

Essex Blind Charity



Spotlight

June 2017

ISSUE 78

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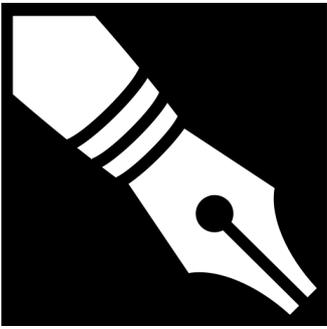
Please send your articles for inclusion in Spotlight to:

The Editor

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**Items for the next issue should reach the Editor by Monday 24th
July 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.

We had a very busy month in May with our annual exhibition and training on new equipment. We are all very excited to have been appointed by Orcam to officially demonstrate their reading camera glasses. You can find out more in the Colchester section of Spotlight.

After a long cool spring, we are finally getting some summer weather and I am looking forward to spending more time in the garden and my new greenhouse. There are some gardening tips in this month's issue and a flower themed quiz.

Our reader contribution this month is by Artin from Chelmsford, about his first time experience with Blind Veterans which I'm sure you will enjoy reading. Please do continue to send in your own experiences to share with our readers. I am happy to accept these in any format or write them down as you talk to me.

Jill

Community Support Team



Helpline Number 01206 548196

Colchester Sight Centre by Carol Massey



I hope everyone is well and looking forward to a warm summer.

ORCAM

We now have the ORCAM MyEye in the Sight Centre. This clever device has a tiny camera that fits on either your own spectacles or the pair included in the box and enables you to read documents simply by pointing to the page and then listening to a transcription through the earpiece. Our staff and volunteers have been trained to use MyEye and we are happy to give demonstrations. Please contact the Sight Centre to book a time.

Knitting Group

This month we welcomed three new members to the knitting group – we hope to see you again next month ladies.

Following an appeal in the Colchester Gazette and on-line, many kind people have donated wool to replenish our diminishing supplies. Thank you to everyone for this and if anyone else has unwanted yarn, then we will be happy to receive it.

Sight Centre Opening Hours

As mentioned in the last Spotlight, we are now opening until 4.00pm on Wednesdays. Several people, who cannot visit before 2pm have come along for information and advice which makes it worthwhile.

Forthcoming Demo Days

Enhanced Vision will be at the Sight Centre on Tuesday 18th July to demonstrate the latest low vision technology. This is between 10am and 1pm and entry is free.

That's all my news for now.

Carol Massey
01206 548196
Email: carol@essexsight.org.uk

Colchester Sight Centre Activities

Weekly

| | | |
|------------|---------|---|
| Tuesdays | 10am-12 | Coffee Morning IPad/IPhone sessions (by appointment only) |
| Wednesdays | 10am-12 | Correspondence Reading |

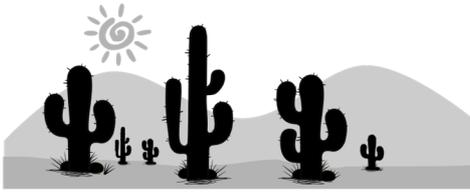
Monthly

| | | |
|--------------------------|----------|---|
| 1 st Thursday | 10am-12n | “Knitwits” (1 st June, 6 th July) |
|--------------------------|----------|---|

Demo Days

| | | |
|-----------------------|------------|-----------------|
| 18 th July | 10am – 1pm | Enhanced Vision |
|-----------------------|------------|-----------------|

News from the Midwest by Jill Shakespear



Braintree Brentwood
Chelmsford Maldon

After successful visits to Chelmsford and Brentwood we are looking forward to having Enhanced Vision and Dolphin join us at Maldon library on 4th July from 10am to 1pm. Enhanced Vision will be demonstrating their electronic magnifiers and reading machines, while Dolphin provide computer software for visually impaired users.

In Maldon, we are also planning a summer walk after our session on August 1st. We will meet at the library at 1.30 and aim to be back by 3.30. Please contact me if you would like to join us.

We currently have spaces at our Brentwood book group if you are interested in joining us. We meet in the library on the second Monday of each month from 1.30 to 2.30pm and choose from a wide variety of audio books. Val from the library is excellent at knowing what everyone will like and always comes up with some good choices.

Upcoming dates for the Sight Centres are:

Braintree: 21st June and 19th July 10-1 (please note there will be no book group in June)

Brentwood: 12th June and 10th July 10-1 (book group 1.30-2.30)

Maldon: 6th June and 4th July

Chelmsford: every Friday 10-2

Tendring Talks by Denise Sanders



Brightlingsea Clacton Harwich Manningtree

Clacton Sight Centre

Just a reminder that Clacton Art takes place on 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 or sketch Materials supplied and a protective apron provided.

Thank you very much to all the clients at Clacton Sight Centre for their knitting squares and even completed blankets. I am happy to say that these are being forwarded to clients with learning difficulties who enjoy sewing these squares together. The blankets are then forwarded to two charities – Ministry of Hope, Africa, and/or a local residential home for the elderly.

We have recently been donated some more wool so can we all get knitting again please...

