

# Essex Blind Charity



# Spotlight

**April 2017**

ISSUE 77



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Please send your articles for inclusion in Spotlight to:

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**Items for the next issue should reach the Editor by Monday 22nd  
May 2017**



## **The Editor writes:**

**Hello!**

Welcome to the latest edition of Spotlight brought to you by Essex Blind Charity. We hope you will find articles that are informative and of interest to you and that you will share these with other visually impaired people and their carers. Everyone who is newly registered in Essex will receive a copy of Spotlight and they can request their own copy in large print format, on tape or memory stick or by email. Unfortunately, we are unable to provide Braille copies.

Thank you for your feedback on the new Spotlight format, it seems you liked the puzzle page so I have another one for you this month on the spring theme of animal babies. This topic is on my mind as I am expecting my first grandchild this month. It also fits in nicely with Easter and new life.

I am also pleased to be able to include some contributions from our readers in this edition. Many thanks to Michelle for her informative testing and review of Amazon Alexa and to Sue for her inspiring book review. I hope this will encourage more of you to send me articles – this is your magazine, somewhere to share your experiences.

Last but not least we are holding our Annual Exhibition in Chelmsford this year on Wednesday 31<sup>st</sup> May – more information in the Midwest section.

Wishing you all a very Happy Easter.

Jill

# Community Support Team



**Helpline Number 01206 548196**

## Social Media

We are now actively promoting Essex Sight on Facebook and Twitter. For those of you that use social media, pay us a visit to see what we are doing.

## Colchester Sight Centre by Carol Massey



By the time you read this the clocks will have gone forward one hour and Spring should be well and truly with us.

## **Extended Opening Times**

From Wednesday 19<sup>th</sup> April, the Sight Centre will be open until 4pm every Wednesday. This is initially on a trial basis to see if there is a need to extend our opening hours. We want to be as accessible as possible to everyone.

## **Volunteer Information**

We now have a new volunteer in the Sight Centre. Veronica is here on Mondays to help provide assistance and information. The Sight Centre has been very busy over the past few months, so it is lovely to have another pair of hands to help.

## **Demo Days**

In March, Sight and Sound Technology held a demonstration day of their low vision aids. Particularly popular was the ORCAM device. I tried it out and was very impressed by its abilities. We are getting our own ORCAM equipment in the near future and will then be able to offer demonstrations ourselves should anyone be interested.

## **“Alexa”**

Alexa (see February Spotlight for details about this voice activated device) has proved an engaging addition to our Sight Centre. I have demonstrated Alexa to many of our new and existing users and they have all thought it was a good idea. She will even tell you a joke (not a very good one though) if you ask her!

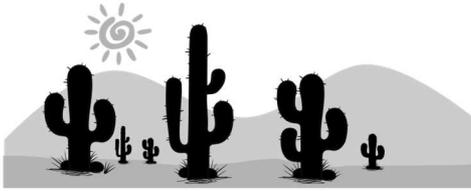
As most of you will be aware, we can take card payments in the Sight Centre and we have now introduced contactless payment (£30 or less). This will hopefully aid those users who find it difficult to see the buttons on the card machine.

That’s my news. I now have to rest after putting 30 clocks and talking watches forward one hour to British Summer Time!

## **Colchester Sight Centre Activities**

Weekly: Tuesdays	10am-12	Coffee Morning (IPad/IPhone sessions by appointment only)
Wednesdays	10am-12	Correspondence Reading
Monthly: 1 <sup>st</sup> Thursday	10am-12	“Knitwits”

## **News from the Midwest by Jill Shakespear**



**Braintree      Brentwood**  
**Chelmsford    Maldon**

### **Annual Exhibition**

Our annual exhibition will be held in the Pavilion at Essex County Cricket Ground, New Writtle Street, Chelmsford CM2 0PG on Wednesday 31<sup>st</sup> May from 10am to 2pm. Entrance is free and parking is available on site. You do not have to pay, just give us your car registration when you arrive so you are not charged. If you are coming by public transport it is a short walk from the station and town centre. Turn left into Parkway at the roundabout from Victoria Street (or you can walk past the market), walk across the river bridge and enter Sky Blue Pastures on the left. Keep to your left following the blue signs to the cricket ground. This brings you in the back gate, then follow the path round to the Pavilion.

