

# Newsletter

**December 2021**



**SPOTLIGHT ON: PJ**

**Meet Trustee, Sue**

**Looking Back to  
2021**

**Be My Eyes App**

**SCAN &  
LISTEN**



**Your local sight loss  
charity**

**Charity number 1149415  
Company Number 6240404**



# Chair Report



Welcome to our newsletter.

Well, another extraordinary year but thankfully we have been steadily opening up Millbrooke House to all its usual activities; the staff have been working hard to make sure it is all running smoothly. It is so pleasing to be able to walk in and find groups being able to socialise again. You do of course though acknowledge that some groups are yet to reopen including the Members Forum and the Local Fundraising Committee; these are planned for an early start in 2022.



In this newsletter, we look back at all that has been achieved during the past twelve months; this includes the use of the QR Code, the Alexa Skill and how we have been able to keep in contact with the befriending scheme for our members. I also know that we have some fantastic knitters who have been very busy! I really like the Christmassy covers for the chocolate oranges, dog balls and bath bombs; these will make ideal gifts and don't forget to choose some of our extended range of Christmas cards as well.

As usual, we have the updates from all our staff and I'm really looking forward to the next instalment of Debbie's article of dressing to suit your body shape.

To everyone who contributes to the newsletter, thank you, it's always so interesting and informative. To our wonderful staff, who have coped with so many changes, the dedicated volunteers who generously commit so much of their time and to the Trustees; thank you for all you have achieved over the past year. May I wish you all a happy and healthy Christmas and every good wish for 2022.

***Sue*** Sue Bungey



# CEO Update

I cannot quite believe it was March 2020 that I took over the reins of CEO here at Sight for Wight but I am very pleased to be at the helm as our new 2020 strategy has really taken shape.



2021 has been a very difficult year, starting in full lockdown but ending with Millbrooke House alive and buzzing with activity. We have made huge progress in embedding our 2020 Strategy into what we do, how we do it and why we do it. In 2021 we have begun the following projects:

- **Reopened** Millbrooke House and restarted activities.
- Lottery Community Funded **A Friend In Need**.
- **Sight for Wight Alexa Skill**.
- **Hello Everyone** QR Codes.
- **Member Transport Survey** resulting in a car purchase.
- **Newsletter** now in 5 Bi-monthly formats.
- Celebrating **50 years of the Audio Library**.
- Celebrating **45 years of the Talking News**.
- **Education Program** – teaching avoidable sight loss.
- **Families and Young people** – establishing contact.
- **Employment for VI People** – offering one-to-one support.
- **Videos** - living with sight loss and its major causes.
- **Working partnerships** – established 25.
- Working to help produce an accessible **CENSUS**.
- **Lobbying** - working with the Police, Hovertravel, Southern Vectis, IW Council and BERYL E-Scooter.
- **Member Volunteering** - helping others empowers you.
- **Members' Low Vision Day** - 115 people attended.
- **Working Age Group** - established, offered to all members.
- **PALS GENIE** - matching members to local activities.

Thank you to each and every member, volunteer, supporter and member of staff; you have helped me achieve all of this.

*Lisa*

Lisa Hollyhead





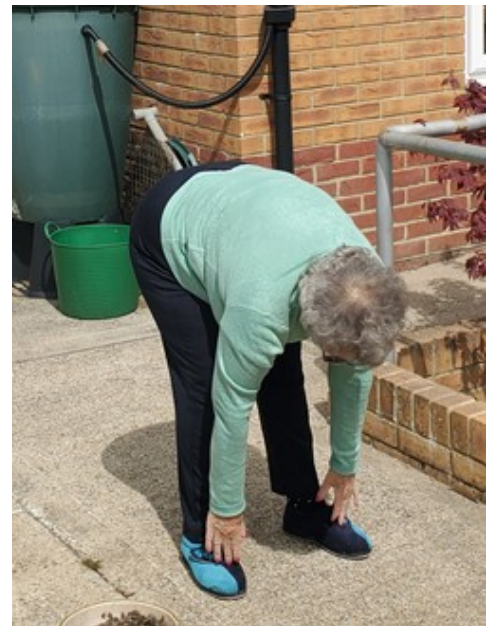
# Looking Back

Well where do I begin; the first six months of the year was a very unsettled time for not only Sight for Wight but the whole country. We had so many plans of reopening our doors to members and activities planned but the date just kept getting pushed back until finally we thought it was safe to reopen in July.

During lockdown, Paul, our trustee and volunteer, held zoom quizzes which was very well supported and enjoyed by many staff and volunteers from the comfort of their own home. Befriending continued throughout with our volunteers continuing to make phone calls to our members which, through their feedback, was a lifeline to them and helped stop loneliness and isolation.

Our Talking News team continued providing the weekly news to our members throughout and we thank them for all their time and also to Vectis Radio who continue to air the show twice a week.

Our local fundraising did not stop just because of the pandemic Sheila raised over £1400 by touching her toes one hundred times through May. The best part, she found a new vitality from it and has carried on doing it since then.



Debbie began online sales for Dress for Less through eBay and Facebook and we were literally inundated with offers of clothes for the shop as people used Lockdown to have a big clear out. Although we tried our best to sell everything, there was so much so we decided to donate excess clothing to another charity to ensure every piece of clothing was used and went to a worthy cause.



