



# **Winter 2017 Magazine**

**Your local Charity for support and  
information on sight loss**

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## ***Sight Advice South Lakes***

We offer a wide range of services providing information, support and equipment for people with sight problems. In our new premises at The Bradbury Centre, 116 Highgate, there is a display of aids and equipment including clocks, watches, kitchen equipment, toys, games, computers, electronic magnifiers and lots more.

We are open Monday to Thursday – 9.30am to 4pm. The first Monday of the month, the office will be closed until 11.30am for staff training. If you are making a special journey to visit us or to see a particular member of staff, we suggest that you contact the office in advance to make sure that someone will be available to assist you. If you are unable to visit us at the Centre, we can visit you in your own home. We also have an information desk at Westmorland General Hospital. For more information on any of our services, telephone 01539 769055. Please leave a message on the answering machine when the office is closed.

## ***Chief Executive Update***



Welcome to the Winter edition of our popular Magazine. If you are a regular reader you will notice a few changes in this edition. This is due to feedback we have received over the summer. We are always looking to make improvements and although we can't do everything all at once, we do listen. On page 19 there is a new page titled emails, letters and communications so why don't you be one of the first to write in and give some feedback on our magazine?

Look on page 21 to read about our forthcoming AGM. At our AGM we cover what Sight Advice South Lakes stands for and some of the successes we have had over the last twelve months. To find out more about what we have achieved working with people here in South Lakeland, we urge you all to come along to the charity's annual general meeting on Tuesday 13<sup>th</sup> December, Castle Street Community Centre, Kendal at 11am. It is a great opportunity to meet the new staff we profiled in the Autumn edition of the magazine and the charity's trustees. We will also be serving coffee, mince pies and mulled wine. It would be wonderful to see you there.

December for me is always about looking back over the previous 12 months and looking forward to the next new year. Looking back, I am extremely proud of what we have achieved, relocating to the Bradbury Centre, building a new team and seeing an increase in the number of people accessing Sight Advice for support. Looking forward, I feel anxious about the huge challenge the charity is to face, if we are to maintain the level of services we currently provide. During 2018, a number of our large grant funds come to an end. It is now, more than ever, that we need your support and help to generate funds. On page 6 there are details on how you can support us

Finally stay warm and well this winter and best wishes for a happy, healthy 2018.

Claire Park

Chief Executive

## ***Children and Young People's Project***



Hi! I'm Jackie Bateman and I have stepped into Alicia Makinson's role as Co-ordinator of the Children & Young People's project whilst she is on maternity leave. I am busy planning a number of activities for children in the near future and hope to meet children and families soon. Please feel free to pop into the Bradbury Centre on a Thursday to say "Hello" or email me at the address below.

At October half term we had a small group of children who enjoyed junk modelling at Rag Tag Arts. They made some amazing Halloween themed creations and had a great time.

It's coming up to the time of year when everyone thinks of planning their annual trip to the pantomime. The Children and Young People's project members and their families are no exception. Plans are afoot for their annual trip to the theatre. This time it is to see Aladdin at the Dukes Theatre, where they will have the chance of a touch tour of the props and stage. The production will be audio described for those who require it and we're hoping to have a really enjoyable evening.

If you would like to know more about the project please contact me - email: [Jackie@sightadvice.org.uk](mailto:Jackie@sightadvice.org.uk) or ring me at Sight Advice South Lakes.

Jackie Bateman

Children & Young People's Co-ordinator

## ***Walking Group***

The group has had a wonderful season in spite of Storm Brian, which scuppered the last walk, however, lunch was still had in the pub in true Walking Group style!! We are now eagerly anticipating the programme for next year, which starts in March 2018. We are a friendly crowd with walks to suit all levels of fitness and the emphasis is definitely social, sometimes cake and fresh air. So if you are keen to keep up your New Year resolutions of keeping fit and getting out more, we would love to hear from new members. Look out for the programme of walks in the next Newsletter.

