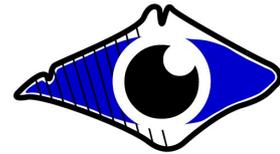


***Isle of Wight
Society
for the Blind***

ISLE OF WIGHT



SOCIETY FOR THE
BLIND

October 2017

Newsletter

Isle of Wight Society for the Blind
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The Queen's Award
for Voluntary Service

Message from the Chairman

It now looks like summer has finished in all its glory; let's hope for an above average October heatwave! I trust that you all enjoyed what sun we did get during the summer months.

Our new CEO, Miriam, has been a breath of fresh air, brimming with new ideas and determined to take the Society forward.

We have managed to recruit two new Trustees; Jacqueline Gazzard and Laura Gardiner. Jacqueline is a Charity Communications and Commercial Consultant and Laura is the ECLO (Eye Clinic Liaison Officer) at St Mary's. Both will prove invaluable in helping us to offer services for our clients plus raising our profile through better marketing.

We also welcome new staff members Laura Jasper as Centre Administrator, who brings valuable experience as a Dispensing Optician at an Island based optician, and Susan Earley as Interim Finance Officer, who brings many years of book-keeping and administration experience.

I would like to thank all our service users who responded to our consultation exercise. We are in the process of analysing these results and will look at the logistics of offering new services as soon as is practical.

Dress For Less is proving to be a very successful venture and is moving to larger and better equipped premises in October.

Paul Rutherford, Chairman

Hello from the CEO

So after six months in post, I'm delighted to say that I've now met, spoken or corresponded with a great number of you and have a clearer appreciation of the history of the Society and a strong sense of the direction I feel we should be taking to make the Society more effective and become more service user focused.

To date, a great deal of time has been spent on developing strategic plans, updating policies, and generally laying important foundations. Central to this is the user survey and I would like to thank all those who have contributed to the consultation. To ensure we have the greatest possible number of responses, this exercise will continue into October. So if you haven't already participated – it's not too late! An analysis of responses to date is already shaping our future plans. Difficulties around transport issues were identified as a significant barrier to remaining active and independent. This will drive a review of how we use our minibus, consideration of alternative routes and pick-up points and whether an additional people carrier would be a worthwhile investment. We'll also look at other transport providers. Importantly, I'm keen to support and develop more activities hosted at locations around the Island. You have provided, through the survey, a great deal of information regarding the type of activities that you feel would make a positive difference – so we'll spend time exploring these ideas before putting proposals to you all.

To enable us to deliver this shift in becoming more service user focused, we've also been working on an organisational review, to ensure that the job descriptions of the small team of employees truly reflect the needs of the Society. Without increasing our overall costs, we're aiming to increase emphasis on marketing, communications, fundraising and services for users – all core to our future success. I feel very positive about the opportunities that lie ahead of us and look forward to introducing some new initiatives for 2018.

Miriam Tong, Chief Executive

Dolphins

Our swimming group meets every Tuesday evening from 8pm till 8.45pm at the Waterside Pool in Ryde. They have exclusive use of the pool during this session. The group is open to any visually impaired person who is a keen swimmer or who just enjoys being in the water. The pool's lifeguards are in attendance during the session. **Pre-registering with the Society is essential, otherwise you may be refused admittance.**

Owls

Our Owls group meet every fortnight on Wednesday from 2.00pm till 4.00pm at Millbrooke House. The Owls have different speakers who come to give talks on a variety of subjects. These have ranged from singers to ghost talks. After the talk, the group chat over a cup of tea or coffee before going home.

Knitters & Natterers Club

The Knitters and Natterers meet every week on Thursday from 11.00am till 2.00pm at Millbrooke House, where they engage with other visually impaired people. Knitting is not compulsory! In the afternoon, the group welcome volunteers who come in to read from various books about local history, general fiction or, a more popular choice, comedy.

Strollers

Strollers meet on the second Tuesday of the month. They go for gentle strolls, enjoying the Island's countryside or coastal views. This is followed by lunch at a nearby pub or restaurant. The group is open to all visually impaired people who like a leisurely walk of about a mile.

Striders

Striders meet on the last Friday of every month. They walk on different routes around the Island and then finish off with lunch at a local pub or restaurant. This group is open to all visually impaired people who like longer walks in the countryside.

Golf

The Golfers meet once a month at Westridge Golf Club, Ryde. The golf group go onto the driving ranges and out onto the course. An instructor is available to help out beginners.

