



Spring 2023
Magazine

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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 open Monday to Thursday, 9.30am-4pm.

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 Spring 2023 Magazine.

I would like to thank all the people who gave very generously to our Winter appeal. Individual donations are so important to a small charity like ours and all money raised is spent on supporting services for local people living with a visual impairment. We received £650 in donations from our appeal – THANK YOU!



The trustees and staff of Sight Advice South Lakes warmly invite you to attend their Annual General Meeting on Thursday 16th March 2023 at 2pm at Sight Advice South Lakes, The Bradbury Centre, 116 Highgate, Kendal, LA9 4HE. Please note that parking can be found at the Brewery Arts Centre and at Dowkers Lane car park.

The AGM is open to all so please come along to hear about the charity's achievements during the past twelve months, elect trustees and finish with a catch up over coffee and cake. We expect the AGM to last no more than 45 minutes.

We hope you will be able to join us. Please make contact with the office if you are available to attend so that we can ensure we have enough refreshments available and space!

Cumbria County Council is running a FREE Coping with the Rising Cost of Living course, to be held in Kendal starting 27th February 2023 for 4 weeks. If you are finding it hard to keep track of where your money goes, the course will help you discover practical ways to save money. To find out more speak to one of the South Lakeland Learning Team on 01539 713257.

Many people are experiencing difficulties, at the moment. 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 and set up regular calls with our fantastic volunteer befrienders or signpost you to other support available locally.

Finally, stay positive, keep smiling – Spring is around the corner.

Finding your purpose

Have you heard of the 'Blue Zones'?

These are areas in the world that have been studied by anthropologists, geographers and other social scientists; they are regions in the world where a higher than usual number of people live to 90 or 100 and alongside that they are healthier and more active.



These areas include Okinawa in Japan, Sardinia in Italy and Nicoya in Costa Rica. Studies have identified four characteristics of the inhabitants, which appear to be important.

- First, they move regularly and eat predominantly a plant-based diet.
- Second, they live with purpose; they have a reason to get up every day.
- Third, they receive social support.
- Finally, their attitude towards life.

We at Sight Advice can support you with all of these factors, whatever age you are.

We offer a variety of groups you can attend from sailing clubs to tea and cake social groups, talks and walks and even a weekly online quiz. Our fabulous walking group will be starting again on 8th March.

You might find your purpose with our many volunteering opportunities; get in touch to find out more. Unable to get out of the house at this time of year? Maybe you could become a telephone befriender or read one of our short stories in our Book at Bedtime sessions.

Always learning is one way of keeping a positive attitude towards life. We are keen to reach as many people as possible. We can come to your social group and talk about sight loss conditions; alongside this, we provide tech demonstrations where you can try out an array of different devices, which could enhance your day-to-day life.

We are always looking at ways to improve and enhance the fabulous service we already offer. Celebrating what we are good at whilst also looking to develop is important to us at Sight Advice. Maybe you fancy a cooking class, movement and mindfulness or a creative writing workshop – we are always open to suggestions. If you have a skill which you would like to share with others or an idea you are willing to share, please do contact us, we are always listening.

“People working together in a strong community with a shared goal and common purpose can make the impossible possible.” T Vilsack

Eye Clinic Liaison Officer

Sarah Stoddard

It has been all change for Ophthalmology at Westmorland General Hospital recently, with the Eye Clinic moving from its old location down in Outpatients up to Level 4 (opposite the Macular Ward). This ‘coming together’ of both departments is obviously a positive move, not least because it means that all clinics are now taking place in one location. However, there will no doubt be some unavoidable confusion as both staff and patients get used to the change.



Please be aware that, for the time being, some optometrist appointments are still taking place downstairs.

Another big change, for the ECLO service this time, has been the loss of Jackie Bateman from her role as ECLO. Many of you, I am sure, will have met or spoken to Jackie during her 5 years in post. She has decided to focus her energies on her other role at SASL (as Sight Support Coordinator / Community Development Officer), which will see her ‘out and about’ more – e.g. making home visits. She has also recently started teaching the fiddle! We wish Jackie well in this, but will miss her at the hospital nonetheless.

