



Newsletter

February 2022

Your local sight loss charity

***SPOTLIGHT ON:
Charles***

***Meet Trustee Christina
& Volunteer Steve***

***Local Fundraising &
Members Forum***

**SCAN &
LISTEN**



**Charity number 1149415
Company Number 6240404**



CHAIR REPORT



Hello Everyone; in this issue of the newsletter we will be looking at travel and how we can offer support. The ways to use available transport around the Island and also accessing the mainland with discounted travel. Hopefully with the easing of Covid restrictions and the thought of improving weather, this will encourage us all to be able to plan some days out.



We are also able to offer help with applying for a Blue Badge; please do contact us, if you would find that helpful.

Sight for Wight has also reinstated the local fundraising group and the Members Forum and we would like as many members as possible to join in and support these groups.

We have restarted many of our usual activities and any that have had to be delayed will hopefully soon be on offer.

The Mix and Mingle postponed Christmas Lunch was held in February, it was a great success and much appreciated by all those who attended. I believe that Father Christmas also interrupted his holiday to be there!

To all our wonderful knitters, thank you for supporting so many projects over the past year and I know that many of you will be already knitting Easter Chicks. What a fantastic achievement that was last year!

My thanks as always, to our marvellous volunteers, our dedicated staff, who are always so supportive and helpful and the Trustees who donate so much of their time.

Sue Sue Bungey

Welcome to our February 2022 newsletter.

With the latest Government announcement that, finally, all COVID measures can be removed from 1st March 2022, I have to profess to breathing a huge sigh of relief.



Negotiating the constantly changing advice, trying to balance members, volunteers and staff physical health with the obvious negative effect the whole pandemic has and still is having on all of our mental health has certainly been a very challenging time.

10 TOP TIPS For Good Mental Health



Everything that we have all endured for the last 2 years has taken its toll on every single one of us, even if we think we are unaffected.

Detailed in both the picture and image description is Meiden Hall College's top ten tips to good mental health.

Each one in themselves sounds so simple, and they are, but pulled together, they really are excellent tips to working towards restoring our own level of calm and peace with ourselves. So pick up the phone, pop round to a friend, take a stroll, add healthy snacks to your diet, set yourself a bed time and remember you are special, unique and you're a genuinely nice person.

Image description

10 top tips to good mental health

- | | |
|--------------------------------------|--------------------------|
| 1 Talk to someone | 6 Think positive |
| 2 Spend time with supportive friends | 7 Spend time outside |
| 3 Get enough sleep | 8 Eat well, drink water |
| 4 Ask for help | 9 Limit your screen time |
| 5 Keep yourself active | 10 Believe in yourself |



CEO UPDATE

We are delighted to announce the re-opening of our Members Forum and our Local Fundraising groups from March 2022.

The Members Forum group, headed by the CEO is intended to include a good range of people; for example:

- Guide dog users
- Long cane users
- Partially sighted members
- A broad age range
- People living with life-long conditions
- Newly diagnosed people

The aims of the group are:

- Represent the interests of all users of Sight for Wight services.
- Seek feedback on the range and quality of services being provided and to put forward suggestions for improvement.
- Discuss and evaluate new ideas on service improvements.
- Offer ideas on how to engage with the wider VI community.
- Bring issues of concern or potential risk to the attention of the CEO.

The board times are yet to be set as I would like people to come forward to join the group and then we can find a mutually convenient time to meet. We aim to hold 4-7 meetings a year.

**PLEASE DO COME FORWARD
IF YOU WOULD LIKE TO JOIN.**





CEO UPDATE



The Local Fundraising Committee

The board was formed to generate funds and raise awareness of the Charity through a presence at traditional local shows, events and one-off fundraising events.

The board consists of one trustee, John Moore, the volunteers' manager, Susan Earley and other local supporters from our membership, local businesses and other supporting organisations.



The board decides which shows we should attend, how the stall should be made up, what items should be sold, what charity information should be taken and keeps a track of stocks, costs and income for each show.

Further, the board decides what other local fundraising we should do; for example, we are currently running our knitters campaign with volunteers making knitted chicks ready for Easter which we fill with cream eggs and sell locally.

