



**Devon in Sight**  
Your local sight loss charity



# In Vision

The magazine of Devon in Sight

Summer 2022 Issue 31



Providing award-winning services for people who have sight issues in Devon

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## Disclaimer

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**Photo of HM The Queen** Credit: Jacob King/PA Wire/PA Images.

## Subscriptions

This magazine is FREE and available as a high quality full colour large print publication, digitally via email and in audio USB format.

**To subscribe please call our Helpline.**

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## Chief Executive Officer's

# Welcome

### Welcome to the Summer Edition of In Vision Magazine.

As the United Kingdom celebrated her 70 years on the throne, Queen Elizabeth II has become the keystone in the nation's architecture, a solid and immovable piece, holding the country's image of itself in place.

In 2002, in a speech to mark her Golden Jubilee, the Queen said she saw her role as 'guiding this kingdom through the changing times'. She confessed, "Change has become a constant; managing it has become an expanding discipline,"

These words represent the challenge the Queen had set for herself; to make consistency and constancy the key qualities of her reign, burnishing her image as a monarch who is dependable and loyal.

It's easy to forget that Devon in Sight was born out of the First World War, survived the Depression, World War Two, the Three Day Week, the Winter of Discontent, Recessions, BREXIT and and more recently the COVID-19 pandemic. Distant conflicts in Ukraine have impacted on fuel and food supplies with more and more everyday Britons entering fuel poverty. We are living during very challenging times.

**Like Her Majesty the Queen, consistency and constancy are watch words for our charity.** I would therefore like to dedicate this magazine to Her Majesty The Queen in recognition of her Platinum Jubilee.

God save the Queen!



*Grahame*

**Grahame Flynn**  
Chief Executive Officer

Devon in Sight is registered with the Helplines Partnership

# Helpline 01392 876 666

The Helpline is open between 10am and 2pm Monday to Friday



### The Queen's Platinum Jubilee 2022

On 6th February this year Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth.



To celebrate this unprecedented anniversary, events and initiatives took place throughout the year, culminating in the four day UK bank holiday weekend from Thursday 2nd to Sunday 5th June.

The four days of celebrations included public events and community activities, as well as national moments of reflection on The Queen's 70 years of service.

Everyone at Devon in Sight would like to extend their sincere best wishes to Her Majesty.

### Partially Sighted Football

Devon in Sight client Mark Harper (pictured right), is interested in forming a Five-a-Side football team for partially sighted people looking to play in the Torbay area.



If you are looking to get fit, make new friends and have some fun we would love to hear from you so that we can put you in touch with Mark. All ages are welcome and level of experience is not necessary.

**Please give us a call on the Helpline to express an interest and we'll put you in touch with Mark.**

### Board Games

Do you enjoy coffee, cake, conversation and playing board games?

Café 55 run a group for people with sensory loss at St. Thomas Methodist Church Hall, Cowick Street, St Thomas, Exeter EX4 1HD on Wednesday mornings from 10.30am to 12 noon. Coffee and Cake costs £3 per person.

**If you would like to meet others living with sight loss and love board games then this is for you!**

For more information about these stories please ring...

**Helpline 01392 876 666**

The Helpline is open between 10am and 2pm Monday to Friday



▲ Pam and Brian Jones with Judy Pride

### **Sight Village South West**

It was a great pleasure to meet so many of you at Sight Village South West on Tuesday 26 April 2022.

Hosted by Queen Alexandra College at Sandy Park in Exeter it was a great opportunity for us all to meet representatives of sight loss services and equipment manufacturers from across the United Kingdom.

Devon in Sight and our Assistive Technology Partner, Sight and Sound Technology exhibited at the event and it was lovely to catch up with so many people whom we had supported over COVID-19 lockdown in person.

It is hoped that the event will return bigger and better next year.

### **New Technology Drop In Events**

Following on from Sight Village we set up a trial Technology Drop In Event at Café 55 in Exeter so our clients could spend more time trying out technology. We were delighted to be joined by representatives from Sight and Sound, Wellmoor and RNIB.



### **Future FREE Technology Drop In Events**

**Tuesday 16 June 2022** - Newton Abbot Library (The Passmore Edwards Centre), Market Street, Newton Abbot TQ12 2RJ

**Tuesday 2 August 2022** - Great Torrington Town and Community Hall, High Street, Torrington EX38 8HN

If you have any questions about how to make better use of your own mobile phone, tablet or computer or want to know what equipment might help you with day-to-day life, drop in and meet our Assistive Technology Partner, Sight and Sound Technology who are the largest provider of low vision equipment in the country, get help from the staff and volunteers from Devon in Sight and Wellmoor and meet others in the same boat as you.

