



**Winter 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 over the phone, online or 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 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 Winter magazine.

I am delighted that we have experienced a sense of normality at Sight Advice South Lakes over the past few months, with staff returning to the office, groups restarting and home visits once again taking place. We are keeping everything crossed this will continue and develop over the winter months.



I would like to give our readers an update on our grant funding position. 68% of our income is from grants or trusts and we could not survive in providing our current range of services without this funding.

We have once again been able to secure a three-year grant from the National Lottery Community Fund which will support our Volunteering and Community Outreach services.

I am pleased to inform our readers that The Henry Smith Charitable Foundation has also agreed to a further three-year grant to support our Assistive Technology service and Community Outreach.

Unfortunately, our funding with Children in Need for our Children and Young Peoples Project comes to an end on the 31st December 2021 and despite great efforts, as yet we have not been able to secure funding for this project. The Trustees for the Charity have agreed to fund some of the service costs from charity reserves whilst we apply to a number of local trusts to support this valuable project. The project currently supports 41 children and young people living with sight loss. Alicia will still be available providing all the normal support and guidance for children and young people however the range of activities offered may slightly decrease.

Supporting the Charity through individual donations gives the charity flexibility and options when we are faced with uncertainties and through these donations and other unrestricted income we are able to support the Children's Project in the short term whilst we look at longer term sustainability.

Included within this letter is a consideration asking you to support our annual appeal in light of us not selling raffle tickets this year –

**if you can, please do donate as it really does make a difference -
THANK YOU!**

**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, warm and well this winter and most importantly
keep smiling.**

Services Update

James Carey

Hello everyone,

**Over the past three months, I have had the
pleasure of meeting many more of our members
and friends at Sight Advice. I have enjoyed
hearing your stories and learning more about
how the work done by our staff and volunteers
has helped you.**



**I am pleased to share that during the last three months our team
provided one-to-one support to 290 unique individuals, and we
have reached 74 new people. Additionally our community groups,
social activities and online technology sessions have reached a
total audience of 832 people.**

**Sight Advice South Lakes services have now fully reopened, but we
continue to take a cautious approach, working safely to protect our
clients from the risks associated with Covid-19.**

**We are able to offer home visits, Low Vision Assessments,
demonstrations of aids or equipment that may help you and you are
welcome to pop-in to the Bradbury Centre to get advice or
information from one of our service coordinators.**

**Additionally we are also looking for new members to join our local
community support groups. Each week there are new opportunities
to meet other people in the region affected by sight loss. There is
always a warm welcome for new members and we are also able to
match you with a volunteer who could provide transport if you
require.**

**I look forward to meeting more of you over the coming months, and
I wish you all the very best over the festive period.**

It has been wonderful getting back into a full programme of activities this Autumn, enabling our members to meet their friends once again. Following the brilliant Visually Impaired Football sessions with Westmorland FA in the summer, Kendal United Football Club are now running a weekly football session for all children living with sight loss. They are actively looking for new young people to join in so if you are interested or would like to know more please do speak to me.



Eight members and their siblings have joined a programme of Skiing lessons at the Kendal Snowsports Club this year. We would like to thank all the volunteers who enable this to happen. Activities like this provide a valuable opportunity to boost self-confidence and underline how important it can be to have fun with other children experiencing sight loss.

‘I was nervous about skiing again and excited at the same time. It was awesome’ (Visually impaired skier – Aged 8)



Gaining independence has been a theme over the last few months and through a partnership with The Castle Green Hotel and Guide Dogs Habilitation Service, we recently held a practical independence session teaching some of our teenage members skills such as changing beds, bedroom organisation and bathroom cleaning. Our members were also able to ask questions around other independence skills. We are planning to deliver more

activities around independence in the New Year, and we are keen to hear from you about what skills you would like to learn.

In November, some of our members put on their dancing shoes and took part in dance sessions hosted by Lucy Everett at Dance Attik! After learning their own routine they then performed to camera! Well done to all the young people for taking part in such a fun event.

With Christmas just around the corner, we are delighted to be visiting the Dukes Theatre in Lancaster this year to watch an audio described performance of Beauty and the Beast. We have more than 40 people attending this event and I know that there is great excitement amongst all our members and their families.

