



Newsletter

July 2022

Your local sight loss charity



SPOTLIGHT ON: Member Pat

Meet Volunteer Terry

The Queens Jubilee Party

Newport 100th Carnival

Save the Date!

**SCAN &
LISTEN**



*Charity number 1149415
Company Number 6240404*



CHAIR REPORT



Hello Everyone,

Welcome to our newsletter, as always, full of many articles that I hope you will find both interesting and helpful.



Our “One Wish” campaign is now available. If you have something you would love to try that has been out of reach because of your sight loss, please get in contact with us; we will try and grant your wish! We have already had wishes for flying a plane and requests for driving a car and a steam train!

New legislation has been produced that will affect those of us who use a taxi service. Those providing the service have to be much more VI aware, opening the taxi doors, helping with luggage and escorting users to their front doors. Hopefully, this will become a reality amongst taxi services.

The Island has been chosen to be a test area for Ophthalmology First. This means that much of the VI care will take place, back out in the community, rather than in hospital. This would take place in registered opticians but would cut out the need to attend the hospital for the pre and post operative care and some ongoing treatments. An interesting concept, let's hope it's a success.

As we are now socialising more, don't forget Dress for Less for that special occasion; there are some gorgeous clothes and incredible bargains to be found in the shop.

My thanks as always to our wonderful, caring staff and the ongoing dedicated support of all our volunteers; without everyone we could not provide the service, help and support that we do.

Sue Sue Bungey



CEO UPDATE



Welcome to our July newsletter.

As I sit in the intense heat writing this, I am looking forward to enjoying some family time over the school holidays. This wonderful weather is best enjoyed during leisure time!



I start on a rather sad note as we have had to say goodbye to one of our very kind and generous supporters, Edana Minghella, who, very sadly, passed away. Edana has supported Sight for Wight for many years, particularly with our annual short story writing competition which she was due to support again this year. A sad farewell from us all and our thoughts are with her wonderful family.

Enclosed within this newsletter is our invitation to everyone to attend our Open Day on Saturday 10th September 2022 at Wendes Hall, Newport where we held the Jubilee Party. We have chosen to move it from Millbrooke House so that more people may comfortably attend and where we can offer ample parking for those who need it. If you are thinking of coming in by bus, please do let us know and we can collect you from the Bus Station.

Sorry for the late sending of the Newsletter but we wanted to make sure we had pictures of the carnival included. What a wonderful evening was had by all and everyone couldn't be more pleased by winning the first prize in the community entry.

A huge thank you to everyone involved including the fundraising committee, volunteers and all the members who joined in with the parade.

Lisa Lisa Hollyhead



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 with details in this newsletter.

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 packed 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.





MEMBER ACTIVITIES

ACTIVITIES FROM 3 SEPTEMBER

Here is a list of all activities that we will be offering from September; please contact us at the office on 522205 if you would like to join any of them.

Weekly

Monday: Swimming at Medina Leisure Centre, Newport.

Wednesday: Coffee and Chat at Millbrooke House.

Thursday: Mix and Mingle at Millbrooke House with planned activities.

Monthly

1st Tuesday of the Month: Godshill Coffee Morning.

1st Thursday of the Month :Audio Book Group Newport Library
2-3pm

2nd Tuesday of the Month: “Our Place Community Cafe” at West Wight Sports and Community Centre, Freshwater.

2nd Monday of the Month: “Our Place Community Café” at Totland Christ Church.

2nd Tuesday of the Month: Lunch Club across the Island.

Last Friday of the Month: Striders (around 5 miles).

Last Sunday of the Month: Golf at Westridge Golf Centre.

Susan Susan Earley



VOLUNTEER TERRY



My parents were both London East Enders ~ Dad was born in Paradise Row (of Mother Kelly's Doorstep fame), and Mum in Hackney.

I sometimes tell people that I was injured in the last war; what actually happened was that, when I was about a month old, a bomb dropping nearby caused some ceiling plaster to fall onto my cot, resulting in cuts to my face!

In the early 1960s, I trained as a teacher, working mainly in schools for young people with special needs. My final post was in Gosport, where I worked as a headteacher, again, in a special school.

In 1995, the authority reorganised their provision in the area, and I jumped at their offer of early retirement at that time.

Shortly after this, I began working as a volunteer at Marwell Zoo, near Winchester, as well as undertaking some Road Safety and Cycling Proficiency work at various centres in Hampshire.

In 2000, I made the decision to move to the Island "just for a year or two" ~ twenty-two years later, I'm still here!

