



Newsletter

Spring 2023

Your local sight loss charity

SPOTLIGHT ON: Liz

Murder Mystery Evening

Open Day

Siren Alert

Dress for Less

Plus Much More!

**SCAN &
LISTEN**



Millbrooke House, 137 Carisbrooke Road,
Newport, PO30 1DD

Charity number 1149415
Company Number 6240404



Chair Report



Welcome to our Spring Newsletter and news of all the support, activities and information that is available.

As the weather improves, I'm sure you will find an activity that appeals to you; it could be a walk with the Striders, or how about the new tennis group.



The Open Day at The Royal Victoria Yacht Club will be such an interesting day, as there will be a chance to experience different types of sailing vessels.

As I'm sure you are all aware, Dress for Less is relocating to 57 Pyle Street. We have lots of exciting plans for the new shop and I know that Debbie, and her lovely band of shop volunteers, will be looking forward to welcoming both old and new customers.

The Wight Sense team is there to support you, with free loan equipment and 1/1 advice. The Sight for Wight team is always here to offer peer support, activities, audio library and advice.

If you like musicals and you have been lucky enough to get a ticket to The Sound of Music at Shanklin Theatre on Easter Sunday, this promises to be such an enjoyable trip. The King's Coronation on the weekend of the 6th and 7th May will be a spectacular occasion; please join us on the 4th May for our Coronation Street Party at Wendes Hall. I'm sure there will be lots of delicious things to eat!

I would like to thank our amazing group of knitters; they fundraise for us all year but at Easter they produce masses of chicks and bunnies that make such lovely gifts. As always, I must thank our staff, who always go that extra mile and our wonderful band of volunteers and trustees, for their generosity of time and support.

Sue Sue Bungey



CEO Update



Welcome, officially, to spring; hopefully the cold weather has gone and we are now heading towards warmer weather.



It always amazes me how technology moves on; wearing makeup is something that has always evaded me, I am far too worried that because I can't see the results, I will look like a clown or, worse still, a ghost; I have always just worn it. There is a new app out now which helps you apply makeup; I am yet to fully trust it but it is certainly going the right way. Further details are in this newsletter.

I wanted to say a huge thank you to all staff, exhibitors and volunteers who made our Open Day possible by attending and, of course, to the 108 people who came to visit. These open days are so important so if you have any feedback at all, please do get in touch. This may include other places to advertise the event, exhibitors who you think we should invite or feedback on the venue. We will most likely be moving the event back to September but, again, we are happy to take thoughts on this too.

The Murder Mystery, postponed three times due to COVID, finally took place and I am delighted to report the supposed victim was found alive and well. Thank you to Hannah and her team of actors and to the Isle of Wight College Restaurant for putting on a well prepared evening with three courses of beautifully prepared food and service to match.

Finally, could I ask for more feedback on your newsletter; we aim to put a good mix of articles for all age ranges and lived experiences with articles written by members for members, together with information we hope you find relevant and interesting. Your thoughts are very welcome. Thank you!

Lisa

Lisa Hollyhead

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; 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 £6.00 and £2.50 local transport (Newport area) but £3.50 for wider transport; i.e. Ryde area.



Tuesday: Yoga at Millbrooke House between 2.00pm and 3.00pm; come along and try gentle yoga. Just £4.00 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 £2.00 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 £4.00 plus £3.50 for transport if required.



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 also attending the Ventnor Our Place, at St Catherine’s Church between 10.30am and 1.30pm which is held on the 4th Thursday of each month.

4th Wednesday of the Month: Eye on Social held at Millbrooke House between 2.00pm and 3:30pm.

Invited guest speakers will be giving talks on a variety of topics.

The group is open to everyone; members, volunteers and friends so come along.

Please book in advance if you would like to attend.

The cost is £3.00 which includes refreshments.

The following speakers are booked:

26th April - NCI Coastguards talk by Jeremy Thomas

24th May - Isle of Wight Council Scams by Sally Ash

28th June - Maggie and Kelvin Currie talk about Vectis Radio



Member Activities

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, first 3 - 4 miles, second around 6 miles. The cost is £4.00 plus £3.50 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. It is usually the last Sunday of the month but always call the office to confirm.