## ***Service in the Spotlight - ECLO***

Hello, my name's Becky and I've been working for Sight Advice since July 2017. I work Mondays and Wednesdays and am based in the Macular Clinic at Westmorland General Hospital in Kendal. I also work with the Eye Clinic and other departments across the hospital.



My role is to provide information and support to patients and hospital staff about sight loss and the support available, including advice about how to manage living with sight loss. I often talk to people in the clinic about things they find challenging, such as reading, watching TV, making a drink and cooking. I can refer people to the Low Vision Clinic for assessment for magnifiers and other equipment to help with these tasks. I can also liaise with the other Sight Advice staff, who can provide their specialist support. Many people travel long distances to the hospital and I often refer people to their local Sight Loss organisations, such as Galloways in Morecambe, Barrow Society for the Blind and Eden Sight Support in Penrith.

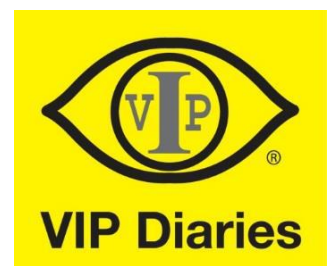
When at the hospital, I am available to answer any questions people have and to assist them to access services such as Talking Books and Newspapers. Hospital staff can direct people to me if they feel someone needs some support, either practical or emotional and I can also assist with filling in forms, e.g. for a Blue Badge or Certificate of Visual Impairment. When I'm not present in the clinic, hospital staff will take someone's details and I will phone them as soon as I'm able.

If you are visiting the hospital, please come and have a chat.

**Becky Cass - Eye Clinic Liaison Officer**

## ***VIP Diaries***

The full range of products, 2018 diaries & calendars, address/telephone books, writing pads, note books and large print stationery are now available. Items can be purchased from The Bradbury Centre or ordered direct from VIP Diaries on 01539 726613 or [www.vipdiaries.co.uk](http://www.vipdiaries.co.uk).



***Raising Funds – How can you help?***

**We currently do not charge for our Magazine, which costs in the region of £2,500 per year to produce. Could you help support by joining our Friends Scheme? From as little as £2 per month you can join the scheme and support our services contributing to the production of this magazine. There is a leaflet included in this edition.**

**Give in Memory – Making a donation in memory of a loved one is a positive way of commemorating a life.**

**Give in your will – leaving a legacy to the Charity really is a Gift beyond your time. A gift in your will could do so much to support the next generation of local blind and visually impaired people. A legacy or bequest left to Sight Advice South Lakes is paid free of tax and lowers the tax threshold on the rest of your estate, once you have provided for your loved ones. You can also leave us any item of value such as stocks and shares or antiques. Your gift can be given to benefit a particular service we provide, such as our community outreach work or the provision of specialist equipment.**

**Your gift however small will make a big difference – please make contact with Sight Advice for further information.**

**Gift Aid – Gift Aid is a tax relief allowing UK Charities to reclaim an extra 25% in tax on every eligible donation made by a UK tax payer.**

**Please ask to Gift Aid any donation you make to the Charity if you are eligible.**

**Other ways to donate**

**Shopping online - Every time you buy something online - from your weekly grocery shop to your car insurance - you could be raising free donations through easyfundraising. There are over 3,300 retailers including Amazon, Tesco, Aviva, Booking.com and Marks and Spencer, ready to give Sight Advice South Lakes a free donation every time you shop online. It's really simple, and doesn't cost you anything.**

All you have to do is go to:

1. <https://www.easyfundraising.org.uk/invite/17BUEJ/7HPAWZ>
2. Enter Sight Advice South Lakes in the search box
3. Click Join Us and enter your details and click on Create My Account
4. Choose from over 3,300 retailers; do your online shopping as normal and our cause will receive a free donation at no extra cost to you for every purchase you make.

There are many other ways you can support Sight Advice from taking part in a Challenge Event, to attending one of our own local fundraising events.

