



Newsletter

Autumn 2023

Your local sight loss charity

SPOTLIGHT ON: Maggie

Meet Volunteer Lin

Meet Our Trustees

NHS Transport

Dress for Less

Free Water Butt

Plus Much More!

**SCAN &
LISTEN**



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

Charity number 1149415
Company Number 6240404



Chair Report



Hello and welcome to our Autumn Newsletter. I think, as always, you will find it full of interest and support.

I was pleased to hear that our bees are now settled in their new home, with a new queen. We are going ahead with plans to resurface the drive now that the space has been cleared.



Dress for Less, is proving very popular and Debbie, Tracey and our lovely shop volunteers, keep it looking immaculate. If you can, look us up on Facebook, new additions to the clothing range are advertised here.

I hope all our story writers are ready with ideas, for this year's competition. All the information you need is on the poster. I'm always so impressed by the imagination and high standard of our entrants.

I think that the articles on patient transport, the Priority Service Register and trusted tradesman update are so very helpful.

If you want to test your Island knowledge, head for Terry's quiz; thank you Terry, for composing these. I always learn something new.

The IT drop in is now by appointment only, just call us at Millbrooke House to book your time.

All our usual updates on Sight for Wight and Wight Sense can be found in the Newsletter, even how to apply to get a free water butt!

My thanks, as always to our staff; you make Millbrooke House such a welcoming place for us all. To all our volunteers in whatever role you support us, my grateful thanks; where would we be without you!

Sue Sue Bungey



CEO Update



Welcome to our Autumn newsletter; we have added a new section, which we hope will be well received. We have added 'Member Questions'; for example, we were asked about Patient Transport for hospital appointments so have added an article with all the information that we found.



Further we were asked about Trusted Trades people and whether NHS prescriptions are automatically free of charge if you are registered Blind (Severely Sight Impaired). These are in addition to the usual staff updates, tips from members and an article on Priority Registers which I recently enlisted on myself.

We will be holding the Charity's AGM on November 17th with a lunch at the Isle of Wight College to which everyone is invited. We will be doing a short presentation on what we have done in the year to 31st March 2023 and how the plans we made for 2024 are going.

Tickets are £11.50 for a three course lunch; we will be arranging transport. Although not officially a Christmas meal, we will be wishing everyone a Happy Christmas with a chance to meet the new Trustees too. Numbers are limited to 60; please contact Susan.

I would also like to confirm the dates for the next Feedback and Catch up meetings. These meetings are a chance for anyone to come and tell us what they thought of the interactions they have had with us and tell us how we can improve and what we can add to our activities and service.

Wight Sense Clients - Wednesday 29th November 11:30am
Sight for Wight Members - Wednesday 6th December 11:30am

Finally, don't forget the Short Story Writing Competition closing date is Friday 3rd November 2023 at 5pm.

Lisa

Lisa Hollyhead

Weekly

By Appointment: We have Sam on hand to give one-to-one help with accessibility features on your computer, laptop, tablet or phone. **It is essential you pre-book so please call ahead.**



PLEASE NOTE 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. We have regular visitors to this group; for example, the ECLO, the Macular Society and many others, so please call Susan for more information.

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. **Pre-booking is Essential!**



The next Sight for Wight Members **Feedback and Chat** is Wednesday 6th December at 11.30am. For anyone who has used the Wight Sense service, the next feedback session is Wednesday 29th November, again at 11.30am.



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. This is weather dependant through the winter.

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. 10.30am. A member of staff will always be there.

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 please come along.

The cost is £3.00 which includes refreshments.

The next meeting is Wednesday 25th October.



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 us 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

Free Water Butts

The Footprint Trust is an energy advice charity that has been running for 20 years. Their mission is to reduce the ecological impact of the Isle of Wight. They are now offering a free Water Butt, installed, to anyone on the Island who wants one (while stocks last).



With Connect for Communities and W Hurst & Son, they are really excited about their new project. They will be helping people save water and money by installing a water butt in their garden or allotment. By doing this, people can save up to 200 litres of water which, in turn, helps them use less tap water and save money on their water bill.

Not only will clients be receiving a lovely new water butt kit, they will also get a handy 'Grow it Yourself' starter set; with seeds, compost, and trays too.

If you would like a water butt, please contact The Footprint Trust for more information. Email: info@footprinttrust.co.uk or phone 01983 822282.

100 Club

Winners this time are Sue, Chris and Denise. Congratulations!

A very warm welcome to Peter, Gill, Denise and Caroline. If you would like to join the Sight for Wight 100 Club it is just £2.00 a month and you are helping to support us too!





Member Questions



We are often asked questions by members which we, of course, research and answer; these often form the basis for articles in this newsletter. This quarter, we have been asked about trusted traders, NHS prescriptions and patient transport. So here are the answers:

Approved Traders



ISLE OF WIGHT
TRADER APPROVAL SCHEME

We have been asked for recommendations for local trades people, here on the Island, who can be trusted.

Whilst we do have a few people we use here at Millbrooke House, they are not usually available at short notice, so we thought the best way to offer help with this was to point people to some approved schemes.

The **Isle of Wight Council** operate a “Trader Approved Scheme” where each local business has given their commitment to trading fairly. Every business listed has undergone a detailed background check before being approved as a member of the scheme by the IW Council.

Here is the direct link - <https://iwc.iow.gov.uk/tas/>

Secondly, **Check-a-Trade** is also a national version of the same sort of scheme with every tradesperson having passed up to 12 rigorous checks; there are over six million posted reviews from verified customers to browse when looking for a trades person. They do offer a basic guarantee on work done but it is subject to many terms and conditions . Their site is - <https://www.checkatrade.com/>

IF YOU NEED HELP USING THESE SITES PLEASE CALL THE OFFICE AND CARON CAN HELP YOU



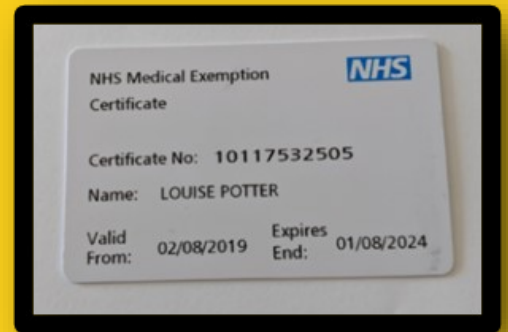
Member Questions



FREE NHS Prescriptions

Some people can obtain free NHS prescriptions on medical grounds or if you are living on a low income. So, we were asked, does being blind entitle you to free prescriptions?

