



The Parkside Centre
Leeds Road
Outwood, Wakefield
WF1 2PN
Tel: 01924 215555

Welcome to our Autumn 2017 Newsletter.

Graham writes – “After 2 years in post I decided to stand down as CEO when my contract expired in September. The experience I have gained personally in my interaction with everyone at the charity has been most rewarding. I have thoroughly enjoyed my time here, particularly my contact with service users, volunteers and the great support from the staff and the Board but I felt the time was right to take stock and pass leadership to someone new. I wish the organisation all the very best for the future and believe it is now in a stronger position to further build on its successes for the future benefit of members. I wish my successor Hayley Grocock best wishes.”

Introducing the new CEO, Hayley Grocock

Hello everyone, it is a great pleasure to be joining you all. I have worked in both the private and charitable sectors, most recently with fuel poverty charity National Energy Action. My work has been focused on running community-based projects supporting people with a variety of needs, including mobility and sensory issues, to keep warm and well at home. I hope that my experience will stand me in good stead for helping Wakefield District Sight Aid move forward into the next exciting phase of its development. I'd like to thank Graham, the staff and Board for making me feel so welcome, and I look forward to meeting lots of you over the coming weeks and months.

Best wishes, Hayley.

Staff changes at Wakefield District Sight Aid

Caroline Barker (Sight loss Advisor) left the charity in early September to join the Sensory Impairment Team at Wakefield Council. Nicola Ellis will continue to provide Home Visit support. Lizz Johnson (Community Co-ordinator) left the charity at the end of September to take on a full time university course. Replacements for both roles are being progressed. Our best wishes are given to Caroline and Lizz for their support.

Wakefield District Sight Aid – Charity News

Equipment and Advice Demonstration Days

These are held at the Parkside Centre, Outwood. They are a great opportunity to try out specialist equipment, meet with other people who have visual impairments, get advice, support and help or simply have a tea or coffee and a chat. Our days are open to visually impaired people, their families, carers, professionals and the general public.

The next dates are: Monday 20th November 2017 and Monday 22nd January 2018 . The events run from 10.30am to 2.00pm.

Diaries and Calendars

We have now received the new catalogue for 2018 calendars and diaries. If you want to make a purchase we will have some stock available at the Demo Day on 20th November 2017. We are only able to offer a postal service to people who are unable to attend the Demo Days or call into the office. Payment must be received before purchases can be posted.

Reading Hub

We have two Reading machines set up in our office with headphones which are available for anyone visually impaired who needs to read mail etc. in privacy. The reader scans the letter or document and reads the text. Use of the equipment is by appointment only, please tel 01924 215555 should you wish to use this service.

Online Today Training, hosted by RNIB

Helping people with sensory loss to get online, book your free place.

Date: Wednesday 22nd November 2017

Where: Wakefield District Sight Aid, Parkside Centre, Leeds Road, Outwood, Wakefield, WF1 2PN.

Time: Group session 10am-12pm and One to One sessions 1pm - 3pm

Spaces are limited so please contact Ian Beverley:

Tel - 0113 386 2841

Email - ian.beverley@rnib.org.uk

Living with Sight Loss Courses

RNIB are hosting a free 4 day Living with Sight Loss course at Wakefield District Sight Aid. The course offers practical and emotional support for people adjusting to sight loss and those close to them. The programme will include assistive technology and aids for daily living, reading and writing techniques and equipment, mobility training, emotional wellbeing and healthy lifestyle, socialising, sharing experiences and national and local visual impairment organisations, societies and services.

The course will start on the 30th of October and will continue every Monday till the 20th of November from 10:30 to 15:30.

If you would like any more information or to book a place contact Cristina on 07713 086937 or email cristina.tamer@rnib.org

Community Coordinator Update from Lizz Johnson

Hi everyone, by the time this arrives I will have left my role at the charity to start at the University of Leeds, studying for a Bachelor of the Arts degree in Professional Studies. I am, however, still hoping to volunteer for the charity when able to. I have thoroughly enjoyed the last ten months here and will miss the staff, volunteers and members. I will hopefully catch up with some of you at the Christmas Social if you are coming along and will pop into the coffee mornings, studies permitting!