Since this time, I have had the opportunity of becoming involved in a wide variety of activities; in particular, amateur drama and folk music. I'm currently delighted to be a member of Wight Ukers, a ukulele group, and was proud to have played with them at the recent Rhythmtree Festival.

For more than ten years up to 2018, I presented programmes on both Angel and Hospital Radios, and made many friends over the airwaves.





VOLUNTEER TERRY



I also enjoy travelling in my elderly campervan, and have visited many places in many countries, ranging from Venice in Italy to Watten in the Scottish Highlands, with France and the Irish Republic being among my favourites.

I have been a volunteer at Sight for Wight for over fifteen years, my interest having been fostered originally by my mother's visual impairment in her later years, and my own glaucoma diagnosis when I was in my mid-fifties.

Over the years, I have worked occasionally on the Society's stalls at various fetes and, for several years, was the quizmaster for quizzes held in Millbrooke House.

I was also active in the introduction of the original 'boom boxes', which enabled members for the first time to hear the Talking News on a memory stick, instead of the less versatile cassette-tapes.

For a long time I was one of the Talking News studio readers, before moving, filling a gap on the recorders rota, which involved me in recording, editing and copying readings onto memory sticks, in preparation for distribution to the Society's members.

Since the start of the first lockdown, I have regularly recorded news articles at home and, as some of you will probably be aware, I sometimes contribute to the Society's wonderful newsletter with "Terry's Twenty Teasers" ~ so now you know who to blame!!



Terry Terry Pearson

On Saturday 23rd July Sight for Wight took part in the 100th Newport Carnival. Around 25 members, volunteer and staff walked the 2 mile route around Newport Town waving to the packed crowds lining the pavements.

Sight for Wight were very proud to be part of the parade and showcase what the charity does for Island people. The main focus of our entry was members and volunteers representing the different activities we provide along with the Education Programme's four characters which children absolutely loved after seeing them recently in schools learning about protecting your Eyes.

Everyone who took part had a fantastic evening and thoroughly enjoyed it and we are SO happy to announce we won the BEST COMMUNITY entry.





IMAGE DESCRIPTION:
A collection of photographs of our Members, Volunteers, Staff and Family taking part in the Carnival Procession.





IMAGE DESCRIPTION:
A collection of photographs of our Members, Volunteers, Staff and Family taking part in the Carnival Procession.





IMAGE DESCRIPTION:
A collection of photographs of our Members, Volunteers, Staff and Family taking part in the Carnival Procession.



JUBILEE PARTY

On Thursday 26th May, our members enjoyed a fabulous tea party to celebrate the Queen's Platinum Jubilee. The Lord-Lieutenant, Susie Sheldon, joined us and gave an opening speech.

Representatives from Barrett Homes also came along and presented a cheque for £1,000 and Clare (ASDA Community Champion) funded the event.

Entertainment was provided by the talented Maurice Kachuk and it would be fair to say that everyone had a fantastic time.



Susie Sheldon



Handmade Table Displays



**Clare from ASDA
(Centre)**



Maurice Kachuk

JUBILEE PARTY



Staff & Volunteers



Volunteer & Members



**Lisa Hollyhead -
CEO (Centre)**



Party Guests



**Susan Earley
(Volunteers' Manager)**



**Sue Bungey - Chair
with volunteer Pauline**



RNID



The RNID make life fully inclusive for deaf people and those with hearing loss or tinnitus.

There are FREE clinics for the following:

- Cleaning
- Re-Tubing
- Batteries
- Information & Advice



Some of their clinics are by appointment only, so they kindly ask you do not attend if you have not pre-booked.

For their drop-in clinics, you can just turn up between the stated hours.

If you just require hearing aid batteries, please contact them where they can offer a FREE postal service.

Contact the RNID for more information or to book an appointment:

Telephone: 07918 740936

Email: iow@rnid.org.uk

Website: www.rnid.org.uk

If you would like information in braille, audio format or a different size font, please contact their information line.

Telephone: 0808 808 0123

Textphone: 18001 0808 808 0123

Email: contact@rnid.org.uk



CLINICS & TIMES



When?	What time?	Where?
1st Tuesday of the month	10:00am – 12:00pm (Drop-in Clinic)	Bembridge Methodist Church Foreland Road Bembridge PO35 5UD
2nd Wednesday of the month	By Appointment only	Brading Youth & Community Centre High Street Brading PO36 0DH
3rd Tuesday of the month	By Appointment only	Ryde Methodist Church Garfield Road Ryde PO33 2PT
3rd Wednesday of the month	By Appointment only	Freshwater Methodist Church Brookside Road Freshwater PO40 9AN
Last Tuesday of the month	10:00am – 11:30am (Drop-in Clinic)	The Green Room Town Council Office, Salisbury Gardens Dudley Road, Ventnor PO38 1EJ
Every Thursday of the month	By Appointment only	RNID Office Riverway Newport PO30 5UX



TAXI LAW AND OPEN DOOR



The new Taxis and Private Hire Vehicles (Disabled Persons) Act 2022, which came into force on 28th June 2022, is the most significant change to taxi accessibility legislation since the Equality Act was introduced in 2010.

