



Newsletter

September 2022

Your local sight loss charity

SPOTLIGHT ON: Member Di

***Meet Volunteer, Trustee & Member,
Ruth***

Trip to The Mayflower

Dress for Less

Plus Much More!

**SCAN &
LISTEN**



***Charity number 1149415
Company Number 6240404***



The Queen's Award for Voluntary Service

The passing of Her Majesty has been a very difficult time for many of us whose heart she touched in her 70 years as our head of state.

We thought an appropriate way of celebrating her life was to look back to 2014 when the Isle of Wight Society for the Blind was awarded the prestigious Queen's Award for Voluntary Service.

The award celebrates the outstanding work of local volunteer groups across the UK and is awarded to organisations that are led by volunteers (our Board of Trustees) and embraces volunteering at the very heart of their work for others.

Every day, millions of people across the UK are making a difference by volunteering and this award was created to recognise that.

Each year, outstanding examples of this work are celebrated through the Queen's Award for Voluntary Service (QAVS). Created in 2002 for the Queen's Golden Jubilee, QAVS awards have been shining a light on the fantastic work of voluntary groups for many years.

Equivalent to an MBE, QAVS are the highest awards given to local voluntary groups in the UK, and they are awarded for life.

We were successfully nominated in 2013 and, in 2014, a royal visit was planned to present us with the award, by HRH The Duke of Kent on 17th September 2014.



Celebrating HRH Queen Elizabeth II



Sir Martyn Lewis, Chair of The Queen's Award for Voluntary Service, offers a tribute to Her Late Majesty, Queen Elizabeth II and condolences to The Royal Family.

“Twenty years ago on the occasion of her Golden Jubilee, Her Majesty inspirationally established the Queen's Award for Voluntary Service to acknowledge the achievements of volunteers working together in groups. Since then, many thousands of such groups tackling issues and problems at community level right across the country have been honoured, inspired and enhanced by these awards.

They are just a small part of the incredible support Her Majesty gave to the voluntary sector, right across the UK during her lifetime, and, on behalf of those award winners and the QAVS team, I would like to express our gratitude for Her Majesty's formidable legacy of volunteer encouragement which has touched every part of our country – and to express our sorrow at the passing of a truly great lady.





Chair Report



Welcome everyone to Sight for Wight's newsletter. I am sure you will find lots to interest you and plenty of dates for your diary, as we go into Autumn.



I would like to thank the members of staff and volunteers who came and supported both the evening and the illuminated Newport Carnivals. The atmosphere was incredible and it was such a fun occasion. I'm sure all those who saw the processions will have been impressed by our charity. We also won a cup!

The Story Writing competition is with us again, the Christmas Raffle and ordering our Christmas cards and Diaries. Where does the time go!

Remember, if you have some special occasions, Debbie and her team are always ready to help and suggest new outfits, right down to the hat, shoes and handbag! Have you ever wondered what colours actually suit you, well on the 6th and 7th October they are hosting an event with a colour specialist where you can book your own personal consultation. Book soon though as there are very limited places.

Please always remember, we now offer full one-to-one support, including free loan equipment through our Wight Sense team and they, along with the Sight for Wight team, are always there to help you.

Thank you to our wonderful staff, dedicated volunteers and trustees, for all the time, effort and commitment that ensures we achieve our aims.

Sue Sue Bungey



CEO Update



I am not quite sure where the summer went, but I certainly enjoyed the lovely weather it brought.

Of course, however, the passing of HM Queen Elizabeth II impacted us all and our thoughts are with her family and everyone whose heart she touched.



August was a quiet time for us from a member point of view as all activities were suspended to allow staff and volunteers to take a well earned break. However, we took time to have a major clear out of the offices, sorting out donated equipment for resale, rearranging rooms and generally tidying up. The small downstairs kitchen has been completely refitted as the new meeting room to allow individual members some privacy when visiting us to look at equipment and talk through their own thoughts and feelings.

September soon came around and Millbrooke House was buzzing again with all activities resumed. The Thursday group were back bursting with news from their breaks, the swimmers in the water again and all other groups returning alike.

Staff have undergone training this month on mental health and it was a stark reminder to everyone to look after your own mental health first or you will not be able to help others. Taking one hour a day to yourself to de-stress is extremely important whether that is running, reading, taking a bath or just sitting quietly, we all need to make sure we take time to unwind.

Finally, the Island is set to see electric bikes arrive, following on from the scooters. We have been talking to the suppliers, BERYL, and, again, put pressure on to increase the parking fine if bikes are not left in their designated bays. Today, I received notification this has been doubled from £5 to £10. We cannot stop the bikes coming but we can lobby to stop potential hazards they may cause.

Lisa

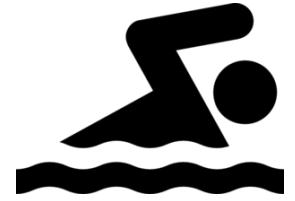
Lisa Hollyhead



Member Activities

Weekly

Monday: Swimming at Medina Leisure Centre, Newport (Term time only) between 1.15pm and 2.15pm. 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.

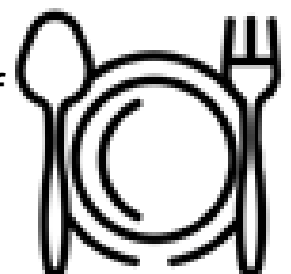
Monthly

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 the **Second Monday of the Month** at Totland Christ Church

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



Member Activities

Activities From

2nd Wednesday of the Month: Audio Book

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.



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.



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.



Member Activities



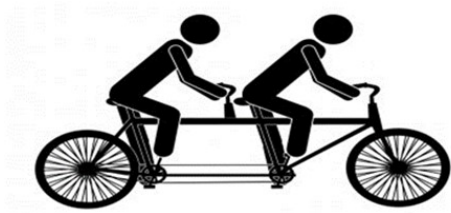
New Activities

Horse Riding

We have now been in contact with a new Riding Stables who is delighted to offer us Horse Riding sessions.

We are planning to run them monthly and the stables are offering an hour's ride for £23.00.