We have a good variety of exhibitors showing magnifiers, IT, lights and high tech electronic aids as well as services like Calibre library and local charities.

This is your chance to see all the latest equipment in one place local to you and try out different products which you may have seen advertised.

### **Enhanced Vision and Dolphin demonstration days**

Enhanced Vision will be visiting our Chelmsford and Brentwood Sight Centres to demonstrate their range of electronic magnifiers along with Dolphin who sell specialized computer software for visually impaired people. The dates are:

Chelmsford Sight Centre: Friday 21<sup>st</sup> April 10am-2pm

Brentwood Sight Centre: Monday 8<sup>th</sup> May 10am-1pm

## Activities

Now we are looking forward to better weather we are considering some more walks from the Maldon Sight centre. If you are interested in this, please contact me. We are still welcoming new members at our Brentwood and Braintree book groups. See our book review below for inspiration.

### **Book review:**

"The Snow Geese by William Fiennes" reviewed by Sue from our Braintree group.

When I chose this large print book of The Snow Geese, I was unaware at the time of the profound effect the journey the author would take in his pursuit to follow thousands of snow geese to their spring breeding grounds would have on me.

The author explains that at the age of twenty-five he suffered from a serious illness which required several operations and a long period of convalescence, and it was during this time he read 'The Snow Goose' which sets him on a quest, as soon as he is well enough, to fly out to Houston in Texas where the snow geese are over-wintering, and follow them as they fly north to their spring breeding grounds on Baffin Island, in the Canadian Arctic.

The author described his first sighting of the snow geese at the Eagle Lake in Austin, Houston with such detail that I felt his thrill, amazement, and pure emotion as the geese began to arrive at the lake. At first, he could hear what sounded like the faint tinkling sounds of boats in a marina and could just see specks on the horizon, and then gradually the louder 'yapping' noises, like excitable terrier dogs, which intensified as thousands of geese flew overhead and then swooped down suddenly onto the lake to roost for the night. This was the beginning of his journey to follow the snow geese onwards.

This story tells of the author's travels, the quirky people he meets, the diverse types of accommodation he stays at and the different modes of transport he has to use in his pursuit to follow the geese as they fly from the Gulf of Mexico back to Canada. The book has many funny and observant insights, with lots of stories, anecdotes and migratory

information. If you are a lover of wildlife, especially birds, I can thoroughly recommend this book.

Many thanks to Sue for this review – I was so inspired by her enthusiasm at our meeting that I borrowed the book and enjoyed reading it too.

Upcoming dates for the Sight Centres are:

Braintree: 19<sup>th</sup> April and 17<sup>th</sup> May 10-1 (book group 10.30-11.30)

Brentwood: 10<sup>th</sup> April and 8<sup>th</sup> May 10-1 (book group 1.30-2.30)

Maldon: 4<sup>th</sup> April and 2<sup>nd</sup> May 10-1

Chelmsford: every Friday 10-2

## **Tendring Talks by Denise Sanders**



**Brightlingsea Clacton  
Harwich Manningtree**

## **POEM FOR THE MONTH OF APRIL**

Daffodils by William Wordsworth - inspired by seeing a large bank of daffodils in 1802

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.

The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed—and gazed—but little thought  
What wealth the show to me had brought:

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.

#### Next Dates for sight centres

Brightlingsea – Wednesday 17<sup>th</sup> May 10-12.30  
Harwich – Tuesday 11<sup>th</sup> April and 13<sup>th</sup> June 10-1  
Manningtree – Tuesday 23<sup>rd</sup> May 9.30-12.30  
Clacton – every Thursday 1-3.30

Clacton Art takes place the first Thursday of each month. We are now able to offer this activity at a reduced rate of £2.50. Why not give it a go; have a dabble ...Materials supplied and a protective apron provided.

