

**Sutton Vision**  
Enabling and Empowering

# CONTACT

*Autumn Issue 64*



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# Editorial

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Welcome to the Autumn Edition 2018 of CONTACT magazine.

What a Summer of sport we've had! Football World Cup in Russia; Cricket series' across the UK versus Pakistan and latterly India; Wimbledon tennis with yet another win for Novak Djokovic; and the Commonwealth Games in The Gold Coast! Phew, some may say and glad it's all over – whilst others may be wondering what to do with themselves with the winter approaching!

The one difference between all of these tournaments is that they are time specific, each having an ending, and come around on a regular basis, but Sutton Vision CONTACT magazine just keeps 'rolling on'! This is our 64<sup>th</sup> Edition and our 16<sup>th</sup> year of publication.

Well done everyone connected with all these editions.

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](mailto:editor@suttonvision.org.uk). We are always interested to hear what you think of the newsletter and to receive ideas about articles for inclusion.

**Please note that the deadline for the Winter edition of CONTACT is Monday 19<sup>th</sup> November 2018. Publication in time for Christmas / New Year.**

## Quote for the Quarter

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A smile costs nothing to give, but its value is multiplied many times over on receipt, therefore.....

Nothing you wear today is more important than your smile.

*Connie Stevens*

# Sutton Vision Premises

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We are still in the same building. We are now located on the **ground floor** of 3 Robin Hood Lane, Lane, Sutton, SM1 2SW.

We would like to reassure you that our services will continue as usual. If you have any questions please do not hesitate to contact us on 020 8409 7166 or e-mail [info@suttonvision.org.uk](mailto:info@suttonvision.org.uk)

*On behalf of the Board of Trustees, we would like to say a huge thank you to Jacqui and all the team for all their perseverance, patience and hard work in accomplishing the move.  
Editor.*

## Don't Forget The Clocks Go Back!

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On Sunday 28<sup>th</sup> October 2018 British Summertime ends. If you require some assistance in putting your clocks and/or watches back by one hour (manual or electronic versions, including on gadgets such as microwave, phones etc) and

batteries put in or replaced, please do call Sutton Vision and we will arrange to come out to help.

## VI Leisure Group

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Over the years a number of VI people and friends have met on a regular basis at various venues in the Borough for social groups and activities. The VILG organises its own programme and acts as the point of contact for participants. Although Sutton Vision supports and encourages the VILG and their activities, those partaking should be aware that any events organised directly by the VILG are independent of Sutton Vision and are the responsibility of the VILG only. If you are interested in finding out more please contact Sue Christie on 07891 783291 or e-mail [susanchristie48@outlook.com](mailto:susanchristie48@outlook.com)

# Meet the....Trustee

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Louisa Syrett is one of our newer Trustees.

Louisa is the British Council's Global Lead, Strategic Partnerships. The British Council is the UK's international organisation for cultural relations and educational opportunities. Here, Louisa empowers colleagues across the globe to create value in partnership with other organisations, increasing the British Council's impact, extending its reach, diversifying its income, and supporting the organisation to explore innovative ways of working.

With a demanding international remit, Louisa balances global strategy development alongside providing practical, hands-on leadership in priority regions; Louisa has developed a deep knowledge of the Levant and key countries in Sub-Saharan Africa.

Louisa brings more than ten years' experience in senior marketing and fundraising roles, including for Save the Children, Myeloma UK, and Venture Trust. In 2010 Louisa co-founded Chance for Change, a grassroots INGO working with people aged 17+ who have experienced challenging life circumstances and are ready to take responsibility for their own future direction.

With a Bachelor of Arts (Politics and History) from the University of Melbourne and a Masters of Arts (Cyberculture and the Law) from Macquarie University, Louisa is passionate about building a strong and effective civil society sector and sharing this learning with organisations like Sutton Vision. Louisa moved to the UK in 2004 and in 2012 she became a UK citizen.

Outside of work, Louisa loves nothing better than cooking up a decent dinner and having got married in November 2017, Louisa and her husband James decided to adopt a new puppy Bess (a black Labrador) in May. She has changed their lives immeasurably (entirely for the better) but as a result Louisa and James are learning to live with a lot less sleep!

