



Autumn 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

Welcome to our Autumn Magazine.

Recently, we were delighted to welcome, The High Sheriff of Cumbria, Samantha Scott and guests from Cumbria Community Foundation to Sight Advice. The visit involved a tour of our building, meeting staff and speaking with some of our clients and volunteers.



Thank you to Nigel and Chris for speaking so passionately about the support they received from the charity and to Eileen for sharing stories of volunteering, which has nearly reached the 30-year mark – what an achievement.

Feedback received following the visit - “We were all very impressed with the professionalism of you (Claire) and your team and the range of valuable services you provide, especially your child/youth-oriented programmes. Well done to you all.” Samantha Scott, High Sheriff of Cumbria

We see and hear every day, the difference we make to people's lives and how valuable our services are. It is wonderful for us to have this work recognised by the High Sheriff.



Do you enjoy podcasts or listening to audio books?

It is becoming a more popular pastime now and there are so many to choose from. Some people choose books that have been recommended, while some people choose stories based on the reader. Many of us at Sight Advice enjoy listening to podcasts and audio books, here are some of our recommendations.



‘Friday Night Comedy’ on Radio 4 – you can ask your smart speaker to play ‘Friday Night Comedy’ and it will play the latest episode for you. These are often based around topical news events and are very funny.

‘Uncanny’ is a podcast on BBC Sounds – the description on the internet describes it as ‘real life stories of paranormal encounters’ ‘from ghostly phantoms to UFOs’ - quite creepy but compelling.

‘Marianna in Conspiracyland’ is on BBC Sounds, described on BBC Sounds as ‘What happened to the people who fell down the rabbit hole into a world of conspiracy theories during the pandemic?’

‘Gangster’ is also on BBC Sounds – the story of John ‘Goldfinger’ Palmer, a criminal who smelted the gold from the Brink’s Mat bullion robbery.

‘Postcards from Midlife’ – ‘Are you living in a hormonal hothouse, feeling a little overwhelmed and in need of some positive, uplifting and comforting guidance on how to lead a more magnificent midlife?’ This podcast sees the two presenters interviewing different guests about their experience of their midlife.

‘Desert Island Discs’ – eight tracks, a book and a luxury: What would you take to a desert island? An interesting question – can you write your own version of Desert Island Discs – what would your book, tracks and luxury be?

Ancestry podcast called ‘It’s About Time’ – if you are interested in remarkable stories from history narrated by Tony Robinson.

As far as audiobooks are concerned, all of the Richard Osman, Thursday Murder Club, are great and a really easy listen. ‘Lessons

in Chemistry' by Bonnie Garmus is a really interesting and eye opening story.

Can you guess who in the office listens to what?

Please share your recommendations with us too; it is always good to find out something new we can listen to and enjoy!

Take care,

Sara.

Technology

Tim Ward



In this article, we are taking a look at a great family company called Taira Technology which Sight Advice South Lakes highly recommends.

Taira Technology is a friendly, family run business based in Lincolnshire. Mo lost his sight a few months after he was born. Growing up, Mo struggled to use technology and the support available at the time to blind and partially sighted people, was very poor.

Omar, Mo's brother, would often help Mo overcome the problems that he faced with his technology. They'd work together, Omar would act as Mo's eyes when repairing various pieces of equipment.

Many of Mo's friends from school and college (who are also blind) started to reach out for help, as they were facing the same problems. They encouraged Omar and Mo to start a business and to offer their help and services professionally.

Their mother, Taira, helped them to set up the business. With her wealth of managerial experience, tenacity and high standards in

everything she does, she was a huge asset to the business. Without her hard work, dedication and input they would not be where they are today and this is why they have named the company after her.

Taira Technology offers a range of products and services that are quite unique; I will outline some of them.

The BlindShell Classic 2 mobile phone is an easy-to-use 4G mobile phone (available in black or red). The phone is operated via the easy to feel, tactile physical keypad or by using your voice. Feedback is provided by the built-in synthetic screen reader, vibrations and additional acoustic signals/sounds. It does not have a touch screen. The buttons are very tactile and it is also suitable for those who are hard of hearing. It is an ideal upgrade for those people who are still using older mobile phones such as the Alto 2, or Nokia mobile phones with Talks. It is also an ideal alternative phone if you struggle to use an iPhone.