## **Hospitals**

We are very sad to say goodbye to Loredana who is moving on to work with stroke patients in a London hospital. I'm sure they will all benefit from her wonderful help and support which she has given to patients at Broomfield Eye Clinic over the past 2 years. We wish her well.

Meanwhile Jill is still offering support at Broomfield Low Vision Clinic and Christine is our regular Eye Clinic Liaison Officer covering Clacton and Colchester hospitals.

### **Christine – Sight Loss Advisor, Hospital Eye Clinics**

Hello again, I would just like to take this opportunity to remind everyone that I am usually at Clacton Hospital on Monday mornings and Essex County in Colchester on Wednesdays every week to offer support and advice to anyone attending the eye clinic for treatment. If you are attending on another day and would like to speak to me you can ask a nurse or your consultant to send me a message or ask for one of my leaflets with my contact details to get in touch. I can arrange to visit you at home if necessary or you can pop into our Colchester Sight Centre for a chat if you let me know in advance.

We work in conjunction with the Sensory Team (ECL) who are also at Essex County on a Monday morning. They are based in the Outpatients Waiting area and can give advice on our services as well as their own.

If you would like to know more about the Sight Loss Advisor or ECLO service, please give me a call on 01206 548196 or 07770 750108.

## **Read House, Frinton on Sea by Janet Plant**

Our internal refurbishments have now completed. We have a newly designed reception area, new lighting and carpeting throughout, the dining room has been redecorated and a new, more efficient (we hope!) heating system installed. The work has been carried out to high standard and although there has naturally been some disruption the workmen have been very co-operative and considerate of the needs of our residents. In fact, I think secretly the residents are sorry to see them go. After almost 20 years, it is lovely to see the Home looking like new again.

We are very sad to be losing our Activity Co-ordinator Tina, who is having to leave us for family reasons. She has been very popular with all the residents and staff and will be very much missed by us all. In her time with us she has arranged lots of activities, events and entertainers and in fact has kindly planned and booked a whole year of entertainers and speakers for us before she goes. We will of course try to recruit someone to replace her but she will be a hard act to follow and in the meantime we will continue to offer a varied programme of events and activities for our residents to enjoy.

Now that Spring and Summer are approaching we would like to remind any club members of our day centre facility for their club outings. We can offer lunch and/or tea in our fully accessible day room (which is completely separate from the care home). Being situated on the seafront at Frinton, near local shops and with an attractive secluded garden we are ideally placed for an enjoyable day out. We are available for bookings on Tuesdays and Fridays and can offer a varied menu. Please contact Sandra on 01255 673654 or by email [sandra@essexblind.co.uk](mailto:sandra@essexblind.co.uk) for more information.

## **Puzzles**

Can you give the name of the male, female and baby of the following animals?

For example the answer for Dog would be dog, bitch and puppy

- |             |                |
|-------------|----------------|
| 1. Badger   | 10. Fox        |
| 2. Bird     | 11. Goat       |
| 3. Camel    | 12. Guinea Pig |
| 4. Cat      | 13. Horse      |
| 5. Deer     | 14. Kangaroo   |
| 6. Donkey   | 15. Rabbit     |
| 7. Duck     | 16. Seal       |
| 8. Elephant | 17. Sheep      |
| 9. Ferret   | 18. Swan       |

## **Equipment**

### **A week with Alexa by Michelle Wiggins**

Essex Sight recently purchased 2 Amazon Eco Dot Alexa's for people to try out and they asked me to test it out and write a review of my experiences. If you are interested in borrowing one, I hope this review will be of use to you.

#### **What's in the box?**

The Amazon Echo Dot also known as Alexa is a small flat round box with 4 buttons on the top. The action button (has a dot on) which you will press during set up, volume up and down buttons and a microphone on/off button. It is mains powered so a USB cable and plug are supplied. Essex

Sight will also give you a sheet of set up instructions which you will need to connect to their Amazon account.

## **Getting started**

You will need to use the free Amazon Alexa App on an up to date Smartphone or tablet to set up Alexa. The on screen instructions are very straight forward and the App seems compatible with screen readers. I would say that set up isn't for novices, some technical abilities are required. Unboxing and set up took about 10 minutes.

