



Working to make life better for blind and partially sighted people

Sight Action News

March 2017 Edition

Supported by the Highland & Islands Society for Blind People

Sight Action will be closed for the holidays from:

- **4.00 pm Thursday 13th April 2017 re-opening on Tuesday 18th April 2017 at 9.00 am**
- **4.00 pm Friday 28th April 2017 re-opening on Tuesday 2nd May 2017 at 9.00 am**

Please remember that the Resource Centre is only open between 10.00 and 3.30. It is always a good idea to ring first.



**GOODBYE
CATRIONA
AND
YOKO**

CATRIONA MENZIES

Our longest serving employee in Sight Action, Catriona Menzies, is retiring at the end of April. Catriona joined us in 2000 and has been a tremendous asset to our organisation. She has built up a warm relationship with everyone who uses our products and everyone who calls in for help or advice or information, whether by phone or in person. Her knowledge and friendliness will be sorely missed by all of us and we will also miss her wonderful guide dog, Yoko.

Every working day, Catriona makes the round trip from her home in Invergarry, where she is, as you would imagine, a stalwart in her community. When I asked her what she was planning to do in her retirement, she listed off a dozen things, including looking after her flock of blackface sheep!

Very best wishes, Catriona. You will be hard to replace.

Maureen MacMillan, Chair.

We wish Catriona all the best in her retirement and we intend to have an open afternoon to mark the occasion on Wednesday 26th April from 12pm to 3pm here at Beechwood House. Light refreshments will be provided.

SUPPORT GROUPS

<u>AVIEMORE</u>	When	Variable
	Where	Different locations
	Time	2.00 pm – 4.00 pm
	Contact	Joy Roberts – 01479 812456

DINGWALL
V I Group

When 4th Thursday of the month
Where Dingwall Community Centre
Time 2.00 pm – 4.00 pm
Contact Dawn Furze – 01463 233663

Programme

Meetings will mostly be held at DINGWALL COMMUNITY CENTRE with tea at 1.45 pm starting at 2.15 pm.

Thursday 27 th April	THE DAIRY AT DAVIOT – AFTERNOON TEA Tea, coffee, cakes and scones
Thursday 25 th May	AFTERNOON TEA AT LEDGOWAN LODGE
Thursday 22 nd June	“RECYCLING” Talk by Duncan Falconer
Thursday 27 th July	ABRIACHAN FOREST TRUST
August	NO MEETING
Thursday 28 th September	TBC
Thursday 26 th October	TBC
Thursday 23 rd November	TBC
Thursday 7 th December	CHRISTMAS LUNCH!

GOLSPIE SUPPORT GROUP

The new Support Group will hold its first three meetings in the GOLSPIE COMMUNITY CENTRE – all welcome. We shall start with refreshments and a general blether at 1.30 pm – we want to organise the meetings for YOU so need to know what you would like to do, ie have talks, trips out, general meeting and chat.

TUESDAY 4th APRIL 2017 2.00 pm – 3.30 pm

SCOTTISH WAR BLINDED & AN OVERVIEW OF OPERATIONAL LIFE IN AFGHANISTAN - Mick Hilton, Outreach Worker Highland Scottish War Blinded, will bring along an interesting assortment of equipment he used in Afghanistan – a talk not to be missed!

TUESDAY 9TH MAY 2017 2.00 pm – 3.30 pm

“HOW WE CAN HELP” – Christine Dall, East Sutherland CAB, Golspie. Anyone wishing to attend but has transport problems, Sight Action may be able to help as we have a volunteer driver in the area.

“Sight Action’s **new support group started in Golspie** on Tuesday March 14th the three volunteers that are there to help are Don, Gary and Lindy. We all felt the meeting went with a very informative talk and demonstration from Ian Whyte from Orcam. Orcam is a company who have developed a smart camera which scans written text and turns that into the spoken word so that visually impaired people can read letters, newspapers and books independently.

The Golspie VIP group’s meeting is at 2.00 pm on Tuesday 4th April in the Community Centre at Golspie HighSchool. The speaker in two weeks time is Mick Hilton from Scottish War Blinded and I have been told that he is a fantastic speaker.

We look forward to welcoming anybody who would like to come and listen to Mick and have a chat and a cuppa together.

Transport to and from the meeting can be arranged but please contact Sarah at Sight Action (01463 233663) as soon as you can.”