We believe the new law will particularly help those with a visual impairment but it does relate to all disabilities.

The aim of the legislation is for all taxi drivers to offer reasonable assistance without ANY EXTRA charge. In Particular, the law aims to ensure that visually impaired passengers will be assisted by drivers to help them identify or find the vehicle.



As part of the amendments, taxi and private hire vehicle drivers could face fines of up to

£1,000 if they fail to provide reasonable mobility assistance to disabled passengers taking a pre-booked vehicle. Reports can be made to the Isle of Wight Council regarding any specific incidents: 01983 823159 or in writing to **Department: Regulatory Services**, Licensing Section, Jubilee Stores, The Quay, Newport, Isle of Wight PO30 2EH.

Driver Exemptions

Drivers can apply to us for an exemption (certificate) from the duties to assist passengers in wheelchairs or with guide dogs, either on medical grounds or because their physical condition makes it impossible or unreasonably difficult for them to comply with the duties. However, these drivers are not exempt from the new laws.



TAXI LAW AND OPEN DOOR



Guide or Assistance Dogs

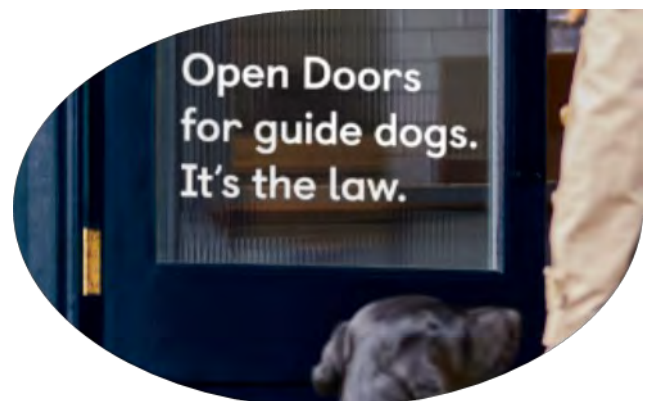
Guide dogs are working dogs, not pets; their owners rely on them for both independence and mobility. The Equality Act 2010 places a duty on taxi and private hire drivers to carry guide dogs and other assistance dogs at no extra cost.

Unless they have a medical exemption certificate, taxi and private hire, drivers must:

- Carry the assistance dog in their vehicle and allow it to remain with its owner.
- Not charge extra for carrying an assistance dog in their vehicle.
- Private hire companies must not refuse a booking or refuse to carry out a booking due to someone having an assistance dog with them.

Guide Dogs have taken this opportunity to launch their “Open Door” campaign encouraging people to use the new APP to **report all incidents where Guide Dog owners are refused entry** into anywhere, including Taxis.

Their aim is to spot trends and identify repeated problems and use the information to make real change by educating businesses on the importance of Guide Dogs and the laws around them. By everyone reporting their issues, these patterns should be much easier to identify and the scale of the problem properly recorded for the first time.



Hello everyone; I'm Pat and I'm an islander born and bred. I was born in lower Pyle Street, Newport at the Dower House (now the Doctors' surgeries) and christened opposite the Methodist Chapel (not the Apollo Theatre). I'm the eldest of five children (one sister and three brothers) all living on the Island, so I'm the matriarch of the family!



My first job (for £3.13 shillings) was at Burtons Ladies Drapery in Newport High Street on Haberdashery and then dress materials. My maths definitely improved! I enjoyed my time there, but wanted to be in an office, so went to evening classes at the Technical College for shorthand and typing and joined S.C.A.T.S (Southern Counties Agricultural Trading Society) Machinery Department in Lower Pyle Street, opposite my birthplace.

My friend, Beverly, had a car and we started going to dances on Saturday nights; mostly at The Trouville, Sandown and The Culver Club at Whitecliff Bay Holiday Camp. This is where I met Michael. We got married in October 1965 in Shorwell where he was born and grew up and where we've lived for most of our married life. We have two sons, Ian and Andrew, a lovely daughter-in-law and one teenage grandson.

