

# Isle of Wight Society for the Blind

## **Newsight August 2006**

### **From The Acting Director's Chair**

I have now been associated with the Society for eight weeks!! and have been most impressed by the warmth of welcome I have received from clients, volunteers and staff alike. I am pleased to say that all concerned are very positive about the challenges we face in continuing to take the Society forward. Change is something that concerns us all, but I genuinely feel it brings a great opportunity to reshape the focus of the Society to match the changing needs of all clients. Furthermore it will also be an opportune time to look at all existing process and protocol to ensure that you as users of the service are supported at the optimum level by ongoing acknowledgement of legislative change.

My very best wishes to you all - Peter Scott

### **Technology Exhibitions**

Monday Sept 4th

Enhanced Vision 10.30 - 3pm

CCTV's and Dolphin Software

Wednesday Sept 13<sup>th</sup>

New Vision Technology 10am – 12noon

Portable handheld cameras with TV or laptop link

Monday Oct 2<sup>nd</sup>

Humanware 10am – 2pm

Wed Sept 20<sup>th</sup>

**Information Fayre** 10.30 – 2.30pm

Please ring Tony or Susan for details

### **Games Exhibition**

On display Sept 4<sup>th</sup> Sept 6<sup>th</sup> and 11<sup>th</sup> Sept

Adapted Chessboards and pieces, Cryptic Crosswords, Scrabble and Cards etc.

Or come and talk to our volunteers who are going to lead the new club starting in October

## **British Retinitis Pigmentosa Society – Whitecliff Weekend** Saturday 30<sup>th</sup> September – Tuesday 3<sup>rd</sup> October 2006

£99 - 4 people in a self catering chalet  
INCLUDING car ferry from Portsmouth + all entertainment  
price also includes a donation to Retinitis Pigmentosa Society of £5. Islander special just £69.

### Cabaret Evening with Charlie Gracie

Sunday - Fun on the Beach including the nab challenge, a boat race with a difference, to take part ring Pete King on 01708 508031, Sponsored dip in the sea, in fancy dress. Forms from Linda plus a SUNDAY LATE LUNCH IN THE NAB. Hot Buffet style lunch just £10. (£2.50 of which donated back to RP). Tickets for lunch (in advance only) from Linda and Colin

Come Dancing in the Culver Club with resident band, cabaret, tombola, raffle and auction.

### Monday - Sponsored Pool Marathon

Play pool for charity 10am to 10pm for sponsor form contact Steve Mac on 07866 456171

To Book please phone Whitecliff Bay on 01983 872671 or [www.whitecliff-bay.com](http://www.whitecliff-bay.com)

For further information phone Linda + Colin on 01983 406661 or see BRPS website [www.brps.org.uk](http://www.brps.org.uk)

Colin and Linda have worked raising funds for RP fighting blindness for 25 years.

RP NEWS The first treatment trials on certain kinds of RP are beginning this year both in the UK and the States. RP in dogs is now known to improve using certain therapies, After treatment in the US Briard dogs, which inherit RP as we do,

They can now follow and catch Frisbees when they were not able to walk without guidance before. The RP Society newsletter is now full of hope for the future with talk of gene, stem cell and pharmaceutical therapies.

## M D Cook Book

The Macular Disease Society has launched a cook book called **Vegetables for Vision** by Ian Grierson. Professor Grierson is Head of the Department of Ophthalmology at Liverpool University and a busy academic. In his spare time he has written this amazing book which will be of huge interest to anyone concerned about eye health and nutrition. The book starts with a valuable section on the background to diet, eye health and macular degeneration.

**Large print    Spiral bound    134 A4 pages**

To order your cook book – please send your details together with a cheque made payable to The Macular Disease Society for £14.50 + £2.50 p&p per book to the following address.  
The Macular Disease Society, PO Box 1870, Andover,  
Hampshire SP10 9AD

## **Plants Wanted**

Hilary Bolton our volunteer gardener at Millbrooke House has requested any shrubs such as Pyracantha or Rosa Rugosa. Please phone the centre if you have any to donate.

## **Stamps**

We collect used postage stamps here at the centre which provide a small but regular form of income for the society. So if you can help we will be very grateful.

## **Alexandra Technique with Shella Parry mstat**

Available from October 3<sup>rd</sup> at Millbrooke House, 30 mins sessions of the Alexander Technique that aim to get you sitting, standing and walking more comfortably. Using gentle guidance, it subtly enables you to learn how to change the habits that cause tension and pain.

**By appointment only @ £13 per 30 mins**

This is an **Introductory offer** of up to 6 sessions to be held at Millbrooke House.

If you wish to continue with further sessions you could visit Shella's Teaching Room at Carisbrooke Health Centre.

Please phone Sally on 522205 if you would like to book one of the weekly sessions that are available on Wednesday afternoons between 2-4pm starting in October.

## **Safety Alert**

Anyone who has a Magnascreen for their television please be-aware. If it is left in full sunlight these can act as a strong transmitter of sunlight and could pose a fire risk. If not being use it may be advisable to cover the screen with a towel or something similar.

