



Devon in Sight

Your local sight loss charity



Newsletter

Spring 2018 - Issue 17



Helping you navigate your sight loss journey



Devon in Sight
Your local sight loss charity

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Email: laura@devoninsight.org.uk

Tel: 01392 876 666

www.devoninsight.org.uk

Registered Charity No. 1140978

Chief Executive's Update



It is difficult for those of us with good sight to truly appreciate how difficult it can be for those people with sight problems to take a 'leap of faith'.

Rural isolation and bad transport links were one of the reasons why we decided to take our services out into the community by creating our Community Sight Loss Hubs.

We now have regular 'Talk and Support Groups' in over a dozen locations across the county. Many of you have taken the 'leap of faith' to visit these hubs to meet others with sight loss, hear about services available to you in your local communities and receive specialist training.

I really would encourage those of you who haven't attended a Community Sight Loss Hub or been through our award winning 'Sight Loss MOT to take a 'leap of faith'.

Talking of 'leaps of faith' would you or any family or friends like to jump out of an aeroplane at 15,000 feet with me to raise funds for Devon in Sight?

I really don't want to do this on my own!

Grahame

Grahame Flynn

Chief Executive Officer

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Spring 2018

News in Brief



▲ Julie Dyer

Optima Clinics cease at Station House!

We were sad to hear that the Clinical Commissioning Group have stopped funding the Low Vision Service provided by Optima at Station House in Topsham.

We understand that a new Low Vision Service is available from the Optometry Department at the RD&E Hospital by referral from GPs and Opticians.

We know that many of you have been very happy with the service you received from Julie Dyer and Nick Collins of Optima. We would like to thank Julie and Nick for their work.

If you are in Torbay there are no changes to the services provided by Optima.



Staff team make the grade

Being able to respond effectively to a medical incident is very important to us at Devon in Sight.

Staff renewed their first aid qualifications with the St. John's Ambulance Service on Monday 16th April. The course was informative and gave the team a rare opportunity to spend the day together.



Sight Village comes to Devon

The UK's leading exhibition for blind and partially sighted people was held at Sandy Park Conference Centre, Exeter on Tuesday 17th April.

It was an excellent opportunity to catch up with old friends and share the latest innovations in technology, equipment and services from national and local providers.

Feature

The Future of Station House



▲ Station House, Topsham

Devon in Sight has taken the bold decision to sell Station House and move to smaller premises.

As some of you may recall, Devon in Sight moved to the main part of Station House in 1997, and then purchased and renovated the old Ticket Office which was opened as a new Resource Centre in 2011. Over these 20 years the building has served us well,

not only providing a base for our staff and services, but also services provided by the RNIB and Optima Low Vision Services.

However, over the last 18 months there have been some significant changes that have led us to the



decision that now is the right time to move.

Station House is in many ways a lovely building. It was designed by Sir William Tite and constructed in 1860 as part of the expansion of the Great Western Railway. However, as a historic building it now requires a major renovation which would take up a great deal of the charity's time and resources. We have also seen a huge shift in the way we deliver services.

As you will read over the coming pages, with the launch of our Community Support Service we are reaching many more people with sight loss by providing services from community buildings across Devon which are much easier for people to reach than getting to Topsham.

Finally, due to the challenging financial pressures on the sector, a number of partners will no longer be running services from Station House.

Therefore we feel it is the right time to move to a smaller office which we will use mainly as a base for staff, training and development, and to focus more of our efforts on front line services in the communities across Devon.

We are currently looking at a number of options in an area around Exeter, and we will keep you posted once we have further details.

Station House has been a good friend to us, so we do move on with the next step of the Charity's journey with mixed emotions... and we will miss the sound of trains as we go about our work!

There will be an update in the next newsletter.

Update on BIG Lottery Funding

It's amazing to think that we have already come to the end of the first year of our four-year grant from the BIG Lottery Fund for our new Community Support Service.

We are delighted with the progress which has been achieved by our staff team and volunteers. In the first year we supported 788 people with sight loss from across much of Devon, and we have established 13 new Community Sight Loss Hubs which are providing an excellent focal point for sight loss services at a local level. We ran 47 Talk and Support Group sessions at these local hubs for over 500 people, provided 760 one-to-one support sessions and developed the involvement of a wide range of partner organisations as well.

