

Bournemouth Blind Society

Your local charity promoting the health and wellbeing
of blind & partially sighted people

ISSUE 57 AUGUST & SEPTEMBER 2018 Editor: Jo Wood

The Three A's of Sight Loss

Chief Executive Philip shares some thoughts with you:

"I recently overheard a partially sighted person using a phrase and idea taken from a series of American Self-Help books. I thought it was very applicable to people who lose their sight, particularly later in life, like many of our members.

The concept of '**Accept, Adapt and Achieve**' could be adopted as '**The 3 A's of Sight Loss.**'

Acceptance of reduced sight and its effects on ones abilities can be extremely hard and can also become a barrier to achieving. If you need help coming to terms with your loss of sight, our Society offers an **Emotional Support** service that may help you.

Adapting what you have always done can seem very difficult. Our **Resource Centre** is here and staff can demonstrate pieces of equipment that may help you with everyday tasks.

Achieving is often the result of finding new and safe ways of reaching your goal. It may be that you are able to continue making your own meals by using talking scales and fixing Bumpon stickers to your oven; it may mean that you are able to continue enjoying novels through the talking book service.

Here at **Bournemouth Blind Society** we have services and activities to help you achieve your '3 A's' and are proud to assist anyone on their Sight Loss Journey."

Great Days Out

How lucky we have been recently with the fantastic weather that has enabled us to thoroughly enjoy our days out at the Community Beach Hut and our annual Garden Party.

Four brave members (Alan, Stewart, Margaret and Alice) had an invigorating paddle in the sea at the end of June. Several commented on how long it had been since they had been in the water in the UK!



We would like to give huge thanks again to Councillor Nicola Greene and family for allowing us to stage our annual Garden Party at her beautiful premises.

After a delicious salad lunch prepared by our caterer Tina,

members, volunteers and staff played fun garden games and then relaxed with an ice-cream before their journeys home.



We keep our fingers crossed for the weather to stay fine for our BBQ party at the Centre towards the end of this month!

Balls Eye Club

The Balls Eye Club is now well into its 2nd year. Each month three lucky winners share the prize fund (which becomes larger as more people join the club).

Winners in the **15th Draw** (28th June) were: J. Nagle; T Clark and B Gibbs.

We would love to welcome any new people to join this Club. For just £2 per month, they could be in with the chance of winning a cash prize, in addition to knowing they are supporting such a worthy local charity.

Arts and Crafts

We were delighted last month when Brenda Weeks from CADArts brought in three pieces of tactile Art that had originally been created for the '4U2Touch II' tactile exhibition at the Red House Museum.

These three pieces are now on display at our Centre for any visually impaired person to appreciate and experience.

The pieces include:

'A Walk' by Gillian Lamey



'The Princess and the Pea' by Brenda and other members of CADArts (see top of next page).



'Rapunzel' by Brenda Weeks



We thank CADArts and their artists for donating these fantastic pieces of work. We hope many visually impaired people will enjoy them and gain creative inspiration.

Tile Making

We are looking forward to welcoming artist Keith Rogers to the Centre in August. Keith had exhibited some work at the Red House Museum tactile exhibition and has offered to run a Tile Making workshop to a small group of our members.

We thank the Bournemouth Rotary Club for sponsoring the cost of this workshop and look forward to sharing the pieces our members create in the next newsletter.

Sight and Hearing Resource Centre

Open from 10am - 1pm
Monday - Friday

Hot off the press! For those efficient members who wish to start planning their social engagements or recording appointments for next year - the first batch of 2019 Bournemouth Blind Society large print calendars have just been printed!

Sara will also be able to order large print diaries in early September. Please have a chat with her if you wish to order one!

Braille Chess

One of our members, Steve Bailey, who has Macular Degeneration, took part in the Braille Chess Association's Chairman's Cup Tournament, held at the Marsham Court Hotel from 15th-22nd June.

Steve finished in a creditable 11th place, with 4 points. He was awarded Grading Prize B. Well done Steve!



If any of our members have similar stories of achievements that they would like to share with our readers and listeners, please contact me on **01202 546644** or e-mail:

**jo.wood@
bournemouthblindsociety.uk**

I would love to hear from you and am certain that your fellow members will be thrilled to know about your successes!

Walking Group

After the wet start to our Walking Group's season, the weather has been a lot kinder for our walks at Hengistbury Head and Upton Country Park.



The next two walks are to the **New Forest** (31st August - £5 minibus cost) and **Weymouth** (28th September - £8 minibus). If you would like to join the group, please contact us on **01202 546644**.

We are fortunate to have reliable and friendly volunteers who can assist with guiding.



Anyone for Cricket?

The Dorset Dolphins gained a fantastic 'winning draw' in their league match against Berkshire Stags at Poole Park in June.



They now go to Gloucester and London for 2 away games in July and August, travelling in the Bournemouth Blind Society minibus. We wish them the very best of luck.

Archery

The Group are really thriving at outdoor sessions near Canford Magna where they can shoot arrows over longer distances.

They have been joined by a blind student from Denmark for a few sessions. Anna is studying at the MLS Language School for a month and said, 'I have enjoyed the Archery, it's been an amazing opportunity!'

