

Outlook

The **iSight**Cornwall Newsletter



iSightCornwall[®]

Inspiring futures for
people living with sight loss



iSight Cornwall



Welcome to the Autumn/Winter 2017 edition of Outlook

In this edition we are taking a special look at fundraising. Did you know that all of our services, with the exception of low vision, are only possible thanks to the generosity of donors and fundraisers?

All the money we raise stays in Cornwall to help the 22,000 people in the county affected by sight loss.

Each year we are overwhelmed by the generosity of our members and clients and would like to thank everyone that contributes, whether that is by putting your loose change in a collection tin, holding a fundraising event, volunteering your time or becoming a member.

It all helps us to keep delivering vital services so we hope that you will continue to support us and help us to spread the word about our fantastic charity.



Terri Rosnau-Ward
Chief Executive

Did you know?

At least 50% of sight loss could be prevented. Conditions such as refractive error and cataracts are common in older people but can be diagnosed by a simple eye test and in

many cases can be improved with prescription glasses or surgery. So even if you already have experienced some degree of sight loss please remember to have regular eye tests.

Outlook on USB stick

Due to the popularity of USB players such as the Sonic, we are happy to announce the launch of Outlook on USB stick. It works in a similar way to the RNIB talking books. All you need to do is let us know that you want to receive Outlook on USB in future and we will send you a free stick through the post (we ask that you pay £6 for a replacement stick if you lose it).

When you have finished listening to Outlook all you have to do is place the stick back in the special envelope provided, turn the address label over in the pocket to show the Sight Centre address and return it free of charge. Once we receive your stick we will keep hold of it until the next edition of Outlook is ready to send. 



Home Visits

Do you know what support is available to you as someone living with sight loss in Cornwall?

Our Community Development team can visit you in your own home to offer personalised advice and information based on your individual circumstances.

They can explain what support you are entitled to, help you apply for the RNIB talking books service and show you gadgets that could help make everyday tasks easier.

They can also provide information about our other services that may be appropriate such as benefits advice and support with assistive technology.

If you think you would benefit from a home visit, please give us a call on 01872 261110 and ask for Debbie or Helen. 

Meet the Trustees

Here at **iSight**Cornwall we are lucky to be governed by a fantastic board of trustees from a number of different backgrounds. Our trustees meet on a regular basis to discuss the charity's vision, mission and strategic direction.

Trustees have a very important role as they oversee the governance of the charity and make sure it's being run correctly. All trustees volunteer their time to take on this rewarding role.

Our board is currently looking to welcome new trustees to the team. So if you or someone you know would like to be involved in the running of the Charity please get in touch with Katherine Bagshaw on 01872 261110 or email kbagshaw@isightcornwall.org.uk.

Christian Wilson (Acting-Chair)

Christian graduated from the University of Plymouth with a Master's degree in Law and is now Head of the Corporate Law Department at Stephens Scown in Truro. Christian is the Acting-Chair of Trustees and finds the position extremely satisfying as he is able to use his skill set to assist the charity.



Stuart Evered (Vice-Chair)

Stuart qualified as a Certified Accountant when he was 22 and has since held a number of managerial and board positions within various companies and organisations including Finance Director of Geevor Tin Mines plc. He then went on to manage two farming cooperatives based in Penzance before being appointed as Assistant Chief Probation Officer for Cornwall.



Sue Lovell

Sue was the Business Centre Manager at Truro and Penwith College where she was responsible for developing training and consultancy for local businesses. Sue is enjoying early retirement whilst using her knowledge and expertise in management and marketing in her role as a trustee of **iSight**Cornwall.



Mel Colton-Dyer

Mel is the Chief Operations Officer at Cornwall Chamber of Commerce. Her main role is to introduce opportunities to businesses throughout Cornwall and the Isles of Scilly and support member businesses to develop and grow the local economy in Cornwall.



Ian Pullum

Ian has a family history of eye care and has been working in the industry for over 40 years. He worked in Batemans in Falmouth before becoming self-employed in 2012. Ian was previously a Trustee for **iSight**Cornwall for seven years, and after a short break he has chosen to stand again.



Joe Stinton

Joe returned to the board in 2016 after a year's absence. Joe is visually impaired and will be well known to most of you as regular part of Helston Shooting Club, the VIP Facebook group and the Young at Heart Club. 



Latest News...

Penlee House Gallery and Museum

Earlier this year we teamed up with Penlee House Gallery and Museum in Penzance to give blind and partially sighted visitors the opportunity to experience the exhibitions for the first time.

