

CONTACT

Issue 71

**STAY
ALERT** 

**CONTROL
THE VIRUS**

 **SAVE
LIVES**



Sutton Vision
3 Robin Hood Lane
Sutton
Surrey
SM1 2SW

Telephone: 020 8409 7166
info@suttonvision.org.uk
www.suttonvision.org.uk

Editorial

Welcome to Issue 71 of Sutton Vision's CONTACT Magazine.

Sir Richard Branson once stated, "Every success story is a tale of constant adaption, revision and change!" As you read through this issue of CONTACT you will note there have been some adaption and changes at Sutton Vision.

The old cliché reads, "Is the glass half full, or half empty!" Often change is difficult, individually or as an organisation, to accept. but...we at Sutton Vision view these changes as exciting opportunities. Please do not worry, we assure all our readers and service users that the service provision at Sutton Vision will continue at the same high standard.

Comments and contributions from Sutton Vision members and local partners are always welcome and may be sent to our Editor, Michael Parsons, at editor@suttonvision.org.uk. We are always interested to hear what you think of the newsletter and to receive ideas about articles for inclusion.

Quote for the Quarter

Disability is a matter of perception. If you can do just one thing well, you're needed by someone.

Martina Navratilova

Farewell to Eric Kennedy & Joan Bridges

How do you...

say goodbye?

On Tuesday 30th June 2020 two Trustees, Eric Kennedy (Chairman) and Joan Bridge (Minute Secretary) stepped down and retired from the Board of Trustees of Sutton Vision.

Eric and Joan have served on the Board for many years giving their time, energy & talents in their respective roles in S.A.B (formerly) and latterly Sutton Vision. In all the years of service Eric's leadership skills were impeccable, and Joan NEVER missed a single meeting!

So, how do you say goodbye to such hard working, dedicated and loyal servants? Words cannot express the deep sense of gratitude the members, staff and fellow Trustees owe to you both. **THANK YOU.** You will be greatly missed!

We hope and pray you will enjoy your retirement – you both deserve it!

Eric will be a hard act to follow, but Michael Parsons (Vice-Chair & Contact Editor) will endeavor to follow in his footsteps and continue as Acting Chair of Sutton Vision for the time being.

Telephone Befriending Service



If you are feeling lonely, isolated or just want someone to call you for a friendly chat we can match you with a volunteer who will be happy to call you.

Contact our Volunteer Co-ordinator
Amanda Larter

amandalarter@suttonvision.org.uk

020 8409 7166

LVC and Hospital Update

Sutton Vision are now running it's Low Vision Clinic remotely. If you are struggling with reading and have been diagnosed with low vision you may benefit from a telephone assessment with our Optometrist. This service is for people who live in the borough of Sutton and who do not attend the Low Vision Clinic at St Helier Eye Unit.

For more information please phone Sutton Vision on 020 8409 7166.

Please note if you do attend St Helier Hospital for eye appointments you will notice some changes.

St Helier Eye Unit started to reopen a small number of clinics from Monday 13th of July. Patients will have their temperature checked on arrival & will be given a mask to wear whilst in clinic.

However if you have any questions or queries please contact Ann Ryan, Sight Loss Advisor on:

07920 650 613

Crossword questions

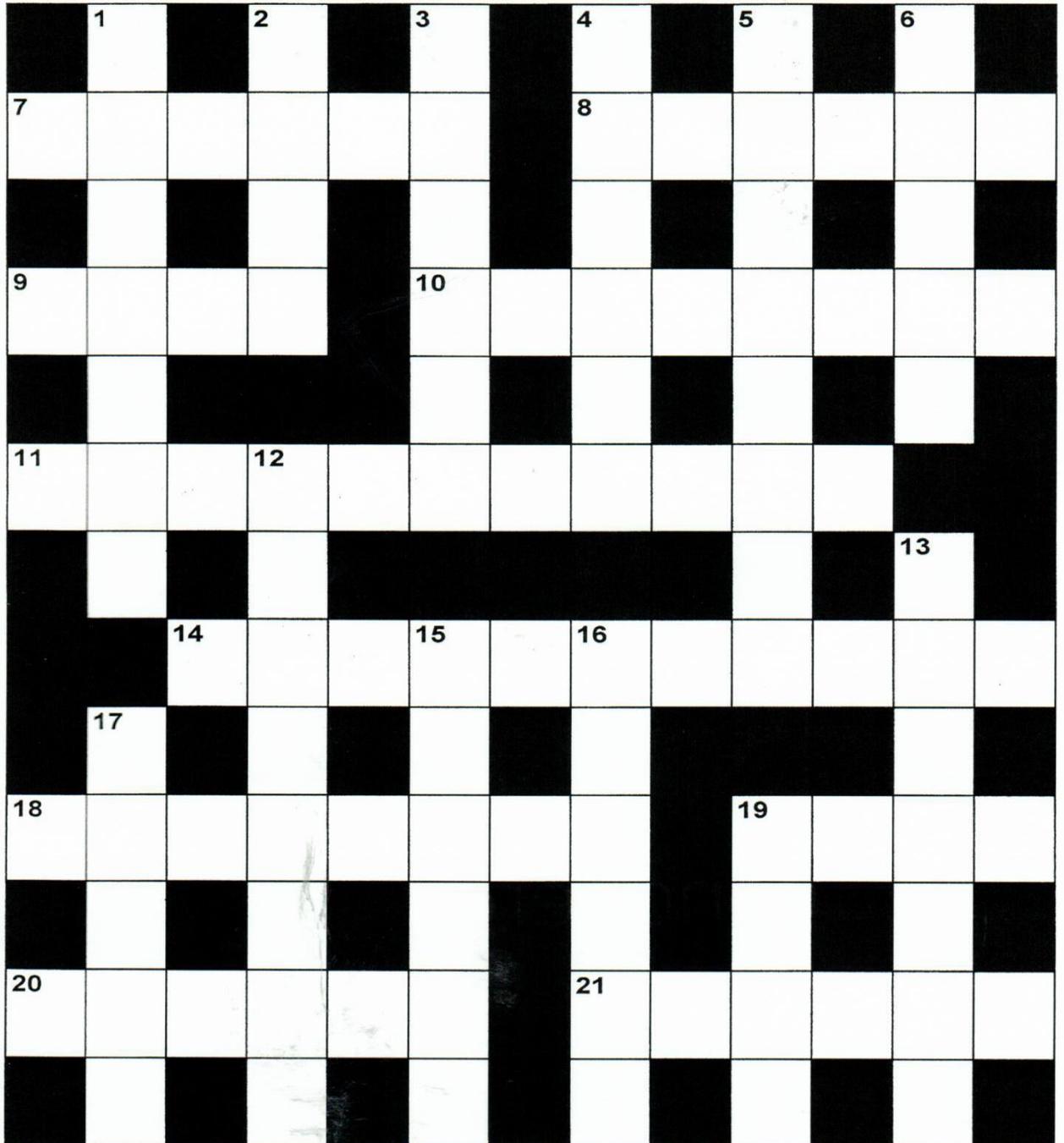
ACROSS

7. La Resort (6)
8. Oak Tree Seeds (6)
9. Central... Cafe in the sitcom Friends (4)
10. Marine Traveller (8)
11. LA-DI-DA (11)
14. Inflated Pride (11)
18. Hoaxer (9)
19. One In The Grave, BBC Sitcom (4)
20. Thwarts Maliciously (6)
21. Pulses (6)

DOWN

1. Cooped Up (5,2)
2. Computer information storage device (4)
3. Volgograd's Country (6)
4. The Legend of.....Number 1 Hit in 1968 (6)
5. Nationality of gymnast Nadia Comaneci (8)
6. Leg parts often grazed (5)
12. People without much money (4,4)
13. Opens out (7)
15. Gusto (6)
16. Spain's Continent (6)
17. Brushed (5)
19. Stomach turning (4)

Crossword Box



Meet the Chief Officer

Tegan Jones joined Sutton Vision in February as Fundraising Manager and from the start of June as Chief Officer working with the Board and the whole organisation. Tegan looks forward to continue developing services for blind and partially sighted people in Sutton and helping to provide a wide range of services to help enable and empower people with sight loss to live independent and full lives.

Tegan brings with him a wealth of experience in the charity sector serving leading roles for charities including Blind Veterans UK, Royal Blind Foundation, St John Ambulance, SSAFA the Armed Forces charity and was Interim Chief Executive for the renowned Royal Children's Hospital Foundation in Australia. Tegan is ready to get started and to develop a strategy to realise our ambitions for the charity.

“Whilst I would have wished for different circumstances for my start, I am delighted to be able to bring my experience in working with people who are blind or partially sighted.

The COVID-19 pandemic has required many of our service users to follow shielding measures and exacerbated the issues that people who are blind or partially sighted face every day. Demand for Sutton Vision's support and services has increased since the pandemic began, making the assistance and services we provide more crucial than ever.

But it's vital that our members and service users and their families know that they can still get in touch with us. We're up and running and we have the capacity to help you. I know the difference a conversation can make to someone who is anxious and feeling isolated or worried. Staying in touch with Sutton Vision and with our team is incredibly important – We're all here to support you.

