



Spring 2018
Magazine

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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 now 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 come to the new premises, 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 Spring edition of our Magazine. As I write, it is snowing outside but I have a vase of daffodils on my desk to assure me spring is on its way.



At the end of March, we say goodbye to a well respected and highly thought of member of the team, Scott Hemsley. Scott has been with the Charity for over 17 years and he will be greatly missed by us all. We will be holding a farewell and thank you afternoon tea for Scott at The Bradbury Centre on Monday 12th March, between 2pm and 4pm. If you would like to attend, please contact the office on 01539 769055 so we can ensure we have enough refreshments available.

From 1st April 2018 till September 2018 we only have funding secured for the Community Development role for 15 hours per week. We have applied to two large funders to continue this vital work but we will not know the outcome until Summer 2018. In the interim, the 15 hours will be picked up Tim Ward and hopefully a new member of staff, who will be joining the team one day a week to offer support in this area, on a short term basis.

At the beginning of the year, we also said goodbye to Dave Bedford, Community Fundraiser. Following a period of ill health, Dave decided he needed to step down from the role of Community Fundraiser to concentrate on getting himself back to full health.

Aileen Ward, who many of you will now know from visiting the centre, will be taking on the role of Fundraising Coordinator two days per week, alongside her existing one day per week as Sight Support Officer.

Sarah Stoddard will be working an extra day per week from February to pick up some of the work for Margaret McLure, during her absence and Becky Cass, who many of you will know from her role as the ECLO at Westmorland General, will also be assisting the Sight Support role. She will be joining us every Thursday.

Claire Park

Service in the Spotlight: Assistive Technology

Hi. My name is Tim and I have been working for Sight Advice South Lakes as the Assistive Technology Co-ordinator since July 2017. I work all day from Monday to Thursday at the Bradbury Centre in Kendal.



Assistive technology is the name given to a wide range of software and hardware products such as iPhones, tablets, talking books, computers, talking scales etc which can make everyday activities such as reading, watching the TV, cooking, listening to music and shopping on line, more accessible to someone living with visual impairment.

For example, adding speech and magnification tools to your computer or mobile phone could help you to continue or gain employment and keep in touch with friends and family more easily. Also, having access to video magnifiers could help you enjoy your hobbies and make the most of your leisure time. Devices that read books, newspapers and play podcasts are all available and easy to use.

I can assist you in setting up on social media such as Facebook or Twitter and show you how to make free phone and video calls via Skype. I can also introduce you to new, exciting products such as Amazon's Alexa /Dot/Echo or Google Home, which are easy to use, voice enabled assistants that will tell you the time, news, weather, read your book, play your favourite music and radio station just by being politely asked!

You can book a free one-to-one appointment with me to discover which technology is right for you. You will receive personalised advice based on your needs and be given the opportunity to try different equipment and software. I also offer training, home visits, work visits and a delivery and installation service for the South Lakes area we cover.

I host a monthly "Tech Know How Group" in Kendal, where anyone can pop in with their questions, or just come and look at the latest products and gadgets available. I have also had events in Windermere, Ambleside, Kirkby Lonsdale when requested.

Technology is for everyone of all ages and abilities so get in touch and I will see what I can do for you.

Computer software.

Microsoft, Apple and Android devices have varying inbuilt settings that can magnify the contents of the screen; make information appear in high contrast and read the contents of the screen aloud. But, if this is not enough, additional software can be used such as SuperNova, Zoomtext, GUIDE and Synapptic.

Tablets and smartphones.

Tablets and smartphones with built-in assistive technology are available with high contrast options, large lettering, voice control and easy navigation.

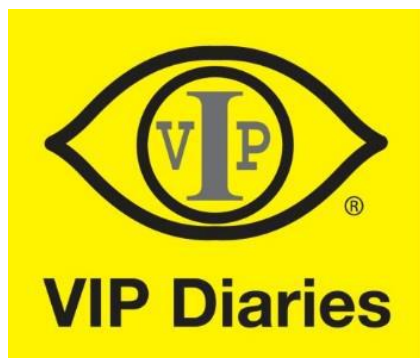
Video magnifiers.