The board also provides ideas to individuals who wish to raise money for the Charity with fundraising ideas, administration of sponsorship, gift aid and promotion of their ideas.

Finally the board is asked to give ideas on the promotion of the Charity to raise awareness of what we do and how we can help individuals.

PLEASE DO COME FORWARD IF YOU WOULD LIKE TO JOIN.

Lisa

Lisa Hollyhead



MEMBER ACTIVITIES

Weekly

Monday: Swimming at Medina Leisure Centre, Newport (Term time only) between 1.30pm and 2.30pm. The cost is £5.00 and £2.50 transport.



Wednesday: Coffee and Chat at Millbrooke House between 10.00am and 11.30am. All are welcome to join us for Coffee and Cake. The cost is £1.00 and the group is open to all, not just members.



Thursday: Mix and Mingle at Millbrooke House between 10.30am and 2.00pm. Planned activities, including crafts/quizzes and entertainment. The cost to join is £3.00 plus £2.50 for transport if required.

Monthly

1st Tuesday of the Month: Godshill Coffee Morning at the Old Smithy, Godshill between 10.30am to 12.00pm. Everyone welcome.



2nd Tuesday of the Month: "Our Place Community Cafe" at West Wight Sports and Community Centre, Moa Place, Freshwater. Our volunteer, John, will be there with any help or advice; it is open between 10.30am and 12.30pm.



2nd Tuesday of the Month: Lunch Club is open to all and is held at various locations across the Isle of Wight.



MEMBER ACTIVITIES

Last Friday of the Month: Striders are for members who enjoy walking; the route is normally around 5 miles, held at various locations across the Island and finishing with a pub lunch.



Last Sunday of the Month: Golf at Westridge Golf Centre, Ryde. Members enjoy 45 minutes on the driving range with an instructor available to help the complete novice, to those playing regularly.

Exciting News

New Groups and Activities

Horse Riding at the Island Riding Centre, Staplers Road, Newport PO30 2NB, Monday 21st March at 10.30am to 11.30am; half hour riding and half hour grooming and meeting the horses. **Only £15.00!**



Fishing - we are very fortunate to have some willing volunteers to take a limited number of members fishing. Hopefully this will be in April but details will follow shortly.

Rowing in Yarmouth on a gig manned by four rowers and a cox, one oar each. Often rowing from the bridge up to the bridge at the start of Afton Marsh; really sheltered.





MEMBER ACTIVITIES

Ten Pin Bowling at Ryde Superbowl on the 4th Wednesday of the month between 2.00pm and 3.00pm; the cost is £4.00 for one game. We have volunteers to help with the scoring and general assistance with the bowling which is great news.



Millbrooke Milers: Monthly social walk for members who are unable to join Striders but still love to walk. This new group will be for anyone who can walk at least one mile and will meet between April and October on the 2nd Friday on the Month at 10.30am.

Indoor Short Mat Bowling at the Isle of Wight Indoor Bowls Club, Ryde; offering a taster session to members and volunteers, time and date to be confirmed.



Save the date to watch the **Lion King** at the **Mayflower**, **Southampton** on 20th **September** to include a Touch Tour. More details to follow.



This is an evening performance.

Susan Susan Earley

TIPS FROM MEMBERS

“I bought a Talking Colour Detector which is a hand held device that can help me identify colours around me! I switch it on, then point it to an object I want to know the colour of, and it will speak and let me know the colour. This helps me know what colour clothes I am wearing every day. Cannot believe I did not know they existed!!!”

Sandra from Ryde



“I struggle to see the numbers on my landline phone which makes it difficult to type the numbers in to call my friends. I got a large buttoned phone, where the numbers are much bigger which is better for me to see.”

Ron from Yaverland

“I’ve bought a side tray that attaches to the side of my chopping board. When I have finished chopping up the carrots, I can slide the food into the side tray and then the slide tray can detach from the board to put into my bowl. This makes cooking a lot easier for me!”

Andrea from Freshwater



Hi everyone, I'm Steve, and I've been volunteering with Sight for Wight as a reader and recorder with the Talking News since 2016.



I'm originally from Glasgow. I moved to the Island in 2007, after a short spell living in Lymington and working at the BBC office in Southampton. As Talking News listeners will be only too aware, even after 15 years here, I still haven't quite got the hang of the Isle of Wight accent, with my Glesga twang still very much in evidence.

