



Viewpoint

Your local sight loss charity news
Issue 02 | Summer 2016



In this issue:

- 4 Village Roadshow
- 8 Talking News goes digital in September
- 10 Summer Tips

Thumbs up for our new look!

Hello and welcome to the latest edition of Viewpoint, the second this year, in our new-look magazine format. The comments we have received so far have been very positive with many of you saying you have enjoyed the variety of articles and prefer its modern look.

Highlights of this edition include our recent Big Lottery Funding success, Talking News switchover, Summer Tips and Volunteering.

Don't forget:

Please let us know if you would prefer to receive it in an alternative format:

- CD
- Braille
- Email

You can also read or listen to Viewpoint on our website:



www.nab.org.uk

Contents

- 4 Village Roadshow
- 6 Wheel of good fortune
- 8 Talking News goes digital in September
- 9 Noticeboard
- 10 Summer Tips
- 12 Making the call
- 14 Kettering Sight Centre
- 18 Volunteers making a difference
- 22 Mobile Sight Centre dates



Celebrating Big Lottery Award

We are pleased to announce that we have recently been successful in gaining a £356,010 award from the Big Lottery Fund which will go a long way towards securing our Enable Service to the community for a further 3 years.

The Mayor of Northampton Cllr Chris Malpas, who is also a Trustee of the Association and guide dog owner, stopped by to enjoy a slice of cake with members of our Community Team.

The new funding helps to ensure we can continue to support thousands of the county's blind and partially sighted adults and children to live independently and make the most of what life has to offer.

NAB's Enable Service includes home visits, emotional support, advice on health, welfare and coping with daily living tasks, demonstration

of specialist aids and equipment, interest and social groups, befriending and Sight Centres in Northampton and Kettering plus a Mobile Sight Centre which travels the county.



Village Roadshow

The distinctive blue and white livery of NAB's Mobile Sight Centre was on view along the country roads of South Northants and Daventry District during May.



Our Seeing Better Roadshow visited 16 villages and small towns – from Old Stratford to Kings Sutton, Barby to Guilsborough – in a bid to raise awareness and take our information and services to people in the more remote parts of Northamptonshire.

NAB's Support Worker for the area, Jenny Richardson, joined Fred Cannon on the vehicle for the month, and the colleagues were pleased to welcome many new enquirers and old friends on board.



Awareness Weeks

The Mobile Sight Centre featured other Special Promotions in June & July.

We marked **National Diabetes Week** (12-18 June) by raising awareness of the risk to eyesight caused by untreated or neglected diabetes and eye health in general.

Representatives from the county's Diabetic Eye Screening Programme (DESP) joined us on board to promote screening and answer visitors' questions.

The Mobile Sight Centre was at Corby Cube and Northampton Market Square respectively to specifically support **National Macular Week** (27 June-3 July). Age-related macular degeneration (AMD) is the biggest cause of sight loss in the UK. There is no treatment currently available under the NHS for the most common "dry" form of the condition however, there is much that can be done to alleviate the impact of AMD on daily life.



An eye test is the only way to find out if diabetes is damaging your sight.

DESP offers a free annual specialist screening test to diabetics across the county.

NAB's Community Support Team can help people to come to terms with the condition and remain independent.

Wheel of Good Fortune

We're always grateful when our members and their families, along with groups and businesses in the community, get behind NAB to fundraise for us. As an independent local charity we rely on this goodwill and generosity to keep our vital services going.



Recently we were delighted to be presented with a cheque for £9,000 from the Inner Wheel Club of Rushden. Jennifer Norman, Club President, selected NAB as her local beneficiary for the year after members of her own family and also fellow club members had received support and services from us.

The ladies group, made up of 25 members, managed to raise the impressive sum of £9k by organising a Charity Dinner and Auction at the Scott Bader Community Hall in Wollaston on 29th April. The Club even managed to get celebrity Charlie Ross from "Flog it" fame to act as the auctioneer, freely donating his

time, entertaining an audience of 170 guests.

Charlie had 13 items to sell, the top draw in the auction was an oil painting by renowned artist Jeremy Barlow which raised over £1,000. Charlie even sold his own tie for £50 to boost funds. Alongside the main auction on the night there

was also a separate silent auction and a sell-out raffle.