These devices come in a range of sizes, from portable ones that you can take out and about with you to desktop ones for reading books, letters or recipes etc. They can be connected to a TV, computer or come with their own screen. You have the option to increase or decrease magnification, apply high colour contrasts or in some cases have the text spoken out loud with a text reader. Examples of these include Monomouse, Prodigy, Clearview C, SNOW and TV-Eye.

Stand-alone text readers.

Stand-alone text readers allow individuals with little or no sight to access printed materials. Examples include the SmartReader and Eye-Pal Rol.

VIP Diaries



Angela and the volunteer team at VIP Diaries have had yet another successful season of sales.

They still have supplies of 2018 Dairies, Calendars, telephone and address books. Orders can be placed by ringing Angela direct on 01539 726613 or via their website www.vipdiaries.co.uk.

What's new in the community

I am noticing, on my home visits, that more members have been investing in High Definition and 4K TVs with larger and clearer screens. Sitting closer to the TV can help you see detail more clearly, but can I remind you that Audio Description is available on these as well. Some TVs have a button on the remote control (AD Button). On other models you may have to find and adjust the audio options on the TV menu. When the Audio Description function is on, a voice describes what is happening during the scenes where there is no speech so that you do not miss out on the action.



South Lakeland District Council Handyperson scheme continues to offer up to 12 LED bulbs per household for free. Some of our members have taken up the offer, replacing their old energy saving bulbs that were not as efficient. Please contact SLDC on 01539 733333 for further details.

“I was frightened about coming to the Low Vision Clinic, but so glad I did”

This is just one of the positive comments we received from people who have attended our Low Vision Scheme. Some people think they are coming too soon for support, but the beauty of the scheme is that you can find out about help before you need it. If your up-to-date prescription reading glasses do not help enough when you are looking at small print, Linda Baverstock (Optician) can find a magnifier(s) to aid you with print and also help with distance (monoculars) and glare issues. Martin Ikast (Rehabilitation Officer) can give advice on getting around safely and rehabilitating yourself in your home. We can offer a range of equipment to help you keep independent from big buttoned phones to talking book players (see product in the Spotlight). No one leaves the Low Vision Clinic empty handed! For an appointment, phone 0844 824 8799.

Stacey Perruzza, Community Banker, Nat West Kendal, has spoken to a few of our support groups about the range of scams that are unfortunately sweeping the country. The bottom line is, “if it looks too good to be true, it probably is!” Stacey is happy to talk to groups about scams and the dangers to look out for. You can contact her on 07920 365857 or stacey.perruzza@natwest.com

As has been mentioned in the update section, I will be leaving the Society at the end of March. I will be sad to go and will miss my home visits and the warmth I receive when I attend the support groups. I am proud of the progress we have made over the past seventeen years, working closely with Adult Social Care through the Low Vision Service and developing stronger links with other voluntary organisations.

I would like to thank all the volunteers for their support, as without them I would not have been able to fulfil my role. I am going to continue to attend the Vital quizzes and the Blackwell Sailing sessions, so I will be keeping in touch.

Scott Hemsley

User Forums

We hold four User Forums a year. These are opportunities for you to meet with a trustee and member of the Sight Advice management team to share your thoughts, experiences and suggestions relating to the support offered by Sight Advice. Upcoming dates for 2018 are listed below.

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.

Handy Hints

Wearable technology - pay using a wristband, sticker or even keychain! Barclays have their own range of wearable technology called 'bPay'. This includes wristbands, key fobs and stickers, which can be pre-loaded with up to £200 and swiped on contactless machines to make a payment. bPay can be a quick and safe way to carry small amounts of money discreetly on your person.

For more information visit their website at: <https://www.bpay.co.uk/> or ask your bank what they can supply you with, if you are not with Barclays.

