



Newsletter

Summer 2023

Your local sight loss charity

***SPOTLIGHT ON:
Martin***

Meet Yvonne

Isle of Wight Festival

Dress for Less

Story Writing Competition

Plus Much More!

**SCAN &
LISTEN**



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

**Charity number 1149415
Company Number 6240404**



Chair Report



Welcome to our summer newsletter.

As always, there has been lots going on besides our usual weekly clubs including a very successful holiday at Norton Grange enjoyed by our members.

On our Cycle your Bike Challenge, we hope to reach 932 sponsored miles to represent all those living with profound sight loss on the Island. We also celebrated the anniversary of the much valued Talking News service; an astonishing 1500 editions!



Lisa and her team of volunteers had a very successful time at the recent IW Festival with a version of Goalball which was enthusiastically enjoyed by many of the festival goers. We will be at Brading Roman Villa on September 16th for IW Day, so come and try Goalball for yourself; it is great fun!

Dress for Less has now opened the new shop, situated in Pyle Street, Newport. Debbie and her team have all worked so hard to make it such an enjoyable shopping experience and we have had very positive feedback.

Following National Volunteers Week in June, our Volunteers Tea Party was well attended on 4th July. This is such a lovely event as it gives us a chance to thank our loyal and supportive volunteers and there is plenty of cake! I am delighted to say we are back up to over 100 people helping us, contributing between 600 - 800 hours every month.

All of this would not be possible without our wonderful and hardworking staff, our incredible volunteers and trustees, who put in so many extra hours to enable us to offer support to those who need it on the Island.

Sue Sue Bungey

CEO Update

I can't quite understand where 2023 is going, only five months to Christmas as my son told me. We have had a very busy time fundraising recently with the I W Wight Festival and our Get on your Bike for Sight for Wight fundraiser, both in June. We have raised over £2,500 which we could not do without the generosity of our volunteers without whom we could not run these events. To celebrate with them, we held our Summer Volunteer get together on 4th July; with the weather deciding not to play ball it was a bit crowded but everyone had a great time and lots of cake was eaten.



On mid summer solstice (21st June) we, again, delivered our Hat and Sunglasses video to every Primary School on the Island so the upwards of 15,000 Isle of Wight primary school children could learn the importance of protecting young eyes from harmful UVA and UVB rays, in turn, protecting their macula against degeneration in later years.

As Sue has said, the shop move for Dress for Less has now happened with the new shop at 57 Pyle Street just round the corner from the HSBC Bank where Mitchard's was. With the car parking and loading bay available at the back of B & M, the new shop is already flourishing as Debbie details in this newsletter.

Coming up we have our next Low Vision and Low Hearing Day planned for September 13th, held again at the Scout Hall which offers ample parking and we will again be running a pick up service from the Bus Station.

With Wolverton Show, Isle of Wight Day, quiz at The Gallybagger Inn, Millbrooke Pudding and Quiz and Newport Carnival, we look forward to seeing lots of you.

Lisa

Lisa Hollyhead

Member Activities

Please Note There Are NO Activities During August

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 1.45pm and 2.45pm; 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.



Member Activities



Fortnightly Tennis is held at Ryde Mead Tennis Club on a Monday between 9.30am and 10.30am. The Club is behind Yelfs in Church Lane, Ryde. Volunteers of the club are on hand to assist.

Monthly Groups

1st Tuesday of the Month: Godshill Coffee Morning 10.30am - 12.00pm held at The Old Smithy Coffee Shop, Godshill. Volunteers, Yvonne and Linda, will be on hand to chat every month.

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. You will receive a USB stick or CD from the RNIB and then the group will discuss the book at the following meeting.

2nd Tuesday of the Month: "Our Place Community Cafe" at West Wight Sports Centre, Moa Place, Freshwater. Our volunteer, Jane, will be there along with a Member of Staff

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.

The cost is £3.00 which includes refreshments. The next meeting is July 26th - Deb Goodenough "Enjoying every sense of your garden, be it humble or Royal"



Member Activities

4th Thursday of the Month: Our Place in Ventnor, at St Catherine's Church, Ventnor between 10.30am and 1.30pm, a member of staff will be on hand.

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 subject to numbers and vehicle availability.

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

Susan Susan Earley

Once again we will be entering the town's carnival on July 22nd (this will have happened by the time you receive our Newsletter).



Talking News

On the 23rd June we produced our 1,500 edition of the Talking News, we will be writing an article in the next issue giving some stories and anecdotes from the whole team.



Pension Credit

Pension Credit gives people extra money to help with their living costs if they are over State Pension age or on a low income.

Once you start getting Pension Credit you can also get access to other benefits like help with housing costs, council tax, heating bills, a free TV licence (if you're aged 75 or over).



Even if you own your own home, have savings or get a small occupational pension, you may still be eligible for Pension Credit. Almost half of the people who currently receive Pension Credit own their own homes. It is easy to claim. Just make a simple, free phone call to 0800 99 1234, claim online or fill out a paper claim form. If you're not sure what to do, you can also ask a friend or family member to help you.