The stables do have a weight limit, due to the horse's welfare, and more details will be given when you call the office on 522205.



Tandem Bike - We have been given the opportunity for our members to have a go at Tandem Bike Riding; the gentleman will offer a 1hr, 2hr or 3hr session depending on fitness and ability. If you are interested, please call the office.

Yoga at Millbrooke House is every Tuesday between 2.00pm and 3.00pm. The cost is £3.00 including refreshments.



Activities do get booked up so please do not hesitate to call the office to book your place. Where possible, we provide transport but it is not always possible.

Equally if you have any suggestions for an activity, please do come forward and let us know and we will try to accommodate where we can or if you wish to volunteer to help others, again, do not hesitate to contact us on 522205.

Susan Susan Earley

Christmas Cards

£3.50 PER PACK OF 10

1



2



3



4



Packs are available from Millbrooke House or call the office if you would like to order some over the phone.

A few of last year's designs are also available.



Volunteer Update



Hopefully, by the time this newsletter is published, we would have celebrated our Volunteers Party and been able to, at long last, say a MASSIVE THANK YOU to you all for everything you do.

August gave us time to sort out Millbrooke House and also give our volunteers a break from our normal activities and enjoy the wonderful summer we all had, although a little hot at times.

We worked throughout, sorting Millbrooke House from the loft down to all the activity rooms and now hopefully the space is more manageable and useable.

I also spent time planning activities and preparing rotas, although this proves difficult at times when we are struggling with volunteers for certain positions but hopefully we are fully prepared for the next four months.

I must mention one of our events that we attended during the summer, following on from Newport Carnival; our minibus driver, Alan, suggested we entered the illuminated parade and after consulting with members, volunteers and staff we decided to go ahead and enter.



On the evening, we decorated the minibus with hundreds of lights; everyone had lights around them and we lit up our banner to take pride of place at the front of our group, but the biggest cheer came from the crowds when they noticed a couple of signs in the front and rear window of the bus stating that, "It was all Alan's fault." This caused much amusement and I am sure a lot of people went home that night wondering what was Alan's fault!!



Volunteer Update



We look forward to next year and hopefully more members and volunteers will join us on the parade.

Finally I would like to say a HUGE THANK YOU to all our volunteers who gave their time to help at Wolverton this year; this is always a very popular show and I am pleased to say we raised £432.10 over the weekend which is fabulous.



As always I just want to say a MASSIVE THANK YOU to each and every one of our Volunteers; without you we would not be able to run our Charity.

Susan Susan Earley

Lyndsey Millmore

Hello everyone. What a busy couple of months they have been. I have been concentrating on making three month follow up calls to our Wight Sense members, which are proving very successful and welcomed.

We are gaining a great insight to the needs and help, that some people require outside of our service which, therefore means, we can refer them to the relevant outside organisations to enable them to get the help they need. This includes things such as energy price concerns, loneliness, cost of living etc. It is also enabling us to build more engaging relationships after the initial assessment is completed and equipment has been issued.

Lyndsey

Meet Trustee, Volunteer, Member Ruth

Hello, my name is Ruth Hollingshead and I am one of the Trustees here at Sight for Wight as well as being a volunteer and member. Many of you will already know me, but for those who don't, here is a bit about me and what I have been up to in the last year.

Very briefly, I have a genetic condition called Rod Cone Dystrophy which started when I was about 8, and which slowly progressed until I was registered as severely sight impaired in 1994. I have been a member of Sight for Wight for over 30 years, a volunteer for around 16, and on the Board of Trustees for 14 years, so have seen a lot of change as the Charity has grown.

On a personal level, I have had a bit of a blip, as my lovely Guide Dog, Flora, was medically retired in August last year. This means I have had to brush up on my mobility skills, and get used to using my long cane again. However, on a positive note, I have been able to keep Flora and, in April, I went back onto the waiting list for another dog.

To relax, I do Heru Yoga for the blind, am a very keen knitter, am a member of the historical association, and am looking forward to my annual trip to Eastbourne with the National Federation for the Blind in October.





Meet Trustee, Volunteer, Member Ruth

As a member of Sight for Wight this year, I have been on the holiday to Norton Grange, where I tried archery and rifle shooting, and had brilliant fun as part of Newport Carnival where I represented Dress for Less. I have been on a Wet-Wheels trip around the Needles, sailing in the Solent, and went to the Mayflower for an audio described performance of the Lion King this month. I am also a member of the audio book group, and the Striders walking group, as well as regularly attending the Wednesday coffee morning.

As a volunteer at Sight for Wight, I was part of the initial set up process for the telephone befriending scheme and was matched with three members to call each week. As group leader for the Macular Society on the island, I am also a point of contact for anyone who has either macular conditions, or Charles Bonnet Syndrome.

I also deliver the 'Living Well with Sight Loss' courses at Millbrooke House. This is a two day course, designed by the RNIB which gives information about local and national support for people, covering topics such as daily living, mobility, money, well-being, and technology (for more info call the office). As a speaker for both Sight for Wight and Guide Dogs, I have visited several groups this year to talk about sight loss and give information on both charities.

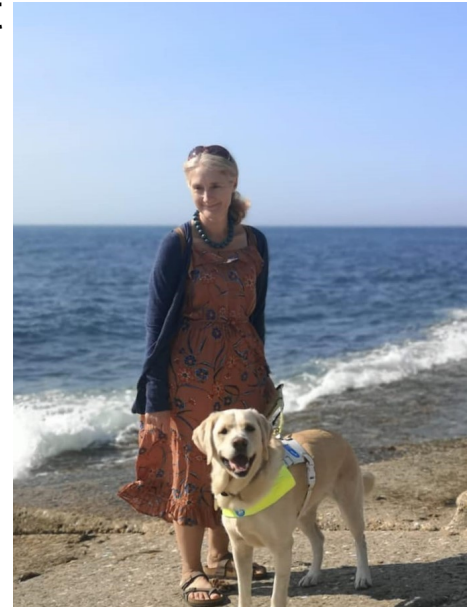




Meet Trustee, Volunteer, Member Ruth



Finally, as a trustee, I have certainly been kept busy this year, as we get used to the 'new normal', and develop our services to cope with both growing demand, and the new sensory contract. Alongside our regular board meetings we have had several in-depth training sessions and workshops to keep us well informed. As part of the HR Committee, my role also includes interviewing potential new staff, which I really enjoy; most recently this has been our new finance officer.