The short answer is no; being registered as severely sight impaired (blind) or sight impaired (partially sighted) does not automatically entitle you to free prescriptions. The scheme states you can obtain medical exception and therefore obtain free prescriptions if:



- you are under 16 or 16 - 18 and in full-time education
- you are aged 60 or over
- are pregnant or have a valid maternity exemption certificate
- hold a valid medical exemption certificate
- hold a valid war pension exemption certificate
- are an NHS inpatient
- have a continuing physical disability that prevents you from going out without help from another person and have a valid medical exemption certificate

It is the last of these criteria which may apply if you are living with other conditions too; **please consult your GP.**

You may be able to get full or partial help through the NHS Low Income Scheme which helps with, not only prescription costs, but also dental costs, eye care costs, healthcare travel costs and wigs and fabric support. **Please call 0300 330 1343 for further information.**

Lisa Lisa Hollyhead



Volunteer Update



As always, I would like to welcome all our new wonderful volunteers to this newsletter; we are very fortunate to have so many volunteers who enable us to support our members through activities, services and events, as well as work within our fabulous dress agency shop.



Although August is always a shut down for groups, our volunteers are kept busy with the Talking News, Audio Library, Dress for Less and our Fundraising team, which has been kept busy with Wolverton, Newport Carnival, Isle of Wight Day, Pudding and Quiz, Open Day and Bucket Collections which I thank all of you for your continuous support in all aspects of the Charity.

A date for your diary is **November 28th** for our Volunteer Catch Up at Millbrooke House between 10.00am and 12.00pm. This is an opportunity for Volunteers to meet with one another and enjoy coffee and cake.

As always, if anyone would like to volunteer or knows someone who has time on their hands, we are always looking for new volunteers, especially in our Education Programme, Talking News Team, Dress for Less shop, Striders, Swimming Assistants, Drivers and Mini Bus Drivers & Escorts.



Please do not hesitate to contact me in the office on 522205.

Thank you as always.

Susan Susan Earley



Priority Services Register



The Priority Services Register (PSR) is a free UK wide service which provides extra advice and support, including when there's an interruption to your electricity, gas or water supply.

The Priority Services Register (PSR) is free to join. It helps utility companies, including energy suppliers, electricity, gas and water networks to look after their customers who have extra communication, access or safety needs. It helps them tailor their services to support households who need extra help with everyday energy matters like bills, and also in the unlikely event of a power cut, gas or water supply interruption.

In order to be added to the register, these are some of the criteria:

- Are of pensionable age
- Are Deaf or Hard of Hearing
- Have a disability
- Are blind or partially sighted
- Use medical equipment



To register if you live here on the Island, please contact each provider below; these are the network providers, NOT your energy supplier:

GAS 0800 975 1818

WATER 0330 303 0277

ELECTRICITY 0800 316 5457

Further, your individual energy supplier can also help you with, for example, a back up battery phone, in case of loss of power. To find out what your own supplier offers, just call the person you pay your utility bill to.

Lisa Lisa Hollyhead

What is befriending?

In order to tackle loneliness and isolation, Sight for Wight runs a befriending service where trained volunteers call isolated visually impaired people and spend some time chatting with them on the telephone, and to hear their stories.



Befriending calls are tremendously helpful in battling the problem of loneliness and isolation, because they show people that others care about them and that they have somebody they can talk to.

Befrienders also serve as a link to a wider network of support available for vulnerable people and can ring the alarm bells if, for example, a person experiences any undue harm. For people without family members close by, this support can be invaluable.

Who do we support?

We support people who are visually impaired, who live alone and are lonely and/or isolated and are looking for companionship. After every referral, our well-trained Befriending Manager speaks to each potential client to assess whether they would really benefit from befriending. We never leave anybody “hanging”; if somebody is deemed not suitable, we try to find other, more suitable options for them in discussion with the referring agency. A close relationship is created with the volunteering team to build confidence to create connections and support.



Elaine Elaine Bricknell

Access to information

A person is regarded as deafblind if their combined sight and hearing impairment cause difficulties with communication, access to information and mobility.



In the last newsletter, I talked about communication so, this time, I will talk about access to information.



Equipment can help a deafblind person to access information. If you meet the criteria, the type of equipment that is available for long-term loan from Wight Sense are TV listeners so that the TV for news programmes, for example, can be heard without making it too loud for others.

We also issue daylight lamps and daylight bulbs that can help a person with reading post, paperwork and books.



Although Wight Sense do not issue magnifying equipment, we are able to refer on to the Low Vision Aid Service at the hospital.



Sight for Wight usually have screen readers available to demonstrate and always have Alexa devices available for free loan.

The Sight for Wight Skill can be accessed from these devices with our weekly Talking News, newsletter in audio form and SCAMS advice.

Karen Karen Chessell
Deaf Blind Support Officer

Meet Volunteer Lin

Hi, my name is Lin Patey and I have been a volunteer at Sight for Wight for around four years.

I am a keen walker, although age and Covid lockdowns have made the distance I walk a bit less nowadays. I saw an advert in the County Press asking for volunteers to walk with the Striders group. I found out that this group walked in the countryside for about five to eight miles and then had lunch in a pub at the end of the walk. I replied to the advert and received a very long list of other things I might like to get involved in. I chose to read the County Press at Millbrooke House around once a month. I was interviewed, had all my safety checks and there I was, a volunteer!



I had no previous experience of people with a visual impairment; I think I was one of those people who thought if you were blind you just couldn't see anything. However, I do love to be with people and dogs so meeting up with the group for the first time was quite exciting. I remember thinking that I could tell these people that I was a young good looking blonde but Eric, a member, put me right by explaining that some of the group had partial sight and so would soon let people know otherwise!

Reading the County Press is a more sedate job, although I did have to give up on the last occasion because I couldn't stop coughing. We do have to watch for errors in the print though. I remember I was reading something about gardeners being naturalists but I read it out as gardeners being naturists!

Meet Volunteer Lin

Volunteers get texts from Millbrooke House frequently and if it is something I can do I will try to help. I have a lot of interests so I don't like being tied down to something every week.



I have a largish garden which I love, a long suffering husband Steve; we look after dogs while their owners are on holiday and we have a very old camper van in which we like to get away and sit in a field now and then.

One thing I do like is to bake cakes. If I baked a lot at home, we would only eat it all which would not be good so, if there are times when they need people to knock up a few cakes for an event at Sight for Wight, I love to do it. So far, they've not sent any back. I always call my husband an unseen, unsung volunteer as he usually washes up for me!