Please be aware, then, that, for the time being, the ECLO service is currently only available (from its base in the waiting room on the Macular Ward) on a Wednesday. However, help can also be obtained by contacting Sight Advice South Lakes on telephone 01539 769055 at all other times (Monday to Thursday, 9.30am –

4.00pm). A replacement for Jackie will hopefully be starting work at the hospital soon.

As many of you will be aware, having an ECLO is one of the most effective ways of supporting patients, helping them to understand their diagnosis and providing them with emotional and practical support for their next steps.

During the current cost of living crisis, for example, this could mean helping patients understand how, through being assessed/certified as Severely Sight Impaired (SSI) or Sight Impaired (SI) and subsequently registered as blind or partially sighted with their local authority, people with sight loss may be able to access certain state benefits which may alleviate some of the pressures.

To find out more, about these and other cost of living benefits, please do get in touch.

Take care.

Sarah

Community Development Jackie Bateman & Jude Rogers

Now that the warmer days are hopefully approaching, we would like to share with you the opportunities to get some exercise locally, either outdoors or indoors. There are a number of groups either run by Sight Advice South Lakes or by other organisations. Do contact us for more details unless stated otherwise.



Walking - The friendly SASL walking group meets monthly from March to September. The walk is approximately 3-4 miles followed by a stop for refreshments. A small donation of £3.50 is welcomed. Contact Sight Advice if you are interested.

Sailing - The Sailing group meets alternate Thursday evenings from May to September at Blackwell Sailing Club, Bowness on Windermere. The group is staffed by qualified sailing staff. Transport can be provided to and from the sailing venue. There is a

suggested donation of £5 per session. Contact Sight Advice if you are interested.



Cycling - Wheels for All meet alternate Saturday mornings at Kendal Leisure centre. The group offers opportunities to cycle either solo in a protected environment (indoors in poor weather) or to ride on a variety of tandems. Participants need to wear a helmet, which can be purchased for a reasonable cost at the session and a small donation is requested. Sighted guides are provided as front riders. Contact Sight Advice if you are interested.

Vision of Adventure - This organisation has been developed to enable those with visual impairments to develop their skills in the outdoors. This is a national organisation where you can meet fellow adventurers from all corners of the country. Vision of Adventure offers opportunities to take part in outdoor activities including tandem riding, canoeing and in triathlons all with sighted guides to support you. Message Vision of Adventure on Facebook for more details.

Age UK - Age UK run a number of exercise classes throughout the region including at Kendal, Arnside, Milnthorpe & Kirkby Lonsdale. Sessions include seated exercise, gentle exercise, walking netball, aerobics and aqua aerobics. Contact Sight Advice South Lakes for more information or phone South Lakes Age UK 01539 728118.

Brewery Arts Centre, Kendal - Mature Movers is a dance class for those over 60-years-old and of all dance abilities in a fun, supportive and sociable atmosphere. Tuesdays 11.30- 12.30. Contact the Brewery Arts Centre on 01539 725 133 to find out more.

Children & Young People's Update

Alicia Makinson

We have had an action packed couple of months as a project!

Once again, our members enjoyed a play session in early January at Outside In, Kendal. What a wonderful venue for our children to meet with their friends and parents to socialise and offer support to one another.



A group of thirty people from our project went to watch Aladdin at the Lakes School in late January and we had the most amazing time! Thank you to The Lakes Players for such a warm welcome. Prior to the performance, our young people were able to touch some of the main props and went on stage with some of the main cast.



At the time of writing this, five of our members are currently working through the stages to achieve a John Muir Conservation Award. So far we have been caving, and explored some of the Yorkshire Dales National Park. A great achievement was going on a six mile walk over different terrain. Each one of our young people challenged themselves and could reflect on their achievements at the end of each day. Taking part in these activities has enabled the young people not only to undertake their own individual challenges, but it has helped them to create new friendships, where

they have worked together and offered peer support/encouragement. Most of all we have loads of fun!

If you know of any young people who would benefit from joining our wonderful Children and Young People's Project please do get in touch. It has been lovely, in the last few months, to welcome some new members. I am delighted that you have all joined us at some of the recent activities.



I can be contacted on 01539 769055 or alicia@sightadvice.org.uk I would love to share more with you about the project.

