

Newsletter

October 2021



***SPOTLIGHT ON:
Margaret
Life with Aaron
Meet Volunteer, Steve
Know your body
shape***

*Picture shows member
stroking an owl held by the
zoo keeper*

*Charity number 1149415
Company Number 6240404*

Your local sight loss
charity

**SCAN &
LISTEN**





Chair Report



Welcome to Sight for Wight's newsletter. I'm sure you will find lots to interest you within its pages. All our activities are ongoing and attendance is steadily rising. Our staff and volunteers work so hard to make these enjoyable occasions.



Upcoming one off events include Armistice Day, Christmas Lunch, Christmas Fair and the visit by VisionAid and of course the awards evening for our story writing competition, there is still time to enter your story with a chance to have it published.

Our thanks go to Liberty, our receptionist, who is leaving the Island but we are pleased to welcome two new members of staff, Caron and Abi, whom Lisa will introduce.

A personal thank you to everyone who contributes to the Newsletter and having read Debbie's article (Dress for Less) I'm looking forward to help with buying the right clothes as Debbie unveils her secrets.

Our volunteers are a vital part of our organisation, without you we would not be able to provide such a range of activities, transport or support. We are so grateful for your commitment and generosity with your time. For others, if you would consider volunteering, we have training and full support in place.

My thanks to the Trustees, who put in so much of their own time, skills and experience in supporting the charity.

Sue Sue Bungey



CEO Update

I have great pleasure in announcing we have two new members of staff joining but, sadly, one leaving us.



Liberty, our Receptionist, has decided to return to Leicester, her home town and so sadly will be leaving us. We wish her every success and we know she will go far; best of luck Liberty with your new life.

Caron joined us just last week as our new Member Support Officer. We have had so many requests from individual members for a little extra help with mobility and getting out and about after a very difficult 18 months. So Caron, with years of working as a support worker, is here to give that one-to-one support for anyone and everyone who needs it. A very warm welcome Caron.

This week we will also see Abi joining us. Abi has been appointed to take some of the day-to-day duties from myself as we have seen a doubling of calls, 12% increase in membership and a staggering 500% increase in emails, letters and general correspondence. Abi has a wealth of experience in just these areas to bring to the Charity. We are looking forward to working with her.

This newsletter is full of information, news and events so please do read it through carefully and if you would like to join an event; for example, the Ice Skating on the 20th November, order something or send us something for us to include in a future edition then please just give us a call on 522205. Stay safe.

Lisa **Lisa Hollyhead**



Member Activities

Monday Swimming at Medina Leisure Centre

Weekly swimming is held at Medina Leisure Centre every Monday between 1.30pm and 2.30pm. The cost is £5.00 and £2.50 for transport.

Wednesday Coffee & Chat at Millbrooke House

Coffee and Chat is held each week from 10.00am till 11.30am. All are welcome to join us for a cup of tea, coffee and cake. The cost is £1.00 and the group is open to all, not just members.

Low Vision Drop-in

Every Wednesday we have a drop-in session to try the low vision equipment; if this time is not suitable for you then you are welcome to make an appointment.

Thursday Mix and Mingle at Millbrooke House

Every week 10.30am till 2.00pm, with planned activities including craft/quizzes and entertainment. The cost to join the group is £3.00 plus £2.50 if transport is required.

Yarn @ Millbrooke House every other Monday

A new group for members, volunteers and friends to come along and do their own projects using yarn. Crocheting, knitting, macramé; anything yarn!!! 10.00am - 11.30am. Only £1.00! **EVERYONE** welcome.





Member Activities

Monthly Swimming at West Wight Swimming Pool

Swimming at West Wight is held on the third Wednesday of the month between 12.00pm and 1.00pm. The November date is the 17th so if you would like to attend, please call the office to book a space; the cost is £5.00 plus £2.50 for transport.

Monthly Book Group

Sight for Wight hold a book group on the second Wednesday of each month. 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 Alexa, digital download, USB stick or CD.

Monthly Striders

Striders meet on the last Friday of every month. They walk on different routes around the Island and finish off with lunch at a local pub or restaurant. The group is open to all visually impaired people who like longer walks in the countryside. The cost to walk with the group is £3.00 and transport £2.50 (if required). In September, the group enjoyed a stride up to the Tennyson Monument, followed by a delicious lunch at the Sun Inn, Calbourne.





Member Activities

Monthly Golf

The Golfers meet once a month on a Sunday morning for 45 minutes at Westridge Golf Club, Ryde. The group go onto the driving range with an instructor, just for our group, available to help everyone from beginning to those playing regularly.

Monthly Lunch Club

Monthly Lunch Club is held on the second Tuesday of each month; November's club will be held on Tuesday 9th November at the Fighting Cocks, Arreton. If you would like to come along please call the office to book and also if you would like transport.



