

Summer/Autumn 2024 Issue 1

Sight Advice South Lakes Magazine



Contact us on
01539 769055 or on
info@sightadvice.org.uk

Welcome to our new look magazine

CLAIRE PARK
CHIEF EXECUTIVE



We hope that you enjoy reading our magazine with its new layout. We intend to produce a magazine twice a year now and it will continue to be available as an email, print and audio version as usual.

One of the main changes is the 'What's On', this will no longer be in the magazine and will now be produced every two months. It will be available on our website, from the office or sent to you via email.

At our recent AGM, I shared with those present, a number of our achievements from the period April 2022 to March 2023. 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.

During this time, we offered 1764 cases of support to 479 individuals, with each person on average requiring 3 visits/interventions each. Of the people supported during this time, 58% were over the age of 80 with 23% of those over the age of 90.

Through our holistic assessments we know that, 75% of our clients are living with long term health conditions and 46% of our clients live alone, with 23% telling us they rarely leave their home. Not surprising due to the nature of our charity, 97% of our clients rely on others for lifts including public transport.

The number of people we support and the information we give, increases year on year. At present, our services remain free to all who need them.

To maintain the level of support we currently provide we rely on a range of income streams, including grant funding which is becoming more and more competitive. In this financial year, two of our biggest funds come to an end. It is a challenging time for the charity, however as always, we will work hard to maintain our current offer of support for local people living with sight loss.

Claire Park
Chief Executive

SIGHT ADVICE SOUTH LAKES AT A GLANCE

The Bradbury Centre	Information, aids and equipment	Drop in visits: 883 Telephone & email enquiries: 1635 Sight Support Information Enquiries: 157
Eye Clinic Liaison	Information, advice and support when attending eye clinic appointments at WGH	Light enquiries: 1634 Full cases: 271 Referrals for Low Vision Assessments: 134
Low Vision Assessments	Assessment and prescription of low vision aids	Referrals made: 134 Assessments completed: 87
Support and Information Groups	Peer support networks and information groups	Groups/events hosted: 223 Total attendance: 3010
Community Development	Specialist Support: Advice, information, independent living solutions and home-based holistic assessments	Individuals supported: 479 Cases of support: 1764 Home visits: 189 Holistic Assessments: 105 New clients added: 227
Assistive Technology Service	Independent living solutions	Individuals supported: 140 Cases of support: 404 Tech support events held: 25 Tech support group attendance: 435
Positive Steps	Understanding sight loss and independent living	Individuals supported: 43
Volunteering	Underpinning all our services	Active volunteers: 105 New volunteers added: 8
Children & Young Peoples' Project	Activities and support for under 18s	Cases of support: 253 Individuals supported: 35 Events/activities hosted: 22 Activity total attendance: 104 New members: 3
Community Fundraising	Income for the Charity	£7,783 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 leaders forum.
Communications	Keeping people informed	SASL Magazine Editions: 4 Facebook followers: 627 Twitter followers: 993 Website visits: 19,000+

Passion and Purpose

SARA COOK
SERVICES' MANAGER



Could we consider a softer more gentler approach to our day to day lives?

How often do we hear the phrases – find your passion or discover your purpose? We routinely ask children what they want to be when they grow up and put pressure on young people to make a decision at 16 about their path in life and to make big decisions about their future. I am particularly mindful of this at the moment, as my son is currently in the middle of his GCSE exams.



I recently went to a talk in Manchester by Elizabeth Gilbert, author of *Eat, Pray, Love*. Her memoir about a period in her life which starts with her divorce and tells the story of her subsequent journey to Italy (Eat), India (Pray) and Bali (Love).

Her talk was around the societal pressure to 'find your passion' or 'discover your purpose'. We are fed the story that we are unique and have a talent that no one else has that you must find, develop, monetise and put it out in the world, to make big leaps and changes and ultimately 'leave a legacy'. No pressure then!



There are obviously people in the world who have discovered their passion or purpose and I am sure we can all name a few of those people. Gilbert stated that she has met many of these people who have become extremely rich doing so and says they still go to bed at night wondering if they can do more, be more and have more, so maybe following your 'passion' and 'purpose' is not always the ticket to fulfillment after all?

Gilbert invites us to take a kinder and more mindful approach to our lives, suggesting curiosity is a gentler way to navigate our way through life. Taking the next right action towards something that interests us and seeing where it leads.



