Contact

sutton vision

ISSUE 80

Winter 2022

Photo by Vicky Blencowe @VI_VickyPhoto

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Chair Welcome and Thanks

Welcome to the Winter edition of Contact and we hope you enjoy our

80th edition.

As we mentioned in our last Contact, we are excited to launch our Take on 250 fundraising campaign.

Every day in the UK, 250 people begin to lose their sight and to help spread awareness, Sutton Vision is collaborating with 28 other sight loss charities to invite people to Take on 250.

Throughout January, we're encouraging you to take part and raise much needed funds for our work. For inspiration, we'll tell you what our very own trustees and staff (including myself!) are doing to challenge themselves and details of how you can get involved on page 15.

We'd like to welcome our new Trustee, Juliet Milgate. As the Director of Policy and Global Advocacy at Sightsavers, working with people with vision impairment and blindness in more than 33 countries, we feel her experience will be a great asset to the charity.

We're running a new Glaucoma group in January and are interested in starting a Retinitis Pigmentosa (RP) peer support group, you can find out more on page 7-8.

Finally, we're trialling a new way of displaying our social dates for this quarter to make it easier to find in the back of the magazine. Let us know your thoughts!

As usual, we'd love to hear from you with your comments and contributions. Please send these to our Editor at editor@suttonvision.org.uk

Michael

Message from our General Operations Manager

As we move into 2023, I can't believe that I have been with Sutton Vision for a year now. It has been lovely to meet so many of you whether you are a social group member, attend our low vision clinic, have come to

one of our talks and events or volunteer for us on a regular basis. Please do pop in and say hello if you are in the building.

I know with winter now upon us many of you are concerned about the increase in the cost of living. We were pleased to have a talk from the Citizens Advice Bureau early in November about how people can make energy savings and what help is available to them.

I am also pleased that we will be opening our building as a Warm Hub during the winter. Whilst we have always run specific social activities and peer support groups and will continue doing this, we are now also going to be open for people to drop in every Tuesday afternoon and Wednesday morning. You are welcome just to turn up, have a hot drink and meet other people. We will have comfy seating, a range of large print materials and board games and there will always be a volunteer or member of staff on hand to have a chat or to provide you with any information or advice you might need. More information is available in this edition of Contact and we are also seeking funding to provide help with transport for anyone who has difficulty getting here. Do give us a call if you would like any further information about this new service.

Thank you to everyone who completed our social groups survey. If you gave us your name, we will be in touch with you to make sure you have the information you need and are able to get to our groups. Many of you said you would like more opportunities to take part in activities in the community. In response to this we are organising a cinema trip in January, an outing to see The King and I at Wimbledon Theatre in February and are investigating running some dance and gentle exercise classes locally. Do keep the suggestions coming!

Please email us at info@suttonvision.org.uk or give us a call on 020 84097166 if you would like to be added to the mailing list.

Best wishes

Denise

Contact us

Our office number is 020 8409 7166. If you want to email individual members of staff, please see their details below.

General Operations Manager
Denise Crone
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Volunteer Coordinator
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Outreach Worker
Terry Rocks
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Eye Care Liaison Officer
Ann Ryan
annmarie.ryan1@nhs.net

Assistive Technology Coordinator
Vicky Blencowe
vicky.blencowe@suttonvision.org.uk

Sutton Vision Services and Events

Outreach Service

If you would like to find out about what help you are entitled to as a blind or partially sighted person in accessing benefits, advice, advocacy and social activities, our Outreach service is here to help.

This service is FREE and you can book an appointment to visit our Sutton offices or we can come to your home.

For more information, please contact Terry Rocks.

Would you like more social support?

We can provide home visitors, walking buddies and telephone or face to face befrienders. If you would like to find out more or sign up, please speak to Amanda Larter.

Assistive Technology

Did you know that we can help you with making your mobile phone, tablet or laptop accessible?

You can book a one to one or attend a Tech Talk or Tech Social (see our Social Groups and Activities section for the dates). Please email or call Vicky Blencowe for more information.

Low Vision Clinic and Sight Loss Advice

We run a fortnightly Community Low Vision Clinic at our premises in Sutton. You will have an assessment with our Optometrist and speak to a specialist rehabilitation officer from the Sensory Impairment Team.

This service is for people who have been diagnosed with low vision (a sight problem which is not correctable by spectacles), living in the London Borough of Sutton and not already using the Low Vision Clinic at St Helier Hospital.

If you have any questions about this service, please contact Ann Ryan on 07920 650 613 or annmarie.ryan1@nhs.net

New groups/outings for January to March 2023

Warm Hub at Sutton Vision

We will be open for you to drop into our Warm Hub during January-March in the Sutton Vision offices.