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

Due to rising costs we regret to inform you we are forced to put up our activities and transport rates, effective from 1st May 2023.

Susan Susan Earley

Warner's Norton Grange

Our members, staff and volunteers enjoyed another short stay at Norton Grange, Yarmouth.

Some of the activities on offer were axe throwing, archery, rifle shooting and bowls to name but a few.

In the evening there was entertainment and dancing until late into the night.

Once again, Susan and Jasmine, along with several volunteers, were on hand to assist and a huge thank you must go to the Warner's staff who were extremely supportive and helpful.

One of our members said, 'I wanted to say a great big thank you to the Society for an absolutely wonderful time. Every single person was treated as an individual; there was nothing we couldn't do and a lot of things many of us have not experienced previously.'



Pensioners will enjoy a bumper increase to their state pension payments in April, when the government makes a series of changes, due to high inflation.



1. NEW STATE PENSION

Those receiving the new state pension will get a boost next month, with a 10.1% rise in their payment. This is due to the return of the triple lock, which was suspended last year. The triple lock ensures the state pension rises each year by 2.5%, inflation or average earnings - whichever is highest.

The full new state pension is currently worth £185.15 a week, and this will rise to £203.85 a week (worth £10,600 a year) on 6 April. To qualify for the full new state pension, men and women each need 35 years' of National Insurance contributions (NICs).

People are eligible for the new state pension if they are a woman born on or after 6 April 1953, or a man born on or after 6 April 1951. So, if you haven't reached state pension age yet, you'll be entitled to the new state pension when you come to retire, as long as you have at least 10 qualifying years of NICs.

2. BASIC STATE PENSION

If you retired before 6 April 2016, you may be receiving the basic state pension. This is an older-style pension that is paid to men born before 6 April 1951 and women born before 6 April 1953. The full basic state pension is £141.85 a week. This will rise to £156.20 a week, due to the triple lock.

3. ADDITIONAL STATE PENSION

The additional state pension (also known as the second state pension or SERPs) is a top-up that some people get, in addition to the basic state pension.

It is protected by the triple lock, meaning the payment will soar by 10.1% next month.



The maximum sum pensioners can receive from the additional state pension will increase from £185.90 a week to £204.68 a week.

4. MARRIED WOMAN'S PENSION

The next change relates to the married woman's pension, which is a type of basic state pension. Under the old system, women could derive payments from their spouse or civil partner's NICs. This was worth 60% of the basic state pension rate.

It goes up every April in tandem with the basic state pension. So, it will rise from £85.00 a week to £93.60 next month.

5. OVER 80 PENSION

As the name suggests, this is a state pension payment for people aged 80 or over. To be eligible, they must either get a basic state pension of less than £85 a week, or no state pension at all.

The payment is currently worth £85.00 a week. The Department for Work and Pensions has confirmed that for the 2023/24 tax year, the amount will rise to £93.60 a week.

For more information contact the Pension Service on 0800 731 0469.

Meet Volunteer Maurice

I moved to Sandown in June 2021, following a monumental decision to slow down a bit and re locate to live by the sea.

For the last 40 years, I had worked as a professional singer/dancer appearing in variety shows, cabaret and panto all over the U.K. I produced my own shows and pantomimes too in my home town of Ampthill, Bedfordshire and was lucky enough to take two of my panto productions to London's Leicester Square Theatre.



In addition to my variety show career, I ran a dance studio, also in Ampthill, training children from the age of 3 and adults in ballet, tap and modern theatre dance. We also offered contemporary/street/freestyle and 15 years ago I was approached by The National Association of Teachers of Dancing to become an examiner. I had trained with them to Fellowship levels and so I spent many years travelling to other dance schools, examining students in all styles of dance.

The effects of COVID made a lot of people re-evaluate their lives, me included, and so I decided to retire from teaching, examining and travelling to shows and take things a bit easier.

When I arrived on the Island, I looked for some volunteering which I saw as a way to meet new friends and Sight for Wight was advertising for readers for their Talking News.

I thought, I can do that, and so I came to Millbrooke House to meet Susan and Chris and I was soon in the studio reading the news. This led to me performing my cabaret act at one of the garden parties and a couple of other functions run by the Charity.