Upcoming activities:

Climbing Wall Sessions at Kendal Climbing Wall –

Sunday 19th March, 26th March, 23rd April, 30th April, 7th May, 14th May (All sessions 4.00-5.30pm)

Independence Cooking Sessions (in partnership with Guide Dogs) at Kendal College – Tuesday 21st March and Tuesday 28th March 5.00-6.30pm

Mon 3rd – Wed 5th April Residential at the Kepplewray Centre, with VICTA

May – Hair and Makeup sessions with Kendal College (details TBC)

Light is made up of a range of constituent colours, categorised in wavelengths. Short wavelength blue light has higher energy than other wavelengths further down the spectrum. A few years ago, there was a lot of discussion regarding this higher energy blue light and the effect it may have on the eyes.

It was proposed that blue light, including the blue light emitted from smart devices such as tablets and smart phones, may have a detrimental effect on eye health. The theory was that the shorter wavelength blue light may contribute towards eye conditions such as macular degeneration and cataract. This source of blue light was thought to be especially significant due to the proximity of smart devices to the eyes, significantly increasing the amount of blue light exposure. As a result, a lot of lens manufacturers created spectacle lenses which block some of the blue end of the light spectrum.

Thankfully, the concerns regarding eye health have largely been debunked as research showed that the blue light absorbed from spending 8 hours on a tablet was equivalent to spending two minutes on a sunny beach. Some people, however, still do find blue light blocking lenses offer subjective benefits to them. There are suggestions that exposure to blue light later in the day may affect circadian rhythm and therefore affect wake / sleep patterns. Blocking the blue light in the evenings may help with melatonin production, which could improve these sleep patterns and quality of sleep. Some people also feel that blue light blocking glasses make their vision clearer and/or more relaxed. Manufacturers have also created blue light blocking lenses which can help in reducing glare from oncoming headlamps when driving at night.

At this point in time it is not possible to say that there are any definitive clinical benefits to using blue light blocking lenses, however many people do find them very helpful. Further research is needed and is ongoing so, at this stage, the use of blue light blocking lenses comes down to personal preference and can be discussed with your optical practice.

What's On Spring 2023 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.

MARCH

Thurs 2nd	7pm	Book at Bedtime – MeetUpCall
Fri 3rd	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 7th	2pm	Dual Sensory Loss Group – Bradbury Centre

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Weds 8th		Walking Group – Walk Cartmel Park
Weds 8th	3pm–9pm	Dark Skies Evening – Yorkshire Dales
Thurs 9th		Windermere Community Group – Cruise & Lunch
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	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 13th	2pm	Kendal Community Group – Bradbury Centre
Mon 13th	7pm	Vital Quiz – Netherfield Cricket Club
Thurs 16th	2pm	Sight Advice South Lakes AGM – Bradbury Centre
Thurs 16th	7pm	Book At Bedtime – MeetUpCall
Fri 17th	9.30am–3pm	Future Vision Exhibition – Kendal Town Hall Refreshments & Grand Raffle – Kendal Town Hall
Sun 19th	4–5.30pm	Climbing Wall Session – Kendal Climbing Wall
Mon 20th	10.30am	Arnside Community Group meeting – Arnside Methodist Hall
Tues 21st	All Day	LOW VISION CLINIC – to register for an appointment please call 01539 769 055
Tues 21st	2pm	Sedbergh Community Group meeting – Sedbergh People’s Hall
Tues 21st	5–6.30pm	Independence Cooking Sessions (in partnership with Guide Dogs) – Kendal College
Thurs 23rd	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 23rd	7pm	Book At Bedtime – MeetUpCall
Fri 24th	9.30am	Spring Fair and Coffee Morning – Kendal Town Hall
Fri 24th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sun 26th	4–5.30pm	Climbing Wall Session – Kendal Climbing Wall

Tues 28th	11am	Cumbria Macular Telephone Group Dial 01264 560 633 to join and press 1 when prompted
Tues 28th	5–6.30pm	Independence Cooking Sessions (in partnership with Guide Dogs) – Kendal College
Thurs 30th	7pm	Book At Bedtime – MeetUpCall
Fri 31st	10am	Coffee Morning Quiz with Mr Quizoh – Zoom

