

Outlook

The **iSight**Cornwall Newsletter

Autumn / Winter 2018



iSightCornwall[®]

Inspiring futures for
people living with sight loss



Welcome to Outlook Autumn 2018

As you can imagine, we were delighted to be named Best Third Sector Business at the Cornwall Business Awards earlier this year. We wanted to capitalise on this success, so we've been working more closely with the business sector to help improve accessibility for customers with visual impairments.

In particular, we've teamed up with a number of local visitor attractions including the Eden Project, Tate St Ives and the Royal Cornwall Museum in Truro to help them identify ways to make their venues and communications more accessible.

As well as carrying out mystery shopping audits, we've provided training to staff and volunteers so that they have a better understanding of how to welcome visually impaired visitors to their venues and how to enhance their overall experience on the day.

We've also been working with local organisations to provide employment support. Our new 'Employ-Ability' project focuses on helping people with sight

loss to remain in employment or get back into the work place by breaking down any barriers they might face.

Finally, I would like to thank everyone who has supported our Sight Appeal so far. We have already raised £25,000 and still have many more fundraising activities planned. Special thanks also goes to all of the businesses that generously donated prizes for our Christmas Raffle. Details on where to buy tickets can be found in Fundraising News.



A handwritten signature in black ink, appearing to read 'Terri Rosnau-Ward'.

Terri Rosnau-Ward
Chief Executive

Staff Update

We're delighted to welcome our new Community Development Officer Shannon Smith to the team. She will be leading the local community events as well as carrying out home visits to provide information on specialist equipment and promote independent living. We also welcome several new trustees to the board – Ian McCormick, Director of Downwind Management Consultancy; Stephen Holyer, long-standing **iSight**Cornwall member and founder of RoomMate; and Clare Green, Financial Controller at Cornish Mutual.

2019 calendars on sale now!

Our popular large print wall calendars are now in stock and available to buy from the Sight Centre in Truro, at our upcoming events or via our online shop.

They cost just £4.50 and, as always, members will receive a 10% discount.

Photo: Terri Rosnau-Ward and Carole Theobald collecting the Best Third Sector Business award from Gregg Wallace and Peter Wroe (Eden Project) at the Cornwall Business Awards 2018.



Latest News

Launceston Low Vision Clinic

In July we launched a new low vision clinic at the Specsavers store in Launceston. The low vision clinic is a free service, by appointment only, for people with eye conditions that cannot be improved with prescription glasses or surgery. Following an assessment, low vision aids such as magnifiers, solar shields and MaxTV glasses can be taken away on a free long-term loan basis.

The clinic will be held every six to eight weeks to make it easier for people in Launceston and the surrounding areas to get an appointment closer to home. This is in addition to the five other low vision clinics that we already have in Truro, Helston, Bodmin, St Austell and Penzance.

Don't forget, if you would like to book a free assessment you will need a referral from your optician or eye hospital consultant first.

*Photo: Julia Peggs from Specsavers with Lynda Thomas from **iSight**Cornwall.*

Annual General Meeting

Our Annual General Meeting will have a slightly different twist this year. The formal part of the meeting will still give members the opportunity to vote on the end of year financial accounts, review the previous year and ask questions, but after that has come to a close the real fun begins!

There will be entertainment from the Blind in Song (BLIS) Singers and the Guitar Club, followed by a game of bingo with prizes. The afternoon will end with music and dancing led by the members and dance teacher from Par Dance Club.

Please note: The Sight Centre will be closed all day on Friday 2 November for the AGM.



Sensory Art Workshops

Earlier this year we joined a group of young people from the charity SENSE for a sensory art workshop run by Grace Maltwood. Grace, who was born with sight loss, received a laptop through our Inspiring Futures Fund and put it to good use by getting in touch with a number of other local organisations to help her deliver the workshops.

One of those organisations was the conservation group Beach Guardian who provided her with some interesting art materials. The Beach Guardian team regularly collect litter washed up onto the beach which they then clean and sterilise for use in educating people about the impact of pollution. Grace, who has an interest in both art and conservation, found the perfect use for some of this beach litter as the bright colours and different textures make great art materials for her sensory workshops.

Grace is hoping to run more workshops throughout the year for people of all ages. Please get in touch with us if you are interested in finding out more.

Tate St Ives

We've been working with Tate St Ives to help them make the art gallery and facilities even more inclusive for people with visual impairments. As a result they have launched regular Talking Art events designed for blind and partially sighted visitors and friends.