I was a stay-at-home mum until Andrew started school and soon after became a dinner lady for fifteen and a half years, cycling to and from Brighstone every day.

I went to Woolworths in Newport but left when they wanted to put me on the tills! I finished working after several years as caretaker for Shorwell Parish Hall.

I like being outdoors (I was a bit of a tomboy in my youth, making camps, climbing trees), walking and swimming, especially in the sea. We went camping in the U.K. a lot when the boys were small and swam in rivers and several of 'The Lakes'. Very very cold!

In the 90s, I did several charity swims at Colwell Bay on New Year's Day. One day it started snowing and it was warmer in the water than out! I was also a regular blood donor and chuffed to reach a total of 101 donations. I was a member of Shorwell WI for 55 years and in their choir, as well as St Peter's Church choir. I love music, such as classical, big bands (especially Glenn Miller, but not brass), rock and roll, some opera but definitely not rap!!



My Dry AMD was diagnosed about 20 years ago and the first ten years were very slow in deterioration. I was always an avid reader and crossword fanatic, so now I rely on the Talking News, Audio Library and my print reader.

Michael and I enjoy coming to the Coffee & Chat on Wednesday mornings at Sight for Wight and go swimming with the group on Mondays at Medina. We really enjoyed the Christmas lunch at the College and especially the Jubilee Tea Party recently.

The staff and volunteers at Sight for Wight (and the members) are a great bunch of people; so friendly, welcoming and helpful. Thanks to them all.

Pat Pat Ridett



MEET CHRIS

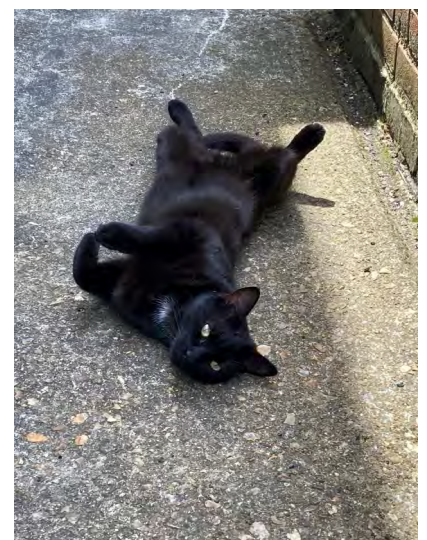


I was born and grew up in West London and moved to the Island in 1991. Since living here, I've had a variety of roles including waiter, warehouse manager, administrator for a solicitor; I also worked for what was Isle of Wight Theatres as a stage manager, board operator and even did some acting!! This was when we still had Sandown Pavilion so I used to do shows at both Sandown and Shanklin. This was very tiring because I still had a day job, Monday to Friday, and would then work up to three evenings a week at the theatre! Not sure how I managed that then; couldn't do it now! I also worked for the Isle of Wight Council as an SEN Administrator, and a Unit Coordinator in Child Protection.



I joined Sight for Wight in May 2016 as Senior Administrator and since then have had various changes to my role as the job evolved into Marketing, Communications & Events Manager. I'm now the Reception Manager working four days a week which suits me. I am very much a people person and enjoy dealing with situations as they happen. I am still involved with organising story writing competitions, murder mysteries (watch this space), producing videos, maintaining the website, social media, newsletters, proofreading, QR codes and monthly slots on Vectis Radio representing Sight for Wight to name but a few of my many tasks.

When I'm not working, I enjoy video editing, eating out with friends and chilling at home with my rescue cat, Milo.



Chris **Chris Cane**

JINGLE BELL BALL

Sight for Wight was delighted to receive a donated jingle bell ball from Cowes Lions Club who are part of the largest voluntary group in the world. The motto is 'We Serve'. Members meet to raise funds, share fellowship and try and help those less fortunate in their own and worldwide community.



Lions Clubs International was formed in 1917 and accepts both men & women as members.

To present the ball were members Maria (left) and Jan (President of Cowes Lions).





BEFRIENDING UPDATE



Sight for Wight Befriending Survey – July 2022

The Sight for Wight Befriending Scheme was set up in December 2020. The aim of the scheme is to reduce feelings of loneliness and isolation by providing a regular phone call from a friendly volunteer. The befriending volunteers make a weekly phone call to the members who are partially sighted or blind.



Once the Befriending Service had been up and running for 12 months, we wanted to get feedback from the members to see the impact the service has had.

Summary

The befriending service has had an overwhelmingly positive effect on Sight for Wight members. The areas with the highest positive impact are: Improved Confidence (94%), Increased self-esteem (91%), Increased mental well-being (75%).

