

CONTACT

Winter / Christmas Issue 65



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Contents

Editorial	1
Quote for the Quarter	1
Christmas Message From The Chairman	2
Would You Like Some Company Christmas Day?	2
Sutton Link Project TfL Consultation	3
World Vision – Old Spectacles	3
Quiz – Test Your Knowledge	4
Vocal Eyes	4
Access London Theatre	5
Future Outings	5
Christmas Traditions	6
Christmas Posting Dates	8
V I Leisure Group	8
Tech Talk	9
Ann Ryan – ECLO	10
V I Tennis and Cricket For Beginners	10
Quiz – Test Your Knowledge Answers	11
Charles Bonnet Syndrome	12
Age UK Sutton Move To New Premises	12
Regular Dates	13
Useful Telephone Numbers	14

Editorial

Welcome to the Winter 2018 Edition of Sutton Vision's CONTACT Magazine. We hope you find the articles of interest and there is also a good deal of information on our website www.suttonvision.org.uk.

Wow! Another year is almost over! The forthcoming festive season brings many, albeit mixed, emotions. Excitement for children, stress for parents, extra financial worries, maybe a break from work for others. Sadly, even loneliness too! Whatever the scenario you find yourself in we trust you'll find a quiet corner to relax, read this magazine. and it will bring a smile to brighten your day.

Have you considered writing an article for CONTACT? Comments and contributions from Sutton Vision members and local partners are always welcome and may be sent to our Editor, Michael Parsons, by post or 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.

Please note that the deadline for the Spring 2019 edition of CONTACT is Monday 11th March 2019. Thank you

Quote for the Quarter

As we continue our series of quotes, here is another of unknown origin we trust you will like and meditate on.

Battle of the two wolves within.

Each of us have two hungry wolves within battling for supremacy!
The first wolf brings self-pity, anger and depression.
The second wolf brings love, joy, peace, gentleness and hope.
The wolf that wins depends on the one that is fed!

A Christmas Message From The Chairman

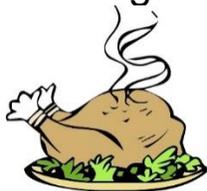
Here I am composing my Christmas Message and it's still October. Like everybody else, I suppose I've been drawn into that far too premature Christmas atmosphere that the retail industry seems determined to impose on us. However, I do have the excuse that there is a deadline for the Christmas edition of 'Contact' to go to press. Somehow, this very early assault on all our senses, not to mention our wallets and purses, takes the edge off the anticipation and enjoyment of the eventual event.

But, by the time you receive your copy of the next edition of 'Contact', it will certainly be a good time to wish all our staff, volunteers, service users and readers, a very Merry Christmas and a Happy New Year.

Eric Kennedy,
Chair of Trustees, Sutton Vision

Would You Like Some Company On Christmas Day?

Once again, the Churches Together in Wallington and Beddington will be hosting their very popular Christmas Day Lunch. The lunch will be held at Holy Trinity Centre, Malden Road, Wallington, SM6 8BL. For further details or to book transport please contact Judith on 020 8681 5085.



Sutton Link Project TfL Consultation

The Sutton Link is a proposed major new transport service for Sutton and Merton and TfL would like to hear your views. They will be consulting on three potential routes from Sutton Town Centre to Wimbledon, South Wimbledon or Colliers Wood.

They will also be asking for views on two types of transport – tram or Bus Rapid Transit (similar to a tram but running on road rather than rails).

The project aims to:

- Make it quicker to travel between Sutton and Merton and improve links to central London
- Improve access to jobs and services from less connected parts of both boroughs
- Support the delivery of new homes in both boroughs

For full details and to share your views, and to find out about more our consultation events, please visit: tfl.gov.uk/sutton-link

The consultation runs until 6 January 2019.



Old Spectacles

Do you have any old specs which you do not now use, why not donate them to World Vision Aid to help others less fortunate than ourselves. If you do have any, please take them to Sutton Vision for us to collect, we will take them to Vision Express in Tesco's, they send them out once a month.

