

# Essex Blind Charity



# Spotlight

**June 2018**

ISSUE 84

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Please send your articles for inclusion in Spotlight to:

### **The Editor**

Essex Sight  
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**Items for the next issue should reach the Editor by Monday 23<sup>rd</sup> July 2018**



## **The Editor writes:**

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.

Just to introduce myself, my name is Darren Smith and I have been volunteering at the Colchester Sight Centre for more than one year now. During this time, I have undertaken a number of varied tasks. A few of which include, a bit of procurement, some fundraising, some washing-up, and somehow, I now find myself as Editor of Spotlight! And may I say what a tremendous job my predecessor, Jill Shakespear, really did during her long editorship. We all wish Jill a long and happy retirement. In the process of researching items for this edition of Spotlight, I became intrigued by the discovery of RNIB Connect Radio. It wasn't a radio station which I had previously tuned into, but I'm glad that I did so. It broadcasts a diverse range of music, short stories, podcasts, and I also noted a feature in which the presenter reads aloud the current evening's terrestrial television listings – including channel, programme time and whether it is audio described. The advertising is naturally relevant to its key audience and promotes a wide array of sports and social activities throughout the country. I have particularly enjoyed the interviews with experts in the clinical, educational and commercial sectors, who are producing products and services for the visually impaired community. These interviews are helpfully supplemented by user reviews to add some valuable feedback. You can listen to Connect Radio via the RNIB website [www.rnibconnectradio.org.uk](http://www.rnibconnectradio.org.uk) as well as via Freeview channel 730.

RNIB Connect Radio is available on a Smartphone by downloading the Radioplayer app from your respective iPhone and Android App Store. You can also listen via TuneIn radio on a Smartspeaker.

Please continue to send your contributions to us, as your stories and experiences make Spotlight of interest to everyone. You can email articles to [carol@essexsight.org.uk](mailto:carol@essexsight.org.uk) and she will pass them on to me.

I plan to keep the format the same as Jill's – including her quiz feature!

I look forward to hearing from you with any comments and suggestions you may have.

Darren



## Colchester Sight Centre by Carol Massey

At last it feels like summer may be on the way. There is a lovely blue sky outside the Sight Centre and the sun is shining and what's more, the pothole in the road outside has now been repaired!

### **Internet Safety Talk – Tuesday 19<sup>th</sup> June, 11.00am**

Almost every day there is a story in the media of someone being tricked into revealing banking passwords or handing over money on-line. Our techy volunteer, Michelle, has bravely offered to give a talk about internet security and will give advice and information on how to avoid being a victim on this all too common crime. Be sure to come along. It should be very informative and interesting.

### **Professional Vision Demo Day – Tuesday 26<sup>th</sup> June (10 am-1 pm)**

Professional Vision will be at our Colchester Sight Centre with the latest low vision aids and technology. Come and find out what is available and try out the equipment for yourself.

### **Sounds and your Sense of Place**

For the past three years, the Essex Sound and Video Archive at the Essex Record Office has been running a Heritage Lottery Funded project, You Are Hear: sound and a sense of place. Recordings have been made about Essex people and places from the Archive, then making them available on our Essex Sounds audio map; our touring audio-video kiosks; and our listening benches. To help us evaluate the project, they want to hear about your experiences. Have you heard of the project? Have you used any of the equipment? What did you think?

The Project Officer, Sarah-Joy Maddeaux, will be at our Colchester Sight Centre on Tuesday 12<sup>th</sup> June to ask visitors about their experiences. The survey will be available at our other sight centres, or you can take the survey online:

<http://surveys.essexinsight.org.uk/TakeSurvey.aspx?SurveyID=94ML6721>

We would be grateful if you could complete the survey by 30 June. If you have any queries or comments, you can contact the team at [info@essexsounds.org.uk](mailto:info@essexsounds.org.uk) or 033301 32467.

That's about all from Colchester this month. I have been in and out of the Sight Centre a lot this month as I am now looking after Jill Shakespear's old 'patch' as you will see from elsewhere in this newsletter.

Carol Massey  
01206 548196  
Email: [carol@essexsight.org.uk](mailto:carol@essexsight.org.uk)

## Colchester Sight Centre Activities

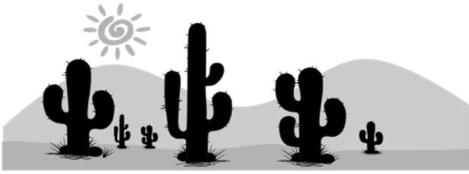
### Weekly

Tuesdays	10 am-12 pm	Coffee Morning IPad/iPhone sessions (by appointment only)
Wednesdays	10 am-12 pm	Correspondence Reading (home visiting service also available).

