

Outlook

The **iSight**Cornwall Newsletter

Spring / Summer 2018



iSightCornwall[®]

Inspiring futures for
people living with sight loss



Welcome to Outlook Spring 2018

We've started the year as we mean to go on with four of our busiest ever community events and dozens of new members welcomed to the charity.


We've also been invited to speak at a number of high profile events. In May we will be at the Alverton Hotel in Truro to deliver the annual Jane Pullum Memorial Lecture to the Cornwall Local Optical Committee (LOC) of Optometrists and Opticians.

In the meantime, I've been busy speaking to local businesses about why they should look at a person's ability not their disability when it comes to recruitment and how they can best support their visually impaired employees and customers. We have also been invited to attend a Parliamentary committee to improve employment support for people with disabilities.

On a national level, we've been working with the Thomas Pocklington Trust to support the England Vision Strategy for 2018-2021. We were instrumental in securing local MP and Minister of

State for Disabled People, Sarah Newton, to deliver the keynote speech at the England Vision conference in May.

Our involvement with these high profile local and national organisations is really helping to establish **iSight**Cornwall as a leading player in the sight loss sector.



Terri Rosnau-Ward
Chief Executive

Staff Update

Welcome back

William Westlake In case you missed the news at our AGM we are delighted to welcome back William Westlake onto our board of trustees. Mr Westlake will be familiar to many of you as an eye consultant at the Royal Cornwall Hospital, Treliske. He is a valued member of the board and brings with him a wealth of knowledge and experience in the field of eye health.

Dan Lowe, To help us deal with the increased volume of calls in reception we've called upon the expertise of our volunteer Dan Lowe. Some of you may remember Dan from when he volunteered with us 10 years ago. Since then he has gained a qualification in customer services and is working as a Customer Services Advisor for a global company. We're delighted to welcome Dan back to the team.

Sorry you're leaving

Stuart Evered Sadly our Vice-Chair of trustees, Stuart Evered, has had to step down from the role. We'd like to thank him for his commitment and expertise and wish him all the best for the future.

Helen Moran We're also sad to say goodbye to Helen Moran from our Community Development team who has chosen to swap the long commute to work with a job closer to home. Two new Community Development Officers, Tom Petty and Shannon Smith, will be joining us in April and we're looking forward to having them on board.

Could you be a trustee?
Have you used our services in the past? Could you help to shape the future of the charity? If so, we'd love to hear from you. We're looking for a trustee that has experience of sight loss or has benefitted from the charity to play a leading part in guiding the direction of iSightCornwall. If you think this could be the role for you, please contact Katherine Bagshaw on 01872 261110.

Latest News

Eden Project

Earlier this year some of our members were invited along to the Eden Project to take part in a mystery shopper experience. They were given free entry for the day in return for their feedback on the accessibility of the popular visitor attraction.

The Eden Project has won awards in the past for accessibility, including being crowned winner of the Inclusive Tourism Award by Visit England in 2017, but the team there are keen to learn how they can go from being a 'good' attraction to a 'great' attraction, which is why they enlisted our help.

Thanks to our members' feedback, the Eden Project have already made copies of their guide book available in an accessible format so that visually impaired visitors can request a printed copy in a font that suits them, and there are further changes on the way which will be announced shortly. The Eden Project will be making a donation to **iSight**Cornwall to thank us for our involvement.

Heritage Ability

Heritage Ability are also looking for visually impaired volunteers to become mystery shoppers for the day at a choice of five attractions across Cornwall:

- Geevor Tin Mine
- National Maritime Museum
- National Trust Godolphin Estate
- National Trust The Tin Coast
- Wheal Martyn Museum

Again, they are looking for feedback about accessibility at each of the sites. They will pay for travel expenses, parking and entry fees for you and a sighted guide at as many of the attractions as you wish to attend - you just need to be able to make your own way there.

All that Heritage Ability ask in return is that you complete a short questionnaire about the attractions' accessibility after your visit. To find out more please contact James on 01872 261110 or email jspencer@isightcornwall.org.uk.

Mystery Shopper

If you would like to be involved in future mystery shopper experiences please let us know

! Stop Press !

