



Working to make life better for blind and partially sighted people

sight action news

Summer 2015

Welcome to the summer edition of Sight Action news! In this edition you will find up to date information on the vision support and activity groups operating in your area along with some general updates, a couple of recipes and some dates for your diary with upcoming events on the horizon.

If you have any suggestions, information or articles of interest you'd like to share with the rest of the Sight Action community - as always we'd love to hear from you!

To do this you can contact our Client Services Manager, Gillian Mitchell, at: gillian.mitchell@highlandsensory.org.uk

Or, alternatively, you can give us a call on the contact details below.

You can contact Sight Action via - Tel: 01463 233663

Email: admin@highlandsensory.org.uk

Website: www.sightaction.org.uk

SIGHT ACTION'S WEB SITE

Hello, my name is Kerry and I have recently started an eight week internship at Sight Action. The aim of my internship is to develop the Sight Action website. Currently the website design looks out of date so I am looking at some new ideas and design options.

At Sight Action we love to hear how we can improve the access to our services so if you have any ideas for the website, please do get in touch.

Contact Kerry or Tim on 01463 233663

SIGHT ACTION'S FACEBOOK PAGE

Regular updates on Sight Action events are posted on Facebook. Please 'like' us at www.facebook.com/sightaction

We are available on Twitter @SightAction where likewise you can find news - or at least, news limited to 140 characters - of upcoming activities.

Sight Action would also like to stress that communication is a two-way street and rather than just using these outlets for finding out news - **DO FEEL FREE TO GET IN TOUCH!**

John Rose
Volunteer

TALKING BOOK SERVICE

If anyone has any CD audio books that Sight Action could borrow then that would help us add still more titles to the Talking Book Service.

We would of course return the titles to you as soon as we had copied them and they would be in the same condition as you gave them to us in.

We are looking for:

General Fiction

Any Children's' Titles

Gaelic Books

Religious Titles

Books by Scottish Authors

Please ring us on 01463 233663 and leave a message for Sarah.

THE SERVICE USERS FORUM

We are still looking for any members who feel that they can add to our growing group.

The group have been very active this year, addressing issues that are regional-- road crossings, and national aids and equipment inequalities.

Talking to key people about improving the service that Sight Action offers on behalf of NHS Highland. So, please give us a call, on the usual number, to find out more.

Gillian Mitchell

(Client Services Manager)

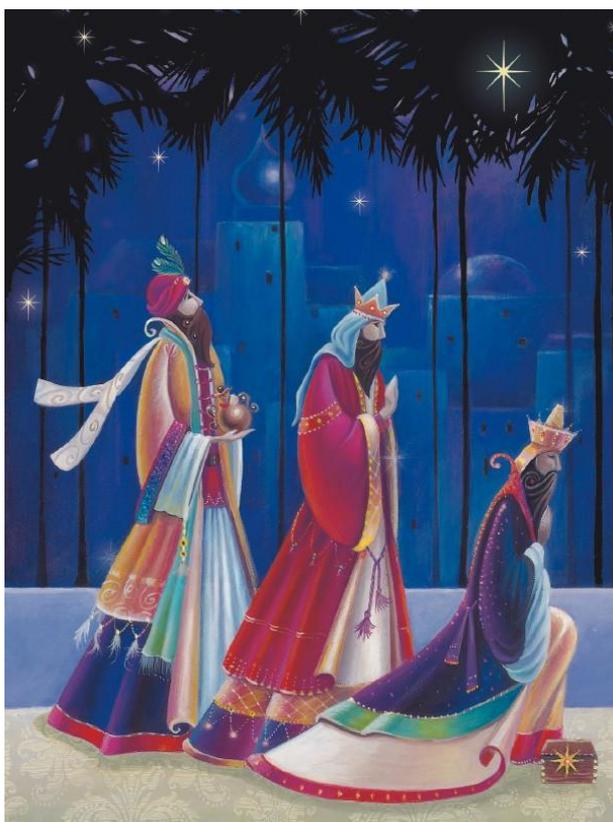
CHRISTMAS...