Thank you very much to Katie and friends in Clacton for arranging an afternoon of music and singing. This proved to be very popular and we look forward to a similar event in November.

Upcoming dates for the Sight Centres are:

Brightlingsea – Wednesday 19th July 10 am – 12.30 pm

Clacton– every Thursday 1pm – 3.30 pm

Harwich – Tuesday 13th June – 10 am – 1 pm

Manningtree – Tuesday 25th July – 9.30am – 12.30 pm

Hospitals

Christine – Sight Loss Advisor, Hospital Eye Clinics

Both Essex County and Clacton eye clinics have been busy these past two months. The recent cyber-attack on Colchester hospital was a real challenge for all the staff and patients alike. I think the staff coped admirably and from what I could see the clinic staff adapted quickly and worked around the problem. With everything set up to work from the computer system this must have been a real challenge. Everyone worked hard to keep the clinics running and although there were delays it looked like everyone was taking it in their stride.

If you would like information on an eye condition or some support from me I can be contacted on 01206 548196 or 07770 750108; please leave me a message if I am unavailable.

Read House, Frinton on Sea by Janet Plant

This last couple of months has been quite busy with lots of different activities and entertainers for our residents. We have had our annual visit from Gemma's Farm, which our residents love. Unfortunately, this was on a cold, wet day so we had to move some of the animals inside. Gemma's kindly took some of the smaller animals to residents in their bedrooms and they loved cuddling the rabbits and baby chicks. We had a performance by musicians as part of the Frinton Music Festival. We were delighted to be included in this prestigious event, and the music was greatly enjoyed by our residents and day centre clients. We have regular performances from Keith Ashworth, a local classical pianist, which the residents love, but recently we also had a piano recital by a young visually impaired student. So talented, and again a really enjoyable performance. Finally, the residents had a talk by Liz Huxley. Liz is very knowledgeable about the local area and its wildlife. She brings lots of photos and artefacts and the residents greatly enjoy the discussions with her. All this is in addition to our usual weekly programme of activities. We have regular meetings with our residents to discuss what they would like us to include in their activity programme, as well to give them the opportunity for them to raise any issues about the home whether it be about the care, housekeeping or food.

Puzzles

Flower Quiz

Can you identify the flowers from these cryptic clues?

Answers on page 14

1. Wintry falls
2. Tandem rider
3. Often ignored at a dance
4. Dulcet missile
5. It's the best policy
6. Bovine petticoat
7. Obscured relationship
8. Beautiful Italian lady
9. Short tempered Welsh animal
10. Number of sheep
11. Felix is worth a lot of money
12. We'll gather them in the Spring

Technology

New app to locate accessible cash machines

LINK the UK's cash machine (ATM) network, has launched a GPS-enabled ATM locator app which is designed to help people with visual impairment and other disabilities to easily locate ATMs based on their access needs.

The app, called the 'LINK ATM Locator App', allows users to set up filters to find ATMs that cater to different needs, including: ATMs which have

audio assistance, are wheelchair accessible, provide mobile recharge services, enable pin management and are free to use.

It also enables people to find ATMs close to their location and perform postcode-based searches in order to find ATMs at another location.

The App is available on Google Play for Android devices and the Apple store for iphones.

Activities

Gardening

At this time of year many of us enjoy getting out and working in the garden, but this can be difficult if you have a visual impairment. Here are a few tips that may help:

- Paint the edges of steps and handrails in a contrasting colour and have different textured edging for paths.
- Light steps and pathways and keep overhanging greenery cut back.
- Hang a wind chime to identify a particular spot.
- Set large pebbles in areas where it is dangerous to walk, for example under casement windows.
- Use cane toppers to protect your eyes.
- Keep track of tools by marking them with bright colours and carry them in a white bucket.
- A short length of old guttering makes an ideal seed bed. Fill with compost and sow seeds. When transplanting slide the compost with seedlings straight into a shallow trench.
- Knotted string can be used to mark the distance between planting seedlings, or use a grid of square plastic netting.
- Sow into peat pots or egg boxes which can be planted out directly into the soil.

If you would like more information we have copies of the RNIB/Thrive Getting on With Gardening books in large print, Braille and audio formats available to borrow.

Entertainment

Colchester UC Club

The Colchester UC club is now accepting new members. They meet every other Wednesday at the Conservative Club in Colchester High Street from 12 till 2pm for a sociable lunch. They also arrange monthly outings and activities. The club is open to all visually impaired people over 18 and family and friends are welcome to come along too. For more information contact Alan Kearsley on 01206 510870

Libraries

6th to 19th June is Make a Noise in Libraries Fortnight (MaNiL). This campaign, started by the RNIB, draws attention to library services for visually impaired people. In Essex, there will be events at Harwich, Colchester, Chelmsford and Basildon libraries. We will be supporting this with our usual Sight Centres at Chelmsford and Harwich and will have a stall at Colchester library on Saturday 17th June. Do pop along and see us.

Harwich Library will be promoting services for visually impaired people on Tuesday 13th June 10am – 1pm.

