# Contact

sutton vision

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# Chair Welcome and Thanks

Welcome to the Autumn 2023 edition of CONTACT.

It's been fantastic to see so many people enjoying new and existing activities at Sutton Vision this year. We've started new groups this year including Creative Corner and Knit and Natter and organised trips to Brighton and Hampton Court Place.

These meetings have been a fantastic opportunity for people to catch up, chat, share information and have fun and we look forward to doing more in 2024!

Our trustees were proud to represent the needs of users of Sutton Vision, writing a letter to Southern, as one of our local railway operators and opposing the threat of ticket office closures in train and tube stations around the country. For many visually impaired people, these closures would make travel so much more problematic and we hope that the current consultation by transport companies, supports this view.

We're pleased to announce that we will again be part of Take on 250 in January. As you may recall, this is a month to raise money and awareness that every day in the UK, 250 people begin to lose their sight. Last year, our trustees took on various challenges but now we'd like this year's event to be bigger and better and we need your help, details of which are on p.16.

We often have to send Contact to press before we have all the dates agreed for the coming quarter so please do let us know if you have an email address and would like to sign up to our e-newsletter. This will enable us to let you know about our latest news, events and social activities between editions of our printed magazine.

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

July 2023 was one of the wettest on record and as I write this in the middle of August, the weather is still very unsettled. Whilst it might not have been great for the summer holidays, the wet weather has been fantastic for our garden, which has looked beautiful and produced the most amazing vegetables including tomatoes, beans, carrots, beetroot and courgettes. Thank you to everyone who has helped to plant, grow and weed over the Spring and Summer.

The last couple of months have also seen our trustees start planning for our future as we come to the end of our current 3-year plan. I would like to thank members of our newly formed sight loss advisory group for their thoughts and initial contributions to this work. Involving people with a visual impairment in our planning is essential if we want to make sure that our services and support are relevant and timely.

From these initial discussions, we will be looking at how we best meet people's emotional and psychological support needs and continue to increase our reach to people from all communities across Sutton.

We will also be reviewing the content and format of Contact magazine, so do let me know if you have views or suggestions about how we can improve our information and communication with you.

As many of you will be aware, Sutton Vision is a charity that receives no government funding and we therefore rely on donations and gifts from our supporters and grants from trusts and foundations to enable us to continue to support people with sight loss in the borough. We were therefore very grateful to receive a grant of £10,000 recently from the Postcode Society Trust.

As Michael has mentioned, we will be running our Take on 250 fundraising campaign again this January including organising a special Take on 250 day at Sutton Vision. If you or anyone among your family and friends would like to fundraise for us as part of this campaign please do get in touch with me.

Finally, I am really pleased to be able to confirm that we will be holding another pop up COVID vaccination clinic in our building. The NHS have kindly agreed to come and give booster vaccinations on Tuesday 24th October between 10am and 12pm. The Autumn booster is available for those people at greatest risk of serious illness from COVID including anyone over the age of 65. If you find it difficult to get to your GP or pharmacy and would like to take up the offer of a booster at our building instead, please let us know that you are planning to attend so we can ensure that the nurses bring sufficient vaccination supplies. As usual we will make sure there is plenty of tea, coffee and biscuits available!

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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Projects & Communications Officer
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Outreach Worker
Terry Rocks
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Eye Care Liaison Officer
Ann Ryan
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Assistive Technology Coordinator
Vicky Blencowe
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# Sutton Vision Services

## Community Low Vision Clinic

Our Community Low Vision Clinic runs fortnightly at our office in Sutton. These appointments give you the opportunity to speak to a specialist rehabilitation officer from the Sensory Impairment Team and have an assessment with our Optometrist.

To be eligible for this service, you need to have been diagnosed with low vision (a sight problem which is not correctable by spectacles), be living in the London Borough of Sutton and not already using the Low Vision Clinic at St Helier Hospital.

If you would like to find out if you could benefit from this service, contact Ann Ryan on 07920 650 613 or annmarie.ryan1@nhs.net

## Is your technology accessible to you?

Assistive Technology enables you to continue to access your mobile phone, tablet or laptop when you're living with sight loss.
Our Assistive Technology Coordinator can walk you through your options include magnification, speech software and more.
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 contact Vicky Blencowe.