During each session, visitors will have the opportunity to handle some of the objects and listen to detailed spoken descriptions of the works on display. Practical activities will also bring the artworks to life.

For more information please contact Tate St Ives on 01736 796226.

Photo: Grace Maltwood with some of her sensory art materials.



Fundraising News

Coffee mornings

Thanks to our supporters we have been inundated with coffee and cakes recently! L J Tregunna Funeral Directors in Truro raised £375 at their coffee and cake morning whilst iBuntu Opticians, also in Truro, raised £120 with a coffee morning and raffle.

We also had a lovely surprise when one of our clients held a coffee morning at her home and raised a massive £365 selling cakes and cream teas to friends and family.

If you would like to do something similar, please get in touch - we can provide posters and publicity to help you spread the word.

Photo: Kevin and Sue Tregunna presenting Terri with a cheque.



Sight Appeal reaches new heights

Earlier this year Linda Capon took to the skies over Bodmin Airfield on the wing of a Boeing Stearman Biplane to raise money for the Sight Appeal.

Linda had always wanted to do a wing walk but it wasn't until her 65th birthday that she got the opportunity to do it. And to make sure she couldn't change her mind at the last minute, she decided to raise money for a couple of Cornish charities at the same time. Linda was originally hoping to raise £65 each for both **iSight**Cornwall and Cornwall Hospice Care to mark her 65 years. However she more than doubled her target, raising over £300 in total – with £175 being donated to our Sight Appeal.

Photo: Linda Capon on the wing of a Boeing Stearman Biplane.



The Great Cornish Bake Off

We're delighted to announce that we have been chosen as the charity of the year 2019 by the Tregothnan Estate in Tresillian.

Tregothnan is a living and working private Cornish estate dating back to 1334. It boasts the largest botanic garden in Cornwall and is the pioneer of the UK's first tea plantations. The private gardens and arboretum are usually closed to the public, but for one weekend only, the estate opens its gates for charity.

The next charity garden open weekend is taking place on 13 and 14 April 2019 with all proceeds being donated to **iSight**Cornwall. Entry to the estate will be from 10 am until 5 pm with tickets costing £10 per person. Children aged under 16 go free and dogs on leads are welcome.

Tickets are available to purchase from the Tregothnan website www.tregothnan.co.uk.

As well as this rare chance to look around the gardens, you'll also be able to enjoy musical entertainment, homemade lunches, cream teas and homemade cakes.

And that's where we need your help. We've been asked to provide 100 homemade cakes which will be sold by the slice over the course of the two days. If you've got a signature bake which always goes down a treat or you simply love baking and think you could help us achieve our target, please do get in touch.

We will make a note of what you plan to bake and then get in touch with you nearer the time to let you know when and where to deliver your cake.

Solo cycle ride for charity

Craig Hancock has completed his solo bike ride from John O'Groats to Land's End in a bid to raise £2,000 for our Sight Appeal.

It took Craig just 10 days to cycle the 913 miles from coast to coast. Not even a couple of punctures or a few wrong turns along the way could deter him. Craig was joined by friends for the last leg of the journey and his family were waiting at Land's End to welcome him home.

Both of Craig's children have Nystagmus, a condition that causes involuntary eye movements. We provided Craig's son with an electronic magnifier through our Inspiring Futures fund to help him at school and it was this positive impact that inspired Craig, who only started cycling as a hobby two years ago, to take on the mammoth challenge.

There is still time to donate to Craig's fundraising page. Visit our website for more information, or go to www.justgiving.com and search for Craig Hancock.

Photo: Craig Hancock surrounded by friends and family at Land's End.

"iSightCornwall has supported my family so much, so I wanted to give something back with the bike challenge. I want to say a massive thanks to everyone that was there at the finish line to welcome me home and for all the messages of support throughout the trip that helped to spur me on."



Fundraising on the menu

The Truro branch of Boots Opticians recently teamed up with Helping Hands and Pans, a group of experienced chefs and restaurant workers from Rick Stein's restaurants to host a 4-course, Thai influenced, charity dinner in aid of **iSight**Cornwall.

The event, which took place at the Old Ale House in Truro, was a complete sell-out and raised a fantastic £1,310 for our Sight Appeal. And to top it all off, Boots Head Office have offered to double the amount.

We are looking forward to working with staff at Boots Opticians on more fundraising activities throughout the year.