## **Using Alexa**

So what can she do? That's a good question. At the time of writing this review her abilities in the UK are limited. Out of the box for free she is an internet radio using the Tunein App to play stations around the world. You have to know the exact name of the station you want e.g. BBC Radio 2. You can also sign up for the Amazon Music unlimited service (on offer at £3.99 a month instead of the usual £7.99 at the time of writing). This allows you to store your own music library on Amazon and access their streaming library of 40 million songs. You could then ask Alexa: "Alexa, play songs by the Beach Boys" or request a specific song. She can also connect to a Spotify account and I'm sure more services will be available in the future. You can connect Alexa Dot to your own speakers to get a better quality sound.

The important thing to remember is that all requests must start with the wake up word which is "Alexa" but this can be changed through the App. So if you want to know the time you say "Alexa, what is the time?"

Alexa can tell you: the time; date; today's weather or a long range forecast for the week ahead; news and sports headlines; an interesting daily fact; spelling; maths; a joke; and even sing a song and more. The App has loads of suggestions. She can answer basic questions "Alexa, how tall is the Shard?" but more complex web searches don't seem to work or she'll send a link to the App. If at first she doesn't understand your request, rephrasing it can often work. "Alexa, stop" will stop any activity.

Timers and alarms are easy to set up "Alexa, set an alarm for 4pm today" and you can change the alarm sound and volume via the App. You can

set a to-do list but if you want a calendar you have to set up Google calendar first. Shopping is not currently available in the UK but you can create a shopping list which you can then view on the App while you are out.

You can connect Alexa to WiFi enabled Smart devices such as light switches and plug sockets and heating controls, but as I don't have these I was unable to test this function.

## **My Conclusion**

Alexa is not a gadget specifically made for visually impaired people but the fact that she talks makes accessing the internet and music easier for those with sight problems who haven't learnt to use speech software on a computer. There are times when you need to refer to the app and set up is impossible without it. The technology is in its infancy and so its capabilities are limited. However in the future I can see many uses, especially when Smart-enabled devices become commonplace. That's not to say don't try or buy it. As a music player and radio it works well and with the full sized Echo priced at £149.99 and the Echo Dot at £49.99 it is fairly priced. My husband is totally blind and a technophobe yet he was able to get a weather report so knew it was raining before he left the house. I've enjoyed my time with Alexa and we will be buying one.

## **Comic Postscript**

Thank you Michelle for this enlightening review. If you already have Alexa and have been listening to this then beware, she may have been listening too! Jill Allen-King was listening to the last edition of Spotlight where we talked about what Alexa can do and Alexa obediently followed our sample instructions and set an alarm for 7am. Happily Jill saw the funny side of this and rang to tell us.

## **Second Hand Equipment**

We have recently received some second-hand CCTV video magnifiers. If you are interested in these or any other second-hand equipment, please contact our Colchester office

## Activities



### East Anglian Sailing Trust (EAST)

Have you ever thought of trying out sailing?– well here is your chance, read on for inspiration.

### **Experiences of sailing with EAST by Sue Hogge**

In 2009 I opened a copy of the British Retinitis Pigmentosa Society(BRPS) magazine and read an article which dramatically changed my life. It told of 2 organisations which took blind and visually impaired people sailing, no experience necessary. Sailing in a yacht was something I'd always wanted to do but never had the opportunity. I was so excited that I rang both contacts immediately, and signed on for everything going. My first ever experience of sailing was the EAST May weekend with Dick Fox and Lorraine Kuzcko in Rival of Shalee, and in spite of the lashing rain and onshore wind, I absolutely loved it. The feeling of sheer exhilaration, total involvement and being alive was incredible. That combination of boat, sea and wind meant that just for a while I could forget that I was visually impaired, and my only regret was that I hadn't done it sooner. I'm never happier than when at the helm with the wind in my hair and the boat trimmed perfectly! Since then I keep coming back for more and have sailed with many EAST skippers, going north as far as Lowestoft, south to Ramsgate, and over to Boulogne; exploring the beautiful rivers and estuaries along the way. I've had a lot of good sailing and many laughs over the years, and made many new highly valued friends. One thing I'm always aware of is that the EAST cruises only happen because of the generosity of the individual skippers, crew and organisers in giving their boats and their time. My personal thanks to them all and long may it continue!