Money - Following on from the suggest last time about cutting your bank cards to assist you to differentiate, one member has suggested only cut the bit that doesn't go into the machine or ask someone to put a small spot of "tipex" on the corner of the card that you can feel.

Entertainment – A CEA card The CEA Card entitles you to one free ticket for someone to accompany you to the cinema to provide the help you may need during your visit. To get the free ticket, you will need to purchase a full price ticket for yourself for the same performance of the same film in the same auditorium. The free ticket is provided on the assumption that the person who accompanies you can provide you with appropriate help, this might include: helping you to find your screening & seat, assisting you an emergency and assisting to use the cinema's facilities.

Sight Advice has a New Website

We redesigned and launched the Sight Advice Website in January, it is still on the original address www.sightadvice.org.uk but the look and feel is completely different. The new site is much easier to navigate, has built in accessibility features that will magnify text and also has a talkback function, so it is very exciting.

We will update the site every week with any news and what's on features. Plus it is possible to shop online via the "easy fundraising" page, details on page 9. There are also pages with information on eye conditions, a photo gallery and what's on. Please have a look, we are sure you will love it.

Do you care? We do

Many people who come to Sight Advice South Lakes have partners, husbands, wives, children, friends and others in their lives who help others to live as independently as possible.

From recent conversations and, as a carer myself, I know it is often those caring for others who sometimes forget to look after themselves.



So, we would like to invite anyone who is caring for our members to contact us if you have any difficulties with your own vision. Sight Advice South Lakes is a registered charity here to help with advice support and provide practical help to anyone resident in the South Lakes area, regardless of age.

So carers, please, for a moment, think about yourself. Have you had your eyes tested recently? Are you experiencing some difficulty with reading or any aspect of your vision? We are here to help YOU too. Give us a call on 01539 769055 or pop into The Bradbury Centre, 116 Highgate, Kendal, Cumbria. LA9 4HE.

Aileen Ward

Shop online and raise money

Do ever use the internet to buy something?

By simply registering with easyfundraising, the next time you visit one of a huge variety of websites, like Amazon, ebay, Boots, John Lewis and many more a donation will be made to Sight Advice at no extra cost to you. It's simple and quick. We already have over 50 people doing this and would love to get to a 100.

Go to <http://www.easyfundraising.org.uk/causes/sightadvice>

Or...even easier...go to our website www.sightadvice.org.uk and on the home page to the right of the picture of the eye, is a button that says "online shopping" press this and you will go to our online shopping page and instructions will be there.

1. Then shop! Most big names are there, Amazon, ebay, Clarks, Marks and Spencer, Boots, Next, laterooms, Travelodge and hundreds more.
2. It won't cost you a penny more and Sight Advice will get a small donation.

Children and Young People

In December, we had a great time visiting the Dukes Theatre in Lancaster where we saw Aladdin. It was amazing to have so many people attend the event where we had a touch tour of the costumes and set, a Jacob's join & an audio description for those who required it.



More recently, we visited Pizza Express to make pizzas & learnt about the ingredients that go into them. It was great fun and we even got to take home finished results home for lunch! Inspired by the Winter Olympics we have also visited Kendal Ski Club where the Snowability group are providing a couple of come & try it sessions. It was a challenging and enjoyable afternoon and we got some good action shots. This is also available for young people and adults with a visual impairment to use on other occasions during the winter months for a minimal cost.

We are now planning ahead for the warmer months and have some exciting events in the pipeline. We are hoping to return to Kendal ski slope to try tubing where we will slide down the slope in huge tractor inner tubes! We are also looking at a potential visit to Bendrigg Lodge to try out their bikes and hopefully an Easter egg hunt.