Photo: Luke Taylor from Helping Hands and Pans preparing dessert.



Gift Aid

Don't forget, if you are a UK taxpayer and you donate to iSightCornwall, we could receive an extra 25% of the value of your donation from the government at no extra cost to you.

This means that for every £1 donated we can claim an extra 25p.

All you have to do is complete a Gift Aid Declaration Form, which can be done in person or over the phone, and that lets us know that we can claim gift aid on any future donations.

If you would like to find out more, please contact Jodi Strick on 01872 261110.

Christmas Raffle

Do you fancy winning a one-night stay at a 4 star Cornish hotel as well as a hamper filled with delicious Cornish treats, or £250 to spend at Nordic House? If so, you need to enter our Christmas raffle.

This year we've had some fantastic prizes generously donated by local businesses.

First prize is a one night bed and breakfast stay for two at the Headland Hotel in Newquay with dinner in their Sapphire restaurant. The stay also includes access to their luxury spa including heated pool, Cornish salt steam room, hot tub, sauna and aromatherapy showers.

And if that wasn't enough you'll also receive a Christmas hamper full of goodies donated by:

Anne's Preserves
B Skincare
Carley's of Cornwall
Fowey Valley
Hugo's Breakfast
Rodda's Dairy
Seasalt
Tinkture Gin
Treen's Brewery
Trewithen Dairy

Second prize is a £250 voucher donated by Nordic House who supply beautiful Scandi style homeware and furniture.

Third prize includes vouchers from Experience Days and Go Ape which can be used for a range of experiences from hot air balloon rides to spa days or surf lessons.

Tickets cost £1 each and can be bought at the Sight Centre in Truro, at our upcoming events, over the telephone or via our online shop. If you belong to a group and would like to sell some tickets on our behalf at your next meeting let us know and we'll pop some in the post.

Tickets will be drawn on Wednesday 12 December. The last day for buying tickets online or over the phone will be Monday 10 December.

Photo: Headland Hotel.



Online shopping

Don't forget if you shop online with Amazon, particularly in the run up to Christmas, you could raise money for **iSight**Cornwall at the same time. All you have to do is visit smile.amazon.co.uk, select **iSight**Cornwall as your chosen charity and then you're ready to shop. Amazon will donate 0.5% of the purchase price to us at no extra cost to you.

London Marathon update

Thank you to all the runners who took part in this year's London Marathon. They raised a whopping £7,500 which got our Sight Appeal off to a fantastic start!

Photo: Katie crossing the finishing line.



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

Beresford Hotel

Boots Opticians

Carharrack Methodist Church

Earl of St Germans Lodge

Eden Project

Fore Street Ladies Fellowship, St Ives

Fulmer Charitable Trust

Helping Hands and Pans

iBuntu Opticians

Illogan Highway Methodist Church

L J Tregunna Funeral Directors

Lanhydrock War Memorial Hall

Leek Seed Methodist Church

Mullion Golf Club

Pendennis Ladies

Redruth Town Council

Rotary Club St Austell

Royal Cornwall Museum

Truro City Council

United Methodist Church St Keverne

Around the Clubs

If you want to get involved in 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.

Clubs affiliated to **iSight**Cornwall

BLIS Singers

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.

Other clubs not affiliated to **iSight**Cornwall include:

CABS Shooting Club, Helston

Hayle Social Club

Young at Heart

Social Club, Hayle

Happy retirement!

Longstanding volunteer, Joan Gilbert, has retired after many years of helping out at the Launceston Social Club.

On behalf of everyone at **iSight**Cornwall and the club we'd like to say a huge thank you to Joan for her dedication and support over the years and wish her all the best for the future.



Photo: Claire from Cornish Mutual at the shooting range.

Cornish Mutual set sights on volunteering

Some of our neighbours from Cornish Mutual recently took some time out of the office to volunteer at BUGS Shooting Club in St Austell. The team of five from Truro, spent a whole day at the club, setting up the rifles, guiding members to the range and they even had a go at shooting.

Paul Mahon from Cornish Mutual said: "We were made to feel extremely welcome by Adrian and the team and we all really enjoyed getting to know the club members and the volunteers.

"We all had a go at shooting which we found far more difficult than Dave, Gabbie, Kevin and everyone else made it seem. One of our team (no names) managed to miss the target completely with their first five shots which we understand has never been done before!

