

January - June 2025 Issue 2

Sight Advice South Lakes Magazine



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



Welcome to our Winter/Spring 2025 Magazine

CLAIRE PARK
CHIEF EXECUTIVE



In December, we said goodbye to Judith (Jude) Rogers who joined us in 2022 to the role of Community Development Officer. We would like to thank Jude for her contribution to the work of the Charity and the impact she made and are delighted Jude will continue to support us as a volunteer, particularly in developing our counselling service.

Included within this magazine is a request for you to consider supporting our annual Winter Appeal, in light of us no longer selling raffle tickets. If you can, please do donate as it really does make a difference – THANK YOU!

A gift of £50 will enable a person living with a visual impairment to receive a visit to their home from one of our specialist staff. Providing advice and information and demonstrating aids and equipment for the home. Referrals for social support are available and referring on to other partner organisations for income maximisation support, for example, is all part of our highly valuable service.

The trustees and staff of Sight Advice South Lakes warmly invite you to attend their Annual General Meeting on Tuesday 11th February at 10.30am at Sight Advice South Lakes, The Bradbury Centre, 116 Highgate, Kendal, LA9 4HE. Please note that parking can be found at the Brewery Arts Centre and at Dowkers Lane car park.

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

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

As always, if you are feeling lonely or find yourself struggling, please pick up the phone and give us a call. We can offer support or signpost you to other support available locally. Finally stay safe, warm and well.

Claire Park, Chief Executive.

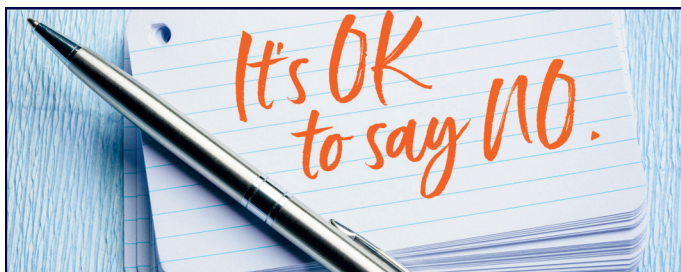
Boundaries, Balance and Bravery: The journey to saying no (and yes)

SARA COOK
SERVICES MANAGER



Why do we often struggle with saying no, and what does it reveal about our boundaries, conditioning, and self-worth?

Well I say 'we' as if everyone does, I expect there are some out there, my daughter being one of them, who don't have a problem with it. So, for you, I applaud you, but there might still be something here that might invite you to self-reflect.



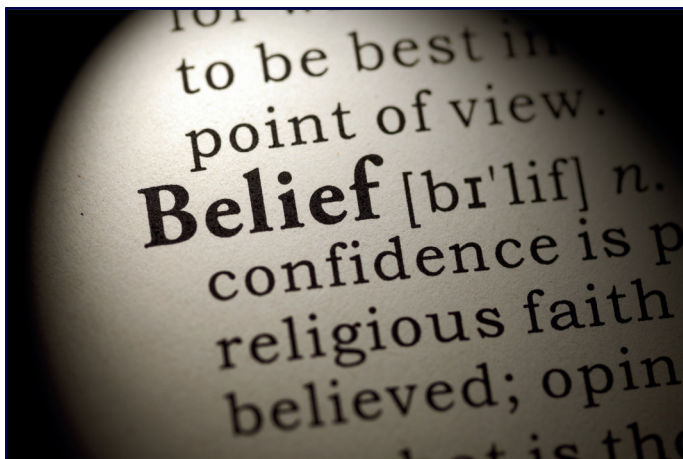
To start with, it is important to consider why it can be hard to say no. The word 'no' can be challenging to say and challenging to hear. It might be that you fall in to the people pleaser category, maybe you do not like the idea of upsetting someone or the fear of rejection. What about our pressure to conform or our conditioning growing up to always be 'nice' and not to upset anyone?

The need to just get on with it without whining or complaining or whatever language relates to you here. Sometimes we get ourselves into a situation where we feel burnt out and frazzled because we have said yes to so many things we have forgotten about ourselves.

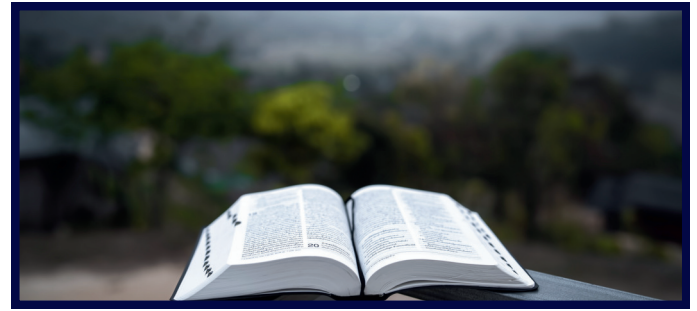


Cultural conditioning often teaches us to seek validation from external things and our desire for acceptance can override our ability to tune in and see what we need or want in a moment. Saying no is about setting boundaries, it is a way in which put ourselves first, a concept often alien to some as we might see this as selfish.

