



Summer 2023
Magazine

Inside this issue of the Sight Advice Magazine

<i>Chief Executive's Update</i>	<i>3</i>
<i>Eye Clinic Liaison Update</i>	<i>5</i>
<i>Community Development</i>	<i>7</i>
<i>Attitudes towards ageing</i>	<i>9</i>
<i>What's On.....</i>	<i>11</i>
<i>Assistive Technology</i>	<i>15</i>
<i>Allergic Conjunctivitis</i>	<i>16</i>
<i>Children and Young People's Project.....</i>	<i>17</i>
<i>Volunteering</i>	<i>19</i>
<i>Fundraising</i>	<i>20</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 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 Summer Magazine.

At our recent AGM, I shared, with those present, a number of our achievements from the previous 12 months. I would like to share these figures with our readers, as I feel it gives a true insight into the work we do locally and the range of services we provide.



Sight Advice South Lakes is a team and a team working at its best. We have overcome many difficulties thrown at us over the past few years but have managed to reinvent ourselves and adapt to what is needed to support people living with a visual impairment across the South Lakes. I would like to take this opportunity to say Thank You to our staff and volunteers for being “you” – you really are the best team. Sight Advice is a very special organisation and I continue to be proud to play a part in it.

Claire Park

Chief Executive

SIGHT ADVICE SOUTH LAKES AT A GLANCE

		Drop in visits: 643
The Bradbury Centre	Information, aids and equipment	Telephone enquiries: 1213 Sight Support Information Enquiries: 607
Eye Clinic Liaison	Information, advice and support when attending eye clinic appointments at WGH	Light enquiries: 604 Full cases: 330 Referrals for Low Vision Assessments: 55
Low Vision Assessments	Assessment and prescription of low vision aids	Referrals made: 128 Assessments completed: 77

Support and Information Groups	Peer support networks and information groups	Groups/events hosted: 238 Total attendance: 4806
Community Development	Specialist Support: advice, information, independent living solutions and home-based holistic assessments	Individuals supported: 571 Cases of support: 1862 Home visits: 105 Holistic Assessments: 142 New clients added: 263
Assistive Technology Service	Independent living solutions	Individuals supported: 146 Cases of support: 248 Tech support events held: 13 Tech support group attendance: 348
Positive Steps	Understanding sight loss and independent living	Individuals supported: 31
Volunteering	Underpinning all our services	Active volunteers: 120 New volunteers added: 10
Children & Young Peoples' Project	Activities and support for under 18s	Cases of support: 174 Individuals supported: 42 Events/activities hosted: 22 Activity total attendance: 73 New members: 4
Community Fundraising	Income for the Charity	£6,407 raised through events, street and store collections, site boxes and home boxes.

Partnership
Working

Working
together

Charity CEO is a member of the Gateway Group Collaborative and Regional Network working with sight loss charities across Cumbria and North Lancashire.

Member of Visionary Network a National Charity supporting local sight loss charities.
Member of third sector leader's forum.

Communications

Keeping people
informed

SASL Magazine Editions: 4

Facebook followers: 558

Twitter followers: 971

Website visits: 2052

Eye Clinic Liaison Officers Sarah Stoddard and Tim Ward

I am pleased to be able to say that following Jackie Bateman stepping down from the ECLO role at the beginning of the year, Tim Ward has now joined me at the hospital. Many of you will know Tim from his role as Sight Support Coordinator/Assistive Technology, which he will be continuing with on the days when he is not at the hospital.



Tim will be working Mondays and Tuesdays as ECLO, with myself working Wednesdays. We are based in the Eye Clinic on Level 4 of Westmorland General Hospital, but you can contact us at all other times by calling the main Sight Advice number on 01539 769055.

Something we often get asked about in our role, or that people often comment on, is the format (i.e. print size) of hospital correspondence. Having this information in a size you are able to read is obviously very important – not only for you to manage your appointments, but also for you to fully understand your eye

condition and any treatment options and suggestions on what you need to do.

Locally, a communications preferences form can be obtained by contacting either ourselves at SASL, on 01539 769055, or the Patient Experience Department at MBHT (Morecambe Bay Hospital Trust), on telephone 01229 404434 or email patientexperience@mbht.nhs.uk. In this form, you are able to request information in audio, braille, easy read or large print options. You can also specify the best way to contact you, i.e. by telephone, text or email.



Alternatively, if you scan the QR code (above) a link will appear which will take you directly to the form/Department.

