

Bournemouth Blind Society

ISSUE 36

Your local charity supporting blind
and partially sighted people

FEBRUARY & MARCH 2015

Editor: Jo Wood

New Year New Name!

As I again wish you all a Happy and Healthy 2015, I think of the exciting times ahead this year. From **1st April** the Charity will be known as **Bournemouth Blind Society**. The name change will make it easier for the general public to understand what the Society is about and who we support.

We are now working hard designing a new logo and website; we will be putting new signs on our building in Victoria Park Road and on the minibus. We are also revising all our leaflets and publicity material.

A campaign is planned for later in the year to raise awareness of sight loss as well as publicising our own services. This will include presentations, newspaper articles and local radio advertising.

You probably know that we currently provide Social Activities, Emotional Support, Sight and Hearing Resource Centres, Befriending and Community Support. All our staff and volunteers are passionate about continuing to deliver these services to the blind and partially sighted people in the Bournemouth area to a high standard.

If you know anyone who may benefit from our support, please tell them about **Bournemouth Blind Society**. They can phone us on **01202 546644** - maybe we will be able to make a significant difference in their lives. As one young man said recently, 'thank you for putting me together again, I will never forget.'

Philip, Chief Exec

New Year Fitness

If your New Year's resolution was to get fitter in 2015, we may be able to help you!

We are planning to re-start our Tandem and Walking Groups in the Springtime - if you are interested in either, please tell the Office.

If you know anyone who may be willing to volunteer to help with either group, we would love to hear from them. We are particularly keen to find any cycling enthusiasts who would 'pilot' our tandems for us and share their enthusiasm with those who would otherwise be unable to enjoy cycling. Please ask any potential volunteers to call **01202 546644**.

Welcome to Sara

We are pleased to welcome Sara Olden as our new Community Services Assistant. Sara began working for BSVI on 1st December.

Sara will mainly work in the Sight and Hearing Resource Centre, demonstrating a range of equipment that is available to buy. She will also be helping Geraldine with visits in the community.

Sara is married with a son at university, she enjoys travelling and eating out.



She says, 'I have found everyone here welcoming and friendly. I am enjoying meeting all the members and becoming a part of the BSVI family.'

Hard of Hearing Club

One of our goals for 2015 is to expand our **Hearing Club** (on the **2nd Wednesday** of each month, **10.30-12 noon**). Many people with hearing loss stay in the safety of their own homes and feel isolated.

If you or anyone you know would like to join our friendly group, to meet others with hearing problems to share experiences, please call the office on **01202 546644**.

Transport is available for **£4**, to be booked 2 days in advance.

Our volunteer, Sue, will greet you with tea or coffee in a relaxed atmosphere and you can then join in **optional** games/activities. Scrabble is being offered in **February** and Easter Crafts in **March**.

In the Community

Philip and Geraldine attended Bournemouth Council's 'Better Care Together Provider Forum' at The Carrington Hotel in early December.

Philip is giving talks to the 2nd Bournemouth Cubs Group on 10th February at St Michael's Church, to the Ladies Group at the Kinson Methodist Church on Thursday 12th March and the Brendoncare club in Winton on 17th March.

If you know any group who would like a presentation about visual impairment and BSVI's work, please contact Philip on **01202 546644** or e-mail: philip.tarrant@bsvi.org.uk

BSVI services

Chiropody - HPC registered chiropodist Margareth Sackett offers members appointments every 6 weeks on Wednesday mornings for **£16**. Transport is available. The next date is **11th March**. Please phone **01202 546644** to book your appointment.

Tuesday morning Drop In Café - A lively atmosphere is enjoyed and a menu of cooked breakfasts is offered each Tuesday from **10.30-12.30**.

Pre-booked roast lunches are available on the last Tuesday of the month. Minibus transport can be arranged. Come along to meet new friends, have some fun and a good chat!

Hello! How are you?

A poem by member **Jean Sparrowhawk**:

My pulse is weak and my
blood is thin,
But I'm awfully well for the
shape I'm in,
My memory is failing, my head
in a spin,
But I'm awfully well for the
shape I'm in!

The moral is, as my tale I
unfold,
That for we who are growing
old,
It is better to say 'I'm fine' with
a grin,
Than to let folks know the
shape we are in!

How do I know that my youth
is all spent?
Well my get-up-and-go has got
up and went.
But I really don't mind, when I
think, with a grin,
Of all the grand places my get-
up has been!

Cards Tournament

Our annual staff v members December Cards Tournament resulted in another victory for the members, by a 54 point margin. Cards Captain John Woodroffe is shown below receiving the Winners' Cup from Chief Exec Philip.



Finding Your Feet

Action for Blind People have announced dates for their 2 day 'Finding Your Feet' courses during 2015/16. Courses provide workshops and discussions to offer practical and emotional support for people adjusting to sight loss, and those close to them. Course venues include Southampton, Portsmouth, Weymouth, Poole, Salisbury, Dorchester and Southampton. For more details, please call **01722 345440** or e-mail **Salisbury@actionforblindpeople.org.uk**

Freda's Art

Our member Freda was the inspiration behind the 'Expressions' Art exhibition at the London Salvation Army IHQ last Autumn.



Freda explained, 'it wasn't because my paintings were extra good or anything, the idea was that just because people are getting old, they show that people can still achieve things!'

Freda didn't take up Art until her sixties. 'I had never painted before in my life but started weekly classes and mostly completed watercolour paintings of buildings and idyllic places copied from postcards. I also produced handmade cards.' Her flat is decorated with her paintings.

Freda's macular degeneration has left her almost blind so she has given up painting but still loves to talk about her work. She was thrilled when friends took her to London to see the exhibition, which included her paintings of scenes from a village near Exeter.