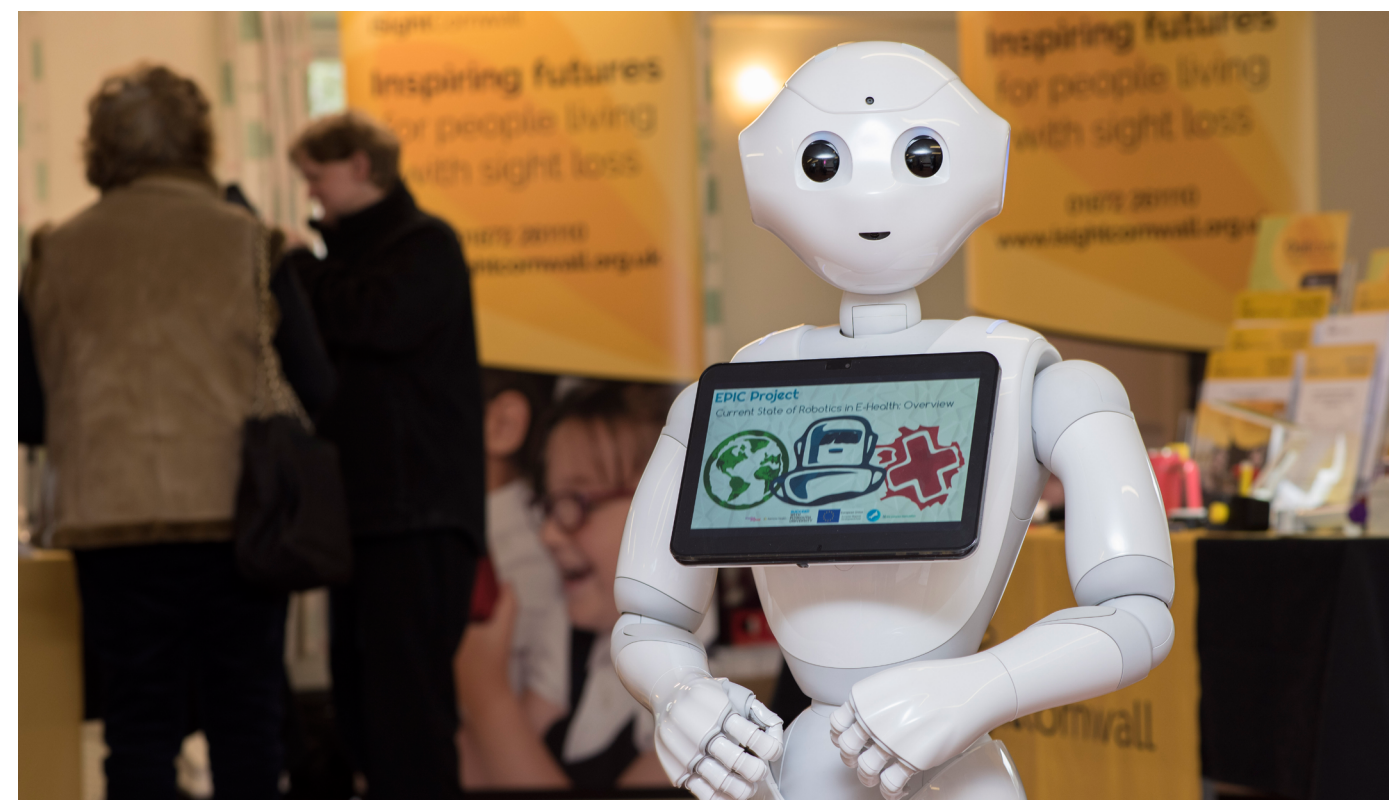
We are thrilled to announce that we were named Best Third Sector Business at the Cornwall Business Awards 2018. It's fantastic news and recognises the passion and commitment from our staff and volunteers.

Community Roadshow

We've been running our community drop in events for over a year now but the first few of this year have been the busiest we've ever seen. Thank you to everyone who comes along to the events, we hope you find them useful. You can find details of upcoming events in your area on the back page.

EPIC Project

Back in September 2017 Terri attended the launch of a new eHealth Project called EPIC (EHealth Productivity and Innovation in Cornwall and the Isles of Scilly). The aim of the project is to develop and improve the technology solutions that are available to help with health and social care issues in Cornwall, including sight loss. We invited the EPIC team along to our event in St Blazey to introduce our clients to some of their technology innovations. Pepper the Humanoid Robot and Paro the Seal were both very popular! EPIC will be joining us again in Helston on 16 May.



Fundraising News

Dining in the dark

A group of students from Falmouth University are hosting a special Dinner in the Dark event in aid of **iSight**Cornwall. The students were set the challenge of planning an event to benefit the local community as part of their Creative Events Management course. They came up with the idea of raising money for charity through a dining in the dark event after one of the students took part in something similar in her home country of Hong Kong. The venue will be completely dark so diners get to experience what it's like to eat out for people with little or no sight. All the proceeds from the ticket sales will be donated to **iSight**Cornwall.