Again another belief that has come from our cultural conditioning of how we must behave. Sometimes we end up feeling guilty which can lead to shame and we start to attack ourselves for not being good enough or that we should be able to cope with a situation or a request, take it on and get on with it! Just as a side note, anywhere you are hearing the word 'should' is a red flag for your conditioning, something you have learnt or read or seen that is taking over your own authentic feelings, voice and needs.



From another perspective, it can also be true that saying no can lead us into loneliness. By being reluctant to try something different or go to a group, we have not been to before or learn a new skill. Often we can default to 'That is not for me' or 'I'm not a group person' and sometimes this can mean that we 'no' ourselves into isolation. We close down and are not willing to try something new.



Maybe saying no to too many things because 'they aren't for us' or 'I won't be able to do that' is also about our fear of rejection or our nervousness around having something to say or contribute. When often it is the opposite, if we go to something with an open mind and give it a go, you just never know what you might find. The key here is the open mind, often we have made our mind up about ourselves or about others before we have given ourselves or others a chance.

"Anywhere you are hearing the word 'should' is a red flag.."



When we were part of a tribe, being rejected could have been life threatening and often this is how our body reacts. We go into fear and shame mode, we believe that we are wrong or not good enough. Rather than separating our behavior from our self-worth we connect the two so a fear of rejection or conflict can feel like an attack on who we are. This however is where the confusion lies. Actually, your self-worth is innate, true validation must come from within. We must build our own self-care muscle, our own self-compassion and self-kindness habit, a way of recognising what we want and what we think matters and then slowly external validation becomes less important as we no longer need it to prove we are worthy of love and belonging.

“Actually, your self-worth is innate, true validation must come from within. “

To reflect on both forms of saying no. One is saying no when we are taking on too much and need to ask for some help, we can dig ourselves into martyr mode and believe that we have to do everything and no one else can possibly do it rather than recognizing that we can pass something on or ask for help or say no! This will not diminish who we are as a person, remember the innate self-worth.

We do not have to prove that we are good enough to be here! But, there is also the saying no to new ideas, invitations and suggestions. It is interesting how saying no here can be much easier but this is where you might consider doing something differently, trying something new or meeting with the old friend and saying yes for a change.

Whichever camp you fall in to, maybe both, that is ok. You need to give yourself a moment every now and again and see what you want and need. Asking for support can be the first step, or start by saying no to something that seems quite small and build up your confidence with it. Notice what emotions this brings up in you when you think about saying no and acknowledge them. Where do you need to set some boundaries and start putting yourself first for a change?

Or where could you say yes to something new this week and ask for support with this too.

Whichever you decide to go for, we are here for you to listen and offer you some emotional or practical support. It might be that counselling is for you and the chance to talk things over with a professional is something that would set you in a slightly different direction. Either way, you are worth it!

The Eye Care Support Pathway

SARAH STODDARD AND TIM WARD
ECLO - WGH



The Eye Care Support Pathway, launched in Birmingham in September, is a framework that has been developed by the RNIB and its partners from the NHS, social care organisations, the charity sector and the public to use to support the development of eye care and eye services.



The framework shows people's support needs at four key stages in an eye care journey.

1. Having an initial appointment
2. Having a diagnosis confirmed
3. Support after a diagnosis
4. Living well with a sight condition

At each stage, you should be able to:

1. Understand your eye care journey – what is going to happen, who is treating you and when.
2. Understand your diagnosis – know what condition you have, how to manage it and what it might mean for you.
3. Access to emotional and practical support – know how to get in touch with people and organisations (including Sight Advice South Lakes) that can help you manage your condition.

ECLOs (or Eye Clinic Liaison Officers) are there to help you at any or all of these key stages and can talk to you more about your needs.

Between each of these stages is 'waiting well'. We see ourselves as a really important part in this process. The services we offer at Sight Advice are all tailored around your needs and how we can best support you on your eye care journey.