Supporting Patients with Urgent Eye Care

Hampshire and IOW have commissioned a service to support with their urgent eye care needs. This service is called Community Urgent Eye care Services (CUES). This pathway was introduced in response to the Covid 19 pandemic in the Autumn of 2020 and, since its inception, has been a success in providing access to patients for appropriate eye care in the community and, over the past year, has been further embedded and broadened in scope.



What is the purpose of the service?

- The CUES service provides urgent assessment, treatment, or referral for a sudden onset of eye problems.
- It allows patients to access urgent eye care that is close to home in a timely manner.
- Patients are cared for in the right place, first time for your eye care needs which, in turn, supports GPs, pharmacists and the hospital departments.
- The service will provide initial contact, telephone triage, remote consultations/telemedicine and, where necessary, face to face assessments with an optometrist (local optical practice or 'optician') for patients with eye problems.
- Most patients are managed within the community by their optician / optometrist but, if an onward referral is needed, then this will be actioned.

Supporting Patients with Urgent Eye Care

What symptoms can be treated by the Community Urgent Eye care Service?

Red or painful eye or eyelids

Recently occurring flashes and floaters

Recent and sudden loss of vision

Foreign body in the eye



Who is eligible for this service?

This service is commissioned by the Hampshire and Isle of Wight Integrated Care Board (ICB) and is provided by your local accredited practices.

Currently for the Isle of Wight, Specsavers, Hazel Smith Optician and Jaqueline Lamb opticians are accredited. This list, however, varies for different services so please always call using the number below to get the most up-to-date information.

How do I access CUES?

Patients can access local urgent eye care, free of charge by calling:

0300 303 4922

Monday to Saturday 9am to 5pm

We hope this will support you to access urgent eye care services, at a local practice in a timely manner, when you need it most.

If you are ever in doubt, always seek medical advice; sudden changes in sight are ALWAYS best treated as quickly as possible.

Once again, we have been given the opportunity to go out on the Wet Wheels Vessel on the 18th September from Cowes.

The trip is about an hour long and members find it a really thrilling experience. If you would like to be considered for the trip, please call the office before 25th August. The cost is £15 per person and will be drawn on a ballot if oversubscribed.



Volunteer Update

I would like to start by welcoming our new Volunteers to Sight for Wight and Dress for Less and hope you will find your time with us both enjoyable and fulfilling and au revoir to several Volunteers who have left for personal reasons; we wish them well.



We held our Annual Summer Thank You Party on the 4th July at Millbrooke House and it was our pleasure to see so many Volunteers join us and give us the opportunity to thank them all for the time, help and commitment during the year because, without our Volunteers, we would not be able to offer our members' activities, events and services.

Susan Susan Earley





Festival Fever Hits The Island



The Island came alive for the annual Isle of Wight Festival which is great for the Island's economy and brings thousands of visitors to our beautiful Isle of Wight.



The Festival began with a series of Festivals between 1968 and 1970. In 1970, a line up over 5 days, included (amongst others) Jimi Hendrix, The Who, The Doors, Joni Mitchell, Supertramp, Leonard Cohen, Joan Baez, Chicago, Procol Harum and played to over 600,000 people.

There were no festivals between 1970 and 2002 – John Giddings, an established music promoter, seized the opportunity to re-launch it.



Research has shown that listening to music can reduce anxiety, blood pressure and pain as well as improve sleep quality, mood, mental alertness and memory, so even if going to the festival doesn't appeal to you, take inspiration from the many famous acts who have played and listen to some music to lift your mood. Some of my favourite acts have been Queen, The Rolling Stones, Kings of Leon, Coldplay, Fleetwood Mac, David Bowie, Bruce Springsteen, Paul McCartney, Jay-Z and Amy Winehouse. I enjoy the festival every year with family and friends and feel very lucky to have such a fabulous event on our doorstep.



If you have not been to the Isle of Wight Festival and want to find out more, Dimbola in Freshwater are hosting a summer show celebrating 21 years of the Isle of Wight Festival since it was relaunched in 2002.

Elaine Elaine Bricknell



Karen Chessell



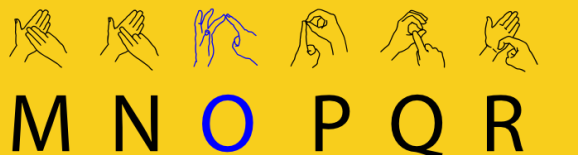
In this newsletter, I would like to talk a bit about communication with a person who has a dual sensory loss.



Most people with this kind of sensory loss are not completely blind or completely deaf and may have some residual sight and hearing. According to Deafblind UK, clear speech is one of the most effective ways of speaking with someone who has a dual sensory loss. When using this form of communication, other factors are very important to take into consideration. To position yourself where the person is able to see your face, that there is adequate lighting and that there is no background noise. It is important to adapt the conditions to suit the individual.

