



Autumn 2021
Magazine

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Sight Advice South Lakes

Sight Advice South Lakes is here to support people who are struggling with doing everyday tasks because of their eyesight. We can help either over the phone or online and through home visits. We offer advice about eye conditions, equipment, including simple aids or technology and can refer you for advice to other organisations. We can also order some equipment for you.

Our office at the Bradbury Centre in Kendal is now open to the public and most of our face-to-face services have resumed.

Our key services include:

Home visits to assess your needs for aids, equipment and technology

Social activities and opportunities

Guidance and support with technology

Advice and information about your eye health or eye condition

Events and activities for children and young people.

Welcome to our Autumn magazine.

I hope I find our readers and their families safe and well. Following the easing of restrictions, I am delighted to inform you that we have once again reopened the Bradbury Centre. We have recommenced home visiting and face to face appointments for some time now as we know how valuable these are to our service users. We have decided, along with many other local organisations and businesses, that we are continuing to encourage people to wear masks when you visit us to keep our staff and you as safe as possible.



Despite the challenges of the last 16 months, we have remained as proactive as always and have continued to be there providing support and information for local people who are blind and partially sighted.

Below are highlights of some of our achievements during the period April 2020 – June 2021.

Online & telephone events hosted - 304

Total attendance at online and telephone events – 3335

Individual visually impaired people reached through online and telephone events - 185

Welfare calls and assessments completed - 470

Technology support provided - 384

As I write this article, we are experiencing a mini heat wave and it is currently 27 degrees outside. This has prompted me to give you a reminder of how important it is to protect your eyes from 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 eye shields 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 sunny few months.

As always if you are feeling lonely or find yourself struggling, please pick up the phone and give us a call. We can offer support or signpost you to other support available locally.

Finally stay safe, stay positive and keep smiling!

Services Update

James Carey

Hello everyone.

Over the coming months we hope to continue to reopen and restart all Sight Advice South Lakes projects and services. Here is a summary of our current services and their status.



The Bradbury Centre – now reopened to the public (no appointment necessary).

Home Visits/Assessments – available by appointment to anybody requiring one.

Low Vision Assessments – available at the Bradbury Centre by appointment.

Positive Steps Course – will resume face to face in September 2021.

Local Peer Support Groups – will continue to be offered online and via telephone. Face to face meetings will resume as and when group members are ready.

Volunteer Support – volunteers are back and ready to help!

Online & Telephone Events – will continue to be offered alongside face to face events.

Assistive Technology Support – available remotely and face to face.

Children and Young People’s Events – full calendar of events available for 2021.

Eye Clinic Liaison – Support available remotely and at Westmorland General Hospital.

Eye Clinic Liaison

Jackie Bateman & Sarah Stoddard

The coronavirus pandemic has continued to cause disruption to NHS services and at the time of writing, the Eye Clinic Liaison team has not yet returned to Westmorland General Hospital. We continue to offer advice and support remotely and until our return to WGH, we will be at Sight Advice South Lakes in Kendal every



Monday, Tuesday and Wednesday should you need to make an appointment. Whether over the phone or in person, we are here and would be more than happy to talk through any concerns you may have, or just listen.

We have a range of practical resources available, including daily living aids such as talking equipment and large print stationery, as well as Low Vision aids such as lighting and magnifiers. Similarly, we have a range of information about other local and national support services, to which we can signpost you.

Coronavirus restrictions have also meant that we have not been able to leave out information booklets in key places around the hospital (i.e. the Macular Ward, Eye Clinic and Outpatients) so if you would like a leaflet with more information on a specific eye condition, please call Sight Advice and we can we can arrange to send this to you.

If you wish to speak to an ECLO, please telephone 01539 769055 (Sight Advice South Lakes) and ask to speak to either Jackie or Sarah, or email Jackie.bateman@mbht.nhs.uk. Alternatively, please ask a member of clinic staff to send us a referral on your behalf.

At the time of writing, national lockdown restrictions are being relaxed and lifted but we understand that those who are more vulnerable may still be unsure about leaving the home. We are therefore continuing to offer our online and telephone community activities via Zoom and BABL (MEETUPCALL).



