Sutton Vision
Enabling and Empowering

CONTACT

Issue 74

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Editorial

Welcome to Issue 74 of Sutton Vision's CONTACT Magazine.

These are exciting times for Sutton Vision and this edition of CONTACT includes plenty of good news as well as practical information and our regular puzzles and quiz.

We start with a funding update from our Chief Officer, Tegan Jones. This includes news of a new grant that will allow us to continue to deliver our existing services but also to do more.

Further information will be included in the next edition of CONTACT so please watch this space.

I'm also pleased to announce that Sutton Vision's offices are now open again, in accordance with government guidelines.

The opening times are: Monday – Thursday (10.00am – 3.00pm).

Comments and contributions to CONTACT magazine from the Sutton Vision community and partners are always welcome and may be sent to our Editor at editor@suttonvision.org.uk.

We are always interested to hear what you think of CONTACT and to receive ideas about articles for inclusion.

GO PAPERLESS, GO GREEN!

If you would like to switch to an email edition of CONTACT, please let us know by sending an email request to Vicky.Blencowe@suttonvision.org.uk.

"Everything you can imagine is real."

— Pablo Picasso

News from Tegan Jones, Chief Officer

LOTTERY FUNDED

Earlier this year, working closely with Anthony Richman (Trustee) and Louisa Syrett (Vice-Chair), I submitted a proposal to the National Lottery. After a few months of nail-biting tension, in May we found out that we had been successful! The three-year grant, valued at just shy of £350,000, will allow Sutton Vision to:

- Diversify the range of services we offer to visually impaired people to include new events, technologies and support services.
- Extend our work to reach a wider range of people living with vision impairment in Sutton.
- Make significant improvements to our resource centre creating a vibrant hub for the Sutton Vision community.

Sutton Vision's Chair, Michael Parsons says: "We're delighted that The National Lottery Community Fund has recognised our work in this way. Now we will be able to reach many more people with our services. Independence and wellbeing are at the heart of our work. Our goal with this funding is to reduce isolation and support those with a visual impairment to become more independent through visual aids, technology and social interaction."

Erica Grimsey, volunteer at Sutton Vision, commented: "As a volunteer for Sutton Vision, I know that isolation is a huge challenge for people newly diagnosed with visual impairment. This new funding will allow us to offer an increased and a more diverse set of volunteer-led peer groups. These groups offer support, assurance and friendship; they and are so important, particularly after the COVID-19 lockdowns."

St Helier Hospital Update

Sight Loss Adviser, Ann Ryan, is available for St Helier Eye Unit appointments, advice and support. If you attend in person at St Helier, you will have your temperature checked on arrival and will be given a mask to wear whilst in clinic.

If you have any questions or queries, please contact Ann Ryan on 07920 650 613.

Low Vision Clinic

We are offering face-to-face assessments at our centre in Robin Hood Lane or an assessment by telephone if you prefer.

Please telephone Sutton Vision on 020 8409 7166 for an appointment or for more information.

If you need to speak to our optometrist or need a replacement magnifier, please call and leave a message on our answer phone.

Product Awareness Demonstration Day

Sight and Sound Technology will be holding a Product Awareness Information Day at Sutton Vision on Wednesday 11th August. It will run between 10.00am – 2.30pm.

Sight and Sound Technology manufacture and sell low vision aids to enhance reading. They provide a range of video magnifiers, Braille products, scan and reading machines, mobile phone solutions and access software for people with sight problems.

If you would like to attend, please call Vanessa on 020 8409 7166 or email vanessavalentine@suttonvision.org.uk to book a slot.

Volunteer News

Sutton Vision will be updating the website shortly with new volunteer roles available from July. This will include volunteer drivers, gardeners, tech support for social media/podcast content and community awareness champions.

We are pleased to welcome back our volunteers to social activities in the garden over this coming summer.

We are always interested in new activities and would like to hear from you if you have a skill that you can offer our VI members, as a social activity or peer support group.

Telephone Befriending Service

If you are feeling lonely, isolated or just want someone to call you for a friendly chat, we can match you with a volunteer who will be happy to call you.

A big thank you to our team of telephone befrienders who are doing a great job of contacting our VI members who have requested this service on a weekly basis during the pandemic.

Social Groups & Activities
July and August

We are very pleased to announce the return of Sutton Vision's much-loved social groups and activities. Here are the dates and times of the activities in July and August.

