

# VIEWPOINT

## NEWSLETTER



**April – June 2019**

**Summer Edition**

## **A FEW WORDS FROM OUR CHIEF EXECUTIVE**

**Welcome to the summer edition of our Viewpoint!**

**Over the last few months we have been really busy. At the Vision Support Centre we held our annual Focus Group to find out what visually impaired people think of our services and also to gain new ideas. The group provided lots of useful comments that we are now building on.**

**Tracy Culley-Brown is developing our Activities Project and it was awarded £10,000 from Sport England to cover the cost of getting local visually impaired people active. More information on this project will be publicised but if there is anything you would like to get active with please get in touch.**

**We have now begun construction of our Bradbury Village and we have also received confirmation that the Day Care Centre, that provides much needed day care services for people with Sight Loss and/or Dementia, has become registered with Cumbria County Council.**

**It is very important for me to continually improve what we offer and on this subject, there was a bit of disquiet from visually impaired people who were not able to make cups of tea/coffee when they visited the Centre. After talking with 28 people, to canvass their views and find out what they thought of our ideas to resolve the situation, we made adaptations in the kitchen area. The changes mean that anyone can make a cuppa whenever they want. These changes enable people to be equally independent.**

**Paul, mine's a coffee, if you're making one!!!!**

**Carl Hodge**

## **THE BRADBURY VILLAGE - UPDATE**

**Construction has started at Ostley House on our new Bradbury Village. The Village will provide stimulus for residents and include a new activity room, sensory room, cinema and shops. The dining room will also be enlarged.**



**The photos show where half of the old dining room use to be. The concrete was poured into the area in readiness for the timber walls and roof to be constructed. We recently sought guidance from firms about the internal design, to ensure the lighting and contrast are suitable for visually impaired people and the layout was right for people who have dementia.**



## **JUST FOR FUN QUIZ (OF SORTS!!)**

- 1. Johnny's mother had three children the first child was named April the second named May ..... What was the third child's name?**
- 2. Before Mount Everest was discovered what was the tallest mountain in the world?**
- 3. What word in the English language is always spelt incorrectly?**
- 4. What was the Presidents name in 1975?**
- 5. There is a butcher in the butchers shop, he is five feet ten inches tall and wears size 13 shoes. What does he weigh?**
- 6. Which is correct to say, ..... "The yolks of an egg are white" or "the yolk of an egg is white."**
- 7. If you were running a race and you passed the person in second place, what place would you be in now?**
- 8. Billy was born on December 28<sup>th</sup>, yet his birthday is always in the summer. How is this possible?**

**Answers on Page 8**

## **VISION SUPPORT TEAM**

**At last I am very pleased to say that we now have a paid ECLO (Eye Clinic Liaison Officer) at Furness General Hospital. Paul Ogden is our volunteer ECLO and is present in the Eye Clinic on a Monday. Having secured a paid ECLO, we can now provide four days where patients attending the clinic can ask for advice on their eye condition, benefits and any other help available. The ECLO can also refer to our team and we will visit if requested. ECLO's have had a presence in hospitals all over the country and have provided valuable support to people who have perhaps been given some devastating news about their sight. The ECLO is able to explain about all the help available to people who are going through the sight loss journey and advocate for them if necessary. It has taken a long time to secure this post and we are sure that there will be a lot of people who will benefit.**

**Claire Huddleston, Vision Support Officer, and Tracy Culley-Brown, one of our visually impaired clients, have got together to provide activities for our more adventurous clients. The first activity will be walking with Alpacas near Keswick. They also hope to start tandem bike riding and have lots of ideas for future activities. If anybody would like to take part, please get in touch with either Claire or Tracy.**

**Claire recently attended a Charles Bonnet Syndrome event in York. She found it to be extremely informative with regards to new treatments and research. Claire will attend the next Macular/Charles Bonnet Support group and will pass on this information.**

**Paul Laing, one of our visually impaired clients and technology expert, has attended various groups and has demonstrated the benefits of various pieces of equipment. Ian Robinson, who is also one of our visually impaired technology experts, and Paul, hold sessions once a month and are able to explain the benefits of recent technology. If you would like to attend, please get in touch with us for details.**

## **TRUSTEES WANTED**

### **BARROW & DISTRICTS SOCIETY FOR THE BLIND**

**We support 800 visually impaired people to live independently in our local area. The Charity is looking for dedicated volunteers who would like to make the world a better place for visually impaired people.**

**Volunteering for 10 Friday afternoons a year, the Board oversees the running of our busy Charity and ensures the Charity delivers for our community. Each Trustee brings a variety of skills, knowledge and experience that we harness to develop our strategic ideas.**

**We run the Vision Support Centre and Residential Home Ostley House in Barrow. We also provide the Vision Support Team which supports visually impaired people living in our community.**

**Please contact Carl Hodge on 01229 440556 for more information.**

## **SIGHT LOSS AWARENESS TRAINING**

We offer awareness training to companies or organisations that wish to provide an excellent service to all customers. If anyone is interested in this service, please contact us on 01229 440556 for more details.

