



Bournemouth Blind Society

Your local charity supporting blind & partially sighted people

ISSUE 42

FEBRUARY & MARCH 2016

Editor: **Jo Wood**

FREE 'GIFT' TO GOOD HOME



They do say you don't get anything for free in this world well, perhaps you do!

An extremely kindhearted local lady has donated her late husband's 19" screen Optelec Clearview+ Tabletop Magnifier to Bournemouth Blind Society in the hope we can find a new home for it.

She would particularly like this piece of equipment to go to a young person, so do you know anyone who may benefit from this really generous 'gift?'

Originally priced around £1500, this desktop magnifier could help a visually impaired youngster discover the joys of reading with its continuous zoom magnification, auto focus, simple one button control and different viewing colour modes. Its easy glide reading table and large workspace underneath the camera also allows writing and craftwork.

Please call us on **01202 546644** for further details.

Welcome to Sally



We were pleased to welcome Sally Spicer as our new Corporate Liaison Officer at the start of January. Sally has a wide range of experience, working as a legal secretary, marketing and sales advisor for Disney, Gillette and Masterfoods before a nine year career as the Marketing and Promotions Assistant for Yellow Buses.

Sally, originally from the Midlands, moved here as a teenager and has a son, daughter and grandson. She is eagerly awaiting the arrival of another grandchild.

Sally's new role involves raising awareness of sight loss and promoting Bournemouth Blind Society within the local business community.

She is keen to use her skills and previous contacts to introduce the Society to a wide variety of local companies through talks and exhibitions.

Sally is looking forward to this new challenge and has already enjoyed meeting members and learning how they appreciate the services and activities offered by our charity.

We welcome Sally to the staff team and wish her every success in her career with Bournemouth Blind Society.

Minibus

Due to repairs, our minibus will not be available for the week commencing 1st February.

The Centre will still be open for anyone who can arrange their own transport. We are sorry for the inconvenience this will undoubtedly cause.



AFC Bournemouth



We are still awaiting further responses from the Questionnaire sent to you last time.

If you would kindly complete these or phone to give your answers, we would be grateful. Opinions from any interested sports fans (**not** just those who attend home matches) would be greatly appreciated and will help AFCB as they strive to improve services for visually impaired supporters at Dean Court.

Cards Tournament



The joint Staff/Volunteer team won the Cards Tournament in December, albeit by a narrow margin! (Perhaps the fact that Chief Exec Philip didn't play this year may have something to do with it?!)

If anyone would like to join us on Wednesday afternoons to play fun games of Whist and Cribbage, they would be made very welcome!

Call **01202 546644** for further details.

Spring Sports

As we head towards the Spring we will be eagerly planning our new season's adventures with the Tandems and Walking Groups.

Look out for the dates and venues of our walks in the next edition of the newsletter. If you have any ideas of locations for future walks, please let us know.

We are also keen to recruit new volunteers to help us with these groups - join us to help yourself get fitter and enable us to offer exciting sporting opportunities to local visually impaired people. Call us on **01202 546644** for more information.

Cricket



Dorset Dolphins V.I Cricket team are excitedly training for the new season and already have the dates for their fixtures, both Home and Away. We will be providing our minibus for the team's travels to Surrey and Gloucestershire, in addition to the development weekend at Leicester. Plans for a friendly pre-season

fixture between Bournemouth Blind Society staff/volunteers and the Dolphins are also under way!

Member Jean Sparrowhawk has composed some lyrics about the Cricket team that fellow team player Evie is hoping to put to music:

Cricket

The bat swings down; the ball flies up
The fielder dives; he's in luck!
The bowler shouts; the team celebrate,
The batsman walks; he's out quite late,
The team confer; someone new comes in,
The bowlers change; they share some spin,
The score is 3 for one hundred & ten,
The game of cricket begins again.



Sight loss doesn't mean you have to give up playing sports - if you are interested in joining the Dolphins, please call Team Captain Steve Bailey on **07799 511215**

Recycling



What do you do with your old printer ink or toner cartridges?

You can help the environment **and** help raise funds for **Bournemouth Blind Society** by bringing them here!

Our stationary suppliers The Roman Group donate money to local charities from recycling.

Please drop your cartridges into the collection box in Reception and encourage your friends and family to do the same. Thank you!



Volunteers

Maureen reduced her hours at the Centre in early December. She will be greatly missed by many of our members and we thank her for all the time she has devoted over the past 4 years.

We are pleased that she has now agreed to become a befriender, visiting our more housebound members.

We have welcomed two new volunteers to the Centre in the last few months. Ray Kerwood (pictured top left) is a Minibus Escort on Mondays. Liverpool born Ray was a Construction Site Manager, both in the UK and Holland before retiring and has recently moved to Bournemouth.

He has experience with Guide Dogs for the Blind, in a fundraising role. He says, 'it taught me a lot about what it's like to have sight loss and now I'm retired I wanted to work for a local charity and find something constructive to do with my time.'