I live in Cowes with my partner Clare and our dog Ollie, a Segugio Italiano, who in a previous life was a hunting dog in Cyprus, before we adopted him, via a rescue charity just over a year ago. He's settled in pretty well, although he won't put his nose outside over the door if there's a drop of rain in the air, so he clearly still has some acclimatising to do.

My "day job" is in a related field to my efforts for the Talking News. I work in what is known as access services - rendering television accessible to people with hearing impairments via subtitles, and vision impairments via audio description. The company I work for, Red Bee Media, produces audio description for most British terrestrial TV channels, which may have helped you to enjoy your favourite TV programmes by describing what is portrayed on screen in the spaces in between the dialogue. The part of my job that I enjoy most is live subtitling – that is producing subtitles for things which are unfolding in real-time – news bulletins, live sports commentaries and the BBC Parliament channel and News Channel.

We do this using voice recognition software and a technique called ‘respeaking.’ This involves listening to the dialogue of a TV broadcast, repeating it into a microphone, inserting punctuation, as you might have done when dictating a letter to your secretary, whilst editing out any faltering, stuttering or repetition. We also have to watch for any bloopers that the voice recognition software gets wrong and issue a correction, if there’s time to do so.

This creates a stream of text that other software turns into the subtitles you see on your TV. So please spare a thought for your hard-pressed subtitler if the subtitles are slightly delayed - there’s a lot going on to get them on the screen at any given moment!

Subtitles for pre-recorded shows like EastEnders are prepared in advance, which is why they are more accurate and do not suffer from delays.



When I’m not busy doing all of that, I’m at my happiest walking the dog, or racking up the miles between pub and café stops on our beautiful island on my bike. As well as numerous cycling holidays over the years, I’ve also done a couple of long charity bike rides from my native Scotland – one which took me back “home” to the IOW and another which saw me roll on as far as Lisbon.

Thank you Sight for Wight for allowing me to Volunteer!

Steve Steve McDevitt

MOORFIELD'S NEW APP

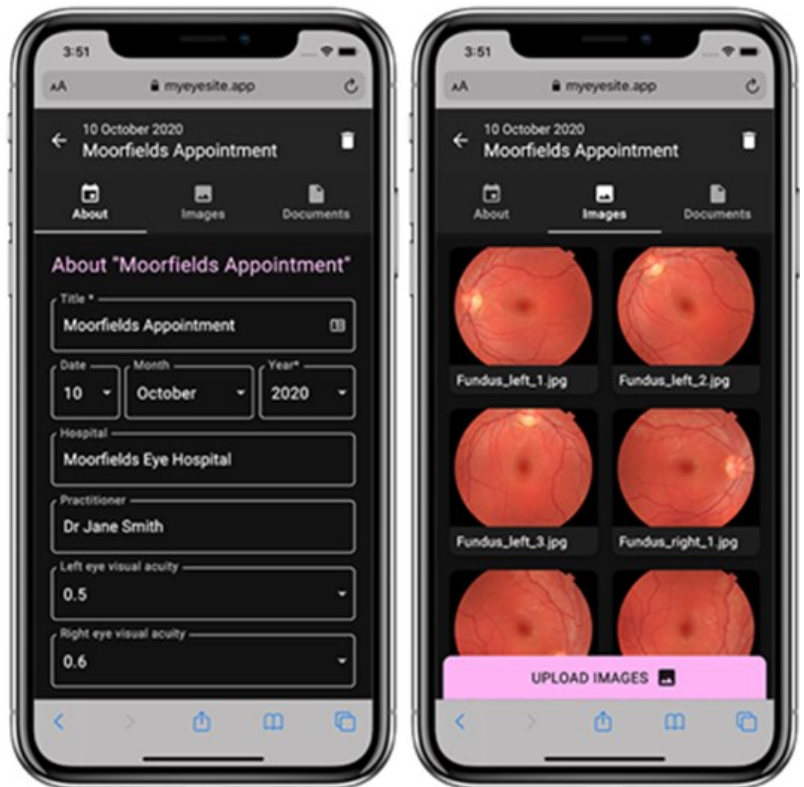
Working with UCL and Loft Digital, Moorfields Eye Hospital have released a new app which aims to allow patients access to all their records, share them and engage with people with a similar eye condition.