Finally, we would just like to say a huge thank you to everyone who has kindly donated in the past and continues to support our vital work.

### ***Focus Group***

As part of our project evaluation of the funding we have received from Big Lottery, we are in the process of carrying out an independent evaluation. Catherine Betley, from Professional Help, will be carrying out this evaluation on our behalf. Catherine will be attending a number of groups and activities in December to find out your opinions on the services provided by Sight Advice and also any additional services that you feel would benefit people with sight loss or visual impairment.

Catherine would also like to invite you to come and meet her on Monday, 11<sup>th</sup> December at 10.30am at The Bradbury Centre. This will be a specific focus group with some structured questions and the opportunity to have an informal chat with Catherine either one-to-one or as a group.

If you are unable to make this date but wish to contribute, please do not hesitate to contact us to make arrangements to speak to Catherine.



## ***What's New in the Community***



Yes, it is that time of year again! If you are stuck for ideas for Christmas, why not ask your relatives to buy you something to make life easier? We have a range of talking watches and clocks that reset themselves when the hour changes and you can rely on them being accurate. The CC53 Communiclock is our best seller as it is so simple to use - just one big button on the top. As the nights draw in, we also have some desk and floor lighting that may help; the DH 238 floor standing light is our most popular lamp as it can be used by your armchair, at a table or by your bedside. When using a lamp, if you have it about a foot away from your reading material you will find that it brings the contrast out more on the page. The Sonic USB player has also proved very popular this year. It can play RNIB and Calibre talking books, the South Lakeland Talking Newspaper and our magazine! You just need to pop the memory stick into the top of the machine and there is a large, yellow knob on the front to turn it on and off. If you are unable to get into our Centre to look at the products, please give us a call and we can arrange to visit you at home.

Juliet Cunningham recently popped into see me at The Bradbury Centre to find out what we do. Juliet is the new Older Persons Project Co-ordinator based at the Parish Centre in Ambleside and will be supporting people in the Ambleside area. Juliet has had a lot of experience working for Citizens Advice and is aware of the needs of older people. We hope to link in with Juliet more in the New Year. You can contact Juliet on 015394 34172.

The Group Leaders and group volunteers have worked incredibly hard again this year to provide relaxing and informative meetings at our 6 groups in the South Lakes. They are in the process of planning activities for the New Year, so if you have any suggestions or ideas on how the groups can be improved, please let us know.

The South Cumbria Low Vision Committee now has three visually impaired members attending it. This has proved positive for the group as these members are able to keep the discussions focussed on issues that affect them on a day to day basis. The funding for the Low Vision Service will be reviewed at the end of March and we



will be pushing for our scheme to continue as we get a lot of positive feedback from our members:

“I am amazed at what’s available”

“It’s a very good set up - very impressive”

“The bar magnifier has helped me get back to reading again”

Scott Hemsley

Community Development Officer

### ***Product in the Spotlight....Floor Standing Lamp***

Product of the month

Bright LED Floor Standing Lamp

SKU: TDL005

£175.00 (£100 through Sight Advice)

- Super bright 10W LED
- Illumination similar to daylight
- 3 stage illumination
- Fully adjustable head
- Multiple heights



### ***Sight Advice South Lakes in Sedbergh***

The Sedbergh group meet once a month in the People’s Hall in Sedbergh. Attendance at the Meetings is increasing each month and there is always a warm welcome for anyone with sight problems who would like to come along. Transport to and from the meetings can be arranged.

Our January Meeting on Tuesday the 16th will have a 'Singalong Party' theme to which other members in the Kendal Group are invited to attend. Just let the office know if you wish to come along and exercise your vocal chords.