# Looking Back

Finally, July came and The Royal Victoria Yacht Club, once again, invited members along to their Open Day in Fishbourne; although a little damp in the morning, the sun shone and members and volunteers had the opportunity to enjoy the various trips out on the Solent in a variety of vessels.



Our monthly Golf sessions restarted at Westridge Golf Centre, Ryde and is thoroughly enjoyed by all. Members who attend receive help and training from their own professional coach

And finally we welcomed our wonderful volunteers back to a garden party; the sun shone and over 50 volunteers joined us.



Millbrooke House came alive with conversation and laughter and we all felt a little normality back into our lives.





# Looking Back

Just two days later, we began our members' activities again. We started with the new Mix and Mingle group, although our first meeting was saddened by our invitation to Mel Barnes family to unveil a beautiful bench in his



memory, but the sun shone and tea flowed and everyone enjoyed homemade cakes courtesy our volunteer, Yvonne.

It was wonderful to have the group back, along with new members excited about joining this social group.

August saw the charity start a new social monthly group, Lunch Club; the first one had members, staff and volunteers meet at Millbrooke House for fish and chips and wow they were delicious and very plentiful.

The charity was invited to take part in a special sailing event during Cowes Week on Wet Wheels; the group enjoyed a trip towards the west of the Island and members were allowed to drive the boat with lots of shrills and laughter.





# Looking Back

Our Coffee and Chat restarted and has seen a steady flow of members joining and enjoying each other's company and also having Laura, our ECLO from St Mary's, visiting to offer help and advice.



During August, Mix and Mingle really enjoyed themselves with having a day at the beach and fun at the Circus; ice creams were enjoyed and during the circus, members donned clown hats and red noses with much laughter.



Our new Strider Leader restarted the Monthly Striders with a lovely walk around Carisbrooke; everyone enjoyed the fresh air and a very sociable pub lunch at the Eight Bells.

Our monthly book group met for the first time at Millbrooke House after meeting virtually throughout the Lockdown. This group remains small and would welcome more members to join them monthly to discuss their latest book.







# Looking Back

September marked the start of a new Swimming Group at Medina Leisure, held weekly and during the daytime. The group grows in numbers but we are always looking for new members to join and enjoy the whole use of the pool with other VI members.

A new Yarn at Millbrooke House Group started for anyone interested in anything to do with yarn; numbers have been disappointing but the regular visitors have enjoyed the chat and sharing tips about their latest projects.



Independent Arts opened their Art Exhibition “Looking out of Lockdown” and we were privileged to have our artwork on display in their new hub, situated in Newport High Street.





# Looking Back

We held our first Open Day at Millbrooke House where staff and volunteers welcomed over 115 guests during the day; our volunteer, Maurice, entertained in the garden and everyone enjoyed a barbeque and great company. We invited several charities and companies to talk about their products and services which was very well received.



Your chance to meet 10 other local and national organisations all offering help, equipment, advice and support to visually impaired

<b>Macular Society</b> Beating Macular Disease Advice on living with all macular related conditions	<b>Optelec</b> Life is worth enjoying Handheld, wearable and desktop magnifiers
<b>RNIB</b> Equipment, technology, counselling and support	<b>Blind Veterans UK</b> Rehabilitation, activities and support for any ex service personnel
<b>VisionAid</b> Solutions for Independence PC Software to magnify and read out the screen display	<b>Guide Dogs</b> Mobility training and family support
<b>Isle Access</b> Making the Island accessible for everyone	<b>RNID</b> Assessment, advice, equipment and mobility training
<b>PEOPLE MATTER IW</b> Equipment and advice for independent living	<b>Touchpoint Vision</b> OrCam wearable and hand held products specialists



Striders met and had a brisk stride to the Tennyson Monument which was enjoyed by all. New members began to join the group and everyone stayed for a delicious lunch together afterwards.

The Guide Dogs also love these get togethers, giving them a real chance to run free and play with our dogs whilst their owners enjoy a stride with one-on-one sighted guide support.





# Looking Back



Again, Mix and Mingle enjoyed another fun packed month, including a themed day at Chelsea Flower Show, trying their hands at flower decorating and a special trip to the Wildheart Animal Sanctuary in Sandown.



The group grew and grew in size with people joining and coming back each and every week.

We have been enjoying record numbers on a Thursday which is fantastic.





# Looking Back

Our newly formed Lunch Club enjoyed a lovely social meal at the Hotel Ryde Castle



Our volunteer, John, offered to attend 'Our Place' at Freshwater and represent the charity, sharing information and news.

Since September, John now also attends Totland to spread the news about the charity, which we are so very grateful for.

He also took it upon himself to complete a sponsored swim for us at West Wight Pool raising more than double his target.





# Looking Back

Our fundraising teams attended Wolverton Manor, donning their new t-shirts and we raised a fantastic amount, over £500, which is brilliant, and we thank of our wonderful volunteers for the time, help and support.

October came and we carried on seeing our activities so well attended and enjoyed by all members; numbers attending increased and we restarted visiting the West Wight monthly swim with members enjoying the warm pool.

Striders enjoyed a stride around Ningwood and celebrated a very special birthday with one of our members at the Horse and Groom Pub.

The coffee and chat, on a Wednesday, have seen lots of new members joining and the house is filled with laughter and conversation.



all

all





# Looking Back

November saw the Mix and Mingle celebrate Armistice Day following the traditional two minute silence with a performance from Maurice, which was absolutely brilliant and the members thoroughly enjoyed singing along with his choice of songs from West End to Wartime tunes.