Both events start at 10am and finish at 2pm.

For more information about these events please ring...

**Helpline 01392 876 666**

The Helpline is open between 10am and 2pm Monday to Friday

## Tessa Barrett joins the Team

**Tessa Barrett joined Devon in Sight in May as our new Helpline Sight Loss Adviser.**

Tessa has over 20 years of experience working in the third sector, 10 years of which have been supporting people with low vision and their families.

Her career in sight loss commenced with Open Sight Hampshire, a low vision society which supported her mother when she became severely sight impaired following a brain tumour. Tessa felt that when her mother was diagnosed, she and her family did not know where to go to get the support her mother and family so desperately needed.

She is particularly proud that during her time with a local sight loss charity she was able to grow the services to families and carers and subsequently provide a service to children with sight loss.

Tessa then worked for the Macular Society where she extended her knowledge of Macular Disease and supported the growth of services to support anyone with Macular Disease and their families and carers across the country. It was during her time with the Macular Society she came to understand the need for emotional support services not just to those newly diagnosed or in need of support but to the wider community including families and carers.

Having very recently moved to Devon, Tessa said, "I am delighted to have been given the opportunity to work for Devon in Sight, a charity I know well and one where I know I can make a difference and contribute to its continued growth. I am very much looking forward to talking with callers to the helpline. Whilst I have good knowledgeable of sight loss conditions and the impact it has, I know that callers to the helpline will continue to inform and educate me".



For Information, Advice and Guidance please ring...

**Helpline 01392 876 666**

The Helpline is open between 10am and 2pm Monday to Friday

## Influencing Change in the Sight Loss Sector

# Working with the NHS

**Devon in Sight's Chief Executive Officer, Grahame Flynn was recently invited to address the Governing Body of the NHS Devon's Clinical Commissioning Group (CCG).**



The Governing Body is made up of senior executive positions, General Practitioners, clinicians and lay members. They ensure that the CCG commissions the highest quality services, with the view to securing the best possible outcomes for the patients. Prior to each meeting the Governing Body invite a charity leader to give a presentation about their work, and to share patient experiences.

Grahame said, "The presentation couldn't have been better timed. The Clinical Commissioning Groups are shifting to a new model of working. The new Integrated Care System for Devon (ICSD) will finally see Health, Social Care and the Voluntary Sector working more collaboratively. With a captive audience of over twenty decision makers, this was an opportunity not to be missed.

The meeting took place over the Internet using a conferencing programme called Zoom. I was able to give an overview of our services and the challenges of COVID-19 but I wanted to use the opportunity to address some issues that affect a huge number of people with sight loss in Devon. I was joined by Judy Pride and one of our client's wives Tracey.

Hundreds of patients have missed their appointments at the region's eye units over the years. Half way through the presentation I dropped a slide over my camera to replicate Macular Degeneration. In doing so I instantly gave everyone a simulated view of the world through the eyes of a patient with Macular Disease. I could now work my magic.

I held up some genuine appointment letters that had recently been sent out. The tiny print was unreadable and one letter had a notice in even smaller print that declared 'accessible formats are available'.



Tracey gave extremely powerful testimony about her experiences supporting her husband following his dramatic loss of sight. It was clear that we had struck a nerve with our audience. It was not my aim to embarrass our colleagues in the NHS but to illustrate the difficulties that our clients experience daily to access information.