"The club is a fantastic way for the members to socialise and it clearly couldn't take place without the kind support shown by the drivers and other volunteers."

Talking Newspapers

If you enjoy keeping up to date with local news but find it difficult to read newspaper print, talking newspapers are an excellent option. We are lucky enough to have three different talking newspaper associations in Cornwall, all run by volunteers and all completely free.

How it works

Every week volunteers read articles from the local newspapers which are recorded onto a USB stick and delivered to your door free of charge. The USB stick can be played on a computer or an MP3 device with a USB socket, such as a Sonic Player or a Sovereign Boombox.

All you have to do when you have finished listening is pop the USB stick back in the envelope provided, turn the address label over to show the address of the talking newspaper association and post it back in time for the process to start all over again. The postage is free because it qualifies for Royal Mail's 'Articles for the Blind' scheme.

All that the talking newspaper associations ask is that you return your USB stick in good time. If not, you may miss out on the following week's news.

If you would like to receive one or more of the talking newspapers, please contact the associations directly. They would be delighted to talk you through the process in more detail and add you to their weekly mailings.

Sonic 2 USB Player

The Sonic 2 is a lightweight USB player that is ideal for listening to talking newspapers and books, as well as our very own Outlook magazine.

The simple design makes it easy to navigate between tracks and it automatically remembers the last position it played on your memory stick.

It is available to buy from our resource centre and online shop for £49.

The Cornish Talking Newspaper and Magazine Association (registered charity no 266112)

Newspapers: Western Morning News, West Briton, Cornishman or Cornish Guardian (it can vary), Packet Series, articles from Sunday supplements and other magazine articles of interest.

Frequency: Weekly, except for weeks which include a bank holiday. Recorded every Tuesday, issued on Wednesday and delivered to your home on Thursday.

Returns: Please post back by Saturday.

Contact: Louise Perry, 01872 273806 or Jenny Salmon, 01872 277762

North Cornwall Talking Newspaper

Newspapers: Mainly Cornish Guardian, Western Morning News and North Cornwall Advertiser.

Frequency: Weekly, with the exception of Easter and Christmas. Recorded every Thursday, issued on Friday and delivered to your home on Saturday.

Returns: Please return by Tuesday.

Contact: Charmian King, 01208 815212

Pengarth Talking Newspaper

Newspapers: The Cornishman.

Frequency: Weekly. Recorded every Thursday, issued on Friday and delivered to your home by Saturday.

Returns: Please return by Thursday at the latest.

Contact: 01736 364307

Benefits roundup

Often, when people hear the word 'benefits' they think of welfare benefits such as Attendance Allowance or Universal Credit, but there are also concessions that you may be entitled to if you are visually impaired.

Handyperson scheme

Did you know that Cornwall Council runs a handyperson scheme to provide help with household maintenance and repairs for people in Cornwall who are over 60 or have a disability?

The scheme gives you access to trusted tradespeople and costs just £12 per hour if you are in receipt of a means tested benefit such as Guaranteed Pension Credit or Housing Benefit, or £18 per hour if not. This doesn't include the cost of materials which are an additional charge.

To find out more, call Cornwall Council on 01872 224707.

They will take your details then your local Handyperson will call you back and make an appointment, usually within two weeks.

Types of job

- Small building repairs such as clearing guttering on bungalows or small glazing jobs.
- Minor adaptations such as the installation of grab rails, hand rails or temporary ramps.
- Odd jobs such as putting up curtain rails and shelves, moving furniture or assembling flat pack furniture.
- Changing washers or taps, renewing sealants, replacing toilet seats, or unblocking sinks.
- General home safety checks with remedial action such as fitting smoke and carbon dioxide detectors.
- Replacing electrical fittings such as sockets, light fittings.
- Falls/accident prevention checks with remedial action such as securing loose carpets.
- Security checks with remedial action such as fitting key safes and window and door locks and chains.
- Energy efficiency such as installing low energy light bulbs and draught proofing.

Travel benefits

Blue badge

If you are registered as severely sight impaired, you automatically qualify for a blue badge which allows the person driving you to park on the street or in designated car park bays. If you are registered as sight impaired you don't automatically qualify for a badge and will need to contact Cornwall Council to discuss your eligibility.

On-street parking restrictions, such as limited parking areas, are relaxed for blue badge holders. Normal parking fees do still apply in Cornwall Council car parks unless your vehicle is registered under the council's exemption scheme. However, you automatically get one extra hour of free parking when paying a normal parking fee.