The feedback from clients has been very positive. After attending a Sight Loss Hub in Tiverton one lady said, "I want to thank you so much for arranging today. I have been on a high all day. It helps so much, I haven't ever felt support like it. It's nice to meet people in the same boat, I am looking forward to the next one. I am so grateful that you arranged this."

As part of the project we have also developed the 'Sight Loss MOT' needs assessment which our Community Support Workers use to carry out a review of the challenges people may be facing, and the support options available.



**NATIONAL
LOTTERY FUNDED**

One client said, “I’m very impressed with the Sight Loss MOT. I thought it was put together very well and was not just a tick box document”.

For many people the Sight Loss MOT has provided an opportunity to raise issues caused by their sight loss which have not been tackled for many years and yet which have been having a big impact on their lives. In the first year we completed 86 MOTs and 36 follow-up reviews which all show that we have had a positive impact on people’s sense of independence, wellbeing and choice.

The Sight Loss MOT is based on national research and recently won the national Inspirational Service Delivery Award from Visionary; the national association for local sight loss charities.

The BIG Lottery Fund provides just over half of the funding for the Community Support Service so we were also delighted to have support from a number of other funders to help us get the project off the ground. These included The Clare Milne Trust, The 29th May 1961 Charitable Trust, The Norman Family Charitable Trust, The David Gibbons Foundation and Visionary.

In year two of the project we will be focusing on recruiting and training volunteers, and raising awareness of the Community Support Service so people with sight loss know how to access the support that can transform their lives.

We would love to hear from you if you have any feedback about our services.

Feature

National Visionary Award



▲ L - R Emma Cruickshank, Glenn Palmer, Cathy Duffy, Grahame Flynn and Peter Corbett (CEO Thomas Pocklington Trust)

The Devon in Sight team won the National Inspirational Service Delivery Award at the Annual Visionary Conference in Birmingham in November last year.

Visionary is the national umbrella organisation linking local sight loss charities across the United Kingdom.

Now in their eighth year, the awards aim to recognise and celebrate excellence in the leadership and management of local sight loss charities and



in the quality of service offered. Highlighting local charities' achievements helps to spread good practice throughout the sector and draws attention to the talent and expertise being brought to bear on charitable activity in the sight loss sector in the UK.

Devon in Sight Chief Executive Officer Grahame Flynn said, "I was delighted to accept this prestigious award for our new Community Support Service. The whole team at Devon in Sight have contributed to our new Needs Assessment 'The Sight Loss MOT' which has generated huge amounts of interest across the sight loss sector. To be voted for by your peers makes this award particularly special."

Grahame was joined at the Awards Diner by Senior

Community Support Worker Cathy Duffy and Devon in Sight Ambassador Glenn Palmer who had recently been through the new MOT.

Glenn said, "The Sight Loss MOT ticks every box in my life. I learnt so much about the journey I am on and the support available to me. I know that I am in safe hands. It's truly inspirational."

The Sight Loss MOT is now being piloted by a number of sight loss charities around the United Kingdom.



▲ Our Visionary Award

Update

Community Support Service



An update on our Community Support Service from Senior Support Worker Cathy Duffy

It has now been over a year since Devon in Sight's new Community Support Service was launched.

We now have four Community Support Workers covering East, Mid and West Devon and Torbay and we operate over a dozen Community Sight Loss Hubs across these areas.

When visiting these groups it has been great to see the support and advice people give each other and to hear people talk about how they value these gatherings.



All our hubs are now affiliated with the Macular Society and the Totnes and Okehampton Sight Loss Hubs are run jointly with the Macular Society.

Thanks to all the hard work from Jennie Benham our Office Manager, each of our Community Support Workers now has a kit of over 50 pieces of demonstration equipment. People have found it extremely useful to be able to look at and try a piece of equipment without having to travel to Topsham.

We have a steady take up of our Sight Loss MOT's in each area and we are now starting to see an increase in self-referrals through word of mouth which is a real validation from the people we are aiming to support.

I will finish with a few recent quotes from some of our clients.

“I never expected there to be so much available... I’m astounded.”

“Groups like this are vital ... it’s easy to feel forgotten”

“Life is different... but it hasn’t ended”

Please contact Devon in Sight on

Tel: 01392 876 666

Email: enquiries@devoninsight.org.uk

Torbay



Our Community Support Service in Torbay is run by Cathy Duffy our Senior Community Support Worker.