Deafblind manual is also known as fingerspelling and is a method of communication using touch alone where each word is spelt out on the person's hand. Although the deafblind manual alphabet can take a while to learn, once learnt it is much faster to use than other methods and is used worldwide.

Block is another form of manual communication where capital letters are spelt on the palm. Complex words can be communicated via this method; however, this is slower to use than deafblind manual and is less popular.



Karen Karen Chessell
Deaf Blind Support Officer

Spotlight On Martin

I was born in 1944 at Bonchurch in a nursing home during the war as that is where my mum was; my dad was stuck on an island in the Bristol Channel called Flat Holm, developing Britain's first radar system.

I grew up in Blackgang and Chale as my grandparents had a pub called the Blackgang Tap; we lived in the road between Blackgang and Chale.



In 1955 I went to East Cowes Technical Grammar School. I left school in 1961 and started working for an architect in Shanklin. During this time, my boss had to go to Pakistan for a job so I was left in charge to run things which was quite an experience and showed the trust he had in me.

After that I was given the job of designing the Nat West Bank in Ryde at the top of Union Street.

In 1968 I got married and immediately emigrated to Perth, Australia where I was given the task of designing and building a new bank. During my time in Australia, there was an earthquake that destroyed a railway station so it was my job to completely redesign and build a new station in Meckering, Western Australia.

I came back to the UK in 1972 and bought a plot of land in Kite Hill, Wootton with the money I had made during my time in Australia and built our first house.

Spotlight On Martin

I had two children and in 1982 I decided to go back to Australia and worked for myself for two years where I then returned to the UK, having made enough money to buy seven plots of land on the Isle of Wight where I went on to design and build approximately 1500 houses including Merrie Gardens, Lake and Sibden Hill, Shanklin.

I also appeared on the BBC television programme, Tomorrow's World in 1971 which featured two houses I had designed and built, heated and cooled by the sun.

I carried on designing buildings and in 2012 I was diagnosed with glaucoma. I was still able to work but not able to drive, however, clients would kindly pick me up and take me to sites or I would get the bus so I was still able to continue working up until 2019 when my eyesight had become so bad as I couldn't see what I was drawing so this was an ending point for me, no longer able to create building designs.

In my spare time now, I enjoy walking and socialising with people. It's amazing that having a white cane is an ice breaker whenever I am sat in a park as people enjoy asking questions.

I am so pleased that my GP suggested I contact Sight for Wight because I am a regular attendee of the Wednesday Coffee Morning and, as a result of attending, I reacquainted with an old friend, John, who I met when I was at East Cowes Technical Grammar School.

Recently I took part in the Cycle Your Bike for Sight for Wight and clocked up 10 miles so it's nice to be able to support the Charity that helps so many people suffering with sight loss.



Martin Martin Cave



Warner's Short Break Holiday



Following on from three very successful short breaks to Norton Grange in Yarmouth we have, once again, booked to go in October. We have secured a 2 night break between the 18th and 20th of October but rooms are very limited and, if oversubscribed, names will be placed in a ballot. The cost is £140 which includes 2 nights stay with breakfast and evening meal plus entertainment/activities. The closing date for expression of interest is August 11th and deposits will be taken once the rooms have been allocated.



Sight for Wight 100 Club

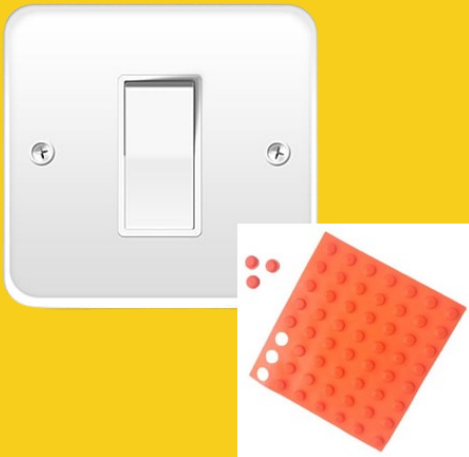
Winners this time are Viv, Trish and Charlotte. Congratulations!

A very warm welcome to Joan and Fred.

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!



Tips for Members



“I struggle to find my light switch so I have started to put a bumpon on it, so when I feel the change of texture, I know it is my light switch!”

Mark from Newport

“When I put my purse down on my table, which has a dark tablecloth on it, I can’t find it. My friend told me that she tried putting a white tissue down first, then put her purse on it and was then able to find it later. I’m going to give it a try!”

Lindsay from Sandown



“I’ve added a border which I have stuck around the edges of my living room. This has helped make the walls stand out more.”

Peter from Freshwater

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

Meet Volunteer Yvonne

I was born in Coventry, Warwickshire.

I left school at 16 with 8 CSE's and wanted to be a nurse but, as you needed more qualifications, it wasn't to be.

