



SPOTLIGHT ON: Trustee Linda

Meet Sam, Andrew & Kevin

Open Day

Dress for Less

Plus Much More!

Newsletter

Winter 2023

Your local sight loss charity

**New Puppets
Characters for
the Education
Programme!**

**SCAN &
LISTEN**



**Charity number 1149415
Company Number 6240404**



Chair Report



Welcome to our newsletter, the first for 2023. As usual, it is full of dates for your diary, information, activities and exciting news.

All our activities are restarting, I'm sure you will find one that tempts you. How about the offer of a trip out on a tandem or horse riding? Our One Wish Campaign is still available, can we fulfil one of yours?



I am delighted to welcome two new Trustees to the Board. Linda Wright and Tony Spalding both bring a wealth of experience and skills that will help in our decision making. We are very grateful to them for volunteering their time and expertise.

The staff updates are always interesting, it is amazing how much support, help and information we provide. The new puppets for our school education programme are very, very appealing! If you have a chance, have a look at them. A very heart felt thank you Anthony from Hurgily Puppets who made them and Adam who funded them for us.

If you require any extra help, our Wight Sense team offer one-to-one support, including free loan equipment and our Sight for Wight team are always happy to help.

Hopefully, as the weather improves, we will start thinking about the new season clothes. Debbie and her staff are there to welcome you at Dress For Less, always with a selection of lovely clothes at bargain prices.

My thanks go to our dedicated staff, our wonderful volunteers and the Trustees, for their ongoing generosity of time and support.

Wishing everyone a safe and happy 2023.

Sue Sue Bungey



CEO Update



A very Happy New Year to everyone; 2023 is here and I am sure we are all looking forward to some normality once again. I have taken the two week break over Christmas to look back and reflect on the pandemic looking for the positives that have come out of it, and I am very pleased to say there are a few:



Working with other organisations - relationships with other charities have changed as national organisations have moved to working locally; for example, we now run the RNIB Living Well with Sight Loss course which makes it local, relevant and a great chance to meet other people living with Sight Loss.

Meetings with a wide range of people, with online meetings, we have established links with a variety of people which, for example, aided us in applying for the National Lottery Awards for All grant which has financed our new Drop In IT suite.



Working remotely - I, for example, am now able to work from home with the same access to Sight for Wight files as if I was sitting in the office; I can just pick my desk phone up and take it home and it works as if I was in the office.

Volunteering from home - has become possible; for example, our talking news readers can use their smart phone to record the weekly talking news and just email the file in.

Courtesy to others - people are much more considerate towards and conscious of other people's health and when they have what is, to them, minor flu, to others it can be very serious with underlying health conditions. There are, of course, many things that were far from positive outcomes from the world pandemic, but looking for the positives helps us all cope.

Lisa

Lisa Hollyhead



Member Activities

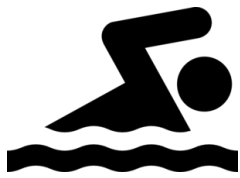


Weekly

Monday: ICT accessibility drop-in sessions at Millbrooke House between 9.30am and 12.30pm. This is an ideal opportunity to learn about accessibility features on your computer, laptop, tablet or phone. Sam is on hand to help with all your questions.



PLEASE NOTE, this is an accessibility drop-in clinic and we will help as much as we can but if you are looking for lessons on how to use a computer then please contact us for AGE UK course dates.



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.



Tuesday: Yoga at Millbrooke House between 2.00pm and 3.00pm; come along and try gentle yoga. Just £3.00 which includes refreshments.



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 everyone.

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



Member Activities

Monthly Groups

2nd Tuesday of the Month: “Our Place Community Cafe” at West Wight Sports Centre, Moa Place, Freshwater. Our volunteer, Jane, will be there. We are looking to join the Ventnor Our Place once it is up and running too.

Variable Tuesday of the Month:

Lunch Club is open to all and held at various locations across the Island. We provide transport where possible; these lunches are proving popular!



1st Thursday of the Month: Audio Book Group held at Lord Louis Library, Newport, between 2.00pm and 3.00pm; this group is free to attend.



Last Friday of the Month: Striders is for members who enjoy walking. There are two groups, firstly 3-4 miles secondly around 6 miles. The cost is £3.00 plus £2.50 for transport

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.



Member Activities

One off Activities

Tandem Bike - We have been given the opportunity for our members to have a go at Tandem Bike Riding. The session filled up very quickly last time so if you are interested, please call the office.



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

We are planning to run a session in March (when weather is a little warmer) and then monthly. The stables are offering an hour's ride for £23.00. We apologise for interested members who contacted us before Christmas but we promise this will go ahead. 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.

New Activities

A new monthly group will start at Millbrooke House on the 4th Wednesday of each month between 2.00pm and 4.00pm. The group will be inviting guest speakers to give interesting talks on various subjects throughout the year. There will be refreshments available but no transport offered. The first meeting will be on 22nd March.



Member Activities

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 endeavour 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

Back for 2023 - Member Forum

The Members' Forum is a group of members who come along for an open discussion with ideas on how we can shape our full range of services and activities to help everyone as an individual. It is your chance to tell us what we do well, what we don't do well, what else we can offer and what we can lobby for to meet your needs and wishes around the Island.

The dates for 2023 are:

- 21st February
- 23rd May
- 5th September
- 5th December

MEMBER
FORUM

The meetings will be held at Millbrook House starting at 10.00am. Please do come along; these forums only work if our members come and tell us how we can help make improvements.