Thanks to feedback from some of our members, the gallery introduced audio descriptions to the paintings which visitors can listen to using a device called the PenFriend. By tapping the PenFriend onto an orange sticker next to a painting, visitors can listen to the descriptions through their headphones and enjoy the exhibitions at their own pace.

"The audio descriptions were so vivid that for the first time it felt as though I was seeing the paintings myself. I could picture the colours, and what they were doing - it was brilliant." Sylvia

Staff update

We're sad to say goodbye to two members of the team, Lindsay Peters and Chris Wilson. Chris, who joined us earlier this year as our Eye Clinic Liaison Officer, has had to move back up country for family reasons. However, we are delighted to say that Tara Butler will become our new ECLO based at Royal Cornwall Hospital, Treliske. Tara has also recently qualified as a Low Vision Advisor – congratulations Tara! Lindsay has also left Cornwall to pursue a new career, so we're delighted to welcome Katherine Bagshaw to the team. Katherine joins us as our Business Support Assistant and Terri's PA.

Newham BID

Our Director of Operations, Carole Theobald, has recently been appointed as the Chair of the Newham BID (Business Improvement District) team. The Newham BID team is made up of people from the area working together to raise awareness of the organisations located in Newham. In her role as Chair, Carole will ensure that **iSight**Cornwall is at the forefront of any new activities in the area, helping to put the Sight Centre firmly on the map. ▶



Working with Blind Veterans UK

We have joined forces with Blind Veterans UK in order to help ex-Service men and women receive the support they need to maintain their independence. It is estimated that there are 750 visually impaired ex-Service men and women living with sight loss in Cornwall who could be eligible for support but don't realise it. Most of these veterans completed their service many years ago and may have only recently developed an eye condition.

In order to reach more people, Blind Veterans UK has launched a nationwide campaign called No One Alone where they work with local partners such as **iSight**Cornwall in each region.

Veterans in Cornwall who need support are given an initial

assessment by Blind Veterans UK and are provided with equipment to best suit their needs. They are then referred to **iSight**Cornwall to receive training on how to use it. Since last summer, beneficiaries of Blind Veterans UK have been learning to use equipment such as Synaptic phones, tablets, and computers here at the Sight Centre.

Paula Senior, Blind Veterans UK's Community Support Worker in Cornwall, said: "We believe that by combining our knowledge, skills and resources with like-minded charities we will reach more people who could benefit from our services."

If you, or someone you know, served in the Armed Forces or did National Service and is now living with sight loss, find out how Blind Veterans UK could help by calling 0800 389 7979 or visiting www.blindveterans.org.uk.

Falmouth Hospital Desk

We have recently opened an Information Desk at Falmouth Hospital for patients attending the Eye Clinic there. This means that we now have a presence in six hospitals across Cornwall.

If you or someone you know could spare a couple of hours a month to help out at the Falmouth Hospital desk or at our largest desk at Treliske hospital in Truro, then please get in touch. 👁

Fundraising News...

We rely on donations to keep our services running. We are constantly looking for new ways of raising funds so if you have any suggestions we'd love to hear from you. Whether you want to hold a coffee morning in your village hall or you think your local shop or café would keep one of our collection tins next to their till, please do get in touch. Here are some of the ways we are fundraising at the moment.

Co-op Community Fund

Thank you to all the Co-op members who chose to support us in the Local Community Fund. By selecting us as your local cause, you helped us to raise over £570 which will be put towards helping more people across Cornwall access our services through the Community Development service.

London Marathon

We have been lucky enough to receive a charity place for the 2018 London Marathon. We had dozens of applications from

people who wanted to run on behalf of **iSight**Cornwall and we're very happy to announce that Kirsty Wensley has been selected. We'll be giving out more details about how you can help Kirsty raise her target of £1,000 for the Charity over the next few months.

Give as you Live

Give as you Live is a fundraising website that allows you to shop at over 4,000 online stores such as Amazon, Ebay, Tesco, Sainsburys or Marks and Spencer and raise money for your chosen charity at the same time. It is free to join and use so if you do your shopping online, please consider signing up and raising money for **iSight**Cornwall. Just visit www.giveasyoulive.com to sign up and select us as the charity you wish to support. Then search for an online store, click on the 'shop and raise' button and you will be redirected to the store's website where you can shop as normal. When you make a transaction the online store will donate a percentage of your total spend to **iSight**Cornwall. The donation is made at no extra cost to you. ▶

Christmas Raffle

This year we are holding a Christmas raffle to win a hamper full of local produce. Tickets are £1 each and will be available to purchase from the Sight Centre, our upcoming events in Penzance and Truro, at our AGM or by calling us on 01872 261110. The winner will be drawn at the Christmas Event on Wednesday 13 December.