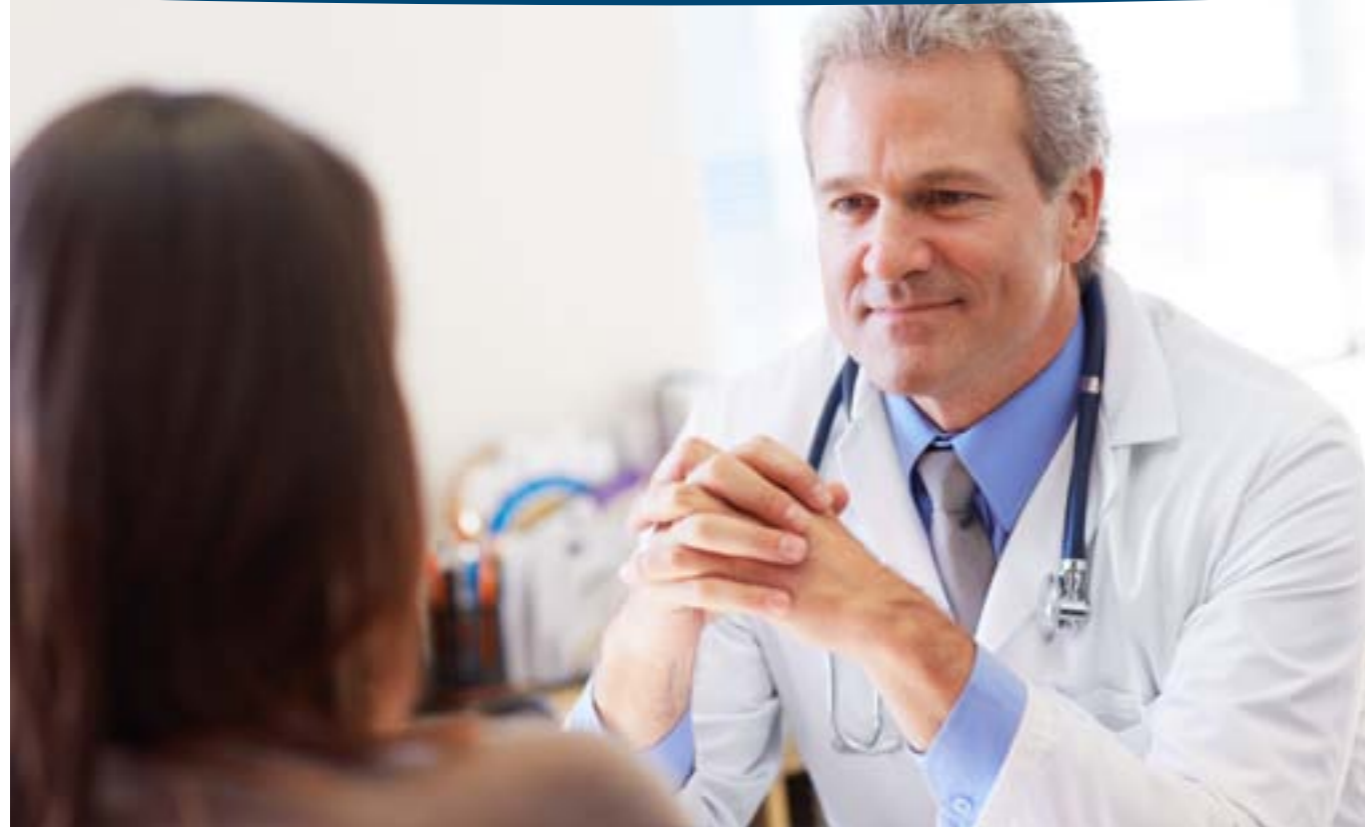
Our aim for a number of years has been for Devon's residents to be made aware of the services available to them from local, regional and national charities as soon as possible and certainly on discharge from medical treatment. The fact that this information is not routinely given to all patients raised a few eye brows. I shared my vision for an information guide for all patients with the Governing Body.

We received a very warm reception from the Governing Body membership and action since the meeting has been swift. I am now working with Andrew Millward, Chief Communications Officer and Darin Halifax the Lead for the Voluntary, Community and Social Enterprise to address these issues."

**Ultimately, our aim must be to make life as easy as possible for all blind and partially sighted people in Devon.**

**We'll keep you posted regarding progress.**

## Dry Macular Disease Treatment



**A drug being trialled for dry age-related macular degeneration (AMD) can significantly reduce the progression of the disease, according to new studies in the USA.**

Phase three trials have shown that injections of a drug called pegcetacoplan resulted in a significant reduction in the rate at which the cells of the macular degenerate.

The studies by Apellis Pharmaceuticals built on previous research which showed that dry AMD is linked to the complement system and a hyperactive immune response that damages the eyes. Pegcetacoplan is a complement system inhibitor, meaning it aims to prevent this response from happening and harming healthy cells and tissue.

**“In my practice, I have seen how devastating it can be for people living with Geographic Atrophy to lose more of their vision year after year.”**

The studies involved two phase three clinical trials (DERBY and OAKS) involving more than 1,250 patients with late stage dry AMD, often referred to as Geographic Atrophy (GA). As part of the trials some patients received injections monthly, while others received them every other month.