In June 2017 I received a call from the mother of a man in his late thirties called Chris Tester. Chris had been discharged from hospital four months earlier after totally losing his sight as a result of a violent attack. I have been meeting with them both over the past 9 months.

Recently we talked about their journey since that first call to Devon in Sight and what our involvement had meant to them over the following months.

Chris recalled, "I left hospital and felt like I had been thrown into the wild; out on a limb not knowing what my life would be. It was quite easy to be despairing, you hear about people sitting in the dark - what was I going to do with myself all day?"

Cathy can be contacted through our Head Office in Topsham on 01392 876 666

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Chris' mother described how "at his lowest ebb he was suicidal and it was so difficult to move forward, we couldn't have been any lower.

We had no idea where to turn, there was no 'How to Cope Kit' and no one turned up with real advice or support. Looking back now I can't think of anything that was there before Cathy's involvement, apart from the GP who was fantastic and saw Chris weekly."

"It has been so reassuring for us to know that there are people who can really help, and have been there in person and not only at the end of a phone or website. For all the things you have done, even the little things made such a

difference and every resource accessed was through you. "

The Sight Loss MOT

Chris Tester's support needs were highlighted using Devon in Sights award winning Sight Loss MOT.

The MOT enables us identify the services, support and training that will help you to maintain your independence, wellbeing and choice.

To arrange your Sight Loss MOT please contact us.

East Devon



Our Community Support Service in East Devon is run by Tracey Agutter.

I am continually surprised how a little knowledge or help can make a huge difference in someone's life.

A client in East Devon was receiving audio books from her local library but didn't want to tell the volunteer who delivered the audio books that she wasn't able to play them. She wasn't able to see well enough to work her CD player.

One of the great things about Devon in Sight is that we occasionally receive donated items from clients or family members who no longer want or need specialised equipment. After electrical safety testing we can sometimes recycle equipment such as this.

I was aware that one such donation was for a Plexi CD player which is a CD player especially designed for people with sight loss. I was able to take this piece of equipment to the

Tracey can be contacted through our Head Office in Topsham on 01392 876 666

Serving Axminster, Budleigh, Honiton, Sidmouth and surrounding districts.

client's home and show her how to use it so she can now play her audio CDs.

Part of my role is about knowing who can help a client if we are not able to help directly.

During a recent Sight Loss MOT the client I was working with had just received an appointment for an injection to her eye to help stabilise her wet AMD. She was worried sick at the thought of the actual procedure and was considering cancelling the appointment. By contacting the Macular Society and asking them to call her she was able to chat with someone who had had injections which she found reassuring. She has subsequently had two injections.

Recently another client rang me to ask if the Radio 4 'In Touch' programme presented by Peter White was repeated. She had missed the previous night's edition where hallucinations and in particular Charles Bonnet Syndrome was discussed.

I contacted the BBC Action Line and they agreed to post a large print transcript of that edition to her which she was happy with.

In Touch is currently broadcast on Radio 4 every Tuesday at 8.40pm and is a news and information programme for people who are blind or partially sighted. All episodes are available on BBC iPlayer Radio.

Transcripts of every episode of In Touch are available by visiting the specific episode page on-line.

Please visit: www.bbc.co.uk

Mid Devon



Margaret can be contacted through our Head Office in Topsham on 01392 876 666

Our Community Support Service in Mid Devon is run by Margaret Vickers

As the new Community Support Worker for Mid Devon, the start of 2018 saw a busy few months getting to grips with the job and meeting and talking to clients either through the hubs, home visits or on the phone.

Huge thanks to the clients I've met so far and to the local Sight Loss Groups for the warmest of welcomes and their support.

Despite the chilly Winter weather, and the now legendary road closures across Mid Devon, the Talk and Support Hub meetings in January, February and March were all well attended. We welcomed guest speaker, Elaine Squires from Drink Wise Live Well who gave a thought provoking presentation that was very well received, and which generated lots of questions and discussion afterwards.

Serving Crediton, Cullompton, Tiverton and surrounding districts.

