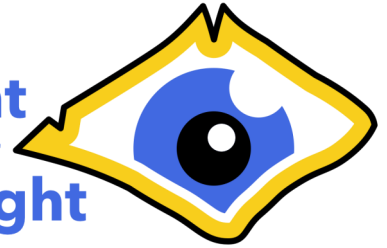


# August 2018

Sight  
for  
Wight



Your local sight loss charity  
since 1895

## Sight for Wight

(Isle of Wight Society for the Blind)

# *Newsletter*

Millbrooke House,  
137 Carisbrooke Road  
Newport, Isle of Wight, PO30 1DD

01983 522205  
members@iwsb.org.uk  
www.iwsb.org.uk

*Registered charity number 1149415  
Company limited by guarantee  
6240404*



## Sunglasses

£3.00 each or 2 for £5.00

# Message from the Chairman

How great is this Spanish weather that we are enjoying?! I came back from a holiday in Majorca recently and, when I got off the plane in Southampton, I thought we were back in Majorca.

On 7th June we had our volunteers' summer celebration at Millbrooke House...70 's style fancy dress was optional! A lot of hard work was put in by the staff to help make the day a great success.

Free health checks were available at Millbrooke House on 12th June. Those who attended were very pleased with the comprehensive way the checks were carried out.

On the weekend of the 14th and 15th of July, Sight for Wight attended the Rhythmtree Festival. Many thanks to the staff and volunteers who manned our stall and helped promote the Society. On 19th July I ran a quiz at the Waverley Public House in Carisbrooke on behalf of the Society. These are becoming a regular event and word of mouth is spreading fast. The next one will be in November...exact date to be confirmed via Talking News, the website and Facebook.

The Pride event in Ryde was held on Saturday 21st July and Sight for Wight attended. Thanks again to the staff and volunteers who manned the stall there for the Society. More volunteers are always appreciated to help us at our various outreach events to publicise the Society and to help raise funds. As always, it is the same few people without whom we couldn't survive.

Wishing you all a great Summer.

**Paul Rutherford, Chairman**

# Message from the CEO

What a summer!

I hope you have been enjoying this exceptionally warm and dry summer. The glorious weather has been a bonus at various Members' activities that have taken place since May and indeed at fundraising outreach events.

## **Member Services**

We are still working through the many plans and ideas generated by the Members' Survey carried out last year and in this issue there are reports and pictures from a number of recent activities that have taken place including sea kayaking at Lake and the annual open day at the Royal Victoria Yacht Club in Fishbourne.

The Summer Gathering for Members held on 14<sup>th</sup> June at Millbrooke House, with musical entertainment provided by the Wight Ukers, was greatly enjoyed as testified by comments and photos in the report put together by Member Services Manager, Laura Jasper.

Where some proposed activities advertised did not gain enough Member support to be viable, we have reviewed those plans and are preparing alternative proposals to address those areas of interest identified by Members.

The proposed 6 week Yoga programme didn't attract sufficient Members to make it viable, but work is in progress on arranging a single Yoga 'taster' session. It is hoped this will attract more Members who may be interested in exploring this as a form of exercise. It is widely recognised that, when practised regularly, Yoga offers both physical and mental health benefits. These include: Increased Flexibility; Increased Strength; Improved

Balance; Increased Stamina; Improved Body Alignment (reduces joint pain); Stress Reduction; Body Awareness; Better Sleep; Improve self-confidence; Relaxation. We will liaise with the Yoga teacher to ensure that consideration is given to varying levels of fitness and mobility to make the activity as accessible as possible. Why not give it a try?

The Supper Club proposal similarly did not attract sufficient interest in the form suggested but because of the interest expressed by Members in the survey in food and drink, you will find a new 'Supper Club' column in this edition of the Newsletter featuring top tips and tried and tested recipes from Members. You may have some ideas you would like to submit for the 'Supper Club' column in future editions.

