

Essex Blind Charity



Spotlight

December 2017

ISSUE 81

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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 22nd
January 2018**



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 are delighted to welcome our new Team leader Inez Davies. Inez will be supporting our wonderful Community Support Team; Jill Shakespear, Carol Massey, Denise Sanders and Christine Pratt and will be based in Colchester Sight Centre. Part of Inez's job is to help develop our community support services and explore funding opportunities for the sustainability of our services throughout Essex. Find out more about Inez in the Community Support section.

With Christmas coming soon we have a seasonal themed quiz this month and our resident IT whizz Michelle has produced a wonderful review of some of the techie gifts available on the high street. There is also information on the local audio described pantomimes.

So, sit back in front of the fire, put your feet up and enjoy your December Spotlight.

Jill

Community Support Team



Helpline Number 01206 548196

New Team Leader

Hello Everyone, I wanted to introduce myself to Spotlight readers. My name is Inez Davies and I started working as the new Community Support Team Leader, based in Colchester with Essex Sight, in early October this year. I am so excited to have joined an incredible team of passionate, hard-working people and gradually getting to grips with our services, funding and partnerships involved with Essex Sight, Essex Blind Charity. I recently met some of our fantastic volunteers and greatly admire the important work that they do and to see the depth and variety in their support. I am really looking forward to spending more time with them, to celebrate their achievements and work with them in developing their brilliant ideas.

So where do I begin to tell you a little bit about myself. My working-life journey started in the mid 80's, namely in Health, having trained as a psychiatric nurse and quickly moved into the voluntary sector, when there was great transformation around large institutions closing and people moving into their homes and living independently. I worked for several mental health charities in Glasgow, supporting vulnerable adults through community support, rehabilitation, social inclusion, independent living and helping in maximising recreational and vocational opportunities.

I jumped over the other side of Hadrian's wall, when I fell in love with an Englishman from Essex and moved here in 1997. Well actually, there was a small hole that I managed to squeeze through! I didn't want you all to think I was incredibly athletic and had a Braveheart moment! That's a whole other story! My family has grown beyond my wildest dreams and this year alone, our children have 'sculpted' us 3 new editions, we now have 4 grand-daughters. I love being a Granny! I adore everything arty and creative and think I may be a frustrated Blue Peter presenter, itching to start new projects whether its house renovation, interior design,

drawing & painting, gardening – I love growing veg, making soup, love the beach and picking up stones and driftwood. Have I told you that I am renovating an old car in amongst all that lot? I've just realised that I love a lot of things, goodness knows how I find the time!! Anyway, back to the story... When I came to Essex, I moved into Adult Social Care, Local Authority and various charities, working for and with disabled people and their carers. I have and have always had, a real bee in my bonnet about enabling people to realise their potential and make a positive difference to their quality of life and have always shared this, not only in my working life but also in my family life. Some may think, irritatingly optimistic but I hope that it simply rubs off and that those who meet me, are inspired! I deeply believe in inclusion, that everyone has the right to live a fulfilling life, feel part of something and that nothing is insurmountable. I experienced an incredible speaker on inclusion at a conference many years ago, who had a profound effect on my life. He said, 'Everyone is a bare-backed horse rider, it's just that some of us need a bit more support than others'. This will always be my life's mantra.....

So off I go, on my horse, without a saddle, to face the challenges that lie ahead! I will keep you all posted on our successes over the year as no doubt, we will be galloping through it!

Been nice talking to you.

Inez

Colchester Sight Centre by Carol Massey



So here we are in December, I hope everyone is looking forward to Christmas.

The Sight Centre has been quite busy of late and I am very grateful to all the volunteers who give up their time to help on a regular basis. Our volunteers are friendly and knowledgeable, so please have a chat to them if you visit the Sight Centre.

Have you started your Christmas shopping yet? We have lots of ideas for gifts either for a sight impaired friend or for yourself, including large print puzzle books, playing cards, talking clocks and watches and much more.

2018 Diaries and Calendars

We still have some 2018 diaries and calendars available. Please contact me or drop into any of our Sight Centres to get yours.

Forthcoming Workshop: RNIB On-Line Today

Following our visit earlier in the year from the RNIB, I am pleased to say that their On-Line Today Team will be back in the Colchester Sight Centre on Tuesday 20th February 2018 10am until 1pm.

Each workshop will last approximately one hour and you will be able to try out smartphones and tablets and learn how to browse the internet, shop on-line and use social media.