Newport Parish Council held their Switching on Christmas Lights day and invited Sight for Wight to try Ice Skating. 29 members, volunteers, staff, family and friends all enjoyed skating around the rink and it was such a lovely experience to see members shrieking with laughter and happiness.







# Looking Back

Our Christmas Dinner was so well attended with 47 people, a mixture of members, volunteers, staff and trustees. The College provided an excellent lunch and it was hailed a great, successful, joyful afternoon.



We held our Christmas Fair on a very cold and blustery Saturday at Millbrooke House and everyone who attended enjoyed the company and browsing our many stalls of Christmas Craft, Gifts, Cakes and Bric a Brac. Refreshments were served throughout by our wonderful volunteers and people thoroughly enjoyed it.







# Looking Back

As I write this article we still have December to enjoy, although we are closing for a break on the 17<sup>th</sup> December; most of us will have enjoyed a Christmas meal with our various groups and activities.

Looking back, all I can say is what an amazing achievement in the last six months; membership is rising, activities are increasing but none of this would be possible without our amazing volunteers who help every week, giving up their time and providing necessary support required to enable these groups to continue.

## Looking Forward

With 2021 nearly over, 2022 is just around the corner. We are all of course, hoping this will bring a world where COVID 19 does not feature so heavily in our daily lives.

Sight for Wight will continue with our current role helping people as individuals from diagnosis, helping them to regain confidence, through to living with as much independence as they wish to.

We have plans to expand our Alexa skill to include daily updates, information from other organisations and contact details for other organisations which can offer help and support.

We will also be continuing to roll out the Hello Everyone QR codes and to lobby at every level for the needs of VI people.

We also wish to begin our One Wish campaign; postponed due to COVID restrictions, it is aimed at providing our members the chance to fulfil a wish they have which they cannot do unaided due to their sight loss. We are so excited about this, giving members what they want as well as what they need.



# Welcome to Abi



This beautiful Island has been my home for 17 years; I have 2 young children who keep me on my toes and ensure I make the most of everything the Island has to offer. I love sea swims, walks through Brighstone Forest, cook-ups on the beach; generally being outdoors as much as possible.



By the time this goes out, I will have been part of the Sight for Wight Team for 5 weeks; time has flown! It seems there is always a new event or project just around the corner.

You will find me in and around Millbrooke House, Monday to Friday, supporting Lisa with quality and management; this will involve looking at the performance of the charity and working with the team on day-to-day tasks.

You will no doubt meet me at some point or chat on the phone; please do say hello and let me know your thoughts on how we are doing and what you would like to see from our service in future; this could be new events, groups, or specific areas of support and guidance you, or your family would find beneficial. I will aim to get as much feedback as possible so please get in touch if you have any thoughts or ideas you would be happy to share.

It has been a great pleasure meeting some of our members already, including during our ice-skating event and Christmas Fair, both were a lot of fun and the support all around was incredibly heartening. I would like to say a Big Thank You to all staff, volunteers, members and trustees; you have all been very welcoming.

*Abi*

**Abi Froud**





# Tips Directly from Members

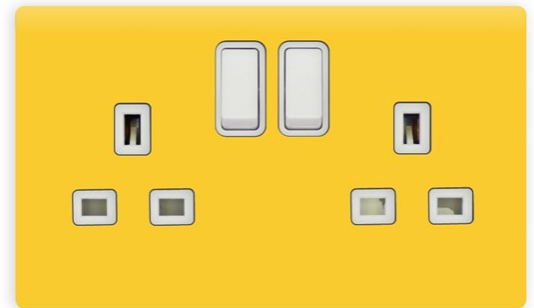


"I use a double-ended clamp to hold my hand magnifier in place. It is fixed to the table so that it can be used like a stand magnifier. It has been a great help to me to still enjoy doing my puzzles."



"A good tip, which has helped me, is that I have coloured electrical sockets around my flat. Having them in bright colours, helps me work out where they are!"

Linda from Newport



"I struggle to see the recipes in my cookbook so I have found that enlarging the pages by using my photocopier helps making the recipes bigger and easier for me to read."

Tilly from Sandown

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



# Spotlight On: PJ

I was born in Guernsey in 1953; I burst into the world like a pit pony bursting forth from the coalface to the daylight, born sight impaired with retinal dystrophy due to ocular albinism; there were a few challenges ahead.

I was educated at The Ladies College spending time in Jersey, and spent much time in and around the family business which was quite diverse and by that time mostly motor trade supplying everything from local buses to cars for royal visits. Regular trips to the Longbridge Factory and Donald Healey workshops on business was great. My father was a great motor sport and rally enthusiast which brought many other opportunities.

In my 20s, I spent a couple of years working in Australia as a £10 Pom and, on returning to Guernsey to the family business, I became mum to two beautiful baby girls. Sharon still lives and works in Guernsey with two of my grandchildren and Amber is living and working in Gibraltar at present with her little family.







# Spotlight On: PJ



The business was wound up in my early 30s and I went to work in the banking and finance sector for a multi-national company. My vision worsened over time, necessitating a few changes of direction over the years entailing some entertaining evening work as well!!! I found the key was to 'make eccentricities of my inadequacies'.

I became a member of Guernsey Blind Association in my 30s and was a member of the Foresight Group which was for sight impaired people of working age.