In addition, the RNIB, in their booklet entitled ‘NHS eye care services: How to get the help you need’, have set out a template letter which you can use to request information in your preferred format from any health care provider. This can include your GP, optician or pharmacist. (Copies of this booklet can be obtained from either Tim or myself at the hospital, or from Reception at the Sight Advice office.)

For reference, and your consideration, the various text sizes appear as follows:

Large print 18 point

Large print 22 point

Large print 24 point

Audio copies can also be requested on CD or USB (memory stick) or Braille.

If you have not already got one, you might also want to think about getting hold of a folder (e.g. an A4 ring binder) in which to keep all of your appointment letters. The large print stationery (diaries, felt pens, etc.), produced and sold by VIP Diaries can also be useful. The bolder lines used in the diaries and thicker marks created by the pens are easier to see.

Take care.

Community Development Jackie Bateman and Jude Rogers

We give advice and support about a wide range of things here at Sight Advice and one topic that comes up quite regularly is driving. Having to stop driving can be high on the list of things people miss if their vision means they need to stop. Of course, for many millions of people who have never driven, they have lived their life accordingly and it is of no relevance at all. However, for people who have been driving for years and are used to the independence and freedom their car gives them, whether doing a 10 minute trip to the supermarket or a longer drive somewhere more enjoyable, it can be a real loss.



Some people may be advised at a routine eye test at their optician's (or by an eye specialist at a hospital clinic) that they do not meet the vision standards for driving and that they need to stop. This can come as a shock, particularly if they had thought their vision was still adequate. There is then a legal duty to inform the DVLA that they can no longer drive and there are times when an optometrist may decide to contact the DVLA directly if they think that a patient will not do so themselves.

Having an eye condition, such as Macular Degeneration, does not automatically mean you have to stop driving as soon as it is diagnosed. Just as long as you still meet the legal requirements, it is possible to continue to drive safely and legally.

However, if both eyes are affected by an eye condition that can't be corrected with prescription glasses, it is your responsibility to report your eye condition to the DVLA and your car insurance provider, even if you feel your sight is still good. If you don't do so, you would be breaking the law and risk a fine of up to £1000.

The DVLA will then send a questionnaire about your vision and you may be asked to see an eye specialist for sight tests. The tests include a Visual Acuity Test to measure the sharpness of your vision, a Visual Field Test to measure your range of vision to the sides and a number plate test which checks if you can read a

standard car number plate in daylight, wearing any prescription glasses, from 20 metres. You can try this by walking 25 paces away from a parked car (one picked at random, not one you know) to see if you can read the number plate. Based on the results of these tests, the driving authority will decide if it is safe for you to drive or if you need to stop.

Here are some of the comments from people living with a visual impairment, who have had to stop driving:

“I was a very enthusiastic driver. I didn’t want to wait until I was told not to drive. It’s a hard decision, but you know if your physical capabilities are waning. You have to do the right thing for other people’s sake as well as your own.”

“There’s a temptation to go on driving longer than you should, but you could hurt or kill someone. I didn’t want to risk that! I have realised that I quite enjoy the freedom of not running a car – paying to have it serviced, MOT’d and paying for insurance. The money I save on that I happily spend on getting taxis now and again. I’ve got to know some of the local taxi drivers and quite enjoy having lifts from them”

“I felt guilty telling my family I had to stop driving as I was the only driver at home. I do feel a sense of relief though as I had been really worried as my eyesight got worse, it just didn’t feel safe. We now have to plan a bit more when we go out and are more used to using buses and taxis and community transport on occasion – it’s not as bad as I thought.”

If this article has resonated with you and stopping driving is something you’re worried about, do give us a call as we are happy to chat it through with you. If you are someone who has had to stop driving and have some experiences to share, particularly any hints and tips on adapting to life without a car, we’d love to hear from you so we can share experiences with others.

Attitudes towards ageing

Sara Cook

When you hear the word ‘ageing’ what thoughts and images come to mind?

The terminology we use makes a difference to our thinking and as a consequence, our actions. However, sometimes what we think or associate with something is not necessarily true. Instead, stories we have been fed over time from things we have seen or read or things we have been told by family members, friends and especially the media can influence us.



Do you ever use or hear the words ‘old dear’ ‘old fogey’ ‘old crony’ or ‘old codger’ or do you see products which sell themselves as ‘anti-wrinkle’ or ‘anti-ageing’? When talking or thinking about people older than us or even ourselves, we can use language which comes with a negative connotation. We can develop a certain script that we internalize and take on as our own thoughts and beliefs.