Bus travel

If you are registered as sight impaired or severely sight impaired or can provide proof of your sight loss from an eye specialist or social services, you are entitled to a Concessionary Disabled Person's Bus Pass.

Your bus pass allows you to travel for free between 9.30am and 11pm Monday to Friday and all day at weekends and Bank Holidays. Outside of these times you must pay the standard fare for your journey.

To apply for your bus pass call Cornwall Council on 0300 1234 222.

Rail travel

If you have a visual impairment you are entitled to a Disabled Person's Railcard that enables you and the person travelling with you to get a third off the price of a ticket. You will need to provide proof of your eligibility for example your certificate of visual impairment or a letter stamped by social services. You do have to pay for the railcard, which currently costs £20 per year or £54 for three years. To apply, phone 0345 605 0525 or visit disabledpersons-railcard.co.uk.

Passenger Assist

If you require assistance when travelling by train, you can book in advance by phoning National Passenger Assist on 0800 022 3720 or by contacting the train company directly.

Accessible Apps

Apps (short for applications) are programmes that can be downloaded onto smartphones or tablet devices that allow you to perform specific tasks. They are usually accessed by tapping on an icon on the homescreen of your device, meaning that you don't need to type a website address into your internet browser to use them.

There are thousands of apps available, including ones specifically designed for people with visual impairments. Our Assistive Technology Officer, Dominic Hall, has put together a list of his top 10 accessible apps which is available in full on our website. Here is a selection.

Large Launcher

Compatibility: Android devices
Cost: Free

Large Launcher replaces the original user interface of your smartphone or tablet with larger, more prominent icons and text. It uses large fonts with color-coded icons to ensure visually impaired users have no difficulty finding what they are searching for.

Dolphin Easy Reader

Compatibility: Apple iOS, Android & Windows devices
Cost: Free

Dolphin Easy Reader is a free accessible reading app that gives you direct access to browse and download from your online libraries including Legimus and RNIB Book Share. You can play audio books or add a voice over to text only books. Text can also be copied from an external source to be read aloud.

You can change colours, alter the text size and highlight words or lines of text to best suit your needs. It is fully compatible with VoiceOver, TalkBack and Voice Assistant and offers free online help in a number of languages.

Huge Keyboard

Compatibility: Android devices
Cost: Free

Huge Keyboard replaces the default keyboard on Android devices and features very large keys and emojis. The app is extremely useful for anyone who struggles to see the default keyboard on their smartphone or tablet device.

The app also offers a variety of customisable features allowing you to select a theme from the Huge Keyboard library, adjust the size of the keys or change the sound and vibration of typing. You can also change the dictionary, typing and display settings.

BlindSquare

Compatibility: Apple iOS devices
Cost: £40

BlindSquare can describe the surrounding environment, announce points of interest and deliver audible cues as you travel. When used alongside free, third-party navigation apps it is a powerful tool providing you with all the information you require to reach your destination.

The most important tools can be accessed through an audio menu via any headset or speaker that supports Apple's music controller. This means you don't need to touch your phone screen when you travel with BlindSquare as many of its features can be activated using the physical buttons on your headset or a Bluetooth speaker.

Synapptic

Compatibility: Android devices
Cost: £190

Technically this isn't an app, it's a software package that you can buy to install on your phone but it's so popular and user friendly that we thought it was worth a mention.

Synapptic features a clear, simple menu structure meaning that it is easy for novice smartphone users and people who have only recently begun to lose their sight to use.

It includes various tools such as magnification, speech on every screen, voice recognition, email, an internet browser and a reading machine. You also have the option to change the colour scheme, menu layouts, magnification levels and speech options.

If you would like to learn more about mobile applications, smartphones or tablet computers we offer free one-to-one assessments to help you discover which technology is right for you. For more information, please call us on 01872 261110.



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

- Nov 2** AGM, **Trispen and St Erme** Community Centre
- Nov 6** **St Just** Library
10.30am-2.30pm
- Nov 20** Wesley Methodist Church,
Saltash 10.30am-3pm
- Feb 11** Liskerrett Community Centre,
Liskeard 11am-3pm
- Mar 13** The Guildhall, **St Ives**
10.30am-3pm
- Apr 17** **Hayle** Community Centre
10.30am-3pm

Members will be written to with details of events.

Outlook is also available as:

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