Firstly, it is important for everyone to look after their eyes and know what to do if a problem occurs. You should know, for example, that it is important to go for regular eye tests and that eye tests also check your eye health. If you notice any sudden changes in your vision, e.g. loss of all or part of your vision in one or both eyes, you should always try and seek medical advice on the same day. You can contact your GP, optician or call 111 for advice.

Please note that our Sight Advice South Lakes' ECLOs, Sarah and Tim, can be found in the Eye Clinic at Westmorland General Hospital (Level 4) on a Monday and a Wednesday. Should you require help outside of these times, please contact us on 01539 769055.



There are also ECLOs based at Furness General Hospital (Adele Williams) and the Royal Lancaster Infirmary (Sharon Thomas), who work closely with Sarah and Tim to help people with eye care needs, as well as their family, friends and carers, across Morecambe Bay.

To find out more about the Eye Care Support Pathway, please see <https://www.rnib.org.uk/your-eyes/the-eye-care-support-pathway/> or contact us at Sight Advice South Lakes.



Managing light sensitivity

JACKIE BATEMAN

COMMUNITY DEVELOPMENT OFFICER

Strategies to reduce glare inside and outside

As our eyes age, many people experience issues with light sensitivity (or photophobia) especially with bright lights. This can be exacerbated by certain eye conditions which can cause the eye to adapt more slowly to changes in light levels or the light scatters in your eye before reaching the retina. Glaucoma, Retinitis Pigmentosa, Macular Degeneration and Cataracts can all result in light sensitivity.



Very often, someone with an eye condition will require more light to be able to carry out tasks. Some medications, migraines and other health conditions can also cause photophobia. If your reaction to glare suddenly increases, then ensure you get checked out as soon as possible at the opticians. Problems with glare can occur both inside and outdoors but there are many strategies you can use to try to reduce glare.



Here are some ideas:

Outside

Experiencing glare when outdoors can be a common problem for people with sight loss. Try these ideas to reduce discomfort and improve sight:

- Use peaked hats or golfing visors or try using an umbrella or parasol to reduce the amount of light entering the eye.
- Anti-glare coating on spectacle lenses can deflect excess light from the lens.
- Wear polarised sunglasses: These can be effective at reducing glare caused by light reflecting off surfaces like water, glass, or pavement.



Fit-Overs/Anti-Glare Glasses: These can be worn over prescription spectacles and have guards at the top, bottom and sides to prevent the entry of extraneous light. They have tinted lenses which come in a variety of colours and vary in darkness. Make sure you consider whether the lenses are providing sufficient light for you to see as well as possible, alongside reducing glare. Try different colours of tints on as different coloured tints reduce different wavelengths of light from entering the eye. So one colour may be far more beneficial than another. Try lenses in a variety of environments if possible. There is no firm evidence stating that a particular colour benefits all people with a specific eye condition. Sight Advice South Lakes stock a small selection of these for you to try.



If you can, plan to be in shaded areas or use an umbrella or parasol during periods of bright sunshine.

Consider your positioning when outside and try to keep your back towards the sun or try to plan your activities during the early morning or late afternoon when the sun is less intense.

Indoors:

Try to reduce the number of shiny surfaces such as draining boards, worktops, polished flooring, tiling and painted surfaces in your environment and opt for a matt finish if possible. Sunlight coming in through the window and reflecting off these shiny surfaces can cause problems with glare, but this can be easily controlled by installing vertical blinds or anti-glare film on the windows. Vertical blinds enable you to alter the angle of the light entering through the blind to meet your needs. Anti-glare film is more permanent and blocks out a consistent amount of light entering the room. If changing the window coverings is not possible, then try to position yourself with the light behind or to the side of you to minimize glare.



“Try to reduce the number of shiny surfaces... in your environment and opt for a matt finish if possible.”

Consider the lighting in your home and ensure there are no bright lights shining directly into your eyes - angle the lights downwards or away from your line of sight and use shades and dimmer switches to enable you to change the direction of light in a room. You can buy 'anti-glare' LED lights or diffused LED bulbs, which reduce the discomfort that comes from using bright lights but don't compromise on the brightness itself.

Do not be concerned about needing to wear antiglare glasses in the house if that is what you need.



“Consider the lighting in your home and ensure there are no bright lights shining directly into your eyes.”



Glare can also impact the ability to use technology such as a computer, tablet or phone. Background lighting can sometimes be too bright to enable reading by the text. Page brightness can be reduced or using 'dark mode' where white text appears against a black background. Other colour choices for reading may be available, such as yellow on black which could reduce glare.

When reading a book or newspaper, a typoscope, which is a slot cut into a sheet of card, can be laid over the page with the appropriate text appearing through the slot. The rest of the page is shielded to reduce glare from the page. These can be purchased from the RNIB.



