

# Essex Blind Charity



# Spotlight

## February 2016

ISSUE 70



LOTTERY FUNDED 1

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### **Essex Sight Office**

40 Osborne Street

Colchester

CO2 7DB

01206 548196

[services@essexblind.co.uk](mailto:services@essexblind.co.uk)

For information about permanent or respite residential care, contact:

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23 The Esplanade,

Frinton-on-Sea,

Essex CO13 9AU

01255 673654

[janet@essexblind.co.uk](mailto:janet@essexblind.co.uk)

**Items for the next issue should reach the Editor by Monday 21<sup>st</sup> April 2016**

Essex Blind Charity produces and distributes Spotlight free of charge. However donations in time or money are always welcome. Please contact any of the above. Our Gift Aid form is available at the end. If you are a UK taxpayer this enables us to 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.



## 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 then request their own copy either in large print format or on tape. Unfortunately we are unable to provide Braille copies.

I continue to receive articles from Clubs and individuals and various Companies – all helping to make this a lively forum for visually impaired people in the County and the London Boroughs of Redbridge, Havering, Waltham Forest and Barking and Dagenham.

There are lots of interesting articles this time – I hope that there really is something for everyone. Has anyone done something new and exciting recently? Would you like to tell us all about it? Have you visited any of the events featured in Spotlight? Would you recommend them to other Spotlight readers? We are busy planning outings for my local blind club – is there somewhere that you have visited that you think fits the bill for a group of older visually impaired people?

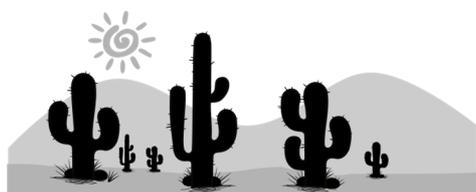
I look forward to hearing from you.

# Essex Sight Office



Helpline Number 01206 548196

## News from the Midwest by Jill Shakespear



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



We are now well in to 2016 and making plans for the year ahead. I would love to hear your ideas for any improvements or activities you would like to make at your local Sight Centre. We currently run audio book groups at the Brentwood and Braintree centres which are very popular. Perhaps you would like us to set one up at Maldon too. Or maybe you have other ideas for new activities in your area, please do let us know. We can't promise to try everything but we will investigate the possibilities for all suggestions.

We are also constantly looking out for new equipment that may interest you. We recently took stock of some new magnifiers from the Eschenbach range which include some small folding magnifiers ideal for taking out in your pocket or handbag to read the small print in the Supermarket. If you get your magnifier from the hospital we now have some stands to fit the Eschenbach 3-4 times magnifiers which are very useful for writing and hands free use. We have also got some new demonstration equipment including the Kindle paperwhite and the electronic Eschenbach Smartlux electronic magnifier which we can supply at a reduced rate of £399.

Meanwhile at home I have been enjoying planning my holidays for this year. Don't forget we have information on a range of holiday companies that cater for visually impaired people. These include Traveleyes who have just sent us their new brochure covering trips ranging from short breaks in the Cotswolds to exotic tours in Vietnam and Swaziland. I am looking forward to a trip to Holland with my sister in April to see the bulb fields.

Upcoming dates for the Sight Centres are:

Braintree: 17<sup>th</sup> February and 16<sup>th</sup> March

Brentwood: 8<sup>th</sup> February and 14<sup>th</sup> March

Maldon: 1<sup>st</sup> March and 5<sup>th</sup> April

Chelmsford: Every Friday



## **Tendring Tittle Tattle by Libby Turner**



**Brightlingsea Clacton  
Harwich Manningtree**

Sadly this is my last article for Spotlight; following the loss of both my parents this year I have decided to take some time out to try and sort out all their affairs (all very complicated with 'no will' – take note if you have not done yours!). I have enjoyed every minute of my time with the Charity and have been inspired by so many of you. I live in awe of many of you and your incredible achievements and have made many friends along the way. Thank you to all my willing volunteers: Chris, Agnes and John, Peter, Lin and Richard and to the ladies in the CADOWS shop who are always there to help as well. I will miss you all but hope you will put up with me popping in for a coffee when I get a chance.

Most of all, I would like to say thank you to the Directors and Janet for giving me the opportunity to work for this amazing charity and to my colleagues at Colchester – Patricia, Jill and Carol without whose support over the last year in particular it would have been much harder. We have had many an amusing moment over the last years and I am fully aware of the chaos I have probably caused in the office since I have joined! Thank you so very much and I look forward to you letting me back in to the office for a catch up now and again.

