



Winter 2022
Magazine

Inside this issue of the Sight Advice Magazine

<i>Chief Executive Update</i>	<i>3</i>
<i>Services Update</i>	<i>4</i>
<i>Community Development</i>	<i>4</i>
<i>Visionary National Awards</i>	<i>6</i>
<i>VIP Diaries Update</i>	<i>7</i>
<i>Children & Young People's Project.....</i>	<i>8</i>
<i>Optometry – Winter Vision Issues.....</i>	<i>10</i>
<i>What's On</i>	<i>11</i>
<i>Volunteering Update</i>	<i>15</i>
<i>Volunteer in the Spotlight</i>	<i>15</i>
<i>Assistive Technology</i>	<i>16</i>
<i>Eye Clinic Liaison Update</i>	<i>18</i>
<i>Fundraising</i>	<i>19</i>
<i>Contact Details.....</i>	<i>23</i>

Sight Advice South Lakes

Sight Advice South Lakes is here to support people who are struggling when doing everyday tasks because of their eyesight. We can help over the phone, online or through home visits. We can provide information or advice on eye conditions and 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 eye health or eye conditions,
- Events and activities for children and young people

Chief Executive Update

Claire Park

Welcome to our Winter 2022 Magazine.

I am delighted to inform our readers of two new staff members who have recently joined our team. In September we welcomed Karen Williamson to the role of Volunteer Coordinator. Karen previously worked as a dispatch coordinator for Lancashire Police and continues to work part time as a learning support tutor at Kendal College. Sara Cook also joined the team in November as our Services Manager. Sara's background is in teaching. The interview panel were impressed by Sara's presentation of how she could utilise her current skills to add value to the charity. We offer them both a warm welcome.



Over the coming months, we will be asking clients, volunteers, partners and other people interested in the work of the charity, to consider becoming a member. Sight Advice South Lakes considers everyone who comes to see us or uses our services as a member. However, it would be nice for everyone to be acknowledged as a "member".

The advantage of being an official member is that the Charity can get your views on how best to run our charity. There is no cost involved in becoming a member of Sight Advice South Lakes.

There are two types of membership.

- 1) You are a registered member and will be invited to free events with other members.
- 2) Registered voting members will be those who enjoy having slightly more input. You will be invited to free events with other members AND have voting rights at our AGM but without the responsibility of being a Trustee.

If you would like to discuss being a member, please contact us and speak to Sarah or Krystyna.

Included within this letter is a request for you to consider supporting our annual appeal in light of us not selling raffle tickets again 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.

Services Update

Sara Cook

Hello all,

My name is Sara Cook. I have just joined Sight Advice as the new Services Manager. I have already had the privilege of meeting the lovely people we provide services for at some of our support, social, and community groups. Everyone has been very welcoming and I have really started to settle in and feel at home here. My background is in teaching, so a big change for me but a new challenge, which I love. I am extremely excited to get to use my existing skills and learn new ones. I am looking forward to getting to know all the people who are employed by and volunteer for Sight Advice. I can already see how hard everyone works to make it the wonderful organisation that it is and I am really excited to be a part of it.



I have lived and travelled all over but I am originally from near Lancaster, so not too far away and have been back in the area for about seven years. I love the outdoors and doing CrossFit, running and yoga in my spare time.

Community Development Jackie Bateman & Jude Rogers

Jackie and Jude (Community Development Officers) and Tim (Assistive Technology Officer) make up our Community Support Team. We provide advice and support to people living with sight loss, their families, friends and carers. As well as making home visits, we also provide information and advice over the telephone so please



feel free to give us a call if something crops up that you need to talk to us about, whether a quick query or more complex issues.

One part of our role is supporting our Community Groups. These provide an opportunity for people to meet up once a month and enjoy a chat, some refreshments and activities. Many friendships have been formed at our groups and numerous drinks and biscuits have been consumed! We have groups running in Arnside, Kendal, Sedbergh and Windermere. We also have a DSL (Dual Sensory Loss) group running in Kendal once a month for anyone who is both visually and hearing impaired. If you feel you may like to come along to any of these groups, please get in touch so we can give you more information. We look forward to welcoming you!

