mathematics.

For many years I worked in the Insurance Industry, before taking two years out to work in the charity sector. I returned to the Financial sector in 2007, working as a Senior Manager in the Commercial Business side of Lloyds Bank. I continued with my charity work as a director of a charity supporting people living with sight loss.

I returned 'home' in 2014, before retiring in 2018. I am a Governor at Crosscrake Primary School, Director of a charity at Crosscrake Church and am delighted to become a Trustee at Sight Advice. I still return to the Wirral on a regular basis, to see my mum and watch my football team, Tranmere Rovers.

I am looking forward to helping the charity and to be involved in some of the groups within Sight Advice, in particular those groups where 'having fun' is the key objective.

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. I have planned some "Social Media for Beginners" sessions and would be delighted to welcome you. In these sessions there will be the opportunity to sign up and access 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:

Wednesday, July 17th 10.30am - 12noon

Wednesday, August 21st 10.30am - 12noon

This month I would like to recommend apps that can be used to access services at your local GP, from your phone, tablet or computer.

One such app is MyGP.

This app allows you to book GP appointments, order repeat prescriptions and also allows you access to your medical records.



It can be downloaded onto your phone or tablet.

Another such service, not an app but an internet service is -

Ask my GP

By pressing the link on your GPs website, you can ask for a GP appointment, maybe discuss a medical issue and get repeat prescriptions. On this system the information will be accessed by GP surgery medical staff and they will respond to your question.

No more waiting on the end of a phone as they will call you.

Contact your surgery to see which system they operate. They all have one these days.

Tim's Tech Talk - Making your computer accessible

Almost all computers and laptops come with built-in accessibility features as standard. This article gives a brief overview of the enhancements available for optimising computers and laptops for visually impaired people. The good news is these features are free!

Windows.

In Windows, pressing the Windows logo key and 'u' buttons together instantly opens the Ease of Access Centre. Within this are instructions on how to increase the size of the text, the size of the mouse and get the computer to talk back to you.

It is also possible to increase and decrease the size of text by pressing the Windows logo key and the + and – keys.

There is a free built in enhancement called "Narrator", a screen reader that will read out loud text on your computer screen.

Macs.

In Macs, go to 'Settings', choose "Accessibility" and a list of functions will appear. All Macs come with Voice Over screen reader and Zoom magnifier software. These are easy to find in the settings.

Command + and – makes the text larger and smaller.

Handy hints

The Microsoft Disability Answer Desk is a free helpline which offers support with Microsoft Windows, Microsoft Office and using assistive technology.

Apple also offer a free accessibility support service for queries with any of their products. You can call 0800 048 0754 or email accessibility@apple.com.

Useful links

- Keyboard shortcuts for Windows
- Apple Mac keyboard shortcuts

Charles Bonnet Syndrome Awareness Event

In conversation with a number of people in the clinic waiting room it has become evident how widespread experiences of what seems like hallucinations are for those with macular issues. We have therefore, decided to organise a support session for those who are interested in or affected by Charles Bonnet Syndrome. The syndrome is common in those with sight loss as the brain tries to fill in missing visual information resulting in visions of either every day or more unusual images, all of which can be most upsetting for those who experience them.

The session will be delivered by Sophie Grisenthwaite, the new optometrist with the Morecambe Bay NHS Trust on Monday, July 8th at 2pm and will be held at the Unitarian Chapel, Market Place, Kendal.

Please leave your details with Sight Advice if you would be interested in attending.

What's On For you to pull out and keep

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

June 2019

Please note there is no Tech Know How Group in June 2019

Mon 3rd	Closed for Staff Training	Until 11.30am
Mon 3rd	Volunteer Week:	2.00-4.00pm
	Volunteer Afternoon Tea Drop In	
Tues 4th	Dual Sensory Loss Group	2.00-3.30pm
Wed 5th	Volunteer Fair with CVS	12noon-1.30pm
	Kendal Town Hall	
Thurs 6th	Arnside Surgery Drop in	9.30am-4.00pm
Sat 8th	Sight Advice at Natland Village Fair	2.00-4.00pm
Mon 10th	Kendal Support Group	2.00-3.30pm
Tues 11th	Kirkby Lonsdale User Forum:	10.15-11.45am
	Methodist Church, Kirkby Lonsdale	
Wed 12th	Windermere Support Group:	All day
	Summer Outing	
	Please contact Sight Advice	
Wed 12th	Wednesday Evening Social	7.00pm-9.00pm
	Day Centre, Dowkers Lane, Kendal	
Thurs 13th	Games Afternoon	2.00pm-4.00pm
Mon 17th	Arnside Support Group	10.30am-12noon
Mon 17th	Bingo Night at the Globe Inn, Kendal	7.30 start
Tue 18th	Sedbergh Support Group	2.00pm-4.00pm
	People's Hall, Sedbergh	
Wed 19th	James Cochrane Surgery Drop in	9.00am-12noon
Thurs 20th	IT Evening – Children & Young People	6.00-7.30pm
Sat 22nd	Street Collection – Arnside	All Day
	Please do not hesitate to contact us if you can support the collection	