### **About the East Anglian Sailing Trust (EAST)**

VI crew can attend as individuals or a group. No previous experience is necessary.

The sailing is on a variety of yachts from 30' to 40' in length.

Individual berths are provided for privacy.

We offer taster days and taster weekends from Suffolk Yacht Harbour near Ipswich.

Taster days are free. A nominal charge is made for weekends (£25 a day) to cover fuel, food and mooring.

We can meet you at Ipswich Railway Station and provide transport to the harbour.

All EAST crew are volunteers. Captains are not paid for the use of their boats but are insured for VIs and all crew are VI awareness trained (with East Suffolk Association for the Blind),

EAST has risk assessments and guidance/policy notes for the care of VI crew. Life jackets are provided.

We are holding:

a taster weekend on Friday evening 12th to Monday 15th May - NEARLY FULL

Taster Days (National Push the Boat Out Week) Thursday 18th and Friday 19th May - FILLING

a taster weekend on Friday evening 2nd to Sunday 4th June. - PLACES AVAILABLE

Our Cruising Section chairman, Simon Daws, who is VI, would be very happy to talk to anybody with questions or in need of reassurance -

Mob: 07749 714361. Or visit our website [www.e-a-s-t.org.uk](http://www.e-a-s-t.org.uk).

Or contact Anne Williams (VI Cruising Co-ordinator) Tel: 01255 242280, Mob: 0786 822 6604 or email [anneandtreavor@hotmail.com](mailto:anneandtreavor@hotmail.com).

## Entertainment

In this section are some events specifically for visually impaired people which may be of interest to you.

It is also worth remembering that most theatres have special arrangements for visually impaired users in general performances. These include reserved seats near the front and free entrance for an accompanying carer. Ask about access when you contact the booking office.



## **Colchester Mercury Theatre**

The Mercury theatre is producing an audio described show of Spamalot together with a touch tour before the show on Saturday 13<sup>th</sup> May at 1pm. Lovingly ripped off from the hugely successful 1975 film Monty Python and the Holy Grail, Spamalot is a riotous comedy full of misfit knights, killer rabbits, dancing nuns and ferocious Frenchmen.

We join King Arthur as he travels around the land gathering his Knights of the Round Table. This band of hapless adventurers is then tasked with a divine mission to locate the elusive Holy Grail – with uproarious consequences. With comic tunes including Brave Sir Robin, We're Knights of the Round Table and perennial favourite Always Look on the Bright Side of Life, Spamalot audiences are sure to be dancing in the aisles.

Spamalot was the winner of the 2005 Tony Award for Best New Musical, while it enjoyed a victorious West End run. This hilarious show was written by Python legend Eric Idle, who has been entertaining the British public for over 50 years.

Box office: 01206 573948

## **Globe Theatre, London**

As part of their Summer of Love season the Globe Theatre has an audio described performance of Romeo and Juliet on Sunday 7<sup>th</sup> May at 1pm. A touch tour is also available.

Daniel Kramer, Artistic Director of English National Opera, brings Shakespeare's timeless ritual of love and death to the Globe stage in a vibrant, volatile production. His wild and energetic take on Romeo and Juliet explodes in a modern twist on Shakespeare's classic story. Witness the grotesque glamourisation of violence, the silence of death. This production contains strobe lighting.

Box office: 020 7902 1400

## **Fitzwilliam Museum, Cambridge**

The Fitzwilliam museum in Cambridge is offering a free touch tour of its exhibition "Up Close and Personal" of Degas and Rodin bronze sculptures. The tour is on Wednesday 26<sup>th</sup> April at 2.30-4.15pm.

