

Essex Blind Charity



Spotlight

June 2016

ISSUE 72



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Essex Sight Office

40 Osborne Street

Colchester

CO2 7DB

01206 548196

services@essexblind.co.uk

For information about permanent or respite residential care, contact:

General Manager at **Read House**, Janet Plant:

23 The Esplanade,

Frinton-on-Sea,

Essex CO13 9AU

01255 673654

janet@essexblind.co.uk

Items for the next issue should reach the Editor by Monday 25th July 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.

I have to start on a sad note – our President, Bryan Gates, died recently. Bryan had been a Trustee of EVAB and then EBC for many years and when he stepped down from the Board we were delighted that he became our President. It was Bryan who first introduced me to the charity, who persuaded me to join the Board and who gave me a great deal of support in my early days as chairman. He will be remembered with great affection.

We have appointed Patricia Marshall as the new Team Leader in the Community Office and we wish her well in this new role. She has worked for Essex Sight for four years, so has a very good understanding of what we do and what we hope to achieve in the future. She will continue in her role as an ECLO so she will split her time between the office and the hospital.

Let's hope the sun starts to shine soon – today it is still cool and cloudy and decidedly unsummery!

Community Support Team



Helpline Number 01206 548196

Team Leader -Patricia Marshall

Hello everyone!

It has been a long time since I contributed anything to Spotlight, mainly because I never felt that I could write anything of interest! However, things are changing within our Community Support Team and I would like to update you with some news...

Most of you that know me –or of me- know that my role is full time, and mainly made up of working in the eye clinics at Essex County and Clacton Hospitals and carrying out home visits in the Colchester and Tendring areas. I am delighted to announce that I have recently been appointed Team Leader for the Community Support Team, based in our Colchester Sight Centre. This means a change of day to day responsibilities for me and we will be recruiting someone to take over my previous role very soon.

My role as Eye Clinic Liaison Officer (ECLO) is very close to my heart. Having spent 10 years working in the Ophthalmology Department at Essex County Hospital while I was a Dispensing Optician, it was easy to find a new niche when I became the ECLO there in 2012. It hardly feels possible that it has been 4 years! Whilst we will be recruiting someone to replace me as ECLO, I will still be involved with the eye clinics and will attend at various times, as I feel this is where I am most at home! I am hoping that my experience will be useful to our new recruit and I will certainly be happy to assist in any way I can.

I have been out and about spreading the word about sight loss in general and Essex Sight in particular, speaking at various meetings where we have been invited to talk about what we do. It is always a surprise to me that people who have never experienced sight loss give it very little

thought until it happens to them or someone they know... and people are so interested to hear about personal experiences, which is what I have been sharing at the recent talks I have given.

For this reason I have been compiling some case studies about people's personal experiences of sight loss and of how we have helped them. If you would like to contribute anything to my compilation, please do get in touch with me at the Sight Centre on **01206 548196**. I can arrange to visit you to record your experiences if this would be helpful to you.

Don't forget, myself and my colleagues are available via our Helpline for advice and information and are also in our various centres on a regular basis. We have a qualified counsellor based at our Colchester Sight Centre, if you feel you would like to talk to someone about how you are feeling. We also have a support group, for those who would prefer this approach. Please contact myself or Carol at the Colchester Centre for more details.

For the next few months I will continue to be available in the eye clinics at Essex County Hospital on a Wednesday and at Clacton Hospital on Monday mornings. Do pop in and see me if you are in the eye clinics, or need any information or support, especially with being registered – I currently do not have a permanent base in either hospital, but if you ask the nurse who checks your vision, they can find me!

Colchester Sight Centre by Carol Massey



So here we are, almost halfway through the year already. The sun is out today, so hopefully we will be enjoying a balmy summer soon.

The Sight Centre continues to be busy, both on a day-to-day basis and with people coming in for the coffee morning and knitting group. It's really nice to know we can help someone, even in a small way. Often people pop in out of curiosity and are amazed at the information and equipment we have available.

