

Jul - Dec 2025 Issue 3

Sight Advice South Lakes Magazine

**Supporting people
of all ages and all
sight conditions
since 1956**



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

Welcome to this edition

CLAIRE PARK
CHIEF EXECUTIVE



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

In the last 12-month period, we gave 1447 cases of support to 514 individuals. With each person on average requiring up to 2 visits/interventions each.

87% of our clients are over the age of 70 with 36% of those aged 80-89 and 32% aged 90 plus. 79% of our clients are living with long-term health conditions. 46% live alone and 35% feel lonely or isolated. 36% say they feel overwhelmed with their sight loss.

Not surprisingly, due to the nature of our work, 95% of our clients rely on others for lifts including public transport. This results in 29% rarely leaving the house and 25% of those people saying hardly ever.

During this period, we received 1424 telephone and email enquiries, which is a slight decrease of 12% from the previous year.

However, our centre drop in visits continue to grow standing at 1149, a huge increase of 30% on the previous year.

“We gave 1447 cases of support.”

The technology support led by Tim Ward provided direct support to 181 individuals on 382 occasions. 122 online events took place, which included the popular Book at Bedtime, Friday Quiz, plus the Rainbow and well-being events in partnership with 4 other sight loss organisations.

Tim Ward and Sarah Stoddard continue working within the ECLO service at Westmorland General and during this period offered full case support to 204 people and light support to a further 1510.

The Children's and Young People's project, led by Alicia Makinson, supported 41 children and young people offering 247 interventions. Despite a reduction in funding to this service, we have managed to facilitate 15 different activity sessions throughout the year.

Our community work is always hugely valued and in the last year we made 195 home visits, this continues to be an essential part of our work here at Sight Advice South Lakes.

Looking at the difference we make people reported the following, after receiving support from Sight Advice:

- 90% of clients say their life has improved as a result of our support.
- 95% report that use of Assistive Technology has helped them better manage their sight loss.
- 88% report that use of Assistive Technology has increased their independence.
- One-third (32%) report being less dependent on others since they contacted Sight Advice.
- 68% feel they have learned new skills and/or interests as a result of contacting Sight Advice.



The number of people we support and the information we give increases year on year. At present, our services continue to be 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 to obtain. 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.

In May, we said goodbye to Jackie Bateman, who after 8 years with the Charity, made the decision that now felt the right time for her to retire. We would like to thank Jackie for all she has done during her time with Sight Advice and the difference she made to so many people living with sight loss.

We are delighted that Rosalind Melville, our current Volunteer Coordinator, will take up the role of Community Development Coordinator in July.

Claire Park
Chief Executive

Our Mission and Values

SARA COOK
SERVICES MANAGER



At Sight Advice South Lakes we are dedicated to improving the quality of life for individuals who are blind or partially sighted. We strive to raise awareness of sight loss and empower individuals through comprehensive support.

Our Commitment:

- **Empowerment and Independence:** We are committed to enabling people with sight loss to live independently, fostering self-sufficiency and confidence.
- **Holistic Support:** We provide practical and emotional support to individuals with sight loss, their families, and carers.
- **Community and Inclusion:** We facilitate access to social support and activities, promoting community engagement and inclusion for people with sight loss.
- **Education and Awareness:** We educate organisations and the community on the needs of individuals with sight loss, ensuring an inclusive and welcoming environment.

By focusing on these core areas, Sight Advice South Lakes aims to make a meaningful difference in the lives of those with sight loss, their families, and the broader community.

We have set out our values as

- LISTENING
- EMPOWERMENT
- INTEGRITY
- INCLUSIVITY
- COMMUNITY
- SUPPORT

Listening: We prioritise listening to the needs and concerns of individuals with sight loss, their families and carers. We know that taking time to listen to people is the first step to knowing what a person needs, and for them to feel heard. Feeling listened to and understood is so important and is the first step to building trust.



Empowerment: We believe in empowering individuals with sight loss, where possible, to live independently and confidently. As a charity, we want to give people the tools to live independently. Sight loss can make everyday activities and tasks much trickier and less safe. There are many different items, methods and devices that can provide an individual with the extra support they need to make themselves a cup of tea or cook a meal.