My life has been a mixture of all sorts of travelling around the world during which time I had a variety of jobs and met some lovely people, some of whom set me on the road to my hobbies today. The first of which was spinning in New Zealand with a wonderful lady called Inez Dunsmuir. She imparted lots of her knowledge and inspired me to spin most days of my life.



After that, the Isle of Wight became very significant to me. I was in Australia when I learned my parents had moved there. I took a job as a waitress for a season in Sandown and then helped my parents in their hotel for some years. It was here that I met my husband, Michael; he was a visitor to our hotel. A year later I married him at Christ Church in Sandown.

We moved straight away to Plymouth, which was where our son, Ian, was born. Newquay was our next destination for the next 5 years. Michael was a meteorologist for the MOD and had to move around the country when asked. I joined a spinning group and had a great time with Cornish friends meeting at each other's houses regularly. We, as a family, attended Church and I got involved with cooking for them and the community. We then got transferred to Ruskington, Lincolnshire for 5 years.

Meet Volunteer Yvonne

After being unwell for a time I visited the doctors and, after some tests, informed me I was pregnant and had a wonderful baby daughter who we named Amy. I already had a son called Ian, who was 10 years old.

My husband's last posting was to Bracknell so we ended up at the very top of Hampshire in a place called Yateley.



He then retired which brought us to the Isle of Wight to be near my parents. It was here that I rekindled my love for many other crafts and, because of my love for spinning, I dived in and did an accredited course in felting. One exam piece was so large I had to transfer it to the driveway to work on; it ended up being about 7 feet by 6 feet. I also took a course in mosaicing and pottery and joined a crochet group.

I baked for Country Markets, part of the WI for a time. After a while I started my own business 'Von's Spinoff'. I was also baking every week and sold my goods at Bembridge Village Hall until 2020. Nowadays I delight in cooking and baking for friends and family, especially for Sight for Wight.

I joined Sight for Wight as a volunteer in 2019 because I was bringing my mum to events and decided I wanted to help. This means that nowadays, on the first Tuesday of most months, you will find me at Godshill Tea Rooms for a coffee morning from 10.00am to 12.00pm.

Yvonne Yvonne Durrant

In this article, I thought it might be helpful to discuss the different kinds of hearing aids that are available. Some of the hearing aids below may not be available on the NHS so please discuss your hearing needs with your audiologist as they are best placed to advise.

BTE (behind the ear) - These are, by far, the most used hearing aids by the NHS. There are two specific types that are issued regularly; open fit which has a very fine tube from the aid to the ear with a small soft tip or dome on the end which is inserted into the ear, and a moulded version. The moulded version requires a mould which is specially made from an impression that is taken of your ear by the audiologist. The mould is attached to the aid via a piece of tubing and this tubing needs replacing roughly every 4-6 months.



RITE (receiver in the ear) - These are very similar to BTE open fit aids except they are much smaller and less obvious to other people. The main difference is that the receiver is sited at the end of a wire which is placed just inside the ear canal.



ITE (in the ear) - These are very small and fill the ear near the opening of the ear canal. They cannot be seen from behind so are less conspicuous than BTE or RITE aids. Due to their small size, they can be more difficult for some people to get them in or to change the batteries.



ITC (in the canal) - These are very similar to ITE aids except they are much smaller and fit into the ear canal making them practically invisible. Due to their small size, they are not generally suitable for people with a severe hearing loss.



CIC (completely in the canal) also called **IIC** (invisible in the canal)



These are the smallest type of hearing aid available.

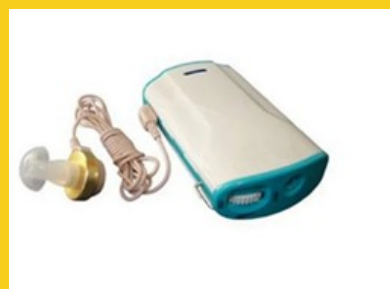
They go further into the ear canal than ITC aids which makes them invisible from the outside. They can only be put in and taken out by a specialist but, once in situ, they can remain there for several months.

CROSS/BICROSS - This type of hearing aid can be very useful if you've lost hearing in just one ear.



They come as a pair and the hearing aid in the ear with no hearing picks up the sound and transmits it to the hearing aid in the good ear. This can be done wirelessly or by using a wire connected from one aid to the other which passes round the back of the neck.

BODY WORN - These are an option when it's not possible for a person to use conventional hearing aids which are inserted into the ear, or because a person needs an aid that is more powerful.



They can be used with unilateral/bilateral domes or with a bone conduction head band, both are physically attached to the receiver by a wire.

When a person's needs outweigh the usefulness of any of the above hearing aids, all is not lost as there are alternatives which I will discuss in the next issue of the newsletter.

Paula

Paula Matthews

Technical Officer for Hearing Impairment

Since the last Newsletter, we've been to Summerfields Primary School for a third time to their Year 1 class. We've been to St Marys Primary, for the first time, to their Year 5 class. We were at Wootton Primary for a whole day to their Year 2, Year 5 and Year 6 classes and we've been to St Helens Primary for a whole day to their Year 5 and 6, Year 3 and 4 and Year 1 and 2 classes.