Meet Volunteer Maurice



The whole team and members at Sight for Wight have made me feel so very welcome, for which I will always be grateful. I have met and made some great friends. I'm also involved, occasionally, with the Mix and Mingle group on a Thursday.

My new island life is great. I'm still singing and dancing; I perform in some local care homes and assisted living schemes, I do a bit of street singing – busking – and keeping my cabaret act going by performing in some of the Island's leading hotels. I also run two adult tap classes in Ryde and in May I will host my second IOW tap dancing weekend at the Royal Esplanade Hotel. Tap dancing weekends have been an annual event in my calendar for about 25 years, having hosted them in Luton, Bedford, Folkestone, Barcelona and now here on the island.

I also joined the Island Savoyards and, this Easter, I am playing Max in their production of The Sound of Music.

It's great to have more time on my hands these days and not spend hours travelling around the country and I will always be grateful to the wonderful team at Sight for Wight, not only for welcoming me and becoming such great friends, but also giving me the opportunity to become involved with the many things Millbrooke House and the Charity has to offer.



Maurice

Maurice Kachuk



Spring into Good Mental Health



As we enter springtime, it is a great time to banish the winter blues and get moving to feel good. Now it is starting to get warmer, we can start doing outdoor activities again. The warm sun on our skin makes us feel more energised and get a welcome dose of Vitamin D.



Leading an active lifestyle doesn't have to be hard work, it's just a matter of finding activities you enjoy that you can take part in daily. I come from a very active family; I played badminton all my life for the Isle of Wight and Hampshire and now enjoy teaching my grandchildren badminton and passing on my love for the sport.



My son is a PE teacher and has a real passion for sharing the benefits of exercise on mental health. Joining our Befriending Service may help improve your mental health. Here are some of the comments our members say about the service:

'It gives me confidence, having somebody who cares and tells me verbally.'

'I laugh a lot now; I was inside on my own for 3 years.'

'Chatting to someone lifts my spirits.'

If you would like more information on Sight for Wight activities, please do not hesitate to contact Susan.

Elaine Elaine Bricknell





Karen Chessell



What is deaf blindness?

Some people are under the impression that a person who is deaf blind is totally deaf and totally blind, which is not always the case. Nor is it only a blind person who has hearing loss or a deaf person who has sight loss . Deaf Blindness is a condition in its own right.



The legal term for deaf blindness is:

“A person is regarded as deafblind if their combined sight and hearing impairment cause difficulties with communication, access to information and mobility. This includes people with a progressive sight and hearing loss.”

The main two types of deaf blindness are:

Congenital deaf blindness which is when you are born with deaf blindness or develop it within the first two years of life and prior to developing speech.

The other is acquired deaf blindness which is when a person acquires deaf blindness later in life.

The majority of people I visit and assess are people living with acquired deaf blindness. They tend to have age related hearing loss and age related macular degeneration. However, I see many people with many different conditions.

Please do remember we are here to help you as an individual, so give us a call and we can arrange a visit to ensure you are getting the right help at the right time.

Karen Karen Chessell
Deaf Blind Support Officer

Meet Liz

I was born in August 1952; two months early and put in an oxygen tent, which damaged my eyes as they weren't covered to protect them.

I was registered partially sighted and sent away to a boarding school near Ascot at the age of five which I hated. At nearly ten I went to a London day school which I really liked but at the age of twelve lost some sight, preventing me from reading print so I ended up at a school for the blind near my home in Sevenoaks where I learned braille, which has come in useful over the years.



I next went to an assessment college to try out various jobs and also do a lot of social activities, including getting about by myself on public transport.

Finally I attended a college in London for a telephony course.

At the age of nineteen, I went to work in a city of London bank for ten years, which involved an hour and a half's rail travel each way.

I met my wonderful husband Eric on a literal blind date, arranged by a friend in 1974 and we got married the following year, still living near Sevenoaks.

In 1982, we had our daughter, Rachel, and in 1984 our son Adam. They both have normal sight. I used a silver cross pram with a strap round my waist to pull them behind me for extra safety. We had no problems bringing them up without sight, apart from the obvious ones, such as not being able to read print, but were able to borrow library books with both print and braille in them, which were useful.