Our new Introductory Film is now complete. You can find it on the SASL website. If you would like to know more about the project please contact Jackie- email: Jackie@sightadvice.org.uk or 01539 769055

Sponsored Walk

Was one of your resolutions to get fit? Some of our volunteers are taking part in a Pure Challenge 18 mile walk in the Lune Valley on the 25th March. If you want to join them, it costs £35 to sign up to the walk and there is no minimum amount to raise. You can get more details from julie@sightadvice.org.uk or

<https://www.purechallenge.co.uk/index.php/event/lune-valley-resolution-18-mile-trek/>

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**

March

Thur 1st	Tech Know How	10.30-12 noon
Mon 5th	Office Closed for Staff Training	9.30-11.30 am
Mon 5th	Quiz Night at The Globe, Kendal	7.30 pm
Tue 6th	Demonstration of Alexa and Ipad	1.30-2.30 pm
	Ambleside Library	
Tues 6th	Dual Sensory Loss Group	2-3.30 pm
Wed 7th	Introduction to Facebook	10-11.30 am
Thur 8th	Games Afternoon	2-4 pm
Mon 12th	Kendal Group & Scott's Farewell Afternoon Tea	2-4 pm
Tue 13th	Store Collection at Booths	from 9.30 am
	In Windermere	
Tue 13th	Kirkby Lonsdale Group	10-11.45 am
	Methodist Church Hall, Kirkby Lonsdale	
Wed 14th	Windermere Support Group	10-11.45 am
	Goodly Dale, Lake Road, Windermere	
Mon 19th	Arnside Support Group	10.30-12 noon
	Millom Court, Sedbergh	
Tue 20th	Sedbergh Support Group	2-4 pm
	People's Hall, Sedbergh	
Thur 22nd	Games Afternoon	2-4 pm
Mon 26th	Ambleside Support Group	2.30-4 pm
	Rowan Court, Ambleside	
Wed 27th	Tropic Skincare Pamper Day	from 10 am
Sat 31st	Street Collection at Wainwrights Yard,	from 9.30 am
	Kendal	

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April

Mon 2nd	Office Closed – Bank Holiday	All Day
Tues 3rd	Dual Sensory Loss Group	2-3.30 pm
Wed 4th	Introduction to Facebook	10-11.30 am
Thur 5th	Tech Know How	10.30-12 noon
Thur 5th	Games Afternoon	2-4 pm
Fri 6th	Street Collection, Milnthorpe	from 9.30
Sat 7th	Chris Bannister as John Denver	Doors open 7pm
	Kendal Town Hall	
Mon 9th	Office Closed for Staff Training	9.30-11.30
Mon 9th	Kendal Support Group	2-4 pm
Tues 10th	Kirkby Lonsdale Group	meet at 10.30 am
	at The Royal, Kikrby Lonsdale	
Wed 11th	Windermere Tech Know How	2-3.30 pm
	Council Chamber, Broad St, Windermere	
Wed 11th	Windermere Support Group	10-11.45 am
Mon 16th	Arnside Support Group	10.30-12 noon
Tues 17th	Sedbergh Support Group	2-4 pm
Wed 18th	Tech Know How Club with Steve Nutt	2- 4.00 pm
Thur 19th	Future Vision Exhibition	10am -3 pm
	Castle Street Centre, Kendal	
Mon 23rd	Ambleside Support Group	2.30-4 pm
Fri 27th	Fundraising Coffee Morning	9.30-12 noon
	at Kendal Town Hall	
Sat 28th	Store Collection at Booths	from 9.30 am
	In Milnthorpe	

May

Mon 1st	Dual Sensory Loss Group	2-3.30 pm
Thur 3rd	Tech Know How	10.30-12 noon
Thur 3rd	Games Afternoon	2-4pm
Sat 5th	Street Collection	from 9.30 am