Integrity: We value honesty and integrity in all our interactions. Being curious and giving an individual options as to what is available to them is important. Sometimes however, we are unable to support a request. If this is the case, we will always aim to refer someone to another organisation who can help.

Inclusivity: We strive to create an inclusive environment, educating organisations and raising awareness to ensure people with sight loss feel welcomed and valued. Our aim is for people to feel welcome in a space for being themselves. What does inclusion look like to you? Have you changed your mind over time? Are there times you feel excluded from a situation or place? It is interesting here to reflect on our own experiences of inclusion in order to start to put ourselves into someone else's shoes.



Community: We build and foster a sense of community, facilitating social connections and activities that enhance the quality of life for individuals with sight loss. Our community is everything, it is at the heart of what we do. We want people to know where we are if they need our support. This is why we work hard to spread the word about the charity to ensure that we reach as many people as we possibly can.



Support: We provide comprehensive support, addressing emotional, practical, and technological needs for individuals and their families. Ultimately, all we do is centred around support. Support is defined as 'to bear all or part of the weight' of and comes from the Latin to convey, carry, bring up, bring forward. We hope that we can bear some of the weight people are carrying, the emotions that come up when given a diagnosis of sight loss can vary and having someone who can support you and bring you forward and bear some of the weight can make all the difference.

Sara Cook



Sight Advice Counselling Service

**BECAUSE IT'S
GOOD TO
TALK**

For a confidential chat
and to find out more,
please contact Sara on
01539 769055 or email
sara@sightadvice.org.uk

JOIN OUR ONLINE COMMUNITY

As well as in person social events and support we also run online sessions that might suit you. A mixture of information sessions with lots of learning and well being conversations and then some social fun sessions too.



CALL OR POP IN TO REQUEST A LINK

OUR ACTIVITIES

- ✓ Book at Bedtime
- ✓ Rainbow group - tech session
- ✓ Quiz time
- ✓ Living well - looking after your wellbeing

HOW TO JOIN?

- ON YOUR PHONE
- ONLINE

Low vision and making the most of your sight

SARAH STODDARD AND TIM WARD
ECLO - WGH



If your vision is making it difficult for you to perform everyday tasks, including reading, and if your sight cannot be improved through new glasses, contact lenses, medical or surgical treatment, then you more than likely have low vision.

Low vision services are provided by the NHS to help you make the most of your vision – by investigating the difficulties you are having, and recommending equipment or techniques that can help overcome these difficulties. This might be with magnifying glasses or other devices, or by helping you learn ways of using your vision, called vision strategies (e.g. ‘eccentric viewing’).



A low vision clinic has taken place monthly at Sight Advice South Lakes for a number of years now. However, more recently, our staff have undergone training to enable us to assess your vision at a time to suit you – be it during a home visit or at an appointment at our office.

There are various ways in which you can overcome the difficulties your sight is causing, including making things bigger, brighter and bolder, and/or using audio or tactile alternatives. A low vision assessment will help you find the best options for you.

Bigger

Depending on the type of sight loss you have, making things bigger (e.g. by using large print books, enlarging the font on a computer screen or using optical lenses such as magnifiers) usually makes them easier to see.

During a low vision assessment, we can identify which magnifier is right for the task you have chosen and make sure you are using it correctly. NHS clinics (including the service provided by Sight Advice South Lakes) usually provide a magnifier free of charge. Although you may have to buy additional magnifiers or pay for replacements.

Brighter

Good lighting can help you make the most of your sight by increasing contrast and clarity. This should make you feel more independent in your home, as you will be able to move around more safely and easily. Depending on your eye condition, your eyes may also need more time to adapt to the different lighting levels within your home.



So-called ‘task lighting’ enables you to direct light where you need it most, and is ideal for close-up tasks such as reading, writing, preparing and eating food, and hobbies such as knitting or sewing. Your choice of task light will depend on what you are doing, the level of light required and where the task is located.