These sessions will run on Tuesday afternoons 1.30pm-3.30pm and Wednesday mornings 10am-12pm.

You'll be able to sit and chat, play games or watch TV, have a drink or two (including a free tea, coffee, hot chocolate or mug of soup).

The first session will be Wednesday 4th January. If you would like to find out more then please email info@suttonvision.org.uk or pop in on these dates.

New Glaucoma Support Group

Glaucoma UK is working with Sutton Vision and Epsom and St Helier hospitals to hold a face-to-face glaucoma support group. It's free for anyone affected by, or at risk of developing glaucoma.

The group is a support group and not a medical clinic, so we will not be able to give personal clinical advice.

This will be held at our offices in Robin Hood Lane and the first session will be on Monday 23rd January 2023, 11am-1pm, with speakers Ramona Lichi from Epsom and St Helier Hospital, Terry Rocks from Sutton Vision and Robyn Asprey from Glaucoma UK.

Tea and coffee will be provided. If you would like to attend, please register your interest with Robyn Asprey on 07810 48 47 47 or r.asprey@glaucoma.uk.

Living with Sight Loss Workshop

Being told you have sight loss can be scary and confusing for both you and your family but talking to people in a similar situation can really help.

Our free Living with Sight Loss workshops are for people adjusting to life with visual impairment. These sessions cover:

- Dealing with barriers and coping techniques
- Access to benefits and services
- Using assistive technology
- A talk by the Sensory Impairment Team about practical solutions around the home

One attendee told us: "It was good to meet in a small group, share experiences and learn new things."

We will be running our next workshop on Thursday 2nd March 10am to 2pm, sandwich lunch is included.

Retinitis Pigmentosa peer support group

We are considering starting a RP peer group in early 2023. RP affects 1 in 4,000 people in the UK, including many people who already use our services. We know that many people that live with RP are at different stages of sight loss.

The hope is by running this group locally with some input, we can help people understand the condition and those living with RP can give and offer mutual support.

This group would be run monthly, mainly led by those attending, with some input from the National Retinitis Pigmentosa organization and our Outreach Officer.

South West London Working Age Forum

The South West London Working Age Forum is run every month and includes the various vision charities in South West London. Each session is run by a different charity.

The January meeting will be on Wednesday 25th at Merton Vision, The Guardian Centre, 67 Clarendon Road, Colliers Wood, London SW19 2DX, 6.30pm - 9pm.

The February meeting will be on Wednesday 22nd February at Croydon Vision, Bedford Hall, 72 - 74 Wellesley Rd, Croydon CR0 2AR, 6.30pm - 9pm.

Associate Optical Demo Day

Associate Optical Demo Day will be held on Wednesday 1st March 10am - 2pm at our offices.
They'll offer options such as filters, anti-glare & contrast enhancement, folding, electronic, hand magnifiers and more.

If you would like to attend the Living with Sight Loss Workshop, Retinitis Pigmentosa peer support group, South West London Working Age Forum and/or Associate Optical Demo Day, please call or email Terry Rocks on 020 8409 7166

Trading Standards talk: how can you protect yourself from scams?

Trudy Richards, Environmental Protection Officer with Trading Standards at Sutton Council will join us on Wednesday 22nd February, 11am for a talk on scams and how to protect yourself.

She will cover:

- Different types of scams (online, phone, postal, doorstep)
- Where you can get help
- Advice and guidance to avoid these or report them, if you wish.

If you would like to come along to this talk, please email info@suttonvision.org.uk or call 020 8409 7166.

Empire Cinema Sutton and King and I New Wimbledon Theatre trip

We are running a cinema trip to the local Empire cinema in January. The film and time are yet to be confirmed but this will be in the daytime with volunteers in attendance.

We want to set up a theatre group and make various trips through the year. The first trip will be to the New Wimbledon Theatre for a matinee performance of The King and I, on Wednesday 15th or Thursday 16th February. If you are interested, please let us know at info@suttonvision.org.uk

You will need to pay for the price of your ticket, but transport will be provided and sighted volunteers will attend to support.

If you are interested, please let us know by Tuesday 3rd January (for the cinema) and Monday 9th January (for the theatre) by email info@suttonvision.org.uk or call 020 8409 7166.

Kew Gardens Sensory Tour

Kew Gardens Sensory Tour is taking place on Sunday 12th March at 2pm and we hope to take a group if we have enough interest.

The tour is approximately one hour long and led by Kew's trained volunteers, to maximise the experience of the gardens in a more sensory way.

It's recommended that guests with access needs that might need further support are accompanied by a family member, friend, or key worker. The tour will be outdoors so dressing for the weather is highly recommended.

Tickets are free and include entry into the gardens. If you would be interested in this tour, please email info@suttonvision.org.uk to register your interest.