This week we welcomed a very special new visitor. Riley is a newly trained guide dog belonging to Sheila, one of our volunteers. Sheila has just taken ownership of Riley and they both came in to the coffee morning. It was lovely to see them both here and Riley was beautifully behaved.

Correspondence Reading/Form Filling

We now plan to offer this service to users in their own homes. If you are not able to get out and have no-one to read your mail for you, we can, subject to availability, arrange for a volunteer to come to you. Should this be of interest, please do contact me.

London Marathon 2016

George Turner (son of Libby Turner who used to work for Essex Sight) completed the London Marathon for us in a very respectable time and raised £1,214 for the charity. This is wonderful news and massive thanks to George and all those who sponsored him.

Open/Demo Days

Representatives from Guide Dogs (human and canine) came into the Sight Centre in May to talk about the work they do and the process involved in applying for a Guide Dog. Sue Forster, with her dog Pam, explained the process of applying for a dog and the training process. A couple of people who attended have now started the application process. Optelec were also here in May to demonstrate their latest products, including the Traveller HD portable electronic magnifier. A good number of people came along on the day.

On Tuesday 21st June Professional Vision and Dolphin will be in the Sight Centre demonstrating their latest equipment, including IT solutions and video magnifiers.

Regular Activities at Colchester Sight Centre



Tuesday:

10am-12noon

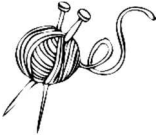
Coffee morning



Wednesday:

10am until 12noon

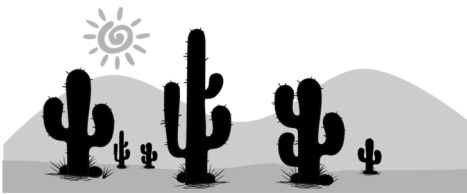
Correspondence reading



First Thursday of month: 10.30am until 12.30pm Knitwits

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.

News from the Midwest by Jill Shakespear



Braintree Brentwood
Chelmsford Maldon

June is one of my favourite months which I associate with sunny days, Wimbledon and strawberries and cream. It is also when both my husband and I have birthdays so extra celebrations in our house especially this year when he reaches a milestone birthday.

I am also attending an award event in June. The Witham Round Table have very kindly offered to sponsor the printing costs of Spotlight for 6 months from money raised at their annual Witham firework event. I will be attending a presentation evening on 4th June along with my volunteers from Braintree, Jim and Barbara. Many thanks to Charlotte and the team from the Round table. I can also thoroughly recommend their firework event as I have enjoyed it in past years.

If you live in the Chelmsford area you might be interested in a new Finding Your Feet workshop run by ECL in partnership with Guide Dogs and Essex Sight. This free two day workshop and discussion programme is designed for people and their partners/carers who may be struggling to come to terms with sight loss. It will explore both practical and emotional support and will cover areas such as everyday living tasks, getting out and about, social support and services available locally and nationally.

There are 2 dates available:

Thursday 16th - Friday 17th June

Or

Thursday 8th – Friday 9th September

For more information please contact ECL Sensory Service

Tel:03330133262

I hope you are all out enjoying the sunshine as you read this. Don't forget to wear your filter glasses to protect your eyes. The eye shields we have in our sight centres come in a variety of colours and filter strengths and are designed to give all round protection.

Upcoming dates for the Sight Centres are:

Braintree: 15th June and 20th July

Brentwood: 13th June and 11th July

Maldon: 7th June, 5th July and 2nd August

Chelmsford: Every Friday

Tendring Talks by Denise Sanders



**Brightlingsea Clacton
Harwich Manningtree**

Hello again. Well, I have been working for Essex Sight for three months now and how times flies when you are having fun!

Thank you again to the staff, volunteers, sight centre users and librarians for all their help and support – this has really helped me settle in.

Brightlingsea, Manningtree and Harwich

It was nice to visit these libraries over the last couple of months. Just to remind you that I will be there again with a selection of literature which may be of benefit to people living with sight impairment. Additionally, I carry with me a small selection of equipment/aids which may be helpful.

Clacton

We were very lucky to have the company of 'Wendy' for a few weeks at Cadows. We enjoyed her singing and her ever present smile and laughter. Every sight centre should have a 'Wendy'! We hope she can join again at some time in the future.