It will allow patients to access their own eye history from every source in an accessible and informative way. It provides the chance to ask questions to multiple sources and provides a platform for answers in a safe and compliant manner.

It further provides all data to all levels of treatment centres, giving new knowledge to all levels of eye care.

Finally, it provides pooled data on patients, who have consented, for research purposes, especially for more rare conditions.

Whilst in its early stages, currently with some hospitals not offering electronic history yet, meaning some data will need to be uploaded by the patient; the future is moving towards electronic sharing and therefore this platform provides a unique starting point.





UPDATE FROM ABI

You will find me in and around Millbrooke House, Monday to Friday, supporting Lisa with Quality and Management but equally importantly as the person seeking out member feedback. I am here to make sure we both **hear** from you and **listen** to you!



With the Government's announcement that all restrictions will be lifted at the end of February we are delighted to be able to restart our Members Forum group.

We are remaining flexible when we meet as we want to ensure those who want to join are able to. We meet four to six times a year as a group to offer any members the chance to shape the services, activities and support offered by Sight for Wight.

To join please call 522205 or email 2020vision@iwsb.org.uk.

VOLUNTEERS UPDATE



With so many activities started and new ones planned, I wanted to thank the volunteers who have already come forward to help and indeed welcome our five new volunteers to the team.

Without our volunteers, we would not be able to hold these activities for our members and I would like to thank you all for your time and commitment. We are still actively looking for car drivers so **PLEASE remember**, if you can give an hour a week, a fortnight or even a month, I would love to hear from you.

Susan Susan Earley



MEMBER SPOTLIGHT

Born in an Air Raid Shelter a year after the Blitz in North London, it must have been a target area judging by the number of bombed-out houses around my streets. We were never hit and life somehow went on.

From the age of about 10 I was plagued with headaches which lost me a couple of years of schooling. Various doctors followed and I was sent for convalescence in Ventnor returning 18 months later a different lad able to stand on my feet at last and face the world with some confidence.



At 15 I started work but learned to hate the noise and dirt of local light industry work so moved onto an apprentice tool maker. My day release, however, was envied as a 'day off' by others, so I learned very little.

My main interest has always and remains in music and I managed to get a job as an Export Clerk, shipping music publication throughout the World. What a fascinating job that turned out to be!

I eventually was offered a job for an offshoot of the American Publishers, Charles Hansen and I worked my way to travelling to the Leipzig Fair in 1966 (the year we beat Germany in the World Cup!)

However, the Americans had big visions of expanding into Europe and sent some of their big guns to show us how to do it US style. However, this proved to be disastrous and they were generally not welcomed by our valued customers.

I got fed up with this and one day I saw a Post Office van with an advert on the side "You'd Be Better Off as a Postman".



MEMBER CHARLES AXFORD



I took this literally and joined them and had my first walk down Bond Street. Offered to return to Hansen Publications which I did, however, time went on and it became increasingly insecure and with a growing family I needed more security so retrained and joined the Cabinet Office and worked my way up to joining the WHIPS Office in the House of Commons. This was the time of the Miners' Strike, it was an electrifying experience to see these people who one only usually sees on TV.

During all these years, I was working with just one working eye, the other "a lazy eye" with no improvement despite 32 years with Moorfields. I was lucky inasmuch as my life experiences had not been affected but the day came, after an eye test, that my field of vision was discovered to be lacking and I was diagnosed as having AMD (Age Related Macular Degeneration), the dry version which is not effectively treated at the present time, although much experimentation is progressing with Stem Cell research.

I had to relinquish my organist's duties about 10 years ago as I now can't read the music. But the good news is that I have found tremendous support with my many friends, staff and volunteers at Sight for Wight. I am blessed with the wonderful Striders (accompanied walks) once a month and the warm and humorous coffee mornings we have on Wednesdays. Meeting people with similar needs and experiences, one is able to collect much advice and funny stories around the table. Finally, the ear of some people from St Mary's and Vision Technicians for advice and education throughout the year.

There are many other social activities available to you through Sight for Wight so please come and join us for a good laugh and learning experience. Thank you.