APRIL

Mon 3rd – Wed 5th		Residential at the Keppleway Centre with VICTA
Tues 4th	2pm	Dual Sensory Loss Group – Bradbury Centre
Thurs 6th	7pm	Book At Bedtime – MeetUpCall
Wed 12th		Walking Group – Walk Cunswick Scar
Thurs 13th	10am	Living Well – How to make the most of life with sight loss – Zoom
Thurs 13th	10am	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 13th	7pm	Book at Bedtime – MeetUpCall
Fri 14th		Store Collection – Morrisons, Kendal
Fri 14th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 17th	10.30am	Arnside Community Group – Arnside Methodist Church
Mon 17th	2pm	Kendal Community Group – Bradbury Centre
Tues 18th	All Day	LOW VISION CLINIC – to register for an appointment please call 01539 769 055
Tues 18th	2pm	Sedbergh Community Group – Sedbergh People’s Hall
Thurs 20th	2pm	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 20th	7pm	Book At Bedtime – MeetUpCall
Fri 21st	10am	Coffee Morning Quiz with Mr Quizoh – Zoom

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Sun 23rd	4–5.30pm	Climbing Wall Session – Kendal Climbing Wall
Tues 25th	11am	Cumbria Macular Telephone Group Dial 01264 560 633 to join and press 1 when prompted
Thurs 26th	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 27th	10am–4pm	Free Will Making Clinic – Bradbury Centre
Thurs 27th	7pm	Book At Bedtime – MeetUpCall
Fri 28th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom

MAY

Tues 2nd	Launch	Launch of the Two Ticket draw for Kendal Calling Event on our website www.sightadvice.org.uk
Tues 2nd	2pm	Dual Sensory Loss Group – Bradbury Centre
Wed 3rd	10am–3pm	Visual Awareness and Guiding Training (If interested please contact Sight Advice by 28th April)
Thurs 4th	7pm	Book At Bedtime – MeetUpCall
Fri 5th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sun 7th	4–5.30pm	Climbing Wall Session – Kendal Climbing Wall
Wed 10th		Walking Group – Walk Tarn Hows
Thurs 11th	10am	Living Well – How to make the most of life with sight loss – Zoom
Thurs 11th	10am	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 11th	7pm	Book At Bedtime – MeetUpCall
Fri 12th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sun 14th	4–5.30pm	Climbing Wall Session – Kendal Climbing Wall
Mon 15th	2pm	Kendal Community Group – Bradbury Centre
Mon 15th	10.30am	Arnside Community Group meeting – Arnside Methodist Church

Tues 16th	2pm	Games Group – The Bradbury Centre
Tues 16th	2pm	Sedbergh Community Group meeting – Sedbergh People's Hall
Thurs 18th	7pm	Book at Bedtime – MeetUpCall
Fri 19th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Thurs 25th	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 25th	7pm	Book At Bedtime – MeetUpCall
Fri 26th		Store Collection – Asda, Kendal
Fri 26th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 30th	11am	Cumbria Macular Telephone Group Dial 01264 560 633 to join and press 1 when prompted
Tues 30th	2pm	Games Group – Bradbury Centre

Future Vision 2023

Future Vision 2023 Annual Exhibition of Assistive Technology -
Friday March 17th at Kendal Town Hall 9.30am-3.00pm – Coffee
Morning – Free Admission.

Sight Advice South Lakes is pleased to announce our annual exhibition of the world's top assistive technology for people with sight loss.

As we go to press, we have 16 exhibitors and local national charities attending. This event is unmissable and the biggest of its kind in the area.



On display will be electronic magnifiers, smart phones, Artificial Intelligence Robots, braille machines, AI Headsets, talking clocks, talking newspapers, talking tablets and phones, video technology, the latest apps for phones and tablets, talking machines, screen readers and more!



The exhibition starts at 9.30am and finishes around 3.00pm. Entry is free, and, in the adjoining room, from 10am until 12pm, there will be refreshments with coffee supplied by Rinaldo's. The Lake District's finest coffee roasters.

This event will allow you to have a hot drink, enjoy the stalls and talk to top sight loss professionals along with the local charities also in attendance.

For more information contact Tim on 01539 769055

tim@sightadvice.org.uk

Fundraising Coordinator

Aileen Ward

Money Matters Update

Christmas Fair, a lovely day but sadly, weather affected footfall. We still raised £200 though!