In the combined results of the two trials, patients who received the drug monthly showed up to a 21% reduction in progression of the disease after 18 months, while those who were injected every other month had a 17% reduction.

Jeffrey S. Heier, principal investigator of the DERBY study from Ophthalmic Consultants of Boston, said, “It is exciting to see these positive data with pegcetacoplan, which showed continuous and potentially improving effects over time. These 18-month results provide further evidence that pegcetacoplan meaningfully slows disease progression and has the potential to preserve vision longer.”

He added, “In my practice, I have seen how devastating it can be for people living with GA to lose more of their vision year after year. There is an urgent unmet need in GA, and these results reinforce the potential of pegcetacoplan to become the first-ever treatment for patients with this debilitating disease.”

The study also found that pegcetacoplan was generally safe and well tolerated by those on the trial.

Results of the studies are to be submitted to the US Food and Drug Administration (FDA) for review by the end of June 2022, with the hope that the drug will be licensed for use in the USA.

**Thanks to the Macular Society for this news.**

Supporting You

## Weekly Chit-Chat Calls

**Have you tried the Devon in Sight Wednesday Chit-Chat Calls yet? If not, you are missing out on keeping up with the latest news about living with sight loss, meeting people who know how you feel, feeling that you're not alone, making friends and sometimes, having a good laugh!**

Devon in Sight started its Chit-Chat Call Service in December 2021 and we have had around 160 callers over 19 calls. It is easy to join the call as you just use your home phone or mobile and its even free to call.

We start at 10.30am every Wednesday and members call in for all or just part of the hour. Some callers prefer just to listen to the conversation, others will join in and share their knowledge or ask questions. There is always someone who will know the answer to the most obscure question, and we talk about everything and anything.

**Host Judy Pride asked the regular callers whether they thought it helped them. Here are some of the replies she got.**

“It is a great way to learn about what can help when you're trying to live but can't see well any more. I have learned so much that I feel much more confident to get on with life again”

“I call in to keep in contact with other people as I live on my own.”

“The calls are my lifeline, especially when I feel really isolated because of my sight loss. I didn't know that there were others out there in my situation. We encourage each other by sharing our courage and when I come off the call, I think WOW!”



▲ Judy Pride

“Sharing of tips, ideas and information both giving and receiving, makes it a very 'interactive' episode, and as it is weekly, we can all build on this sharing of information.”

“Because it's a phone line makes the 'meeting together' on a Wednesday accessible to all of us, in a way that would not be possible if we all had to try to get to the same physical place. It's something I really value”.

Judy is sure that she learns more from the callers than she has ever learned from 'Professionals' and feels the hour every week is extremely valuable for her too.

We are hoping that you will call in next time you have a spare hour at 10.30am on a Wednesday because we need you! Your unique, lived experience of sight loss can help others and we hope you might learn something too. If not, we know you'll at least spend an hour with friends.

**So don't delay - call next Wednesday!**

If you would like to join our weekly **Telephone Chit-Chat Calls** please ring us free from your home phone or mobile...

# Tel:0808 169 79 30

Calls start at 10.30am every Wednesday and last an hour.



# Pull Out Events Calendar

June - July 2022

## June 2022

**Telephone Chit-Chat Calls** every Wednesday at 10.30am on **Freephone 0808 169 79 30**. Fun, friendship and really useful information about living life with low vision.

### Tuesday 14 June 2022

**Telephone Speaker Event (10.30am to 11.30am)**  
Annie Ford, Counsellor will be looking at ways to manage the emotional ups and downs of living with sight loss.  
**Call 0808 169 7930 to join.**

### Thursday 16 June 2022

**Technology Drop In Event, Newton Abbot (10am to 2pm)**  
Newton Abbot Library (The Passmore Edwards Centre),  
Market Street, Newton Abbot TQ12 2RJ.

Come along with your technology questions whether you want to make better use of your mobile phone, tablet or try out some popular Daily Living Equipment.