The courage to slow down, take in what is around us and follow what interests you. Courage, the root word being cor which means heart, and curious, a root word of cura meaning guardian or observer. So taking from Gilbert's theory we are becoming observers of the heart, the courage to follow our curiosity. Compassion for self and for others, putting one foot in front of the other whilst not looking too far ahead. A metaphor I like is at night when or if we drive, we only need the short distance in front where the light shines.



What do you think?

Do you subscribe to the push, push, strive, strive mentality? No judgment, for some this has led them on a path to somewhere they wanted to be. I wonder though, how many of us have followed something they thought was a 'passion' and got to where they set their sights and thought, "Is this it?" Sometimes we think we know what is best for us and we don't always feel as elated as we thought we would, we jump straight on to the next thing and the striving starts again. The cycle continues and we have forgotten to look up and enjoy the view and appreciate what is around us along the way.



I can see it from both sides of the fence. I suspect that maybe it is more about noticing where your motivation is coming from and what you are chasing rather than not following a passion or a purpose.

To have goals to work towards can help with accountability, providing you share them, being vulnerable and sharing a passion is also a brave thing and requires us to put our heart on our sleeve and stand up for a cause, to support people who need someone to walk along side them or stand up for their rights when they cannot. There are many passions and purposes worth following and it may also be that we follow the next right action and it leads up to somewhere we don't want to be and that is ok too.



I think ultimately to be present and not put too much pressure on ourselves feels like a softer and more gentler way to live, trust that we have the capacity and resilience to experience whatever might come our way. Take a quieter path or shout loudly from the rooftops about it, both can be your way and that is ok too. Just maybe check in every now and again with yourself and notice if this feels right, could I take a step on another path and see where that leads, maybe you have a whisper of something that is speaking to you and inviting you to be curious, whatever your age, and explore it further. In that case, go for it!

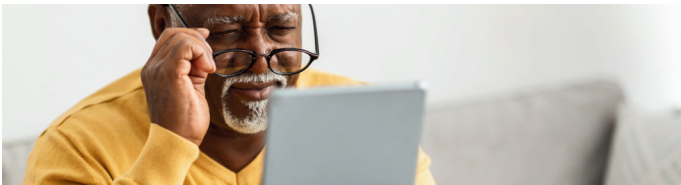
Let's all take a moment to check in, ask what we need right now and take the next right step because who knows where it will lead.

I would be interested to hear your thoughts on this so please get in touch on 01539 769 055.

Sara

Different eye conditions

We wrote in our last magazine article about how part of our job as ECLOs is to provide people with trusted and up to date information on various aspects of their eye condition/sight loss, e.g. driving, nutrition, etc. But what about the eye conditions themselves? We are only too aware of the number of people we speak to who struggle to take in and understand exactly what it is they are being diagnosed with. Especially when, as is the case for a lot of people, they can have multiple diagnoses.



There are actually hundreds of different eye diseases and disorders. However, the four most common eye conditions leading to loss of vision or blindness (in adults) include: cataracts, diabetes-related retinopathy, glaucoma and age-related macular degeneration (or AMD).

In terms of how these conditions affect the various different parts of our eyes, putting it simply ...

SARAH STODDARD AND TIM WARD
ECLO - WGH



Cataracts – are a clouding of your eye's lens. Your lens can be found behind your iris, the coloured part of your eye. Normally clear, the lens helps to focus the light entering your eye. Developing cataracts will, however, cause your sight to become cloudy, misty and sometimes blurry.

Cataracts can affect one or both eyes to varying degrees. They are treated by surgery, during which the cloudy lens is removed and replaced by an artificial lens.

Diabetes-related retinopathy – is a disease in which there is ongoing damage to the blood vessels in your retina due to high sugar (glucose) levels in your blood. Your retina is the light-sensitive tissue in your eye that is needed for clear vision.

Most people with diabetes-related retinopathy show no vision changes until the disease is severe. In others, symptoms e.g. blurred or patchy vision, eye pain or redness, come and go. Treatment can include injections of a specific type of medication or laser surgery.