Monthly 'Our Place' - Moa Place, Freshwater

Sight for Wight is back at 'Our Place' every second Tuesday of the Month; this is held at West Wight Swimming Pool, Moa Place, 10.30am to 12.30pm. There will be a member of staff, along with our volunteer, John.

Monthly Godshill Coffee Morning

You are invited to join us for a coffee morning at The Old Smithy Coffee Shop in Godshill. The group meets on the first Tuesday of the month between 10.30am and 11.45am. Our coffee mornings are run by volunteers from Sight for Wight and open to all. Refreshments, including delicious fresh cakes, are available to purchase direct from the coffee shop.



Access IOW Library Services From your Phone



The Isle of Wight library service is not just about borrowing physical books or using computers. There are a whole host of other services, many online, that you can access free of charge.



Did you know you can access a whole host of digital magazines, books, music and newspapers available online through free apps once you become a library member?

The Isle of Wight library service gives you access to popular free online content providers such as Libby; BorrowBox, Press Reader and Naxos Music Library.

With your library membership, you can access lots of free online content, including:

Newspapers, magazines and periodicals

E-books, E-audiobooks

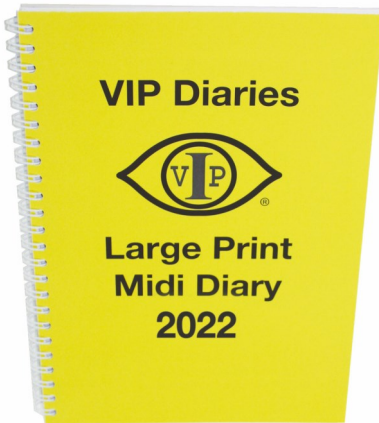
Comics, graphic novels and music

You can sign up by simply becoming a library member, then downloading the relevant app. Joining the library is free; visit your local library with one form of ID with your name on it; e.g. a bank card, to sign up. You can also join online via the website. www.iow.gov.uk/Residents/Libraries-Cultural-and-Heritage.



Calendars and Diaries

Available to order from the Office



May 2022	
Mo 23	Th 26
Tu 24	Fr 27
We 25	Sa 28
	Su 29

A6 Pocket Diary £6.30

105mm x 148mm / 4.1 inches x 5.8 inches

A5 Midi Diary £8.30

148mm x 210mm / 5.8 inches x 8.3 inches



May 2022		May 2022	
Mon 23			Fri 27
Tue 24			Sat 28
Wed 25			Sun 29
Thu 26			Notes

A4 Desk Diary £10.30

210mm x 297mm / 8.3 inches x 11.7 inches



L	Name:		Name:	M
	Tel:		Tel:	
	Mobile:		Mobile:	
	Name:		Name:	
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	Name:		Name:	
	Tel:		Tel:	
	Mobile:		Mobile:	

A5 Telephone Book £9.60

148mm x 210mm / 5.8 inches x 8.3 inches

A4 Telephone Book £11.00

210mm x 297mm / 8.3 inches x 11.7 inches

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Early May BH (UK)	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MAY 2022

Sun 1		Tue 17	
Mon 2	Early May BH (UK)	Wed 18	
Tue 3		Thu 19	
Wed 4		Fri 20	
Thu 5		Sat 21	
Fri 6		Sun 22	
Sat 7		Mon 23	
Sun 8		Tue 24	
Mon 9		Wed 25	
Tue 10		Thu 26	
Wed 11		Fri 27	
Thu 12		Sat 28	
Fri 13		Sun 29	
Sat 14		Mon 30	
Sun 15		Tue 31	
Mon 16			



Rebuilding lives after sight loss
Find out more and apply for support at blindveterans.org.uk/apply

A3 Portrait Calendar £7.60

297mm x 420mm / 11.7 inches x 16.5 inches

A3 Landscape Calendar £8.00

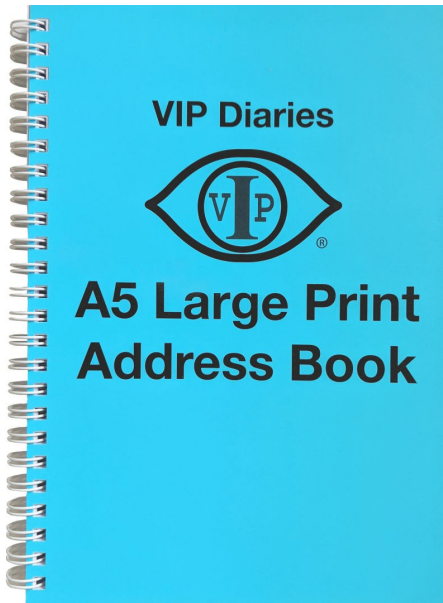
420mm x 297mm / 16.5 inches x 11.7 inches



Calendars and Diaries

A5 Address Book £9.60

148mm x 210mm / 5.8 inches x 8.3 inches



**Call us on 522205
LAST DATE 17TH
NOVEMBER TO ENSURE
DECEMBER DELIVERY**

Short Story Writing Competition

There's still time to enter this year's short story writing competition. This is an opportunity to have your story read and recorded by a celebrity!