***Volunteer Vacancies***



**The Sight Advice team are looking for:**

- **Community Group Facilitators – The Ambleside group is in urgent need after the re-location of their long-standing volunteer group leader.**
- **Receptionist – based at our offices in Kendal, commitment of 1 afternoon or morning per week.**
- **Fundraiser – become part of a small friendly team managed by Dave, which has a growing importance in supporting all of our services.**
- **Befriender – an important role bridging the gap between an isolated person and their community, training given.**

**All our volunteers undertake Visual Awareness Training and have a monthly newsletter updating them on events, news and training. For a full role description or to talk about any of the roles or indeed if you feel you would like to volunteer in another capacity, we would love to hear from you.**

**Look out for a new role supporting our clients on a one to one basis for one off needs such as transport, IT, form filling etc and become a “trouble-shooter”.**

**Please pass on details of these roles to friends or relatives you feel would be interested. Volunteering is a great way of getting to know people (and we are a lovely team to know), developing your skills and building confidence. Contact Julie, the Volunteer Support Officer, by phoning the office or email [julie@sightadvice.org.uk](mailto:julie@sightadvice.org.uk)**

**Julie Halford**

**Volunteer Support Officer**

***What's On For you to pull put and keep***

NB Events listed at The Bradbury Centre are at  
116 Highgate, Kendal LA9 4HE unless stated otherwise

**DECEMBER**

<b>Fri 1</b>	<b>Coffee Morning at Slate, Kendal</b>	<b>11am – 3pm</b>
<b>Mon 4</b>	<b>Office closed for staff training</b>	<b>9.30 - 11.30am</b>
<b>Mon 4</b>	<b>Quiz Night at The Duke of Cumberland</b>	<b>7.30pm start</b>
<b>Tue 5</b>	<b>Dual Sensory Loss Support Group</b>	<b>2 - 3.30pm</b>
<b>Wed 6</b>	<b>Windermere Support Group Christmas Meal</b>	
<b>Thur 7</b>	<b>Tech Know How, Christmas Present Special</b>	<b>10.30am - 12</b>
<b>Sat 9</b>	<b>Kendal Street Collection</b>	<b>9am – 4pm</b>
<b>Mon 11</b>	<b>Focus Group at The Bradbury Centre</b>	<b>10.30am - 12</b>
<b>Mon 11</b>	<b>Kendal Support Group</b>	<b>2pm - 4pm</b>
<b>Mon 11</b>	<b>VITAL Christmas Meal (Book via Eileen Jackson)</b>	
<b>Tue 12</b>	<b>Kirkby Lonsdale Support Group</b>	<b>10.15 -11.45am</b>
	<b>Methodist Church Hall, Kirkby Lonsdale</b>	
<b>Tue 12</b>	<b>Sight Advice South Lakes AGM</b>	<b>11am - 1pm</b>
	<b>Castle Street Centre, Kendal</b>	
<b>Tue 12</b>	<b>Sight Advice office closed for AGM</b>	<b>10.30 - 1.30pm</b>
<b>Wed 13</b>	<b>Introduction to Facebook</b>	<b>10 - 11.30am</b>
<b>Thur 14</b>	<b>Games Afternoon</b>	<b>2pm - 4pm</b>
<b>Thur 14</b>	<b>Christmas Cake Raffle Draw</b>	<b>2pm</b>
<b>Sun 17</b>	<b>Jingle Bell Jog, Cockshot Point, Bowness</b>	<b>10am</b>
<b>Mon 18</b>	<b>Arnside Support Group</b>	<b>10 - 11.45am</b>
	<b>Millom Court, Redhills Road, Arnside</b>	
<b>Tue 19</b>	<b>Sedbergh Support Group</b>	<b>2pm - 4pm</b>
	<b>People's Hall, Sedbergh</b>	
<b>Wed 20</b>	<b>Employability Workshop</b>	<b>10am - 12</b>
<b>Thur 21</b>	<b>Grand Christmas Raffle Draw</b>	<b>10am</b>
<b>Thur 21</b>	<b>Sight Advices Office Closes at 12.30pm.</b>	

