



Newsletter

May 2022

Your local sight loss charity

SPOTLIGHT ON: John

Meet Trustee Jeannie

Living Well with Sight Loss

Save the Date!

**SCAN &
LISTEN**



**Charity number 1149415
Company Number 6240404**



CHAIR REPORT



Hello everyone and welcome to our latest newsletter, as always it's full of interesting and useful articles that I hope you will enjoy.



The recent holiday for members to Norton Grange, Yarmouth, was a great success, enjoyed by everyone. The staff there were wonderful hosts and the members of staff and volunteers accompanying the party made sure it was a great time; our grateful thanks to them. Several of those on the holiday have said that it made such a difference to their confidence, which is so inspiring to hear. We are planning another holiday at Norton Grange in the Autumn.

With the RNIB, we are now running the Living Well with Sight Loss course. It modules on planning daily finances, equipment available and being out and about. Ruth, one of Trustees, is running the course with the benefit of her own lived experience.

We are now two months into running the Sensory Contract, with our new Wight Sense Team. The office space has been reorganised and the VI and HI teams integrated. Each member of staff has written their own article so you will be able to discover a little about them and their areas of responsibility.

On the 20th September we have tickets on hold for a Touch Tour of the production, "The Lion King", at the Mayflower Theatre, Southampton. The production team at the theatre will guide members round the set, the props and costumes. It sounds fascinating! We hope you can join us!

My thanks as always to our supportive staff and our volunteers for their generous donation of time, we could not manage without you.

Sue Sue Bungey



CEO UPDATE



I am delighted to be able to report the launch of the Sight for Wight “One Wish” campaign and to officially welcome the Wight Sense Team.

On Thursday 19th May I was so pleased to be able to launch the “One Wish” campaign with my visit to Blackbushe Airfield to fly a plane, by myself. My instructor, Mike, took us off and I then had complete control of the plane. Of course, I could not read the dials to check anything, but I very quickly learned how sensitive the throttle for pitch and roll was and the feet pedals for yaw. We flew for a full 30 minutes before heading back to the runway. Mike asked would I like to try to fly into the range of the runway myself, when I said “what runway” I think he could not get the controls back fast enough.



The campaign is for anyone to come forward and tell us what is your One Wish you have but cannot do because of your sight, we will try everything we can to fulfil that wish, so please come forward and tell us. I would warn anyone driving around the Island, one of our Trustees wants to drive a car as her wish, beware!

Finally, I would like to offer a very warm official welcome to the Wight Sense Team who joined us on the 1st April to undertake the Isle of Wight Sensory Rehabilitation contract with us. Karen, Paula, Mark and Lyndsey join Caron to complete the team and I am delighted to report we already feel like we’ve been working together as one team for much longer than two months.

With warmest regards to everyone.

Lisa

Lisa Hollyhead

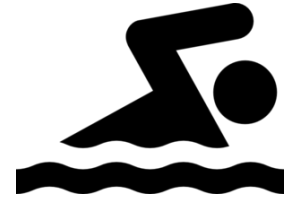


MEMBER ACTIVITIES



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 and 12.00pm. Everyone is 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. They also meet on **Second Monday of the Month** at Totland Christ Church



2nd Tuesday of the Month: Lunch Club is open to all and is held at various locations across the Isle of Wight. We provide transport where possible, these lunches are proving popular!



MEMBER ACTIVITIES



2nd Wednesday of the Month: Audiobook group held at Millbrooke House between 2.00pm and 3.00pm, this group is free to attend.



Last Friday of the Month:

Striders is 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.



Horse Riding sadly was cancelled but a new venue is being sought, further details will be announced once details can be confirmed.

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.



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 people to help with the scoring and general assistance with the bowling .



MEMBER ACTIVITIES



Millbrooke Milers: Monthly social walk for members who want a shorter walk than Striders but still love to walk. The walk will be a minimum of one mile and meets between April and October on the 2nd Friday of the Month at 10.30am.

LION KING TOUCH TOUR PERFORMANCE



We are pleased to announce we have 20 tickets for our trip to the Mayflower on September 20th for the Audio Described Performance. The show starts at 7.30pm but we are fortunate to be able

to have a touch tour before at 5.30pm which will last for 30 minutes, it is a hands on tour of the set, props, costumes, characters and the visual style of the show.



The cost is £65.00 and if you have a Mayflower Card you can bring a companion for a reduced cost of £45.00. **Travel, including the Red Jet, is included.**

RSYC OPEN DAY - Members are invited to the Royal Victoria Yacht Club at Fishbourne for their Open Day for people living with disabilities.



The charity has been invited for several years now and members have had a thoroughly enjoyable day. The day is free of charge and normally runs between 10.00am

and 3.00pm tide dependant. **Tickets are very limited, please call the office.**



MEMBER ACTIVITIES

NEWS AND ANNOUNCEMENTS

We would like to confirm that, as usual, we will not be holding activities during August this year. Many members who usually attend are away visiting friends and family and equally staff all deserve their well earned break.

There will therefore be no activities from Monday 1st August with the first one back being Striders on Friday 3rd September (be it a week later than usual.)

SAVE THE DAY

We will be holding our **Members' Open Day** on Saturday 10th September 2022 at the Newport Parish Centre where we will invite exhibitors of Hearing and Sight equipment and services to come along together to offer one to one help and advice to anyone who would like to attend. Further details to follow.