The forthcoming coffee morning schedule is below. All 10am -12pm

Parkside Centre, Outwood, WF1 2PN Monday 4 th December	Cluntergate Centre, Horbury, WF4 5DA Tuesday 7 th November Tuesday 5 th December
St Swithuns Centre, Eastmoor, WF1 4RW Wednesday 11 th October Wednesday 8 th November Wednesday 13 th December	St Giles' Church, Pontefract, WF8 1AT Saturday 21 st October Saturday 18 th November Saturday 16 th December

Our **Befriending Service** is available to all members of Wakefield District Sight Aid. We'll pair you with one of our volunteers who will visit or telephone you. Please contact the office for more details.

Fundraising News

We can't possibly name everyone for all the wonderful donations we receive, but we would like to say thank you to:-

- £125 donated by Mr Naren Dhingra, his fee from a recent presentation to the Wakefield Area Local Optical Committee.
- Good Neighbours News for a donation of £100 nominated by Mary Townshend who is a member and supported by the charity.
- Graham Bell who completed his 170 mile cycle challenge, over £700 has been raised.

Christmas Draw

We are pleased to enclose our ever popular Christmas Draw tickets and we hope you'll be able to help us sell these, to raise much needed funds for our work. The draw will take place this year at the Parkside Coffee morning on Monday 4th December.

Collection boxes are available for your own home or for local shops and other retail outlets – please contact us for more information.

Quiz – (thanks to our volunteer Jack Reynolds)

Daytime TV – for those wet autumn days!

1. From which lunchtime antiques show has Tim Wonnacott recently retired?
2. Which actor plays Father Brown?
3. Name the former professional footballer who has recently worked on “Homes under the Hammer”.
4. Who is the host of the revived quiz show “Fifteen – to- One”?
5. Name the Yorkshire – born chef who is sadly missed (at least in this house!) from “Saturday Kitchen Live”.
6. Gloria Hunniford, and Julia Somerville are joined by which former BBC news reader on “Rip Off Britain”?
7. As well as “Pointless” which other daytime quiz does Richard Osman host?
8. Where is Philip Serrell’s main auction room?
9. Which show does Paul Martin host?
10. Who co-hosts “This Morning” with Philip Schofield?

The answers are at the end of the newsletter.

Community News

The community venues where we hold our coffee mornings also have other groups and events running which you are welcome to go along to. We have included brief information below. They also have rooms available for hire. Please contact the centres if you are interested or would like further information of what is available. The addresses and numbers are below for all the venues .

St Swithuns Centre – Eastmoor, WF1 4RW. Tel: 01924 361212

Simply Leisure – Meets on a Monday 1-3pm. This is a social group for ladies and gentlemen over 55yrs. The group is run by volunteers and has a programme of activities, guest speakers, trips and much more. Cost: £1.50 each session. Please contact Maureen 01924 361212.

Fit & Friendly – Meet on a Friday morning from 10am – 12noon. They do light chair based exercise to music and often have guest speakers visit their sessions. For more details contact Molly on 01924 361212.

Colourful Crafts – Thursday 1-2:30pm (term time only) £2 per session which includes all materials and refreshments. This is a really warm and friendly group and is suitable for all abilities. They do a wide range of crafts & members are also welcome to bring their own crafts with them to do. For more details please contact Emma on 01924 361212

Cluntergate Centre – Horbury, WF4 5DA. Tel: 07873 544948

The centre runs a full and varied programme of groups and activities including crafts, singing, exercise, dancing and three different Womens Institute groups!

St Giles' Centre – Pontefract, WF8 1AT. Tel:01977 613643

The centre offers a room for all occasions please contact Bill Bradley on 01977 613643 or 07759524979.

Hyacinth bulbs – The Rotary Club of Ossett and Horbury Ossett Phoenix Rotary Club will be providing a pot of hyacinths for all our members who live in Horbury and Ossett. They are hoping to deliver around the 14th February 2018. If you do **NOT** want to receive one, then please call us on 01924 215555 to let us know. Thank you.