Day in the life: Vicky Blencowe, Assistive Technology Coordinator

Each Contact, we aim to shine a spotlight on what each of our staff do in a typical day. This time, we spoke to Vicky Blencowe, who works as our Assistive Technology Coordinator.

What does an Assistive Technology Coordinator do?

The main part of my job is raising people's awareness about the accessibility features in all devices and that they are all free of charge.

You just need to know that they're there and that you can use them. There are ones specifically for vision, which can include screen readers, which read everything out on the screen to you.

Siri and Google can be talked to and asked to do various tasks. There are also features for magnification, increasing text size and altering contrast. I also like to share my love of various apps which can help to increase independence, such as getting around, listening to books and object recognition.

I do this within a group session, twice monthly, so people can come and share experiences and new tips and tricks, but I'm also available for one to one’s that can be booked anytime that I'm in the office.

What is your favourite aspect of your job?

As I have lived experience of sight loss as an adult, I can understand and empathise with those going through it, which helps me to show others how I use assistive tech for building confidence and independence.

Once you've learned some basic keystrokes and how to use your device slightly differently to other people, the world is at your fingertips and there is nothing you cannot do.

What did you do before you joined Sutton Vision?

In my previous life, I was a chartered building surveyor, so very different.

I was fully sighted until about 30 and then I was diagnosed with Stargardt disease, which affects my central vision. It's a form of macular degeneration, which means I can no longer read text and see the finer details of people's faces.

I stayed in work for ten years after my diagnosis, using supported software through Access to Work, which allowed me to carry out my work. It was actually through redundancy that I left my role.

What are the challenges of working while visually impaired?

Well, I don't think there are any if you have the support and you have the knowledge of devices.

Do you see people's attitudes towards themselves change when they develop an eye condition?

Very few people realise that people living with a visual impairment can actually use devices such as mobiles and laptops, due to lack of knowledge of the accessibility features within them.

I can support a member coming in and sometimes doing a simple thing such as increasing the text size or using voice control can make all the difference. This means they can confidently and independently navigate their phone, for example, rather than having to rely on other people, such as friends, colleagues or partners.

Do you have any memorable experiences you want to share?

I think my most memorable Tech Social was one we did a few months ago on gaming. Everybody had something to contribute, and we all had a good giggle and were able to share some games that people love playing.

A welcome to our new Trustee, Juliet Milgate

Juliet is our newest trustee, joining Sutton Vision in October 2022. Juliet is the Director of Policy and Global Advocacy at Sightsavers, an international development organisation based in Haywards Heath. Sightsavers works with people with vision impairment and blindness and people with disabilities in more than 33 countries, mainly sub-Saharan Africa, and Southeast Asia. The organisation got its name from a Blue Peter appeal.

Juliet has been interested and passionate about disability rights and development for most of her career. Joining the Diplomatic Service in the Foreign and Commonwealth Office, she lived and worked in Croatia, Saudi Arabia, and Nigeria. From the FCO she moved to work for The Rt Hon Lord Ashley of Stoke, C.H. who lived in Epsom. A former miner, Jack was the first Member of Parliament to acquire a disability (he became deaf) and remain a working MP. Jack was a funny, respected, clever politician. In the House of Lords Juliet worked for him as a Research Assistant and learned first-hand about disability rights, which was an exciting time. Juliet then studied International Development, part time at the Open University, joined Merlin a humanitarian organisation and eventually found Sightsavers in 2012.

At Sightsavers, her role is to ensure that decision makers have the right information necessary to make decisions on national and global policy affecting eye health, disability, and inclusive education.

Juliet currently lives in Kingswood and prior to that lived in Tooting and Raynes Park, so she knows the Sutton area very well. Juliet hopes she can bring an informed, sensible, and caring voice to the Trustee role, to add to those already in place and also learn more about the issues she loves so much.

Volunteer News

We'd like to welcome two new volunteers, Gill & Amanda, who have recently joined Sutton Vision. They'll be working in our office and will be supporting the team with additional admin.

There will be a Volunteer Befrienders coffee morning running every quarter from Wednesday 25th January 10.30am -12.30pm at Sutton Vision. This will give an opportunity to keep in touch with the Sutton Vision team and speak with other volunteers about your befriending experiences. If you'd like to join for this, then please let Amanda know.

Thank you to those who took part in our first aid training session. Next year, we will be running refresher sessions on safeguarding provided by the RNIB for volunteers and also offering sight guide training. Amanda will be in contact to update all volunteers on when these sessions will be running.

As you've seen earlier in Contact, we'll be running a Warm Hub (details on page 7). For the days when we run, we'll be looking for volunteers to support with setup, refreshments, conversation and providing information.

We will be arranging outings and day trips throughout the year (see page 7-10) and to make this possible, we will need some sighted guide volunteers to support the Sutton Vision team. Please note that full sight guide training will be given if you are interested.