## **Sight Advice Magazine – Winter 2017**

### **JANUARY**

<b>Tue 2</b>	<b>Sight Advice Office Re-opens at 9.30am</b>	
<b>Thur 4</b>	<b>Tech Know How</b>	<b>10am - 12</b>
<b>Mon 8</b>	<b>Office closed for staff training</b>	<b>9.30 - 11.30am</b>
<b>Mon 8</b>	<b>Kendal Support Group</b>	<b>2 - 4pm</b>
<b>Wed 10</b>	<b>Windermere Support Group</b>	<b>10 - 11.45</b>
	<b>Goodly Dale, Lake Road, Windermere</b>	
<b>Thur 11</b>	<b>Tech Know How:</b>	<b>10 - 12</b>
	<b>Show off your Christmas Presents</b>	
<b>Thur 11</b>	<b>Games Afternoon</b>	<b>2 - 4pm</b>
<b>Mon 15</b>	<b>Arnside Support Group</b>	<b>10 - 11.45</b>
	<b>Millom Court, Redhills Road, Arnside</b>	
<b>Tue 16</b>	<b>Sedbergh Support Group</b>	<b>2 - 4pm</b>
	<b>People's Hall, Sedbergh</b>	
<b>Thur 18</b>	<b>HUMANWARE Exhibition</b>	<b>10am - 3pm</b>
<b>Mon 22</b>	<b>Ambleside Support Group</b>	<b>2.30 - 4pm</b>
	<b>Rowan Court, Ambleside</b>	
<b>Thur 25</b>	<b>Games Afternoon</b>	<b>2 - 4pm</b>
<b>Mon 29</b>	<b>VITAL AGM</b>	<b>7pm</b>

### **FEBRUARY**

<b>Thur 1</b>	<b>Tech Know How:</b>	<b>10am–12</b>
	<b>Bored of your Christmas Presents special</b>	
<b>Mon 5</b>	<b>Office closed for staff training</b>	<b>9.30 -11.30am</b>
<b>Tues 6</b>	<b>Dual Sensory Loss Support Group</b>	<b>2 - 3.30pm</b>
<b>Wed 7</b>	<b>ASDA Store Collection</b>	<b>9am - 4pm</b>
<b>Thur 8</b>	<b>Games Afternoon</b>	<b>2 - 4pm</b>
<b>Mon 12</b>	<b>Kendal Support Group</b>	<b>2 - 4pm</b>
<b>Tue 13</b>	<b>Kirkby Lonsdale Support Group</b>	<b>10.15 - 11.45am</b>
	<b>Methodist Church Hall, Kirkby Lonsdale</b>	
<b>Wed 14</b>	<b>Windermere Support Group</b>	<b>10 - 11.45am</b>

Goodly Dale, Lake Road, Windermere

Thur 15	Employability Workshop	10am - 12
Mon 19	Arnside Support Group	10am - 11.45
	Millom Court, Redhills Road, Arnside	
Tue 20	Sedbergh Support Group	2 - 4pm
	People's Hall, Sedbergh	
Thur 22	Games Afternoon	2 - 4pm
Mon 26	Ambleside Support Group	2.30 - 4pm
	Rowan Curt, Ambleside	

## MARCH

Thur 1	Tech Know How	10am - 12
Fri 9	Bingo Night at Netherfield Cricket Club	7.30pm
Wed 14	Booth Store Collection, Windermere	9 – 4pm

## ***Christmas Cake Raffle***

Would you like to win a fabulous, home baked Christmas Cake to enjoy? (examples below). They are packed with fruits, generously fed with brandy and decorated with seasonal ribbon and a Snowman or Santa.

If you would like one of these delicious cakes, we are holding a raffle - £1.00 per strip of 5 tickets available from the Office at Sight Advice South Lakes or Dave Bedford.

Draw will take place at Sight Advice on Thursday 14th Dec and the winner will be notified by telephone.

Please support us in raising funds for our local charity Sight Advice South Lakes and get yourself a delicious treat for Xmas too!