My last years were spent working for the States of Guernsey. On retirement I hotfooted it to my wonderful Isle of Wight where I had been a regular visitor for many years.

Now in my ninth year on the Island. I have been a member of Isle of Wight Society for the Blind, now renamed Sight for Wight, for several years. I partake in as many varied activities as I can, particularly enjoying Striders walking group, and anything going on to do with the sea. All social events, meals out etc. such as the Murder Mystery Evening which was held a while ago.

I very much value the technical assistance, and general progressive attitude within the Society which is totally inclusive. Staff, volunteers and members...friendships made. All this enables me to lead a full life, retaining voice and independence.

Thank you folks.

**PJ**

**PJ Ash**



# Trustee Sue



Hello, my name is Sue; I joined the Board in 2016 and now am privileged to serve as Chair. The Board meets bi-monthly but we have extra meetings when needed. I also serve on the HR Committee and on the Board for Millbrooke Enterprises, which looks after our trading arm of Dress for Less.

Before retirement, my most recent employment was as a Manager of a sheltered housing scheme at Yarmouth; I looked after any welfare issues, the properties and the grounds. The majority of my working life was spent teaching, mostly on the Island where my two daughters grew up and went to school.



My interests are now gardening, reading and walking my Jack Russell whom is experiencing her own VI issues, as she has cataracts; I'm learning how to adapt her care so that she can have as normal life as possible.

We are so lucky on the Island to have such wonderful scenery and I have many favourite walks. As a young family we used to keep horses; I last went riding two years ago and really miss it. We used to enjoy camping holidays in France and I have had great times exploring this country.

I am a volunteer for I.W. Cruse, the bereavement charity, and have been involved with them for over twenty years. I was also a school governor for several years.





Why do I volunteer for Sight for Wight? Well, especially over the last two years, I have appreciated being part of a team. With all the Covid restrictions it has been great to be involved, still learning, still feeling hopeful the society can make a difference for those living with any level of sight impairment. As with all volunteering, it's unexpected but you do receive so much in return. I enjoy all the social occasions when there is an opportunity to catch up with members and other volunteers. I'm always so pleased and thankful for the dedication and support I and the other Board members receive from staff, members and our volunteers.



*Sue* Sue Bungey

## Our Christmas Break

We will be closing for Christmas on the 17<sup>th</sup> December at 3pm and reopen on 4<sup>th</sup> January at 9am. All volunteers and staff will be taking a well-earned break and recharging themselves to welcome in 2022. We wish you all a Very Merry Christmas and a Happy New Year.

### 2022 Dates for Your Diary

January 4<sup>th</sup> – The Office at Millbrooke Reopens 9am

January 10<sup>th</sup> – Medina Swimming 1.30pm

January 12<sup>th</sup> – Wednesday Coffee and Chat 10.00am

January 12<sup>th</sup> – Book Group 2.00pm Millbrooke House

January 13<sup>th</sup> – Mix and Mingle

January 19<sup>th</sup> – West Wight Swimming 12pm

January 28<sup>th</sup> – Striders

February 1<sup>st</sup> – Godshill Coffee Morning 10.30am @Old Smithy



We have had suggestions for new activities which we are looking at for the New Year including, Yoga, Fishing, Ten Pin Bowling and the Cinema; any suggestions please let us know.



# Meet Volunteers

## Chris & Brian Amy

I'm Brian. I was born in Jersey in the Channel Islands, a Crown dependency of the UK only 9 miles by 5 miles but there is plenty to see and do there. After finishing school I spent a year working in the building industry before leaving for higher education at Southampton College of Technology from 1968 to 1971 to obtain an HND in Building which opened various options for employment. In those days employment opportunities were easy to come by.



I opted for Quantity Surveying at Hertfordshire County Council before moving to the Isle of Wight Council joining Rainey Petrie Design. I much prefer to be close to the sea and have an affinity for islands.

I'm Chris. I was born in Nottingham - you can't get further away from the sea than that! How did I come to be on the Isle of Wight? After my A levels, I was accepted at teacher training college (La Sainte Union College in Southampton) where I spent three years combining study with fun. In my final year, I was sent to Holy Cross School in East Cowes. I enjoyed my six weeks on the Isle of Wight so applied for a job. Just my luck a brand new Catholic Middle School was being built on Wellington Road, so in 1972 I came to the Island and spent many happy years teaching there.

I joined Newport Badminton Club in order to have a bit of exercise and make new friends. In 1974 someone called Brian joined for similar reasons I think, and the rest is history. Our first date was a disco at the Ryde Queen! We were married in 1976 at St Thomas of Canterbury R.C. Church in Pyle Street, Newport. We still attend regularly and are involved in the parish.





We have four children, all four now married with grandchildren for us to enjoy. Phillip lives in Wokingham, Martin in Sydney, Alison in Bristol and Nicola here on the Island. We collect our local grandchildren from school, watch them play football and generally supporting them as much as we can. All our children include and involve us in activities when and wherever they can; we are very lucky.



Brian and I are still playing badminton for fun and competitively. We recently managed to beat a team from Cornwall in the Over 70's South West Region league. Brian plays golf, I run regularly, I enjoy knitting, sewing, cooking and being out in the fresh air.