This is a unique opportunity to handle some beautiful bronze sculptures of horses, dancers, and other figures by famous French Impressionist artists Degas and Rodin. Learn how and why they were made, with Dr. Vicky Avery, Keeper of Applied Arts.

Tea and coffee break provided. Guide dogs and companions are welcome to all sessions.

Booking essential. To register your interest tel: 01223 332904 or email: [\*\*education@fitzmuseum.cam.ac.uk\*\*](mailto:education@fitzmuseum.cam.ac.uk)

## **Holidays**

It's that time of year when many of us are planning our summer holidays. There are several companies that cater for visually impaired people so here are a few for you to check out:

### **Vision Hotels**

Part of Action for Blind People they have 3 hotels in Teignmouth, Lake Windermere and Somerset where staff are happy to tailor your holiday around your needs. They all offer regular themed breaks too. Themes for 2017 include walking holidays covering up to 7 miles a day, National Trust and garden visits and singing tuition.

Contact: 0845 603 0051

### **Traveleyes**

This is a unique commercial company that pairs up sighted and visually impaired holidaymakers and offers a wide range of holidays from UK short breaks to worldwide adventures. Destinations for 2017 include the Far East, Texas, Europe, Peru, Madagascar, Iceland and the UK

Contact: 0113 887 4275

### **Torch Trust**

This is a Christian charity for visually impaired people offering holidays at its retreat centre in West Sussex.

Contact: 01273 832282

We have information on these at all our Sight Centres.

To whet your appetite here is a contribution from Edward Wilson who acted as a sighted guide on a skiing holiday:

### **What a week! Everything I hoped for, and more.**

When looking for something fun, different and exciting to do on my gap year guiding a visually impaired cross country skier went to the top of my list. I was worried about meeting a group I had never met, daunted by the prospect of guiding someone with a visual impairment, excited for the possibility of meeting Father Christmas and honestly intrigued as to how a blind person went about skiing! Fortunately, I can say this concoction of emotion was settled by the first day (minus meeting Santa, that happened on the fourth).

The group was made up of 7 skiers, 10 guides and 4 non-guiding friends, all of which shared the same vitality for life and enthusiasm for winter sports. Despite halving the average age of the group, (the youngest was over 60 and one was over 80) I was by no means joining a U3A/ Saga holiday as we often skied in excess of 20 kilometers a day at a strong pace. The spirit of the group was perhaps epitomized by Janet's suitcase carrier, which read "Adventure before Dementia", and what an adventure it was!

Having always been a downhill skier I felt very much out of place in the icy cross country tracks, to a certain extent it really was the blind leading the blind! But with the help of our calm, collected and talented instructor Pam the whole group progressed considerably. As the week progressed the whole group jelled and became a formidable movement of fluorescent bibs, elegantly gliding around the challenging routes Ylläs offered. One felt very proud of their skier when someone passed and looked back to confirm what they were seeing, it drove home the achievement of the skier and reminded you of the responsibility of your role.

The skiers demonstrated how their disability, whilst being a hindrance, was by no means a debilitating factor in their lives. Their skiing was as good, and at times, outclassed the guides. Whether they would like to be thought of as inspiring or not, I am afraid they have no choice, as they were. Skiing can be dangerous and difficult at the best of times, and the courage to undertake it with limited or no sight is a feat that should not be undermined or overlooked.

I would encourage anyone to get involved however they can with this wonderful group.

For more information about this holiday contact the Jubilee Sailing Trust on 02380 449108 . Website [www.jst.org.uk](http://www.jst.org.uk)

## Answers to puzzles

1. Badger: Boar, sow, kit or cub
2. Bird: Cock, hen, chick
3. Camel: bull, cow, calf
4. Cat: tom, queen, kitten
5. Deer: stag, doe, fawn
6. Donkey: jack, jenny, colt or foal
7. Duck: drake, duck, duckling
8. Elephant: bull, cow, calf
9. Ferret: hob, jill, kit
10. Fox: tod or dog, vixen, cub
11. Goat: billy, nanny, kid
12. Guinea pig: boar, sow, pup
13. Horse: stallion, mare, foal
14. Kangaroo: jack, jill, joey
15. Rabbit: buck, doe, kitten
16. Seal: bull, cow, pup
17. Sheep: ram, ewe, lamb
- 18 Swan: cob, pen, cygnet