### Monthly

1 <sup>st</sup> Thursday	10 am-12 pm	Knitting Group
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## **News from the Midwest by Carol Massey**



**Braintree  
Chelmsford**

**Brentwood  
Maldon**

While Jill is enjoying a glass of wine in her garden, I have been travelling around Essex, through town centres, up and down the A12 and (sometimes) getting lost in one-way systems!

I have met most of our fantastic volunteers and the many visitors to our Sight Centres who come along for advice and information. It has been really nice to see new faces and I hope to meet even more of you soon.

1<sup>st</sup>-7<sup>th</sup> June is National Volunteers Week. If you, or anyone you know is interested in helping out at one of our Sight Centres, please do contact me. We can be very flexible about what hours you want to do and we will provide any training necessary. No experience is required, just a talent for talking to people.

I haven't got much more to add this month. Just to say that, all the Sight Centres and book clubs that I have taken over will continue to run as normal (if it aint broke, why fix it)?!

Carol Massey

Upcoming dates for the sight centres are:

Braintree: 20<sup>th</sup> June, 18<sup>th</sup> July

Brentwood: 11<sup>th</sup> June, 9<sup>th</sup> July

Chelmsford: every Friday

Maldon: 5<sup>th</sup> June, 3<sup>rd</sup> July

## **Tendring Talks by Denise Sanders**



### **Brightlingsea Clacton Harwich Manningtree**

#### **CLACTON SIGHT CENTRE**

Please let Denise know if you wish for a demonstration of any of the larger pieces of equipment and these can be brought over from Colchester to Clacton.

The summer is here, and we have restocked our supply of 'Fit-overs' to help with 'glare'. We should now have most colours and most sizes available.

I would be grateful if you might consider submitting to Spotlight – perhaps an article, a poem, or a drawing for example. Thank you!

#### **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 4<sup>th</sup> Wednesday of each month (excluding December) in Sam's Hall, Rosemary Road, Clacton, CO15 1NX. Peter arranges for some very interesting speakers to attend.

In addition, Harwich has opened a Macular support group which meets at the Park Pavilion, Barrack Lane, Harwich, CO12 3NS on the 3<sup>rd</sup> Tuesday of the month between 10:30 am – 12:30 pm. For further information, please contact: Colin 07494 467995.

Upcoming dates for the sight centres are:

Brightlingsea Wednesday 18<sup>th</sup> July (10 am – 12:30 pm)

Clacton Every Thursday (1 pm – 3:30 pm)

Harwich Tuesday 12<sup>th</sup> June/14<sup>th</sup> August (10 am – 1 pm)

Manningtree Tuesday 24<sup>th</sup> July (9:30 am – 12:30 pm)

# Read House, Frinton on Sea by Janet Plant



Our residents are starting to enjoy sitting in the garden as the weather has improved. Last week we had our annual visit from Gemma's Farm. On a lovely day Gemma brought her menagerie of animals for the residents to enjoy, including lambs, goats, ducks, chickens (including one beautifully dyed pink with beetroot juice!), rabbits and 4 day old chicks and not forgetting Gemma's dog. The residents loved being able to handle the animals, and some even got to bottle feed the lamb. For those residents who preferred to stay in their rooms, staff got to take some of the animals around the home for them to see so no-one was left out. Some of the photos will be available to see on our website in the near future – [www.readhouse.org](http://www.readhouse.org).

We have recently had our latest unannounced inspection by the Care Quality Commission. This went very well and the inspectors spent a lot of time talking to residents and their families, as well as staff. They now focus on what they call 'the Mum test' – i.e. would you put your mum in this home? All the feedback they gave us was very favourable and encouraging. We haven't yet received the report, but when it is published it will be available to see on our website or on the CQC website – [www.cqc.org.uk](http://www.cqc.org.uk). Hopefully our rating will be at least as good as at the last inspection.

# Quiz

With the joys of spring now trailing behind us, why not turn your attention to the following summer themed quiz?