BEFRIENDING UPDATE

As you read this, I will hopefully be sunning myself on a beautiful beach in Mexico. My holiday has been planned and booked for two years and has changed dates three times due to Covid 19. So I am beyond excited that it is actually going to happen.



We are looking forward to an all-inclusive luxury holiday. Two weeks of gourmet food in a choice of 10 restaurants, white sand, blue sea, snorkelling, swimming and generally totally relaxing.

We all need time to recharge our batteries so don't let your sight loss prevent you from taking and enjoying a holiday. You may not want to do long haul, but there are lots of different types of holidays to choose from, and a number of services and organisations who can help find the right holiday for you.

RNIB have lots of information to help you. And ABTA travel agents can give you lots of information on holidays that are specialist and accessible. A number of hotels cater specifically for blind and partially sighted people. A specialist hotel has staff specifically trained to offer support such as colour contrasting surfaces, talking lifts, tactile signs, talking menus and useful products, such as liquid level indicators and talking alarm clocks.

Other hotels and guest houses should make reasonable adjustments to accommodate you and be willing to offer "auxiliary aids" to make your stay more comfortable; for example, if you can't read the menu, they could enlarge it or read it out to you.



BEFRIENDING UPDATE

Everybody needs a holiday from time to time. A change of air, a different environment, and a chance to meet new people or simply taking time for yourself can really lift your spirits.

Elaine Elaine Bricknell

MEMBER SUPPORT UPDATE

I am now very settled into Sight for Wight, offering help on a one to one basis to anyone who needs it. Examples of things that I have helped with are:

- Blue badge applications, including ones where additional evidence is needed.
- Finding a reliable cleaner and tradesman.
- Applying for companion cards for bus passes.
- Installing Alexa devices which we offer on long-term loan to anyone who needs them, including an out of the box internet connection.
- Finding a removal company.
- Providing door-to-door transport to Sight for Wight.
- Walking routes to gain confidence.
- Being a telephone befriender as part of Elaine's befriending scheme.
- Researching a new internet provider to get a better, more reliable internet connection.

So if you need any help on a one to one basis, please do not hesitate to call the office and I will do all I can to find you the right help.

Caron Caron Fezzani



EDUCATION UPDATE

The Education Programme has some upcoming dates booked in for March and April.

Bembridge Primary has booked for their whole school to be a part of the programme. Also Summerfields Primary want us to return to their school to deliver a session to their new, Year 4 class!



Dates are also being booked with Brighstone Primary and Ryde with Upper Chine Primary for their whole school and a session is being booked with Shalfleet Primary with their Year 5 class.

Thank you to the volunteers who continue to support me with coming to the schools to help deliver the programme. I really appreciate the time you give to help me.

If there are any volunteers who are interested in the Education Programme and would like to volunteer, please feel free to call the office to have a chat with me to find out more. I am more than happy to work around you and the time you are able to give.

Please remember our Hats and Sunglasses day being promoted in schools to help share the importance of wearing hats and sunglasses, to help protect your eyes from the harmful UV rays.

The Hat and Sunglasses day is on Tuesday 21st June.

I am pleased to say the number of schools joining in is increasing and Lisa, our CEO, is determined to unite the whole Isle of Wight in this so please spread the word!

Jasmine Jasmine Edwards



Hat and Sunglasses Day!

by **Sight for Wight**

On Tuesday 21st June 2022

*We can keep our eyes healthy from UV rays by wearing sunglasses and hats when **outside in the sunshine!***

48% of sight loss is avoidable

Here at Sight for Wight we want to protect our Isle of Wight children and reduce the risk

£1
donation



If parents/carers are happy to tag us in on your Facebook photos, we'd love to see everyone who is taking part in this day!



Sight for Wight
@sight4wight

All proceeds will go to Sight for Wight, the Isle of Wight charity that supports people and their families who are affected by sight loss.

MEET OUR TRUSTEE

Hello, my name is Christina Conroy and I am one of the Trustees. Being involved in Sight for Wight as Trustee, Walker and Vice-Chair means so much to me and I am so proud of how the charity is progressing as we go forward. I joined Sight for Wight over 3 years ago as a volunteer sighted guide in the Striders Group. The group meets monthly and organises longer walks for members of around 5 miles and ending with a pub lunch. I was really impressed by the services



offered to visually impaired members and wanted to get more involved with the long term strategy of the Charity and was invited to become a Trustee.

