



**Devon in Sight**

Your local sight loss charity



NATIONAL  
LOTTERY FUNDED

# Newsletter

Autumn 2018 - Issue 18



**'Jump for  
Sight'**  
page 40

**We need your support to continue  
providing services in Devon!**



## Chief Executive's Update



The stories in this edition of our newsletter are inspirational.

It is most gratifying to hear about the difference our Community Support Service is making to people who are blind or partially sighted across Devon.

Many of you have asked us how you or your family can do something to support Devon in Sight.

When 2018 started I didn't expect to be jumping out of an aeroplane at 15,000 feet! We are not expecting you to do something as dramatic as a parachute jump but you may be able to help in other ways.

Have you considered supporting our work by becoming a 'Friend of Devon in Sight'. A regular donation no matter how small would help us to continue to provide our services to more people.

Finally, invitations have been sent out to our Voting Membership for this year's **Annual General Meeting** which will be taking place in Honiton on Friday 16th November. We look forward to updating you on the work of the charity.

## Grahame

**Grahame Flynn**

Chief Executive Officer



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▲ Marg Vickers with Margaret and Toby Moggridge

## Burlescombe Tea Dance Group

Marg Vickers was absolutely delighted to be invited by the Burlescombe Tea Dance Group to attend their weekly meet up to accept a donation of £500. Every month the club invites members to nominate a local charity and we feel extremely privileged to have been nominated by a couple who attend the Cullompton Talk and Support Group. Marg and Jennie Benham spurred on by the energy and enthusiasm of the members, couldn't say "no" when they were invited to give one of the 'easier' line dances a go! With four left feet between them, they did their best and later joined the group for a refreshing cup of tea and cake. Thank you so much for making us feel so welcome and for the member's generous donation.

## Devon in Sight goes up, up and away at Torbay Airshow!

The Torbay Airshow returned with a breathtaking air display programme over the stunning South Devon bay over the weekend of 2nd and 3rd June 2018. The Bay provides a stunning natural amphitheatre for viewing the air show.

The fabulous Red Arrows gave their first display of the year, and were joined by the iconic Battle of Britain Memorial Flight, Dakota, Spitfire MkIX, Team Raven, The Tigers Free-fall Team and much, much more.



The Devon in Sight Team provided a trade stand promoting Eye Health Services across the county at Torbay Air show in June. We were delighted to meet with people from across the UK and more locally and put them in touch with their local societies and partner agencies.

We would like to thank the organisers for sponsoring our stall and congratulate them for a stunning display.



# Head Office Relocation



▲ Our new office at Splatford Barton, Kennford

## Devon in Sight has relocated its Head Office to a new base to provide its 21st century services.

You may recall that in the last newsletter we shared the news that we had taken the bold decision to sell Station House. The search was on to move our Head Office to more suitable premises for the operation of our countywide services.

Over the last couple of years we have expanded our Community Support Service to cover more of Devon.

We now have regular 'Talk and Support Groups' in over a dozen locations across the county.

As a consequence, we are supporting more blind and partially sighted people in their local communities.

Challenging financial pressures on the sight loss sector meant that a number of partners stopped running services from Station House.

This left us with a Resource Centre that attracted very few visitors and a building in need of a very costly renovation.

Having reviewed all of the circumstances we needed to answer one simple question.

If we were looking for premises to be our head office now; would we choose an 1860s railway building in Topsham?

**The answer was a resounding NO!**

**Our new building is in Splatford** which is situated on the outskirts of Exeter near Kennford.

The building is primarily a base for staff and volunteers to operate our Devon wide services.

We fully appreciate that Kennford isn't as easy to get to as Topsham for some people. We do have a Consultation Room for lighting, magnification and daily living equipment but most of this is also available through our Community Support Workers and at our Community Sight Loss Hubs. Many of the products we provide can also be supplied by post.

**Our relocation will allow us to focus more of our efforts on front line services for people who are blind or partially sighted in their local communities across Devon.**

# New research published on VI and living on a low income



**“Visually impaired people on low incomes prioritise their basic material needs, but also consider it important to be able to afford social participation and avoid the risk of isolation”**

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We were delighted to be involved in some research commissioned by The Thomas Pocklington Trust and conducted by The Department of Social Sciences, Loughborough University earlier in the year.

