

News Update

February 2019

Dates for your diaries

Tues 5th March – Access with Confidence
Workshop

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

Weds 20th March – Down Memory Lane

Thurs 21st March – Keyboard Bob & Snowy!

Weds 27th March – Rotary Bingo

Thurs 28th March – Brick Kiln Nursery

Monday 8th April – Members Forum

Weds 10th April – Jim Carter Quiz

The offices will be closed on Good Friday
19th April and Easter Monday 22nd April.

Tues 23rd April – St. Georges Day Event

Weds 24th April – Down Memory Lane

Mon 20th May – Professional Vision Services

Weds 22nd May – Down Memory Lane

Thurs 23rd May – Walk along the Prom

Fri 24th May – Triobike launch on the Prom

The offices will be closed on Bank Holiday

Monday 27th May

Tues 18th June – Dog's Trust talk

Access with Confidence Workshop at **Sight Support Worthing, 48** **Rowlands Road, BN11 3JT** on **Tuesday** **5th March** from **10.15am** to **1pm**



Unfortunately, it is still common place for people with sight loss to experience real challenges when accessing services such as; restaurants, theatres, shops, taxis, local authorities to mention just a few. The Access with Confidence workshop has been developed to help give participants the skills and confidence to ask providers to make reasonable adjustments to their goods and services, to make them accessible. The workshop will also give an overview of the Equality Act 2010 and how this can be used. A key theme of the session is to give participants the opportunity to share their experiences and offer each other tips.

This workshop which is aimed at visually impaired people, their family members, friends and carers only has 8 spaces, however if there is more interest, a further session can be arranged in West Sussex later this year. For more information and to book a place contact: Clive Wood – Guide Dogs Engagement Officer. Email: clive.wood@guidedogs.org.uk
Telephone: 0345 1430224

Tuesday 19th March - St. Patrick's Day Event

This will be an Irish themed afternoon with refreshments and musical entertainment. The cost of the event will be £5 plus the usual contribution of £3 towards transport if it is required.



Wednesday 20th March 10.30am Down Memory Lane.

Following on from the success of the January and February sessions where cakes and clay teddy bears were made, the March session will focus on something just as fun!

For more information or to book a place please call us.

On Thurs 21st March we will be joined by Keyboard Bob & Snowy!

'Keyboard' Bob will be coming along in the afternoon of Thurs 21st March to entertain you with his keyboard skills, he will be accompanied by his little **dog Snowy!**

Wednesday 27th March 2pm - Bingo

The Rotarians will be back to join us with their very own version of bingo. Spaces are limited so please let us know if you're planning on coming along so that we can be sure to have enough tables and chairs out! Transport is available for the usual £3 contribution.

Thursday 28th March – Trip to Brick Kiln Nursery, Chichester.

This is a trip out to Brick Kiln Garden Centre where you will be able to buy some lunch in the Garden Café whilst enjoying the piano accompaniment!

Spaces are limited and will be allocated on a first come first served basis.

Give us a call now for more information or to put your name down.

Monday 8th April 10.30am

Members Forum. Do try and come along to hear about future plans and to have your say! This forum will include a talk by Karen Davies Community Diabetes Specialist Nurse. Please let us know if you need transport for this event.

Weds 10th April – Jim Carter Quiz

For members and volunteers - we would love to see you all there to join us for this fun quiz. Specially composed by Jim Carter who is also one of our members, the quiz will start at 2pm.

As above, for the purpose of seating please let us now if you are going to attend.

Tuesday 23rd April 2pm St. George's Day Event.

This is another afternoon with musical entertainment and refreshments but this time with a typically English theme. The cost of the event will be £5 plus the usual contribution of £3 towards transport if required.

Red and white costume is optional but we'd love to see it!



Wednesday 24th April and Weds 22nd May 10.30am Down Memory Lane.