## Help and support through our Outreach Service

Find out what help you are entitled to as a blind or partially sighted person; from accessing benefits, advice to social activities.
Our adviser can see you in our office or at home and the service is FREE.
For more information, please contact Terry Rocks.

## Would you like more social support?

We have 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.

## New website

Don't forget you can find out about all our services, activities and events on our new website www.suttonvision.org.uk

# Events and new activities for October to December 2023

## Christmas Memories

Our Christmas trip will be to Neil Sands presents Christmas Memories on Monday 4th December at Epsom Playhouse. It's a dazzling sleigh ride of yuletide memories, filled with over sixty of your all-time favourite Christmas songs and Carols that will have you singing along from start to finish, the perfect pre-Christmas treat!

Transport will be provided from our offices to the Playhouse and back again and there is a charge of £25 for both ticket and transport. PLACES ARE LIMITED, BOOKING IS REQUIRED AND IS FIRST COME, FIRST SERVED. If you would be interested in attending, please contact Caroline.

## 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
- Practical solutions for 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 23rd November, from 10am to 2pm and a sandwich lunch is included. For more information, or to book a place, contact Terry Rocks.

## Optelec Demo Day

We'll be joined by Optelec for this low vision drop-in day on Wednesday 29th November from 10am – 2pm at our offices. Advance booking is essential. Amongst the equipment being displayed will be audio text readers, video and optical magnifiers plus magnifiers.
To book a place, please call or email Terry.

## Christmas Markets and Shopping

We'll be visiting Sutton High Street to support individuals wanting to make a start on their Christmas shopping and even a coffee or two to end on Tuesday 28th November, 10am-2pm.

We'll also be visiting Kingston Christmas Market on Thursday 14th December, 10am-2pm. Their festive market has a selection of unique retailers and delicious food, perfect for finding the perfect present. There will be a small charge for transport. For either trip, please contact Caroline.

## Health & Wellbeing Information & Advice Event

We'll be at the Health & Wellbeing Information & Advice Event in the Trinity Centre, Holy Trinity Church, Maldon Road, Wallington, SM6 8BL on Friday 3rd November – 11am to 3pm. Here you can find out more about living safely, meet new people and find out about activities available for you to try locally.

## Cinema

We'll be resuming our cinema trips on Wednesdays, costing just £3 per ticket. Dates and films to be confirmed, please contact Caroline for more information.

## Fire Safety Talk

We'll be welcoming the London Fire Brigade to give a fire safety talk on Tuesday 10th October, 2pm. They'll also discuss different levels of home fire safety visits and aids that can be obtained for people with visual impairments that could help prevent fires or make their homes safer.

## Creative Corner

We're getting all creative, including making Christmas decorations in December. Groups will run Tuesday mornings 11am-1pm. To find out more, contact Caroline.

## Chair based yoga

This is a gentle form of yoga that's done while seated or using a chair for balance and is a good, safe workout for beginners.
Research shows yoga improves flexibility, strength, co-ordination and posture, increases circulation as well as energy, sleep quality and boosting mental wellbeing.
We are offering a 30 minute taster session in October, with a view to running sessions on Wednesday mornings, with details to follow. Please get in touch with Amanda for more details.

## Do you have unwanted presents that we could use as prizes?

We're looking for donations of unwanted gifts that would make prizes for our bingo session. If you have anything that would be suitable, then please contact Amanda.

## Xmas closing and New Year reopening of Sutton Vision

We will be closing on Thursday 21st December and reopening Tuesday 2nd January 9am.

We hope you have a peaceful break and look forward to seeing you all in the New Year.

## Don't forget, clocks go back on Sunday 29th October!

# Community News

## Hubs Mobility Advice Service

If you don't drive and have a physical or hidden disability, using public transport can sometimes seem complicated and a bit daunting.

QEF (Queen Elizabeth's Foundation for Disabled People) provide accessible transport advice and information to people in Sutton and surrounding Boroughs, who have had to give up driving or plan to retire from driving, making journeys easier.

Their Hubs Mobility Advice Service is funded by the Department for Transport and provides FREE impartial advice on accessible transport information for your area, support and advice with personal mobility options and connections with local well-being and community groups.

You can arrange a face to face meeting at their Mobility Centre in Carshalton, phone or video advice session by emailing hubsmobility@qef.org.uk or call 020 8770 1151.

## Cinderella – New Wimbledon Theatre

There is an audio described performance of Cinderella, the pantomime held at New Wimbledon Theatre on Wednesday, 13 December at 7pm.