### **How did we get involved in Sight for Wight?**

I think I (Chris) started reading the County Press for the Talking News in 2013. I go into St Thomas of Canterbury School to hear the children read and, at that time, Rachel Gardener was a teacher there. Some of you will remember her bringing children in to sing and entertain the Knit and Natter Group. Susan, her mother, worked for the IoW Society for the Blind and asked Rachel if she could find some volunteers to read the County Press. She asked me, I asked my friends Pauline and Madeline. They came on board and later Brian jumped on as well!

Pauline, Madeline and I are known as the Three Little Maids in The Mix and Mingle Group. We try to entertain the members, we let them know if we've done anything exciting and if they'd like us to explore somewhere, we go on a 'mission'. In November we went to Brading to experience the new trains. We had a fun ride to Shanklin and back. Meeting members of Sight for Wight is a humbling experience. It never ceases to amaze us how capable and knowledgeable they are. We have certainly gained a lot from being part of the society. Thank you for giving us the chance.



# Story Writing Competition (Virtual) Award Ceremony 2021



This year, we hosted our sixth annual Short Story Writing Competition Award Ceremony on Monday 6th December and, for the second year running, it was a virtual event.

We were delighted to see that approximately 200 people, to date, 'tuned in' to find out if they were one of the lucky winners and enjoy entertainment from some incredibly talented people. This year we had Double Take, Huxley Magician, Ben Stubbs (who performed for us last year) and Maurice Kachuk, who was also our Master of Ceremonies.



The under 12s winner was Claudia Summers with her story, 'A Vision of a New World' recorded by Richard Cadell.

The 12-17 winner was Evelyn Shand with her story, 'Underestimated', recorded by Amy Robbins.

The 18+ winner was River Watson with his story, 'Cliché', recorded by Robert Daws.

The Highly Commended winner was Isabella Stanbridge with her story, 'Mystery Man', recorded by Melvyn Hayes.

Claudia's story will be published in the County Press and all category winners' stories will be available to listen to on our website: [www.sightforwight.org.uk](http://www.sightforwight.org.uk)





I would also like to extend a huge thank you to our entertainers Double Take, Huxley Magician, Ben Stubbs and Maurice Kachuk for taking the time and trouble to record songs when they are already very busy people this time of year.

It is so generous of our celebrity readers, entertainers, staff and volunteers who all gave up their time to support Sight for Wight with this year's Short Story Writing Competition Award Ceremony.



**Claudia Summers**



**Evelyn Shand**



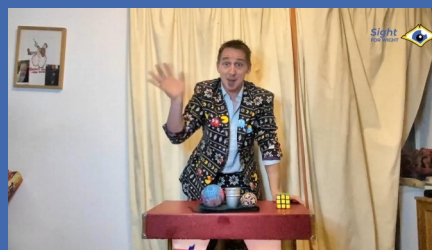
**River Watson**



**Isabella Stanbridge**



**Double Take**



**Huxley Magician**



**Ben Stubbs**



**Lisa Hollyhead (CEO)**



**Maurice Kachuk**



**Sue Bungey (Chair of Trustees)**



# Education Update



It has been an exciting year for the Education Programme! The programme has been delivered to 7 schools and 22 classes so far.

A BIG thank you to the schools who have taken part so far. The schools have been very welcoming and the children have been great in participating!



And another BIG thank you to the volunteers who have given their time to help me in the schools. I really appreciate your support and value your input into the programme.

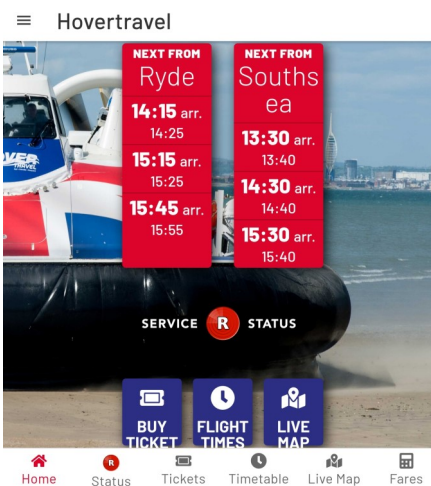
And finally we are always looking for new volunteers to join us on this project; we aim to educate every single Isle of Wight primary school child on the importance of regular eye checks and how little changes can make such a huge difference to people living with sight loss. I look forward to more schools being involved next year.

Merry Christmas!

*Jasmine* Jasmine Edwards

## Lobby Update

We continue to lobby for the needs of VI people and our CEO, Lisa, sits on 8 Isle of Wight Boards to ensure we remain at the forefront of peoples mind's as environments and polices develop and are planned.



Lisa approached Hovertravel regarding their new app; they have introduced a traffic light system with green to indicate the service is on time, amber to indicate the service is running but there maybe delays or bad weather is coming in and red for the service is not running. Distinguishing red and green is the most common form of colour blindness so we asked them to add a letter. They did and here is the result. Thank you!.





# Member Support Officer



Firstly, I would just like to say how very welcome I have been made to feel by staff, volunteers, members and guide dogs alike since beginning my role as Member Support Officer in October.

My role is to support our members after what has been a difficult 18 months or so where some members have isolated throughout, to get back to some form of normality and instill confidence.



It has been a very busy few weeks since I started and these are just a few of the things I have been able to assist our members with:

- Blue Badge, Disabled Rail and Bus Pass Applications.
- Delivering and setting up of Vision Aids.
- Providing transport to members including swimming, Mix and Mingle events and the popular Low Vision Aid Open Day.
- Welfare Visits and benefit assistance.
- Assisting with talking clocks, watches and even sorting out someone's heating.
- Walking with the inspirational Striders.