For more information or to book a place please call us on the usual office number 01903 235782

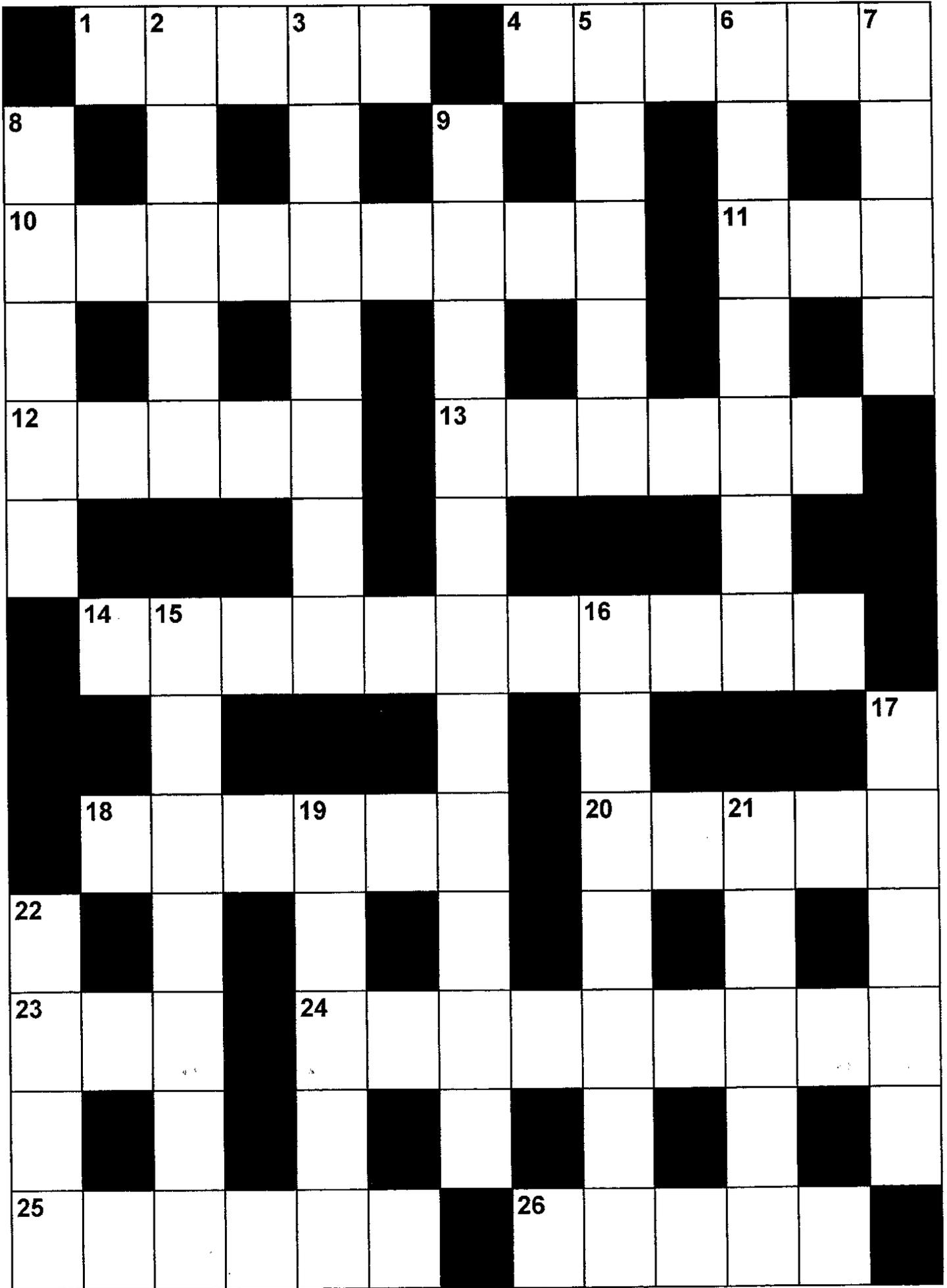
Crossword 32

ACROSS

- 1 GIVES ONE IN EXCHANGE FOR ANOTHER (5)**
- 4 BOOTED (6)**
- 10 VIDEO RECORDER'S TAPE CARTRIDGES (9)**
- 11 ... VICIOUS, GUITARIST WITH THE SEX PISTOLS (3)**
- 12 BLANDFORD, DORSET MARKET TOWN (5)**
- 13 OVER-DILUTED (6)**
- 14 PLACE FOR AN ACADEMIC TALK (7,4)**
- 18 BRAND OF SPORTSWEAR (6)**
- 20 MEETING PLACE (5)**
- 23 LEGAL ..., SCHEME PROVIDING FINANCIAL ASSISTANCE FROM PUBLIC FUNDS (3)**
- 24 BEEKEEPERS (9)**
- 25 DRIVES (6)**
- 26 GRAVEN IMAGES (5)**