My focus is not only on getting through COVID-19, but on being ready to step up and represent Sutton Vision to continue providing help to enable and empower people with sight loss to lead independent and full lives. Our members and service users need our support now and throughout the coming months, and I am

committed to doing everything to help them and their families live better and more independent lives.”

My inbox is always open so if you have a question for me, why not let me know by emailing teganjones@suttonvision.org.uk



Quiz Questions

1. Which Saint was commemorated on 17 March?
2. What colour is traditionally worn on that day?
3. Which plant is often worn as a buttonhole on that day?
4. What is its historical, religious significance?
5. Which bird had a world day dedicated to it last month?
6. Who or what did runners try to beat earlier in March in Salford for Sports Relief?
7. 150 years ago today which ballet overture received its premiere performance?
8. 30 years ago on 30 March, 200 000 people took to the London streets to protest against what?
9. 75 years ago this month were the last attacks in England by what?
10. 40 years ago on 20 March, a ship called the Amigo foundered in a gale and sank in the Thames estuary– what was special about it?

Chair Exercise

If you've not done much physical activity for a while, you may want to get the all-clear from your GP before starting.

Choose a chair that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement. Try to attempt these exercises twice a week.

1- CHEST STRETCH, this is good for posture

- Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.
- Gently push your chest forwards and up until you feel a stretch across your chest.

Hold for 5 – 10 seconds and repeat five times

2- UPPER BODY TWIST, this will develop and maintain flexibility in the upper back

- Sit upright with feet flat on the floor, cross your arms and reach your shoulders.
- Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right. Do five of each.

3- HIP MARCHING, this will strengthen hips and thighs and improve flexibility

- Sit upright and away from the back of the chair. Hold on to the sides of the chair.
- Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.

Repeat with the opposite leg. Do five lifts with each leg.

