



Autumn 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 – 9.30 am to 4.00 pm. 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.

Welcome to the autumn edition of our popular quarterly Magazine. In this edition I would like to share with you a new online advice hub. Over the past 12 months Visionary (a National Charity supporting local sight loss charities), RNIB, Guide Dogs, Vision UK and a number of independent sight loss charities have created Sight Advice FAQ.



Sight Advice FAQ is described as a one stop shop for sight loss related questions. Here at Sight Advice South Lakes we would always encourage local people to pick up the phone or pop in to the Bradbury Centre with any queries or questions, however we are not open 24/7 and there is some useful information to be found on this site www.sightadvicefaq.org.uk

The site has a number of categories from money and benefits, employment and work to newly diagnosed and registration. It also includes some quick links to some commonly asked questions on the homepage.

Sight Advice South Lakes has not been involved in the development of this site but if you do happen to take a look I would be interested to hear your feedback.

The number of people we support locally continues to grow and in the last quarter we made a staggering 109 home visits to 80 people covering 813 miles. For a small team of staff I think we make a huge impact.

If you know of anyone who could benefit from our support or know of an organisation who would be interested to learn more about us and the work we do, please do tell them to get in touch.

Children and Young People's Project

Alicia Makinson



At this time of year, we can look back to all the successes and achievements of the last year. Our children and young people have taken part in a variety of activities, many of which have had a sporting theme...skiing, tubing, cycling at



the Velodrome and Blind Cricket. We are organising a visit to Greenlands Farm for an Archery session on 28th September at 10am - Please do get in touch if you are interested in coming along.

The activities we offer are exciting and aimed at engaging children and young people with specialist support. We create a friendly and supportive environment for children and families to meet other children with sight loss. We continue as a project to support our members to develop their independence skills. We worked in partnership with our local Rehabilitation Specialist from the Guide Dogs service and had a great time at South Lakes Foyer cooking and learning new kitchen skills – and enjoyed the tasty results of our hard work afterwards.



We have welcomed new members to the project. It has been lovely meeting you and your families at the different activities and getting to know you all individually.

If you would like to know more about the project please contact Alicia at the office on 01539 769055 or alicia@sightadvice.org.uk

Games Group

John Wilkinson

Our Games Group has been established for about 18 months and keeps on growing. The group is organised by one of our volunteers, John Wilkinson. The group meet once a fortnight and enjoy quizzes, bingo, board games, dominoes and many other activities which members of the group enjoy.

We welcome any new members who wish to join the group for a fun afternoon. The planned activities are listed in the What's On section.

The phrase “assistive technology” is one that is often used for technical developments around the world of visual impairment. It is defined as:

“any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve functional capabilities”.



This could be a talking book, smart kettle, electronic magnifier, Alexa, robot, artificial intelligence, smart phone/ iPad, tablet or selecting large font on Windows 10 and more.

You would be surprised at the range of products that are around. My advice is, if your sight is causing you to have difficulties in an area, then just contact me. There may be a solution! It's worth a phone call or just pop into Sight Advice and have a chat.

This month, I would like to draw your attention to assistive technology events that we have organised at the Sight Advice Centre in Kendal during the coming months.

Specialist Demonstration Events



Coming to Sight Advice Thursday September 5th 10.30 till 2.00 for one to one and group demonstrations ...

Synapptic phones, tablets and TV boxes give you an easy way to manage everyday tasks, retain your independence and stay connected. Simple menus, speech, magnification

and voice control come as standard.

Communicating with friends & family is easy with Synapptic, making it simple to send texts, make calls, use Skype or send emails. You can access your favourite films, YouTube videos, TV and radio programmes or podcasts, using an easy menu system, which reads out all your options.

Even if you're out and about, Synapptic smartphones and tablets have an in-built digital magnifier and reading machine, so you can

magnify and read menus, bus timetables or any information you need.