Out and about, I met Stuart and Pauline who attended a Talk and Support Group meeting for the first time in February. After chatting to them both, they thought a Sight Loss MOT home visit would be beneficial. Following the visit, they both kindly offered to share their thoughts to encourage others who may feel daunted by the idea of going along to a group meeting for the first time, or in making an appointment for either an MOT visit or an appointment with our Sight Loss Adviser.

In Pauline and Stuart's words; "Stuart was registered blind in 1981 and deaf/blind in 2008. Attending the hub has proved to be invaluable and we have already started our slow progress forward together, some examples of this are that Stuart has booked an appointment with the Sight Loss Adviser to

discuss Daily Living Aids as he would love to be able to see his gardening magazine with the aid of a magnifier. We will be attending future meetings as the information and interaction was invaluable. I now feel more confident to face my fear of using public transport, especially buses, and have now got the timetables for Mid Devon so we will soon be going out and about. Because of the hub and Margaret's MOT visit, we both feel very positive for the future, albeit slow steps."

People have said they welcome the opportunity to examine Daily Living Aids on their doorstep. Future meetings lined up for this year include guest speakers from the Torch Trust and the local talking newspapers and topics will include the importance of maintaining both physical and emotional wellbeing.

West Devon



Our Community Support Service in West Devon is run by Rebecca Springbett.

I joined Devon in Sight in February 2018 having previously served for 34 years with Devon and Cornwall Police. The majority of my service was in Neighbourhood policing and therefore, I am no stranger to problem solving and multi-agency working.

I strongly believe that to help people improve their quality of life, it is essential to involve the person fully in that process. Consequently, I am very keen to engage with those living with sight loss in the area of West Devon, so that wherever possible, I may support them in maintaining their independence.

I have recently started to support a client aged in her early 90's who, due to Age-related Macular Degeneration (AMD) has completely lost her central vision. She is desperately keen to maximize the use of her peripheral vision.

Rebecca can be contacted through our Head Office in Topsham on 01392 876 666

Serving Holsworthy, Okehampton, Tavistock and surrounding districts.

Her level of independence is astounding and, as a Support Worker for Devon in Sight, it was very rewarding to help and encourage her to strive to keep that independence. I explained to her that the level at which I would intervene was in her control and that she still has choice as to how much help to accept. I was able to reassure her that even some small assistance could make the world of difference to her.

The use of bump-ons on her cooker dials and arranging for the cleaner to check sell-by dates of food in the fridge were simple, but very reassuring measures. Equally, along with other equipment, providing a speaking clock next to her bed, so she could know the time when she woke in the night, would help her to feel less isolated.

In terms of long term help, I made a referral for some “Skills for Seeing” training. Thus, the lady was given hope that she would be able to take up tapestry again, stating “Even if the colours aren’t quite right, at least my mind will be occupied”.

Finally, we discussed some of the symptoms of her sight loss which she found reassuring and empowering; Even just knowing that she was not alone in what she was experiencing. She is now looking forward to joining my next community hub, to share experiences and ideas with others.

This client is an inspirational lady who made my job very worthwhile indeed. She expressed much gratitude to Devon in Sight and also to the Tavistock Macular Group and her husband, who supports her in many different ways.

Veronica Wood's Story



▲ Support Worker Tracey Agutter and Veronica in her garden

Opening up a world of possibilities!

Devon in Sight's Jennie Benham recently met with Veronica Wood at her home in Sidmouth. The octogenarian has impressed the team at Devon in Sight by how she faces life head on and takes every challenge with tenacity.

Although Veronica has suffered with sight problems all her adult life, matters only became serious about 12 years ago. In coping with sight loss Veronica's advice to somebody experiencing this is to make full use of all the professional services available, including the counselling services freely



available, from the Macular Society and the RNIB.

Veronica herself, preferring not to place an emotional burden on her daughters, eventually sought help from the Macular Society. Finding a counsellor helped her to put everything in perspective and enabled her to move on and to cope with bad days when they happen. She soon realised that she had to stop saying, “I can’t do this”, and look at what she could do. This realisation opened the way forward to a world of possibilities! Now if she finds that she cannot do something her first instinct is to try and find another way round the problem but she also knows when to quit the impossible!

For many years Veronica has opened her garden for the National Garden Scheme raising money for that and other charities.