Thank you for your support. Written by Shirley & Mick - Volunteers



Christmas Quiz

Test Your Knowledge!

1. Where does snow have to fall (in Great Britain) for there to be an official declaration of a white Christmas?
2. Which carol includes the line: "When the snow lay round about, deep and crisp and even"?
3. What is the name given to a moving sheet of ice and snow?
4. In what year was Snow White and The Seven Dwarfs released?
5. In the 1980s which British couple dominated the world of Ice Dancing?
6. Which zodiac sign runs from November 22nd to December 21st?
7. "Now is the winter of our discontent" is the opening line from which William Shakespeare play?
8. The Winter Palace can be visited in which city?
9. "Christmas won't be Christmas without any presents!" is the opening line of what classic novel?
10. In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years of deep winter?

Answers on page 11



 **VOCAL EYES**

VocalEyes

VocalEyes was established in 1998 through a National Lottery grant, awarded by Arts Council England to help theatre venues and producers meet the needs of blind and partially sighted audiences. Further funding has enabled VocalEyes to expand its work into other areas such as museum, galleries and heritage sites, architecture, contemporary dance and audio description for young people.

To find theatres and museums with audio-described performances, tours or buildings and places with audio-described introductions please visit the website www.vocaleyeyes.co.uk, e-mail enquiries@vocaleyeyes.co.uk or telephone 020 7375 1043.

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Access London Theatre

The winter 2018-2019 edition of Access London Theatre Guide is now available. The Guide lists all performances currently taking place in London

Theatres and includes venue accessibility information. For information e-mail enquiries@soltukt.co.uk, telephone 020 7557 6700 or visit their website www.officiallondontheatre.com/access/

Future Outings

Next spring, we are considering an outing to Chartwell, Westerham, Kent. It is the family home and garden of Sir Winston Churchill. You can tour his house, walk in the gardens and visit his art studio where he spent many hours painting.

Chartwell is owned and cared for by The National Trust.

We would also like to plan a visit to the All England Lawn Tennis Museum, Wimbledon.

If you are interested in joining us please telephone 020 8409 7166 or e-mail info@suttonvision.org.uk

If you have any suggestions for future outings please contact us and we will consider them.

Christmas Traditions



Christmas cards - Having helped set up the Public Records Office (now the Post Office), Sir Henry Cole and artist John Horsley created the first Christmas card in 1843 as a way of encouraging people to use its services. Cards cost a shilling (equivalent to almost £5.75 now) and stamps a penny (about 40p at modern prices). Advances in printing brought prices down, making cards hugely popular by the 1860s. By 1900 the custom of sending Christmas cards had spread throughout Europe.

The Christmas Tree - The first Christmas Tree appeared in the UK in the 1830s, in 1841 Prince Albert put up a Christmas tree at Windsor Castle, he started what became an evergreen trend.



Mince Pies - Early mince pies were made of meat, fruit and spice and inspired by Middle Eastern cuisine brought back by the Crusaders.

They commonly had thirteen ingredients representing Christ and the Apostles and were formed in a large oval shape to represent the manger. Meat had disappeared from the recipe by Victorian times, although beef suet is often still included.

Stockings - Leaving stockings out at Christmas goes back to the legend of St Nicholas. Known as the gift giver, on one occasion he sent bags of gold down a chimney at the home of a poor man who had no dowry for his unmarried daughters. The gold fell into stockings left hanging to dry. St Nicholas was later referred to as Santa Claus.



Christmas Crackers - London sweet-maker Tom Smith invented Christmas crackers in the late 1840s, inspired by traditional, paper-wrapped French bonbons. Even though he included mottos or riddles inside each, it was not until he found a way to make them “crack” when pulled apart that sales took off. His sons Tom, Walter and Henry later added hats and novelty gifts.



Turkey - Turkeys originated in Mexico and were first brought to Britain in 1526 by William Strickland. Henry VIII enjoyed turkey and although the bird became fashionable in high society in the late 19th century it was Edward VII who made it de rigueur at Christmas for the middle classes. Even by 1930, however, it took a week’s wages to buy one and turkey remained a luxury until the 1950s.