To summarise, being a member of Sight for Wight lets me take advantage of all the exciting social activities we offer, being a volunteer lets me use my experience of sight loss to inform and support others, and being a trustee means I can give something back to the charity by using my extensive knowledge to help shape service provision. If you would like more information about social activities, volunteering opportunities, or becoming a trustee please give the office a ring. Finally, I would like to end by saying a huge heart-felt thank you to all the staff and volunteers, as well as the members, who make Sight for Wight such an amazing charity which I am proud to be a part of.

Macular Society Visit.

Tyler Philips, the regional manager for the Macular Society South East, will be attending our November coffee morning, at Millbrooke House, from 10.00am to 12.00pm. She will be giving information about macular news and details about what the charity is doing, so please come along.

I mentioned in the previous issue that I would discuss some self-help techniques that can be used to help combat the impact of tinnitus. However, if you have sudden onset of tinnitus with no other symptoms, then you should see your GP and request a referral to ENT (Ear, Nose and Throat) at St Marys to rule out any treatable medical problem which may be the cause.



Firstly, perhaps you need to ask yourself the question, what can I do to help myself or is there anything I can try that might help me? If you're asking these types of questions, then you are probably ready to try some different techniques which may help.

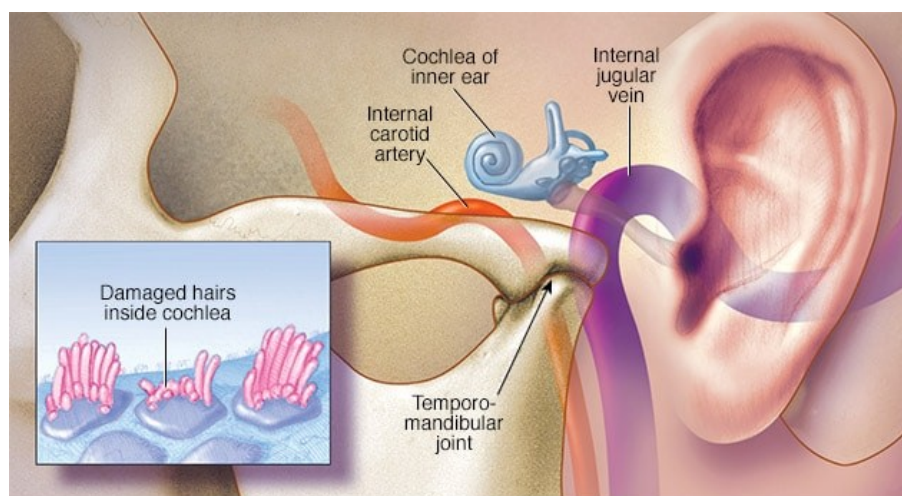
There's a lot of tinnitus self-help information available online from the BTA (British Tinnitus Association) website, they also have a helpline which you can call 0800 0180527 for support. There are also several books on the subject available that you can buy or ask the library to get for you.

Below are some simple techniques that can be tried which might help.

1. Break the silence in your home by having the radio or music playing or the TV on. External sound can help to mask the tinnitus and prevent the brain from tuning into it.
2. Take up a new hobby or develop one you have. If you do something that needs concentration, often the tinnitus becomes less intrusive, so you start to notice it less and less.

3. Try relaxation exercises or meditation. This can be a good stress reliever and can have a positive impact, not only on tinnitus but also on wellbeing. YouTube is a brilliant resource for simple, short, guided meditation videos which can be followed easily.
4. Find a local support group; sometimes talking to others in a similar situation can be helpful and comforting. For the Isle of Wight, contact Susan by email: iowtinnitus@gmail.com if you wish to join.
4. CBT (Cognitive Behaviour Therapy) can be extremely good at alleviating the impact tinnitus can have. There's a book that I recommend called, "Living with Tinnitus and Hyperacusis" written by Dr Lawrence McKenna, Professor David Baguley and Dr Don McFerran which covers the steps used in CBT and applied to tinnitus primarily, but equally useful for Hyperacusis.

The goal is you will reach habituation whereby the tinnitus, although not gone, you are able to live with it, without it being overly intrusive in your life and, with support, habituation is achievable.



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Karen Chessell



It has been a busy couple of months for the Sensory Service.

I have attended some training sessions, the first of which was the Living Well with Sight Loss which was very informative and interesting. It is run by Ruth Hollingshead, Trustee and I would recommend it to anyone who has sight loss or lives with someone with sight loss; please contact us on 522205 if you would like to be on the next course.



**Living Well
With Sight Loss
Courses**

I have also attended Mental Health First Aid Training which, again, was very informative and very useful for my role as Deafblind Support Officer.

Being deaf blind does not always mean that someone is totally deaf and totally blind; however, this can be the case. To be registered as Deaf Blind, someone will need to have both sight loss and hearing loss that affects their ability with communication, access to information and mobility.

We are able to carry out assessments for people with a dual sensory loss and, if this is something you require, please contact the Sensory Service Wight Sense on 240222.

Karen Karen Chessell



South West Advocacy Network



South West Advocacy Network (SWAN) is commissioned by the Isle of Wight Council to provide free and confidential advocacy services for Island residents.

Independent advocacy is provided for people who have difficulty in understanding and engaging with health and care processes and who have no other appropriate person to support them to do this.

The advocacy service ensures that people get the information that they need to help them make decisions, it will also support people to say what they want to say and make sure that their views are being heard.

SWAN provides the following advocacy services:

Independent Health Complaints Advocacy is provided for adults who wish to make a complaint about any NHS funding service including hospital services, GP services, mental health services, community services, dentists, opticians and pharmacies.

Care Act Advocacy is provided for adults, children and young people when the council is making decisions about their care and support, and they have a substantial difficulty and do not have an appropriate individual to support them. Care Act advocates also provide support to carers.