From August we welcome a new Member Services Administrative Assistant to provide support at Millbrooke House whilst the Member Service Manager is out and about on the island supporting and delivering services and activities. Sue Young is already a very familiar face to many as, for the past 18 months, she has provided regular voluntary cover at Reception and as sighted escort for Members.

### **Fundraising, Income Generation & Legacies**

With the summer season in full swing and the Island awash with events targeted at both islanders and visitors, I would like to record my huge appreciation to the Sight for Wight Volunteer Ambassadors and the staff who have represented Sight for Wight at a number of major events. Attendance at these is vital to raise our profile amongst islanders and, of course, to help generate revenue. The Marketing, Communications & Fundraising Manager, Chris Cane, with support from several other team members, has done a great job in planning for, preparing and managing our new style of outreach stand pictured over the page.



Work is also in progress on grant applications with submissions planned to enable the development of an education outreach programme, aimed at primary age children on the Island and a separate application in progress to support Members' leading more active lifestyles . Work has also started on preparing a new legacy campaign to encourage Islanders to think about leaving Sight for Wight a gift in their will.

Also reported in this issue are other recent successes with a cheque donation from Waitrose and another successful pub quiz night at the Waverley in Carisbrooke organised by Paul Rutherford.

### **Volunteers & Volunteering**

With regard to both supporting Member Services and fundraising, as ever, we rely very much on the many and varied skills of our wonderful volunteers, who collectively give so much time in support of our work. Volunteer Manager, Michelle Taylor, highlights in this issue those areas we are especially keen to recruit new volunteers and the challenges ahead.

From August our Volunteer Manager will be reducing her regular working days from three to two, usually Wednesdays and Thursdays, but will be supported by Susan Earley who changes role from supporting Member Services. We are confident Susan will quickly prove her great versatility in this role as she has in others.

## **Governance & Regulatory Change**

Following the introduction of the new General Data Protection Regulation (GDPR) we are continuing to work on the gradual migration of data from current spreadsheets, databases and other records onto the new bespoke database referenced previously. Key team members amongst staff and volunteers, have been participating in data protection training sessions to support the necessary changes.

As reported at the AGM, Trustees reviewed at their May 2018 meeting their previous decision regarding the historic accidental overpayment of a former employee that was identified early in 2017. At the May meeting, the decision was made that further legal advice was required and this was sought.

Whilst a full report and advice is currently awaited from local solicitors approached, preliminary advice was that it might be possible to make a claim for some of the accidental overpayment. However, because of an Employment Tribunal Claim being pursued by the former employee for constructive dismissal, unpaid wages and for accrued but untaken holiday, the legal advice of our HR advisors was that the Society should not actively pursue such action whilst the Employment Tribunal claim was ongoing.

Prior to the commencement of the Employment Tribunal process, the Claimant sought redress through ACAS seeking a payment of £3,800 to settle her claims. The Society declined entering into such a settlement as it did not support the claims made.

The Employment Tribunal hearing took place in Southampton on 11<sup>th</sup> & 12<sup>th</sup> June 2018 and the judgement of the Employment Tribunal Judge was received by the Society on 13<sup>th</sup> July 2018. All of the Claimant's spurious claims have been dismissed and the Society has been completely vindicated. Details of the Employment

Tribunal can now be shared as all Employment Tribunal Judgements are published online in the public domain: <https://www.gov.uk/employment-tribunal-decisions>

Preparation for the Employment Tribunal created a significant workload and the Trustees, myself and the staff team are delighted that all claims made were dismissed, meaning that time, effort and energy can once again be entirely devoted to taking the charity forward for the benefit of Members.

As the Employment Tribunal process has now been concluded, during the forthcoming August 2018 meeting, the Trustees will review their initial decision not to seek repayment of the salary overpayment. By this time, the full report and legal advice regarding the possibility of seeking repayment is expected.

Following the August meeting of Trustees it is hoped that a decision can be reached in the best interest of the charity that will draw a line under the regrettable matter of the salary overpayment.

