



Jan - Jun 2026 Issue 4

# 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](mailto:info@sightadvice.org.uk)**

# Welcome to our 1<sup>st</sup> edition of 2026

As we move through these colder months and look ahead to spring, this edition brings news of both farewells and fresh beginnings for our charity.

After seven years of dedicated service as a Sight Support Advisor, Krystyna has now retired, we wish her a very happy and well-deserved retirement.

We're also saying farewell to Linda Baverstock, who has served as a trustee for over ten years. Linda's guidance and dedication have been invaluable, and we wish her all the best as she enjoys life at a slower pace.



Later in this edition, we reflect on the life of Chris Jackson, a valued member and fundraiser within our community, who sadly passed away in November. Chris's contribution to our work will not be forgotten.

CLAIRES PARK  
CHIEF EXECUTIVE



Alongside these farewells, we're delighted to welcome two new members to our team. Louise Braithwaite joined us in August as Volunteer and Events Coordinator, and Lynne Cianchi came on board in September, taking over the Sight Support Advisor role from Krystyna. We feel very fortunate to have both Louise and Lynne with us.



2026 marks a significant milestone – our charity turns 70! Throughout the year we'll be holding celebrations and special activities to mark this occasion. Please keep an eye out for the quarterly "What's On" sent out in April, for details of how you can be part of our anniversary celebrations.

You'll also find our annual winter appeal in this edition. We used to add raffle tickets into the magazine, but we no longer do that, which means your direct donations are more vital than ever.

To give you an idea of what your support can do – a gift of £50 enables someone living with sight loss to receive a home visit from one of our specialist team. We'll provide advice, demonstrate helpful aids and equipment, arrange social support if needed, and connect people with partner organisations who can help with things like maximising their income.

**It all adds up to a service that can be life changing.**



I won't pretend things aren't challenging at the moment. Like many charities, we're finding that funding is increasingly difficult to secure – there are more organisations chasing fewer resources. This is having a real impact on us, and if we want to keep delivering the excellent range of services you've come to expect, we need to broaden where our income comes from.

**That's why individual donations matter so much.**



Whatever you can give truly makes a difference, and we're enormously grateful.

**Thank you.**

Please note our AGM will take place in February. We would love to see as many people as possible attend to celebrate our work over the last year.

Please remember, if you're feeling lonely or finding things difficult, do pick up the phone and give us a call.

We're here to offer support or signpost you to other local services.

Stay safe, warm and well.

Claire





# 2026 Our 70th Year!

SARA COOK  
SERVICES MANAGER



I am excited about our upcoming year and the activities that we are planning to hold to celebrate this wonderful milestone. Please keep an eye out for the details that will follow as the year progresses.

I have spent some time over the last few months finding out more about the charity over the years and how we have supported people with sight loss across South Lakeland. Looking through archives, photographs and speaking to people I have found out so much more about this wonderful charity.

Starting out in June of 1956 as South Lakeland Voluntary Society for the Blind, originally, the idea was brought about by a social worker who recognised a need for social support for people with visual impairments.

The groups relied on volunteers and aimed to create social groups for people with sight loss across the Kendal community, all run out of a small room in Finkle Street.

Fundraising was done through a range of different collections at events and in local stores plus coffee mornings. A specific collection, noted in the written minutes from February 1962, states that a 'collection would be arranged at a performance by the Kendal Opera Society' and Jenny, one of our longest standing members and volunteers, remembers everyone involved being given £1 at Christmas time.



Another note from the minutes stated that in 1976 they had a collection at the County Fair only to have the collection boxes stolen and returned empty! We collected at Kendal Show, Burton Show and the Motorcycle Scramble. It was minuted on the 10<sup>th</sup> January 1966 that an advert would be put in the Gazette at the cost of five shillings to advertise the Rummage Sale.

As time went on, the groups grew and spread to areas across South Lakeland. Memories shared include trips to Bendrigg zip wire, trips to Emmerdale and Coronation Street and quad biking!