Celebrities are Richard Cadell, Robert Daws, Amy Robbins and Melvyn Hayes.

The closing date is Friday 12th November.

Entry Fee (per story)

Adults £8.00 - Under 18s £2.00



Richard Cadell



Robert Daws



Amy Robbins



Melvyn Hayes



Ice Skating

Saturday 20th November 2021



This year, the Christmas light switch on in Newport will be bigger and better than ever, with the free ice rink and disco located on Quay Street for all to enjoy. For those not confident on the ice, free push-along penguins, as well as skate aids, will be available to use!

WE HAVE SECURED A SPECIAL SIGHT FOR WIGHT HALF AN HOUR FROM 14:30 FOR 20 PEOPLE; PLACES WILL BE OFFERED ON A STRICTLY FIRST COME, FIRST SERVED BASIS. WHY NOT GIVE IT A GO; THERE WILL BE PLENTY OF PEOPLE ON HAND TO HELP

Throughout the day in St Thomas' Square and St James' Square, there will be live entertainment and performances from bands, magicians, vocalists, huskies and much more.

Children will also be able to meet Santa, who will be stopping by the Minster in St Thomas Square from 12:00 to 14:00 each day. Each child that visits Santa will receive a FREE gift! The finale will take place at 18:00, with the lights for Newport being switched on by actress Sue Hodges (best known for her role as the waitress Mimi Labonq in the BBC sitcom, 'Allo 'Allo!) and Pippa the life-size Polar Bear!





Honouring Armistice Day



Thursday 11th November

Join us here at Sight for Wight
in honour of Armistice Day

With songs by Maurice
Open 10:30am - 2:00pm
Bring your own lunch
£3 entry fee



Please RSVP by calling 522205

Sight for Wight Christmas Lunch

CHRISTMAS LUNCH
AT THE ISLE OF WIGHT COLLEGE
£10 PER HEAD – 3 COURSE
COFFEE & MINCE PIE
ON THURSDAY 25TH NOVEMBER
Only 50 places available
First come, first served basis
Call the office to book your place today





Sight for Wight Raffle



It's back; the Annual Sight for Wight Raffle!

Enclosed in the Newsletter is a book of raffle tickets for our 2021 raffle. We have over 30 prizes this year with a hamper as first prize.

You can buy your tickets (£1.00 per ticket) by calling us with a debit / credit card or by sending a cheque made payable to 'Sight for Wight'. Good Luck!



Sight for Wight Christmas Fair

Saturday 27th November

10:30am - 12:30pm

Millbrooke House, Carisbrooke

Christmas Fair packed with stalls including Christmas gifts for all ages, tombola, win a bear, books, knitted gifts, name the giant teddy and more.

Tea, coffee, cakes and refreshments available.



Christmas Cards



Packs of 10 cards with envelopes
only £3.50 per pack





Christmas Cards



Please call the
office on 522205
to order your
cards in plenty of
time for
Christmas!





Spotlight On: Margaret

My name is Margaret; I am 88 years old and was born in Maida Vale, London. I left London at five to be evacuated to Somerset where I stayed for six years.

After the war finished, I returned to London but it seemed a strange, dirty and noisy place. I went to college in Ladbroke Grove and my first job was working for the RNIB in Great Portman Street. I also worked for a private clinic for massage and electronic equipment and NALGO in Regents Park.



I got married and had three children; two girls and a boy. I moved to the Isle of Wight in 1970 where I remarried and had two further boys. Sadly, the older boy was killed in Florida at 28. I have ten grandchildren and four great grandchildren.

I've always been short-sighted and eventually was registered as partially sighted. At the time, there was a chap called Nigel who worked for the Society, when they were based at Wallace Court, and suggested that I come to the Thursday club which I joined in 1998 and I've been there ever since. Interestingly, at the time, it was run by Mel's wife, Joy. Mel later went on to be a volunteer minibus driver for the Charity for many years.



Spotlight On: Margaret



I love coming to Sight for Wight and the Thursday Mix & Mingle Group in particular. I've made some wonderful friends, including Rene, Ruby and Audrey and am still making new friends as numbers continue to grow.



I have always been an avid reader and now listen to audio books. I enjoy quizzes and get to as many as I can and also like to watch the quiz programmes on TV. Travelling is another of my passions and I've been to places such as France, Belgium, Spain, Greece, Italy, Egypt, Canada, Hong Kong and America approximately 15 times! I'd love to fly to Barbados and then get on a small cruise ship and go around the Islands as I just love travelling.

Sport is another of my passions and I love cricket. I've been to Wimbledon for the tennis, a test match at Southampton and would like to visit the new Tottenham Hotspur ground as they are my favourite team.