We hope to develop our ability to include people in community-based events and to connect people using different types of technology. Alongside the reintroduction of some face-to-face events, we are developing a project aimed at increasing the reach of our online events for those who need help sourcing equipment or need help learning how to use it.

We will soon have the ability to “beam” you into a meeting or event by loaning out equipment, which we will set up in your home. This will be short-term loan of a tablet and a wi-fi device for the day, but it could help you join in one of our activities or connect with friends and family. If you feel you may be interested, please get in touch.

In other news, Sight Advice South Lakes is continuing to develop its relationship with other local sight-loss organisations and to collaborate on events around Assistive Technology. Here are links to two different videos of these collaboration events, one of which was led by me!

Free artificial intelligence apps by Matt from My Sight Notts (Nottingham) <https://www.youtube.com/watch?v=7yPzVS1vSRw>

Video assistance technology by Tim from Sight Advice South Lakes <https://www.youtube.com/watch?v=ePW6htrBLSg>

STOP PRESS: Friday 8th October 10am to 4pm

Future Vision Technology Exhibition – Kendal Town Hall

The popular technology exhibition is back! Come along to view and try out a range of products brought to you directly from leading assistive technology providers.

Support with Setting-Up Your Tech

If you have laptop, iPad, tablet, Amazon Alexa or anything similar we can help you set it up to make it more accessible. We can adjust the settings to help with magnification, make it talk and make it easier for you to use. We can also show you different apps that are available to assist you and teach you how to use them.

To discuss support with your tech please call 01539 769055 and ask for Tim.



Return of Positive Steps to Bradbury Centre

Our popular Positive Steps course is an excellent opportunity for people living with sight loss to find out more about support, advice and guidance that is available and meet other people experiencing sight loss.

Positive Steps provides an opportunity to try a variety of daily living aids and new technology; hear how others live with sight loss; improve your coping skills and use the sight conditions simulator.

The aim of Positive Steps is to help you maintain your independence. We usually involve other professionals from within the Sight Advice team as well as regularly welcoming specialist speakers from organisations such as Adult Social Care and AGE UK.

The course is spread over three weeks and each session covers a different aspect of living with 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?

We would love to run a course in the late Summer early Autumn everyone is welcome to join the course. To reserve your place, please contact Tim Ward on 01539 76905.

Volunteering has been headline news over the last year, and the vital contribution provided by volunteers is firmly in the public eye. The nation has witnessed that volunteers are not unusual or rare. They are you, me, our next - door neighbours and friends and relatives. Volunteering could mean standing in the high street on a weekend raising much needed funds. It could be making a regular telephone call to someone living alone, or offering your skills and expertise as a trustee.



As restrictions have eased and people return to their normal pattern of life, the public focus on volunteering may shift away, but here, at Sight Advice, a volunteer's role has never been more critical. Volunteers will help people regain their confidence, restart provision of groups, push start local fundraising and contribute to the development of new and innovative support.

Thank You Volunteers!

Throughout the Covid-19 pandemic, our volunteers have continued to provide support through well-being calls and doorstep visits.

In June we got together to welcome back our volunteers and recognise their efforts by hosting a coffee and cake afternoon in the gardens of Kendal Unitarian Chapel. Many of our volunteers attended and there was a feeling of excitement and enthusiasm about restarting services and supporting clients face to face once again.



Over the past four weeks we have welcomed four new volunteers who, among many other things, will be supporting our Children's Project, providing one to one support, fundraising and guiding.

If you have some time to spare, even just an hour each week, month or year, as a small local charity we could use your help. Through volunteering with Sight Advice South Lakes, you will discover a new side to your community and make a positive contribution.

Our urgent volunteer needs are listed below.

Community Group facilitators for the Ambleside and Kendal areas.

Digital and Social media volunteers.

Providers of one to one support in areas such as Windermere, Ambleside and Kirkby Lonsdale.

If you feel that you can help in these roles or in any other way, do not hesitate to pick up the phone and have a friendly chat with us to discover what a difference you can make to our team!

Volunteer in the Spotlight

Julie Halford

Our volunteers really are at the heart of who we are and what we do at Sight Advice South Lakes. If you have ever been in the office or attended one of our groups, you will have met one of our volunteers. Even the Sight Advice Magazine comes courtesy of our volunteers, who help to lay it out, proofread and distribute it. This article aims to shed a bit more light on one of our volunteers and what they do to support our community.....