The local businesses that have kindly donated to our raffle so far include:

- Artisan Banger Company
- Banbury's Turkeys
- Buttermilk Kitchen
- Cornish Orchards
- Firebrand Brewing Co
- Hands-on Coffee
- Haye Farm Cider
- Padstow Brewing Co
- Rick Stein
- Sarah and Finn's
- Southwestern Distillery
- St Austell Brewery
- St Ives Cider
- The Scarlet Hotel

Gift Aid

Did you know that if you are a UK taxpayer and you make a donation to iSightCornwall, we can 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 and we do the rest.

The wording of the declaration has changed recently so even if you have completed a form in the past, it is likely that we will need you to complete a new one.

**If you would like to find out more please call Jodi Strick on 01872 261110. **

Masonic Charitable Foundation Awards

We are delighted to announce that we have been awarded £15,000 from the Masonic Charitable Foundation as part of their 300th anniversary celebrations. The Freemasons selected 300 charities across the UK to receive a share of £3 million in the Masonic Charitable Foundation awards, and we were one of six charities in Cornwall chosen to take part.

It was then down to a public vote to decide how much funding each charity would get. And thanks to your votes we received the second highest award in Cornwall.

We would like to say a huge thank you to everyone that took the time to vote for us, your support is much appreciated. This award will help us to extend our Community Development service and reach even more people across Cornwall giving them the support and advice they need.

We would also like to say thank you to the Masonic Charitable Foundation and the Provincial Grand Lodge of Cornwall for nominating us as part of their Tercentenary awards. 👁



Every Penny Counts

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

Special thanks

Thank you to the following groups and organisations for their kind donations:

- Charities Aid Foundation
- Camborne Town Council
- Cardinham Parish Council
- Falmouth Town Council
- Far West Sun Club
- Fulmer Charitable Trust
- Hayle Town Council
- Kenwyn Church Fellowship
- Lanhydrock Golf Club Ladies
- Lanhydrock War Memorial Club Charity
- Masonic Charitable Foundation
- Mevagissey Parish Council
- Mullion Golf Club
- Penzance Town Council

- Scorrier Christian Fellowship
- St Blaise Town Council
- St James' Place Foundation
- St John Parish Council
- St Just-in-Penwith Town Council
- St Merryn Parish Council
- St Truro with Tresillian Methodist Church
- Torpoint Town Council
- United Methodist Church St Keverne
- Veryan Women's Institute

Special thanks also goes to Christine Hopper and Roy Tennant for kindly donating their handmade jewellery and wooden pens for us to sell in our shop.

Store collections

Huge thanks to our volunteers John Treleven, Maureen Shipman, Ivan Shipman, Robert Tutthill, John Moore, David George, Vic Coop, Maggie Tagney, Jenny Cook, Mary Brown, Sylvia Curnow, James Curnow, David Dunne and Denise Jenkin for helping us raise £416 through store collections. 👁

Technology and gadgets

Electronic magnifiers

Electronic magnifiers, also known as video magnifiers, are becoming increasingly more popular and with prices starting from under £100 they are also becoming more affordable for many too. Whether you want a magnifier that will fit in your pocket, read text aloud to you, or give you powerful magnification there are plenty of options to choose from.

Handheld magnifiers

Handheld magnifiers such as the Explore 5 and the HandyReader are the most lightweight of all the electronic magnifiers. The screen sizes on these models range from between 3.4 inches to 5 inches, making them easier to fit in your pocket or bag and carry around with you. These are also the most affordable of the electronic magnifiers with prices starting from around £90. The handheld magnifiers that we stock range from around £155 to £400.

Portable magnifiers

Slightly bigger than the handheld

magnifiers, the portable magnifiers have screens that range between 7 and 10 inches. They also have extra features such as image capture, greater colour contrast selection, computer connectivity and a longer battery life. Portable magnifiers such as the Snow HD and the Visolux are priced between around £600 to £750.