These workshops are free, but places are limited, so booking is essential. Please contact me for more information or to book a place.

Audio Book Group

Following the success of our audio book groups at Brentwood and Braintree Libraries, I am looking at starting a group in the Colchester Sight Centre in the New Year. This would be a monthly group, day and time to be decided. If anyone would be interested in joining, please contact me to discuss it further.

Counselling

We can once again offer free 1:1 confidential counselling sessions in the Colchester Sight Centre. Please contact me for more information.

We plan to have a sale of donated and ex-demonstration lighting in January 2018. For more details, please see the equipment section.

Christmas and New Year Opening and 5th December

Please note the Sight Centre will be closed on Tuesday 5th December 2017 and will close early at 12.30pm on Tuesday 12th December.

Christmas Opening Hours:

Friday 22nd December 10am until 2pm

Monday 25th December until Monday 1st January 2018 CLOSED

Tuesday 2nd January 2018 10am until 2pm

I think that's about it for now. I wish everyone a very Happy Christmas and peaceful New Year.

Carol Massey

01206 548196

Email: carol@essexsight.org.uk

Colchester Sight Centre Activities

Weekly

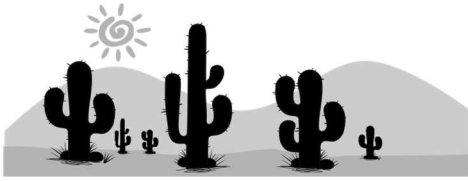
Tuesdays	10am-12	Coffee Morning iPad/iPhone sessions (by appointment only)
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Wednesdays	10am-12	Correspondence Reading
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Monthly

1 st Thursday	10am-12	Knitting Group
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News from the Midwest by Jill Shakespear



Braintree Brentwood
Chelmsford Maldon

This month all our thoughts are on Christmas. We will be having special book groups at Brentwood and Braintree with a Christmas theme and a few mince pies to put us in the mood. There is also a Christmas party for our volunteers as a thank you for all the wonderful things they do for us over the year.

If you are in Chelmsford Library look out for our Christmas tree which will be put up at the start of December. You can also come and see us at Braintree library on Wednesday 6th December when we will have a stall at their 20-year celebration from 10am to 3pm.

The Sight Centres will be closed between Christmas Day and New year, and re-open with Maldon on Tuesday 2nd January 2018.

To finish I'm including one of the poems from our book group sessions. The author is unknown, but the sentiments are lovely. Read this before you write your Christmas cards:

The Spirit of Christmas

I have a list of people I know
All written in a book
And every year at Christmas time
I go and take a look
And that is when I realise
That those names are a part
Not of the book they're written in
But of my very heart
For each name stands for someone
Who has crossed my path some time
And in that meeting they've become

A treasured friend of mine
And once you've met some people
The years cannot erase
The memory of a pleasant word
Or a friendly face
So, when I send a Christmas card
That is addressed to you
It's because you're on that list
Of folk I'm indebted to
And you are one of many folk who
In times past I've met
And happen to be one of those
I don't want to forget
And whether I have known you
Many years or few
In some way you have a part in
Shaping things I do
This is the spirit of Christmas that
Forever and ever endures
May it leave it's richest blessing
In the hearts of you and yours.

Wishing you all and very Merry Christmas and a happy and healthy New Year.

Jill

Upcoming dates for the sight centres are:

Braintree: 20th December and 17th January

Brentwood: 11th December and 8th January

Maldon: 5th December 2nd January and 6th February

Chelmsford: every Friday except 29th December when we are closed

Tendring Talks by Denise Sanders



**Brightlingsea Clacton
Harwich Manningtree**

CLACTON SIGHT CENTRE

Sight and Sound

Thank you to Sight and Sound for visiting us on the 9th November. The equipment demonstrated included the ORCAM, an intuitive wearable device with a smart camera designed to assist people who are visually impaired, and it was great that a number of people tried this out.

Rotary Meal at Clacton Golf Club

Many thanks to Clacton Rotary for taking us out for a lunchtime meal at Clacton Golf Club. This treat included being chauffeur driven to and from the venue by a Rotarian who then in turn hosted the individual tables. I have sent a thank you card from all of us.

Musical Afternoon

We were treated to another musical afternoon at Cadows, organised by the talented Katie, and friends. Thank you to all the musicians and singers and we very much hope you will be able to attend again soon.

Christmas Buffet at Clacton Sight Centre, Cadows

This will take place on Thursday 21st December at Cadows at 1 pm - 3.30pm.