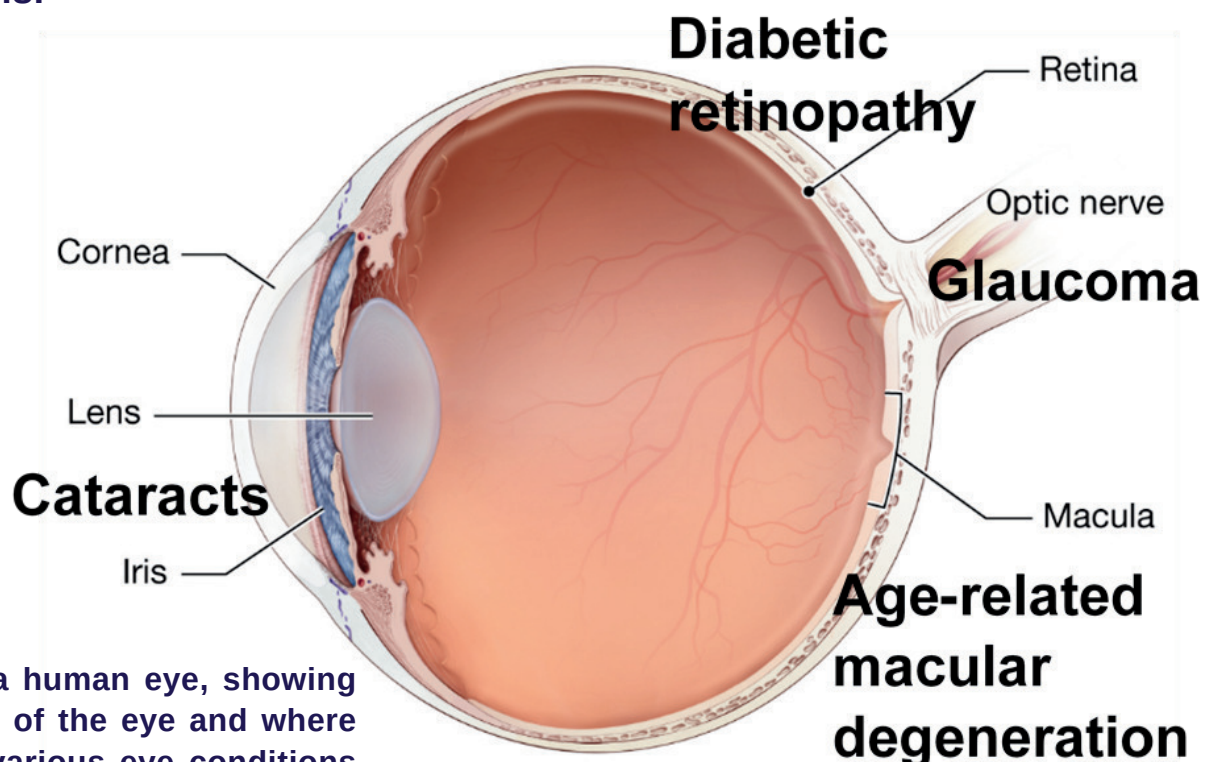
Age-related macular degeneration (AMD) – is an eye disease that affects your central vision. It damages the macula, part of the retina at the back of the eye that allows you to see fine details.

Macular degeneration can either be wet or dry. Wet AMD happens when abnormal blood vessels grow under the macula and leak blood and fluid. This damages the macula and leads to loss of central vision. Dry AMD results in the thinning of the macula, which blurs your central vision over time.

Although there is no cure, treatment can slow the progress of disease or prevent severe vision loss. Recent advances have been made in the treatment of wet AMD, using intraocular injections of anti-VEGF medications.

Glaucoma – is the name given to a group of eye conditions where there is damage to your optic nerve, usually resulting from higher-than-normal fluid pressure in your eye. The pressure damages your optic nerve, which affects how visual information is transmitted to your brain. Undetected and untreated glaucoma can lead to vision loss and blindness in one or both eyes. Treatments focus on reducing eye pressure and include prescription eye drops, laser therapy and surgery.

Did you know Sight Advice can come to your group and talk? Also, for a list of information sources used in the compilation of this article, email info@sightadvice.org.uk



A diagram of a human eye, showing the main parts of the eye and where (roughly) the various eye conditions can affect it.

Accessible white goods and cooking aids

JACKIE BATEMAN AND JUDITH ROGERS
COMMUNITY DEVELOPMENT OFFICERS



We have been contacted recently by people looking for details about accessible white goods and thought we would share our findings.