Yes it will not be too long before the Festive Season!!

Sight Action will be selling Christmas Cards and Calendars this year. The three different card designs are shown overleaf, with the prices for a pack of 10.



Robin Noël - Pack of 10 for £3.25



Three Wise Men or Dove of Peace designs - £3.00 per pack of 10 for either

Please give us a ring to place your order and our Christmas cards will also be available to purchase at our event on **Saturday November 21st - details below!**

A DATE FOR YOUR DIARY...

SATURDAY NOVEMBER 21ST

THE CENTRE FOR HEALTH SCIENCES (behind Raigmore Hospital)

BETWEEN

10.30 am AND 4.00 pm

Sight Action is hosting an Exhibition in Inverness.

We've decided to hold it on a weekend so that friends and families are also able to attend.

Exhibitors at the event will include:

SIGHT AND SOUND TECHNOLOGY

GUIDE DOGS FOR THE BLIND

SCOTTISH WAR BLIND

OPTELEC

ENHANCED VISION

THE MACULAR SOCIETY

SPECSAVERS

THE TALKING BOOK SERVICE

SIGHT ACTION XMAS CARDS AND CALENDARS

DISPLAY OF THE LATEST PHONES FROM B.T

Remember to mark this date in your diary!

For more information contact us on 01463 233663

VISION SUPPORT GROUP MEETINGS

AVIEMORE

<u>When</u>	Last Monday of each month
<u>Where</u>	Common Room, Hanover Housing Complex
<u>Time</u>	2.00 – 4.00
<u>Contact</u>	Joy Roberts – 01479 812456

DINGWALL

<u>When</u>	3 rd Thursday of the month
<u>Where</u>	Dingwall Community Centre
<u>Time</u>	2.00 – 4.00
<u>Contact</u>	Sarah Shaw – 01463 233663

GRANTOWN ON SPEY

<u>When</u>	1 st Wednesday of each month
<u>Where</u>	Grant Arms Hotel
<u>Time</u>	2.00 – 4.00
<u>Contact</u>	Evelyn Grant – 01479 872055

INVERNESS Chat Club

<u>When</u>	Meets every Friday
<u>Where</u>	Various locations
<u>Time</u>	9.30 – 4.30 (includes being picked up and returned)
<u>Contact</u>	Margaret Johnson – 01463 222527

INVERNESS Daytrippers

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

INVERNESS Walking Group

<u>When</u>	1 st Tuesday of every month (between March and December)
<u>Where</u>	Various locations
<u>Time</u>	10.00 – 4.30 this is dependent on where the walks are taking place. People can either meet at Beechwood or they can be collected.
<u>Contact</u>	Sarah Shaw – 01463 233663

LOCHABER

<u>When</u>	3 rd Thursday of each month
<u>Where</u>	Various venues
<u>Time</u>	2.00 – 4.00
<u>Contact</u>	Catriona Menzies - 01463 233663

NAIRN

<u>When</u>	1 st Tuesday of each month
<u>Where</u>	Queenspark Gardens Sheltered Housing Complex
<u>Time</u>	2.00 – 4.00
<u>Contact</u>	Bob Stewart – 01667 454101

SKYE AND LOCHALSH

<u>When</u>	3 rd Thursday of each month
<u>Where</u>	Various venues
<u>Time</u>	2.00 – 4.00
<u>Contact</u>	Donald John MacLeod – 01599 522207

THURSO

<u>When</u>	1 st Wednesday of each month
<u>Where</u>	British Legion Hall
<u>Time</u>	2.00 – 4.00
<u>Contact</u>	Edward Fraser – 01847 893391

RECIPE CORNER

FRUIT LOAF (TEA BREAD)

From Tracy MacKinnon (Skye)

12 oz (340g) of dried mixed fruit

6 fl oz of tea or 1 mug (without milk or sugar)

8oz (225g) of self-raising flour

Half teaspoon of mixed spice

4oz (115g) of caster sugar

3 well beaten eggs

METHOD

1. Soak the fruit in the tea overnight
2. Add the flour, spice and sugar
3. Beat in 3 eggs
4. Spoon mixture into a 2 lb loaf tin and smooth the top
5. Bake in a pre-heated oven at 180 C for 1 hour.