If you are blind or visually impaired, you are entitled to a Personal Assistant or Essential Companion ticket. You need to register for a free Nimbus Disability Access Scheme registration or use alternative documents as proof of eligibility. Details of which can be found at atgtickets.com.

Sutton Vision can also facilitate a group booking, if there is enough interest for the performance. Please note, we are unable to provide transport or accompany to the theatre. If you want to find out more, email Caroline for more details

## Sight Village

Queen Alexandra College Sight Village South East returns Tuesday 7th November at Kensington Town Hall, W8 7NX. This offers an opportunity to see leading providers of products and services in one place. To book and to find out more, visit their website www.qacsightvillage.org.uk.

## Join Sutton Councils user research panel

Sutton Council is looking to make its online services accessible to everyone. It has set up a user research panel to collect the details of anyone who might be interested in providing feedback.

As a panel member, you'll be invited to take part in activities like interviews, focus groups, and assistive technology testing. Plus, we'll thank you with gift vouchers for your time.

Interested? Email Luke Piper at luke.piper@kingston.gov.uk to learn more (the Digital and IT team at Sutton work for both Sutton and Kingston borough councils).

# 50 golden years for Beryl and Graham Piper

Congratulations to Beryl and Graham Piper, service users and supporters of Sutton Vision, on their 50th Wedding Anniversary earlier this year.

The day was celebrated with friends in a surprise lunch at The Hope Pub in West Street Carshalton, with the venue kindly allowing friends to come in early and dress the venue for the occasion.

Following the meal, their cake, made by two friends and embellished in gold, was brought in, with applause and best wishes for many more happy years to come.  Well done to you both!

**Shirley and Mick Mitchell**

# Early Intervention Campaign

As a reader of CONTACT, you may be aware of what Sutton Vision offers, in terms, services, activities and events.

However, many people often don't learn about the work of the charity until they are registered as sight impaired. For others, their sight loss may not be sufficient to be registered partially sighted or blind but will still have an emotional and practical impact on their everyday life.

We believe that earlier information and support could help these people, with adjustment and preparation for a future, living with sight loss as well as helping manage their own condition.

To support this aim, we have developed an early intervention campaign in and around the Borough with Together for Sutton and the Sutton Place Team. We hope this will to raise the profile of our work to make those who could benefit from our services know about us earlier.  This will include contacting opticians, GP's and health professionals and community spaces around the area to reach more people.

If you would like to get involved with distribution of our posters and leaflets around the borough, we would appreciate your help. Please get in touch with Amanda with your availability, if you are interested.

# Vicky's App Recommendations

Here's this issue's top apps from our Assistive Technology Co-ordinator.

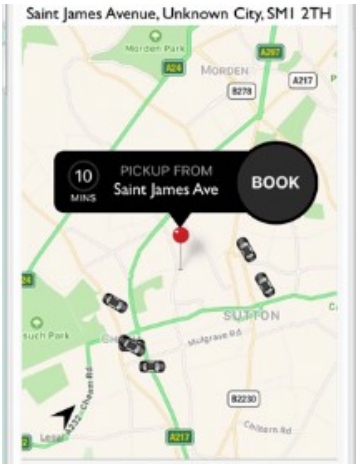
## Laundry Lens

Do you have trouble viewing the washing instructions on your clothing? With this app, find a label on your garment, place your iPhone over it and you will either see or feel, if care labels have been detected.
The bright blue button provides the instructions related to what the camera has found on the label. With voiceover, full instructions are provided and information is read aloud, as usual. (for iPhone only)

## Mov-r

This is a lovely app for a local taxi service, covering London Borough of Sutton and beyond. It works like the Uber app and is fully accessible with Voiceover and increased text size on iPhone and Android, downloadable at www.mov-r.co.uk

**Adrian Andrews is a regular user and here is his app review:**




I have been using MOV-R cabs for several years but have recently downloaded their app on my iPhone, with some help from my fully sighted wife to set up. At 64 and fully blind, I lack a bit of confidence in getting started, so this initial support was very helpful. From that point on, it was pretty plain sailing, as my VoiceOver function on my iPhone, works really well with the app. The first thing I did was store several locations with home address, Sutton Vision and the Moon on the Hill pub in Sutton, as I was going there the next day for the Men in Shades group.

