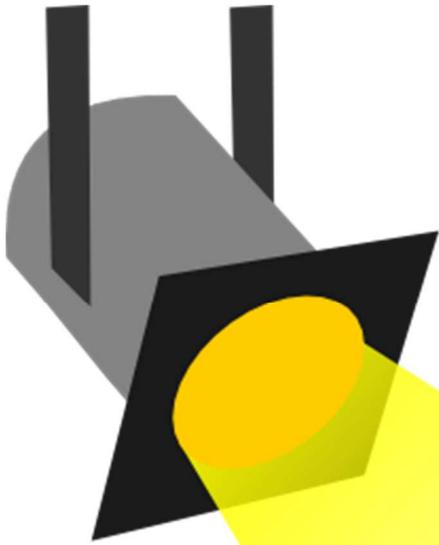


Essex Blind Charity



Spotlight

August 2018

ISSUE 85

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Please send your articles for inclusion in Spotlight to:

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

As I write to you, we are still in an intense spell of hot sapping weather, so maybe a warm welcome isn't going to be that well received! And let's not forget our furry four-legged friends, who will also benefit from being draped in a cold wet towel to cool them down. As you will discover within, some of you have found some very enjoyable activities to complement this summer heat...

Thank you to everyone who took the time to write and send in an article for Spotlight. This edition is replete with lots of really interesting and diverse stories from the far reaches of our Essex catchment area.

In the technology section of this edition, there are three great articles for you to enjoy. One of which, is a beginners guide to talking assistants, also known as Smart Speakers. These devices are a useful addition to any home and the huge number of 'skills' that can be enabled to make life easier and more enjoyable, is staggering. My new favourite skill is the 'Ask Alexa for a recipe'. It allows you to be quite specific to a food type for instance, you can ask 'Alexa, give me a pasta recipe', which will then give you the ingredients list, preparation and cooking times. The Amazon Echo, for which Alexa is the voice assistant, has an integrated multiple

timer to help keep you on schedule. I would recommend subscribing to the 'What's new with Alexa?' emailed list of new skills, if you have an Amazon Echo – Google has its own Smart Speaker and version of this skills list.

Finally, just a reminder that the Colchester Sight Centre is happy to accept your spent printer cartridges for recycling. This helps to generate a modest but invaluable funding stream for the charity.

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 and she will pass them on to me.

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

Darren



Colchester Sight Centre - by Carol Massey

I hope this newsletter finds everyone well. I will be relaxing in Lincolnshire by the time you read this and hopefully the hot (although not quite this hot) weather will continue.

I would like to say a big thank you to Darren, who has taken over editorship of Spotlight. I thought June's issue was very good, although please make the quiz a bit easier Darren!

The internet safety talk delivered by our volunteer Michelle in June went down very well. We all found it very informative and useful. We are going to reproduce parts of it in this and forthcoming issues of Spotlight so that as many people as possible can benefit from the advice offered.

Following the very generous donation from St John Payne Art Group (see June's Spotlight), we plan, in the near future, to provide food preparation workshops and demonstrations. The money will be used to buy an induction hob and other useful kitchen devices and I hope to enlist the help of VI volunteers to share their culinary skills.

Orcam MyEye

Have you heard about Orcam MyEye? This small device has a camera which fits on your spectacles and when you point at a document it will scan and read it to you through an earpiece. You can also programme it to recognise objects eg when out shopping and has a facial recognition feature.

If you would like a demonstration of MyEye, then please contact us to book a 1:1 appointment. We can also bring the MyEye device along to one of our other sight centres.

Knitting Group

Our VI knitting group currently has a lot more wool than members. If you, or a friend/carer would like to come along and even up the numbers, then we would be delighted to see you. We are knitting twiddlemitts and squares for blankets and can provide large print patterns and magnifiers.

Braille Books

We have a large supply of Braille cookery books which have been donated to us. These are free to anyone who might like them. Please contact the Sight Centre for more information.

That's about it for now. I hope everyone had/is having a lovely holiday.