1994 saw the first paid member of staff for the society and a move to Stricklandgate House in Kendal. In 2000, the first Director was appointed alongside a new Outreach Worker who was brought on board to move beyond Kendal and support people slightly further afield.

The charity continued to grow from there, being awarded grant money in 2003 to develop services and in 2006 we started our Children and Young People project which has gone from strength to strength over the years, celebrating its own anniversary of 20 years in 2026!



2003 also saw us awarded the Queen's Golden Jubilee Award, which was presented to 200 groups across the UK for outstanding voluntary service. The award recognised the contributions of groups that have significantly improved the quality of life and opportunities for others in the community. A proud moment for the charity.

VIP diaries and a Braille service were established in 2008 as social enterprises with VIP Diaries still going strong today. 2015 was the year we were awarded the Best Small Charity Award from Visionary and the Collaboration Award in 2022.

As we continued to grow it became clear that we needed a more accessible and larger property and that is when the fundraising began to fund a new property and we moved to 116 Highgate where we still work from today.



Artwork by Douglas McCleery one of our previous Children and Young People members.

**The Duchess of Gloucester visited us on our 50<sup>th</sup> Anniversary.  
Can you spot any familiar faces?**



**Some more pictures from over the years**



# 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**

- ✓ Tea Time Tales
- ✓ Rainbow group - tech session
- ✓ Quiz time
- ✓ Living well - looking after your wellbeing

## **HOW TO JOIN?**

- ON YOUR PHONE
- ONLINE

# Charles Bonnet Syndrome

We were lucky enough recently to be able to attend the annual ECLO Seminar in Birmingham, where we attended presentations on a variety of topics, including one by Judith Potts on Charles Bonnet Syndrome (CBS) – i.e. visual hallucinations (or seeing images that aren't there) after sight loss.



You can find an interview with Judith Potts, founder of Esme's Umbrella on our Living Well podcast from June 2022.

**Charles Bonnet Syndrome  
(Visual Hallucinations in people with sight loss)**



**SARAH STODDARD AND TIM WARD  
ECLO - WGH**



Everyone's experience of CBS is different. We know of one lady, for example, who used to see (and wave at) people at her window, and another gentleman who used to see houses along the side of the road when his wife drove him into town – neither of which were actually there.

It is important to know that CBS hallucinations are silent and do not involve any of the other senses – you cannot hear, smell or touch the images. Most people are also usually aware that what they are seeing is not real, however disturbing or frightening it may be.

**Are you worried about your sight loss?**

**Eye Clinic Liaison Officers are here to help you with:**

- Emotional support for you and your family
- Benefits and concessions you may be entitled to
- Living with sight loss and remaining independent
- The advantages of registration and certification

**Eye Clinic Liaison Officers ensure you receive the support you need through:**

- Supporting you through diagnosis and treatment
- Working closely with your clinical team
- Linking you to your local sight loss charity
- Referring you to further support services

Find us on Level 4, near the Macular Clinic  
OR CALL US ON  
**01539 769055**  
tim.ward5@nhs.net sightadvice.org.uk



It is estimated that there are at least 1 million people (including children) in the UK living with CBS.

Although this figure is likely to be higher, as people are often not aware that sight loss can cause hallucinations, and some people can even think they are developing a mental health condition. Which of course they are not.



Not everyone with sight loss develops CBS either. However, if you have an eye condition which might cause sight loss, it is helpful to know about CBS so that you can be prepared.

**“Not everyone with sight loss develops CBS.”**

**“It is important to know that CBS hallucinations are silent.”**

In 2015, Judith Potts started the charity Esme's Umbrella in memory of her mother, Esme, who suffered from the condition. The charity is dedicated to raising awareness of CBS and supporting people who develop it, as well as funding research into what causes it. Should you wish to find out more about the condition, or get help, you can contact Esme's Umbrella on their helpline number 0303 123 9999, or visit their website at [www.charlesbonnetsyndrome.uk](http://www.charlesbonnetsyndrome.uk).