OPEN DAY



Wendes Hall, 1st Newport Scout Group

Woodbine Close, Newport PO30 1AF

Saturday 11th March 2023

10.30am - 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 offers free home based assessments to identify your own needs, offer equipment on free loan, mobility training and training in daily living skills for anyone living with Sight Loss

RSVP ON 522205

VisionAid
Restoring Independence Since 1996

Family owned & run business
providing specialist solutions
to assist partially sighted &
blind people since 1996



Full range of digital assistive equipment

Software to improve accessibility and independence for VI people



Advice on living with all macular related conditions



Handheld, wearable and desktop magnifiers

RNIB

Equipment, technology, counselling and support



Offering hearing solutions to empower people to stay safe



Provide a wide range of digital assistive equipment



Mobility training and family support



Making the Island accessible for everyone



Assessment, advice, equipment and mobility training



Equipment and advice for independent living

Touchpoint Vision

OrCam wearable and hand held products specialists

Traveller HD.



Would you like to read in multiple locations? Are you looking for a more natural and fluent reading experience?

Sale Price £1345

RRP: £1495

The **Traveller HD** allows you to comfortably read printed text wherever you are, at home, in the office, at school, or any other place.



**Magnifies upto
30 times**

Slide & Read

Improve your reading fluency with the **Traveller HD**. Its unique Slide & Read mechanism provides you with a more natural reading experience, especially for those people that find it difficult to keep their hands steady.

Simply slide the screen across a line of text and view the content on-screen. It has never been easier to follow the line or sentence.



**Conveniently folds
for easy movement**

Superior image quality

In high definition, enjoy stepless and variable zoom, with adjustable magnification starting at 2.4 times, the **Traveller HD** allows you to view text and smaller details of photos on the high brightness 13.3-inch widescreen.

Freephone: 0800 145 6115 For a FREE home demonstration or for more information.

Meet Kevin

My name is Kevin and I have been the Sight for Wight Charity Operations Manager and Wight Sense Service Manager since October 2022. I joined having managed six CQC regulated care services and previously worked within several Social Work teams at the IOW Council for over six years.



The challenge of managing two operations, while ensuring that the two collaborate, is one I find both exciting and fulfilling. I have already started work on developing both profiles on social media and developing what, I hope, will be a long-standing relationship with the IOW College. Work has also begun to explore alternative partnerships, which I hope will identify previously unexplored fundraising opportunities.

With my knowledge and background, I am confident in my ability to provide a platform for our members and service users and build strong connections with local organisations and services. My aim is to provide them with access to the best activities, care, support, and advice that the Island has to offer.

To achieve that, my priority has been to fully understand how both organisations contribute to Island community. Understanding the qualities within the staff team demonstrates how those contributions are possible. I am keen to maintain a nurturing culture among staff, with transparency, professional curiosity and collaboration encouraged. I hope this approach will make Millbrooke House a great place to work, enabling Sight for Wight and Wight Sense to deliver great standards of support and services to those who need it.

Kevin Kevin Bower



Short break – 3rd – 5th April 2023

Warner's Norton Grange, Yarmouth



We are, once again, planning another short break to Warner's; the cost is £125.00 per person which includes two night's accommodation, breakfast and evening meal.

Members who have been on the trip with us before will all say what a wonderful time they had and enjoyed a variety of activities, including quizzes, dance classes, swimming, games, archery, shooting but you can do as little or as much as you chose. All activities are free of charge, plus we have free nightly entertainment included in the price.

Spaces are limited so if you are interested please call the office and put your name on the list; places will be drawn from a ballot if numbers are oversubscribed.

Names must be received by 24th February 2023.





**NATIONAL
TRADING
STANDARDS**

Scams Team

What is scam mail?

Scam mailings are letters sent by criminals with the goal of getting your money. The criminals often lie or pretend to be somebody they're not.

These are some of the common types of scam mail:

lottery or prize draw scams

psychic or clairvoyant scams

health cure scams

investment scams

Criminals work hard to make their scam mail convincing. The letters often include the below features:

- They give you deadlines to respond, usually only a few days
- They ask you to pay in cash only
- They use your name throughout to make it feel personal

Get involved in the SCAMnesty campaign and send your scam mail free of charge to the National Trading Standards Scams Team to be investigated:

FREEPOST, NTSST, MAIL MARSHALS

The team will reply to those who send in their post using the Freepost address.

You can find out more about the SCAMnesty campaign and view the team's privacy policy on the website: www.FriendsAgainstScams.org.uk/Scamnesty



Befriending



Wishing everyone a very happy and healthy New Year. Here are five things you can do today:



All Islanders can be supported with the cost of living. The Isle of Wight Council has lots of support and help on its website: iow.gov.uk/costofliving. Warm spaces are free and available across the Island.

- Use an independent, free and anonymous benefits calculator to check you're getting everything you're entitled to. There's a list on the government website.
- Get free energy saving advice from the Isle of Wight experts, The Footprint Trust Charity.
- Join an Isle of Wight Community Pantry. They are open to everyone. For £5.00 a week, members receive over £15.00 worth of fresh, frozen, tinned and dry food. Read more about them on our cost of living webpages.
- Get advice from the experts. Citizens Advice Isle of Wight provide free, independent and confidential advice. Contact them on 0800 144 8848 or visit their website www.citizensadviceiw.org.uk/
- Look after your mental health. It's OK not to be OK. Call NHS 111 or go to the Isle of Wight Community Mental Health Support Hub. www.iwmentalhealth.co.uk/

If you would like a befriending call or know somebody that would like a friendly phone call, please get in touch on (01983) 522205.

Elaine Elaine Bricknell



Karen Chessell



Now that the decorations are down and Easter eggs are in the shops, Sight for Wight is open for business.



In my role as deafblind support officer, I attend three regular meetings at various intervals throughout the year. I am on the Patient Council at St Marys Hospital. I am also a member of the Local Authority With Deafblind Interest Group (LAWDIG) which has members from across the UK, prior to Covid; these meetings were held at Sense headquarters in London; however, going online has proved to be much more popular and the group has really grown. We meet every quarter.

The other group I attend is an international group, Acquired Deaf Blindness Network (ADBN); this is also an online meeting and attended by professionals from all over the world and we have a speaker at each meeting; these meetings are every other month. Happy New year to you all.

