

# CONTACT

*Issue 75*



*Figure 1 photo taken by Vicky Blencowe in October 2020 in St Nicholas Churchyard. @VI\_VickyPhoto*

Sutton Vision  
3 Robin Hood Lane  
Sutton  
Surrey  
SM1 2SW

Telephone: 020 8409 7166  
[info@suttonvision.org.uk](mailto:info@suttonvision.org.uk)  
[www.suttonvision.org.uk](http://www.suttonvision.org.uk)

# Editorial

Welcome to the latest Issue, number 75 of Sutton Vision's CONTACT Magazine.

As mentioned in the last edition these are exciting times for Sutton Vision and this edition of CONTACT includes plenty of the latest news as well as practical information and our regular puzzles and quiz.

We start with a funding update from our Chief Officer, Tegan Jones. This includes news of all our funding efforts and new strategic plan that will allow us to continue to deliver our existing services but also to do more.

We will continue to provide updates on the performance and plans of how we invest in sight loss services for our residents in the London Borough of Sutton.

Sutton Vision's offices are now open, in accordance with government guidelines. We welcome our existing and new residents during the following opening times.

## **Monday – Thursday (10.00am – 3.00pm).**

Comments and contributions to CONTACT magazine from the Sutton Vision community and partners are always welcome and may be sent to our Editor at [editor@suttonvision.org.uk](mailto:editor@suttonvision.org.uk).

We are always interested to hear what you think of CONTACT and to receive ideas about articles for inclusion.

## **GO PAPERLESS, GO GREEN!**

If you would like to switch to an email edition of CONTACT, please let us know by sending an email request to [Vicky.Blencowe@suttonvision.org.uk](mailto:Vicky.Blencowe@suttonvision.org.uk).

*"Truth is, I CAN still laugh, smile, listen, talk, teach, dance, hug, love, and live happily. Vision loss can hold you down, but the truth will set you free." - Maria Johnson, Girl Gone Blind®*

## News from Tegan Jones, Chief Officer

With society in Sutton reopening after the pandemic, I am pleased to say that all of our services have resumed in a face-to-face manner at 3 Robin Hood Lane. I am extremely proud of the team at Sutton Vision who found a new path forward throughout the pandemic so we could continue to offer our vital services.

As a result of offering a suite of services in a hybrid manner both face to face and remotely throughout the pandemic, we were able to build on existing and new funding relationships and we have successfully grown Sutton Vision this year.

Sutton Vision has done well sourcing COVID relief grants, expanding relationships with existing funders and developing opportunities with new funders. Some of these funders include the London Borough of Sutton Council, City Bridge Trust, London Community Response, Thomas Pocklington Trust, Community Action Sutton, National Lottery Community Fund, Steele Charitable Trust and Tesco.

I am also excited to inform you all that a new Strategic Plan (2021 – 2023) has recently been developed and which if you have not already read, I commend to you – it can be found here:

<https://www.suttonvision.org.uk/strategic-plan>.

Much credit and thanks must go to our staff for communicating closely and supporting each other throughout the last 18 months. I have absolute confidence in our loyal, hardworking and very able staff team and volunteers to continue to offer an exemplary form of service delivery as we continue to offer our services in a hybrid manner.

# St Helier Hospital Update

Sight Loss Adviser, Ann Ryan, is available for St Helier Eye Unit appointments, advice and support. If you attend in person at St Helier, you will have your temperature checked on arrival and will be given a mask to wear whilst in clinic.

If you have any questions or queries, please contact Ann Ryan on 07920 650 613.

## Low Vision Clinic

We are offering face-to-face assessments at Robin Hood Lane or an assessment by telephone if you prefer.

Please telephone Sutton Vision on 020 8409 7166 for an appointment or for more information.

If you need to speak to our optometrist or need a replacement magnifier, please call and leave a message on our answer phone.

## Volunteer News – Downsize your Kettle

How to make best use of your Kettle?

Are you still using the same large electric kettle that you've always used? If so, are you finding it more difficult? Does it seem too heavy? Are you struggling to line it up with the cup or mug or teapot that you are trying to port into? I certainly was for some time now, as my eyesight deteriorated and disappeared.

I managed for a while by taking a tea towel folded it in half lengthways and leaving it on the work top. I would put my mug at one end and hold the kettle over the rest of the tea towel, and that way at least any spillages were mopped up. Not perfect but it helped. Recently my wife has bought me a travel kettle. The sort of kettle that you see in hotel rooms. Sitting on a tray with just 2 cups

for making tea and coffee in the morning. There are several advantages to this kettle. Firstly, it is much lighter to pick up. Secondly, it is much easier for me to lineup the lip of the kettle with whatever I'm pouring the boiling water into. Thirdly, it minimises the amount of water that is spilt. A good by product of this is that it is economically and environmentally friendly. You are using much less electricity because you are boiling a much smaller amount of water every time.