NAB would like to THANK everyone who was involved, donated and supported the Inner Wheel Club of Rushden to achieve this. WELL DONE!



Talking News goes digital in September

We're really excited to reveal that the first USB memory sticks containing recordings of Talking News will land on your door mats during the first week of September.

For over 30 years we have recorded and distributed the news on tapes but the switchover enables our listeners to benefit from clearer digital sound, extended playback time and better navigation (they have tracks like CD's). As an added bonus there will also be a magazine

from RNIB Newsagent including Take a Break, BBC History and Readers Digest amongst others.

Don't worry, our Support Workers will be contacting all our Talking News listeners before the launch to make sure you have an appropriate player.

If you are interested in joining the free Service please call us on:

01604 719193

Pictured: NAB memory stick and Sonic player (£34.49 available at our Sight Centres to purchase).



Notice board

For information, support and enquiries call us: **01604 719193**

nab

Look for us on WORLD SIGHT DAY

Raising awareness in
Kettering Town Centre
Thursday 13th October 2016
Visit our Charity Shop, Sight Centre & Mobile Sight Centre

Save the Date...

Annual General Meeting
Arrive from 1:45pm for 2pm start
Tuesday 11th October

In the Pavilion at
Old Northamptonians Association
Billing Road, Northampton, NN1 5RX

Summer Tips

With the sun sizzling this summer we look at ways to stay safe!

Magnifiers are essential aids for many of our VIPs. But, a word of warning, they can be a fire hazard!

On recent home visits, NAB Support Workers have been concerned by how many people leave their magnifiers lying around, with papers underneath, near to windows.

It only takes SECONDS in the fierce summer sun for that paper to catch fire and it can take anything from four to nine hours even on a mild sunny day to cause a flame.

To avoid fire:

Please remember to put your magnifiers in a safe place, away from the sun, when you've finished using them.



People with Albinism

Are particularly vulnerable to sunburn because of their lack of Melanin – the skin's natural protection against the sun. But by wearing hats, clothing and lots of sun screen they can still enjoy the summer outdoors.

DID YOU KNOW?

When it comes to the sun's Ultraviolet rays **UVA** stands for **AGING** and **UVB** stands for **BURNING**.

UVA rays cause premature aging of the skin, wrinkles and dryness while UVB causes burning.

But UV rays are also harmful to our eyes. They can contribute to the development of cataracts and age-related macular degeneration.

So make sure you wear anti-glare or wraparound sunglasses which provide UVA and UVB protection while easing discomfort and sharpening focus. The darker shades may reduce more glare but they will also reduce vision. Therefore choose the lightest colour you can cope with.

Visit our Sight Centres where we can advise you on the most suitable filter for your eye condition, plus get to "try on" different sizes and styles.

Summer Best Buys...

Fit-over Eyeshields - £7.99



Suitable for high degrees of light sensitivity or for use in bright situations. Blocks UVA/B, C light and provides 100% protection. Available at our Sight Centres in a range of colours and sizes.

Peak Sun Visor – from £2.99



Brimmed hats or sun visors can be beneficial, they are designed to block sunlight. Available from sports outlets and online retailers.



Making the Call

When their young daughter Lucy was diagnosed with not one but two rare eye conditions, parents Stacey and Luke had no-one they could turn to for support. They were unaware of any other family in their situation and felt isolated and unsure of what the future might hold.

That is until Stacey learned about NAB through an internet search and within days of calling was contacted by Hugh Spence, our

Children & Families Support Worker. "It was so great to hear a friendly voice and to learn that there was support for Lucy," she said.

Lucy had been diagnosed with Microphthalmia (which means "small eye" caused when her left eye stopped growing while in the womb) and Coloboma, which affects the optic nerve and robs the eye of any useful sight from birth. Only 1 in 10,000 babies are born with both conditions.

"Since contacting NAB we have found the support and services invaluable. It was just so nice to find someone who understood how hard the endless hospital visits can be and to feel

comfortable about sharing our concerns and feelings," said Stacey.