And last but not least .....

Supporting members on the ice rink..... thankfully as oversubscribed I did not have to skate.

I look forward to meeting more members in the future and please, if you need any support, give me a call at the office.

***Caron*** Caron Fezzani



# Our Befriending



Thank you to our wonderful befriending volunteers who have given up their time this year. I am sure our members will agree that they are making such a positive impact with their phone calls.

At this time of year, you might want to do something for someone else or take note if you experience an act of kindness.



## **Not sure where to start?**

I have put together some suggestions to help you out.

### **At home and in your community**

- Call a friend who you haven't spoken to for a while
- Post a card or letter to someone you are out of touch with
- Send flowers to a friend, out of the blue
- Find out if a neighbour needs any help with shopping
- Ring someone who is on their own, or video call them
- Send someone a handwritten thank you note
- Tell your family how much you love and appreciate them
- Help with household chores
- Offer to help an elderly or vulnerable neighbour






# Our Befriending



## Be kind to yourself

- Prioritise some “me” time, so you can relax and reflect on how you’re feeling and how your day or week has been so far
- Turn off from your social media channels for a day, or even a week
- Treat yourself to something small, such as buying or planting some flowers
- Do something you enjoy, like listening to a favourite song or dancing in your kitchen
- Spend some time in nature, which is good for our mental health
- Check on someone you know who is going through a tough time
- Wishing you all a very Merry Christmas and a happy and healthy new year



**Happiness doesn't  
come from what we get  
but from what we give**



*Elaine*

Elaine Bricknell



# Dress for Less

## Let's Talk Body Shape

I hope that you have enjoyed finding out your body shape. As promised, I will now share some ideas on how to dress the varying shapes.

We are going to get started with the most common shape the triangle or the pear. As a quick recap, you have a pear shaped body when:

- Your hips are wider than your shoulders
- Weight tends to accumulate on your thighs and often your buttocks too. You may have an elongated waist
- Your legs tend to be shorter
- You have a good defined waist

### **Your Aim When Dressing Your Pear Shaped Body**

The aim of dressing for your body type is to achieve a flattering look that accentuates your strengths. As a pear shape, you may want to downplay your hips. In order to achieve that you will accentuate the shoulders, draw attention to your upper body and waist and elongate the legs.

### **Which Garments Are Good For The Pear Shaped Body?**

Please note that these are general guidelines as everybody is different.

Pear shaped people usually like to down play their hips, others want to celebrate them. For those wishing to play them down, here is how:





When choosing your jeans, opt for a dark wash as these will be most flattering. Choose bootcut rather than tapered style trousers and jeans.

When choosing your top, wear something catchy, a catchy colour or some nice detail on your top. Breast pockets, big collars or a pattern are also good.

Horizontal stripes help to widen your upper body to bring it more into balance with your hips.

It's best that your tops and jackets end either above or below the widest point of your hips and bottom, not on that point.



## 2. Think About Your Neckline

Several types of neckline can work for you, but to create width across your shoulders to balance out your hips, look out for boat necks and Bardot styles; these styles have wider openings and are often off the shoulder.

V-line tops can also work as they draw further attention to your upper half and it's actually good for pears to wear shoulder pads, when they are back in fashion! Puffy shoulders will work too and are on-trend right now.

## 3. Accessories Are Your Friend

To draw the eye up away from your hips and thighs, choose colourful scarves, statement necklaces.





#### 4. You Will Look Fabulous in Dresses

Pear shapes often look beautiful in a fit and flare style dress which nips in at your waist and then skims over your hips.

Since your hips are a lot wider than your shoulders you want to emphasise the shoulders and widen them.



#### 5. For Those with a Long Torso

To give the impression of longer legs and a shorter torso, you can wear a few layered tops with one very short layer, like a short jacket. This will break up your elongated torso and give the illusion of longer legs.

I hope that I have helped you with this article to try something new. At Dress for Less we are here to help and always have a wide variety of styles to suit all body shapes.

## COUNTY PRESS RETAILER OF THE YEAR

We could not be more proud to announce that Dress for Less has been voted, by Isle of Wight residents, as Retailer of the Year 2021. A huge thank you to each and every person who voted for us; this means so much to our faithful and hardworking volunteers. We hope to see you soon. Happy Shopping!

*Debbie* Debbie Durbridge





# Charles Bonnet Syndrome



Do you experience vivid, silent visual hallucinations? If you are, then you may have developed Charles Bonnet Syndrome.

Charles Bonnet Syndrome (CBS) is an extremely common, but little known, condition which develops in someone of any age after 60% of sight has been lost. There are an estimated 1 million people, from children to the elderly, in the UK living with Charles Bonnet Syndrome.



CBS is not a mental health condition but happens when diminishing sight slows or stops the messages that usually run from the retina in the eye to the visual cortex in the brain. With nothing to interpret, the brain fires up and creates its own images. These range from simple patterns to complex scenes of people.

Esme's Umbrella campaigns for awareness, sources funding for research and creates ways to support people who develop CBS. Working with the World

Health Organisation, Esme's Umbrella has ensured that CBS now has a coding in WHO's taxonomy of diseases and conditions – ICD 11 – and Charles Bonnet Support Group is no longer classed as a side effect of sight loss but is considered a condition in its own right.