Also try the Synapptic TV Box - *the* accessible home entertainment system for people with sight loss. Plug the box into your TV and navigate around your TV with the high-contrast remote control, using the unique easy-to-use menu system, all from the comfort of your sofa.

So why not try out Synapptic for yourself? Visit their website at www.synapptic.com

OXSIGHT.



Coming to Sight Advice on October 3rd AND December 5th 10.00 am till 2.00 pm for one to one and group demonstrations, OXSIGHT is a project that started in the research laboratories of the University of Oxford, with a core team of scientists and clinicians working with the low vision community to develop solutions to sight degeneration.

Through visionary technology, OXSIGHT increases an individual's field of vision and transforms lives, one pair of glasses at a time.

Their smart glasses can make a real difference in the day-to-day lives of people with conditions that cause peripheral vision loss, for example Glaucoma, Diabetic Retinopathy, Retinitis Pigmentosa, Myopic Degeneration, Retinopathy of prematurity and other degenerative eye diseases.

The OXSIGHT glasses can enhance the remaining sight for individuals with these visual impairments. They are fitted with a camera streaming a live feed into two HD video displays, placed in front of the area of useable vision. This can potentially increase your field of view up to 68 degrees horizontally.

<https://www.oxsight.co.uk>

ORCAM .



This unique artificial vision device is coming to Sight Advice on November 7th 10.00 am till 2.00 pm for one to one and group demonstrations.

Another device, called the OrCam MyEye, harnesses the power of cutting-edge artificial vision technology to enable visually impaired users to instantly and discreetly read text from any surface and also to recognise faces, bank notes and products.

Visitors to Sight Advice will have one-on-one demonstrations of the device with a fully trained member of the OrCam team to explore the capabilities of the device for them.

The device sits on the side of a pair of glasses and uses highly advanced optical character reading (OCR) to read printed materials. The revolutionary device is the only wearable assistive technology that reads text in real-time without the need of a smartphone or a Wi-Fi connection.

For more information please visit www.orcam.com and [YouTube](#) and follow OrCam on [Facebook](#) and [Twitter](#).

Christmas Shopping on Cyber Monday

We realise the mention of Christmas starts earlier each year, but we want to give you advance notice of our popular annual Cyber Monday support session.

Maybe you want to secretly buy that Christmas present for a friend or relative, but don't want them to know? Maybe you haven't shopped online before and want to get the best bargains possible!

Pop in on Monday December 2nd anytime between 2.00 – 4.00 pm.

You will need to have set up an Amazon online account. It is possible to set one up on the day and you will need an email address and a debit/credit card. We will assist you so that you get the best bargains Amazon have to offer.

Happy Christmas bargains everyone.

Living with a Macular Condition

We are working with The Macular Society to plan an event on 27th November providing information about Macular Degeneration and related conditions. Come along and hear about the latest research about macular conditions, skills to enable you to use any useful vision & support available from Sight Advice and Macular Society as well as general advice about living with a macular condition.

Please register your interest with Sight Advice or the Macular Society Helpline (0300 3030 111) and once the venue is confirmed we will let you know.

Positive Steps Autumn Course

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. Our next course starts on Wednesday 25th September from 1.30 to 3.30 pm

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. Here is what people have said after attending Positive Steps.

“Meeting other people in the same situation was invaluable”.

“Enjoyed it very much, good to see what had happened to my eyes. Showed different magnifiers”.

“I didn’t know so much was available for me and I learnt so much from other people who’ve lost their sight”

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 September 25th - What is sight loss and how does it affect people?
- Week 2 October 2nd - How aids and technology can help my sight loss.
- Week 3 October 9th - 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 such as kitchen aids, magnifiers, Alexa and iPad/phones. Hear how others live with sight loss and improve your coping skills.

All sessions are from 1.30 to 3.30 pm at the Bradbury Centre, Kendal. Anyone is welcome to join the course, you can have sight loss or know someone that does.

To reserve your place, please contact Tim Ward on 01539 76905.