Online Winter Auction total £771.00 - fabulous support, thank you.

Winter Appeal so far £650 – a huge thank you to everyone for your generosity.

Xmas Tree Festival - £127 – thank you!

ASDA Green token nomination – we received £400.00. Thank you to Asda and to all who voted for us.

Skipton Building Society Customers nominated us in 1ST PLACE with a £500 cheque. Thank you!

Dec / Jan Pink Elephants £279.51

100 Club Grand Xmas draw, Winners £100 Marjorie and £50 Hayley.

January £25 winner, H Pimblett

WHAT'S ON NEXT

Future Vision Event - Friday March 17th Town Hall 9.30am-3pm. We are hosting Refreshments and Grand Raffle available to the public, to support our annual 'Future Vision' event happening that day.



We'll need a few lovely helpers to serve refreshments, take cash, service to the tables (if needed) and to assist with the washing up please. We are being supported on the day by local coffee master, Rinaldo's, which is supplying quality fresh ground coffee. Thank you to Rinaldo's!

Also needed, someone to help me on a SASL Fundraiser table to talk to the public about what we do and how they can help to support us. For instance, there is the 100 club where you can become a member, attend events, online auctions and sponsorship for a fell run. Champion fell runner, Jon Deegan, is going to do this for us in the summer. (Just waiting for a date so we can get off to a running start... groan!)

Could you spare an hour or so to help on the 17th? Please let me know.

Other News to tell you - Eileen and I are in process of setting up street and store collections from March onwards throughout the year. We are just awaiting permits and dates allocated from supporting stores, then I'll send out dates to our usual helpers for your diaries.

We have a date and venue for our SPRING FAIR AND COFFEE MORNING FRI 24th MARCH KENDAL TOWN HALL 9.30am -12pm if you'd like to help, let us know.

Working on a Summer auction for June on Facebook - I'll let you know dates nearer the time BUT as usual will be asking for our team, volunteers, members, business community's help 😊. This is an early shout out....

Do you have a bottle of something to donate? There will be a theme of 'Summer' so, spirits, wine, perfumes, delicious body washes, creams, beauty treatments, wellbeing products, day trips, afternoon teas, summer foods will be included amongst many fabulous prizes.

Two Tickets to Kendal Calling - Karen (our Vol coordinator) has managed to get us two tickets for the Kendal Calling Festival this year with headliners Chic and Nile Rogers leading the bill. We will be announcing details of how you could win the tickets on our

website after Easter. Don't go online but want to know how to enter? Ask at SASL.

Date for diary – Christmas Fair (and coffee morning) this year Dec 8th, live music, stalls, refreshments and a grand draw. This will be held at Kendal Town Hall.

Free Will Service - We are very pleased to now offer members, families, supporters and volunteers a Free Will service in partnership with Bequeathed, our legal advocates for the scheme. If you would like to know more or to discuss making a gift or legacy in your will or wish to make a new will please contact Aileen by phone 01539 769055 or email aileen@sightadvice.org.uk, for a chat.

Thurs 27th April 10-4.00 at the Bradbury Centre. We are offering a Free Will Making Clinic. Come and learn about how you can make use of our free will scheme (refreshments provided).

A general chat or individual appointments available - all welcome.

We have joined the digital age We now have a QR Code on our collection buckets for street and store collections and for people who do not carry cash and here it is ...



You can now make a donation simply by opening the camera on your smart phone placing it over the QR code above and you will see the link appear which will, when pressed, take you to our donation site which is secure.

Please give it a try and let me know how you get on! Thanks to all.

Get SMART by Nigel Wootton

How to get Alexa and Google Play to work for you.



This image is Amazon Alexa. This image is Google Home.

The author, a customer and volunteer for Sight Advice, purchased an Amazon Alexa first generation unit when these became available in the UK about 6 years ago and the Google Home equivalent about a year later, following visual impairment issues.

Here is Nigel's account of how he used them to SMART up his home!

Initially, these were used to interact with TV and Audio systems to play TV and Hi-fi system files available over the internet e.g. Google's YouTube and Amazon's music library. However, in recent years, everyday devices such as Smart LED bulbs, Smart TVs, Smart plugs and sockets, heating systems, door cameras, to name but a few, can all be controlled and commanded via WIFI using Google Home, or Amazon Alexa related Apps running on mobile phones or tablets. These can all be controlled by voice command in a user-friendly manner.

