

News Update

February 2020

Dates for your diaries

Mon 17th February – Members Forum

Tues 25th Feb – RNIB Wavertree House
Quiz (Hove)

Thurs 27th Feb – Health & Wellbeing Event

Mon 2nd March – Humanware Focus Day

Tues 10th March – Talk by Breathing
Spaces

Wednesday 11th March Games afternoon

Tues 17th March – St. Patricks Day Event

Tues 24th March - Jo Jingles Visit

Weds 25th March – Rotary Bingo

Wednesday 8th April – Jim Carter Quiz

Please note the offices will be closed for
the Bank Holidays on Friday 10th April and
Monday 13th April

Tues 21st April – RNIB Wavertree House
Quiz (Hove)

Thurs 23rd April – St. Georges Day Event

If you would like to come along to any of the one-off events like St. Patrick's, the bingo, quizzes etc., please let us know as soon as you can.

Even if you don't require transport – we need to know that you will be coming along for lots of reasons including seating, catering and health and safety!

For events where we are providing refreshments other than tea and biscuits, we ideally need to know at least 7 days before as we need to plan and shop according to the number of bookings we have had. So please for any event, book sooner rather than later!

Mon 10th February – Pat's People 2pm

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.

Mon 17th February – Members Forum

10.30am This will include a talk on waste prevention and recycling. 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.

Tues 25th February & Tues 21st April – RNIB Wavertree House Quiz (Hove) 2pm

Are you interested in taking part in a friendly quiz against RNIB Wavertree House? We will be travelling to Wavertree House Hove in our minibus and joining the residents for an afternoon of fun quizzing and no doubt tea and biscuits! If you would like to join in please let us know as soon as possible. The transport contribution for this trip will be £4.

Thurs 27th February – Health & Wellbeing Event 10am – 1pm.

Members are welcome to come along to this free event, which is also open to the public. 4Sight Vision Support, Action for Deafness, Adur & Worthing Wellbeing, Age UK, Care for Veterans, Carers Support West Sussex, Dementia Alliance Worthing, Guild Care, Macular Society, South Downs Leisure and Time to Talk Befriending will all be here so if you, or someone you know wants to find out more from any of these organisations, please come along.

Adur & Worthing Wellbeing Hub will also be offering blood pressure and MOT health checks on the day.

For more information call 01903 235782

**Monday 2nd March – HumanWare Focus
Day 10am – 2pm**

HumanWare products have had a positive impact on the lives of vision impaired people of every age. From advanced Braille products and electronic magnifiers to digital talking book players and beyond. Why not come along and see just some of the products that have been designed with you in mind!

Tues 10th March –

Talk by Breathing Spaces 10.30am

Breathing Spaces will be bringing some sensory things from their gardens to demonstrate why gardening is therapeutic. There will be a chance to get hands-on and feel some of those benefits for yourself.

They will talk about their community garden clubs for people with support needs, as well as their Community Flower Farm and Heritage Veg project. There will also be an opportunity to discuss if there are activities, they could provide specifically for Sight Support members.

Weds 11th March - Games afternoon 2pm

Why not come along and join us for this retro afternoon of games, like dominoes, scrabble, cards and shut the box. Transport will be available and of course there's always tea and biscuits!

Tues 17th March – St. Patrick's Day Event 2pm

This will be an Irish themed afternoon with refreshments and musical entertainment not to be missed!



The cost of the event will be £5 plus the usual contribution of £3 towards transport if it is required.

Tues 24th March - Jo Jingles Visit 10.30am

Come along and be entertained (and join in!) with music and song from pre-school children.



Weds 25th March – Rotary Bingo 2pm

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.

Weds 8th April – Jim Carter Quiz 2pm

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.

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

Please note the offices will be closed for the Easter Bank Holidays on Friday 10th April and Monday 13th April

Tues 21st April – Wavertree House Quiz

Are you interested in taking part in a friendly quiz against RNIB Wavertree House? We will be travelling to Wavertree House Hove in our minibus and joining the residents for an afternoon of fun quizzing and no doubt tea and biscuits! If you would like to join in please let us know as possible. The transport contribution for this trip will be £4.

Thurs 23rd April – St. Georges Day Event

This is another afternoon event (2pm) 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!



Do you like classical music?

Come along and enjoy a relaxing afternoon with fellow music lovers every four weeks or so on a Tuesday afternoon for about two hours with a break halfway for tea and a chat! Varied selection of music in the Classic FM mould! Nothing too heavy!

Badges - We have found a website where you can buy bright yellow button badges to let people know you have a vision impairment. These cost between £3.50 and £5.50 – if you would like to know more, please pop in or give us a call.

Would you like to hear the local news?

Sussex Coast Talking News is a local charity that provides a fortnightly audio digest of news from Sussex newspapers for the blind and visually impaired who live along the coastal strip from Bognor to Shoreham. The service is completely free and listeners are sent the news on a CD or USB stick. It also includes a fortnightly audio magazine comprising a wide range of topics from history and music to sport and literature. If you, or anyone you know might be interested in our free service, you can contact us on 01903 776569 or email at mail@sussexcoasttn.org.uk or visit our website www.sussexcoasttn.org.uk

The **monthly prize draw** winning numbers for **December were 103, 34, 74 and 122.** Congratulations to our winners who were **Rita Wilson, Rosemary Evans, Anita Ramsell and Graham Ramsey respectively.** Many thanks to all members of the monthly prize draw for their continued support.



Why not sign up for 2020 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.