It's September, so with the new school term approaching many of us are getting our children "school ready". This usually involves things such as haircuts, new shoes and new shirts. But what about a sight test? Ensuring a child can see clearly is paramount to their learning and also to their eye health. After all, such a lot of what we learn is dependent on good vision.



The NHS has a funded system in place, where children under sixteen are entitled to a sight test paid for by the NHS. Those aged sixteen to nineteen in full time education are usually entitled to an NHS funded sight test too. Please speak to your optician to check eligibility for both of the above. In addition to this, any children who qualify for an NHS funded sight test usually qualify for an NHS voucher towards the cost of a pair of glasses. Most opticians have a range of glasses which are fully covered by this.

Children's sight can be tested from a very early age if required. For those who are not yet talking, it is possible to use eye drops and a special instrument called a retinoscope to check their prescription. Those who can talk but don't know letters can either do letter matching or have their vision tested using pictures. As well as measuring vision and spectacle prescriptions, an array of other tests are performed. These tests can include colour vision, stereopsis (how well the eyes work together) and also a check of the front and back of the eyes to ensure they are healthy. Even if your child has had a school vision screening it is important to have a full eye examination.

Other items to consider for children are sunglasses (prescription if required) to protect eyes against harmful UV rays and also the option of contact lenses. Some contact lenses have been shown to reduce the progression of short sightedness in children which can reduce the risk of eye complications in later life.

Regular sight tests from an early age are essential to ensure the correct development of a child's eyes so don't delay and book an appointment to visit your local optometrist.

Service in the Spotlight: Community Vision Jackie Bateman

Every edition of the magazine focuses on a different service offered by Sight Advice. This edition features our project which looks at ways of getting our members more involved in their community.



All too often, when talking to our sight impaired members we hear that people are not getting out to do what they would like to do or have stopped a previous hobby owing to their sight issues. This can result in people feeling a bit low or isolated.

This new project is designed to focus on what a person would like to do; their wishes and aspirations. We will then match a volunteer to support that individual in whatever way they wish. This could be working with them on a hobby at home (could be anything, for instance baking, knitting etc.) or attending a group, a class or enabling them to participate in something they have always wanted to do. We currently have a lady who is planning a parachute jump - obviously you don't have to be that adventurous! Our hope is that while doing these activities project participants could meet other people and broaden their circle of friends. Who knows what might happen?!

Since the project began, we have had people wanting to be involved in a variety of activities from tandem riding and sailing to attending one of our Sight Advice groups or just going out for a coffee. The project is not designed for everyday tasks such as shopping or going to the bank, however. If you would like to get involved in the project please do contact us at Sight Advice South Lakes.

Of course, we are always looking for volunteers who could help us deliver this project, as the more people we have to draw on the better the chance of a good match with one of our members. Do get in touch with Julie at Sight Advice if you would like to get involved.

We hope that this project will take off in the next few months and that it enables people to be able to do more of what they would like to do.

Don't just think about getting involved! Contact us today!

What's On For you to pull put and keep

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

September 2019

Please note that our Windermere Group is not meeting in September

Mon 2nd	Closed for Team Training	9.30 -11.30am
Tue 3rd	Dual Sensory Loss Group	2.00 - 3.30pm
Thurs 5th	Arnside Surgery Advice Drop In Orchard Road, Arnside	9.30am - 4.00pm
Thurs 5th	Tech Know How: Synapptic TV Demonstration Event	10.30 -12noon
Thurs 5th	Games Afternoon: Dominoes	2.00 - 4.00pm
Sat 7th	Grasmere Street Collection	All Day
Mon 9th	Kendal Support Group	2.00 - 4.00pm
Tue 10th	Kirkby Lonsdale Group Summer Trip	All Day
Wed 11th	Walking Group – Levens Park Contact the office if you would like to attend.	10.00am - 3.00pm
Wed 11th	Wednesday Evening Social Kendal Day Centre, Dowkers Lane, Kendal	7.00 - 9.00pm
Mon 16th	Arnside Support Group Methodist Church, Chapel Lane, Arnside	10.30 -12noon
Mon 16th	Bingo at The Globe, Kendal	7.30pm start
Tue 17th	Sedbergh Support Group People's Hall, Sedbergh	2.00 - 4.00pm

