

News Update

May 2019

Dates for your diaries

The offices will be closed on Bank Holiday
Monday 27th May

Weds 29th May – Rotary Bingo

Sat 1st June – Awareness Day Event

Tuesday 4th June – Technology Help

Monday 17th June – Oxsight Demonstration

Tues 18th June – Dog's Trust talk

Wed 19th June – Strawberry Afternoon Tea

Monday 1st July - Pat's People

Thurs 4th July – American Independence
Day event

Monday 29th July – Members Forum

Thurs 1st August – Walk along the Prom

The offices will be closed on Bank Holiday
Mon 26th August

Tues 3rd December – Christmas Event!

Weds 29th May 2pm – Rotary Bingo

The Rotarians are back to join us with their version of bingo. **Spaces are limited so please let us know if you're planning on coming along!** Transport is available for the usual £3 contribution.

Saturday 1st June 12noon – 4pm

SSW are holding an Awareness Day in Montague Place Worthing. There is no transport available for this event as it is an awareness event for the town but if you would like to come along and see what's there please do.

Do you need help with Iphone or tablet Technology? Then **Tuesday 4th June** is definitely a date to put in your diaries. Between **10:30am & 1:30pm** (lunch will be provided), Madeline Mann (a Blind Representative from the RNIB) will be attending the centre to discuss how you could utilise such technology and or help you improve you using your Iphone, Tablet or Virtual Assistant Device (Alexa) etc.

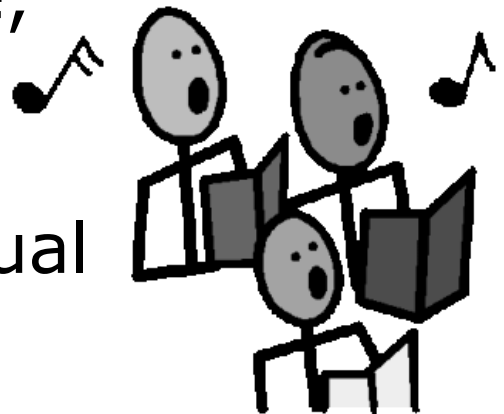
Tuesday (morning) 18th June - Hear about Dog Trust's services and the projects they provide to help people from all walks of life with dogs!

This is a great opportunity to join an interesting presentation held by Lisa Herbert. (Please note a dog will be present at this event.)

Wednesday 19th June – Strawberry Tea 2pm – 4pm.

Come along and join us for a strawberry tea and entertainment provided by singer Victor Munro. The cost of this event will be £5 plus the usual transport contribution.

Monday 1st July – Pat's People Singing Group. An afternoon of song provided by Pat's People, there is no charge for this event but if you require transport the usual contribution of £3 would apply.



Living with Sight Loss Workshop

Please note there is no transport available for this event

Sight Support Worthing and RNIB would like to invite you to this FREE 2-day workshop, offering practical and emotional advice to people with sight loss and those who support them.

Topics to include:

- Assistive Technology – reading, writing and recalling information
- Products and tips for daily living
- Low Vision - magnification and lighting options
- Getting Out and About Safely
- Emotional Wellbeing
- Legal Rights and Benefits
- Hobbies and interests
- Meeting other people, sharing experiences
- Nutrition and a healthy diet
- National and local sources of support.

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Living with Sight Loss Workshop

R N I B

Refreshments will be provided and we recommend that you bring a partner, friend or carer with you.

Please note: you will need to

BRING YOUR OWN LUNCH.

The workshops will be held on:

Tuesday 2nd and Tuesday 9th July,

2019 at Sight Support Worthing,

48 Rowlands Rd, Worthing, BN11 3JT

from: **10am to 3pm**

To book your place, please call:

0300 123 3933

Or email: lwslenquiries@rnib.org.uk

The Course Facilitator is Jan Foster

Confidence Building Co-ordinator:

RNIB

Please feel free to contact Jan for

more information on:

0759 739 7284

or email: jan.foster@rnib.org.uk

Thursday 4th July – American Independence Day event.