Desktop magnifiers

Desktop magnifiers, also known as CCTV magnifiers, are the most powerful of the electronic magnifiers and often have additional functionality that you won't get in a handheld or portable device. They have large screens up to around 24 inches which some people find easier to use. Although they do require desktop space, some can be folded away and most only take up the same amount of space as a computer monitor does. These are the priciest of the electronic magnifiers with models such as the Clearview C, iSee and DaVinci Pro costing between £1,000 and £3,000.

Your views

If you use an electronic magnifier, we'd love to hear how you're getting on with it. We're carrying out some research to learn more about people's experiences which will help us advise new users in future.

We want to know what you use it for and how often, whether you have experienced any difficulties using it and whether there are any functions that you would like to know more about.

If you are happy to share your experience, please call Rod on 01872 261110 or email him directly at: rkeat@isightcornwall.org.uk.



Dom's Gadget Review

Visolux Digital HD Electronic Magnifier

What does it do?

This portable electronic magnifier has a large 7 inch LCD high definition screen with up to 22x magnification and makes reading a book or a magazine easier than ever before.

Is it easy to use?

Thanks to its unique Dynamic Line Scrolling (DLS) that allows you to scroll side to side on the screen without having to move the device, this magnifier is very easy to use and means that you don't have to hold it steady yourself when reading.

Why choose it?

It has 14 colour combination modes and has the ability to be connected to any modern HDMI ready TV. It also has expandable storage and comes supplied with a 4GB SD card. If you are looking for an electronic magnifier with great specs, the Visolux Digital HD is a fantastic choice. 

Around the Clubs

There are many clubs across Cornwall offering activities for people with visual impairments, and some of these are affiliated to **iSight**Cornwall. We have a special partnership with our affiliated clubs and we provide them with a grant to help cover the cost of transport. All affiliated club attendees must be **iSight**Cornwall members. This is to help us provide insurance for volunteers, attendees and club co-ordinators as well as provide all the necessary DBS checks for volunteer drivers. If you are interested in joining one of our affiliated clubs or becoming a volunteer, please call Dom on 01872 261110.

Blind in Song (BLIS) Choir

The BLIS Choir meet once a fortnight on Tuesday evenings between 7pm and 9pm. They have settled into their new venue at Mount Hawke Church Hall and are always looking to welcome new members.

Bude Club for the Visually Impaired

Members of the club meet up on the second Tuesday of each month for lunch at a variety of venues in Bude or the surrounding areas. Upcoming venues include The Jamaica Inn, Widemouth Manor and a Christmas dinner at Trethorne Leisure Centre. They would love to hear from anyone who would like to join them.

Bugle Blues Bowling Club

Bugle Blues meet every Thursday at Goonbarrow Bowling Club. Three members of the club recently went along to the pop-up event at Newquay with some equipment to give potential members a chance to try their arm at the game. Everyone was

keen to get involved and they discovered a lot of hidden talent! As a result of the day they were pleased to welcome a new member to the club. Their door is always open for anyone to try bowling and enjoy the social side of the game. If you live in mid Cornwall and want to try please get in touch.



BUGS (Blind Using Guided Sights)

The club meets every Wednesday afternoon at St Austell Rifle Club and everyone is welcome. You don't need to have any experience and can go along for a taster session to see how you get on. BUGS would also welcome anyone who wants to go along to help set up and guide the shooters to their guns. The helpers are an integral part of the club and enjoy the social side of the club too.

Dance Club, Par

The Dance Club meet on the second and fourth Monday of each month in Par Methodist Church. You can learn ballroom and line dancing or just go along to enjoy the music and meet up with friends. Please do get in touch if you are interested in joining because without new members, the club is in danger of having to close which would be devastating to those who enjoy going regularly.

Dance Club, Townshend

From 12 October, the Dance Club will now meet fortnightly on Thursday afternoons between 2pm and 4.30pm. They will still be meeting up in Townshend Village Hall for ballroom and sequence dancing but they will now be open to both sighted and non-sighted members.

Guitar Club

You don't need to have your own guitar or be able to play to join this club. But if you want to meet up with other visually impaired musicians to practice or learn, the Guitar Club meets fortnightly on Monday lunch times in Ponsanooth Hall. The club ►

Around the Clubs

organiser has been playing guitar for 60 years so has plenty of experience to teach newcomers. The club also has several guitars that can be borrowed.

Gweek Visually Impaired Club

The club meets every Tuesday at Gweek Village Hall for indoor bowls and a spot of lunch. Everyone is welcome and the club now has the use of two wheelchairs to make it more accessible for anyone wanting to take part.