I really enjoy meeting people and love to socialise and it's such a pleasure to still be coming to the Thursday Mix and Mingle Group at Millbrooke House; it's lovely to see Sight for Wight is now running in such a positive and progressive way.

Margaret

Margaret Evans



Trustee Ruth



Hello, my name is Ruth and I am one of the Trustees at Sight for Wight. I am also an active member, so many of you may well have bumped into me and my Guide Dog, Flora, at various social events. My work as a trustee has kept me very busy over the last year, with a wide range of tasks and activities, including volunteering as a befriender, shortlisting and interviewing on the HR committee, representing the Charity in partnership with the Council and Age UK on some new projects and supporting our CEO, Lisa, and the other staff as we opened up Millbrooke House after lockdown.



As well as my role as trustee, I am also able to champion Sight for Wight and represent the Island as a volunteer for a number of national charities. This year I have given talks for Guide Dogs via zoom to a Brownie pack in Jersey, manned a stall for the Macular Society at our open day, given a presentation on the value of volunteering for the RNIB, written a blog for the Pocklington Trust and this weekend I will be spending three days in Eastbourne with the National Federation for the Blind.

As mentioned above, I am also an active member of Sight for Wight and have really enjoyed the opportunity to meet up again face-to-face with other members. I have been so pleased to get back out and about on the strides, now organised by our lovely volunteer, Trish, and am delighted to be able to get back into the pool at Medina as part of the Monday Swimming Group. As well as this, I belong to the monthly Book Group, the Wednesday Coffee Morning, and the new Yarn Craft Group, all currently held at Millbrooke House.



Trustee Ruth



I would also like to take this opportunity to wish my lovely Guide Dog, Flora, a very happy retirement. Although this is much sooner than expected, Flora has given 100% for the last four years; she has changed my life, giving me back my confidence and independence and, although this time has been cut short, it does not make her incredible work any less amazing. However, recent X-rays have shown that Flora has slight hip dysplasia and signs of arthritis, so it is time to hang up her harness and enjoy her retirement as a pet dog with me and my family.



So to conclude, why am I a trustee? Although I am only in my 40's, I have lived with sight loss since early childhood and hope that by sharing my experiences, coping strategies and general pearls of wisdom, I can offer empathy and a listening ear to others on their sight loss journey and as a trustee for Sight for Wight, I can be part of the incredible team that is striving to support the Island's visually impaired community. So if you or anyone you know is interested in joining our Board of Trustees, please give the office a ring for more information.

Ruth **Ruth Hollingshead**



Meet Volunteer Steve



Hello everyone, my name is Steve Lang-Jones and I am a member of the small Sight for Wight, Driving Team. I moved to the Island about 45 years ago, and have lived in St Helens, Bembridge, Carisbrooke and now in Whitwell with my wife, Jan. Throughout that time I have always been involved with the local community through various charities, mainly scouting and most recently, Sight for Wight.



My career was predominantly with a large IT company where I worked worldwide as a Programme Manager, implementing IT changes for all aspects of the business.

I joined the Driving Team in early 2017. In such a short time with the Charity, I have been amazed at the number of changes it has been through, constantly striving to improve the services it delivers, to address the challenges life brings along and to implement new things. What impresses me most is the willingness to help and commitment of everyone involved, from our members, guests, volunteers and staff, to make it work and deliver the services our members want.

Being a member of such a team is quite inspiring and a delight; I have just a small part to play in this team enjoying the interaction with all the members I transport. The conversation subjects on the bus are wide, varied and always interesting. What happens on the bus stays on the bus! I'm just there to make our journeys from A to B as smooth and quick as possible. This is probably the best job I have ever had; long may it continue.

Steve

Steve Lang-Jones



Tips Directly from Members



"Around the house I use bright, striking colours on my door frames and step edges! This helps me to know what risks are around me and stop me from falling and getting any injuries."

Susie from Totland



"I put a big paper clip on my jumper zip which helps me to get a better grip on the zip and keep me warm now the weather's getting colder!"

Jake from Godshill

"A good way for me to know what colour jumpers I have in my wardrobe is by putting small bumpons on my blue jumpers and bigger bumpons on my black jumpers. I then know what colour jumper I am wearing that day!"

Samantha from Cowes



"I use silicone guards for my oven shelf. This helps me to stop getting burns when I accidentally catch my arm on the edge of the shelf."

Alex from Ryde

If you have any tips for other members, please do not hesitate to let us know so we can include them.



Life with Aaron

My name is Aaron; I am 29 years old and live in Ryde with my family. My eye condition is called Retinopathy of Prematurity which is when the retinal blood vessels don't develop normally in babies that are born earlier than their expected date of delivery.