These are followed by: Improved life skills (58%), Enhanced Physical well-being (55%), Increased participation in community events (46%).

Thank you to all of our volunteers for the invaluable support and the time they have given to the Befriending Scheme and to all of the members for taking the time to complete the survey.

If you think you would benefit from joining the Befriending Team then please do not hesitate to contact me.

Elaine Elaine Bricknell (Befriending Manager)



VOLUNTEERS' UPDATE



We are pleased to welcome new volunteers to the Charity who will be supporting us in various areas, such as the Talking News, Dress for Less, Driving to Activities; it is always a pleasure to welcome new Volunteers and I hope you are made to feel welcome by us.

Due to circumstances, we have cancelled the last two dates for our Volunteers Thank you tea afternoon, I apologise for any inconvenience but we are all looking forward to seeing you in September. Please put the **19th** in your diary and come along to Millbrooke House and enjoy an afternoon meeting Staff and Volunteers and enjoy tea and cake!

I would like to thank you all, as always, for your time and support; without YOU our charity would NOT exist. Over the last couple of months, we have seen several events and activities which require volunteers to help, over and above, and I thank you all.



**Mix & Mingle Visit
to the Donkey
Sanctuary**

Susan Susan Earley



Riverfest



Jubilee Party

In June and July we visited Yarmouth Primary and Gatten and Lake Primary Schools to deliver the Education Programme.

That now means that, this year, 13 different schools have had the Education Programme and 38 sessions have been provided for KS1 and KS2.



Before the end of term, Chillerton and Rookley Primary would like us to return to their school to deliver the programme to their classes.

On Tuesday 21st June, Sight for Wight had their Hat and Sunglasses Day. We united the Isle of Wight by providing every primary school with our 'Be Wise Protect Your Eyes' video. It consisted of:

- Who we are as Sight for Wight.
- Education Programme with a scene featuring the Education Programme characters sharing the importance of wearing hats and sunglasses.
- What it is like to have sight loss.

The link to watch the video is on our YouTube, Facebook and website pages.

We had some great feedback saying how much the children enjoyed watching the video and joining in the day. Thank you to everybody involved and especially the schools who raised money for us.

Jasmine Jasmine Edwards



UNITE THE ISLE OF WIGHT
Hat and Sunglasses Day!
Tuesday 21st June 2022

PREVENT AVOIDABLE SIGHT LOSS

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

48% of Sight Loss is avoidable

Here at Sight for Wight, we want to teach Island Children how to protect their eyes for life.

FIND OUT HOW
https://youtu.be/GZ_xqPyarE

BE WISE PROTECT YOUR EYES





KAREN CHESSELL



I have been busy out and about over the past couple of months, visiting service users in their own homes. I carry out assessments for help with both their sight and hearing loss.



There are many kinds of equipment that we are able to offer for free on a long-term loan basis.

These range from talking cube clocks to TV listeners and liquid level indicators to doorbells, to name but a few.

If you have a diagnosed hearing loss, as well as a visual loss Wight Sense can offer you a dual sensory assessment in your own home. Then if you meet the criteria, equipment may also be issued to you.

Our telephone number is 01983 240222. I look forward to hearing from you.

Karen Karen Chessell

Sight for Wight 100 Club

Winners this time are Paul and Joyce.

A very big welcome to Charlotte and Michael.

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!



It's been a very busy couple of months with referrals, home assessments and follow-up visits. In this newsletter and the following 2 issues I'm going to briefly cover tinnitus because it's something that I get asked a lot in my job. I'll cover what tinnitus is, self-help techniques, and what help and support is available.



Tinnitus – Part 1

What is tinnitus?

Tinnitus is described as sounds that are heard in the head or ears that have no external source. The name tinnitus comes from the latin word “tinnire” which, when translated, means “to ring”.



Approximately 30% of people will experience tinnitus at some point in their lives and roughly 1 in 8 people experience persistent tinnitus, so it's a relatively common condition.

Although tinnitus itself is not a disease or illness, it can be a symptom of other conditions such as Meniere's Disease, Labyrinthitis, migraine or high blood pressure, for example.

Anyone can develop tinnitus but it is more common in people who have hearing loss.

The cause of tinnitus is often unknown and there is no cure as yet; however, there is a considerable amount of research into tinnitus happening with the hope of finding a cure. Plus, there are lots of things you can do to help alleviate the impact it can have which I will discuss in the next issue.

Paula Paula Matthews



MARK O'SULLIVAN



Hi everyone; I am Mark, the Wight Sense Sensory Service Manager. July brings us to the end of our first three months here at Sight for Wight, and what a busy time it has been too.