Tony

Tony has been volunteering with Sight Advice South Lakes since September 2014 and provides support through a number of volunteer roles, including Walking Guide and Community Group Leader for our lively and large Arnside and Milnthorpe group.

Tony carries out his Group Leader role alongside three other volunteers (Linda, Margaret and Helen) who collectively liaise with venues, coordinate the transport of members to group meetings, coordinate the help of other volunteers, organise the themes and speakers for each session and keep in touch with all the members of the group.

In 2020 lockdown restrictions meant that community groups were unable to meet face to face and this valuable connection between members was in danger of being cut, potentially leaving people isolated and alone. Tony, together with the other volunteers, provided much needed telephone support to all of the group members and helped maintain that vital connection between Sight Advice and our clients.

Tony worked with our Assistive Technology Coordinator Tim to set-up a telephone based community group using a conferencing facility called BABL (MEETUPCALL). After some basic training from Tim, Tony took on the task of leading these BABL (MEETUPCALL) events and we were soon able to offer regular telephone meetings for the Arnside and Milnthorpe Group on the same days they met before lockdown.

In the early days of BABL (MEETUPCALL), members were able to talk through their experiences, discuss vaccinations and chat about their concerns around Covid-19. More recently, however the group has turned to lighter topics and has enjoyed contributions from some interesting guest speakers. All of this has been overseen by Tony, who with help from Linda, has ensured that members are reminded when the group is on; organised the sessions and co-ordinated the calls on the day with Tim.

The dedication and support provided by Tony and our other volunteers during this period has resulted directly in fewer people being isolated because of lockdown and has opened the door for more people to take part in group activities.

On behalf of Sight Advice South Lakes and the members of the Arnside and Milnthorpe Group, I would like to thank Tony for his incredible effort over the past 18 months especially and for his continued dedication to his volunteer role.

What's On Autumn 2021 For you to pull out and keep

BABL is discontinued, but we now have an identical system called MeetUpCall. This system will still enable us to call out to landlines free of charge to you.

Unless stated otherwise, all activities and events take place using Zoom or MeetUpCall with capability for you to telephone in to join. The event will state which application it uses.

Using Zoom

Unless stated just click this link to access Sight Advice Zoom Meetings:

<https://us02web.zoom.us/j/4580437872>

Alternatively go to <https://zoom.us/join> and use the following meeting ID for all events: 458 043 7872

If you wish to join on the landline telephone, please dial: 0203 481 5237 and when asked put in the Meeting ID 458 043 7872

You might be asked to enter hash at the end also (bottom right button on phone dial). The call may be charged at a local rate, however if, like many people, you have a free calls package it will probably be free. If in doubt, please check with your phone provider.

Using MeetUpCall (previously BABL)

People will be dialled in automatically, please get in touch to be added to the meeting. Your phone will ring at the time of the session, answer your phone and you will be asked to press 1 and you will be in the session.

Alternatively you can dial 0800 072 8452 from a landline and enter room code 172 272 76 just after the stated time of the event. Please dial in if you have Call Guardian on your phone, DO NOT disable it to access these sessions. The call is free from landlines but not mobiles.

September 2021

Thurs 2nd	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 3rd	10am	Coffee Morning with Mr Quizoh – Zoom
Tues 7th	2pm	Poetry & Literature Hour with Julie – Zoom
Tues 7th	2pm	Sedbergh Community Group - BABL (MEETUPCALL)
Thurs 9th	10am	Living Well: How to make the most of living with sight-loss (Tim & 6 other sight-loss charities) – Zoom
Thurs 9th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 10th	10am	Coffee Morning with Mr Quizoh – Zoom
Mon 13th	2pm	Kendal Community Group - BABL (MEETUPCALL)
Tues 14th	2pm	Poetry & Literature Hour with Julie – Zoom
Thurs 16th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 17th	10am	Coffee Morning with Mr Quizoh – Zoom
Mon 20th	10:30am	Arnside Community Group – BABL (MEETUPCALL)
Tues 21st	2pm	Poetry & Literature Hour with Julie – Zoom
Tues 21st	2pm	Sedbergh Community Group – BABL (MEETUPCALL)
Thurs 23rd	10am	Future Vision Assistive Technology Workshop with Tim - Zoom
Thurs 23rd	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 24th	10am	Coffee Morning with Mr Quizoh – Zoom
Tues 28th	2pm	Poetry & Literature Hour with Julie – Zoom
Thurs 30th	TBC	Kendal and district AMD Group. Contact Jackie at Sight Advice who can pass your details onto the group leader.
Thurs 30th	7pm	Book@Bedtime – BABL (MEETUPCALL)