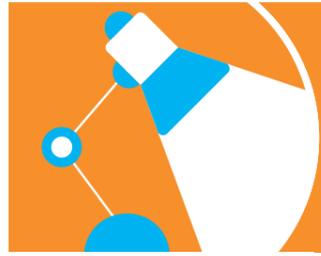
NAB helped the family access other services including the Sensory Impairment Team who are now helping to get support in place for when Lucy starts school later this year. They also attend the family activities NAB organises, which enables them to meet other parents with visually impaired children.

"I am so glad I made that call," added Stacey.

If you would like a friendly visit from one of our local Community Team Support Workers who can give you all the information and support you or your family need call our Helpline today:

01604 719193





SPOTLIGHT:

Kettering Sight Centre

Friendship, regular activities and ongoing support are among the many things we have to offer at Kettering Sight Centre for anyone experiencing sight loss.

Sight Centre Manager Isobel Lambley organises a busy monthly schedule which

includes a weekly computer group, relaxation group and monthly book club. We also host Sight Support Meetings which are a great opportunity to meet and talk with others coping with sight loss.

Our VIP's enjoy games and quiz afternoons along with popular outings such as recent trips to Beckworth Emporium for afternoon tea and a multi-sensory tour at Kettering Museum.

Why not drop in... for information and advice to help you overcome the challenges you may face.

We also stock a range of specialist aids and equipment to "try and buy" at Kettering Sight Centre. Our most popular items on display include talking watches, big button telephones and low vision aids.



We're Open:

10am-1pm every Tues, Thurs and Fri.

Located at 22b Wadcroft, Kettering NN16 8TH. Find us behind Gregg's on the High Street, near Shopmobility.

Call Kettering Sight Centre:
01536 522773

Upcoming Events 2016:

Low Vision Day: Mon 22nd Aug
Drop-in 1:30pm-4pm. Free event.

"Terrified of Technology" session Thur 8th Sep
Drop-in 10:30am-12:30pm. Free event.

Tactile visit to Kettering Museum – Mon 7th Nov
10:30am-12 noon. Tribute to Agatha Christie, Tickets £5.

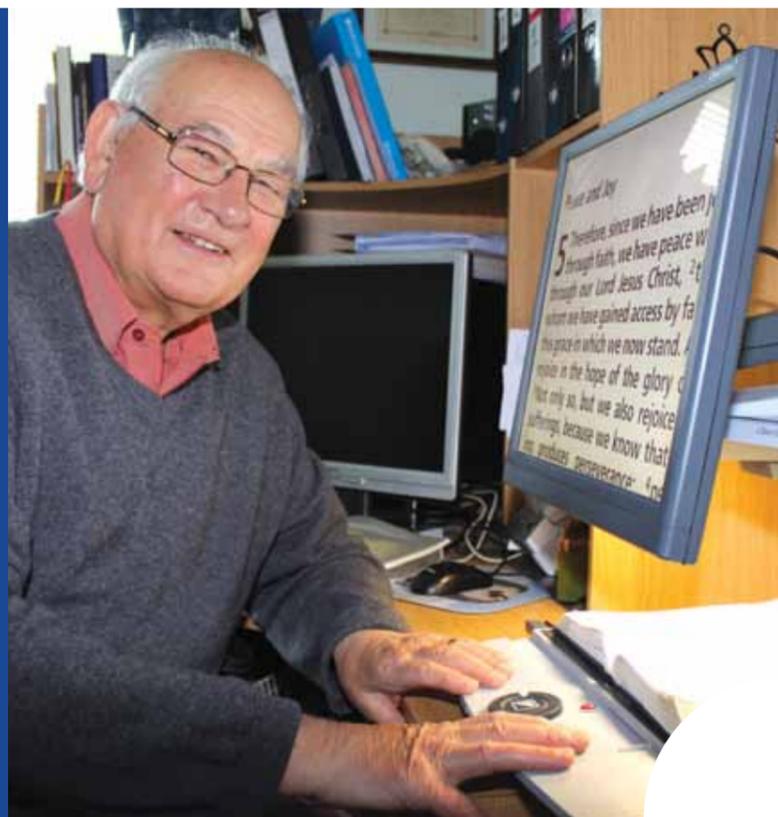
Christmas Fayre – Fri 18th Nov
10am-1pm. Craft and gift stalls, tombola, nearly new sale.