	In Kirkby Lonsdale	
Tue 8 th	Kirkby Lonsdale Support Group	10-11.45 am
	Including User Forum	
Wed 9 th	Windermere Support Group	10-11.45 am
Sat 12 th	Street Collection	from 9.30 am
	In Bowness & Windermere	
Mon 14 th	Kendal Support Group	2-4 pm
Mon 14 th	Quiz Night at Duke of Cumberland	from 7.30 pm
Tue 15 th	Sedbergh Support Group	2-4 pm
Thur 17 th	Games Afternoon	2-4 pm
Mon 21 st	Arnside Support Group	10.30-12 noon
Sat 26 th	Street Collection at Wainwrights Yard, Kendal	from 9.30 am
Mon 28 th	Ambleside Support Group	2.30-4 pm
Thur 31 st	Games Afternoon	2-4 pm

Walking Group 2018 Diary of Walks

Here are the dates for 2018 for your diaries, to include some old favorites and two new walks:-

14 March	Bolton le Sands - lunch at Archers
11 April	Elterwater - lunch at Skelwith Bridge
16 May	Leighton Moss - lunch at the cafe
13 June	Rydal - picnic
18 July	Heysham - picnic
8 August	Levens Park - picnic
12 September	Tarn Hows - picnic
10 October	Kendal area with lunch at a cafe

Details for each walk are sent out a couple of weeks before the date. We are looking forward to some good weather and fun days out. New members are always welcome, so if you have thought about joining in the fun, 2018 is the year. Walks are gentle paced as the chat is equally important. If you are worried about fitness, confidence or transport, please contact us to talk about it. Volunteers may be able to transport you to the meeting point.

Update from Timothy Bagot

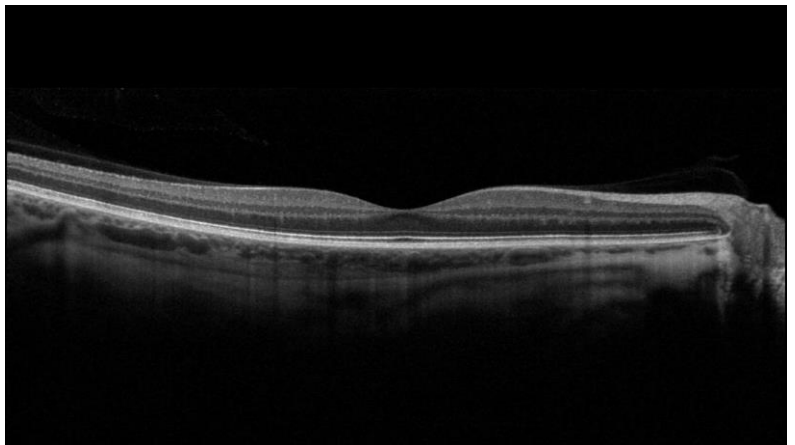
In all walks of life technology and innovation are taking huge strides forward and optometry and ophthalmology are no different. This new technology is enabling us to make diagnoses at an earlier stage than has previously been possible. This results in more accurate referrals from community optometrists to the hospital eye service and reduces the number of hospital appointments used as referrals will include this extra information, removing the need for many tests in the hospital.



Optical Coherence Tomography (OCT) is one such advance which is becoming more common and it is estimated that around 50% of community optometry practices now have the technology available. OCT involves scanning the eye with an infra-red laser enabling cross sections of structures to see what, if anything, is happening below the surface. The OCT scan also measures the thickness of structures to an accuracy usually quoted as two to three thousandths of a millimetre.

OCT scans have many uses. One of the most common applications for the technology is for macular scans. This is used to differentially diagnose between the various macular conditions so that a suitable management plan can be put in place. This may involve monitoring, referring the patient to the hospital eye department or giving advice.

Another use of the OCT scan is detection of glaucoma. It is thought that OCT scans can be used to detect glaucoma at an earlier stage than the “traditional” methods of measuring pressure, performing visual fields and looking at the back of the eye. However, it is important to remember that this technique should only really be part of a battery of tests and should not necessarily be relied upon solely.



With the advances in technology over the last five to ten years I wonder where we will be in another ten years.