1. On which date this year does the summer solstice occur in the northern hemisphere?
2. 'Summer Holiday' was a chart topping single and soundtrack to the film of the same name sung by Cliff Richard. But in which year was the single released and who was Cliff's backing band?
3. During which month of 2018 will planet Earth be farthest from our Sun?
4. Which men's global sporting event will be concluded on July 15 2018 in the Spartak stadium?
5. Brian, Carl and Dennis Wilson were brothers and founding members of which Californian rock band?
6. Britain's first seaside pier opened on July 26 1814, but where is it located?
7. Who painted a series of still life masterpieces collectively known as Sunflowers?
8. What is the name of the tongue twister poem inspired by English fossil collector Mary Anning?
9. According to the *Guinness World Records*, where was an air temperature of 56.7 Celsius recorded on July 10th 1913?
10. 'Summer Nights' was the song title of a duet sung in the 1978 film *Grease*. But what are the real and the character names of both lead actors who sung it?

## App of the Month - Reviewed by Michelle

### KINDLE

Amazon's Kindle is probably THE most popular and well known E-Book reader. As well as being a stand alone device the Kindle Software is freely available for download on almost every phone and computer system. However you access the software the functionality is the same but options and settings might be in different menus. You need to have access to an Amazon account in order to download content but if you have an Audible account you can download your books onto the Kindle. You can pay as you read books and where available for an extra fee you can download the Audible version. Or you can buy a monthly subscription of £7.99 for Kindle Unlimited which works like a lending library allowing you to download up to 10 books at a time for free where you see the Kindle Unlimited logo next to the book title. Once you return a book you can download another. You can purchase books directly through the Kindle Device but if you're using the app. You have to purchase the book through the Amazon Website then sync your Kindle app to download the new content.

There are many advantages to reading through Kindle. Your books are stored on your device and at Amazon so if you use the app on another device, as long as it's connected to the same Amazon Account it will resume where you left off reading. If you go abroad and luggage weight is a factor then Kindle comes into its own. No more decisions about which books to take with you and you can download more when you have web access. The only downside is battery life, especially if you're using the app on a phone or tablet. The Kindle Device has a much longer battery life because it's not running a ton of other apps at the same time.

Kindle is very customisable including the text size and preferred text font. On the App you can even have White text on a Black Background. If you don't have an Audible Account you can get the Kindle device or your phone/computer's speech software to read the text shown on the screen, however this is an electronic voice which personally I don't mind but some people find it off putting when reading books.

In Conclusion: Kindle is a fantastic free app, well worth the download. There are hundreds of free books and others at very low prices. Lots of Authors start out only publishing on Kindle so it's a great way to discover different Authors and books. I've had a Kindle for about 6 years and have read much more than I ever did before I had a Kindle.

## **Art Exhibition Benefits Sight Centre – by Malcolm Bull**

For Essex Blind Charity, like most other charities, donations can make a big difference to the help and support that can be offered to those who look to that charity for help. It was therefore very welcome when members of an amateur art group in Colchester visited the Colchester Sight Centre and decided they would like to assist.

The art group, known as the St. John Payne Painters, based in Greenstead, Colchester, has been in existence for eight years. For the past three years, an annual exhibition has been held when art produced by the members is on display to the public. Proceeds from the sale of paintings and refreshments at the exhibition, together with individual donations are given to a charity, with the wish that they should go towards something specific rather than just going into the main running costs. The group meets on Mondays and has over 20 members with a wide range of ages and art experience. There are no membership criteria or required level of ability - friendliness and enjoyment appear to be the group's philosophy – with fish and chips on the last Monday of the month!

Everyone in the group does their own thing. Sometimes the group's co-ordinator, Ann Bates, leads a project on subjects such as portrait painting, painting in oils or working in clay.

In 2018 it was agreed by the members of the group that kitchen equipment held at the Colchester Sight Centre and displayed to visually impaired people who visit the Centre, should benefit from the exhibition. In particular, the group hoped to fund the purchase of a new induction hob to allow for food preparation demonstrations.

The exhibition was held on the early May Bank Holiday Monday, which proved to be the hottest day that particular Bank Holiday has ever enjoyed. It was very well attended with the standard of art being widely praised. Much to the delight of the group members over £400 was raised

which was handed over at the Sight Centre on 31<sup>st</sup> May. This substantial sum of money will allow the purchase of not only the induction hob, but other food preparation equipment.

This was a very kind-hearted gesture by the St. John Payne Painters and has been much appreciated by those involved in the running of the Colchester Sight Centre. The beneficiaries will be those visually impaired people in Colchester and district who visit the Centre.