One of our first big jobs when we arrived was to let everyone know we had moved from our old address. Now most chemists, libraries, post offices, supermarkets and other places of public resort have posters and leaflets about the new Wight Sense service. It was a big job but very worthwhile as the posters and leaflets have all our new contact details.

The team has been out and about visiting lots of clients at home and supplying equipment where needed. We have been involved in a number of cases which needed multi-agency working. One of the organisations we work closely with is the Isle of Wight Fire & Rescue Service Community Safety Team.

We have also provided help and support to other partner organisations who need advice on helping their own clients who have sensory impairments.

We have been busy building relationships with new partners in the sector which is very important and I have attended a number of meetings such as the Voluntary Sector Forum where I have been able to tell everyone about what we do.

The next three months, I am sure, will bring even more clients to the service.

Mark Mark O'Sullivan

IN FOND MEMORY OF ROY PERRY

Roy was a long-term member who enjoyed many aspects of the Charity, especially attending the Thursday Mix and Mingle most weeks when health allowed.

Roy also took part in our Strollers group and came along to our recent Warner's holiday and was a regular entrant in our annual Story Writing competition and actually won it a few years ago which he was very proud of.

He will be sorely missed by our Mix and Mingle group and our condolences go to Dawn and their families at this sad time.



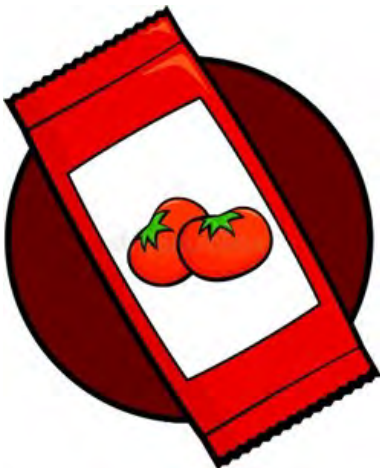
**Roy pictured with
his wife Dawn**

TIPS FROM MEMBERS

“I put a bit of kitchen roll down under my cup when making a hot drink. So if I spill anything, the kitchen roll soaks it all up!”

“When I’ve made my hot drink, I put the cup on a tray. If I accidentally spill my drink, the tray catches all the liquid rather than it going all over the table.”

Margaret from Ryde and Sylvia from Sandown



“Instead of using a tomato sauce bottle and struggling to pour it onto your plate, use sachets! Then it’s less likely to spill tomato sauce everywhere.”

Laura from Shanklin

“To remove grease on collars and spilt food on clothes, use a couple of drops of basic washing up liquid, tap in with your finger before adding to your washing machine.”

Di from Sandown





Dressing the Apple Body Shape

Typical characteristics of the apple body shape are a large bust, narrow hips and a full midsection.

This makes the body appear like an apple shape.

Characteristics of the apple figure:

- Average to big bust
- Ribcage and back appear somewhat wide
- Fullness around the mid-section
- Little to undefined waistline
- Narrow hips
- Slim limbs and nice legs

Weight gains are first visible in the central torso/tummy area.

Your Aim When Dressing Your Apple Body Shape

The apple body shape can appear top-heavy due to a full chest and upper body with little to no waist definition. To balance out the upper body, choose clothes that add curves and fullness to the lower body. To de-emphasise the midsection and to create a more defined waist, pull it in visually. As with dressing for any body shape, the idea is to create balance, so you will want to draw attention away from the widest part of your belly.

You can do this in two ways. Either you can skim over your tummy area completely or you can redefine where your mid-section is. You don't have to tie your belt at your widest point; for example, you can just belt a little further up where you are slimmer.



Which Garments are Good for Your Apple Body Shape?

Tops

Emphasise your cleavage. Okay, you don't have to emphasise your cleavage if you don't want to but my general point is you should draw attention somewhere else other than your tummy. If you are happy with your cleavage, you could draw attention upwards. A V-neck top will be super flattering on you.



Necklines for the apple pear body should **break up the chest vertically** (to create a visual separation between bust and tummy) and take attention away from the fuller midsection. To accomplish this, necklines should be both **wide and low**. A wide neckline will ensure your shoulders appear wide, whilst a low neckline will help elongate the body and break up the chest. **Embellishments and details** on and around the neckline are also great to draw the eye upwards and away from the torso. **Avoid high and narrow necklines** that hide your chest and visually narrow your shoulders.