Karen Karen Chessell

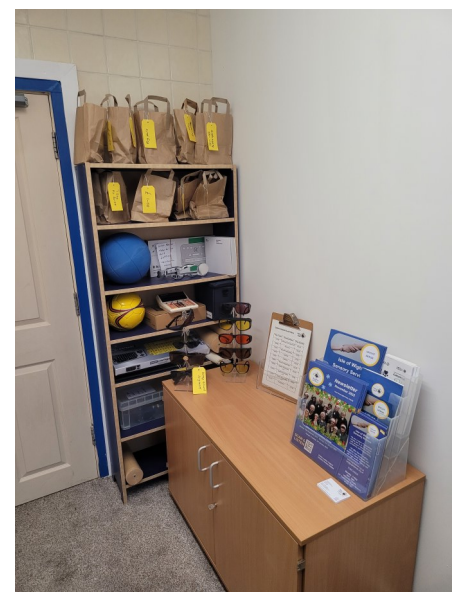
Sight for Wight 100 Club

Winners this time are PJ, John and Mike & Pat! Congratulations!!!

A very big welcome to Jane, Andrew and Philippa.

If you would like to join the Sight for Wight 100 Club, you get a number for just £2.00 a month with 40% paid as prizes and 60% supporting us, plus you are helping to support our charity.





We are delighted to announce our new equipment room. Previously an unused small kitchen, the room was transformed by Les from Isle Fix It into our new equipment and demonstration room. Caron has already shown over 50 service members equipment, with everything now on hand in there.

Drop in Accessible IT clinic

This has made room for our new IT suite, financed by a grant from Lottery Awards for All, the suite is open for pre-booking at all times but with a drop in every Monday morning from 09:30am to 12:30pm. Sam, our new Accessibility Officer, has been VI since birth and is an expert on setting up IT with built in Accessible features.

So if you would like to get some help in doing the same, Sam is ready and very willing to help.



Meet Andrew

Hi, I'm Andy. I joined Sight for Wight last November as the new Service Administrator for Wight Sense, the Isle of Wight Sensory Service.

Before joining Sight for Wight, I worked in a variety of roles: support worker for adults with learning disabilities or autism, teaching ICT or functional skills in adult education, or as a support broker, helping people to find support packages.



Working at Sight for Wight is a new experience for me but the team has made me feel very welcome and are always ready to answer my many questions!

I'm enjoying the variety that my new role promises. I have been developing a new computer system for the team but I will also be ordering equipment for our loan service, making social media posts and talking to Wight Sense service users, discussing any feedback or suggestions they may have.

I was born on the Island and grew up in Ryde. After living and working on the mainland for some years, I moved back to the Island because I missed it very much.

I now live in Ventnor and enjoy the wild sea, the famous 'micro-climate' and entertainments like the Ventnor Fringe.

When I can, I enjoy cycling, gardening, cinema or cooking for friends. I like reading: Conan Doyle, Agatha Christie or Graham Greene are current favourites. I enjoy a good pub quiz and ran a fundraising Christmas quiz in December. I hope to do some more of these in 2023.

Andy

Andy Milford-Wood



Auditory Processing Disorder



In this edition of the Newsletter, I thought I would talk about a condition called Auditory Processing Disorder, or APD for short.



APD is a condition that makes it difficult to understand sounds, including speech. APD is not a hearing condition and people who have been diagnosed usually have normal hearing when tested by an audiologist. Causes are usually unknown, but it is more frequently found in people who have attention, language and learning difficulties, such as ADHD or dyslexia.

Symptoms of auditory processing disorder often start in childhood; however, people can also develop it later in life and the signs mimic those of hearing loss. Symptoms include:

- having difficulty in understanding what's being said to them in noisy environments, such as pubs, restaurants or supermarkets
- having problems with understanding people who have broad accents or fast speakers
- have difficulty differentiating between similar sounding words or interpreting spoken instructions.

There are tests that can be done to confirm Auditory Processing Disorder; for example, ask the person being tested to:

- listen to speech with background noise
- spot small changes in sounds
- fill in missing parts of words.



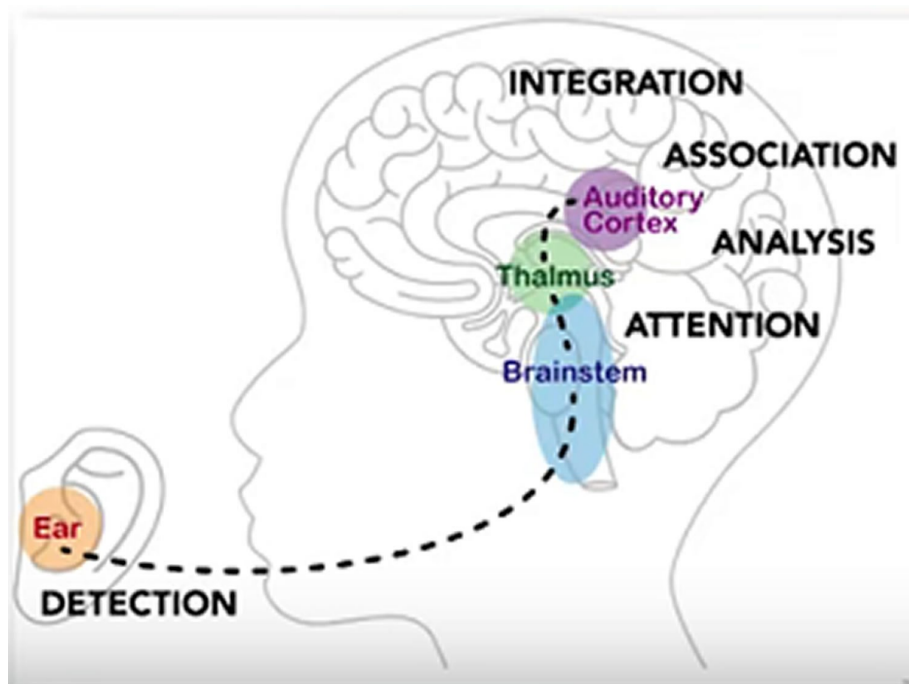
Auditory Processing Disorder



There are other tests that can be done if an audiologist suspects a person has auditory processing disorder which might require input from other professionals, such as a neurologist or speech and language specialist to confirm the diagnosis.