Despite my eye condition, it does not prevent me from enjoying a normal life. My hobbies include martial arts (I am a black belt second degree), I am part of a theatre group called First Act, which is a group for people with disabilities who perform at Shanklin Theatre every year. I also enjoy monthly golf sessions at Westridge Leisure Centre. Singing is another of my passions and I am part of a choir called Voices of the Isle of Wight.



Theme parks have recently become a part of my life and I have been to Chessington World of Adventures; one of my favourite rides being Croc Drop. It's not just the sensation I like but the custom atmosphere, as an audio experience is provided from when you take your seat, until the last drop. I've also been to Blackgang Chine and am hoping to go to Paulton's Park and Clarence Pier next year.

I have a carer called Steve who comes once a week and we go out for walks along the seafront in the summer.



Life with Aaron



During the winter I enjoy gaming and have the Xbox One X which has a built in screen reader, so this is really helpful as you can therefore read messages and look at game achievements without any help. I have the PlayStation 4 to experience one of my favourite games, The Last of Us Part 2; you can enable text to speech in the game so it will tell you when to pick up items and reads notes to you. There are sound effects for when you jump or crouch and it will tell you what you're equipped with. It's quite a dark game though.

I use some of the free phone apps available such as Be My Eyes and Seeing AI which enables you to scan papers and read them to you, although I don't use these very often. I enjoy my tech and gadgets and am happy to do a regular feature for future newsletters.

My mum puts buttons on clothes hangers so I know what I'm putting on which is really helpful. I do use my computer and phone a lot to help me and currently have a Samsung Galaxy S4 for audio recording, as audio recordings are like my version of photos.

I collect things from other countries such as video game soundtracks from Japan and Hallmark ornaments from the U.S. For instance, I've got seven story telling ships from the first Star Wars film and a Godzilla ornament that makes sounds.

Life is going well for me and I am excited for accessibility in the future.

Aaron **Aaron Danvers-Jukes**





Sight for Wight Drop-In Day with VisionAid

Tuesday 16th November
10am - 4pm

**Millbrooke House, 137 Carisbrooke
Road, Newport PO30 1DD**

Join VisionAid at Sight for Wight to try the latest low vision equipment.
Our friendly specialist, Ben Ross, will be on-hand to demonstrate the
solutions available and answer your questions.
Please contact Sight for Wight on **01983 522 205** to book your timeslot.

New BlindShell Classic 2

- Takes the complexity out of using a mobile phone - whatever your age!
- Talks to you - voices all menus, calls, texts etc. via its loud speaker
- Large, clear, tactile buttons
- Up to 5 day battery life • Torch



AceSight VR

- Hands free magnification
- Comfortable to wear for long periods of time
- Easy to operate
- Ideal for watching TV, cinema, seeing loved one's faces, reading, playing cards, jigsaws, sewing etc.



VisionAid
Restoring Independence Since 1996

01775 711 977
www.visionaid.co.uk

Call Sight for Wight to book your timeslot: 01983 522 205

OrCam Read Smart

- Push a single button to have post, magazines, recipes etc. read to you within seconds
- Point, press, read - anywhere!
- Weighs just 50g • Pocket-sized
- Rechargeable battery (3 hours)
- Natural, human sounding voices



Candy 5 HD II Handheld Magnifier

- Continuous auto-focus camera works at any distance • Vibrant 5" screen
- 2 - 22x magnification
- Large tactile controls
- Replaceable, rechargeable battery
- Ideal for viewing photocopier & appliance controls, filing & writing etc.



Clover Book Plus

- The portability of a large handheld video magnifier with the reading comfort of a desktop solution
- Read post, medication, newspapers, write letters, enjoy hobbies e.g. cards, sewing etc.
- Up to 60x magnification



VisionAid
Restoring Independence Since 1996

01775 711 977
www.visionaid.co.uk



Volunteer Update



Now our groups are back up and running, along with new groups, volunteers are more important than ever as, without them, we would not be able to hold these vital activities for our members and I would like to thank you all for your time and commitment.



I am so happy to welcome new volunteers to our team and I hope you are all made to feel very welcome and also enjoy assisting our members in their various groups/activities.

Sadly I have to announce the passing of our long serving volunteer, Lesley Ann Bryant; during her 18 years, Lesley Ann helped with the Talking News, Strollers, fundraising and, initially, home visiting. We will greatly miss her and pass on our condolences to her family.

As always we are still looking for volunteers to cover various clubs and activities. PLEASE remember, if you can only give an hour a week, fortnight or month, we would love to hear from you or, if you like to swim, our new group on a Monday at Medina Leisure Centre is desperate for escorts to assist with the members within the changing area and by the poolside. Please contact us if this is something you could help with.

Thank you ALL once again;
we really do appreciate you.



Susan Susan Earley



Befriending Update



Befriending Week takes place from 1st - 7th November all across the country. We are so grateful for all of our wonderful volunteers who have joined the Befriending Service for our members.