Medical issues / National news

AMD: drops could replace jabs!

University of Birmingham has developed eye drops for AMD (a disease affecting over 600,000 people in Britain). Laboratory tests have shown them to be just as effective as injections at preventing leaking from damaged blood vessels in the eye. Dr Felicity de Cogan, leading biochemist, is hoping that funding will soon be available to do human trials that could then lead to them being made available possibly within 5 years.

Glaucoma

A new operation to treat Glaucoma has been developed. Previously, laser treatments has been used to clear the “drain” in the eye (the Trabecular meshwork) that gets blocked up thus causing pressure to build up of aqueous fluid inside the eye. A new device called a Hahook Dual Blade can be used instead to scrape away the tissue blocking the drain.

Drops are expensive and often applied wrongly. They can make the eyes sore and often sting when used. But with a local anaesthetic, this new procedure (called KDB or internal trabeculectomy) removes the damaged cells. Great results so far, it is being trialled at Guy's and St Thomas' NHS Foundation Trust.

Myopia or short-sightedness

It has become apparent that myopia may be caused in part by too much close-focusing (on things like reading) in a child's early years. Prolonged close work especially when young, can cause the focusing mechanism of the eyes to become fixed in a state of 'near-focus'. The increasing use of computers, iPads and smartphones may well have longer term effects than we realise!

Steps can be taken to minimise this effect by spending more time taking breaks from close work and doing more 'long-distance' focusing to compensate. Diet can also be a factor: eating more leafy green vegetables, salad, fruit and natural foods is important. You can get special lenses to wear to help correct the problem and it is important to wear the correct reading glasses if you have been prescribed them.

Dazzling Pain!

Drivers know the problems of being suddenly dazzled by oncoming headlights! A sudden shock, sometimes of pain, and a moment of blindness such as you get if you look into the sun and you could be in real danger, especially at speeds.

Car makers are fitting more and more powerful headlamps to new cars and a study has shown that more and more accidents are being caused by headlight glare. There is a pressure group in Wales (Lightmore) which is campaigning to have headlight levels reduced.

But it's not just the light level. When we are dazzled, the 'glare' is sending a warning signal to our brain to tell us to stop, look away, or suffer damage to the eye. We may blink a few times in response. Older people cannot adjust so quickly to the sudden change in light level and are likely to suffer more damage and be more at risk of not being able to react quickly enough.

The older lights were a softer yellow Halogen type, replaced first by a strong blue Xenon light, and since 2006 by even stronger LED (Light Emitting Diode).

But since the 1920s, it has been known that “disability glare” results from the use of this stronger blue light, because when light enters the eye, some light is scattered round the eye resulting in those black blotches we see momentarily. If we have clouded lenses, eg from cataracts, we get more light scatter.

Predictably, motor manufacturers don't accept that strong headlamps cause any eye problems. The Government disagrees and has set up a “Glare Group” to investigate. Results are expected at the end of this year. NB. It seems from research that clear spectacles coated with a UV absorbent coating may actually be more effective against glare than ordinary sunglasses.

Quiz answers:

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|-----------------|----------------------|
| 1. Bargain Hunt | 2. Mark Williams |
| 3. Dion Dublin | 4. Sandi Toksvig |
| 5. James Martin | 6. Angela Rippon |
| 7. Two Tribes | 8. Great Malvern |
| 9. Flog It | 10. Holly Willoughby |

Office availability

Our offices are open Monday to Wednesday 9.30am to 1.30pm. Thursday opening hours are for telephone contact ONLY. Please do try to ring before calling at the office, to ensure an appropriately experienced member of staff is available to help. We don't want you to have a wasted journey.

Due to an external event, the office will be closed on **Tuesday, 12th December.**

Newsletter Format – this is available in this printed form, by email, on disc or cassette and in braille. **We are now making the newsletter available on memory stick.** Members who have the appropriate equipment will be able to use this format, **so please do let us know if you wish to change the way you currently receive it.** Tel 01924 215555 or email admin@wdsa.org.uk