When I first got the kettle, I was unplugging it and carrying it to the sink every time to fill it up. That seemed to me to be unnecessary fiddly and tedious. So, what I now do is fill a small drinking water bottle at the tap and then tip that into the kettle. Again, a good move because it saves having to carry the kettle and potentially dropping it and it reduces the risk of spillage once again.

My kettle came from Sainsbury's. But you can buy them in most supermarkets my wife tells me. I'm sure the most infamous online retailer also sells them. You can definitely also buy them in most camping shops. Please don't be tempted to steal one the next time you're in a hotel room though! I cannot take the credit for this idea. It was entirely my wife's idea. But I think it is a good one and it has proved very helpful to me. Hopefully it will work well for you as well.

Enjoy your tea and coffee!

**Adrian Andrews – Sutton Vision Volunteer**

# The importance of the Carer



During the lock down Mick has been admitted to hospital three times and the role of the carer became very important.

Mick found that being hearing and visual impaired, that the removal of his hearing aids and everyone wearing masks made for a very difficult situation and caused him considerable unnecessary stress.

After his first experience where there was a lack of good communication and Mick missed vital care instructions we realised the need for me, his wife and carer, to be present when his next operation was planned and with the help of the specialist and his team it was agreed that I could be present during the daytime in the ward. This was subject to us both having negative Covid tests and isolating beforehand.

What was very clear to us was if you are an unpaid carer you do not have the same rights as a paid one.

I took the next step and contacted Sutton Carers who helped me with letters proving I was Mick's carer and suggestion of what we needed to check within the hospitals policies regarding carers. We are sure the staff were not aware of the drawing up policy during the pandemic for this role. This gave us the confidence to push the issue with the hospital itself and we await a meeting following Mick's recovery.

The second time the response was very good, but it changed again this last time and I had to speak to the main staff and come up with an agreed plan. This should not happen for those patients that need help, especially when details of follow-on care etc. is needed within the home environment and attending sessions of treatment. The forms do not show all details for following

treatments and are all too small; the wearing of the masks by staff makes it difficult, if not impossible, to clearly hear them – this is where mistakes happen.

When Mick was last in, there was an emergency with another patient on the ward and I was able to help with the others, for which the staff were grateful. The staff said how valuable it was that I was there to help Mick with the programme he was following after surgery. They said having me present and taking him for prescribed walks, helping him to follow all requirements was so important and as a result they said that they were going to talk to their teams about relating the role of the carer for certain types of patients. Unpaid carers are so important to help patients' safety, especially for visually impaired people as the corridors and wards contain so much clutter now for access to the bathroom and the exercise walks.

This really made us aware if you are the carer you need to push and push and check all the policies and take any help you can get.

Mick has to have considerably more treatment, but we are ready for the next battle as he is a person and not a hospital number.

## **Shirley and Mick Mitchell - Volunteers for Sutton Vision**

### **Volunteering at a community event**

When I arrived at Hill House on the 8th of August the Sutton Vision table was already set up. Ann Ryan, SV sight loss advisor explained some of the equipment to me and before long we had several visitors to our stall asking questions not only about the equipment but about our roles and about the charity. That afternoon, I learnt a lot from Ann about the various reasons for sight loss and the various resources that are available.

Although I have been volunteering at SV for a few years this was my first community event and I found that a huge percentage of people who spoke to us at the event, had no idea of what the charity did for people with sight loss.

I was able to share with them information about the music, art, tech groups and about the coffee mornings some of which I have also helped with. We gave them information on how to contact Amanda if they wanted to access groups and Vanessa if they needed the Low Vision clinic. It made me feel good to be helping the community in this way. I feel it's very important that people who may be feeling isolated because of their condition are made aware of what we at Sutton Vision can offer.

The community was mainly from an Asian background which is also my background. When they served up a biryani I was delighted! Altogether, a lovely afternoon and for the community an informative one, whilst enjoying yummy food, cultural music and dance.

**Joan – Sutton Vision Volunteer**

## Volunteer “Shout Out”

I would like to express my heartfelt thanks to our newest Assistive Technology Volunteer, Lee.