Bowling

The bowling group meets once a month at LA Bowl in Ryde. The cost is £3.95 for 2 games. This group is open to all visually impaired people. Please note there is no transport for this group.

If you are interested in joining any of the activities please contact the Society for more information. Transport may be available to some of the groups.

Who Put That There!

My name is Chris Biles; I am 49 years old and have been volunteering with IWSB since April of this year, doing a weekly afternoon shift at the Millbrooke House reception desk. My core activity of handling phone enquiries is helped by some free software which, through synthetic speech, enables me to write and send emails to other colleagues as the need arises. One other piece of kit I use to take down notes during phone calls, sometimes at near verbatim speed, is a kind of shorthand machine through which I can type out notes in Braille on a kind of ticker tape.

Before I continue any further, it might be worth mentioning that, as someone who has experienced various levels of sight impairment since birth, I have been a beneficiary of the Society's services for some considerable time. I've been a member of the Dolphins Swimming Group since its inception in 1998, and have received the local Talking Newspaper since 1985.

When the idea was put to me to contribute something to this newsletter, my thoughts turned towards some of my journeys to and from Millbrooke House since taking up my reception duties which, as you will soon see, have sometimes had their moments. As effective as a long white cane normally is at detecting items which can obstruct your progress, there are a few occasions when various natural and man-made items almost conspire to outwit your normal tactile mobility skills, resulting in a bash, scratch or, very

occasionally, something a little worse. I'll attempt to highlight a couple of examples with the understanding that I'll never let such incidents deter my normal quest to get out and about and, in so doing, give a measure of meaning to my life.

During one particularly sunny afternoon when I was walking into town from Millbrooke House, I'd not long traversed the Carisbrooke Monument crossing on Carisbrooke Road when a voice from behind was appealing with some urgency that I should slow down. This was because there were some overhanging foliage with one or two potentially nasty brambles in line with my neck and shoulders. It was just as well that I adjusted my pace to a saunter at that point, as a couple of the prickles from the overhang gently pressed themselves into the area of skin that had been exposed by the opening in my shirt. The person who approached me was Kate, one of the Blind Society's regular volunteers. Having surveyed the scene, and checked on my well-being, Kate explained that, once having made it home, she would return to the site of this overhanging vegetation, and put her garden secateurs to work to minimise the risk of history repeating itself. This was not an insignificant point, given the potential for other service users to use the Mall as a way for getting to or from Millbrooke House.

About a week later, in almost the same location, I ended up having a fight with a traffic light pole that was considerably more awkward than a light scratch from a bramble. The first hint of

problems manifested themselves through a sign board, presumably warning drivers of temporary road works, which took up at least half the width of the pavement. Feeling I had no choice but to veer towards the area of pavement closest to any physical boundaries with adjoining properties, my virtual antennae were tuned into the risk of getting a face full of foliage but, by then, I was inches away from encountering something far more painful. The fact that a decommissioned set of traffic lights were drilled into the pavement close to the wall boundary is one thing. The first I knew this installation was in situ was when my left shin had taken a near full impact from what I can only describe as a kind of ledge which protruded a few inches above the base of the pole and, as such, something my cane could easily have missed. Although this was not the first time I'd gashed my shin in recent years, this was the first time I'd encountered such a conspicuous obstruction which, in my view, had no justification for being there with little or no protection if it was no longer required for its original purpose. So, what was there to be done about this, leaving aside my visit to the closest pharmacist to have the shin gash inspected and a suitable dressing applied?

Given the time of day, so close by then to 5pm that a call to Island Roads was impractical but by the time office hours resumed the next morning, I had hit upon a slightly different idea. I duly contacted Action on Hearing Loss to speak to Carla, one of the staff members, whose role is to train people with little or no sight how to get around safely and, as such, would have an informed view over what would constitute a safe environment from a blind

person's perspective. Carla's response to the narrative of my concerns was so immediate. With smartphone in hand, she immediately went to the scene and took some visual images to back up her written submission to Island Roads, based not only on what I'd told her but to highlight some additional concerns Carla had identified, having viewed the situation at first hand. Through our combined efforts, Carla and I were able to convince Island Roads that prompt action to remove the risks of further danger was taken. I later found out that some kind of safety cordon was positioned around the traffic light installation; by the time I was next in this vicinity the following week, the traffic light was removed completely.

In conclusion, what is probably most significant to take away from this story, is that if you do encounter some kind of obstruction in the street environment, you don't have to suffer in silence. It might not always be easy to get to the right people straight away but, by way of a few pointers, you could raise your concerns with one or more of the following organisations for further help and guidance.