My motivation to get involved was seeing the challenge that my mother faced with macular degeneration. She had been a community midwife and when she retired, she looked forward to an active retirement but the degeneration of her sight and the loss of mobility impacted on her independence. She was very fortunate to be cared for in the National Home for Nurses in Bournemouth, enjoying being part of a professional community that supported her actively in engaging in activities.

My background is in education. I trained in social science research and started teaching in evening classes in further education when my three children were small. I was very nervous and can remember one of my first teaching sessions which was GCE A level Psychology.



CHRISTINA CONROY

One of the students asked me “what is the difference between psychotic and neurotic?” My mind went blank and all I could think to say was “ from where I am standing not a lot!”

Fortunately my teaching career improved after that and I became a full-time college manager in colleges in Essex, Hertfordshire and London. My last job was as College Principal in one of the largest adult education colleges in the country, Richmond Adult Community College. I was responsible for 600 staff and 14,000 students, mainly part-time adults studying alongside work and home commitments. I was so proud when we were awarded an Outstanding Rating by OFSTED.

After 12 years I took early retirement and started my own online teaching company, training educators on how to use new technologies. After 7 years and lots of interesting national projects, I sold up and now focus on my family, hobbies and activities on the Isle of Wight. My husband Colin and I moved here in 2014 and just love the island. We love walking, gardening, kayaking and swimming.

In 2019 my sister and I undertook the 3 peaks challenge and in 2021 we completed the set by walking up Slieve Donard, the highest peak in Northern Ireland.

I have three lovely grown up children and four grandsons who regularly visit us during the summer holidays.

My next challenge is to swim the Solent in 2022!

Christina Christina Conroy



Dressing Your Hourglass Body Shape

The hourglass body is seen as the most feminine out of all the body shapes and it's the most in proportion, with the shoulders and hips at the same width and usually a waist that has a gentle curve in the middle.

Characteristics of an hourglass figure:

- Slightly rounded shoulders
- Bust and hips are the same width
- Small and defined waist
- Bottoms and hips are rounded
- Bigger thighs



Your Aim When Dressing Your Hourglass Shaped Body

The aim of dressing for your body shape is to follow its natural silhouette by proportionally dressing the top and bottom of the body while accentuating the waist. You need to make sure that you don't unbalance your body by making it either top or bottom heavy.



Which Garments Are Good For The Hourglass Shaped Body?



When choosing jeans or trousers, bootcut and flared styles will look great as they will complement your curves.

High waist trousers and jeans are best as they show off your waist.

A pencil skirt is a good shape on you as it will go in and out with your curves.



Necklines

Necklines must not unbalance the natural silhouette of the hourglass body by either visually widening the shoulder line or adding unnecessary volume to it (e.g. through embellishments).

Slightly rounded styles are great - such as oval, deep oval, rounded or jewel necklines. Because they are not extremely wide or narrow, they don't draw any attention to them. Lower and wider necklines - such as scoop or sweetheart necklines, will show off your bust. V-neck are also good as they draw the eye towards a defined midsection.





Best Dresses

Dresses for the hourglass body shape should **draw the focus to the waist** without adding extra volume to the bust. **Nipped and belted** dresses are excellent.

Wrap dresses are great too, as they create a nice silhouette, accentuate the waist and tailor the midriff without making it look boxy.



You should opt for **voluminous skirts** on dresses such as a full circle or tulip skirt as they make the waist appear even smaller but make sure they are in a simple style. The hemline should be no shorter than **knee length**.

Avoid dresses with straight lines or boxy cuts since they cover your curves and make you appear heavy. And **steer clear of embellishments or pockets** in either the hip or shoulder area.



Accessories

If you have an hourglass figure, you have a defined waist, embrace it! Wear a belt that shows off your waist and emphasises your curves, giving definition to your shape. It doesn't need to be a statement belt, it can blend in to your outfit.



Coats and Jackets

Jackets and coats should be **form-fitted** and **tailored** to follow the hourglass body's natural silhouette.