AUGUST 16th - DAY SAILING WITH THE GWENNILI TRUST

The Gwennili Trust makes day sailing safe, fun and open to all on the specially built catamaran, Spirit of Scott Bader. The day starts at 10.00am and finishes at 4.00pm, members are asked to bring their own pack lunch; the cost is £35.00 per person.

We have spaces for 6 members to enjoy the freedom of the Solent; if you are interested please call the office and speak to Susan for more details.



Susan Susan Earley

Have you ever stood at a supermarket delicatessen counter and been asked if you have a hamster at home? “Yes” I replied, “his name is Arnold”. Fortunately, I was with my then young sons who pointed out that the assistant had actually asked if I had a hand scanner. I was born profoundly deaf, so these sorts of conversations are frequent occurrences in my life. Sometimes they are funny, other times embarrassing, and, on rare occasions, humiliating.



I joined Sight for Wight on the 1st April, motivated by the Sensory Service merging under the new name of Wight Sense. Hearing loss is truly a hidden disability and from my own experience, there is very little support available.

My hearing loss has sometimes been frustrating and difficult to deal with, but it has never held me back and for the most part, has offered me enormous advantages. It does not define my life; I perceive myself as a person who is deaf, not a deaf person.

I retired eight years ago after a long and successful career in Primary and Further Education as a teacher, manager, senior manager, and principal. I loved teaching and taught all ages, from nursery to adults. I particularly enjoyed working in challenging organisations and with students from disadvantaged backgrounds. Following my ‘retirement’ I worked as a management consultant, coaching and training staff and senior managers.



MEET TRUSTEE, JEANNIE



My own time at school posed significant challenges for me. There was no support, and my hearing loss was ignored.

I excelled at anything creative at school and I loved to be on stage. I won The Best Iced Christmas Cake competition year on year and took 'O level' Art three years early. However, learning to spell every word was hard work and maths teachers were my worst nightmare! They would turn away from the class, scribble unintelligible nonsense, all whilst speaking directly to the board. I couldn't hear a thing! I was constantly told that I must show my working out ...

Somehow, I got through by developing strategies for survival, such as lip reading and concentrating intensely on body language to fill in the gaps.

In recent years things have improved, particularly for children in schools. Improving technology in hearing aids has helped me enormously, though unfortunately this is not available to all as the NHS is not able to offer the best solutions.

I moved to the Isle of Wight thirty-one years ago. Commuting weekly to work on the mainland for the last twelve years of my working life. Misheard (or completely missed!) announcements on trains made for several unexpectedly long journeys over the years I was commuting!

I very much look forward to meeting members and working together in the future.



Jeannie Jeannie Wright

A podcast recorded at Newport's Quay Arts enables partially sighted art lovers to hear what's on show.

The work of four Island artists and 48 others from art group, Contemporary British Painting, make up the Paradoxes exhibition.



Visually impaired visitors are unlikely to enjoy the experience as those who are sighted – and Clarke Reynolds wants to change that. Clarke is touring major galleries on the south coast, with sighted artist, Steve Baker, recording art podcasts and hosting discussions.

The second series of Clarke and Steve's podcast, Art In Sight, focuses on Quay Arts and features a series of short episodes. It is available to download via **www.seeingwithoutseeing.com**

Clarke said: "Current audio provision for visually impaired artists gives a very short description of the work and removes the emotion from experiencing art. Steve and I approach the work like two art-loving friends discussing the content, techniques and personal impact we experience from the art. Our approach has the added bonus of allowing people who can't visit the exhibition, to experience it by downloading the podcasts."

Ian Whitmore, visual arts manager at Quay Arts, said: "We are really excited to welcome Clarke and Steve to record their podcast at Quay Arts. We constantly strive to find new ways to increase access to the gallery. We're delighted Clarke and Steve chose Quay Arts for this exciting series of podcasts."

VOLUNTEERS UPDATE

National Volunteers Week is an opportunity to thank all our wonderful Volunteers who do so much for us throughout the year. This year we are inviting all of the Volunteers to Millbrooke House to say THANK YOU and hopefully the sun will shine and an enjoyable afternoon will be had by all.



I would like to also take this opportunity to welcome all our new Volunteers and we hope you enjoy your time with us in whatever role you take on and perhaps learn some new skills too.

Volunteers are invaluable to the day to day running of the charity and without them we could not run clubs, attend fundraising events, send out the Talking News on a weekly basis, carry on the Audio Library, the list is endless and also I would not enjoy my job if I didn't have wonderful volunteers who are always so willing to help me.

Thank you each and every one of you and I hope you pop along on the 7th June to Millbrooke House for coffee and cake so that we can thank you personally.



Susan Susan Earley

I am sitting, pen poised, trying to think how I can fit my 92 years into 500 words! Well here goes!

I was the youngest of three children. My father worked hard as a toolmaker, but nevertheless money was tight. I was not evacuated, like many others, but somehow our family survived the bombing all around us.

At 16 I began a two-year art course at Wimbledon Art School. One of the course projects was to paint an 'outside view' in oils. The result is what you see here – it was my Aunt's sweet shop.



After passing my Art Diploma, two years National Service in the RAF followed, mostly in England, but 6 months in Germany too.

My first job role was in an advertising studio - of course, everything was done by hand in those days as there were no computers! Subsequently I began an illustrator / graphic design role with the Ministry of Defence (MoD), serving for over 40 years in the Civil Service, and eventually running a studio.

I got married to my lovely wife, Audrey in 1959, had a daughter and a son, and now have 3 grandchildren.