RNIB Typoscope

<https://shop.rnib.org.uk/typoscope-s-reading-guides-pack-of-four>

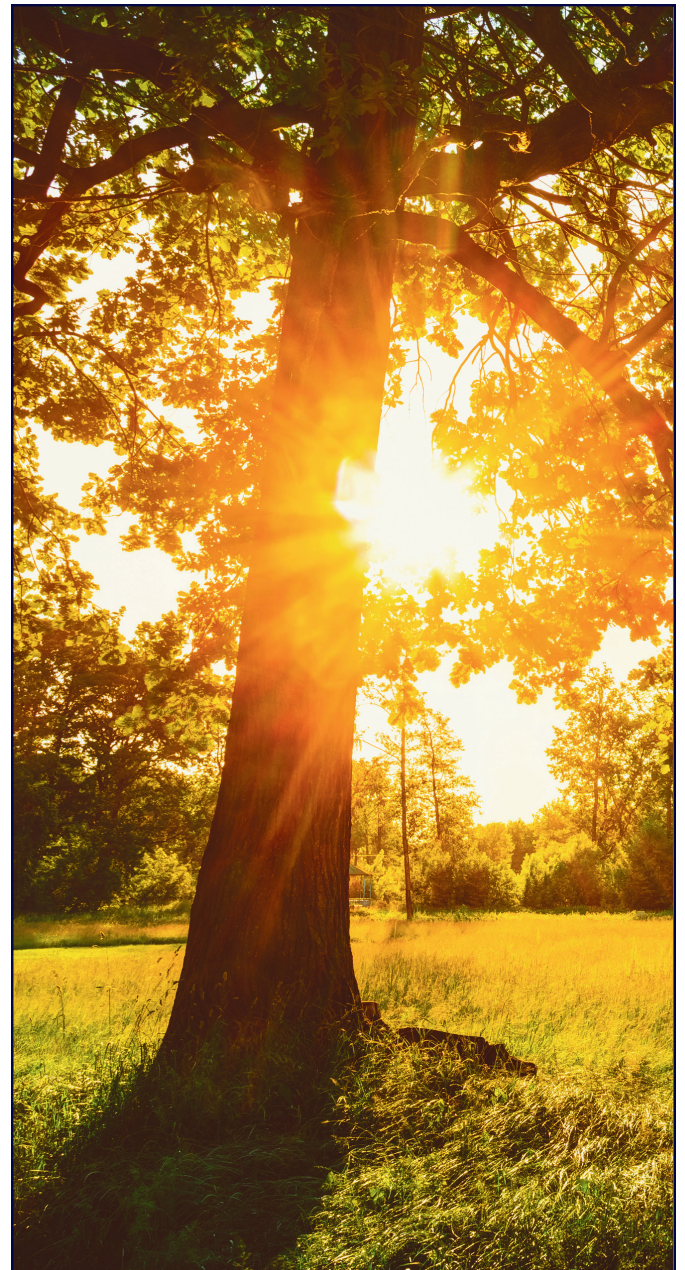


Light sensitivity can significantly impact daily life, but with the right strategies, you can reduce discomfort and improve your ability to see clearly. Whether you are managing glare outdoors with hats, polarised sunglasses, or fit-over glasses, or addressing indoor challenges with anti-glare coatings, matt finishes, and controlled lighting, there are practical solutions to suit your needs.



If you notice any sudden changes in your light sensitivity, it is crucial to consult an optician promptly. Remember, adapting your environment to reduce glare is an essential step toward maintaining your comfort and independence.

If you think you or a family member would benefit from a home visit to advise on lighting then please give us a call on 01539 769 055 or email info@sightadvice.org.uk



Thank you volunteers!

"Volunteers are the heart and soul of Sight Advice South Lakes, bringing people together, creating connections, and making a lasting difference. Your dedication truly brightens lives—thank you for everything you do!"



It has been a busy six months; the Summer Fair, street collections, quiz nights, bingo nights, social groups, Walking Group, the Harvest Moon Afternoon to name but a few of the things that have taken place, due to our wonderful volunteers making them possible.

All these events encourage a sense of community, connection and enjoyment which adds to a fuller life for all involved. So once again I am saying a big THANKYOU to all Sight Advice South Lakes volunteers. I have had a lot of volunteers tell me they don't volunteer for recognition or for thanks, but I never tire of saying thank you to volunteers because it is thoroughly deserved and all you do is appreciated.