Meet Liz

I later listened to readers at their primary school. Thankfully they were very healthy and the only time they went to A and E was when they were with other people, but for very minor injuries. They are both married now and we have five grandchildren.

My interests are varied, including reading, writing emails and generally keeping in contact with friends and family, history, walking, swimming and yoga.

Eric and I moved to Newport in 2003, after he was made redundant from Barclays Bank and have settled into island life.

I am a facilitator for RNIB's Talk and Support scheme, which involves keeping a group of visually impaired ladies in order for an hour on a Monday morning. I also ring people for Age U.K. and Sight for Wight's befriender schemes.

We both have guide dogs, so keep independent as much as possible.

We enjoy holidays in Devon, staying in the hotel formally run by Guide Dogs then Action for Blind People, but now a mainstream hotel, also going to stay with family and friends.

My latest project is donating a gate to replace a stile through a scheme run by the Ramblers' Association in the Totland area, which should be ready for use soon.

I hope I have given you a brief description of my life during which I have had very good health which I hope will continue, now I am in my 70's.



Amazing Apps

Voice Enabled Make-Up (VMA App)

Estée Lauder has launched a new mobile app in January with a voice assistant to enable people with impaired vision to apply makeup to their faces. They partnered with visually impaired consumers to develop the app, which is only available on iOS and in the United Kingdom right now but is set to arrive on Android this year and expand geographically later. The launch is the first iteration of the app, intended to be continuously optimised and improved over the coming months.



It combines machine vision and voice AI to guide users through the process so they can get the look they want, even with limited or no eyesight.

The app processes the shape and colour of lipstick, foundation, and eyeshadow on the user's face, then the voice AI lets the user know if the makeup is applied evenly on their face and navigates them to the parts of their face that may have too much or too little coverage so they can redo it.



Tips for Members



“I’ve just bought a ‘talking’ microwave and ‘talking’ scale for my kitchen. They have really helped me to still do my baking and cooking independently!”

Sandra from Ryde

“I really used to struggle when I was in the kitchen as I couldn’t find the utensils, until I found a tip to help me. I wrapped coloured tape around the handles which made it much easier for me to find.”

Bill from Newport



“I use clothes pegs which I put on my shoes to attach them together. This then makes it less likely for me to wear odd shoes!”

Margaret from Freshwater

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

Don't ignore a loud siren on your phone: Here's what you need to know about the UK's Emergency Alerts.

UK's Emergency Alerts service is to conduct a national test on Sunday 23rd April, warning about life-threatening situations. At some point on that date, there will be a national test of the UK Emergency Alerts service. Emergency Alerts is a UK government service that will warn you if there's a danger to life nearby. In an emergency, your mobile phone or tablet will receive an alert with advice about how to stay safe. The Government does not need to know your phone number or location to send you an alert.



You may get alerts about severe flooding, fires, extreme weather etc. Emergency alerts will only be sent by the emergency services, government departments, agencies and public bodies that deal with emergencies.

What happens when you get an emergency alert? Your mobile phone or tablet may make a loud siren-like sound, even if it's set on silent vibrate. The sound and vibration will last for about 10 seconds.

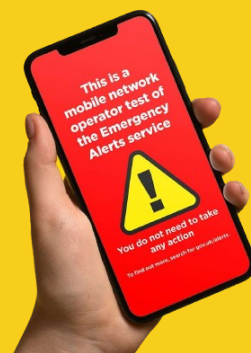
An alert will include a phone number or a link to the GOV.UK website for more information.

You'll get alerts based on your current location – not where you live or work. You do not need to turn on location services to receive alerts.

What you need to do.

When you get an alert, stop what you're doing and follow the instructions in the alert. If you're driving or riding when you get an alert, you should not read or otherwise respond to an emergency alert whilst driving or riding a motorcycle. If

you are driving, you should continue to drive and not respond to the noise or attempt to pick up the mobile phone and deal with the message. Find somewhere safe and legal to stop before reading the message. If there is nowhere safe or legal to stop close by, and nobody else is in the vehicle to read the alert, tune into live radio and wait for bulletins until you can find somewhere safe and legal to stop.