We also had our Hats and Sunglasses Day on 21st June. A video, featuring our four puppets, was created for the schools to watch to spread the importance of keeping your eyes healthy to reduce the risk of sight loss. We thank all the schools that took part.

The next schools we have coming up, before the Summer Holidays, are Brading Primary School and Gurnard Primary School to deliver the programme to all their classes.

We've had some great feedback from Wootton and St Helens Primary about the sessions, which I will share below.

Wootton Primary said: "It was a pleasure having you and the team yesterday. All of the children involved thoroughly enjoyed it! Your volunteers were so knowledgeable and engaging, the kids really got a lot out of it!"

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!



Also, having spoken to Years 5 and 6 about the experience, they all agreed trying on the glasses was their favourite and they all said they wished they could have taken home the laminated 'seeing sheet' to share with their families at home.

St Helens Primary said: 'We would like to thank you for coming to our school and teaching us about living with sight impairment.'

Here are some thoughts from Year 6 about their session:

- Thank you so much for making me more knowledgeable about my sight, even when my own vision is severely damaged. I liked experiencing the reading/writing braille task, and learning about the different types of eye damage.
- Thank you for that inspirational talk about sight impairment and blindness. It was most cool to look through the plastic in what would show you how things look with eye conditions.
- Thank you for taking your time to come to teach us about different eye conditions. My favourite part was when we wrote in braille because I enjoyed learning how to write different things.
- Thank you for coming to our school. We really appreciate that and all of us now know how to keep our eyes safe and healthy."

Finally, I want to say a BIG thank you to the Volunteers who come along with me to the schools. I wouldn't be able to do any of this without you and I appreciate every minute you give to me to help with these sessions.

Jasmine Jasmine Edwards

Losing your vision is 48% avoidable

The ways we can keep our eyes healthy are by:

1. Eating healthy
2. Doing regular exercise
3. Getting a good amount of sleep
4. Washing your hands to not get dirt in your eyes
5. Spending less time using tablets and other devices
6. Having regular eye tests
7. Wearing sunglasses when outside in the sun!



This year we attended the Isle of Wight Festival to both raise funds and raise awareness of the Charity and how we can help. With over 3,500 goals attempted, here are a few highlights of people playing.



Having raised just over £700, we will be returning to the **Isle of Wight Day** with our trustees hosting Goalball, again for families to enjoy this fun day out on **September 16th at Brading Roman Villa**. Look forward to seeing everyone there.

Get On Your Bike For Sight for Wight

Our aim for this new sponsor challenge was to cycle 932 miles to represent every Island person living with profound sight loss.

The campaign started on the 17th June in Asda foyer; volunteers, staff and Asda staff cycled on a static bike clocking up 60 miles. The bikes then came back to Millbrooke House and, during the week, members, staff, volunteers and trustees joined in and clocked up the miles. Every sticker on our map represented 1 mile/1 person.

Participants were asked to gain sponsorship to raise funds for the Charity and we have raised over £750 with more money due in.

Hopefully next year more members, families, friends and neighbours will join us and we hope to go out on the road with our members on tandems.



Story Writing Competition

Our short story writing competition is back a little earlier this year and the 14th year of the competition; originally started by our patrons, RC Bridgestock, international crime writing authors.

This year's theme is 'The Future' which will give our writers scope, creativity and a chance to let their imagination go wild! Our Award Ceremony will be on Friday 8th December at the Riverside Centre. Doors open at 6:30pm with a 7:00pm start. We will have entertainment as usual and a chance to hear some of the winning stories.

We are delighted to announce this year's celebrity readers who have kindly agreed to donate their time to read the winning stories:

- Chesney Hawkes; best known for his hit single, 'The One and Only', which topped the UK Singles Chart for five weeks.
- Richard Cadell; best known for being the in-vision presenter and the hand of puppet Sooty since succeeding Matthew Corbett in 1998. This is Richard's third time supporting us.
- Debbie McGee; best known as the assistant and widow of magician Paul Daniels; she is a former ballet dancer and was a celebrity dancer on Strictly Come Dancing in 2017.
- RC Bridgestock; international husband and wife writers Robert (Bob) and Carol Bridgestock.

This year we are introducing the Edana Minghella Award, as a tribute to the lovely Edana who sadly passed away last year. This award will be for a story with depth, emotion and creativity matching her own strength and character.

Chris Chris Cane



Short Story Writing Competition

2023



THE FUTURE

Enter our competition, with a futuristic theme, for a chance to have your story published and recorded by a celebrity, plus other great prizes to be won!