We are very lucky to have some tremendous volunteers who run some of our support groups and we are very grateful to them. If you, or someone you know, is interested in volunteering your time and support, we'd love you to get in touch. Volunteers work with our community groups in various ways, including making tea and coffee, or helping to organise or lead a group, or volunteering as a driver to collect group members and drop them home afterwards.

We are currently hoping to find volunteers to lead and help at our Kendal Group and volunteers to help re-start our Ambleside Group, so do let us know if you may be interested in this. All new volunteers will be supported with a thorough induction and sighted guiding training.

We are also always keen to hear from people who would like to visit any of our groups to provide activities or entertainment; we are open to all offers! In the past, we have welcomed musicians, artists, writers, actors or anyone with an interesting job or story to tell! We have shared so many things at our groups, including craft activities, singing, quizzes and poetry and are always keen for new experiences.

If you would like to join or support one of our Community Groups, please give us a call on 01539 769055 or email info@sightadvice.org.uk . Alternatively, you could pop into the Bradbury Centre on Highgate (Monday-Thursday, 9.30am-4pm) to have a chat. The dates for all groups and activities are in the What's On section in the middle of this magazine.

Visionary National Awards

Tim Ward

National Awards Visionary UK – Sight Advice win big!

Sight Advice South Lakes were exceptionally busy at this year's national Visionary Awards in Birmingham. There were 5 national awards up for grabs and Sight Advice scooped two of them. Unprecedented!



We won the Share Award with our fellow Cumbrian sight loss organisations. This involved a partnership of 5 Cumbrian sight loss charities, which have collaborated to secure lottery funding to deliver services across the region. The charities shared ideas, knowledge, information and resources. This enabled the organisations involved to develop services to meet identified outcomes and support more blind and partially sighted people across the region.

Picture shows Carl from Vision Support, Barrow, Sharron from Support 4 Sight, and Tim from Sight Advice with the award.



Sight Advice South Lakes also won the Inspire Award for the project they took part in with Lancaster University, helping develop the World's First Audio-Only Computer Game. Sight Advice South Lakes led on a collaboration with 4 other sight loss organisations in producing this game with Imagination Lancaster. This project has changed the way research design for people with sight loss is carried out.

Picture shows Tim from Sight Advice receiving the Inspire Award from Visionary UK's Communication and Events Manager, Amy Pearman. (Does she look familiar?)

VIP Diaries Update

You may be aware that in July of this year there were changes to the production and distribution of VIP diaries. The last few years have been very difficult for many, particularly small businesses. For our part, rising costs and changes in the market meant that it was no longer viable for us to manage the sale and distribution of large print products. This was a carefully considered decision by all involved.

The large print products, which you know and trust, are still available to purchase from MTP Media Ltd. MTP Media is a well-respected, local company who have been producing VIP products for many years and will continue to do so in the future. Having formed a new relationship with MTP, Sight Advice South Lakes will also continue to receive a contribution from any profits made.

Changes for you as a VIP Diaries customer?

As you will already know from your 2023 Catalogue, a different payee and company contact details are the biggest changes for you as a customer. Other than that, your large print stationery products will continue to be supplied as they have been. We know you value the large print products and that you want Sight Advice to continue receiving an income from them too, which with our new arrangement is what is happening.

If there are products previously supplied by VIP Diaries that are no longer available through the catalogue, e.g. magnification aids, please don't hesitate to talk to us at Sight Advice South Lakes as we do have a range of equipment which can be ordered for you and can recommend alternative supplier options.

If you would like details of the large print stationery (including diaries, calendars, pens, etc.) we have 2023 catalogues available in the office. Alternatively, contact VIP Diaries' Sales at email sales@vipdiaries.co.uk or on telephone 01539 – 740937. You can also order online at www.vipdiaries.co.uk.

Regards,
Aileen Ward (Project Transition Manager)

Children and Young People's Project

Alicia Makinson

It has been a really enjoyable and action-packed couple of months for our project. In partnership with a Habilitation Specialist at Guide Dogs for the Blind we supported five young people to develop their confidence in using local public buses. We had a fun return trip on the 555 to Staveley and we also learned new road crossing skills when out and about.