It is illegal to use a hand-held device while driving or riding.

If you do not have a compatible device, you'll still be informed about an emergency. The emergency services have other ways to warn you when there is a threat to life. Emergency alerts will not replace local news, radio, television or social media.

If you have a vision or hearing impairment, audio and vibration attention signals will let you know you have an emergency alert.

Emergency alerts will be sent in English. In Wales, they may also be sent in Welsh. You can opt out of the emergency alerts system in your phone's settings; just search for "emergency alerts", and turn off 'severe alerts' and 'extreme alerts'. You will not receive alerts if your device is turned off or in airplane mode. However, these alerts are potentially life-saving so we recommend you keep them switched on.

Further information is available at: www.gov.uk/alerts

In this article, I thought I would cover another hearing condition called

Hyperacusis. In simplified terms this means sensitivity to

ordinary, everyday sounds which may seem considerably louder than they should. Things like, for example, the hum of a fridge, the jangling of cutlery or the sound of sticky tape being pulled from a reel.

According to the British Tinnitus Association website, the definition of Hyperacusis is “a condition when people experience the sounds of everyday life as intrusively loud or uncomfortable or even painful.”

Hyperacusis can have a substantial impact on social, personal and family relationships, work or school, general wellbeing and mental health. It can be so severe for some people that they withdraw completely and try to avoid sound as much as possible.

The cause of Hyperacusis is often unknown but can be linked to other illnesses such as Meniere's Disease or migraine, for example. Young children are often sensitive to sound generally; however, they can develop Hyperacusis but, in a majority of cases, they grow out of it.

It's also quite common for people who have a diagnosis of Autistic Spectrum Disorder to have Hyperacusis so they are likely to be very sensitive to noises around them.



Hyperacusis

an abnormal sensitivity to sounds resulting in pain or discomfort

Hyperacusis

Every person's tolerance for sound is different; a person who has Hyperacusis will have quite a low tolerance for sound and, even simple environmental sounds or background sounds that a majority of people would find acceptable and possibly be oblivious to, can appear very loud, disturbing and even painful.

If you think you may have Hyperacusis then speak to your surgery and discuss what's happening to you with your GP. A referral to your local ENT (ear, nose and throat) department for investigation may be appropriate to discuss possible treatment options.



Paula

Paula Matthews

Technical Officer for Hearing Impairment



Education Update



Since the last newsletter, the Education Programme has been very popular!

We've been to Broadlea Primary to their Year 3, 5 and 6 classes, Nettlestone Primary to their Year 1 class and Gatten and Lake Primary to their Year 3 and 6 classes.



Thank you to the Volunteers who come along to help me in the schools, I wouldn't be able to do this without you and I very much appreciate the time you give to me. If there are volunteers who would be interested in coming to the schools with us, please feel free to give me a call at the office.

The Schools upcoming are:

- St Marys Primary
- St Thomas Primary
- Summerfields Primary
- St Helens Primary
- Wootton Primary
- Queensgate Primary
- Brading Primary
- Gurnard Primary
- Greenmount Primary

Finally, we are having a Hat and Sunglasses Day again this year on Wednesday 21st June. Join us by wearing a hat and sunglasses for the day!

Jasmine **Jasmine Edwards**



Social Media



From the beginning of February, Jasmine took over our social media pages. On a daily basis we ensure something is posted, related to either Sight for Wight or Wight Sense; i.e. promoting upcoming events, meetings, weekly/monthly activities, facts and information about Sight and Hearing Loss.



Here are some statistics below which show a huge increase in interest:

Facebook Page reach – 22,088 (Up 131%)

Facebook Page likes – 670

Facebook Page visits – 405 (Up 55.2%)

Facebook Page new likes – Up 200%

Engagements with posts (post reactions, comments and shares) 1,700 (Up 77.6%)



Sight for Wight

@sight4wight · ★ 5 4 reviews ⓘ · Non-profit organisation

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Cycle Your Bike



For Sight for Wight 17th – 24th June

932 Miles - one mile for every person on the Island
living and affected by profound Sight Loss

The Journey Starts on June 17th in ASDA's Foyer

Members, Staff, Volunteers, Friends and Supporters
of the Charity are all welcome to help us fundraise;
we will book your miles onto a LARGE MAP in
Millbrooke House. 1 Mile = 1 Person

Can you join us?