Some vendors such as Netgear and TP-link offer Home Starter kits which contain the basic modules required for a simple set-up such as LED bulbs, Smart plugs, etc.

For those readers with visual impairment or who are not technically savvy, it is best to get help from a sighted person who has a basic

knowledge of how to set up these devices. They are designed to be essentially plug and play. One important point, for example, the TP-link Kasa is a software App which enables users to register and configure devices within their home or business in an open-ended way.

The key thing is to come up with a logical way of naming each device based on its location (lounge, kitchen, bedroom) and its function, (light, heater, TV, Audio). If there are more than one of the same device, some other distinguishing feature will uniquely identify it. This way, devices can be either selected as a group or individually to be switched on or off etc.

Another very useful feature of this software is that time schedules can be set up to switch on or off at specific times of day, which has the benefit of saving energy as well as monitoring usage. It is easier at the end of the day to say “OK Google, turn off living room lights, TV, Audio” to which the Google replies “Got it, turning off the lounge lights, TV.” etc....marvellous!

Thanks for reading, Nigel Wootton.

Volunteer Update

Karen Williamson

The work undertaken by our volunteers goes from strength to strength! Over the winter, we have welcomed six new volunteers to our charity. They are already working hard in their various roles to help to make a difference to people with vision impairments in their community.



Our events continue to be well supported by members and volunteers alike. Everything that our volunteers have been involved with has been successful – these events include our quizzes, coffee mornings, bingo and our online auction. This generosity does not go unnoticed by us all at Sight Advice – thank you all.

The commitment of our volunteers is shown in how long many of our Sight Advice family have supported us. In 2022, we had 32 volunteers who reached a landmark in their service to us. In 2023,

there will be another 20 people who will have given us their time and will have reached their own landmarks.

We continue to welcome new volunteers. We offer continuous support and training with whatever role you might be interested in. If you wish to support this local charity, please get in touch with me, Sight Advice South Lakes really is a great place to be.

Don't just take our word for it; in the words of one of our volunteers, "Volunteering gives me a boost to my week. It helps me to feel that I am doing something worthwhile to help others in the community as well as giving me a new sense of purpose. I've made lots of new friends and it brings some added joy to my life."

Volunteer in the Spotlight

Janet is an co-opted Trustee for Sight Advice South Lakes having joined us in the Summer of 2022. Janet is originally from Birmingham and has lived in the Kendal area for 12 years now. Janet has a background in both finance and management. She is very well travelled and has been around the world at least once! She also has a wide range of interests including walking and has been able to do this in different parts of the world.

Janet became involved with Sight Advice South Lakes after seeing how they had supported one of her friends. Janet wanted to be involved with a local charity, to become more involved in her local community and support our clients. Janet has a personal interest in visual impairment charities as a family member has needed extra support due to a sight issue.

Janet has commented previously on how she enjoys being part of the Sight Advice charity family as everyone is so positive and welcoming. She looks forward to being involved in some of our events and seeing what amazing things can be done by our volunteers.



Dark Skies Evening – Wednesday March 8th Yorkshire Dales.

Sight Advice South Lakes has been invited to a “Dark Skies” evening at Grimwith Reservoir near Grassington in the Yorkshire Dales.



Starry night in the Yorkshire Dales

The Yorkshire Dales National Park Authority is looking at ways to make the Yorkshire Dales more inclusive for people with a sight loss. This particular Dark Skies event will have an Astronomer to describe the sky. There will be meteorites, moondust, pulsars and more to sample on this incredibly innovative and different evening.

This will also provide us with a chance to meet people from other sight loss organisations who are also attending.

We are looking to take a few cars up on March 8th. It will be free to anyone who is interested.

Pick up will be around 3.00pm and you will be home no later than 9.00pm. The trip includes free refreshments including soup, sandwiches, lasagne, baked potatoes and cake!

There are still some spaces left as we go to print.

Anyone interested should contact Tim at Sight Advice on 01539 769005 or email tim@sightadvice.org.uk.

Sight Advice South Lakes Team

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