RICHARD CADELL

ENTRY FEE (per story)

£8.00 Adults (1500 - 2000 words)

£2.00 12 - 17s (up to 750 words)

£2.00 8 - 11s (up to 500 words)

£2.00 Under 8s (up to 250 words with pictures)



CHESNEY HAWKES

ENTRY FORMS FROM

Waterstones, Newport

Sight for Wight, Carisbrooke

Dress for Less, Newport

Email: admin@iwsb.org.uk



DEBBIE MCGEE



R C BRIDGESTOCK

For more information visit: sightforwight.org.uk

Award Ceremony on Friday 8th December 2023

Riverside Centre, Newport @ 7pm

ENTRIES MUST BE RETURNED BY 5PM ON FRIDAY 3RD NOVEMBER

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

Registered charity number 1149415 Company limited by guarantee 6240404

The Carers Lounge has relocated to a new home!

You can now find it at the north entrance of St Mary's Hospital, just past the north reception desk.

The Carers Lounge is an information and advice service for unpaid carers while the person they look after is in hospital. The team offers emotional support as well as practical advice.

No appointment necessary and walk-ins are welcome.

Out and About

We are getting so many invitations now to talk to groups around the Island on what we do here at Sight for Wight and also the Wight Sense team.

In the last couple of months we have attended:

- Binstead WI
- Shanklin and Hythe WI
- GKN
- Isle of Wight College
- West Wight Our Place
- Ventnor Our Place

Further we have been invited to do bucket collections at Morrisons and ASDA; we were awarded £1,500 from Freshwater Tesco as the locals' chosen Charity. We also have our Pudding and Quiz, here at Millbrooke House on September 29th.





Member Support Officer



In the last newsletter, I talked about anti-glare glasses as the weather improved and people are getting out and about, so I wanted to let you know what options there are for making you safer and having more confidence when venturing outdoors.



Road Safety - Tactile signals or 'rotating cones' are found on the underside of the push button control box at pedestrian crossings and rotate when the 'green pedestrian symbol' appears and it is safe to cross.

The lack of a curb edge makes it difficult to know where the footpath ends and the road begins. Tactile paving is used to help warn you that you may be about to step onto the road. The tactile paving used at dedicated crossing points has rows of raised ball-like blisters which are set in line to help show you the right direction to cross the road. It is also coloured to stand out from the surrounding footway surface and the colour used will depend on the type of crossing.



Red paving is used at crossings where the traffic has to stop to allow pedestrians to cross, such as zebra crossings, pelican crossings, puffin crossings, toucan crossings and road junctions with traffic signals. Buff or light brown paving is used at other dedicated crossing points where there is nothing to control the flow of traffic and make it stop.

Caron Caron Fezzani



Dress for Less

Welcome to my first newsletter from 57 Pyle Street – our wonderful new shop.

After many months of behind the scenes negotiations, communications, if's, but's and maybe's, planning and preparation, we confirmed our moving date and planned to make the short journey to our new location.



Before we could even contemplate moving in, work was needed to remove the hairdressing fittings; we would like to thank Kyle from Wight Works for completing all the work charging us only for the materials use. Thank you very much Kyle.

With the building work complete and the electrics, fire systems and gas checked, it was time to plan the fixtures installation and decoration. First came the sales desk, very kindly donated by Jewson's in Newport; mounted on wheels it allows us full flexibility, then the shop fitting installed and decoration started. Neither of the latter two of these would have been possible without the very generous donation of £1,000 from Ventnor Lions Clubs. Thank you very much Phil.

Les Parker (Isle Fixit) had been busy decorating and installing the shop fittings and fixtures in the new premises in anticipation of the move and went into overdrive in the final week to make sure everything was ready.

Thank you, again, to Les for doing an amazing job



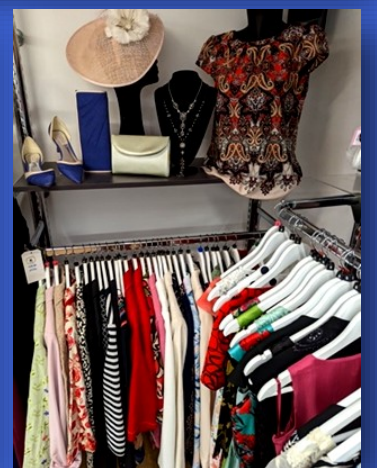
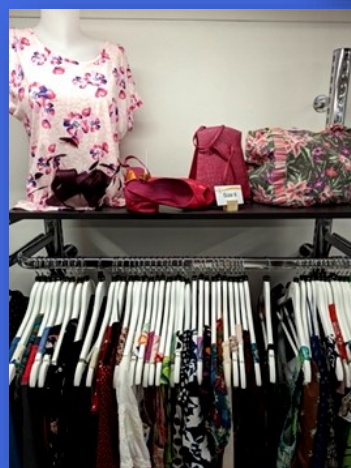
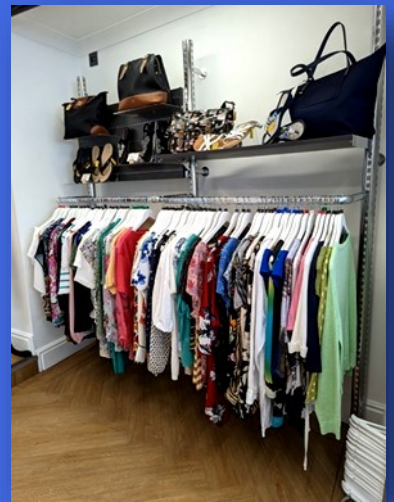


As anyone who has moved home will recognise, we soon discovered that there was a lot more to disassemble, pack and move than perhaps we had anticipated with the additional responsibility of protecting our customers' clothes etc.