Bolder

Using contrasting colours can also help, e.g. using a bold felt tip pen to write with will make the text bigger and bolder and a diary / notepad with thick lines can help guide your writing. Changing the brightness, contrast or screen resolution when using phones, tablets and computers can all help too.

Other products that can help

If you find using magnification too tiring or too difficult at times, it can help to use an audio or tactile alternative. There are many such products that can help you to make the most of your sight and maintain your independence, some of which can also be tried out during a low vision assessment. Examples of these are talking book players, home and kitchen products e.g the liquid level indicator, tactile and audio labelling products, etc.

To find out more, please contact us at Sight Advice South Lakes on 01539 769055, or see ‘Low vision and low vision services’ at www.rnib.org.uk.

Lighting the Way

Practical tips to improve lighting for sight loss and ageing eyes

It is a fact of life that as we age our eyes age with us and the lenses in our eyes begin to yellow. This results in less light reaching the cells at the back of the eye and consequently reduces our ability to see as we had previously. Ensuring light levels within our homes are increased can help with this.

By the age of 60 we need three times as much light as in our 20s and even more if we have an eye condition. Relying on natural light through windows can help with lighting for activities but to also set the circadian rhythms related to sleep.

Cleaning windows, using tie backs, adjusting the angle of light entering the window by using vertical blinds and cutting external vegetation which are blocking the light is therefore important in ensuring optimum natural light enters the window. Natural light, however, is insufficient for undertaking tasks within the home.

JACKIE BATEMAN
COMMUNITY DEVELOPMENT



Lighting needs to be consistent with no shadows. The more mature eye takes longer to adjust to differing light levels within a property and moving between levels of light can increase the risk of falls. Using natural light combined with artificial light can be a good combination. Here are some ideas to ensure that your lighting is even.



Living room: Use a number of ceiling lights to distribute the light across the room and supplement these with uplighters and wall lights. Task lamps such as a flexi floor lamp can provide bright lights to position close to the page below eye level for maximum benefit. If a magnifier and a task lamp are being used at the same time it is essential that the light falls directly onto the page or task and NOT onto the magnifier, otherwise it may cause disturbing reflections of the light in the magnifier lens and shadows on the page.

Kitchen: Create even lighting with ceiling lights, cooker hood light and LED lamps fixed beneath the wall units. Having all lighting wired into the same switch can prevent these lights being left on in error.

Hallway - motion sensitive lights are useful for lighting the way to the bathroom at night.

Stairs - it is important to ensure that light is consistent across the whole stairway in order that the treads and the risers are visible, especially if you experience issues with depth perception.

A single light at the top or bottom of the stairs can result in shadows elsewhere on the stairs. The bigger and brighter the light the larger area it will illuminate. But make sure that the bulb is hidden, otherwise these may cause glare. Bright paint on external steps can also differentiate individual steps.



“It is a fact of life that as we age our eyes age with us.”

Bathroom - There is a risk of glare in the bathroom so matte tiles are preferable to gloss. Ensure there is lighting above the bath/shower area as well as shaving areas.

Bedroom - movement activated lights are beneficial for trips to the bathroom at night or Alexa controlled lighting. Uplighters will provide consistent lighting without the risk of glare and motion operated lights in the wardrobe can help.

Adapting your home to enable you to be as independent as possible can be an overwhelming task. If you feel you need some further advice then do feel free to contact us at Sight Advice South Lakes on 01539 769055 or email info@sightadvice.org.uk and we will try to help.

WAYS YOU CAN SUPPORT THE WORK WE DO HERE AT SIGHT ADVICE SOUTH LAKES



Support your local sight loss charity

Charity no: 1145818

**Become a
friend of Sight
Advice South
Lakes – become
a regular giver**

**Volunteer, give
some of your
time to support
someone with
sight loss in
our community**

**Follow us on
Facebook and
share our posts
with your
friends and
family**

**Write your will
and leave a
legacy that
supports our
valuable work**

**Invite us to
talk at your
social group**



**Support our
street
collections
when you see
us out and
about**

**Become part of
our fundraising
team, behind
the scenes or
centre stage**

**Join our
social
groups
or
attend
an
event**



**Think of us
at a loved
one's
funeral by
nominating
us as a
charity**



**Give a one
off
donation**

**Call in at
116 Highgate,
Kendal
or
call
us on
01539
769 055**

Thank you volunteers!