If you would like to know anything about our amazing Children and Young People's project then please contact me. I am always happy to meet new members and introduce them to our activities! Alternatively, you can speak to a known professional who is supporting you or your child and with permission, they can make contact with me on your behalf. Please call 01539 769055 or email me at alicia@sightadvice.org.uk

Community Support

Jackie Bateman

We are here at the Bradbury Centre to provide advice and support for those people with sight impairments of any kind, as well as their families, friends and carers.

Perhaps you just have a quick query? Give us a ring to speak to our Sight Support Officers who will be happy to help you. They can also refer you to Jackie (Community Development Officer) or Tim (Assistive Technology Officer) for further advice.



Alternatively, you could pop into the Bradbury Centre on Highgate (Monday- Thursday, 9.30am-4pm) to have a chat. We have a selection of aids and equipment on display for you to 'try before you buy' and we can give you purchasing information about

equipment. In addition, we can offer advice about local and national services available to help support you.

Should your needs be more complex or maybe you need advice about lighting or equipment within the home then our team can offer a home visit to discuss a wide range of sight related issues. We are also working towards reinstating our local support groups; with our local groups in Windermere, Sedbergh and Arnside/Milnthorpe now meeting face to face. Please contact us if you are interested in joining these groups.

We are also offering a Low Vision Clinic every six weeks organised by our friends at Galloways. If you are struggling to read your post and feel that you would benefit from an NHS prescribed magnifier, please get in touch. You need to ensure that your spectacles are up to date, and then we can schedule an appointment for you where the appropriate magnifier can be prescribed.

Some top tips for the kitchen...

Place your vegetables or pasta in a wire basket or colander and place it in a pan of hot water. When cooking is complete, simply lift the basket and the pasta or vegetables out and shake it over the pan to drain. This reduces the need to walk to the sink carrying a pan of hot water and its contents.



Do you struggle to find the boiled egg in the pan when you are attempting to remove it from the pan? Place the egg in a wire basket as above then just remove the basket with the egg in when it has finished cooking.

The baskets are available at good cookware or disability equipment shops or on Amazon.

Hi everyone. A few things to mention in this edition...

Thank you to everyone who attended “Future Vision 2021” at Kendal Town Hall in October. It was great to hold this exhibition again. We had 14 exhibitors from the commercial and charitable sector and a great crowd visiting to see all the latest products.



Future Vision as an event has now also moved to a monthly online event, delivered in partnership with 6 other sight loss organisations from around the UK. These events are hosted online by Sight Advice South Lakes via Zoom, and we have been successful in attracting some world leading technology experts.

Our last presenter Jessica Hicks “Zoomed” in at 4.00am from Boston, USA time to present her innovative app “Wayaround”. This is a labelling app for smartphones that can be used by sighted and non-sighted people, to label files, cans, clothes (survives the washing machine!), DVDs... pretty much anything really! Here is a link to the recording of the presentation for those who receive a digital copy of this magazine:

<https://youtu.be/P3-ZVnsQgds>

Other events held recently include discussions around video technology, Alexa, JAWS screen-reader and other useful apps. Future Vision has also been nominated for a national Visionary award, recognising that it enables 7 sight loss organisations to share audiences, resources and skills.

Now we are fully open, it is a good time to remind everyone that Sight Advice South Lakes has a very wide range of up to date technology that can be demonstrated in the Bradbury Centre and in people’s homes. We have electronic video magnifiers of all sizes, iPads, talking Synapptic tablets and phones, Alexa, JAWS screenreaders, Orcam Read, apps and much more. If you do not know what these devices are, please ask for a free demonstration. I am always happy to show our range of Assistive Technology to interested people.

Paddy's ORCAM Review:

Tim, at Sight Advice, is a technical wizard. He lent me an ORCAM READ to try out over a fortnight. I was very impressed. Its main function is to scan part of a document and convert it into speech, which it does with remarkable accuracy, speed and clarity. It is the best OCR reader I have come across.



The device resembles a marker pen and is very simple to use. You point the pen at the document you want to scan and press the trigger button. A red outline of a rectangle will appear and you position it to enclose the text you want to listen to. Releasing the button, the camera clicks, and almost immediately the text will be read out to you. Other buttons can be used to jump to the next sentence or to read the previous sentence. The device's loudspeaker reads the text out to you, or you can use the earbuds provided or, alternatively, use Bluetooth to connect to a loudspeaker or earphones.