## **VISION SUPPORT CENTRE EXHIBITION**

We will be holding an exhibition in our Centre on the 19<sup>th</sup> July 10.00am -2.00pm. The exhibitors will be Dolphin and British Wireless for the Blind. Come along and take a look.

## **MOBILE PHONE**

There is a new phone available called "In Your Pocket" which reads Talking Books and Newspapers and has many more uses. If you are interested, we have a volunteer who will demonstrate this product to you.

## **TECHNOLOGY SESSIONS**

Here at the Vision Support Centre our Technology Sessions take place on the second Wednesday of every month 1.00pm – 4.00pm.

Everyone is welcome.

## **COFFEE MORNING**

We are holding a Coffee Morning at the Coronation Hall in Ulverston on July 25<sup>th</sup> - 9.00am – 12.00pm. Come along for a cake and a cuppa.

## **QUIZ ANSWERS**

1. **Johnny of course.**
2. **Mount Everest, it just had not been discovered yet!**
3. **Incorrectly.**
4. **Same as it is now – Donald Trump.**
5. **Meat.**
6. **Neither, the yolk of an egg is yellow.**
7. **You would be in second place; well you passed the person in second place, not first.**
8. **Billy was born in the southern hemisphere.**

## **FRIENDS OF THE SOCIETY**

**The Society relies on a variety of income to keep providing services in our local area for visually impaired people and one way is through the Friends of the Society.**

**By paying direct or setting up a standing order with your bank to pay the Society £2, £5, £10, £20 or any other amount, you can make a real difference to our work. And if we can, we'll increase your donation through Gift Aid at no extra cost to yourself.**

**So if you would like to become a Friend please pick up a leaflet or give us a call and we will sort it out.**

**Thank you.**

## CROSS BAY WALK

We are trying to put together a team of walkers to participate in the Cross Bay Walk (Arnside to Kent's Bank). The walk will take place on August 11<sup>th</sup> at 3.00pm. We have been allocated 150 places for our team. So Ladies and Gents if you or any family members like walking this is the ideal opportunity to walk the 8 miles and enjoy the scenery as well as having a fun afternoon out. It will also help us to raise much needed funds for our charity. All funds raised will be used to support local visually impaired people.

If you or any family member is interested in participating please ring me on 01229 440556 or go to our website [www.barrowblindsociety.org.uk](http://www.barrowblindsociety.org.uk) to purchase on-line tickets

Thank you in advance.

Paul Ogden  
Community Fundraiser



## CHILDRENS PROJECT

### Trip to iFLY indoor skydiving, Manchester – April 2019

On Thursday 11<sup>th</sup> April 2019, the Younger Generations went on a trip to iFLY indoor skydiving in Manchester. When we arrived we had a little time to watch others flying before our flights.

We attended a safety briefing and our instructor talked through hand signals with us. For those who had some sight they would give thumbs up signals to say they were ok, thumbs down to say they weren't and the instructor would place his hand out as an instruction to our younger members to move their legs to the correct position. The instructor would squeeze the hand or arm of those with no sight to give instructions.

Once everyone was happy with what they were to do we were kitted out with our equipment. Those flying needed to wear a flight suit, ear plugs due to the noise of the wind in the flight chamber, a helmet and goggles. Two of our youngest members wore superhero flight suits!



Once ready our younger members entered the flight chamber with the instructor one at a time. The instructor guided the young people to fly in the wind tunnel and everyone flew twice. On the second flight, the instructor helped them fly right to the top of the flight chamber and back down again. It was incredible to watch. It was an unforgettable experience. I was so proud of everyone who took part, they were amazing.



Please have a look at the photos and videos from the trip on our Facebook page.

Cath Rogerson  
Children & Young Persons Co-ordinator

## STEPPING FORWARD

If you have recently experienced sight loss, this short course could be of assistance to you. For four sessions we will describe the variety of services and products available for visually impaired people. Please get in touch if you are interested in taking part.