If any Spotlight readers are interested in joining this friendly art group or would just like to learn more about it, please contact Carol Massey at Colchester Sight Centre (01206 548196)

## **Entertainment**

The Science Museum is holding a VIscovery Day on Saturday 9<sup>th</sup> June 2018. VIscovery days include a series of events for families with members who are visually impaired, partially sighted or blind. All events are free and suitable for children aged 5 and over.

The Science Museum has recently hosted a festival to celebrate the 200<sup>th</sup> anniversary of Mary Shelley's Frankenstein, which raised many interesting questions, such as: 'Should we create life?', 'How far can new technologies go?' and 'What new stories can we create?'

Join the Science Museum on 9<sup>th</sup> June to explore new ideas, innovative stories and cutting-edge technologies. On the day, you'll be able to: talk to experts, create the sound effects for your very own story, meet Mary Shelley herself, and much more!

Events will be individually bookable so that families get the most personal interactive experience possible.

Booking is essential and can be achieved by either emailing [familyprogrammes@sciencemuseum.ac.uk](mailto:familyprogrammes@sciencemuseum.ac.uk) or by [phoning](tel:02079424086) 0207 9424 086.

## **Kew Gardens - sensory guided walking tours**

Tours take place on the second Sunday of every other month (starting at 11.30am and last about 60 minutes. Forthcoming dates are: Sunday 10 June; Sunday 12 August; Sunday 14 October. Entry is free for guests with registered sight impairment and their carers.

Places must be booked in advance by emailing [discovery@kew.org](mailto:discovery@kew.org) or by phoning 0208 3325 643.

## **Chelmsford Cathedral - lunchtime concerts**

The Cathedral hosts a popular termly series of free lunchtime concerts which commence at 12:30 pm.

Refreshments are available from 12 noon in the Cathedral or you are free to take your own.

June 8<sup>th</sup> Christopher Herrick (organ)

June 15<sup>th</sup> Felsted School

June 22<sup>nd</sup> Duo Dolcissimo (oboe and piano)

June 29<sup>th</sup> Choral Scholars

## **West Cliff Theatre Clacton-on-Sea**

Miller plays the musicals - Saturday 7th July at 7:30 pm

The Astor Big Band and singers with Sadie Nine of BBC Essex present a concert including a host of Glenn Miller classics plus the Big Band standards of Frank Sinatra and Ella Fitzgerald. Featuring an added section to reflect the 100th Anniversary of the End of World War 1.

Box Office: 01255 43 33 44 (option 1)

## **Food & Drink Festival**

23rd & 24th June 2018-Lower Castle Park, Colchester

This is a popular food and drink festival that is sure to stimulate your taste buds. Local and international cuisine will be on offer along with cooking demonstrations. The festival is typically punctuated with music performed by local bands, choirs and even Salsa dancing.

Admission is £4.00 and children 14 and under are FREE.

## **Bandstand Concerts 2018**

A great programme of free concerts is once again taking place at Colchester Castle Park's iconic Victorian bandstand during 2018.

All concerts take place between 3:00-5:00 pm on the following Sunday's-

- 22 July 2018 Aveley & Newham Band
- 29 July 2018 The Band of the Parachute Regiment
  - 5 August 2018 The Colchester Band
  - 12 August 2018 Colne Endeavour
  - 19 August 2018 Wanderin' Soles
- 2 September 2018 The Band of the Parachute Regiment
  - 9 September 2018 Sweeting Swing Band
- 23 September 2018 Colchester Accordion Showband

## **Activities**

### **Climbing Weekend – Bendrigg Trust**

Bendrigg Trust specialises in delivering high quality courses for disabled and disadvantaged people. We aim to promote inclusion, encourage independence and build self-confidence through the safe provision of adventurous activities.

At Bendrigg Trust we believe in equality. We provide a wide range of adventure activities, led by highly qualified and experienced Tutors, for all ages and abilities.

29th June – 2nd July 2018, Cost: £228

This is a climbing course. We will do some indoor training in the evenings and have two expeditions to crags. Each of the crag trips will last all day. As an indication of effort levels, each trip involves a similar amount of effort to a day's hill walking. The course starts at 5:00 pm on Friday and finishes after breakfast on Monday.

Bendrigg Trust, Old Hutton, Kendal, Cumbria, LA8 0NR  
Telephone: 01539 723766 Email: [office@bendrigg.org.uk](mailto:office@bendrigg.org.uk)

## **Felixstowe Rifle Club**

### Acoustic Air Rifle Shooting

The Felixstowe Rifle Club has 3 firing points for visually impaired shooters. In 1994, the National Small-bore Rifle Association obtained a sighting system made by an Austrian Company which enables visually impaired shooters to achieve a level of accuracy very close to that of sighted shooters.