Lindy (volunteer)

**GRANTOWN
ON SPEY**

When 1st Wednesday of each month
Where Grant Arms Hotel
Time 2.00 pm – 4.00 pm
Contact Peter McLoughlin - 01381 621572

The Grantown group met in February with fourteen attending, many sent in their apologies because of illness. A quiz was organised, different household items were wrapped up in paper, the item within had to be guessed, the competition was won by Irene, Dorothy and Esther, well done to them. James, Flora and Isobel lost points because Isobel used inside knowledge, good fun was had by all. In March 17 attended, and were treated to a most interesting talk on alternative medicines by Cornelia Hughes of Rosemarkie. Everyone said how interesting it was. A 'big thank you' was given to Cornelia, a charming lady who runs a shop in the Black Isle.

VIP Programme

Wednesday 5 th April	Aids for Visually Impaired
Wednesday 3 rd May	Talking books / Volunteer Services
Wednesday 14 th June	Antiques
Wednesday 12 th July	Trip to Baxter's
Wednesday 13 th September	Trip to Cawdor Castle

**INVERNESS
Chat Club**

When Meets every Friday
Where Various locations
Time 9.30 am – 4.30 pm (includes being picked up and returned)
Contact Margaret Johnston – 01463 222527

INVERNESS
Daytrippers

When 1st Wednesday of every month
Where Various locations
Time 10.00 am – 4.30 pm (includes being picked up and returned home)
Contact Sarah Shaw – 01463 233663

Programme

Wednesday April 5th Foyers
Wednesday May 3rd Munro's Garden Centre
Wednesday June 7th Lunch at Culduthel Christian Centre and Seagull Trust
Wednesday July 5th North Star, Bogroy
Wednesday August 2nd Heather Centre or Inverness Floral Hall
Wednesday September 6th Annual Meeting Culduthel Christian Centre with Ramsay McGhee

INVERNESS
Walking
Group

When 1st Tuesday of every month
Where Various locations
Time 10.00 am – 4.30 pm (dependent on where the walks take place)
Contact Sarah Shaw – 01463 233663

Programme – Starting on Tuesday April 4th 2017 up to and including November 2017

Aultgowrie river walk Distance 6 km
Slochd to Carrbridge via Sluggan Bridge Distance 9 km, Ascent 30 m
Loch Mallachie and Loch Garten Distance 9 km, No ascent
Burghead to Hopeman walk Distance 5/6 km, No ascent
Contin to Rogie Falls Distance 7 km, Some steep ascents

Glen Affric

Carn na E-asgainn

Distance 6/7 km, Ascent 361 m

LOCHABER

When 3rd Thursday of each month

Where Various venues

Time 2.00 pm – 4.00 pm

Contact Maureen Dempsey – 01397 700097

NAIRN

When 1st Tuesday of each month

Where Queenspark Gardens Sheltered Housing Complex

Time 2.00 pm – 4.00 pm

Contact Bob Stewart – 01667 454101

John Mathieson – 01667 453508

**SKYE AND
LOCHALSH**

When 3rd Thursday of each month

Where Various venues

Time 2.00 pm – 4.00 pm

Contact Donald John MacLeod – 01599 522207

**THURSO
Caithness
Sight
Impairment
Group**

When 1st Wednesday of each month

Where British Legion Hall

Time 2.00 pm – 4.00 pm

Contact Edward Fraser – 01847 893391

**WESTERN
ISLES**

When 1st Wednesday of each month

Where Western Isles Sensory Centre

Time 2.00 pm – 4.00 pm

Contact Shirley or Ishbal 01851 701787

WICK
Macular

When 3rd Thursday of every month
Where Pulteney Peoples Project
Time 11.30 am – 1.00 pm
Contact Eric Farquhar 01955 605864

WORKING
AGE VISUAL
IMPAIRMENT
GROUP
(WAG)

When 3rd Saturday in the month
Where Blindcraft showroom, Ardconnel Street,
Inverness
Time 10.00 am– 12.00 noon
Contact Rod Murchison 01463 230066

WORKING AGE VISUAL IMPAIRMENT GROUP (WAG)

If you live in the Highland area and are visually impaired and are of working age, whether in work or not, you will be very welcome to come along and try a WAG meeting.

WAG also organises occasional meals out as well as outings to visitor attractions and places of interest within Highland and elsewhere in Scotland.

We meet for coffee and a friendly chat every 3rd Saturday in the month, from 10.00 am to 12.00 noon, at the rear of the Blindcraft showroom, Ardconnel Street, Inverness.

If you are interested in joining the group or would like more information, please contact Rod Murchison on 01463 230066.

UPDATES, ARTICLES AND STORIES

WHAT IS POWER OF ATTORNEY?

A power of attorney is a legal document which gives someone else the authority to make decisions about your life if you lose the ability to make decisions for yourself. The person who is appointed to make decisions on your behalf is your attorney.