### **Clacton**

A lovely late Christmas party in January, many thanks to Chris for his quiz which I know was enjoyed. It was lovely to see so many of you there in despite of the horrid weather. I wish all my volunteers and visitors to Clacton a Happy and Healthy New Year and would like to say I will miss you all very much!

### **Manningtree**

A visit to Manningtree in January and we hope to have my replacement in situ by the time the March visit comes around. Again I wish all our users a Happy and Healthy New Year and a big thank you to the ladies in Manningtree Library.

### **Harwich**

Quite a busy morning at Harwich in December. Please note we will not be there in February but back in March as usual. Happy New Year to you all and I will miss our busy mornings, thank you to all our supporters, users and library ladies.

### **Brightlingsea**

Due to dwindling number we have taken the decision to make Brightlingsea bi-monthly so we will not be there in February but back in March. The new leaflets are available in the library with 2016 dates and if you have any queries please do not hesitate to contact us at our Colchester Office.

I would like to say thank you very much to all the staff at Brightlingsea Library for all their help and support, I have so enjoyed working there and will miss my monthly visit.

## **Art Group**

The art group at Clacton is going from strength to strength. Thank you so much to Annie for all her hard work and for all the volunteers and helpers, it is greatly appreciated. I wish you all happy painting and a Happy New Year.

Colchester was cancelled in January due to lack of numbers. We hope to start again as soon as we have some more interest.

You do not need to have had to put brush to paper before so come and give it a try and make some new friends along the way. Please contact Carol at the Colchester office for details.

Dates for Art Sessions:

## **CADOWS**

24, Old Road, Clacton-on-Sea, CO15 1HX

1st Thursday every month 10am – 12.30pm

## **Colchester Sight Centre**

40 Osborne Street, Colchester, CO2 7DB

2nd Wednesday every month 10am – 12.30pm contact Colchester for dates.

All classes will be £5.00 per session

## **London Marathon**

Please sponsor and support us in this - check out our website for details.

**\* \* \* \* \***

## Colchester Sight Centre by Carol Massey



First of all, a very happy new year to everyone. I hope you all had a wonderful Christmas.

Here at the Sight Centre we have had a busy start to 2016 and welcomed some new faces to our coffee morning, including a gentleman recently arrived from Syria. Mohammed tells us he was a baker previously, so maybe we can persuade him to make us some tasty treats to try at one of our Tuesday coffee mornings!

Mark, who is one of the Sight Centre volunteers, has recently taken part in "Come Dine With Me" the Channel 4 television programme where people take it in turns to hold a dinner party in their house with a chance of winning £1,000. He said it was a fantastic experience and really enjoyed it. Mark is not sure when the episode is going to be broadcast, but do look out for it. It should be entertaining.

### "Smart" Day – Tuesday 23<sup>rd</sup> February 2016

Do you use technology? Would you like to see what technology can do for you? We will be demonstrating our tablets, mobile phones and e-readers at the Sight Centre on Tuesday 23<sup>rd</sup> February between 10am and 1pm. This will be an opportunity to try out these devices at first-hand and ask questions. Our staff and volunteers will be on-hand to provide advice and answer any questions. If you have your own machines you are welcome to bring them along too.

### Knitwits

Our knitting group has produced lots of squares to be made into blankets and we are now going to make some jumpers as well. It's all for a good cause and we have a good time chatting and knitting. All abilities are welcome, so please come along if you are interested. To prove that age

is not a barrier, I have been taught to crochet by one of our clients, a lovely lady in her 90s. Thank you Jane!

Many thanks to Tiptree Priory Heath WI members who have kindly donated a supply of wool to our group.

### **Art Group**

We have spaces on our art group in Colchester. It is £5.00 per session and includes materials and refreshments. Please contact me if you are interested in joining the group. All abilities are welcome.

### **Spotlight Theatre Group**

Do you love the theatre? The following audio described performances are at the Mercury Theatre. A back stage “touch tour” and lunch can be included.

Forthcoming shows:

Saturday 20 <sup>th</sup> February	End of the Rainbow
Saturday 23 <sup>rd</sup> April	Clybourne Park
Saturday 4 <sup>th</sup> June	Private Lives

Please contact me if you would like further information on times, prices etc. For more details of the shows see our theatre article later in Spotlight.

We have recently been donated a large collection of Braille cookery books. If you are interested (or if you know of anyone who might like them), please let me know. It would be nice if someone could make use of them. I have a list of titles here.