I pre-booked my cab successfully, and at the end of the group meeting, I was able to get a cab home with just three or four clicks in the app, much easier than trying to make a telephone call in a busy and loud pub!

For me, there are two big advantages to using this app over Uber. Firstly, the Mov-r drivers are all local and I have found them to be really accommodating and understanding. They've been excellent at guiding me from the cab into buildings or my front door when they bring me home. I also prefer paying by cash and you can do that using this app but card payment is still available, if wanted. I would certainly recommend the app and this cab company to anybody.

# Day in the Life: Denise Crone, General Operations Manager

Each Contact, we speak to one of our staff and find out what they do in a typical day. This time, we spoke to Denise Crone, General Operations Manager

## What does a General Operations Manager do?

Our board of trustees are responsible for the overall governance of the charity, but they delegate the day to day running of the organisation to the General Operations Manager (that's me!). Practically that means I manage the team, our activities and resources to ensure that we meet our charitable objectives. We were set up to support partially sighted and blind people in Sutton and that remains our central purpose, although obviously what we do and how we do it changes over time as people's needs and the environment in which we work also change. Put simply, I am here to ensure that everything runs smoothly – so no pressure!

## What is your favourite aspect of the job?

I love the variety of my job. One day, I will be planning activities with one of the team, another, collecting data to report to our funders. The staff at Sutton Vision are an amazing bunch and it is lovely to have such a supportive, hardworking team but probably my favourite part of the role is being able to speak to and spend time with our service users and volunteers.

## What did you do before you joined Sutton Vision?

I've spent most of my life working for charities (apart from a 7-year stint in NHS commissioning!). I've worked mainly in the field of health and social care, often in roles developing and piloting new services. I also spent about 10 years working as a grant assessor for some of the big trusts and foundations including organisations like Comic Relief and BBC Children in Need. More recently, I have led and managed regional and national support services within the cancer field including roles with the charities Lymphoma Action and Pancreatic Cancer UK.

## What impact does your role make to service users?

One of the most important things I think I can do is to raise the profile and build the reputation of Sutton Vision locally. By doing so, I believe we will continue to thrive as an organization and will be here to support people with a visual impairment for many years to come. I hope that by working with and involving people with sight loss in everything we do, I can also ensure that we remain in touch with and relevant to the people we are here to support.

# Take on 250

In January, we'll Take on 250 once again. Along with 28 sight loss charities, we aim to raise money for our charity as well as awareness of the fact that, in the UK, 250 people begin to lose their sight every day.

Throughout the month, we're encouraging you to take part and raise much needed funds for our work. 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 or running 250 laps but you can also be part of a group, something such as helping our Knit and Natter group knit 250 squares for blankets!

You can also support us with a donation by visiting our Just Giving page at justgiving.com/campaign/takeon250suttonvision

Take on your own challenge and get that great sense of achievement, while helping us smash the barriers faced by people with sight loss. Find out more in our Winter edition of CONTACT!

# Volunteer News

Welcome to our new volunteers Andy, Colin and Linda, who have recently joined Sutton Vision. They will be supporting us with telephone befriending, living with sight loss workshop and peer support, admin & social activities.

We often need sight guiding volunteers to support us with trips and outings. Upcoming trips include visits to the Empire Cinema Sutton, Sutton Christmas shopping day 28th November, Epsom Playhouse 4th December and Kingston Christmas Market, 14th December (more details on page 8-9). We offer an induction and sight guide refresher training for those that feel that they would like to participate.

We are also looking for volunteers to support us with sight loss awareness throughout the local community including local libraries, church halls, supermarkets, community boards, opticians, GP surgeries and care homes. For new volunteers wanting to get involved with Sutton Vision, we will provide DBS, full induction and sight guide training. More volunteering roles can also be found on www.suttonvision.org.uk

Thank you to Lexis Nexis for their continued support of Sutton Vision volunteers. We recently had a fantastic team from their marketing and accounts department spend the day maintaining the surrounding garden area at our offices at Robin Hood Lane. We are looking forward to continuing this new partnership in the Spring with more corporate volunteering projects.

We'd like to invite all volunteers in for a new quarterly coffee morning starting Tuesday 12th December 10.30am – 12.30pm at Sutton Vision an opportunity to find out what the team are up to and upcoming events.

To find out about any opportunities or for booking, please contact Amanda for more details.