WHAT IS A WILL?

A will is a legal document that sets out your wishes including how your belongings and assets should be dealt with and, if you have children aged under 16, who should care for them.

HIGHLAND BLIND TANDEM CLUB

This will be starting up again after Easter for the summer season at the Tandem Hut in the Northern Meeting Park on Wednesday evenings from 6.00 pm. New members and volunteer 'pilots' are very welcome to come along and try out riding on a tandem. The contact number for any enquiries is Ron Archer on 01463 239552.

DO NOT FORGET THE TALKING NEWSPAPER SERVICES

Inverness Talking Newspapers – 01463 242600

Talk Lochaber - 01397 702240 / 702990

Caithness Talking Newspapers - 01955 606170

Sutherland Talking Newspapers - 01408 633405

Skye Talking News - 01478 613113

(West Highland Free Press)

NEWSLETTER COMMENTS & FEEDBACK

If you have comments or feedback on this newsletter, including:

- Possible articles to be included in the future, or
- Improvements in layout of the newsletter, or
- If you wish to receive future newsletters via email, or
- If you no longer wish to receive future newsletters.

Please contact Sarah Shaw on 01463 233663.

AGE SCOTLAND - LOOKING AFTER YOURSELF

Keeping your mental wellbeing in check is important. There are plenty of everyday steps that can be taken to help keep mentally fit. Why not try some of these?

- *Eat well:* Having a balance diet is necessary not just for our bodies, but our minds too.
- *Reduce alcohol and smoking:* We all know about the physical dangers of these habits, but did you know that drinking and smoking can affect your mood?
- *Activity and exercise:* Activity and exercise are essential in maintaining good mental health.
- *Sleep well:* Doing nothing is just as important as doing something, in moderation of course!
- *Manage stress:* Stress is often unavoidable, but knowing what triggers it and knowing how to cope is key to maintaining good mental health.
- *Do something you enjoy:* Make time for the fun things you enjoy.
- *Ask for help:* One of the most important ways to keep mentally healthy is to recognise when you're not feeling good, and knowing when to ask for help.

Taken from Age Scotland, Hot Tips Calendar 2017

CAN WE HELP?

VOLUNTEER SERVICES

Sight Action's volunteers can assist in lots of ways:

Handy Person Both John and Alfred can help with small jobs in the home and garden. PLEASE NOTE they do not touch gas, electricity or plumbing. If you need the help of a handy man and live in Inverness, Nairn or Badenoch & Strathspey, give us a ring.

Sight Action is very lucky to have a volunteer in Sutherland who can help with small tasks so please give us a ring

Drivers We can help with lifts to appointments but we do need a minimum of three days' notice.

Talking Books Service If you want to find out more about this a volunteer can phone or come out to see you to demonstrate the boom box, leave you with a talking book and a copy of the catalogue so you can spend some time deciding if the service is for you.

"I am writing to thank Sight Action for a wonderful service. Having been an avid reader, and, now unable to read at all this service has been a virtual lifeline for me. The volunteers have always been very helpful and I can only thank you all once again"

Mrs Barclay, Grantown on Spey

IT Anyone who is interested in having 1:1 help with using their computer, tablet or Ipad please do give Sarah a ring.

Please contact Sarah Shaw on 01463 233663 or 01463 256112.

ADVERTISEMENTS / SPONSORS

SIX KIPPERS – An Orcadian Adventure

“Ellis Mackenzie, a young archaeologist, overhears the phrase ‘I cannot eat more than six kippers for breakfast’ on his way to Orkney. Through a number of incidents and some exciting adventures in Orkney and Edinburgh the truth is uncovered”.

Novel by Anthony Bryant, a local author, who lived in Fortrose for 30 years.

On sale for £9.95 at Sight Action, Beechwood House.

SEE CLEAR

Helping the elderly, blind and partially sighted

With an ageing population there are more and more people across the UK who struggle to carry out simple tasks such as adjusting room thermostats due to deteriorating health and eye sight.

Being unable to carry out simple tasks can be demoralising and take away personal independence. **See Clear visual aid thermostat sticker** enables the user to enjoy better control of their room thermostat and therefore household temperature. Designed to make controlling the temperature of heating easy, they are compatible with both heating and cooling systems, and are applied directly to a thermostat dial; instead of using small indication numbers it converts the temperature range into easy to see sections. Divided into four separate colour zones with the added feature of embossed markers See Clear stickers are easy to use making them an ideal product for the elderly and those with visual impairments.

See Clear stickers, are quick to apply and simple to use, enabling older and visually impaired people to see the temperature zones and adjust the setting themselves; supporting continuing independence and reducing unnecessary call outs costs.