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Mon 24th	Ambleside Support Group	2.00-4.00pm
Wed 26th	Fit for Life Event with Age UK Kendal Town Hall	10.30am-12.30pm
Fri 28th	Street Collection – Wainwrights Yard	All Day
	Please do not hesitate to contact us if you can support the collection	
Sun 30th	Jacobs Join Picnic & Bake Off Please contact Sight Advice if you would like to join us.	3.30pm

July 2019

Mon 1st	Closed for Staff Training	All Day
Tue 2nd	Dual Sensory Loss Group	2.00-3.30pm
Wed 3rd	Positive Steps Course Sight Advice, Kendal	1.30-3.30pm
Thurs 4th	Arnside Surgery Drop In	9.30am-4.00pm
Thurs 4th	Tech Know How Group	10.30am-12noon
Mon 8th	Charles Bonnet Syndrome Awareness Event Unitarian Chapel, Market Place, Kendal	2.00pm Start
Mon 8th	Kendal Support Group	2.00pm-3.30pm
Mon 8th	Quiz Night at The Globe Inn, Kendal	7.30 start
Tue 9th	Kirkby Lonsdale Support Group, Methodist Church, Kirkby Lonsdale	10.15-11.45am
Wed 10th	Store Collection – Booths, Kendal	All Day
Wed 10th	Windermere Support Group, Goodly Dale, Windermere	10.00-11.45am
Wed 10th	Positive Steps Course Sight Advice, Kendal	1.30-3.30pm
Wed 10th	Wednesday Evening Social Day Centre, Dowkers Lane, Kendal	7.00pm-9.00pm
Thurs 11th	Games Afternoon	2.00pm-4.00pm

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Fri 12th	Store Collection – Morrisons, Kendal	All Day
	Please do not hesitate to contact us if you can support the collection.	
Fri 12th	Street Collection – Milnthorpe	All Day
	Please do not hesitate to contact us if you can support the collection.	
Mon 15th	Arnside Support Group	10.30am-12noon
Tue 16th	Sedbergh Support Group, People's Hall, Sedbergh	2.00pm-4.00pm
Wed 17th	James Cochrane Surgery Drop in	9.00am-12noon
Wed 17th	Social Media for Beginners	10.30am-12noon
Wed 17th	Positive Steps Course Sight Advice, Kendal	1.30-3.30pm
Sat 20th	“The Ultimate Elton” – Live concert at Kendal Town Hall	7.30pm Doors Open
	Please contact Aileen on 01539 769055 if you would like to purchase tickets.	8.00pm Start
Mon 22nd	Ambleside Group Rowan Court, Ambleside	2.00-4.00pm
Thurs 25th	Games Afternoon	2.00-4.00pm
August 2019		
Thurs 1st	Arnside Surgery Drop In	9.30am-4pm
Thurs 1st	Tech Know How	10.30am-12noon
Tue 6th	Dual Sensory Loss Group	2.00-3.30pm
Thurs 8th	Games Afternoon	2.00-4.00pm
Thurs 8th to Sat 10th	Store Collection & Outreach at Lakeland Limited, Windermere	All Day
	Please do not hesitate to contact us if you can support the collection.	
Thurs 8th & Fri 9th	Adventure Day At Water Park Adventure Centre – Children and Young People	All Day
	Please contact Alicia on	

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01539 769055 for more information

Mon 12th	Kendal Support Group	2.00pm-3.30pm
Tue 13th	Kirkby Lonsdale Support Group	10.15-11.45am
	Methodist Church, Kirkby Lonsdale	
Wed 14th	Windermere Support Group	10.00am-11.45am
	Goodly Dale, Windermere	
Wed 14th	Street Collection – Sedbergh	All Day
	Please do not hesitate to contact us if you can support the collection	
Wed 14th	Wednesday Social Group,	7.00-9.00pm
	Kendal day Centre, Dowkers Lane	
Mon 19th	Arnside Support Group,	10.30am-12noon
Mon 19th	VITAL Meeting	Start 7pm
	If you are interested in joining please come along	
Tues 20th	Sedbergh Support Group	2.00-4.00pm
	People's Hall, Sedbergh	
Wed 21st	James Cochrane Surgery Drop in	9.00am-12noon
Wed 21st	Social Media for Beginners	10.30-12.00 noon
Thurs 22nd	Games Afternoon	2.00-4.00pm
Sat 24th	Street collection – Wainwrights Yard	All Day
	Please do not hesitate to contact us if you can support the collection	
Mon 26th	Closed for Bank Holiday	

Sight Advice South Lakes Walking Group

12 June Elterwater

10 July Bolton le Sands - Canal & Shore

21 August Cunswick Scar

11 September Levens Park

**If anyone would like to join one of the walks and needs transport,
contact the office and your details will be passed on to the Walk
Leader.**

Children and Young People's Project

Alicia Makinson

Welcome to our new members and their families who have recently got involved with the Children and Young People's Project. It has been lovely to meet you all in the recent months.