I love the variety of things that you can help out with at Sight for Wight, helping at shows such as Wolverton, walking in Newport Carnival (such fun) and this week bringing a team to the pudding quiz plus making a pudding.

Thank you for having me as a volunteer, I love it and wish I had more time to give.

Lin

Lin Patey

Spotlight On Maggie

Hello dear reader, my name is Maggie and I have been asked to write a few lines for the Newsletter, so here goes!

I have been a member of the Society since the early nineties when I was first registered as being partially sighted. I am one of three daughters and we all have Retinitis Pigmentosa (RP), inherited from our mum.

Once the Society and I were connected, I met Nigel who taught me cane training and introduced me to the swimming club, where I met Don and Mark, amongst others. At that time, the Society was based at 'The Polars' and I also was invited to the Wednesday evening group which was held there.

I started work in 1973 in a small office as a ledger clerk which was located at the back of a large store that sold furniture, bedding, clothes and underwear. It was a real life 'Are You Being Served' shop! We had an overall manager, office manager, and a shop manager. Staff in the shop stood behind glass topped counters and the manageress would call on them to serve by saying "Are you free Mrs Bradley!" We even had a cleaner called Mrs Grimes!

A few years later, I started working at HM Taxes as a clerk, which was more money and I was shortly to be married. We managed to save a deposit on a small two up two down end of terrace property in East Cowes and so began married life.



Spotlight On Maggie

We had three children and moved several times; I changed jobs and ended up working in a post office. By this time my eyesight was impairing my work and so I decided it was time to leave. My life dramatically changed and, through a series of unforeseen circumstances, I started a new life.



One day, as I was sitting at home wondering what to do, the phone rang and a lady called Lorraine from the R.N.I.B. asked me if I would be interested in learning something new?

After she explained that the course was at the Royal College for the Blind in Herefordshire and I would have to live in, I asked if they accepted students of my more mature age. "Of course!" she replied, I will put you down for massage, ok?" adding, "We need to be quick, as the deadline is next week".

So I went, and stayed at college in my late fifties! It was fun, but I learned a lot about myself and the suffering others go through; it really opened my eyes so to speak!

I now work with my sister Annie for a charity called the Wessex Cancer Trust, where we are both therapists for people living with cancer and support their families too.

I have now met the lovely Susan and Jasmine, who very kindly looked after me when visiting 'The Grange' with some of you guys! Fantastic time had by all!

Sending you all a lovely day and hopefully a smile or two.

Maggie Maggie Davis

Out & About

Isle of Wight Day

Lisa and the Trustees went along to the Isle of Wight Day at Brading Roman Villa with just under two thousand people attending. This family community day, hosted 40 charities there to both raise awareness of what they do and to raise funds. They set up the stand with Goalball, Hook a Duck and Tin Can Ally. All children wore blindfolds which they really enjoyed and were very responsive at using their other senses.



Wolverton Manor Show



We also attended the Wolverton Manor Show, an iconic Island family show, hosted at Wolverton Manor. A huge thank you to the volunteers who attended; these shows really bring both fundraising and awareness to Sight for Wight and are so important.

Out & About

Newport Illuminated Carnival

It was fun decorating the Minibus for the Newport Illuminated Carnival this year. Thank you to Maurice, Lin, Gabby and Alan who drove the minibus around and walking in front of it; the pride in our volunteers is humbling as they tell each and every person what they do and the pleasure they get from it.



Open Studios Weekend

Open Studios is an Island wide, annual event for local artists to showcase their work. For the past six years Linda Wright, one of our Trustees, has been providing refreshments for the event at Gurnard Village Hall. This year, she invited Susan and her team of willing volunteers to make and serve cakes. Not only did we raise funds for our charity, but we also raised awareness of what we do and provided a social facility for visitors to the exhibition.



Supporting Us



This Quilt was started by Linda, a member of a small quilting group. Sadly, she passed away before she could finish the quilt. Sue, Mo and Heather, the three remaining members, put it together and hand quilted it. Linda would have been pleased that the quilt was being raffled to make money for a very worthwhile cause.

Please call 522205 or pop into Millbrooke House if you'd like to purchase a square. It's £2.00 per square.

The size of the quilt is 68 inches by 79 inches (King Size).

The Raffle will be drawn on Wednesday 13th December.

Christmas Raffle

I know it seems very wrong using the Christmas word but enclosed with your newsletter are your raffle tickets, if you wish to purchase them.

They are priced at £1.00 each and you can buy them by calling the office to make a card payment, sending us a cheque or by using our bank details which are included in the covering letter. When we are collecting our raffle prizes from local Island companies it is so inspiring how well known we are and that people are so willing to donate prizes to us. Prizes include our luxury Hamper, round of golf for four, restaurant vouchers, plus many more.

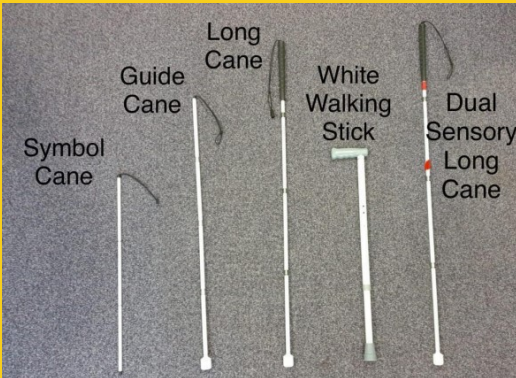




Member Support



In my last article, I talked about getting out and about, so this time I wanted to talk about the different types of canes. Did you know canes with red and white depict both sight and hearing loss?



Symbol Cane - A symbol cane can help alert other people to your sight and/or hearing loss, and can be folded for easy storage. Symbol canes cannot be used as a walking stick or support aid, or to detect obstacles on the ground.

Guide Cane - Hold a guide cane diagonally across your body and use it to find obstacles in front of you, such as kerbs or steps.

Long Canes - Long canes are rolled or tapped from side to side as you walk, to find your way and avoid obstacles. Different tips can be used for different walking terrains.

Specialist training is required to use a long or guide cane; Peter, our **Wight Sense Rehabilitation Officer**, is able to do this giving you as much or as little training as you need. He is also able to help with confidence trips using buses and trains on the Island and show you other tricks like using a low vision monocular (small telescope) to aid seeing bus signs and numbers.

We also promote wearing a Sunflower Lanyard. Called Hidden Disabilities, they act as a discreet sign to others that the wearer has an invisible disability and may require additional assistance.



