

CONTACT(Less)

STAY ALERT

**CONTROL
THE VIRUS**

SAVE LIVES

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Covid-19 Edition

Hello All,

Welcome to an extra edition of 'Contact'. We thought it would be a good idea if Sutton Vision put out an additional edition of its quarterly magazine in the light of the 'Lock down' and its consequent uncertainties and frustrations. The idea came directly from our staff who are working very well from home and are communicating regularly with each other and two of our Trustees and myself. Fortunately, we are all holding up well as we sincerely hope all of you are also.

We include updates on our services provision and the successes of our fund raising Team headed up by Tegan Jones. We have attempted to produce this edition of 'Contact' in similar format to our regular quarterlies.

All of us at Sutton Vision thank you for your understanding and continued support. Very best wishes.

Eric Kennedy,
Chair of Trustees.

Please note Sutton Vision offices are closed however you can still contact us: 020 8409 7166 or email info@suttonvision.org.uk

Quote for the Quarter

"Worry does not empty tomorrow of its sorrow,
it empties today of its strength!"

Corrie Tem Boom

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

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. What does a Pontefract cake taste of?
7. What are the main ingredients of a Waldorf salad?
8. What did the British in India drink to ward off malaria?
9. What is a sidecar?
10. What type of meat is Wiener Schnitzel made from?
11. Scurvy is caused by a lack of which vitamin?
12. What flower does Croydon get its name from?
13. What does MRI stand for?
14. The newsreader Anna Ford was recently starring in a series where she travels round the country by which form of transport?
15. What is the capital of South Africa?
16. What is the capital of Venezuela?
17. Where was the capital of Germany before it reverted to Berlin?
18. The volcano Mount St Helens, which erupted in 1980, is in which state?
19. Where is the original Harris Tweed woven and worn?
20. How many children did Queen Victoria have?
21. In what year were both she and Prince Albert born?
22. What was the exact date of the D-day landings?
23. What was the name of the ship on which the WW2 veterans sailed to Normandy?
24. What was the code-name for the operation?

Useful Information

At this time we would encourage families and communities to support each other, particularly those most in need. Sutton Volunteer Centre, Community Action Sutton and Age UK Sutton are working together, along with colleagues in the NHS and the Council to coordinate the community response across Sutton.

Get coronavirus support as a clinically extremely vulnerable person - Register with this service if either:

- you have a medical condition which means you're classed as being clinically extremely vulnerable to coronavirus
- you've been told by your GP or hospital clinician that you're clinically extremely vulnerable and need to 'shield'

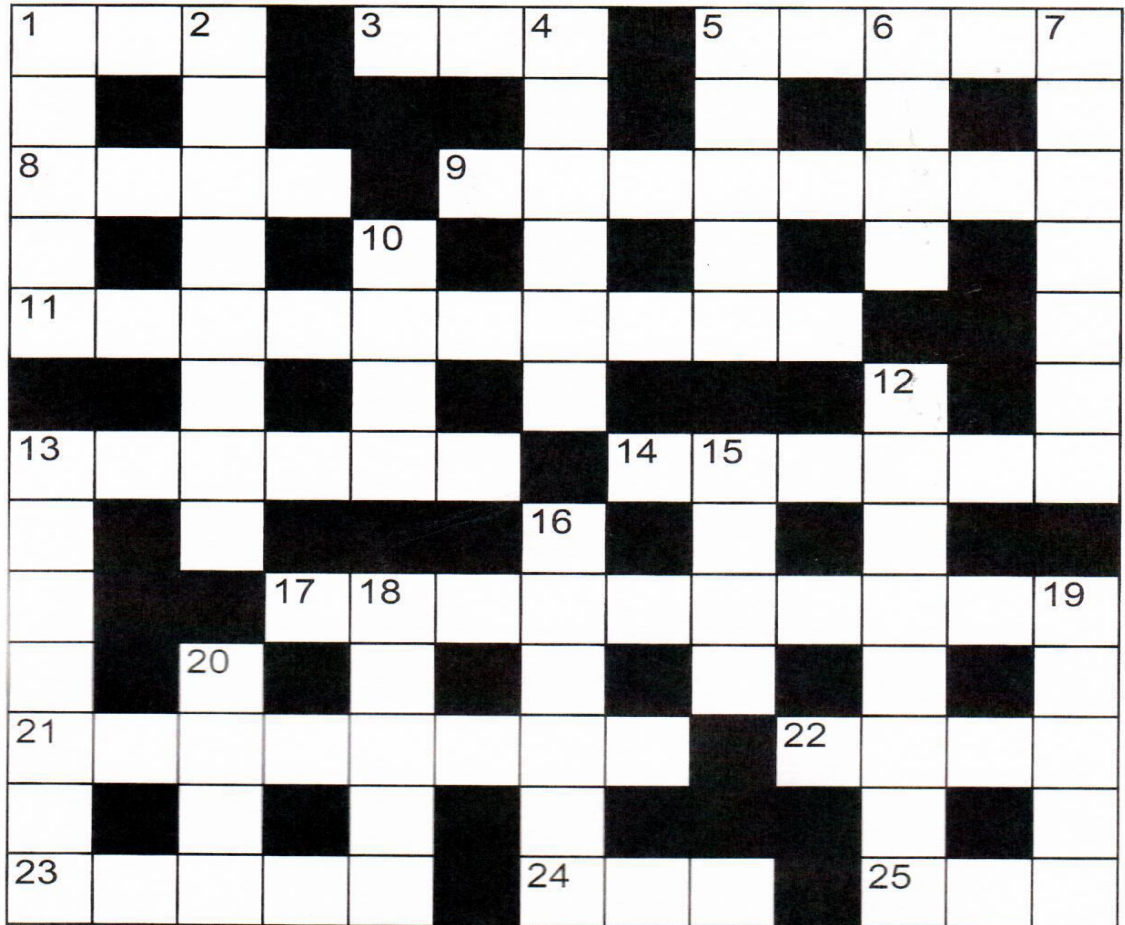
You'll be able to ask for help if you need it - for example, with getting essential supplies or your basic care need. You can register yourself, or on behalf of someone else. When registering you will be asked for your NHS number, but you can still register if you do not have it. You can find it on any letter the NHS has sent you or on a prescription. Register at:

<https://www.gov.uk/coronavirus-extremely-vulnerable>

In light of the current situation with the outbreak of Covid-19 (coronavirus), changes have been made to the London Taxicard scheme to support Taxicard members. You can now use your Taxicard for drivers to pick up and deliver essential supplies for you; and also allow friends and family to travel on your behalf using your Taxicard for the same purpose. For further info email taxicard@londoncouncils.gov.uk or contact your local taxi service.

The eye unit at St Helier Hospital is still open for appointments. If you have any symptoms of Covid-19 please DO NOT go to the hospital. If you do attend your appointment you will be asked for your temperature to be taken prior to your appointment, if this is high then you will be asked to leave the unit. For further information please contact the eye unit 020 8296 3800 or Ann Ryan 07920 650 613

CROSSWORD



Across

- 1 - Pull at (3)
- 3 - Knot (3)
- 5 - Seizes (5)
- 8 - Object (4)
- 9 - Commencing (8)
- 11 - Positivity (10)
- 13 - Oppose (6)
- 14 - Outcome (6)
- 17 - Male pupils (10)
- 21 - Commanding (8)
- 22 - Agitate (4)
- 23 - Dodgy (5)
- 24 - State (3)
- 25 - Steal (3)

Down

- 1 - Eg Sioux (5)
- 2 - The best (8)
- 4 - Inside (6)
- 5 - Young women (5)
- 6 - Graph line (4)
- 7 - Part (7)
- 10 - Adds up (4)
- 12 - Journalist (8)
- 13 - Hair accessories (7)
- 15 - Cut down a tree (4)
- 16 - Injures (6)
- 18 - Transport by hand (5)
- 19 - Cleanse (5)
- 20 - Clever thought (4)

Sutton Vision Update

We have increased our fundraising activity in recent months to further the long-term sustainability of Sutton Vision. To date, we have been successful in receiving some additional funding to support our work both this year and beyond and we have also recently received some 'one off' grants from funders supporting us during the Covid-19 pandemic.

We have had to temporarily cease our Low Vision Clinic and social activities; however, the team have adapted and are reaching out to all our members and beneficiaries via telephone. We are providing advice on things like priority shopping delivery services and signposting for other helpful services through Sutton Council.

We have increased our telephone befriending service by around 50% and we are also using this opportunity, when on the phone, to find out more from our members on what they want from Sutton Vision in the future. Many thanks to our volunteers kindly offering their support.