## ***Tech Talk***

Hi there, welcome to Tech Talk where I will endeavour to find out what's going on in the world of technology for people with sight loss, and what are we doing about it here in the South Lakes.



In my short time here, I have noticed that we have some excellent specialist companies such as Synaptic, Dolphin, Enhanced Vision, Vision Aid, Cobolt, Optelec and Orcam to name but a few, who have all been to see us this year.

We are getting ready for a large “Future Vision” event that will be held in Kendal on April 19<sup>th</sup> next year. More of that exciting news in the next newsletter.

Before that Tom Harris from Humanware will come and show some top of the range magnification products on Thursday, January 18<sup>th</sup> at 10.30 till 2.00, at the Bradbury Centre.

Also, there are some interesting “High Street” products that are becoming very popular here in the South Lakes.

Amazon “Alexa” has been used by quite a few people. “She” is a robot that works by you asking her to do things, for example, to play radio 2, “read my kindle, tell me the time, read my book”, or to spell words, play a game and hundreds more tasks you can teach her to carry out for you.

We have her in reception at the Bradbury centre and I will be happy to show her off to you when I am in. It only takes a few minutes. She can be purchased for £49.99 at Currys or Argos or via Amazon on line. A perfect Xmas present to yourself!

**It is important to know that you do need wi fi for her to work and access to a smart phone or tablet such as an iPad. You also need an Amazon account, which is easy to set up. If anyone purchases one and needs help setting her up, I am happy to make an appointment.**

**iPhones and iPads have excellent accessibility features for those who want portable equipment rather than desk top computers. Both can be voice enabled. Again, I can assist with any set up and training issues. If there is demand, I can run small courses throughout the area. I have already had events in Kirkby Lonsdale, Ambleside and Windermere, so I am happy to travel. Just contact me at Sight Advice.**

**For those who think iPads are out of their budget, Amazon do excellent tablets (some with Amazon Alexa already loaded) for around £70. Latest Amazon Fire is one such tablet.**

**All the above will be talked about and even showcased at the Computer Chat, now called Tech Know How, as it's not all about computers, it's about phones, tablets, Alexa and much more.**

### **You Tube Channel.**

**At Sight Advice we now have our own You Tube Channel. Currently we have a few basic instructional videos on the iPad and a promotional video for Amazon Dot Alexa.**

**Just go to YouTube on Google and put "Sight Advice South Lakes" in the YouTube search box and up they will come.**

**Tim Ward**

**Sight Support Co-ordinator (Assistive Technology)**



***Update from Timothy Bagot***



Welcome to a new feature of the Magazine. We are delighted that Timothy Bagot, Community Optometrist, will join us and provide information and updates relating to eye care within South Lakes, primarily about changes within University Hospitals of Morecambe Bay NHS Trust.

On the 5<sup>th</sup> of September 2016, the Better Care Together suite of services began its roll out into community optometry. The rationale behind this was to enable integration between primary care services, (in this case community optometrists) and secondary care services, (the hospital eye service), so that people could be seen at a time and place convenient to them, by a suitably qualified person.

Since the services started, over 5000 people have been seen in the different pathways. The busiest pathway has been the minor eye conditions service, which has been utilised by 4500 people. This pathway is designed to assess and treat, if appropriate, people presenting with an array of eye problems, with symptoms such as sore eye, red eye, sudden drop in vision and flashes and floaters. Over 80% of these patients have been managed in primary care between GPs, optometrists and pharmacists.

This has saved a significant number of referrals to the emergency eye clinics at the Royal Lancaster Infirmary and the Furness General Hospital. Patients can be referred into this service by, amongst others, their GP, pharmacist, NHS111 or they can self-present. Other pathways include referral refinement for patients with inconclusive signs of glaucoma or high pressure in the eyes, post-operative follow up appointments following cataract surgery in the 2<sup>nd</sup> eye and a service for children who require a glasses prescription and who are under the care of the hospital eye service.