October 2021

Fri 1st	10am	Coffee Morning with Mr Quizoh – Zoom
Tues 5th	2pm	Poetry & Literature Hour with Julie – Zoom
Tues 5th	2pm	Sedbergh Community Group - BABL (MEETUPCALL)
Thurs 7th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 8th	10am	Future Vision Exhibition – Kendal Town Hall
Fri 8th	10am – 2pm	Coffee and Cakes Morning @ Future Vision Exhibition – Kendal Town Hall
Mon 11th	2pm	Kendal Community Group – BABL (MEETUPCALL)
Tues 12th	2pm	Poetry & Literature Hour with Julie – Zoom
Thurs 14th	10am	Living Well: How to make the most of living with sight-loss (Tim & 6 other sight-loss charities) – Zoom
Thurs 14th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 15th	10am	Coffee Morning with Mr Quizoh – Zoom
Mon 18th	10:30am	Arnside Community Group – BABL (MEETUPCALL)
Tues 19th	2pm	Poetry & Literature Hour with Julie – Zoom
Tues 19th	2pm	Sedbergh Community Group - BABL (MEETUPCALL)
Thurs 21st		Club 100 Draw: Winner receives £25
Thurs 21st	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 22nd	10am	Coffee Morning with Mr Quizoh – Zoom
Tues 26th	2pm	Poetry & Literature Hour with Julie – Zoom
Thurs 28th	10am	Future Vision Assistive Technology Workshop with Tim - Zoom
Thurs 28th	TBC	Kendal and district AMD Group. Contact Jackie at Sight Advice who can pass your details onto the group leader.
Thurs 28th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 29th	10am	Coffee Morning with Mr Quizoh – Zoom

November 2021

Tues 2nd	2pm	Poetry & Literature Hour with Julie – Zoom
Tues 2nd	2pm	Sedbergh Community Group - BABL (MEETUPCALL)
Thurs 4th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 5th	10am	Coffee Morning with Mr Quizoh – Zoom
Mon 8th	2pm	Kendal Community Group – BABL (MEETUPCALL)
Tues 9th	2pm	Poetry & Literature Hour with Julie – Zoom
Thurs 11th	10am	Living Well: How to make the most of living with sight-loss (Tim & 6 other sight-loss charities) – Zoom
Thurs 11th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 12th	10am	Coffee Morning with Mr Quizoh – Zoom
Mon 15th	10:30am	Arnside Community Group – BABL (MEETUPCALL)
Tues 16th	2pm	Poetry & Literature Hour with Julie – Zoom
Tues 16th	2pm	Sedbergh Community Group - BABL (MEETUPCALL)
Thurs 18th		Club 100 Draw: Winner received £25
Thurs 18th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Fri 19th	10am	Coffee Morning with Mr Quizoh – Zoom
Sun 21st	7pm	Fabulous Online Auction Opens (closes on 28th November @ 7pm)
Tues 23rd	2pm	Poetry & Literature Hour with Julie – Zoom
Thurs 25th	10am	Future Vision Assistive Technology Workshop with Tim - Zoom
Thurs 25th	7pm	Book@Bedtime - BABL (MEETUPCALL)
Thurs 25th	TBC	Kendal and district AMD Group. Contact Jackie at Sight Advice who can pass your details onto the group leader.
Fri 26th	10am	Coffee Morning with Mr Quizoh – Zoom
Tues 30th	2pm	Poetry & Literature Hour with Julie – Zoom

It has been wonderful to get back out in the great outdoors and have the opportunity to reconnect with our families across the region. Over the last three months, we have held a number of different events for young people and it has been a pleasure to see all of the children and young people enjoying the activities and being back together.