During this time our ECLO, Ann Ryan, has been supporting patients with their eye conditions and clinical appointments as well as liaising with the eye unit. Even though we are not working from the Sutton Vision office we are all keeping in touch with our service users from our homes. With the temporary cancellation of the Low Vision Clinic we are telephoning patients that have attended this service over the last year. As well as asking after their well-being we are checking that any magnifiers prescribed by our optometrist are still helping. In some cases where magnifiers have broken we will post out or deliver replacements and will be invited for a Low Vision Clinic assessment once the 'lock-down' has been lifted.

The LBS Sensory Impairment Team are unable to provide home visits or refer clients to our Low Vision Clinic, however we are liaising with them so anyone that needs urgent help is sent the appropriate reading aid in the post.

The Sutton Vision Team are in constant contact with each other so we can help provide the best possible service to our members during this difficult period.

It is now over a month since Jacqui left Sutton Vision. Most of you will probably remember that Jacqui was working for Sutton Vision on secondment from The Pocklington Trust which was very generous of them because it meant that Sutton Vision did not have to pay her salary. However, due to a major change of Organizational strategy, the TPT withdrew Jacqui's services. This meant that we were left with the question of how to replace Jacqui's role. The Board of Trustees, therefore, held discussions with our staff to find a workable solution to our predicament. The outcome of these talks produced the arrangement that the staff would look after the day to day running of the Organization, with monitoring and input of suitably experienced Trustees who would also field any queries and problems. This arrangement would last until we had raised sufficient funds to allow us to review and alter our structure if appropriate to do so. I am very pleased to say that all our staff have performed magnificently. Covid-19 has, of course, intervened. We have adapted our working methods and an excellent service continues to be provided. Meanwhile, Tegan Jones, our Fund Raising manager, is doing very well.

Sutton Vision has not yet had confirmation of a date for the move and it has likely been delayed because of the Covid-19 pandemic. As soon as there is a date we will share that information with all our members.

Eric Kennedy - Chair of Trustees.

Banana & Oats Cookies



We all have different definitions of what a cookie is. Some love crispy cookies, and others love soft and chewy (which is what these are). It's basically just oats and banana, so it's porridge in cookie form. So, the basic recipe for these cookies is just 2 ingredients, but by adding a third, you can add so much more flavour and the possibilities are endless. Why

have 2 when you can have 3?

Banana and dark chocolate chips are such a good combination and you can't go wrong with a chocolate cookie.

If you love peanut butter cookies then stir a couple of spoonfuls of peanut butter in to the mix, or even some Nutella for a nutty chocolate mix. Other great additions are coconut, raisins, dried cherries/cranberries, vanilla or crushed nuts. Make a few different batches with different 3rd ingredients and see which is your favourite.

INGREDIENTS NEEDED (SERVES 15)

- 3 large bananas
- 300g plain oats (rolled oats)

HOW TO MAKE– STEP BY STEP:

One: In a large bowl, mash up the banana.

Two: Add the oats and any other ingredients that you are using.

Three: Mix well and form into cookie shapes. These won't change shape and spread when cooking, so the shape you put them on the tray is the shape they will stay. Put on a lined baking tray.

Four: Put them in a pre-heated oven at 200C for 12-15 minutes. Allow to fully cool before eating.

Quiz Answers

1. Patrick
2. Green
3. The Shamrock
4. Patrick used it to explain the trinity to the Irish.
5. Sparrow
6. Liquorice
7. Celery, apple and walnuts
8. Tonic water
9. Cocktail made of cognac, lemon juice and Cointreau.
10. Veal
11. Vitamin C
12. Crocus
13. Magnetic resonance imaging
14. Barge/narrowboat
15. Pretoria
16. Caracas
17. Bonn
18. Washington
19. Outer Hebrides
20. Nine
21. 1819
22. 6 June 1944
23. Boudica
24. Operation Overlord

WORDSEARCH

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

Apple Scones
Biscuits
Candy
Caramel
Chocolate bar
Cookie
Decadence
Doughnut
Ice Cream
Madeira Cake

Muffin
Pies
Potato Chips
Pudding
Sorbet
Sugary things
Sweets
Swiss Roll
Toast
Toffee



Useful Telephone Numbers

Advice Link Partnership Sutton (ALPS)	020 8254 2616
Age UK (Sutton)	020 8770 4090
Community Action (Sutton)	020 8644 2867
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
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 Uplift	0800 032 1411
Sutton Volunteers Centre	020 8661 5900
Sensory Impairment Team	020 8770 4141
Cruse Bereavement Care Sutton	020 8643 6884



Disclaimer- all information is current to date of print 11/05/20