Taira Technology will go the extra mile to help you get started with the phone. When you purchase the phone from them, you will receive a 64GB micro SD card, an extended 2 year guarantee and 3 hours telephone training on arrival, all included in the price. You will also receive a getting started guide in your preferred format (large print, braille, audio CD, USB memory stick or via email).

The phone costs £439.99



Speed dots screen protector:

Many visually impaired people find an iPhone or iPad difficult to use because of the lack of tactile markings on the screen. If you are

one of these people, this product is for you! The SpeedDots cover is a clear screen protector (with tactile dots) which you can apply to your iPhone or iPad's touch screen. While Apple has done a great job making touch screen devices fully accessible to blind and visually impaired users, simply placing raised dots on the surface of the screen in a few key locations can help you input text and information accurately and confidently!

Apple, along with many third-party developers, typically place buttons in the same locations, which are marked with a small, raised braille dot. These tiny dots can be easily felt, but in no way obstruct a sighted person's view of the screen, as the screen protectors are clear. This makes it easy for you to share your phone with sighted friends, colleagues or family members without interfering with your phone's operation. You do not need to know braille to use this product.

When you buy the cover from Taira Technology, you will receive half an hour of telephone training on arrival and a getting started guide in your preferred format (large print, braille, audio CD, USB memory stick or via email).

The cover costs £19.99 and is also available for iPads. The iPad version costs £44.99.



Custom built computers and laptops:

If you are thinking of buying a new laptop, tablet or computer, contact Mo and Omar, not only will they advise on the best model for you, they will purchase it for you AND set it up correctly for you in a way that you can use. They can install any screen readers and programs that you require and customise Windows for you so that it is optimised for accessibility. They will also provide a custom getting started guide in your preferred format, and 3 to 8 hours of telephone training on arrival to help you get started.



Pay as you go and pay monthly technology training:

Another excellent service is the pay as you go and monthly support packages. If and when you get in a pickle with your technology, just call Taira technology, they will get you out of it. There are pay as you go and pay monthly support packages.

15 minutes with Taira technology could save you hours of frustration.

Small organisations such as Sight Advice, are more than happy to set people up with new technology, such as a phone, Alexa, reading machine etc but are often unable to provide ongoing support, so this is where Taira Technology and their pay as you go and monthly support packages come in.

Technology for people with sight loss is improving by the day, but so is the complexity. With or without sight, most people need support these days. Taira Technology is the future.

The pay as you go service costs £10 for every 15 minutes. You can find their full list of their monthly support packages on their website.

They are happy to receive telephone calls and emails and will always get back to you. They offer many other products and services and their website is well worth a visit. You can contact them via telephone on 03432897501.

Their website can be found at: www.tairatech.com/

They can be found on Twitter and Facebook by searching for Taira Technology

Our children and young people have been out and about in the Lake District over the recent months. We had a lovely time at St. Catherine's, The Footprint (Windermere) for an evening of bushcraft. Trying flint steels appeared to be the favourite activity! Everyone was able to start their own fire, ready to cook popcorn over the open flames. Thank you to Ro and Gareth from 'Woodmatters'.



Huge thanks, also, to our friends at Grasmere Garden Village. Again, this was a really successful activity for our families. After a tour around the garden centre, everyone potted up their own plants ready to take home. The children were also treated to delicious Gelato ice-cream.



We have also returned once again to the Outside In Play Centre, Kendal. A great activity for both the children and their families to socialise and have fun.

Get in touch to find out more about our exciting activities coming up this Autumn. Does anyone fancy tubing down the ski slope or giving horse-riding a go?!

A special warm welcome to our new families who have joined us recently.

We are really keen to engage with new families in South Lakes. I have been going out into the community and promoting our wonderful project. The outreach has included presentations to health professionals, attending the children's eye clinic and visiting a local toddler group, for children with additional needs.

I also had lots of fun running a visual awareness session to a year 5 class, at a local primary school.

If you know of a child or young person who would benefit from being part of our project, do get in touch with me.

alicia@sightadvice.org.uk or 01539 769055

Transition Information Event

Is your child in Year 7 or above? Do you know anything about the opportunities open to your children when they leave school?

We are organising an information evening to raise awareness about the transition from school to other educational or work opportunities. We will have visiting guests to talk about their experiences and there will be chance to ask questions and learn about technology available to support your child going forward. The event will be held in Kendal (venue to be confirmed depending on numbers) on Friday, October 6th 5.30-7.30pm. Light refreshments will be available. Families welcome. Save the date!