Please also look out for our Living Well and Rainbow Group sessions online where we often have speakers who give information about the latest research on different topics related to sight loss.

Or call the office on 01539 769055 and ask to speak to one of us.



# Connection, Community and Empowerment

Our aim at Sight Advice South Lakes is to empower people with sight loss/blindness to live as independently as possible and we offer a range of services to do this, such as Low Vision Clinics, home visits, adaptive aids and assistive technology, raising awareness and visual awareness training.

But we also want to build a sense of support and wellbeing and ensure that our local community is available to all.

This newsletter begins in January – half way through our winter months. Winter can feel like a very long time; the darker days and earlier nights can make life more challenging, particularly for those living with sight loss / blindness. The reduced light can mean reduced vision and can make getting out and about harder, which in turn, can lead to feelings of isolation and being separated from community.



ROSALIND MELVILLE  
COMMUNITY DEVELOPMENT



There are steps that people can take to mitigate the challenges of winter: Good lighting – making sure indoor spaces are brightly lit with energy efficient LED bulbs.

**Take Vitamin D – sunshine in a bottle.**

Plan your outings – plan your route, give yourself plenty of time, use a reflective symbol or guide cane, wear bright clothing or reflective gear to make yourself more visible, wear shoes with grip and look out for wet leaves. Go out in the brightest part of the day, if possible, and take a pocket torch with you.

Plan social events – Sight Advice runs social groups once a month, Teatime Tales once a week (storytelling and friendship over the phone from the comfort of your own home), various social events and you can get involved in our 70<sup>th</sup> Anniversary celebrations throughout 2026. Please do contact us for further details (01539 769 055).

**Be aware of your feelings. If you find yourself feeling low, isolated, frustrated and becoming withdrawn, it is really important to reach out to others and to remain part of the community.**

**Talk to friends, family, your GP and say how you are feeling.**

Sight Advice South Lakes offers a counselling service to our service users and their families / carers and also a befriending service.

Please do contact us if you would like to know more about these on 01539 769 055.

There are also other organisations that can offer advice, information and support if you would like to talk to someone:

- The Samaritans (available 24/7) on 116 123
- RNIB on 0303 123 9999
- The Macular Society on 0300 3030 111
- Glaucoma UK on 01233 648 170
- Sightline (a telephone befriending service) on 0800 587 2252.



It isn't always easy to ask for support, but if you are feeling low, please do reach out.

Often people respond in kindness. As humans, we are relational beings and reaching out and responding to one another is how we build community and remain connected, not just in the winter months but all year round. And as Winter comes to an end, with the promise of spring and brighter days, we can continue to build on that sense of community and togetherness throughout the year.

Wishing you all the best for the new year and hoping you keep safe and well in 2026, Rosalind.



# 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

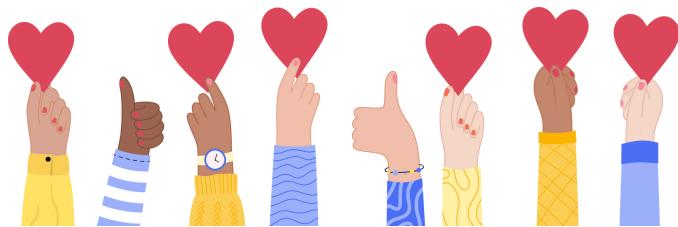
Give a one off donation



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

# Thank you volunteers!

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.



I would like to introduce myself to those that I haven't met yet!

I started at Sight Advice in August 2025 and have had a busy few months settling in and meeting lots of new faces! I have worked for local charities for over 20 years – Springfield Domestic Abuse Support, Leonard Cheshire and Oaklea as well as volunteering at Rainbow Trust.

I know how valuable volunteers are to the work that charities do as well as how rewarding being a volunteer can be!



