

Vision North Somerset Newsletter

Registered Charity 1165364

December 2019

A warm welcome to Nina and fond farewell for Celia



It was great to mingle with so many of you at the coffee and cake drop in morning on 22nd October.

Service users, volunteers, staff, and colleagues from local and national organisations said goodbye to Celia Henshall, who retired as CEO on 31st October, and hello to Nina Farr, who has taken over as the new CEO.

Nina said, “I would like to thank Celia for her tireless dedication and commitment, giving 25 years of service and energy enabling visually impaired residents of North Somerset to remain independent.”

Thank you for your donations

Our Annual Appeal this year is to raise funds to carry out much-needed repairs to the premises at Neva Road. We have a target of £10,000. You have generously given £2,500.

It's not too late to donate; every penny counts and we are grateful for your support. You can donate by sending us a cheque to Vision North Somerset, online by clicking the donate button on our [website](#) or by calling in at 3 Neva Road, Weston Super Mare. BS23 1YD.

Tell us how you would like to receive your newsletter

Give us a call on 01934 419393 so we can make sure you receive our future newsletters and communications in a way that suits you best. Large print (like this newsletter), audio CD or email.

If we don't hear back from you we will continue to send a copy of the Newsletter in large print.

Lottery Projects



In Sight, In Touch

Polly, Jo, Julie and Michele are working hard on the four areas of the Lottery-funded “In Sight, In Touch” project. The areas are:

- Outreach Service
- Connect Me
- Buddy Volunteering
- Digital Inclusion

Since the launch in April, 185 visually impaired people have benefitted from these new services. In this edition of the Newsletter, the main focus is on the Connect Me part of the project. If you would like to find out more or have any questions about the other areas please get in touch with us.

Portishead Pioneers meet for the first Connect Me Food for Thought workshop

At the beginning of October, 15 blind and partially sighted people joined Polly Price (our Connect Me worker), members of staff, and volunteers at the Folk Hall, Portishead for lively discussions and lunch to tell us what social opportunities they would want to be involved with locally.



On the day, people told us that the main issue for them is how to reduce their isolation by getting together, talking, and sharing experiences with other people living with sight loss.

As Gill told us, “meeting local people after feeling so on my own in my area”, and John said, it was a day of “comradeship & community.”

Here are a few of the other social opportunity suggestions from the workshop:

- Joining an art group
- Becoming a volunteer
- Going dancing
- Being able to swim in Portishead

People swapped contact details to keep in touch and arrange to meet for a coffee and catch up in Portishead and to plan how to get involved in their community. The start of real connections.

This is just the start of how to get involved in connecting with your community; give Polly a call on 01934 419393.

Save the date for Weston’s Food for Thought workshop

Join us for the second Food for Thought workshop on January 22nd here at Vision North Somerset from 11:00am to 3:30pm.

Small group discussions about how to connect with your local community, a light lunch, and the opportunity for friends and family to be involved at the end of the session over coffee and cake. A flyer for the event will be sent in the near future.

Want to find out more and book your place? Please ring Polly on 01934 419393.

Reading Group

One of the first requests Polly received was for a reading group. We are excited to let you know an audio book club will begin in the New Year.

Are you an avid reader and interested in joining this new group? Polly would like to hear from you, give her a call on 01934 419393.

Polly is working with Calibre Talking Books who will provide the audio books free of charge sent directly to your door and a simple telephone conference facility can be used once a month for people to ring in and discuss the latest book.

Other In Sight, In Touch activities that have taken place.

The Rendezvous café at Vision North Somerset has hosted two outreach sessions:

- Health and wellbeing by the Health Trainers
- A tasty treat afternoon with samples from Wiltshire Farm Foods

Jo Healy has held IT workshops at Pill and Clevedon Libraries. Due to high demand, she will be holding another Clevedon workshop in the New Year.

Would you like to get out and about, make new friends and give back to your community?

Volunteering could be for you. Michele and Polly are here to offer advice and support. Give volunteering a go with a Buddy to get you started. Want to find out more? Give Michele a call on 01934 419393.

Make Sunday the highlight of your month with Re-engage

The Re-engage groups have been running for 50 years. Volunteers offer companionship one Sunday afternoon a month for people over the age of 75 who live alone, are unable to get out and about without help, and have lost touch with family and friends.

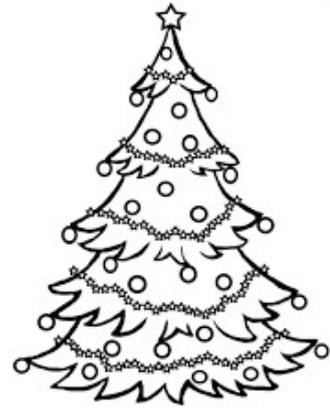
People are invited to join a small group of other guests for an afternoon get-together one Sunday afternoon a month. Transport can be arranged.

It is a great way to make new friends. Want to know more? Give Polly a call on 01934 419393.

Help us shape our Patient and Public Involvement Policy

The Bristol, North Somerset, and South Gloucestershire Clinical Commissioning Group have produced a draft patient and public involvement, engagement, and participation policy. They are looking to gather and respond to your views on this policy.

To find out more about the policy and give your views, please contact Ben Carlson-Davies by ringing 07468 701903. Ben can send you a copy of the policy and undertake a short survey by telephone.



Merry Christmas and Happy 2020 from all at Vision North Somerset!

Vision North Somerset

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