As you would expect there are few washing machines which specifically target the visually impaired consumer.

However, Miele promote their WDD 131 WPS GuideLine as an accessible washing machine specifically developed for blind and partially sighted people.

The machine has tactile buttons and audible prompts but does not speak instructions so you will need to remember what all the different audible prompts mean. You can find out more by linking to a live demonstration with staff at the Miele shops by searching 'Miele Live Sales Consultation.' The shop staff will demonstrate the washer in question with you. List price is £1,049.00, but if purchased directly from Miele, those who are registered Sight Impaired or Severely Sight Impaired, can benefit from a 20% discount.

Other Miele machines can be used with the Miele app but this is reportedly difficult to use with Voiceover speech programmes.



Many modern washing machines rely on digital displays to indicate programmes and are consequently difficult to see. It may be easier to rely on dials and either count the clicks when turning the dial or use bump on stickers or three-dimensional tactile paint to mark your most commonly used washing programmes. Both Bosch and Indesit have washers with dials.

Ask us at Sight Advice for details of where to purchase these tactile paint markers and bump ons.

Many people have purchased induction hobs, which, although offering some advantages for blind individuals, do come with potential drawbacks. They can be a great safety feature as the heated areas become cooler immediately as a pan is moved. No open flames or exposed heating elements reduce the risk of accidental fires and the cooking area is also smooth, so less chance of pans being placed unsafely on a hob.

The controls can, however, prove rather challenging as there are no clearly defined cooking areas making it difficult to know where to place the pan. On/off and temperature of the heating areas are often controlled by touching a specific area of the hob, which again can have no visual clues.

Firstly, ensure there is good lighting shining onto the hob either from integrated kitchen lighting or by using a good task light. Controls can be made to provide more tactile feedback with three dimensional paint applied around the control so the fingertip continues to make contact with the control panel. A Pan Pickle can be applied to the edge of the cooking area to help locate the appropriate cooking area. These are silicone grips against which the pan is placed and are available from the RNIB shop.



If you use the oven, try using silicon Oven Guards. These cover the shelf edges and are designed to stop you from accidentally burning your hands and arms when reaching in to the oven. So simple but so effective!



If you are struggling to use your white goods and would like advice on them being more accessible for you then do contact us, although we will draw a line at doing your laundry or cooking for you we can advise you on all the products mentioned plus lighting too!

Jackie and Jude

Thank you volunteers!

ROSALIND MELVILLE
VOLUNTEER COORDINATOR



***“We make a living by what we get,
but we make a life by what we give”***

Winston Churchill

We at Sight Advice are always thankful for our volunteers – our volunteers are at the heart of what we do. To mark National Volunteer Appreciation Week at the beginning of June, we are hosting our own Sight Advice South Lakes' appreciation event on Thursday 6th June between 2.00pm – 4.00pm for all of our volunteers.



There will be drinks and refreshments, the opportunity to meet other Sight Advice South Lakes' volunteers and to celebrate the acts of kindness that make a positive difference to our service users and our local communities.

If you volunteer for us, please do come along. It will be lovely to see you.

In March, we held a surprise celebration for Eileen and Chris Jackson, who have volunteered for over 32 years at Sight Advice. It was a lovely occasion attended by staff and volunteers alike, who wanted to honour all the work Eileen and Chris have done over an incredible three decades. From fundraising, to social events, to stalls and fairs, to running the VITAL group, to volunteer driving and more. Between them they have been an enormous support to Sight Advice and we are so grateful for all they have done.

Pictured, Aileen giving a speech of thanks to Eileen and Chris.



If you are a volunteer, be proud of what you do and tell others about it!

Encourage others to get involved whatever they want to do and however much or little they want to do; there will be a place for them to help.

Volunteering is beneficial to those that carry it out. It has so many positives – it is fun, you can learn new skills, make friends, be part of the community, feel good about yourself, build confidence and, most importantly, connect with others.

I am always happy to hear from potential volunteers and to talk to them about Sight Advice, the amazing work we do and where they can fit in.



Currently, we have a need for volunteer drivers (just once a month) to help with transport for our Windermere community group and also for fundraising volunteers to help out with street collections in Ambleside, Arnside, Kirkby Lonsdale, Milnthorpe, Sedbergh and Windermere plus our stalls at fairs (very flexible hours).

It just remains for me to say thank you all for your support and commitment and have a good summer.