We are eternally grateful to Neil and Terry from Page the Packers who came to our aid and efficiently moved the entire shop contents to Pyle Street. Neil and Terry were outstanding throughout the entire process, professional, fun and friendly; nothing was too much bother. Thank you Neil and Terry.

Unsurprisingly, our shop volunteers were brilliant throughout; both packing and unpacking, ensuring the stock was displayed perfectly on the new display rails and shelves.

We have gone to great lengths to install bespoke fittings to maximise the use of space whilst providing a comfortable and pleasant shopping experience. Our stock changes daily and now our new shop can change accordingly. I would like to say a huge thank to all our wonderful ladies for all their hard work and for giving up even more of their free time to ensure we were ready for the grand opening.





On the 10th of June we had the honour of welcoming Gioia Minghella-Giddens to cut the ceremonial ribbon to officially open our new shop. With the IW County Press in attendance, we were able to celebrate with a glass of bubbly with our first customers of the day. We received fantastic feedback regarding their first impressions of the new shop, together with many cards and balloons from customers wishing us success. Thank you, you are all very kind.

I was generously presented with a beautiful bouquet of flowers which I genuinely appreciated, and Sight for Wight presented Lisa, our CEO, with a gift thanking her for all her work and support for getting the new project off the ground.



Everyone who has met me knows how much I love the shop and my passion for it and the Charity, and I will strive to ensure our new shop continues to be a great asset both to Sight for Wight and the Island community.

I am delighted to announce that I now have an assistant manager, Tracey, who brings every possible positive quality to the shop and has immediately been a great support to me and valuable asset to us all. I will introduce Tracey more fully in my next newsletter.



Finally, I would like to thank everyone who has helped make this all possible, particularly Lisa and all the Trustees who placed their faith in me to deliver for the Charity. I cannot mention everyone by name who has helped me along the way but I hope you know how grateful I am. I will mention my husband, Steve, who has been so supportive of me and the entire project, helping me with numerous tasks, showing immense patience when I've woken him at 4am with a new idea for the shop and during my extended absences from our home.

If you haven't been to visit us at our splendid new shop yet, I do hope that we will see you soon. I keep saying shop but as more than one customer has commented, it's now a fabulous boutique.



Debbie Debbie Durbridge

Hello Everyone

Our 'Hello Everyone' QR codes aiding access for visually impaired people into buildings have reached all across the Solent transport carrier's and moved outdoors too!

Hovertravel, our first ferry company, has been nominated for various accessibility awards and our QR codes have featured in all of them. Neil Chapman wrote, "Sight For Wight has been a valued member of our User Group for many years and continue to bring a great deal of expertise to our company, ensuring the services on the Hovercraft are available to all, especially those with any sight impairments."



Wightlink has now followed suit with their QR codes being produced this month; Sara Howden has been a pleasure to work with and understands how these codes can, not only benefit people living with Sight Loss, but others too; for example, those using mobility aids and people living with anxiety about visiting new places. "Such a simple but effective idea, thank you."



Red Funnel, the last Ferry company to come on board, is putting plans in place to work with us and we hope to report back soon on progress.

Ferry companies, every Hampshire and Isle of Wight Police Station, various Isle of Wight Council buildings and the Quay Arts Centre, to name just a few of the other sites who are hosting our codes.

Working with Richard Priest, Sandown Town Council Clerk, other new codes have recently been installed such as Eastern Gardens new Accessible Toilet and at Shanklin Theatre when blind Comedian, Chris McCausland, met with Chris Cane and Trustee Ruth Hollingshead to unveil it.



Finally, as reported last year, we have now moved outside and produced QR codes for 30 Gift to Nature Sites around the Island.

Carol Flux said “Sight For Wight has worked alongside us to develop a series of 30 audio/visual guides that can be downloaded onto a mobile on our sites, or in advance of a visit, so enabling a visitor to make an informed choice regarding suitability of the site, and to guide them once on site.

I am not aware that this has been attempted anywhere else and, given that our expertise is in nature conservation, we have required a great deal of mentoring and patience from Sight for Wight on what, for us, has been a steep learning curve.”

If you know of anywhere that could benefit, please contact Chris on 522205.

**SCAN &
LISTEN**





Coronation, Our Own Champion



In May, along with the rest of the Country, we celebrated the Coronation of King Charles III but, not only that, we celebrated our very own Coronation too!