Some of our members had the most amazing family day out at the Lakeland Wildlife Oasis in early October. We explored, we touched, we held and we laughed. Our family events are an important part of our project. Not only do the parents get to meet each other and share their experiences, but so do the children. Over the years children have made some special friendships through the project.



We have also had a really successful play session at the Outside-In Play Centre in Kendal. Again, there is nothing better than the

sound of children having fun and playing with their friends! Thank you to the team at Outside-In.

Following our successful dance sessions with Dance Attik last autumn, we had a request from our members to do it again! We met for two Saturday afternoons in November and once again we had a brilliant time. Our young people learned a small dance routine and were able to share it with parents/carers. Thank you, Lucy Everett!

Activities for December, January and February

The Project is currently planning some exciting activities in the next few months. We will be working with the Kendal Climbing Wall and some of our 12-19 year-olds will have the opportunity to gain a climbing award. If you are interested in joining us, do contact me I will be able to share further information. Dates are yet to be confirmed.

Plans are also coming together to enable our young adult members to gain a John Muir Award. As part of this scheme, we hope to be doing some tree planting, path laying and caving!

Saturday 10th December (9.30am-12.30pm) – Children's Christmas activities at the Sight Advice South Lakes Christmas Fair, Unitarian Chapel, Kendal.

Saturday 28th January (1pm) – Family Trip to Aladdin at the Lakes School (by The Lakes Players)

Tuesday 7th February (5.00-6.30pm) – Independence Skills (Housekeeping) at The Castle Green Hotel, Kendal

For more information about any of the above activities or about the Children and Young People's Project, please contact me at alicia@sightadvice.org.uk or on 01539 769055.

As winter approaches, it is not uncommon for people to struggle more with their vision, as a result of the changing lighting conditions. This can affect people in a variety of ways due to issues involving too little or, sometimes, too much light.

One of the more common complaints is that people struggle more with close work, especially reading newspapers, or with craft work such as sewing. This can make what we often think of as normal daily occurrences a real headache.

One of the easiest and most important improvements that can be made is to increase the lighting of near visual tasks. The amount of light falling on a target decreases exponentially as the distance from the light to the target increases so a directional light that comes close to the target makes a far larger improvement than having bright lights further away such as in the ceiling. An angle poise type lamp (which can stand on a desk or on the floor) and can be moved close to the target can make a huge improvement to the contrast and visibility of a target such as a low contrast newspaper or thread when sewing. More modern LED type lamps do not get hot so are often safer to use than halogen type lamps, which do generate quite a lot of heat.

Too much light can also be an issue in the winter from low sun, especially when traveling in a car or when out walking. Eye conditions which can make people more susceptible to glare include cataract and macular problems. However, on sunny days with low sun, pretty much everyone will struggle to some extent.

If the glare is a significant issue, then it may be worth consulting your optician on whether an eye examination may be required. Sunglasses, especially those with a polarising filter, can also be very useful to reduce glare, particularly when driving. Any sunglasses with a CE mark have to conform to the required standards and can be considered suitable for protecting your eyes. Tint colour and tint depth is often a personal preference so advice should be sought. If in doubt, however, trying on multiple depths of tint and colours of tint can be beneficial to see which suits you best.

What's On Winter 2022 For you to pull out and keep

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

Using Zoom

Unless stated, just follow this link to access Sight Advice Zoom Meetings: <https://us02web.zoom.us/j/4580437872>

Alternatively, go to the Zoom website and use meeting ID 458 043 7872 for all events. To access Zoom, go to www.zoom.us

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 also be asked to enter hash at the end of this number (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

People will be dialled in 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 then be in the session.

Alternatively, you can dial 0300 37 30965 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 to January – ASDA Please vote for Sight Advice. We have been nominated for a potential prize. Please vote by visiting <https://www.asda.com/green-tokens/store?store=4943>
You can vote once every 7 days.