We are also looking for new volunteers to act as scribes for teams playing Scrabble and other games, as well as to support with refreshments with social groups, walking buddies, and befrienders.

If you are interested in any of these opportunities, then please Contact our Volunteer Coordinator, Amanda Larter at amandalarter@suttonvision.org.uk or call 020 8409 7166 or find out more information at www.suttonvision.org.uk/volunteering-vacancies

Fundraising news

Take on 250

As promised in the last edition of Contact, we are launching Take on 250 throughout January 2023 and we're encouraging your participation!

With Visionary and 28 sight loss charities, the campaign will aim to raise money as well as awareness of the fact that, in the UK, 250 people begin to lose their sight every day.

If you or your friends and family would like to fundraise for us, you can choose any activity with the theme of 250. This could be, for example, baking 250 cakes, knitting 250 hats or running 250 laps. The choice is up to you and/or your team, including your fundraising target.

We can set up your own JustGiving fundraising page, linking to our page. It means all the donations come straight to the charity and makes fundraising easy, just contact Caroline Revell at carolinerevell@suttonvision.org.uk for more information.

You can also support us with a donation by visiting our Just Giving page at justgiving.com/campaign/takeon250suttonvision and for inspiration, find out what our trustees and staff are challenging themselves to:

- Louisa Syrett and Juliet Milgate will be swimming & cycling 250km, with Graham Randles, cycling 250km
- Anthony Richman will use his personal trainer work for a 'PT250', running classes with attendees donating and doing 250 reps
- Michael Parsons will do 250 steps a day (whatever the weather!)

- Denise Crone, our General Operations Manager, will be walking 250km

Community News

Sutton Information Hub

The Sutton Information Hub is a new website that provides residents with a single place to find information about local groups, clubs, services and support relevant to them.

This is for all residents in the borough, from children to older residents and is run by Sutton Council in collaboration with local partners, charities and statutory organisations, including Cognus and Community Action Sutton.

Our services are registered on the site as part of this service and if you want to find out more, please visit www.suttoninformationhub.org.uk

Free photo ID

The Elections Act 2022 means that in future photo ID will be required in order to vote.

This will particularly affect young people & other groups with limited resources. CitizenCard are now offering their Home Office-approved photo ID cards free if you use code FREEVOTERID when completing your application. Go to www.citizencard.com to apply.

Repair Cafe Sutton

If you have something broken that you can't afford to or don't want to replace, consider getting it fixed at the Sutton Repair Cafe.

It's a free monthly event where volunteers tackle repairs of household items ranging from electrical and mechanical appliances to textiles and bicycles.

Bring your item for repair on the second Saturday of every month between 11am and 2pm, to Yourspace.sutton community garden, the nursery garden in Seears Park, St Dunstan's Hill SM1 2LR. No need to book in advance. Find out more: www.facebook.com/suttonrepaircafe

Personal Independence Payment/Attendance Allowance

If you live with visual impairment, both Personal Independence Payment (PIP) and Attendance Allowance (AA) are benefits to support those with a long-term illness or disability. They're not currently means tested, so savings, National Insurance contributions or earnings are not a deciding factor. PIP is for those of working age and AA is for those over State Pension age.

PIP has two parts: a daily living component and a mobility component, standard or enhanced. How much PIP you could get depends on how difficult it is for you to do certain things – such as preparing food, dressing or getting around.

Attendance Allowance has two rates: lower and higher, depending on the care you need and usually paid every 4 weeks. To qualify, you need to meet **all** the following criteria:

You're over State Pension age, you have any type of disability or illness, including sight or hearing impairments, you could benefit from help with personal care or supervision day or night, you have needed help for at least 6 months

How do I claim Personal Independence Payment or Attendance Allowance?

You can apply for the PIP claim form via the Department for Work and Pensions on **0800 917 2222** (textphone **0800 917 7777**). For Attendance Allowance, call **0800 731 0122** (textphone **0800 731 0317**)
Be really clear about how your illness or disability affects your life and attach any supporting information

For both, once you've submitted your form, it will be assessed by a healthcare professional, and you may need a face-to-face assessment You'll get a score based on this information and it determines how much

PIP you might receive. If your claim is turned down or you feel the score is incorrect, you can challenge it.

If you require more support for either PIP or AA claims, please speak to Sutton Citizens Advice Bureau on **0208 405 3552** or citizensadvicesutton.org.uk

Broadband deals if you're on a low income — how to get a social tariff

If you receive financial support, you can get broadband from some providers, known as 'social tariffs', at much lower prices.

USwitch offer advice on where to access this help and where you can find social tariff broadband deals.