ROSALIND MELVILLE
VOLUNTEER COORDINATOR

Welcome to the volunteering section of the Sight Advice South Lakes Magazine which highlights what our volunteers get up to and gives ideas on how to help.



Volunteering Milestone Celebration

In March, we celebrated a volunteering milestone – John has been volunteering with Sight Advice South Lakes for 20 years.

We had an afternoon of fun, refreshments and speeches. John is a tireless volunteer who has worn many volunteering hats over the years. These include running Games Group, organising Bingo events, fundraising, street collections, selling auction tickets, obtaining and collecting prizes for raffles and auctions, running very successful raffles, promoting Sight Advice and helping Aileen with transporting anything and everything to do with fundraising to different events.

Volunteering Benefits

Volunteering is linked to better physical, emotional and mental health. It creates a sense of connection to your local community and opportunities for new experiences and expanding your world view.

The contribution that volunteers make, however big or small, whether it is many hours or a few, whether it is obvious or behind the scenes support, in a group setting or one to one, makes a big impact. No matter what, by volunteering you will be helping at least one person in a mutually rewarding experience.



John is pictured above wearing a red and black checked shirt.

Thank You Celebration

In June, a thank you celebration for Janice took place. Janice started volunteering for us in 2013 and has successfully run the Windermere social group for many years. She is now ready to step back from leading the group and pass the reins on. It is very apparent, when talking to the group members, how thankful and appreciative they are for all that Janice has done. She will be missed - Thank you, Janice.



Above: A cake with 'Thank you Janice' written on it, it has pink icing on top.



Above: a group of people sat around a table to celebrate Janice.

'...by volunteering you'll be helping at least one person, in a mutually rewarding experience.'

Here are some pictures of our wonderful volunteers in action - maybe something will catch your eye.



Above: Two men playing instruments in the sunshine.



Above: A man and a woman stood side by side holding a braille kit donated by the Lions for the CYP project.

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 us on 01539 769 055. We 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

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 Head of Fundraising to raise funds through any or all of the following: street collections, fairs and events, donations, online auctions etc. Be the star of the show or behind the scenes.

Trustees – working with Claire Park, CEO and the Trustee team to take the work of the charity forward

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

Do you have a specific talent or skill you could share? You could talk at one of our groups or teach someone to learn a new skill.

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



HM Government

NHS

Get to the help you need



Use 111

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you.

Call, go online or use the NHS App.

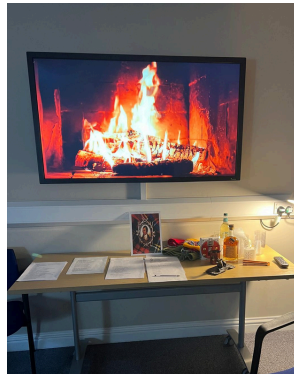


**Help us
help you**

Fundraising news

Hello from your Fundraising Coordinator, Aileen. I hope this article finds you well.

A quick update on events from the first half of year. In January, we celebrated Rabbie Burns with live music, song readings, a haggis, neeps and tatties pie and of course a wee dram, 'a fantastic afternoon' was had.



Left: Lady with an orange jumper and tartan skirt Right: A fire place picture on a TV screen with papers on the table

In March, we had our Grand Easter Eggstravaganza Draw with prizes donated by our kind friend, The Blind Chocolatier, Stuart Hann; Christine Bowness with her fabulous Simnel Cake; the staff team at Sight Advice and chocolates from ASDA. Thank you everyone for support. We raised over £500.

May was a busy month with our VE celebration afternoon to mark 80 years since victory in Europe. This included a delicious afternoon tea, story telling, readings, reminiscing and lovely company.