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 (home visiting service available)

Monthly

1 st Thursday	10am-12n	Knitting Group
Other Events:	16 th October	Enhanced Vision & Dolphin Demo Day

News from the Midwest - by Carol Massey



**Braintree
Chelmsford**

**Brentwood
Maldon**

First of all, we have some sad news to report. Melvyn Hockley, who was part of the volunteer team at Chelmsford from its inception over ten years ago, passed away recently after a short illness. Melvyn did a lot of volunteer work in Chelmsford and his contacts helped Essex Sight to reach those people who needed support and direction. He was positive, keen to share his own experience of sight loss, including learning to use a cane and later guide dog training. I only knew Melvyn for a short while, but found him to be an interesting and warm-hearted person and I know that he will be missed by all the volunteers and staff and also the many clients that had met him at Chelmsford Sight Centre.

The general consensus from everyone I spoke to was that Melvyn never let his disability get in the way of living his life.

Staying with Chelmsford, from August we will be changing our opening hours with effect from Friday 3rd August. The new times will be 10am until 1pm (not 2pm as present).

The reason for this, is because Essex County Council are introducing charges for organisations using space in their libraries. As you will be aware, we operate sight centres in many libraries across Essex and these charges have a significant impact on our resources and our ability to provide a high quality service to our clients.

Times at Braintree, Brentwood and Maldon are unchanged at present.

We have a lot more equipment at our resource centre in Colchester. If there is a particular item you would like to see demonstrated, then please contact us and we can bring it along next time.

Examples of what we can bring include: Kindle Ereaders, mobile phones, tablet computers and portable video magnifiers (but not all at once as I only have two pairs of hands and one car)!!

Carol Massey

01206 548196

Email: carol@essexsight.org.uk

Upcoming dates for the sight centres are:

Braintree: 15th August, 19th September

Brentwood: 13th August, 10th September

Maldon: 7th August, 4th September

Chelmsford: every Friday

Tendring Talks - by Denise Sanders



Clacton Harwich

CLACTON and HARWICH

We will no longer be holding sight centres at Brightlingsea and Manningtree libraries. Thank you to the librarians for all their help. Clacton and Harwich sight centres continue as usual.

Upcoming dates for sight centres:

Clacton	Every Thursday 1 pm – 3 pm
Harwich	Tuesday 14 th August 10 am – 1 pm

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

Get published! Spotlight is very grateful for any articles, biographies, poems, jokes etc.

Read House, Frinton on Sea - by Janet Plant



As reported in the last issue, we had our CQC Inspection in June. We are delighted with the report and very pleased that once again we have been rated 'Good' in all sections of the report. The report can be found on the CQC website www.cqc.org.uk or on our own website www.readhouse.org.

We were delighted to welcome St Andrew's Primary School choir who gave a lovely performance for the residents. They stayed and had their lunch in the garden afterwards, and spent time chatting to the residents. Like the rest of the country, Read House was taken over by World Cup fever in June.

Sheila, our football fanatic activities co-ordinator and wearing an England football shirt for most of the month, decorated the day centre with flags of the participating nations and kept everyone up to date with the competition. Residents enjoyed watching the England matches together. We recently held our annual summer fete on a lovely afternoon in the garden, with lots of people enjoying cream teas and listening to our singing chef, Rob. We had a very successful day with all the money raised going to our Residents' Amenities fund, for activities, outings etc. Thank you to everyone who supported us and everyone who helped to make the day a success.

This month, it is Frinton Mission week, an annual event with a large number of activities taking place on the greensward opposite the home. Our residents particularly look forward to the tea dance which is held each year.

Did you know that Read House has its own residents' newsletter – Read All About It? You can find a copy on the Read House website – www.readhouse.org. The newsletter is very colourful and usually contains lots of photos of recent residents' activities.