DOWN

- 2 MORE INTELLIGENT (5)**
- 3 APPROPRIATE (3,4)**
- 5 EMBEDDED GRAPHIC (5)**
- 6 SMALL SPECIES OF FALCON (7)**
- 7 RANCH, RIDING RESORT (4)**
- 8 RIDICULE (5)**
- 9 OFFICE OF CARETAKER (11)**
- 15 BECAME EVENTUALLY (5,2)**
- 16 SOARED (7)**
- 17 2001 GENE HACKMAN FILM (5)**
- 19 SLOW UTTERANCE (5)**
- 21 PRONOUNCE IN A RESONANT WAY (5)**
- 22 HOLIDAY ISLAND OF INDONESIA, OFF JAVA (4)**



Mon 20th May – Professional Vision Services, demonstration morning - more information will follow in the next news update.

On Thursday morning 23rd May, why not join with our volunteers for a gentle **Walk along the Prom**

Once the minibus has made all the pickups you will be dropped off on the prom at the bottom of Heene Road. The walk then heads east towards the Pavilion Café Bar (formerly known as Denton Lounge) where there will be a comfort stop and a chance to buy a drink before heading back to meet the bus again for the return journey home.

TrioBike

We now have several fully trained triobike 'pilots' who are willing and able to take you for a ride along the prom in the sunshine!

The triobike seats two so you can go with a friend if you like and enjoy the seaside scenery and the wind in your hair all from the comfort of the cushioned bench seat! If you would like to put your name down for a ride please contact the office



On **Tuesday (morning) 18th June** Hear about Dog Trust's services (**please note a dog will be present at this event**)



and projects they provide to help people from all walks of life with dogs!

This is a great opportunity to join an interesting presentation held by Supporter Relations Officer Lisa Herbert, who will be joined by a four legged friend!

Dogs Trust is the UK's largest dog charity, caring for over 15,000 dogs every year at a nationwide network of rehoming centres. Dogs Trust never puts a healthy dog down and do their best to find loving, permanent homes for all their residents.

Massage Chair

We now have an amazing massage chair available for use by members at our centre in Rowlands Road.

If you think you would like to give it a try please call and let us know. It will be available by appointment only as supervision will be needed.



South Downs Leisure

South Downs Leisure is a charitable trust, which is responsible for the management and operation of the Council's leisure facilities.

We have been in talks with the Trust and are looking at arranging chair based Pilates sessions with one of their fully qualified instructors. This would probably be on alternate Tuesday mornings. If you are interested in attending or would like to know more please give us a call!

The Sight Advice FAQ website answers questions about living with sight loss, eye health or being newly diagnosed with a sight condition. This includes those who are supporting people through their sight loss journey. You simply type your question into the search box or use the menu to find what you're looking for. This site has been produced by RNIB, Guide Dogs, Visionary, VICTA and Fight for Sight, working together in partnership.

The website can be accessed from the following link

<https://www.sightadvicefaq.org.uk/>

One to One service. Please remember 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 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 to help. All you pay (directly to the driver) for this service is 45p per mile and any other incurred expenses such as parking.

The monthly prize draw winning numbers for January 2019 were 30, 63, 43, and 42. Congratulations to our winners who were Bernard Merritt, Susan White, Edna Warner and Sue Gillespie respectively.



Many thanks to all members of the monthly prize draw for their continued support. **Do you take part in our monthly draw? Why not sign up in 2019 it could be your lucky year!**

Don't forget hardback copies of the book '**Providing the Jam**' the story of the visually impaired community of Worthing and Worthing Society for the Blind/Sight Support Worthing are now available from the office.

Please let us know if you would like one or if you would prefer another format i.e. paperback audio cd or usb stick.

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!

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

SIGHT SUPPORT



WORTHING

(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.