For support, there is a network of telephone online hybrid chat and support groups called Esme's Friends or you can, of course, contact us and we can put you in touch with others living with this condition.

Talking to others allows you to exchange experiences, share coping strategies and discover the latest research, and, most importantly stop feeling alone like no one else can understand. Find further details at [www.charlesbonnetsyndrome.uk](http://www.charlesbonnetsyndrome.uk)



# PDQ Machine



In November, one of our members called us having confirmed they had encountered a new style PDQ machine with no tactile number, all screen, and their contactless had failed so they were asked to enter their pin. Within a couple of days a second called, neither could, of course, enter their pin unaided.

The problem was obvious to us with no tactile marking as to where the numbers were located on the screen, how could you enter your number; of course neither person was going to tell anyone else their pin number. I contacted the PDQ manufacturer.



I was greeted with a full well prepared answer, this problem has indeed been thought of so every machine was supplied with a tactile rubber overlay which should be permanently attached to every machine. This provides enough tactile markings for someone to make a very good estimation of the keys' location. Further, each device has a symbol on it which, when pressed, puts it into VI mode. This has two effects. Firstly to read out the amount spent (something so simple but so useful; I for one have never read a PDQ machine in my life, I just have to reply on trust.) Secondly, tones are activated to allow guidance around the screen.

At the time of writing this, I have yet to investigate either feature personally but what I am certain of is the people with these machines have received absolutely no training on these features and are blissfully unaware of them.

The other thing I discovered is currently, despite publicity to the contrary, there is only one current approved machine in circulation of this type, therefore the problem can be solved by using the overlay in every case. However a second machine is due on the market after Christmas and I have already contacted the manufacturer and received the following reply:





Ingenico is very much aware of this and has actively collaborated with RNIB on the design of a new interface for its DX8000 payment terminal. The work on this included an expert assessment and observed user testing with blind and partially sighted users to identify usability and accessibility issues. The following have been incorporated:



- The use of large, bold characters in a font recommended for character recognition which provides good contrast and clarity, supporting people with impaired vision to use the PIN pad more easily.
- An internationally recognised icon for visually impaired people launches the full 'Accessibility Mode', prompting the terminal to provide an audible introduction, guiding the user around the keyboard.
- The device reads out the amount to be paid, along with basic instructions supported by a series of audio instructions to orientate the card holder in relation to the keyboard and a series of beeps to assist with keypad navigation.
- A double tap anywhere on the screen is used to select the desired key, and the whole process has an extended time-out feature, allowing the user to carefully complete their transaction in the time they need.
- The DX8000 is currently being introduced to the UK market in a pilot phase under a waiver by the RNIB. We are continuing to work with them on a small number of adjustments with full certification expected in early 2022 after final testing .

I therefore believe that to make this work training will be key and we will certainly be working with Island firms to roll this training out as fully and extensively as possible.

*Lisa*

**Lisa Hollyhead**



# Be My Eyes



'Be My Eyes' is a free App available on any smartphone or tablet with an internet connection. It provides an instant assistance by connecting visually impaired people with sighted volunteers.



## What is the purpose of this App?

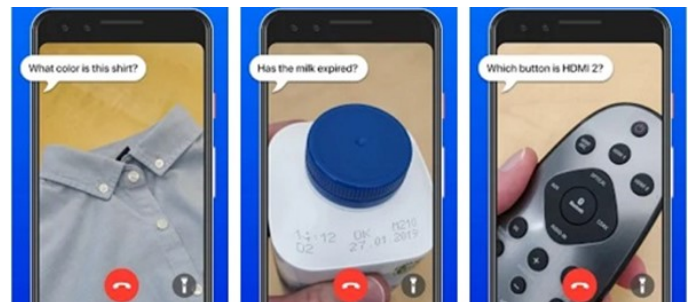
Using your phone camera it provides a live video chat with a volunteer to, for example, read out instructions, expiry dates, distinguish colours or help to navigate new surroundings.



You remain in complete control of the call, the volunteer does not know who you are, where you are and cannot ever contact you back. You state what you would like assistance with, the volunteer will then be able to give guidance on which direction to point the camera or when to turn on the torch. The camera allows the volunteer to describe what they see.



What colour is this shirt?  
Has this milk expired?  
Which button is HDMI?



## How do I download the App?

The Be My Eyes app can be downloaded to Android and iPhone devices by going to the App store and selecting install. Once installed, select 'I need visual assistance.' Click 'I am new.' and sign up with Facebook, Google, or using an email address. Call first available volunteer' and it will do exactly that. Please call us here if you need further help.





# Be My Eyes



## 10 common ways people use Be My Eyes

### Finding lost or dropped items

E.g. Where is the earring back I dropped on the bathroom floor?

### Describing pictures, paintings, or other artwork

For example: What does this sculpture depict? What are the colours or mood of this painting?

### Matching or explaining colours

E.g. Which pair of shoes are the black ones?

### Reading labels on household products

E.g. Is this Shampoo or conditioner?

### Reading on computer screens if websites are inaccessible or screen readers are not available

E.g. My laptop restarted unexpectedly – can you walk me through the login screen?

### Shopping in supermarkets

E.g. Which kind of crackers am I buying?