LUNCHTIME QUIZ

Monday 19th July 1.00 – 3.00 pm

Monday 16th August 1.00 – 3.00 pm

ART & CRAFT

Thursday 29th July 1.00 – 2.30 pm

Thursday 26th August 1.00 – 2.30 pm

TECH SOCIAL

Thursday 15th July 1.00 – 3.00 pm

Thursday 19th August 1.00 – 3.00 pm

SOCIAL EYES COFFEE MORNING

Thursday 15th July 10.00 am – 12.00

Thursday 19th August 10.00 am – 12.00

VI SCRABBLE GROUP

Monday 12th & 26th July 1.00 – 3.00 pm

Monday 9th & 23rd August 1.00 – 3.00 pm

GARDEN COFFEE MORNING

Monday 5th July 10.00 am – 12.00

Monday 2nd August 10.00 am – 12.00

TECH TALK

Thursday 1st July 1.00 – 3.00 pm

Thursday 5th August 1.00 – 3.00 pm

All the Sutton Vision Groups listed are held at our premises at 3 Robin Hood Lane, Sutton.

The activities and events are free of charge, though donations are welcome.

Covid guidelines are in place through the Sutton Vision premises so please make sure you sanitise your hands on arrival and wear a mask until seated.

If you would like more information or to book a place, please call Amanda on 020 8409 7166.

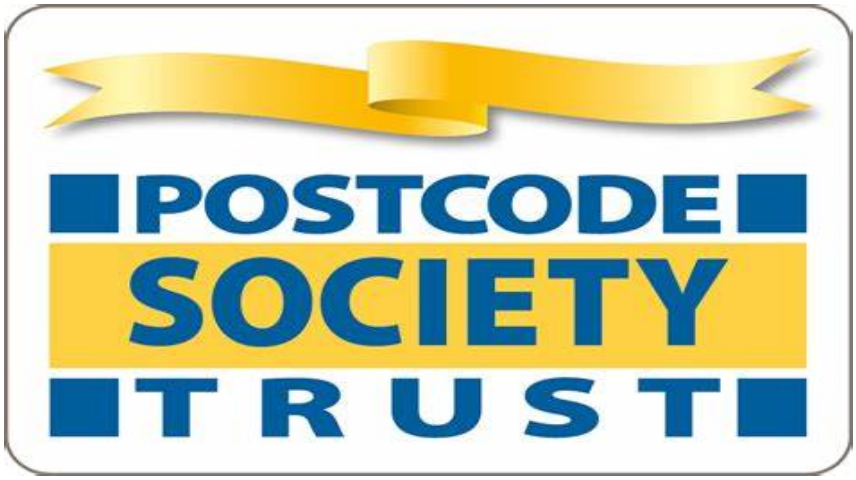
Sudoku

Each Horizontal/Vertical line must contain one of each digit (1- 9)

		4		2	9	8		3
	2	8	3		7			
7	3	9	8					
		2			3		6	5
3			6			1		8
1	5			8	2		3	4
			4	9		3		
9							8	
	6	5					9	

Thanks to our funders …

We would like to thank the following organisations for providing us with a grant which funded our Sensory Garden.



Book a home fire safety visit with London Fire Brigade

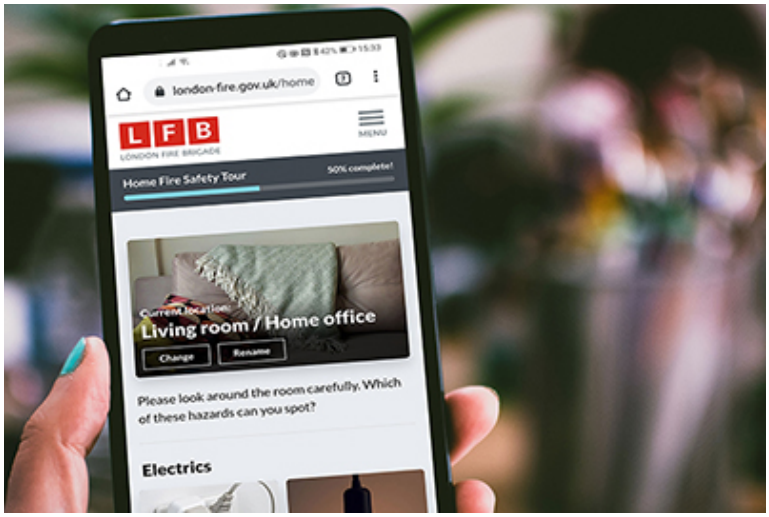
Many fires at home start accidentally and the effects can be devastating. To help prevent accidents and keep you safe, we provide a free home fire safety visit service.