Lee started volunteering with Sutton Vision during the second Lockdown in late 2020. Since then, despite the complexities of assisting people with sight loss remotely, Lee has been able to offer some brilliant support for some of our members. He has also undertaken weekly session with one of our younger members to help her on the road to employment.

Lee has the advantage of full sight and a large breadth of IT knowledge for PCs, laptops, and smaller smart devices, and has become an invaluable addition to the new Assistive Technology Service

Lee is now attending the Tech Talk and Tech Social groups, so please do book your place if you would like some help with accessibility settings on your laptops.

Thanks again Lee

**Vicky - Assistive Technology Coordinator**

## Sutton Vision News

Sutton Vision has is constantly updating its website with new volunteer roles. These include volunteer drivers, gardeners, tech support for social media/podcast content and community awareness champions.

We are pleased to welcome back our volunteers to social activities in the garden over this coming summer and autumn.

We are always interested in new activities and would like to hear from you if you have a skill that you can offer our VI members, as a social activity or peer support group.

## 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.

A big thank you to our team of telephone befrienders who are doing a great job of contacting our VI members who have requested this service on a weekly basis during the pandemic.



# Social Groups & Activities

## September – November

We are very pleased to announce the return of Sutton Vision's much-loved social groups and activities. Here are the dates and times of the activities in September, October and November.

### LUNCHTIME QUIZ

Monday 20th September 1.00 – 3.00pm

Monday 18th October 1.00 – 3.00pm

Monday 15th November 1.00 – 3.00p



### ART & CRAFT

Thursday 30th September 1.00 – 2.30pm

Thursday 28th October 1.00 – 2.30pm

Thursday 25th November 1.00 – 2.30pm



### TECH SOCIAL

Thursday 23rd September 1.00 – 3.00pm

Thursday 21st October 1.00 – 3.00pm

Thursday 18th November 1.00 – 3.00pm



## VI SCRABBLE GROUP

Monday 13th & 27th Sept 1.00 – 3.00pm

Monday 11th & 25th Oct 1.00 – 3.00pm

Monday 8th & 22nd Nov 1.00 – 3.00pm



## TECH TALK

Thursday 9th September 1.00 - 3.00pm

Thursday 7th October 1.00 - 3.00pm

Thursday 4th November 1.00 – 3.00pm



## COFFEE MORNINGS

Monday 6th September 10.00 – 12.00

Monday 4th October 10.00 – 12.00

Monday 1st November 10.00 – 12.00

*Coffee Morning*

*Everyone Welcome*



- All the Sutton Vision Groups listed are held at our premises at 3 Robin Hood Lane, Sutton.
- The activities and events are free of charge, though donations are welcome.
- Covid guidelines are in place at Sutton Vision so please make sure you sanitise your hands on arrival and wear a mask until seated.

If you would like more information or to book a place, please call Amanda on 020 8409 7166.

# UK Sight Loss News – New BAME Initiative

BAME Vision is a newly formed group made up of professionals from the eye health and sight-loss sectors as well as those with lived experience to create a dynamic and diverse team. The Black, Asian and Minority Ethnic (BAME) Vision group originally would have sat with Vision UK, but after their closure in 2020, Chairs Bhavini Makwana and Adam Mapani decided to continue and meet with the group to discuss their future.

“Whilst having meetings to explore our priorities, vision and mission, we have also been engaging with ethnic groups on various platforms and creating and sharing content in a variety of languages. We have seen great impact within the communities, especially the talks provided by members from our team Subash Suthar and Jayshree Vasani” shared Bhavini Makwana, Chair.

## **Themed workshops**

On 19 September 2021, BAME Vision will launch a series of workshops for this year’s National Eye Health Week, 20 – 26 September 2021. Some of the topics we will cover are:

## **What is National Eye Health Week?**

- Live Well, See Well
- Diet and Nutrition
- Dry Eyes and screen usage
- Sight after 60
- The importance of regular eye checks
- Sharing mindfulness and ways to relax
- Discussing eye conditions most prevalent in BAME communities
- And more!

The workshops will be presented by professionals, consultants and those with lived experience sharing information and talking

about personal experiences in different languages. There will also be a question, and answer segment at the end of each session.

The workshops are open to anyone in the eye health and sight-loss sectors, those at risk of sight loss or with a vision impairment, family and friends or anyone wishing to seek information in different languages and interested in finding out more.

## How to book

On 1 September 2021 BAME Vision will launch their programme of workshops through their social media channels listed below, so please keep an eye on these to find out more and book your place! Alternatively, you can email [info@bamevision.org](mailto:info@bamevision.org) to receive the full schedule.