People live with auditory processing disorder; there is no cure, and are likely to have similar problems with communication and conversation as someone with hearing loss. To communicate with people living with the condition and indeed those living with hearing loss, here are some simple tips:

- facing the person when talking to them and not turning away
- repeat or rephrase sentences that have not been understood if necessary
- talk in simple language and not use long sentences
- don't speak too fast or too slowly
- If possible, move to a quieter area if there's any background noise



Paula Paula Matthews



We would like to say a MASSIVE Thank You to everyone who bought our annual draw tickets; we raised an incredible £1,085.00!

Thank you must go to everyone who donated prizes; we were very lucky to be able to have 32 prizes in total, which all looked amazing.

The Local Fundraising Committee includes Staff and Volunteers who meet to discuss ideas and plan events; if you would be interested in joining the committee, please come along to the next meeting on 14th February at Millbrooke House starting at 10.00am. All very welcome.



Events planned for this year already are Supermarket Bucket Collections, Coffee Mornings, Stalls at Local Shows, Quizzes. More details to follow on all events.

We, once again, will be selling our wonderful Easter Chicks and this year Easter Bunnies, which include an Easter Egg and Daffodils on offer to buy.



They will be available from the beginning of March so please let us know if you would like one or pop into Millbrooke and pick one up for Easter. Only £2.00 each.

Tips for Members



“At the traffic lights, there is a cone that spins when the green man is showing. This lets people know that it is safe to cross the road. The cone is underneath the console, to the right.”

Catherine from Gurnard

“If you are worried about cracking your screen on your mobile phone, put 4 clear bumpons in the corners so that if you put your phone down or drop it on the screen, the bumpons protect the screen.”

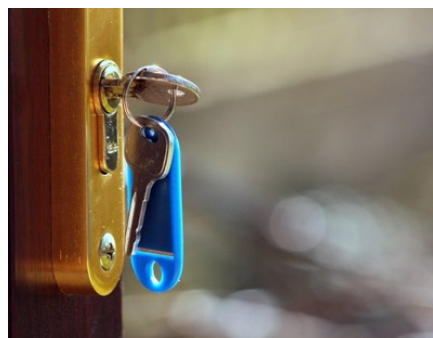
Peter from Ryde



“When I’m cooking and finding it hard to read the small cooking instructions, I take a picture of them on my phone so I can zoom in.”

Sam from Sandown

If you have any tips to include in our newsletter, please let us know!



“When I go to open my front door, I line up the key to the tip of my finger so when my finger touches the key hole, I can push the key with my fingers to get the key into the lock.”

Steve from Sandown

Meet Trustee Linda

Hello, I am Linda, one of the newest Trustees, joining Sight for Wight just before Christmas. I have lived on the island with my husband for 33 years having moved here from West Yorkshire . Before retiring in 2012, I worked for the NHS for 22 years, initially as an auditor working on all aspects of healthcare, then as General Manager of Family Health Services and finally as Head of Counter Fraud and Compliance for Hampshire and the Isle of Wight. People often say, “What fraud can there possibly be in the NHS?” They are surprised when I tell them about low level fraud such as, people claiming they are entitled to free prescriptions when they are not, to the high end of fraud of an NHS Trust Chief Executive falsely claiming £50k in expenses he did not incur!

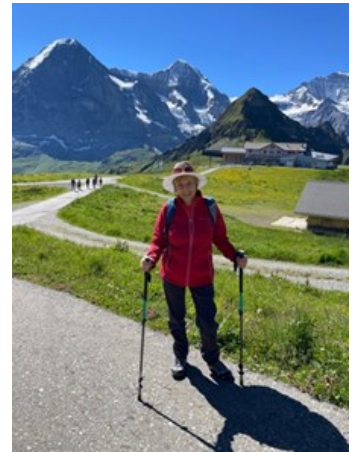


I have volunteered for Cruse Bereavement Support for the last 7 years in the role of IOW Branch Secretary and Vice Chair. As a small branch of a larger charity, I am involved in all aspects of managing the charity, such as fundraising, recruitment and selection, monitoring the service, but I am not trained to give bereavement support. I also volunteer for Mountbatten Hospice working on ad-hoc projects, including the annual Quality Account. I was instrumental in coordinating the first report in 2013 and have been the Project Coordinator ever since.

Other voluntary roles including making cakes twice a month for the Elephant Club and their Circle dancing meetings. The Club is specifically for people suffering memory loss or dementia, and their families. I also audit accounts for several local clubs, and I am the Treasurer of Cowes Art Group.

Meet Trustee Linda

For relaxation I sing in a local choir and play the ukulele (badly!). I enjoy walking, especially in Switzerland but locally too, cooking, and I usually have a good book or two on the go. I have been in a small book club for over ten years, and it is such a great way to read books you might not have considered. Apart from being a very sociable evening, with lots of laughs and the odd glass of wine or two, it is also good to hear others' views on a book.



I have two, Dwarf Lop Eared rabbits named Chelsea Bun and Brooklyn who are my 'babies'. They are five years old and real characters. They live in a summerhouse, where they have the run of the it, and several times a day they have access to a patio, lawn, the greenhouse and lots of tunnels. They have 5 star accommodation and if you are wondering who is in charge, it's not me!



When I was interviewed for a publication a few years ago, I had to describe myself in three words. Without hesitation I said "Social, petite, happy". The pandemic cast rather a shadow on that self-assessment but gradually the 'old me' is returning. My motivation for volunteering is to be able to make a difference. So far, I know very little about the people, systems and procedures at Sight for Wight, but I am looking forward to learning more about the service we provide, meeting the people involved and volunteering for other jobs in addition to my Trustee responsibilities.

