

News Update

November 2017

Dates for your diaries 2017

November

Monday 27th November – Members Forum

December

Mon 4th December – Christmas Coffee Morning

Tuesday 12th December – Quiz with Jim Carter

Thurs 14th December – Carol Singing with Sandra

Thursday 21st December – Christmas Party

Friday 22nd December 12.30pm office closes for Christmas break and will re-open at 9am on Tuesday 2nd January 2018

Dates for your diaries 2018

January

Wednesday 10th January – Rotary Bingo

Saturday 20th January – Theatre Trip

Sunday 25th February – Theatre Trip

The **Members Forum** will be held on Monday 27th November at 10.30am at 48 Rowlands Road. Please try to come along to hear about future plans and to have your say! Please let us know as soon as possible if you need transport for this event.

Don't forget to come along and support us for the **Christmas Coffee Morning** being held on Monday 4th December from 10am to 12 noon, here at 48 Rowlands Road. There will be mince pies and sherry plus the raffle and tombola! (if you have any suitable items, tins/packets etc please bring them in) For more information contact us on 235782.

Christmas Quiz with Jim Carter, 2pm on Tuesday 12th December.

We'd love you to come along and join in, don't worry that you won't be any good – everybody knows something and in these quizzes you just never know what little snippet of information could come in useful!

Please call the office to put your name down.

Carol Singing with Sandra!

Thurs 14th December 10.30am. Please come and join us for a Christmas sing-a-long with Sandra one of our wonderful volunteers who many of you will know from other events. Refreshments will be available and transport can be arranged.

Christmas party Thursday 21st December.

You do not need to contact us yet to let us know if you would to come along as we will be sending out invitations and reply slips nearer the time.

On **Wednesday 10th January 2018 at 2pm**, the Rotarians will be back with their very own version of bingo. It's becoming an increasingly popular event! If you would like to come along and find out what it's all about why not give us a call and put your name down!

There are still a few seats available for the following **Theatre Trips for 2018**

Dick Whittington Pantomime

Saturday 20th January 2018 2.30pm

The Windmill Theatre, Littlehampton Event

Price: £19.00

We are hoping to reserve seats for everyone for a meal after the show at The Vadar restaurant in Littlehampton. This will be a set meal (main and dessert) for approximately £12.00 which will be payable to Richard, who will be your driver on the day.

Royal Marines Association Concert Band

Sunday 25th February 2018 3.00pm

Assembly Hall Event Price: £17.00

If you are interested in either of these events please see Sue in Reception or telephone 01903 235782 to book your ticket. Please note that tickets are payable in advance and available on a first come, first serve basis.
Thank you.

One to One service

Please remember that if you need help to get to any appointment, especially now the eye



clinic has been relocated to Southlands Hospital Shoreham, we may be able to help by finding a volunteer who can take you.

All you need to do is contact us in the office with the details of your appointment (with as much notice as possible) and we will endeavour to find a volunteer who is available and can help.

All you pay for this service is mileage at 45p per mile and any other incurred expenses such as parking. This should be paid directly to the volunteer when they return you to your home.

For those of you who may prefer to travel independently there is a bus that goes from Worthing Hospital, to Southlands. It is the Stagecoach



number 9 and leaves at 7.44am, 8.49am and then at 54 minutes past the hour until 5.54pm. Return journeys leave Southlands Outpatients Department (Hammy Lane) at 43 minutes past the hour from 8.43am until 6.43pm. For more information please call us and we will endeavour to help.

Happiness & Wellbeing Session

Natalie who is registered visually impaired and a guide dog owner has offered to run some wellbeing sessions for us.

Her qualifications include: BSc Psychology (Hons), MA Fine Art and MA Critical Arts Management (with Merit).

In recent years, Natalie's research interest has been health psychology and the arts as a therapeutic basis to improve health and wellbeing.

Topics included in her sessions will be:

- Mindfulness & Relaxation techniques
- Art & Visual Impairment
- The Senses & Visual Impairment
- Positive Psychology & Happiness
- Balance, Movement & Visual Impairment
- Nutrition & Visual Impairment.

If you think you are interested in coming along to these sessions which will be held on either a Monday or Friday afternoon, please let us know as soon as possible so that we can make the necessary arrangements.

Those of you who used to come to our regular Wellbeing Sessions hosted by Jayne may like to come along and meet Natalie to hear more about these sessions, we would also be very happy to welcome new people too.

Voice of Progress Articles

Thank you to everyone who has already donated an article for our regular slot with the Voice of Progress.

We do still need more of your stories and articles for future recordings though. These can be about anything you think would appeal to a wide range of listeners, for example holidays, school days, your first job, interesting hobbies and pastimes, really almost anything!

Your articles need to be about 500 words long and we have volunteers who can write these out for you if necessary. The next recordings will take place early January 2018 so we look forward to receiving your items as soon as possible please!

Bob Smytherman, the president of our Charity and as many of you know a local councillor, has asked if we could remind you all about reporting overhanging branches and hedges. If you come across any areas where you find trees or bushes are causing an obstruction on public pavements all you need to do is let us know the exact location of the problem and we will contact Bob who will log this issue with the Highways Department.

Solutions Crossword 29

P	A	S	S	B	Y		P	R	E	F	A	B
U		H		L		A		I		O		R
P	R	I	M	E	R	S		V	A	G	U	E
S		P		N		I		I		E		E
	S	P	U	D		D	O	E	E	Y	E	D
B		E				E		R				E
E	N	D	O	W	S		W	A	G	N	E	R
E				E		V				O		S
F	A	N	F	A	R	E		C	O	T	S	
C		U		P		R		A		H		D
A	U	D	I	O		B	A	G	G	A	G	E
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E	V	E	N	S	O		U	S	E	F	U	L

Did you know that Worthing Society for the Blind was established in 1910 by a church group to supply firewood to a blind person in Worthing? It has evolved since through a number of phases and currently supports 350 blind or partially sighted members through a range of activities and practical assistance. One of the reasons for our name change to Sight Support Worthing is that few members are now actually totally blind.

The Sight Support operation is run by a Board of Trustees and 5 members of staff (some part-time) who are well supported by around 30 volunteers.

Don't forget we still have a wide variety of clocks, watches and all sorts of other daily living aids available to view in our resource area. It's best to call and let us know you're coming first so that we can ensure the room is free but if that's not possible and you find yourself just dropping in as you're passing by, don't worry we will still show you what we can and be able to give advice.

Join our monthly draw!

The monthly prize draw winning numbers for October 2017 were 20, 122, 1 and 108.

Congratulations to our winners who were Edith Perriman, Mary Bailey, Jan Holland and Eileen Mitchell respectively.

Many thanks for your continued support.

To contact us about any of the items included in this publication you can telephone:

01903 235782

(Leave a message if we are not available & we'll get back to you as soon as we can)

email: **info@sightsupportworthing.org.uk**

Or pop in to 48 Rowlands Road Worthing BN11 3JT between 9.30am and 4pm Monday to Friday.



Due to space and resources some items in this newsletter may have been edited accordingly. The information it contains was accurate to the best of our knowledge at the time of going to print.