As always, just let me know if you need further information on any of the above or any other assistance.

Caron Caron Fezzani



Feedback & Catch Up



Each quarter, we hold our Sight for Wight and Wight Sense Feedback and Catch up groups here at Millbrooke House. These are designed as the chance for anyone who uses any of our services to come in and tell us how they feel about the services they have received. Secondly, and equally importantly, they are a catch up session where we can feedback what is happening with all our services and activities.



These meetings are absolutely vital to us; we are only here to help people so if we are not succeeding at it or if there are more ways we can help, please tell us. We know some people are more shy at coming forward so if you want to send in a question or thought anonymously; no problem, call without giving a name, email it or post it; we can print the answer here in the Newsletter.

SIGHT FOR WIGHT NEXT MEETING 6th DECEMBER 11.30am

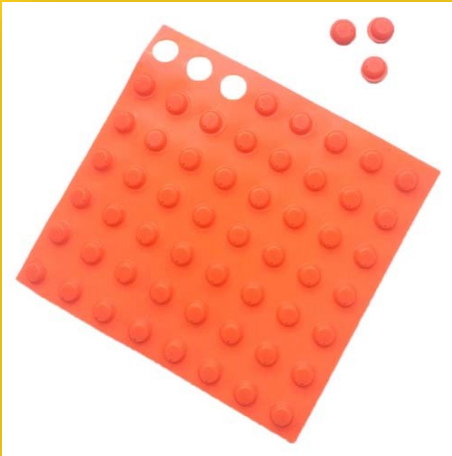
This included a question about 1-2-1 IT help. Lisa confirmed we had taken delivery of a number of laptops from the IW Council which we are setting up with accessibility features enabled and they would then be available for any member to have on loan to help them get online. Sam, our IT expert, can offer 1-2-1 to anyone who needs it.

WIGHT SENSE NEXT MEETING 29th NOVEMBER 11.30am

This included a discussion on resurrecting the Rainbow Club, a coffee morning that met around the Island once a month for those living with deafblindness. It was decided that we would start this again but widen the reach to include anyone living with hearing loss as well as people living with both sense losses. We will be contacting anyone registered with us and inviting them to come along.

Lisa Lisa Hollyhead

Tips for Members



"I struggle to see the buttons on my washing machine when I am doing my washing. My friend suggested I add Bumpons to the buttons I use regularly, so I know what to press each time."

Sandra from Shanklin

"I kept missing the toothbrush when I was trying to squeeze the toothpaste onto it. I found it much easier to squeeze the toothpaste straight into my mouth!" **Kate from Arreton**



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

Foot Care by Hayley

Hayley has kindly offered our members foot care, including toenail cutting, hard skin removal, callus and corn treatment etc. Foot cream is then applied with a soothing foot massage.

Hayley will be at Millbrooke House on a Thursday. If you'd like to make a booking then please call Susan on 522205. The cost is £25.00.



SUE BUNGEY - First appointed Trustee-Director in 2014, Sue has been our Chair since 2019. Sue has spent the majority of her working life as a teacher in Island schools and has served as a school governor too. Having been a trustee for almost 9 years, Sue said, "I have valued the chance to help shape, support and contribute my time to the Charity. I have met so many interesting new people and had the opportunity to take on new challenges through my involvement with both Sight for Wight and Wight Sense. I look forward to continuing to support the Charity aims which put the needs of our members at the forefront of everything we do. Our staff and volunteers, including the Board of Trustees, make everything possible. Thank you, without you we simply could not help and support as many people as we do on a daily basis."



JOHN MOORE - John came to the Island over 50 years ago to work in engineering at British Hovercraft Corporation, now GKN. He retired in 2009 but put his time to good use qualifying as a PCV driver, enabling him to drive the Island Community buses and volunteering with the local Police Authority.



In 2014 John became our volunteer. His clear commitment led to him being invited to become a Trustee in 2016.

John has worked tirelessly for us; our own resident handyman, driver, escort, fundraiser; he is always on hand whenever we ask. John said, "Having now had surgery on both retinas, it has made me even more aware of the difficulties faced by our members and the assistance the Society offers visually impaired Island residents."

LAURA GOOLJAR - 2017 saw Laura join the Board of Trustees with first-hand experience of total Sight Loss. In 2009, an undiagnosed vitamin deficiency caused Laura to suffer a complete loss of sight in a matter of hours. 2023 saw a huge milestone in her recovery as she has been reissued with her driving licence (be it on a restricted basis). Laura said, "It has been a privilege to serve as a Trustee and to be a part of the many changes which have taken place since I began."



With Lisa at the helm, I am truly excited about the direction we are taking, as we have clear mission statements with our members, volunteers and sight loss community at the heart of it. I am particularly proud of the work being undertaken to establish a befriending service as, through my role as Eye Clinic Liaison Officer (ECLO) at St Mary's, I am told, by so many patients, how lonely they find themselves at times."

CHRIS BILES - Chris, already an active member of the Charity, joined our Board in 2017 as his first governance role. Chris brings a breadth of lived experience living with complete Sight Loss most of his adult life.



Chris said, "Some of the issues covered had a complexity, that was highly insightful for a relative beginner in the field of charity governance. There have been, and continue to be, occasions when, as a service user, I am able to carry informed views into our discussions, as well as benefit from being an ongoing participant in a variety of social and recreational activities which the Society organises or facilitates."



RUTH HOLLINGSHEAD - Ruth first came to the Charity over 30 years ago as a service user. Having completed her Honours Degree in Social Policy and Criminology, she soon began volunteering every week on our Reception Desk. As our longest serving Trustee, appointed in 2012, this year Ruth was deservedly recognised as a Coronation Champion. Ruth said, "I hope that I can continue to use my own experience of living with sight loss and as a Guide Dog user to help support other Island residents for many more years to come."



LINDA WRIGHT - Bringing with her a breadth of Charity governance and volunteering experience, Linda was appointed in 2022. Linda has worked within business management, finance and audit; a great addition to the Board's skill base. Linda said, "I was delighted to be invited to join the Board of this, the Island's oldest Charity; I am passionate about volunteering for an organisation that supports local people and feel that my skills and experience will enable me to make a difference."



TONY SPALDING - Appointed in 2022, Tony has spent his career in marketing/public relations bringing a clear track record of promoting and publicising relevant messages to the right audience. With previous Charity Board experience having served as a chair, Tony said, "As a board we raise awareness of the importance of looking after the health of your eyes and for our members ensuring they have the right support at the right time, including medical resources, benefits advice and, equally importantly, social opportunities providing support and fellowship."