## July 2022

**Telephone Chit-Chat Calls** every Wednesday at 10.30am on **Freephone 0808 169 79 30**.

### Tuesday 12 July 2022

**Telephone Speaker Event (10.30am to 11.30am)**  
Eleanor Hodges, Senior Energy Advisor Centre for Sustainable Energy will share information about how to use energy wisely. **Call 0808 169 79 30 to join.**

# Meet up Calls 0808 169 79 30

Calls from your home telephone or mobile are **FREE**

## Saturday 1 July 2022

**Theatre Royal Plymouth (2.30pm)**  
Audio Described performance of "The Play That Goes Wrong"

**Call 01752 267 222 to book tickets from £18.**

## August 2022

**Telephone Chit-Chat Calls** every Wednesday at 10.30am on **Freephone 0808 169 79 30**.

### Tuesday 9 August 2022

**Telephone Speaker Event (10.30am to 11.30am)**  
Lynn Thornton, the Manager of the Patient Transport Advice Service will share how Devon County Council supports those using Patient Transport to get to appointments and explain more about the Healthcare Travel Costs Scheme for those who are eligible.

**Call 0808 169 79 30 to join.**

### Tuesday 2 August 2022

**Technology Drop In Event, Torrington (10am to 2pm)**  
Great Torrington Town and Community Hall, High Street,  
Torrington EX38 8HN.

An opportunity for our clients in the Torrington area to come along with your technology questions.

## Top Tips

### Electric Blanket Safety

**Vanessa Daniel from Heart of the South West Trading Standards Service shares some tip tips on the safe use of electric blankets.**

With increasing fuel costs many of you have said that you have started using your old electric blankets to keep warm.

To help you stay safe and warm in colder weather and to help reduce the number of unsafe electric blankets being used in homes, we recommend that you follow these simple steps when purchasing, using, storing and disposing of your electric blanket.

- We would recommend that if a blanket is over 10 years old the owner should consider replacing it.
- When buying a blanket, purchase it from a reputable trader, ensure that the labelling includes the manufacturer details and that it is CE marked.
- Do not buy a second hand electric blanket
- Blankets should be switched off when not being used
- Do not use blankets which are worn, scorched or wet
- Be careful to lay blankets flat so that the wires are not damaged
- Cleaning should undertaken be in accordance with the manufacturer's instructions.

**Even with the warm weather on the horizon now may be a good time to replace your electric blanket for next winter.**

**“Increased intake of Tomatoes can help reduce the risk of Neovascular AMD as part of a balanced diet!”**



### Summer Top Tip

Tomatoes are a rich source of lycopene, lutein, and beta-carotene. These are powerful antioxidants that have been shown to protect against light-induced damage, the development of cataracts, and age-related macular degeneration (AMD).

The Age-Related Eye Disease Study (AREDS) found that people with high dietary intake of the carotenoids, lutein and zeaxanthin, both present in tomatoes, had a 35 percent reduction in the risk of neovascular AMD.

The cooking of tomatoes appears to increase the availability of key nutrients, such as the carotenoids lycopene, lutein, and zeaxanthin. Stewed tomatoes provide more lutein and zeaxanthin than sun-dried tomatoes and raw cherry tomatoes.

**So, add a dessert spoon of tomato purée to soups, casseroles, stews and even gravy!**

You can find more **Top Tips** on the Devon in Sight Website...

**[www.devoninsight.org.uk](http://www.devoninsight.org.uk)**

## Keeping you connected feature

# Audio Solutions Guide

Here are some audio solutions to some common challenges faced by people who are blind or partially sighted.

### Audio Books

You can get free audio books from Calibre Audio Library, the RNIB and your local Library.

If you already subscribe to ebooks on your tablet, audio versions are also available.

If you have never tried an audio book and are not sure how it works, just give us a call.

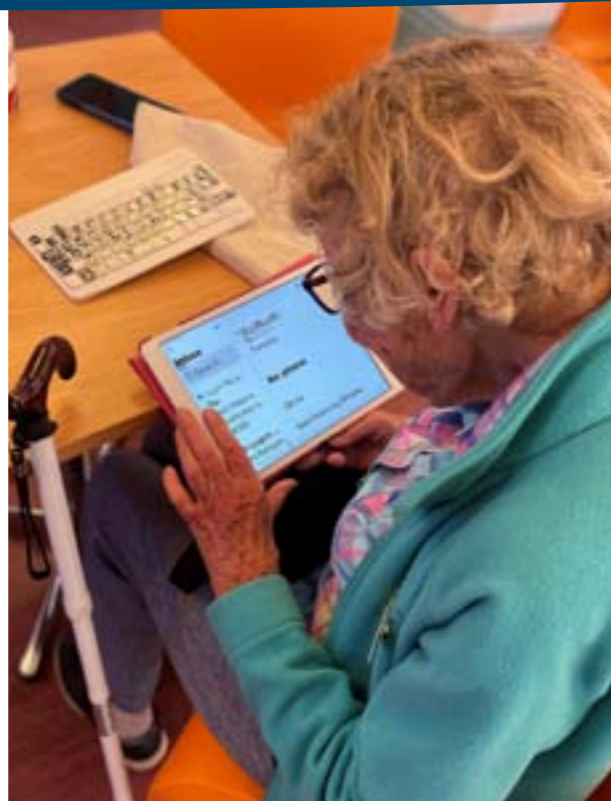
### Missing your local Newspaper?