After retirement at 60 I took up my main hobby full time – running a church Drama Group – at Raynes Park Methodist Church, where I was Christened as a baby and was a member for 90 years before moving to the Island. I got involved in every aspect of the group - acting, directing, stage management and of course scenery design and painting. I was involved in 105, 3 act plays!



SPOTLIGHT ON MEMBER JOHN



I have recently begun attending Ryde Methodist Church but don't think I'll manage another 90 years!!

In 1989 I was diagnosed with 'wet' AMD, before injections were approved by the NHS, but I now receive them regularly which has been beneficial and retained some sight for me in one eye.

As I approached 90, I was living by myself and was finding things difficult around the house. My wife had died about 5 years previously and she had been my support.

My daughter and son-in-law moved to the Isle of Wight (from Surrey) in January 2020 to take on a holiday lodge business. I relocated to live with them and my contribution to the business is to do all the ironing!

I was registered as severely sight impaired at the beginning of 2021, but I'm so pleased to be part of the wonderful organisation 'Sight for Wight'. I attend 'Mix and Mingle' on a Thursday: a typical morning is coffee, chat, a raffle, some sort of craft (right up my street), more chat, lunch, more chat, a talk from a volunteer. So far, I've been to the Zoo (The Wildheart Animal Trust), out with the lunch club and I am booked on a theatre trip. I am interested in any outings that my health will allow. All the staff and volunteers are extremely caring – they know each of us by name and understand our limitations.



So that's a bit about me I'm looking forward to next Thursday, the highlight of my week.

John John Davies

Back last year when it was mentioned we should look at booking a Holiday for Members, I was very nervous and apprehensive on how the mini break would be but all the nights of worrying and days of stressing about this and that, was completely pointless because we had the most enjoyable time away with Members and Volunteers alike.



20 of us arrived at Norton Grange, Yarmouth on the Monday and from the time we arrived to the time we left on Wednesday afternoon we shared laughter, entertainment, activities which members never ever thought they would do again and fantastic staff from Warner's which made the break so wonderful.



Members took part in swimming, archery, shooting, quizzes, boccia and line dancing to name but a few, whilst enjoying the glorious sunshine we were lucky to have whilst there.

The evening entertainment was excellent, we all hit the dancefloor and a few stayed until Midnight struck and had to be persuaded to go to bed by myself and Jasmine (we are not used to staying up that late!!)

When we returned home I asked everyone that attended to complete a simple questionnaire and the feedback has been amazing, here are a few of them

WARNER'S APRIL 2022

"Everyone was supported and made to feel welcome and included"

"Being able to have a holiday with you meant that we were all able to partake in all events and activities on offer. It has given me the confidence to book a short break on my own later on."

"Everything was perfect at Yarmouth, clean rooms, good food"

"I haven't laughed so much in a long time, a Huge Success!!"

And because this holiday has been such a success we have booked another holiday.

Short break - 12th to 14th October 2022

At Norton Grange, Yarmouth.

The numbers are very limited and therefore we are going to ask members who are interested to contact me but if it is oversubscribed, we will have to run a ballot. The cost will be once again around the £125 per person but once we have names, details can be confirmed nearer the time. Names must be received to me by the 29th June.



Susan and Jasmine Susan Earley and Jasmine Edwards



BEFRIENDING UPDATE



The Befriending Service has been up and running for just over a year. We would now like your feedback on whether the service is making a positive impact on you. Over the next month, I will be ringing everyone who receives a befriending call, to talk you through a quick, confidential survey. We will also use the results to help us improve the service to ensure members benefit as much as possible from it.



We hope the survey will reveal the Befriending Service is positive and is making a valuable difference to you and this being the case, we can use the results to apply for future funding and to show the impact of the Service. Thank you in anticipation for your time in completing this, it is really appreciated, along with your honest feedback of the Befriending Service.

Once surveys have been completed, I will feedback a summary of the results.

Elaine Elaine Bricknell (Befriending Manager)

FOOTCARE

Val Serman, a member of the Federation of Holistic Therapists for £17.50 offers 30 minutes for:

- Soak
- Hard Skin File
- Cuticle Removal
- Nail Trimming
- Moisturising Foot & Lower Leg Massage.



Telephone: (01983) 615515 if you'd like an appointment with Val.



CARON UPDATE

The year seems to be flying past already and wonderful to feel that summer is nearly upon us . As the weather has improved it has been lovely to be able to support members with getting out and about. Whether it be gaining access to public transport, confidence walks in unfamiliar areas or an assisted trip out to visit someone that you have been unable to see for a while.



As always Alexa has kept me busy, as have blue badge applications and even support with the odd passport application for those thinking of going a little further afield.

We still have a large selection of pre-loved hearing and visual equipment and an array of screen readers for purchase.

If you feel there is any support that you need or any information, equipment or services, please get in touch.

As you may be aware, alongside my role as Member Support Officer, I am currently training to become an assessor with the Sensory Team. This, I believe, will only enhance the service that we will offer to our members.

With the knowledge and experience that the Sensory Team bring, I am finding out and learning more about the services and support facilities across the island. It is very exciting times for all.

As always let me know if I can help in any way.

Caron Caron Fezzani



EDUCATION UPDATE



The Education Programme has now been delivered to the whole of Bembridge Primary School, Year 5 at Shalfleet Primary School and Year 4 at Summerfields Primary School during the last two months.



We have had some great feedback from teachers and pupils about the programme. Some feedback being:

“An excellent morning of activities - really well planned and delivered.”

“It was lovely to see the children so engaged in what they were learning.”