Bridget, Saretha and Alison are our three new Trustees whose official appointments will be put forward at our AGM in November. Bridget and Alison have already completed their first fundraising and awareness event at the Isle of Wight Day playing Goalball, selling items and helping children hook some ducks.

BRIDGET PRESTON - Bridget, a former Island Physical Education teacher, has led a full and active life; married to husband Dave for 51 years, she enjoys singing with a choir, fundraises solely for local charities by taking weekly Yoga sessions and volunteers to help the IOW Prostate Cancer Support Group. Bridget said, "I look forward to my new role as a Trustee and volunteering to take part in some new activities with its members."



ALISON HOLBROOK - Alison is already very well known here as she has been volunteering since 2019 for both the Talking News and with Jasmine in our education program. A former Special Educational Needs teacher, Alison said, "Visiting the schools help children to understand how precious their sight is. Making more people aware of the support they can find for their loved ones experiencing sight/hearing loss through 'Sight for Wight' or signposted services, is crucial."



SARETHA NAUDE - Saretha's passion for the art of education on how the brain functions was the basis for her recent Masters Degree. Saretha said, "It is my goal to bring out the best in everyone to be empowered to achieve their goal. My mother had glaucoma and macular degeneration which I supported her through and I have lived through a retina detachment surgery from which my macular did not open completely. These experiences have given me some insight and empathy for the Charity and those we aim to support."