Sign up for your local Talking Newspaper and you can either have this as a memory stick (many provide a free player for this) or you can listen online if you have a computer or tablet.

We can connect you with your nearest Talking Newspaper.

### Text Readers

You can also buy a wide range of equipment that will read out your letters, magazines and book to you. However, these are not cheap and we advise you to 'try before you buy'.



## Audio solutions to some common challenges faced by people who are blind or partially sighted

### Smart Phone Applications

The FREE iPhone App **Seeing AI** audibly describes objects for people with visual impairment. You can use your phone to read out documents. It can also tell you what colour something is, describe the person or the vista in front of you, and even identify products in the supermarket using the bar code to help with your shopping.



### An 'easy to use' Radio

British Wireless for the Blind offers a range of radio, CD and MP3 players designed for those with sight loss and are free for those in receipt of certain benefits.

### Talking Bible

The Torch Trust can provide you with an audio version of the New Testament and Psalms read by David Suchet.



The Talking Bible has an in-built speaker, pre installed rechargeable batteries and comes with charging cable and headphones. If you would like a FREE audio Bible, call 01858 438 260 or go to their website [www.torchtrust.org/pathway](http://www.torchtrust.org/pathway)

### Audio Description on your television

To get more out of watching plays and dramas, turn on the Audio Description on your TV. It will describe the action when no one is speaking. This is in the menu section of a smart TV. Ask a family member or friend to help you with this.

## Get your own computer or tablet to talk to you

Most modern tablets will have a built-in voice that once turned on, will read out whatever is on your screen and follow your instructions. There are also software packages for computers which will convert your computer to a talking computer.

## Playing Online Games

For those who like playing online, Soulbound is an audio game created by Cloverbit and designed primarily for a visually impaired audience.

The player will play as Seric, and follows him during his adventure in the lands of Levia where he will be overwhelmed by a series of events that will bring him to discover his past and the mysterious and sinister characters who rule.

## Home Smart Devices

Amazon's Alexa, and the Google Home are an easy way to listen to your favourite radio station, find out what the weather forecast is, call friends who also have the same device, set alarms, make a shopping or to do list, find a recipe or fact you may need and even hear a joke!

You will need an internet connection to your home and these devices start from around £30.

## Carry on Cooking

You can buy a range of talking kitchen equipment such as microwaves, ovens, scales and jugs which make life easier. Use a smart device (Alexa or Google Home) to listen to recipes and the Seeing AI App to read out cooking instructions on food packaging.

A liquid level indicator will keep you safe by telling you when you have filled your mug when making a hot drink. You can label tins using recordable lids or stick on labels for packets.

Need some help with working out how long to cook a microwave meal? Download the 'Be My Eyes' App which matches you with a sighted volunteer and they can help you.

## More talking Gadgets

Other talking Gadgets are available to buy and include talking clocks and watches, calculators, blood pressure monitors and medical thermometers. You can also record your own birthday cards, memos, labels and letters using various pieces of equipment.

## Travelling around safely

There are many Smart Phone Apps to help you navigate your way so ask Devon in Sight about these if you are interested.

Many parts of the UK have Talking Buses that announce the next stop. We hope that the First Bus pilot of two talking buses in Torbay is a success and is adopted County wide soon.

A new project called 'Sm@rt Technology' is looking to use a "Smart Grid" to tell users of their white canes or glasses about objects in front of them. This is still largely in development.

## Theatre

Some theatres offer an audio described version of some of their performances. Call Theatre Royal Plymouth on 01752 267 22 or Exeter Northcott on 01392 726 363 for more information.

## Love Museums and Art Galleries?

Ask for the Audio Guide at Museums and Art Galleries which are often available and some even have audio described exhibitions.

For more information about **Audio Solutions** please ring...