LOUISE BRAITHWAITE  
VOLUNTEER & EVENTS COORDINATOR



Sight Advice have over 100 volunteers across South Lakeland, from Volunteer drivers, fundraisers, readers for our Teatime Tales, hosting bingo afternoons, manning stands for awareness, trustees, befrienders, running our community groups and helping in the groups, walking group guides, and volunteer receptionists!



**“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.” – Sherry Anderson**

# 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. Louise 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.

**Coffee and chat** - We would love to start a virtual coffee and chat and are looking for someone to facilitate this. 30-45 minutes a week.

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

**A huge THANK YOU to all our volunteers!** You are all amazing and Sight Advice couldn't do many of its activities without your support! I look forward to working alongside you in 2026!

# A tribute to Chris Jackson



Many of you will have known, or at least heard of, Mr Christopher “Chris” Jackson, who sadly passed away in November 2025, surrounded by his loving family.

Chris dedicated over 30 years to Sight Advice, sharing his wisdom and lived experience as a blind person. His contribution was remarkable and far-reaching: member, Vital Group organiser, trustee, advocate, fundraiser, quiz-master and long-time friend. Last year we were proud to celebrate his 30 years of voluntary service with his mum, Eileen—a milestone that reflected his incredible commitment and staying power.

There is much to be said about Chris’s achievements, but above all we remember the man behind them. He embraced every challenge, supported others generously and brought humour, curiosity and thoughtfulness to every role he took on. Westlife songs will always bring him to mind, as will the clever—and sometimes cheeky—quiz questions he delighted in creating.

Aileen recalls greeting his guide dog Worrall with “Hello Gorgeous—oh, and hello Chris!” which never failed to make him laugh. It is these warm, everyday moments that capture his spirit.

Chris saw his work with Sight Advice as a vital part of his life, and we felt the same about him. Whether at coffee mornings, fairs, raffles or braving the weather for street collections, Chris was always there—competitively comparing Christmas jumpers, baking biscuits that sometimes burnt, and giving his whole heart to our community.

We are deeply grateful for everything Chris contributed, and we hold his family in our thoughts with love and appreciation.

# Fundraising news

Let me start by wishing everyone a year ahead which brings you good health, happiness and enjoyable times from us all at the charity.

2025 seemed to fly by as we shared many good times again together and also in recent months, some very sad times with the loss of several of our members who contributed greatly to the charity in their generosity of time and efforts.



Thank you to everyone who has volunteered, donated, supported, created, collected, bought tickets for events, bid at an auction or attended our fundraisers. Your support makes a real difference to us as an independently funded charity and fundraising wouldn't be possible without you so THANK YOU!

AILEEN WARD  
FUNDRAISING COORDINATOR



## 70<sup>th</sup> Anniversary

This year 2026, sees the charity's 70<sup>th</sup> anniversary and we will be celebrating our history, our present, and together with you, planning the future so that we can continue to be a valuable resource for the people of South Lakes who experience sight loss, well into the next era.

So, the year ahead promises some celebratory and fun fundraising events which we will be announcing, some in particular in celebration of our anniversary, we'll keep you in the loop as these develop. With old favourites and new events to keep you entertained!

Wilko will continue his popular bingo afternoons, these will run throughout the year. Keep an eye out for posters on the railings, social media and emails for more information and we will still continue to run the Vital Quizzes in Chris' memory.



The Birds Paper Quiz Chris had out on sale in the community will close on Feb 15<sup>th</sup> so please, if you wish to return your Quiz sheet, bring into Sight Advice South Lakes office by the closing date.

## Feeling Like A Challenge?

A New Year often sees us feeling motivated to make changes... if you are thinking of a particular goal and want support to achieve it, help with finding sponsorship or just simply want to do something in aid of our fab charity please let us know your plans. Our 70<sup>th</sup> anniversary is a great opportunity to focus and raise the charity's profile and funds.