It is also interesting to think about the language we use when talking about ‘caring’ for a parent or loved one and what messages this sends. A recent article written as part of the Live, Longer, Better initiative suggests that we could start to use words like ‘supporting’ or ‘coaching’ rather than ‘caring’. This belief is that ‘being a supporter involves encouraging people to do things that they might be nervous of attempting or believe they cannot achieve – a coach is someone who helps an individual close the gap between potential and performance.’ This thinking can change our approach towards the person and help us be more empowering for the individual who is being supported.

In a report written by the Royal Society for Public Health called ‘That Age Old Question’, the author talks about ‘Stereotype embodiment and threat.’ Think of it as a cycle, you get the ‘Internalisation of a negative stereotype’ which leads to ‘Expectation of poor performance/low confidence in ability’. This can then lead to ‘Poor performance/avoiding steps to improve performance’ which all then leads to a reaffirming of the stereotype and so it continues. This is not always done on a conscious level, so we have to get better at catching what we say to ourselves or

what we take in from others. Essentially, we can talk ourselves into believing that we cannot do something because of ‘our age’, or there is an expectation that something specific will happen as we age.

An interesting concept in other parts of Europe, Japan, Australia and USA has been the setting up of multigenerational communities. The idea is to bring services such as nurseries, youth clubs and care homes under the same roof, allowing people across all generations to foster genuine friendships. The aim is to create a setting which promotes an equal status between the different age groups with non-patronising communication. As beliefs and stereotypes are created across different generations, this is a way of enabling and encouraging contact with people of all ages to see what is possible and allows everyone to foster new friendships and see what is possible at all ages.

Ultimately, we have to consider our attitude and beliefs towards ourselves and also towards others. What are we telling ourselves on a moment-to-moment basis about what we can and can’t do? Where did this start? When does it stop? Have we internalised a negative stereotype about what ageing is or looks like and taken it on as our own?

Take a moment to reflect on what comes to your mind when you think about the word ‘ageing’ and consider if you can start to think about the words you are using and begin to question those beliefs?

‘Age is simply the number of years the world has been enjoying you!’



With that thought in mind, here are some of the members of our Windermere Group enjoying a meal out at Boardwalk Bar & Grill following a cruise on the lake.

What's On Summer 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.

JUNE		
1st – 7th	June	Volunteer Week
Through-out	June	Competition – Win 2 Adult Tickets to Kendal Calling – £5 per ticket plus 15p booking fee https://www.trybooking.co.uk/CGZU
Thurs 1st	7pm	Book At Bedtime – MeetUpCall
Fri 2nd	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 5th		Vital Group Soul Bowl Morecambe & Fish and Chips
Tues 6th	2pm	Dual Sensory Loss Group – The Bradbury Centre
Thurs 8th	10am	Living Well – How to make the most of life with sight loss – Zoom
Thurs 8th	10am	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 8th	7pm	Book At Bedtime – MeetUpCall
Thurs 8th	4.30pm – 7pm	Children’s Project – Woodland Fun & Bushcraft, The Footprint , Windermere
Fri 9th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 13th	2pm	Games Group – The Bradbury Centre
Wed 14th		Walking Group – Bolton Le Sands
Wed 14th	10am– 2pm	Optelec & Synapptic Exhibition – Lunesdale Hall, Kirkby Lonsdale
Thurs 15th	7pm	Book At Bedtime – MeetUpCall
Fri 16th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Fri 16th		Street Collection – Kendal
Mon 19th	10:30	Arnside Community Group meeting – Arnside Methodist Hall
Mon 19th	2pm	Kendal Community Group – The Bradbury Centre
Tues 20th	2pm	Sedbergh Community Group meeting – Sedbergh People’s Hall
Tues 20th	All day	Low Vision Clinic – The Bradbury Centre
Thurs 22nd	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 22nd	All day	OFFICE CLOSED FOR STAFF TRAINING

Thurs 22nd	7pm	Book At Bedtime – MeetUpCall
Fri 23rd	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sun 25th	10am–2pm	Children’s Project – Planting Pots & Having Fun at Grasmere Garden Centre
Tues 27th	2pm	Games Group – The Bradbury Centre
Thurs 29th	7pm	Book at Bedtime – Meetup call