# Macular Support

There are nearly 1.5m people in the UK alone living with macular disease. The most common condition is age-related macular degeneration (AMD), generally affecting people over the age of 55 and is the biggest cause of sight loss in the UK. However, younger people can also inherit a group of macular conditions, including Stargardts and Bestrophinopathies, some may get diagnosed in childhood, some not until later in life.

As part of the treatment for these and other conditions, eye injections may be offered to stabilise or reduce symptoms.

Understandably, this can cause anxiety for some patients, although everyone's experience is different. One of our service users has had several injections in the past five years and wanted to share their experiences. They hope this will reduce these feelings in first time patients. Their words are below:

## Having your first eye injection – what will happen?

Getting to and from your Eye Clinic - It is essential that you do NOT drive. If possible, it would help after your injection to have a relative or friend to help you get home.

The process:

You will first have your eye test score (based on the number of letters that you can see as they get smaller in sizes) followed by eye drops. The back of your eyes will then be scanned by computer.

These results will then be sent to the consultant to assess, along with the history of your eyes and if appropriate, your injection will be authorised.

Before the injection, a doctor and his/her nurse will clean and then anaesthetize your eye and put a small mask above and below the eye that is being injected, the eye will then be injected, with this being a quick and simple process.

After the injection, you may be asked to sit in the waiting room for 15/20 minutes, with your eye pressure checked. In order to keep your eye moist, you will also be given eye drops to take home, that need to be used every hour for the rest of the day and then 4 times per day for the next 4 days.

Following your first injection, you may be given two more injections at four weekly intervals (you will then be assessed for possible further injections, normally at 6, 8, 10 or 12 weekly intervals until you no longer require injections).

Please remember that is normal that your eyes may be blurred and have large/small black ‘floaters’ for the first couple of days. However, if this continues into the third day, you should contact your Clinic for advice.

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

The meetings take place on the second Monday of the month between 11am and 1pm. October and November’s meeting will be at Sutton Vision’s offices in Robin Hood Lane, with December’s held at Lower Morden Lane Garden Centre. For more, contact Diana Coman on suttonmacular@gmail.com or call 07970 525 143

**At Sutton Vision, we will also be running a Macular Open Day in November. Please get in touch with Terry for more information.**

# Working Age Brighton trip

On a mid-July day, our Working Age Group went on the road and headed to Brighton. Fourteen people joined in the fun, visiting the beach, the shops and having a spot of lunch.

It was a long and memorable day, with one user telling us, 'Good times with very good people. Bring on the next one!'

Our Assistive Technology Coordinator, Vicky, was also in attendance, taking a smaller group to Royal Pavillion on an audio tour.
She's reviewed it for CONTACT and her thoughts are below:

I was delighted that three members of our Working Age Group accompanied me to the Royal Pavilion on a recent day trip.
The Pavilion provides audio guides, which are also accessible using your own mobile phone by scanning a QR code in the ticket hall. This worked really well on iPhone and we were able to travel between each room and play an audio guide, providing historical information and room description.

We also encountered a very helpful staff member, providing additional information about the music room and the exploits of George IV. We could have stayed longer to investigate the gardens and an extended tour of the building but lunch was calling. However, we can use our tickets and go back again within the next year, which I plan to do.
We all thoroughly enjoyed the Audio Description experience, which opens up these historic buildings to visually impaired people, through recorded audio description guides. If you are visiting any public building, ask if Audio Description is available, as it is increasingly being developed for all visitors. London offers many opportunities for AD, many of which can be found on the VocalEyes website, vocaleyes.co.uk/whats-on

# 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 email 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 |

# Audio Description Film Review

I have been totally without sight now since 2017 and for CONTACT, I have written a bit about my explorations in walking, computers, and online shopping but this time, I have been trying audio description.

Being in my mid 40's, watching and really liking quite a lot of films and TV, I am wary of ruining my good memories. Until now, I was happy listening to books on my iPad or from the RNIB or TV documentaries and old films and TV. Some new shows, I could understand fine or just enjoy the atmosphere and many of the older ones, I can remember what happens so that wasn't a problem. Although there has been the odd occasion when listening to something like Colombo, where, at the end, I am left completely stumped as to who actually did the crime, as the credits rolled!

I have so far only approached audio description with caution and listened to two films, both of which are from genres or eras that I generally like but have not maybe actually seen before.