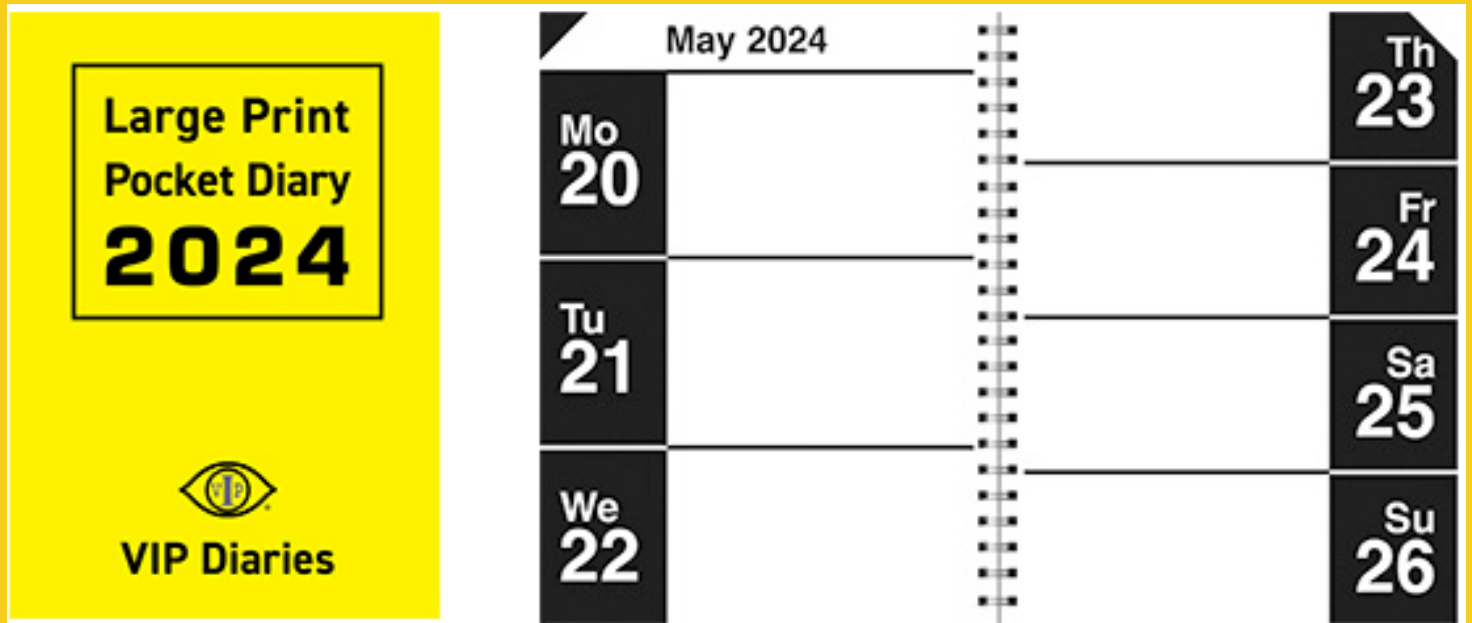




Calendars & Diaries

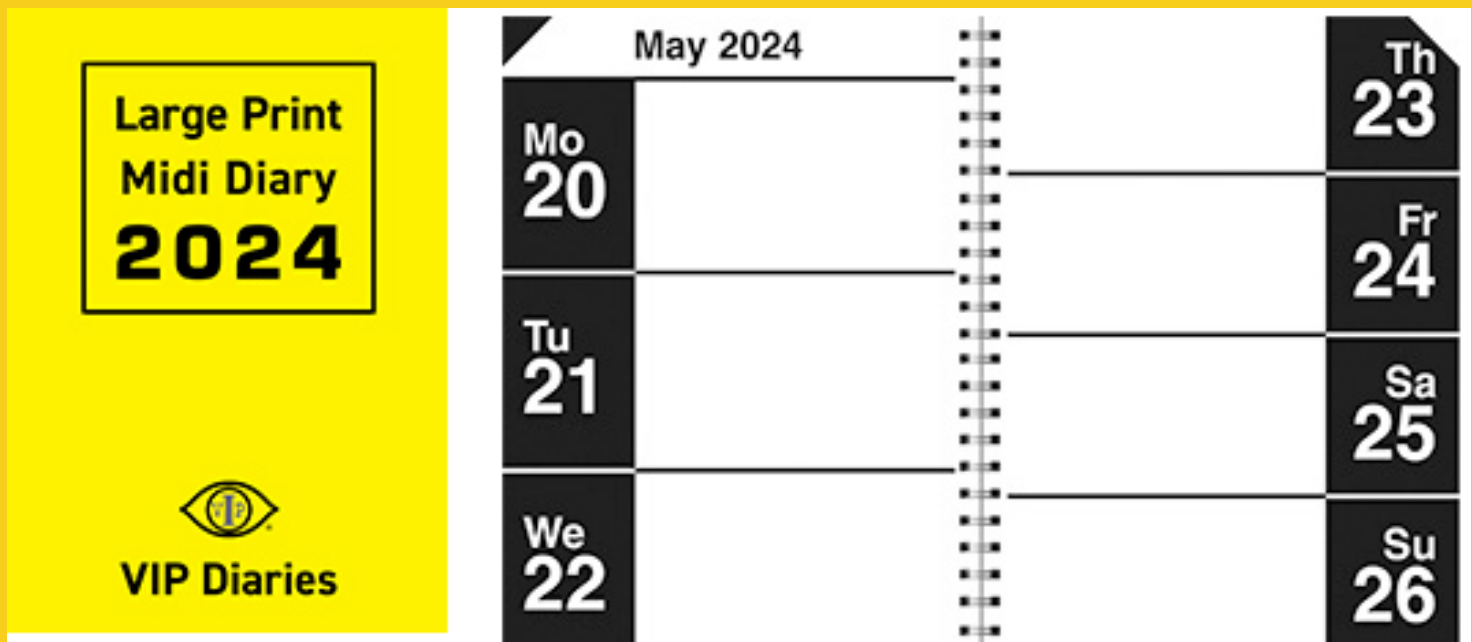


Available to Order from the Office



A6 Pocket Diary £6.50

105mm x 148mm / 4.1 inches x 5.8 inches



A5 Midi Diary £8.50

148 x 210mm / 5.8 x 8.3in

Calendars & Diaries



May 2024		May 2024	
Mon 20			Fri 24
Tue 21			Sat 25
Wed 22			Sun 26
Thu 23			Notes

A4 Desk Diary £10.50

210mm x 297mm / 8.3 inches x 11.7 inches

MAY 2024			
Wed 1		Fri 17	
Thu 2		Sat 18	
Fri 3		Sun 19	
Sat 4		Mon 20	
Sun 5		Tue 21	
Mon 6	Early May BH (LND)	Wed 22	
Tue 7		Thu 23	
Wed 8		Fri 24	
Thu 9		Sat 25	
Fri 10		Sun 26	
Sat 11		Mon 27	Spring BH (LND)
Sun 12		Tue 28	
Mon 13		Wed 29	
Tue 14		Thu 30	
Wed 15		Fri 31	
Thu 16			

MAY 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6 Early May BH (LND)	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Spring BH (LND)	28	29	30	31		

A3 Portrait Calendar £8.00

297mm x 420mm / 11.7 inches x 16.5 inches

A3 Landscape Calendar £8.00

420mm x 297mm / 16.5 inches x 11.7 inches

Call us on 522205

**LAST DATE 17TH NOVEMBER TO ENSURE
DECEMBER DELIVERY**

NHS Patient Transport



The Patient Transport Service provides transport 7 days a week for service users in cases of medical need for outpatient appointments, admissions, discharge and transfer.

It is a non-urgent service and there are strict eligibility criteria based on medical (not social or financial) need and only the patient can travel in it unless they are under 16 or they need specialist care. You must meet one of these criteria:

- Your condition and/or mobility requires the presence of a Qualified Patient Transport person to care for you.
- You need to travel as a stretcher patient due to specific medical and/or mobility needs.
- You have a medical condition that would compromise your dignity if public or private transport were used.
- You require specialist moving and handling support.
- Inter hospital transfers; i.e. Journeys to specialist units within Southampton and Portsmouth and possibly further afield.

AND You also need to have a reason for attendance such as:-

- Attending an outpatient clinic for tests or treatment.
- Being admitted to or being discharged from hospital.
- Attending a booked day care or treatment centre.

Your first appointment will be authorised by your GP and any future trips will be authorised by the Consultant treating you.

Please note: If you receive DLA or PIP Mobility Component you will not be entitled to access to this on mobility purposes alone.

NHS Patient Transport

If you are not eligible for this, other transport options exist under the **Assisted Hospital to Hospital Scheme**.

The Hospital Car Service - run by volunteer drivers, using ordinary cars, who can collect patients for appointments if they are not able to drive themselves or use public transport.



Car service drivers have no medical training and carry no special equipment. There is a charge for this service of between £6.00 and £14.00, dependent upon the distance across the Island and this can increase if mainland travel is required. Payment is always made to the driver at the time of travel.

Call: 01983 822099 Extension 5443 (Office hours only).

There is also a '**Community Council Voluntary Transport Service**' available locally that may be of help.

For more information phone 01983 524058.

Reclaiming travel costs - If the patient receives one of the qualifying benefits, they may be able to receive assistance from social funds through the Job Centre Plus office.

Patients should claim on the day of appointment by:

- Bringing proof of eligibility to their hospital appointment.
- Completing a Fares Reimbursement claim form.
- Asking the department they attend to stamp and sign the form.

Payment claim forms, which are duly filled, will be processed by Cashiers at St. Mary's Hospital main entrance.

NHS Patient Transport

For those who need to travel to the mainland, the following is a summary of what each ferry operator offers and, for those living with cancer, the Daisy bus service.



For all travel you must pre-book the discounted NHS ticket; claims cannot be retrospective. You must travel on the day of the appointment and bring written proof of the appointment.

RED FUNNEL (RED JET) - A special return passenger ferry fare of £11.80 per person is available for the patient and a companion. Where the patient is a child, the discounted fare is available for up to 2 adults travelling with the child. Please note the fare applies after 08.45, although exceptions may be made for earlier appointments. Book at the ticket office to get the discount.



RED FUNNEL (BY CAR) - If you need to travel for hospital appointments with your car, please submit your request using the online form. Red Funnel offer various discounts including, for example, those attending a cancer appointment can travel with the car for the same £11.80.

WIGHTLINK (ALL FERRIES) - You can get 50% off your ferry crossing with Wightlink; this NHS discount is available for the patient plus one other traveller, or if the patient is a child, two parents are permitted to travel alongside. The offer does not apply to appointments with GPs, dentists, pharmacists or opticians. To book, call in advance on 0333 999 7333, quoting the Wightlink Healthcare Discount. The 50% discount apply to Standard and Economy vehicle fares and Standard foot passenger fares.





NHS Patient Transport



HOVERTRAVEL



A special return passenger ferry fare of £12.50 per person is available for the patient and a companion. This can be day or period return. Fares can be booked online and you must, like all ferry providers, bring proof of the appointment with you.

DAISY BUS From Southampton and Southsea

Primarily for cancer patients, they run two minibuses to Queen Alexandra and Southampton General Hospitals.



Wessex Cancer Support

SOUTHSEA - Hovertravel donate 10% of every NHS Hovertravel ticket sold to support the Daisy Bus so please ask for this ticket when purchasing your ticket.