- Find out how to join or start an audio book group
- Try out one of the new talking book players with USB sticks
- Get advice and try equipment from one of our partner organisations, including Essex Sight, Clacton and District Talking Newspaper and the Macular Society
- Guide Dogs – Meet a Guide Dog puppy in training at our special Baby and Toddler Rhymetime Session 10.30am – 11.am

For further information telephone 0345 603 7628

London theatres and museums

Stratford East Theatre -Tommy the Musical

7-17th June 2017 at 7:30 pm. £12 - £26

Based on the iconic 1969 concept album, The Who's *Tommy* is the multi-award winning epic rock musical written by Pete Townshend. This performance will feature a creative use of audio description, captioning and British Sign Language interpretation which will enhance the experience for everyone. For more information, visit www.rampsonthemoon.co.uk

Touch tours will be available on **Saturday 10 June at 1.30pm**, **Wednesday 14 June at 6.30pm** and **Friday 16 June at 6.30pm**. Places for the touch tours are free with your ticket. If you would like to book for a Touch Tour, please let box office staff know when booking.

Box Office 020 8534 0310 email: tickets@stratfordeast.com

Royal Collection, Buckingham Palace - Canaletto & the Art of Venice

Tuesday 20 June 2017 at 6:30 pm £5.50

This event for blind and partially-sighted visitors will introduce the *Canaletto & the Art of Venice* exhibition through the scents of Venice. Taking inspiration from key pieces in the exhibition this verbal description event will explore the smells and stories of Canaletto's Venice. From the canals of Venice to beautiful 18th-century perfumes, this tour will provide a unique sensory way to discover the exhibition.

Box Office 0303 123 7323_email: learning@royalcollection.org.uk

Holidays

Look UK has a holiday flat in Scarborough available for visually impaired families and their children. The ground floor flat has 2 bedrooms, one double and the second with bunkbeds and a single bed and is fully accessible. It can be booked from £230 per week low season and £300 per week high season or by the day. For more information email admin@look-uk.org or phone 01432 376314.

Blind Veterans

A personal experience by Artin Cornish

I was diagnosed as having Macular Degeneration in both eyes and registered blind in 2001 and three years later I got involved with a newly formed branch of the Macular Society in Chelmsford. Here I met a couple of members who also belonged to Blind Veterans UK, formerly known as St Dunstan's. However, it wasn't until 2016 that I was persuaded to join following a change in circumstances.

I was contacted by a welfare officer who told me what help was available. Later in the year I was invited to join an introductory week that was to take place in January 2017 at their residential training centre outside Brighton. This consists of accommodation for approximately 30 permanent residents and a training wing which includes a fully equipped gym and heated swimming pool. A further wing has accommodation for visitors with extensive grounds above the seafront.

I was picked up from home at midday on Sunday, arriving at Brighton about 3pm, giving me a chance to settle in before dinner at six. The food was excellent, 3 cooked meals a day plus coffee in the morning and tea in the afternoon. The service was also very good with everything geared to make life easy for the visually impaired.

There were about 10 of us on the introductory course plus partners and other people on training courses. I think the age range was from 44 to 94. We all had an initial assessment and tried each piece of equipment to see what would be suitable to make life easier now and in the future.

We had a sports afternoon where we tried out indoor bowls, archery and rifle shooting. We also had an arts and crafts afternoon and an hour of armchair aerobics. Every evening there was some form of entertainment from Bingo to classical music or you could just casually chat. I was there during Burns night and we were all given a glass of scotch and some haggis.

The rooms were all en-suite with walk in showers. There was a no tipping policy but you could request a plain brown envelope at reception and give an anonymous donation. The only thing you had to pay for was drinks at the bar.

On Saturday, we were handed a goody bag of useful equipment and a packed lunch to take home.

I can't wait to find an excuse to return and I am looking forward to trying out some of their courses.

Thank you Artin for this interesting account. If you would like to know more about joining Blind Veterans UK call them on 0800 389 7979 or email membership@blindveterans.org.uk

Answers to puzzles

- | | |
|-----------------|---------------------|
| 1. Snowdrops | 7. Love in the Mist |
| 2. Daisy | 8. Belladonna |
| 3. Wallflower | 9. Snapdragon |
| 4. Sweet Rocket | 10. Phlox |
| 5. Honesty | 11. Catmint |
| 6. Cowslip | 12. Lilac |

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.....

.

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
3rd Wednesday of each month
10 am to 1 pm

Colchester

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

Brentwood

Brentwood Library, New Road
Brentwood CM14 4BP
2nd 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)

Brightlingsea

Brightlingsea Library, New Street
Brightlingsea CO7 0BZ
3rd Wednesday alternate months
10 am to 12.30 pm

Harwich

Harwich Library, Upper Kingsway
Dovercourt CO12 3JT
2nd Tuesday alternate months
10 am to 1 pm

Chelmsford

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

Maldon

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

Clacton-on-Sea

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

Manningtree

Manningtree Library, High Street
Manningtree, CO11 1AD
4th Tuesday alternate months
9.30 am to 12.30 pm

For more information contact Essex Sight Office on 01206 548196.

Email: 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