JULY

Tues 4th		DSL & Kendal Group – Afternoon Tea Booths or M&S (TBC)
Thurs 6th	7pm	Book at Bedtime – MeetUpCall
Thurs 6th	10am–4pm	Making Your Will Clinic – The Bradbury Centre
Fri 7th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 10th		Vital Quiz – Netherfield Cricket Club
Tues 11th	2pm	Games Group – The Bradbury Centre
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	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Fri 14th		Street Collection Windermere/Bowness TBC
Mon 17th	10.30 am	Arnside Community Group – Arnside Methodist Church
Tues 18th	2pm	Sedbergh Community Group – Sedbergh People’s Hall
Thurs 20th	7pm	Book At Bedtime – MeetUpCall
Fri 21st	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sun 23rd – Sun 30th		Online Summer Auction via Facebook
Tues 25th	All Day	Low Vision Clinic – The Bradbury Centre

Sight Advice Magazine – Summer 2023

Thurs 27th	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 27th	7pm	Book At Bedtime – MeetUpCall
Fri 28th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom

AUGUST

Tues 1st	2pm	Dual Sensory Loss Group – The Bradbury Centre
Thurs 3rd	7pm	Book at Bedtime – MeetUpCall
Fri 4th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 8th	2pm	Games Group – The Bradbury Centre
Wed 9th		Walking Group – Elterwater
Thurs 10th	10am	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 10th	10am	Living Well – How to make the most of life with sight loss – Zoom
Thurs 10th	7pm	Book At Bedtime – MeetUpCall
Fri 11th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Fri 11th		Street Collection – Ambleside
Mon 21st	10.30 am	Arnside Community Group meeting – Arnside Methodist Church
Mon 21st	2pm	Kendal Community Group – The Bradbury Centre
Tues 22nd	All day	Low Vision Clinic – The Bradbury Centre
Thurs 24th	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 24th	7pm	Book At Bedtime – MeetUpCall
Fri 25th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Fri 25th	1–4 pm	Fun in The Sun – Unitarian Chapel
Thurs 31st	7pm	Book at Bedtime – MeetUpCall

Product of the Season – Hark Reader

Tim Ward

A few people reading this will have attended Future Vision Exhibition at Kendal Town Hall in May.

There were many excellent devices on display, one device in particular proved very popular. This was the Hark Reader from Humanware. What does it do?



The Hark Reader turns printed text into speech immediately by placing a letter, book, magazine, newspaper article, medicine box, food packaging, or any printed text on the surface of the Hark Reader and within a couple of seconds, the text will be read aloud. To stop reading, remove the document from the surface and Hark Reader is automatically ready for the next item you want to read. It really is that simple.



Hark Reader can be used anywhere. Its sleek, compact and folding design means it can be easily stored or moved. The optional keypad enables advanced navigation through the document backward and forwards, either by character, word, sentence or paragraph. For more details speak to Tim at Sight Advice or go to the Humanware web site; www.humanware.com.

Exhibition of Assistive Technology by Optelec Kirkby Lonsdale, Lunesdale Hall, Wednesday, June 14th from 10am till 2pm.





We are delighted to announce that Mark Silver, representing Optelec, one of the world's leading assistive technology companies, have asked us at Sight Advice South Lakes, to partner with them and take part in a demonstration of their latest products on Wednesday, June 14th, 10am till 2pm at Lunesdale Hall located in the centre of Kirkby Lonsdale.

On display will be electronic video magnifiers, optical magnifiers, reading machines, lighting, braille machines, low vision aids and more.

Synapptic talking phones and tablets will also be there along with DeafBlind UK. Sight Advice South Lakes have also invited South Lakes Age UK, Cold to Cosy Homes and Talking Newspapers. So should be a great exhibition.

It is great to have such an internationally renowned company as Optelec and a representative such as Mark Silver, who is an expert in technology, coming to see us. Even if you don't want to purchase anything, Mark is happy to advise people on products that may be of use in the future.

I will be there with other Sight Advice colleagues too!

See you at Kirkby Lonsdale.

Tim

Allergic Conjunctivitis

Tim Bagot

In recent weeks, we have seen a spike in the number of people presenting with itchy, watery eyes. Many of these presentations have been due to the increase in tree pollen at this time of year causing allergic conjunctivitis. Grass pollen is released later in the summer months.

The conjunctiva is the translucent membrane which lies across the white of the eye. When the suffix -itis is used this pertains to inflammation, so conjunctivitis means inflammation of the conjunctiva. There are three main causes of conjunctivitis; bacterial infection, viral infection or irritation from allergens, with allergic conjunctivitis being caused by the last of these.