We are also very fortunate to welcome a few new members who have joined us for tea and cake.

Return of the techno Teens

There have been requests for the return of the Techo Teens and I am happy to say they will return in late June/July after their exams. We wish them well in their studies. I will let you know when they are coming in so you can have your 'phone, tablet and PC questions to the ready.

Optelec

Optelec will be running a Focus day for visually impaired people on Thursday 7th July at CADOWS 1 – 3.30 pm

Demonstrations will be available of the new Optelec Traveller HD, a unique and portable handheld video magnifier, with a generous 13-inch widescreen and a sliding camera for fluent reading. There will also be demonstrations of the latest desktop magnifier, a handheld video magnifier and a ClearReader which you simply switch on, scan a magazine article and start listening in an instant using a choice of natural sounding sounds.

Happy 90th Birthday



We are celebrating the Queen's 90th birthday with a small lunch – sandwiches, sausage rolls, crisps, cakes etc on Thursday 9th June, two days before the Queen's official birthday which is on Saturday 11th June.

Please join us for a bite to eat, a toast to drink and hopefully some entertainment.

1 pm – 3.30 pm. All very welcome.

Upcoming dates for the Sight Centres are:

Brightlingsea: Wednesday 20th July

Harwich: Tuesday 14th June

Manningtree: Tuesday 26th July

Clacton: every Thursday



Read House, Frinton on Sea

Janet Plant, General Manager, writes:

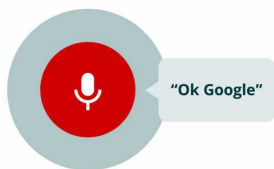
We have finally received our Inspection Report from CQC and are delighted that we have received a rating of 'Good' in all the elements inspected. All CQC Inspections are now carried out using what they call 'the Mum Test' (i.e. is it good enough for my Mum.....?) So they rate us on the categories of Caring, Safe, Effective, Responsive and Well Led. Incidentally, all CQC inspections are carried out in the same way whether it is a care home, hospital, GP surgery, dentist etc. Our report can be found on the CQC website www.cqc.org.uk and there is a direct link from our own website www.readhouse.org.

Our residents have enjoyed being out in the garden when the weather permits. We are starting to plan outings during the summer – although the first one has had to be cancelled due to bad weather! We are also looking forward to Gemma's Farm visiting us again soon with her menagerie. I wonder what she will bring this time; there is always something different and the residents love being around the animals. At the end of the month we are also looking forward to a visit from one of the local primary schools.

Our Day Care service has now been running for just over a year and it continues to thrive. We have new clients joining all the time and it is a good opportunity for our residents to meet other people from the local community and join in some activities with them.



Talking Technology



This information has been compiled from an article in the Spring 2016 edition of the Macular Society magazine Sideview.

Many of today's phones and computers have very advanced voice recognition software making them much easier to use if you have a visual impairment. Here are a few popular ones:

Siri

Available on Apple devices like the iPhone. Turn Siri on by navigating to "settings" and selecting "general". Here you will find the on/off button for Siri. Once Siri is switched on (enabled), press and hold the phones Home button to open it. You will hear 2 quick beeps to tell you Siri is ready to respond. Ask your question and await the answer. You can also use Hey Siri as a voice command to wake it up.

OK Google

Available on Android devices. The app can be downloaded free from the Google Play Store. To activate it touch the menu icon and go to "settings", then into "voice" and click OK Google. Each time you want to use the voice recognition open the app and say "OK Google" or touch the microphone icon.

Cortana

This is the new voice recognition which comes as standard on the latest Windows computers and Windows phones. You will need a microphone to allow your computer to pick up your speech.

Voice commands can be used for all sorts of functions. Try these:

Open – name of app

Call/ring – name from your address book

Email – name from your contact list

Or try something more general like "what is the weather forecast tomorrow?"