ROSALIND MELVILLE
VOLUNTEER COORDINATOR



Special Thanks

Eileen, one of our longest serving volunteers, was nominated for the BBC's Make a Difference Volunteer Award and at an official BBC award ceremony on the 7th September was announced as the winner. It was an exciting afternoon, and the judges rightly said that Eileen is a role model and a very special person.

Eileen is pictured below with her award at the Castle Green event.



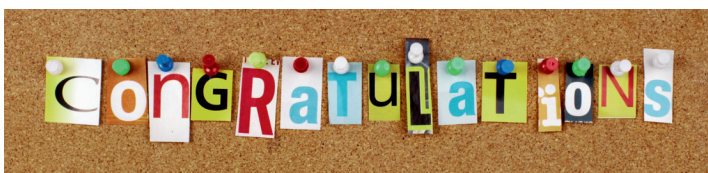


In October, Ann, another one of our longest serving volunteers, was presented with a Certificate of Outstanding Service for her volunteering work at the Arnside and Milnthorpe group. It was fitting that the presentation was made at the group that Ann has been an integral part of for over 25 years. Her warmth, friendliness and commitment are a fundamental part of its success and have been greatly valued by all those who have attended throughout the years.

Ann is pictured below in a pink cardigan and a blue jumper, she is stood in the kitchen.



Well done Ann!



Trustees

Currently we are looking for committed and enthusiastic team players to join our Trustee Board.



We need empathetic and pragmatic people to help take the work of the charity forward in supporting those living with sight loss and raising awareness of the issues surrounding sight loss. Experience of being a Trustee previously is not required, but a willingness to understand the role and responsibilities of being a Trustee, the ability to work collaboratively within a team and a commitment to act in the best interests of the charity is essential.

If you are interested in this role or know of anyone who might be, please contact me in the first instance and I will send further details or phone our number on 01539 769 055 to arrange to speak to Claire Park our CEO, to talk through this important role.

Volunteer roles available



Below are listed the types of roles our volunteers take part in. If you are interested in any of them, please do feel free to contact me on 01539 769 055. I would be more than happy to talk to you about any, or all, of the roles.

Befrienders – providing companionship either in person or by telephone.

Book at Bedtime – reading sessions held remotely via phone on a Thursday evening (on a rota basis).

Children and Young People's Project – working with 0 – 18 year olds in a range of fun activities and life learning skills.

Community Group Leaders – to facilitate or support our social / support groups based in the local area.

Craft Group Support – to offer support with crafts at a Kendal based group

Fundraising – working closely with our Fundraising Coordinator to raise funds through any or all of the following: street collections, fairs and events, donations, online auctions etc.

Volunteer Drivers – to provide transport to and from Sight Advice groups or events.

Walking Group Guide – to provide transport and one on one sighted guiding (training provided) at the monthly walking group.

Volunteer Receptionist - working for a few hours a week on our reception desk, this is a weekly commitment.

Until the next magazine, keep well and happy volunteering. Rosalind

A new community space gets ready to open!

Crosscrake Community Hub is an ambitious project which is central to our work here at St Thomas Church, Crosscrake. The new Hub will support, deliver and facilitate a variety of events and activities, and be available to hire.

Opening in the spring of 2025, Crosscrake Community Hub offers a contemporary, purpose-built, inclusive and accessible building with on-site parking for the local and wider community. At its heart will be a community centre and café servery with free super-fast Wi-Fi where people can meet, eat, learn new skills, access advice and signposting to services.

Situated adjacent to the Church, the Hub will stand alone with its own entrance. As you enter you will be welcomed into a warm, bright space set up to benefit people at all stages of life.



Raising the necessary funds for this project was a huge challenge for a small church and community. We are therefore particularly appreciative of the amazing support we have received from so many individuals, including the Trusts and Foundations who placed their trust in us to deliver a community hub which makes a positive difference.

In the meantime, anyone (0-100!) needing company or a break, is welcome to join us at our community drop-in 'Tuesdays at Ten' in church every Tuesday between 10am – noon, for drinks, snacks, chat and simple activities. Children are welcome with their responsible adult.

For more details contact Lucy at revlucyfoster@gmail.com or 07494 248123.
Crosscrake Church website: www.crosscrake.church

Fundraising news

Hello everyone,

Let me start by saying thank you to everyone who supported our fundraising efforts in 2024. When writing this article, 2025 is very much in the planning and we are looking forward to lots of great fundraising and social events.

Here are a few moments from 2024 fundraising calendar, to remind you of some of the great events, raising funds and spirits too! Thank you to all the volunteers who helped make these happen.



