

# Essex Blind Charity



# Spotlight

**August 2017**

ISSUE 79

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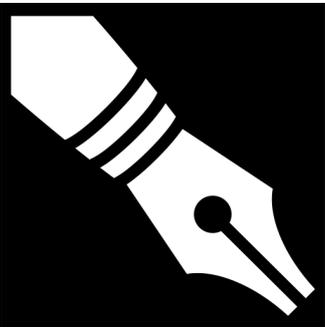
Please send your articles for inclusion in Spotlight to:

### **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.

What a wonderful summer we are having this year. I hope you have all been enjoying the sunshine. Even if you can't get out you can enjoy a day at the seaside with our themed quiz this month. If you fancy a day out in Frinton, our day centre at Read House is open to visitors with regular luncheon clubs enjoying fresh food prepared daily by our chef.

It is important to protect your eyes from the bright sun. We have a range of eye shields at our Sight Centres, some which are designed to fit over existing glasses. They are available in different tints and filter levels, so come along and find one to suit you.

Finally, thank you to Sue from Chelmsford for sharing her experience of tandem cycling and the Lea Valley Olympic Stadium this month. I'm sure it will inspire some of you to try out something new and adventurous.

However you decide to spend it, I hope you all have a lovely summer

**Jill**

# Community Support Team



**Helpline Number 01206 548196**

## Colchester Sight Centre by Carol Massey



By the time you read this, I should be relaxing in the Peak District with my family, enjoying the British countryside and eating a Bakewell Tart or two!

It is good to see new faces at our Tuesday coffee morning, as well as our regulars. It is quite informal and you can enjoy a chat but also get information and advice from our staff and volunteers, several of whom are visually impaired themselves.

### Forthcoming Demo Days

On Tuesday 15<sup>th</sup> August RNIB will be in the Sight Centre hosting an “On-Line Today” event. This is to help people with a sensory impairment get on-line. They will have iPads and iPhones and will be able to show you how you can use these devices to surf, shop, etc.

On Tuesday 19<sup>th</sup> September, Humanware will be here demonstrating their latest low vision technology. If you are thinking about purchasing a video magnifier or other piece of equipment, then this is a good chance to see how they work.

## **Knitting Group**

Thanks to other people's generosity, we now have an abundant supply of wool. We are knitting furiously, and would welcome any new members who would like to come along.

Don't forget, we can offer 1:1 iPad/iPhone training and our form filling and correspondence reading service is still available. Contact the Sight Centre to book an appointment or find out more. Equipment demonstrations, including ORCAM can also be arranged.

That's it for now. I hope everyone has a great summer.

Carol

## **Colchester Sight Centre Activities**

### **Weekly**

Tuesdays	10am-12	Coffee Morning iPad/iPhone sessions (by appointment only)
Wednesdays	10am-12	Correspondence Reading

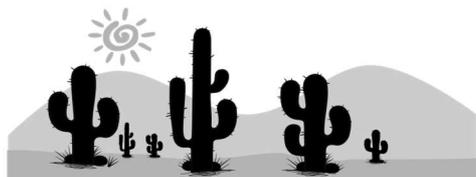
### **Monthly**

1 <sup>st</sup> Thursday	10am-12	"Knitwits" (3 <sup>rd</sup> August, 7 <sup>th</sup> September)
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### **Demo Days**

15 <sup>th</sup> August	10am – 1pm	RNIB "On-Line Today"
19 <sup>th</sup> Sept.	10am-1pm	Humanware Demo Day

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



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

### **Chelmsford volunteers**

Our volunteers at Chelmsford recently got together for a social lunch at the Plough. It was a great opportunity for the whole group to meet each other and compare notes, although they had to behave as the boss was there! We are so lucky to have such a lovely group of volunteers and very much appreciate their help in running the Sight Centre. We are happy to welcome 2 new volunteers, Betty who joined us recently and Janet who is just starting. Do pop in to the library to meet them.

### **Maldon walk**

Join us at Maldon on Tuesday 1<sup>st</sup> August when we will be going on a gentle walk along to the promenade park. We will meet at the library at 1.30pm and aim to be back by 3.30. Call Jill for more details.

### **Bookgroups**

At the August meetings, we will be choosing books set in the Middle East at Brentwood and on the colour blue in Braintree. New members are always welcome.

I have also been sent information from Fiona about her book group in Chelmsford library which is looking for new members. The group meets every Tuesday from 11am to 1pm and members read aloud to others in the group, some of whom may follow along with a book. If you have a sight impairment and can't read aloud but just want to listen and give feedback that is fine. If you are interested there is no need to contact anyone, just turn up for the next session.

## **Tendring Talks by Denise Sanders**



### **Brightlingsea Clacton Harwich Manningtree**

#### **CLACTON SIGHT CENTRE**

Blind Veterans

I hope you enjoyed the visit from Samantha on the 6<sup>th</sup> July. I was away on a training course that week but hope to meet Samantha soon. I understand she is new to her role with the Blind Veterans.