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Wed 18th James Cochran Advice Drop-In, 9.00 -12noon
Helme Chase Surgery, Burton
Road, Kendal

Thurs 19th Games Afternoon: 2.00 - 4.00pm
Play Your Cards Right

Week commencing 23rd September

National Eye Health Week – activities taking place throughout
the week.

Mon 23rd Ambleside Support Group, 2.30 - 4.00pm
Rowan Court, Rothay Road,
Ambleside

Wed 25th Positive Steps Course in Kendal 1.30 - 3.30pm
To reserve your place please call 01539 769055

Sat 28th Children’s and Young People:
Archery at Greenland Farm

October 2019

Wed 2nd Positive Steps Course in Kendal 1.30 - 3.30pm

Thurs 3rd Arnside Surgery Advice Drop In 9.30am-4.00pm
Orchard Road, Arnside

Thurs 3rd Tech Know How: 10.30 -12noon
OXSIGHT Demonstration Event

Thurs 3rd Games Afternoon: Dominoes 2.00 - 4.00pm

Sat 5th ASDA Kendal Store Collection All Day

Sun 6th Blind Cricket Session PM session
Kendal Leisure Centre

Mon 7th Closed for Team Training 9.30 -11.30am

Mon 7th Interpub Quiz Shield Event 7.30pm start

Tue 8th Kirkby Lonsdale Support Group 10.00 -11.45am

Wed 9th Windermere Support Group 10.00-11.45am
Goodly Dale, Windermere

Wed 9th	Positive Steps Course in Kendal	1.30 - 3.30pm
Wed 9th	Wednesday Evening Social Kendal Day Centre, Dowkers Lane, Kendal	7.00 - 9.00pm
Mon 14th	Kendal Support Group	2.00 - 4.00pm
Tue 15th	Sedbergh Support Group People's Hall, Sedbergh	2.00 - 4.00pm
Wed 16th	James Cochrane Advice Drop in Burton Road, Kendal	9.00am -12noon
Thurs 17th	Games Afternoon: Quiz	2.00 - 4.00pm
Sat 19th	Harvest Afternoon Tea The Unitarian Church, Kendal	2.00 - 4.30pm
Mon 21st	Arnside Support Group Methodist Church, Chapel Lane, Arnside	10.30 -12noon
Mon 28th	Ambleside Support Group Rowan Court, Rothay Road, Ambleside	2.30 - 4.00pm
Thurs 31st	Games Afternoon: Dominoes	2.00 - 4.00pm
November 2019		
Fri 1st	Ceilidh with Autumn Supper	7.30pm start
Mon 4th	Closed for Team Training	9.30 -11.30am
Tue 5th	Dual Sensory Loss Group	2.00 - 3.30pm
Thurs 7th	Arnside Surgery Advice Drop In Orchard Road, Arnside	9.30am-4.00pm
Thurs 7th	Tech Know How: Orcam Demonstration Event	10.30 -12 noon
Mon 11th	Kendal Support Group	2.00 - 4.00pm
Wed 13th	Windermere Support Group Goodly Dale, Windermere	10.00 -11.45am