Social tariffs

A way to get broadband for customers receiving Universal Credit and other types of financial support. They're much cheaper than the standard monthly rate for the service and are reserved for these customers to help them afford the usual monthly price of a broadband connection.

They're still usually the same speed and quality as other home broadband deals, the only difference is the price.

From August 2022, providers themselves will be able to confirm which customers are eligible for social tariffs, removing the need for customers to prove their own eligibility.

The following table shows which providers offer discounted broadband deals for those on low incomes:

JSA = Jobseeker's Allowance
UC = Universal Credit
ESA = Employment and Support Allowance
DA = Disability Allowance
PC = Pension Credit
PIP = Personal Independence Payment
IS = Income Support
HB = Housing Benefit
AA = Attendance Allowance
CLS = Care Leavers Support

Provider	Deal	Speed	Price per month	What you need to claim to qualify
Vodafone vodafone.co.uk	Essentials	38Mbps	£12	JSA, UC, ESA, DA, PC, PIP
Community Fibre communityfibre.co.uk	Essential	10Mbps	£12.50	None but 12-month contract
Virgin Media virginmedia.com	Essential Essential Broadband Plus	15Mbps 54Mbps	£12.50 £20	UC and living in an area Virgin covers
BT bt.com	Home Essentials 1 Home Essentials 2	36Mbps 67Mbps	£15 £20	UC, income-related ESA, PC (guarantee credit element), IS or income based JSA
Hyperoptic hyperoptic.com	Fair Fibre 50 Fair Fibre 150	50Mbps 150Mbps	£15 £25	UC, IS PC, income related JSA, HB, PIP, AA, CLS or income related ESA and living in an area Hyperoptic covers
Sky sky.com	Basics	36Mbps	£20	UC or PC and be an existing Sky broadband customer
NOW	Basics	36Mbps	£20	UC or PC

help.nowtv.com				

Easy Winter warmer meals with four ingredients

With Winter upon us and budgets tight due to the cost-of-living-crisis, keeping an eye on the pennies is even more important than usual.

Courtesy of the British Heart Foundation, we share three easy recipes, perfect for a quick meal, especially if it's just for you and/or one other to keep your warm during the colder months, with just 4 ingredients!

Spinach and lentil curry (serves 1)
Ingredients: 100g green lentils, ½ onion, 1 tsp curry powder, 100g spinach.
1) Put lentils, onion and curry powder in saucepan and cover with water.
2) Simmer for 20 minutes or until lentils are soft. Stir occasionally. Add water if needed.
3) Add spinach (fresh or defrosted). Cook 5 minutes more.
4) Serve with boiled brown rice or a jacket potato.

Creamy salmon pasta (serves 1)
Ingredients: 100g pasta, 50g frozen peas, 1 small tin of salmon, 2 tablespoons of low-fat soft cheese
1) Cook pasta to packet instructions and add peas 2 minutes before end of cooking time.
2) Drain tinned salmon and stir in with low-fat soft cheese over a low heat for 1 minute.

Chicken tray bake (serves 2)
Ingredients: 2 skinless chicken thighs, 1 pepper, 1 onion, 1 tin of new potatoes.
1) Put skinless chicken thighs, wedges of pepper and onion, and new potatoes in non-stick oven dish or roasting tin.
2) Bake in an oven at 200°C for 45 minutes or until chicken juices run clear when pierced with fork and there is no pink meat.

Sutton Libraries Digital Library review

I really used to enjoy visiting the libraries of Sutton and Cheam, when I had enough sight before 2017, and I was quite interested to see (well, read with a screen reader!) an email advertising the new Digital Library in my inbox.

Having grown up and gone to school in the local area, I have always been quite fond of Sutton Libraries. As a child, the idea was that friends, family and mainly the library would help us find and hopefully learn some of the answers before there was a test for us at school. Obviously, this was a long time before Google, so it gave for someone like me a good introduction to libraries.

For me, by the mid 2010's and approaching mid-life and sight loss, I was pretty happy with my access to my local library services and would also often use the computer/internet services at Sutton or Cheam. A good excuse for going out and 'visiting' a city like Dublin or Torino for a day.

In the end, sight loss took over around 2015 but today, I can enjoy reading across a range of devices, which I guess I am pretty fortunate to be able to do.