And so we say farewell to Libby, who is off to pastures new. We will miss you Libby and wish you all the best in your new endeavours. Don't forget to keep in touch.

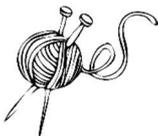
## Regular Activities at Colchester Sight Centre



Tuesday: 10am-12noon Coffee morning



Wednesday: 10am until 12noon Correspondence reading



First Thursday of month: 10.30am until 12.30pm Knitwits  
(3<sup>rd</sup> March, 7<sup>th</sup> April)



Second Wednesday of month: 10am to 12.30 pm Art Class  
(9<sup>th</sup> March, 13<sup>th</sup> April)

If you have any queries about activities at our Colchester Sight Centre please contact Carol Massey on 01206 548196 or Email: [carol@essexsight.org.uk](mailto:carol@essexsight.org.uk).

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## Read House, Frinton on Sea

Janet Plant, General Manager, writes:

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

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

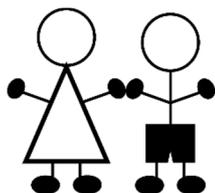
The Christmas festivities now seem a long time ago, but all our residents, including those who joined us for a short break over the Christmas period, had a lovely time with presents, good food (and drink!) and lots of activities. We are now starting to plan our activities for the forthcoming year. We have a regular programme of daily activities, mostly decided by the residents themselves at their monthly meetings. But we like to include some extra special events, like another visit from Gemma's Farm, visiting entertainers and some summer outings.

We have already taken a number of bookings from clubs who are planning their summer outings to Frinton. If your group is planning day trips this year and you would like information about what we can offer please contact us for details – 01255 673654 or email [sandra@essexblind.co.uk](mailto:sandra@essexblind.co.uk).

**\* \* \* \* \***

## Essex News

### Children's activities: Anglia Actionnaires Bear Garden Party in Ipswich



Join us to make a bear at the Bear Garden in Ipswich. Participants will be able to build and stuff their bears with assistance- add a scent, heart and birth certificate as well as meet friends old and new. We will have exclusive use of the premises for our event. Nearby parking available and details will be sent after booking

Suitable for: Sight impaired children from 2+

Cost: Free for sight impaired child.

Siblings may attend if places are available but will be charged at £5 per child

Venue: The Bear Garden, Tower Ramparts (soon to be Sail Makers Shopping Centre) Tavern St. Ipswich, IP1 3BB

Date: Sunday 6 March 2016

At 11 am

Under 8s must be accompanied by a parent.

Places are limited and pre booking is essential

Please contact:

Anna Hiscox CYF Coordinator

Action for Blind People

01603 455767

M: 07703 716642

E: [anna.hiscox@actionforblindpeople.org.uk](mailto:anna.hiscox@actionforblindpeople.org.uk)

### Ilford Blind Welfare Association

Fay Watts, the secretary of the Association, has written to say that they have changed venues for their regular get-togethers. The new venue is St Mary's Church Hall, 426 High Road, Ilford – on the corner of Buckingham Road. Meetings are on the second and fourth Monday of each month – with some exceptions for Bank holidays. Meetings are from 1pm to 3pm. If you would like to chat to Fay about joining the group her phone number is 020 8554 9171.

## Southend Blind Welfare Association

David Hurst, the Chairman of trustees of the Association, has sent me their latest newsletter. Like us the Association runs a care home, Elkington House, and they are very pleased to say that it was rated excellent in a recent CQC report. They also run a Charity Shop and an Equipment Centre and you are all very welcome to visit if you are down that way. The address is 117 Hamlet Court Road, Westcliff-on-Sea, SS0 7ES.

## (ELVis) EAST LONDON VISION

Here are some recent updates from ELVis:

ELVis is joining in on the fun of the 2016 Virgin Money London Marathon, with Ryan Jones as their runner.

Chess: Have you ever thought of playing chess? This may be the perfect opportunity to do so. East London Vision in conjunction with The Braille Chess association is aiming to hold taster sessions from January 2016 to March 2016. To register your interest or for further information please contact Hassan Khan on:

Email: [Hassan.khan@pocklington-trust.org.uk](mailto:Hassan.khan@pocklington-trust.org.uk)

Mobile: 078 1180 8145.

Tel: 020 3697 6464

ELVis welcomes on board Graham Page as the new Assistive Technology Advisor. His role is to help vision impaired people learn about what technology is available and, crucially, how to access it.