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Thurs 14th	Games Afternoon: Bingo	2.00 - 4.00pm
Mon 18th	Arnside Support Group Methodist Church, Chapel Lane, Arnside	10.30 – 12.00noon
Mon 18th	VITAL Quiz at Netherfield Cricket Club	7.30pm start
Tue 19th	Sedbergh Support Group	2.00 - 4.00pm
Wed 20th	James Cochrane Advice Drop in, Helme Chase Surgery, Burton Road, Kendal	9.00am-12noon
Sat 23rd	VITAL Coffee Morning at Kendal Town Hall	9.30am-12noon
Sat 23rd	Wainwrights Yard, Kendal Street Collection	All day
Mon 25th	Ambleside Support Group Rowan Court, Rothay Road, Ambleside	2.30 - 4.00pm
Wed 27th	Wednesday, November 27th: Living with a Macular Condition	Time & venue TBC
Contact Sight Advice or the Macular Society (0300 3030 111) to register your interest.		
Thurs 28th	Games Afternoon: Dominoes	2.00 - 4.00pm
December Events		
Mon 2nd	Cyber Monday – Christmas Shopping	2.00 - 4.00pm
Fri 6th	Morrisons Store Collection	All Day
Sat 14th	Kendal Street Collection	All Day
Sat 14th	‘Chris Bannister plays the music of John Denver at Christmas’ at Natland Church	Doors open at 730pm
Mon 16th	Christmas Bingo Globe Inn Kendal	7.30pm start

The VITAL Group provides social activities for people living with sight loss. The fundraising activities raise money to support the activities. The Quiz night starts at 7.30pm, tickets are priced at £3.50 and include a finger buffet. Please contact Chris or Eileen Jackson for more information on 01539 769055.

Events in your community

Krystyna Slosarska

Windermere

Staying steady and falls prevention: 17 September 2019 10.00 am – 12 noon at Windermere Library.
Learn how to make small adjustments to your daily life to reduce your risk of falling and give you greater freedom and confidence. For more information please contact AGE UK on 01539 728118.



Arnside

Arnside Area Wellbeing Day: Saturday 12 October 10 am – 4.30 pm
At the Arnside Educational Institute. Representatives from clubs, societies, charities, health and the council will be there providing health checks, activities and information on what is happening in the Arnside Area. Contact h.chaffey@arnsidepc.org.uk for more information.

Ambleside

Staying steady and falls prevention.
20 September 2019 10.00 am – 12 noon at Ambleside Library
Learn how to make small adjustments to your daily life to reduce your risk of falling and give you greater freedom and confidence. For more information please contact AGE UK on 01539 728118.

Kendal

Men's Lunch Club Pie & Pint Club 1st Thursday of the month at 12 noon Kendal Rugby Club. 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. For more information please contact AGE UK on 01539 728118.

Over the last 3 months our volunteers have been involved in fund-raising, supporting our clients out and about in the community, office and reception roles, guiding and transporting clients, hosting quizzes and generally keeping the wheels of Sight Advice well-oiled with their commitment, enthusiasm and kindness.



Along the way, we've celebrated significant birthdays, met new grand-children and rocked around the clock and I can't wait to find out what the next 3 months have in store!

Take a look through the What's On section in this Magazine and just about every activity will involve a volunteer or volunteers to some degree. There are all kinds of ways you, a friend or a relative, can get involved, even if you only have an hour or two to spare each month. Here is just a selection of the kind of volunteering opportunities we have right now:

Walking Guide - for a sociable lady who would like to take small and gentle strolls when the weather is nice in the Kendal area.

Community Support Group Facilitator - We are desperately looking for a volunteer in the Ambleside area to help to keep this much valued and friendly Community group going. If you feel you can help or perhaps know somebody who may be able to give some time, please do get in touch. We also have groups in Kendal who would really benefit from extra volunteer support during the day and once a month in the evening over the lighter months.

Drivers - We are always looking for people with transport to assist our clients to attend events. This is on an 'as and when required' basis with hours to suit your availability. This is so important for a lot of our clients who live where transport is difficult at the best of times. Please contact us if you would like to be added to our list of drivers who we can call upon.

We have had a great summer so far in the fundraising department, with street and store collections, a film premier night screening, Quiz night, Ultimate Elton Concert, coffee morning, a three day stall at Lakeland Limited and a Bingo night. Of course, our 'Pink Elephants' continue to rampage through the South Lakes with Bill and Eileen herding them all the way to the bank!