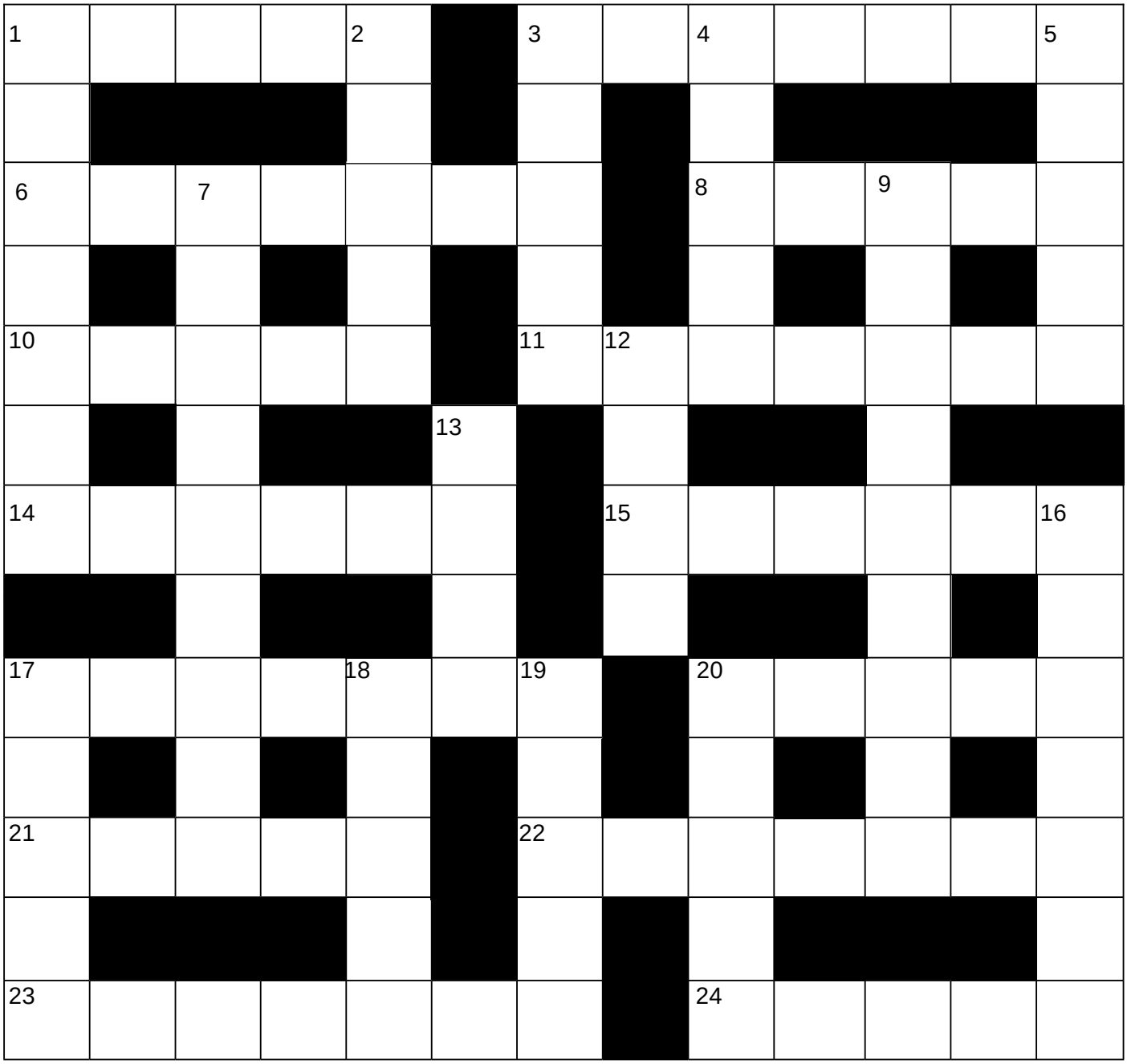
I am finding myself back, at least virtually, browsing the shelves at the new Sutton Library Digital Library on a computer again. The website is, I think in a semi-public testing stage but hopefully in the future, more people might be able to access it.

It now seems to offer a lot more, in terms of local news and attractions than the older system and also quite a lot to learn and navigate.

I am still a fan of local libraries and their services. No adverts and free at the point of use plus the chance of finding a local gem are hopefully things that have not died since the 1980's!

Pierre Shlimon

Crossword



Crossword Clues (answers on page 24)

ACROSS

1. Denim trousers (5)
3. Titter (7)
6. Not sweet (7)
8. Discharge from the army (5)
10. Allowed by law (5)
11. Increased threefold (7)
14. US Currency (6)
15. Beginner (6)
17. Suspended loosely (7)
20. Shoddy (5)
21. Fold (5)
22. The ……. File, novel (7)
23. Circus apparatus (7)
24. Pungent (5)

DOWN

1. Pushed roughly (7)
2. Skiff's oar (5)
3. Burial place (5)
4. Needless (5)
5. Fix firmly (5)
7. Self-appointed crime fighter (9)
9. Insect with many pairs of legs (9)
12. Smallest piglet (4)
13. Costing nothing (4)
16. Left unprotected (7)
17. Storehouse (5)
18. Woodwork machine (5)
19. Ambition (5)
20. Chocolate powder (5)