AILEEN WARD
FUNDRAISING COORDINATOR



Also in May we had our popular Bingo social afternoon with John 'Bingo' Wilkinson being the caller and obviously cake, tea and a good raffle were involved. Much fun and laughter could be heard!

We also enjoyed a wonderful afternoon tea in June to celebrate our wonderful volunteers, alongside some of our supporters.



Left: Two ladies stood in front of a table with food. Right: A lady with a big union jack hat and dress on

If you would like to know more about any of our upcoming social events, please get in touch on 01539 769 055.



Future Vision 2025

Our Future Vision 2025 event was a great success this year. Thank you to Richard Sutton, the new Mayor of Kendal, for attending the event. Richard has been a volunteer with us for some time now and has kindly named us as one of his nominated charities for his time in office. We are very grateful to Richard for his support.

Thank you to all the technology companies and charities who came along to the event - there were some great conversations being had and we are really proud to be able to bring this event to the centre of Kendal.

The raffle and refreshments were enjoyed by all.



The pictures show -Top left: our Mayor, with his gold chain and a dark blue suit holding a white folder. Bottom left is a service user wearing the Seva glasses, next to her there is a lady stood with black hair wearing a blue patterned shirt. Bottom middle - one lady stood up talking in a flowery dress and another sat at the table with a dark t-shirt. Bottom right - a group of people looking at equipment and talking.

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Our Spring Auction was a success, thank you to everyone who donated, created or bid on the items. Thank you too, to all the local businesses who supported us. We also have our street collections starting up again soon. Look out for a rota coming your way.

Chris Jackson's latest paper quiz, on Confectionary, is doing the rounds. Please look out for this across South Lakes.

Finally, a reminder that I am also the Gifts Wills and Legacy Officer at the charity. If you would like a chat about making a will and leaving a legacy, I am available on a Tuesday and a Thursday. If you would like to find out more about our free will writing service, please do get in touch.

What is coming up in fundraising?

How can you support our valuable work?

July

Our popular Summer Fair will run again this year on Friday 25th July. It is being held at the Unitarian Chapel Gardens in Kendal. There will be stalls, including: plants, cakes, crafts, games, advice, and refreshments, alongside live music. Everyone is very welcome and entry is FREE! Bring a friend along too, the more the merrier.

August

August will see the return of our popular bingo event. Dates to be confirmed, look out for our What's On on our website, keep an eye out for posters or pop into the office. Booking is essential as these events are popular and numbers are limited.

September

We will be having a afternoon of 'Conversations with Purpose'. This is a chance to come together at a drop in afternoon to look at how and why its important to make a will to ensure your wishes are carried out for the future. The date for this will be confirmed in our What's On.

We will also be having a display in NatWest Bank in Kendal for a week. If anyone can spare a couple of hours to help host our stall and talk to people about how Sight Advice can be of help to people experiencing sight loss please get in touch with Aileen.

October

We will be having an Autumnal themed afternoon including tales which are strange but true, with readings, music and a delicious harvest based afternoon tea, not to be missed, please check our What's On or look out for posters. This is a ticketed event so please get your tickets which will be available nearer the time, as numbers limited.

November

Friday 7th November will see the return of our annual fundraising quiz, in conjunction with Chris Jackson's Vital quiz. Please come along and enter a team or join an existing one - the more the merrier.

December

We will launch our Winter Appeal towards the end of the year. Look out for our Christmas hamper draw and our Facebook auction.

Children and Young People's Project



The past few months have been full of exciting experiences for the Children and Young People's Project, with a wide variety of activities bringing joy, learning, and confidence-building opportunities.

A standout moment was a magical family trip to see *Aladdin*, performed by The Lakes Players. Our sincere thanks go to the cast and crew for offering a special touch tour before the show, allowing our young participants to explore the stage. One unforgettable moment was when a young attendee had the chance to sit in the stunning stage carriage—perhaps dreaming of her own fairytale journey!

“...a wide variety of activities bringing joy, learning, and confidence-building opportunities.”

