

CONTACT

Summer Issue 59



Sutton Vision
1st Floor
3 Robin Hood Lane
Sutton
Surrey
SM1 2SW

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



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Editorial

A warm welcome to all our readers, to the Summer 2017 Edition of Sutton Vision's CONTACT magazine.

Leadership is not about a title or a designation. It's about impact, influence and inspiration...

Robin S. Sharma

When one reflects on the above leadership quote by Mr. Sharma, it certainly sums up our former CEO, Nicola Huggins. As an organisation, Sutton Vision would like to say a huge THANK YOU for all Nicola's dedication and hard work during the past 12 months, and wish her well in her future career.

We also say Hello and welcome to Jacqui Thomas, our new Development Manager (See her introductory article overleaf).

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.

Please note that the deadline for the Autumn edition of Contact is Thursday 14th September 2017.

Quote for the Quarter

As we continue our series of Quotes for the Quarter, the following is a quote by Sir Winston Churchill:

"We make a living by what we get;
We make a life by what we give!"

Sutton Vision 'Talking Tables'

After a successful launch of Sutton Vision Talking Tables at the Garden Café, Wallington Library we are moving this service to Tasha's Tea Room, Cheam and are in the process of confirming our presence at Costa Coffee, St Helier Hospital. Please check our website for dates or alternatively telephone us here on 020 8409 7166.

We have found that this is a very good way of making our community aware of the services that we are able to offer and would be really grateful for volunteer support at these sessions; please phone Amanda on 020 8409 7166 for more information.

Meet the...New Development Manager

What a great welcome I've had from you all and I would like to say a huge "Thank you" to Nicola, the trustees and especially the team at Sutton Vision for making my first few months as Sutton Vision Development Manager a positive and happy one.

What did you do before coming to Sutton Vision?

I have worked at Wandsworth Vision (Pocklington resource centre) based in Balham for around 3 years delivering and supporting services, activities with volunteers very much like the ones offered at Sutton Vision. Of all my highlights it has to be watching the positive changes charities like Sutton Vision make to a person on the path of sight loss goes through. It could be a small thing like being able to get out and about with a volunteer, using a smart device or meeting other people facing similar issues as themselves.

I have a background in social care supporting people with sensory loss and mental health as well as over 10 years in retail management.

Tell us an interesting fact about yourself?

If I had to think of something I guess it would be that I spent 2 weeks travelling around Spain on the back of a 1950's motorbike. If you have never had the chance to ride on the back of a classic old motorbike I can tell you now that it is the most harrowing, very sore and extremely exhilarating experience of all my adventures so far.

What next?

Based on all your feedback over the last few weeks, we will be scoping out a plan of action.

Look out for regular updates about Sutton Vision through our quarterly magazine and website or speak to a member of the team. I look forward to meeting you all at future events and thank you all for supporting Sutton Vision.

Jacqui Thomas

Message from Sutton Vision Ambassadors

A message from volunteers Shirley and Michael

Firstly we have had a big turnout of our audio book library, they are mainly in cassette format, there are a lot unabridged and some abridged stories also many sitcoms including almost all of the 'Dads Army' series but there are a few CD's and MP3's.

Secondly if anyone has any unwanted 'specs' Tesco's, Oldfields Road, will take them and send them out to deprived countries. If you would like to take them to SV we are more than happy to collect them and take them to Tesco.

If you would like any of the audio books then please call Sutton Vision and leave your details.

National Citizen Service – The Challenge



The National Citizen Service (NCS) is a three part programme for 15-17 year olds. It's perfect for boosting CV experience, personal statements and encourages independence and confidence building. The programme is a government funded initiative that brings together schools, community organisations, businesses and individuals to build a stronger cohesive society. In August Sutton Vision are delighted to be working with The Challenge. The students will plan and work alongside a group of clients and we invite you to join us. If you would like to know more then please contact Sutton Vision on 020 8409 7166.

Geranium Day 2017



GREATER LONDON FUND FOR THE BLIND GERANIUM DAY

As part of the GLFB's continuing role within the London community, the annual collection for Geranium Day took place on Thursday 18th May. Seven of our volunteers and three staff kindly took to the streets with their collection tins and we are delighted to let you know that a total of £326.83 was collected. Thank you to everyone who supported this very special collection.

News and Muse Group

It is with regret that we have to advise you that due to a decrease in the number of clients able to attend the News and Muse Group we have decided not to continue with the group.

Our volunteers Ann and Martin have worked hard to bring a varied programme to the group for a number of years and we are extremely grateful to them for their ongoing support and friendship. We thank them both for giving so much of their valuable time to Sutton Vision.

Ann has kindly agreed to host a quarterly lunch quiz starting Monday 17th July. Come along and challenge yourself! Call 020 8409 7166 to book a place.