The Children and Young People's project offers a range of activities throughout the year for those aged 0-18. These activities are fun and enable the individuals to push their boundaries. The project works with the children and young



people to develop their independence skills and we enable them to develop their confidence in speaking up for the needs and rights of people with visual impairments. Our young people are able to challenge some of the possible preconceptions that are out there in the wider community. A large part of the project is about providing our young people the opportunity to support each other and offer encouragement.

Coming up in the summer...

Tim Ward and I are holding an Assistive Technology information evening for children, young people and their families on Thursday 20th June, 6-7.30pm at Sight Advice, South Lakes. Come along and find out about some of the latest technology out there.

Thursday 8th and Friday 9th August: Fun outdoor activities at the Water Park Lakeland Adventure Centre, Coniston!

If you are interested in knowing more about the project or would like to attend these activities please contact Alicia at the office on 01539 769055 or email [alicia@ sightadvice.org.uk](mailto:alicia@sightadvice.org.uk)

What do you fancy doing?

Jackie Bateman

We would like to let you know about a new project which we are running to try to increase the opportunities for those with sight impairments to participate in activities. Perhaps you have been involved in a hobby in the past with which you now might need a little support (e.g. baking, dancing, crafts) or perhaps you fancy trying something new?



The activity could be a simple one such as going out for lunch or a more complex activity such as attending a class in a local village or riding a tandem.

With the support of our wonderful volunteers we aim to enable people living with sight loss to do what they wish and to try to expand the number of people supporting individuals to achieve their aspirations. You may be someone with a sight impairment who would like to get out more or participate more in activities or perhaps a potential volunteer for the project then please do contact either Jackie or Julie at Sight Advice South Lakes. We hope to see you soon!

Product Ordering Service

Amy Pearman

Sight Advice South Lakes has an array of aids and equipment available to demonstrate either at the centre or in your homes. We are continually adding new items and are delighted to show you these. We are able to assist you to find the item that is right for you and which will help you to achieve what you want to be able to do.



We do not favour any particular items or manufacturer so will offer impartial advice and guidance.

We also offer an ordering service as we will order the item on your behalf and let you know when it has been delivered, or we can arrange delivery directly to you at an additional cost. This service is popular as it often saves people time navigating different websites. We charge a 10% administration fee and the warranty, where applicable, remains with you and the manufacturer/retailers we order from. We take payment at the point of order by cash or cheque and card if you are in the office. Please do not hesitate to contact us if you would like a demonstration of our latest items or have something you would like to order.

Products in the Spotlight...Lighting Part Two Peter Knock

In the last edition of The Magazine, I talked about the kinds of lighting queries I deal with and the advice I offer. This advice included:



- remembering to switch on existing lights
- fitting some brighter bulbs
- changing light fittings to improve lighting
- using ‘task lights’ to help people do specific things

In this article, I’ll talk about some of the types of lighting we’ve found that people find helpful.

Floor standing lamps

We’ve found these lamps are excellent for people wanting to read, do puzzles or crafts. The bendy neck of the lamp allows people to get the light close to what they are trying to see, while the lamp shade prevents glare from the bulb.



The lamp in the photo has a changeable bulb to allow people to choose the power of a bulb and the type of light they prefer. Some people prefer daylight bulbs to the usual warmer light, which normal bulbs give out.

These floor lamps cost around £90 and are available from a range of sources including RNIB and icSW Retail.

Desk lamps



Desk lamps can sit on a table or worktop close to whatever people wish to see well. They can be adjusted to direct the light towards the subject and away from the person’s eyes to prevent glare. This LED desk lamp provides day light. It has a touch control to turn it on and off and to increase or dim the level of light as required. It has quite a long reach and has been used as a bedside lamp

for people reading in bed. Desk lamps vary in price from around £30 to £60 and are available from a range of sources including RNIB and icSW Retail.



This fluorescent portable lamp also provides day light and can be turned and tilted to direct the light as required. I've seen this used successfully in a kitchen to illuminate a cutting board.

Folding portable lamp



This folding lamp folds away small enough to fit in a pocket or bag. It is battery operated and rechargeable so can be used anywhere.

It is not as bright as some of the desk lamps but convenient for use out and about such as on trains or in restaurants. Cost is around £30 and they are available from many sources including Rymans.