Christmas Party – Wed 7th Dec
12:30pm start. Buffet and seasonal entertainment. Tickets £6.



What Goes Round, Comes Round!

Macular degeneration was making life increasingly difficult for retired (but still very busy) Free Church Minister **John Goulder.**



When NAB's Support Worker Jenny Richardson called to see him, Rev Goulder was struggling to read and use his computer and smartphone, and his Church commitments were becoming quite a challenge.

She contacted another local VIP, Grace Cockshott, who she knew would be only too happy to help out. Grace's sight had actually improved following a course of Lucentis injections and she no longer

needed her video magnifier. Rev Goulder tried it out, was delighted and Grace gracefully gave it to him.

Volunteers of NAB's Brackley branch delivered and installed it in his office, and also supplied him with a second-hand portable electronic magnifier. Now, with a new magnifier and desk lamp, Rev Goulder's "ad-ministration" activities are seemingly back on track!



Stepping it out!

Sophia Chandler is a regular at the local line dancing club in Earls Barton.

Three times a week she joins the lines of men and women enthusiasts to step it out, undeterred by the fact that she can see absolutely nothing around her.

Sophia has artificial eyes, no sight but bags and bags of positivity. So when she heard about the dance class eight years ago, while attending a gym, she went along – and loved it. Sophia listens

carefully to the loud and clear instructions and orientates herself by using the clock face, with the instructor at 12 o'clock.

Sophia is currently on the waiting list for a guide dog. Meanwhile, with a personal motto of **"Anything is possible and there are no such words as can't do"** this lady is certainly not sitting around!

Volunteers: *Making a Difference*



Memory Lane

Wednesday afternoons are a trip down memory lane for Mrs Yehia who, with the help of NAB volunteer Brenda, is compiling her memoirs.

Throughout her working life Mrs Yehia was a talented architectural designer studying at the Royal College of Art before setting up and running a successful practice in Egypt with her husband for some years. She also became the first woman lecturer at one of London's top schools of architecture, serving for 19 years.

Corby Social Group Volunteers

The group meets from 2pm-4pm on the fourth Tuesday of the month at Swan Gardens in Corby.



Let us introduce you to our fabulous team of volunteers from our Corby Social Group. From the left: Lesley Davidson, Betty & John Hinch (husband & wife) and Alison Caswell. Sorry Barbara Coe, you couldn't be with us for the photo!

Our caring and committed team of volunteers have made the group the success it is over the past 16 years.

A BIG THANK-YOU is sent to you all.

In retirement, Mrs Yehia took great pleasure in her artistic pursuits but now restricted by poor sight and mobility, she has been encouraged by her granddaughter to revisit her past.

In Brenda she has found a like-minded friend who has already completed her own memoirs. Brenda takes notes from their regular get-togethers and then types them up. There's still a lot of ground to cover, says Mrs Yehia, but "...we do chat a lot, and that's such a pleasure when you get to my age and can't get out much!"

A Family Record



(Pictured above left to right) Stan Howell with siblings, Doris Street, Gwen Bennett and Bill Howell.

RECORD-breaking is a family affair for 90 year-old Stan Howell of Brackley.

Stan has been married to his wife Margaret for 68 years. Two of his brothers and two sisters have also been married for over 60 years **making it a world "first" in last year's Guinness Book of Records!**

Stan was registered sight impaired in 2010 and is a regular visitor to NAB's Mobile Sight Centre when it is in town, where he always has a few tales to tell about his interesting life. So Stan, what's the secret of these long and happy marriages? "Oh, it must be down to the Marmite sandwiches!" he quips with a twinkle in his eye.

Stan and his wife Margaret (above)

Stan's brother, John from Australia.

Daventry VIP Club Closes

It was a sad farewell for the members of Daventry VIP Club which closed recently after 35 years' activity in the town.



Set up as a self-help group in February 1981 by a number of local visually impaired people and relatives, it ran popular evening meetings and outings, with as many as 60 attending in its heyday.

In the early years meetings were held in The Grange, later moving to the New Street Day Centre. But, like so many clubs these days, there was a steady decline in numbers. At the annual general meeting in March the decision was taken to call it a day.