“That was the best morning - I've loved learning about different eye problems.”

Planned for this week, the programme will be delivered to the whole of Brighstone Primary School with future dates still to be confirmed with other schools over the coming months.

A big thank you to those who come and help me in the schools, this programme wouldn't run without your support!

As discussed in the previous newsletter, our Hats and Sunglasses Day is on Tuesday 21st June. This day was created to spread the importance of keeping your eyes healthy to reduce the risk of avoidable sight loss. We are still encouraging the last few schools to join in.

I look forward to seeing who joins in!

Jasmine Jasmine Edwards



KAREN CHESSELL



It has now been nearly two months since we moved to Sight for Wight and Wight Sense. I have worked with people with a sensory loss for many years. I was a volunteer for 12 years with RNID until I applied for the post of Equipment Officer and was employed with them in 2010.



In 2014, following a staff reshuffle, I was offered the post of Deaf Blind Support Officer and have worked with people with a dual sensory loss ever since.

My job is mainly assessing people in their own homes and issuing equipment to help with their Dual Sensory loss. I find my job extremely rewarding as I am able to make a difference to our service users' lives on a daily basis.

One of the most wonderful things that has happened to me since working at Wight Sense was when I attended the Easter Mix and Mingle day. It was so nice to meet lots of you as we all enjoyed our sausage and chip lunch.

I am so pleased to be able to meet people I had referred in the past to Sight for Wight enjoying themselves and mixing with each other. This is really wonderful to see and something that I didn't used to experience.

I would like to finish with a big thank you to the Sight for Wight team, volunteers and members who have been so welcoming and made our move so much smoother.

Karen Karen Chessell

PAULA MATTHEWS

I first started working initially as an Equipment Officer for RNID in 2008. After an organisational reshuffle, my job title was changed to Technical Officer. As a person with hearing loss myself I can empathise with, and understand and appreciate the complexities surrounding the condition.



Although every person's experience of hearing loss is different there are certain similarities which exist for the majority of people who have hearing loss. For instance, trying to have a conversation with another person in a crowded room can be near impossible when you wear hearing aids, communication and social interaction that involves more than 1-1 becomes extremely difficult for most.

My job involves undertaking assessments with people in their own homes and discussing their situation to identify any problem areas, this could be hearing the doorbell ring, watching the TV or ensuring they're woken in the morning for important appointments etc. Once the assessment is complete I can then discuss with them any equipment that may help.

My job is enormously rewarding; what I love most is meeting the people who come to us for help and hearing about the lives they've led, the stories they tell can be fascinating, intriguing, thought provoking and at times extremely touching; all different but all equally captivating and I feel honoured that they choose to share their personal history with me.

Paula Paula Matthews



MARK O'SULLIVAN



I am the manager for Wight Sense. My role involves providing support for our team of Sensory Specialists who provide much needed support for our clients across the Island.

They carry out holistic assessments of need, provide equipment, make referrals and offer individual support. All of this is completed without charge to anyone from the first point of contact.



The Wight Sense service will support anyone who has a visual, hearing or dual sensory impairment. The service extends to providing advice and support to family members who may be caring for a relative with a sensory impairment.

We also have a range of equipment which we can provide that helps to make life easier for anyone with a sensory impairment such as white canes, liquid level indicators, daylight bulbs, TV listeners and flashing doorbells.

My role also involves liaising with other services and organisations on the Island to let them know about what we do. I attend meetings and events to talk about our service and how it can support Islanders.

I have worked in the voluntary sector since 2011, when I managed volunteers for Age UK(IW) and have managed the Sensory Service since 2019 during which time I have worked hard to highlight issues around Islanders with sensory impairment.

We are very pleased to be working with Sight for Wight and look forward to working as part of a wider team with them.

Mark Mark O'Sullivan



LYNDSEY



Hello, My name is Lyndsey. I have recently joined Sight for Wight as Service Administrator for Wight Sense, the Isle of Wight Sensory Service. I have lived on the Island all of my life. I currently live in Wroxall with my partner and two children, along with our dog.



I have predominantly worked in the care sector before joining the Sensory Service Team, mainly in care homes. The Sight for Wight team have made me feel very welcome. My biggest hobby is reading. I am an huge Alice in Wonderland fan and have quite a collection now.

Lyndsey Lyndsey Millmore

LISA



As CEO of Sight for Wight, I have taken on the role as CEO of Wight Sense to guide the team forward to provide a timely, professional individual service to our clients.

I am registered Severely Sight impaired, (blind) but I also live with a progressive hearing loss which started about 14 years ago. Like many people I ignored the early signs of losing my hearing, but gradually I could not ignore it anymore. I could not hear conversations and I was guessing what people were saying, and the guessing was getting harder and harder.

I am now fully reliant on hearing aids but I know that if I had not sought the right help I would be hiding away, instead, I am fully engaging in life which, yes, can be challenging when living with dual sensory impairment, but I wouldn't change a thing.

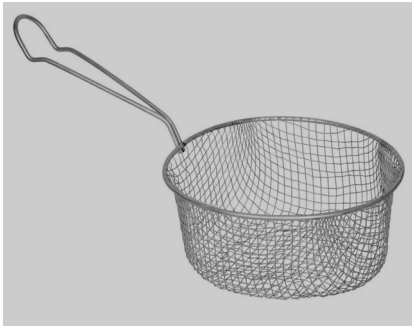
So please ask for help, one call can make a real difference.