Rosalind.

Fundraising news

Hello from fundraising and a huge thank you to everyone who supported events such as the Easter Draw and the Online Spring Auction in the last couple of months.

We raised a great sum of £674 on the Spring Auction and a fabulous £531 on the Easter Draw. A massive thank you to Auction donors & bidders and to Stuart Hann, The Blind Chocolatier, for the incredible Easter eggs for the Easter Draw!

At Asda, we recently collected £536. Our thanks to shoppers and the store. A big thank you too to our wonderful volunteers as always for their help.

Finally, we enjoyed the Future Vision Exhibition day in April, where we also raised £127 in refreshments and a raffle.

Coming up through the next few months, you will see from our 'What's On' for June and July we have street and store collections, fingers crossed another brilliant fun fundraiser Bingo Evening, led by John and Diane (date TBC) and another brain teasing Paper Quiz on Biscuits this time with cash prizes, being launched by Chris Jackson in June.

AILEEN WARD
FUNDRAISING COORDINATOR



The Summer Fair this year will again be held in the gardens at the Unitarian Chapel here in Kendal on Friday 26th July. It promises to be a great day including live music, fun games stalls, cream teas, cake and plant stalls, tombola, children's stall, to name just a few. There will of course be a MAGNIFICENT raffle as always and ASDA this year are kindly donating the 1st Prize of a Summer Hamper which promises to be full of goodies!

Would you like to get involved? Help us by running a stall or baking, creating for the crafts stall, donating plants, helping us serve refreshments or wash up?

There is also going to be a cake competition with three categories:

Best sandwich cake
Best other cake e.g. fruit
Best scone type

Want to enter or help?.... Please get your entry form from Sight Advice and we can have a chat!

Gifts, Wills, Legacy and Memorium

The next Free Wills/Gifts and Legacy advice clinic is at Sight Advice on the Thursday 4th July. There is no need to book, just pop in anytime between 10am-4.00pm on the day for a coffee and a chat. These sessions are monthly so don't worry if you cannot make it this time.

Making a will with us (and our legal partners Bequeathed) is simple, free and confidential.



FREE WILL CLINIC

DO YOU HAVE A WILL?

DID YOU KNOW THE GOVERNMENT
ADVISES THAT YOU UPDATE YOUR WILL
EVERY 5 YEARS?

Why not pop in to our Free Will Writing Clinic to find out more about how you can write your will for free using the Bequeathed - Will for Good Scheme.

Thursday 4th July, 10am-4pm

Sight Advice South Lakes, 116 Highgate, Kendal

01539 769055

info@sightadvice.org.uk

www.sightadvice.org.uk

The Bradbury Centre, 116 Highgate, Kendal, Cumbria LA9 4HE
Registered Charity No 1145818 - Company No 7879355

Celebrating a Birthday?

Now and then we have a donation made by a member or volunteer who, rather than receiving birthday or celebration cards, requests a collection be made for Sight Advice. There is also an option on Facebook if you are a Facebook user to do this. It is a great way of helping the charity and we appreciate every penny that is donated to help us help the two and a half thousand people we support.



As the magazine is now being sent out twice a year just a heads up for the rest of summer and early autumn, to look out for the What's On for more details.

September we will be launching a new version of our popular 100 Club we will keep you posted!

There will also be a Harvest Celebration afternoon in September (date TBC). Tickets will be £5 pp with an afternoon of music, harvest food and poetry evocative of this beautiful season. Places will be limited so first come first served.

There is also our annual Quiz for the Sight Advice TROPHY being held in October, more details in the What's On nearer the time. It is always a great evening of fun and a light supper!

In readiness for our next auction online in November. If you would like to create or donate a prize, please let me know. Our auctions really help support Sight Advice South Lakes to keep providing our services.

Best wishes to all,
Aileen Ward Fundraising coordinator/
Gifts, Wills and Legacy Officer.

Children and Young People's Project

ALICIA MAKINSON
CYP COORDINATOR



I would first like to welcome our new families who have joined the project in recent months. I have really enjoyed getting to know some of you whilst attending some of our activities and we have had the most amazing time. Activities have ranged from canoeing on Coniston Water to making homemade burgers and flapjack at Kendal College.

As a project, we aim to give our young people a wide breadth of experiences so that they can test themselves, push boundaries and feel proud of their achievements.