Jackets

Jackets are a great way to conceal a wider midsection if they skim over it. The right jackets to achieve this have **structured lines and fabrics**. Wrap style and tailored jackets work well. Make sure the jacket is snug on the shoulders. Jackets should **finish at the hipbone** to skim past the midsection and balance out the body frame. And make sure that jackets are **single-breasted** to avoid clutter-up.



Buttons should sit below the bust line.

The best and simplest way to camouflage a wider midriff is to **layer your top with a structured jacket**. This draws attention away from this area and creates curves in the right places, such as the shoulders and bust along with the hips. Opt for tailored blazers to achieve this effect. Another option is to **wear your jacket open**. This essentially hides the silhouette and has a slimming effect.



Cardigans, for example, look fantastic worn open.

- **Avoid belted and double-breasted jackets** unless the belt is just under your bust (empire style).
- Steer clear of too many **details and embellishments**.

Trousers

Trousers for the apple-shaped body should aim to minimise the lower body.

Wide-leg, flowing trousers are very flattering on an apple body shape since they balance out the wider midsection with the slimmer legs. Prominent **back and/or side pockets** will add curves to your hips, such as those on cargo trousers. Trousers should be **flat-fronted** and should **not cling to the body**. **Low to mid-rise** is good with a **wide waistband**.





Side-fastening trousers are great to avoid extra bulk around the tummy.

- **Avoid very tapered trousers** as these would accentuate your slim legs and make your upper body look larger. And steer clear of **high-waisted trousers**. These would highlight the wider tummy.

Dresses

The right dress for the apple body shape skims **over the midsection without clinging** to the body.

A-line dresses, empire-line and bias-cut styles are great examples of dresses that take attention away from the midriff.

Wrap dresses are also great, as they tailor the midriff by visually lifting the bust.

Shoulder, neckline and sleeve details on dresses will ensure the eye is drawn upwards and away from the torso. **Patterns** (especially diagonal lines and big prints) and **textures** will distract and disguise a bigger tummy.

You can use a **belt** to draw in the waist. Usually, the thinnest part of the waist on an apple-shaped body is above the natural waistline.



Avoid fine jersey, and steer clear of dresses made of **delicate fabrics** as they might create unwanted volume around the legs. Next time we will be looking at the inverted triangle body shape.

Happy Shopping!

Debbie Debbie Durbridge



FROM BLAST FROM THE PAST TO SLOW BOAT UP THE CREEK

I knew it was going to be a great day when, on arrival at the Royal Yacht Club in Cowes, we were welcomed with a cup of tea and a pink iced cup cake. Once we were fastened into our life jackets, we were escorted down the pontoon to our first sail out. Along with Eric and Claudine we were helped onto



a RIB called Ballistic with skipper Luke in the driving seat where we, quite literally, took off! It was an amazing ride, extremely fast and bouncing through the waves. Needless to say we were soaked! The trip probably lasted about twenty minutes.

Our next trip was on the 2nd Rig called, 'Wight Wash' which could carry up to six passengers. Again, we set off at breakneck speed. After a short while, our skipper asked if anyone wanted to have a go at steering and, to my surprise, Eric took up the offer. After a quick run down of the controls and instructions, we set off. Within a couple of minutes we were crashing through the waves. Eric steered us through a figure of eight which, once again, got us drenched. He did incredibly well and the whole ride was exciting and I never stopped laughing.

Back on dry land and after a break for lunch it was back on the water. This time on the magnificent catamaran Spirit of Scott Bader. Gliding through the waves in perfect conditions was sublime. Our last trip of the day was even more pleasurable on a Drascombe called 'Lily.' This time, our skipper Mike, offered the tiller to me and, under sail, we sailed ever so gently up the Creek. It was, for me, the perfect end to a perfect day.

It was really great to meet up with old friends from Cowes Sailability and all the volunteers who organised getting us to and from the event and worked so hard to give everyone a great day out on the water.

I, for one, will be putting my name down again for next year's Sailing Day.



Danielle Danielle Burgess

HOVERTRAVEL TRY BEFORE YOU FLY

Hovertravel is holding another of its events for those with any level of reduced mobility on Saturday 8th October. We are encouraging our members to attend so you can experience both the Ryde and Southsea terminals and getting on and off the Hovercraft, first hand.

There is no charge for the event and it really is a great opportunity to experience their entire service.





Low Vision Open Day



**At 1st Newport Scout Group (Wendes Hall)
Woodbine Close, Newport, PO30 1AN**

**Saturday 10th September
11.00am - 3.30pm**

Sight for Wight offers support through your entire low vision journey from diagnosis to reaching a level of independence that you, as an individual, wish to.

