

# Vision North Somerset Newsletter

Reg Charity 1165364 September 2017



## **Sky Dive Fundraiser**

Vision's rehabilitation worker Nina Farr will be jumping out of a plane at 15,000 feet to raise money for our charity. The Sky Dive will take place at Dunkerswell Airfield at Honiton on 17th September.

Nina will be joined by 4 other daring volunteers including Information Technology Volunteer John Mickle. John who is registered blind says: "I may be the oldest daredevil at the age of 82, but I've always wanted to try a Sky Dive and I'm looking forward to it. I hope we raise as much money as we can for the charity."

The enclosed leaflet tells you how you can sponsor Nina and the team and you can enhance your donation by completing the gift aid form if you are a UK tax payer.

## **Big Lottery Fund**

Vision North Somerset is planning an application to the Big Lottery Fund for some substantial funding over the next three years. To make sure that we develop the services that our users want, we organised two Focus Groups in August and we hope that you too will give your views.

We will be holding a drop in session at the Rendezvous Café on Thursday 14th September, so if you would like to come along to find out more and to tell us what you think we should include in our bid, please come along between 2pm and 4pm and have a chat with Celia.

## **Workshop for people of working age**

A very successful workshop took place in July in partnership with the Macular Society. The aim was to get together people of working age so they could meet, exchange views and discuss what was important to them.

The workshop was run by an experienced outside facilitator to give people freedom to raise whatever issues they wished. The people who attended said they welcomed the opportunity for the sharing of information and experiences. Many went on to exchange email addresses so they can keep in touch in the future.

## **What can IT do for you?**

Information technology and the digital world were at the forefront of discussions in the workshop and it's not only of benefit for younger people!

Think about what you could do: shop online; send an email; chat with your grandchildren using Face Time or Skype; navigate in unfamiliar places using your phone; or perhaps find out more about social media.

Interested? Call Nina Farr on 01934 419393 and she will arrange for you to have a chat with our partner IT expert Scott from RNIB. Scott will discuss the possibilities and if you decide you would like to go ahead, then a regular weekly session will be arranged with the same volunteer every week. The volunteer will take you through the learning process step by step until you can accomplish tasks on your own. It's all very relaxed – and fun. And what a sense of achievement once you've accomplished your aims!

## **Facebook**

Vision is aware of the impact of social media, and we now have a Facebook Page.

We'll use this to raise awareness of the organisation; to post items of interest to visually impaired people and their carers and to highlight fundraising activities such as the forthcoming Sky Dive.

To be successful we need to find as many followers as possible, so if you, or your family and friends use Facebook, please 'like' Vision North Somerset.

## **High Mileage Roller Ball Tip**

If you use a long cane and find that the tip wears out quickly, you might like to try the High Mileage Roller Ball Tip.

The lower section has a hard wearing abrasion-resistant plastic. It is designed to run over the ground with easy manoeuvrability. The high mileage range last significantly longer than standard roller balls due to a unique built in roller shield that protects the bearing that rolls from side to side.

Hook, thread or push in styles are available. The tips cost £13.95 ex VAT and are available from the RNIB direct at [rnib.org.uk](http://rnib.org.uk), or telephone: 0303 123 9999.

## **Need someone to talk to?**

Losing your sight presents a whole range of challenges, both practical and emotional. Vision is working in partnership with charity 1 in 4 People to provide a local face to face counselling service where you can talk in confidence to a counsellor trained to understand your perspective.

The sessions take place here at Neva Road. There is a small fee for this service, the amount is dependent on ability to pay. Other counselling options are available so if you think it would help you to talk things through with someone outside of your immediate circle of family and friends, call our Rehab Worker, Nina Farr in confidence to discuss what would suit you best.

## **Blind Veterans UK**

Formerly known as St Dunstons, this charity provides support for Armed Forces and National Service Veterans who have lost their sight through injury or illness, whilst serving or in later life.

Blind Veterans can offer a wide range of support. To find out how they can help you call 0800 389 7979 or email: [information@blindveterans.org.uk](mailto:information@blindveterans.org.uk).

## **Nailsea and District Community**

### **Transport**

NDCT provide an accessible transport service for people living in Nailsea and surrounding area. This includes regular shopping trips to Clevedon, Portishead and Nailsea, days out and a dial-a-ride service.

Their dedicated team of drivers ensure you get where you want to go, when you want to go, and do everything they can to provide a safe and reliable service. Contact the office team on 01275 855552 or email [office@ndct.co.uk](mailto:office@ndct.co.uk).

### **Community Transport in other areas**

Various options are available depending on where you live. Some areas provide mini bus transport for shopping, others provide a car scheme to help people get to medical appointments.

For information about your specific area look on the council website at [www.n-somerset.gov.uk](http://www.n-somerset.gov.uk), or telephone Care Connect on 01275 888 801.

### **Thank you**

We'd like to give a huge thank you to the following organisations who have recently supported Vision North Somerset:

- Waitrose Weston super Mare

- Cheddar Lions
- Lidl Store Collection
- Weston Lions
- Biddle & St Monica's Trusts
- Asda Weston super Mare

Well done to our Registration Officer Nikki and her daughter Molly who raised £125 via a sponsored climb of Snowdon. Sponsorship is still open on our website or by post if you would like to support them.

And a big thank you to Marks and Spencer Weston super Mare for choosing Vision as their charity of the year 2017.

Thank you too for the donations from kind individuals who support our charity. We want to make the most of donations both large and small by claiming back the Gift Aid. So if you are a UK tax payer, please complete and return the enclosed Gift Aid form.

**Vision North Somerset**

**3 Neva Road, Weston super Mare, BS23 1YD**

**01934 419393**