All very welcome

Clacton Macular Society

Just a reminder 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 4th Wednesday of each month (excluding December) in Sam's Hall, Rosemary Road, Clacton, CO15 1NX

Upcoming dates for the sight centres are:

Brightlingsea	Wednesday 17 th January 2018
Clacton	Every Thursday 1 pm - 3.30 pm
Harwich	Tuesday 13 th February 10 am - 1 pm
Manningtree	Tuesday 23 rd January 9.30 am - 12.30 pm

Read House, Frinton on Sea by Janet Plant



Once again Christmas is upon us and we are busy planning a variety of entertainment and activities for our residents. By the time you read this, we will have already held our Residents and Families Christmas Party, which is always an enjoyable event with music, dancing and food, and featuring the first performance of the Read House Christmas choir. We will have also held our Christmas Bazaar which raises funds for residents' amenities.

We have a couple of school choirs coming in to sing Christmas carols over the next few weeks, as well as other entertainers. We look forward to welcoming several people who are coming to stay with us just for the Christmas period.

Following the major refurbishment which took place at Read House, we are shortly planning to upgrade the lighting in residents' bedrooms by replacing the existing fittings with the latest technology. The new lighting will allow for adjustable light levels in each room to meet the individual's requirements depending on the level of their sight loss. We hope there will be minimal disruption to our residents' lives.

At this time of year, we like to pay tribute to our staff. Most of our staff have been with us a long time and I like to think we are a happy team. They all work very hard to provide a good life for our residents and the management team are very grateful to them all. We also value the various volunteers who help us in so many ways. Thank you to all of you. Merry Christmas from everyone at Read House.

Christmas Quiz



1. Who wrote the classic Christmas tale "The Little Match Girl"?
2. What fruit is used to make a traditional Christingle?
3. In which musical did Bing Crosby introduce the song White Christmas in 1942?
4. In which book do children find a land that is always winter but never Christmas?
5. What fruit is used to make a traditional sauce to accompany Christmas turkey?
6. Name the Christmas song from this cryptic clue: singular yearning for the twin anterior incisors
7. How many ghosts visit Ebenezer Scrooge in Dicken's A Christmas Carol?
8. What pudding features in the song We wish you a Merry Christmas?
9. I Wish it Could be Christmas Every Day was first released in 1973 by whom?
10. Another cryptic clue for a song: parent was observed osculating a red coated unshaven man.

Technology

App of the month – Tap Tap See

TapTapSee is a mobile camera application designed specifically for blind and visually impaired phone and tablet users. The app utilizes the device's camera and VoiceOver functions to photograph objects and identify them out loud for the user; you must turn on VoiceOver (Talkback) to get the audio description.

In practice it is very simple to use. You just hold your device in front of what you want to identify and tap the screen twice. The app then tells you the picture is in progress. You have to wait a few seconds then it will tell you what is in the picture in detail. The app will not only tell you that you just took a photo of a sock, for example, but the color of the sock and read any writing on it.

I tried it out in the office. It told me I was in an office and identified my keyboard and telephone, even giving me the brand name of the latter. It also identified a “red and yellow apple” on my desk and a box of Lady Grey Twinings tea.

There are 3 buttons on the toolbar at the top of the App screen:

Repeat Button: to hear the last identification spoken aloud in case you missed it the first time.

Library Button: this gives access to the device's Camera Roll to send images to TapTapSee for identification. To access this feature simply click on the Library button and proceed to select an image that you want to have identified

Share Button: to share the image via Twitter, Facebook, Email, or Text. This button also includes the option to save the image to the device's Camera Roll. The saved image will include the tag that was provided by TapTapSee.

Stop-press: new Seeing AI App

Microsoft have just launched their Seeing AI App in the UK. This is causing quite a stir among our visually impaired volunteers. The App is free and is currently only available for iPhone and iPad. It can be used to read text, recognize and describe faces and scenes and to read barcodes. We will review this App in the next edition of Spotlight but if you want to find out more the link is: <http://SeeingAI.com>

Tech Round Up for Christmas 2017 – by Michelle

I've recently been scouring the net looking for the latest tech for Christmas presents and thought that as I've already been doing the research why not let you all know what I've discovered in case you're thinking of buying a shiny new toy to play with this Christmas. This is not a review or a recommendation as I don't have the equipment, it's just, I hope some useful advice and information.

Voice Activated Home Assistants.