## Sutton Vision Key Funders



Sutton Vision would like to thank:

- The Steel Charitable Trust
- National Lottery Community Fund
- Tesco
- Community Action Sutton
- Thomas Pocklington Trust
- City Bridge Trust
- Sutton Council



Community Action Sutton  
Building Stronger Communities



# Sudoku

Each Horizontal/Vertical line must contain one of each digit (1- 9)

			<b>3</b>	<b>6</b>	<b>9</b>			<b>4</b>
		<b>9</b>					<b>5</b>	
	<b>2</b>				<b>4</b>	<b>7</b>	<b>1</b>	
<b>4</b>	<b>9</b>	<b>8</b>						<b>7</b>
			<b>1</b>		<b>7</b>			
<b>1</b>						<b>4</b>	<b>3</b>	<b>5</b>
	<b>8</b>	<b>1</b>	<b>6</b>				<b>4</b>	
	<b>5</b>					<b>3</b>		
<b>9</b>			<b>2</b>	<b>7</b>	<b>1</b>			

# Quiz Questions - Test your Knowledge

- 1) Which year was the new Wembley Stadium built?  
2007, 2008, 2009, 2010
- 2) What is the most popular sport in Japan?
- 3) Which is the largest city by size in the world?
- 4) What is the newest country in the world?
- 5) How many Liberal Prime Ministers have there been in the UK? 5,6,7,8 or 9?
- 6) Which religion is regarded the oldest in the world?
- 7) Which countries national flag does not have the colours blue, red or white in their flag?
- 8) What is the best-selling book of All Time?
- 9) In tennis, what piece of fruit is found at the top of the men's Wimbledon trophy?
- 10) The Daquiri is named after a beach in which country?
- 11) What language is the word alcohol derived from?
- 12) Under what age is it illegal to give a child alcohol in the UK?
- 13) Which pop group has sold the most records globally of all time?
- 14) Reginald Kenneth Dwight is better known by what name?

- 15) Björn Again is a tribute band for which world-famous pop group?
- 16) What did the Romans Call Scotland?
- 17) Which English city was once known as Duroliponte?
- 18) Name one of the countries where you would find Patagonia?
- 19) What sport uses the smallest ball?
- 20) Who won the Rugby World Cup in 2019?

## Weather Wordsearch

Can you find all the words hidden in this puzzle?

---

A	M	F	W	S	P	L	I	G	H	T	N	I	N	G
Z	H	E	M	O	A	S	U	Z	R	K	S	E	L	H
K	U	E	S	E	N	G	C	R	E	D	N	U	H	T
Y	M	I	M	T	U	S	D	A	N	G	P	E	E	R
H	I	C	E	O	O	P	I	G	L	M	U	R	Y	P
I	D	R	Z	A	N	R	D	A	J	E	D	N	I	W
G	I	A	E	K	G	U	M	E	A	R	N	H	O	O
E	T	B	E	L	P	S	N	R	L	U	F	W	O	N
L	Y	N	R	O	R	A	F	K	S	L	B	A	D	A
C	R	A	B	U	C	I	M	P	A	T	S	L	A	F
N	I	L	T	I	S	L	G	T	S	P	L	K	N	O
N	O	A	R	H	I	T	O	N	L	A	E	N	R	G
R	N	R	E	T	V	U	A	U	T	U	E	F	O	B
A	U	O	E	N	I	B	C	C	D	S	T	H	T	U
H	E	B	L	I	Z	Z	A	R	D	Y	Y	E	F	N

