



Spotlight

October/November 2021

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Please send your articles for inclusion in Spotlight to:

The Editor

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CO2 7DB

01206 548196

Email: services@essexsight.org.uk

Items for the next issue should reach the Editor by 8th November



The Editor writes:

Welcome to this belated Autumn edition. Technology is a great thing, until it goes wrong and sadly that is what has delayed the production of Spotlight. I don't want to bore you with all the details, but the document we use to create spotlight became corrupted and we ended up with blank paragraphs and spacing problems that we could not delete. After many attempts to fix it, we gave up and started from scratch. So please accept my apologies and I hope you enjoy this issue.

We hope you will find the articles informative and of interest. Please feel free to share Spotlight with other visually impaired people and their carers. Everyone who is newly registered in Essex will receive a copy of Spotlight and they can request their own copy in large print format, memory stick or by email. Unfortunately, we are unable to provide copies in Braille or on cassette.

I hope you will all continue to send your contributions, as your stories and experiences make Spotlight of interest to everyone. You can email articles to services@essexsight.org.uk

Editor

Community Support Team by Jonathan Dixon

Football stadiums are full, public transport is back to normal, so why are we still operating an appointment booking service at the Colchester Sight Centre? Well, we have been so busy that the booking service allows us to plan our time to get out and about in the community and support people with home visits without having to worry about always having cover in the Colchester Sight Centre.

We will be making one change that will hopefully help people and that is the introduction of a drop-in morning on Wednesdays from 10 – 12.30, where you can just turn up without booking. This is really for short visits of up to 15 minutes. If you need to speak to someone in depth or have equipment demonstrated, it is still best to make a booking. Obviously, we are limited in how many people we can see, but if there is someone already in, just go and have a coffee and then pop back.

We are starting a new coffee morning for visually impaired people in Colchester in October. This will take place on Tuesday 19th October 10am – 12noon and on the third Tuesday of each month thereafter. The location is the Quaker Meeting House, 6 Church Street, Colchester, CO1 1NF. The admission price is £2 which includes tea/coffee and biscuits.

Blue Badge Forms have changed, but sadly not for the better! The form is now 30 pages long and fairly in depth, almost like an attendance allowance form but not quite as bad. If you would like assistance with filling out this form, let us know.

Many readers get Spotlight sent to them through our mailing list, where we hold your details, purely for mailing spotlight. In order to comply with GDPR, if you do not want us to hold your information, please let us know (this will also mean you are removed from the mailing list).

Sporting Fundraising

Exiting news of two fundraising events, one of which just missed out on being in the last issue.

Thorpe Le Soken Bowls club chose Essex Sight as the nominated charity as part of its Dennyside Day, for which we are very grateful. The Dennyside Bowling Association for men's outdoor bowls was founded in 1936 by Leonard Denny of the Cambridge Park Bowling Club and a prominent member of Middlesex Bowling Association.

The main objective of the association, also affectionately called the Rabbits, was to hold competitions that would help bowling clubs raise monies for local charities and worthy causes and have a good match! The Rabbits members are all very well accomplished bowlers, selected from all parts of the Country. Whilst the matches are also countrywide, Thorpe Le Soken Bowls club is unique in that it is the only club to have hosted the Rabbits every year for the past 34 years.

The day was blessed with mostly good weather and the match won narrowly by the Rabbits. I attended with Director Robert Jackson, and after a lovely meal the and a talk on the Charity, the President of the Dennyside Association commenced the fundraising which resulted in the club and association members raising £2400.

Tina Cox, the administrator for Read House entered the London Marathon on the 3rd October to raise funds for the charity. Tina has been working and training hard throughout the pandemic and originally hoped to raise £1000. She completed the marathon and was back in work the next day and smashed her original target by raising over £2500! Thank you so much Tina!

Thomas Pocklington Trust Accessible Information Standard Survey

Do you always receive medical information in a format accessible to you?

The NHS introduced the Accessible Information Standard five years ago to ensure that all health information should be made available in the most accessible format for each patient, for example, information and communications in braille, large print, audio, email, etc.

Sadly, this is not always the case. The impact of COVID-19 has only further highlighted the difficulties faced by blind and partially sighted people when accessing healthcare information.

If you have experienced barriers to receiving medical information, TPT want to learn about your experiences with accessible NHS information.

Let them know via their short online survey here:

<https://www.bit.ly/3B8QCjw>

Pre-owned Equipment

We have a number of pre-owned electronic video magnifiers and other low vision aids which need re-homing. If you feel you would benefit from one of these items, then please contact our Colchester Resource Centre to arrange a demonstration.

