

Isle of Wight Society for the Blind

Newsight October 2006

From The Acting Director's Chair

Dear All,

As we prepare for the long winter months ahead I feel now is a good time to reflect on what we have achieved and more importantly what still needs to be done.

The small re-hab team are actively engaged in ensuring that your needs are assessed, while at the same time providing you with a direct communication link with the Society.

Within the Centre I feel very heartened by the number of clients and particularly those who are new accessing the ever-increasing number of activity sessions available at Millbrooke House. We also continue to have a consistent number of group activities taking place outside the centre. Both of these areas rely strongly on the input of a committed band of Volunteers, without whose support we could not function.

We as a team are always looking at ways of improving our overall support and involvement with you and before any final decisions are taken I think it is of vital importance to hear from you, the clients, with regard to any suggestions which you may have to improve the services currently available to you.

I look forward to receiving any information which can be considered before any final decisions are made.

With every good wish

Peter Scott

THE ISLE OF WIGHT VARIETY SHOW

Medina Theatre Newport

Sunday 12th November at 7pm

An evening of entertainment for all the family:

Song, Dance, Magic, Comedy, Ghost Story, Irish Dancing, Rock & Roll

£6 per ticket. From the Society or phone Medina Theatre Box Office 527020 to reserve your seat.

All proceeds will be donated to The Isle of Wight Society for the Blind.

Trip on the Tenacious

by Ruth Hollingshead

For those who don't know me, I have a juvenile form of macular degeneration, and was registered blind in 1998 when I was 24.

In November I won a competition run by the Hampshire Advocacy Group for the Blind and Partially Sighted. The prize was 5 days sailing on the tall ship The Tenacious which is owned by the Jubilee Sailing Trust. This magnificent tall ship is one of two vessels in the world that have been purpose-designed and built to enable a crew of mixed physical and sensory abilities to sail side by side on equal terms. The youngest was 17 and the oldest 86. The JST has a system whereby each disabled crewmember is assigned a buddy to assist as much or as little as you wish.

I had the most fantastic 5 days, I was determined to have a go at everything. I climbed to the top of the 100 ft mast. Out along the bowsprit and into the net beneath where you can lie and watch the sea go by under you. I had the chance to steer using the specially adapted equipment with a large

display and audio announcements that tell you the direction you are heading.

We sailed across the channel and visited Fecamp on the French coast. A beautiful town with cobbled streets and a monastery overlooking the bay. The harbour is a tidal basin with lock gates and moorings on the main high street. We moored here over night. That evening our meal was eaten on shore at a lovely restaurant by the harbour, a good opportunity to relax and get to know everyone better.

I can honestly say it was a life-changing experience. The trip has taught me that with a little determination I can do anything, and has given back some of the confidence I had been lacking. I met some great people and I am now saving to go on another trip in a few years' time when my children will be old enough to go too.

DATES FOR YOUR DIARIES

NITON POST OFFICE COFFEE AND CHAT

Now always

First Tues in Month at 10am

Oct 3rd

Nov 7th

Dec 5th

WEST WIGHT COFFEE & CHAT END OF THE LINE CAFÉ

On the following Mondays at 10.30am

Oct 30th

Nov 27th

Dec 18th

NEW - Sound Advice will be joining us each time to give advice on hearing impairment and to make adjustments to hearing aids.

The Mobile Resource Unit will visit the

Bembridge Coffee & Chat

each month from now on.

Tues Oct 31st

Tues Nov 28th

Tues Dec 19th

INFORMATION FAIR

Sandown Library 10 - 2pm

Thursday Nov 23rd

GADABOUTS Friday Nov 3rd

A day out in Chichester
and

Friday Dec 1st

A Visit to the Victorian Festival of Christmas at the
Portsmouth Historic Dockyard

STROLLERS starting with coffee at Millbrooke House on

Wed Oct 25th around Wootton

Wed Nov 8th (To be decided)

Wed Dec 6th (To be decided)

STRIDERS

Fri Oct 27th A walk at Headon Warren Totland

Fri Nov 24th Wootton area

Dec 15th venue to be arranged

BRIGHSTONE CHRISTMAS TREE FESTIVAL

The Mobile Unit together with other information agencies will be at

The Three Bishops Pub Brighstone
for the Festival
on Fri 8th & Sat 9th Dec

The Society for the Blind

welcomes you to a

Pre Christmas Open Day

at Millbrooke House

on Wed 29th Nov

10.30 - 2.30

Christmas Stalls - Cakes - Jams – Handicrafts -
Tombola

Tea, Coffee & Lunch available

Action for Blind Holiday

The Cliffden Hotel

Teignmouth

South Devon

23rd – 30th June 2007

The Cliffden Hotel is situated on the English Riviera Coast in South Devon. A former Victorian country house, it is set in seven acres of magnificent scented grounds that you can explore at your leisure. There is easy access via the gardens to the sea front and town centre.