## Contact details

Helpline and office 01206 548196  
(Jill Shakespear, Carol Massey, Denise Sanders)

Christine Pratt (Colchester + Tendring hospitals) 07770 750108

Read House 01255 673654  
(Janet Plant, General Manager, Vanda Watling, Fundraiser)

Essex Blind Charity produces and distributes Spotlight free of charge. However donations in time or money are always welcome. If you are a UK taxpayer please consider filling in our gift aid form so we can claim back the tax paid on your donation, thereby allowing us to make even better use of your donation.

If you are writing or redrafting your will please consider leaving us a gift. Your support will enable us to continue to provide and develop the services we provide for people with sight loss throughout Essex. Thank you.

## Gift Aid Declaration

**On behalf of Essex Blind Charity  
Registered Charity No. 1103732**

The Gift Aid Scheme enables charities to make more of your donation by reclaiming the tax you have already paid. In order for us to make this claim on your donation(s) please complete this form and return it as soon as possible

***Thank you!***

**Please treat the enclosed gift of £.....as a Gift Aid donation.**

I confirm that I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all charities and Community Amateur Sports Clubs that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Title.....Forename(s).....Surname.....

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Address.....

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Post Code.....

**I would like Essex Blind Charity to treat all donations I have made since 1 July 2012 as Gift Aid donations until I notify them otherwise.**

Signature..... Date.....

Please return your completed form to:  
Essex Blind Charity  
Read House, 23 The Esplanade  
Frinton on Sea, Essex CO13 9AU.

If you are not already on our mailing list for 'Spotlight' and would like to receive a regular copy, please complete the form below and return it to Carol Massey at Essex Sight, 40 Osborne Street, Colchester CO2 7DB

Name.....

Address.....  
.....  
.....  
.....  
.....  
.....

Tel.....

How would you prefer to receive your copy?

Large Print..... Cassette Tape..... Memory Stick.....

Email.....

We would like to add your contact details to our database so that we may from time to time send you details of developments to our services, events taking place in your area and other information we feel may be of interest to you.

If you would prefer us not to do so, please tick here.....

We will not pass your details to anyone else without your permission.

**You may request us to remove your details from our database at any time.**

## Essex Sight Centres

### **Braintree**

Braintree Library, Fairfield Road  
Braintree CM7 3YL  
3<sup>rd</sup> Wednesday of each month  
10 am to 1pm

### **Colchester**

40 Osborne Street  
Colchester CO2 7ND  
Open Monday to Friday  
10 am to 2 pm

### **Brentwood**

Brentwood Library, New Road  
Brentwood CM14 4BP  
2<sup>nd</sup> Monday of each month  
10 am to 1 pm

### **Frinton on Sea**

Read House, 23 The Esplanade  
Frinton on Sea, CO13 9AU  
Mon-Fri. 1pm to 4.30 pm  
(by appointment – tel. 01255 673654)

### **Chelmsford**

Chelmsford Library, Market Road  
Chelmsford CM1 1LH  
Every Friday  
10 am to 2 pm

### **Clacton-on-Sea**

CADOWs, Old Road  
Clacton on Sea CO15 1HX  
Every Thursday  
1 pm to 3.30 pm

### **Maldon**

Maldon Library  
Carmelite House, White Horse Lane  
Maldon, CM9 5FW  
1<sup>st</sup> Tuesday of each month  
10am to 1pm

**We also hold regular sessions in Brightlingsea, Manningtree and Harwich libraries on alternate months, as well as other ad hoc sessions in other locations.**

**For more information contact Essex Sight Office on 01206 548196.  
Email: [services@essexblind.co.uk](mailto:services@essexblind.co.uk)**

**For information about permanent or respite residential care, contact:  
General Manager at Read House, Janet Plant: on 01255 673654  
Email: [janet@essexblind.co.uk](mailto:janet@essexblind.co.uk)**