Community Low Vision Service

Sutton Vision, with funding from Sutton Clinical Commissioning Group (CCG), runs a fortnightly Community Low Vision Clinic at our premises in Sutton.

You will have an assessment with our Optometrist to find the solutions and establish which magnifying devices (if any) and other equipment will be of most help. Any equipment prescribed by our optometrist will be on a long term loan basis. A specialist rehabilitation officer from the Sensory Impairment Team will be available to give advice on your everyday needs, difficulties and discuss your goals. This service is available to people who have been diagnosed with low vision (a sight problem which is not correctable by spectacles), who live in the London Borough of Sutton and who are not already using the low vision clinic at St Helier Hospital.

Our Low Vision Clinics are by appointment only. To book an appointment or ask any questions about the low vision clinics or the resource centre, please contact Vanessa Valentine on 020 8409 7166.

We look forward to hearing from you!

Sight & Sound Awareness Day

Sight and Sound Technology will be holding a Product Awareness Information Day at Sutton Vision on Thursday 10th August 2017. It will run between 10.00am – 2.30pm.

Sight and Sound Technology manufacture and sell low vision aids to enhance reading. One of the products on show will be the new - OrCam MyEye - (an intuitive wearable device with a smart camera). Please find enclosed a flyer with more details.

If you are interested in attending please telephone Vanessa on 020 8409 7166 to make an appointment.

London Blind Ramblers Club



The London Blind Rambling Club is affiliated to the Ramblers Association. The Club arranges about 24 walks per year, mostly in the Home Counties. Each walk is led by the local Ramblers Association group and one-to-one guiding is provided if necessary. Walks are typically 6-8 miles long, so a reasonable level of fitness is required. Guide dogs are also welcome.

If you would like more information, please contact Valerie Clark 020 8868 0096 or e-mail valerie@clark.co.uk

Inclusive Cycling

Come along and try out our cycling sessions at David Weir Leisure Centre (Sutton Arena) Middleton Road, Carshalton, Surrey SM5 1SL. They are good fun, sociable and are a great way to get some exercise!

EcoLocal's Inclusive Cycling project offers cycling to everyone in a safe and supportive off road place.....whether it is on two, three or four wheels! The 'Gear-Up cycling sessions are inclusive so we welcome all abilities. We have a wide range of cycles so that people of all abilities have the opportunity to learn and enjoy the benefits of cycling.

We run two types of session on each of the days. Many of our cycles are accessible for people with disabilities. Our friendly cycle instructors will help you take it at your own pace and there are opportunities to get involved in socialising and helping with sessions - why not ask about helping out as a 'trackside supporter'.

Sessions are held most Monday, Wednesday and Thursday mornings at the Arena.

10.00 a.m. – 11.00 a.m. informal inclusive cycling sessions for adults who would like an opportunity to learn to ride, regain cycling confidence, improve cycling skills, socialise and get gentle exercise in safe off-road environment.

11.00 a.m. – 12 noon everybody is welcome, but from 11.00 a.m. we cater for groups of adults with a disability.

For more information please contact: 020 8404 1522 or e-mail cycling@ecolocal.org.uk

Sutton Vision Quiz & Fish and Chip Supper!



We are delighted that our Quiz Night on the 26th May was a huge success.

As usual Steve's questions were extremely challenging and varied; thanks go to him and Paul for all their hard work in preparing the questions and presenting the quiz. The fish and chip supper was most welcome halfway through the proceedings.

Congratulations to the winning team – Jan, Tony, Stephen, Sandra, Mary, Jane, Terry and Don.

The raffle raised £140.00, thank you to everyone who bought tickets and to those who donated prizes. You will be pleased to know that a total of £311.00 was raised. Thank you to everyone who attended.

"Have Your Say" Consultation Feedback

Thank you all for your contribution to our consultation event, your feedback has been valuable and has given us a framework in which to work towards. Here is a selection of comments to share with you:

1. **What Sutton Vision does well?**

- Good central location and good transport links
- Low Vision Clinic (Rehab and Sensory combined)
- Information, advice, guidance and signposting to other agencies /organisations
- Sight Loss Advisor (SLA) at St Helier Hospital
- Volunteer led activities, Social Eyes, Talking Tables, Music appreciation, Tech Talk
- Communication through Contact Magazine, Twitter, Website, Staff , one to one, Email, Phone
- Fundraising, Staff/Volunteer willingness to get involved

2. **Where could Sutton Vision improve?**

- More activities and guest speakers
- More younger members
- Improved governance
- Useful tips regarding equipment/articles in Contact magazine
- Peer support of groups for friends, family and carer
- Information days, demonstrate awareness training to healthcare professionals and local businesses
- Raise profile in community

3. If money was no option and with a potential move in the future, what would be most important for the new Sutton Vision premises?

- Transport
- Larger premises with private spaces
- Larger resource room
- Shop front, Hub focal point drop in centre

To see all the comments, please go to our website click on the link....., email... or speak to a member of the team.