By taking some simple precautions, you can prevent a fire from happening – making everyone in your home a lot safer. London Fire Brigade officers can visit you at home and provide fire safety advice suited to your individual needs and home. They can also fit free smoke alarms and specialist alarms for people with visual or hearing impairments.

If you need help with a fire-related issue, you can:

- call the London Fire Brigade free on 0800 028 4428
- email smokealarms@london-fire.gov.uk
- text/SMS 07860 021 319

The London Fire Brigade will ask questions to help assess the fire risks in your home and any health risks involved in visiting you. If your answers suggest that you're at higher risk of fire and that a visit won't endanger you or their crews, they will arrange a visit. If not, they will offer advice over the phone and recommend postponing a visit until after the Covid-19 pandemic has ended.



Quiz Questions -Test your Knowledge

1) What is the world's smallest country?

2) Which country won the first Eurovision Song Contest in 1956?

3) Wayne Rooney scored his Premier League first goal against which team?

4) What is the collective noun for a group of giraffes?

5) What is the currency of Sweden?

6) Where was Queen front man Freddie Mercury born?

7) What colour is found on 75% of the world's flags?

8) How many wings does a bee have?

9) Who is the Premier League's all-time top scorer?

10) How many muscles does a cat have in each ear?

11) What name is given to the dot on top of the letter i ?

12) Which England footballer famously never received a yellow card?

News on Global Eye Health from Sutton Vision's Vice-Chair, Louisa Syrett

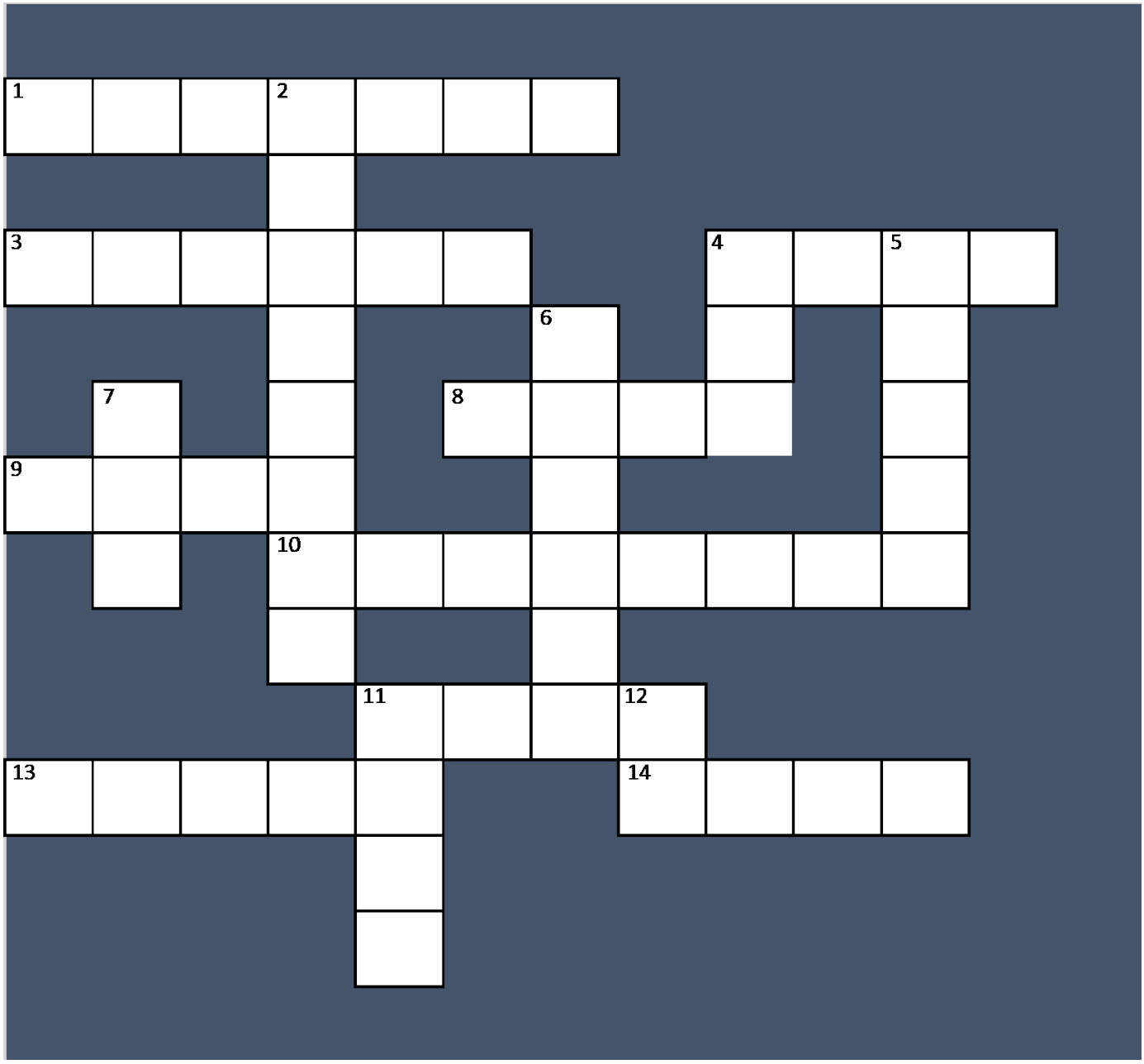
As well as my role as Vice-Chair for Sutton Vision, which brings me great pleasure, in my day job I'm the Global Advocacy Advisor for The Fred Hollows Foundation (FHF). This is a charity established in Australia by ophthalmologist Professor Fred Hollows, which now works in over 25 countries across the world working to end avoidable blindness.