Product in the Spotlight**Sonic portable USB player****Product code: DH444****£44 going to print.**

Designed for users of the RNIB Talking Books Service, Calibre books, South Lakes Talking Newspaper and Sight Advice's Talking Magazine, the ultra-portable Sonic USB Memory Stick Player offers superb sound reproduction. Take your favourite books or music with you on holiday – the Sonic will fit easily into a handbag or briefcase – or carry it with you from room to room when at home.

Raised, shaped buttons with tactile markings make it easy to move to a new book, skip through chapters or review the paragraph you have just read. It has four large, yellow tactile control buttons, an extra large volume control dial, which is great if you have limited dexterity, and offers superb sound quality from the two built-in speakers. Whenever you switch the player off or remove a memory stick, the Sonic will remember the exact place and play from there when that stick is next used. The Sonic also has Bluetooth connectivity, so is ready for pairing with your mobile and tablet devices, too.

Connecting to the Sonic via Bluetooth does not require any buttons to be pressed on the Sonic. Simply search for and select the Sonic on your Bluetooth device (Phone, Tablet etc.) to connect.

Three beeps are designed to indicate a low battery. A red light will show on the top of the player when the battery is charging; this light will go out when the battery is fully charged. If the battery is completely flat, you will need to allow the unit to charge for 15 minutes before turning it on and using mains power to operate it.

“It's really easy to use. I am a technophobe, but all I have to do is turn on the big yellow knob on the front, then turn it off when I have had enough. The story will continue from where I left off when I turn it on again!”

South Lakes Talking Newspaper

Hear your local news



The South Lakes Talking Newspaper aims to provide visually impaired people with audio recordings of local news from the Westmorland Gazette.

We send out the weekly recordings on memory sticks, serving our listeners with stories and information from South Cumbria which are not available through national and regional TV or radio.

The talking newspaper is free to any visually impaired person, including supply of the speaker player. There is no postage charge involved in returning the memory sticks to us.

Each edition of the talking newspaper is about 90 minutes long, made up of two, 45 minute recordings. The first is a section devoted to the week's news, the second is a magazine section covering, for example, letters from the correspondence pages, articles about food and drink, gardening, the arts and entertainment and items involving a nostalgic look at the past.

The small machine we supply for playing the recordings is easy to use and one of our volunteers will arrange to take it to the home of a new listener to explain how it works and to answer any questions.



“The easiest and most enjoyable way to keep in touch with local news and events” For more information contact John Barker 01539 821438 or the website.

<http://www.sltna.org.uk>

Tim's Tech Talk

Welcome to Tim's Tech Talk your regular update on the world of technology and how it can assist people with a visual impairment.

Smart TVs for people with a visual impairment.

There have been a lot of developments in the way that Television sets can be set up to make them easier to use for people with a sight loss.



Nowadays, it is possible to buy “smart” Televisions which enable you to change channel with your voice and can provide “audio description”. This is where a narrator describes the scene on the television, enhancing the enjoyment of a TV programme immensely for those with a visual impairment. Also, some TVs have an application which reads the programme guide out loud.

Feedback from our users suggests that some models made by LG and Samsung have these features and can be purchased in Kendal. If anyone wants any information on how TVs with these types of features can be adapted or purchased locally, just get in touch with me at Sight Advice.

APP of the season.

There are many great new apps to download for people with smart phones, iPads and other tablets. One of the best new ones has come from Microsoft and is for use on Apple iPhones and iPads.

The APP is called “Seing AI”, the AI stands for Artificial Intelligence. Seeing AI is an app that can do 7 things when you point your phone/ ipad camera lens at certain instructions.

- 1) Reads out loud a “Short Text”.
- 2) Takes a photo of a letter/document and reads the whole document back to you.
- 3) Hover over a barcode and it will tell you the product name.
- 4) Converts handwriting to typed text.
- 5) Describes a scene.
- 6) Identifies your banknotes
- 7) Identifies a person by name. *(needs a photo of them in your device).

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It is quite a remarkable app. It is free to download from Apple, and we regularly take a look at it at Tech Know How sessions.