Tall Ship Travels

Our member Philip enjoyed a voyage on the Tall Ship 'Lord Nelson' to the Canary Islands last autumn.



He explains, 'Going past the Needles was the worst part of the journey, I was sick for 24 hours and my helper was sick for 3 days so it was like role reversal, with me ending up helping him!

As you sail down the English Channel it strikes you how busy it is, just like a motorway, with oil tankers, container ships and pleasure vessels. The seas were choppy but not too rough.

I enjoyed it at the helm with the speaking compass; you just gripped onto the wheel and held on tight when the wind was strong! We put the sails up when we got out into the Atlantic and then sailed into dock at Porto, Portugal. We had a one day stopover and I was really impressed with how clean and well organised it was there, with a tram going through the high street.

Once we got a northwesterly wind, we put the sails up again and sailed down into Gran Canaria.

On our night time 12-4am watches, the sky was so clear you could see the stars, it was beautiful. Dolphins were also spotted during our trip. I had a stroke 3 years ago which affected my sight and caused permanent damage to the optic nerves. I can see people but it's all out of focus and blurry, I can't read and it's hard to distinguish shapes. There were safety lines all around the ship that we were clipped to. Hoisting the sails was really enjoyable.

Climbing up to the crow's nest was a bit scary but I was strapped in for safety and it was well worth doing! Sleeping was OK as it wasn't too choppy. I felt an inner peace when sailing at night, the creaking of the boat and rhythm of the sea gave a lovely feeling.

I returned to the UK by plane. I really enjoyed my trip, it was an absolutely brilliant learning, working experience where you couldn't possibly get bored and I am definitely planning to go again next year.'

Quiz Night

Our next fundraising Quiz Night is on **Saturday 28th March**. The Doors will open at **7pm** for a **7.30pm** Quiz start. Teams of 6-8 people are invited to compete over 6 rounds of friendly fun, with an interval to enjoy Fish and Chips and an Ice-cream.

Tickets are **£8.50**. A Raffle with a selection of superb prizes will be drawn at the end of the evening.

Guests may bring their own drinks or purchase alcoholic and non-alcoholic beverages from the BSVI Bar - all sold at reasonable and competitive prices. **All profits go to BSVI!**

Please phone Caroline on **01202 546644** if you wish to join us and book in your team!

2015 Quiz Night Dates:

Saturday 20th June

Saturday 26th September

Saturday 28th November

(Tickets for these will be £9)

Fundraising

We are pleased to announce that £300 profit was made from the 70's/80's Disco Night in December. A similar event is already being planned for

December 2015 and further details will be given as soon as they are available.

We thank Julia Helliker, Winton Workman's Club, Rita Keeley, Barbara Kernan and Susan Arnell for their kind donations to the Society.

We also thank our member Margaret Hebditch who raised funds for us by organising a Tea Dance at the Royal British Legion in Christchurch before Christmas.

We are pleased to announce that almost £1,000 was raised from our Christmas Raffle, whilst the Guess the Sweets in the Jar game raised £100.

We thank all local stores and businesses who display our Pink Elephant collection tins for us.

We are also grateful to all our Quiz Night supporters who continue to attend our quarterly Quizzes and help us to raise funds.

If you know anyone who would like to take up a New Year's sponsored challenge, such as a race, swim, climb or organise a bake sale, coffee morning or Dress Down day at work, please give us a call on **01202 546644** - we would love to hear from you.

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 are on hand to offer full demonstrations of specialist equipment for sight and hearing impaired people which they may then order or purchase.

We still have some stock of our **large print A3 calendars** for sale at **£4**.



There are several new items of stock available:

RNIB Voice Recorder - records 60 separate messages up to a total of 6 minutes - **£16**.

RNIB Talking Analogue Clock - **£17**.

Two new ladies **talking**

watches from Cobolt.

W3 - **£34** (female voice)

W23 - **£36** (male voice)

Both come in either a strap or bracelet style.

Scented watercolour marker pens - **£9** for pack of 12.

Cobolt portable colour video magnifier - 3.5" screen, 6 colour modes, 4 levels of magnification up to x10, can be connected to a TV or computer, rechargeable battery and carry case - **£95**.

Entertainment

Monday 2nd February -

Fox & Hounds Pub Lunch

Monday 16th February -

Jackie's Arts & Crafts

Thursday 19th February -

'Extend' exercises

Monday 23rd February -

Ukulele Group

Thursday 26th February -

Tina's Tasty Treats

Thursday 5th March -

Spyglass & Kettle Pub Lunch

Monday 9th March - Jackie's

Arts & Crafts

Monday 16th March -

Storytime

Thursday 19th March -

'Extend' exercises

Monday 23rd March - The

Evergreen Songshiners

CELEBRATING OUR NEW NAME

**Plans are underway for a celebration on
Thursday 23rd April
to mark the launch of our new name.**

**We hope you will be able to come and join in with the
fun and party atmosphere.**

**Help us to show the local community that, with our
support, sight loss challenges can be overcome.**

**Let us give a positive image of how blind and partially
sighted people can remain active, independent and
still achieve wonderful things.**

**We will advise you of further details nearer the time -
look out for your invitation soon!**

Bournemouth Blind Society

5 Victoria Park Road, Bournemouth BH9 2RB

Tel 01202 546644 (General Enquiries)

Tel 01202 522184 (Community Services)

**Supporting blind and partially sighted people to remain
independent and part of the community**

www.bsvi.org.uk

e-mail: info@bsvi.org.uk

Company Reg No: 5792657

Charity Reg No: 1114570