Quiz

Fact or fiction. Here is your chance to laugh and learn by attempting the following true or false quiz-

1. A centipede has 100 pairs of legs.
2. The Vatican is protected by the Swiss Guard.
3. Owls have three pairs of eye lids.
4. Going out with wet hair increases your chances of catching a cold.
5. More people die of selfies than shark attacks.
6. Shaving makes hair grow back thicker and faster.
7. There are more fake flamingos around the world than real ones.
8. Pirates wore eye patches so they could see better in the dark.
9. Both halves of a severed earth worm become a new worm.
10. Black holes are not black.
11. Mammoths still walked the earth when the Great Pyramid was being built.
12. The K in J. K. Rowling is not part of her name.
13. An octopus has three hearts.
14. Backgammon is more than 5000 years old.
15. Your heart skips a beat when you sneeze.

Technology

The night football came home to Hackney – by Allan Mabert, EBC Board Member

It was about 10:30 and the late news on TV was about to conclude with the weather forecast when the phone rang. Trish, my wife, said it must be family or a wrong number, it was neither. At the other end of the line came a soft female American voice who introduced herself as Hannah, a film producer from LA. She had been given my name by an online magazine called Dancing Giraffe who had interviewed me about Sporting Legacies shortly after the 2012 London Olympics. Hannah went to explain that she had been commissioned by Budweiser to produce a short promo featuring 3 fans who are blind supporting their country in the World Cup. Budweiser was the official beer at Russia 2018 with the slogan 'Light Up The World'. With this in mind a special cup/beer glass had been designed that flashed red when filled with beer or activated by ambient sound whilst the bottom rim vibrated when your team were attacking the opponent's goal. At this point in the conversation I must admit I wondered if I had been a victim of time travel and the subject of an elaborate hoax or April fool. Hannah, who by now was sounding very credible, went on to say she and her 4 man crew were traveling to Bogota in Colombia and Mexico City to film 2 blind fans supporting their respective countries. Budweiser were keen to have a blind fan to represent the home of football following an England game with a group of friends in a traditional pub. I am not good at making quick decisions late at night but found myself agreeing to this bizarre request without being entirely certain what I was letting myself in for. But how could I resist the lure of a vibrating beer glass which would be continually topped up with beer.

Hannah and her charming crew duly arrived in London and things began to move at a lightening pace. The pub chosen was The Sebright Arms in Hackney. I thought this was such an appropriate location as Hackney Marshes were famous as a breeding ground for grassroots football in London. The crew, which had now grown to 7 in number, spent most of Sunday at our house filming and conducting interviews. Everything was

now set for the big match which was to be England v Colombia on Tuesday 3rd July. A minibus was arranged to pick up our friends who had bravely agreed to be part of this adventure. When we arrived at The Sebright Arms, Budweiser's hospitality was excellent throughout the evening. Our group was to view the match in a private room on a jumbo sized TV screen. I was the only one of the group whose beer glass had the vibrating feature which was remotely controlled, by the inventor of the system, from the other side of the room. I was flanked by Trish and Susan, Chair of EBC, and her husband, Colin, who also provided me with a commentary at critical points in the game as the noise the group of us generated masked the TV audio. It's true to say that throughout the duration of the match, which went to extra time and penalties, our flashing glasses were never seen empty which may have accounted for the high level of vocal support we gave England on their way to a glorious victory. We all left the pub in high spirits clutching our limited edition FIFA World Cup glasses which was a gift from the host.

As for the vibrating feature I can see it being of some benefit, as an accompaniment to an audio commentary, to a blind fan who is with friends in a sports bar, sports cafe, fan zone or even in their home watching TV from the comfort of their sofa. The inventor explained to me that this was version 1 and he would welcome feedback on future developments. One suggestion that immediately comes to mind is a second band of vibration that would indicate when the opponents have possession of the ball in your team's half of the field. I also think that the system has special significance for a deaf blind football fan with its tactile output.

This was an unexpected and enjoyable experience for everyone involved. Global companies such as Budweiser are to be applauded for giving their support to research and finding imaginative solutions that give people with disabilities a chance to enjoy a more inclusive lifestyle.

The following link gives you a flavour of the evening's proceedings!