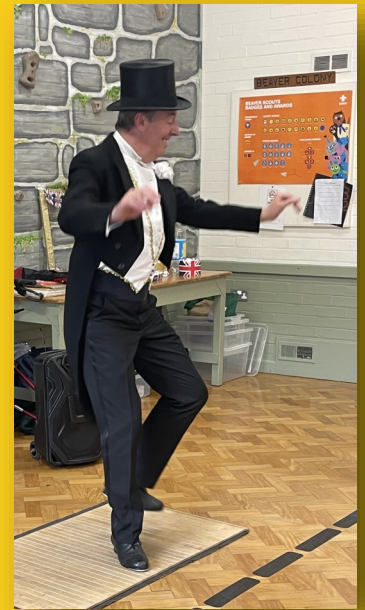


Trustee, Ruth Hollingshead, was nominated by Sight for Wight as a Coronation Champion. **And she WON!**

Together with Her Majesty, Queen Camilla, the Royal Voluntary Service launched the awards to celebrate extraordinary volunteers across the country. Thousands of people aged from 14 to 103 from all over the UK were nominated. 500 volunteers were hand-picked and crowned Coronation Champions.

Ruth received an official Coronation Champions pin, a Royal Signed Certificate and she attended the Windsor Castle Coronation Concert.

Ruth said, "I accepted this award on behalf of every single person who volunteers for Sight for Wight; the concert was a truly wonderful experience; thank you for nominating me".



13th September 2023

11:00am - 3:00pm

Wendes Hall, Woodbine Close, Newport



Low Vision Day

Sight for Wight offers support through your low vision journey from diagnosis to reaching a level of independence that you choose. With peer to peer support, social activities and equipment demonstrations we are here to give you the right help at the right time.

RSVP ON 522205



Hearing Help Day

Our **Wight Sense** team of specialists help anyone with hearing or sight loss live safely, confidently and independently. They offer free home visits to discuss, assess and agree your needs. They demonstrate equipment, offer training both in and outside of your home and make referrals to other organisations.

RSVP ON 240222

With Millbrooke becoming increasingly busy, we are looking at ways of increasing parking spaces, so the Trustees have authorised the removal of the old building, to the left of the front door. With a leaking roof and many cracks in it, the building is coming down but first we had to rehome its occupants.

A nest of bees had made a roof cavity their home, so we contacted the Isle of Wight Bee Keepers Association, based at Quarr Abbey, where Ruth and Steve came along on Saturday 8th and Sunday 9th July to scoop up the bees and took them to their new Home in Osborne, East Cowes.

See photo bottom right.

The sight of the swarm was quite spectacular and we are so pleased they were able to be rehomed without being harmed.

We want to pass on our huge thanks to the IWBKA for their help.





Terry's Twenty Teasers



ISLE OF WIGHT FESTIVAL

- 1 What is the name of the family who organise the festival?
- 2 In which year was the very first festival held?
- 3 Bob Dylan headlined the festival in ?
- 4 Jimi Hendrix headlined in ?
- 5 The festival was revived in 2002 as a one-day event ~ what was it called?

SUMMER

- 6 The sunniest town on the Island is also the UK's sunniest ~ which one is it?
- 7 Have you noticed that flowers tend to go by colour through the year, starting with white (snowdrops), then yellow (primroses, daffodils, celandine, dandelions), then blue (bluebells) ~ what colour generally comes next?
- 8 When do the nights start to get longer?
- 9 Brussel sprouts are a summer vegetable ~ true or false?
- 10 On which weekend does the Island scooter rally take place?

POT LUCK/GENERAL KNOWLEDGE

- 11 Where's the best area on the Island for spotting lizards?
- 12 Which of the seven wonders of the Isle of Wight is the 'young wine you cannot drink'?
- 13 What is the missing number in this series? : 8 ~ 27 ~ 64 ~ ??? ~ 216
- 14 Who is the current leader of the Lib Dems?
- 15 Who popularised the reggae-style song "Kingston Town" in 1989?
- 16 Where is Valletta?
- 17 What is H₂O?
- 18 What famous British battle occurred in 1066?
- 19 What's the main difference between a nectarine and a peach?
- 20 Do 20p pieces and 50p pieces have the same number of sides?



Terry's Twenty Teasers Answers



- 1 Giddings
- 2 1968
- 3 1969
- 4 1970
- 5 Rock Island
- 6 Shanklin
- 7 Mauve/pink/red (foxgloves, herb robert, champion)
- 8 21st or 22nd June
- 9 False
- 10 Late August bank holiday weekend
- 11 Ventnor
- 12 Newport
- 13 $125 (8=2 \times 2 \times 2 / 27=3 \times 3 \times 3 / 64=4 \times 4 \times 4 / \mathbf{125=5 \times 5 \times 5} / 216=6 \times 6 \times 6)$
- 14 Ed Davey
- 15 UB40
- 16 Malta
- 17 Water
- 18 Hastings
- 19 A nectarine has a smoother skin
- 20 Yes, they both have seven sides

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sightforwight.org.uk

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

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