Local News

Local theatre audio described performances

Mercury theatre, Colchester: Saturday 4th June 14:30
Private Lives. Touch tour at 13:00 tickets £8.50
Phone: 01206 573948

New Wolsey Theatre, Ipswich:

Saturday 2nd July 14:30 A Midsummer Nights Dream
Touch tour at 13:00

Friday 15th July 19:30 and Saturday 16th 16:30 A Zimmer of Hope
No touch tour

Saturday 23rd July 14:30 Legally Blonde
Touch tour at 13:30

Phone: 01473 295900 tickets from £10

Historic sounds of Essex – coming to you

What does Essex sound like? Now you can find out without having to come to the Essex Record Office to listen to the historic recordings in the Essex Sound and Video Archive (ESVA).

The ESVA is running a three-year, Heritage Lottery Funded project called You Are Hear: sound and a sense of place. For the project, we are digitising and cataloguing many of the unique recordings in the Archive, then making them available to encourage people to develop their sense of place based on the sounds of the county.

We are gradually making recordings available on our Soundcloud channel (www.soundcloud.com/essex-record-office/) and our YouTube channel (www.youtube.com/essexrecordoffice/), so you can listen for free from the comfort of your own homes.

We are also pinning recordings of specific places to our Essex Sounds map (www.essexsounds.org.uk/). You can compare what the Chelmsford cattle market sounded like in 1950 to what the site sounds like today, now that

the High Chelmer shopping centre has been built on it. Or compare the 1950 recording with the sound of a livestock auction this year, at Stanford's near Colchester. If we don't have a recording for your neighbourhood, why not add your own? The site is still being developed, but we would welcome your feedback on how to improve it. We are particularly interested to hear if it is easy to use with accessibility software.

The recordings on our Essex Sounds map include new material captured by our Sound Recordist, Stuart Bowditch. Many of these are in response to the suggestions of Essex sounds that we received during our public surveys. For example, we now have a recording of the Maldon Hunt parade on New Year's Day, suggested by participants at the Maldon and District Vision Impaired Club.

If playing sound recordings on your computer does not appeal, how about listening to them through a talking park bench? Two of these benches will be touring the county for the next two years, starting at Stansted Airport and Belhus Woods Country Park in June. We will also be installing benches in the following locations over the summer: Basildon, Castle Hedingham, Colchester, Great Dunmow, Great Waltham, Harwich, Kelvedon, and Saffron Walden. They will play recordings from the Archive relevant to each location, carefully selected and put together by groups of volunteers from the community.

At the same time, two interactive audio-video kiosks will tour public places, with a third installed at the Essex Record Office (ERO) in Chelmsford. The touring kiosks will start at Loughton Library and Chelmsford Museum in July.

We are still taking bookings for the second year of the tours, and looking for volunteers to help with the second round of community bench installations. Please get in touch through info@essexsounds.org.uk or 033301 32467 if you have any suggestions.

To find out more about the project, see the full list of tour locations, and subscribe to receive updates, visit

<http://www.essexrecordofficeblog.co.uk/you-are-hear/>

East London Vision (ELVis) Bowls

ELVis, in partnership with Metro Blind Sport, Walthamstow Borough Bowling Club (WBBC) and Motivate East is bringing Vision Impaired bowls to East London for the first time! After a successful trial in 2015, we are now launching WBBC's first ever VI Bowls season during 2016. Made up of 10 FREE sessions they are open to anyone living with sight loss in East London or surrounding areas.

The sessions are on Thursdays and they began on May 26th and then they will be on the 9th , 23th and 30th of June; the 7th , 21th and 28th of July and then the 4th , 18th and 25th of August. Meet at the William Morris Gallery Park Entrance at Lloyd Park, Walthamstow at 1.30pm. The park is off Forest Road, Walthamstow, E17 5EH.

For more information and to confirm your place please contact the ELVis office on 020 3697 6464.

Sighted Guide Services at the Olympic Park

Visit the Queen Elizabeth Olympic Park with a sighted guide!

As part of the Paralympic legacy, Queen Elizabeth Olympic Park has been designed to be as accessible as possible for all visitors. Thanks to a partnership with Guide Dogs the community sighted guides form an important part of the Park's wider Park Mobility service.