Over the last few years, FHF, with the rest of the global eye health sector, have focused on the adoption of a World Health Assembly Resolution on eye health and in August 2020 this was achieved. The resolution committed governments around the work to make eye care an integral part of Universal Health Coverage. Moreover, this year in June, the World Health Assembly went one step further, and set global targets on Refractive Error and Cataract Surgery for governments to achieve by 2030.

Why is this important? This is important because blindness and vision impairment are not peripheral issues but affect almost a third of the global population today and this is number is only expected to rise. At least 2.2 billion people are currently living with vision impairment and at least one billion of those are living with a condition that could have been prevented or is yet to be addressed. This resolution and its targets will force governments around the world to recognize the true magnitude of eye-care needs within their populations.

If you would like more information about eye health care globally, please visit the International Agency for the Prevention of Blindness 'Vision Atlas' (https://www.iapb.org/learn/vision-atlas/) which gives a panoramic view on all things eye health and is a compilation of the very latest eye health data and evidence. It is a tool for all who believe that in the 21st century, no one should have to live with vision impairment from eye conditions that can be easily treated or prevented.

Crossword



Crossword Clues

Across

1) Americans call it a “vacation” (7)

3) A soft wind (5)

4) An American dollar (4)

8) The sun is out, the sky is …. (4)

9) The first month of summer (4)

10) Roman Emperor, who gave his name to a summer month (8)

11) Found in the sea or with 5 down (4)

13) Sky without 6 down

14) Largest member of the dolphin family (4)

Down

2) A cold treat, enjoyed in summer (3,5)

4) Insect that is essential to pollinating plants (3)

5) Often eaten with 11 across (5)

6) White and fluffy, number 9 is famous (6)

7) Daylight source (3)

11) Amphibian (4)

12) Devon village and beach: Westward … ! (2)

Puzzle answers

Quiz answers

1) Vatican City
2) Switzerland
3) Arsenal
4) A tower
5) Swedish krona
6) Stone Town, Tanzania

7) Red
8) Four
9) Alan Shearer
10) 32
11) A “tittle”
12) Gary Lineker

Crossword

Down

2. Ice cream
4. Bee
5. Chips
6. Clouds
7. Sun
11. Frog
12. Ho

Across

1. Holiday
3. Breeze
4. Buck
8. Blue
9. June
10. Augustus
11. Fish
13. Clear
14. Orca

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.

Advice Link Partnership Sutton (ALPS)	020 8254 2616
Age UK (Sutton)	020 8770 4090
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	020 8540 5446
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