Lisa Lisa Hollyhead

TIPS FROM MEMBERS

“A good tip for when I use boxed tin foil and cling film, push both ends of the box inwards and the rolls won’t fall out!”

Di from Sandown



“When boiling any vegetables, I use a chip wire net (basket) in the pan so that when they are done, I lift the net out and there is then no need to use a colander. This reduces the risk of pouring boiling water on myself.

Ruth from Newport

“I am always struggling to know what colour jumper I am wearing. So, something that’s helped me is, I snip the labels in the same way for my different coloured jumpers.”

Melvin from Freshwater





Dressing the Straight Body Shape

In this article we are looking at the straight body, as this is my shape I have an even greater understanding of the difficulties.

The straight body shape is characterised by equal bust, waist and hip measurements. The lack of curves makes the body appear like a column or a rectangle. Rectangles tend to be tall and lean. They are not particularly curvy, the waist is not well-defined and the bottom is rather flat.

Characteristics of the rectangle figure :

- Straight shoulder line and ribcage
- Bust and hips are approximately the same width
- Very little to no waist definition
- Small to average midriff
- Straight hips and bottom
- Lack of curves throughout the body frame



Your Aim When Dressing Your Straight Body shape

The upper and lower parts of your body are well proportioned and create a balanced silhouette. The focus of this body shape should be to define the waist breaking up the rectangle. When enhancing your waist you have two options if you are very slender and want to create more curves you can proportionally add volume to your upper and lower body and leave the waist as it is. Alternatively you can make your waist appear slimmer by visually pulling it in but leaving the upper and lower body as is.



Which garments are good for your rectangle body shape?

Shirts, T-Shirts & Other Tops

Shirts for the rectangle body should be creating shape by adding volume to the shoulder, bust and hip line while at the same pulling in the waist. Shirts with nipped or belted waists, those draping under the bust, and shirts flaring out at the bottom achieve this. Belts are also a great way to create a waist. Darker colours will add a further slimming effect. Shirts should finish at the hip level; avoid tops that end at the waistline as they will make you look more rectangular.

With details like embellishments, bibs, frills, bows, bottoms, rosettes, pockets, front panels, pleating, lace and ruffles, you can add volume and interest to your bust.

- Make sure these details are at the bust or above, not around your waist.
- Avoid boxy shirt styles that will make you look shapeless.



Princess Kate shows this style perfectly.

Jackets



When it comes to outerwear, defining the waist is still a priority. Jackets should be nipped or belted in at the waist to create a shape.

Embellishments on the bust are great to broaden the shoulder-line - such as double breasting, pockets, plackets, belt carriers, button-downs, cuffs, flaps and hoods. Jackets should end below the waist so as not to emphasise it. Even better if they are slightly flaring towards the hips to create volume around the hips.

Because of the square shoulder line of the rectangle body, straight-cut jackets hang nicely from it and follow the natural silhouette of this body shape. Adding a belt will also create a bit of a waist.

Avoid jackets that end above the waist and boxy jackets that will make you look square. Also, steer clear of embellishments around the waist that add bulk to that area.

Trousers



The right pair of trousers can add needed curves and volume to the lower body of the rectangle. Trousers styles that flare at the bottom, like boot cut, flare or wide leg, are great to add volume. Choose trousers with hip, thigh or leg details such as, pockets, pleats or turn-ups to create even further interest on your lower body. Opt for low- to mid-rise trousers with wide waistbands.

Avoid high-rise trousers that end right at the waist.

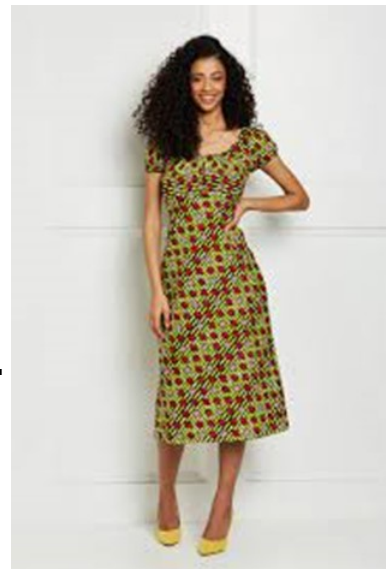
Flowy and soft fabrics soften the angled frame - such as flowy linen or harem trousers. Avoid straight-fitted trousers that emphasise your straight silhouette unless you want to highlight this aspect.



Dresses

A great dress for a rectangle body is **balanced on top and bottom whilst pulling in the waist**. One thing to look out for in dresses is **high waist definition**. Empire line dresses, princess seam dresses, and wrap dresses are great choices for the rectangle body. A **belt is a must-have** and can change the shape of any dress.

Wrap dresses are especially nice since the draping falls nicely over the straight body frame and creates the impression of curves.



While you want to stay away from baggy or shapeless garments, a shift dress is the one exception to the rule. Thanks to its clean lines and tailoring, a **shift dress will sit nicely on a rectangle body with a small bust and flat bottom**. If you opt for dresses that flare quite a bit at the hem, make sure you balance out your top with details or big sleeves, such as ruffles.

You can also achieve the same illusion through the colours you wear. With **strategic colour-blocking** around the waist, the eye will naturally narrow that area of the body without physically adding more to it. Opt for **Dresses with darker colours around the waist**, or add a dark belt to a dress.

I hope that your enjoying my articles and finding them helpful.