The Orcam Read copes with columns, and can read an A4 sheet in a single scan. It can also read out text from computer and phone screens. A huge advantage of the device is that it is entirely self-contained. The battery lasts about three hours and no internet connection or mobile phone connection is required. Although there are only four physical controls, the on/off switch, volume up and down and the action button, the settings can also be managed via a range of spoken commands. These include a wide range of “smart read” commands to locate and read out specific words, dates, telephone numbers etc.

I have been sufficiently impressed by my trial of the Orcam Read that I have bought my own. It is not cheap – I paid just over £1600 but it does its job extremely well. I can even forgive its rudeness! To update the software it needs to connect to the Internet via my home network, which I have called “paddy wi-fi”. Each time I charge the Orcam it announces “Internet connected, Paddy whiffy, signal strong.” Having a shower doesn't seem to sort it!”

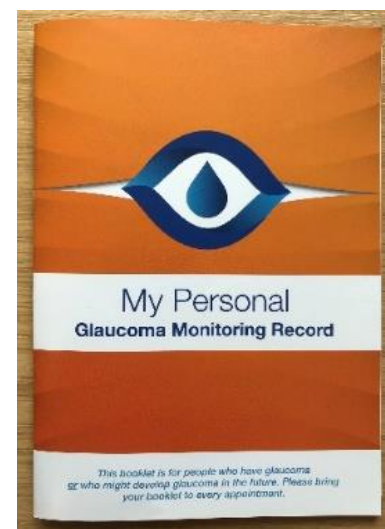
The Eye Clinic Liaison Officers are now working back at Westmorland General Hospital and are available to give advice on daily living aids, lighting and other equipment, as well as information about local and national services to which we can signpost you.



Please come, say hello, and have a chat, especially if something is bothering you about managing your eye condition.

Similarly, if you feel you need support within your appointment then do please let us know. We can accompany you into your appointment and make sure you have a record of any advice and information given.

On this theme the ECLOs have a stock of Glaucoma UK booklets to record your Glaucoma treatment and eye test results. These are free of charge – just ask an ECLO (or at Sight Advice South Lakes) if you would like one. We also have a range of booklets should you need information about coping or living with sight loss.



We are usually based within the Macular Clinic on Level 4 (Monday- Wednesday) but are still available to talk to if you are attending the Eye Outpatients Clinic on Level 2. Just ask a member of staff if you would like to talk to us and we will pop down for a chat if we are available. Otherwise please telephone 01539 769055 (Sight Advice South Lakes) and ask to speak to the ELCO or ask the Eye Clinic staff to send a referral to us on your behalf.

You can also email us at Jackie.bateman@mbht.nhs.uk.

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, so 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.

DECEMBER

Wed 1st	9am	‘Guess the Teddy-Bear Birthdate’ Fundraiser (runs all month)
Thur 2nd	4pm	Kendal Games Group – The Bradbury Centre
Thur 2nd	6:30pm	Charity Pool Competition – Albion Snooker Club, Kendal
Thu 2nd	7pm	Book at Bedtime – Meetupcall
Fri 3rd	10am	Coffee Morning Quiz with Mr. Quizoh - Zoom
Tues 7th	2pm	Sedbergh Community Group - Meetupcall
Tues 7th	2pm	DSL Group Xmas Party – The Bradbury Centre
Wed 8th	1pm	Windermere Group Xmas Lunch – Burn How Garden Hotel, Bowness
Thur 9th	10am	Living Well: How to make the most of life with sight loss - Zoom
Thur 9th	7pm	Book at Bedtime – Meetupcall
Fri 10th	10am	Xmas Crafts Fayre and Coffee Morning – Kendal Town Hall
Fri 10th		Fundraising Street Collection in Kendal
Fri 10th	10am	Coffee Morning Quiz with Mr. Quizoh - Zoom
Mon 13th	2pm	Kendal Community Group Meeting - Meetupcall
Tue 14th	10am	Kendal Community Group Xmas Coffee Morning – The Bradbury Centre
Thur 16th	ALL DAY	Low Vision Clinic – Contact 01539 769 055 for enquiries
Thur 16th	10am	100 Club Prize Draw - £50 Prize
Thur 16th	2pm	Kendal Games Group Xmas Party – Masters House Tea Room, Kendal
Thur 16th	7pm	Book at Bedtime – Meetupcall
Fri 17th	10am	Coffee Morning Quiz with Mr. Quizoh - Zoom
Mon 20th	10:30am	Arnside Community Group Seasonal Celebration – Arnside Methodist Church
Tue 21st	6pm	CYP Theatre Trip – Beauty and the Beast at The Duke’s Theatre, Lancaster
Thurs 23rd	10am	Future Vision Assistive Technology Workshop - Zoom