Enhanced Vision

By the time you read this, we would have had a demonstration from Enhanced Vision which I hope you found interesting and informative

Macular Society – Clacton

Just to remind you that everyone is most welcome at Clacton Macular Society; those living with macular disease or indeed living with a different eye condition.

The group leader is Peter Bareham, tel: 01255 430386

The group meets on the 4<sup>th</sup> Wednesday of each month, excluding December in Sam's Hall,  
Community Voluntary Services  
Rosemary Road , Clacton CO15 1NZ

#### **SIGHT AND SOUND TECHNOLOGY**

Thursday 9<sup>th</sup> November – Sight and Sound will be demonstrating hardware and software for those living with visual impairment.

Upcoming dates for the sight centres are:

Brightlingsea – Wednesday 20<sup>th</sup> September 10am – 12.30 pm

Clacton – every Thursday 1pm – 3.30 pm

Harwich – Tuesday 8<sup>th</sup> August 10am – 1 pm

Manningtree – 26<sup>th</sup> September 9.30am – 12.30 pm

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



Read House is the residential care home run by Essex Blind Charity in Frinton on Sea. The home specialises in the care of elderly people with sight problems. We offer permanent and respite care (short breaks) by staff who have all been trained in visual awareness. The Home is situated on the seafront at Frinton on Sea, a short distance from the town centre with its friendly local shops.

If you would like to find out more about Read House or to receive our Information Pack please contact me or Sandra on 01255 673654. We are more than happy to show you round at any time to suit you.

We have had a large number of new residents to Read House over recent weeks. Some come regularly for a short break, or to convalesce after a hospital stay and some have now joined us on a permanent basis. All are very welcome.

So far, the summer has been kind to us and residents have enjoyed being able to sit out in the garden. We recently held our annual summer fete which was a lovely afternoon in the garden, with lots of people enjoying cream teas and listening to our singing chef, Rob. All the money raised will go to our Residents' Amenities fund, for activities, outings etc. We have a varied activity programme for our residents which includes regular entertainment from local performers. Our residents particularly enjoy fortnightly visits from local classical pianist Keith Ashworth and regular talks by local naturalist Liz Hurley. They have also recently enjoyed a performance by Samuel Bolton, who is a talented young, visually impaired pianist. Samuel kindly comes to play during his school holidays.

Next month, it is Frinton Mission week when there is a large number of activities which take place on the greensward opposite the home. Our residents particularly look forward to the tea dance which is held each year.

# Puzzles

## A day at the seaside

1. "Desert Island Discs" is a British radio show that began in 1942. What was the name of the first presenter?
2. "Fawlty Towers" was a popular television programme which ran from 1975 to 1979. In which seaside resort was the fictitious hotel based?
3. Which British institution would you find at the coastal towns of Bognor Regis, Minehead and Skegness?
4. Which British author wrote the 1938 novel, "Brighton Rock"?
5. "Hi-de-Hi!" was a British comedy television series set in which fictional holiday camp?
6. In which counties of England and Wales would you find the following seaside towns?
  - a. Great Yarmouth
  - b. Ilfracombe
  - c. Clacton-on-sea
  - d. Tenby
  - e. Broadstairs
  - f. Skegness
  - g. Llandudno
  - h. Grange-over-sands
  - i. Southwold
  - j. Bexhill-on-sea

# Equipment

## Lighting

We now have a wide range of lighting for demonstration at our Colchester Sight Centre and can bring the more portable lights along to your local centre. The latest additions include the Duo Floor lamp, which is a very flexible floor standing LED lamp with 2 adjustable arms which gives a bright light, can be flexed over what you are reading and takes up very little space. Great value for £58. We also have a new plug in folding light which is very bright and has great flexibility, called the Thoughtfully designed light. All our lights are daylight, giving a clear illumination, like sitting by a window. We also sell daylight bulbs for your existing fittings at all our sight centres.

## Reading Services

There is now a great deal of choice in services offering audio books and downloads. Here are some ideas you might like to try:

### Library services

Your local library service will provide free access to e-books and audio books using their new Borrowbox service. You must be registered with your local library in order to access the service, which will be free to do and your local library will help you with this.

### RNIB Talking Books

RNIB offer a free talking book service to people with sight loss. They have over 25,000 narrated books in their library, which can be accessed as a digital download via OverDrive, or can be sent out as a DAISY CD or on a USB stick.

### RNIB In Your Pocket

The RNIB have released a new product called 'RNIB in Your Pocket', a Samsung device which provides access to the RNIB library, newspapers and magazines.

**Cost:** Purchasing the device requires a 24 month contract which will cost £20 per month for the device, data and subscription to the magazine and newspapers.

**Contact:** [www.rniblibrary.com](http://www.rniblibrary.com) Tel: 0303 123 9999

## **Calibre**

Calibre works in a similar way to the RNIB talking library, where you can access your book digitally or via CD or USB. Calibre has access to 10,000 books, which is less than RNIB Talking Books, however their selection has more up-to-date releases.