Southsea

Pick up 10.30 11.30 12.30 13.30

QA

Pick up 11.00 12.00 13.00 14.00

Minibus Mobile: 07990 001 072

SOUTHAMPTON TOWN QUAY - Timetable may vary

Town Quay

Pick up 09:00 10:20 11:30 13:50 15:00 16:10

Southampton General

Pick up 09:30 10:45 12:00 14:20 15:20 15:40

Minibus Mobile: 07747 776 874

Lisa Lisa Hollyhead



Dress for Less



Hello; my name is Tracey and I would like to introduce myself as the newest member of the Dress for Less team. My husband and I have been living on the Island coming up for three years now; we moved from Basingstoke to help support my father. It has taken us a while to settle but we now call it home.



We have two children and five grandchildren who all love visiting and spending time on this lovely island.



Selling Pre-Loved Ladies Clothes and Accessories

Looking for that special occasion outfit or perhaps something to brighten up your wardrobe?

Our Dress Agency sells immaculate pre-loved ladies clothes & accessories.

All items are inspected thoroughly for both style and presentation before being placed on sale to ensure the highest quality for each and every customer.

Visit us at
57 Pyle Street, Newport
PO30 1UL

01983 523197

I worked for many years in retail and have always had a passion for helping people. I love to chat and meet new people so when the opportunity to join Dress for Less came up, I was thrilled. I must say, from first speaking with Debbie and then meeting Lisa, Ruth and Sue, I knew it would be perfect for me.

I have enjoyed every minute; the team of volunteers are all fabulous and selfless in giving their time to the Charity and have all been so welcoming.

Dress for Less is truly unique and, now that we are in the new premises, it really is a special place to work.

I would like to thank Sight for Wight for letting me be part of it; for me it really is the icing on the cake. I am looking forward to the rest of the year, hopefully meeting more of the Sight for Wight team and helping our lovely customers and raising lots of funds for the Charity.

Tracey Tracey Marjeram



Wight Sense

Wight Sense is the Rehabilitation Service offered to all Isle of Wight Residents living with a sense loss that affects their daily living. Anyone can be referred to the Service, either by themselves or through any other person involved in their lives. A simple phone call starts the process, no complicated forms and certainly no expectations. One of our team of assessors will make contact and start a conversation of how we can help.

The Wight Sense team is made up of:

Caron (that's Caron with a C!) our Vision Specialist



Caron, like all our assessors, will visit you at home; you can then chat about what it is you want to do and now finding more difficult; she will visit you at a time that works for you and stay as long as you need her to.

Karen (that's Karen with a K!) our Deafblind Specialist

Once you have had your first visit, you will agree your goals with your assessor and we can discuss what free loan equipment we can offer you to start to help achieve those goals.



Paula our Hearing Specialist



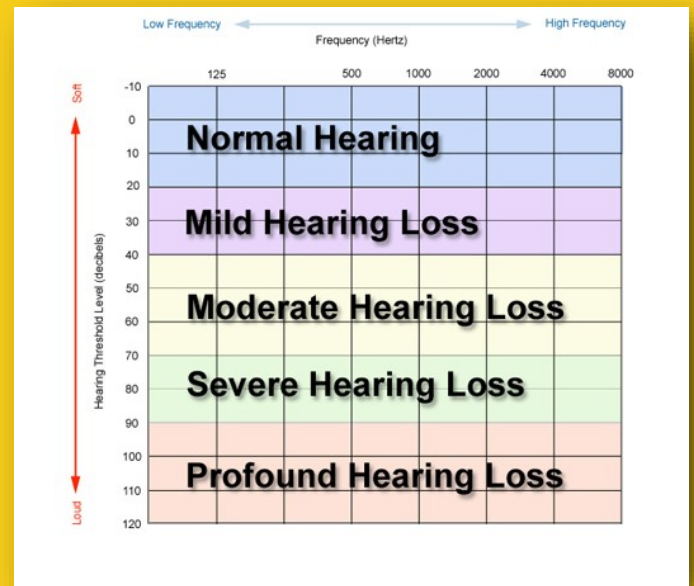
We will then follow up with further visits to help you achieve what you want to and refer you on to other people to ensure you succeed.

This could include **Pete** our Mobility and Daily Living Skills trainer; he is there to give you the confidence to get out and about as much as you would like to.



Lisa Lisa Hollyhead

Mrs T, lady in her fifties, lives with moderate to severe hearing loss. She got in touch with us to refer herself after being told about the Service by a member of staff at audiology. An appointment was made to go and see her at home to discuss her hearing needs in detail.



Mrs T said that she struggles to hear on the telephone, is concerned about leaving her front door unlocked and being able to enjoy the TV with her family.

A full assessment was undertaken in the form of a conversation with Mrs T and she became quite emotional because she hadn't realised the level of support that was available to her.

Following the assessment, I checked Mrs T's phone to make sure that it was turned up to full volume, which it wasn't, so I adjusted it for her and, although she could hear a bit better, it still wasn't good enough for her to have a conversation.

We discussed the possibility of a new phone which needed to be cordless. I gave her some options and suggested she might like to try the BT 4600 model because the feedback I've had from people who have bought it is very favourable.

I explained that it has a hands-free function which can increase the volume for her should she need it.



One Client's Story

We talked about anxiety and how it escalates, due to her hearing loss. She said that she gets very worried about leaving her front door unlocked because anyone can walk in, and she wouldn't know. I demonstrated a loud flashing doorbell to her.



We discussed the TV and she said that she feels very anti-social because of the volume she needs to have it at. She said she would love to be able to hear the TV and enjoy watching with her family again. She said she is aware that her poor hearing is impacting her family life, especially the TV, and would like very much to try and minimise this as much as she can.

I demonstrated some TV listening equipment and Mrs T was so impressed by the difference it made; she could hear the TV perfectly at a volume that she needs without having to turn the TV up.

The doorbell and TV listening system were issued on a long-term loan basis and Mrs T was made aware that, should she have any further difficulties as far as her hearing is concerned, she can get back in touch with us and someone would go and see her again.

Mrs T was extremely grateful for the service that she had received and will come back to us in the future if we can be of help.



Paula Paula Matthews

Open Day

We want to thank everyone who contributed to our Open Day; this time we tried to create a much more community feel and certainly, judging on how much cake we went through, we achieved this. We had a wide variety of other organisations attend, offering people the chance to speak to them directly under one roof.



I am delighted to say that 69% of people who walked through the door were completely new to Sight for Wight, which is exactly what we are trying to achieve. We also wanted to ensure as many people as possible know of what we and other organisations do here on the Island.