Our project is led by our children and young people, so if you have any great ideas get in touch! Siblings are also at the heart of our project, and we welcome them to join in many of our activities.

‘Friendship’ is a key word when talking about our aims for the project. Not only do our young people offer support to each other but so do their parents and carers. It is wonderful to hear families sharing their thoughts and offering suggestions often around things like EHCPs (Education and Health Care Plans), schooling or transport. Providing opportunities for our families to offer both moral and practical support is an important aspect of our project.



Remember that we support all children/young people aged 0-18 years and we are also able to support individuals as they move into adulthood. Advice can be offered to those wanting to explore further education and employment opportunities.

If families need any advice either at home or at school, we are able to show you some of the latest assistive technology to support our children and young people living with sight loss. We can also signpost you to grants which may help fund some equipment.



Our project works very closely with other national charities and again I can offer suggestions and signpost you in the right direction.

If you would like to know more about our Children and Young People's Project here at Sight Advice South Lakes do get in touch. You can email me at alicia@sightadvice.org.uk or call me on 01539 769055.

Families are able to refer themselves, alternatively, a professional you are working may suggest you give us a call or with your permission, can send over your details to us and we will get in touch.

Alicia

Future Vision: Wearable technology for people with sight loss

TIM WARD
ASSISTIVE TECH
COORDINATOR



In the very near future, wearable technology is set to revolutionize the lives of people with sight loss.



While such technology has been expensive and unflattering in the past, a game-changer has arrived in the form of Ray-Ban Meta smart glasses. Meta (formerly known as Facebook) has entered the wearable technology market with a pair of glasses that combine style and functionality, holding great potential for enhancing the quality of life for people with sight loss, including those with no sight at all.

The Ray-Ban Meta smart glasses are not specifically designed for the visually impaired community, but like the iPhone, Alexa, and other high street products, their features can greatly benefit people with sight loss.

The glasses currently offer the following features:

- A 12MP camera capable of taking photos and recording videos in 1080p resolution.
- Easy syncing of photos and videos to the Meta View app on your phone for editing and sharing.
- Voice command functionality to take photos and send them via WhatsApp ("Hey Meta, take a photo and send it to dad").
- Open-ear speakers that provide quality sound for music, calls, messages, and voice assistants, with minimal sound leakage.



The glasses are operated by tapping the frame, and menus are audio-described through the tiny speakers embedded in the frame. This allows users to participate in Facebook, Instagram, and WhatsApp social media by simply tapping their Meta Ray-Ban glasses. You can take a picture by looking in the direction of your subject and send the photo to friends and family instantly with just a few taps.

While there is a learning curve, using these glasses should be easier than navigating phones and laptops for those with visual impairments.



A newer version, currently available in the USA, features an AI chatbot. This means that if you have no sight or poor sight, you can ask the chatbot to describe your surroundings.

For example, it might say, "You are in a small woodland with oak trees to the left and a stream to your right. A small path is in front of you."

Some have even said that the chatbot describes scenes just as well as, or even better than, a real human.

The cost of the glasses is currently around £400, which is significantly cheaper than other wearable spectacles that typically cost thousands of pounds. Our advice is to wait for the chatbot-enabled version to be released in the UK rather than purchasing the current UK version.

At Sight Advice South Lakes, we plan to purchase a pair later this year for anyone to try out. Watch out for updates in our magazine, on our X (Twitter) or Facebook page to find out more about these smart glasses. We will post any new new information when we have it.

If you would like to find out more please do get in touch.

Tim

A life well lived – Mr Dennis Whicker



In April, we learnt of the sad loss of a very committed and very respected volunteer, Mr Dennis Whicker, who had shown enormous tenacity and courage in a long battle with cancer over many years.

Well known in the community as a local police officer until his retirement, Dennis continued to help and support the Sedbergh community and as he became involved with Sight Advice South Lakes (among many other organisations he was involved with), he set up and led our Sedbergh Social Group. A man to be relied on, nothing was too much trouble for Dennis and no one was denied his time.

We will miss his quick wit, hearty laughter at the online quizzes, his dedicated approach to supporting people with sight loss and his unbounding energy to help someone when they most needed it.

A man who made the world all the better for his presence in it.

We are sure you will join us in sending condolences to his wife, children and grandchildren, and to the many, many friends of this kind, respected and well-loved member of our community.