Before we look at what's on next, we have a special appeal for your help:

Do you collect spare change and are not sure where to put it or did you previously have one of our collecting boxes? Would you consider having one of our home change collection jars? As we consider sustainability, we have created Sight Advice labelled change jars using old glass jars. These are available from the office and follow the same principle as the collecting boxes. You fill your jar with change and pop it into us at your convenience and we will empty, count and return to you for reuse. We would love you to join us in this simple but important fundraising method. It is amazing how much change we all have lying about!

Street Collections

We have a busy Autumn with lots of events for you to get involved in. These start with a street collection in Grasmere on Sat 7th Sept, followed by a collection at Wainwrights Yard on the 23rd November. If you are able to volunteer an hour or more at a street collection, please do not hesitate to get in touch.

Bingo

Our popular Bingo Night at The Globe Inn, hosted by John and Diane, returns on Monday 16th September at 7.30 pm. Join us for fun and great prizes including some cash prizes.

Interpub Quiz Event

On Monday 7th October, we hold our first Interpub Quiz Challenge Shield night in aid of Sight Advice South Lakes. We are inviting local pubs and businesses to take part in the event and compete to be crowned 2019 Quiz Champions and get the new Bespoke Shield.

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Our Quiz Master on the night will be Peter, landlord at The Globe Inn. The event will take place at Netherfield Cricket Club at 7.30 pm and is being organised by Chris Jackson. Please contact Chris or Aileen on 01539 769055 for more information or to book a place for your team.

Harvest High Tea

We would like to invite you to Harvest High Tea on Saturday 19th October at the Unitarian Church. Join us between 2.00 pm – 4.30 pm for a delicious array of harvest foods. If you would like to donate cakes, crafts, flowers or autumn fruits and vegetables for a stall, please let us know. We would really appreciate your help. If you would like to attend or can support the event please see Aileen or Eileen on 01539 769055.

Ceilidh

Join us on Fri 1st November for an Autumn Ceilidh with a live band playing and a delicious autumn supper. Venue and ticket costs to be announced soon. Please contact Aileen if you would like to know more about this event.

John Denver at Christmas with Chris Bannister

We are delighted to welcome back Chris Bannister on Saturday, 14th December for a joint fundraising event with the Natland Church. This will be a wonderful evening of ‘Chris Bannister plays the music of John Denver at Christmas’ with refreshments available. Tickets will be available from the venue and Sight Advice South Lakes.

Our Annual Christmas Draw will launch at the start of November with cash prizes of £100, £50 and £25. Further information will be sent with the Winter Magazine, which will include books of raffle tickets for everyone who has requested them. Raffle tickets will be available from the Sight Advice Centre and members of the team out in the community. Please let us know if you would like to purchase or sell any tickets or quizzes on our behalf.

We look forward to welcoming you to some of our fundraising events happening this autumn.

App of the Season – Voice Dream Scanner (£5.99)

This app allows iPhone/ iPad users to scan a document, such as a hospital appointment letter. It takes a quick photo, then it reads it back to you.

To assist the visually impaired, the scanner has an automatic document edge function which makes a noise to let you know the document is in full vision of the camera so the whole page is photographed. The noise is initially intermittent, then becomes continuous when the whole document is in the camera focus.

Unlike other document scanners, this app does not require an internet/data connection, as the process occurs entirely within the device. Plus it can be opened with your voice using SIRI if you chose to.

It does cost £5.99 but it is better than the free scanners I have previously downloaded. Plus its use is unlimited and there are no additional costs.

<https://apps.apple.com/pl/app/voice-dream-scanner/id1446737725>

Handy Hints from Arnside Support Group

Members of our Arnside Support Group had a very useful discussion about handy hints they'd learnt from living with sight loss. Here's what they discussed - they were keen to share this with other people.