Fri 24th 10am Xmas Quiz and Coffee with Mr Quizoh - Zoom

Fri 24th 12:30pm Winner of the ‘Guess the Teddy-Bear Birthdate’ Fundraiser announced

Sight Advice South Lakes will closed for Christmas and the New Year from 12:30pm Friday 24th December to 9:30am on Tuesday 4th January.

JANUARY

Tues 4th 2pm Sedbergh Community Group Meeting - Meetupcall

Thur 6th 7pm Book at Bedtime – Meetupcall

Fri 7th 10am Coffee Morning Quiz with Mr. Quizoh - Zoom

Mon 10th 4pm Kendal Community Group Meeting - Meetupcall

Tue 11th ALL DAY Low Vision Clinic – Contact 01539 769 055 for enquiries

Wed 12th 10am Windermere Community Group Meeting – Goodly Dale Centre

Thur 13th 10am Living Well: How to make the most of life with sight loss - Zoom

Thur 13th 10am 100 Club Prize Draw - £25 Prize

Thur 13th 2pm Kendal Games Group – The Bradbury Centre

Thur 13th 7pm Book at Bedtime – Meetupcall

Fri 14th 10am Coffee Morning Quiz with Mr. Quizoh - Zoom

Mon 17th 10:30am Arnside Community Group Meeting – Arnside Methodist Church

Tue 18th 2pm Sedbergh Community Group Meeting – Sedbergh People’s Hall

Thu 20th 7pm Book at Bedtime – Meetupcall

Fri 21st 10am Coffee Morning Quiz with Mr. Quizoh - Zoom

Thur 27th 10am Future Vision Assistive Technology Workshop - Zoom

Thur 27th 2pm Kendal Games Group – The Bradbury Centre

Thur 27th 7pm Book at Bedtime – Meetupcall

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Fri 28th	10am	Coffee Morning Quiz with Mr. Quizoh - Zoom
Mon 31st	7:30pm	Quiz Night with Supper (£5 per head) – Kendal Golf Club
FEBRUARY		
Tue 1st	2pm	Sedbergh Community Group Meeting - Meetupcall
Tue 1st	2pm	DSL Group Meeting – The Bradbury Centre
Thur 3rd	7pm	Book at Bedtime – Meetupcall
Fri 4th	10am	Coffee Morning Quiz with Mr. Quizoh - Zoom
Wed 9th	10am	Windermere Community Group Meeting – Goodly Dale Centre
Thur 10th	10am	Living Well: How to make the most of life with sight loss - Zoom
Thur 10th	10am	100 Club Prize Draw - £25 Prize
Thur 10th	2pm	Kendal Games Group – The Bradbury Centre
Thur 10th	7pm	Book at Bedtime – Meetupcall
Fri 11th	10am	Coffee Morning Quiz with Mr. Quizoh - Zoom
Mon 14th	4pm	Kendal Community Group Meeting - Meetupcall
Mon 14th	7:30pm	Valentine’s Day Bingo – Zoom (face to face venue TBC)
Tue 15th	2pm	Sedbergh Community Group Meeting – Sedbergh People’s Hall
Thur 17th	7pm	Book at Bedtime – Meetupcall
Fri 18th	10am	Coffee Morning Quiz with Mr. Quizoh - Zoom
Mon 21st	10:30am	Arnside Community Group Meeting – Arnside Methodist Church
Tue 22nd	ALL DAY	Low Vision Clinic – Contact 01539 769 055 for enquiries
Thur 24th	10am	Future Vision Assistive Technology Workshop - Zoom
Thur 24th	2pm	Kendal Games Group – The Bradbury Centre
Thur 24th	7pm	Book at Bedtime – Meetupcall
Fri 25th	10am	Coffee Morning Quiz with Mr. Quizoh - Zoom

Hello from Aileen and the volunteer fundraising team. I hope this finds everyone well and looking forward to a happy Christmas ahead.