We do not charge for these items, but you would need to arrange collection from Colchester.

We also have a good amount of fitover shades. These are the inexpensive, plastic type that go over your own prescription glasses and are available in various shades of grey and also orange and yellow and are priced at £5 per pair.

Out and About

Hello readers, My name is Linda North and I'm severely sight impaired. My husband and I and six friends decided to take a holiday in North Wales. As part of the holiday six of us decided to climb the top of Snowdon, two made it to the summit and the other climbed to the train station which was 2/3rd up. These four are all over seventy!

To celebrate my 70th birthday I wanted to do the Penrhyn Quarry Zip Wire and encourage three of the group of friends to do this with me, two days later my three friends and I had booked the Zip Wire Set in North Wales near the stunning Snowdon range, in what once was the world's largest slate quarry. Called Velocity 2, it is the fastest zip line in the world, where you fly 500m above the bright blue quarry lake which is the highest and longest in the UK.

Everybody gets a trial run, in all our equipment, but this is only thirty Metres long and 3 metres off the ground. We then went in a truck to the top of the mountain (1500 feet high) for the real thing. We were placed in our harness on a table which comes up from the floor and you lay on your tummy. When all safety aspects are checked the table drops away and you are left looking over the precipice, you get a countdown of 5 4 3 2 1 and you are released as quick as that.

The Zip Wire is just over a mile long and you travel up to a 100 mile an hour over a Slate Quarry and lake. The panoramic view for me was fantastic and the feeling was ecstatic. When we were reaching the end they applied the brakes and at the end you had to grab a poll to stop you slipping back down the wire. This was handed to you by a member of the ground staff who looked after me extremely well knowing my disability all the way through.

This was a great talking point for the rest of the holiday.

News and Products

Tendring Colchester Garden Communities Project

Over the next thirty years a new Garden Community featuring between 7,000 and 9,000 homes, new community facilities, as well as space for new businesses and jobs will be created on the Tendring Colchester border. It is a joint project with Tendring District Council, Colchester Borough Council and Essex County Council.

As part of the engagement work being carried out, we are speaking to different people and groups in the area to find out their views and ideas on what they would like to see in the new Garden Community.

The team at TCB would love to hear your views and ideas – the website provides more details

talk.tcbgardencommunity.co.uk

Ambutech No Jab Canes from RNIB

The No Jab Cane is a revolutionary shock absorbing handle wrapped in genuine sheepskin leather that gently recoils approximately 5 inches when striking a solid object, then automatically returns to its original position.

This recoil absorbs 80% of the shock, eliminating the sharp jab or gouge to your wrist or abdomen and does not take away any sensitivity.

Made from graphite, strong, durable, lightweight, sensitive, and easier to use over long periods of time. The cane retails at £56.99 ex VAT.

Tackling Telephone Banking Fraud

If you think someone is trying to trick you into handing over money or personal details, Stop, hang up and call 159 to speak directly to your bank.

Last year criminal gangs stole over £470m by pretending to be your bank or other service provider. 159 is the memorable, secure number that contacts you directly to your bank if you think you're being scammed.

159 is a pilot scheme and works in the same way as 101 for the police or 111 for the NHS. It's the number you can trust to get you through to your bank, every time.

159 will **never** call you. **Only a fraudster** will object to you calling 159.

When should I call 159?

Call 159 if:

- Someone contacts you saying they're from your bank – even if they are not suspicious
- You receive a call asking you to transfer money or make a payment – even if it seems genuine
- You receive a call about a financial matter and it seems suspicious

Remember, 159 will never call you. But you can rely on 159 to get you through to your bank.

Spotlight On

Talking Newspapers

Our new feature continues this month with an article by Bob Finch of Colchester Talking News.

If you would like to find out more about any of the Talking Newspapers in Essex, then please contact us for further information.

Hi everybody, I'm Bob from the Colchester Talking Newspaper.

Did you know that there are 14 Talking Newspapers across the whole of Essex and over 500 across the whole of the UK? Each one is a totally separate charity, although some like those in Kent join together under the banner of Kent Society for the Blind. Most have been operating for many years, some in a very small way, others quite large organisations.

In Colchester we are quite small, although when I first joined we had over 300 people receiving our recordings on cassette tape. We now have less than a hundred, almost all on memory sticks, for which we supply players, and a small handful who still like to receive their news on cassettes. Quite a few also listen to us by logging onto our website at www.colchestern.org.uk.

Then there are those who have Alexa who like to listen by saying, "Alexa enable talking newspapers skill" and then following that when asked by just saying "Colchester Talking News" or "Colchester Talking Magazine". You can also ask for other talking newspapers, but not everyone in the country uploads onto the Internet.