As everybody left, I asked how they had found the day and was delighted to receive such comments as;

“I never knew there was a Blind Veterans association here on the Island, they were so engaging, I will definitely be in touch with them“

“I can barely carry my bag full of goodies; talking kitchen equipment is so expensive, buying second hand from you saves me money and stops these items being thrown out; thank you, I’m so glad I came.”

“The digital magnifier that reads out the text to me but fits in my hand bag too; hasn’t technology moved on. I’ll get my grandson to show me how to work it as I’ll probably forget before I get home; I love it when my grandchildren come round.”



2024 Day



From 2024, we will now be holding the event annually. The date for 2024 has been set for **September**; we will confirm the exact date and venue in our next newsletter as we are looking at all options in Newport.

We will be inviting other local organisations who are here to help you, as an individual, achieve your own goals and wishes so please look out for the confirmed date and we will see you there. Of course lots of home made cakes too!!!!



Millbrooke House

Whilst our Open Day is an important day, we are always here at Millbrooke House to assist you and give help and support when you need it. We have, in stock for both trial and demonstration, equipment. The best day to pop in is Wednesday morning when Caron is on hand to help as we hold our Coffee Morning from 10.00am to 11.30am so you can pop in and say hello.



Christmas Closure

Please note that Millbrooke House will be closing for the Christmas holiday period from 12.00pm on Friday 15th December and reopening on Tuesday 2nd January 2024 at 9.00am.

Our very kind bee experts have given us an update on the progress of the bees since they were rehomed from Millbrooke House. They now have a new Queen from the cells put in from another hive. It's quite difficult for this to happen so late on in the summer but they are such happy calm bees now and our bee experts weren't attacked once by any guard bees as they were very aggressive during the move but since receiving cells from a calm hive, this will produce calm bees in the spring.

They are making a very red honey so it's unknown what they have been foraging on but this is being left for them for the winter to eat. They will be fed from December onwards to get them through to Spring.

Our bee expert said, "They were feral bees and I have never known such cross bees but by having a gentle Queen from our bees it's changed them. When we first had them, several guard bees followed me over half a mile up the country lane to attack and I could not shake them off and could not take my bee suit off."





Sight
FOR WIGHT

Short Story Writing Competition **AWARD CEREMONY 2023**

Winners Announced!

7:00pm Friday 8th December

Riverside Centre, Newport

Doors Open at 6:30pm

ENTERTAINMENT FROM

Huxley Magician | Ben Stubbs

IT'S FUN! IT'S FESTIVE! IT'S FREE!



**SCAN &
LISTEN**



sightforwight.org.uk

(01983) 522205

Registered charity number 1149415

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Mortal Kombat Game Review

My name is Aaron Danvers-Jukes and I am a totally blind person. I come here to inform you that I have learned about some video games with accessibility. There are two games coming up in very rapid succession and I am reviewing one this quarter.

Mortal Kombat: releases on September 19 for standard edition, September 14 for premium edition, for Xbox Series S, Xbox Series X, PlayStation 5, PC Steam store and Nintendo Switch, developed by NetherRealm Studios.



I have first-hand experience as I took part in a public beta test which was available because I pre-ordered the game. I came away very impressed. This game includes a screen reader, audio description and audio sliders for various sounds that can help the blind, such as a sound which changes depending on the distance of your opponent, which is a ticking sound, and a sound that plays and changes depending on what position of attack you get hit with; high, medium or low hitting attacks all have their own distinct tones which can be enabled in the options via the attack type volume slider. The screen reader worked very well in the beta with a few caviats, which I have reported back on. The audio mix is also extremely customisable, you can set sliders for almost every sound type in the game. This is where you also turn on your accessibility queues.

The full version will contain a story mode with audio described scenes and the story mode will be playable, start to finish by the blind. The premium edition will give you some extra characters after the game releases, such as Homelander from The Boys or Omny Man from Invincible, as guest characters.



Terry's Twenty Teasers



AUTUMN

- 1 Why do most leaves turn brown in Autumn?
- 2 Approximately what date is the Autumn equinox?
- 3 What is the average November temperature on the Isle of Wight?
- 4 What is Autumn known as in North America?
- 5 What is Firework Night, or Bonfire Night, commemorating?

MUSIC

- 6 Who released the song "Budapest" in 2014?
- 7 What musical instrument is sometimes referred to as a liquorice stick?
- 8 How many symphonies did Joseph Haydn, the Austrian composer, write?
- 9 Where do the all-female group Little Mix come from?
- 10 Who wrote the music for "Guys and Dolls"?

WORLD KNOWLEDGE

- 11 Is New Zealand time ahead or behind British time?
- 12 Talking of time, when did time become officially standardised across Britain?
- 13 Who's the current POTUS?
- 14 Which two nations are way ahead of any others in terms of population numbers?
- 15 How much of the surface of the Earth is covered with water?

POT LUCK

- 16 What is a "flitter-mouse"?
- 17 What are the four main types of bear?
- 18 How many railway stations did Ventnor once have?
- 19 What's the name of John Buchan's famous story about Richard Hannay being chased through Scotland?
- 20 How many days are there in total in 2023 and 2024?



Terry's Twenty Teasers Answers



- 1 There's less sun, so the chlorophyll breaks down.
- 2 21st, 22nd or 23rd September (this year it was the 23rd).
- 3 10 degrees Centigrade/Celsius, 50 degrees Fahrenheit.
- 4 The Fall.
- 5 5th November 1605, when Guy Fawkes attempted to blow up the Houses of Parliament.
- 6 George Ezra.
- 7 The clarinet.
- 8 106.
- 9 London.
- 10 Frank Loesser.
- 11 11 hours ahead.
- 12 1880 (2nd August of that year).
- 13 Joe Biden (POTUS? President of the United States!).
- 14 China and India (half a point for each).
- 15 Over two-thirds.
- 16 A bat (Die Fledermaus, by Johann Strauss).
- 17 Polar, black, grizzly and brown (if you have others you know are right, that's fine).
- 18 Two (Ventnor and Ventnor West).
- 19 The Thirty Nine Steps.
- 20 731 (next year has 366, as it's a Leap Year).

SIGHT FOR WIGHT (01983) 522205 enquiries@iwsb.org.uk
sightforwight.org.uk

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

Opening Hours: Monday to Friday 9am to 4pm

DRESS FOR LESS (01983) 523197 retail@iwsb.org.uk
57 Pyle Street, Newport, IOW PO30 1UL

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