Action on Hearing Loss: TEL: 529533

Royal National Institute of Blind People: TEL: 0303 123 9999
(Campaigns Team)

National Federation of the Blind: TEL: 01924 291313

Island Roads: TEL: 822440

Chris Biles



Volunteer Newsround

Welcome:

We are pleased to welcome nine new volunteers to our team. The new members will be joining Dress for Less, minibus driving, Talking News, admin and fundraising.

Au Revoir:

Sadly, we have said goodbye to four volunteers and wish them well for the future. Thanks have been extended for the valuable support and commitment given by these volunteers over the years, particularly one of the Talking News team members who has retired after 16 years and whom we wished well with a card and bouquet of flowers.

Volunteer Vacancies:

We have volunteer vacancies in various roles; e.g. minibus driving, minibus escort, home visitors, coffee morning support with refreshments, walking buddy escorts, Dress for Less, and fundraising throughout the summer months. Should you know anyone who may be interested please let me know and I will be happy to send an application pack or discuss the various volunteer roles available.

Volunteer Thank You Party – 23rd June 2017:

This year's event was tropical with a Hawaiian theme throughout including prizes for themed fancy dress which went down well with a lot of hilarity at the prize giving. A free raffle with prizes donated by staff, trustees and local businesses was a further expression of thanks to all of our volunteers for their dedication, commitment and support to our service users over the last year.

Volunteer Update Session Wednesday 6th September:

This was the first of many sessions planned on a regular basis and was well attended by eighteen volunteers across many different areas of our volunteer support service. An informal get-together with light refreshments and a chance to meet members of the team was followed by an update from Miriam Tong, CEO, on all relevant news which was deemed by those present to be a good way forward to impart information on IWSB's future plans and goals. The next session is planned for Thursday 14th December 4.30pm – 6.30pm at Millbrooke House.

Summer Events and Days Out:

IWSB Summer Fete was held on 10th June at Holyrood Hall in Newport and was well supported enabling us to raise £476.80. Volunteers, trustees and staff worked hard to make this a successful event that was enjoyed by all.

The Royal Victoria Yacht Club Open Day welcomed our service users again this year. Volunteers supported members on the day where sighted guide support was needed.

Another sunny and enjoyable day on the water.

Handicraft's Day Out to Quarr Abbey – 23rd August 2017. The group enjoyed a lovely, sunny trip out that included a guided tour by Father Nicholas and lunch in the café. Volunteers supported and joined the group in activities on the day.

Volunteer Training:

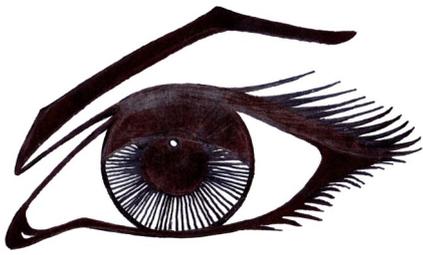
IWSB ran another half-day training session (morning) 19th September on how to support our service users as a sighted guide. Places were fully booked but we will be running another course at a later date. If you are interested in undertaking this training please let me know and I will add your name to the list for the next session.

Looking Forward:

We are holding our Autumn Fayre fundraising event here at Millbrooke House on Saturday 4th November. Donations of raffle prizes, homemade cakes, tombola and lucky dip prizes would be welcome if you are able to help with this. We will also need volunteer support on the day so please let me know if you can help in any way.

Thank you again for your ongoing support.

Michelle Taylor, Community Development Officer



Dress for Less

We have moved! Not far, just a hop and a skip away from our old shop. We are now at 114 St James Street, Newport in a super duper large shop which was formally Penny Lane and is right opposite The Man in the Moon. The lease on the original shop was up and we saw this opportunity to expand.

We are now open six days a week, Monday to Saturday 10.00am till 4.00pm. We are planning to increase our profits for the Isle of Wight Society for the Blind and will be accepting donated stock as well as our upmarket 50/50. So many clients say they will take the stock not suitable for 50/50 to a Charity Shop, forgetting or maybe not realising that we are a shop whose profits go to a Charity and a shop run entirely by volunteers.