DECEMBER		
December		Christmas Tree Charities' Festival – Kendal Parish Church
Thurs 1st	7pm	Book at Bedtime – MeetUpCall
Fri 2nd	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 5th	7pm for 7.30pm	VITAL Xmas Meal – Crooklands Hotel, Milnthorpe
Tues 6th	2pm	Dual Sensory Loss Group – Sight Advice South Lakes, Bradbury Centre
Thurs 8th	10am	Living Well: How to make the most of life with sight loss – Zoom
Thurs 8th	7pm	Book at Bedtime – MeetUpCall
Fri 9th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sat 10th	9.30am	Christmas Fair & Coffee Morning – Abbot Hall Social Centre, Dowkers Lane, Kendal
Sat 10th		Kendal Street Collection
Mon 12th	2pm	Kendal Community Group – Sight Advice South Lake, Bradbury Centre
Thurs 15th	1pm	Windermere Community Group Festive Lunch
Thurs 15th	7pm	Book at Bedtime – MeetUpCall
Fri 16th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 19th	10.30am	Arnside Community Group – Arnside Methodist Hall
Tues 20th	All Day	Low Vision Clinic – to register for an appointment please call 01539 769055
Tues 20th	2pm	Sedbergh Community Group – People's Hall, Sedbergh
Thurs 22nd	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 22nd	7pm	Book at Bedtime – MeetUpCall
Fri 23rd	10am	Coffee Morning Quiz with Mr Quizoh – Zoom

Sight Advice South Lakes' office will close for the Christmas and New Year holidays from Monday 26th December 2022 until 9.30am Tuesday 3rd January 2023.

JANUARY		
January		Promotion of our Gifts & Legacies Scheme
January	TBC	Volunteer Event
Tues 3rd	2pm	Dual Sensory Loss Group – Sight Advice South Lakes, Bradbury Centre
Thurs 5th	7pm	Book at Bedtime – MeetUpCall
Fri 6th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 9th	2pm	Kendal Community Group – Sight Advice South Lakes, Bradbury Centre
Thurs 12th	10am	Living Well: How to make the most of life with sight loss – Zoom
Thurs 12th	7pm	Book at Bedtime – MeetUpCall
Fri 13th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 16th	10.30 am	Arnside Community Group – Arnside Methodist Church
Tues 17th	2pm	Sedbergh Community Group – People's Hall, Sedbergh
Tues 17th	2pm	Games Group – Sight Advice South Lakes, Bradbury Centre
Thurs 19th	2pm	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 19th	7pm	Book at Bedtime – MeetUpCall
Fri 20th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Thurs 26th	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 26th	7pm	Book at Bedtime – MeetUpCall
Fri 27th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sat 28th	1pm	Pantomime – 'Aladdin' by The Lakes Players
Tues 31st	11am	Cumbria Macular Telephone Group Dial 01264 560633 to join and press 1 when prompted
Tues 31st	2pm	Games Group – Sight Advice South Lakes, Bradbury Centre

FEBRUARY		
Thurs 2nd	7pm	Book at Bedtime – MeetUpCall
Fri 3rd	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 7th	2pm	Dual Sensory Loss Group – Sight Advice South Lakes, Bradbury Centre
Tues 7th	5pm	Independent Skills (Housekeeping) Castle Green Hotel, Kendal
Thurs 9th	10am	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 9th	10am	Living Well: How to make the most of life with sight loss – Zoom
Thurs 9th	7pm	Book at Bedtime – MeetUpCall
Fri 10th	TBC	Valentine themed Quiz / Bingo – Zoom
Mon 13th	2pm	Kendal Community Group – Sight Advice South Lakes, Bradbury Centre
Tues 14th	2pm	Games Group – Sight Advice South Lakes, Bradbury Centre
Tues 14th	2pm	Sedbergh Community Group – People’s Hall, Sedbergh
Thurs 16th	7pm	Book at Bedtime – MeetUpCall
Fri 17th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 20th	10.30 am	Arnside Community Group – Arnside Methodist Church
Thurs 23rd	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 23rd	7pm	Book at Bedtime – MeetUpCall
Fri 24th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 28th	11am	Cumbria Macular Telephone Group Dial 01264 560633 to join and press 1 when prompted
Tues 28th	2pm	Games Group – Sight Advice South Lakes, Bradbury Centre

Volunteering Update

Karen Williamson

Hello everyone and thank you for welcoming me into the Sight Advice South Lakes' family.

I joined the team in September, replacing Julie Halford as the Volunteer Co-ordinator. I work in the office at the Bradbury Centre on a Wednesday and Thursday and am also contactable by email on a Friday.