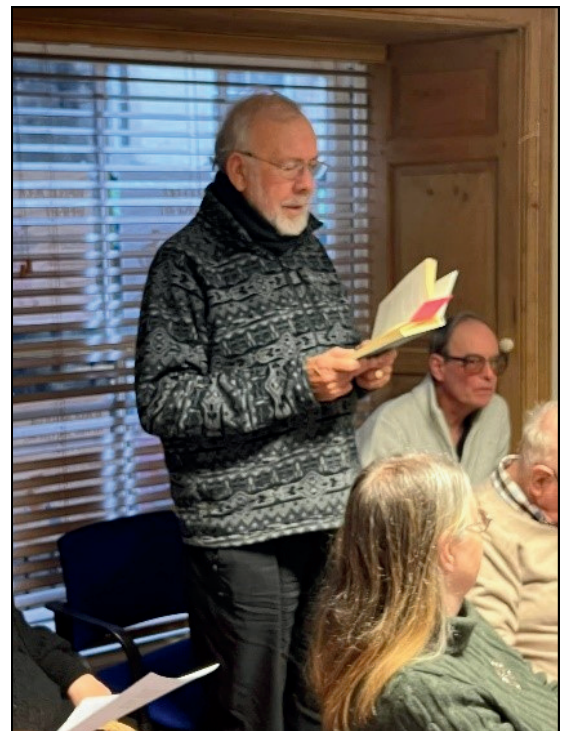
Our street & store collections continue thanks to our brilliant volunteers. We will let you know the next batch of dates in January and the collections will start in March when it's a bit warmer!

Our new Wings of Fortune scheme was launched a few months ago and there are still a few birds left. It is £12 for the year and there is the chance to win each month.

AILEEN WARD
FUNDRAISING COORDINATOR



Walkies!!! Feeling motivated? Is anyone interested in joining our team to register interest ASAP and take part in the Keswick to Barrow or Coniston to Barrow Walk / Run in May? It doesn't matter if you can only walk a short distance, you will be welcome, as we are planning our Sight Advice South Lakes Team to include a relay so there will be lots of people with varying abilities, and we will achieve this together! If you are interested, please get in touch on 01539 769 055.



Some pictures of our events in 2024



Top left: Two ladies stood at a table with food on it. Top right: A man sat at a table with a red cap and jumper on. Bottom left: A lady stood with a blue stripy jumper holding a large chocolate egg. Bottom right: A man and a lady stood, showing a box of goodies to the camera.

What is coming up in fundraising in 2025?

How can you support our valuable work?

January

Burns' Celebration Afternoon 23rd Jan - We had a wonderful time last year and so by very popular demand we will be having another afternoon of spoken word, poetry (inc. Rabbie of course), storytelling and fine music together with a delicious light tea, all with a Burns' theme (I'll have to catch that haggis again, let's hope he doesn't bite me this year!)

Book early for this one as spaces are limited, contact Aileen to book your place. Tickets cost £7.00 per ticket

Free Will For Good Clinics - 30th Jan, 27th Feb, March is Wills for Good month, 24th April, 22nd May

Take up the opportunity to access our Free Will For Good Scheme in partnership with local solicitors here in South Lakes. Pop in anytime between 10.00am and 4.00pm to see Aileen for a no obligation chat.

February

Valentines Event – Date TBC

March- April

It's the Grand Easter Draw – 'Chocs Galore'

Tickets will be available from mid March, look out for more information.

April

It is our Spring Auction- all things of Spring!

Hosted on Facebook, look out on our Sight Advice Fundraising page.

May

10th May - It's the Final Countdown dadadada dadadadadaaaa! You will get it if you're a rock fan! We are off on our Walk either the Coniston to Barrow or Keswick to Barrow (depending on entrants). Please join us, sponsor us or give us a cheer from one of the stops along the way. We would love to have your support and raise some funds for our charity!



Thank you for your support.

Children and Young People's Project

We've had an incredible time recently, organising a range of engaging activities for children, young people, and their families! Here are a few of the memorable experiences we've shared:

- A trip to Lakeland Maze Farm Park
- Kayaking and Canoeing on Coniston
- Skiing and Tubing at the Kendal Snowsports Club
- A fun-filled day at Diggerland in Durham
- Summer Planting at Sight Advice South Lakes

Empowering Experiences for Young People

A unique request from our young people this year was to organise an activity involving driving. For some, the possibility of driving in the future is uncertain due to their visual impairment. To make this dream a reality, we informed families of an incredible driving experience day tailored specifically for visually impaired individuals set up by Galloways.