**Helpline 01392 876 666**

The Helpline is open between 10am and 2pm Monday to Friday

# Community Champion Awards

**Devon in Sight is keen to recognise outstanding customer service from an individual or business for people who are blind or partially sighted in Devon.**

We would like to thank those of you who have taken the time to share your positive experiences of customer service.

Our first **Community Champion Award** was presented to Brendan Paramor who is the General Manager of the Old Market House Pub in Brixham for his on-going and consistent support of Devon in Sight client Mark Harper.



▲ Brendan Paramor & Mark

**Nominations for the Summer Edition of In Vision Magazine are...**

## CO-OP Exmouth

David a client from Exmouth has nominated the Manager of his local Co-op, Joseph Catchione and staff member Lyn Newby for their exceptional customer care.



David says, "After speaking to Joseph at Christmas he arranged for me to book a weekly slot where Lyn would take me around the store to help me with my shopping and bagging it up for delivery. This has made such a difference to my life knowing that there is someone there to help and has made the experience enjoyable and less stressful."

**"Recognising outstanding customer service for people who are blind or partially sighted in Devon"**

## Fermoy's Garden Centre, Newton Abbot

Our client Karen from Totnes wants to thank Charles Hopton a Customer Assistant of Fermoy's Garden Centre for being very kind and wonderfully descriptive.



Karen says, "When I asked Charles for some help, he was very kind, he took me around the Garden Centre giving me a description in great detail of the plants and also helping me source the right compost."

## Chudleigh Post Office

June Brandon has nominated Jo Haws and the team at Chudleigh Post Office for their exceptional customer care.



June says, "Jo Haws and her team always go over and above to help me when I visit. When I'm looking for a greeting card, they come out and read them to me and describe the picture on the front of the card. They always make me feel very welcome and offer me the help I need before I ask."

**We'll be sending Joseph, Lyn, Charles and Jo a Devon in Sight Community Champion Award Certificate to thank them for making life easier for everyone with sight loss.**

If you would like to nominate someone for a **Devon in Sight Community Champion Award** please ring us...

# Helpline 01392 876 666

The Helpline is open between 10am and 2pm Monday to Friday

# Community Fundraising



▲ Martyn Perry at 15,000 feet

It has never been more important to do your bit to support your local sight loss charity.

## Martyn takes the Jump for Sight Challenge 2022

Local businessman Martyn Perry has been a long term corporate supporter of Devon in Sight's work. Sadly, the COVID-19 pandemic meant that some fundraising ideas had to be cancelled in the planning stages.

This didn't stop Martyn taking the plunge at Dunkeswell Airfield on Saturday 14th May 2022 with our corporate supporters Skydive Buzz.

Martyn said, "Well, I finally ticked off another experience from my bucket list. Thank you to Devon in Sight for this amazing opportunity!"

## Tea at Three

It wasn't that long ago that meeting up with family, friends and neighbours wasn't possible due to COVID-19 restrictions.

With the lifting of restrictions we recently asked our readers to consider asking friends, neighbours or family to join them for a cup of tea (or coffee!) to remind them of the importance of a regular eye test and the support Devon in Sight can give to anyone affected by sight loss.

We were delighted to hear from the Chalk family from Totnes who recently held a Tea at Three Event in memory of a loved one.

Lucy Chalk aged 8 and William Chalk aged 5 have raised an amazing £455.00 for Devon in Sight by holding a tea & cake afternoon in memory of their Great Nan who was blind and who passed away in October 2019.



We would like to thank Lucy and William for their amazing fundraising efforts.



To receive our **Ultimate Fundraising Guide** please ring...

# Helpline 01392 876 666

The Helpline is open between 10am and 2pm Monday to Friday

# Blindfold Snowdon Climb

£2000  
raised!

## Fundraising Volunteer Abbie Arnall shares her story.

**“When my friend Chris Wells told me he had lost his sight completely, it never changed our friendship. He accepted it with such grace and charisma.**

**When he passed away early last year, I knew I wanted to raise money in his memory by doing something how Chris would have done it...blind!**

Early on Thursday 14th April, myself (blindfolded), my guide (and friend) Kit, my partner

Vicki, who despite years of youth in Wales had never climbed Snowdon, and Chris’ parents, Nicki and Pete set off for the Snowdon summit. I was attached to Kit by an old dog lead she had sewn up to make two loops (one for her, and one for me).

The start was relatively smooth but as we went on to the gravel track, the terrain quickly changed. Rough shingle, loose stones and water gully’s provided a great challenge for the visually impaired. Kit, my guide, was a wonderfully patient person, advising me of each step and when the path became rocky.