Independent Mental Capacity Advocacy is provided for adults who do not have an appropriate family member or friend to assist them and lack the capacity to make decisions about serious medical treatments or a change of accommodation.





South West Advocacy Network



Independent Mental Capacity Advocacy help to ensure that someone's wishes are heard and considered by decision-makers, as well as helping someone to discuss these decisions themselves. They also protect the rights of those without capacity who are admitted to hospital or live in residential nursing homes.

Independent Mental Health Advocacy is provided for adults who are detained under the Mental Health Act. They help patients understand their rights and participate in decisions about their care and treatment.

This autumn SWAN are providing free self-advocacy training sessions. The Be Heard programme is designed to help people stand up for their rights and resolve issues that they are facing by teaching them how to advocate for themselves. Advocates from SWAN will be running the following Be Heard sessions:

28/10/2022: 1.30pm - 4.00pm & 25/11/2022: 1.30pm—4.00pm.

The sessions will be held in the Carisbrooke Room at the Riverside Centre on The Quay in Newport. Each session will last 2 hours and 30 minutes and will include the following:

- Self-Advocacy Toolkits.
- Group self-advocacy training with your peers.
- One-to-one self-advocacy training and coaching.

Advocates will also be present to discuss how to approach any issues you may be facing. The sessions and resources provided are completely free of charge. If you are in need of an advocate or would like to attend one of the Be Heard sessions, you can contact us on 03333 447928 or at iow@swanadvocacy.org.uk.

I was born in Fareham, a little market town near Portsmouth and one of my early childhood memories was every Monday morning, which was market day, the cows being taken off a train and herded loosely down to the market so shops used to close doors to make sure the cows didn't come in!! You could buy anything from a chick to a bull!



When I left school I worked in an old fashioned shoe shop; I then worked at Johnson Johnson and was there for about seven years in the early fifties and made a friend there and, seventy years later, we are still very close friends.



For approximately the next two years I then worked for Lederle, a pharmaceutical company. Following this I worked at a pub, for a fortnight, called the Sir Walter Tyrell, in the New Forest, where I met my husband; we were then married within eight months.

My husband was in the Royal Navy where we then moved to Malta for two and a half years.

When we returned to the UK, we moved back to Fareham where I brought up my two children; my daughter was born in Malta and my son in Fareham.

I was diagnosed with Macular Degeneration in May 2007 and, as a result, joined the Macular Society who organised holidays to various parts of the country. One of the trips was on the Norfolk Broads where I was able to steer the boat which was quite an experience.



In October 2017 I moved to the Isle of Wight and about six months after that I joined the Sight for Wight Mix and Mingle group. This has been a lifesaver for me as I have made so many friends and we always have a good laugh. I am lucky to have a husband but for many people they live alone so the charity is such a lifeline for them.

I like to tell jokes and competing with Chris at Sight for Wight as to who can tell the best jokes when I'm at the Thursday Mix and Mingle Group. Needless to say, my jokes are better than his!!!

Di Di Crawford

Sight for Wight 100 Club

Winners this time are Pamela, Viv Booth and Beryl.

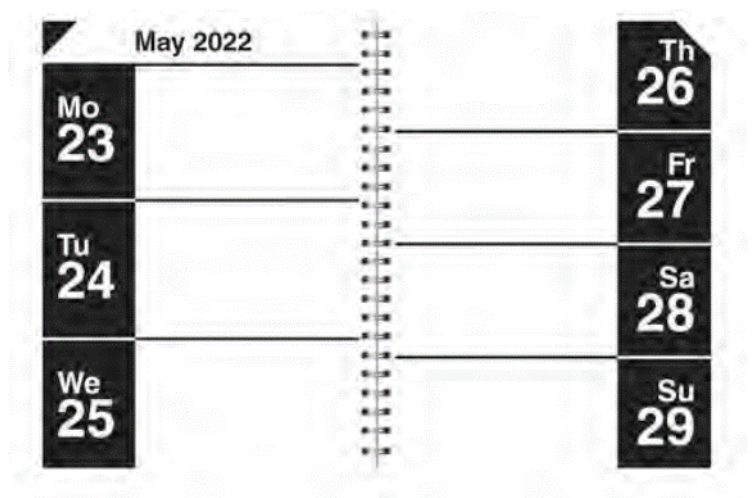
A very big welcome to Di and Viv.

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.



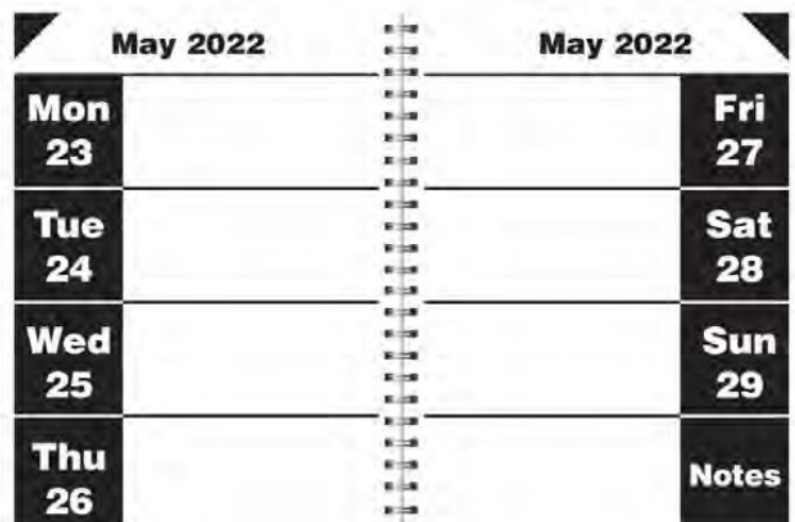
Calendars & Diaries

Available to Order from the Office



A6 Pocket Diary £6.50 105mm x 148mm / 4.1 inches x 5.8 inches

A5 Midi Diary £8.50 148mm x 210mm / 5.8 inches x 8.3 inches



A4 Desk Diary £10.50 210mm x 297mm / 8.3 inches x 11.7 inches

MAY 2022

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


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

MAY 2022

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

A3 Portrait Calendar £8.00

297mm x 420mm / 11.7 inches x 16.5 inches

A3 Landscape Calendar £8.00

420mm x 297mm / 16.5 inches x 11.7 inches

Call us on 522205

**LAST DATE 18TH NOVEMBER TO ENSURE
DECEMBER DELIVERY**

Our mental wellbeing is just as important as our physical health, so it's important that we all take steps to make sure we take good care of it.