### **Millbrooke House – Working Party**

Two formal meetings of the working party are scheduled for Tuesday 11<sup>th</sup> September, 3.30pm-4.30pm and Tuesday 20<sup>th</sup> November, 2.00pm-3.00pm. In addition, working party members will be invited to undertake visits to some other premises between the first formal meeting in September and the second meeting in November.

Trusting this again provides a useful insight into our plans over the coming months. Following some blisteringly hot weeks we've had, I hope you have the opportunity to enjoy reading this edition of the Newsletter, whilst enjoying a cool drink in the shade.

**Miriam Tong**  
**Chief Executive, IWSB**

# Have Your Say on the Isle of Wight Sensory Service

Island residents who have a sight, hearing or other sensory impairment are being asked to help shape support services on the Isle of Wight.

The Council and the IW Clinical Commissioning Group are currently reviewing the way in which sensory services are provided and want to make sure they are high quality and help people to maintain and improve their independence, both now and in the future.

The online survey, which is also available in a hard copy, will be launched on Friday 10<sup>th</sup> August 2018 and this seeks the views of Islanders who use the current sensory service.

To complete the survey, please visit the following website  
<https://www.surveymonkey.co.uk/r/5WZ5LVY>

The survey ends at 5pm on Friday 14th September 2018.

On 10th September 2018 there will also be a public drop in event at the Riverside Centre, The Quay, Newport from 10am to 2pm, where people can discuss their views or receive help to complete the survey. Communication support will be provided for deaf sign language users at this event.

People with a current sensory impairment registration will be sent a survey in the post. The survey can be returned by post; alternatively it can be completed online using the link above, or it can be completed over the phone by calling People Matter IW on (01983) 241494.

# The Mayflower Theatre

## Southampton

A visit to the theatre with a guide dog is a challenge I took on for our 25<sup>th</sup> wedding anniversary and it proved to be successful.

We set off on 9th June to the Mayflower Theatre in Southampton to see 'War Horse'. The crossing on the Red Jet was straightforward and, on providing proof of my visual impairment, my wife Claire travelled free as my sighted guide, along with Stevie, my guide dog.

At Southampton, the free bus took us to the central station. There was a bridge over the railway leading to the North side of the track which needed some negotiation, followed by a ten minute walk to the Mayflower. Some people may prefer to take a taxi direct from the Red Jet to the Theatre to avoid the station, bridge negotiation and walk! There is a pub next door to the theatre which is convenient for a pre-show drink and meal, but they do advise to allow enough time to order and eat.

Once we arrived at the Mayflower we were met by Sarah, who was to be our dog sitter whilst we enjoyed the performance. She ensured us that all his doggy needs would be catered for and off he went to meet two other dogs who were also being cared for during the show. This was an audio described performance so I collected a headset and paid a £5 refundable deposit. We took a lift to the stalls and found our seats.

A great show was performed, and it was made all the better by Lesley Kirby's audio description of the action through the headset.

At the end of the show, Sarah returned Stevie to us directly in the auditorium and told us how well he behaved with his new friends. The Mayflower is well worth a visit and, if you outline your requirements to them when booking, the staff will ensure that the whole experience will be enjoyed.

### **Brett, Claire and Stevie Lamplough**



### **Additional information**

The Mayflower runs an **Access Membership Scheme** which is free and helps them offer a better service to anyone with specific access needs. It is only open to those who genuinely require assistance visiting the theatre. By signing up for the scheme it allows you to:

- ◆ Register for services or facilities you might need to use
- ◆ Get notifications of upcoming Accessible Performances or events
- ◆ Access the companion ticket rate which entitled your companion to a ticket at half price.

Once signed up you receive a membership card. You will only need to produce proof of eligibility once a year for access to relevant discounts and benefits.

Although the Mayflower does not have a set policy on guide dogs, if someone notifies them before their visit then generally they can have a member of staff available who will look after the guide dog whilst the person is seeing the show. The guide dog is then brought back at the end of the performance.