During our training walks, Kit and I had developed a great level of trust, which was paramount to our success. With Vicki, Nicki and Pete behind us advising others of my challenge as they passed, we made a great team.

As the climb steepened and the weather worsened, the repeatedly uneven terrain made my ankles ache, as every



▲ Kit, Abbie and Vicki

**“I hope this story inspires others who may be coming to terms with sight loss or have friends or relatives who are.”**

time I put my foot down to progress, my lack of sight made it impossible to know which way it may turn or rotate putting strain on my ankle joints. Nicki and Pete left us at the  $\frac{3}{4}$  stage to return back down on the train, their support and presence making the challenge all the more meaningful.

As we neared the top, my lack of sight heightened my other senses and aware the path had become busier, I often felt like I was in the way. Kit informed me there was sufficient room for people to pass, but it made me conscious I was holding people up. However, at least they could see where they were going, and I felt they should be more considerate of my disadvantage. Everyone felt in such a rush to reach the top that it seemed they were forgetting to enjoy the journey there.

As the summit beckoned, we joined the orderly queue to have a photo at the trig point, Kit and Vicki kindly helped me negotiate the narrow, wedge shaped steps to the top as I was determined not to take my blindfold off until I had reached it! At last, we reached the summit, as my eyes adjusted to the change, I could see everything around me, and, despite the cloud cover and rain, it was wonderful.

As we made our way down, now being sighted, I realised just what we had achieved. I reflected on what I could now see, my appreciation for vision, how I had felt going up, people moving to get past me, words of encouragement from strangers, the sense of achievement, it was overwhelming. On reflection, I concluded that, sight loss should not be a barrier, when you have friends and a partner like mine to help you, you realise, anything is possible.

I am delighted the challenge raised over £2000 for Devon in Sight and I hope this story inspires others who may be coming to terms with sight loss or have friends or relatives who are.”

Supporting us

## How you can help us



Devon in Sight has been providing help and support to people who are blind or partially sighted and their families for nearly 100 years.

We can only continue to undertake this work with your support.

Here are some ideas for raising money and awareness in 2022...

- You could hold a coffee morning or afternoon tea with a few friends and ask them to make a small donation. You can of course, have a bring and buy stall or raffle so more people can get involved even if they can't be there. **Give us a call for our Tea at Three Fundraising Pack.**
- You could encourage friends and family who are planning to take part in a challenge event like a marathon to choose us as their charity.
- If you have family and friends who are working, suggest that they put forward Devon in Sight as the Charity of the Year at their place of work. We can offer support if they do choose us as their Charity.

**We want to hear your ideas too, so give us a call on the Helpline.**

For help to make a donation to Devon in Sight please ring...

# Helpline 01392 876 666

The Helpline is open between 10am and 2pm Monday to Friday

**“It has never been more important to do your bit to support your local sight loss charity”.**

**There are a number of other ways that you can help Devon in Sight financially to continue supporting people with sight loss across Devon.**

### **Friends of Devon in Sight**

Our Regular Giving Scheme ‘Friends of Devon in Sight’ is the best way that you can support your charity during these very challenging times. Give as little or as much as you would like.

**For more information please give us a call on the Helpline or visit the donations page on the website.**

### **Make a One Off Donation by Cheque**

Please make cheques payable to ‘Devon in Sight’ and send to: **The Office Manager, Devon in Sight, Splatford Barton, Kennford, Exeter EX6 7XY.**

### **Make a One Off Donation by Bank Transfer**

You can make a donation through Online Banking to: **‘Devon County Association for the Blind’**  
**Sort Code: 30-80-37 Account Number: 62326768**

### **Leave us a gift in your Will**

Ask for a copy of our **Ultimate Guide to Leaving a Lasting Legacy to Charity.** This is designed to give an overview of the importance of making a will, a will writing check-list and how legacies have supported our work.

# [www.devoninsight.org.uk](http://www.devoninsight.org.uk)



# Articles for the Blind

Return Address: Devon in Sight  
Splatford Barton, Splatford, Kennford  
Exeter, EX6 7XY



**Devon in Sight**  
Your local sight loss charity

**01392 876 666**

[enquiries@devoninsight.org.uk](mailto:enquiries@devoninsight.org.uk)  
[www.devoninsight.org.uk](http://www.devoninsight.org.uk)



**Devon in Sight**  
Splatford Barton, Kennford,  
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