Christmas Pudding - Also known as plum or figgy pudding, this Christmas staple possibly has its roots as far back as the Middle Ages in a wheat-based pottage known as frumenty. By the mid-17th century it was developed into a dessert with the addition of eggs, dried fruit and alcohol. In Victorian times plum pudding was a Christmas favourite. It is traditionally made a week before Advent on what is known as “stir-up Sunday”.

Mistletoe - Hanging mistletoe in the home is an ancient pagan practice adopted by early Christians. It is not fully known how the tradition of kissing under the mistletoe originated but, in many cultures, it represents love and friendship. Each kiss requires a berry to be plucked until none remain.





Christmas Posting Dates

To ensure your cards arrive in time for Christmas the last recommended posting dates issued by the Post Office are:

1st class – Thursday 20th December, 2nd class – Tuesday 18th December.

VI Leisure Group

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

VI Leisure Group Waverley Paddle Steamer Trip

It's about 7.00 p.m. and a group of V I L G members are on a train pulling into Sutton Station. We are tired, it's been a long day, but we are happy.

We have been enjoying a trip on the fabulous paddle steamer Waverly. This boat is an ocean-going paddle steamer built in the 1940's. We boarded the Waverley at Tower pier. The sky was blue the breeze was balmy, we were so lucky!

The engines started up and the huge paddles began to turn and we headed for Tower Bridge, which had to be opened to allow Waverly's huge funnels to pass beneath. We were headed for Southend and en route we had a commentary detailing the sites along the river bank.

Waverly was hailed by those onshore and people on moored boats, she was one of the rivers star ships that day.

All too soon we arrived at the sea and Southend Pier. Upon alighting half of us decided to take the handy train along the 1.3 mile pier to the shore while half of us decided to walk and enjoy the sea breezes along the way. Once on shore lunch awaited us in a typical seafront fish and chip restaurant. As you can imagine the food was lovely and it was clean plates all round.

After a short meander through Southend High Street, we were at the station and ready to start our journey home.

Which brings us back to Sutton Station and a group of friends on a train, which, I think, is where we came in! Written by Sue Christie

Tech Talk

A message from Erica, Shirley and Mick.

Do you need a little help understanding your phone or tablet? We might be able to talk you through and show you how to use these to your advantage. Perhaps it may be with enlarging text, voice over, dictation of e-mails or searches.



We are able to help people applying apps which help with travel such as buses or trains. If you are interested in audio books, we can help. We recently installed Scrabble on the phone of one gentleman, a board game he really enjoyed before sight loss, he can do so again using the app. He was delighted.

There are so many new apps available to help people with visual problems. Why not come along to one of our Tech Talk sessions at Sutton Vision. They are held on a Thursday once a month 10.00 a.m. – 12.00. For further details or to book a place contact Amanda on 020 8409 7166 or e-mail info@suttonvision.org.uk. We would be delighted to see you.

Ann Ryan

Eye Clinic Liaison Officer (ECLO)



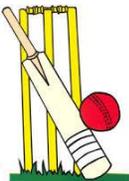
My name is Ann Ryan; I am the ECLO working in the Eye Unit at St Helier Hospital.

If at any time in the future you have an appointment at the Eye Unit and would like some support please telephone me on 0792 065 0613 or 020 8296 200 Ext 8718, alternatively call the Sutton Vision office on 020 8409 7166. If you happen to see me in the waiting area at the Hospital please come and say

hello, I look forward to meeting many of you.