If you live within the 7 boroughs and would like further information or help with technology contact graham on:

Phone: 020 3697 6464

Mobile: 07779 441000

Email: [graham@eastlondonvision.org.uk](mailto:graham@eastlondonvision.org.uk)

Website: [www.eastlondonvision.org.uk](http://www.eastlondonvision.org.uk)



# Theatre

## Chelmsford City Theatre

Chelmsford City Theatre publishes a special access letter, Act One. This newsletter gives details about the various accessible performances and screenings on offer at both the Civic Theatre and Cramphorn Studio. The best way to access the newsletter is by googling Act One Chelmsford City Theatre.

If you would like to receive the theatre's brochure in large scale format please contact the theatre on 01245 606505.

## Mercury Theatre, Colchester

End of the Rainbow by Peter Quilter  
Directed by Daniel Buckroyd  
in association with Paul Taylor-Mills

It is London 1968 – and Judy Garland is about to make her comeback... again. Battling a tornado of drugs and alcohol, she undertakes an exhausting series of concerts at the Talk of the Town in order to re-claim her crown as the greatest talent of her generation.

After a series of failed marriages, Judy has her new young fiancé Mickey Deans by her side and her devoted pianist, Anthony.

Mixing drama, comedy, and electrifying concert sequences, End of the Rainbow has been greeted with standing ovations and 5 star reviews in 27 countries around the world.

Don't miss your chance to see End of the Rainbow here in Colchester before the show embarks on a UK tour!

The audio described performance is on Saturday 20<sup>th</sup> February at 2.30pm.

More information from the Box office on 01206 573948.

Two more audio described shows to look forward to: Clybourne Park, audio description on 23 April and Private Lives, audio description on 4th June.



## National News

### Stroke Support

Have you lost your field of vision due to a stroke? If so you may be interested in a free project run by UCL in London called Read-right. Read-Right is a therapy and research application for hemianopic alexia (HA) accessed over the internet and funded by the Stroke Association. In order to read, you have to move your eyes along a line of text three to four times per second. To do this efficiently, you make use of the visual information to the right of where you are looking. Patients with HA are deprived of much of this information and make many extra eye-movements. This slows them down. Studies have shown that the type of eye movement made when a person reads moving text (an involuntary eye movement) may help influence subsequent voluntary eye movements as the brain regions that make both types of movement overlap to some degree. Read-Right therapy uses scrolling text from books and news reports to exercise these movements. It is free to sign up, all you need is access to the internet. For more information the website is:

[www.readright.ucl.ac.uk](http://www.readright.ucl.ac.uk)

### Audio description by Susan Mann

I thought it might be useful to put in a short article about audio description for those of you who haven't tried it yet. Members of my Blind club were quite reluctant to use it when we went to a pantomime a few years ago, but were totally won over once they tried it.

Audio description provides an additional commentary for the audience member, allowing greater access for blind and partially sighted people. In performing arts such as theatre, opera or dance, audio description describes body language, expressions, movements and lighting effects. The describers will time the description so that it does not overlap the actors' lines. Sometimes touch tours are offered where audience members can explore the stage and some of the props or costumes, before the show begins. To participate in an audio description, the listener wears a personal set of ear-phones (provided by the theatre) which allows each individual to regulate the volume, and listen to a live description relayed by the audio describer. Box office staff are usually well versed in booking the best seats for a description and to book places on a touch tour.

Similarly, in film, DVD's or on television, the description describes the visual aspects of the action. Audio description is also offered in a variety of ways in many museums, galleries and heritage site and is now available at some architectural sites, football grounds and other live performances, enabling blind and partially sighted people to participate at these events.

### Moon Rising Living Art

We would like to introduce our new Moon Rising Living Art for Visually Impaired meet-up group to you. We provide visually impaired people older than 18 years with the opportunity to explore and enjoy everything that London has to offer. If you are interested in live music, theatre, storytelling, food, dancing and talks, Moon Rising Living Art is the right place for you. Do you fancy going to a pub after an event for some drinks and a chat? Look no further...

Our events are organised in cooperation with a large community of sighted people. It is our aim to fully integrate visually impaired people into a sighted community and also to raise awareness about visual impairment among sighted people.

The events are fully accessible for visually impaired. Joining the events is always free of charge, however, in case of ticketed events like concerts participants will have to buy their own ticket. Pick up from underground stations and bus stops close to the venue and guiding inside the venue will be provided.

Moon Rising Living Art was born as a project for people with visual impairment to enjoy high quality artistic, sports and life skills training. Moon Rising Living Art offers training and coaching specifically designed for visually impaired people.