## **REMEMBERING US IN YOUR WILL**

**“The Society was there for me when I needed it the most. I want it to be there for others”. Client**

**Sight loss can be frightening and isolating, the simplest tasks, such as finding your way around the kitchen can be daunting. Lifelong hobbies, reading, baking, looking at old photographs, seem impossible and stepping outside suddenly becomes overwhelming.**

**With the right support, people can adapt, maintain independence and live life to the full. A gift in your will ensures that this support will be there for generations to come. Please consider leaving a gift for Barrow & Districts Society for the Blind in your Will. Future generations will appreciate it.**

## **DO YOU HAVE ANY SPARE TIME?**

**Here at the Society we have many volunteering opportunities, such as volunteer drivers, collectors, administration, tele-befriending to name but a few.**

**Any time that you can spare would be greatly appreciated.**

**If you are or know anybody that would be interested in helping us make a real difference to the lives of local visually impaired people. Please contact Elaine Rollinson on 01229 440556 who can give you more details about what opportunities we can offer.**

## **GROUPS AND CLUBS**

**Monday Group – Social – Every Monday night 7.00 pm – 9.00 pm at Spring Mount, Walney.**

**Tuesday Group – Craft work – Every Tuesday 1.30pm – 3.30pm.**

**Thursday Group – Bingo – Every Thursday - 2.15pm. – 4.15pm at Station View, Barrow.**

**Ulverston Group – Social – meets every third Wednesday at 1.30pm – 3.00pm - Neville Street Methodist Church,**

**Barrow Luncheon Group – Last Wednesday of every month, assorted venues.**

**Dual Sensory Loss Support Group – Meets the third Monday of the month - 1.30pm – 3.00pm at the Vision Support Centre.**

**Millom Group – Social – every Friday 1.00.p.m – 3.00pm at the Salvation Army Citadel, Nelson Street, Millom .**

**Grange Group – Social – First Wednesday of every month 2.00pm – 4.00pm at the Thornleigh Hotel, The Esplanade, Grange over Sands..**

**Men’s Group – Social – first Wednesday of every month 1.30pm – 3.30pm at the Vision Support Centre.**

**Knit & Natter – Social – Every Tuesday at 10.00am – 11.00 am. A chance to enjoy some knitting while having a chat at the Vision Support Centre.**

## **HISTORY CLUB**

**Our next history club will take place the 17<sup>th</sup> June – 1.30pm -3.30pm.**

**We are hoping to hold this next session at Barrow Library but we will confirm this nearer the time**

**If you are interested in attending this session please ring to let us know.**

**At the end of each of our history sessions we will spend ½ an hour researching family history. We have some packs to help you start to do this if anyone would like one. Jean Wallace will be in attendance if anyone would like any help.**

**There will be a range of topics that will be covered over the coming months including:**

**Barrows Shipbuilding history  
The Old Skyline  
Street History  
Crimes of Old  
History of Graves (possibly a walking tour)  
Dock Museum  
Evening Mail Archives  
From Lancashire to Cumbria  
Furness Abbey  
History of the Town Hall (possibly a guided tour)  
How maps have changed – where have the villages gone?**

**Due to holidays Claire will not be available in July but the Group are still free to meet downstairs and discuss any topics or work on their family history.**

## **ACTIVITIES CLUB**

**We are excited to announce that in the coming weeks we will be purchasing two tandem bikes, anyone wishing to have a go please contact the office so we can match you with a suitable sighted guide. Also if anyone is interested in becoming a sighted guide volunteer, please contact the office to register your interest.**

**In the coming months a number of activities will be taking place. We are hoping to go to:**

**I fly**

**Chill Factore (Skiing)**

**Ten Pin Bowling**

**Go Ape – 5<sup>th</sup> July – date to be confirmed.**

**Kayaking**

**Hang-gliding**

**Horse-riding**

**Rock Climbing**

**If anyone has any other suggestions then please let Claire know. If anyone is interested in taking part in any of these activities please contact the office. Once I have an idea of numbers I can begin to look at dates.**

**In September we are looking to complete the Cumbria Way which is a 74 mile trail through the heart of the world Heritage designated English Lake District. The walk will take place over a number of days which is expected to be 4 days in total.**

**Once again if anyone is interested or would like any more information please do not hesitate to contact the office.**



# **BARROW & DISTRICTS SOCIETY FOR THE BLIND**

**Vision Support Centre**

**67/69 Cavendish Street Barrow in  
Furness, Cumbria, LA14 1QD**

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**[info@barrowblindsociety.org.uk](mailto:info@barrowblindsociety.org.uk)**

**Company Number: 3133015**

**Charity Number: 1051674**