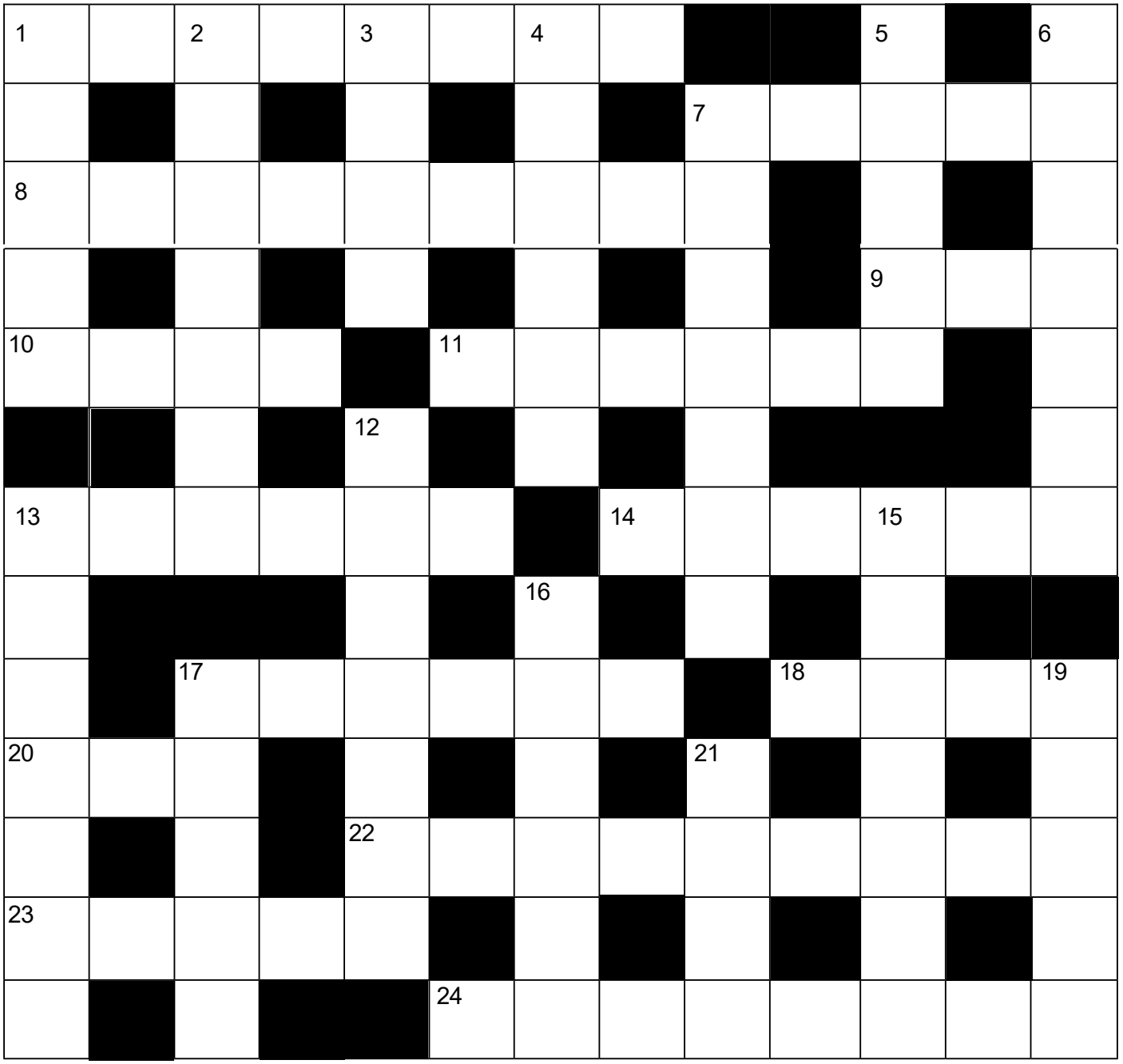
First, I rented the 1993 action/adventure film The Three Musketeers (the one with Bryan Adams, Rod Stewart and Sting song, if anyone might remember!). I listened with no audio description and still enjoyed it with the music and voices and for the most part, I thought that I got the story. However, with audio description, I was left quite humbled by how much had gone into making it, discovering that I was in fact, not getting about half of the story! It was a different experience and, to me, a cross between reading the book and watching the movie.