V I Tennis and Cricket For Beginners

If you would like to get active and have fun, tennis is a good place to start. Mental and physical health and general wellbeing can be improved. You can participate in V I tennis for beginners at a local and accessible venue. Sessions are being held at Sutton Better Sports Village, Rose Hill Recreation Ground, Rose Hill, Sutton SM1 3HH on Thursdays 11.00 a.m. – 12.30 p.m. For further information please contact Tracy4compton@msn.com



If cricket is your sport then you can try V I cricket for beginners, for more information e-mail surreyvicc@gmail.com



For information on all sport available to V I people you can contact a number of organisations - Metro Blind Sport by e-mail info@metroblindsport.org you can visit their website www.metroblindsport.org or Merton Sports and Social Club (MSSC) telephone Richard James on 07500 913 223 or email info@mssc.org.uk or British Blind Sport www.britishblindsport.org.uk, telephone [01926 424247](tel:01926424247) or e-mail info@britishblindsport.org.uk.



Test Your Knowledge – Answers

1. The roof of the Meteorological Office in London
2. Good King Wenceslas
3. A glacier
4. 1937
5. Jayne Torvill and Christopher Dean
6. Sagittarius
7. Richard III
8. Saint Petersburg
9. Little Women
10. Narnia (in *The Lion, the Witch and the Wardrobe*)

Charles Bonnet Syndrome

We recently published an article about Charles Bonnet Syndrome (CBS). It is a common condition among people who have lost their sight. It causes people who have lost a lot of vision to see things that aren't really there, known as visual hallucinations. CBS can be distressing, but many people find that the hallucinations can get less frequent with time. The visual hallucinations caused by CBS can vary and can range from simple shapes and dots of colours, simple patterns, straight lines or a network of branches, to detailed pictures of people, animals, insects, landscapes and buildings. CBS is not a mental health problem or a symptom of another disease but is due to sight loss.

The reason for publishing part of our article again is to continue to raise awareness of the condition and let you know that in the New Year Sutton Vision are planning to establish a support group for those effected by Charles Bonnet Syndrome, family members and carers. If you would like further information or to register your interest in joining the support group please telephone us on 020 8409 7166 or e-mail annryan@suttonvision.org.uk



Age UK Sutton Move To New Premises

Age UK Sutton have relocated to a new office in Sutton. Their new address is Sutton Gate, 1 Carshalton Road, Sutton, SM1 4LE (opposite Sutton Police Station). Their telephone number has also changed to 020 8915 2233.

If you would like further information on the services available please telephone them or alternatively contact them via their website www.ageuk.org.uk/sutton

Regular Dates

For information on any of these activities please call Sutton Vision on 020 8409 7166 or e-mail info@suttonvision.org.uk

Event	Date	Venue
Music Group	3 rd Thursday of each month 11.30 a.m. – 1.30 p.m.	3 Robin Hood Lane, Sutton
Scrabble Group	2 nd and 4 th Monday of each month 2.00. – 4.30 p.m.	3 Robin Hood Lane, Sutton
Social Eyes	1 st and 3 rd 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 nd Monday of the month 10.00 a.m. – 12.00 noon	Friends Meeting House Cedar Road, Sutton
VI Leisure Group Coffee Morning Waterstones	1 st Friday of each month from 10.30 a.m.	Waterstones Book Shop, High Street, Sutton
VI Leisure Group Book Club	4 th Monday of each month from 10.30 a.m.	Waterstones Book Shop, High Street, Sutton
VI Leisure Group Lunch Prince of Wales Pub	3 rd Tuesday of each month from 12.00 noon	The Prince of Wales, 28 Malden Road, Cheam,
VI Leisure Group Eve. The Hope Pub	1 st Monday of each month from 7.00 p.m.	The Hope Pub, 48 West Street, Carshalton
VI Leisure Group Coffee Morning Wallington	2 nd Wednesday of each month from 10.30 a.m.	Garden Café, Wallington Library



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 8915 2233
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 (Secretary)	020 8540 3255
RNIB Helpline	0303 123 9999
St Helier Hosp Eye Unit	020 8296 3817
St Helier Hosp Eye Unit EMERGENCY	020 8296 3817
Sight Loss Advisor Ann Ryan	020 8296 2000 (Ext 8718) 07920 650 613
Sutton Carers Centre	020 8296 5611
Sutton Talking Newspaper	020 3759 6679