Our friendly group is open to any visually impaired person over 18 years old. No previous experience is needed and weekly tuition is provided by instructors from the Sagittarii Archery club, who have been trained to teach people with disabilities.

PIP Help

Community Support Manager Geraldine recently supported several members with their PIP (Personal Independence Payments) application forms. This is gradually replacing DLA (Disability Living Allowance).

It is essential for people to complete these forms within the timescales given and the process can cause a degree of anxiety. If anyone has difficulty with these forms, Geraldine can assist by referring them to the DWP (Department for Work & Pensions) to arrange a Home Visit.

She can also give Guidance Notes to help people complete the application and hopefully alleviate some of the stress!

In the Community

Geraldine recently attended the Vision 2018 exhibition at Royal Bournemouth Hospital - an Advice and Technology Day for those affected by sight loss.

Several other charities, low vision equipment providers and local Social Services Sensory Teams were present to assist visitors.

Following Chief Executive Philip's visit to Bournemouth Airport to advise on the accessibility for sight impaired travellers, our volunteer Philip Henderson, (who specialises in hearing loss) highlighted the challenges that may face the hearing impaired.

He explained, 'I had a very good visit. Tracey Hilsden, the Customer Services Team Leader, took me on a guided tour and demonstrated the portable loop system that they use. She understands the problems of deafness and our difficulties coping with fast speech. She hopes that more loops will be acquired in the near future.'

Further meetings with airport staff, plus training sessions are now planned for the Autumn.

We remind you that we hold a **Hard of Hearing Club** at the Centre on the 2nd Wednesday of each month (10.30-midday) where small groups meet and discuss shared experiences in a relaxed setting, with cups of tea and coffee.

Hearing impaired Volunteer Sue can empathise with those who attend and is on hand to cheerfully welcome any new members.

Fundraising Thanks

Our May Bingo night raised **£400**. Thank you to Martyn for calling the numbers. The next Bingo evening will take place on **Saturday 13th October**.

The June Quiz Night took a little over **£1,105** - thank you to everyone who continues to support this extremely popular event. The next Quiz is on **Saturday 22nd September**.

We thank Wessex Chorus for their concert here in July. The evening raised almost **£500**. We look forward to hearing them again at their Christmas Carol Concert on **Tuesday 4th December**.

We gratefully received a donation of **£1,000** from the Bournemouth Rotary Club.

Philip was recently presented with a cheque for **£925** from the Kinson Methodist Wives Group, who had selected us as their Charity of the Year. We thank them for raising this amount for us.

We are always really grateful to any groups who nominate us as their charity to support.

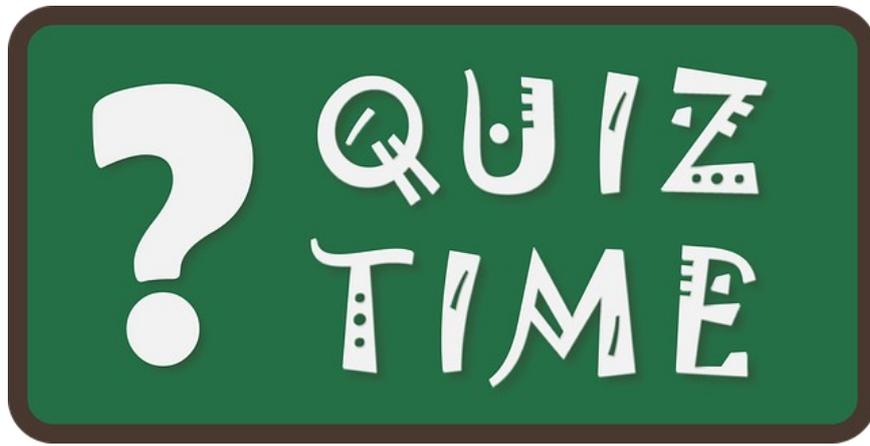
Fundraising Challenges

Fiona Ragg, granddaughter of popular deceased member, Iris Bright, recently took part in a Triathlon. She has so far raised over **£620** sponsorship from her gruelling swimming, cycling and running challenge. We thank Fiona for this fantastic effort and encourage other supporters to take up a sponsored challenge to help raise funds for the Society.

One member, Stewart Hinton, plans to complete a 'Brave the Shave' challenge at the Centre in August. He is willing to have his head completely shaved to raise funds for us. If you wish to sponsor him, please let us know or visit the office to fill in his sponsorship form.

And it's not all about raising funds for *this* Charity - our blind receptionist Barbara Russell raised over **£300** for Guide Dogs for the Blind in June when she completed a 3 hour spinning marathon.

Congratulations to everyone for their efforts to raise money for charities - without you, we could not continue to provide our much needed services to local communities.



Saturday 22nd September - 7.30pm

The Rooper Hall, 5 Victoria Park Road

Tickets: £10
(includes Fish & Chips plus ice-cream)

Licensed Bar and Raffle

**Call 01202 546644 to reserve seats for
yourself or your team**

**Enjoy a FUN night out whilst
raising funds for our Charity**

Bournemouth Blind Society

**5 Victoria Park Road
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**Supporting blind and partially sighted people to remain
independent and part of the community**

www.bournemouthblindsociety.uk

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