Anna Moore (pictured top right) is volunteering as a Thursday Centre Assistant. Anna used to be self employed



as a gardener and also has wide experience in childcare. She is enjoying volunteering in a post where she can help others.

We are always looking for more people to join our 'volunteer family', please call us on **01202 546644** if you can help. Just a few hours of a volunteer's time means so much to many of our members.

We are particularly looking for Café and Activity Assistants on both Mondays and Thursdays, together with Tuesday morning Café Assistants.

We also wish to find more Befrienders who can visit members in their own home, helping with correspondence, reading and conversation.

Full training is provided for all our volunteers.

Fundraising Thanks

We thank people for their continued generosity in raising and donating funds, including:

The Wessex Chorus Carol Concert raised £385. Thanks to the Choir for such wonderful entertainment. We hope to provide two more Concerts during 2016.

The Winton Salvation Army kindly gave us over £500 from their annual Christmas Carols Concert.

Our own Christmas Raffle raised over £1,000 - thank you to everyone who bought or sold tickets.

Our 'Guess the Sweets' competition raised £100. We thank the generous volunteer who donated the sweets and congratulate winner Barbara.

Our Smarties Saving tubes fundraising initiative has raised £435 to date - thanks to everyone who has contributed, there are more tubes in the office for anyone who would like to participate.

We thank all the local retailers

who hold our Pink Elephant collection tins and Boots Opticians, Winton for their recent donation.

We have received donations In Memory of our members Pete Russell and James Ross.

We are also grateful for all the kind individual donations from our members and volunteers.



Philip received a cheque for £1,000 from the Hamworthy Ladies Golf Society last week.

Finally, we thank 10 year old Annabelle, who suffers from retina dystrophy. She donated money that she raised from selling homemade Christmas gift tags and lavender bags. This is quite an inspirational example of a young person with sight loss who has raised funds to help others with a visual impairment.

Arts Uni Event

We are currently working with a team of students from the Arts University, who are in their third year of Creative Events Management.

They are producing an all-day event on **Friday 15th April** in The Square called **'What Would You?'**

The team explain, 'We hope this event will raise awareness of visual impairment and your charity. We have adopted the theme of The Five Senses to help the public appreciate what we take for granted. We will use art forms such as dance, music, poetry, visual and digital arts in workshops and exhibitions.'

We will give you more details of the event in the next edition of our newsletter.

Raffle Prizes

Don't forget, if you received an unsuitable or an unwanted Christmas present and would like to donate it to the Society as a Raffle prize, we would love to receive it.



Thank you!

Quiz Nights

Bournemouth Blind Society has been holding its quarterly Quiz Nights for well over 10 years.



For the excellent value of £9, teams enjoy 6 rounds of competitive fun, together with a Fish & Chips supper plus an ice-cream dessert.

A Cash Bar selling reasonably priced refreshments runs throughout the evening and a Raffle with superb prizes is drawn at the end of the night.

These Quiz Nights are an excellent way for us to raise funds to provide our services, so please come along and join us or encourage your friends and family to join in the fun!

2016 Quiz Night Dates

Saturday 5th March

Saturday 18th June

Saturday 24th September

Saturday 26th November

Please phone Caroline on **01202 546644** or e-mail:

caroline.simmons@

bourneouthblindsociety.uk

for more details or to book your place at the March Quiz!

Tuesday Drop in Cafe

Everyone is welcome to attend our Tuesday café, where cooked breakfasts are served between **10.30** and **12.30**. Roast lunches can be booked for the last Tuesday of each month.

Either make your own way here or phone a few days before to book the Minibus.

Benefits Advice

Sheila Verrell from Action for Blind People is visiting our Drop in Café on Tuesday 23rd February between 10am and midday.

She will be offering individual consultations about Personal Independent Payments (PIP). The Department for Work and Pensions (DWP) are replacing Disability Living Allowance (DLA) for people aged 16 to 64 with the new PIP.

Having a disability can often make life more expensive and PIP is designed to help with the extra costs caused by disabilities such as sight loss. Sheila will also be giving information and advice about other benefits.

Uni Arts Project

We are currently helping Computer Animation Arts student Neena Michalik with research for her project on 3D modelling.

She is exploring how 3D printing technology can be used to aid people with visual impairments and will then create a three dimensional printed sculpture. It is hoped this will make a flat picture more accessible to those with visual impairments.

She will be visiting our Centre to talk to groups about their experiences of sight loss and discover the current tools available to make the world more accessible.

Assistive Technology

The new Assistive Technology course starts on **Tuesday 26th January**.

If you are interested in booking a place or for more information, please call Yvonne of Action for Blind People on **01722 345440** or **07568 130569**.



Welcome to Sam



We are delighted to welcome Sam Everard as a Trustee of the Society. Sam, a local lady, has a background in hotel management.

She has a teenage daughter with a visual impairment and so, in her words, 'I try to get involved with anything and everything that would help her!' Sam provides self-employment workshops for disabled people. She is also the Welfare Officer for the Dorset Dolphins V.I Cricket Team, assisting with transport and tea making duties for her daughter and teammates!