<https://twitter.com/twitter/statuses/1016280665678114816>

Voice Assistants - by Matt Harrison, Technology Services Manager at the Beacon Centre

Not long ago, an environment that responded to your voice was firmly in the realm of science fiction. However, not only is this technology now here, but it has rapidly become an everyday piece of household equipment. And with assistants such as the Amazon Echo Dot and Google Home retailing at under £50, they are extremely affordable.

Getting started

So how do these assistants work, and what exactly do they do?

One thing to remember is that you will need a smartphone or tablet computer and Wi-Fi in order to set up your assistant. Once installed, your assistant can perform many functions without using the accompanying app.

Once set up on your Wi-Fi, the assistants sit quietly in the corner and wait for a particular command such as “OK Google” or “Alexa”. What happens next is down to you.

You can start with something simple such as asking your device for the time or for a weather forecast. Questions like these are a great way to start, and they get you over any embarrassment you feel at talking to a piece of plastic. Once the ice has been broken, however, you will soon find yourself asking all kinds of weird and wonderful things, from checking general knowledge queries to getting advice on your anticipated commute time for the morning.

Easy to learn

Smart assistants are designed solely to respond to voice commands. The beauty here is that as visually impaired users, there is nothing additional to learn: we interact with the devices in exactly the same way as a sighted person. We don't have to put up with work-arounds or struggle with menus, we just need to talk and listen.

Whilst a smart assistant's abilities may not be limitless, the fact that both the Amazon Echo and Google home work alongside third-party apps means that there are countless clever ways to use your assistant, and these are growing in number and complexity every day. I use mine to make to-do and shopping lists (no more fiddly typing), listen to digital radio (no more struggling to read menus on the TV), and to add calendar appointments and set timers and alarms.

Then I just ask "What's on my shopping list?" or "What's in my calendar tomorrow?" and get an appropriate response.

More advanced functions

Smart assistants can also be linked with compatible telecare and home automation applications. That means you can control lighting, heating, music and other household appliances purely with your voice and set up your device to alert chosen people if you need assistance.

These affordable gadgets also have a fun side: you can play interactive games, listen to audiobooks, ask them to tell you jokes, and much more.

This article first appeared in Sideview, the magazine for members of the Macular Society www.macularsociety.org.

With thanks for allowing us permission to reprint it.

Should you wish to see a demonstration, there is an Alexa voice assistant in the Colchester Sight Centre. Please contact us for more information.

Online Safety and Security – by Michelle

I gave a talk at Essex Sight Centre Colchester on the 19th of June regarding your online safety and security.

It was very well received but people wanted to know more details so for the next few issues I will be giving some useful advice on this subject.

Episode 1: Cyber Scams.

Probably the biggest threat to any one online these days are the numerous scammers and fraudsters trying to get their hands on your cash or identity. It's not a case of IF you will be targeted but WHEN. But with a bit of knowledge and common sense you won't be their next victim. The thing to remember with any scam is that it will target you on one of two emotions, Fear or Greed which can be triggered in any one. So here are a few of the most common scams for you to look out for.

Fake Online Shop Scam

There are thousands of fake retail sites which look identical to genuine websites. Appearing near the top of search engine listings doesn't mean they are genuine. The first time you'll become aware that you've been scammed is when you've completed the checkout process but did not receive a confirmation email. Now you're sure you won't be receiving your goods either so you take a closer look at the website only to realise there are no contact details either. Genuine sites almost always have the Padlock symbol in the address bar indicating that the site is secure and your details are encrypted. Scammers do not invest in this expensive technology. Amazon and PayPal act as a middle man between you and the vendor so if you do get scammed they will try and assist you in getting a refund. There are even fake sites for government departments and other organisations including the DVLA.

Account Cancellation Scam

You receive an email or text telling you that there is a problem with your Bank/iTunes/PayPal/Netflix account and it has been frozen. Please click on the link or call us to verify your details to reactivate your account. If you don't have any of these accounts you can just delete and forget, but if you think this might be a genuine problem go directly to the company or bank NEVER follow any links. These emails are usually very badly written with spelling mistakes and bad grammar. They might use language which a company wouldn't use in a personal email such as "Dear Customer". If it looks like it's been translated from a foreign language by a computer then it probably has been.