In June, we had a fantastic turn out of members visiting the Wreay Syke Alpacas centre, just outside Kendal. Everyone had a brilliant time... not only did we re-engage friendships but new friends were definitely made with the Alpacas!

We would like to thank Westmorland Football Association for organising our recent Visually Impaired football sessions. Over six weeks our young people were given the opportunity to develop their skills and confidence and learn more about football for the visually impaired. The

whole group clearly gained more confidence in their ball skills and they said that it was great having an opportunity to play with others who also have similar needs.

In July we held a two day event at the Water Park Lakeland Adventure Centre in Coniston. 14 visually impaired young people attended the event and one of our former members of the children's project, Ben took part in his first activity as a Sight Advice South Lakes volunteer! Individuals were able to push their boundaries by taking part in a range of challenging activities. For some it was a chance to brush up their skills and for others a chance to try something completely different for the first time. A big 'well done' goes to everyone who took part but especially to those who tried something completely new!

Looking ahead towards Autumn, we are planning events based around developing independence skills. Our young people are

keen to have a dance and theatre workshop and we are hopeful that the annual theatre trip to a Christmas production will return this year. The audio described theatre productions and touch tours have been very popular in the past but we were unable to attend in 2020 due to the Coronavirus pandemic.

If you would like to know more about upcoming activities or events please do get in touch. Additionally, we are also here to provide support with managing your sight-loss at school; with assistive technology or we can signpost and refer you to a range of other specialist services.

For more information please call me on 01539 769 055 or email me at alicia@sightadvice.org.uk. I look forward to hearing from you!

Low Vision Assessments

Linda Baverstock

Low Vision Clinics are held monthly at the Bradbury Centre and cater for anyone whose sight impairment means that they cannot read as fluently or as comfortably as they used to, or who cannot see to do other tasks. You can be referred by Sight Advice South Lakes staff, our Eye Clinic Liaison Officers at the hospital or your doctor – or you can self-refer.

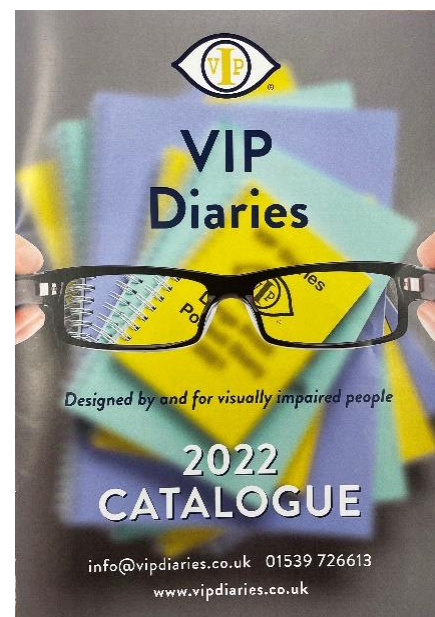
We help you to make the most of the sight that you have. NHS funding allows us to loan various types and strengths of magnifiers – and those with severe visual loss can learn from Sight Advice staff about other aids that can help them to access printed material such as talking books – or by using clever electronic equipment.

Our Low Vision Practitioner is Linda Baverstock who qualified as an Optometrist in London and took further qualifications in Low Vision work at Cardiff University a few years ago. Linda is also a Trustee of Sight Advice, volunteers with the Milnthorpe and Arnside support group – and enjoys being part of Julie's poetry group and BABL (MEETUPCALL) story time!



We are pleased to announce the release of our new 2022 catalogue, along with our newly redesigned website – <http://vipdiaries.co.uk/>

We have expanded our range of products to offer more key items that can help you in your everyday life. Alongside bump-ons, liquid level indicators and watches, we are now also supplying lanyards to help assist you as a VIP, a recommended lamp, credit card sized magnifier with LED light, and a gift set perfect for birthdays or Christmas which includes diaries and calendars which can be selected by you as part of a bundle.



September sees the start of a busy time for us and we look forward to receiving lots of orders for calendars and diaries ready for 2022. If you haven't had or seen a catalogue for 2021/22 call in to Sight Advice South lakes at the Bradbury Centre in Kendal or give us a call at VIP Diaries on 01539 7726613. Alternatively, our new website now has all of our current products on show along with a handy, downloadable order form and you can request more information by emailing Laura at info@vipdiaries.co.uk.