QUEEN OF SHEBA

(Dessert or Cake)

Tin Size: round 20x20x2 cm or square 7" x 7"

200 C or Gas 6 x 20 minutes

120g unsalted butter

120g dark chocolate

2 large eggs – separated PLUS one large egg yolk

120g caster sugar

60g plain flour

ICING

100g granulated sugar

50g unsalted butter

50ml milk

50g dark chocolate

Grease & line tin with baking parchment

Melt butter & chocolate over simmering water

Put egg yolks & sugar in bowl and stir with wooden spoon until

amalgamated, and then beat well using electric mixer

Still beating, trickle in chocolate & butter mixture & mix well

Fold in flour

Whisk egg whites until soft peaks and fold into mixture and

Quickly pour batter into tin and give a shake to level

Bake for 20 minutes and turn down if it shows sign of overcooking

Remove from oven & leave in tin

While cake is warm, make icing

Put icing ingredients in saucepan over low heat

Stir until butter & chocolate have melted & sugar dissolved

Bring to the boil, reduce heat & simmer for five minutes

If sauce is thin cook for further 1-2 minutes

Pour icing over warm cake & leave whole cake for 12-24 hours

Remove cake from tin & peel off paper

Cut into slices

This can be frozen in slices when cold and defrosts very quickly

Delicious with crème fraiche or cream!

Easier to remove from tin if using a square tin

Enjoy!

Dawn Furze, Drumnadrochit (Volunteer)

HEALTHY BALANCE “OTAGO”

Healthy Balance “OTAGO” is a strength and balance exercise programme designed to improve your posture, stability, co-ordination and health. It will enhance your confidence and feeling of well being. It is especially appropriate for anyone with a visual impairment who feels that a gentle to moderate, adapted exercise programme would benefit their balance and stability.

In conjunction with Sight Action I am planning to bring an overview of OTAGO to your local Sight Action Venue. Details to follow.

OTAGO promotes quality of life and encourages independent living. It is a clinically proven Falls Prevention Programme. Following the “taster” sessions it will be possible to continue Healthy Balance OTAGO at home. Further guidance and a FREE Home Exercise Booklet and or audio CD will be provided.

PRO MOTION FITNESS – Julie Brown

Taster sessions of Otago are taking place at the Dingwall Group and also the Daytrippers Group.

Hearing and Sight Care, Caithness

Age Related Macular Disease Group Wick

AMD Group, Wick – a new group has been set up by Eric Farquhar a retired school teacher from Wick who was recently diagnosed with AMD. He contacted the Macular Society and has been getting support from Jamie Cuthbertson to see if there is an interest in a support group. A few meetings have been held monthly in Wick and anyone with Macular Degeneration is welcome to come along. The staff at Hearing and Sight Care are supporting this initiative to get the group up and running.

The next meeting will be in Wick at Tesco's Community Space on Thursday 20th August 2 – 3.30pm. This may be too late for the newsletter but anyone interested in coming along should contact Eric Farquhar on 01955 605864 for the date, time and venue of the next meeting.

CHILDREN AND YOUNG PEOPLE – SOCIAL MEDIA

Catriona Mallows working for CHIP+ and Highland Children's Forum is interested in hearing the views of children, young people, parents, carers and professionals about digital media. They are looking at how you would really like a charity in the Highlands to use digital media to listen to children and young people. Do you think an online chatroom for young people to raise issues and speak to each other is useful? Do you think a Facebook group would be better?

It is a general anonymous enquiry asking young people themselves how they would like their voices to be heard, and then these voices will be taken forward by Highland Children's Forum to policy makers to implement needed change. At Sight Action we know digital media can make a huge difference to the Visually Impaired, so we are assisting in promoting this article for anyone willing to participate.

