



Bournemouth Society for the Visually Impaired

providing support, guidance & information to the
visually impaired for over 100 years



Eye can't, but I can!

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Editor: Jo Wood

GET ACTIVE IN 2014 WITH BSVI!

If your New Year's resolution was to get fit and active in 2014, let BSVI help you to achieve your goals! Our outdoor groups are restarting once the weather improves:

Our **Walking Group** will resume on **Friday 21st March 2014** with a walk around the historic town of Christchurch.



The **Tandem Group** restarts in the Spring. We now have a fleet of 6 tandems, including the two new ones donated by the Steve Bernard Foundation and are keen to encourage as many new riders as possible.

We also remind you that the **Archery Club** continues to expand and thrive. This takes place on Tuesday evenings from 6-8pm in the Rooper Hall. Transport can be provided for £4.



Please phone **01202 546644** if you would like to give any of these activities a go!

See the back page to find out about another new sporting challenge!

Philip's Thoughts

I was recently chatting with a visitor to BSVI. He told me that at his local society all they ever did was have a weekly coffee morning and an occasional speaker. At BSVI we try to cater for everyone's needs with a range of activities, both at the Centre and off-site.

In the Centre we continue with our usual mix of fun and entertainment, always helped by our team of wonderful volunteers. I cannot praise them enough for their loyalty and dedication. They arrive week by week, always with a smile and enjoy working with the members. Where would we be without them?

Out in the community we have both staff and volunteers who support those who are less able to visit the Centre. One of our members has praised our Community Services staff, calling them 'angels' for all the help they have provided as he has struggled to come to terms with his sight loss.

As BSVI Chief Exec I am so proud of our 'BSVI Angels' and would like to share some of their much appreciated work with you

BSVI Angels



Geraldine (Community Support Manager) explains, 'One gentleman in his 70's with age-related macular degeneration (AMD) had been isolated at home. We organised a Befriender who visited on a weekly basis for conversation. Another client in their 60's who developed sudden sight loss felt very vulnerable and alone. We arranged for him to receive his bills in large print, sorted through paperwork and put this into a user friendly system. Meals on wheels were organised and we introduced him to BSVI, which he now regularly attends. He purchased equipment from our Resource Centre such as a talking clock, memo recorder, a large print calendar and tactile bump-on stickers to help use his microwave. A lady in her 70's with AMD was struggling with the

recent loss of her husband and required some help sorting out clothing. She began attending BSVI social activities and was thrilled to make new friends here.

A gentleman in his 50's suffered sudden sight loss due to a stroke and we helped to set up direct debits, arranged a Fire Service assessment where smoke alarms were fitted and then assisted him purchasing suitable domestic appliances. In addition, we contacted the DWP to help him obtain the Disability Living Allowance.

I worked with a young lady who had received long cane mobility training from the Community Care Sight and Hearing Team. My role was to go out with her to help build up her confidence on her local routes.

The BSVI **Befriending Service** is delivered by volunteers. If you have any free time and would like to volunteer, we would be grateful to hear from you - please call **01202 522184**. I love my job, it is so rewarding to enable people to maintain their independence and the gratitude I receive from them makes it so worthwhile.'



BSVI has two qualified counsellors, Caterina and Marie. Our Emotional Support service is offered to any visually impaired person, their immediate family and/or carers. Although sessions are completely confidential, some clients have given permission to share their stories:

Caterina explains, 'A lady in her early 80's needed to talk to someone as she felt frightened, shocked and saddened about how much she would miss and not be able to do with only a little sight ... she no longer feels isolated and judged. She realises that because she now has confidence in herself she is able to enjoy life more. She knows her sight is not going to get better, however, she also knows that there is support and friendship available.' Marie adds, 'A client in his 50's says he has found it very beneficial as life before was dull and boring and he felt isolated. Although he didn't 3

live alone, he had no one to explain his feelings to and had retreated into his shell. Since counselling he has started to get out more and has increased in confidence and is beginning to enjoy life again.' Our service is provided totally without government funding - clients are invited to make donations if they can afford to.'

Cards Tournament

The annual Staff v Members **Cards Tournament** took place during December. Following friendly but quite competitive matches of whist and cribbage the members managed to retain the Cup by a narrow one point margin.



Cards Captain John Woodroffe is pictured above receiving the Cup from Philip. Well done to the members and good luck to the staff for the 2014 competition.

BSVI services

Chiropody - Margareth Sackett, a HPC registered chiropodist, offers members appointments every 6 weeks on a Wednesday morning. Transport is available. The next date is **19th February**. Please phone **01202 546644** to book an appointment.

Tuesday morning Drop In Café - Any visually impaired person is welcome on Tuesdays between 10.30 and 12.30 for a chat and a cooked breakfast. Pre-booked roast lunches are available on the last Tuesday of each month. Minibus transport can be arranged. Do come along to meet new friends and enjoy a lively, vibrant atmosphere!

Hearing Club - We are hoping to expand our Hearing Club, which currently takes place on the 2nd Wednesday of each month from 10.30-12 noon. Transport is available from BSVI at £4 for the round trip - please book in the office 2 days in advance. If you would be interested in joining this friendly group, please call the office on **01202 546644**.