What's On Autumn 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.

SEPTEMBER

Fri 1st	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 4th	4pm	VITAL Group – Pizza Express
Tues 5th	2pm	Dual Sensory Loss Group – The Bradbury Centre
Thurs 7th	7pm	Book At Bedtime – MeetUpCall
Fri 8th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 11th	2pm	Kendal Community Group – The Bradbury Centre (Talk by Alicia Makinson, Young People & Children’s Project Coordinator)
Tues 12th	2pm	Games Group – The Bradbury Centre
Wed 13th		Walking Group – Sizergh
Thurs 14th	All Day	FREE Will Making / Gifts & Legacies Open Clinic – The Bradbury Centre
Thurs 14th	10am	Living Well: How to make the most of life with sight loss – Zoom
Thurs 14th	10am	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 14th	7pm	Book At Bedtime – MeetUpCall
Fri 15th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 18th to Sun 24th		EYE HEALTH WEEK – see Vision Matters for further information
Mon 18th	10.30 am	Arnside Community Group meeting – Arnside Methodist Hall
Tues 19th	All Day	Low Vision Clinic – The Bradbury Centre (Contact us on 01539 769055 if you think you would benefit from a low vision assessment)
Tues 19th	2pm	Sedbergh Community Group – People’s Hall, Sedbergh
Thurs 21st	7pm	Book At Bedtime – MeetUpCall
Fri 22nd	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 26th	2pm	Games Group – The Bradbury Centre
Thurs 28th	10am	Future Vision Assistive Technology Workshop – Zoom
Thurs 28th	7pm	Book At Bedtime – MeetUpCall
Fri 29th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom

OCTOBER

Tues 3rd	2pm	Dual Sensory Loss Group – The Bradbury Centre
Thurs 5th	7pm	Book At Bedtime – MeetUpCall
Fri 6th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Fri 6th	5.30pm	Transition Evening – Venue TBC
Mon 9th	2pm	Kendal Community Group – The Bradbury Centre (Talk from a local PCSO – Police Community Support Officer)
Tues 10th	2pm	Games Group – The Bradbury Centre
Wed 11th		Walking Group – Grange Prom
Thurs 12th	10am	Living Well: How to make the most of life with sight loss – Zoom
Thurs 12th	10am	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 12th	7pm	Book At Bedtime – MeetUpCall
Fri 13th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sun 15th	All Day	Young People & Children’s Project – Wild Garsdale Pike (Conservation Work)
Mon 16th	10.30 am	Arnside Community Group meeting – Arnside Methodist Hall
Tues 17th	All Day	Low Vision Clinic – The Bradbury Centre (Contact us on 01539 769055 if you think you would benefit from a low vision assessment)
Tues 17th	2pm	Sedbergh Community Group – People’s Hall, Sedbergh
Thurs 19th	All Day	FREE Will Making / Gifts & Legacies Open Clinic – The Bradbury Centre
Thurs 19th	7pm	Book At Bedtime – MeetUpCall
Fri 20th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 24th	2pm	Games Group – The Bradbury Centre
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
Mon 30th	4.15 – 5.45pm	Young People & Children’s Project – Play session at Outside In, Kendal
Tues 31st	2pm	Games Group – The Bradbury Centre

NOVEMBER

Thurs 2nd	7pm	Book At Bedtime – MeetUpCall
Fri 3rd	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Tues 7th	2pm	Dual Sensory Loss Group – The Bradbury Centre
Thurs 9th	10am	Living Well: How to make the most of life with sight loss – Zoom
Thurs 9th	10am	Windermere Community Group – Goodly Dale Centre, Windermere
Thurs 9th	7pm	Book At Bedtime – MeetUpCall
Fri 10th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Mon 13th	2pm	Kendal Community Group – The Bradbury Centre (Talk by Jean Turnbull from Kendal Oral History Group – ‘Railway Workers & Their Families’)
Mon 13th	7pm	VITAL Group – Quiz at Netherfield Cricket Club
Tues 14th	2pm	Games Group – The Bradbury Centre
Thurs 16th	7pm	Book at Bedtime – MeetUpCall
Fri 17th	10am	Coffee Morning Quiz with Mr Quizoh – Zoom
Sat 18th	3.00 – 4.15pm	Young People & Children’s Project – Tubing at Kendal Snowsports Club
Mon 20th	10.30 am	Arnside Community Group meeting – Arnside Methodist Hall
Mon 20th	2pm	Kendal Community Group – The Bradbury Centre
Tues 21st	All Day	Low Vision Clinic – The Bradbury Centre (Contact us on 01539 769055 if you think you would benefit from a low vision assessment)
Tues 21st	2pm	Sedbergh Community Group – People’s Hall, Sedbergh
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	2pm	Games Group – The Bradbury Centre
Thurs 30th	7pm	Book At Bedtime – MeetUpCall