Co-op Community Fund

Back in December we were presented with a cheque for over £1,600 from the Co-op in Roche. This was the total raised through the Co-op Local Community Fund, so thank you to everyone who supported us.

Quiz nights

A number of local pubs have very kindly chosen to donate the proceeds of their charity quiz nights to **iSight**Cornwall. The Old Plough in Shortlanesend and The Coppice Inn in Lanner are just two of the pubs putting people's trivia knowledge to the test and raising money for us at the same time. If you live in those areas and want to show your support, please feel free to go along. Details of the events are on our website.

Christmas raffle

Thank you to everyone who bought tickets for the Christmas raffle, you helped us to raise £462. The winning ticket was picked by two of our long-standing members, Penn and Angela Morcom-Webb, and it belonged to Mrs Barbara Thomas, who received the well-stocked hamper just in time for Christmas!



First Class Fundraising

Did you know that you can help us to raise money by collecting your used stamps?

Collecting stamps is an easy way to help us raise money and it doesn't cost you a penny. All you have to do is tear the stamp from the envelope, set it to one side until you have a small collection, and then simply pop them into one of our pre-paid envelopes or drop them into the Sight Centre. We are given money for every kilogram of stamps collected. This money is put towards our services, helping us to support people living with sight loss in Cornwall and the Isles of Scilly.

In December 2017 alone, Royal Mail delivered more than 150 million parcels and letters to UK households. That's 150 million used stamps that could have been converted into much-needed funds for charity.

How to get involved

1. Contact us on 01872 261110 or info@isightcornwall.org.uk and ask us to send you a pre-paid envelope.
2. Start collecting your used stamps – they can be first class, second class or even overseas stamps. They don't need to be sorted but it does help if you can separate them into British and Overseas stamps. You need to leave a one centimetre border of envelope or packaging around each stamp.
3. Pack your used stamps into your pre-paid envelope and pop them in the post. Alternatively you can drop them into the Sight Centre in Truro.

Meet our Fundraisers

We're very excited to have not one, not two, but three phenomenal fundraising challenges taking place this year.

London Marathon

Firstly, we are very lucky to have six runners taking part in the London Marathon in April, each of them hoping to raise at least £1,000 for **iSight**Cornwall. Kirsty Wensley won our ballot back in October for a single marathon place, but thanks to a competition she entered through the event organisers, Virgin Money, Kirsty won us an extra five places and with that, the potential to raise around £6,000.



Kirsty wanted to take part in the marathon on behalf of **iSight**Cornwall because her mum is one of our members and has been supported by our services for a number of years. It is also the year the Kirsty turns 40 and becomes eligible for free eye tests due to her family history of glaucoma, so it seemed like a fitting time to take on her first marathon. ▶

"My mother is now severely sight impaired due to Glaucoma, but has been supported to live independently by **iSight**Cornwall. Through the charity she has received information, help and equipment, as well as some social activities as well. These have all helped her to continue living independently within her own home."

Our other runners are Tim Flower from RRL whose uncle was visually impaired and used our services; Susie Matthews who has heard first-hand about the impact of sight loss from a member of staff at her children's school; Katie Atkin who is following in her Dad's footsteps by running a marathon for **iSight**Cornwall and is hoping to beat his time of 4.5 hours; Christian Wilson, our Acting-Chair of trustees who has been involved with the charity since 2012 and whose grandparents experienced sight loss; and James Spencer

from the marketing and communications team who has always wanted to run a marathon. We wish them the best of luck.

VI Runners

A new Facebook group has been set up to help connect visually impaired runners with sighted guides, and encourage more people with sight loss to take up running. To join the group, login to Facebook and search for VI Runners Cornwall.



Find out more...

Information about all of our fundraisers and details of how to sponsor them are on our website: isightcornwall.org.uk/fundraising

John O'Groats to Land's End cycle ride

Craig Hancock is planning to take on the ultimate cycling challenge by riding from John O'Groats to Land's End in a bid to raise £2,000 for **iSight**Cornwall. Both of Craig's children were born with Nystagmus, a condition that causes rhythmical, repetitive and involuntary movement of one or both of the eyes. Thanks to the support his children received from **iSight**Cornwall, including an electronic magnifier from the Inspiring Futures Fund to use at school, Craig was inspired to use his love of cycling to raise vital funds for the Sight Appeal. Craig only took up cycling as a hobby two years ago but he managed to clock up over 1,500 miles on his bike last year. This year, he'll almost double that with his training and the 900 mile ride itself.