We do need more help with these bigger premises so please pop in and have a chat. We are only asking you to give us three hours a week of your time

Due to being given a beautiful cabinet by Joan Holland, we are accepting jewellery for sale on a 50/50 basis in the Boutique side of the shop. We are also now taking in autumn clothing plus shoes, handbags, hats and boots. We have two fitting rooms, a proper kitchen and will have a coffee machine for you to spend time perusing with your friends. We will continue to give fashion advice

where needed and play our much commented on CDs of yesterday. We aim to rise above the decline in our town centres and offer retailing expertise and pleasure that you will never find online.

Our move was ably carried out by Alan Giles, our volunteer shop fitter, and so many extra hands on deck to ensure its success.

YOU will never Dress for Less anywhere else so please drop in and enjoy your shopping experience.

Julie Clifton

Round the Island - A Dream Realised

My name is Danielle Burgess and on 1st July 2017 I was lucky enough to be given the opportunity to take part in the Round the Island Race.

As well as being a member of IWSB, I am also a member of Cowes Sailability. I was fortunate enough to have my name drawn out of a hat to take part in this very prestigious event.

Ever since moving to the island in 2011 and first witnessing the race from my home in Ventnor, I had long had the dream to take part one day.

The day itself meant a 4.30am assemble on the deck of the Spirit of Scott Bader; a 30 foot catamaran. The boat is especially designed for disabled people with ample wheelchair access. Once

all other crew members had arrived and, after consuming much appreciated bacon sarnies, there followed a safety briefing from our Skipper, John Douglas. We set off for the start line around 5.00am.

The sun was barely up but one could just make out the hundreds of other boats all jockeying for the best start positions. Weather conditions were pretty good, light winds, but there was a threat of rain later on in the day.

The thrill and excitement of being on the water was amazing. To be amongst and in such close proximity to the other competitors was a real adrenalin rush.

We did have rain along the way but it really didn't matter, it just added to the fun. It was choppy in parts, especially around the Needles and we all got covered in sea spray from time to time.

Other crew members pointed out the various landmarks around the Island and help take photos for me.

We completed the race in just under nine and a half hours and we came second in our class. We arrived back in Cowes just after 3.30pm, in time for a well earned drink at The Lifeboat Inn.

I was so very happy to have been given this opportunity to take part in Round the Island Race and it has given me a real sense of personal achievement. A definite tick off my Bucket List.

Danielle Burgess

Banking with Bryan

Are you, like me, very nervous of using ATM? Then help is at hand.

I was told that banks have installed headphone jack plugs in their ATMs (cash machines) in order to help visually impaired people and any other disabled people to use the machines.

I set off to my branch of HSBC where I met the ever helpful Dee who was more than happy to go through it with me. I was issued with my very own headset, with my name printed on the box, which the bank keeps in a cupboard by the ATM.

The process of withdrawing cash is the same as normal, except that the machine will talk you through it. After inserting your card and pin it asks you to set the speech speed by using the keypad, and then you follow the instructions. I had to use it a few times to get used to it but I am confident with it now.

Having said goodbye to Dee, I thought I would see what other banks offered. I made my way to Barclays, where a helpful member of staff went through their system with me. As expected, it was more or less the same as HSBC; however, they were not sure about supplying headsets.

Next was NatWest. Unfortunately, I could not locate any help here, but an inspection of the ATM indicated that I could use a headset. I was not able to confirm whether they supplied them.

On to Lloyds Bank. Their machine was much like the others but, again, no headset provided. It's also worth noting that only their externally located machines offered the service. I have successfully

tried my own headset, and ear buds on HSBC and Lloyds.

Please remember you are advised to have a friend or family member with you if you are using external machines, especially at night.

My thanks go to Dee at HSBC for her help and assistance.

Bryan Lowe

Spirit of Christmas

IWSB Short Story Writing Competition 2017

Are You A Budding Author?

The IWSB Short Story Writing Competition is back!

This is a chance to have your work published and read by celebrities.

Entry forms are available from:

Waterstones, Newport, Dress for Less Boutique, Newport and the Isle of Wight Society for the Blind. You can also download a form from our website: www.iwsb.org.uk

The three celebrities who read for us last year, Robert Glenister, Katy Manning and Edana Minghella, have kindly agreed to record winning entries again this year.

The theme of the competition is 'Spirit of Christmas' so we hope this will inspire you to come up with a lovely festive story.

The cost to enter, per story, is adults £5.00 & under 18's £2.00. Entries must be returned to Waterstones by Friday 10th November.

Terms and conditions are available on the Entry Form.

Awards presentation evening is
Monday 18th December at Newport Minster.

Good Luck!