Motion sensor light

These battery operated LED lights switch on in dark or subdued light when there is motion nearby. They are excellent to illuminate cupboards and darker areas. I've seen someone use one to see to unlock a front door. They cost around £4 from online retailers such as Amazon.



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

Windermere

Gentle Exercise Class Every Thursday from 2.00pm - 3.00pm.

The Ladyholme Community Centre, Bowness - on – Windermere LA23 2JA

A seated exercise class in a friendly & relaxed environment.

All abilities welcome. For more information please contact AGE UK on 01539 728118.



Arnside

Cup Cake Bingo, Sat 8th June 2019 2- 4pm Arnside Educational Institute

Ambleside

Fair Trade Stall run by volunteers and selling a variety of ethically produced and priced goods. This is held at Ambleside Parish Church 11.00am and 1.00 pm, every Wednesday. Tel 015394 34172

Sedbergh

Saturday 27th July 2019 9:30am - 3:00pm

Sedbergh Artisan Market

Now in its seventh year, this is truly more than a market. It has music, children's events and of course access to the town's cafes, shops, books and the hills! The quality on offer is high and the atmosphere is relaxed and welcoming.

Kendal

Walking Netball. Kendal Leisure Centre, Burton Road, Kendal.

Come along have fun, make new friends and keep fit. A suggested donation of £2.00 would be gratefully received. To book a place or to find out more please contact the Community Activities Team at Age UK South Lakeland on 01539 728118.

Next Course: starts on Wednesday, 3rd July 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 and 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, 3rd July and runs on the following Wednesdays, 10th and 17th July.

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.

Vital News

The VITAL group is a group of working age, visually impaired people who meet regularly and organise social activities. Supported by Sight Advice, this is self-funding group who raise money to support the activities provided. Activities include enjoying evening meals out in the local area, quiz nights, coffee mornings, bowling and of course, the traditional and very popular Christmas meal. The group would be delighted to welcome new members, so if you would like to find out more please contact us on 01539 769055 or join us at our next meeting on Monday 19th August 2019 at 7pm.

The group enjoys an annual summer outing and this year they are visiting Media City in Salford on Sunday 11th August. The summer outing is also very popular and the VITAL committee will arrange a volunteer guide for you for the day. If you wish to join the group and come along on 11th August, please contact Chris Jackson (chrisg.jackson13@gmail.com).

The next event to raise money for the VITAL Group is a Quiz Night on Monday, 3rd June at Netherfield Cricket Club. The Quiz Nights are great fun and entry is £1.00 per person. This is a good opportunity to come and meet the other members if you are thinking about joining.

VIP CRAFTS

The VIP Craft group meets at the Castle Street Centre every other Tuesday from 10.15am for 2 hours. This friendly group also welcomes new members so if you are interested in knitting, sewing, card making or any other crafts you would like to share with the group they would love to hear from you. The group is also looking for new volunteers, so if you can spare two hours once a fortnight by helping to thread needles, picking up a dropped stitch in knitting or helping to make cards please do come along.

If you wish to join or volunteer, please contact Nicky, the Craft Instructor at [windowsonart@btinternet.com](mailto>windowsonart@btinternet.com) or ring 07769185057.

Upcoming Fundraising Events

Ultimate Elton Concert: Saturday 20th July

Join us for the 'Ultimate Elton' experience, a live concert performed by the artiste - Paul Bacon, who John Reid (Elton John's manager for 28 years) describes as 'the ultimate Elton Tribute artiste'. Even Elton's own Mum, Sheila, describes him as 'sensational'. The event is sponsored by Nationwide Fire Training Ltd, many thanks to Andrew and the team there for their support.

If you don't want to miss this fabulous night, you can book your tickets now:

<https://www.trybooking.co.uk/6727> or at Sight Advice South Lakes centre.

Bake Off and Jacobs Join Picnic: 30th June 2019

We have a sponsored event of a bake off, with a 'Jacobs join' picnic on June 30th, at 3.30 at Kendal Parish Church. This event is kindly being organised by Jess McClure (Margaret's daughter in law) in aid of Sight Advice South Lakes and anyone who would like to enter the bake off should pick up a form from Sight Advice or we can email one out prior to the event. Everyone is welcome to join us.

Lakeland Limited Awareness and Store Collection: 8th to 10th August

In August, Lakeland Limited in Windermere have very kindly agreed to our hosting an in-store collection and display on 8th, 9th 10th August we would really appreciate some help from our friends so if you would like to help either collecting donations or talking to the public about our work for an hour or so over the 3 days, please let Aileen or Julie know at Sight Advice South Lake.

If you would like to get involved in any of our fundraising activities, or you know someone who would like to run a sponsored event or sponsor an event please do let me know.

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
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