Community Development Jackie Bateman & Jude Rogers

Now that the nights are beginning to draw in, you might find that the importance of lighting becomes more crucial whilst you are participating in your everyday tasks in your bathroom and in the kitchen. Did you know, however, that the way your bathroom or kitchen are designed and decorated can also have a huge impact on how well these rooms may meet your visual needs?



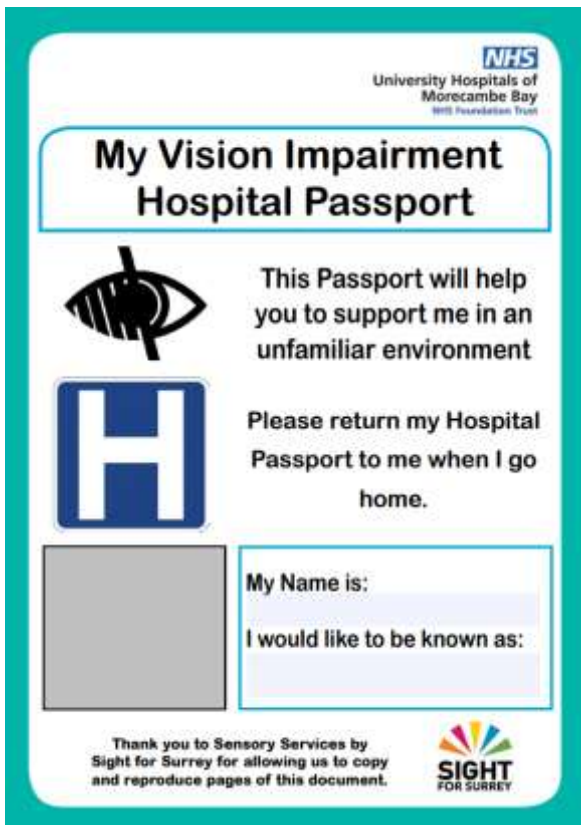
Dark colours on walls or on the floor can soak up the light within a room and patterned carpets or wallpapers can result in visual confusion. Pale colours can improve the lighting in rooms although be careful not to use a paint surface which might cause glare such as gloss paint. Contrasting colours can be used to delineate specific areas within the room such as using coloured tiles in a certain area e.g. the toilet area of the bathroom. Flooring of a darker colour to the walls can provide contrast and help to inform you of the room's borders. Contrasting coloured items can help such as a coloured shower curtain against a plain coloured wall or a coloured toilet seat.

Glare can also be a contributing factor to sight issues. Glossy tiles in the kitchen or bathroom can reflect the light back and make the area too bright especially in areas adjacent to windows. You may also experience glare if you work too close to the window. Similarly glossy worktops in the kitchen or vanity units in the bathroom, shiny doorknobs, toilet flush levers and toilet roll holders can all impact your sight because of glare.

At Sight Advice South Lakes, we work to enable you to participate in tasks which are important to you such as cooking or even using your bathroom safely. As part of our assessment, we can look at your home environment and advise on making the most of your surroundings. Similarly, if you are considering having any adaptations to your home made to enable you to cope better with your sight loss, we are able to advise on this; it may be decorating a room or a full revamp of a kitchen or bathroom. Do get in touch with us and we would be happy to help.

Vision Impairment Hospital Passport

A new VI ‘passport’ has recently been produced to help hospital staff support visually impaired patients during inpatient stays. The passport has been produced by UHMBT (University Hospitals of Morecambe Bay) in partnership with Vision Support (Barrow), Sight Advice South Lakes (Kendal) and Galloway’s (Morecambe) and is based on a document previously developed by Sensory Services by Sight for Surrey.