Accessible App to locate ATM's

The Thomas Pocklington Trust (TPT) has helped develop a fully accessible smart phone app which will enable visually impaired people to locate ATMs more easily. The LINK ATM Locator App has been launched by LINK, the UK's largest cash machine network.

TPT also organised extensive testing in order to ensure that the app would be fully accessible with VoiceOver and TalkBack screen readers on both iOS and Android platforms and ensure it would be accessible and meet the needs of blind and partially sighted users.

The app enables users with visual impairment and other disabilities to easily locate ATMs based on their access needs.

Users can filter their search to find ATMs that:

- Have audio assistance
- Are free to use
- Belong to a specific organisation such as your bank
- Are wheelchair accessible
- Dispense £5 notes
- Provide mobile phone top-up
- Provide PIN management functionality

The app is GPS-enabled and well integrated with Google and Apple Maps, helping users navigate to their chosen ATM with ease. It shows you the ATMs that are closest to you on a map and also allows you to search for ATMs in other locations to help you plan ahead.

Users can get directions for walking, driving or taking public transport to the ATM, save their favourite ATMs and get advice and guidance for using ATMs.

VI Festival Sports Day – Saturday 29th July

Better (Sutton Sports Village) in collaboration with Sutton Vision, Crystal Palace Football Club, Thomas Pocklington Trust and Metrosport are pleased to offer a fun filled activity day for people of all ages with sight loss.

We are delighted to invite you to this first multi - VI sports festival event on Saturday 29th July 2017 from 11.00 a.m. – 3.00 p.m. The event will take place at Sutton Sports Village, Rose Hill Park, Rose Hill, SM1 3HH and will be free of charge.

The day will offer you the chance to take part and develop skills by getting involved in VI football, audio described dance class, VI tennis and a gym circuit session.

You will also have the opportunity to enjoy a 45 minute lunch where all participants can socialise whilst enjoying free light refreshments.

This sports festival is a fantastic opportunity to try out a variety of adapted sports and leisure activities for people with sight loss while making new friends and having great fun.

This festival is open to anyone with sight loss, their families, friends and carers. For more details and to register your interest, please contact Sutton Vision on 020 8409 7166 or email info@suttonvision.org.uk Closing date: Friday 7th July 2017. We look forward to seeing you there.

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

Prudential Ride London

We are delighted to announce that Terry James, who is severely sight impaired, will be taking on the 2017 Prudential Ride London on Sunday, 30th July. Terry will be riding tandem with her husband, Richard and will be raising funds for Sutton Vision. This is a challenging 100 mile cycle ride, beginning in London's Queen Elizabeth Olympic Park, Stratford, passing iconic landmarks such as Trafalgar Square and Richmond Park, zigzagging through the Surrey countryside, taking on both the winding Leith and Box Hills, before heading back to Central London finishing at The Mall. If you would like to sponsor this dynamic duo then please contact Sutton Vision on 020 8409 7166 or donate via the website www.suttonvision.org.uk

Sutton Scene – E-newsletter



The Sutton Scene is the regular e-newsletter for anyone who lives, works, or studies in Sutton. It's a great way to keep up-to-date with the latest news and updates from Sutton Council - we'll bring you details of special events happening around our parks, museums, and libraries. We'll also provide a brief round-up of the most important news stories from around Sutton.

You can join the Sutton Scene mailing list by going on line - www.sutton.gov.uk/info/200436/customer_services/1551/sutton_scene_e-newsletter

Tech Talk

New dates for our Tech Talk sessions now available here in our Resource Centre, 17th August, 21st September and 19th October. Bring your Smart device along to learn more useful tips about going online, apps, accessibility options and peer support. To book please call 020 8409 7166.

Regular Dates

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

Event	Date	Venue
Music Group	2nd Monday of each month 12.15 – 2.30 pm	SCILL Centre, Robin Hood Lane, Sutton
Social Eyes	Alternate Thursdays 2.00 – 4.00 p.m	SCILL Centre, 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 Road, 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 Sutton Eye Unit.
St Helier Hosp Eye Unit 020 8296 3817

St Helier Hosp Eye Unit **EMERGENCY** 020 8296 3817

Sight Advisor Ann Ryan 020 8296 2000 (Ex 8718)
07920 650 613

RNIB/Action for Blind People Helpline 0303 123 9999

London Borough of Sutton 020 8770 5000

L B of Sutton Referral Point 020 8770 4565

Advice Link Partnership Sutton (ALPS) 020 8254 2616

Age UK (Sutton) 020 8770 4090

Macular Society (National) 01264 350 551

Macular Society (Sutton) 07970 525 143

Friendly Club 020 8669 4106

Sutton Carers Centre 020 8296 5611

Sutton Talking Newspaper 020 3759 6679