1. Talk, talk, talk!

We know it's often not easy to talk to others when you feel troubled, but it really does help and it isn't a sign of weakness. It takes courage to let others know when you're struggling, and you'll feel much better for it.

Rather than keeping things to yourself, confide in someone close to you. Just being listened to can help you feel supported and less alone.

And it works both ways. If you open up, it might encourage others to do the same.

2. Get active

Being active is not only great for your physical health and fitness; it is also proven to be great for mental wellbeing, helping to reduce anxiety and stress, combatting low mood and increasing self-esteem.



And the great news is you don't need to start marathon training to reap the benefits. Low intensity exercise works great too. The most important thing to consider is finding something you enjoy, whether that's going for a walk or taking up a new sport or hobby.

3. Quality sleep

It's widely acknowledged that sleep plays a large role in a person's mental wellbeing. After all, there's a reason it's said that someone in a bad mood "woke up on the wrong side of the bed."

Sleep is closely connected to mental health and has demonstrated links to depression, anxiety, bipolar disorder and other conditions.



There are simple ways to improve your sleep which anybody can do. These include maintaining a regular sleep schedule, avoiding alcohol, caffeine and tobacco in the evening and dimming lights as you begin to unwind.

Also, refrain from using electronic devices such as mobiles and tablets for an hour before bed.

4. Discard negative relationships

Negative relationships are highly detrimental to a person's mental health. Whether with a partner, friend or family, it's important that you invest your time in people that make you feel good about yourself and add value to your life.

Being in relationships where you are judged, put down or dismissed can impact your mood, self-esteem and, ultimately, make you anxious or depressed.

Try to remedy relationships where possible, but if you feel any of the above when you spend time with someone, it may be time to draw a line and move on.



Befriending Update



5. Learn a new skill

Every day provides the opportunity to do something different or learn something.

Knowledge fuels self-confidence. Research has proven that lifelong learning, whether acquiring a skill like learning a new language or taking up an activity like bird watching or a pastime like pottery, can greatly improve your mental wellbeing as it adds meaning to life.



It also allows you to escape any worries or concerns you may have, and focus all your attention on something new and something you enjoy. Set yourself a challenge, no matter how big or small and enjoy achieving it.

Elaine



The Deafblind Convention is back and bigger than ever, and we'd love you to join us from the comfort of your own home. Our theme this year is 'embracing change' with deafblindness. 6th October, 9am - 5pm. Free online event.

Please call us here at Millbrooke House on 522205 for details.



Education Update



The Education Programme has had a break through the summer. This allowed the children, schools and volunteers who come with me, to have a well-deserved break, ready for the programme to resume in September!



Through the summer, I have been updating the programme. This then helps to continually make it better and allow the children to learn more and have more fun!

Now the term has begun, I have been in contact with the schools to promote the programme to see if anyone would like to be a part of it.

Brading Primary School is interested in the programme being delivered to multiple classes in their school. I am currently in contact with them to organise dates.

In June, we had our Hat and Sunglasses Day. It was a great success with many schools coming together to join in with this day together! Because of this, we have decided to do it again next year on Wednesday 21st June 2023.

We have already been in contact with the schools asking them to be a part of this day with us. Make sure you put Wednesday 21st June 2023 in your diaries to join in with us too!

I look forward to seeing as many people as possible join in with our Hat and Sunglasses Day again and look forward to being out in the schools soon promoting how important it is to keep your eyes healthy to reduce the risk of sight loss.

Jasmine **Jasmine Edwards**

It's back!



Sight for Wight's Hat and Sunglasses Day

**Wednesday
21st June 2023**



We had a great response this year!

So, we are wanting to promote this day again next year to continue to spread the importance of keeping your eyes healthy.



***Please join in with us by (where possible)
donating £1 to wear hats and sunglasses for the day!***



Here at Dress for Less



We have teamed up with Diana from the

HOUSE of COLOUR

We are offering a Colour Analysis Taster Event

Have you ever wondered what "having your colours done"
actually means?

In this taster session, Diana will demonstrate the tones of colour on her Colour Wheel, and then place the contrasting tones on you to identify your best tones. You will take away with you a small card (which will fit in your purse) with your colours that naturally harmonise with your unique skin tone and eye colour.



30 Minute Sessions
will be just
£25



Thursday 6th & Friday 7th October
at Dress For Less

114 St James Street, Newport, Isle of Wight.

To book a place please call 01983 523197

Limited spaces available - full payment will be required at time of booking.

**Also you will receive a £5 Voucher to spend at
Dress for Less**



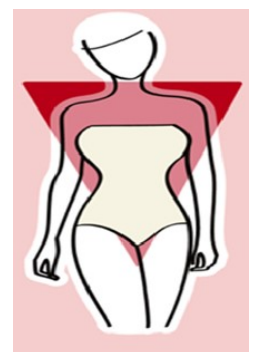
Dressing the Inverted Triangle Body

This will be my last article discussing body shapes. I hope that you have enjoyed them and they have helped you in some way. This time we are learning about the inverted triangle.

The inverted triangle body shape is characterised by broad shoulders and / or bust that narrow down to the hips. This makes the body appear like an inverted triangle shape.

Characteristics of the Inverted Triangle

- Shoulders are noticeably wider than the hip-line
- Shoulders may be straight, squared, and strong-looking
- Bust can range from small to big
- Little to no waist definition
- Hips look straight and flat compared to broad shoulders
- Bottom is rather flat
- Great legs often come with this body shape
- Body shape projects a sporty and athletic physique



Your Aim When Dressing Your Inverted Triangle Body Shape

The goal for dressing this shape is to **balance the broader shoulders, chest and back with the narrower lower body** to create a balanced silhouette. This is achieved by choosing clothes that **add curves to the hip and bottom** while **creating a more defined waist** and **de-emphasising the upper body**. Add volume and interest to your hips and bottom to make them look curvier and your shoulders smaller.