### **Audio Described Performances**

The Mayflower aims to provide an audio described performance for the visually impaired at all productions which run for two weeks or more. This is a live commentary on what is happening on stage relayed to headphone-style receivers through an infra-red system. Receivers need to be reserved at the time of booking, as there are a limited number available. Seats in the front row are set aside for people with assistance dogs.

### **Site Visits**

Patrons and their companions are welcome to visit the theatre, prior to attending a performance in order to familiarise themselves with the venue's layout. These visits can be arranged through one of our Front of House team.

### **Touch Tours**

To accompany our Audio Described performances we regularly have a Touch Tour that precedes the show. Our Touch Tour allows visually impaired patrons the opportunity to familiarise themselves with elements of the set, props and costumes.

Information leaflets regarding the Access membership are available from Sight for Wight, or information can be found on The Mayflower website [www.mayflower.org.uk](http://www.mayflower.org.uk)

# Sight for Wight takes to the Water!

On Friday 6th July, in temperatures of around 24 degrees, Sight for Wight took to the water to enjoy an afternoon of kayaking.

Laura Jasper, Member Services Manager, met up with members at Wight Water in Lake and, after getting set up with life jackets, paddles and sun tan lotion, set off on tandem kayaks across the bay. Weather was calm and sunny, with a welcome breeze, and a perfect way to spend an afternoon.



**From left:  
Laura Jasper, Bridget  
Pearce, Ruth Hollingshead  
and Nigel Pearce**

Many thanks to all the team at Wight Water for being so helpful, and to Ruth, Nigel and Bridget for signing up to have a go at kayaking. We hope to repeat it in the future.

**Laura Jasper  
Member Services Manager**

# Supper Club Summer Specials

## Refreshing Fruit Smoothie (Dairy Free & Gluten Free)

### Basic Ingredients

Two bananas, peeled sliced & frozen.

100g of fresh or frozen blueberries.

250g of orange juice (approximately 1 mug full).

**Method** - Place all ingredients in a blender and blitz for 30 – 60 seconds.

### Top Tips

- ◆ Use bumpons to mark your most frequently used blender buttons.
- ◆ When you buy a bunch of bananas, freeze some down before they over-ripen. (Re-use small plastic oblong lidded containers frequently used for Chinese take-away dishes, ideal for two sliced bananas).
- ◆ Use any combination of soft fruits in season for variation.
- ◆ Try adding a chunk or two of root ginger to add an extra zing.





## Guacamole Appetizer / Lunch (Dairy Free & Gluten Free)

### Basic Ingredients

Two ripe avocados, halved, stoned and peeled.

Juice of a large lime (or two tablespoons of lime juice concentrate)

Salt, ground black pepper, ground cayenne or paprika pepper to taste.

**Method** - Place all ingredients in a blender and blitz for 60 seconds

### Top Tips

- ◆ Use bumpons to mark preferred blender button settings.
- ◆ Variations of this recipe can be tried to suit your taste; add a small fresh chilli for some extra heat; for extra flavour add a handful of pitted green olives and cherry tomatoes or some garlic.
- ◆ Serve with tortilla chips as an appetiser or great with toast for lunch, sourcing gluten free tortilla chips / bread if appropriate.

# The Royal Victoria Yacht Club

## Open Day

**Note - Many thanks to the Royal Victoria Yacht Club for permission to use this report from their website, and for inviting Sight for Wight to such a great event!**

With flags fluttering on a sunny day, the Royal Victoria Yacht club in Fishbourne opened its doors on Saturday 30 June 2018 for its annual Open Day for People with Disabilities. We have a long-standing tradition of inviting people with disabilities to enjoy a day at the RVYC, dating back to 1981 when the late Betty Matthews organised the first event to mark the International Year of Disabled Persons.



This year, over 190 guests ranging in age from four to 90 enjoyed the day and managed over 450 people trips out on The Solent . Twelve boats were used - for the thrill- seekers on fast RIBs that went to Osborne Bay, to Victoria pottering up and down Wootton Creek. The longest waiting list was for 'Spirit of Scott Bader' – the Disabled Sailing Association's specialist wheelchair-carrying yacht which supports the event every year. It was a magnificent sight to see this catamaran in full sail with so many smiling faces on board.