Befriending has so many benefits. It provides companionship for isolated people, the chance to develop a new relationship and opportunities to participate in social activities. Our members are feeding back the benefits. If you would like to become a Befriender or receive a telephone call from one of our Befriending team then please do not hesitate to contact me.

Education Update

There have been 3 sessions booked for November so far including Nettlestone Primary and an opportunity to deliver the programme to a social group of home-schooled children and their families.



In the last newsletter, it said that I was organising a Hat and Sunglasses day for this September. We have decided to move the date to 2022 to coincide with Summer Solstice, the longest daylight of the year. The new date is therefore Tuesday 21st June 2022.

My aim is to get every single Isle of Wight school engaged in learning how to protect their eyes and keep them healthy to reduce the risk of sight loss.

Elaine and Jasmine

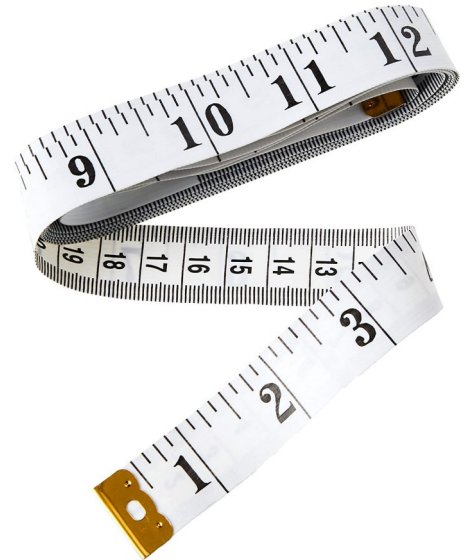
Elaine Bricknell and Jasmine Edwards



Dress for Less

Let's Talk Body Shape

Some time ago, I made a discovery that has made me change the way I shop for clothes; it has made the experience much simpler and more successful. Simply, I found out what my body shape is! It turns out, knowing this helps you to learn what suits you. I have a straight body shape, also known as a rectangle. In a nutshell, very little shape. For example, for me wearing clothing that is baggy and loose does nothing to help or enhance my body shape.



For those of you who do not know your body shape, I would like to share how you find out. Then, in future newsletters, I will discuss each body shape and the style of clothes that you should be looking for. Secretly, a lot of you already have the clothes that suit you. They are your favourites and the clothes that you receive compliments when you wear them.

How To Determine Your Body Shape.

Grab a pen, paper, and a tape measure! Today's the day you figure out your body shape! There are 5 main body shapes but remember, no two bodies are alike; you don't need to fit in! You may not be one body shape; you may be a combination of two. This is just a starting point for you to get a better understanding of how to look and feel your best.

Measurements

There are four measurements you'll need to take to determine your body shape.



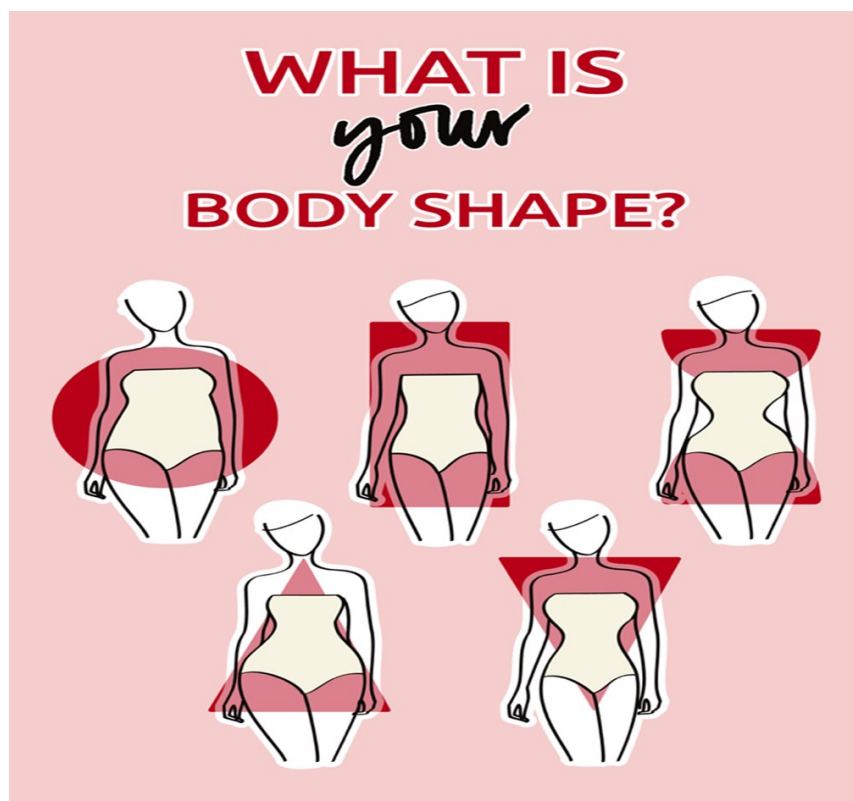
Dress
FOR LESS

First, get dressed in something minimal like a camisole or lightly padded bra. You can take the measurements yourself or have a spouse or friend help you.