Word fit question

4 LETTER WORDS

Aria

Trek

5 LETTER WORDS

Basil Broke Ended Equal

Igloo Lithe Livid Olive

Pause Raven

6 LETTER WORDS

Aspire Eldest Rarely

Shapes Sherry Sleigh

7 LETTER WORDS

Address Insipid Located

Prosper Science Student

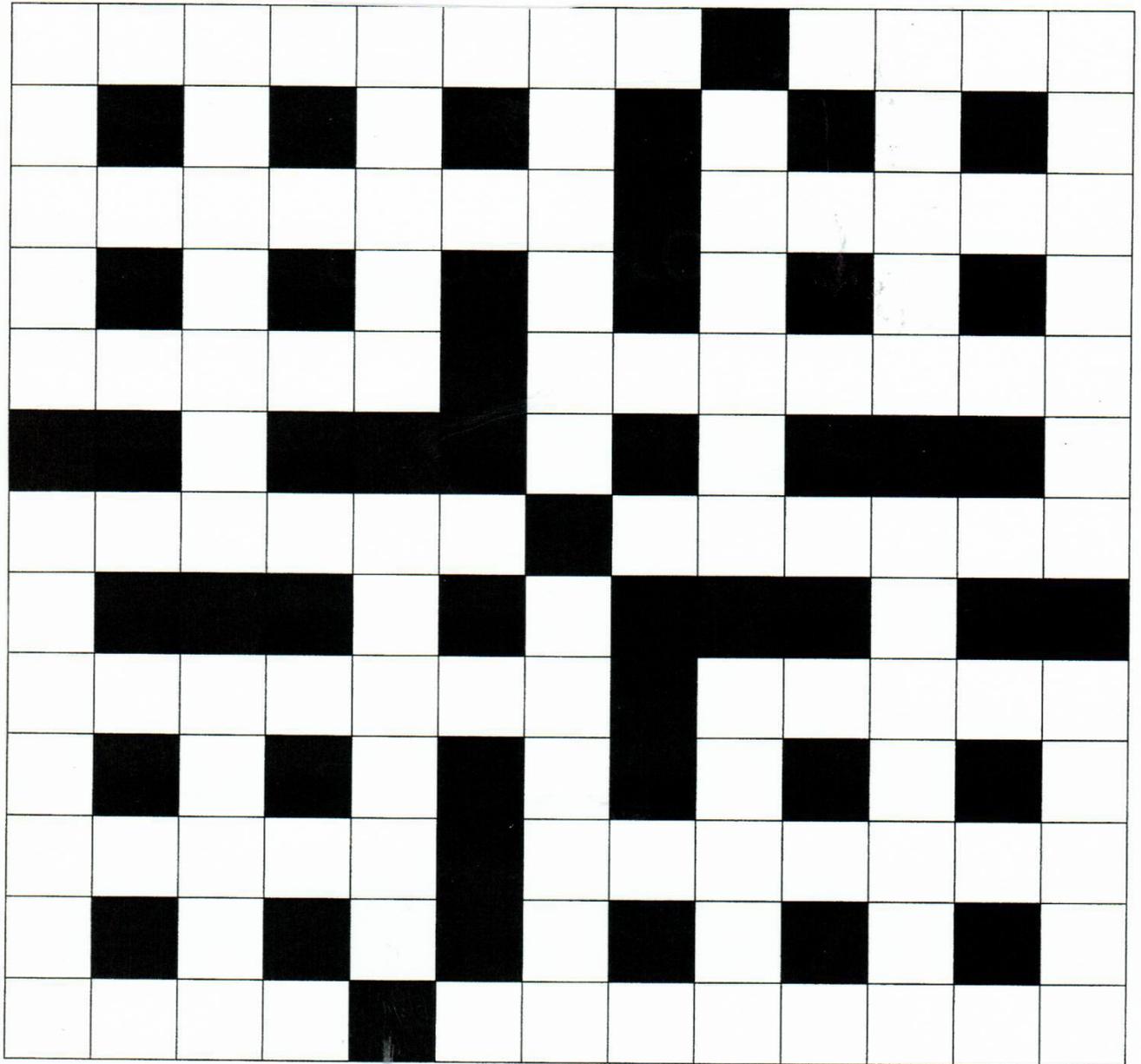
Umpires Vaccine

8 LETTER WORDS

Declared

Involved

Word fit box



Coronavirus information

As the Government published its Coronavirus Action Plan and the UK Chief Medical Officer recently raised the risk to the UK from low to moderate, we want to support Visionary members at a time when information can be confusing, and for some there is a heightened sense of concern and worry.

However lets be reminded that only a small number of people in the UK have been diagnosed with the virus and that officials have regularly said that over 99% of people who contract the virus will make a full recovery after experiencing only mild/moderate symptoms.

Current advice to help prevent the spread of this disease is:

- Wash hands frequently with soap and water or use sanitiser gel
 - Catch coughs and sneezes with disposable tissues
 - Throw away used tissues (then wash hands)
 - If you do not have a tissue use your sleeve
 - Avoid touching your eyes, nose and mouth with unwashed hands
 - Avoid close contact with people who are unwell
-

If you have any queries or worries then please contact your GP or the non emergency number 111

Sudoku

Each Horizontal/Vertical line must contain one and only one of each digit. 1-9

								7
				5				4
3	9							1
2	3						1	
	8			1	6	7	9	2
6				7	8	3		
9		8	1	6		2		
	7		4	2	9			
	6			3	7			

QUIZ

Test Your Knowledge- Answers

1. Patrick
2. Green
3. The Shamrock
4. Patrick used it to explain the trinity to the Irish.
5. Sparrow
6. Beethoven (5th)
7. Romeo and Juliet
8. Poll Tax
9. V1s and V2s.
10. It was the Radio Caroline ship.

Recipe- Peanut Butter Fudge

4 servings

½ cup peanut butter

¼ cup maple syrup

2 sheets parchment paper

Add all ingredients to shopping list

Directions

Instructions Checklist

Step 1

Whisk peanut butter and maple syrup together in a bowl until combined. Pour onto 1 sheet of parchment paper. Cover peanut butter mixture with second sheet of parchment paper; flatten.

Step 2

Place flattened peanut butter mixture into the freezer; freeze until hardened, about 10 minutes.

Chunky peanut butter can be substituted for smooth if desired.



Useful Telephone Numbers

The following list of useful numbers includes an emergency number for the London Borough of Sutton and St Helier Hospital Eye Unit.

Advice Link Partnership Sutton (ALPS)	020 8254 2616
Age UK (Sutton)	020 8770 4090
Friendly Club	020 8669 4106
London Borough of Sutton	020 8770 5000
L B of Sutton Referral Point	020 8770 4565
Macular Society (National)	01264 350 551
Macular Society (Sutton)	07970 525 143
Merton Sports & Social Club	020 8540 5446
RNIB Helpline	0303 123 9999
St Helier Hosp Eye Unit	020 8296 3800
St Helier Hosp Eye Unit EMERGENCY	020 8296 3817
Sight Loss Advisor Ann Ryan	07920 650 613
Sutton Carers Centre	020 8296 5611
Sutton Talking Newspaper	020 3759 6679
Sutton South Hello	07790 031 764