Feedback & Catch Up

The Members' Forum, now called 'Feedback & Catch Up' is a chance for our members to 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. There are two separate meetings; one for Sight for Wight Members and one for Wight Sense Clients. Getting feedback is fundamental to us helping you. It's your chance to tell us what:

- we do well
- we don't do well
- else we can offer
- we can lobby for to meet your needs and wishes around the Island.

Forthcoming dates are:

Sight for Wight 24th May

Wight Sense 7th June

Sight for Wight 6th September

Wight Sense 20th September

Sight for Wight 6th December

Wight Sense 22nd November

Meetings are at Millbrooke House from 11:45am; after the Coffee Morning. Please call the office to let us know you can come along.

The Sound of Music

Members enjoyed a fantastic performance of The Sound of Music produced by the Island Savoyards at Shanklin Theatre.



We were delighted to see Maurice, our volunteer, playing the character of Max. Our members were singing and clapping along to the songs and are interested in future shows.

Volunteer Update

I would like to start this update with a very warm welcome to all our new wonderful volunteers who have joined us over the last couple of months. We are very fortunate to have you all and thankful for all your time and support you offer in whatever role you undertake with us.



We enjoyed our first volunteers get together recently at Millbrooke House and thanks to everyone who came along to enjoy cake and chat with fellow volunteers. I hope to see as many of you as possible on July 4th when we have our annual Summer Thank You Party at Millbrooke House between 2.00pm and 4.00pm.



We have a busy few months ahead with new groups starting and fundraising events coming up over the summer months, so apologise in advance for the bombardment of emails you may receive from me.

I have some sad news regarding our faithful volunteer, Kerry, who passed away recently; she will be greatly missed, especially Coffee & Chat and Mix and Mingle groups where she has been a great ambassador for the Charity. We send our love to her family at this sad time.



Susan Susan Earley

Weekly Swimming Group

Dolphins, our weekly Swimming group, first met on the 3rd February 1998, which makes it our oldest group still running but they need new members to join them at Medina Leisure Centre every Monday between 1.15pm and 2.15pm during term time.

We are fortunate to have the whole use of the large pool and have two lifeguards at the poolside for the full hour we are there. The staff rope off two lanes for the more able swimmers to enjoy length swimming and, for the remainder, to just enjoy the water for an hour, taking gentle exercise and generally relaxing.

The cost of the swimming session is just £6.00 and transport can be arranged, depending on volunteer availability.

If you would like more details, please do not hesitate to call the office.





Millbrooke House QR Code



Our 'Hello Everyone' QR Code has now been created for Millbrooke House. Anyone with a smart phone visiting Sight for Wight can now scan the QR code to get an accessible guide to entering the grounds and premises.

If you haven't visited Millbrooke House and are interested in where we are and how to access reception, then please click on the 'Scan & Listen' image below.



Sight for Wight 100 Club

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. Give us a call if you would like to join.





Member Support Officer



At last, spring is here, the clocks have changed, daffodils and other flowers are now in abundance, baby lambs are playing and warmer weather is on its way. However, for some, the glare of the sun is not a pleasant experience — anti glare glasses can be really useful, protect your eyes and some can be used indoors as well as outside. These can be worn over prescription glasses as well if needed. They come with different tints to the lens, depending on different light sensitivity and eye conditions.



Macular Degeneration — Amber/Orange Tint or, if light sensitive, Light Grey/Dark Grey or Green.

Glaucoma — Yellow or Grey for indoors and reading or, if light sensitive and glare, Dark Grey, Green/Grey or Plum.

Diabetic Retinopathy — Orange or, if light sensitive, Plum.

Retinitis Pigmentosa — Orange or Red.

Cataracts — Yellow or Orange with extreme glare problems
Yellow/Orange or Dark Grey.

However, not one size fits all so we would advise to try different options – we have various styles and lens tints here at Millbrooke House so that you may come and try them.