Now no longer able to be actively involved in gardening, she can still enjoy the tranquillity and sounds of her garden, by careful choice of plants for their scent and their strong and vibrant colours. To compensate for lack of exercise Veronica has now joined a local gym to try and keep fit.

After many trips, falls and breaking three bones, Veronica decided it was time to have long cane training from Gisella Storm, the Rehabilitation Officer in East Devon. Gisella taught her skills to use the cane in her home environment, building up to walking familiar routes around Sidmouth without relying on her vision at all. By doing this Gisella showed Veronica that she could still function even if she was completely without sight. Veronica felt this was hugely reassuring, because even if the worst happens she

Continued...

Veronica Wood's Story

felt she wouldn't have lost everything.

Eccentric Viewing training through Devon in Sight's 'Skills for Seeing' training has helped her to use her peripheral vision to see her grandchildren's faces, to do her own online banking and to continue with her cooking. Her Eye Consultant noted at a recent assessment that she was getting on very well with eccentric viewing and that there had been an improvement in reading the vision chart.

Veronica has also embraced Assistive Technology and uses Amazon Alexa and assistive technology on her iPad to help her to be as independent as she can be. She is keen to tell people who are less confident that, for example using Siri on the iPad or iPhone is easy and hugely helpful without

requiring lots of training.

For example, using Siri, Veronica can now easily make phone calls to people on her contacts list using her iPad. This is so easy, particularly if a younger family member can compile the contact list for you.

Other agencies that Veronica has found very helpful are:

The RNIB who from time to time provide a volunteer or staff member to attend the community hub. Veronica has found the talking books provided by the Torch Trust and the RNIB absolutely wonderful.

She has found there are so many new ways of keeping in touch and exploring the internet, all of which make it possible for her to be as independent as she can be.

We would like to thank Veronica for sharing her story.

Community Champions

Devon in Sight acknowledges its first Community Champions

When Veronica Wood decided she wanted to join her local gym she was worried that she would be turned away; not because of her age but because of her severe sight impairment.

After six months Veronica plucked up the courage to call into the Sidmouth Harbour Hotel's fitness suite. She was met by Spa Manager Rachel Rowlands who understood her desire to get more active but also the challenges of living with sight loss.

Veronica says, "When I went along to join the gym I was absolutely terrified that they wouldn't want the risk of me there".



▲ Veronica and Rachel

Rachel welcomed Veronica in the knowledge that even small amounts of exercise can help improve people's health and wellbeing. The joining instructions were made available in larger print and Veronica received a warm welcome.

Kerrie Devine a Personal Trainer from Limitless Personal Training took on the challenge of working with Veronica. She introduced her to the treadmill and exercise bike. After three or four

Continued...

Community Champions

sessions she taught Veronica how to familiarise herself with the gym equipment, showing her how to monitor her progress by what she felt rather than what she saw.

Rachel and Kerrie enabled Veronica to be treated like everyone else and feel included. Veronica added, “I was astonished by the help they gave me”.

Kerrie said of Veronica, “When it comes to grit and determination Veronica is an absolute Super Star”.

On Tuesday 10th April Devon in Sight acknowledged the outstanding support given by Rachel and Kerrie by making them our first **Community Sight Loss Champions**.

Our Chief Executive Officer Grahame Flynn said, “We were so pleased to hear about the support given to Veronica by the team at the Sidmouth Harbour Hotel.

It is important to focus on what people with sight loss can still achieve rather than their disability. Our new way of assessing people with sight loss recently received a national award. We take a holistic approach to helping people gain new skills and get the proper support for their individual needs. We are delighted to hear about individuals in the community who embrace people for who they are rather than seeing a disability”.

Devon in Sight is on the lookout for more Community Champions to recognise them for the work that they do and for the support they give.

If you'd like to nominate someone you know who has given outstanding support to a person that is blind or visually impaired in our community, please let us know.

Sight Loss Adviser



For advice please contact our Head Office in Topsham on 01392 876 666

We bid farewell to our Sight Loss Adviser Nanette Bolton.

Due to unforeseen family circumstances our Sight Loss Adviser Nanette Bolton has taken the difficult decision to leave Devon in Sight with immediate effect.

For eight years Nanette has been supporting people with advice and Daily Living Equipment demonstrations. She is known to many of you for her 'Skills for Seeing' training. She will be sorely missed by the staff team and many of our clients.