Shore-side, guests were treated to a BBQ, Minghella's ice cream, tea and cakes while Bob's Basement Band provided music. Munch Bunch and their team in the Club Galley were also supplying endless food, and the burger station was a cool place to be. The tombola was as popular as always, and the table was practically cleared of wine, cakes, ornaments and toys by the end of the day

The Commodore, Steve Sheridan commented: 'It was wonderful to be able to welcome so many islanders to our club on Saturday who are not usually able to get out on the water. Our members turned out en masse to enable people of all ages and with a range of disabilities to use our facilities and enjoy sailing and motor boating on a glorious summer day. A huge amount of effort went into organising the day and we were delighted to welcome the Lord Lieutenant and Lady White as well as the High Sheriff, Gioia Minghella-Giddens and her husband Richard.

The organising committee of Ann Capps, Rosemary Montero and Nigel Talbot were supported by over 90 volunteers onshore and the owners, skippers and crew of boats lent by members and community organisations on the water. The RVYC is indebted to event donors including The Daisy Rich Trust, Fishbourne Council, BAE Systems Cowes Employee's Charity Fund and Wightlink.

Special thanks go to the shore-side crew: members of the parking/meet and greet team, the registration team, the lifejacket team, the shore crew team, the catering team, the embarkation crew, the pontoon team and a first aider.



# Summer Gathering for Members

Sight for Wight hosted a summer party for their members at Millbrooke House on the 14th June, enjoying light refreshments and Pimms cocktails.

We were delighted to welcome The Wight Ukers who kindly donated their time to come along and perform some amazing singalong numbers. Members enjoyed joining in with the singing and there was dancing in the aisles!

Everyone had a great afternoon. I'd like to thank all who attended, and the staff and volunteers who helped make it a successful event.



# My Guide

Sight for Wight, in collaboration with Guide Dogs, are launching a free scheme on the Isle of Wight called My Guide. The scheme matches a person living with sight loss with a volunteer. Together they meet for a couple of hours every week and work on aims, goals and confidence.

The scheme is ideal for anyone living with sight loss who would like to improve on their independence. Maybe you would like to join a local hobby group but need some assistance familiarising yourself with the area. Or you would like to learn a route to your local shops. With your volunteer you can realise these aims.



Sight for Wight is currently recruiting for volunteer My Guides. You could make a real difference to someone living with sight loss. This exciting and fulfilling volunteering opportunity would suit someone who likes to get out and about and could spare 2 to 3 hours a week.

Full training, following the Guide Dogs My Guide certificated programme, and ongoing support and supervision are provided. Volunteers must be 18+ and would require a DBS check.

The one day training programme for interested volunteers is available at Millbrooke House on each of the following dates: Wednesday 5<sup>th</sup> September, Tuesday 9<sup>th</sup> October or Tuesday 27<sup>th</sup> November.

To register your interest or for more information please contact Laura Jasper, Member Services Manager, on 01983 522205.

# Isle of Wight Pride 2018

On Saturday 21<sup>st</sup> July on Ryde Seafront, Sight for Wight were delighted to be part of the IW Pride event. Over 15,000 people attended on a glorious, if somewhat, hot sunny day.

Myself, Michelle Taylor (Volunteer Manager), Ruth Hollingshead, Fletch Hollingshead and Kris Stevens (Volunteers) were in attendance manning the stand where we promoted our new trendy sunglasses, pen torches and keyring torches, together with demonstrating some of our low vision equipment. The Sim Specs were of great interest to people who were able to get an idea of what it's like to have a visual impairment.