September, October and November have seen us raise funds through our Quiz and Bingo nights, Coffee Morning and raffle at Future Vision Exhibition, and we were successful in being accepted and nominated by ASDA for a Green Vote award where we won £200 - thank you to everyone who voted for us! A special thank-you to our Fundraising Volunteer Chris Jackson for his Summer Fruits Quiz which raised over £550! Well done Chris!

In September we launched our 100 Club which after prizes are deducted for the year will raise a total of £875, taking the total amount raised this year to £3,377!

As I write this we are about to launch the Autumn Online Auction where we will be auctioning prizes from our local business community, supporters volunteers and staff on Facebook with the aim of raising £1000 to add to the above total so far.

Upcoming Fundraising Events:

Thurs 2nd December – Charity Pool Match between volunteer John Wilkinson and Services Manager James Carey.

Christmas Tree Festival December (Holy Trinity Church Kendal) - the festival will be open to the public and our charity is one of those invited to enter. This year's theme is 'the natural world and nature'. Eileen Jackson will be decorating the tree for Sight Advice - please do pop-in and support this Christmas event.

Christmas Fair and Coffee Morning – Friday 10th December at 12:30pm. Cakes, competitions, crafts, diaries, Tombola, cards, stocking fillers and a fantastic raffle 'Mystery Prize' All welcome

Friday 10th December – Sight Advice Street Collection in Kendal. If you would like to help please get in touch with Eileen Jackson our Street Collection Volunteer Coordinator.

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Guess the Teddy's Birthdate running throughout December. Pop into the Bradbury Centre to enter - why not select your birthday as the winning date?

Special December Appeal – please see enclosed leaflet.

Thursday 16th December - 100 Club Draw (£50 prize, special runner up prize)

Gift Donation Drive – 4th to 11th January. Perhaps you received a lovely gift for Christmas that you are not able to make use of? If so, please consider donating to Sight Advice where it can be recycled for use in our fundraising events. Collection available.

Thursday 13th January – 100 Club Draw (£25 prize)

Monday 31st January - Kendal Golf Club Quiz and Supper Event, led by our resident Quiz Master Chris Jackson. £5 per ticket (please book in advance), which includes quiz entry and supper.

Thursday 10th February - 100 Club Draw (£25 prize)

Valentine's Bingo – Monday 14th February at 7.30pm. Spot prizes throughout the night and a jackpot house cash prize. Lots of fun in the music interval is planned. Our Caller will of course be John 'Bingo' Wilkinson and guest star DJ will be Tim Ward. To register email aileen@sightadvice.org.uk or phone 01539 769055. Venue to be confirmed.

Interested in becoming a Sight Advice South Lakes volunteer fundraiser? We are always looking for new people to join the team. Please get in touch and you will be invited to come in for a coffee and meet the team.

A final word.... We are very saddened by the loss of someone who was a very important part of Sight Advice Fundraising over many years, Mr William 'Bill' Thornton who sadly passed away recently. We want to say Thank you to Bill and his family for all the work he did collecting the 'rampaging pink elephants' and tins throughout South Lakes on our behalf ... I owe you a big drink Bill and I know I speak for all of us who had the pleasure of meeting you... you will not be forgotten.

Take care everyone and wishing you a very safe, peaceful and lovely Christmas!

Winter has well and truly arrived, together with the shorter days and longer evenings. Our volunteers have helped people through the winter with phone calls, support in getting out and about and transport to many social and community groups. If you feel like you may need the extra bit of confidence which a supporting hand or company can give you, please get in touch. We can have a confidential chat about the types of things you would like some support with.