After developing their communication strategy, Highland Children's Forum is having a digital media launch!

Please join them on **Tuesday the 1st of September** between **7pm and 8pm online** as they launch their Facebook page, Twitter account, new logo and show a sneak peek of their new website.

HCF is sharing their digital media launch with [CHIP+](#), another Highland based charity, who will also be launching their new social media platforms. As of 7pm on Tuesday evening, you can find both organisations on Facebook, Twitter and can also look at their refreshed websites!

HCF will be using the hash tag **#ihaveavoice**, and CHIP will be using **#supportingparentcarers**. Please feel free to join in with these threads!

Catriona Mallows
Communications and Digital Media Intern
Highland Children's Forum
07934 112120
Scottish Charity SCO31945

COMMUNITY COUNCIL ELECTIONS 2015

This September is your opportunity to get involved in the community by becoming a member of your local Community Council.

Community Councils act as a voice for the local area: they meet regularly to discuss issues affecting their area, including planning and licensing applications and one of their core functions is to represent the views of the local community. Many also involve themselves in a wide range of other activities for the benefit of the community. This is your opportunity to work with other people to represent the views of your community.

Each Community Council is made up of a number of people living within the local area. Every four years there is an election where a new Community Council is elected. There will be an election this year and so we would like to encourage people to come forward to be part of their local Community Council. If you want to find out a bit more about what being a community councillor involves you can contact your local ward manager for more information (search for 'Ward Managers' at www.highland.gov.uk).

Anyone can become a member of their Community Council provided they are:

- Over 16 years old
- Live within the specified boundary
- Are on the electoral register within the boundary

If you are interested in becoming a Community Councillor, you can nominate yourself between Tuesday 22nd September and Tuesday

6th October 2015. Nomination forms will be available on the Council's website or from local Service Points. If there are more nominations than places on the Community Council then there will be an election ballot in that local area.

If you're interested then you can check which Community Council area you live in on the Highland Council website. You should also refer to the Elections pages of the Highland Council website for more information about the nomination process. If you have any questions, please email - policy6@highland.gov.uk or contact your Ward Manager.

POLYTUNNEL NOT SPROUTING!

We are sorry to announce that the idea for an indoor polytunnel gardening club, next to Sainsbury retail store in Nairn, will not be going ahead. Not enough clients came forward, to make the project sustainable. However, if you have any similar ideas that you wish us to consider, please get in touch.

AIDS AND EQUIPMENT ISSUED TO VISUALLY IMPAIRED PEOPLE

Sight Action is aware that there is no standard policy throughout Scotland, on aids and equipment to assist visually impaired people trying to cope with day to day tasks.

Provision of low vision aids, magnifiers, spectacle mounted aids and lighting, vary from region to region. We feel that it is not acceptable.

If a person is unable to read using a hand held magnifier, because their vision has deteriorated, there will be no provision made by statutory bodies to provide any other device that could assist with reading text.

