

News Update

December 2018

Dates for your diaries

As well as all the regular groups and activities that occur during the week we also have the following events;

Wednesday 19th December – Carol Singing with Sandra

Thurs 20th December – Christmas Party
Please note the offices will be closed from 12.30pm on Monday 24th December until 9.30am on Wednesday 2nd January 2019

Fri 28th Dec – Christmas activity day

2019

Weds 23rd January – Down Memory Lane

Monday 28th January – Members Forum

Weds 30th January – Rotary Bingo

Thurs 31st January – Burns Event

Weds 13th February – St. Valentines Event

Mon 25th Feb – Dolphin Equipment Demo

Tues 26th February – Willpower Worthing

Thurs 28th February – Lunch at Northbrook

Tues 19th March – St. Patrick's Day Event

We would like to apologise for the inconvenience caused recently while we underwent some emergency pipe and building repairs.

**Wednesday 19th
December –Christmas
Carol singing with
Sandra**



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.

**Thursday 20th December
Christmas Party
11.45am – 3pm**

Reply slips should have been returned to us by now for this event but if you haven't managed to get yours back to us and you would like to attend, please give us a call as it may still be possible to squeeze you in!



Trustees and Volunteers will be opening the Centre for one day during the Christmas break on **Friday 28th December**

from **10.30am** to **3.30pm**.

Transport will be available and a light lunch will also be provided.

Activities will depend on the number of members attending but may include:

a quiz, games, music, films, triobike rides, a walk on the prom or other "challenges".

If you are interested please contact the office as soon as possible. This will be a free event.

2019 - Regular activities will start again on Wednesday 2nd January.

Wednesday 23rd January – Down Memory Lane

Why not join us for a morning experiencing in detail, tactile images of paintings with an engaging audio description. If you have never heard of Living Paintings come along and find out, don't forget you can always bring your partner or friend with you.

Monday 28th January 10.30am

Members Forum This will include a talk from the Kent, Surrey and Sussex Air Ambulance. Do try to come along to hear about future plans for Sight Support Worthing and to have your say! Please let us know as soon as possible if you need transport for this event.

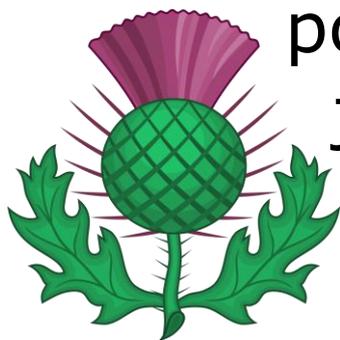
Wednesday 30th January 2pm

Rotary Bingo - The Rotarians will be back with their very own version of bingo. It's a popular event and transport is available for the usual £3 contribution. Refreshments are available

Thurs 31st January – Burns Event 12.30pm – 3pm

Let's ALL get together and enjoy a 'Burns' luncheon gathering.
Eat and be merry!

There's bound to be singing, music and poetry! The cost of this event is just £5 plus the usual contribution of £3 towards transport if required.



Weds 13th February 2pm St. Valentines Event



Why not come and join us for a fun afternoon with some valentine themed entertainment provided by Lynda Lyne. The cost of this event will be £5 plus the usual contribution of £3 towards transport if required.

Dolphin Computer Access will be visiting us on **Monday 25th February** for a demonstration morning this will be during the drop-in.

More information will follow in the next news update

Tuesday 26th February – Willpower Worthing – Will power Worthing will be here to tell you the best way to protect your assets. The afternoon will consist of an informal chat with coffee and biscuits.

You can contact Will Power Worthing by telephone on 01903 339007 or you can email: admin@willpowerworthing.co.uk

Thursday 28th February – lunch at the **Arundel Restaurant, Northbrook College**. This will consist of a three course lunch at a cost of £14 per person (plus the usual £3 transport contribution). Spaces are very limited so it really is first come first served. Please note the restaurant is not on the ground floor of the college so there is a little bit of walking plus stairs or a very small lift!