ALICIA MAKINSON
CYP COORDINATOR



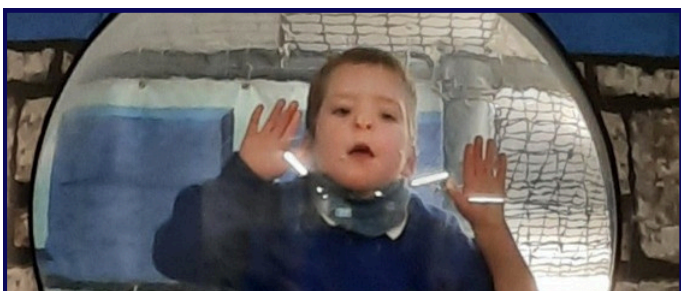
We also ran two successful Independence Cooking sessions, generously supported by catering staff and a student from Kendal College. These workshops gave our young people the chance to develop essential life skills while building confidence in the kitchen. From chopping to cooking with new appliances, they gained hands-on experience—especially enjoying the star of the show, the talking air fryer!

This Easter, we were delighted to welcome families through the doors of Sight Advice South Lakes for a joyful open afternoon. The event was filled with creativity and connection, as children and parents took part in Easter crafts, biscuit decorating, and playtime in our sensory room. A special highlight of the day was the chance to meet Teal, a remarkable hearing dog, and her equally wonderful owner. Their visit offered a unique and heartwarming experience for everyone in attendance. We even transformed one of our rooms into a sensory space with disco lights and an indoor tent.



There's plenty for families to look forward to in the coming months! Highlights include a day out at the Lake District Wildlife Park in Bassenthwaite, fun at the Water Park Lakeland Adventure Centre in Coniston, and hands-on 'Introduction to Horses' sessions at Bigland Hall Equestrian Centre, where children can enjoy grooming and riding experiences. Get ready for a season of outdoor exploration and unforgettable memories!

At Sight Advice South Lakes, our dedication to families extends well beyond exciting days out. While our activity programme offers plenty of fun and connection, we also provide personalised one-to-one support for children and young people living with visual impairments.



We understand that every family is unique, which is why our approach is tailored to individual needs. We're here to listen, offer guidance, and provide holistic support helping everyone feel understood, empowered, and supported.

We also provide advice on further education, employment pathways, and the latest in assistive technology—helping young people thrive at home, in school, and beyond.

If you'd like to find out more about our services, please don't hesitate to get in touch. You can contact Alicia directly on 01539 769055 or email alicia@sightadvice.org.uk. Families are welcome to self-refer, or a professional can refer you with your permission.

We look forward to connecting with you and offering the support that makes a lasting difference.

Digital Switchover: What you need to know

Sight Advice South Lakes have been in contact with BT / EE recently. From Autumn 2025, the digital switchover for people classed as vulnerable will be starting. This means that your current landline phone and phone number will be switched over to a new and improved “digital voice landline” which uses the internet/ broadband. You will be contacted by your phone provider to arrange a time for this to happen.

Advantages of the new “digital voice” system include better quality calls and built in “scam protection”. There is no charge for any part of this digital switchover.

First and foremost, if you have a sight impairment you **MUST** let your broadband/phone provider know, this will alert them to the fact you need more support with the switchover.

“If you have a pendant type alarm for falls...you will need to contact your phone provider.”

TIM WARD

ASSISTIVE TECH COORDINATOR



Here are some more important messages which may answer some of your concerns:

- 1) You keep the same phone number you currently have.
- 2) You can almost certainly keep your existing phone if you wish. (Over 99% of current phones will work with the new broadband connection.)
- 3) The new “digital voice” system will plug into your current phone socket.
- 4) The new “digital voice” system will mean that you need an electric power point nearby for your phone to work.
- 5) An engineer will make an appointment to visit to do the “digital changeover” while you are present if you need this support.
- 6) If you have a pendant type alarm for falls or other telecare device, you will need to contact your phone provider as this will need extra help. (Sight Advice can help you with this). Or telephone 0800 1234 150 and just tell the people who answer you have a pendant type alarm system and they will contact your provider.

Landline phones switching to digital could stop telecare alarms working.