There are other services in the pipeline. Watch this space!



## ***Handy Hints***

We would love to hear yours. Please email or ring the office to be included in the Spring edition.

### **Around your home**

Consider pairing your socks with a safety pin as soon as you take them off as this will keep them together while being washed. You can also pair your shoes with a peg.

### **Technology**

Be My Eyes is an app connecting visually impaired people with volunteers around the world through video calls. The person with sight loss can ask for assistance with anything from locating a tin of food to finding their way around a new area.

### **In the Kitchen**

Use a pizza cutter when slicing sandwiches instead of a knife.

Liquid Level Indicators will let you know when your cup is full.

Place elastic bands around different items, such as tins, boxes and spices to identify them.

### **Entertainment**

A range of adapted games, puzzles and crosswords are available from the RNIB in braille or large print. This includes Scrabble, Monopoly and Connect 4.

### **Money**

To differentiate between your credit/debit cards, try making a small cut in the side. One cut for debit, two cuts for credit or vice versa. Get someone to assist you with this to avoid cutting through the magnetic strip

If your wallet doesn't have three compartments, use this technique: £5 notes are unfolded, £10 notes are folded once and £20 notes are folded twice.

May I ask if SASL would consider re-defining the edges of the steps up to the front door. There are some really excellent 'day-glow' tactile, bolt-on, strips available and I think many of your members would find this sort of edging a great improvement.

**Reply**

In the Autumn edition of the magazine we asked our readers and visitors to 116 Highgate to give us feedback on the front steps to The Bradbury Centre. As you can appreciate, it is down to personal preference and we received a mix response. Some people would prefer white edging, some people yellow, however the majority of people preferred the steps with the current black edging. We will continue to monitor feedback regarding the front steps, so please keep talking to us

**Claire Park, Chief Executive**

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Can you include more articles in the newsletter that offer advice, information and useful tips? I find the information in the newsletter has already taken place, it would be good to know what is coming up and what is available for me.

**Reply**

We have received similar feedback from a number of readers and we have reviewed the content of our Magazine. We have included more information articles and will now have regular features such as “Product in the Spotlight”, “App in the Spotlight” & “Service in Spotlight”. Each of these will give more detailed information on each topic. We are also delighted that Timothy Bagot will be providing a regular update on developments within the community relating to Eye Care and Better Care Together. We hope you enjoy reading the Magazine and find it interesting and informative.

**Amy Pearman, Service Manager**

## ***User Forums***

As you can probably tell by our new Email, Letters and Communications section, we are delighted to receive feedback at any time. We also hold four User Forums a year. These are opportunities for you to meet with a trustee and member of the Sight Advice management team.

The dates for the User Forums for 2018 are as follows:

**Kendal:**

**Monday 12th February - 2pm at The Bradbury Centre, Kendal**

**Kirkby Lonsdale & Sedbergh:**

**Tuesday 8th May – 10.30am at The Methodist Church**

**Arnside and Milnthorpe:**

**Monday 18th June - 10am at Millom Court, Redhills Roads, Arnside**

**Windermere & Ambleside:**

**Monday 12th September – Time TBC at Goodly Dale, Lakes Road, Windermere.**

The User Forums take place at the time of the group meeting in that area, however you do not have to be a member of that group to attend the User Forum.

We aim to include the dates for upcoming forums in future editions of the magazine, so you will not receive individual invitations to attend.

Please do come along and let us know what you think about the support the charity is offering and if there are other types of support which would be helpful for you. All feedback we receive is valuable and assists us in planning for the future of Sight Advice.