A Week in The Life of Aaron

My name is Aaron; I am twenty five years old. I am completely blind and have been ever since I can remember. I have the eye condition known as Retinopathy of Prematurity. I have lived on the Isle of Wight all my life and find it to be a peaceful place.

All my life, I went through mainstream school. I started out at Dover Park Primary, then Mayfield Middle and finally Ryde High School (now known as Ryde Academy). I am grateful for the experiences I had at all three schools. After my schooling years, I took part in a BTEC National Diploma for IT practitioners level 3 at the Isle of Wight College. I finished this a few years ago, then tried a business course which did not go as well. But it's not all doom and gloom here. Step right up, because a week in my life for me, is more like a week of hobbies.

My routine is dictated by what's happening each morning. If there's something happening, I'll get up right away and have a shower. The great thing about the shower is the fact that it's remote controlled, so I can go in and start the shower straight away and wait for the thing to warm up first before climbing in. After the shower, it's back to my bedroom to get dressed. My wardrobe has been set up with a technique that my Mum learned, where she has set out different clothes on different, beaded hangers. While the hangers may feel the same, on one for my trousers I have a round bead, on one for my shirt I have a different shape, so I use a mixture of the beads, and hanger position, to help me find clothes. We have it set up in such a way that the trousers (or in the case of a sunny day, shorts) and shirt next to

each other should, in theory, match nicely.

Heading downstairs, it's time for food. For better or for worse, I am not currently the most independent blind person out there, it's a slow work in progress. While I'm fine with a shower, food is harder; I am still relying on my parents. So while I wait, I can head into the little lounge (we have two lounges in our house; more on the big lounge later) and relax a little with some music. After food (whether that's porridge, toast or, at the moment crumpets), I go back upstairs and brush my teeth, and then that's me ready for the rest of the day. But what about lunch and dinner? Well for lunch it's sandwiches and crisps, and for dinner it's whatever's on the table that day, probably along with some carrots and beans to give me a bit of veg intake. Drink wise, in the morning it's a juice of some sort such as apple, not orange though; too strong. The rest of the day I have Ribena, as I find coke too tangy and it hurts my tongue, and hot drinks I find too... well... hot for my liking.

On Monday, I need to be ready for martial arts in the morning. This is a one-to-one lesson that takes place at my house, at least for the moment. I have been doing martial arts for more than twelve years. In October 2016, I received my black belt (we call it a sash). The art I am involved in is called Sanshangong. Simon Lailey is my master, a person who has been to china many times, and this shows in his lessons. It is not just about punching and kicking. There's the breathing, the meditation, and many techniques that can both relax and invigorate the mind and body. Some of the lessons even end up with just me and Simon talking, as due to martial arts being, well, an art, there is a lot to learn. Thousands of years of history, technique refinement; even a spiritual aspect to the art.

After martial arts, I've got my own time on my hands. More on that later though.

On Tuesday, I have to be ready for First Act Theatre Group, which is designed specifically with disabilities in mind. I get a taxi to the place where it is based. I'm the only blind person there but, as a theatre fan, it has been an incredible experience for the past few years. I don't plan on leaving anytime soon. At First Act we put on two shows a year; a spring show around April and a show around December (mostly a pantomime or story-based show.) From May to August, it's a workshop-based session with guest tutors involving singing, dancing and even prop making.

What makes this so great though is not only the other clients who are there, but the people teaching us are people that I grew up with watching their shows at Shanklin Theatre. When I found out that some helpers were in the first show I ever watched, I was over the moon; it gave me something to talk about with them, and it's made me even more of a theatre enthusiast than I was before. To be honest, introducing me to other Island theatre groups such as the Savoyards, I love watching their shows when they involve an orchestra, and how they bring different characters to life with accents, something we don't really do at First Act too much, as it doesn't really fit our group. You'll find loads of cast recordings from west end and Broadway shows in my music collection as a result of Savoyards shows and music recommendations from First Act tutors. When First Act finishes at 3pm, it's time for home.

On Wednesday morning, I have a personal assistant/carer who comes round called Steve. I've been with Steve for several years now and it shows. It's more like having a friend round for three

hours to be honest. Sometimes we struggle to decide what to do and we end up just chatting, especially in the winter. In the summer over the years we've explored the dinosaur museum, we go to each of the amusement arcades on the Island a few times a year to see if they have anything new (usually at some point each year, there are new games to play). Recently we went to Carisbrooke Castle. If we get the chance he has even taken me to meet with some friends. If we struggle to get out, he might help me get through parts of a game on the Xbox One. This is also the time where I learn some independence-based skills, such as how to make a sandwich. After that, it's more free time for me.