Other email scams include sending you a link for you to view an Egreetings card supposedly sent by someone you know. A request for a bank transfer of funds to be sent to one of your friends who has suffered an accident whilst on holiday abroad. Both these emails will have come from someone who is probably unaware that their email account has been hacked. The scammers only have the names and email addresses in their contacts list so they are just throwing out a line and seeing who bites. If you receive any suspicious email from someone you know, call them to verify the validity of the message. They'll probably thank you for alerting them to the fact that they have been hacked.

Antivirus Scam

You receive a cold call from "The Technical Support Centre of Microsoft" informing you that for the past few days your computer has been sending a virus onto the internet and is in danger of malfunctioning at any moment. But don't worry they can help you by walking you through the installation of their free antivirus software.

So you follow their instructions until suddenly the "Free" Software is no longer free and they need your bank details to finish the installation. This is usually when most victims realise they've been scammed but it's too late. The software has been installed and is sending the scammers all your passwords and other sensitive information stored on your PC. Most people can tell that the cold calls are a scam but there is a pop up version of this scam which is much more convincing. The thing to remember is Microsoft does not operate computer monitoring centres. Virus protection is your responsibility so invest in a trusted Antivirus Software and tell the scammers where to go.

Long Lost Relative Scam

This scam usually works through Social Media sites as the scammer hacks into someone's account in order to gain information about their Friends and Family, dates of birth and marriages. But they can also use search engines then email the victim. You receive a message from a Long Lost Friend or Relative wanting to get in touch. They drop in

enough personal information to convince you that they really must be your relative. Or a Lawyer working on behalf of a deceased relative but the premise is usually the same. You are the sole beneficiary of their Will and they were loaded. They may even offer to send you written documentation. The only catch is that the money is held abroad and there is a small charge in order to release it. You get the idea. There are many variations of the same scam, a long lost friend has a fantastic business proposition for you, and a Nigerian Prince needs your bank account to move some money out of the country. They are all scams. You could even find yourself involved in money laundering the proceeds of a crime.

Romance Scam

This scam is cruel as it preys on loneliness and is usually carried out on Dating and social media sites.

You are messaged and over a period of months a relationship develops. One day the Scammer will want to come and see you or will need expensive medical treatment. Whatever it is, they need money and you want to help this lovely new friend? So you send the money, feeling only too pleased to help but the scammer hasn't contacted you since and you've not only lost your life savings but a relationship too. They will be messaging several victims at the same time, being a different person to each of them. If you make a new online friend, do a web search before you commit to anything. If their credentials don't match the search then they're probably fake.

Freebie Scams

This scam is as old as the hills and every where online. Pop ups and ads saying "Fill in this short survey and we'll give you a Next Voucher for £50". Or "Click here to get an iPhone X for only £100, Hurry only 10 left." There really is no such thing as a free lunch and there are certainly no £50 vouchers. Just imagine how much the shop would have to give away if all you had to do is fill in a survey? Likewise you won't have won that competition or lottery which you didn't enter, no matter how convincing the website or email looks. The scammers will try any enticement to get

hold of your details or bank account. And it works because everyone loves a freebie.

Charity Scam

There is absolutely no depths low enough for a scammer to stoop too. Even setting up charity websites after major international disasters to cash in on people's generosity and good will. I don't want to destroy your faith in humanity so if you do want to give, research the correct web address for the charity to avoid fake copies.

When you see these scams written down it seems obvious that they are scams but the fact that they evolve and never quite go away means that enough people are falling prey. It can be hard to spot a scam when you are panicking or caught up in the moment. They can be very convincing and are getting increasingly more sophisticated as technology improves. But the best weapon you've got is knowledge. Hopefully you won't fall for any of these scams and will be able to spot others before it is too late. If you do fall prey to a scam, don't feel ashamed or keep it secret, it can happen to anyone. The best revenge is to educate as many people as you can.