**Quiz night at the Duke of Cumberland, Appleby Road, Kendal, Mon 4<sup>th</sup> December. All are welcome - more details from Dave. Test those brain cells, have fun and make new friends.**

**Jingle Bell Jog with Lakes Lions at Cockshot Point Bowness, Sun 17<sup>th</sup> December. This promises to be so much fun!**

**Bingo - Bingo Night at Netherfield Cricket Club, Fri 9<sup>th</sup> March - lots of fun and you might just win.**

**We need your help please...**

**Street collections:**

**Sat 9<sup>th</sup> December, Kendal Town Centre**

**Wed 7<sup>th</sup> Feb, Asda**

**Wed 14<sup>th</sup> March, Booths, Windermere.**

**If you can spare an hour or so, your help would be so much appreciated. Please contact Dave at Sight Advice for more details.**

**It's Christmas Draw time again.**

**You will by now have your tickets, which are included in the magazine. If you would like any more tickets to include more family and friends in our fab draw, just let us know at Sight Advice.**

**Tickets are 50P each and further tickets are available from The Bradbury Centre, 116 Highgate, Kendal. LA9 4HE**

**The 1<sup>st</sup> Prize is £100, 2<sup>nd</sup> £50, 3<sup>rd</sup> £25 and ticket sales raise funds for Sight Advice.**

**And finally, our thanks go to the following business partners and community organisations for supporting our fundraising efforts in the last quarter:**

**Morrisons in Kendal, St Marks Church Natland, Netherfield Cricket Club, Wainwrights Yard and Kendal Town Hall.**

**Dave Bedford**

**Community and Events Fundraising Coordinator**

## ***Facebook Workshop***

Do you see this symbol Facebook, hear people talk about it and think how do I join this online community?



We now produce our magazine every 3 months BUT we post updates on events, activities and share information via our Facebook page usually three times a week. We currently have 237 people who follow our Facebook page.

We are holding a number of Introduction to Facebook sessions here at Sight Advice South Lakes. The first is being held on Wednesday 13<sup>th</sup> December, 10am - 11.30 am with Aileen and Tim. All welcome. Bring your laptop, iPad, Smart phone, iPhone etc or just come along and learn more about this online community. Let's get started together!

## ***Annual General Meeting***

The Trustees and Staff of Sight Advice South Lakes, warmly invite you to attend their Annual General meeting to be held on Tuesday, 12<sup>th</sup> December, 11.00am at Castle Street Community Centre.

The AGM is open to all and it would be wonderful to see as many of you there as possible. Come along to hear about the charity's achievements during the past 12 months, elect trustees and finish with a catch up over a coffee and mince pie, or a mulled wine. Well it is nearly Christmas after all!

We will not be hosting a speaker this year as over refreshments, trustees and staff will be asking for feedback and ideas on the format for the following year's AGM.

We hope you will be able to join us. Please make contact with the office if you are available to attend so we can ensure we have enough refreshments available.







***Staff and Trustee Team***

**Sight Advice South Lakes staff**

***Chief Executive***

***Claire Park***

***Service Manager***

***Amy Pearman***

***Sight Support Coordinator***

***Margaret McClure***

***Community Fundraiser and  
Events Coordinator***

***Dave Bedford***

***Sight Support Coordinator  
(Assistive Technology)***

***Tim Ward***

***Volunteer Support Officer***

***Julie Halford***

***Young people and children's  
Coordinator***

***Jackie Bateman***

***Community Development  
Coordinator***

***Scott Hemsley***

***Sight Support***

***Sarah Stoddard***

***Aileen Ward***

***Eye Clinic Liaison Officer***

***Becky Cass***

***Finance Officer***

***Emma Barker***

**Trustees**

**Chair of Trustees  
Mrs Margaret McCulloch**

**Dr Sally Riding  
Trustee**

**Mrs Linda Baverstock  
Trustee**

**Mr Chris Jackson  
Trustee**

**Miss Jenny Hodkinson  
Trustee**



**Facebook: Sight Advice South Lakes @SightAdviceSL**



**Twitter : @SightAdviceSL**



**Promoting independent living**

**01539 769055**

**The Bradbury Centre, 116 Highgate**

**Kendal, Cumbria LA9 4HE**

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