As well as my role at Sight Advice, I also work at Kendal College as a Learning Assistant, supporting students with additional needs.

I am looking forward to meeting volunteers at some of the forthcoming events that we are planning.

Karen

Volunteer in the Spotlight

It is likely that people will recognise the voice before the face of our Volunteer in the Spotlight for this edition of the Magazine, as Richard can be heard every few weeks reading the story at our Thursday evening telephone story time 'Book at Bedtime'. An activity for which his many years of volunteering as a reader for the South Lakes Talking Newspaper, as well as his experience of acting with Kendal Community Theatre and serving as a Kendal town councillor, have prepared him well.



A teacher by training, with a keen interest in environment conservation, Richard moved to the area from New Zealand (and Warwickshire before that) to study for a degree at Charlotte Mason College in Ambleside.

Having taken early retirement some years later, his love of the mountains and walking is something he chose to share with others.

He has done this, not only through getting involved in Sight Advice's very own Walking Group but by becoming a sighted guide at the Windermere Manor Hotel (along with wife, Sarah). He is also an Assistant Leader for the local group of Walking for Health. In addition to taking hotel guests out weekly for walks and tandem cycle rides, Richard has fond memories of taking people up onto the high fells, including the Milton Mountaineers from London, who regularly enjoyed a sing song up on the tops. Added to this of course are the obligatory lunches that follow all of Sight Advice's outings!

Having had some minor sight problems himself, Richard appreciates the 'gift' of sight and is only too aware of its importance. He said he has met some remarkable people while working with the visually impaired. He thinks that having the Sight Advice building actually in Kendal itself is particularly valuable and a useful facility.

As with many of our wonderful volunteers, Richard has said he would be happy to do more - offering his services as a volunteer driver, for example. It is this generosity of both time and spirit that we value so much.

Thank you, Richard!

Assistive Technology

Tim Ward

Tim's Top Tech Tip – Readaloud

In this edition of the Magazine, I will offer up a quick tip on reading from the internet on your laptop or computer (not tablet or phone), using what is called "Readaloud".



When you use the internet to search, you are using what is known as a web browser. There are several different web browsers. This tip can be used on the following Windows browsers.

Microsoft Edge, Google Chrome and Firefox

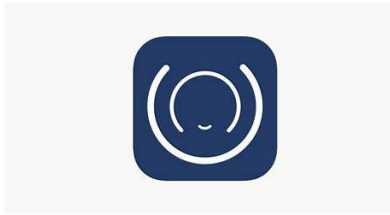
When you are on a web page and you want it read out to you, just press the following 3 keys at the same time

CTRL Shift (up arrow) U

Press these 3 keys and the computer will start reading. To stop, press them again.

For those of you who wish to know more about “Readaloud”, just google “Readaloud” and your web browser name, e.g. Readaloud Microsoft Edge. Instructions differ slightly.

App of the Season – Soundscape (Apple IOS)



Microsoft Soundscape is a research project that explores the use of innovative audio-based technology to enable people, particularly those with blindness or low vision, to build a richer awareness of their surroundings, thus becoming more confident and empowered to get around.

Unlike step-by-step navigation apps, Soundscape uses 3D audio cues to enrich ambient awareness and provide a new way to relate to the environment. It is best used with earphones or earbuds and allows you to build a mental map and make personal route choices, while being more comfortable within unfamiliar spaces. For example, if you were walking past the Sight Advice office, it would not only tell you that you were outside the Sight Advice office but also that the Brewery Arts Centre is 30 metres away and that you are approaching a barber’s shop 10 metres away.

Download it, walk round wherever you live, and hear the commentary!

Demonstration and HUGE SAVINGS sale of Assistive Technology, Wednesday January 4th 10.00am – 1.00pm, Sight Advice South Lakes, 116 Highgate, Kendal.



We are delighted to announce that Richard Bowring of Associated Optical will demonstrate a full range of electronic magnification and anti-glare glasses at the Sight Advice building on Wednesday 4th January, between 10am-1pm.

If you make a purchase on the day, there are some amazing savings that Sight Advice have agreed with Richard.