Which garments are good?

Tops should **emphasise the waist and play down the upper body and broad shoulders.**

Simple straight lines, wrap-style tops, splits on the waist or layering on the hips are great. To add volume to the hip area, look for shirts that **flare from the waist to the hips** to give the illusion of shape. Top should **extend passed the hip line** to take away attention from the shoulders.



Opt for Tops in **darker colours** than your bottoms and keep shirts **collarless or with very small collars** to play down the upper body. **Avoid cropped shirts** that end at the waist and **details or embellishments around the upper body and shoulder area.**

Trousers - when choosing trousers, any style that will **accentuate and add volume to the bottom and leg line** is great for the inverted triangle.



Baggy trousers, turn-ups, combat, palazzo, flares, culottes, wide legs, and harem pants are great examples. Opt for trousers in **bright or light colours** to draw attention to your legs and add lots of details - such as pockets, embellishments on the back or front pockets, patterns and prints, to add volume to the hips. If you want to wear more slim-fitted trousers, opt for **straight and cigarette-style** trousers - they balance out your silhouette better than **skinny fits**.



Jackets should **de-emphasise the shoulders and upper body whilst highlighting the waist**. The best options are either **straight cuts** or styles with **waist definition and that flare out at the waist**. **Nipped or belted jackets with deconstructed, fluid lines** flatter the silhouette.



Pockets or other details below the waist are great to add interest and volume to the hips. Opt for single-breasted jackets as double-breasted jackets would add too much volume to the upper body.

Jackets should **extend beyond the hip line** to balance out the wide shoulders. They are best in a **darker colour** for a slimming effect on the upper body. **Avoid double-breasted buttoning, big collars, shoulder pads and embellishments**.

Dresses - the right dress **adds volume at the hips** to balance your shoulders. Look for dresses that **flare from the waist or hips**. Simple, straight lines, shift dresses and A-line styles are great. **Details on the lower part of the dress**, such as patterns and pleats and **lighter colours**, will draw the eye away from the shoulders. **Hipped or belted dresses** can also add some definition to your waist. **Avoid dresses that emphasise the shoulder area and upper body** - either through the wrong neckline or through details on the upper body and steer clear of dresses **fitted at the bottom**, which don't add any volume to the hips.



Debbie Debbie Durbridge



Mark O'Sullivan



The last month has been really busy on the Wight Sense team as we approached the end of our first annual quarter period.

The end of any three-month period is a big event for the service as I have to prepare a 'quarterly' report, and then sit down with our Local Authority

Commissioner, Kathie Glover, to discuss how the service is getting along and

whether or not we have achieved our Key Performance Indicator targets. Key Performance Indicators are an important part of our local authority contract, agreed in advance and detailed in our contract. We use them to measure the performance of the Wight Sense Service; they are designed to be a transparent way of supporting continuous improvement in performance while ensuring our time sensitive work streams are completed and delivered efficiently.



Our last meeting with the commissioner was our first since we arrived at Sight for Wight and Kathie was anxious to hear how we were getting on. The team worked very hard during this first quarter and had more than reached the agreed KPI's. In addition, we were able to evidence the 'added value' that the service has been able to provide as a result of work alongside the Sight for Wight team.

On a personal note, I am very sorry to say that I will have left the Service by the time this goes to print to start my long awaited, retirement. I have loved every minute working alongside Lisa and the Sight for Wight team, but I can retire knowing that the service is more than up and running and delivering what we promised, and I know it will be in safe hands for the future.

All the best.

Mark Mark O'Sullivan

The logo for RNID, with the letters "RN" stacked above "ID" in a light green color on a dark olive green background.

We at RNID are here for the 12 million of us in the UK who are deaf, have hearing loss or tinnitus.

On the Island we partner with NHS audiology services to provide our hearing aid support service.

This service supports people to get the most out of their NHS hearing aids .

Our Isle of Wight hearing aid support services offer the following:

- general maintenance such as re-tubing, cleaning, and issuing of batteries
- how to look after and clean your hearing aids
- what to try if you are having problems with your hearing aids
- how other local services and organisations can help
- information, advice, and support

We have a number of maintenance clinics each month across the Island where you can attend and obtain these services.

Some of our clinics are by appointment only and others you can just drop-in.

We also currently provide a free postal service for batteries and tubing if required.

RNID are currently putting plans in place to offer hearing checks and a new digital directory highlighting what other services are available to people in their communities.



When	What Time
Bembridge Methodist Church, Foreland Road, Bembridge PO35 5UD	
1st Tuesday of the month	10:00am – 12:00pm Drop in clinic
Riverside Centre, Hunnyhill Room, The Quay, Newport PO30 2QR	
1st Thursday of the month	10:00am – 12:00pm Drop in clinic
Brading Youth & Community Centre, High Street, Brading PO36 0DH	
2nd Wednesday of the month	By Appointment only
Ryde Methodist Church, Garfield Road, Ryde PO33 2PT	
3rd Tuesday of the month	By Appointment only
Freshwater Methodist Church, Brookside Road, Freshwater PO40 9ER	
3rd Wednesday of the month	By Appointment only
Town Council Office, The Green Room, 1 Salisbury Gardens, Dudley Road, Ventnor PO38 1EJ	
Last Tuesday of the month	10:00am – 11:30am Drop in clinic

!

The Lion King

On Tuesday 20th September, our members enjoyed a trip to The Mayflower in Southampton to watch, The Lion King.

Before the show, members were privileged to enjoy a 'touch tour' of the costumes for the show. Here are some photos of members experiencing the costumes and enjoying the show.