Special Tech Know How Wednesday April 18th 2.00pm to 4.00pm

On this date, I have invited Steve Nutt the owner of Computer Room Services. Steve has no sight and sells products that he himself has used as a blind person. Therefore, he has an excellent perspective. This is a special one - off event and Steve will be at the Future Vision event the following day.

He also sells the O6, which is a tiny Bluetooth device that allows you to operate your iPhone or iPad remotely, for example when it is in your bag! Yes it does work! More on that another day.

Join a research project: Mobile electronic devices

Whether you have used any of these before, or have never thought of using them, researchers from the University of Manchester want to hear from you.

Their short survey looks at how many people with low vision are already using smartphones, tablets or electronic readers: how you found out about them, whether they are useful and what problems you have encountered - or why you're not interested in using one.

Most questions are multiple choice, with the option to leave comments, and it should take between 5 and 15 minutes to complete. Complete the survey online at

<https://apps.mhs.manchester.ac.uk/surveys//TakeSurvey.aspx?SurveyID=p232899M>

If you would prefer a large print copy, or to complete the survey by telephone, contact Rachel Heron at

rachel.heron@manchester.ac.uk or 0161 306 2416, or Chris Dickinson on chris.dickinson@manchester.ac.uk or 0161 306 3874.

The survey can be completed anonymously, but if you wish to be entered into the prize draw, don't forget to leave your contact details. Any contact information you share will only be used for the purpose of this survey and won't be passed on.

You must be over 16. The survey is part of a study funded by Fight for Sight, an organisation that funds research into sight loss and treatment for eye conditions and has gained ethical approval from the University of Manchester Research Ethics Committee.

Volunteer Vacancies

According to a YouGov poll, the top ten most popular resolutions include exercising more, learning something new or pursuing a career ambition.

Volunteering with us could help you to achieve all of these in just one afternoon! We always welcome people willing to give their time and expertise to support the aims of Sight Advice and I know from talking with volunteers how much they in turn enjoy their experience. Here are just some of the opportunities:



Community Group Manager – Kendal

We have a lovely group of clients who meet monthly in the evenings during the spring and summer, at a town centre location. We are urgently looking for a lively and empathetic person who would organise a variety of social activities and support the group to access them.

Street Collectors

Dates have been arranged for the street collections on behalf of Sight Advice, all around South Lakes. We have a small but dedicated team who go out in all weathers to raise awareness of Sight Advice and collect funds. If you have only one hour to spare in one weekend this year, your contribution to helping this team will be greatly appreciated. Please get in touch to join this merry band. You will be made most welcome!

Community Supporters

Join a team of people who visit or telephone our clients to offer practical and social support. These people are a vital link for our clients to their community, as well as helping them with some practicalities such as form filling, which we take for granted. All training is provided together with regular peer support.

There is now a monthly volunteer enewsletter. If you are a volunteer with email and have not received this, please do check your spam/junk mailboxes. If it is not there and you still haven't

received the newsletter, please contact me to make sure we have your correct email address.

Julie Halford

Emails, Letters and Communications

It would be great if you could offer advice and support to family and friends. Often my family will ask what they can do to help me and I do not always like to ask for help.

Reply

This is a wonderful suggestion, thank you. We do hold an annual Carers Workshop but we will aim to offer more opportunities for family and friends over the coming months. This will include a stand at our Future Vision Exhibition on 19th April. Future dates will be featured in the Magazine.

Claire Park, Chief Executive

I have been volunteering with Sight Advice for a number of years and I would like to say thank you to Julie. I find it reassuring knowing I have someone I can contact directly. Julie keeps us up to date with important information – it makes me feel a valued part of the Sight Advice team.

Reply

Thank you for your kind comments, we enjoy having Julie around too. Indeed, volunteers are a highly valued part of the Sight Advice team and we would not be able to offer the range of services and support we do without our dedicated team of volunteers.