Journey Around the Sun sculpture challenge

Paul Vermette came up with a fundraising challenge with a difference when he decided to create a series of tactile sculptures to auction for **iSight**Cornwall.

Paul's challenge will start on 21 June 2018, the summer solstice, and will take him 12 months to complete. He plans to create one sculpture a month and at the end of the year he hopes to hold a sensory exhibition that allows people to explore the tactile nature of his sculptures.

A percentage of the proceeds from the exhibition and the auction will be donated to **iSight**Cornwall.



The **Sight** Appeal

We're hoping to raise £50,000 through the Sight Appeal this year and we're already off the mark thanks to the efforts of all our fundraisers. But if you don't fancy running a marathon or cycling the length of the country, there are plenty of other ways to get involved:

1. **Help us spread the word**

Do you know of a community group looking for speakers? We regularly visit local organisations who are interested in finding out more about one of Cornwall's oldest charities. Often, in return, the group will make a donation to the charity. Some even go on to choose us as their charity of the year and hold fundraising events on our behalf.

2. **Home donation boxes**

Our home donation boxes are a brilliant way of collecting spare pennies and loose change around the house. Once the box is full, either return it to the Sight Centre or take it to a bank to be counted and make your donation via cheque.

3. **Sign up to Amazon Smile**

Every time you make a purchase on Amazon, they'll donate 0.5% of the purchase price to the charity of your choice at no extra cost to you. To sign up and select us as your chosen charity go to smile.amazon.co.uk.

4. **Hold a fundraising event**

Whether it is a quiz night at your local pub or a cake sale at work, there are plenty of fun ways to raise money for **iSight**Cornwall.

Don't forget

if you are a UK tax payer, we can claim an extra 25% on top of individual donations through Gift Aid.

Please ask a member of staff for a Gift Aid declaration form.

Every Penny Counts

Every penny donated to iSightCornwall stays in Cornwall to help us support the 22,000 people living with sight loss in the county.

Special thanks to:

20/20 Projects

Brett's Charity Christmas Lunch

Bruce Davis, Cornwall Foundation

Co-operative Charitable Foundation

Lizard Art Group

Macfarlanes LLP

Masonic Charitable Foundation

Nordic House

RAF Police Association

RRL

St Day Parish Council Grant

St Martin-By-Looe Parish Council

Stephens Scown

Stithians Methodist Church

The Royal Pigeon Racing Society

Tregullow Masonic Lodge

Watson-Marlow Charitable Trust

Around the Clubs

If you want to get involved with a new activity or simply meet up with other people in your area, then why not join one of the many clubs for people living with sight loss in Cornwall.

Blind in Song Choir

Meet fortnightly on Tuesday evenings from 7-9pm in Mount Hawke Church Hall.

Bude Club for the Visually Impaired

Meet once a month on a Tuesday lunchtime in local pubs or garden centre restaurants.

Bugle Blues Bowling Club

Meet every Thursday from 10am to 2pm at Goonbarrow Bowling Club, St Austell.

BUGS Shooting Club

Meet every Wednesday from 1-4pm at the St Austell Rifle Club.

Dance Club, Par

Meet fortnightly on Monday evenings from 7.00-9.30pm in Par Methodist Church.

Dance Club, Townshend

Meet fortnightly on Thursday afternoons from 2-4pm in Townshend Village Hall.

Guitar Club

Meet fortnightly on Monday afternoons from 1-3pm in Ponsanooth Hall.

Gweek Visually

Impaired Bowls Club

Meet every Tuesday from 10am-3pm in Gweek Village Hall.

Launceston Social Club

Meet fortnightly on Tuesday lunchtimes in local pubs, restaurants or cafes.

Ludgvan Bowling Club

Meet every Wednesday afternoon from 2-4pm in Ludgvan Community Centre.

Saltash BAPS Social Club

Meet fortnightly on Tuesday afternoons from 1.45-3.45pm in Ashtorre Rock, Saltash.

Truro Lunch Club

Meet once a month on a Tuesday lunchtime in local pubs or garden centre restaurants.

Happy Feet

Irene Butler, a regular member of the Dance Club in Townshend where she still loves to dance, proved that age is just a number when she turned 100 earlier this year.

Irene's friends helped her celebrate her centenary with a party at the club which was much enjoyed by all.