Aileen Ward



Fell Foot for Everyone

Saturday 15th June 2024

Inclusive day for everyone to come and enjoy the great outdoors at Fell Foot. A fun filled day with lots of free activities to help gain knowledge & confidence to get active.

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Guided Walks

Stalls & Workshops

Uplifting Talks

Sports & Activities

Conservation

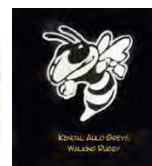
Inspiring Films

Tai Chi

Dragon Boating

Yoga

Brought to you proudly in partnership with:



For details please contact the above partners or visit nationaltrust.org.uk/fell-foot

All activities are free but normal parking charges apply (NT members/blue badge holders park free). Please note parking is limited and site may be busy. Please speak to partners above who may be able to advise or assist with travel planning.

Wordsearch - Summer

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flowers

hot

sandals

sunshine

tshirt

dresses

holiday

rain

sunglasses

travel

weddings

breeze

garden

outdoors

shorts

tourists

warmth

It's quiz time!

1. What was the name of the ship that carried the Pilgrims to America in 1620?

- A) HMS Bounty
- B) Mayflower
- C) Titanic
- D) Santa Maria

2. Which car is famously associated with the "Back to the Future" films?

- A) Ford Mustang
- B) DeLorean DMC-12
- C) Chevrolet Camaro
- D) Pontiac Firebird

3. The Orient Express was a long-distance passenger train service that originally ran from Paris to which city?

- A) Moscow
- B) Istanbul
- C) Rome
- D) Vienna

4. What kind of animal was historically used by the Pony Express in the United States for mail delivery?

- A) Horse
- B) Camel
- C) Elephant
- D) Oxen

5. Which space shuttle was the first to go into space?

- A) Atlantis
- B) Challenger
- C) Discovery
- D) Columbia

6. The Titanic was operated by which shipping line?

- A) White Star Line
- B) Cunard Line
- C) Royal Caribbean
- D) Norwegian Cruise Line

7. What is the name of the luxury British car brand whose emblem is a "Spirit of Ecstasy"?

- A) Bentley
- B) Rolls-Royce
- C) Aston Martin
- D) Jaguar

8. Which train is known as the world's first high-speed train?

- A) Bullet Train
- B) TGV
- C) Eurostar
- D) Shinkansen

9. Amelia Earhart famously flew solo across which body of water?

- A) Atlantic Ocean
- B) Pacific Ocean
- C) Indian Ocean
- D) Arctic Ocean

11. What was the name of the balloon used by the Montgolfier brothers in 1783 for the first public demonstration of a hot air balloon?

- A) L'Aérostat Réveillon
- B) Le Globe
- C) Aerovoyant
- D) Eagle

12. Which vessel was famously used by Charles Darwin during his scientific voyage that led to his theory of natural selection?

- A) HMS Beagle
- B) HMS Challenger
- C) HMS Endeavour
- D) HMS Discovery

13. The "General Lee" is a car from which television show?

- A) The Dukes of Hazzard
- B) Knight Rider
- C) Starsky and Hutch
- D) Miami Vice

14. What type of vehicle is the Hubble Space Telescope?

- A) Satellite
- B) Space shuttle
- C) Space station
- D) Space probe

19. What is the primary mode of transportation in Venice, Italy?*

- A) Bus
- B) Car
- C) Gondola
- D) Bicycle

15. The Wright brothers flew their first successful flight at which location?

- A) Kitty Hawk, North Carolina
- B) Dayton, Ohio
- C) Springfield, Illinois
- D) Cape Canaveral, Florida

16. Which iconic motorcycle brand was originally founded in Milwaukee, Wisconsin, in 1903?

- A) Ducati
- B) Harley-Davidson
- C) Triumph
- D) Kawasaki

17. What is the name of the famous luxury train that travels from Singapore to Bangkok?

- A) Eastern & Oriental Express
- B) The Ghan
- C) Trans-Siberian Railway
- D) The Canadian

18. The Spruce Goose is a famous aircraft built by which aviator and industrialist?

- A) Charles Lindbergh
- B) Howard Hughes
- C) Amelia Earhart
- D) Glenn Curtiss

20. Who was the first human to orbit the Earth in a spacecraft?

- A) Neil Armstrong
- B) Yuri Gagarin
- C) John Glenn
- D) Alan Shepard

Our regular groups

The old 'pull out and keep' What's On section of the Magazine will now be produced every two months, and can be accessed online (on our website), by email or a copy picked up from our office on Highgate.