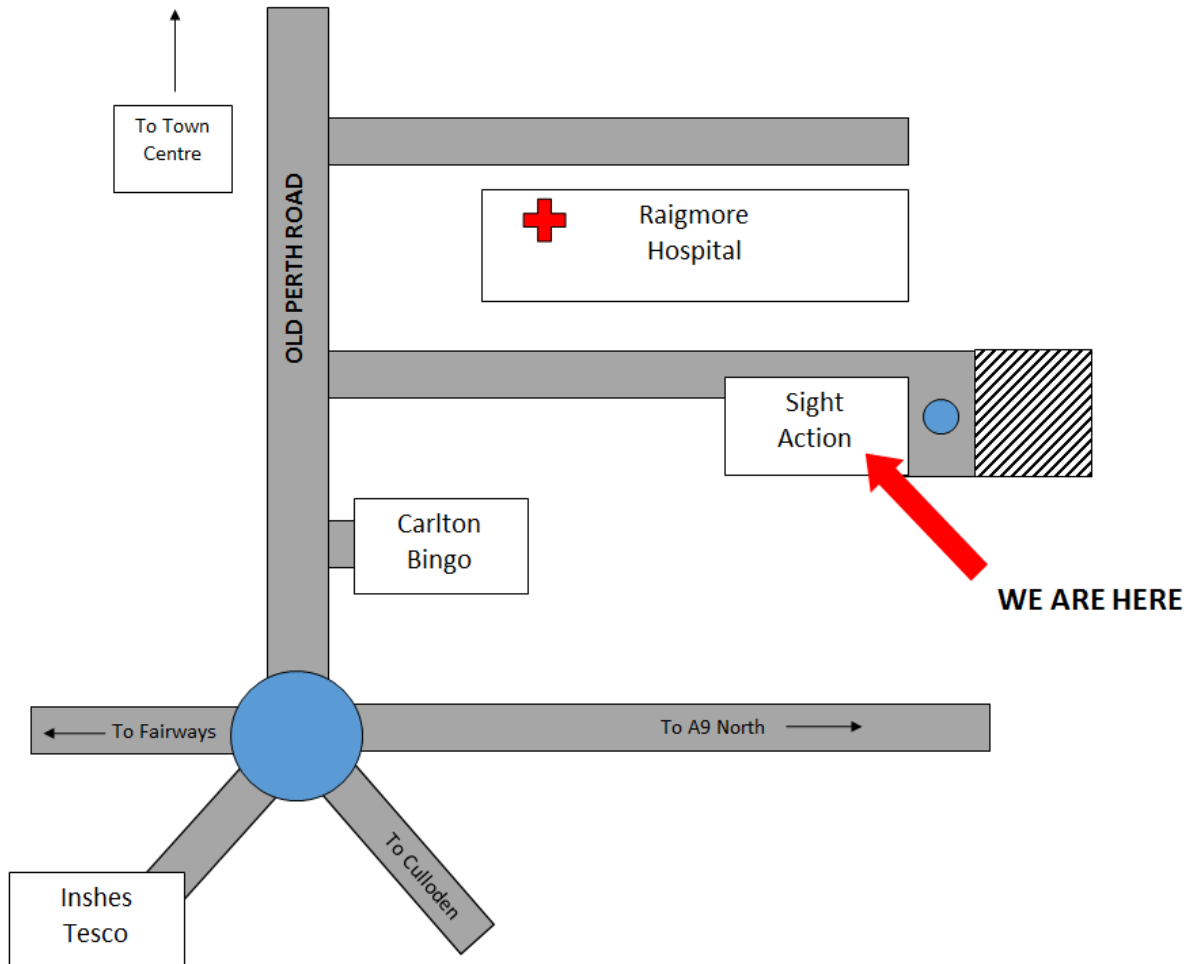
See Clear visual aid stickers come with an adhesive back and once the protective back is removed, can be applied directly to the dial of the thermostat. For those requiring assistance, there is a fitting service available or a new thermostat can be supplied with a sticker already attached.

There are still a large percentage of manual thermostats installed within homes across the UK. These come in a range of makes and models. With this in mind, the same clear and simple concept has been adapted to ensure See Clear stickers are compatible with a range of thermostats including: Honeywell, Drayton, Danfoss and Seitron to name but a few.

For further details:

- visit our website www.seeclearproducts.co.uk
- email seeclearproducts@hotmail.com

HOW TO FIND US



HOW TO FIND US

**SIGHT ACTION, BEECHWOOD HOUSE, 69-71 OLD PERTH ROAD,
INVERNESS, IV2 3JH**

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