## From January 2026...

From January, I will be changing my days of work from Tuesday and Thursday to Monday and Tuesday.

The reason behind this is I am going to concentrate on our 70<sup>th</sup> Year on making sure we have a regular presence across all the areas we support by regular visits and a travelling roadshow involving banks, local stores and other organisations in Kendal, Windermere, Bowness, Ambleside, Sedbergh, Arnside, Milnthorpe and Kirkby Lonsdale. With a specific focus on our Gifts, Wills and Legacies.



If you like talking to people and want to make a difference then please get in touch as you may be able to help with our displays. Also, if you are a business or run a community space and are able to host our displays, please do get in touch.

I would like to thank John Wilkinson for helping me get this off the ground in Kendal in 2025 and I look forward to working with John and our fabulous volunteers on this project in 2026.

In January, we are also starting to make a record of our members and service users experiences with us and how Sight Advice has had an impact on your life by finding alternative ways and solutions that have helped you retain your independence and live with more freedom and enjoyment.

If you think this is something you would like to be involved with, I would love to hear from you. Please contact Aileen on 01539 769 055.

Hello,

My name is Lynne and I started at Sight Advice in September. I am excited to join this hardworking team within this community charity after working in education for thirty years.

You will find me in reception on Wednesday and Thursday answering the phone and welcoming to you into the Sight Advice office. I'll do my best to help support you with any of your questions and equipment needs. I may also be assisting with one of the many groups or activities the charity offers from time to time.



My role also includes supporting with the Low Vision work of Tim and Rosalind, and you may well find me phoning you up to check how you are managing with your magnifiers or cocoons and if we can help with anything further.

I look forward to meeting you when you visit the office or chatting with you on the phone over the coming year.

Take care  
Lynne.



### Events for your calendar



Thursday 22<sup>nd</sup> January: Burns Afternoon - poetry, live music, fine foods and a wee dram. Join us from 1.30pm - book in advance to avoid missing out. £7 per person.



Last Wednesday of every month: 10am-12pm Find out and try wearable tech - Meta Glasses are in the news a lot at the moment, come along and try them out.

Cross Bay Walk - June 2026: Look out for more details on how to sign up.



SIGHT ADVICE SOUTH LAKES

# WEARABLE TECH DEMO

LAST WEDNESDAY OF  
EVERY MONTH AT SIGHT  
ADVICE SOUTH LAKES

► META GLASSES

► WATCHES

► PHONE

@116 HIGHGATE

JUST  
DROP IN  
10AM-12PM

CAN'T GET TO KENDAL?

TECH ON TOUR - LOOK OUT FOR DATES AT A  
VENUE NEAR YOU IN SOUTH LAKELAND IN 2026



## Children and Young People's Project



This is a wonderful chance to reflect on the past six months of our Children and Young People's Project, and to look ahead to 2026 with excitement as we create more opportunities for our children to grow in confidence, have fun, and continue forming new friendships.

We enjoyed a successful summer with two very popular events. In July, we organised a coach trip for our families to the Lake District Wildlife Park in Bassenthwaite, giving everyone an exciting day out.

We were thrilled to welcome a record 35 participants! Despite the less-than-ideal weather, the day was a great success, and the staff kindly hosted a sensory workshop for us as well.