Linda Linda Wright

We at Sight for Wight have an Education Programme which is being delivered to Primary Schools across the island! Over half of the schools have taken part, already accounting for over 60 sessions, but we will keep going until it is 100%



The programme consists of teaching the children about the eye, how to keep it healthy and about different eye conditions. It also gives them a small experience of what it is like to live with these conditions through games. This programme is very interactive, it is all about learning by doing!

Along with the programme, are four characters which come along with us. They are four animals which are an Owl (Swoop), a Mole (Digger), a Sea Eagle (Salty), and a Bat (Bounce). The children love the interaction with the cuddly toys and enjoy learning with them.



I have a lovely team of volunteers who come with me to the schools as well, to help deliver the sight loss related games. If this is something you'd be

interested in volunteering for, please feel free to call me on (01983) 522205 or email me on youngperson@iwsb.org.uk.

If you know of any schools who you think would be interested, please let them know. The programme teaches children how they can reduce their own chance of many age related conditions. So please help us spread the word.



Education Update

Throughout the time, the Primary Schools have been a part of the programme; there has been some great feedback which includes:

Adults:

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

“The ladies were brilliant and clearly knew what they were talking about - I learnt as much as the children.”

“The children really enjoyed every activity - it was all pitched to their level and attention spans!”

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



“Children enjoyed the rotation of activities and were very engaged throughout. All children were able to recall some information the next day which was nice!”

Children:

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

“I didn't know there were so many things we could do to look after our eyes.”

“We loved the blindfold game and it made me think about what it would really be like to be blind.”

Jasmine Jasmine Edwards

Hurgily Puppets

Hi, my name is Anthony and I am the founder of Hurgily Puppets. I've always loved puppets, especially hand and rod puppets like those from The Muppets and Fraggle Rock.



During the first lockdown in 2020, I spent time watching lots of videos from puppeteers and how they make their puppets, especially Adam Kreutinger. Watching these videos really made me want to try and make a puppet, so I bought some foam and fluff and had a go! One of my very first puppets was made for a friend of mine who is a primary school teacher; he has wanted a 'mini him' to use in his lessons, and so 'Mini Mr Mc' was born! During this time, I also took part in some online puppetry courses run by Parker Puppetry; the people behind the UK tour of Avenue Q, which were so much fun!

After that, I made quite a few puppets so I could make TikTok and YouTube videos. It was at this point, Hurgily Puppets was born. I was encouraged to start creating and selling puppets and have now made puppets which have been sent to various places in the UK, Europe, USA and Canada.

I love to look at other creators and find out how they have made their puppets and take inspiration from them, but most of my creations just evolve from how it is created and see where it leads me! I have loved creating the Sight for Wight puppets and hope they bring a huge amount of joy and learning!



Adam Dechanel

Sight for Wight would like to say a huge thank you to Adam who kindly paid for our four Education Programme characters. Adam is a British Author, illustrator, graphic designer and producer. He has worked in television, film, books, short stories and graphic novels for many years. Adam continues to write for comics, television and theatre. Once again, we would like to thank Adam for his kindness and generosity.



Whoosh

Have you heard about WHOOSH deliveries? They are available between 7.00am and 10.00pm, seven days a week from your local Tesco.

You can order up to 20 items (with a weight limit) and, for a £2.99 delivery charge, they will be with you within 30 minutes. I have used them a few times when I have got in late and, unlike people who can drive, I cannot just nip to the shops to sort the kids' dinner!



Lisa

Lisa Hollyhead



Volunteer Update

Welcome to 2023 and to all our new wonderful Volunteers who have recently joined us; we are very fortunate to have such dedicated and supportive people in all our roles and are truly thankful.

This year, I have planned four get-together sessions at Millbrooke House to give all Volunteers the opportunity to meet for a sociable chat and to feedback any ideas you may have to improve the charity's work.



The dates are as follows:

21st March 10.00am - 12.00pm

4th July 2.00pm - 4.00pm

26th September 10.00am - 12.00pm

28th November 2.00pm - 4.00pm

We have new and exciting activities planned for 2023, along with several fundraising events planned so I will be emailing out dates to you and requesting help. If you are able to help it will be very much appreciated.

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



Theatre Trip

Shanklin Theatre

Sunday 9th April (Easter Sunday) – Matinee @ 2.30pm



The Sound of Music was the final collaboration between Rodgers & Hammerstein and features a trove of cherished songs, including "Climb Ev'ry Mountain," "My Favourite Things," "Do Re Mi," "Sixteen Going on Seventeen" and the title number, "The Sound of Music" won the hearts of audiences worldwide, earning five Tony Awards and five Oscars.

Presented with professional set, costumes and a magnificent live orchestra. This is West End worthy theatre, right on your doorstep.

Tickets are £18.00 and we have reserved tickets for this performance. If you would like to go please call the office and book your space as numbers are limited. Closing date for this is 17th February as we need to confirm numbers with Shanklin Theatre and a £5.00 deposit is required.



Coffee Morning

At Chillerton Village Hall

Come along to our coffee morning
Saturday 1st April - 10.00am – 12.00pm

Everyone is welcome to come along and
enjoy a cuppa and cake, raffle, Easter gifts,
Information Stand



Bucket Collections

We are very pleased to say we have
collections planned throughout the year in
Asda, Newport. Our first one is on:
Tuesday 7th March - 10.00am - 2.00pm

Come along and say “Hello”





Date for your Diary



King's Coronation 4th May 2023

We are planning a Street Party to celebrate the King's Coronation.

It will, once again, be held at Wendes Hall, 1st Newport Scout Hall, St John's Road, Newport

Between 2.00pm and 4.30pm

More details to follow in our next newsletter.



Murder Night—Whodunit?