Also, if sport is your way of getting out in the sunshine and getting some exercise, we have rugby, basketball and goalball balls, especially designed for those with a visual impairment.

As always, if I can help in any way, please give me a call.

Caron Caron Fezzani



We Are Relocating

I am delighted to be able share exciting news with you that Dress for Less is relocating to new premises. Over the past few weeks, there have been some ups and downs but we are now full steam ahead designing an amazing shop. The new shop will be at 57 Pyle Street, Newport PO30 1UL, so not too far from the existing premises. At the time of writing this, we do not know whether the Newsletter or the shop will be the first to appear!

We have had some amazing support from local companies repairing, adapting and modernising the property. I would especially like to thank Kyle from Wight Works Ltd who came to our aid to resolve a damp issue. Kyle understood the urgency of the work and came the next day, giving up his time, without charge, to the Charity.

It has been a team effort with our volunteers, discussing all the things that we would like to make our shop a great shopping experience for you. We are working with a shop fitting company from London so that we can make the best use of our new layout. We hope that you will come and visit us in our new shop soon!





I would like to welcome Jean and Julie our new volunteers. Jean has recently retired and was looking for something to occupy her time. Being a regular customer, I mentioned to her about volunteering during one of her shopping trips to Dress for Less and I was delighted that she took up the opportunity. Julie was previously volunteering at another charity shop but, sadly, it had to close. Julie approached me and, once again, I was grateful for the opportunity to bring another enthusiastic volunteer with, previous retail experience, to our wonderful team. Both ladies have settled in very quickly and have become valuable team members in such a short space of time.

In February, we were delighted to be able to provide some outfits to Vecta House Care Home for their residents to wear in their very own cat walk fashion show in conjunction with London Fashion Week. The event at Vecta House and our assistance was widely reported in many local media sources, both online and printed copy. The residents and staff had a fantastic time and the day was filled with fun and laughter.

At Dress for Less we continue to offer different experiences and will maintain these in our new shop. After our successful colour analysis event, we hope to offer this again in the near future. We offer personal help when looking for that perfect outfit, both for everyday wear and special occasions, such as weddings and cruise holidays. We have received fantastic feedback and photographs from many of our customers at such events.





Unlike the supermarkets recently, at Dress for Less there has not been any shortage of stock and we are constantly receiving and selling high quality items, many brand new with tags (BNWT) at bargain prices. As the saying goes, 'Spring has sprung' and summer is just around the corner, so now is the perfect time to explore our wonderful attire and purchase something for warmer and sunny days ahead. We also continue to accept donations and good quality items to sell on your behalf by appointment on a 50/50 basis for you and Sight For Wight.

I wish you all a very Happy Easter and we look forward to seeing you in our new shop.



Debbie Debbie Durbridge

It's back!



Sight for Wight's Hat and Sunglasses Day

**Wednesday
21st June 2023**



We had a great response last year!

So, we are wanting to promote this day again this year to continue to spread the importance of keeping your eyes healthy by wearing hats and sunglasses!



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

Newport Carnival

Once again, we are entering the Newport Carnival on July 22nd; we are promoting the Charity and all the services and activities we provide, BUT we would like YOU to come along and be part of it.

If you would like to dress up and represent an activity or just come along and be yourself, please call Susan to share your interest; we would love as many members, volunteers, family and friends to join us on the evening.

Here are a few photos to remind you of our last year's entry.





RVYC Open Day



Once again, we have been invited to the 'Open Day' at the Royal Victoria Yacht Club on July 8th between 11.30am – 5.30pm. The day is a chance to experience different types of sailing vessels out on the Solent as well as Wootton Creek.

We have very limited spaces, so if you would like to come along, please call the office and book a space.

If oversubscribed, a ballot will be held.

The sailing club always makes us very welcome and provides a free lunch for all attendees.



Anyone for Tennis?

We have been offered the chance, by Ryde Lawn Tennis Club, to have a go at playing tennis!

The game will be played with a foam ball with a bell inside and the net will be lowered slightly to assist with the play.



It is on a Monday, once a fortnight, between 10.00am and 12.00pm and free to come along. Transport will be provided if volunteers are available.