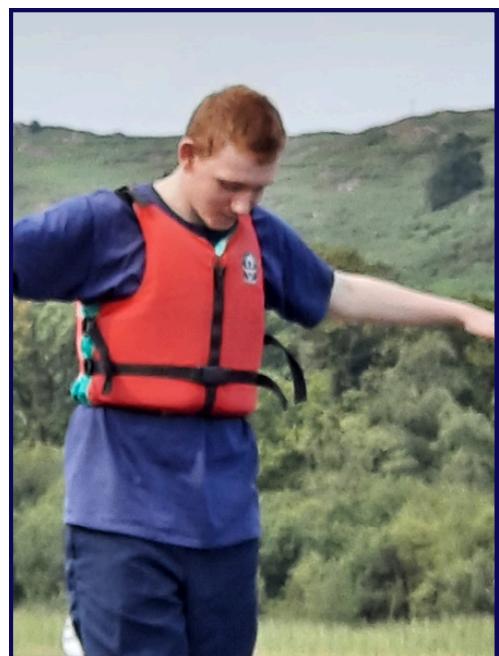
ALICIA MAKINSON  
CYP COORDINATOR



For our second summer activity, we returned to the Water Park Lakeland Adventure Centre in Coniston. It was a fantastic family day filled with kayaking, canoeing, paddle boarding, and even leaping from the trees!

Everyone who took part left feeling proud of their achievements, having pushed their boundaries and faced a few fears along the way.

Well done to everyone, and a big thank you to the staff for their warm welcome and for organising such an exciting and adventurous day.





In September, we had a wonderful visit to Harness Change at Bigland Hall Equine. Thanks to the generous support of the Kendal and District Lions Club, six of our young people were able to enjoy grooming and riding their own horse. Continuing the theme of classic Lake District weather, the rain poured down—but it didn't dampen spirits. It was a fantastic experience, and so lovely to see our children smiling throughout.



Our sincere thanks go out to PC Gillian Jackson and PC Adam Roberts of South Lakes Police. We had an exciting trip to Kendal Police Station at the end of November. Our young people enjoyed a fascinating morning chatting about all things police-related—finding out about the dogs, exploring police kit, learning about road safety, and even having their fingerprints taken.



We also had the chance to visit the custody unit and the cells... thankfully nobody got locked in! The officers were also keen to learn about living with visual impairment.

As we walked around the station, suggestions were made to improve accessibility, and they will be taking action on several of these, including updating signage and adding high-visibility markings to some areas of the flooring.

It is really important to us, as a charity, to get involved in the community and give our young people as many opportunities as we can.



Alongside our activities, the project continues to dedicate time to supporting individual families. We offer one-to-one support for children and young people living with visual impairments. We listen, offer guidance, and provide holistic support to help families feel understood, empowered, and well supported.

In recent months, we have welcomed several new families to the project. We are delighted that you have joined us at activities and have found our individual support helpful. It is wonderful to have you with us, and we hope you will see how beneficial the project can be for every family member. Peer support and parent support remain two of our key aims.

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

## Calling all schools and young people groups

In addition, we offer Visual Awareness sessions to schools and youth groups. These sessions have significant benefits, giving individuals the opportunity to try on Sim Specs and gain insight into what it may be like to live with a visual impairment.



“Being able to try out the equipment really made them think. Your talk was very good, promoted a lot of thought and empathy. The children all had a much better understanding of the different reasons people may need glasses and that eyesight can be affected in so many different ways”.

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](mailto:alicia@sightadvice.org.uk). Families are welcome to self-refer or a professional can refer with your permission.

# What3Words: A Simple Way to Share Your Exact Location.

**Our What3Words:  
///image.head.tight**

What3Words is a clever location system that makes sharing precise locations much easier than fumbling with postcodes or GPS coordinates.

The concept is beautifully simple: the entire world has been divided into 3-meter by 3-meter squares, and each square has been assigned a unique combination of three words.

These word combinations were assigned randomly and never change, so the entrance to 10 Downing Street is *///Slurs.This.Shark*, and Buckingham Palace is *///Fence.Gross.Bats*.



**TIM WARD**  
ASSISTIVE TECH COORDINATOR



 what3words

## Why It Matters

For most of us, remembering three random words is far easier than recalling a postcode or a string of coordinates. This makes What3Words particularly valuable in situations where precision matters.

The emergency services have documented numerous cases where What3Words has helped them locate people quickly. Imagine being stuck on Loughrigg Fell somewhere when the mist has dropped and you can't describe what's around you, being able to share your What3Words location becomes invaluable.