Whilst we recruit a new Adviser, our Community Support Workers can give advice and demonstrate Daily Living Equipment.

'Skills for Seeing' training to help people with reading, watching the television, hobbies, personal care and getting out and about is still available through Devon in Sight and provided in partnership with the Macular Society.

Top tips



The Devon Access Wallet Scheme

People with sight loss often find public transport difficult to use and can find the experience stressful and isolating. This can reduce their confidence to travel independently.

A client in Exmouth recently made us aware of the Devon Access Wallet Scheme.

The Devon Access Wallet Scheme has been developed to help make journeys by bus or train easier for anyone with sight loss. It will also give transport staff a better understanding of their requirements.



Devon County Council has worked in partnership with First Devon & Cornwall, First Great Western and Stagecoach Devon to devise the scheme.

The wallet has been designed with a fluorescent orange cover to let transport staff know that people carrying it may need help with their journey.

Inside there are plastic inserts containing information in a written or pictorial format in order to communicate with staff to describe where the passenger would like to go, e.g. city centre, which will help both staff and the passenger know where they need to get off.

Other information or questions to help make the journey easier for the passenger can also be placed into the wallet. These could include:

- Single or return fare please
- Can you please let me know when we get to my stop?
- Which platform do I catch my train from?
- Emergency contact details

If you would like a Wallet, or further information on the scheme, please contact the Transport Coordination Service:

Email: accesswallet@devon.gov.uk

Telephone: 01392 383509

Address: Devon Access Wallet, Transport Coordination Service, Devon County Council, County Hall, Exeter EX2 4QD

An update from

Fundraising



Laura can be contacted through our Head Office in Topsham on 01392 876 666

Welcome to Laura Tapp our new Fundraising Manager

Laura Tapp joins Devon in Sight at a crucial point in the organisation's journey. Laura brings a wealth of knowledge from national and local charities having worked in some of the biggest fundraising events in the charity sector.

Laura is very passionate about Devon in Sight and is aiming high to ensure those living with sight loss in Devon continue to get the support they deserve.

Torbay Air Show will return this spring with breathtaking air displays over the stunning South Devon coastal bay. Devon in Sight are delighted to be a part of the show and you can come visit us at our stall on both days.

The two day show will take place over the weekend of the 2nd and 3rd June 2018 on Paignton Green offering free entry and entertainment for all the family.



How you can help?

There are so many ways you can help Devon in Sight, and without people like you we couldn't continue to support those living with sight loss in Devon. Here are just a few tips and tricks to get you started in your community:

- Organise a bake sale in your local community.
- Why not get all of your friends and family involved and organise a pub quiz?
- All that clutter you've been thinking of getting rid of in the loft... why not sell at a boot sale?

Put the 'FUN' in fundraising and help make a difference today!

If you would like to raise funds with your own event contact Laura to receive your free fundraising pack and t-shirt!



▲ Hold your own cake bake



▲ Take part in a local event



▲ Clear out your clutter and have a boot sale

Spring 2018

Fundraising News



▲ Exeter Foundation Cheque presentation at Sandy Park

Exeter Foundation cheque presentation

On Thursday 7th September 2017 the Exeter Foundation presented Devon in Sight with a cheque for £948.72 at their Annual Season Launch Dinner. We would like to extend our sincere thanks to the Exeter Chief's charity for making us one of their nominated charities for a second year.

Pictured from left to right, Exeter Foundation Trustee Keiron Northcott, Devon in Sight Chair Dr Adrian Jacobs, Sports Presenter Jill Douglas, Devon in Sight CEO Grahame Flynn and Exeter Foundation Trustee Michael Caines MBE.



Co-op's chosen charity

We are delighted to have been chosen by the wonderful team at CO-OP in Ilsham, Torbay as one of their chosen charities as part of the CO-OP Member Scheme. They give their chosen charities 1p in every £1 spent when customers buy CO-OP products. We were so grateful to have received a whopping £800 in February after the first month of being CO-OP's charity of the year.



Going the extra mile!

Local lad Jammin Palmer is cycling from John O'Groats to Land's End, to help raise funds for Devon in Sight. Jammin's visually impaired brother in law has received support from the charity and he wanted to give something back and help raise awareness of our work.