Our monthly magazine is always appreciated with its wide variety of items it is usually recorded for the first weekend of each month. The weekly newspaper which is delivered normally on a Saturday morning contains news from the daily newspaper, the Colchester Gazette along with

information about events in the next few days, a short sports report and information from the notices published in the Essex County Standard.

We have six reading teams (and some reserves) so there are a wide variety of voices, I know that some of the other talking newspapers in Essex have fewer people involved. The odd thing about the Colchester Talking Newspaper is that we now have just about the same number of volunteers as we have people who we know listen to our recordings every week.

If you want to keep up with the local news you can either access it through Alexa or our web site, or you can leave a message for me on our answering machine at 01206 872275.

Digital Money for Seniors

Compare the Market have produced a data-driven guide called “Digital Money for Seniors”. It explores key facts and challenges faced by the elderly in a world increasingly accustomed to digital banking.

The guide shares important insights such as:

- How the rapid move towards online banking and digital services risks leaving older people behind.
- The importance of digital inclusion and age-friendly banking to reliably meet the needs of the elderly.
- Great examples of industry initiatives that help teach and support seniors to use digital services.
- Useful tips and advice to offer help to elderly relatives or friends when using smartphones and the internet.

The link to the guide is

<https://www.comparethemarket.com/credit-cards/content/digital-money-for-seniors/>

Quiz

1. Who was the fourth actor to play 007?
2. How many Bond films have “Die” in the title?
3. Who has played 007 most times on the big screen
4. And who has played him the fewest
5. What nationality was James Bond’s mother
6. What make of car did 007 use in “The Spy Who Loved Me”
7. Who sung the title track for “A View To A Kill”
8. What year was the first Bond movie released
9. What was the final Bond film to feature Dame Judi Dench as “M”
10. Daniel Craig was recently given an honorary title from the Royal Navy. What was the title
11. In the film of the same name, what was Goldfinger’s first name
12. Name one of the films that Shirley Bassey has sung the title track for
13. What item does M leave to Bond after her death
14. The title of which Bond film shares the name of Ian Fleming’s residence in Jamaica where he wrote many of his novels
15. Name the only Bond film to have the name of a country in its title
16. In “Skyfall,” what country was the house of the same name located
17. What song, performed by Louis Armstrong was featured in “On Her Majesty’s Secret Service”
18. In Goldfinger, what was the lethal item of clothing worn by Oddjob

Technology

Digital Skills Support

Maldon and District CVS (MDCVS) are offering 1-2-1 support for people wanting to learn or improve their digital skills. These FREE sessions are held on Wednesdays 10am-12pm at Fullbridge Church, 27 Fullbridge, Maldon, CM9 4LE.

For more information or to book your place please call Carly at MDCVS on 01621 851891 or email connectadmin@maldoncvvs.org.uk

Social distancing measures are in place to keep everyone safe.

Tackling Digital Exclusion

As part of Vodafone's commitment to tackle digital exclusion and connect one million people by the end of 2022, they recently launched charities connected. This initiative gives charities in the UK the opportunity to apply for free connectivity to help the individuals and families it supports get online or to improve its own digital capability.

The connectivity, in the form of SIM cards offering 20GB of data plus free calls and texts every month for six months, will work in any SIM-enabled device (a phone, tablet, laptop, MiFi or dongle).

If you are interested in having a free sim card, please get in touch with us and we will make the application to Vodafone. It's not guaranteed as it is done on a first come first served basis, so get in touch with us ASAP!

Entertainment

Vocal Eyes

Experience art and culture through audio description. Bringing theatre, museums, galleries and heritage sites to life for blind and visually impaired people.

For more information or to find out what's on near you, email: enquiries@vocaleyes.co.uk or telephone 020 7375 1043.

The Royal Collection Trust are virtually travelling the country for their Autumn Descriptive Zoom sessions.

On Tuesday 2 November they will go North to Scotland to find out more about the historic Abbey at the Palace of Holyrood House – The Queen's Official Residence in Scotland.