Eye Health Matters

Low Vision

When was the last time you had your magnifiers updated?

If you are finding it harder to use your magnifier, you might need to get a referral to the low vision clinic to see if it's time to update your magnification. We have all sorts of different magnifiers such as hand-held magnifiers, stand magnifiers, illuminated magnifiers and telescopic aids which you can take home on free long term loan. It might be that you need one type of magnifier for reading and another for watching tv, so you can have more than one magnifier on loan at a time.

Solar shields

Whilst many of us are happy to see the sunshine when it makes an appearance, the glare from the sun can actually cause a lot of discomfort for people living with some eye conditions such as macular degeneration. Solar shields, which help to block

out the sun's glare, are another example of the aids that we can provide on free long term loan following a referral.

How to get a referral

There are a number of ways to get referred:

- Visit your optician for a sight test and request a referral.
- Alternatively, if you have been to see your optician in the last 12 months, you can give them a call and request to be referred.
- If you are a patient at the eye hospital, your consultant can give you a referral at your next appointment. You may also be able to request this over the phone.

Don't forget

If your magnifier is lost or broken, we can give you a like-for-like replacement without a referral.

Healthy food for healthy eyes

After hearing from Mr William Westlake at our last AGM, many of you were keen to know more about the types of food you can eat to keep your eyes healthy for longer, particularly if you have age-related macular degeneration.

There is plenty of research to show that healthy eating can help you to maintain healthy eyes. And it's not just carrots that are good for you. A diet rich in vitamins A, C and E, lutein and Omega-3 will help keep your eyes healthy for longer.

Foods such as sweet potatoes, spinach, oranges, red peppers, broccoli, kale and avocados are rich in vitamins A, C and E.

Dark leafy green vegetables and other green or yellow vegetables also contain lutein, as do eggs. Lutein is an antioxidant which helps to protect our eyes. It is thought to delay the onset of AMD and help prevent cataracts. Our bodies don't naturally produce lutein, so we have to get it from our diet.

Research has also shown that Omega-3 is good for your eyes and can help to ease the symptoms of dry eyes. Oily fish such as sardines, mackerel and salmon contain high levels of Omega-3 as do flaxseeds, linseeds and walnuts.

It's not just healthy eating that is good for your eyes. Regular exercise, less alcohol, no smoking and keeping your eyes protected from the sun's harmful rays will all help to keep your eyes healthy for longer.

AMD breakthrough

In March doctors from Moorfields Eye Hospital in London revealed they had taken a step forward in curing age-related macular degeneration (AMD). Two patients were given stem cell therapy to repair damage at the back of the eye and restore their vision. Both patients had wet AMD but it is hoped that the therapy will be able to treat dry AMD too and it could be available to NHS patients within the next five years.

Assistive Technology

If you are in, or looking to return to, education or employment we can help you discover more about the technology that's available to assist you. Whether you are looking for advice on electronic magnifiers or information about the different types of accessible computer software available, our Assistive Technology Advisors will guide you through the options and help you find a solution that best suits your needs.

What is assistive computer software?

Assistive computer software is the name given to any piece of computer software that helps you to access the information on the device, for example screen readers, screen magnification or braille displays. Most computers and devices have free in-built accessibility which can magnify the contents of the screen, make information appear in high contrast and read the contents of the screen aloud. But, if this is not enough, additional software can be purchased.

Screen readers

Screen readers work by reading aloud the information on the screen so that you don't have to be able to see your device to use it. They also allow you to navigate around your computer using quick access 'hot keys' so that you can easily move around documents and web pages. The price of screen readers varies from ones that are free to ones costing around £1,000.

Braille display

A braille display is a device that you connect to your computer and use in conjunction with a screen reader. The screen reader gathers the information from the screen, converts it into braille characters and sends it to the braille display. The cells in the braille display then push up a series of pins to form the braille characters. Braille displays are very expensive to purchase and unfortunately we don't have one in the Sight Centre, so we can't offer demonstrations.

Home page

If you've been on our website lately you might have noticed that the home page looks a little different. we have changed the design to make it more easy to use with screen reading software.

Screen magnification

Screen magnifiers magnify everything on the device's screen, making it easier to read for people with low vision. The higher the magnification you use, the less information can be displayed on the screen at any one time. This makes it harder to navigate using a mouse so screen magnifiers are sometimes used in conjunction with keyboards that have speech feedback too.

Electronic magnifiers

Electronic magnifiers, also known as video magnifiers, allow you to magnify documents, text and pictures. Some also have extra features such as image capture, greater colour contrast selection and can be connected to a computer for even greater screen magnification.