Styles that achieve this are trench coats, long coachmen coats, and also A-line coats.

To keep the silhouette uncluttered, **keep coats and jackets simple** without too many details or embellishments, which could make you end up looking unbalanced.



If you opt for a coat with embellishments around your bust, make sure you add the same amount of volume around your hips. Jackets should follow the natural body line and draw in toward the waist.

Form-fitting and belted jackets are great. Single-breasted jackets are best since they don't add extra bulk as double-breasted jackets do. Next time, I will be sharing ideas for the straight body shape.

At Dress for Less we are now taking in Spring items, a great time to revamp your wardrobe. We hope you will come in and see us.

Debbie Debbie Durbridge

TRAVELLING

This article is all about how to get around the Island when you are living with sight loss and how to get on and off it too!

Blue Badge Basics

A Blue Badge entitles you to free parking in accessible locations such as close to shops but could also mean you get discounted travel, on and off the Isle of Wight. Let's first look at how to get a Blue Badge.



Eligibility - You are automatically eligible to apply for a Blue Badge without further assessment if you:

- Get the higher rate mobility component of DLA (Disability Living Allowance).
- Get PIP (Personal Independence Payment) and scored 8 points or more in the 'moving around' area of your assessment.
- Get War Pensioners 'Mobility Supplement'.
- Received a lump sum payment as part of the Armed Forces Compensation scheme (tariffs 1 to 8), and have been certified as having a permanent and substantial disability.

If you are partially sighted (sight impaired) and do not receive any of the above benefits, but have another long-term medical condition affecting mobility, you may also be eligible for a Blue Badge. You will need to fill in an extra part of the application to show why you need one.

A Blue Badge costs £10 on the Isle of Wight and lasts 3 years.

TRAVELLING

Our Member Support Officer, Caron, is on hand to provide help to complete applications for Blue Badges; please do contact us here at Sight for Wight for support with this.

As a Blue Badge holder, I'm happy to say you do not have to pay the London congestion charge and there are several schemes up and down the country which allow you to apply for toll and crossing charge exemptions; however, these would need to be arranged well in advance as each ask for different documents in which to provide proof of eligibility.

Southern Vectis / Island Line Railway

If you are registerable as Severely Sight Impaired (Blind) or Partially Sighted (sight impaired) you can apply for an English National Concessionary Bus Pass (ENCB) issued on the grounds of a disability. It allows free travel at any time on any day of the week for the Island Line railway and local public bus services.



The ENCB pass lasts four years and is free to apply for. You can contact us or the Sensory Team to help you apply. Further, if you need a companion to travel with you, you can apply for a companion card by calling the Isle of Wight Concessionary Fare Helpline on 823780 or again we can help with this. These cards are valid for the period of your bus pass.

Your ENCB can be used anywhere in England in off peak time, that is after 9:30am and it is recognised by other organisations as proof of your disability, including Wightlink and can also be used in most occasions as proof of identity like a driving licence. can be.



TRAVELLING

The Southern Vectis website is equipped with 'Recite me' technology to help VI people navigate the bus timetable. Click 'Recite me' at the bottom of any page to find out more.

Many of the buses are fitted with 'next stop' announcement technology – helping you keep track of where you are on your journey but if not, the drivers are trained to offer assistance on when to exit the bus, you just need to ask. All buses are low floor and easy access.

Helping Hand Scheme

The Helping Hand card holds a brief written instruction for staff to be shown upon boarding a bus, boat or getting in a taxi. The driver is made aware of the customer's needs or requirements without the customer having to say them every time.

**Please
call out
my stop.** 

The card is free and can be requested by calling 01273 886200, when calling they can help you with designing your own card.



Both Southern Vectis and Wightlink promote the use of these cards as part of working with individuals to provide individualised support.

Hovertravel

You can make all bookings by calling free (on most landlines) 0345 222 0461. Hovertravel offers, as standard, the following for anyone who needs a little extra help including a ramp for boarding, priority boarding upon request and large print timetables are available at your request. All HoverCare staff have received Guide Dog awareness training.