VIP Diaries Volunteer Appeal

Joining the VIP Diaries team means having fun, making new friends and helping us to send out our much-needed products across the UK and internationally. The sales of these help to support our charity, Sight Advice South Lakes.

We need a volunteer with a car and clean driving licence to help once or more a week to collect VIP parcels for postage and take them to the Post Office – fuel expenses will be available.

We also need your help for a few hours on a Friday to pack our larger orders for VIP Diaries. Can you spare a few hours?

Please contact Aileen or Julie at Sight Advice South Lakes for more information.

Tips for dealing with sight loss...

Sight Advice has six local support groups in Arnsdale, Sedbergh, Kendal, Kirkby Lonsdale, Ambleside and Windermere. At a recent BABL (MEETUPCALL) telephone meeting of our Kendal Support Group, we had a presentation about Macular



Degeneration and then some discussion about what people had found useful in dealing with sight loss. This has produced some tips which we thought would be of interest to people who read the magazine. Here are the tips we discussed.

When going out

While in general, people with sight loss need more light, too much light, especially when outside, can affect sight and cause soreness to the eyes. This is called glare and people have found it beneficial to reduce the amount of light entering the eye.



You can do this by wearing sunglasses, overglasses (sometimes called 'fitovers' which are worn over the top of existing glasses), hats or sports visors.

When out shopping, if you are struggling to find the things you need, consider asking a member of staff for help. Group members found staff respond very positively to such requests, putting them at ease if they feel they are being a nuisance.

When eating out, it is a good idea to get a menu in advance of the meal. This way you can take time to consider what you would like to eat before you get to the restaurant. Group members have found this stops them feeling pressured when trying to read menus with a magnifier at the table or having to ask fellow diners to read menus out to them.



Group members described difficulties with eating meals, for example finding food on plates and chasing peas around the plate with knives and forks. When at home, consider having light and dark coloured plates to provide contrast with the food you are

eating. Consider using a spoon (or asking for one in a restaurant) if this would make it easier for you.

Around the house

If you struggle to find things around the house, for example glasses cases, medication bottles, charging leads for phones and so on, consider putting some brightly coloured sticky tape on these. Electrician's tape can come in bright colours including 'earth tape' which comes in green and yellow stripes.

If you cannot see brightly coloured tape, don't forget you can use 'Bumpons' which are tactile so you can feel them even if you cannot see them. 'Bumpons' can be used to mark positions on a cooker or microwave controls and also to help to locate on/off switches and where charging sockets are on electronic devices.

Reading

People with sight loss often find reading difficult. Don't forget to make sure you have good lighting in the area where you read. Try to get the source of light as close as possible to the book, magazine or newspaper you are reading.



Group members found magnifiers useful. There is a wide range of magnifiers available. Sight Advice host a Low Vision Clinic which can advise you on the most suitable type of magnifier for your sight. We can refer you to the clinic so please get in touch if you think we

can help you.

Support after diagnosis

Group members described the impact of being given a diagnosis of sight loss like Macular Degeneration. They said people need information and advice about the condition. They may also need emotional support, which may not be forthcoming from doctors at eye clinics.

Sight Advice have Eye Clinic Liaison Officers (ECLOs) in Westmorland General Hospital who can provide this support. If you need this, ask the hospital staff or contact Sight Advice direct. The Macular Society can also provide this support at a national level.

Get in touch

If you, or someone you know, has sight loss and think that we may be able to help, or you just want to find out what we can offer, please ring us on 01539 769055. Our office and phone lines are open 9.30am to 4.00pm Mondays to Thursdays. If we are busy when you call, please leave a message and we will get back to you.

Sport in your Home

Krystyna Slosarska

British Blind Sport aim to offer visually impaired people the same opportunities as sighted people in accessing and enjoying sport and recreational activities in the UK.

British Blind Sport has an Active at Home programme which contains an online library of accessible, audio-led workouts to keep you active and healthy at home. BBS believe that everyone should have access to physical activity, whether you would rather be outside in the open air or exercising in your front room with minimal fuss. Physical activity is a proven way to relieve stress, improve mental health and boost the immune system. The Active at Home programme contains audio-led workouts, covering a wide range of activities such as Yoga, Pilates, Boxercise and Strength.