Eye Clinic Support – St Margaret's Hospital, Epping – by Barbara Harrison, Volunteer

Almost on the periphery of Essex Sight's territory, lies the tiny outpost that is Essex Sight Eye Clinic Support at St Margaret's Hospital in Epping. Established back in the mists of time (well, at least three decades ago), the team serves those who come to the Eye Clinic for initial assessments or follow-up appointments.

I joined a team of three; Norman Taylor who had volunteered for over 25 years and a couple, the husband was visually impaired and his wife the driver. When the wife could no longer drive, the team of four became two. Then Rosemary joined us and soon Norman felt he had done his fair share. The team became two again.

None of us are, or were, medically trained, but we all brought special skills and experiences to the role, as well as enthusiasm and commitment. Until she became too ill to continue, Norman's wife was a volunteer with a visual impairment.

There is something very powerful about a person with a visual impairment saying "I know this works for me" and over the years, two people were able to say this. Alongside them were spouses, who understood what it means to support someone whose sight is failing. Rosemary was a counsellor and I was a teacher of the visually impaired, so we bring something different but still very relevant to the patients at the clinic.

Rosemary became a team of one when I had an accident last year. For six months she 'held the fort' on her own and did a magnificent job. (Thank you, Rosemary.)

Over the years, the team has gained the trust and respect of the nursing and medical staff. We've been told they regard us as 'one of them'.

So, what do we do? We attend the eye clinic every 2nd and 4th Friday of the month. We talk. We listen. We give out information fliers and booklets. Sometimes we demonstrate equipment.

This is our history to date. Our editor permitting, I'll write more about our encounters for another edition of Spotlight. In the meantime, the small but (almost) perfectly formed Essex Sight Eye Clinic Support Service in Epping will continue to do just that – support people who attend this far-flung and little-known (hopefully better known now) outpost.

A Week on the Water - By Captain Nigel Saunders

Monday - I was picked up and travelled in the pouring rain to our destination, a bungalow in Neatishead, Norfolk.

Tuesday – The sunshine arrived today, and I spent the morning on a motor cruiser, taking a turn to steer. We travelled Wroxham way, enjoying the countryside. A first for me; a venison burger. In the afternoon chocolate was purchased!

Wednesday – I visited the city of Norwich. We visited Marks and Spencer and I purchased a man bag along with some joggers; lunch too at M & S. In the evening we hit the local village pub.

Thursday – Glorious sunshine and a very busy day on the water. In the morning I went sailing for two hours and canoeing in the afternoon – with a very tasty mint lamb burger in-between. The evening was spent in another village pub with a great sirloin steak.

Friday – I visited a farm in the Wroxham area. I really enjoyed feeding a lamb a bottle of milk; holding a day-old chick and holding a guinea pig and rabbit.

Arrived home about four in the afternoon – tired but very happy.

Nigel is visually impaired and uses a wheelchair, nothing holds Nigel back – his social life is to be envied!

Entertainment/Activities

Clacton Airshow

The 27th Clacton Air Show will be held on Thursday 23rd and Friday 24th August 2018.

Entry is free and approximately 250, 000 people will be entertained over the two days. As well as an impressive array of aerobatic displays from favourites such as the Red Arrows, there will also be lots of ground level entertainment, exhibition stands plus an on-site food court.

The twilight flights will take place on Thursday 23rd August and be followed by a spectacular fireworks display at Clacton Pier.

Opening times: 11am –9pm Thursday and 11am – 5pm Friday

Location: West Greensward, Clacton Seafront, CO15 1NW

General Show Enquiries: 01255 686633

Car Parks: www.tendringdc.gov.uk

Military Family Fun Day – Chelmsford City Racecourse Saturday 25th August 2018

As well as lots of military themed activities, music, and plenty of horse racing action, the event will be hoping to raise funds in aid of Help for Heroes.