Crossword Answers

ACROSS

1. Jeans
3. Chuckle
6. Savoury
8. Demob
10. Legal
11. Trebled
14. Dollar
15. Novice
17. Dangled
20. Cheap
21. Pleat
22. Ipcress
23. Trapeze
24. Acrid

DOWN

1. Jostled
2. Scull
3. Crypt
4. Undue
5. Embed
7. Vigilante
9. Millipede
12. Runt
13. Free
16. Exposed
17. Depot
18. Lathe
19. Drive
20. Cocoa

VI Leisure Group (VILG)

The VILG organises its own programme and acts as the point of Contact for participants. Although Sutton Vision supports and encourages the VILG and their activities, those taking part should be aware that any events organised directly by the VILG are independent of Sutton Vision and are the responsibility of the VILG only.
They are peer led and always welcome new ideas for groups so if you have any suggestions or are interested in finding out more, please Contact Sue Christie on 07891 783291 or e-mail susanannchristie@gmail.com.

Event	Date	Venue
VI Leisure Group Coffee Morning Waterstones	1st Friday of each month from 10.30am	Waterstones Book Shop, High Street, Sutton
VI Leisure Group Book Club	4th Monday of each month from 10.30am.	Waterstones Book Shop, High Street, Sutton
VI Leisure Group The Hope Pub	1st Monday of each month from 12.30pm	The Hope Pub, 48 West Street, Carshalton

Don't forget….

Clocks go forward Sunday 26 March, 2am!

Social Groups and Activities

We have a varied and interesting programme of activities here at our building at 3 Robin Hood Lane, Sutton. These are all free, although donations are very welcome too! We are still taking care to make sure everyone is safe on their visit to Sutton Vision premises, providing hand sanitisers on tables on arrival.

Dates were correct at time of print, but please do ring to check sessions are on. If you would like more information or to book a place, please call Amanda Larter on 020 8409 7166.

NEW – Warm Hub/Resource Hub Drop-In and Glaucoma Group

More details on page 7

Sutton Vision Coffee Morning / Social Eyes

An opportunity to come, relax and have a chat about...whatever you'd like, with a friendly group. As the name suggests, coffee, tea and even a biscuit is thrown in.

Charles Bonnet Support group

This group provides peer support for those affected by Charles Bonnet, as well as their family members and carers.
This is an opportunity to meet with others in a similar position and hear about the strategies used by group members to manage their visual hallucinations, caused by living with sight loss.

Lunchtime Quiz

Test your grey matter with our quiz, with rounds on different subjects and even some general knowledge

Assistive Technology and Wellbeing Zoom sessions

Sutton Vision are pleased to be part of the award-winning Rainbow Collaboration Group, presenting 2 sessions a month on Zoom. The meetings can be joined online at us02web.zoom.us/j/4580437872, using Meeting ID: 458 043 7872. We'll also be running the Zoom sessions on the large screen in our offices as a group, with tea and coffee offered.

2nd Thursday of the month at 10am-11am on Zoom - "Live Well" sessions, with a guest speaker and information around wellbeing.

4th Thursday of the month at 10am-11am on Zoom - "Future Vision" workshop, showcasing the very best in assistive technology for people with sight loss.

For more information, email our Assistive Technology Coordinator, Vicky Blencowe vicky.blencowe@suttonvision.org.uk.

Macular Society Social Morning

Sutton Macular Group is back offering its monthly meetings for people living with Age Related Macular Degeneration (AMD) and their partners or carers.

The meetings, which take place on the second Monday of the month between 11am and 1pm, are held at Sutton Vision's offices in Robin Hood Lane. Normally, membership fees and monthly contributions apply, but currently, no charges will be made.
For more, contact Diana Coman on suttonmacular@gmail.com or call 07970 525 143

Tech Talk and Social

Want to make your smartphone, laptop and tablet work better for you? These sessions, with our Assistive Technology Coordinator can cover ways to make these accessible for visually impaired and blind people so you can use your tech to your full advantage. Tech Talk is specific subjects, whereas Tech Social is for a chat and whatever you need help with.

Working Age Social Group

Chat, drink and eat at our monthly social for people of working age. This is held at Robin Hood Pub in Sutton, opposite our offices. A group will leave from our offices just before 4pm or you can meet us there; just drop in when suits you.

Bingo

Play to get a line or a full house and you might even win a prize! Join us for our lively game and a biscuit or two.

VI Scrabble

Come and have a game of Scrabble or two! Our large print and braille boards make the game more accessible, so a great opportunity to pit your wits.

Art and Craft

Let your creative juices flow with our art and craft group; paint, draw and more.

Crossword

Challenge yourself to do a crossword as a group with a sighted volunteer.