People with allergic conjunctivitis usually present with itchy eyes which can be red and watery. Sometimes the eye may produce clear, colourless stringy / elastic mucous. The eyelids can also be puffy. While there are a number of symptoms associated with allergic conjunctivitis, it would be unlikely that the vision would be affected, or the eyes would become more light sensitive. If either of those symptoms are noted or if you have any concerns, then advice from a health care professional should be sought promptly to establish the underlying cause.

Allergic conjunctivitis has a range of treatment options available. Frequent cool compresses can be applied to the closed eyes using, for example, clean flannels with cool, boiled water or a refrigerated eye mask designed for such use. Over-the-counter eye drops are available from pharmacies along with anti-histamine tablets and liquids. The pharmacy will be able to advise on the correct dosages to use for each of these. Advice and examination can, of course, also be obtained by visiting your community optical practice.

Children & Young People's Project

Alicia Makinson

As I write, the two words that comes to my mind are 'achieve' and 'celebrate'. As a project, we have had a wonderful few months taking part in some adventurous activities, including caving and ghyll scrambling. Five of our young people have successfully completed a John Muir Award in conservation. Many thanks to everyone involved in supporting us with our adventures, including the Red Rose Caving Club. At Bull Pot Farm, Casterton we learnt how to do dry stone walling, lay a path and we even managed to plant 65 trees



around their facilities! Huge congratulations to all our young people.

We have also completed two Independent Cooking sessions at Kendal College in partnership with Guide Dogs UK. Our young people were able to become more confident in the kitchen, by trying new ways to chop and grate safely. Afro-combs for safe chopping and the turning grater were very popular pieces of equipment. Families have told us that they plan to buy them to practise their cooking skills at home. If you have any questions or need any support in becoming more independent in the kitchen do contact us at Sight Advice South Lakes.



Afro-comb



Turning grater

We have been busy this Spring working with other National Organisations, who also support Children and Young People with a visual impairment. In early April I joined VICTA on Coniston Water. Young people from all over the UK came for a few days of activities organised by the Keppleway Centre, Broughton- in -Furness. It was wonderful meeting others in the Sight Loss sector and being able to signpost some of our young people onto them.

We have also made connections with The Outlook Trust who provide Adventure Sports and Activities for Blind and Partially Sighted Children. They plan monthly weekends, staying at the Ghyll Head Outdoor Education and Activity Centre, Windermere. If any of our young people would like to join them for the day do get in touch with me and I can provide further information.

Congratulations to one of our young members, Chloe. She has achieved ‘A young Achievers Award – Science Badge through the

national charity VICTA'. Throughout the year Chloe will be working to achieve another three badges, 'Nature' 'Community' and 'Create'.



Upcoming activities:

Thurs 8th June, 4.30-7pm Woodland Fun and Bushcraft, The Footprint, St. Catherine's Windermere

Sun 25th June, 10am-12 noon Planting Pots and having fun at Grasmere Garden Centre

Volunteering

So far, 2023 is shaping up to be another great year for our volunteers. More than ever, our volunteers are performing more varied roles. Two of our new volunteers are documenting the amazing projects that Alicia and our C&YP project are undertaking. Other volunteers are working hard, to raise awareness of how daily events can present different challenges for the visually impaired in the technological age.



We have so many fantastic activities and events underway that our volunteers seem to be constantly busy. Our walking and sailing groups are up and running – they're making the most of the fantastic area in which we live. We're very keen to involve visually impaired people in our activities and events so please get in touch if you want to have more information.

Volunteers' Appreciation Week is in the first week of June. It's vital that our volunteers know just how much they mean to us and while we express our thanks throughout the year, this special week also

highlights to the community the amazing work undertaken by those volunteers.

We've been lucky enough to welcome 8 new volunteers so far this year and we still have room for more. So, if you are wanting to have a quick chat to see if volunteering is for you, or what it actually entails, please get in touch.

Karen

Fundraising

Aileen Ward

Money Matters from last March, April and May (Events)

Supporting Future Vision Refreshments and Raffle: £185.51

Spring Fair/ Coffee Morning: £225

Store Collection Morrisons, Kendal: £392. This is a fab amount – thank you team and donors.

Coin boxes/ pink elephants: £332.69

Store Collection ASDA May 26th: Amount not available yet at time of print.