Debbie Debbie Durbridge



999 BSL RELAY SERVICE



How does the service work? It is simple, you use 999 BSL app or Website to make a call to

999 BSL UK Emergency Video Relay Service

999; it will go to a British Sign Language (BSL) interpreter first, who will appear on the screen. The BSL interpreter will then call the 999 operator through a landline and will relay the conversation.

When is the service available? 24 hours a day, 7 days a week, 365 days a year.

Which emergency services can I contact via 999 BSL? Police, Ambulance, Fire or Coastguard.

Do I need to be connected to the internet? Yes, you must have a good internet connection to use the service, either Wi-Fi or a 3G/4G/5G connection. The better your connection is, the better quality your call will be.

Can I call the service if I have a general question about how it works? No. You must only call the service if you have a real emergency. If you have questions about how the service works please email us at info@999bsl.co.uk or visit the website at www.999bsl.co.uk

How can I make a call to 999 BSL?

There are 3 main ways to call, from:

1. 999 BSL app for iOS
2. 999 BSL app for Android
3. 999 BSL website at www.999bsl.co.uk

Can I receive a call back? Yes, the emergency services can call you back. For detailed information, visit www.999bsl.co.uk



BLIND PARENTS UK



Supporting Visually Impaired parents and carers across the UK.



Blind Parents UK

Our services are completely free and offered by our dedicated team of volunteers, all of whom have a visual impairment themselves.

We offer support to first time parents-to-be through to great grandparents, and our lively community sees a constant flow of questions, information and stories from our active members.

We are very proud of our peer-support model, believing the best people to help are those who have been through similar situations.

Visit www.blindparents.uk for a confidential membership form, to allow us to provide the correct support quickly and efficiently for you. Alternatively, you can leave a message on 01905 886252 if you prefer and we will aim to return your call within 48 hours, often sooner. Of course you can also contact us by email on info@blindparents.uk.

Sight for Wight 100 Club

Winners this time are Sue, Susan, Pauline and Ruth!

A very big welcome to Viv, Sheila and John.

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!





VISION LOSS AFTER A STROKE



Having a stroke can affect people in different ways, and life may be different afterwards. The Stroke Association is a national charity with a dedicated Isle of Wight team who can offer support to stroke survivors, their families and close network. About two thirds of people have vision problems after a stroke so the Isle of Wight branch are here to help.



Assessment

The first step is to have your vision assessed, they can offer advice on ways of doing this for everyone including those living with reduced cognitive and communication abilities.

Reduced field of vision

They offer practical support in learning new techniques such as visual scanning to help those living with blind patches and the use of optical prisms to widen field of vision.

Reduced fine motor skills controlling eye movement

Stroke victims often suffer from reduced fine motor skills across the body including the eyes. This can result in a variety of symptoms such as:



VISION LOSS AFTER A STROKE



- Impaired eye movement - reducing the ability to follow moving objects
- Inability to move eyes together - causing double vision
- Eyes working independently - causing lack of depth perception
- Eyes constantly moving - making focusing much more challenging

There are exercises, prisms, and patches that can help relieve some of these symptoms which the Stroke Association can advise you on.

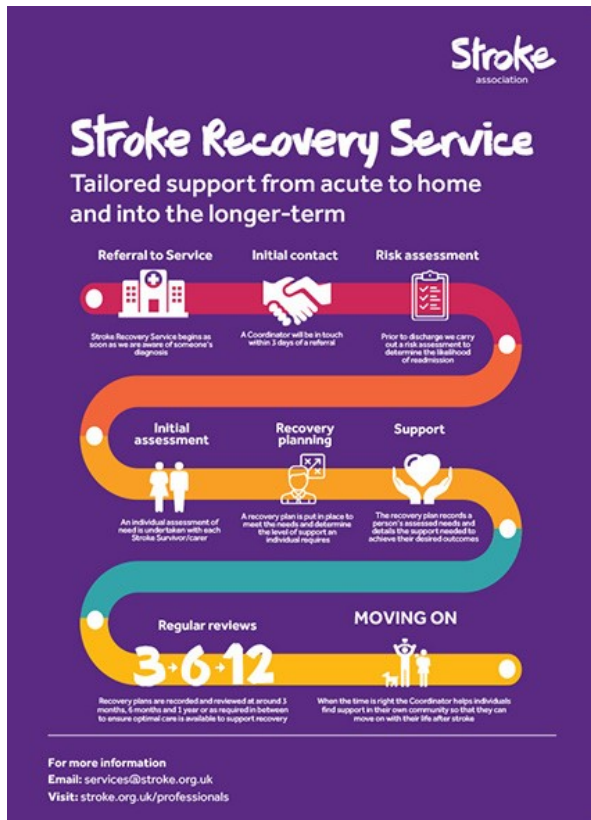


Visual processing problems

Some visual problems are caused by a change in the brain's ability to process the visual signals rather than a physical change to the eyes' abilities and motor skills.

The commonest type of visual processing problem is visual neglect, which means that you are unaware of your surroundings to one side. You may not realise that you are missing things around you. For example, you may be unaware of objects and people on your affected side, and may ignore people or bump into things without realising they are there.

Visual neglect can reduce your ability to look, listen or make movements towards part of your environment. It can be frightening and distressing to live with.



Neglect is more common in people who have had a stroke on the right side of the brain, which affects their awareness of the left side. The person is not aware that they are missing part of their vision.

Many people do recover well from visual neglect and scanning and awareness strategies can be learned to help.

People use their other senses to cope such as touch and hearing if they have problems such as difficulty

recognising colours, faces, objects, complex scenes or text. This allows you to process the information in a different way and to help you to improve your awareness of the affected side.