Terry Tatham, who with his late wife Sylvia was among the founding members, became the Club's Chairman

in 1983 and remained Chairman and guiding force ever since. He compiled and produced a monthly general interest magazine, VIP Sound, and with the dedicated support of his friend and neighbour Jean Dibben, recorded the Daventry Express each week. Both productions have now ceased.

NAB would like to send our sincere thanks to all the volunteers down the years, with a very special vote of thanks to Terry for his long and dedicated contribution to the welfare of Daventry's visually impaired community.

Visit our Mobile Sight Centre in a town near you

	Day	Time	Aug	Sep	Oct	Nov	Dec	
Northampton Area	Brixworth: Outside Library, Spratton Rd	Wed	11:30am-12:45pm			23		
	Moulton Village Autos: Stocks Hill	Wed	1:30pm-2:30pm			23		
	Northampton Abington Street: Close to Central Library	Fri	9:30am-1pm	12,26	9,23	14,28	11,25	9
	Northampton St Crispin: Retirement Village, Duston	Wed	2pm-3:30pm	10			9	
South & West Northants Area	Brackley Town Centre: Piazza, outside Town Hall	Wed	10am-12:30pm	3	15 (Thu)	5	2	7
	Daventry Town Centre: Near Shopmobility, New St	Wed	10am-1pm	10,17	14,21	12,19	9,16	14
	Deanshanger: Outside Memorial Community Centre/Library	Wed	11am-12:30pm		7			
	Towcester: Waitrose car park, Water Lane	Wed	1:30pm-3:30pm	3	7	5	2	7
	Long Buckby: GP Surgery, Station Road	Wed	2pm-3pm		14			
Kettering, Corby & Oundle Area	Burton Latimer: Burton Latimer Library, High St	Wed	10am-12pm	24				
	Corby Town Centre: Close to Corby Cube, George St	Fri	10am-1pm	19	16	21		16
	Corby Town Shopping Centre: Queens Square, opp Wilko's	Fri	9am-4:30pm				18	
	Desborough Town Centre: Co-op car park, Gladstone St	Wed	9:45am-11am				23	
	Kettering Town Centre: High St. WORLD SIGHT DAY	Thu	10:30am-3pm			13		
	Oundle Town Centre: Co-op car park, St Osyths Lane	Thu	10am-1pm				17	
Wellingborough & Rushden Area	Earls Barton: Co-op car park, High St	Thu	1:45pm-3pm	11			10	
	Raunds Town Centre: The Square car park, off High St	Wed	12:30pm-2pm	24				
	Rushden Town Centre: ExtraCare Imperial Court, Duck St	Thu	10:30am-12:30pm	4			3	
	Wellingborough Town Centre: Area opposite Hind Hotel	Thu	10am-1pm	11,25	8,22	27	10,24	8

Local to You – Social and Support Groups

Corby	Swan Gardens, Gainsborough Rd	2pm - 4pm 4th Tues of month
Long Buckby	Greenhill Court, Park Rd	11am -3pm 3rd Thurs of month
Northampton Luncheon	Delapre Community Centre, Alton St	12:45pm -3:30pm 3rd Tues of month
Northampton Pub Lunch	The Trumpet Pub, Wellingborough Rd	12pm -3pm 1st Tues of month
Wellingborough	Knights Court, Gold St.	1:30pm – 3:30pm 3rd Thurs of month
Daventry Sight Support Group	The Abbey Centre, Market Square	2pm – 4pm on Mon: 22nd August, 24th October
Kettering Sight Support Group	Kettering Sight Centre, 22 Wadcroft	10:15am – 11:45am Mon: 14th November

Donate now:

Text

ISEE15 £2

to 70070



Don't forget our local branches in Brackley, Kettering, Oundle, Rushden and Towcester run regular social groups & outings.

Contact us:

Helpline: 01604 719193

Email: helpline@nab.org.uk

Website: www.nab.org.uk

 www.bit.ly/facebookNAB

 [@nab_northants](https://twitter.com/nab_northants)

NAB, 37 Harborough Road
Northampton, NN2 7BB

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