The details of our regular community, support and social groups can be found below.

Arnside & Milnthorpe Group – led by volunteers Tony and Linda, meets on the third Monday of each month from 10.30am–12pm at Arnside Methodist Hall, LA5 0AQ.

DSL (Dual Sensory Loss) Group – led by Sarah, our Sight Advice ECLO/Sight Loss Advisor, meets on the first Tuesday of each month from 2.00–3.30pm at The Bradbury Centre, LA9 4HE.

Kendal Group – led by Sight Advice Community Development Officer Judith, meets on the second Monday of each month from 2.00–4.00pm at The Bradbury Centre, LA9 4HE.

Sedbergh Group – led by volunteers Keith and Sue, meets on the third Tuesday of each month from 2.00pm onwards at The People's Hall, LA10 5DQ.

Windermere Group – led by volunteer Janice, meets on the second Thursday of each month from 10.00am–1.45pm at Goodly Dale, LA23 2JB.

Vital Group – includes some of our younger members, aged from 19+. Rather than meeting regularly, the group tend to organise five or six events (including quizzes, bowling, meals out, etc.) per year.



In addition to the above, we also run (or support the running of) regular craft, games, sailing and walking groups; as well as the following online / telephone groups:

Coffee Morning Quiz with Mr Quizoh – online on Friday mornings at 10.00am.

Book at Bedtime (storytelling session) – telephone group on Thursday evenings at 7.00pm.

Living Well (how to make the most of life with sight loss) – online collaboration on the second Thursday of each month at 10.00am.

Future Vision Assistive Technology Workshop – online collaboration on the fourth Thursday of each month at 10.00am.

For details of how to join or to access any of the above, please contact the office on 01539 769055 or email info@sightadvice.org.uk.

And remember ... 'The journey of a thousand miles begins with a single step.'
– Lao Tzu, Tao Te Ching (6th Century BCE).

Quiz answers

- | | |
|-----------------------|-----------------------------------|
| 1. B) Mayflower | 11. A) L'Aérostat Réveillon |
| 2. B) DeLorean DMC-12 | 12. A) HMS Beagle |
| 3. B) Istanbul | 13. A) The Dukes of Hazzard |
| 4. A) Horse | 14. A) Satellite |
| 5. D) Columbia | 15. A) Kitty Hawk, North Carolina |
| 6. A) White Star Line | 16. B) Harley-Davidson |
| 7. B) Rolls-Royce | 17. A) Eastern & Oriental Express |
| 8. D) Shinkansen | 18. B) Howard Hughes |
| 9. A) Atlantic Ocean | 19. C) Gondola |
| 10. C) Ford | 20. B) Yuri Gagarin |

Flashes and Floaters



It is not uncommon for people to notice lines, squiggles, dots, shapes or flashes in their vision. These are referred to as flashes and floaters.

If floaters have been present for a long time and have not changed then these are usually nothing to be concerned about, however if new, sudden onset floaters or flashing lights appear in your vision then you should arrange for an assessment as a matter of urgency.

Floaters are usually caused by cells clumping together in the jelly in the back chamber of your eye and casting shadows on your retina. They are often more visible when viewed against a plain surface such as a whitewall, a blue sky or a screen. A sudden appearance of new floaters is a different matter and may be caused by the shrinking of the jelly in the back chamber of the eye (known as a posterior vitreous detachment) and this process can sometimes lead to a tear in the retina.

The retina is the light sensitive membrane at the back of the eye. If the retina tears then this may lead to a retinal detachment, where the retina comes away from the back of the eye and this in turn can lead to loss of part or all of the vision if not treated.

If a retinal tear is discovered then this can be treated using laser or an instrument to freeze the tear. If treated quickly, then a full recovery is not uncommon. If the retina detaches due to a tear not being treated promptly, then surgery is often required to re-attach the retina.

If you notice any new onset floaters, flashing lights in your vision, a shadow in your vision, a curtain or veil in your vision or a sudden onset blurring of vision, then you should contact your local optical practice for advice. If you cannot contact an optical practice then you should go to A&E.

Timothy Bagot
Bagot Opticians

Sight Advice South Lakes' Team

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Tim Ward

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