TRAVELLING

Try Before You Fly With Hovertravel

Hovertravel are welcoming members to their **Try Before You Fly** events, these events allow you to try out the service for free, decide if this would be a convenient and comfortable way for you to travel, and give feedback to staff on how they can improve their service to become more accessible. The next event is 5th May from 10.00am until 11.00am sailing from Ryde and from 11:30am to 12:30pm sailing from Southsea. There is also an event planned for the 8th October.

To book yourself a place, you can register online at hovertravel.co.uk/TBYF/ or by calling us. All visitors will be issued with a HoverCare card and entered into a draw to win free tickets.

The **HoverCare Card** is available for use so customers can receive any extra assistance they may need without even having to ask. It lets staff know about any special requirements you may need for the journey. To apply, take any ID and NHS number to the terminal.



The HoverCare card can show:

- That the holder has reduced mobility, autism, dementia, reduced vision or impaired hearing.
- That the holder requires help with luggage.
- They are a lip reader.
- Whether they need help to be seated.
- If they would like help boarding the hovercraft.



TRAVELLING



RED FUNNEL

RED FUNNEL

If you want to travel on the Red Funnel car ferry or Red Jet catamaran and need a little extra help, they advise calling at least 48 hours before travel on 02380 019192.

If you need help at the terminals on the day; just ask the staff.

On the Red Jet catamaran you can have a companion travel with you, free of charge, but you cannot book a ticket in advance; it is strictly a turn up and go service.

WIGHTLINK

Again if you need a little extra help, phone 48 hours prior to sailing by calling 0800 093 8236.



If you have a Blue Badge, ENCB or Disabled Person's Railcard, you can benefit from money off your ferry crossing with us; **this discount can only be given at the time of booking.**

Blue Badge holders can get:

- 25% off foot prices.
- 20% off standard vehicle tickets (personal leisure vehicles).
- 15% off economy vehicle tickets (personal leisure vehicles).

ENCB and Disabled Person's Railcard holders can get:

- 25% off foot prices.

Finally, Wightlink usually charge a premium to book by telephone rather than online but they will waive this fee if you confirm, at the time of booking, that you are using the telephone service because you are visually impaired.



TERRY'S TEASERS

WHERE (IN THE WORLD!) AM I?

- 1 I'm standing on Capitol Hill?
- 2 I'm walking across the longest suspension bridge in England?
- 3 I'm sitting in The Grand Ole Opry?
- 4 I'm swimming in and around a famous coral reef, off the east coast of Australia?
- 5 I'm having coffee in the town where Shakespeare lived?

THE ISLAND

- 6 Which king was held captive in Carisbrooke Castle?
- 7 In which village can you see just one platform of the old railway?
- 8 Where is Darts Lane?
- 9 When did the railway line between Shanklin & Ventnor close?
- 10 Where does the ceremony of "well-dressing" take place?

MUSIC

- 11 Who first sang about a girl who was only sixteen?
- 12 In which section of an orchestra will you find a flute-player?
- 13 How old is Ed Sheeran?
- 14 When did The Beatles disband?
- 15 Who wrote "The Maple Leaf Rag"?

ODDS & ENDS

- 16 Approximately how many millimetres are there in an inch?
- 17 If one tap takes fifteen minutes to fill one bath, how long will it take three taps to fill six baths?
- 18 3 6 12 21 33 ? ? What are the next two numbers?
- 19 Two American states have three lots of "double letters" in their names ~ which states are they?
- 20 What do cows drink?



Terry's Teasers Answers



WHERE (IN THE WORLD!) AM I?

- 1 Washington DC, America
- 2 The Humber Bridge
- 3 Nashville, Tennessee
- 4 The Great Barrier Reef
- 5 Stratford-upon-Avon

THE ISLAND

- 6 Charles I
- 7 Merstone
- 8 Bembridge
- 9 (April) 1966 ~ Dr Beeching's doing!
- 10 Whitwell

MUSIC

- 11 Craig Douglas
- 12 Woodwind (even though they are often made of metal!)
- 13 Thirty-one (birthday: 17th February)
- 14 1970
- 15 Scott Joplin

ODDS & ENDS

- 16 25 (26 is ok too)
- 17 30 minutes
- 18 48 & 66 (each interval is 3 greater than the one before)
- 19 Mississippi & Tennessee
- 20 Water (not milk!)

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