The hotel has a heated indoor swimming pool, darts, table tennis and pool. There is a summer house where you can relax or have one of their Devonshire cream teas.

Includes bed, breakfast, evening meal and coach transport from the Island.

Guide dogs and well-behaved owners welcome!
Pre-ordered food obtained by hotel.

Approximately £380

Excursions will be organised by Tony Wood and Jane on arrival.

Contact Jane on 522205 for Holiday Application form.

WALKING HOLIDAY

The date has now been changed for the
Lake District Holiday

It will run from

Sat Sept 15th to Sat Sept 22nd

Please let Susan know if you are interested as places need to be confirmed

MOBILE PHONES / INK JET CARTRIDGE COLLECTION

We are collecting here at the Centre old mobile phones and ink jet cartridges for re-cycling. We are also looking for other collection points around the island. If you know of any suitable venues that would be willing to have a box we would be pleased to hear from you. All cartridges must be wrapped for protection.

Please ring Susan on 522205. There are also freepost bags available.

TOUCH TYPING

If you would like to learn how to touch type, which is very beneficial if you use a computer, we are offering a drop-in session on Fridays here at the Centre. Please ring to let us know if you are interested, would like more information or to

book a place. A voluntary contribution in the region of £3 per session would be appreciated.

Also - After Christmas there will be the opportunity on a Friday to use the computers for IT practice. You will need to book your place and again a voluntary contribution in the region of £3 per session would be appreciated. **Tel 52 22 05**

ADVANCE NOTICE – We are aiming to start a glaucoma support group in the new year. More information will be available soon.

ART GROUP AND THE NEW REMINISCENCE GROUP

As well as the art group, there is a new reminiscence group arranged for the last Tuesday of the month. A few spaces are still available in both groups if you would like to come.

Alexandra Technique with Shella Parry MStat

Available from October 3rd at Millbrooke House, 30mins 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.

MESSAGE IN A BOTTLE

Do you ever feel vulnerable at home?

The British Lions Club are promoting a free 'Message in a Bottle' scheme which provides a plastic container to be kept in the fridge storing a form with vital details of next of kin, medication and allergies, GP, carers etc. You can even record your pet's name on the form!

Small stickers, known to the emergency services, on your main door and the fridge door inform them that you are part of the scheme.

If they called to your home because of sudden illness or an accident, the form tells them vital information they need to help you.

Bottles are usually available from local GPs' surgeries or chemists, but if you can't get one please contact

Ian Pudney at
British Lions on
Tel: 017530546821

e.mail miab@lions.org.uk

COUNSELLING

Don't forget we have trained counsellors available. If you are having problems and you feel you would benefit from talking to an independent counsellor who is experienced in visual loss, please ring the Centre to arrange an appointment.

Tel: 522205

CORRECTION

The telephone number for the AGE CONCERN SECURITY CHECK advertised last time should have read
Tel: 525282

CALIBRE

Many of you will already know of 'Calibre' library which has a very wide range of audio cassette books. This is a free service for visually impaired people, the only cost being the purchase of the catalogues. We are keen to know how many of you already receive this service and if anyone would like to do so – also any comments about it.

Please contact Noreen on 522205 Extension 232

WELCOME TO OUR NEW UPDATED WEBSITE

Website: www.iwsightconcern.org.uk

The new and updated website went live on 22 September 2006.

All current news will now be included on a regular basis and we hope to make more developments in the near future.

Please browse through and let me have your comments. I hope you find it interesting and helpful.

Tony Wood

E-mail: braille@iwsightconcern.org.uk

YOGA Would you like to join a Yoga Class?

We are planning to start this new activity in November led by Nickie Short, who is a qualified yoga teacher. It is suitable for men and ladies, all abilities and ages, and allows you to work at your own pace using the breath therapeutically with gentle postures which aim to stimulate all the systems of the body.

The course will include:

- Posture work to increase an awareness of body and improve mobility
- Meditative relaxation to give a general sense of well-being and release for stress.

The sessions will start on Fri Nov 3rd and continue weekly until Christmas - 10.30 to 12noon. The cost is £30 for 6 sessions.

If you would like to book a place on this course please phone Sally on **522205** (places are limited).

Christmas Cards - Large Print Calendar & Diaries

Order Form	Price	Qty
Christmas Bauble - 10 Cards	£3.00	
Holly and Ivy - 10 Cards	£3.50	
Christmas Eve - 10 Cards	£3.50	
Christmas Symbols - 10 cards	£3.50	
Bethlehem - 10 cards	£3.50	
Christmas Greeting - 10 Cards	£3.95	
Old Curiosity Shop - 10 Cards	£3.95	
Merry Christmas - 10 Cards	£4.00	
Peace on Earth - 10 Cards	£4.00	
Large Print Calendar	£5.00	
Large Desk Diary	£7.50	
Small Pocket Diary	£4.00	
Small Pocket Diary with Plastic Cover	£4.50	

Name.....

Address.....

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**Please send your cheque with order, made payable to
IWSB**