Getting information and help

- 1. Ask Sight Advice about available services including information and advice, home visits, aids and equipment, technology, social groups, Positive Steps courses and the Low Vision Clinic.**
- 2. Ask Sight Advice about the Eye Clinic Liaison Officer (ECLO) and the Certificate of Vision Impairment (CVI). If you are eligible, the CVI can lead to your being registered as sight impaired or severely sight impaired with Cumbria County Council.**
- 3. In turn, this can lead to contact with the council's Rehabilitation Officer for the Visually Impaired (ROVI).**

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- 4. See the RNIB booklet called "Sight Loss: what we needed to know" which tells you more about the CVI and the benefits of being registered.**
- 5. If you have internet access, see the RNIB website for hints on things like shopping, eye health, money and finance, benefits and support, home and leisure, getting around, reading, security and safety.**
- 6. Never be afraid to ask for help.**

Using telephones

- 1. Use phones with large buttons**
- 2. If anyone phones you wanting information (especially personal or financial or to do with computer), ignore them and put phone down.**
- 3. Consider using services like BT "Call Protect" which can help you screen calls and stop bogus callers.**



When going outdoors

- 1. Whenever you go out, consider carrying some identification with your name and address, and also the name and address of a friend or next of kin.**
- 2. If you use a walking stick, consider getting a white one to tell people around you that you have a sight impairment and might not see them.**
- 3. Consider using a white symbol cane to let other people know you have a sight impairment.**
- 4. The council's ROVI can advise on white mobility canes to help you detect uneven pavements, obstructions, curbs and steps.**



Keeping safe and secure

Consider having a community alarm which you can wear around your neck or wrist to call for help in an emergency in your home or garden.

- 1. Get a 'Message in a Bottle' from the local "Lions" – this holds a note of your medication and doctor's details in your fridge so emergency workers can find this quickly.**

Preparing and eating meals

1. Use a chopping board in a contrasting colour to the food you are preparing.
2. Use "No Boil Over" plastic microwave jug.
3. Use a liquid level indicator when pouring drink into cup or mug
4. Use a plate which is white or plain without a pattern so that food can be distinguished more clearly on it.
5. Use a bowl or plate with a clear lip or raised rim, so a spoon can be used to scoop up food against this raised edge (especially if the food is mashed).



Storing clothes and possessions

1. Always keep things in the same place in order to find them. Ask visitors and home carers to replace your property where you left it.
2. Keep clothes in different compartments in drawers and cupboards, for example different items and different colours.

Using gadgets and technology

1. Use table lamps to help you see better when doing tasks like sewing or reading. Ask Sight Advice to visit to offer advice on lighting.
1. Look into the "In Your Pocket" voice activated phone from RNIB which enables you to listen to newspapers and books.
2. Use a gadget which, linked to a scanner and your computer, can read aloud to you the text of a letter etc.
3. Ask Sight Advice about the range of talking devices including talking clocks, kitchen scales, books and newspapers.
4. Use "Bumpons" to label controls on your cooker, microwave and washing machine.
5. Borrow large print books from the Cumbria County Council library, and use the council's 'Housebound Scheme' if required.



Stop the Press.....

One of our talented VIPs has produced a collection of his own poetry to raise funds for Sight Advice South Lakes. The poems range from biting observations to descriptive personal insights collated this self-produced book. The collection will make a wonderful stocking filler and hopefully George will visit some of our groups to give a personal reading and sign some copies!

“*Pot-Pourri of Poetry from a VIP*” costs £4.75 (plus p&p) and is available from Sight Advice as from this week.

Blind Cricket Taster Session

John Garbett

Blind Cricket England & Wales are running another cricket taster session for people living with sight loss 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 Saturday 6th October 2019.

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



John is Development Director for Blind Cricket England and Wales. John and his team are looking forward to meeting you at Kendal Leisure Centre on Saturday 6th October 2019

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Sight Advice South Lakes Team

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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)

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