Our partner group, the London European Club meet-up group, has been awarded the FreeSport grant by the Mayor of London to take sighted and visually impaired members to Walk and Swim in five different parts of London on Sunday mornings. We will start with a gentle walk of around 5km, or about an hour, through parks or along canals to a swimming pool. After an hour of swimming we will stroll to a nearby cafe or pub for a well deserved hot meal where we can chat and socialise with our fellow walkers and swimmers.

The grant covers the costs of admission fees for all participants. Lunch and travel costs will be covered by each participants.

The dates and locations in East London are as follows:

21 February, Stratford (London Aquatics Centre, meeting point: Stratford station)

6 March, Hackney (London Fields Lido, meeting point: Limehouse DLR station)

27 March, Stratford (London Aquatics Centre, meeting point: Stratford station)

10 April, Hackney (London Fields Lido, meeting point: Limehouse DLR station)

We will meet at 9:45 am at the stations listed above.

The grant primarily wishes to encourage people who do little exercise (less than 30 mins of moderate intensity exercise in the past four weeks - not including walking) to do more exercises. So no matter your fitness level or swimming prowess - as long as you can walk for about an hour and swim 30-50m, you are welcome to join us! Of course, the social aspect will be a key element, so you will have plenty of time to get to know fellow participants.

We will provide a pick up and drop off service at stations or bus stops and will also provide guiding during the walk and support, if required, during the swimming session. If you'd like to join us, either for the whole season or for individual days, please reserve your space by sending us an email. We will get in touch with you to discuss details about when and where to meet. Your personal assistant is also more than welcome to join.

More information can be found on our website [www.moonrising.org](http://www.moonrising.org).

### Calibre Audio Library

People with sight loss who have always been avid readers often struggle with magnifiers or large print. However, if you need a bit of respite or would like to try a different way of reading, Calibre Audio Library is here for you. Our charity has 8,250 fiction and non-fiction books in 60 different categories, available on MP3CDs, USB memory sticks and via streaming for people to use on tablets, smart phones and laptops. Calibre members

now can borrow up to 12 books at a time: 8 on MP3CDs and 4 on USBs. If people are also using streaming they can put as many books as they like onto their online wish list.

We add over 50 books a month including the latest bestsellers so you can keep abreast of reading trends as well as indulge in classic books. Our most popular fiction category is detective and mystery stories. Such is the demand, we have added an additional sub-category called 'Cosy Crime: Gentle Mysteries' with authors such as Simon Brett, Margery Allingham and M.C. Beaton. This is for readers who prefer an engaging listen but without the associated violence and strong language often found in more modern crime fiction.

For a one-off joining fee of £35 you can open the door to a life time of free books. We also sell a variety of USB players from £30 to match your listening needs. We also offer a free 12 week trial where you will receive one book at a time.

Please call our dedicated Membership Services Team who are here to give you the time to answer your queries and discuss your book and player options. When you call our number 01296 432 339 you will always get a person, never a confusing menu directing you to press various numbers. Alternatively email [enquiries@calibre.org.uk](mailto:enquiries@calibre.org.uk). Our website is [www.calibre.org.uk](http://www.calibre.org.uk)

### Royal National College for the Blind

Please find information from Tim Broome, Student Recruitment Manager, on some free events that young people with a visual impairment might be interested in:

#### Wednesday 9 March 2016 Futures Fair

A careers fair specifically for visually impaired young people that are looking at further education, higher education, employment or self-employment.

#### Saturday 9 and Sunday 10 April 2016 - Have a Go Activity Weekend

The weekend features a wide range of taster activities so you can discover more about the college whilst having fun. For more information on any of the events or if you would like to come and visit RNC with a group of pupils and spend the day exploring the college then please do not hesitate to contact me and I can arrange a visit.

Tim can be contacted at the college on 01432 376621

## Nystagmus Network

The producer of two nystagmus videos will be the keynote speaker at the Nystagmus Network Open Day on Saturday 7 May at the Hilton Hotel, Reading. Kristina Venning will talk about making NN's 'The way we see it' and 'Professional perspectives' videos. Kristina will also share stories with delegates about her media career and what it's like starting out as a mum when you have nystagmus and albinism.

The Open Day at Reading is NN's annual gathering for people who have the eye condition nystagmus, families of children born with it and eye health professionals. The aim of the day is for people affected by nystagmus to meet others like themselves, share experiences of what it's like to have nystagmus and learn from the experts. Sessions for the day will cover new parents, education, benefit advice and research updates.