Over 40 volunteers have received the Level 1 "My Guide" training and are ready and raring to get guiding!

What can they offer?

- Meet and greet at Stratford Station
- Free tours around the Park - comments on what's around them, sounds and smells
- Sighted guides with an incredible knowledge and passion for the Park
- First class customer service!

Want to know more?

For further information on our accessibility services and a quote for your event,

Contact: Volunteer Manager: Adele Lefebvre

Email: adelelefebvre@londonlegacy.co.uk

or Tel. 07855 136 893

National News



TAFN- The Accessible Friends Network

TAFN is a national independent charity providing real-time social networking, computer technical support, training and entertainment via the internet. It is run by and for blind and visually impaired people. It is a user-led group using email, the internet, voice conferencing and other resources to improve the quality of life for VI people by networking in chat rooms. These are like a physical room open to all members or private areas limited to certain participants where people can get together to discuss one of the formal event topics or have a private conversation with friends. To take part in events you need to be a member with access to the internet and a microphone and speakers or headset.

Regular events include quizzes, music nights, documentary evenings and computer skills workshops. Other regular topics include gardening, books and poetry, desert island discs and lifestyle tips. TAFN is a safe way of socialising with other VI people in a controlled environment. Membership costs £12 per year and a months free trial is available to see if you like it. Contact Greg Hamilton by email at greg@tafn.org.uk

Macular Society

The Macular Society is the national charity for anyone affected by central vision loss. They provide free information and support to improve lives and ensure no one has to face macular disease alone. There are around 300 Macular Society support groups around the UK and beyond. They also fund research into macular disease.

The society is currently offering 6 months free trial membership

As a member you will receive:

Sideview – a quarterly magazine, which will keep you up-to-date with the latest about treatments for macular conditions and clinical research. It

also provides top tips for managing everyday tasks with a macular condition, such as advice on using technology, plus inspirational stories and news from the macular community.

Digest - an annual roundup of research into macular conditions

For more information visit the website www.macularsociety.org or phone the helpline on 0300 3030 111.

Vocaleyes

Vocaleyes is a nationwide audio description (AD) service for visually impaired people, providing access to the best in the arts. Highlights of their summer descriptive services for London include the following:

Geffrye Museum – servants in London Households 1800-1900

Tuesday 19th July 14:00

Places free but booking essential. Phone: 020 7739 9893

Shakespeare Globe Theatre-

A Midsummer Night's Dream Sunday 12th June 14:00 touch tour at 11:00

The Taming of the Shrew Saturday 16th June 14:00 touch tour at 12:00

Phone: 020 7902 1409 tickets £5- £45

Lyceum

Disney's The Lion King Sunday 3rd July 15:00

Phone: 0844 871 3006 tickets £35 (reduced from £69.50)

Live to Digital Theatre

Your chance to put forward the case for pre-show introductory notes and audio description for Live to Digital Theatre. Arts Council England, UK Theatre, and the Society of London Theatre are surveying people in England in order to understand their experiences with digitally distributed live theatre. They are interested in the views of people who have attended live and encore screenings, such as National Theatre Live, as well as those who have viewed live theatre online. Also they want to hear from people who have not viewed any live screenings. They hope you'll take a few minutes to participate. This is your chance to put forward the case for both pre-show introductory notes and audio description for digital theatre screenings.

Becky Schutt (bschutt@aeaconsulting.com) is the person to contact. She will be able to email you a link to the survey.

One participant will be randomly selected in a prize draw to receive £100. Be sure to enter your email address on the last screen of the survey to opt in. The results of this study, which also includes interviews and focus groups, will be used to inform policy and investment, and more broadly to provide evidence for the theatre sector about the marketplace – both supply and demand, opportunities and challenges. Findings from this study will be published in the summer 2016.

Lesley-Anne Alexander CBE

Here is a message from Lesley-Anne Alexander, who has been the Chief Executive of the RNIB since 2004:

I have been at RNIB for over 12 years working in what I have often described as the best job in the world. The RNIB group of charities is stronger than it has ever been, we are reaching more people than ever before and our future, whilst always challenging, looks secure.