Our volunteers also support the Book at Bedtime, which meets over the phone once a week. It is an opportunity to say hello, remember you are part of a wider and supportive community and to listen to a short story and poem. It also keeps you in touch with what is going on at Sight Advice. We will be reading *A Christmas Carol* by Charles Dickens throughout December. If you feel like this is something you would like to join, please do contact us and ask for your phone number to be added.

Looking ahead to the brighter days and hopefully better weather, our Walking Group will be starting their regular calendar of walks in March. This group is very friendly and fun with the added bonus of regular cakes and biscuits to keep you going on your walk! Transport can be arranged to get you to the meet up point and everyone has their own trained guide. The walks are generally 3 to 4 miles with a break for a picnic/lunch. If you are at all unsure about whether this group is right for you, Sheila, the volunteer Group Leader, will meet up with you for a chat beforehand.

Sight Advice South Lakes Needs You!

I know that I regularly talk about how great our volunteers are, kind, supportive, knowledgeable and enthusiastic. You too could be part of this fantastic team! If you would like to have a chat about volunteering, please do get in touch. Our volunteers contribute in a myriad of ways, supporting their Community Groups, fundraising, mentoring, talking about their experience with people and supporting with Assistive Technology. In fact volunteering with us is only limited by your imagination!

Volunteer Trustees

Trustees are the final decision-makers of a charity, and have responsibility for its success. We are extremely grateful for our Trustees who have helped us through the last 18 months. We are looking for additional trustees who may have experience in Fundraising, HR or are enthusiastic about supporting people with visual impairment to improve the quality of their lives, together with promoting a greater awareness of sight issues.

Becoming a trustee could boost your career

Becoming a trustee could challenge you

Become a trustee and give back to your community

Become a trustee and boost your health and happiness!

If you or someone you know may be interested in finding out more about what it means to become a Trustee for us please do get in touch for an informal and confidential chat with Claire, our Chief Executive Officer. We are a small and friendly team who will do all we can to support new trustees.

Volunteer in Focus

John Wilkinson

Our volunteers really are at the heart of who we are and what we do. If you have ever been in the office or attended one of our groups, you will have met one of our volunteers. In fact, this Magazine comes courtesy of our volunteers, who help to lay it out, proof read and distribute it.

This article aims to shed a bit more light on our volunteers and what they do to support the Sight Advice community.

Our Volunteer in Focus this edition is John – a Sight Advice South Lakes client, who has also been a volunteer for nearly 16 years. John has pretty much turned his hand at anything thrown at him over the years, with a



few of his own ideas thrown in for good measure. John is always looking for new ways to support the charity and inevitably, these ways always involve fun!

John is never one to stand still and although he has been with the charity for a long time, he is happy to embrace change, always makes new members of staff welcome and is interested in new ideas and ways to develop the charity.

John is the co-founder and co-leader of the fortnightly Games Group who meet at the Bradbury Centre. This is a famously fun group, with laughter and cries of “cheating” heard throughout the building every other Thursday. John also attends the Walking Group, is part of the VITAL social group and plays a major role in community fundraising, where he is affectionately known as “Bingo John”.

Throughout the Coronavirus lockdown, John maintained his commitment to fundraising and helping others. John supported a local client with his weekly shopping, made regular welfare calls to the members of his Games Group, ran online quizzes and kept in touch with people throughout. John has a good-hearted humour and his small acts of kindness make a huge difference to those that know him. Amongst the staff team at Sight Advice South Lakes John is highly regarded as one of our most dedicated and passionate volunteers.

As John himself says, “I’ll always be with Sight Advice, I’ll never stop doing what I do” and for that John we are extremely thankful!

Local Optometry Update

Timothy Bagot

Eye Lid Lumps and Bumps

The eyelids are a common place to find lumps and bumps. The majority of these are benign and nothing to worry about, however some are more serious and require intervention.

One of the most common lumps found in the eyelids is a hordeolum, commonly known as a sty.



A hordeolum is caused by a bacterial infection in an oil gland on the edge of the eyelid. Signs and symptoms of a hordeolum are pain, swelling, redness, and an appearance of a puss-filled lump on the eyelid. In the majority of cases a hordeolum will self-resolve, however resolution can be encouraged by performing twice daily warm compresses with a warm, moist, clean flannel for 5-10 minutes (ensure the flannel is not too hot before applying) followed by gently massaging the affected eyelid. Any mucous which is discharged from the affected gland should be cleaned away using a make-up removal pad soaked in cooled, boiled water. If a hordeolum does not improve or resolve after two weeks, if the symptoms worsen, if it is very painful, if the vision is affected or if you also feel generally unwell then contact your local optometrist for a Minor Eye Conditions (MECS) assessment.