If you would like to find out more about the different ways of accessing your computer or mobile device, please contact us on 01872 261110 to book an appointment. Our Assistive Technology Advisors will assess your needs and give you demonstrations of the different options available. This is particularly useful if you have an Access to Work assessment coming up and want to feel more informed about the options available to you before your appointment.

Access to work

In March this year, the government announced that the maximum amount disabled people can claim to help them access employment is set to increase by 38% to £57,000 a year. Access to Work provides money to cover the extra costs disabled people face when working - such as hiring support workers, buying specialised equipment and travel expenses.

The benefits of registering your sight loss

Registering your sight loss with your local authority isn't compulsory, but did you know that it could entitle you to a range of benefits including free bus travel, free NHS eye examinations and reductions on council tax and TV license fees amongst other things?

How do I become registered?

In order to become registered as severely sight impaired (SSI) or sight impaired (SI) you need to make an appointment with an eye specialist, called a consultant ophthalmologist, usually based at your local hospital. They will conduct an eye check to judge whether you're eligible to be registered, and at which level. Then with the help of our Eye Clinic Liaison Officer (ECLO), Tara Butler, they will complete a Certificate of Visual Impairment (CVI).

Your CVI includes the results of your eye test, as well as information about your circumstances and your preferred

format for correspondence. A copy of your CVI will be sent to your local social services department, and they should contact you within two weeks to ask if you wish to be included on their register of blind and partially sighted people. If you agree, this is the point at which you become registered. If you decline, you won't be registered but you can still receive support from social services to help you to maintain your independence.

What happens after you're registered?

Social services will contact you to discuss carrying out a needs assessment. This assessment aims to find out what help and advice you require to remain independent. If social services do not contact you to discuss your needs assessment, please contact Tara to follow this up on your behalf.

Cornwall Council will provide you with a registration card proving your registration status. This card is often required to prove your entitlement to concessions, including when you are visiting places of interest such as theatres, galleries and tourist attractions.

You are entitled to:

Benefit/concession	SSI	SI
Blind person's tax allowance	✓	
Television license fee reduction	✓	
Blue Badge Scheme – car parking	✓	
Cinema pass for carer	✓	
Free NHS eye examinations	✓	✓
Disabled persons railcard	✓	✓
Free bus travel	✓	✓
Free directory enquiries	✓	✓
Assessment by social services	✓	✓
Protection under the Equality Act	✓	✓
Free postage using the 'Articles for the Blind' scheme	✓	✓

You may be entitled to:

Benefit/concession	SSI	SI
Personal Independence Payment (PIP)	✓	✓
Attendance Allowance	✓	✓
Carer's allowance	✓	✓
Employment and Support Allowance	✓	✓
Tax Credits	✓	✓
Housing Benefit	✓	✓
Council Tax disability reduction	✓	✓
Universal Credit	✓	✓
Pension Credit	✓	✓
Free tickets for a guide at selected venues	✓	✓
Free postage using the 'Articles for the Blind' scheme	✓	✓



iSightCornwall®

We are the first centre of resource for all in Cornwall and the Isles of Scilly who are affected by sight loss, whatever their age, circumstance or condition. We care passionately about helping anyone living with a visual impairment and have done ever since our foundation in 1856 when the charity supported Cornish miners.

01872 261110

www.isightcornwall.org.uk

iSightCornwall

The Sight Centre, Newham Road,
Truro, Cornwall, TR1 2DP

Registered charity number 1108761

Events Diary

- May 16** The Old Cattle Market,
Helston 11.30am-3.30pm
- Jun 13** The Parkhouse Centre,
Bude 11.30am-3.30pm
- Jun 27** Launceston Town Hall,
Launceston 11am-3pm
- Jul 4** Liskeard Public Halls,
Liskeard 11.30am-3.30pm
- Jul 25** St Michael's Hall, **Newquay**
10am-3pm
- Aug 7** The Keep, **Bodmin**
10.30am-3.30pm
- Aug 28** St John's Hall, **Penzance**
10.30am-3.30pm
- Aug 29** Richard Lander School
Truro 10am-3pm
- Aug 30** The Business Space,
Launceston 10am-3pm
- Sep 12** **St Austell** Library
10.30am-3.30pm
- Nov 2** AGM, **Trispen and St Erme**
Community Centre

Outlook is also available as:

- **USB Stick**
- **Audio CD**
- **Large Print word document**
- **Online audio via our website**