**From left to right -  
Fletch Hollingshead,  
Michelle Taylor, Ruth  
Hollingshead, Kris  
Stevens, Chris Cane**

Footfall for the day was very good and we were able to engage a number of people in conversation asking about the charity and what we offer. Apart from selling 23 pairs of sunglasses, a record this year at events so far, we made a number of useful contacts including companies offering to provide prizes for our popular short story writing competition, entertainers who came forward to

sing for our Wednesday Social and the opportunity to chat with other charities and companies and do some networking.

Sight for Wight also featured in a video entitled '72' which, to date, has reached over 7,000 people. If you get the opportunity to watch this video, which is on our website, then we are number 53. It was lovely to chat with so many other charities and be part of such an exciting event.

Our Sight for Wight stand looked professional and approachable and the new look gazebo and banner were eye catching from some distance.

**Batman and Spiderman  
in our Sight for Wight  
sunglasses!**



As well as IW Pride this year, we also attended Rhythm Tree Festival and Riverfest and forthcoming events include Chale Show, Jack Up The 80s, Wolverton Manor and, another new event for the autumn, IslandCon at Cowes Enterprise College.

We look forward to seeing you so please come and say hello!

**Chris Cane**

**Marketing, Communications & Fundraising Manager**



# Volunteer Newsround

## **Welcome:**

We are pleased to welcome four new volunteers to the team. Two volunteers will be based at Dress for Less as retail/customer care support, one volunteer as a reader with the Talking News team and another supporting with refreshments at our weekly coffee mornings here at Millbrooke House.

## **Au Revoir:**

Sadly, we have said goodbye to two volunteers from our home visiting team, one of whom has supported the Society in her volunteer role for 22 years and is looking forward to her well earned retirement! Shirley said "Every day of my volunteering has been a pleasure".



## **Volunteer vacancies:**

We have volunteer vacancies in various roles; e.g. minibus escort, mini bus drivers, home visitors, sighted guides for our monthly walks, Dress for Less (retail volunteers & lead volunteers), and support with fundraising (Events Ambassadors) 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.

## **My Guide sighted volunteer vacancies:**

In collaboration with Guide Dogs we are promoting and developing a Sighted Guide service with particular emphasis on people who have recently been diagnosed with sight impairment

and for those whose sight may have deteriorated and this has impacted on their confidence in getting out and about in the community.

Further information regarding the My Guide service can be found in the article on page 19 of this newsletter.

### **Fund raising via bucket collections @ supermarkets:**

Supermarkets across the Island have agreed to support Sight for Wight with fundraising by way of bucket collections. We desperately need volunteers to support this either am or pm on the following dates:

Friday 14<sup>th</sup> September and Saturday 15<sup>th</sup> September

Please contact me if you are able to help. Morning sessions are 10.00am - 1.00pm and afternoon sessions are 1.00pm - 4.00pm.

### **Volunteer thank you party - 7th June 2018:**

What a 'fab' party it was. It all kicked off early in the morning upon



staff arrival at the office where the team were greeted with 70's disco music blaring out and Miriam appearing in her sparkling cat suit to get us all in the party mood! Much laughter ensued and this helped us all prepare and work hard for the busy day ahead. Smart,

motivational and fun move Miriam! This comes from somebody who is not a 'morning person' but I loved it.

Volunteers later arrived in their glory dressed in a selection of fun and themed outfits into which is was evident a lot of thought, work and ideas came together to create a great atmosphere and much hilarity.

Prizes for best dressed went to one our Trustees who clearly had a

John Lennon slant to his attire and the female prize went to a Dress for Less volunteer who had personally crocheted a flower garland for her hair and a handbag to match!

Miriam, CEO, thanked all volunteers for all the support so generously given to the society over the last year and special thanks were extended to Joyce Brown (admin & reception), Abraham Anthony and John Moore.

Following a lovely homemade 70's themed buffet, prepared and served by Helen, disco dancing proceeded with the staff team



taking to the floor and producing their own choreographed dance routine to Saturday Night Fever which was well received by those present. Chris very kindly videoed the debacle!

This is an annual event where Trustees and staff have the chance to extend a sincere thank you to all of our volunteers. I would also like to extend a personal thank you to my colleagues for all their ideas, work and support to help make this event a roaring success.