January's social groups and activities

Monday	Tuesday	Wednesday	Thursday
2	3	4 Warm Hub Drop In 10am-12pm VI Bingo 1.30pm - 3.30 pm	5 Tech Talk 1-3pm All about reading & AI object recognition, eBooks/audio books. Use apps to read your mail, barcodes and find things
9 Macular Group 11am-1pm VI Scrabble 1-3pm	10 Warm Hub Drop In 1.30pm-3.30pm	11 Warm Hub Drop In 10am-12pm Crossword 10.30am-12.30pm	12 Livewell Zoom Session (Charles Bonnet Talk) 10am-11am
16 Lunchtime Quiz 12pm - 2pm	17 Warm Hub Drop In 1.30pm-3.30pm	18 Warm Hub Drop In 10am-12pm	19 Tech Social 1pm-3pm Social Eyes 2pm-4pm
23 Glaucoma support group 11am-1pm VI Scrabble 1pm-3pm	24 Warm Hub Drop In 1.30pm-3.30pm	25 Warm Hub Drop In 10am-12pm	26 Future Vision Zoom session 10am-11am Charles Bonnet Group 11am-1pm Art and Craft 1pm-3pm Working Age Social 4-7pm
30	31 Warm Hub Drop In 1.30pm-3.30pm		

February's social groups and activities

Monday	Tuesday	Wednesday	Thursday
		1 Warm Hub Drop In 10am-12pm VI Bingo 1.30pm - 3.30 pm	2 Tech Talk 1-3pm Getting around and navigation, plan your journeys on public transport and walking
6 Coffee morning 10am-12pm	7 Warm Hub Drop In 1.30pm-3.30pm	8 Warm Hub Drop In 10am-12pm Crossword 10.30am-12.30pm	9 Livewell Zoom Session 10am-11am
13 Macular Group 11am-1pm VI Scrabble 1-3pm	14 Warm Hub Drop In 1.30pm-3.30pm	15 Warm Hub Drop In 10am-12pm	16 Tech Social 1pm-3pm Social Eyes 2pm-4pm
20 Lunchtime Quiz 12pm-2pm	21 Warm Hub Drop In 1.30pm-3.30pm	22 Warm Hub Drop In 10am-12pm Trading Standards talk on scams 11am-12pm	23 Future Vision Zoom session 10am-11am Charles Bonnet Group 11am-1pm Art and Craft 1-3pm Working Age Social 4-7pm
27 VI Scrabble 1pm-3pm	28 Warm Hub Drop In 1.30pm-3.30pm		

March's social groups and activities

Monday	Tuesday	Wednesday	Thursday
		1 Warm Hub Drop In 10am-12pm VI Bingo 1.30pm - 3.30 pm	2 Tech Talk 1-3pm Communications- email, WhatsApp, video calling and social media platforms Living with Sight Loss Workshop 10am-2.30pm
6 Coffee morning 10am-12pm	7 Warm Hub Drop In 1.30pm-3.30pm	8 Warm Hub Drop In 10am-12pm Crossword 10.30am-12.30pm	9 Livewell Zoom Session 10am-11am
13 Macular Group 11am-1pm VI Scrabble 1-3pm	14 Warm Hub Drop In 1.30pm-3.30pm	15 Warm Hub Drop In 10am-12pm	16 Tech Social 1pm-3pm Social Eyes 2pm-4pm
20 Lunchtime Quiz 12pm - 2pm	21 Warm Hub Drop In 1.30pm-3.30pm	22 Warm Hub Drop In 10am-12pm	23 Future Vision Zoom session 10am-11am Charles Bonnet Group 11am-1pm
27 VI Scrabble 1pm-3pm	28 Warm Hub Drop In 1.30pm-3.30pm	29	30 Art and Craft 1-3pm Working Age Social 4-7pm

Useful Telephone Numbers

The following list of useful numbers includes an emergency number for the London Borough of Sutton and St Helier Hospital Eye Unit.

Together for Sutton		020 8254 2616
Age UK (Sutton)		020 8078 0002
Friendly Club		020 8669 4106
London Borough of Sutton		020 8770 5000
LB Sutton Referral Point		020 8770 4565
Macular Society (National)		01264 350 551
Macular Society (Sutton)		07970 525 143
Merton Sports & Social Club		info@mssc.org.uk
RNIB Helpline		0303 123 9999
St Helier Hospital Eye Unit		020 8296 3800
St Helier Hospital Eye Unit	EMERGENCY	020 8296 3817
Sight Loss Adviser, Ann Ryan		07920 650 613
Sutton Carers' Centre		020 8296 5611
Sutton Talking Newspaper		020 3759 6679
Sutton South Hello		07790 031 764

Our address is 3 Robin Hood Lane, Sutton, Surrey, SM1 2SW