Tip:

- **Measuring** - As you're measuring, make sure there is no slack in the tape to get the most accurate measurement.
- **Shoulders** - This should be taken as high up on your shoulders as you can get without actually slipping off them.
- **Bust** - Measure at the fullest or widest part of your chest.
- **Waist** - Measure wherever the smallest part of your waist is.
- **Hips** - Measure the fullest part of your hips..

Now to the exciting stuff...actually determining your body shape!

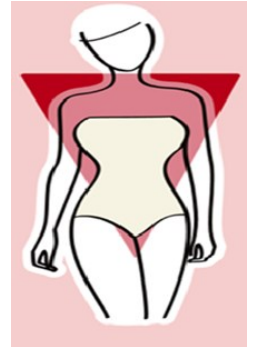




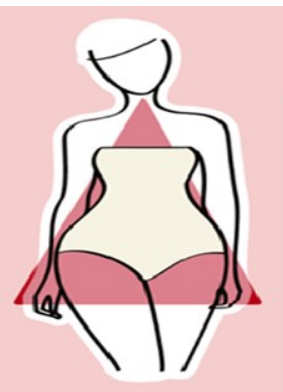
Inverted Triangle

Your shoulder and bust measurements will be bigger than your hip measurement.

Your shoulders are at least 2 inches larger than your hips or your bust is at least 4 inches more than your hips.



Triangle/Pear—The most common body shape



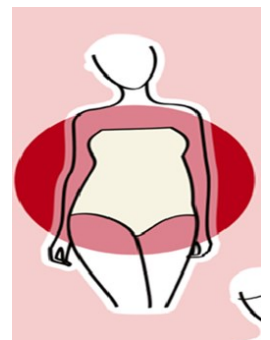
Your hip measurement is larger than your shoulder and bust measurements.

Your hips are at least 2 inches larger than your shoulders or at least 4 inches larger than your bust.

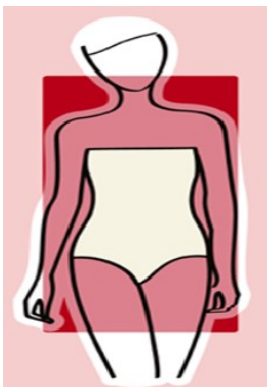
Circle/Apple

Your waist is your largest measurement.

If your waist is larger than your bust or hips by at least 2 inches.



Rectangle/Straight



This is what body shape I am! My hip, shoulder, waist and bust measurements are all about the same.

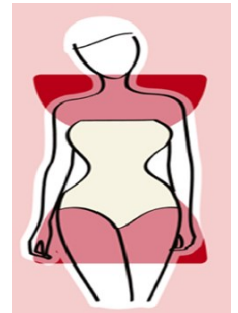
We don't have a lot of definition to our waist, this means our waist measurement is not 8 inches less than our bust, shoulders or hips.



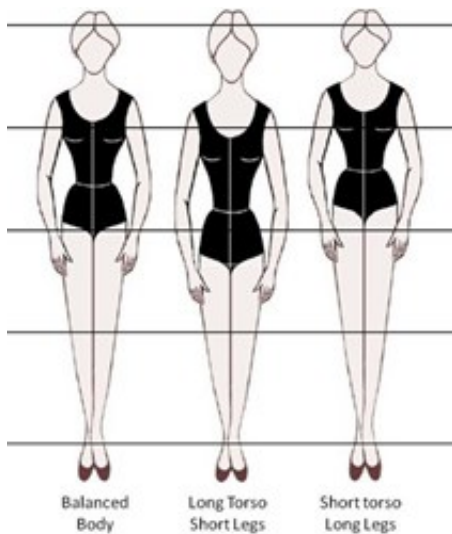
Hourglass

You have similar measurements in your shoulders, bust, and hips. But the waist measurement is clearly defined.

Your waist measures at least 8 inches less than your other measurements.



Long or short waisted



Knowing if you are long or short waisted is another super helpful thing to know! To find out which one you are, stack your hands on top of each other (with palms facing towards you), place them under your bust and see where your hands are, compared to your belly button. If your lower hand covers or goes past your belly button, you're short waisted. If your lower hand is above your belly button, you're long waisted; if your lower hand is right at the belly button, you're proportionate.

I hope that you have enjoyed finding out what your body shape is and whether you are long or short waisted. I look forward to the next newsletter when I will explain about the right clothes to wear for your shape in more detail.

I would like to take this opportunity to thank you all for your continued support.

From all the team at Dress for Less!



My First Real Lockdown (about 1978)

A severe deformity of my left arm, along with a complete absence of body mass, meant that I had long given up on my chances of playing rugby for Merthyr Tydfil 1st XV or indeed the Welsh XV.