For my second venture, it was the 1970 film Airport. This time, my rental didn't have an audio described option but through the magic of the internet, I managed to track down an audio file, which I tested after first listening to the film in it's 'normal' form. Although, maybe not as screenplay-driven as The Three Musketeers, it was also a pretty nice listen, providing me with some good answers as to what was going on in a few key moments that I wasn't getting before.

My verdict so far? I'm still quite new to this feature but I am feeling positive about it as an option that I might choose to use, if available. I've been pretty impressed with the care that has gone into the films that I tried. I am also happy that I can now report to my old sighted friends when they ask me about "AD", that I have now tried it and, it's not that bad!

**Pierre Shlimon**

# Crossword



# Crossword Clues (answers on page 25)

ACROSS

1. Capital of South Australia (8)
7. Artist, ----- Picasso (5)
8. Continuous (9)
9. Aberdeen's river (3)
10. Canal feature (4)
11. Refund (6)
13. Sorrowful (6)
14. Very attractive woman (6)
17. Reply to a question (6)
18. Light brown (4)
20. Drag, haul (3)
22. Cornish peninsula (3,6)
23. British actor, ----- Owen (5)
24. Cups and plates etc. (8)

DOWN

1. Shock, dismay (5)
2. Reason to visit the doctor? (7)
3. Very old (4)
4. Extinguished (6)
5. Home, dwelling (5)
6. Shyness (7)
7. Delighted (7)
12. Throb (7)
13. Animated duo, ------- and Gromit (7)
15. Unsuspecting (7)
16. Celestial body (6)
17. Another time (5)
19. Big Ear's friend (5)
21. Musical record (4)

# Crossword Answers

ACROSS

1. Adelaide
7. Pablo
8. Perpetual
9. Dee
10. Lock
11. Rebate
13. Woeful
14. Beauty
17. Answer
18. Fawn
20. Lug
22. The Lizard
23. Clive
24. Crockery

DOWN

1. Appal
2. Earache
3. Aged
4. Doused
5. Abode
6. Modesty
7. Pleased
12. Pulsate
13. Wallace
15. Unaware
16. Meteor
17. Again
19. Noddy
21. Disc

# Regular Social and Peer Support Groups

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!

**Dates were correct at time of print, but please do ring or go to our website to check sessions are on. If you would like more information or to book a place, please call Amanda.**

## 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.

## Livewell and Future Vision Zoom sessions

Sutton Vision are pleased to be part of the award-winning Rainbow Collaboration Group, presenting two 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, - Visually impaired speakers sharing their sight loss journeys and hobbies, new skills and careers such as comedy, cooking and photography. We have also covered gene therapies and research into eye conditions, including Charles Bonnet.

4th Thursday of the month at 10am - 11am on Zoom - "Future Vision" workshop - Showcasing the most up to date assistive technology and apps to help visually impaired people to become more independent. This has included navigation, Artificial Intelligence (AI) recognition and text readers, the latest wearable technology and much more.

The recorded videos of the sessions are available at youtube.com/sightairedale. For more information, please call or email Vicky.

## 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. Come along for help downloading apps such as Talking Books and more.

## 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 it suits you.

## VI 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! Our large print and braille boards make the game more accessible, so a great opportunity to pit your wits.

## VI Crossword

Challenge yourself to do a crossword as a group with a sighted volunteer, chat and cup of tea and coffee thrown in too!

## Knit and Natter

A lively social group for beginners to experts. Bring a project with you or start one at our group, with large print instructions.

## Bridge

Pit your wits in this game of skill, using large cards and holders based on four players who form two partnerships.

## Men in Shades

Come and join us with a lunchtime group for men! A chance to chat and meet others in a relaxed environment at The Moon on the Hill pub. Our volunteers will be on hand to meet and greet at the pub entrance.

## Creative Corner

A group to have fun, chat and do some craft as well.  No experience needed, just enthusiasm plus take your creation home.

## Glaucoma UK Group

The group will be meeting at Sutton Vision on Monday 23rd October 10.30am - 12.30pm, with speakers and the opportunity to ask questions and meet other people affected by glaucoma. Please contact Terry for more information.