Amy Pearman, Service Manager

I have been to some enjoyable events in the past, including a make-up session. Please can we have more activities like this. They are fun and I enjoy meeting new people.

Reply

Thank you. We are starting to plan some more special sessions and events. We will share more details on Facebook, our website and in the Magazine. If you have ideas please get in touch.

Amy Pearman, Service Manager

Forthcoming Fundraising Events

Tropic Skincare Pamper Day

We are having a luxurious, relaxing time on Wed 28th March here at Sight Advice South Lakes ...Want to join us?

Tropic Skincare representative Andrea Sephton will be offering 20 min treatments, samples and goodies to our members, family and friends. Starting at 10 am until 12 and again 1.30-3.30.

Tropic Skincare range is cruelty free, uses vegan and animal friendly ingredients so be good to yourself and the planet too!



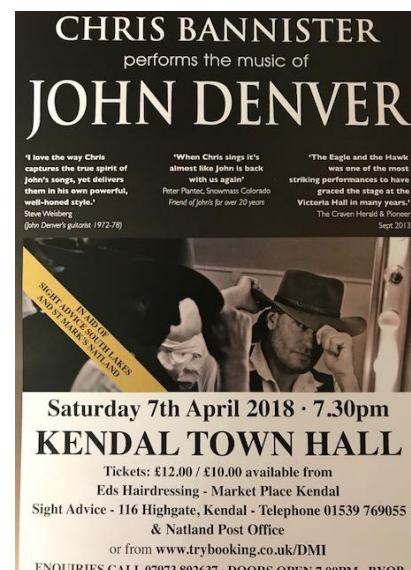
Refreshments will be available.

Andrea is very kindly donating her time and a part of any profits made that day on goods sold so do come along. You will be very welcome!

Chris Bannister performs the music of John Denver

We are delighted to be welcoming Chris Bannister to Kendal Town Hall on Saturday 7th April. Chris has a fantastic reputation for his performances and a great following, so we are delighted to be jointly hosting this event with St Mark's, Natland and all proceeds will be divided between our two charities.

Ticket are available from Sight Advice South Lakes, Natland Post Office or Ed's Hairdressing, Kendal and are priced at £10 for unreserved balcony seating or £12 for unreserved cabaret seating. You can also purchase tickets online: www.trybooking.co.uk/DMI



Wine Tasting at Castle Green

Could wine tasting be more fun? Well yes!! Join us on Friday 1st June at Castle Green Hotel to find out the twist this year. Neil Golding from House of Townend will be our excellent sommelier again. We already have a number of places reserved so book your tickets to avoid disappointment – for more information please contact us on 01539 769055.



Staff and Trustee Team

<p><u>Sight Advice South Lakes staff</u></p> <p><i>Chief Executive</i> Claire Park</p> <p><i>Service Manager</i> Amy Pearman</p> <p><i>Sight Support Coordinator</i> Margaret McClure</p> <p><i>Community Fundraiser and Events Coordinator</i> Aileen Ward</p> <p><i>Sight Support Coordinator (Assistive Technology)</i> Tim Ward</p>	<p><i>Volunteer Support Officer</i> Julie Halford</p> <p><i>Young people and children's Coordinator</i> Jackie Bateman</p> <p><i>Community Development Coordinator</i> Scott Hemsley</p> <p><i>Sight Support</i> Sarah Stoddard Aileen Ward/Becky Cass</p> <p><i>Eye Clinic Liaison Officer</i> Becky Cass</p> <p><i>Finance Officer</i> Emma Barker</p>
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<p><u>Trustees</u></p>	
<p>Vice Chair Dr Sal Riding</p>	
<p>Mrs Margaret McCulloch Trustee</p>	<p>Mrs Linda Baverstock Trustee</p>
<p>Mr Chris Jackson Trustee</p>	<p>Miss Jenny Hodkinson Trustee</p>



Facebook: Sight Advice South Lakes @SightAdviceSL



Twitter : @SightAdviceSL



Promoting independent living

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