Two of our young people headed to the Three Sisters Circuit near Wigan, where they drove their own car around the track with the guidance of trained professionals.

ALICIA MAKINSON
CYP COORDINATOR



One parent shared, "The driving experience day was absolutely fantastic. He was so excited and grinned all day!"

Beyond Activities: Holistic Support for Families

In addition to these activities, our project provides one-on-one support to families. We're here to listen and offer guidance, focusing on the family as a whole. Our support extends to all children and young people from ages 0 to 18 and continues as they transition into adulthood. We also assist with advice on further education, employment opportunities, and the latest assistive technology to support young people both at home and school.

If you're interested in learning more about anything we offer please call me on 01539 769 055 or email on alicia@sightadvice.org.uk

Families can self-refer, or, with your permission, a professional can refer you to our services. We look forward to connecting and supporting you. Alicia



Some pictures of our CYP events in 2024

We have had lots of fun and there is lots more to come in 2025. Please get in touch if you know of anyone who you think would benefit from our project.



Top left: A young boy is stood looking at a flower pot. Top middle: A young girl is sat with a rabbit on her lap. Top right: A young boy sat in a yellow digger. Bottom left: A girl is sat in a digger. Middle bottom: A girl with glasses is sat in a kayak on the water holding a paddle. Bottom right: Two canoes with three people sat in waterproof clothing .



Empowering Families Transitions in education and beyond

Friday 7th February at 6pm



Speakers

Hear from a range of experts who will share with you valuable information on what support is out there for you and your child now and in the future.



An ONLINE event aimed at families with a child with a vision impairment aged 11+



Questions?

There will be a chance to ask questions after the talks so any questions you have please bring them along to the event.

What to expect

Explore education pathways and support for children and young adults with sight loss, plus insights into transitioning to further education, lived experience stories, employment, benefits, independent living, and services from Sight Advice.

To book your place on this free event please email or call us.



01539 769 055



info@sightadvice.org.uk



www.sightadvice.org.uk

Making Technology Accessible: Support for People with Sight Loss

TIM WARD
ASSISTIVE TECH
COORDINATOR



There has been an explosion nationally in the amount of people that use smart technology such as a mobile phone or a tablet, alongside or instead of laptops and computers. This has also been reflected locally. This is great news. Disability is no longer the barrier it used to be for VI people and tech is becoming more friendly for people who have sight loss.

As we all know, technology can bring great benefits but alongside that we may also face challenges. This might be setting up or transferring data to a new device, downloading files or printers errors to name just a few.

Sight Advice South Lakes can help with making devices accessible e.g. turning on large font, enabling voice activation, but we are unable to sort out general problems people have.

This is something that we are finding increasingly coming our way and we just don't have the capacity to sort these problems.

Good news though, there is a National Charity that has volunteers in our area that people can contact, they are called Ability Net.

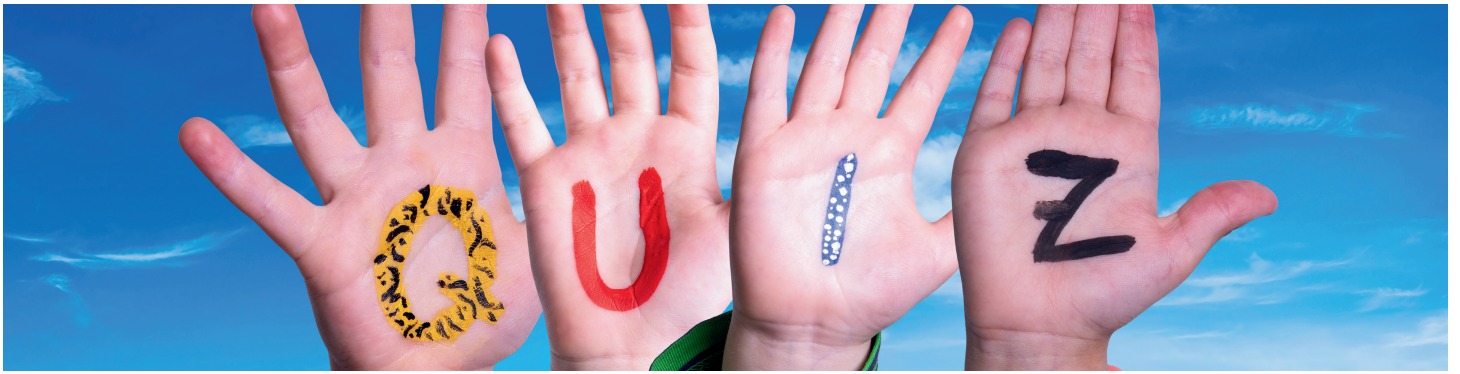
Free tech support & information for disabled and older people, Ability Net is a UK-based charity, their vision is a digital world accessible to all.