We are delighted to confirm that the Murder Mystery Night, postponed three times due to lockdown is now going ahead. The date and times are not yet confirmed as we go to press but we wanted to let you know the following:

Inspired by our Patrons, crime writers RC Bridgestock, the event will be held at Millbrooke House and tickets are very limited. Of course anyone who has already purchased a ticket, back in 2020, will be offered their place first.



The scene is set with a body being found and so many suspects; can you solve it?

Food will be provided by Fat Shaun with vegetarian and other diets catered for with advance notice.

Tickets are £18.00 each and will be offered on a first come, first served basis, once pre-bought tickets have been taken up.



Member Support Officer



Well here we are, 2023 and just as I am about to embark on trying to shift a few extra pounds gained over the holiday season, I am going to talk about preparing food!

Do you know, at Sight for Wight, we have a large array of equipment for our members and Sensory Service users to purchase and, on some larger pieces of equipment, even take home and try before you decide to buy. For the kitchen, we have lots of useful gadgets such as easy grip peelers, safe use bottle openers, liquid level indicators, talking microwaves, talking scales and jugs, non-slip mats and plate shields. Some of these can really make life that little bit easier.



Our Rehabilitation Officer Visual Impairment (ROVI), Peter, can also help with daily tasks, such as cooking, making hot drinks, weighing and measuring.

Now that's enough about food, so onto Blue Badges; often when I speak to our members or service users they think that, as they have never driven or no longer drive, they cannot apply for a blue badge; this is NOT the case; as long as you are in the vehicle, such as a friend's or relative's car and the journey being made is relevant to you then a blue badge can be utilised and can, indeed, be very helpful to get you nearer to your destination. If you are Severely Sight Impaired you are automatically entitled to a blue badge.



So if you would like to pop in to discuss any equipment that may help or need assistance with applying for a blue badge, please give me a call.

Caron Caron Fezzani

We are all facing the cost of living crisis, so here are five ways we can get some help provided by the Isle of Wight Council:



- 1 Citizen's Advice provide free, independent and confidential advice about housing, relationships, debt, tax credits, welfare benefits, employment, immigration and health and community care. 0800 144 88 48 - enquiries@iwcab.org.uk
- 2 The Footprint Trust can help with energy and water efficiency info, general money saving, benefits and debt. 01983 822282 - info@footprint-trust.co.uk
- 3 Join a community pantry. Community pantries are open to everyone. For £5.00 a week, members receive over £15 worth of fresh, frozen, tinned and dry food.
- 4 Take care of your mental health. It's okay not to be okay. Contact NHS 111
- 5 Energy saving tips
 - Reduce Boiler temperature down to 60°C,
 - Turning appliances off at the plug
 - Reduce heat loss; add insulation and draught excluders

For further help call People Matter on 01983 685348

The Perfect Accessory The Scarf

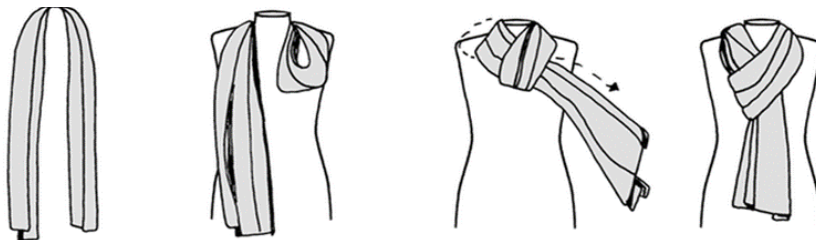
I thought that, in this newsletter, I would discuss the wonderful scarf. During lockdown, to help pass the time, the volunteers at Dress for Less decided to have regular zoom meetings. It was decided to try and have a theme to discuss in one meeting Rose volunteered to demonstrate the versatility of scarves and how to tie them. We all found it great fun and I have since worn my scarves in completely different ways. A scarf makes a great investment for your wardrobe, and is the most effective way to brighten up what would otherwise be a very plain outfit.

My favourite was **the pretzel**, it works well on all types of fabric.



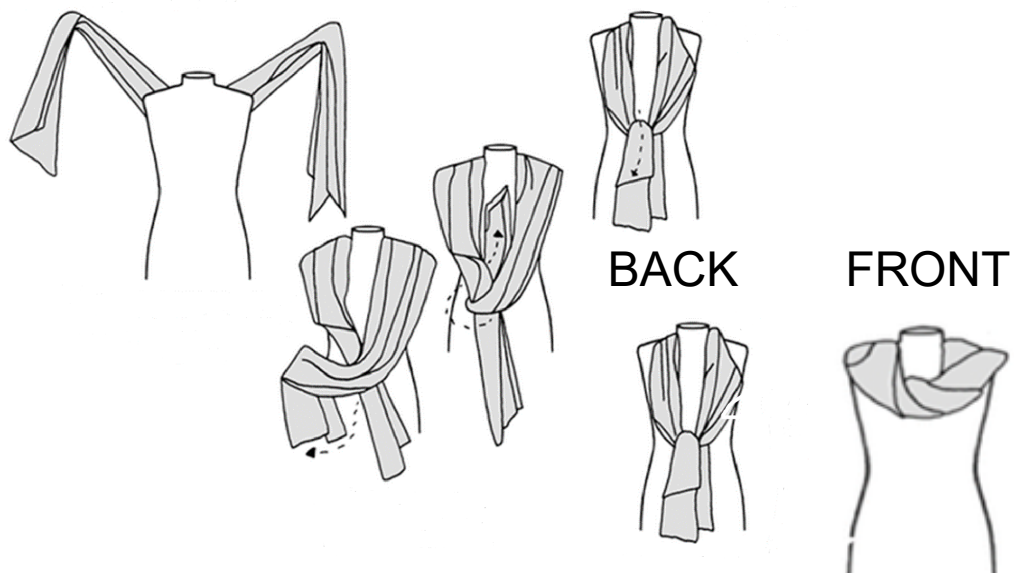
1. Fold scarf in half
2. Drape around neck with looped end on shoulder
3. Pull one side under and loop through
4. Pull second side over through loop, tighten and Fluff

The **simple loop** is one that we all use regularly but is still worth a mention.