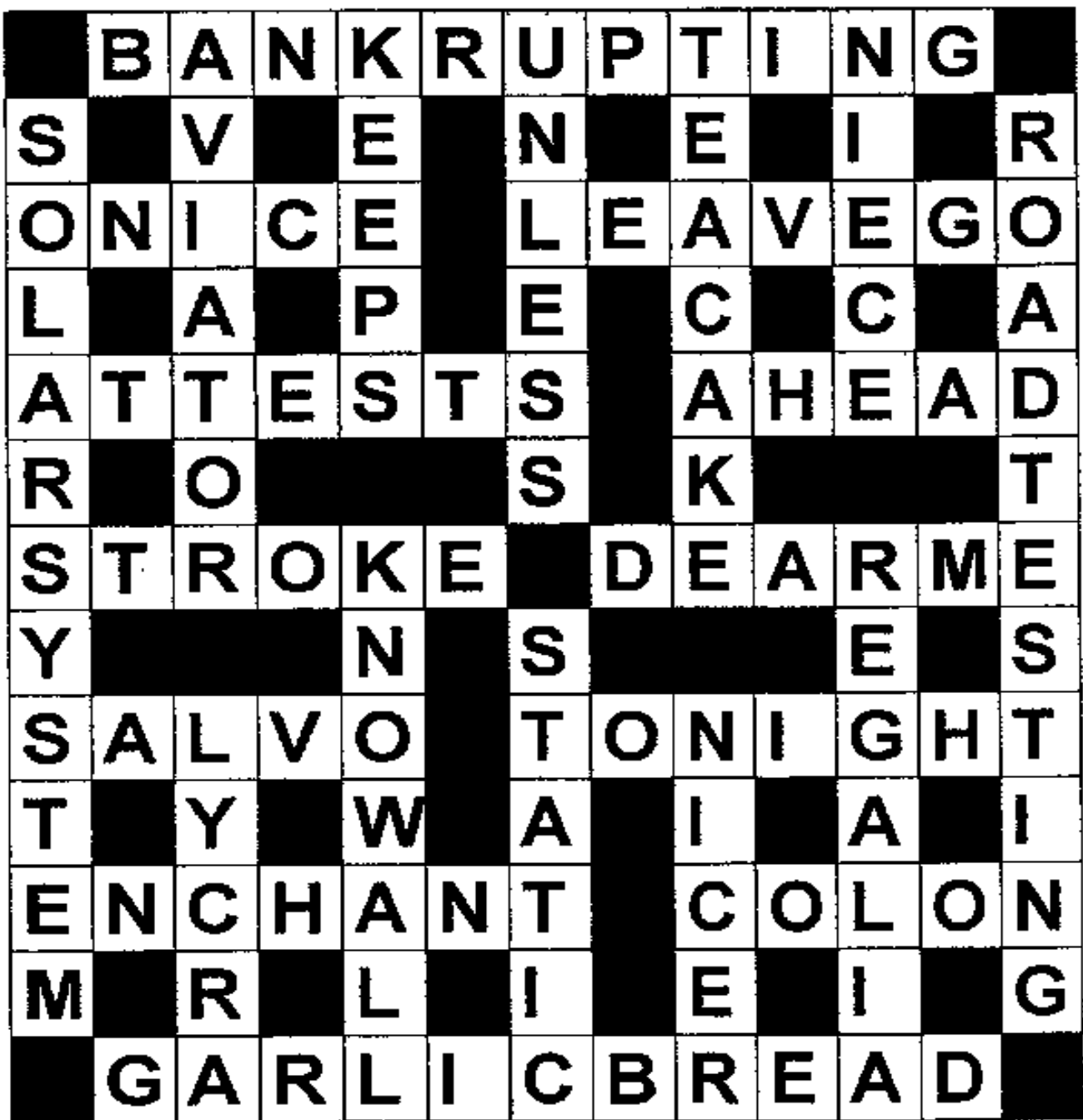
This will be an American themed event running from 11.30am until 3pm with lunch and musical entertainment. The cost of the event is £5 plus the usual transport contribution.



Monday 29th July – Members Forum
Thursday 1st August – Walk along the prom – more details will follow in the next news update.

Christmas lunch event Tuesday 3rd December This year we are thinking of holding a free Christmas Lunch at an outside venue but in order to progress with plans we really need to have a rough idea how many of you might like to attend. If you think you would be interested in attending such an event please give us a call and let us know.

Crossword solutions from April News Update



Don't forget we can now offer you rides along the prom in the triobike.



If you are interested please call and let us know!

The monthly prize draw winning numbers for March 2019 were 16, 60, 83 and 32. Congratulations to our winners who were Susan Smedley, Lilian Harris, Rosemary Evans and Shirley Phillips 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!



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.