### **Training:**

Forthcoming training sessions to be held at Millbrooke House are:  
6<sup>th</sup> & 11<sup>th</sup> November – Health & Safety and Safeguarding  
2 mirror sessions on each day

### **Volunteer team update:**

The next Volunteer team update will be held on Wednesday 12<sup>th</sup> September 2018 at Millbrooke House, 4.30pm - 6.30pm.

**Michelle Taylor**  
**Volunteer Manager**



## Dress for Less

I would like to say a huge thank you to all the lovely Volunteers and fabulous customers of Dress for Less. They have made me feel very welcome in my first three months as manager. I arrived with a number of new ideas which have already been implemented and the feedback has been extremely positive from everybody that has visited us.

The number of new customers has increased quite remarkably and both they and original customers have complimented us all on the new shop layout, displays and ease of moving around the shop floor. Many customers have complimented us on the fact that unlike other dress shops, we take the time to provide a personal and friendly experience for everybody.

Due to a change in policy, customers can now leave their items with us for longer and I am delighted to report that sales for this quarter have increased significantly - I very much hope this continues over the coming months. I look forward to helping more ladies find their perfect outfit for that special occasion. We have lovely new stock arriving on a daily basis with many items selling within just a few hours of being put on display. With the daily turnover it is always worth popping in when passing to see what is new, we will be very happy to see you.

Finally, I take my proverbial hat off to all the lovely gentlemen that show great patience and understanding when their good ladies are trying out different outfits. I know (because they frequently tell us) that they appreciate our comfy chair!

**Debbie Durbridge**  
**Dress for Less Manager**

# What's on at Sight for Wight...

## Ryde Swimming Group

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.**

## Wednesday Coffee Morning

We hold a coffee morning each week on a Wednesday at Millbrooke House from 10.00am till 11.30am. All are welcome to join us for a cup of tea or coffee and cake. The cost is £1 and the group is open to all, not just Members. On the first Wednesday of each month we are joined by the Macular Society for their monthly meet up.

## Wednesday Low Vision Drop-in

Every Wednesday between 10.00am and 12.00pm we hold a Low Vision drop-in session. This coincides with the coffee morning and allows you to view and try the Low Vision equipment we have at the Society without the need for an appointment. If this time is not suitable for you then you are welcome to call the Society to make an appointment to view our Low Vision equipment.

## Wednesday Social Group

Our Wednesday Social Group meets every fortnight from 2.00pm at Millbrooke House. The group has 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. **This group is open to non-members but please register your interest in advance.**

## Thursday Social Group

The Thursday Social Group meets every week from 10.30am till 2.00pm at Millbrooke House, where they engage with other visually impaired people. They socialise and enjoy lunch together. 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. **This group is open to non-members but please register your interest in advance.**

## Monthly Book Group

Sight for Wight hold a book group on the second Wednesday of each month at Lord Louis Library in Newport. The group runs from 2.00pm for about an hour. We discuss the last month's book and then hand out the book for the next month. Books are available on USB stick or CD. Refreshments are provided and guide dogs are welcome. There is no charge to join the book group. If you would like more information please call Laura Jasper on 01983 522205 or email: [members@iwsb.org.uk](mailto:members@iwsb.org.uk)

## Strollers

Strollers meet on the second Tuesday of the month. They go for gentle strolls, enjoying the countryside or coastal views. This is followed by lunch at a 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.

## Bowling

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

## Golf

The Golfers meet once a month on a Sunday morning at Westridge Golf Club, Ryde. The group go onto the driving ranges and out onto the course. An instructor is available to help out beginners. The golf session lasts around an hour and is followed by refreshments and a chat in the café.

**If you are interested in joining any of the activities, please contact the Society for more information on 01983 522205**

**or email: [members@iwsb.org.uk](mailto:members@iwsb.org.uk)**

**Transport may be available to some of the groups.**

# Autumn Activities

## Social evening at the Quay Arts, Newport

Sight for Wight invite Members to join us at the Quay Arts Centre on Wednesday 26th September between 5.00pm and 7.00pm for drinks and nibbles. Please RSVP on the details below.