On Thursday afternoon, it's singing. I have one-to-one lessons with someone called Linda. We do a mixture of songs that will definitely fit my voice range that Linda picks and also some songs that I would like to learn myself, such as from the theatre scene, which also helps me increase my voice range. This has truly paid off, while I always enjoyed singing, over these past few years people have actually told me that they have noticed a difference in how my voice is sounding and so have I. Linda also helps run the choir called Voices of the Isle of Wight. As a result, after a while of doing lessons, I was asked if I wanted to join the choir as well. After finally finding a way to fit this in, I took up the offer and, throughout the year, we do concerts. Learning your choir part and then hearing it come together with fifty or so people singing with you is an absolute joy to experience, hearing so many different harmonies. There have definitely been times where I've cried utter tears of happiness.

Friday is currently a free day. So, what happens during all this free

time throughout the week? It depends. A lot of it is spent on the computer. I use websites such as YouTube and Facebook, but I also help to moderate the audio games forum; a site where blind people gather. I mostly clear out the spammers and, of course, I take part in the discussions. I grew up with this forum, so to be able to give something back, even a little, is a wonderful opportunity.

I'm a bit of a Disney and theme park fan as well so I always like to check what's happening in the various theme parks of the world; it was Disney World and Universal in America that made me gain respect for this industry.

I am definitely a gamer, currently with the Xbox One console, although I have several others set up as well; most of the PlayStation series for instance. On the Xbox, I am currently playing Killer Instinct, Rock Band 4 and Injustice 2; two of these games are fighting games, and I'm looking forward to Marvel vs Capcom Infinite because it will be a fighting game with a fully voice acted story mode, involving both watchable sections like a film mixed with actual, playable battles.

In the evening, me and Dad will sometimes watch TV, while Mum watches the soaps; we watch science fiction, fantasy, factual documentaries especially those concerning space and dinosaurs, and various films.

I also practice my singing and, more recently, martial arts, due to me now being a black sash; some of the actual lessons are now theory based so it's important to retain, and still train, the physical aspect of the art which is being reinforced through these routines.

This is where the talking stopwatch on the iPhone becomes incredibly useful! Occasionally during the week, there have been chances where I have met up with people, although due to the people I know having a lot of commitments, this is sometimes hard, but well worth it when it happens.

Weekends are definitely some of the most varied. In general, while we stay in at home sometimes, more often than not there's lots happening. I take part twice a month in a martial arts group class on Saturday mornings and in the winter time we go to the cinema quite a lot. In the summer, if we can find the time, my Dad will take me out on his Vespa scooter and we will stop at a cafe for a bacon sandwich. On Sundays, once a month, I take part in the golf activity for the Society's service users.

The weekends are full of events as well, especially in the summer. This year alone I've done the Festival of Heroes at Brading Roman Villa, Jack Up The 80's, the Scooter Rally and have also visited several locations on the mainland, such as Plymouth and Bournemouth, to meet up with friends. I am still looking forward to Feel The Force Day in Peterborough at the end of September, and the Isle of Wight Comic Con in November.

So, that is a basic week in my life. This isn't even counting things such as going on family holidays, which happens throughout the year. I am hoping that anyone who is reading this finds some inspiration because, even though I am a totally blind person, it still means that there is a lot to do in life. As said earlier, I am not the most independent blind person around, but that will come with time. We only get one life, and I feel it's up to us to enjoy it as much as possible.



Christmas Raffle

You will find a book of raffle tickets in with your newsletter. These are for the Grand Christmas Raffle, to be drawn at Millbrooke House on Thursday 14th December 2017 at 11.00am.

The top prizes are £100 cash, a £50 Dress for Less voucher, a Christmas hamper, plus many more. Tickets are £1 each.

Could we request all counterfoils and money for tickets sold be returned to us at Millbrooke House, together with any unsold tickets, by Friday 8th December.

An envelope stamped 'articles for the blind' has been enclosed for you to use - no further postage stamp required.

Thank you for your support!

Mulled Wine & Mince Pies!

We will be holding a Christmas Gathering for Service Users at Millbrooke House on

Tuesday 12th December, from 2.00pm—4.00pm.

We invite you to join us for mulled wine and mince pies.

RSVP to Laura by Friday 8th December on 522205
or enquiries@iwsb.org.uk