## **Security Checks**

Age Concern will undertake FREE security and safety checks at your home. For more information Tel: 52 52 98

## **Warm Front Grant**

Any clients who receive an income-related or disability-related benefit and own or rent their home from a private landlord may qualify for a Warm Front Grant up to £2700.

To order an information pack ring 0191 247 3987 lines are open Mon – Fri from 8am to 4pm

### Good News Regarding **Wightlink Car Ferries**

Due to the noble efforts of David Rogers and Tony Wood, Wightlink have now agreed to allow **non Blue Badge holders** to take their nominated car at the reduced rate.

Applications for a **Disabled Persons Travel Card** must be made to:

Dawn Patterson  
Marketing Department  
Wightlink Isle of Wight Ferries  
70 Broad Street  
Posrtsmouth  
PO1 2LB

Tel: (023) 9285 5468

You will receive an Application Form which has to be completed and returned together with the following:

Two passport size portrait photographs  
Copy of your registration card issued by the Isle of Wight Society for the Blind

Upon receipt of the completed form Wightlink will issue their Card for you to use. This will be renewable every three years.

David and Tony now plan to approach Red Funnel to try and obtain a similar arrangement with them.

Please contact Tony Wood here at Millbrooke House on 522205 if you have any problem.

### **Telephones**

Our telephones are now on from 9am to 4pm Mon to Fri. In the event of all our lines being in use at the same time, your call will automatically go to the answer machine. Please leave your message and we will get back to you as soon as we can.

## **Fundraising**

Jane is trying to resurrect the fund raising group previously run by a sub-committee of the Trustees. Can you please contact her if you are willing to join our friendly group to share any ideas that you may have for future fundraising activities. We depend very much upon the efforts of our Fundraising team to generate much needed finance and your support would be most welcome.

Please contact Jane on 52 22 05

## **Flag Day**

A big Thank-you to the following people who helped raise £1638.07 on our recent flag day.

Peter & Ros Whittaker, Chris Brown, Eddie Goodlet, Maureen Atkinson, Jo Martin, David & Sylvia Reed, Anne Robinson, Jean Griffin, Mary Oliver, John Flannery, Judith Chesney, Isabel Saban, David Seaman, Joan Waddleton, Bob Ferguson, Dick Hill, Rene Badger, Liz & Eric Tuckwell, Ann Zorab, Ian Bast, Don Haver, Pat Pearce, Viv Booth, John Whitewood, Pam Willingham and individual donations from Ron Palmer, Rose Eaton, Kizzie Baker and Dr Stebbins-de-Ber.

## **Fun Day**

Well done Pat Pearce who raised over £400 for the activities group on her recent at home fun day.

## **Line Dancing**

Wight Island Line Dancers  
The Heights Sandown

Basic – Improver level lessons

Fridays from 7.45 to 9.15  
£2 per session

All profits to the I W Society for the Blind  
Tel: Derrick George on 40 76 18  
Free Parking

### **Games Afternoon - BOOST your memory power NOW**

We all have times when we find ourselves upstairs with no idea of what we went up there for. Beginning in our 20's there are minor changes in the way our brain processes information, which means that certain things become harder to recall. As we get older, we may forget things unless we write them down but there are ways you can BOOST your memory capacity.

### **CHALLENGE YOUR BRAIN**

Mental stimulation keeps your brain healthy so why not come along to our new games afternoon to try some practical activities that create new pathways in the brain and help increase mental focus.

You may want to learn how to play or improve **Chess**. You will be able to use a specially modified chessboard into which the pieces can be plugged. The black pieces have a pin on the top so that they can be identified from the white pieces. Phillip Gordon who is blind will lead the group, he has lots of experience and he will support and encourage you.

Alternatively you may like to unravel a **Cryptic Crossword**. Shella Parry the group leaders will explain the types of the clues used in the County Press cryptic crossword and you will use a specially designed large magnetic grid board with letters you can handle, also with Braille. So it's hands on with the anagrams to get those little grey cells working.

Or play **scrabble, cards, big piece jigsaws or noughts and crosses** with adapted equipment.

**The games afternoon will be on the first Tues every month from 1.30 – 3.30pm at Millbrooke House starting on 3<sup>rd</sup> Oct**

**Please ring Sally on 522205 to book a place. If anyone would like to come but is unable to get here please do call Sally, as we may be able to arrange for a volunteer driver to bring you.**

### **Holiday Time!**

We'd like to run two trips next year – one similar to previous holidays and one walking and activities holiday.

The activities holiday would be from Sat June 9<sup>th</sup> to Sat June 16<sup>th</sup> and take place at the Windemere Manor Hotel run by Action for Blind People. There will be long walks - other activities offered include, tandem riding, sailing, canoeing and dry slope and water skiing. Guide dogs welcome! Please ring Susan as soon as possible if you are interested so that we can make a provisional booking.

### **Traditional Holiday**

The main holiday will be from Saturday 23<sup>rd</sup> June to Saturday 30<sup>th</sup> June 2007 in Teignmouth, South Devon. This will be at The Cliffden Hotel again run by Action for Blind and will be led by Tony Wood and Jane. Please phone Jane on 522205 to make a provisional booking.

**Bembridge Coffee Morning** has moved to The Cloisters behind,

the parish church The dates and times previously arranged still apply to the new venue.