Follow Jammin's story or donate here: <http://uk.virginmoneygiving.com/JamminPalmer>



Get involved

Skydive

Would you jump for sight?

Will you take to the dizzy heights of the Devonshire skies, take the leap, and fly back to terra firma for people living with sight loss?

The amazing team at Sky Buzz Ltd have given us an entire day to raise awareness for Devon in Sight and WE NEED YOU! You'll experience breath taking views of the south coast and Dartmoor National Park, full support from their dedicated fundraising team, and extra care from the professional sky divers from SkyBuzz.

So make like a superhero, unleash your inner adrenaline junkie, and join us on the 29th of June for our



▲ Tandem Jump

mass skydive day, exclusively to raising awareness of sight loss in Devon.

You can Jump solo or tandem.

For more information, book your place or to sponsor a sky diver please contact:

Laura Tapp

Fundraising Manager

07912 892 239

laura@devoninsight.org.uk

Don't miss out...

What's on

Axminster Hub

On the first Wednesday of the month, every other month from 10.00am - 12.30pm at the Senior Citizens' Centre, Church Street, Axminster, EX13 5AG.

Dates: June 6th, August 1st, October 3rd and December 5th.

Budleigh Salterton Hub

On either the second or third Wednesday, every other month from 10.00am - 12.30pm at the Health and Wellbeing Hub, Budleigh Salterton Hospital, East Budleigh Road, Budleigh Salterton EX9 6HF.

Dates: June 13th, August 15th, October 10th and December 12th.

Crediton Hub

On the second Thursday, every other month from 10.00am to 1.00pm at Crediton Town Council Offices, Market Street, Crediton, EX17 2BN.

Dates: June 7th, August 9th, October 11th and December 13th.

Cullompton Hub

Usually on the last Thursday, every other month from 9.30am to 1.00pm at The Hayridge, Exeter Hill, Cullompton, EX15 1DJ.

Dates: June 28th, August 16th, October 18th and December 20th.

Don't miss out...

What's on

Hele Support Group in association with the Windmill Centre

On the first Wednesday of every month 1.30pm – 4pm
at The Windmill Centre, Pendennis Road, Hele, Torquay , TQ2 7QB.

Dates: June 6th, July 4th, August 1st and September 5th.

Honiton Hub

On the first Tuesday, every other month from 10.00am to
12.00pm at the Beehive Community Centre, Dowell Street,
Honiton, EX14 1LZ.

Dates: June 5th, August 7th, October 2nd and December 4th.

Okehampton Hub in association with The Macular Society

On the second Friday of the month from 10.00am to 12.30pm
at The Ockment Centre, North St, Okehampton EX20 1AR.

Dates: May 11th, June 8th, July 13th, August 10th and September 14th.

Sidmouth Hub

On the third Tuesday, every other month from 10.00am to
12.30pm at Twyford House Day Centre, Magnolia Cottage, Coburg
Rd, Sidmouth, EX10 8NF.

Dates: May 15th, July 17th, September 18th and November 20th.

Tavistock Hub

On the third Thursday of the month from 11.30am to 1pm at The Anchorage Centre, Chapel Street, Tavistock, PL18 8AG.

Dates: May 17th, June 21st, July 19th, August 16th, September 20th, October 18th, November 15th and December 20th.

Tiverton Hub

On the last Thursday, every other month from 9.30am to 12.30pm at Old Heathcoat School Community Centre, 81 King St, Tiverton, EX16 5JJ.

Dates: May 31st, July 26th, September 27th and November 29th.

Torquay Hub

On the second Thursday of the month from 10.00am to 12.00pm at St Matthias' Church, Babbacombe Road, Torquay, TQ1 1HW.

Dates: May 10th, June 14th, July 12th, August 9th and September 13th.

Totnes Hub in association with The Macular Society

On the third Wednesday of the month from 10.30am to 12.30pm at The Pulse Centre to the rear of The Mansion, 36A Fore St, Totnes TQ9 5RP.

Dates: May 11th, June 8th, July 13th, August 10th and September 14th.



Devon in Sight

Your local sight loss charity

Tel: **01392 876 666**

enquiries@devoninsight.org.uk

www.devoninsight.org.uk

Devon in Sight

Station House, Holman Way,
Topsham, Exeter, Devon EX3 0EN

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