Richard Wilson, Chairman, Nystagmus Network, said: "Our Open Day is a fun way to meet other families and people with nystagmus. The emphasis is very much about interaction, everyone is encouraged to take part whether they have a life-times experience to share or are just starting their journey. The relaxed atmosphere of the day helps people realise they are not alone and that there are others just like them."

Kristina Venning said: "I'm really looking forward to this opportunity to talk to everybody, tell them about my work, how I overcome the challenges that nystagmus brings and share some stories about starting a family when you have nystagmus."

Places at the Nystagmus Network Open Day can be booked online via <https://www.eventbrite.co.uk/e/nystagmus-network-reading-open-day-2016-tickets-20965963762?aff=efbevent> Tickets including lunch cost £30 for NN members and £50 for non-members. Children under the age of 8 go for free and between 8-16, £10. There will once again be a crèche for children under the age of 8 which will be on a first come first served basis. For more information please contact, Tel: 0845 634 2630, Email: [info@nystagmusnet.org](mailto:info@nystagmusnet.org)

## Cutty Sark – access event

This is a special event for visually impaired people who would like to visit the Cutty Sark. Explore the ship and her fascinating story on this audio described tour for blind and partially sighted visitors. Come on board and get hands on with history on the world's last remaining tea clipper. Tours convene at the Admissions desk, in the shop. Guide dogs, hearing dogs and assistance dogs are welcome. For safety reasons, wheelchair spaces for Cutty Sark are limited to three visitors at any one time.

There are two tours on March 12<sup>th</sup> – one from 10.30 to 11.30 and then after lunch there is a tour from 2pm to 3pm. The price is £17 per Adult or £13.50 for Members and Concessions (includes visitors with disabilities). Sighted companions enter free.

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## **PHONE NUMBERS**

Helpline	01206 548196
Jill Shakespear, Patricia Marshall, Carol Massey, Denise Sanders	01206 548196
Loredana Ivanus	07759 720551
Janet Plant, General Manager, Read House	01255 673654
Vanda Watling, Fundraiser Essex Libraries	01255 673654 0845 603 7628
RNIB together with Action for Blind People helpline	0303 123 9999
Waltham Forest Low Vision Forum	020 8509 0812
Havering Macular	01708 448057
Sight Action(Havering)	01708 459220

## 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.....

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Address.....

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Post Code.....

**I would like Essex Blind Charity to treat all donations I have made since 1 July 2012 as Gift Aid donations until I notify them otherwise.**

Signature..... Date.....

Please return your completed form to:  
Essex Blind Charity  
Read House, 23 The Esplanade  
Frinton on Sea, Essex CO13 9AU.



If you are not already on our mailing list for 'Spotlight' and would like to receive a regular copy, please complete the form below and return it to Sandra Edwards at Read House, 23 The Esplanade, Frinton on Sea, Essex CO13 9AU.

Name.....

Address.....  
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.....  
.....  
.....

Tel.....

How would you prefer to receive your copy?

Large Print..... Cassette Tape..... Memory Stick.....

Email.....

We would like to add your contact details to our database so that we may from time to time send you details of developments to our services, events taking place in your area and other information we feel may be of interest to you.

If you would prefer us not to do so, please tick here.....

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

**You may request us to remove your details from our database at any time.**

# Essex Sight Centres

## **Braintree**

Braintree Library, Fairfield Road  
Braintree CM7 3YL  
3<sup>rd</sup> Wednesday of each month  
10 am to 1pm

## **Colchester**

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

## **Brentwood**

Brentwood Library, New Road  
Brentwood CM14 4BP  
2<sup>nd</sup> Monday of each month  
10 am to 1 pm

## **Frinton on Sea**

Read House, 23 The Esplanade  
Frinton on Sea, CO13 9AU  
Mon-Fri. 1pm to 4.30 pm  
(by appointment – tel. 01255 673654)

## **Chelmsford**

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

## **Clacton-on-Sea**

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

## **Maldon**

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

**We also hold regular sessions in Brightlingsea, Manningtree and Harwich libraries on alternate months, as well as other ad hoc sessions in other locations. Please contact the Essex Sight Office for details.**

**For more information contact Essex Sight Office on 01206 548196.**

**SPOTLIGHT CIRCULATION: 1000+**

Readership: Anyone with a visual impairment or anyone involved with the visually impaired of Essex and the London Boroughs of Barking and Dagenham, Havering, Redbridge and Waltham Forest.