Tips for coping with vision problems

- If you have double vision, try using a patch when reading or watching television.
- If you have lost your vision to one side, it is important to move your eyes and head towards the weaker side, for example on entering a room. The more you scan and move your eyes and head to that side, the quicker you will detect objects on that side and reduce your risk of bumping into objects or tripping.
- When reading, use rulers and markers to highlight the beginning and end of sentences and to help you keep your position along a line of text.



VISION LOSS AFTER A STROKE



- Make sure your lighting is good and where possible, have it positioned to your side and not behind you, as this causes shadows.
- Reduce the number of objects that are on your surfaces at home, particularly in the kitchen. If there is too much clutter, it can be more difficult to pick out individual items.
- Vision problems are not always obvious for other people to see. You might find it helpful to explain your sight problems to friends, family and colleagues to help them understand the support you need.
- Our Wight Sense team is always also here to help please just call them on 240222.

The Stroke Association Island Branch can offer:

- Emotional support and Practical advice
- Signposting to other services
- Support for those whose communication has been affected by stroke

The service is free (funded by the IW Council):

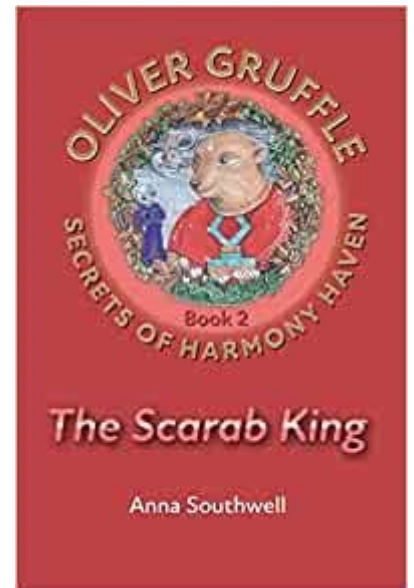
- Tel: 01983 898301 (leave a voicemail)
- Email: iow@stroke.org.uk
- National Helpline: 0303 3033 100
- National Website: www.stroke.org.uk

Lisa Lisa Hollyhead

Stroke
association

Anna, who is a visually impaired member of Sight for Wight is delighted to announce her second book in the series, 'Oliver Gruffle – Secrets of Harmony Haven.' Written when Anna had full sight, this is now published ready to enjoy.

Following on from the first book, 'The Runaways', this one is entitled, 'The Scarab King' which is a magical fantasy story for young children but loved by adults!



The story follows the adventures of three animal friends who have escaped from their unhappy life as they travel to a very secret place – Harmony Haven, which is somewhere on the Isle of Wight. They are very excited about meeting the amazing Oliver Gruffle who will be their guardian.

Members will be delighted to know that book 2 has been dedicated to the wonderful volunteers at Sight for Wight, as a thank you for all they do to enhance and enrich the lives of visually impaired Islanders.

The Runaways and The Scarab King are both available at the reduced price of £6.25 (£6.99 usually) by contacting the office. Any book purchased by members and their friends will also be glad to know £1.00 for every book sold will go towards the members' club funds.

Please note this reduction in price and donations only apply to the members' club and not through other outlets.

Anna would also like to thank members and friends of Sight for Wight for purchasing 'The Runaways' and enabling club funds to benefit.



Newport Carnival 100th Anniversary



This year Sight for Wight will be taking part in the Main Newport Carnival Procession, to help celebrate 100 years of the carnival being held in Newport.

But we **NEED YOU !!!** to help with decorating and making props but more importantly to participate in the procession on **SATURDAY 23RD JULY**

We will be holding a planning meeting

On the 15th June at 10.00am @ Millbrooke House, please come along with ideas and suggestions of how we can stand out from the rest !!!! If you are unable to make the meeting but have suggestion please do not hesitate to call the office and speak to Susan.



If you would like to participate on the actual day of the Carnival please call the office so we are able to make a list and have some idea of participant numbers.

RYDE LIBRARY AUDIOBOOK GROUP



Ryde Library are reopening their Audiobook group for people living with sight loss. The group will meet on the first Friday of each month at 2.00pm.

Please contact Emma or Jo at the library on 01983 823825 for further information.



LIVING WELL WITH SIGHT LOSS



We are delighted to now be running our Living Well With Sight Loss course with funding received from the Thomas Pilkington Trust here at Millbrooke House in association with the RNIB. We have already run the first in person course (with people also online) which was a great success.

Whether you are born with sight loss, have a sudden change or a living with a progressive condition, facing sight loss is undoubtedly a challenging time. The two, three hour sessions, give information and support on the following key areas:

Session One

Part One - 'Starting Out' – The certificate of visual impairment process, should you register, how do you register and what are the other main eye care services.

Part Two 'In the Home' – looking at how to regain independence in Daily Living, the aids and Technology available.

Session Two

Part One 'Out and About' – Talking about independent mobility, using transport and the concessions available.

Part Two 'Looking after ourselves' – General help on eye health, your own wellbeing, local social and leisure activities and your next steps.