The Quay Arts Centre also holds a weekly quiz that evening from 7pm for anyone that wishes to take part. Teams of 4 at £5 each, including vegetarian curry. Call the Quay Arts direct on 822490 to book your table.

## Yoga Taster Session

Sight for Wight are holding a yoga taster session at Millbrooke House on Friday 5th October from 1.30pm. The cost for the session is £6 per person and spaces are limited.

Enjoy a beautifully gentle restorative yoga flow & a deeply relaxing guided meditation giving your body and mind a chance to free itself, unwind and let go. Feel the benefits after just one session! The session will last approximately 1.5 hours.

Enclosed with this newsletter are the activity sign up sheets.

## Climbing Wall at West Wight Sports Centre

Join Sight for Wight at West Wight Sports Centre on their indoor climbing wall on Monday 1st October 2018 at 1.30pm. The cost is £10 per person and spaces are limited. Two instructors will be joining us to offer support and instruction for the 1.5 hour session. Participants will need to be physically fit and capable of climbing the wall and also sign a waiver provided by the Sports Centre. Enclosed with this newsletter are the activity sign up sheets.

**For all events please call Laura Jasper to register your interest or for more information on 522205 or email [members@iwsb.org.uk](mailto:members@iwsb.org.uk)**

**SAVE THE DATE**

## Dates for your diary...

### Sight for Wight Members' Forum 2018 dates

The forums will be held at Millbrooke House between 12.00 and 1.30pm on the following dates. All Members are welcome to attend. Agendas and minutes are available on our website.

- ♦ Monday 15th October 2018 (11:00am—12:30pm)

### Save the dates...more details to follow

- ♦ We will be taking part in the Christmas Fayre at the Riverside Centre in Newport on Saturday 8th December.
- ♦ The Members' Christmas afternoon with mulled wine and mince pies will be held on Thursday 13th December, 2.00 - 4.00pm.
- ♦ The story writing competition award ceremony will take place on Monday 17th December.

### Low Vision Day

We will be holding a low vision open day here at Millbrooke House on Wednesday 19th September 10.00am till 3.00pm.

Confirmed exhibitors at the time of printing are Professional Vision Services, Dolphin Software and the Age UK digital expert. Our Low vision aids and resources will also be on display.



# Visit us at upcoming events!

Our team of ambassadors and staff will be out and about at various events around the Island this summer promoting our new sunglasses, keyring torch and pen torch so please come along and say hello and buy some trendy sunglasses!

We will be at the following events:

1st - 2nd September

Wolverton Manor

20th - 21st October

Island Con - the Isle of Wight Comic Con



**Chris Cane**  
**Marketing, Communications & Fundraising Manager**

# Low Vision Equipment

We have a selection of new and pre-owned low vision equipment in our resource room which is available to purchase.

Currently in stock:

- ◆ Liquid Level Indicators
- ◆ Bump-ons
- ◆ Band-its
- ◆ Talking watches and key chain watches
- ◆ Talking tins
- ◆ Portable folding LED light
- ◆ A selection of pre-owned talking clocks. Different models vary but they generally state the time, in a clear voice, and some have alarm and date functions as well. Selling pre-owned for £5 to £15 depending on model.
- ◆ Pre-owned Daisy Players.

If you are interested in any of these items they are available to view at our weekly Low Vision drop in session on Wednesday mornings at Millbrooke House from 10.00am till 12.00 noon. Alternatively, please contact Laura Jasper on 522205 or [members@iwsb.org.uk](mailto:members@iwsb.org.uk)



## Articles wanted

We are interested in articles from Members or Volunteers for our quarterly newsletters. If you would like to submit an article, with or without photos, please email: [enquiries@iwsb.org.uk](mailto:enquiries@iwsb.org.uk) Please ensure you have permission of people featured in any photos to use their image.