**Cost:** Initial £35 joining fee and then free for life

**Contact:** [www.calibre.org.uk](http://www.calibre.org.uk) Tel: 01296 432339

## **Kindle**

Kindle e-books are purchased from Amazon via the Kindle app on any tablet, phone or PC with Windows 7 and above or using a Kindle device. These use a robotic automatic voice, although there is an option to upgrade some books to a narrated version for an additional cost. You need to have an Amazon account to be able to purchase books.

**Cost:** Books need to be purchased individually and prices range from a couple of pounds up to £20

## **Audible**

Audible is the Amazon audio book store, where all books are narrated by actors and can be downloaded via the Audible app or Kindle device.

**Cost:** Books need to be purchased individually, and prices range from a couple of pounds up to twenty pounds. A membership fee can reduce the book cost, and a £6.50 monthly voucher can be purchased to use for one book, regardless of the book's cost

If you prefer a postal service to direct downloads then the RNIB and Calibre library services can provide this. The latest format is the USB stick which can hold several books. There are simple to use devices available to play these. They work just like the old cassette players – once the stick is inserted then you can stop and start it where you like and fast forward or back a track. Machines may be available from your local talking newspaper or we sell the Kings Sonic MP3 player for £35.

## Activities

### Tandem cycling at the Olympic Velodrome

Sue from Chelmsford is a keen tandem cyclist and often goes out cycling with her husband. Always ready for adventure, last month she tried something different, cycling around the Olympic velodrome. Here she describes the experience:

A great 2 hours of fun, encouragement, and wow factor for the Visually Impaired at Lea Valley VeloPark (Olympic Velodrome) on a tandem with no brakes and no gears. It was a great experience just to be inside the Olympic Velodrome even before the tandem came out with Suzanne my pilot and Coach who had a very calm and encouraging voice. I ride Stoker on a tandem already so knew my way round a bike and felt totally confident in Suzanne and Coach who know how the velodrome works, so that was a very good start, but I am sure anyone who has not been on a bike would find it easy to follow the instructions. You see the big wooden track which has slopes and straights, wow and it smells of wood too. We got on the bike and off we went slowly at first and then we built up to high speed. Wow again! When you are there the slopes do not seem like slopes at all, it is not at all scary, and I loved the bit when we went from the top to bottom at high speed, fantastic. In the time allowed I had four goes the longest being 20 minutes which is going some on the legs and arms. The staff were extremely helpful and encouraging and made the time fun. They know their stuff and my husband and son who were there watching and taking photos learnt a lot from talking to Coach too.

Sue

If you would like to try this out for yourself, you can book a 2-hour para-cycling session for £16. Contact Lee Valley Velopark, email [info@leevalleypark.org.uk](mailto:info@leevalleypark.org.uk) or call 03000 030 610.

## Entertainment

### **New Wolsey Theatre, Ipswich**

The Wolsey theatre have audio described performances for the classic Ealing comedy “The Ladykillers” running from 7<sup>th</sup> to 30<sup>th</sup> September. Touch Tours for visually impaired patrons are available before Audio Described performances. Touch tours introduce blind and partially sighted visitors to the arrangement of the stage and help participants to engage with the ideas, props and costumes. Please contact the Box Office for information on booking Touch Tours and headsets for a returnable deposit of £10.00.

New Wolsey Theatre, Civic drive, Ipswich IP1 2AS Tel: 01473 295900.

### **Mercury Theatre, Colchester**

The Mercury theatre have an audio described performance of Peter Pan with a touch tour on Thursday 10<sup>th</sup> August at 2pm.

Box office tel: 01206 573948

### **Buckingham Palace Garden tour**

How would you like a personal tour of the Queen’s garden?

This event for blind and partially-sighted visitors will explore the glorious garden of Buckingham Palace through scents and touch. With the help of a gardener who cares for this incredible royal garden, this verbal description tour will include the history and current role of the garden as well as the plants and flowers grown, in a unique sensory tour.

It also includes a visit to the Summer Opening of Buckingham Palace at 12:00

**Date:** Thursday 14 September 2017 at 9:30 am

**Ticket price:** £19.50

[Box Office 0303123 7323](mailto:03031237323) [Box Office learning@royalcollection.org.uk](mailto:learning@royalcollection.org.uk)

## Answers to puzzles

1. Roy Plomley
2. Torquay
3. Butlins
4. Graham Greene
5. Maplins
6. Seaside towns
  - a. Great Yarmouth - Norfolk
  - b. Ilfracombe – Devon
  - c. Clacton-on-Sea – Essex (I hope you all got this one right!)
  - d. Tenby – Pembrokeshire
  - e. Broadstairs – Kent
  - f. Skegness – Lincolnshire
  - g. Llandudno – Conwy
  - h. Grange-over-sands – Cumbria
  - i. Southwold – Suffolk
  - j. Bexhill-on-sea – East Sussex

## 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, Sandra Edwards, Admin Assistant)

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.....  
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.....  
.....  
.....

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 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  
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)

## **Brightlingsea**

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

## **Harwich**

Harwich Library, Upper Kingsway  
Dovercourt CO12 3JT  
2<sup>nd</sup> 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  
1<sup>st</sup> 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  
4<sup>th</sup> 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](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)**