Winner 100 Club £25 each (Feb- April) – Paul Blackburn, Mim Baird and Martin Jackson.

What's happening next and coming up?

We'll be at Asda, here in Kendal, collecting on May 26th. If you'd like to help, please do get in touch as our collector team always welcomes new volunteers.

KENDAL CALLING

April saw the launch of a fantastic competition we are having!



We've been donated 2 Adult Tickets inc Standard Camping for the 'Kendal Calling Festival' at the fabulous Lowther Park in July. For a chance to win the tickets, enter the draw via our website www.sightadvice.org.uk

or

TRY BOOKING <https://www.trybooking.co.uk/CGZU>

It's a fabulous prize with headliners including Nile Rogers and Chic, Kasabian, KT Tunstall, Rick Astley, Happy Mondays... the list goes on and the two tickets could be yours for a £5 entry to the draw. The entry closes on June 30th. Winners will be notified the following week.

If you don't go online but want a chance to purchase a ticket, please contact Aileen at Sight Advice for help 01539 769055 (Tues or Thurs).

Walking to help others

May 13th saw the amazing efforts of walkers of all ages and abilities taking part in the Coniston to Barrow Walk (21 miles) through the beautiful countryside of our area. The walk started at Coniston Sports and Social Club and finished at Hawcoat Park Sports Club, Barrow. All the donated funds raised are shared between charities in the area later in the year.

This year, we had some wonderful people taking part including Mr and Mrs Pimblett and Daniel and Thomas aged 10 and 8. Howard and Vicki wore T-shirts for Sight Advice reminding everyone of our much valued charity. You can still support them and other walkers. Details of ways to do this are on the website: [The Coniston to Barrow Walk](http://TheConistontoBarrowWalk.com) | [Keswick to Barrow Walk](http://KeswicktoBarrowWalk.com) (keswick2barrow.co.uk)

Drinks anyone ????

May sees the launch of the popular Quiz Competition by Chris Jackson circulated around South Lakes and further afield. This time the quiz will be on drinks! Now we all love these brainteasing paper quizzes and, as always, cash prizes are available for the winner so don't forget to buy your copy. Thanks Chris!

Celebrating our volunteers

June 1-7th is a week of celebrating the country's fabulous volunteers, not least our very own special team involved in so many ways to help our charity. Karen, our volunteer coordinator, and all the team want to mark our appreciation that week, so you'll be hearing more from us nearer the time as we THANK our fantastic volunteers.

We're on the streets again!

June 16th is our street collection in Kendal. As always, if you would like to help for an hour or so, we'd love to have you on board.

Make a Will free of charge – Clinic

July 6th sees the next 'Free Will' Clinic where Aileen is available all day for a coffee and a chat at the Sight Advice office in Kendal, to answer any questions you may have about making a Gift or Legacy or updating your current will, using our Free Will Scheme.

July 14th Windermere and Bowness Street Collection TBC

Summer Auction

July 23rd to 30th July - OUR SUMMER THEMED ONLINE AUCTION. The theme of this auction is all things summer, especially delicious foods, drinks, lotions and potions, days out admissions, high teas, sun protection, bright bags etc. As usual, the event will be on Facebook via our Sight Advice South Lakes Page but if you wish to have a hard copy catalogue or audio description let Aileen know. Donations and support from businesses have been incredible for these auctions and you can bag a real bargain and help the charity, so don't be shy!

Heads Up for August ... dates for your diary...

August 11th Ambleside Street Collection

August 25th We've a 'Fun in the Sun' afternoon planned in the gardens (weather permitting) at the Unitarian Chapel 1pm-4pm. There will be lots of stalls, games, cakes and plants refreshments including cream teas, children's activities and fabulous live music by our great friends, local band, Coldharbour Road.

Donations of cakes, plants and crafts would be very welcome, as would helpers.

There will also be a best fruitcake, best scone and other cake competitions. Entry forms are £1 and there will be a prize for the winner and a surprise judge on the day!

That's all folks as a certain rabbit used to say!

Have a great summer and don't forget your shades and sunhats!

Aileen

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 (Assistive Technology)</i> Tim Ward</p> <p><i>Community Development Officer</i> Judith Rogers</p> <p><i>Sight Support Coordinator (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> Sarah Stoddard Tim Ward</p> <p><i>Finance Officer</i> Emma Barker</p> <p><i>Fundraising Coordinator</i> Aileen Ward</p> <p><i>Housekeeping</i> Diane Boulder</p>
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