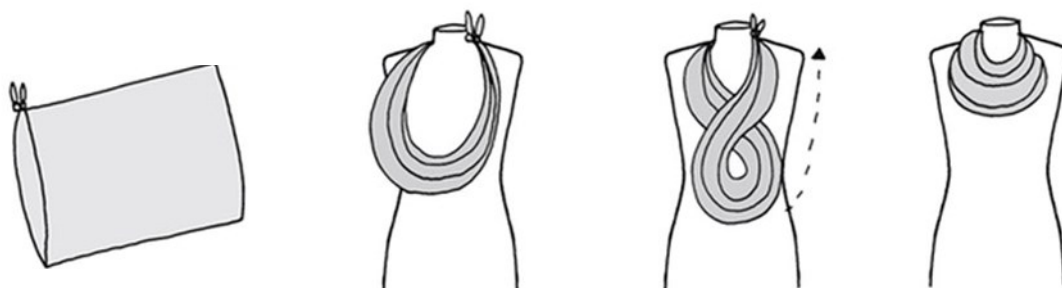
1. Fold scarf in half
2. Drape around neck with looped end on shoulder
3. Pull long end through loop the back
4. Tighten and Fluff

The Back Drape works well with a plain coloured shift dress. A textured, patterned scarf can create an amazing transformation.



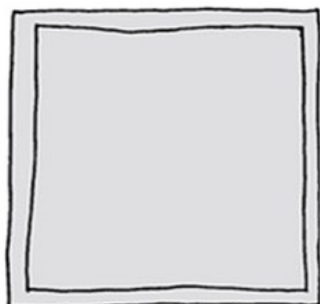
1. Drape across front of neck and down the back
2. Fold one end over the other for a loose knot
3. Position the knot low in the back
4. Fluff knot and neckline

The Infinity Knot



1. Fold scarf in half and the ends together to create a large loop
2. Hang loop over neck with knot at the back
3. Twist the scarf up and over your head
4. Fluff

The Kimono is a way to cover up your shoulders, this is something that we are regularly asked for help with.



Fold scarf in half



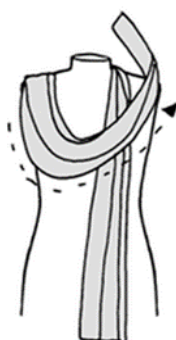
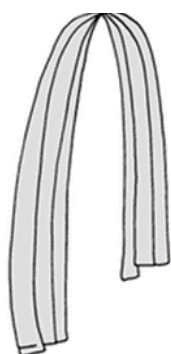
Tie both ends in small knots



Slip on like a cardigan

I hope you have fun trying new ways to wear your scarves. We always have a wide range of scarves available at Dress for Less and we hope that you will come and visit us soon.

The Celebrity Knot



1. Fold scarf in half and drape around neck making sure one end is shorter than the other
2. Take long end over your shoulder and bring to the front
3. Tie corner of long end to corner of short end and Fluff

Debbie Debbie Durbridge

I'm Sam, I'm 38 and, like our members, I am also visually impaired. Being born with my visual impairment I have learnt to live with it from a very young age.

Growing up, I became very interested in broadcasting and audio engineering and I studied this at college. During my teen years, this led to me getting involved with many radio projects around the country and also setting up a DJ school that was funded by the National Lottery for over 3 years.

I moved to the island in 2018 and, after a long lockdown and working in a supermarket, I finally got a new start working here at Sight for Wight. My main role is producing the Talking News that



goes out to our members every week. A huge amount of work goes into creating this weekly programme and I get a lot of satisfaction with the end result, especially when I'm getting the opportunity to use all my skills I have learnt over the years.

Outside of work, I enjoy spending time with my daughter and getting out and about; not just on the island but also on the mainland and spending time with my friends and family in London. I suppose the dream for me would be to start my own radio station either here or somewhere abroad, but in the mean time I am very excited about working with individual people using my lived experience.

Sam Sam Whitaker



Accessibility Grant

This is a grant to help you remain independent and safe in your own home.

Grants are up to £30,000 and usually start with an occupational therapy needs assessment. Here is a little more detail:

You must be eligible

- Applicants must have a legal interest in the property to be adapted; i.e. be an owner, tenant or landlord, (for grants over £6,000 you must be the owner) AND
- There must be, or intend to be, a qualifying disabled occupant, AND
- The application is supported by an Occupational Therapy home assessment (or other appropriate medical professional person) and their recommendations

You may have to make a contribution

- A means test must be carried out for each disabled occupant who will benefit from the adaptations. The test will assess the income and capital of the disabled person and their spouse or partner.
- Disabled occupants in receipt of a relevant benefit and children under the age of 20 are exempt from the means test, and will have a nil contribution - That is applicants claiming certain income related benefits (such as Income Support, Housing Benefit, Pension Credit Guaranteed, Tax Credits where the assessed income was less than £15,050 per annum, income based ESA and JSA) are “passport” to enable a nil contribution.



Accessibility Grant

What can be done

1. To make access easier into and within the home, .
2. To improve access to kitchen, toilet and bathing facilities, and a room usable for sleeping.
3. To improve or provide heating suitable for the specific needs of the disabled person.
4. To carry out work that reduces any risks to the health and safety of the occupants due to the disabled person's behaviour or situation; for example, an enhanced fire alarm system for people with hearing difficulties.
5. To improve accessibility or adapt any heating, lighting or other controls or switches needed to live in the home; for example, by relocating power points, or adapting controls for the specific use by the disabled occupant.

Non-eligible works:

- Anything that is not determined to be appropriate, necessary, reasonable and practicable.
- Work that has already been undertaken or started.
- Any work that has not been identified as a need or is not on the list of eligible work produced by a Housing Renewal.
- Portable equipment is not eligible for grant.
- Works that are considered as minor adaptations.