Tuesday 19th March - St. Patrick's Day Event – this is an Irish themed afternoon with refreshments and music. The cost of this event will also be £8 including transport. More information will follow in the January News Update.



2019 Diaries and Calendars can now be ordered so please let us know as soon as possible if you would like either or both so that we can place all orders before the stocks run out.

Polite request:

We appreciate it may not always be easy for you but if you are staying all day for activities, please try to bring some lunch with you as the weather is now getting much colder and wetter for the staff and volunteers who are then having to go out to the shops to get sandwiches.

Please remember SSW's gift policy

Whilst gifts to volunteers and staff are not actively encouraged, there may be circumstances particularly at this time of year with Christmas approaching, where a member wishes to acknowledge their appreciation.

In such circumstances, the following gift policy guidelines are recommended:

- a. the gift should be of "nominal" value
- b. in no circumstances should money or monetary gifts (gift cards) be accepted.

In all circumstances the receipt of the gift should be declared to the Centre Manager who can offer advice if necessary regarding the appropriateness of the gift.

A message from the Chairman

At the SSW Board meeting on 14th January, the Board will be undertaking its annual review of their Objectives and the priorities for the charity. In determining what should take priority over the next year or so, a number of factors need to be taken into account to ensure that we continue to deliver the level of service to existing members whilst ensuring that the charity is properly placed to support future members who may have different needs/expectations.

The Board would welcome any ideas, comments, thoughts that you would like them to consider at that meeting. Please feel free to put your views to Frances or any of the Trustees. The more ideas we have the better. At this meeting the Board will discuss everything that has been put forward with a view to agreeing which are most likely to address the needs of current and future members. The aim is to agree what needs to be done and in what order. How those ideas are implemented will be addressed as the year progresses.

Please remember if you have any ideas for activities that you'd like to try, you should contact the office and talk to a member of staff and we will see what we can arrange!

The monthly prize draw winning numbers for November 2018 were 17, 118, 104, 77.

Congratulations to our winners who were Margaret West, Shirley Phillips, Barrie Smith and Ingleborg Earl respectively. Many thanks to all members of the monthly prize draw for their continued support. The next draw will take place on Christmas Eve, winners will be notified as soon as possible in the New Year.

Do you take part in our monthly draw? Why not sign up in 2019 it could be your lucky year!

One to One service. Please remember that if you need help getting to an appointment, we may be able to find a volunteer who can take you. All you need to do is contact us in the office on 01903 235782 (**please do not approach volunteers directly**) with the details of your appointment and we will do our best to find a volunteer who is available and can help. All you pay for this service is 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.