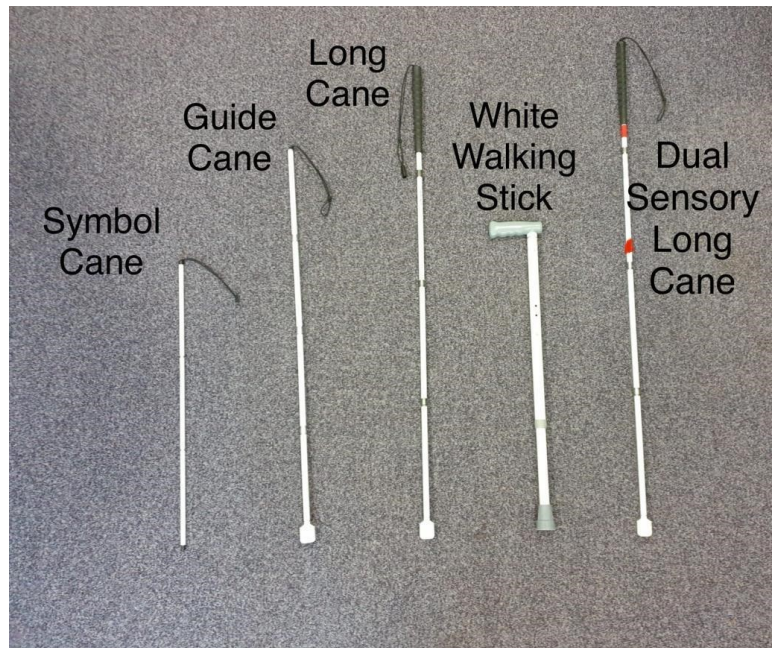


LIVING WELL WITH SIGHT LOSS



Session one - Registration and in the Home

The first session goes through how the registration process work, the benefits of being registered and the other services you can then access. The second session goes into more detail on assessments and training including How Wight Sense and Sight for Wight can help with daily living.



You will be introduced to:

- * The Low Vision Service at St Marys to get the right magnifier and be taught how to use it.
- * Eye Clinic Liaison Officers with Laura at St Marys, Laura supports you telling you what services and support are available and answering your specific questions.
- * Assessment and rehabilitation (ROVI) service through Wight Sense here at Millbrooke House. The assessments are offered in your own home and provide an individual plan to help you regain confidence, improve your daily living skills and mobility training with our qualified trainer. This includes lots of hints and tips like changing lighting, using contrast, using texture and many more examples from lived experience.
- * Technology and how it can help you together where to get support in using it.



LIVING WELL WITH SIGHT LOSS



Session two - Out and About an looking after ourselves.

This session talks about mobility including types of cane, where you can get help and training, Guide Dogs and how to get around with public transport.

It goes onto talk about benefits, how PIP, DLA attendance allowance for example can be applied for and who is entitled and again where you can get help.

In part two we cover Charles Bonnet Syndrome which affects many people and can be quite disturbing, how to look after your eyes and most importantly how to look after your own mental health.

These sessions are all interactive and thrive on lived experience input which is why they are run by Ruth one of our Trustees, herself a Guide Dog user. If you would like to join the course you can attend in person or over the phone, just give the office a call to register your interest.

Lisa Lisa Hollyhead

SIGHT FOR WIGHT TALKING NEWS

Each and every week our team of volunteers comes into Millbrooke House and using the Isle of Wight Observer, the Island Echo, the County Press, On the Wight and Isle of Wight Radio, they collate all local news into our weekly Talking News.

They use our recording studio to read out at least two hours of Talking News and from the County Press, What's on, Looking Back, Skips and Scaffold and Letters.

You can receive a copy on USB stick sent to you every week, or listen on our Alexa Skill, through Facebook or from our website.



LISA'S CHARITY QUESTIONS



1. When was The Isle of Wight Society for the Blind established?
2. How many Trustees are there in position?
3. How many of the Trustees live with Sensory impairment?
4. How many staff are there?
5. What is the name of our Alexa Skill?
6. How many members of the Society are there?
7. Which supermarket changed their Fire Pit branding due to our lobbying?
8. How far do the Striders walk on average each month?
9. How many books does the audio library have available for free loan?
10. How many news sources does the talking news use each week?
11. How many years has the Talking News been running for?
12. How many years has the Audio Library been running for?
13. Do Wight Sense charge for their home visit assessments?
14. Each week, which day do we hire the exclusive use of Medina pool for our members?
15. **Finally a riddle** - I am something people love or hate. I change people's appearances and thoughts. If a person takes care of themselves, I will go up even higher. Some people might want to try and hide me, but I will show. No matter how hard people try, I will never go down. What am I?



LISA'S ANSWERS



1. We now believe 1865 although we used to think it was 1895
2. 9- Sue, Christina, Ruth, Chris, John, Jeannie, Paul, Jacque and Laura
3. Ruth, Chris, Jeannie and Laura
4. 14 Lisa, Mark, Chris, Susan, Jasmine, Paula, Karen, Caron, Elaine, Lyndsey, Martin, Debbie, Janet and Sophie
5. Say "Alexa enable the Sight for Wight Skill"
6. 672 and counting
7. Tesco
8. 5 Miles
9. Just over 1200
10. Five
11. 50 years
12. 45 years
13. No charges are made
14. Monday 1:30 until 2:30
15. Age

HOW TO GET HELP

SIGHT FOR WIGHT (01983) 522205 enquiries@iwsb.org.uk

Website: www.sightforwight.org.uk

WIGHT SENSE (01983) 240222 info@wightsense.org.uk

Website: www.wightsense.org.uk

Office open Monday to Friday 9am to 5pm
Millbrooke House, 137 Carisbrooke Road, Newport, PO30 1DD

DRESS FOR LESS (01983) 523197 retail@iwsb.org.uk

114 St James Street, Newport, IOW PO30 5HB