# QUIZ

## Test Your Knowledge!

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Collective names for animals

1. Owls
2. Lemurs
3. Bats
4. Wolves
5. Elephants
6. Giraffes
7. Crows
8. Bears
9. Apes
10. Butterflies

**Answers on page 6**

## Scrabble Club

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New Scrabble Club...First impressions

I have only played Scrabble with the family once or twice a good few years ago, so it was with some degree of anticipation that I joined the new Scrabble group. Would all the players be grandmasters or would they be rank tenderfoots like myself?

Well of course, it was neither of the above. I joined a group of eight people playing on two tables. The club has two plain boards one large print with Braille, the other large print, so everyone can play.

We had two good games of Scrabble, some fantastic words being used, but that was not all. We had cups of tea and coffee, lots of interesting conversation and I met new people hopefully to make new friends.

How did I do, I hear you ask? Well, as I said on the day I was there to make everyone else look good. But there is always next time!

*By Sue Christie*

# Christmas Is Coming!

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Yes, it's that time of year when our thoughts turn to planning our Christmas activities! As part of the celebration we have booked a table at Il Toscana Restaurant, Sutton on **Wednesday 12<sup>th</sup> December 2018** at lunchtime, time to be confirmed. Places are limited and we are still waiting for details regarding the cost but if you would like to register your interest or book a place please get in touch with us by telephoning 020 8409 7166 or e-mail [info@suttonvision.org.uk](mailto:info@suttonvision.org.uk).

## Christmas Card Writing and Christmas Shopping

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If you would like assistance writing your Christmas cards please telephone the Sutton Vision office a.s.a.p. 020 8409 7166.

We may also be able to offer assistance with your Christmas shopping in Sutton – please don't leave it to the last minute or the week before Christmas as we will need time to find volunteers!



## Sutton Nursing Association

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The Sutton Nursing Association (SNA) was originally set up in 1926 to provide a nursing service to the sick and needy funded by 1d payment per week. With the start of the 1948 National Health Act the SNA moved to funding equipment for the nurses which over time became unnecessary. Over the years changes within the health system have led to the fund being asked to provide a much wider range of support. The priority focus of the fund remains the same, to help alleviate or improve the impact of sickness or poor health. Each application is considered on its own merits and the trustees' decision is final.

### Who qualifies for small grants

Residents of the London Borough of Sutton, of any age, who are suffering poor health and are in need of financial assistance. Grants are typically between £350 and £650.

### Who can apply

Referrals will only be accepted from professionals on behalf of their clients. We will expect you to ensure the grant is correctly used and may ask for quotations and/or receipts.

### How to apply - You should provide

- Name, address and age of client.
- What the grant is for, the difference it will make and the amount.
- Details of their ill health.
- Detail of benefits or income.
- Other family members in their home.
- Information regarding other grants applied for.

### Who to apply to - In writing to the Secretary:

Mr. Helps, 28 Southway, Carshalton Beeches, Surrey, SM5 4HW.

E-mail: [admin@skingle.co.uk](mailto:admin@skingle.co.uk)

## QUIZ

### Test Your Knowledge – Answers

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#### Collective names for animals

1. Parliament
2. Conspiracy
3. Cauldron
4. Pack
5. Parade or herd
6. Tower
7. Murder
8. Sleuth
9. Shrewdness
10. Kaleidoscope



# Goal Ball UK

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Congratulations to Tracy Compton for being selected to represent England in the Home Nations Goal Ball Tournament! The team competed in York at the beginning of September and won five of their six matches played. Tracy won the “Most Excited To Be Here” award! Well done to all who participated.



## About Blind Veterans UK

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For over a hundred years, Blind Veterans UK has given free practical and emotional support to ex-Service men and women living with severe sight loss. We provide lifelong support to veterans no matter when they served or how they lost their sight. We have trained, experienced staff in our network of community support teams working with veterans in their local areas and at our two training and rehabilitation centres. We have supported more than 35,000 veterans since our foundation. Our members are all Armed Forces veterans, including National Service, and range from those who lost their sight later in life due to age-related conditions, to Iraq and Afghanistan veterans blinded on duty.

With our unique expertise and comprehensive range of services, we support veterans to discover life beyond sight loss.

### **Who do we support?**

Prospective members need to fulfil both the conditions below to be eligible for our support.

Service in the Armed Forces. All beneficiaries must have served, at any time, in the UK Regular Armed Forces, including National Service or UK Reserve Armed Forces.

Reservists must have completed one year's satisfactory service following training (i.e. qualified for Bounty), or a lesser period if blinded on duty or during World War II in the Merchant Navy, or Polish/Indian Forces under British command.