CROSSWORD 33

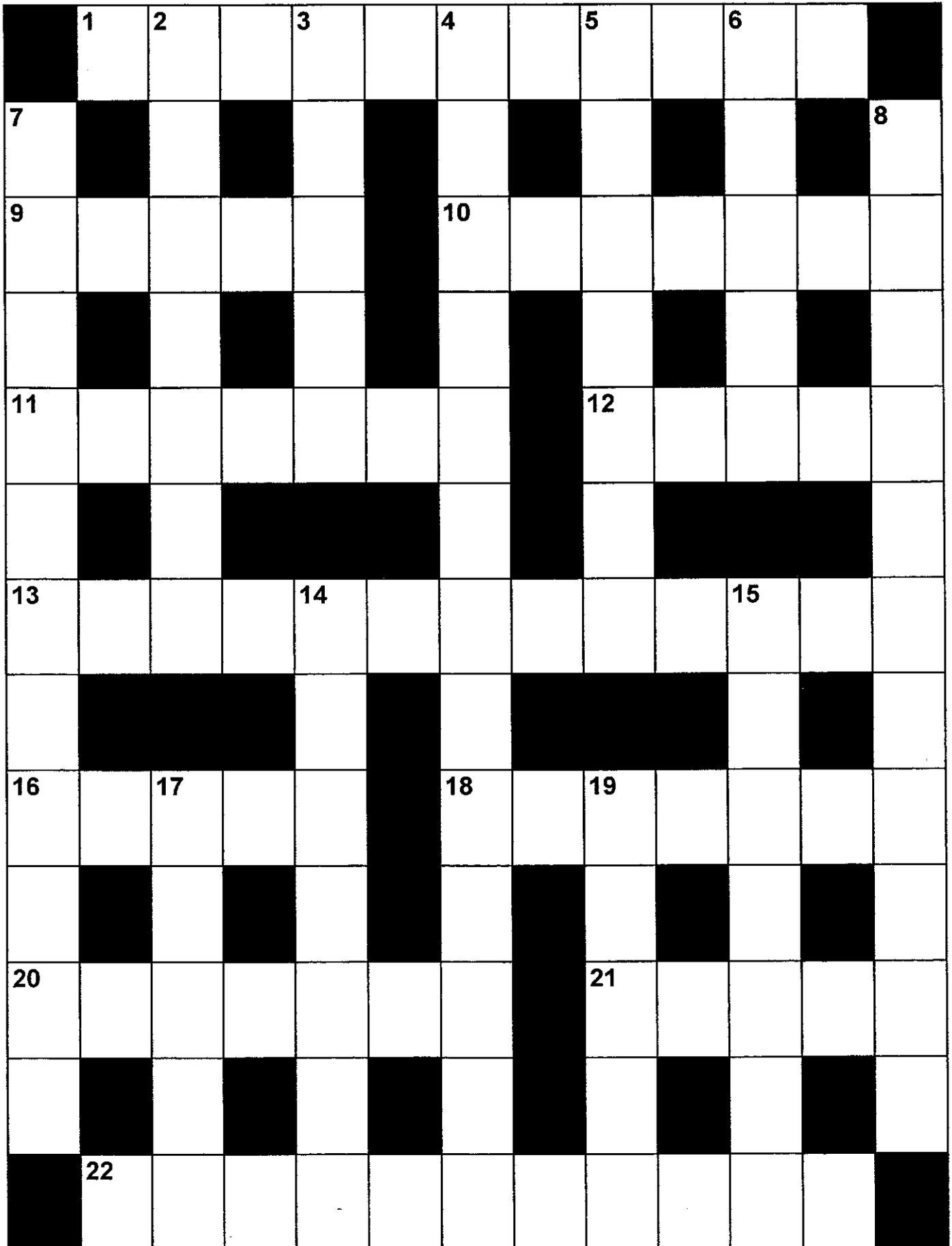
ACROSS

- 1 VISITING PLACES OF INTEREST (11)
- 9 HAD ASCENDED (5)
- 10 VOWEL SHORTENING, IN GRAMMAR (7)
- 11 MAKE FASTER (5,2)
- 12 PASSAGE BETWEEN ROWS OF SEATS (5)
- 13 SETTING UP (13)
- 16 STARED LECHEROUSLY (5)
- 18 ELIMINATE FROM THE BODY AS WASTE (7)
- 20 MAKE USE OF (7)
- 21 ON PURPOSE (5)
- 22 RELENTLESS (11)

DOWN

- 2 EXAMINE CAREFULLY AND CRITICALLY (7)
- 3 GIVEN AN EDGE ? (5)
- 4 HAVE A QUIET RESTFUL NIGHT (5,4,1,3)
- 5 WORDS WRITTEN IN MEMORY OF (7)
- 6 TACKS (5)
- 7 TRAVERSED (7,4)
- 8 SPECULATIONS (11)
- 14 VERTICAL SUPPORT FOR A MATTRESS FRAME (7)
- 15 PART OF THE VISUAL ORGAN (7)
- 17 BLUE FLOWER (5)
- 19 PUNCTUATION MARK SIGNIFYING A PAUSE (5)

Crossword 33



Solution to follow next year!

Just before we go, we'd like to wish you all a very happy Christmas and a happy and healthy 2019.



We hope to see you all next year!

To contact us about any of the events or items included in this publication you can telephone on: **01903 235782**



(If we are not available please leave a message and we'll get back to you as soon as we can)

email: info@sightsupportworthing.org.uk

visit: 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.