To the casual observer the sight, which is designed for use on an air rifle at a range of 10m, looks like a conventional telescope sight and is mounted on the rifle in the same way. However, that is where the similarity ends. The sight is designed to collect and measure the level of light reflected from the target using a photo-electric cell which is then converted into sound. The centre of the target is brilliant white and then moving outwards from the centre increasingly darker levels of grey are encountered until off the target is matt black. The closer to the centre of the target you are aiming the greater the level of light reflected and hence the higher the frequency of sound which is heard by the shooter via a pair of headphones. The sights are adjustable in the normal way to alter the mean point of impact.

For more information, including a contact form, please visit:  
[www.felixstowe-rifle-club.co.uk](http://www.felixstowe-rifle-club.co.uk)

Felixstowe Rifle Club, High Street, Felixstowe, IP11 9UB

## **Goalball – by Liam Simpson**

Goalball is a fun, fast Paralympic sport played by blind and partially sighted people. The sport is well run, and it has a very accessible grassroots and great potential to progress to the top of the sport. Goalball is played on an indoor court 18m x 9m, in which two teams of three take it in turns to throw a ball along the floor under arm to score in the opposition's goal that stretches the full width of the court.

I have been playing goalball for about 6 months now and have played for the Cambridge Dons Goalball Club in every novice tournament so far this season. I took part in my first novice level tournament having only touched a goalball for the first time the evening before. I have found the grassroots of the sport to be a very accessible, sociable, warm and welcoming place. Since being part of the Cambridge Dons Goalball club, we have gone out for a Christmas meal, gone wall climbing and had a few meals out together after tournaments. I have found the social side of the sport as great as the rest of it and I would love it if we had something like this in Essex.

Liam Simpson has been working with RNIB, Goalball UK, Active Essex, Disability 4 Sport and the ECL Sensory Service, to set up a goalball team in Essex.

If you would like to help Liam make his wishful words a reality, please use the following contact details to discuss or get involved.

Email: [liam.simpson001@gmail.com](mailto:liam.simpson001@gmail.com)      Mobile: 07572067750

## **Parkrun – Castle Park**

Every Saturday at 9:00am – free event

Parkrun is not a race against other runners, but a 5k timed run and it can really be whatever you want it to be, whether that's for fun or as part of a training plan.

This event is truly open to all and best of all it really is FREE!

Taking part is easy – just register before your first ever parkrun. The great thing is that you only ever need to do this once! Then just set your alarm for Saturday morning and get yourself there!

So whether you are a complete novice looking to get yourself started on your own "running journey" or a seasoned athlete wanting to use this as a part of your training schedule, you're welcome to come along and join us. [www.parkrun.org.uk/colchestercastle/](http://www.parkrun.org.uk/colchestercastle/)

Running is a great way to get fit, enjoy the outdoors and meet other people. England Athletics and British Blind Sport have created the Find a Guide Database to help you start, get back to or stay running. If you are 18 or older simply search for guide runners near you using your postcode. Our friendly guide runners have all attended a Sight Loss Awareness and Guide Running workshop, are DBS checked, passionate about running and are waiting to help support you whether it's your first time running or you're a seasoned runner just looking for more support.

For information about Find a Guide please telephone British Blind Sport on 01926 424 247 or visit their website using <https://britishblindsport.org.uk>

## Answers to quiz

1. June 21st
2. 1963 – The Shadows
3. July - the actual date this year is July 6th. The farthest point of orbit between the Earth and the Sun is called the 'Aphelion'.
4. FIFA World Cup
5. The Beach Boys
6. Ryde on the Isle of Wight
7. Vincent van Gogh
8. She Sells Sea Shells
9. Death Valley, California
10. John Travolta and Olivia Newton-John - Danny Zuko and Sandy Olsen

## Contact details

Helpline and office 01206 548196  
(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 would like to receive a regular copy of 'Spotlight' 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 (please tick)?

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 information we feel may be of interest to you.

Please tick if you would like us to send you details of:

- Developments in our services.....
- Events taking place in your area e.g. exhibition of equipment, demonstrations.....
- Fundraising events.....

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

You may request us to remove your details from our database or change your preferred method of communication 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  
Wednesday open until 4 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 1 pm 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  
10 am to 1 pm

## **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)**