Smartlux 5" – £399 on the day (£590 on website save £191)
Visolux HD 7" – £550 on the day (£780 on website save £230)
Visolux XL 12" – £999 on the day (£1449 on website save £500)
Vario FHD 16" – £1,650 on the day (£2050 on website save £400)

It is best to make an appointment by calling 01539 769055, but please also feel free to pop in if you are just curious and Richard will happily demonstrate the products.

Eye Clinic Liaison Update Jackie Bateman and Sarah Stoddard

Now that the evenings are getting longer and the light is dimming, it may be time to have a think about whether your lighting within your home is meeting your needs. By the time we reach 60, we need three times as much light as we required in our 20s and having a sight issue increases this to needing 6 times as much light.



Your ECLOs have a small selection of lights at Westmorland General Hospital which they can demonstrate for you if you wish. They can provide further details about lighting in the home. Here are some things to consider.

Make sure that your lighting is consistent and that there are no shadows. This may mean using a number of lights such as central,

wall, uplighters and spotlights. Try to ensure there are no sudden changes in light levels which your eyes might struggle to adapt to.

Similarly, ensure your stairwell has no shadows. Ceiling mounted spotlights are ideal but you may wish to supplement these with motion activated lights which will switch on as you approach. You may also want to mark the step edges with a contrasting colour (if you use tape do check regularly that there are no loose edges which may be a trip hazard).

Use a task light that can be flexed until it is almost touching your page when you are doing close work, e.g. when reading or doing kitchen tasks. This will make sure you receive the optimum amount of light directed towards the task. If you find daylight bulbs too bright, you could always try Warm White bulbs which have more of a yellow tinge and are therefore less dazzling.

Motion sensor lights can be handy near the door keyhole or on steps leading to the house but do make sure the lights are weather-proof. These lights are also great for placing in cupboards or wardrobes to light up the interior or on the landing for night time trips to the bathroom.

Do contact the ECLOs or Sight Advice South Lakes if you would like any further information. 01539 769055.

Fundraising

Aileen Ward

Autumn saw a very successful end to the **Creepy Crawlies paper quiz**, designed and distributed by Chris Jackson as a great summer fundraiser. Chris raised a huge £477 in total – thank you, Chris! Winners were as follows: £20 First Prize M Walker; £15 Second Prize E Wray; and £10 Third Prize C Crosbie.



100 Club – We also saw a fresh start to our 100 Club new year. Recent winners include Mr P Iley who won £25 in September, and Mr P Blackburn who won £25 in October. You need to be in it to win it!

December's draw will take place on Saturday 10th December at our Christmas Fair and Coffee Morning at Abbot Hall Social Centre,

Kendal. There will be two prizes – a First Prize of £100 and, an additional, Second Prize of £50!

October Bingo and High Tea – In October, we had a lovely afternoon fundraiser at the Unitarian Chapel, with bingo and a cream tea. Big thanks to our always enthusiastic fundraising volunteers John Wilkinson and Diane Boulder and to our wonderful team of staff and volunteer bakers. A special thank you, too, to Sizergh Barn, who donated the fabulous, clotted cream for the scones! A 'delicious' sum of £250 was raised.

Picture shows Diane, Eileen and John – members of our much-valued volunteer fundraising team.



Street and store collections – Have made a welcome return. Street collections held so far this year include Kendal and Grasmere, and store collections include Asda (Kendal), Booths (Windermere) and Morrisons (Kendal) raising a total of just under £1,500. A massive thank you to our volunteer street/store collection team (Eileen Jackson, especially), and to the stores and general public for their support.

Annual Quiz Night – Finally, the annual Sight Advice Trophy Quiz Night was held at Netherfield Cricket Club on October 21st.

There was a great quiz, light supper and raffle on the night. This year's winners were the 'Odd Quizzers' quiz team, with previous holders, 'The Riflemans', coming a close second. The quiz, compiled by volunteer, Chris, really tested the brain cells; and helped us to make a profit of £310.

Well done to everyone involved.

Picture shows Chris, presenting the trophy to the winning team's captain (with help from Worrall, his guide dog).