The most well known of these is the Amazon Echo running the Alexa Software. As of October 2017, Amazon are relaunching this product with some new additions. There's still the £50 Echo Dot but now there's a slightly larger model at £90 and the largest model at £140 which is aimed at those wanting to add smart devices such as plugs, heating and lighting to their home. There is also a £200 touch screen version. The £90 and £140 models come in a choice of 6 textured finishes including fabric, wood and metal but some of these will cost an Extra £10. All models will now connect to bluetooth headphones, speakers and the remote control (sold separately for £20).

The Google Home voice activated assistant comes in 2 sizes costing £50 and £119 respectively. Although essentially, they do the same thing as the Amazon Echo, most reviews do not compare Google's version favourably with the Echo. Both offer a streaming music service but whilst Google's costs £9.99 per month, you can pay around £4 per month on the Echo if you only want to use it on one device. If you want to stream music to multiple devices around your home network it will cost £9.99 per month. but if you already pay for Amazon Prime, its £7.99 per month.

Bluetooth wireless Speakers

You can spend anything from £15 to over £200 on a bluetooth speaker and there are plenty to choose from. Whilst a £15 Supermarket own brand speaker will not sound as good next to a £200 Bose speaker don't dismiss them completely. They can be perfect if all you need it for is to stream music from your home assistant or phone. The only thing to consider is range and where you're going to use it. A cheaper speaker might not work from one end of the house to the bottom of the garden, but also do you want to take a £200 speaker outside? The latest news is that Sony and Panasonic are going to incorporate the Alexa software into their Smart Speakers.

Bluetooth wireless Headphones

Wireless bluetooth headphones keep your music private whilst giving you freedom of movement. They come in several varieties inner ear headphones, ear buds, noise cancelling over the ear headphones and even bone conducting headphones which sit near your ear. Unlike speakers, price does matter as a cheaper lighter pair of headphones may sound tinny compared to a more expensive substantial pair which may be more noticeable being in such close proximity to your ears.

Techradar have produced a list of their top 10 Wireless Speakers and headphones for 2017. www.techradar.com

On-Line Today Workshop

If you are interested in learning more about all the latest technology and how it can help you, we are organising a workshop at our Colchester Sight Centre on Tuesday 20th February 2018 from 10am to 1pm. The RNIB will be coming with the latest smartphones and tablets to show you how to get on-line and useful things like talking to your computer and getting it to talk back to you. For more information and to book a place (limited availability) contact Carol Massey at Colchester.

Equipment

January lighting sale

Light up your winter months by visiting our Colchester centre in January when we will be having a sale of ex-demo and old stock lighting. All the lights are daylight and really helpful for people with sight impairments. While you are visiting you can also browse our donated equipment section where we currently have two electronic video magnifiers.

Information

RNIB Tax Advice Service

RNIB has a small team of friendly advisers who offer help and support to people with sight loss with issues related to income tax, tax credits, VAT relief and other HMRC issues.

They can check if you are eligible for extra tax allowances that can reduce your tax bill or be transferred to your partner to reduce their tax and they can help you to claim these easily over the phone. For example, the Blind Person's Allowance and the Marriage Allowance. These extra tax allowances are not paid automatically - so make sure you claim them to ensure you're not paying too much tax.

Perhaps you need help with completing a tax form or you may want to check if you're eligible for Tax Credits, check your tax code is correct or receive correspondence from HMRC in an alternative format.

RNIB works with HMRC's Extra Support Service, where a team of specially trained advisers can offer a more personalised service to help vulnerable individuals manage their tax and benefit affairs.

You do not have to wait until there is a problem to get in touch - indeed, advising HMRC early could prevent problems arising.

Call RNIB's Tax Advice Service on 0345 330 4897. They are ready to take your call Monday to Friday, 8.45am to 5pm or email tax@rnib.org.uk

Family Fund

Family Fund is the UK's largest charity providing grants to families raising disabled or seriously ill children and young people. They can help with a wide range of grants including family breaks, sensory toys, white goods, and much more.

Fred, who has a severe visual impairment, received a grant for an iPad, which has helped his learning and development, and reinforces what he learns at school. His mum, Karen, told us "it is astonishing to see how quickly he has picked it up and is using it in all kinds of useful ways."

Our support is not just financial – our Digital Skills workshops cover a range of useful topics including customising devices to address vision, hearing, motor and learning needs, while our sleep support hub, Tired Out, contains useful tips and resources to help families get a good night's rest.

To find out more, visit the website at www.familyfund.org.uk or call Family Fund on 01904 550055.