My Mum's battle with dementia before her recent death and my Dad's current illness has caused me to reflect on how I want to spend the next phase of my life. Now feels like the right time to retire from my role as Chief Executive and do some of the things "on my bucket list" before it's too late!

I am enormously proud of all that we have achieved and I am RNIB's biggest fan. This decision took a lot of soul searching but it feels like the right time to use my energy on a wider platform and I have particularly enjoyed the non-executive roles I have taken on in recent years. For succession planning purposes I have agreed to continue working until the end of September. The process for finding a new Chief Executive will begin shortly.

Calibre Information Packs

Calibre Audio Library brings the pleasure of reading to people who have sight problems, dyslexia or other disabilities that prevent them reading

print through a subscription-free nationwide postal and internet service of audio books. We offer a choice of over 8,500 titles, fiction and non-fiction, recorded unabridged by professional actors and broadcasters. The Calibre website, www.calibre.org.uk, provides details of all our services including online access to our complete catalogue of audio books.

We are currently working on a project to provide all the Eye Clinics, National and Local Blind Associations and Resource Centres on our database with Calibre Information Packs.

The aim is that these should be a permanent place of reference for staff containing everything you need to know about Calibre. A folder will be provided which will include all our current forms and leaflets. We will forward replacements as and when any of that literature is superseded so you will always have up to date information.

In order to ensure the Information Packs reach the relevant person, and to provide a future point of contact, we should be grateful if you would register your interest by sending your details to:

Jill Hambleton, Admin Assistant Publicity and Fundraising
Calibre Audio Library
Aylesbury, Bucks, HP22 5XQ
01296 432 339 (switchboard)

01296 380 558 (direct line)

New look for the Nystagmus Network

A new logo, new trustees, new staff and a new website www.nystagmusnetwork.org were all announced at the Nystagmus Network Open Day at Reading on Saturday 7 May.

Delegates arriving at the charity's annual gathering saw for the first time the new eye-catching logo. President Vivien Jones introduced three new trustees. Daniel Lewi, himself a new member of staff, unveiled a new easier to navigate website.

The new logo encapsulates this period of evolution for the charity, clean and clear and easily identifiable. The new team members replace amongst others the retiring Pam Jarman and John Sanders. The new website directs visitors to information for people and families affected by

nystagmus, awareness about the eye condition and research into possible treatments.

Richard Wilson, Chairman, Nystagmus Network, said: “We recognised that John was unique and it would take someone special to replace him. Dan Lewi is already making a huge impact on our work. It is a testament to the strong position that John brought us to, and Dan will build on, that the transition was so seamless and so professional in its execution. The new logo and new website are about firming up our foundations.”

Two more important changes at the Nystagmus Network are a new phone number and postal address. Please use telephone; 0345 634 2630 and postal address; PO Box 70580, London. SE12 2BL. The email remains the same; info@nystagmusnet.org

The Nystagmus Network already has two exciting events planned for the future. First the charity will be bringing all the UK nystagmus experts together in September and then in 2017, hosting a gathering of international researchers to share their work and knowledge.”



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	01255 673654
Essex Libraries	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
Macular society helpline	0300 3030 111

Gift Aid Declaration

**On behalf of Essex Blind Charity
Registered Charity No. 1103732**

The Gift Aid Scheme enables charities to make more of your donation by reclaiming the tax you have already paid. In order for us to make this claim on your donation(s) please complete this form and return it as soon as possible

Thank you!

Please treat the enclosed gift of £.....as a Gift Aid donation.

I confirm that I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all charities and Community Amateur Sports Clubs that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Title.....Forename(s).....Surname.....

.

Address.....

.....

.....

.....

Post Code.....

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

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

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

If you are not already on our mailing list for 'Spotlight' and would like to receive a regular copy, please complete the form below and return it to Carol Massey at Essex Sight, 40 Osborne Street, Colchester CO2 7DB

Name.....

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

Tel.....

How would you prefer to receive your copy?

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

Email.....

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

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

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

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

Essex Sight Centres

Braintree

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

Colchester

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

Brentwood

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

Frinton on Sea

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

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
1st 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.