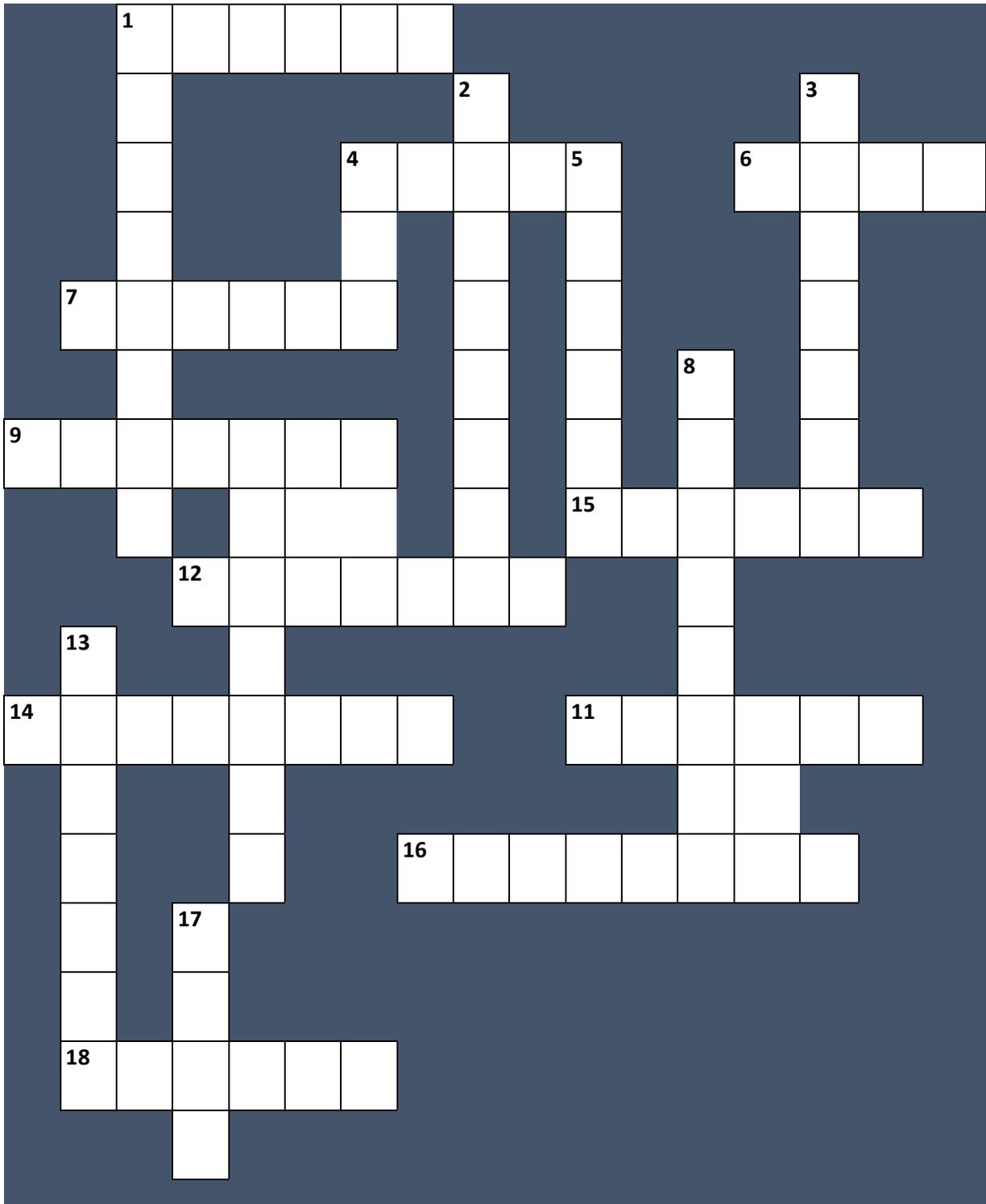
## Wordsearch Answers

Snow	Tornado	Lightning
Rain	Hurricane	Blizzard
Wind	Storm	Fog
Humidity	Sleet	Cloudy
Sunny	Breeze	Thunder

## Quiz Answers

11) Arabic	1) 2007
12) Five	2) Baseball
13) Beatles	3) Tokyo
14) Elton John	4) South Sudan
15) Abba	5) 7
16) Caledonia	6) Hinduism
17) Cambridge	7) Jamaica
18) Chile/Argentina	8) Bible
19) Squash	9) Pineapple
20) South Africa	10) Cuba

# Crossword



# Crossword Clues

## Across

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlour treat
- 18) Bermuda \_\_\_\_\_

## Down

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

# Crossword Answers

## Crossword

### Down

1. Swimsuit
2. Vacation
3. Outside
5. Hiking
8. Barbecue
10. Boating
13. Hotdogs
17. Pool

### Across

1. Suntan
4. Beach
6. July
7. Fishing
9. Frisbee
11. Garden
12. Camping
14. Popsicle
15. Picnic
16. Ice Cream
18. Triangle

# Useful Telephone Numbers

The following list of useful contact details including 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
LB Sutton Referral Point	020 8770 4565
Macular Society (National)	01264 350 551
Macular Society (Sutton)	07970 525 143
Merton Sports & Social Club	info@mssc.org.uk
RNIB Helpline	0303 123 9999
St Helier Hospital Eye Unit	020 8296 3800
St Helier Hospital Eye Unit <b>EMERGENCY</b>	020 8296 3817
Sight Loss Adviser, Ann Ryan	07920 650 613
Sutton Carers' Centre	020 8296 5611
Sutton Talking Newspaper	020 3759 6679
Sutton South Hello	07790 031 764