Sam is trained to Level 2 in 'My Guide'. She sits on the local Low Vision Forum, the Bournemouth Council for Voluntary Services and also the Bournemouth Chamber of

Trade & Commerce. Sam has agreed to become a Trustee as she wants to offer a wider range of opportunities and activities to younger visually impaired people. She is currently hoping to arrange more kitchen skills sessions and perhaps introduce future swimming outings.

Sam says, 'I think we need to re-educate the community that Bournemouth Blind Society is available for audiences of **all** ages.'

Hearing Club

Our **Hearing Club** will meet on both Wednesday **10th February** and **9th March 2016 (10.30-12.00)**

Optional activities can be offered, together with small group communications and refreshments.

In the Community

If you know any group who would like a presentation about visual impairment and our work, please contact Philip on **01202 546644** or e-mail: **philip.tarrant@bournemouthblindsociety.uk**

Sight & Hearing Resource Centre

Opening Hours:

Monday - Friday

10am - 1pm

Everyone is welcome to visit our Resource Centre - **no appointment** is necessary.

Our friendly staff and volunteers can offer full demonstrations of specialist equipment for sight and hearing impaired people which they may then order or purchase.

We have limited stock of 2016 Diaries and Calendars for sale, at the reduced offer of 10% OFF original prices.

We also have a selection of talking clocks, talking and large faced watches in our Donation Cabinet. Items are sold as seen, with no refunds given.

Donation Corner

We have a Telesensory Vertex Transportable Magnifier with a 17" screen and an Optelec FarView handheld magnifier (originally priced at about £1200).

We would like people to come

along and look at both these items.

All reasonable donations will be considered.



Useful Tips

For visually impaired people, you can make things easier to see by using **Contrast**. This is how much something appears to stand out from its background because of its colour or tone.

Objects can be made easier to see by having a contrasting background, such as a white door handle against a dark green door.

Tips to make things stand out from the background:

Using a black felt-tip pen on white or yellow paper

Using plain white cups for hot, dark coloured drinks

Using kitchen equipment that is a different colour from work surfaces - coloured trays or mats are particularly helpful

Putting coloured strips around light switches

Applying matt paint on walls instead of gloss that causes glare – paler walls also reflect light better

Things stand out more on plain/subtly patterned surfaces so it helps to choose plainer wallpaper and fabrics.

J.P. Morgan

We thank Mike and Gary from J.P. Morgan who have recently spent time with us as part of the company's 'Good Works' scheme.

They are helping us to revamp our database, providing expert technical knowledge and support.



Activities Bookings

Please don't forget to check your Activities Calendar to find out what's going on during February & March. If you are interested in attending any events, please book early as transport places may be limited. (Office bookings - **01202 546644**)

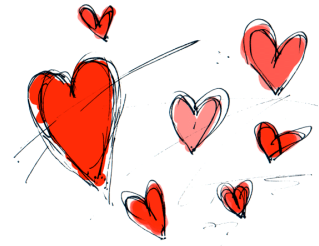
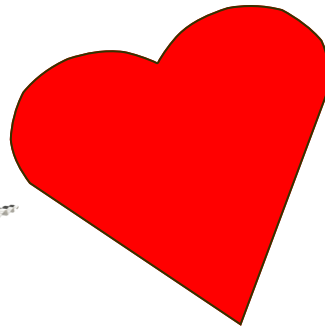
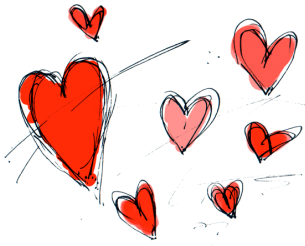
We are thrilled to be welcoming back **The Evergreen Songshiners** in February and **Paul Hammond** in March to provide musical entertainment. Please note that there will also be an informational **Fire Safety Talk** on **Monday 14th March**.

You will note that we are holding a **Members' Forum** on **Monday 29th February** (2pm) so if you have any suggestions about future activities, please come along and make your views known!!

As we approach Easter we will be organising a giant Easter Egg Raffle, together with other small gifts. Please buy a ticket from the office!



'For the Love of Music'



A Valentines themed Musical Evening

BBLOC Bitesize

present a full range of numbers from musicals and pop music,
from Rogers & Hammerstein to Beyoncé!

Saturday 13th February

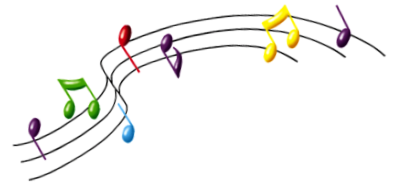
The Rooper Hall, 5 Victoria Park Road, BH9 2RB

7.30pm

£10 (includes Supper)

Cash Bar & Raffle

Call 01202 546644 to purchase tickets



Bournemouth Blind Society

5 Victoria Park Road, Bournemouth BH9 2RB

Tel 01202 546644 (General Enquiries)

Tel 01202 522184 (Community Services)

Supporting blind and partially sighted people to remain
independent and part of the community

www.bournemouthblindsociety.uk

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Charity No: 1114570