

Vision North Somerset Newsletter

Reg. Charity 1165364

August 19

Annual Appeal

Our annual appeal usually explains about the funds we need to raise to enable us to continue to deliver the services that are valued so much by the people that are helped by Vision North Somerset.

This year we need to concentrate on raising funds to carry out much needed repairs to the premises in Neva Road. Repairing the roof, sorting out the damp patches and replacing some electrics may not sound as meaningful as delivering services – but it is important that we have a centre for people to visit that is safe, warm and welcoming. Here is our shopping list:

Repairs to the roof	£3,250
Damp-proofing	£1,261
Electrics	£1,177
Radiators	£3,120
Repairs to railings and wall	£333
Internal decorating	£1,200

We'd also like to replace our carpets that are over 20 years old!

We need over £10,000

Can you help us? Every penny will count so whether your donation is £1 or £100 we will be grateful for your support.

How to donate

- **By cheque:** Vision North Somerset
- **Online:** <https://localgiving.org/donation/visionnorthsomerset>
- **By cash:** call in to 3 Neva Road, Weston super Mare, BS23 1YD

Gift Aid: Don't forget to tell us if you are a UK taxpayer so we can claim back the tax & increase your donation by 25%.

Thank you.

Lottery Projects Update

Digital Inclusion

12 people attended the Digital

Outreach session in Portishead recently to find out more about how blind and partially-sighted people can get to grips with technology. The session was run by our lottery-funded Digital Inclusion Worker Jo Healey.



Jo has more sessions planned throughout the area so if you have an IT query, or would like to know more about the options for learning how to use your iPhone effectively, give Jo a call to put your name on the list and she will confirm a suitable date, time and nearest venue.

Outreach

Julie has been busy since the moment she joined us and has made over 50 visits to people in their own homes! Julie's role is to provide information about sight loss issues, demonstrate equipment and offer community links to people who are experiencing significant sight loss, but are not yet registered as blind or partially-sighted.

This vital service is the key to helping people get the help they need. Julie is also liaising with local providers to ensure she is up to date with the support that can be offered by other community groups.

If you live in BS22, BS23 or BS24 you will have received a flyer from Julie about the Health Trainer event on Thursday 5th September at the Rendezvous Café in the Bradbury Room at Neva Road.

This is an opportunity to learn how to make the most of staying healthy, taking exercise and eating well. It is an opportunity to meet others at the Rendezvous Café, enjoy a cup of tea and a chat. Café opens at 2.00pm. The Health Talk starts at 3.15pm.

Connect Me

Polly has had some interesting conversations about the activities that blind and partially-sighted people would like to set up for themselves, with some support from Polly herself. The first suggestion to come forward is a reading group. If you would be interested in learning more about this, give Polly a call and let her know what you would like. When we have attracted enough interest, Polly can start to bring ideas together and discuss future plans for establishing a group.

Food for Thought!

We provide the food – you provide the thoughts! This is the first workshop event in our Connect Me project. We want to encourage people living in the North of our area to come along to the Folk Hall at Portishead on Thursday 3rd October and tell us about the activities and opportunities that are of interest to you.

The enclosed flyer gives you more information, it also serves as a booking form. We are planning to have small group discussions, each led by a member of staff, so everyone will be able to put their views forward. Lunch will be an opportunity to chat with other people and share experiences.

We are keen to involve family and friends too. They are welcome to join us when the meeting ends at 3pm for a coffee and a catch up.

Don't let transport difficulties put you off – let us know if this is a problem and we'll see if we can arrange a lift with someone who may live nearby.

Booking is essential for this workshop (so we can arrange catering), but if you can't make the date and want to be involved, then ring Polly and have a chat over the phone. This is your opportunity to be actively involved in new projects, make new friends and learn new skills.

Similar events will be arranged for other areas soon – watch this space!

International Glaucoma Association

The IGA is holding a Glaucoma Patient Conference in Bristol on Friday 20th September at the Radisson Blu Hotel from 2:30 until 5pm. A flyer is enclosed giving more details. Please contact the IGA direct if you would like to book for this event.

Appointments at Bristol Eye Hospital

Patients attending Bristol Eye Hospital (BEH) are now able to receive their appointment date via email, if that is their preference.

How to sign up:

1. Speak to a receptionist who will take your email address.
2. You will receive an email outlining terms and conditions.
3. Reply to this email and confirm your name, date of birth and Trust or NHS number.
4. You will start receiving your appointment letters by email rather than by post.

Ever wondered what IT can do for you?

Come along and meet our expert Jo Healy at Clevedon Library on Friday 20th September at 2.00 pm.

Jo will have a selection of smartphones and mobile devices to demonstrate. Jo is visually-impaired herself and uses these devices every day to:

- Read printed information
- Keep in touch with family and friends
- Manage her finances
- Make independent travel easier
- Send emails
- Shop
- Keep track of diary dates and appointments
- And much more

Spaces are limited so please ring Jo on 01934 419393 and let her know that you would like to attend.

Time to say Goodbye

Chief Executive Celia Henshall is retiring at the end of October and would like to say goodbye to some of the many people she has met over the years.

Service users and Volunteers are invited to join us for a Coffee Morning on Tuesday 22nd October at Neva Road. Drop in anytime between 11am – 1.30pm for coffee and a chat. It would be lovely to see old friends.

Many of you will already know Nina Farr as our Rehab Worker. Nina is taking over as CEO in October so the Coffee Morning is a great opportunity to welcome her to the role.

All of the staff will be joining in our celebration so the Resource Centre and Karten Centre will be closed.

We look forward to seeing you.



Keep in touch

Please let us know of any change of address or phone number.

If you are happy to receive information from us by email, let us have your email address by emailing info@visionns.org.uk

We do not share your information.

Vision North Somerset

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