### Sight loss criteria

To meet our ophthalmic criteria an applicant needs to have visual acuities in both eyes of worse than 6/60. Generally, this means struggling to read the top letter of an eye chart. With certain ophthalmic conditions where field loss is a factor we would request field test results and take these into consideration when determining whether or not an applicant meets our ophthalmic criteria.

Regrettably, we do not currently have the services in place to support new members with dementia, including Alzheimer's disease and related conditions. If a veteran develops dementia while already receiving our support, we will continue to offer appropriate services as needed.

### **Rehabilitation and training**

Our rehabilitation and training staff can help you to develop new skills. This can include mobility training and other skills to increase independence. We also provide IT training and other accessibility equipment on assessment to help you to maintain your independence.

We support members of working age through suitable employment and training opportunities. We have a dedicated group for working age members which can help you to identify personal goals and reach them.

### **Peer-to-peer support**

We give you the opportunity to meet other veterans in a similar position, living with sight loss.

## **Grants**

We provide financial support for adaptations to your home to make it safe and accessible to you. This could be in the form of a walk-in shower, a stair-lift or something else that would enhance your quality of life as a vision-impaired person.

## **Sports and recreation**

Sight loss does not mean that you have to give up sport or the hobbies you love. We run a number of clubs and societies that you can join. We have supported veterans with archery, rock-climbing, painting and even skiing.

## **Support for the whole family**

Coping with sight loss can be hard for everyone involved, so we offer dedicated support to the families and carers of our blind veterans too. A carer is anyone who looks after a friend or family member and isn't paid for their help. We know that carers of our blind veterans are usually their spouses or their children. We offer support to carers through tailored advice and support from our experienced community support teams, addressing the emotional and practical aspects of caring through training sessions at our centres and at local groups, respite care for veterans to give family members and carers a break, signposting to other support services.

## **How to apply for our support**

How to get our free support:

Call us free on 0800 389 7979 for an application form

(we can complete the form with you over the phone) or visit our website: [blindveterans.org.uk](http://blindveterans.org.uk) to download an application form.

Once we have your completed application form, we will contact the Ministry of Defence and your ophthalmic consultant or optician.

After we have all the information we need we will contact you to tell you if you meet our criteria. Even if you do not meet it straight away, we will keep a record of your information and contact you regularly to find out if your situation has changed.

# Volunteer News

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Do you enjoy meeting new people, do you have some time to spare, are you enthusiastic and friendly with good communication skills? If so we would love to hear from you – client, friend, family member, carer – if you are interested in joining our strong team of volunteers. No qualifications are needed – why not telephone Amanda our Volunteer Co-ordinator on 020 8409 7166 or e-mail her [amandalarter@suttonvision.org.uk](mailto:amandalarter@suttonvision.org.uk) for a chat?

We are planning to establish some new groups – an exercise group, a gardening group and an art and craft group. If you are interested in participating in any of these activities either as a volunteer or client then please contact Amanda to register your interest.



On Tuesday 11<sup>th</sup> December from 7.00 a.m. to 9.30 a.m. we will be holding a Bake Sale to raise money for our new gardening project. We welcome help on the day selling the cakes and also pledges from you to bake for this fundraising event. Please contact Amanda with your offer of help – either baking, selling or both!

The three month pilot for “Talking Sport” has been a success thanks to our volunteer Isi. The group meet in the Robin Hood Pub for discussion covering a wide range of sporting news and lunch too. Why not join us?

At Sutton Vision we rely on our volunteers to help us with our services and social groups, we are incredibly grateful for their ongoing support and commitment – Thank You!

# Thomas Pocklington Trust

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We often mention The Thomas Pocklington Trust (TPT), a charity we work in close collaboration with. We thought you might like to know a little more about the Trust and who Thomas Pocklington was. We hope you find the abridged version below taken from the TPT website of interest.



Thomas Pocklington, was born in Sheffield in 1860 and spent his early professional life working in London as a watchmaker and jeweller, it wasn't long before he switched his attentions to a far more lucrative line of work: property development.

By the interwar years, he had a portfolio of properties in London as well as several suburban and country estates. It was on one of those country estates that Thomas' chauffeur misfired a rifle during a shooting party and shot his boss in the eye. Doctors managed to save his sight, but the incident is thought to have inspired Thomas' decision to bequeath his estate to founding an organisation dedicated to helping people with sight loss.