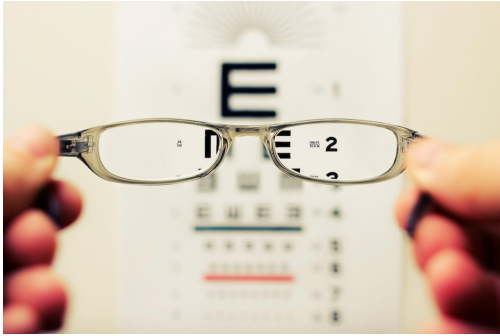


The Lion King





Having an Eye Test



Opticians test your eyes. They are also called optometrists and often called opticians.

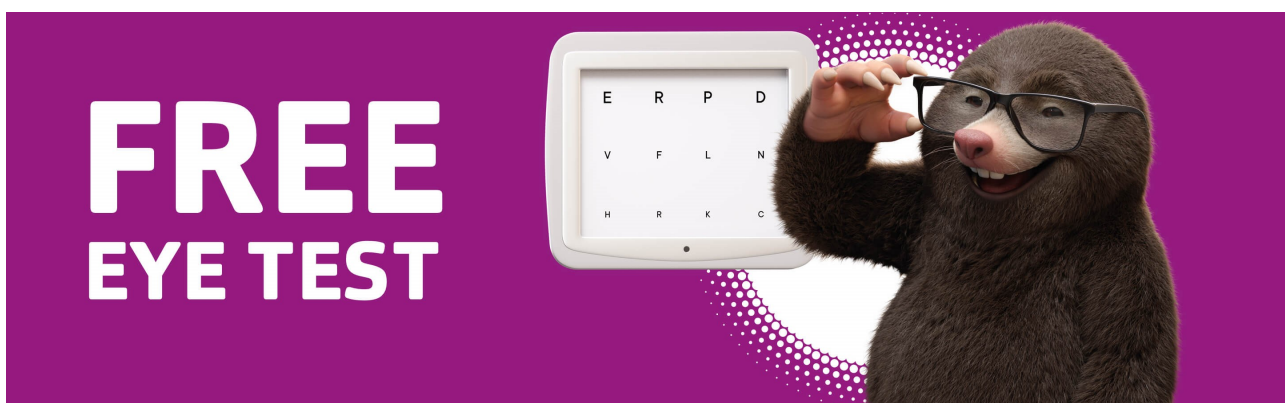
Having your eyes checked is called an eye examination; an eye test or a sight test.

You should have an eye test every year, but your optician will tell you if you need your eyes checked more often.

Everyone can have their eyes tested. You don't have to be able to read or speak to have an eye test. There are different ways to check your eyes. No-one is too disabled to have their eyes checked.

Many people can get free eye tests:

- You are aged under 16.
- You are under 19 and in full-time education.
- You are aged 60 or over.
- You are registered as sight impaired or severely sight impaired.
- You have diabetes.
- You have glaucoma, are at risk of glaucoma or you are over 40 and your mother, father, brother, sister, son or daughter has been diagnosed with glaucoma.
- You receive certain benefits like Income Support.





Having an Eye Test



Having your eyes tested is very important

- An eye test can find out if your eyes are healthy and spot signs of many common eye diseases, the vast majority of conditions can be slowed down with early intervention.
- You can choose to have an eye test at any optician.
- You can take a supporter with you for your eye test.
- If you need glasses you can buy these at any optician.
- There are opticians who can visit you at home. Ask your optician about this.



What happens when you go for an eye test?

- The optician will talk with you about your eyes and your eyesight.
- The optician will look at your eyes to see if they are healthy, they will need to get close to you to do this.
- The optician will use a light to look at your eyes and the room may need to be dark to do this.
- The optician may ask you to follow a light with your eyes This helps them check how your eyes move when you look at things.
- The optician will ask you to look at objects, pictures or letters. You can use words, signing, pointing or other ways to say what you see.

Having an Eye Test

What happens when you go for an eye test - continued

- The optician may ask to put drops in your eyes. It may feel uncomfortable. The drops help the optician to see inside your eyes.

- The optician will put a 'test frame' on your face. They will put different lenses in the test frame to check which lenses help you see things clearly. If you can't wear test frames, the optician can hold the lenses for you to look through.



- During the eye test the optician may use some equipment to check your eyes.
- The optician will test how well you see things at the side of your vision.
- Some machines blow a puff of air onto your eye or touch your eye gently. This helps test for a serious eye problem called glaucoma.
- After your eye test, the optician will tell you about your eyesight and whether you need new glasses. They will give you a piece of paper called a prescription.
- If the optician has found that you have a potential eye condition, they may refer you to St Marys Eye Department for a further consultation.
- Remember we are always here to help with understanding your diagnosis and help you through your whole sight loss journey, as an individual.
- An eye problem; they might tell you to see an eye doctor.



Update from Wight Fibre

We are delighted to report that, as a direct result of our talks with Wight Fibre, the 195 service is now live on their network. In our last newsletter, we detailed information on the 195 service for those of us who cannot read a telephone directory and reported that it was not live on the Wight Fibre network. We are delighted to say it is now working. Anyone experiencing difficulties please do let us know.



Further, Wight Fibre has also reported to us how to make a 999 call for those on electricity on their fibre network, i.e. a network that relies on electricity in a power cut. They have a Priority Register that entitles you to a free battery back-up which will last long enough to make an emergency call. As someone living with sight or hearing loss, you will need to show one of the following documents to join the register and receive the battery back up:

- Disability Living Allowance / Personal Independence Payment / Attendance Allowance
- Blue Badge
- Armed Forces Independence Payment
- ESA
- Medical Evidence Letter
- Registered as a blind person or partially sighted

If you need help choosing a telephone suitable for anyone living with hearing or sight loss, please do not hesitate to contact the Wight Sense team on 240222 and they can help; if eligible we can even provide them on a free long-term loan.



A Personal Assistant Recruitment and Employment Service



An island based not for profit care provider, helping you to recruit and employ the right Personal Assistant. Giving you choice and control in who provides your support and care needs.

What is PARES?

We are a Personal Assistant Recruitment and Employment Service (PARES) founded in 2014 as part of People Matter IW; the Islands user led organisation which is, a not for profit registered charity. PARES was created in response to individuals wanting more choice in the way their care and support is provided.