UPCOMING EVENTS

Christmas Fair and Coffee Morning – Saturday 10th December will see our annual Christmas Fair and coffee morning. This year it is being held at Abbot Hall Social Centre, Kendal, from 9.30am – 12.00noon. In addition to our ever-popular Sight Advice stalls (cakes, crafts, tombola, raffle), several local small businesses have booked stalls, and will be selling candles and soaps, photography, jewellery and more.

Our Children and Young People's Project are also due to have a stall on the day, doing Christmas activities. Live music will be provided by professional musicians, Brian and Gerry Ingersent, who are kindly donating their time. AND, if that's not enough, we hope the children from our CYP Project will join us for some traditional carols too!

Definitely not an event you want to miss this year, the entrance fee of just £1 includes a drink of tea/coffee/hot chocolate/squash.

ASDA – PLEASE VOTE FOR SIGHT ADVICE SOUTH LAKES – We have once again been nominated by ASDA's Community Champion for a potential prize – see below. Please spread the word ... and the link to vote shown below. Supporters can vote every 7 days between now and January, so please return and re-vote when you can.

Vote for us by visiting www.asda.com/green-tokens. Then select Kendal from the drop-down box, followed by SIGHT ADVICE SOUTH LAKES.

We would appreciate your help with this. We came second last time, but first prize is £500 so let's get voting!

Christmas Street Collection (Kendal) – Saturday 10th December, 10am-3pm. Can you help give 30 minutes or an hour of your time? If you can, please let Aileen or Eileen know. Wrap up warm and we'll make sure we supply the hot drinks!

Charity Xmas Tree Festival (December 2022) – We have a fabulous entry planned for the Charity Xmas Tree Festival being held again at Kendal Parish Church, Kirkland, throughout December. This year's theme is Waste into Wonderful and, as always, our Eileen

(Jackson) has offered to get creative and decorate the tree on our behalf. Thank you, Eileen.

January ... helping others in the future – with a new year comes thoughts of getting both ourselves and our lives in order. With this in mind, January 2023 will see our charity promoting its Gifts and Legacies scheme to the public. If you are interested in making a donation, setting up a direct debit or standing order, becoming a member of the charity, or would like to make a gift as part of your legacy to help visually impaired people in the future, please let Aileen know so that she can discuss with you the various ways that your gift / donation can be put to best use in our work and in a way that you can know you are making a real difference.

February (Friday 10th) Valentine Themed Quiz or Bingo – In response to requests, we are planning on hosting an online Quiz or Bingo night to help us beat those winter blues. If you've nothing better to do on a cold February night, why not join us for some *Lurve* themed fun? You might even win a prize too! Tickets will be available nearer the time from Sight Advice South Lakes.

Finally, a word about our Winter Appeal ...

This year, our appeal focuses on the range of people and their needs for which we offer help and support here in the South Lakes. People such as Beryl, a member of our Dual Sensory Loss Group, and Chloe, a member of our children and Young People's Project. We want them to have the best we can offer and to enjoy life's experiences as fully as possible and we know you want that too. As a small charity we need our supporters' help. We know many people and causes are in need. But we also know YOU have a special place in your heart and lives for our charity and for people like Beryl and Chloe. Please donate what is affordable to you – it will be appreciated. Details of how to make a donation can be found in the enclosed letter. Thank you.

**Aileen Ward (Fundraising Coordinator), Tuesdays and Thursdays
Phone 01539 – 769055 or email aileen@sightadvice.org.uk.**

Sight Advice South Lakes Team

<p><i>Chief Executive</i> Claire Park</p> <p><i>Services Manager</i> Sara Cook</p> <p><i>Sight Support Coordinator</i> <i>(Assistive Technology)</i> Tim Ward</p> <p><i>Community Development Officer</i> Judith Rogers</p> <p><i>Sight Support Coordinator</i> <i>(Community Development)</i> Jackie Bateman</p> <p><i>Volunteer Support Officer</i> Karen Williamson</p>	<p><i>Young People and Children's 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> <p>Miss Rachel Ireland Mrs Janet McLeod</p>	



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Promoting independent living

01539 769055

The Bradbury Centre, 116 Highgate

Kendal, Cumbria LA9 4HE

info@sightadvice.org.uk

www.sightadvice.org.uk

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