Unfortunately, the eyelids and the skin around the eyes are a common site for skin cancers, mainly due to the amount of solar exposure received. Basal cell carcinoma, squamous cell carcinoma and melanoma account for 90%, 2% and 1% of eyelid tumours respectively. If diagnosed and treated early then eyelid tumours usually respond well to surgery and treatment, ensuring the eye and eyelid remain fully functional.

Protecting the eyelids and skin around the eyes is something we can do to reduce the risk of these tumours. Methods of protection include wearing sunglasses, which may also reduce the development of cataract and macular degeneration, especially with sunglasses with a blue blocker in the tint. Other methods include using broad-spectrum high factor sun cream, which is safe for use on the face and eyelids and avoiding solar exposure during the most intense times of day.

If in doubt about the nature of an eyelid lump then advice should be sought. Our local Minor Eye Conditions Service is well suited to deal with queries regarding eyelid lumps and bumps. This service can be accessed by telephoning your community optical practice.

Hello from the busy VIP Diaries Team. We have now reached the busiest time of the year with orders coming in from across the UK and further afield for our Diaries, Calendars and other products.

Diane (volunteer) and Laura (manager) are pictured here at the VIP Diaries stall during the Future Vision Exhibition, held at Kendal Town Hall in October. We also hope also to display our products at the Christmas Fair for Sight Advice South Lakes on Friday 10th December. Feel free to pop along, meet the team and get your all-important diary or gifts for 2021 and 2022!



Did you know that you could buy from our range via the Sight Advice South Lakes reception at The Bradbury Centre? Our support team will be happy to help you find the right diary, calendar or other large print item. We also stock a range of low-level lighting and assistive aids including bump-ons, torches and credit card magnifiers. Also, our delightful seasonal large print Christmas Cards can be purchased at a sale price of £3.70 (4 designs for a pack of 8).

Pop in and collect one of our latest catalogues for a browse, or telephone 01539 726613. See our website at www.vipdiaries.co.uk or email Laura at info@vipdiaries.co.uk for more details.

We want to wish all our customers a fabulous Christmas and a very happy New Year ahead, and to thank you for all your support - as one customer said to us ' I wouldn't go anywhere else for my diary, they are great, and you are so friendly to deal with as people' - We really value our customers too!

Laura and the VIP Diaries' Volunteer Team

Social Group Membership Appeal

Would you like to meet more people in your local area? Or perhaps you would like to learn new skills or get more information about living with sight loss?

Sight Advice South Lakes invites you to join one of our local community support or social groups. Please get in touch to find out more about any of the following:

Kendal Group – The Bradbury Centre

Sedbergh Group – The People’s Hall

Arnside and Milnthorpe Group – Arnside Methodist Church

Windermere Group – Goodly Dale Community Centre

Kirkby Lonsdale Group – Venue to be confirmed

Ambleside Group – Venue to be confirmed

Games Group – The Bradbury Centre

Dual Sensory Loss Group – The Bradbury Centre

VITAL Group – Venues across Kendal area

Sailing Group (returns in Spring 2022) – Blackwell Sailing

Sight Advice South Lakes Winter Appeal

Whilst we have made great progress in resuming Sight Advice services, and have raised some funds in the community and through recent events, we are still feeling the effects of the Coronavirus pandemic and income is well below pre-pandemic levels.

At this time of year, we normally ask our supporters to help us by selling raffle tickets to friends and family. This year, however we are doing things differently and would like your help in encouraging donations to Sight Advice through our Winter Appeal.

Please encourage those who would like to support us to make donations by cheque or bank transfer:

Cheques payable to Sight Advice South Lakes – returned to The Bradbury Centre, 116 Highgate, Kendal, LA9 4HE

Bank transfer – A/C 20282853 Sort Code 60-83-01

Thank you for your support.

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>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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Charity No. 1145818 Company No. 7879355

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audio or on the web.**

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



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