The system also helps with everyday navigation challenges. We've all heard our sat nav announce "You have reached your destination" whilst we look around wondering which building we're actually meant to visit.

With a What3Words address for the front door, you can navigate directly to the entrance. It's also brilliant for finding your car parked in a town you don't know —if you remember to note the three words before you leave it!

## How to Use It

What3Words works through their website ([www.what3words.com](http://www.what3words.com)) or mobile app. Whether you use the website or app depends on what you're trying to do and which device works best with your accessibility preferences.

The free app is available on both Android and iOS and works well with built-in accessibility features and screen readers. When you open the app, your current What3Words address appears at the bottom of the screen. Screen reader users can swipe right several times until they hear "What3words address" followed by the three words for their location.

To navigate to a What3Words address, use the search box at the top of the screen when you open the app. There's also a voice search option. Once you've entered the address, locate the Navigate button at the bottom of the screen, tap it, and select your preferred navigation app.

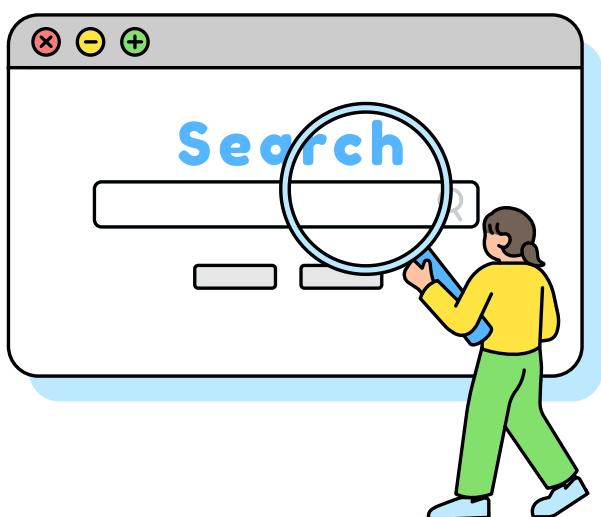
Screen reader users can swipe left to find the search button, enter the address, then locate the Navigate button in the dock area and activate it before choosing their navigation app.

## The Bottom Line

What3Words acts as a gateway to your navigation apps rather than replacing them entirely. The app itself is straightforward to use and accessible.

Its real-world usefulness depends on how many organisations start including their What3Words address in their information—and this has been improving significantly, with more establishments now providing this detail.

Whilst you might not need it every day, when you do need it, What3Words does the job exceptionally well.



## 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, 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 third 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 1<sup>st</sup> and 3rd Friday of the month at 10.00am.

**Tea Time Tales (storytelling session)** – telephone group on Thursday late afternoon at 3.00pm.

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

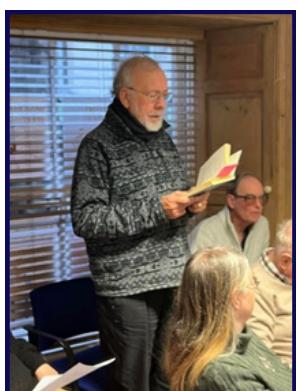
**Future Vision Assistive Technology Workshop** – online collaboration on the fourth Thursday of each month at 10.00am.

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](mailto:info@sightadvice.org.uk).

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

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## **Some pictures from our groups and events**



# Sight Advice South Lakes' Team

## Chief Executive

Claire Park

## Young People and Children's Project Coordinator

Alicia Makinson

## Services Manager

Sara Cook

## Sight Support Advisors

Sarah Stoddard

Lynne Cianchi

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Tim Ward

## Eye Clinic Liaison Officers

Sarah Stoddard

Tim Ward

## Community

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Rosalind Melville

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Emma Barker

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Louise Braithwaite

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**01539 769055**

**The Bradbury Centre, 116 Highgate  
Kendal, Cumbria LA9 4HE**

**info@sightadvice.org.uk**

**www.sightadvice.org.uk**

**Charity No. 1145818**

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