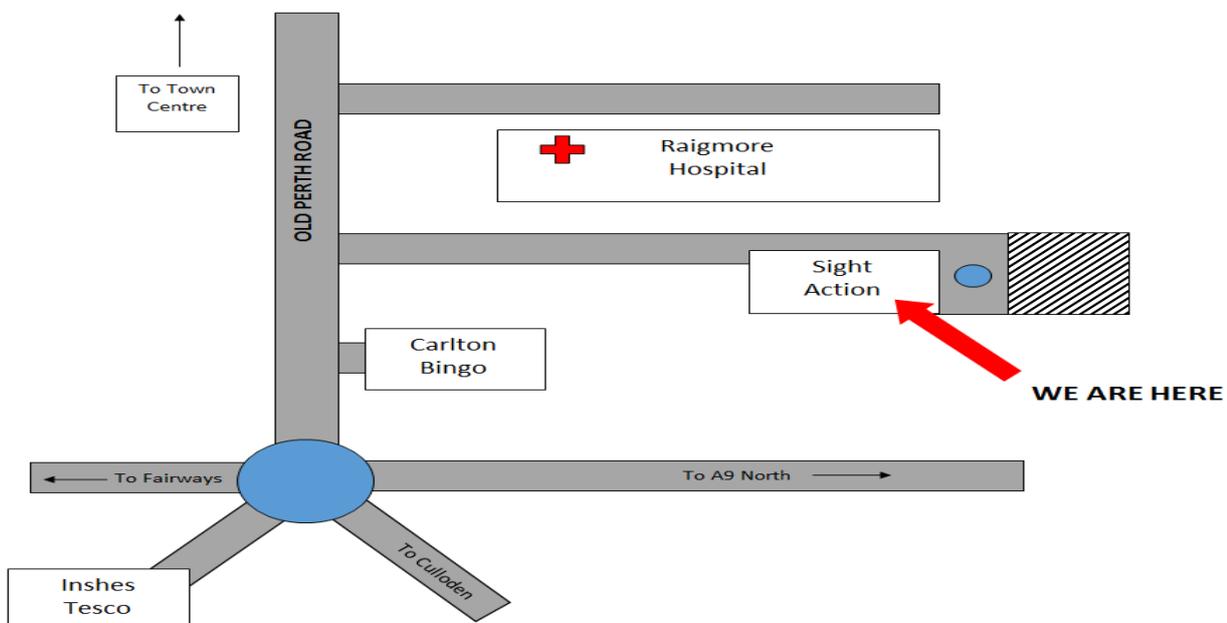
People, and agencies like ourselves, have to resort to finding the funding to purchase the technology (which is now substantial and diverse) that allows people to remain independent. We feel that it is a Human Right, that if you wished to read your own mail, you should be helped with the means to do so, and not if you can afford it.

Sight Action has raised this question at the Cross Party Group meeting in the Scottish Parliament, and the question will be heard on the 7th October 2015.

If a person was unable to hear, they would be issued with hearing aid(s), if you are unable to read text using a hand held magnifier, well-----.

Give us your thoughts!

THIS IS HOW TO FIND US





Pictured above - Sight Action CEO Murray Cochrane receiving a cheque for the amount of £6,716.60 from the Manager of Sainsbury's in Nairn. "As you can imagine we are all delighted with the total raised by Sainsbury's on our behalf. Apart from raising the profile of Sight Action and providing us with much needed funding we all really enjoyed working with the staff".

Sight Action has bought 7 iPads and a percentage of the monies has also gone to the Talking Book Service in order to buy more boom boxes.

BOOK A FREE HOME FIRE SAFETY VISIT

The majority of fire deaths occur where there was either no smoke alarm or an alarm that didn't work. Everybody's home is at risk of fire. Cooking accidents, overloaded sockets, faulty appliances, smoking and drinking are just a few reasons why there are so many house fires in Scotland. Every hour of every day there's a house fire in Scotland!

"A Home Fire Safety Visit only takes around twenty minutes and can be organised at a time that suits you, day or night. A relative or friend can be with you when the Service pay you a free home visit"

Call 0800 0731 999 to arrange a visit or go to www.firescotland.gov.uk

ENERGY SAVING TRUST

Home Energy Scotland offers FREE impartial advice and support to help you save money and keep your home warm.

There are several easy ways to cut heating costs such as:

- Closing curtains at night to stop heat escaping through the windows
- Insulating hot water pipes
- Ensure hot water tank is insulated with a lagging jacket at least **THREE** inches thick. This could save you between £20-£30 a year as it reduces the need to reheat water for shower, bath or washing up!

Home Energy Scotland will also offer advice about loft and cavity wall insulation. Draught-proofing windows and doors can also save you around £20.00 each year.

For more, and clear and impartial advice, call Home Energy Scotland free on 0808 808 2282.

FINALLY!

Please let us have any articles for the next newsletter by the middle of November. Anyone who would like to receive the newsletter by email please let us know as soon as possible, or, you could receive it recorded on a memory stick but you will need the equipment to play it on.

Contact us on:

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