The passport is aimed at supporting visually impaired patients in an unfamiliar environment and includes information (and/or space to include information) on the following.

- A person’s eye condition and the areas of vision affected.
- Whether or not the individual has a combined sight AND hearing loss and tips on communicating with people with a so-called ‘dual sensory’ loss. For example, ‘make sure you have my attention before you communicate with me’.
- Information to help the patient whilst they are eating and drinking – i.e. on positioning (of crockery and cups, etc.) and requesting a large print menu.
- All the different items a visually impaired patient may use (shown in a series of pictures), including, for example, a magnifier, assistive light, symbol cane, tablet, etc.

- **Information on helping people get about in an unfamiliar space (i.e. a hospital room/ward) and if/how people need to be guided.**
- **Contact details of the three organisations who support people with vision loss locally.**

A copy of the passport can be accessed by scanning the QR code (right). You will need to open your camera and then hover your phone over the QR code; this will generate a link. Click on the link and follow the instructions from there. The form can then be completed and either emailed or posted to the Patient Experience Department at Westmorland General Hospital. Failing that, all patients should be given a copy on their admission to hospital.



Should you wish to find out more about this, or any other aspect of your eye condition, hospital treatment, etc. please do not hesitate to contact us on 01539 769055.

Take care all,

Sarah & Tim

Hi everyone! Aileen here with a quick recap on the summer ...

Mr McKenna was the winner of the two tickets for Kendal Calling 2023. Thanks to the festival organisers for their donation of the tickets which raised £300!



Street Collection Kendal 16th June raised a fabulous £330.48. We were accompanied by our musician/singer friend, Brian, who drew plenty of attention from supporters. As always, thanks to our collector team - you are stars!

Street Collection Windermere and Bowness was on a very wet day, unfortunately, but still raised £140. A special thank you to everyone who stood in the rain and did a stint that day! Stars!

Summer Auction Online raised nearly £800! Thank you to our fantastic members, volunteers and the local business community for donating prizes and to everyone who had a browse or bid.

So what's happening this autumn?

See our What's On section for details of more street and instore collections. A new volunteer collector rota should have reached you by now, if you are a volunteer collector. Please complete and return if you have not already done so.

Our popular annual Quiz Trophy competition (inc supper) at Netherfield Cricket Club Oct 2nd (tickets available from Sept from SASL) £5 per person inc light supper. Question master is Chris Jackson known for setting a good quiz. Contact Chris / SASL, if you are interested in entering a team.

A new year starting in Sept of 100 Club which raises around a £1000 per year (minus winnings) still a few numbers empty so why not join for £12 a share to enter into the next 12 months draws (£25 winner each month plus a £50 winner each Xmas).

Chris Jackson's latest paper Quiz on 'Drinks' is ending on 15th Sept. Chris will contact winners directly - a big thank you to Chris (and Eileen) for their efforts.

Free Will Making Service

Our make a will for free/explore making a gift or legacy to the charity, open session days will take place at Sight Advice South Lakes 14th Sept and 19th October. This is a chance for anyone who wants to make sure their affairs are up to date, loved ones are cared for and your wishes are carried out in the future. This is an informal chat and a chance for you to ask any questions.

So even if you just want to find out a bit more about this service feel free, pop in for a coffee, cake and a chat. Can't get to us but want to know more? Just give Aileen a ring on 01539 769055.

On Oct 26th we will be in Kirkby Lonsdale again for a street and possible store collection but also to promote our charity and its various services.

Mon 13th Nov our GRAND XMAS HAMPER prize raffle starts. Tickets are £2 each or 3 for £5 and will be on sale at the office and our website. The Hamper will be on display at SASL Office from 13/11/23. The Hamper includes fabulous festive fayre inc. bubbly, wine, spirits, chocs, handmade Xmas cake, Xmas pudding and lots more. It's a cracker! (groan)

The draw will be made on Thurs 14th Dec. If you can't get to the office or use our website to get your tickets, just give us a ring and we'll sort something out to make sure you don't miss out!

Thurs 16th Nov sees the launch of our annual Winter Appeal themed this year as a 'Give a gift at Xmas' Appeal

When you are thinking about buying gifts for family, friends and loved ones this year, would you consider making a 'gift' donation to our charity? For instance, the price of a gift, no matter how large or small, will help us continue to help people who experience sight loss.