This family fun event takes place at the Chelmsford City Racecourse located at Great Leighs near Braintree. The venue is an all-weather track, which can be enjoyed from either the grandstand or at various vantage points at ground level. The grandstand is complimented by a restaurant suitable for families plus another restaurant more suited for formal celebrations. A lively sports bar and coffee shop area offer alternative settings to enjoy refreshments.

The prices for this event vary depending on the entry package chosen. Please use either the website address or call them direct using the details below to book.

Chelmsford City Racecourse, Chelmsford, CM3 1QP
Telephone: 01245 360300
Website: www.chelmsfordcityracecourse.com

Heritage Open Day at Colchester Castle

Free Event: Saturday 8th September 2018 10am – 4pm

The Castle will be joining with other Colchester heritage venues and opening its doors for free. This is a wonderful opportunity to soak up the atmosphere and history in this iconic castle. Audio wands can be requested upon arrival to enhance your visit and enlighten you with pre-recorded information.

Weather permitting, you might also choose to make use of the outdoor audio bench located in Castle Park. The audio bench is powered by solar energy which allows stories from yester year to be heard once the button in the middle of the backrest has been pressed. The audio bench faces the castle, and is situated between the castle and the newly planted sensory garden.

Museum Address: Castle Park, Colchester, CO1 1TJ
Telephone: 01206 282939
Website: www.cimuseums.org.uk

Goalball Taster Report – by Graham

I first experienced Goalball when I attended a youth activity weekend for people with a visual impairment. After that I decided to look more into having another go at the sport and attended some taster sessions in London. I did this for a while as the sessions took place on a Saturday and I didn't mind the traveling.

Unfortunately a few months after I started going the sessions moved to a weekday evening and this was not an ideal time for me to travel and attend the sessions. Ever since I have been keeping an eye out for something more local to be set up.

When I saw that there was going to be a taster session in Essex I jumped at the chance to attend. This session was very successful. Thanks to Liam Simpson and Warren Wilson for making this possible and I hope enough people continue to take an interest and liking to the sport so we could get a team together in Essex.

The session was well attended and I think there was at least seven people from various parts of Essex that attended.

For more information about Goalball visit the Goalball UK website-
www.goalballuk.com

Liam Simpson got back in touch with us to ask everybody interested in Goalball to please complete the following survey-
<https://www.surveymonkey.co.uk/r/Z5N7QDV>

Answers to quiz

1. False. They are arthropods and have an odd number of pairs of legs.
2. True. The Vatican has been protected by a military unit of the Swiss Guard since 1506.
3. True. Each eye has an eye lid on the top, bottom and one that blinks sideways.
4. False. Colds are caused by viruses and not by being cold.
5. True. There were 12 deaths recorded as a consequence of people taking selfies and 8 deaths as a result of shark attacks according to official 2015 statistics.
6. False. It is an optical illusion created by the ends of the cut hair being blunt and not tapered as with unshaven hair.
7. True. There are an estimated 950,000 flamingos in existence compared to millions of plastic ones.
8. True. Pirates wore an eye patch so they could keep one eye adjusted to darkness when going below deck.
9. False. Only the half with a head will survive and grow.
10. True. They are dark but not black. They give off light across the entire spectrum including visible light, and so, do actually glow very weakly.
11. True. There was still a tiny population on the isolated island of Wrangel in 1650 BCE.
12. True. The K represents Kathleen, which is her grandmother's name and is only used in her books.
13. True. Two of the hearts pump blood beyond its gills and the third heart pumps blood around its body.
14. True. It originated in Iraq, formerly Mesopotamia, around 3,000 BCE.
15. False. Your chest contracts but your heart keeps beating.

Contact details

Helpline and office 01206 548196
(Carol Massey, Denise Sanders, Christine Pratt)

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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.....
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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
3rd Wednesday of each month
10 am to 1 pm

Colchester

40 Osborne Street
Colchester CO2 7DB
Open Monday to Friday
10 am to 2 pm
Wednesday open until 4 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
Open Monday to Friday
1 pm to 4.30pm
(by appointment – 01255 673654)

Chelmsford

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

Maldon

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

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