Launceston Social Club

Members meet on Tuesday lunchtimes for a meal once a fortnight at a different restaurant each time. They also hold regular coffee mornings throughout the year so that members can be treated to a Christmas lunch. Earlier this year, club members were also treated to a trip on the Bodmin Steam Railway.

Ludgvan Bowling Club

The club meets every Wednesday afternoon between 2pm and 4pm, at Ludgvan Community Centre. Members

play carpet bowls in teams and have a break halfway through for tea and biscuits. No experience is needed, guidance is given and anyone interested is welcome to attend for one or two taster sessions to see whether they would like to join.

Saltash BAPS (Blind and Partially Sighted) Social Club



Saltash BAPS meet for refreshments and entertainment on Tuesday afternoons once a fortnight at Ashtorre Rock. They've had some really enjoyable outings this year such as the Tiverton boat canal and the Round Robin from Paignton to Totnes. They are also planning a harvest festival, a Christmas shopping trip and Tinsel and Turkey in Torquay.

Truro Lunch Club

Members meet up one Tuesday a month for a meal and a get together. Often lunch will be two courses for £10. Everyone is welcome.

Other clubs not affiliated to iSight Cornwall include:

- Active Blind Leisure (ABLE)
- Blind at Sea (BATS)
- Cornwall Association of Blind Shooting Club (CABS), Helston
- Cornwall Rowing Association Blind (CRAB)
- Hayle Social Club
- Young at Heart Social Club, Hayle 

2018 large print wall calendars now in stock

Our popular A3 large print wall calendars are now in stock and are a perfect way to keep track of all of your important dates in 2018.

Each calendar displays one month to a page and shows all major UK public holidays.

They are available to buy from the Resource Centre in Truro, at all our upcoming events or via our online shop. They cost £6 each and members will receive a 10% discount. 



Inspiring Futures

Following on from the success of last year, we are delighted to announce that the Inspiring Futures Fund is once again open.

The fund is designed to support people to maintain their independence. If you think this may be of help to you or someone you know, please contact Jodi Strick on 01872 261110.

It is open to anyone living in Cornwall who is blind or partially sighted. If you were fortunate enough to receive a grant last year you won't be eligible again this year unless your circumstances have significantly changed.

The fund continues to be possible thanks to the generous legacies of people remembering **iSight**Cornwall in their wills. By sharing these incredible gifts we hope to inspire people with sight loss to lead active and independent lives.

Kat

"My long term aspiration is to study English at university. With the computer I received through the Inspiring Futures Fund I now have the tools to achieve my greatest potential and progress into a career." Kat



After receiving support through the Fund, Darren and his colleagues at The Beresford Hotel in Newquay held a raffle and raised £542 for **iSight**Cornwall.

Darren

"Without the help of **iSight**Cornwall I wouldn't be working now. When I lost my sight I sat down with my line manager and went through all the tasks I could still do. There were some things that just weren't possible anymore but there are plenty of things I could still do, I just had to learn how to do them differently than I had before. For example, reading with the help of a video magnifier that I received through the fund. Being able to continue working has allowed me to stay independent and now my confidence is growing all the time." Darren 



The Sight Appeal

We will soon be launching a new appeal to help us raise money for the Charity.

The number of blind and partially sighted people living in Cornwall has almost doubled in the last 10 years.

With this number expected to increase to 32,000 by 2030, it is more important than ever for us to reach more people across the county and give them the support they need to maintain their independence.

As part of the Sight Appeal, we will be reintroducing the cardboard donation boxes that you can keep at home to collect your loose change. 

If you would like to receive one of these donation boxes, please contact James Spencer on 01872 261110 or email jspencer@isightcornwall.org.uk.



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 1** Annual General Meeting, **Trispen and St Erme** Community Centre. 11am
- Nov 16** **Penzance** Library. 10am-3pm
- Dec 13** Christmas at the Sight Centre, **Truro**. 11am-3pm
- Jan 31** St Mary's Church, **Falmouth**, 10am-3pm
- Feb 20** **Carbis Bay** Memorial Hall. 12pm-4pm
- Mar 22** Alexander Hall, **St Blazey**. 10am-3pm
- Apr 10** The John Betjeman Centre, **Wadebridge**. 11.30am-3pm
- May 16** The Old Cattle Market, **Helston**. 11.30am-3.30pm

We will be adding further dates over the next few months so please keep checking our website for details. 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**