Call the landline provider now for support.



7) As the new digital voice system requires electricity, it is possible to request a free “large button hybrid” phone that can work in a power cut by linking to mobile networks.

8) In rural areas with poor mobile phone signal, it is possible to request free of charge a “battery backup” that provides power for several hours.

9) If you currently have internet/broadband services you can keep your existing provider. (Plusnet customers may require some more information, your provider will be in touch)

10) If you don't have broadband, you will be given the option to install this. However if you do not want broadband, you can totally opt out of the switchover. But only until 2030 when the current analogue system will be turned off.

For more information call BT on 0800 1234 150 or contact us at Sight Advice South Lakes on 01529 769 055.



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 – led by Sarah, supported by Jude, meets on the second Monday of each month from 2.00–3.30pm 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 Celia, 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.

A review of the TALKING AIR FRYER by C Jackson
(Chris is severely sight impaired)

'The new talking air fryer from Cobolt is a must, I would order straight from Cobolt as they are about £30 more on amazon. The 1 drawer is about £100 and the 2 drawer about £150.



I have bought a 2 drawer one which means you can cook different foods at the same time and I have used mine 3 times in the first week. On the top of the fryer there is a set of touch buttons for each pan, there is a start button, a button for choosing type of food e.g. potatoes, fish, poultry and others, there are also buttons for changing cooking temperatures and cooking time up and down. Once cooking, it speaks 10 minutes remaining and counts down each minute and once it gets to 1 minute it counts down each 10 seconds, it also asks you to rearrange food just like the talking microwaves.

If you were cooking french fries for 15 to 18 minutes and you don't think they are crispy enough you can add minutes on the next time to 19 or 20 minutes the cooking times are just a guide. I would give it 10 out 10.'

Carer Support South Lakes are a local, independent charity who have provided services for unpaid Carers aged five to 100+ in South Lakeland over the past four decades.



Many people have a caring role without realising it.

Anyone can be a Carer – at any age, multiple times over a lifetime. They do so much for others every day, whilst trying to maintain a life for themselves.

You're a Carer when:

- Someone relies on your support due to their age, ill health, disability or addiction
- You plan your life around the person you look after
- Stepping back would significantly impact their daily life and wellbeing

Being a Carer could include doing the washing up, picking up shopping or prescriptions, keeping appointments or checking in on someone. However, the difference is the person being cared for, whether a friend, family member or neighbour, relies on this support.

We care about you.

Support is available for anyone who helps look after someone else. Our approach aims to address the needs of all Carers, promoting overall wellbeing and providing essential support throughout their caring journey. We're here to help you find ways to manage day-to-day pressures and look after your own health and wellbeing. You don't need to be alone. We're here to help.

If you think you may be a Carer or know someone who is, please ring us on 01539 815970 or email admin@carersupportsouthlakes.org.uk for help. www.cssl.org.uk

We'd like your help to find hidden Carers.

A Westmorland and Furness Council project, 'Who Cares? – Making Caring Count' is delivered by Carer Support Cumbria - a consortium of four organisations supporting unpaid Carers.

Carer Support South Lakes, one of the consortium members, is leading on this project. We seek to identify people who do not consider themselves Carers, to allow them to access services and support across the South Lakes, Furness and Eden. You can help by taking part in our 'Who Cares?' questionnaire by scanning the QR code. You can also take part by ringing or emailing us.



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Chief Executive

Claire Park

Services Manager

Sara Cook

Sight Support Coordinator (Assistive Technology)

Tim Ward

Community

Development Coordinator

Rosalind Melville

Volunteer Coordinator

To be announced

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Eye Clinic Liaison Officers

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Tim Ward

Finance Officer

Emma Barker

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Aileen Ward

Housekeeping

Jamie Clarkson



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**SIGHT
ADVICE**

SOUTH LAKES

Promoting independent living

01539 769055

The Bradbury Centre, 116 Highgate

Kendal, Cumbria LA9 4HE

info@sightadvice.org.uk

www.sightadvice.org.uk

Charity No. 1145818

Company No. 7879355

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