The session will be delivered via Zoom and start at 2pm. The Royal Collection Trust sessions are free and last approximately an hour. If you wish to join email Amy Stocker on amy.stocker@rct.uk

Answers to quiz

- 1 Timothy Dalton
- 2 Four
- 3 Roger Moore
- 4 George Lazenby
- 5 Swiss
- 6 Lotus (Espirit)
- 7 Duran Duran
- 8 1962
- 9 Skyfall
- 10 Commander
- 11 Auric
- 12 Goldfinger and Diamonds are Forever
- 13 A china figure of a bulldog
- 14 Goldeneye
- 15 From Russia With Love
- 16 Scotland
- 17 We Have All The Time In The World
- 18 Bowler hat

Contact details

Helpline and office

01206 548196

(Carol Massey, Christine Pratt, Denise Sanders and Steve Massey)

Eye Clinic Liaison Officers

01206 548196

Christine & Denise (Colchester + Tendring hospitals)

Read House

01255 673654

(Tina Cox, Administrator)

Read House is the residential care home run by Essex Blind Charity in Frinton on Sea. The home specialises in the care of elderly people with sight problems. We offer permanent and respite care (short breaks) by staff who have all been trained in visual awareness. The Home is situated on the seafront at Frinton on Sea, a short distance from the town Centre with its friendly local shops.

If you would like to find out more about Read House or receive an Information Pack, please contact Tina.

How you can support us

Essex Blind Charity produces and distributes Spotlight free of charge. However, donations in time or money are always welcome. If you are a UK taxpayer please consider filling in our gift aid form so we can claim back the tax paid on your donation, thereby allowing us to make even better use of your donation.

If you are writing or redrafting your will please consider leaving us a gift. Your support will enable us to continue to provide and develop the services we provide for people with sight loss throughout Essex. Thank you.

Gift Aid Declaration
On behalf of Essex Blind Charity
Registered Charity No. 1103732

The Gift Aid Scheme enables charities to make more of your donation by reclaiming the tax you have already paid. In order for us to make this claim on your donation(s) please complete this form and return it as soon as possible

Thank you!

Please treat the enclosed gift of £.....as a Gift Aid donation.

I confirm that I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all charities and Community Amateur Sports Clubs that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Title.....Forename(s).....Surname.....

Address.....

.....

.....

Post Code.....

I would like Essex Blind Charity to treat all donations I have made since 1 July 2012 as Gift Aid donations until I notify them otherwise.

Signature..... Date.....

Please return your completed form to:
Essex Blind Charity Read House, 23 The Esplanade
Frinton on Sea, Essex CO13 9AU

Are you on our mailing list?

If you are not already on our mailing list for ‘Spotlight’ and would like to receive a regular copy, please complete the form below and return it to Carol Massey at Essex Sight, 40 Osborne Street, Colchester CO2 7DB

Name.....

Address.....
.....
.....
.....
.....

Tel.....

How would you prefer to receive your copy?

Large Print..... Memory Stick.....Email.....

We would like to add your contact details to our database so that we may from time to time send you details of developments to our services, events taking place in your area and other information we feel may be of interest to you.

If you would prefer us not to do so, please tick here.....

We will not pass your details to anyone else without your permission.

You may request us to remove your details from our database at any time.

Useful Telephone Numbers

Colchester Eye Clinic contact numbers

To book or change a NEW appointment only
01206 286870 / 286871 / 286872

To enquire about or change a date for SURGERY only
01206 286874 / 286875

To book or change a FOLLOW UP appointment only
01206 286860 – Mr Sheldrick and Mr Mukherjee
01206 286863 – Mr Patel and Mr Bansal
01206 286856 – Mr Dimitriou
01206 286769 – Mrs Shenoy

For any enquiry relating to Secondary Optometry 01206 286868

For any enquiry relating to Orthoptics 01206 286866

For the EMERGENCY EYE CLINIC only 01206 286882

Please Note self-referrals are not accepted unless the patient is already under our care or has a pink card for the same condition.

Email the department on chu-ftr.opthalmologydepartment@nhs.net

Broomfields Eye Clinic (Chelmsford)

Appointments - 01245 513900
Diabetic Eye Screening - 01245 516707
Age Related Macular Clinic - 01245 514899
Ophthalmology Surgery waiting list - 01245 514767

Essex Sight Centres

Due to the current restrictions, we are only able to offer a drop-in service at our permanent Resource Centre in Colchester. Please ring to make an appointment.

Colchester Sight Centre

40 Osborne Street

Colchester

CO2 7DB

Open Mon - Fri 10 am to 4 pm,

Saturday 10 – 12pm

Tel: 01206 548196

Maldon Sight Centre

Maldon Library

Carmelite House

White Horse Lane

Maldon CM9 5FW

First Tuesday of each Month

10am – 1pm by appointment only

Tel: 01206 548196

For more information contact Essex Sight Office on 01206 548196.

Email: services@essexsight.co.uk

For information about permanent or respite residential care, contact:

Tina on 01255 673654

Email: info@essexblind.co.uk