Often people tell us that we feel like we are a big family. Please will you add us to your Xmas gift list this year? Thank you if you can.

Sun Nov 26th – Sun 3rd Dec OUR FABULOUS WINTER AUCTION with stacks of handcrafted woollens, warming scarves, hats, drinks, delicious hampers and a wonderful array of potential Xmas gifts for your family and friends.

As usual, the auction will be on Facebook but you can view many of the prizes at SASL the week it's on and we do offer a hard copy

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word catalogue and audio description if needed. Just contact Aileen at the charity.

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

Heads up - Dates for Dec

100 Club £50 and £25 draw being made 14th Dec at SASL

GRAND XMAS HAMPER DRAW will be made 14th Dec at SASL

ASDA instore Xmas Collection 9th Dec

Xmas Coffee Morning Date and venue tbc

Xmas Tree Festival Date TBC

Help us win £1000

Help us win £1000 by nominating BENEFACT Group Movement for Good Campaign.

It is quick and easy to nominate us, just log onto benefactgroup.com and click on the “Movement for Good - Nominate a charity for £1000” button and fill in your details.

Winners will be drawn at random and the more times Sight Advice is nominated the more chance it has of being selected.

Thank you.

Emma Barker

Finance Officer

Volunteer & Housekeeper

Diane Boulder

Diane has been a volunteer with Sight Advice for over 6 years now. Initially, she started work on our reception and is now one of our key fundraisers. Diane is also the housekeeper at the Bradbury Centre and ensures that our offices are kept clean and tidy!



Diane has lived in Kendal for over 27 years and originally worked in retail for over 30 years.

Diane's relationship with Sight Advice started when she came to us for help in managing her own eye condition. Having received positive support from us, Diane then decided to give something back and began her volunteering career.

In her spare time, Diane enjoys being with her grandchildren and also loves any opportunity to travel. However, Diane's specialist subject is most definitely Elvis Presley – if she hears of an Elvis themed gig, she'll be there!

Allergic Conjunctivitis

Tim Bagot

As the summer draws to a close and autumn approaches, many hay fever sufferers will breathe a sigh of relief, both literally and metaphorically, due to the reduction in grass and tree pollen.

For others, however, the season for allergies is just beginning. A significant number of people are allergic to the spores from moulds and fungi. The atmospheric concentration of these allergens tends to worsen through the autumn months as leaves and vegetation rot down.

Allergic conjunctivitis (inflammation of the membrane across the front of the eyes) often gives symptoms of itchy eyes. The eyes can also be watery and sometimes produce a clear, elastic mucous discharge. Sometimes this mucous can cause crusting of the eye lashes and the eyes to be stuck shut on waking.

If you think you have symptoms of allergic conjunctivitis, then a visit to the pharmacist may be a good idea as a first port of call. The pharmacy can advise on a range of products to treat the symptoms including eye drops and/or tablets. It should be noted that some

eye drops can take up to eight weeks to reach their full effectiveness, so if you suffer from allergic eye problems at a specific time of year, it may be worthwhile making a note of when symptoms begin and commencing treatment in following years eight weeks before you would expect to be symptomatic.

With allergic conjunctivitis, the eyes wouldn't be expected to be blurred or significantly light sensitive. If the symptoms are more severe than expected or are not the usual allergic symptoms (or if there are any concerns) then an assessment at a community optical practice would be sensible.

Volunteering

It was great to see so many volunteers at the Volunteer Drop In session Karen hosted in August. We are so grateful for all of the things that our volunteers do for Sight Advice. All the staff feel very privileged to have so many amazing people who are willing to offer their time to support others. Also, our walking group had a gorgeous day for their walk on Cunswick Scar in August.



Picture on the left shows volunteers and staff at the Volunteer Drop In session on Thursday 17th August and the picture on the right shows 12 people on the walking group at the top on Cunswick Scar with beautiful blue skies.

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> Time 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>
<p><i>Chair of Trustees</i> Dr Sal Riding</p> <p><i>Trustees</i> Mrs Linda Baverstock Miss Rachel Ireland Miss Jenny Hodkinson Mrs Janet McLeod Mr Paul Blackburn</p>	



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Twitter

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Promoting independent living
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www.sightadvice.org.uk**

Charity No. 1145818 Company No. 7879355

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