Wight Sense are a team of specialists who help anyone with sensory loss live safely, confidently and independently. They offer free one to one home visits to discuss, assess and agree your needs, demonstrate equipment, offer training and make referrals to other organisations.

RSVP ON 522205

Free car park available at Scout Hut Telephone: 522205

Email: enquiries@iwsb.org.uk Website: www.sightforwight.org.uk

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

Macular Society
Beating Macular Disease

Optelec
Life is worth enjoying

RNIB



Touchpoint Vision

Sarabec
ACCESS TO SOUND

 **Bellman & Symfon®**

VisionAid
Solutions for Independence

 **Guide Dogs**

 **Dolphin**
Making a difference

PROFESSIONAL
Vision
SERVICES LTD

**RN
I:D**

PEOPLE MATTER IW

The Island's User Led Organisation


Blind Veterans UK



195 - 1471 - 1571 ALL FREE



If you're not able to read a telephone directory, due to sight loss or other disability, you can get free directory enquiries via the enquiries number 195 AND, once registered, you can have 1471 and 1571 services free too.



Call 0800 587 0195 to request an application form. Your form will need to be countersigned by a professional who knows you, such as a doctor, nurse or other medical practitioner.

You will be provided with a 5 digit pin to use from any phone, regardless of the phone provider at any time. You can then also register with BT to receive free 1571 and 1471 service which are normally chargeable.

When you call 195, the operator will find the number for you and either:



- Text you the number if you are calling from a mobile
- Read it out to you
- Connect you to them — please note this will then be charged as a call using your existing call package

If you need help registering, please just call us at Millbrooke House and we can help.

PLEASE NOTE — We are, however, aware that this service does not currently run on WIGHT FIBRE. We have made them aware and they are working towards a resolution.



TERRY'S TWENTY TEASERS



SUMMER

- 1 About how far is Earth from the sun?
- 2 Approximately how long does it take for the sun's rays to reach us?
- 3 When it's summer here, why is it winter in Australia?
- 4 Why does it stay light longer in Scotland than it does in England in the summer?
- 5 What is the hottest temperature ever recorded in the UK (so far!)?

THE ISLAND

- 6 Can you name two of the three Island chimes which begin with "Sh"?
- 7 What is the approximate population of the Island?
- 8 Is the Isle of Wight bigger or smaller than the Isle of Man?
- 9 What was the name of the tragic little boy chimney sweep who died in Newport at the age of ten in 1822?
- 10 And still on names...where was Sophie Dawes, who later became Baroness de Feucheres by marriage, born?

MUSIC

- 11 What is the name of the four-stringed instrument which looks like a small guitar, and which George Formby made popular?
- 12 Which classical composer wrote the largest number of symphonies?
- 13 What is the rhythm section of an orchestra generally called (apart from drums!)?
- 14 What was Bing Crosby's real name?
- 15 What was the name of Mark Knopfler's famous group?

POT LUCK

- 16 What are the next two numbers after 2..3..8..15..24..*..*?
- 17 Back to music ~ how old was Vera Lynn when she died in 2020?
- 18 What is Makaton?
- 19 Who invented the telephone?
- 20 And finally, do you think we're making good use of this brilliant invention today? [you can have one point whatever you answer!]



TERRY'S 20 TEASERS ANSWERS



- 1 93 million miles/152 kilometres
- 2 Between eight and nine minutes
- 3 Because the Earth tilts on its axis, so the side facing the sun most is warmer, and the side opposite is colder
- 4 Again, because of the Earth's tilt the north is facing the sun for longer than the south is
- 5 38.7 degrees centigrade (in Cambridge in July 2019)
- 6 Shanklin, Shepherds & Shippards Chines
- 7 Between 140 & 145 thousand people
- 8 Smaller (IoW 147 sq miles, IoM 221 sq miles)
- 9 Valentine Gray
- 10 St Helens (in 1790)
- 11 Ukulele
- 12 Franz Joseph Haydn (108 in total, but number 106 has been lost!)
- 13 Timpani
- 14 Harry (Harry Lillis Jnr)
- 15 Dire Straits
- 16 35 & 48 ($2 \times 2 = 4 - 1 = 3$, $3 \times 3 = 9 - 1 = 8$, $4 \times 4 = 16 - 1 = 15$, $5 \times 5 = 25 - 1 = 24$, so $6 \times 6 = 36 - 1 = 35$ & $7 \times 7 = 49 - 1 = 48$)
- 17 One hundred and three
- 18 A simplified sign language, based on British Sign Language (BSL)
- 19 Alexander Graham Bell (in 1876)
- 20 Whatever you think is fine by me for one point.

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