### Identifying expiry dates on food packaging

### Familiarising yourself with new places

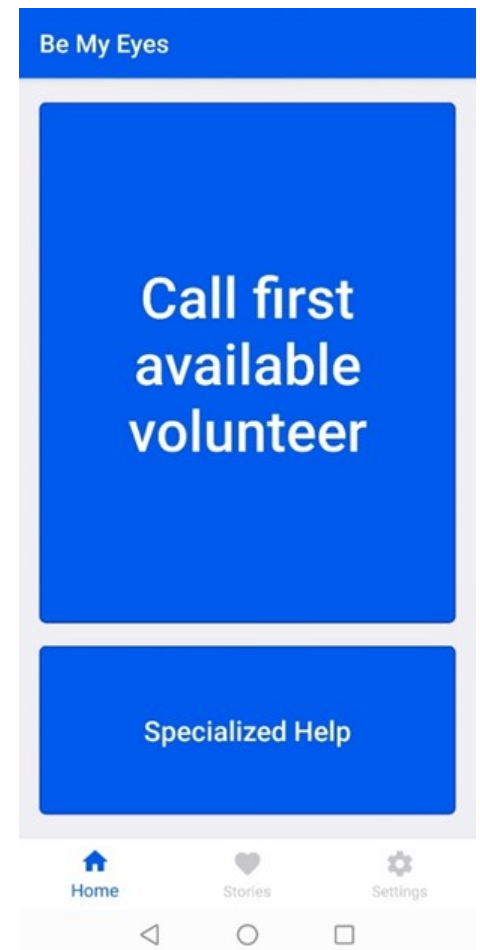
E.g. Is this the street I'm looking for? Where is the plug socket in this hotel room?

### Distinguishing between food items

E.g., Paprika or Cayenne?

### Finding out when public transportation (buses, trains, etc.) are departing or arriving

E.g. How many minutes does the screen say I have until the next bus arrives?





# Be My Eyes



**From our members' own experience:**

Every single time  
I have got an  
answer within a  
few seconds

Goodbye wasted  
food, hello reading  
dates. THANK YOU!

I do not know who I  
am speaking to and I  
will never meet them  
so I feel at ease to  
ask them ANYTHING

The other person  
just answers my  
question, nothing  
more, nothing less.

## **Safety Tips**

### **Protect Your Personal Information**

*Never display or share any identification documents like passport, driver's licence.*

### **Protect Your Financial Information**

*Never share credit card, bank account, insurance or other financial information or passwords.*

**Report all inappropriate or unsafe behaviour.**

**Do not share information about your medication or health conditions.**

**Do not use Be My Eyes for anything that can put you in danger or risk of harm.**

*Abi Froud*





# Terry's Festive Teasers



## Answers on reverse of letter

- 1 I'm standing outside a stable two thousand years ago (I'm very old!) ~ where am I?
- 2 I'm standing in a country which supplies a Christmas tree for Trafalgar Square in London each year ~ where am I?
- 3 I'm standing on top of a mountain in Scotland on Christmas Day ~ are my feet likely to be in snow?
- 4 Can you name any (or all, if you can!) of the three kings?
- 5 Which saint is Father Christmas named after?
- 6 Who wrote the song "White Christmas"?

## (HUMBUG CORNER!)

- 7 What would Scrooge have particularly liked about St Mary's Hospital here in Newport?
- 8 What was Scrooge's first name?
- 9 In "A Christmas Carol" by Charles Dickens, what was Tiny Tim's surname?

## (OK ~ ENOUGH OF THE HUMBUG...!)

- 10 Who's the missing reindeer from this list ~ Dasher, Dancer, Prancer, Vixen, Cupid, Donner & Blitzen?
- 11 And on a similar theme, who's the missing one in this list from "Snow White" ~ Dopey, Bashful, Grumpy, Sleepy, Sneezy & Doc?
- 12 Why are Christmas cactuses/cacti so called?
- 13 Who do they say first portrayed Father Christmas wearing a red cloak?
- 14 What colour cloak did he usually have before that?
- 15 In the song "The Twelve Days of Christmas" how many lords were a-leaping?
- 16 And...how many partridges did the lady receive altogether?
- 17 Which is the "kissing berry"?
- 18 Why is it customary to have turkey for Christmas dinner?
- 19 In what language was "Silent Night, Holy Night" originally written?
- 20 Just for fun - What would you wish for most this Christmas?



# Terry's Festive Teasers Answers



- 1 Bethlehem
- 2 Norway
- 3 Yes
- 4 Caspar, Melchior & Balthazar
- 5 St Nicholas
- 6 Irving Berlin (who lived to the age of 101, by the way!)
- 7 It was where the first workhouse in Britain was established
- 8 Ebenezer
- 9 Cratchit
- 10 Comet
- 11 Happy
- 12 Because in the northern hemisphere they flower indoors in the Winter
- 13 Coca-Cola
- 14 Green
- 15 Ten
- 16 Twelve
- 17 Mistletoe
- 18 Historically cattle was for breeding milk, hens for eggs so...sorry turkeys, that's the way it goes!
- 19 German
- 20 If you'd like to let us know your Christmas wish, do phone us on 522205 or email [enquiries@iwsb.org.uk](mailto:enquiries@iwsb.org.uk); we are here to help you!

**SIGHT FOR WIGHT** (01983) 522205 [enquiries@iwsb.org.uk](mailto:enquiries@iwsb.org.uk)

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