Entertainment

Here is our roundup of local pantomimes with audio description:

Mercury theatre, Colchester

The Mercury Theatre Colchester's annual magical pantomime is returning and this year they are telling the tale of Snow White and the Seven Dwarfs.

An Audio Described performance will be taking place on Friday 5 January at 7pm and there will be a touch tour before the performance allowing visually impaired attendees to come up and get a feel of the set and costumes before the show commences.

For more details and to book tickets, please head to the link below:

<https://www.mercurytheatre.co.uk/event/snow-white/>

Ticket Sales on 01206 573948 or email access@mercurytheatre.co.uk

New Wolsey Theatre, Ipswich

Red Riding Hood is showing all through December and January with audio description.

Red Riding Hood owns the best bakery in Soggy-Bottom-In-The-Marsh but when the village party is scattered by the return of the legendary lone Wolf, the wicked Sir Jasper de Ville demands more rent to pay for the added security. So, it's all hands to the pudding bowl as everyone lends a hand at the bakers. Meanwhile, a handsome woodcutter has arrived in town, who isn't all he seems to be...Can Red Riding Hood outwit Sir Jasper, avoid the clutches of the sly old wolf and find romance with the mysterious forester?

Laced with massive live hits including Needle in a Haystack, Don't Stop Believing, Smells Like Teen Spirit, Dancing in the Dark and Rolling in the Deep, all the ingredients are in place for truly scrumptious festive treat.

Ticket Sales on 01473 295900

Science Museum VIscovery day

VIscovery days include a series of events which are specifically designed for families with members who are visually impaired, partially sighted or blind. All events are free and suitable for children aged 5 and over.

VIscovery Day on 20th January 2018 will be themed around Superbugs, our exhibition exploring how society is responding to antibiotic resistance. Expects lots of fun events, including: animal workshops, object handling sessions and creative activities.

For more information call 0333 241 4000

Activities

If one of your New Year resolutions is to exercise more here are some ideas.

Parasport UK has an online directory to help you find suitable activities for visually impaired people in your local area:

<http://parasport.org.uk/>

If you like running you can find a local sighted guide runner on the England athletics site

<https://www.englandathletics.org/guide-runners>

If you are not quite up to London marathon distances then next year they are organising a half marathon and mini fun run on Sunday 4th March.

The BIG Half – 13.1 miles

The Big Half race route starts by Tower Bridge and ends at the Cutty Sark in Greenwich.

The LITTLE Half 1.49 miles

The Little Half is a fun, free, family-friendly mass participation event that will see 4,000 participants come together to take on a 2.4 mile course starting in Southwark Park and finishing at the iconic Cutty Sark in Greenwich.

After the races you can join The Big Festival! This is a unique festival that embraces all that the wonderful city of London has to offer. We invite you, your family and your friends to join us in the beautiful setting of Greenwich where you will be able to enjoy food from around the world and the best young music acts from around the capital.

For more information see the website <https://www.thebighalf.co.uk/> or phone 020 7902 0200

Answers to puzzles

1. Hans Christian Anderson – he also wrote “The Snow Queen”
2. Orange – this represents the world. Round it is tied a red ribbon symbolising the love and blood of Christ and a candle in the top represents Jesus’s light in the world.
3. Holiday Inn – written by Irving Berlin. The version sung by Bing Crosby is the world's best-selling single with estimated sales in excess of 100 million copies worldwide.
4. The Lion, The Witch and the Wardrobe by C. S. Lewis. This is one of 7 books in the Chronicles of Narnia.
5. Cranberry -A tradition sent over from America where cranberries are served with turkey at Thanksgiving.
6. All I want for Christmas is My Two Front Teeth. Originally recorded by Spike Jones and his City Slickers in 1947.
7. Four – his old partner Jacob Marley and the spirits of Christmas Past, Christmas Present and Christmas Yet to Come.
8. Figgy pudding - in the West Country of England (from which the carol comes), figgy pudding refers to a raisin or plum pudding, not necessarily one containing figs.
9. Wizzard - the song was famously pipped to the Christmas No 1 post by Slade's Merry Xmas Everybody in 1973
10. I Saw Mommy Kissing Santa Claus – written by Tommie Connor and originally sung by Jimmie Boyd and more famously by the Beverley Sisters.

Contact details

Helpline and office 01206 548196
(Inez Davies, 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.....
.....
.....
.....

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 1pm

Colchester

40 Osborne Street
Colchester CO2 7ND
Open Monday to Friday
10 am to 2 pm
Wednesday late opening to 4pm

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