For further information please go to:

<https://britishblindsport.org.uk/active-at-home>

Alternatively if you would like our support in accessing opportunities to exercise or improve your health, please call 01539 769055.

Fundraising Update

Aileen Ward

As you will know, we have continued our fundraising with some online events, which have proved very popular including Quizzes, Bingo and Auctions! At the time of writing, we are speculatively looking ahead to some events we hope to host in person between September and November, building on the success of our first fundraising collection and charity awareness day held in Kendal in July.



Coming up...

Quiz Night (September) - Date and venue to be confirmed

Bingo Night (October) - Date and venue to be confirmed

Coffee Morning with VIP Diaries Sale - To accompany our Future Vision Event on Friday 8th October at Kendal Town Hall from 10am. All welcome.

'Autumn Goodies' Online Auction (November) – Sunday 21st – Sunday 28th November. If you have contacts with items to donate or have something that you would like to offer, please get in touch.

Street and Store Collections – Dates and locations to be confirmed via Aileen with regular collectors

Further on....

Christmas Coffee Morning and Christmas Craft Fair at Kendal Town Hall– details to be confirmed in the next edition of the SASL Magazine.

Further details on all of these events can be found on our Facebook and Twitter pages, in 'What's On', at The Bradbury Centre or from your local group leader.

Alternatively, if you would like to know more about any of the events above, feel free to email at aileen@sightadvice.org.uk or call me on 01539 769055.

Grand Christmas Draw

Grand Christmas Draw Tickets will be sent out with your December SASL Magazine. If you are unsure whether you have confirmed your entry to the draw or would like to enter, (first prize is £100)

please get in touch with our office and we will make sure that you don't miss out!

Launching the 100 Members Club

At the end of September, we will be launching the 100 Members Club. Each share in the club costs £12 for the year and each month there will be a cash prize of £25 for one winner randomly chosen from the 100 Members, with a bonus £50 prize in December.

The first draw will take place on Thursday 23rd September and those wanting to join the club should get in touch to confirm this before Monday 20th September.

Members are permitted to buy more than one share but remember that we need 100 members to make the club work, so please encourage you friends and family to join too. All proceeds will go either into the prize fund or towards supporting the work of Sight Advice South Lakes.

If you are interested in joining our 100 Members Club, please contact Aileen for a membership form and we will send it via email or by hard copy. For those of you on the Fundraising Information List, we have attached the form for you to complete and return to us with your payment if you would like to join.

Getting Involved in Fundraising

Would you like to join our team of fundraisers by helping at events or supporting with street collections? Perhaps you would like to donate an item that we could sell in our next online auction? Or would you be able to spare a few hours to help the VIP Diaries team with sorting, packing and labelling their orders?

We are actively recruiting volunteers in all these areas. Please contact Aileen or Julie at Sight Advice South Lakes for more information.

Sight Advice South Lakes Team

<p><i>Chief Executive</i> Claire Park</p> <p><i>Services Manager</i> James Carey</p> <p><i>Sight Support Coordinator</i> <i>(Assistive Technology)</i> Tim Ward</p> <p><i>Sight Support Coordinator</i> <i>(Community Development)</i> Jackie Bateman</p> <p><i>Sight Support Coordinator</i> <i>(Community Development)</i> Peter Knock</p> <p><i>Volunteer Support Officer</i> Julie Halford</p>	<p><i>Young People and Children's</i> <i>Project Coordinator</i> Alicia Makinson</p> <p><i>Sight Support Advisors</i> Sarah Stoddard Krystyna Slosarska</p> <p><i>Eye Clinic Liaison Officers</i> Jackie Bateman Sarah Stoddard</p> <p><i>Finance Officer</i> Emma Barker</p> <p><i>Fundraising Coordinator</i> Aileen Ward</p> <p><i>Housekeeping</i> Diane Boulder</p>
<p><i>Chair of Trustees</i> Dr Sal Riding</p> <p><i>Trustees</i> Mrs Linda Baverstock Miss Jenny Hodkinson Mr Paul Blackburn</p>	



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