We are a caring, professional and trusted organisation working to National Quality Standards. Our aim is to ensure your voice is heard where decisions are made about your life, our service is about you and your individual choices.

PARES wants to enable people with support needs to have more choice and control in who provides their support. PARES is a fully managed service and regulated by the Care Quality Commission (CQC).

How does PARES work?

The PARES Team works with you to recruit a dedicated Personal Assistant (PA). This means every individual has choice and control over who delivers their support.

- PARES advertise and assist you in the selection of the right PA for you.
- We will then employ them through PARES on your behalf.
- PARES takes care of the payroll, employment rights, DBS checks & insurance.
- PARES will develop your personalised support plan with you.
- We provide ongoing support and reviews of your support needs.
- We support your PA to provide a high quality service through ongoing professional training and continuous supervision.

How much does it cost?

We work with clients who have a Personal Budget or Direct Payment from the council or are self-funding their care and support. As a not for profit organisation we are competitive.

Please contact us for further details of costs.

For more information or to register with PARES, contact us on:

Phone: 01983 685 348

Email: pares@peoplesmatteriw.org

Or via the People Matter IW website

www.peoplesmatteriw.org/pares



Charity No:1150937





Short Story Writing Competition



I am delighted to announce we have launched our short story writing competition again this year, after the success of last year's which produced some very high-quality entries, despite lockdown and everything being 'virtual'.

This is an exciting opportunity for budding Island writers to become published authors, win some great prizes and have their stories read and recorded by very talented celebrity people.



This year's celebrity readers, who have kindly agreed to donate their time to read the winning stories are, for the second year, Richard Cadell, of Sooty fame who joins Dominic Minghella creator of the ITV network comedy-drama series, Doc Martin, stand up comedian Mark Simmons of Comedy Central and Just The Tonic and Hollyoaks star Bethannie "Cher McQueen" Hare.

This year's theme for the competition is, 'the sea' so entries need to incorporate this but it is up to the individual writers to decide how.

We have also added a special under 8's category where the story can be told in pictures or words so wanted to make the amazing creativity, which children have, to be captured in a form which more suited their age.

I do hope you will enter this year and wish you all luck.

Chris

Chris Cane



SHORT STORY WRITING COMPETITION 2022

'The Sea'

Are You A Budding Author?

**Enter our competition for a chance to have your
story published and recorded by a celebrity!**

ENTRY FEE (per story)

£8.00 for:

Adults (1500 - 2000 words)

£2.00 for:

12 - 17s (up to 750 words)

8 - 11s (up to 500 words)

Under 8s (up to 250 words with pictures)



BETHANNIE HARE



DOMINIC MINGHELLA

ENTRY FORMS FROM:

Waterstones, Newport

Sight for Wight, Carisbrooke

Dress for Less, Newport

Email: admin@iwsb.org.uk



MARK SIMMONS



RICHARD CADELL

For more information visit: sightforwight.org.uk

Award Ceremony on Monday 5th December 2022

Riverside Centre, Newport @ 7pm

ENTRIES MUST BE RETURNED BY 5PM ON FRIDAY 11TH NOVEMBER

Sight for Wight is the working name for Isle of Wight Society for the Blind

Registered charity number 1149415 Company limited by guarantee 6240404

Tips from Members

“For those who share a kitchen and both prefer different kinds of milk. A good tip that helps me to tell them apart is by putting an elastic band on the milk I like so I know which one to pour in my coffee!”

Robert from Sandown



“I always buy socks which are the same colour, this helps me with not having odd socks!”

Leslie from Cowes

“I struggle to know where my light switches are in my house because they are flat buttons rather than old switches, so I put bumpons on them to feel the raised dot to know where to push.”

Matt from Shanklin





Terry's Twenty Teasers



QUEEN ELIZABETH II

- 1 In what year did the late Queen marry Philip?
- 2 How many grandchildren does she have?
- 3 In what year was her Silver Jubilee?
- 4 Who was the second longest-reigning British monarch?
- 5 From which part of Britain do corgis originate?

AUTUMN

- 6 Do evergreens ever lose their foliage?
- 7 I know we're saying "There goes Summer" just now, but who popularised the song "Here comes Summer" in 1959?
- 8 What are nerines?
- 9 When is Thanksgiving in America?
- 10 What tree do conkers come from?

PRIME MINISTERS

- 11 Who was Britain's most recent Labour Prime Minister?
- 12 How many Prime Ministers did the late Queen appoint?
- 13 Which Prime Minister was famous for the raincoats he wore?
- 14 Which Prime Minister said "You've never had it so good"?
- 15 In the years since 1950, who has been the shortest-serving Prime Minister?

ODDS & ENDS

- 16 What is a pangolin?
- 17 Who is the present High Sheriff of the Isle of Wight?
- 18 What nursery rhyme is this : RAROR?
- 19 What are "candyfloss grapes"?
- 20 In what year did India gain independence from Britain?



Terry's Twenty Teasers Answers



- 1 1947 (20th November)
- 2 8: Peter Phillips (44) Zara Tindall (41) Prince William (40)
Prince Harry (37) Princess Beatrice (34) Princess Eugenie (32)
Lady Louise Windsor (18) James, Viscount Severn (14)
- 3 1977
- 4 Queen Victoria (nearly 64 years)
- 5 Wales
- 6 Yes, but gradually throughout the year, and so we hardly notice
- 7 Jerry Keller
- 8 Flowers, related to the amaryllis, which blossom in the Autumn
(they are a common sight on the Island)
- 9 The fourth Thursday in November
- 10 The horse-chestnut
- 11 Gordon Brown (2007~2010)
- 12 14; when she became Queen, Winston Churchill was in power
and she appointed Harold Wilson twice, so she oversaw 16
- 13 Harold Wilson, with his Gannex raincoat
- 14 Harold Macmillan, in 1958
- 15 Sir Alec Douglas-Home (1 year & 1 day)
- 16 An animal which has a scaly body & a long scaly tail, and is
found in Africa and Asia
- 17 Ring A Ring O' Roses
- 18 Kay Marriott, JP
- 19 Green or white grapes that have a sweet taste
- 20 1947 (15th August)

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