They have been helping older people and disabled people of any age with their technology for 25 years.

Could Ability Net help you or someone you know?

Volunteers from Ability Net are all DBS-checked and are happy to deal with any tech problems you may be having, large or small. Go to <https://abilitynet.org.uk/> to find out more.

Here at Sight Advice, we are happy to answer any questions or queries and if there is something that we can't help you with we will signpost or refer you to the right place.



1. What is the world's largest rainforest?
2. Which planet in the Solar System is known as the 'Blue Planet'?
3. Is bamboo, sugarcane or wheat the tallest grass in the world?
4. What is the term for animals who are active at night?
5. What type of tree produces acorns?
6. Which layer of the earth is made up of liquid, iron and nickel?
7. What is the process called by which plants make their food?
8. What is the fastest land animal?
9. Which ocean is the largest by area?
10. What is the primary gas found in the earth's atmosphere?
11. What is the name of the phenomenon where the sun is blocked by the moon?
12. What is the name of the largest living coral reef system?
13. What tree is known for producing the world's largest seeds?
14. What is the main source of energy for life on earth?
15. What fruit is known as the 'king of the fruits' and is famous for its strong smell?
16. Which drink is made by fermenting honey with water?
17. What is tofu made from?
18. What type of pastry is used to make a croissant?
19. What is the name of the Italian dessert made of coffee-soaked ladyfingers and mascarpone?
20. Which country is the largest producer of olive oil?

Answers on page 24.

Our regular groups

Our month to month 'What's On' is produced every three months, and can be accessed online (on our website), by email or a copy picked up from our office on Highgate. Please get in touch if you would like us to send this.

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 – supported by Jude, 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 first 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 Wednesday of each month from 10.00am– 12pm 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 three to four 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 769 055 or email info@sightadvice.org.uk.

And remember ... it's never too late to discover and make new friends along the way.



- | | |
|----------------------|------------------------|
| 1. Amazon Rainforest | 11. Solar eclipse |
| 2. Earth | 12. Great Barrier Reef |
| 3. Bamboo | 13. Coco De Mer palm |
| 4. Nocturnal | 14. The Sun |
| 5. Oak | 15. Durian |
| 6. Outer core | 16. Mead |
| 7. Photosynthesis | 17. Soy beans |
| 8. Cheetah | 18. Puff pastry |
| 9. Pacific Ocean | 19. Tiramisu |
| 10. Nitrogen | 20. Spain |

New Eye Care Services: Accessible Support Across Lancashire and South Cumbria



On the first of October, a new contract was put in place by Lancashire and South Cumbria Integrated Care Board (ICB) to enable a suite of eye services to be delivered to patients with a GP in the Lancashire and South Cumbria ICB footprint. Some of these services are delivered by 3rd sector organisations such as Sight Advice South Lakes as well as in community optical practice.

The Adult Low Vision Assessment Service (LV) is delivered by Sight Advice South Lakes as well as by other local sight advice charities and some community optical practices. The service enables adults to have a low vision assessment with a range of distance and near magnification aids as well as fit over filtering glasses. The assessment is paid for by the NHS along with any items required - there is no charge to the patient for the service or for any of the products included in the service. The service can be delivered at the provider's premises but is also available, under certain circumstances, on a domiciliary basis so you may be able to be assessed at home.

Community Urgent Eyecare Service is provided by optical practice and enables urgent access to assess a whole variety of recent onset eye conditions for patients of any age. Symptoms which are covered include, but are not limited to, flashes and floaters, visual disturbances, sore eyes, red eyes, eyelid lumps and bumps, sudden changes / drop in vision.

To book an appointment please contact a local optical practice, a list of which can be found at <https://primaryeyecare.co.uk/find-a-practice/>

The Post Operative Cataract Service allows adult patients who have had uncomplicated cataract surgery to have their postoperative assessment completed at their optical practice rather than having to return to the hospital. The results are sent back to the hospital at the end of the examination to ensure that all parties have all the necessary information.

Timothy Bagot
Bagot Opticians

SHOULD YOU WISH TO FIND OUT
MORE ABOUT A LOW VISION
APPOINTMENT PLEASE CONTACT
SIGHT ADVICE ON
01539 769 055.

Sight Advice South Lakes' Team

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Volunteer Coordinator

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Emma Barker

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Housekeeping

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**SIGHT
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