Upon his death in 1935, aged 75, Thomas stipulated in his will that a large proportion of his estate go towards the purchase of "a suitable piece of land, ...to provide a suitable institution for the care, welfare and instruction of the blind."

Since 1958 when Thomas Pocklington Trust was first established, we have been committed to making a positive difference to the lives of people with sight loss. The trustees resolved that their first act should be to build a facility specifically designed to provide care and accommodation for around 30 elderly people with sight loss. Pocklington House was officially opened in 1962 as one of the first purpose-built homes for elderly people in Britain with sight

loss. Due to its success it wasn't long before Pocklington Court opened in 1964 offering accommodation for retirees with sight loss who were able to live independently. Pocklington Place in Birmingham was the charity's first venture outside Greater London and was replicated in Plymouth three years later.

Pocklington was now providing assisted accommodation for up to 300 people with various degrees of sight loss, but it became clear that more could be done. The charity entered into joint ventures with other organisations. Attention was turned to supporting working age people with sight loss.

In 2008, Pocklington's 50<sup>th</sup> Anniversary, the Board of Trustees embarked on a full review of the charities activities. It was becoming clear that the world in which the trust was operating was changing –blind and partially sighted people wanted to remain in the community with their sighted peers. With cuts in local authority budgets the trustees determined that a new approach was needed if the charity was to continue to fulfil the intent of Thomas Pocklington's bequest.

As a result we embarked on a journey which included work on Vision Strategies, initially across all 32 London Boroughs and more recently, as part of a nationwide programme, which has added considerably to our knowledge and understanding of the needs and aspirations of those living with a visual impairment. This new found knowledge and understanding has underpinned our decision to adopt a new strategy: 'Understanding Needs', 'Meeting Needs' and 'Managing Our Resources' whilst broadening the scope of our activities in partnership with Pocklington Family organisations and others active in the sight loss sector e.g. RNIB, Guide Dogs.



# Regular Dates

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For information on any of these activities please call Sutton Vision on 020 8409 7166

<b>Event</b>	<b>Date</b>	<b>Venue</b>
Music Group	3 <sup>rd</sup> Thursday of each month 11.30 a.m. – 1.30 pm	3 Robin Hood Lane, Sutton
Scrabble Group	2 <sup>nd</sup> and 4 <sup>th</sup> Monday of each month 2.00 p.m.-4.30 p.m.	3 Robin Hood Lane, Sutton
Social Eyes	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday each month 2.00 – 4.00 p.m	3 Robin Hood Lane, Sutton
Friendly Club	Alternate Wednesdays 2.00 – 4.00 p.m.	Thomas Wall Centre, Benhill Ave, Sutton
Hello! Club	Every Thursday 10.00 a.m -12.00 noon	Christchurch & St Philip, Cheam Common Rd, Worcester Park
Sutton Macular Group Monthly Meeting	2 <sup>nd</sup> Monday of the month 10.00 a.m. – 12.00 noon	Friends Meeting House Cedar Road, Sutton
VI Leisure Group Coffee Morning Waterstones	1 <sup>st</sup> Friday of each month from 10.30 a.m.	Waterstones Book Shop, High Street, Sutton
VI Leisure Group Book Club	4 <sup>th</sup> Monday of each month from 10.30 a.m.	Waterstones Book Shop, High Street, Sutton
VI Leisure Group Lunch Prince of Wales Pub	3 <sup>rd</sup> Tuesday of each month from 12.00 noon	The Prince of Wales, 28 Malden Road, Cheam,
VI Leisure Group Eve. The Hope Pub	1 <sup>st</sup> Monday of each month from 7.00 p.m.	The Hope Pub, 48 West Street, Carshalton
VI Leisure Group Coffee Morning Wallington	2 <sup>nd</sup> Wednesday of each month from 10.30 a.m.	Garden Café, Wallington Library



## Useful Telephone Numbers

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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
RNIB Helpline	0303 123 9999
St Helier Hosp Eye Unit	020 8296 3817
St Helier Hosp Eye Unit <b>EMERGENCY</b>	020 8296 3817
Sight Loss Advisor Ann Ryan	020 8296 2000 (Ex 8718)
	07920 650 613
Sutton Carers Centre	020 8296 5611
Sutton Talking Newspaper	020 3759 6679