However, I could run and had a good knowledge of the Laws of the Game and decided to take up refereeing.

After a few years of mainly, but not all, mediocre refereeing, I found myself attached to Canvey Island RFC as a sort of 'referee in residence' which meant that, when I did not have other commitments, they had first call on my services where no other ref was available, usually in the lower teams. Imagine my pleasure therefore when I was asked to accompany the First XV, but my shock when told the location – the inside of Chelmsford Maximum Security Prison! Still a deal is a deal and off we went.

After leaving the prison reception (a bit like a third grade hotel), things changed dramatically. We heard a warder state loudly '16 in Sir' and realised we had been placed in a security cage with the gate locked behind us. After this was repeated three times we were there – inside, banged up and truly locked down.

We were then taken on a grand tour, the first (no longer allowed) was the very risky route taken by Alfred Hinds, the notorious escapee.





After this, we crossed the exercise yard and I became aware of rooms which seemed to have vertical blinds on the windows until I saw the bars and realised they were with blackouts to the prisoners' workshops.

The pre-match preparation was straightforward; I had no need to check numbers of players or the length of studs (for possible use as offensive weapons) but was totally taken aback when told that I was in charge of the prison until extra time when I should take my team to the centre of the field and await instructions.

The match was fairly normal, although there was something surreal about having security guards as touch judges and not having to recover the ball from the river next door.

There was one worrying incident when a player/prisoner emerged, Charles Manson like, from a scrum; I don't know what he had done but felt inclined to tell him that if he repeated the behaviour I would have to send him off. Luckily the need did not arise as I discovered later that he was an accused murderer in transit.

At the end of the game, following the customary team applause (this time through a caged passage way), we retraced our steps, passed the windows with vertical blinds and the route of the Great Escape back to the cages.

This time the call was '16 out Sir', repeated until we reached the outside. As we left, I could not help wondering how Chelmsford High Street looked so good or reflecting on the real meaning of the phrase, 'There but for the Grace of God go I'.

Howard **Howard Thomas**



Terry's Twenty Teasers 4



WHERE AM I?

- 1 I'm standing on a high cliff looking towards Selsey Bill in Sussex; where am I?
- 2 I'm reading people's names on the wooden planks of a pier; where am I?
- 3 I'm looking at a disused rocket-testing site; where am I?
- 4 I'm standing at the southern-most point of the Island; where am I?
- 5 I'm driving up a pier I no longer have to pay to use; where am I?

AUTUMN (where did Summer go?)

- 6 When is, or was, the Autumn equinox?
- 7 The word 'fall' originated, not in America but here in England; what was it short for?
- 8 What famous potential disaster was avoided in November 1605?
- 9 Do they have Autumn near the Equator?
- 10 Babies born in Autumn are more likely to live to 100 than those born at other times of year; true or false?

TRANSPORT

- 11 Who was the first person to apply for a patent for a motor car?
- 12 In which decade did the MoT test for cars, once they reached three years old, start?
- 13 Which is statistically the safest form of transport?
- 14 Who shut down many of the railway lines in Britain in the 1960s?
- 15 Who wrote the song, 'Trains and Boats and Planes'?



Terry's Twenty Teasers 4



ODDS & ENDS

- 16 What well-known expression does this dingbat represent;
'toria spong'?
- 17 What is this: 147=M B at S?
- 18 What would a Cockney mean if he said he was going out for
a 'ruby'?
- 19 What is the biggest selling single record of all time?
- 20 When is the next leap year?

ANSWERS ON BACK PAGE

100 Club Winners

Winners this time are Elaine and Pauline!

If you would like to join the
Sight for Wight 100 Club
you get a number for just
£2.00 a month and you are
helping to support us too!

Wouldn't this make a great
Christmas gift to someone!



Could 73, 83 or 93 be your lucky number? They are all
available. Call the office to choose your number!



Terry Twenty Teasers Answers



- 1 Culver
- 2 Yarmouth
- 3 The Needles
- 4 St Catherine's Point
- 5 Ryde
- 6 Either 22nd or 23rd September (22nd this year)
- 7 Fall of the leaf
- 8 The attempt by Guy Fawkes to blow up the Houses of Parliament
- 9 No, because these areas get a consistent amount of sun, they don't get Autumn or Spring as we know it
- 10 True
- 11 Carl Benz in 1886
- 12 1960s (actually 1967, although a test for cars over 10 years old came in, in 1960)
- 13 Air travel, followed by bus, then train
- 14 Dr Richard Beeching
- 15 Burt Bacharach & Hal David
- 16 A piece of cake
- 17 147 = Maximum Break in Snooker
- 18 A curry (Ruby shortened from Ruby Murray, rhyming slang)
- 19 (Still!) White Christmas by Bing Crosby
- 20 2024

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