Glaucoma UK

# October's social groups and activities

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| **2**<br><br>**Coffee morning 10am-12pm** | **3**<br><br>**Low Vision Clinic (by appointment only)**<br><br>**Men in Shades @ Moon on the Hill 12pm-2pm** | **4**<br><br>**VI Bingo 1.30pm - 3.30 pm**<br><br>**Bridge 10.30am-12.30pm** | **5**<br><br>**Tech Talk 1-3pm** |
| **9**<br><br>**Macular Group 11am-1pm**<br><br>**VI Scrabble 1pm-3pm** | **10**<br><br>**Creative Corner 11am-1pm**<br><br>**Fire safety talk 2pm** | **11**<br><br>**Bridge 10.30am-12.30pm**<br><br>**Crossword 10.30am-12.30pm** | **12**<br><br>**Livewell Zoom Session 10am-11am** |
| **16**<br><br>**Lunchtime Quiz 12pm - 2pm** | **17**<br><br>**Low Vision Clinic (by appointment only)** | **18**<br><br>**Bridge 10.30am-12.30pm** | **19**<br><br>**Tech Social 1pm-3pm**<br><br>**Social Eyes 2pm-4pm** |
| **23**<br><br>**Glaucoma support group 10.30am-12.30pm**<br><br>**VI Scrabble 1pm-3pm** | **24**<br><br>**Pop up COVID vaccination clinic - 10am-12pm** | **25**<br><br>**Bridge 10.30am-12.30pm** | **26**<br><br>**Future Vision Zoom session 10am-11am**<br><br>**Charles Bonnet Group 11am-1pm**<br><br>**Knit and Natter 1.30pm-3.30pm**<br><br>**Working Age Social @ Robin Hood Pub 4-7pm** |

# November's social groups and activities

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| | | 1<br>Bridge 10.30am-12.30pm<br>VI Bingo 1.30pm - 3.30pm | 2<br>Tech Talk 1-3pm |
| 6<br>Coffee morning 10am-12pm | 7<br>Low Vision Clinic (by appointment only)<br>Men in Shades @ Moon on the Hill 12-2pm | 8<br>Bridge 10.30am-12.30pm<br>Crossword 10.30am-12.30pm | 9<br>Livewell Zoom Session 10am-11am |
| 13<br>Macular Group 11am-1pm<br>VI Scrabble 1-3pm | 14<br>Creative Corner 11am - 1pm | 15<br>Bridge 10.30am-12.30pm | 16<br>Tech Social 1pm-3pm<br>Social Eyes 2pm-4pm |
| 20<br>Lunchtime Quiz 12pm - 2pm | 21 | 22<br>Bridge 10.30am-12.30pm | 23<br>Future Vision Zoom session 10am-11am<br>Living with Sight Loss Workshop 10am to 2pm |
| 27<br>VI Scrabble 1pm-3pm | 28<br>Christmas shopping in Sutton 10am-2pm | 29<br>Optelec Demo Day 10am-2pm<br>Bridge 10.30am-12.30pm | 30<br>Charles Bonnet Group 11am-1pm<br>Knit and Natter 1.30pm-3.30pm<br>Working Age Social @ Robin Hood Pub 4-7pm |

# December's social groups and activities

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| **4**<br><br>**Coffee morning 10am-12pm**<br><br>**Christmas Memories show @ Epsom Playhouse 1pm-5pm** | **5**<br><br>**Low Vision Clinic (by appointment only)**<br><br>**Men in Shades @ Moon on the Hill 12pm-2pm** | **6**<br><br>**Bridge 10.30am-12.30pm**<br><br>**VI Bingo 1.30pm - 3.30pm** | **7**<br><br>**Tech Talk 1pm-3pm** |
| **11**<br><br>**VI Scrabble 1-3pm** | **12**<br><br>**Volunteer coffee morning 10.30-12.30pm**<br><br>**Creative Corner 11am -1pm** | **13**<br><br>**Bridge 10.30am-12.30pm**<br><br>**Crossword 10.30am-12.30pm** | **14**<br><br>**Livewell Zoom Session 10am-11am**<br><br>**10am-2pm Kingston Christmas Market** |
| **18**<br><br>**Lunchtime Quiz 12pm - 2pm** | **19**<br><br>**Low Vision Clinic (by appointment only)** | **20**<br><br>**Bridge 10.30am-12.30pm**<br><br>**Creative Corner - 11am-1pm – Christmas Decorations** | **21**<br><br>**Social Eyes 2pm-4pm**<br><br>**Working Age Social Christmas Drinks 4pm-7pm** |
| **25**<br><br>**Office CLOSED until Tuesday 2nd January 2024** | **26** | **27** | **28** |

# Useful emergency 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