If you fancy having a go, please call Susan on 522205 for further details.

Open Day

On Saturday 11th March we had our Low Vision and Hearing Help Open Day at Wendes Hall, Newport.

Thank you to the Exhibitors that joined us and thank you to everyone that came in to speak to us!

We had 108 people through the door and the event was enjoyed by all!

We hope to have another Open Day later in the year.



Murder Mystery Event

On Thursday 16th March we hosted our second murder mystery event at the Isle of Wight College Restaurant.

A huge thank you to the actors Hannah, Betsy, Si, Maureen and Libby for a truly award winning performance. Another huge thank you to the Isle of Wight College Restaurant staff for looking after us so well. The food was delicious and the service was friendly and efficient.

None of this would have happened without the support of the people who bought tickets to come along and enjoy the evening.

We raised over £400!



Chris Chris Cane



Celebration of the Coronation



Following on from our successful Jubilee Party last year, we have decided to hold a Coronation Party to celebrate the King's Coronation on the 4th May at Wendes Hall, 1st Newport Scout Hall, St John's Road, Newport.

Afternoon tea will be served and entertainment will be provided. We are asking for a donation of £5.00 per person but spaces are limited so please call the office to book a space.



Chillerton Market

A huge thank you to everyone who came along on Saturday 1st April to Chillerton Market and supported Sight for Wight; we raised an amazing £321 and had a very enjoyable morning.

Thanks also to everyone who helped make cakes, serve the refreshments, run the raffle, wash up etc. and especially a massive THANK YOU to Lorna, who organised the event and booked the hall.





Terry's Twenty Teasers



SPRING/EASTER

- 1 Where did chocolate Easter eggs originate?
- 2 What have rabbits got to do with Easter?
- 3 Who sang the song "When it's Springtime in The Rockies?"
- 4 Why does Easter fall on different dates from year to year?
- 5 What has Zebedee from The Magic Roundabout got to do with the season (very vaguely...!)

THE ISLAND

- 6 What was the Roman name for the Isle of Wight?
- 7 What point is the exact centre of the Island?
- 8 Which was the last part of the railway system to be closed in the 1960s?
- 9 Which family owned Nunwell House, near Brading, from Norman times until 1980?
- 10 What's brewing at Branstone?

WHERE AM I (Internationally)?

- 11 I'm standing beside a tower that looks as if it might fall over at any minute ~ where am I?
- 12 I'm looking at a huge metal construction, built in the late 1800s, which is over 1000 feet high ~ where am I?
- 13 I'm looking at another huge metal construction which they say is always being painted ~ where am I?
- 14 I'm standing in snow and ice, watching hot water bubbling up out of the ground ~ where am I?
- 15 I'm lying in water where I can float without having to do anything ~ where am I?

POT-LUCK (& a bit of POLITICS)

- 16 Who was America's "peanut-farmer president?"
- 17 Which British prime minister said "A week is a long time in politics?"
- 18 What nationality is Greta Thunberg?
- 19 How many prime ministers did we have in 2022?
- 20 (and finally...) What is the missing number in this series? :
1 – 12 – 25 – 40 – 57 - ?? - 97



Terry's Twenty Teasers Answers



- 1 Europe (France & Germany), in the early 1800s.
- 2 They are thought to be a symbol of fertility and new life.
- 3 Gene Autry/Johnnie Ray/Slim Whitman (any one of these is fine).
- 4 Easter Day is on the first Sunday on or after the full moon following the Spring equinox.
- 5 He had a Spring instead of legs! (don't groan!)
- 6 Vectis.
- 7 Shide Corner, South East of Newport (Newport will do for a point).
- 8 The Shanklin to Ventnor line (on 18th April, 1966).
- 9 The Oglanders.
- 10 Goddard's beer.
- 11 Pisa (in Italy).
- 12 The Eiffel Tower (in Paris).
- 13 The Forth rail bridge (in Scotland).
- 14 Iceland.
- 15 The Dead Sea (between Israel & Jordan).
- 16 Jimmy Carter.
- 17 Harold Wilson.
- 18 Swedish.
- 19 Three.
- 20 76 (the gaps between the numbers are 11, 13, 15, 17, 19 & 21).

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