Mick & Daren Update

We were delighted to welcome Mick and Daren to our annual Christmas lunch and to be able to thank them for their ongoing fundraising campaign. To follow their progress and support them, please go to: www.justgiving.com/mickanddaren

In the Community

If you know any group or organisation who would like an information talk about visual impairment and the work of BSVI, please contact Philip on **01202 546644** or e-mail: philip.tarrant@bsvi.org.uk

Pub Quiz

The next fundraising Pub Quiz is on:

Saturday 29th March

Tickets cost **£8.50** and include Fish and Chips and an Ice-cream. A Cash Bar is available and a Raffle will be held during the evening.

Please telephone **01202 546644** if you would like to book in your team.

Audio Library

We remind you that we have an extensive Audio Library,

with cassette tapes and CD's in all genres for you to borrow for up to a month at a time. Please do come in and ask to take a look at our selection of titles and make use of this free facility.

Minibus Update

Last year we made an appeal to raise funds for a minibus. Buying the bus that we had been hiring was the best economic decision that could be made.

Thank you to all who made a donation and we hope many members will be able to continue benefitting from BSVI's transport service.

Thank you, too, to all of the drivers who so willingly give their time to transport members to and fro between their home and the Centre.

Ladies Pamper Night

A date to put in your new 2014 Diaries - we are planning a fundraising Ladies Pamper Night on **Thursday 10th April** in the Rooper Hall.

Further information will be available nearer the time, please contact Caroline on **01202 546644** to find out more.

Fundraising



We thank Southbourne Bowling Club for its generous donation of £1,410 which was presented by Past President Pam McKenna to Chief Exec Philip (shown in photo above)



BSVI's ActivEyes Youth Group were grateful to receive a cheque for £1,000 from the ladies of the Tee Gees musical entertainment group.

The Christmas Raffle raised £800 - a huge thank you to everyone who purchased tickets and to the members who contributed gifts to the wonderful Christmas Hampers.

We thank everyone who attended the Winter Fayre, which raised £262.

The fundraising **70's/80's Disco** at the Bournemouth Electric Club in December raised £546. Thank you to Councillor Anne Rey for organising the event, which was thoroughly enjoyed by all who attended.

We thank Come Prima for kindly donating £250 from their Winter Concert at the Life Centre.

During the last few months BSVI has also received the following:

Donations in memory of Gwen Jones.

Donations from Mrs Danby, Mr & Mrs Ennor, Mrs Milnes, Mrs P Dickson, Mr W Stone, Mrs Breen and Mrs I Oakton.

BSVI relies heavily on donations to continue the work that makes such a difference to the lives of the visually impaired. Thank you to everyone for their generosity and continued support.

BSVI Sight & Hearing Resource Centre

Opening Hours:
Monday - Friday
10 am - 1pm

Everyone is welcome to visit our Resource Centre - no appointment is necessary. Our friendly staff and volunteers can offer demonstrations of specialist equipment for sight and hearing impaired people to order or purchase.

We have a small selection of 2014 diaries still available for sale - Big Print Desk Diary (£6.80); Large Print Pocket Diary (£5 - with inserts selling for £4)

We are demonstrating one new piece of equipment - Laplock Technology Ltd's **Boombox Plus**.

This FM Radio/MP3 player sells for £24 and has a headphone socket, Bookmark facility up to 4 positions, digital quality sound and can be used with a battery or by mains power.



We also have a second hand Humanware ScannaR Reader offered for a reasonable donation. Please come along and ask for more information.

New Facebook Page

For all you Facebook users, we are pleased to announce that we have recently set up a new 'BSVI' Facebook page. Please join us to share news, views, information and entertainment! The old 'Bournemouth Society for the Visually Impaired' page is no longer being updated by us.

Entertainment

We are pleased to offer exciting entertainment in **February and March:**

Monday 10th February - Andy's Horse Racing.

Monday 17th February - The Olde Tyme Songsters

Monday 24th February - A visit from Caring Canines

Monday 10th March - A Talk by author Kay Townsend on 'Life on the Fairground'

Monday 24th March - A Ukulele Band visits to provide musical entertainment.

Thursday 27th March - A visit to Glenhurst Manor.

Sainsbury's VI Volleyball Equipment Donation

Continuing our theme of helping to get BSVI members fitter and more active in 2014, we were delighted to be contacted by Adrian Wheal, PR Ambassador of Sainsbury's Talbot Health. As Paralympics sponsors, Sainsbury's stores had been given sports equipment to raise awareness of Paralympic sports. Adrian explained, 'we set up a little practice demonstration of visually impaired volleyball in our foyer area to inspire staff and customers to find out what it would be like to be visually impaired, raise awareness and participate in a Paralympics event.'

We are extremely grateful that Sainsbury's have now donated their equipment to BSVI.

We hope to set up volleyball sessions in Rooper Hall, encouraging members to take up this new sporting challenge, to socialise and have some fun! Adrian is on the left in the photo with Deputy Store Manager Chris Robinson, BSVI members Tracey and Lisa and Chief Exec Philip receiving the donation.



Bournemouth Society for the Visually Impaired

5 Victoria Park Road, Bournemouth BH9 2RB

Tel 01202 546644 (General Enquiries)

Tel 01202 522184 (Community Services)

www.bsvi.org.uk

e-mail: info@bsvi.org.uk

Our services are designed to enable people who have a significant visual impairment remain independent and be part of the community.

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Charity Reg No: 1114570