**IF YOU NEED ANY HELP WITH AN
APPLICATION PLEASE CALL
WIGHT SENSE 240222**



Award Ceremony

We held our 13th Annual Story Writing Competition Award Ceremony, at the Riverside Centre, Newport organised by myself with Master of Ceremonies, Maurice Kachuk, introducing Chief Executive Lisa Hollyhead, Chair of Trustees, Sue Bungey and special guest IW High Sheriff Mrs Kay Marriott JP and Gioia Minghella-Giddens.

The category winners were Scarlett Maddison-Wigg with 'The Dangerous Sea', in the under 8's, read by Richard Cadell; Katy Trafford for 'The Sea Maze' in the 8 - 11's, read by comedian Mark Simmons; Rachel Lambert and 'The Sea' in the 12 - 17's, read by Bethannie Hare and Juliet Bell for 'Cometh The Hour' in the 18+ category, read by Dominic Minghella.

Entertainment was provided by Sounds Lively, Ben Stubbs and Stevo the Magician. We had a full house and everyone enjoyed themselves. A special thank you to our celebrity readers: Richard Cadell, Mark Simmons, Bethannie Hare and Dominic Minghella for giving their time for free.

Approximately £1,000 was raised!



Under 8s Winner
Scarlett Maddison-Wigg



8 - 11s Winner
Katy Trafford

Chris

Chris Cane



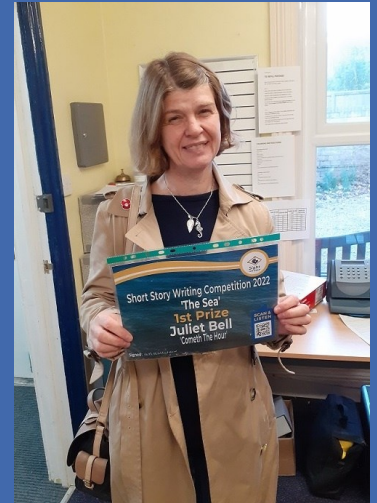
Short Story Writing Competition Award Ceremony



12 - 17s Winner
Rachel Lambert



Under 18s Winners
With Kay Marriott
Gioia Minghella-Giddens
Lisa Hollyhead



18+ Winner
Juliet Bell



Chris Cane &
Maurice Kachuk



Sounds Lively



Stevo The Magician



Ben Stubbs

All classes take place at
The Learning Centre, Westridge, Ryde,
PO33 1QS unless otherwise stated.



*Concessionary rates are offered to learners who are in receipt of specific means tested benefits.



Education & Skills
Funding Agency

MULTIPLY

Does the thought of needing to do maths at work or at home make you anxious? Are you interested in **free** flexible courses to help improve your numeracy skills? Multiply is a new government-funded programme offering you free and easy-to-access courses and initiatives to help you brush up on your numeracy skills. Take your next step today and find courses and support to help.

For more information on Multiply courses being offered on the Island and to see if you qualify, please visit:
www.iow.gov.uk/multiply

FREE ONLINE COURSES

A wide range of short courses are on offer through the Equal Learning Platform. New modules include:

Keeping Young People Safe Online, Stalking and Harassment Awareness, Suicide Awareness and Prevention, Menopause Awareness, Knife Crime Awareness and Understanding the Power of the Influencer.

For more details, please contact
acl@iow.gov.uk

Courses Include:

- ICT
- Art and Craft
- Workshop Morning
- Health and Wellbeing

For more information
and to book your place
please get in touch.



iow.gov.uk/ACLcourses



01983 817280



acl@iow.gov.uk



IWCACL



Terry's Twenty Teasers



SEASONAL:

- 1 "January brings the snow" ~ what is the next line?
- 2 What does February bring in the same rhyme?
- 3 And what flower is stirred by the breezes of March in the rhyme?
- 4 When is Twelfth Night?
- 5 When is the next Leap Year?
- 6 Where did turkeys come from originally?
- 7 Are sprouts baby cabbages?
- 8 Name five ingredients which go into traditional bread sauce?
- 9 What sort of weather was it the night Santa asked Rudolph to help him out?
- 10 Who wrote Auld Lang Syne?

WHERE DO THEY LIVE?:

- 11 In "Only Fools and Horses", where did Rodders and Del Boy live?
- 12 Where does Rupert Bear live?
- 13 Where did Peter Pan live?
- 14 Dorothy wanted to go home by following the Yellow Brick Road ~ where was home?
- 15 What is the name of the village in BBC's long-running serial "The Archers"?

MUSIC:

- 16 What was the name of singer ~ and amazing guitarist! ~ Joe Brown's backing group?
- 17 Who did Johnny Cash marry and then sing with for many years?
- 18 Which famous composer went profoundly deaf, but still Continued to write music?
- 19 Before he teamed up with Oscar Hammerstein, Richard Rodgers wrote music with another lyricist ~ what was his name?
- 20 These boots were made for walking for which woman?



Terry's Twenty Teasers Answers



- 1 Makes our feet and fingers glow.
- 2 The rain.
- 3 The golden daffodil.
- 4 Either 5th or 6th January, depending where you count from...
- 5 Next year, 2024.
- 6 The Southern States of the USA, & parts of Mexico.
- 7 No, they're from the same family, but they grow up a stout stalk.
- 8 Onion, cloves, milk, cream, peppercorns, bay leaves, butter, nutmeg, water...oh yes, and breadcrumbs! (If you got any three of these, plus a couple of your own, you can have a point)!
- 9 Foggy.
- 10 Robert (Rabbie) Burns.
- 11 Nelson Mandela House, Peckham; either is good for a point.
- 12 Nutwood.
- 13 Never Land.
- 14 Kansas.
- 15 Ambridge.
- 16 The Bruvvers.
- 17 June Carter.
- 18 Beethoven.
- 19 Lorenz Hart (just Hart will do for a point).
- 20 Nancy Sinatra.

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