Katherine Hill, Senior Research Associate at Loughborough University said, “This research explores the experiences of visually impaired people who are living on a low income and how they meet their needs. It follows a series of studies using the Minimum Income Standards (MIS) method to calculate the additional costs of living for visually impaired people (MIS VI), and analysis comparing these to benefit and minimum wage levels”.

This new research, through in-depth interviews with visually impaired people with incomes around or below MIS VI, provides an insight into the reality of their lives.

It highlights how, although people prioritise meeting their basic material needs, social participation is extremely important but can be restricted when budgets are limited. Having enough income is important to maintain independence and provide security, although resources

such as formal and informal human support, access to services, organisations and appropriate technology are also very valuable.

Potential barriers to meeting needs include poor health, lack of access to local facilities, transport or technology, and lack of knowledge about services, support, benefits or registration.

As well as uncertainty about their personal future, the research reveals visually impaired people’s concerns and insecurity in the context of austerity regarding reassessment of benefits, social care and potential cuts to services.

Grahame Flynn, Devon in Sight CEO added, “One of the key policy messages emerging from this study is that people need

information and support when they first become visually impaired, when the challenges can be the greatest but knowledge of what is available the lowest”.

“This research suggests that there is a gap in support, especially for pension age people who become visually impaired, and a need to give timely assistance to those trying to cope with the early stages of sight loss”.

“A more joined up system for providing such support would be a good start in improving the sight loss pathway and life in general for people at a critical time”.

**Free accessible formats of the full report are available on request from Thomas Pocklington Trust on: 020 8995 0880.**



# Introducing Amazon Alexa



▲ Luke Hoare from Amazon at a recent Hub

## **Luke Hoare from Amazon gives an introduction to 'Alexa' the Assistive Technology solution which is helping people feel less isolated in their homes.**

**Amazon Echo is a hands-free smart speaker which connects to the Alexa Voice Service.**

Amazon's devices are controlled using your voice. Echo devices are permanently on and listening for the wake

word "Alexa", when it will respond to whatever request you make after saying the wake word.

All you need to do is start your instruction by saying "Alexa" then your commands;

"Alexa, What is the weather like today?" "Alexa, Play BBC Radio 4" or "Alexa, Call Harry". Alexa is built to recognise your voice and the more you talk to Alexa, the better it will understand you.

Amazon has a range of products which have been transforming people's lives and giving back people's independence.

A number of people with a visual impairment have shared their experiences of these Amazon products.

"The Echo has totally changed my life. The device has allowed me to have a social life and connect to friends"

"I use my Echo for everything. Most people without Sight Loss take reading a book or calling someone for granted but the Echo has given me the power to do all of this and more, it's the device that keeps giving more and more"

"I don't get along with technology and my carer recommended me a Dot. Since then I use it for everything, it has totally improved my living. My favourite thing I like about it is Audible, a day doesn't go by when I don't say Alexa".

**There are a number of assistive technology solutions available on the market. These include the Amazon Echo, Google Home and the Apple HomePod.**

**For more information about Assistive Technology give us a call.**

# Community Support Service

# Torbay



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

We 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.

### These Community Sight Loss Hubs offer:

- Talk and Support Groups
- Guest speakers from partner organisations, Community Groups and Daily Living Equipment Suppliers
- The opportunity to share your experiences and help influence change.

Over the following pages you will hear about some of the work that has been taking place with individuals and groups across the county.

**Please contact Devon in Sight on**  
**01392 876 666**  
**Email: [enquiries@devoninsight.org.uk](mailto:enquiries@devoninsight.org.uk)**



**Cathy can be contacted through our Head Office in Kennford on:**  
**01392 876 666**

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

It has been a busy few months across Torbay and South Devon. In this newsletter I'd like to talk about a recent event in Totnes that shows how what may initially seem a small "one off" event can highlight the issues of people with sight loss and send out ripples that support change.

As part of a shared sight loss group run in Totnes alongside the Macular Society, we were approached by Dick and David, two lovely gentlemen who are dedicated to ensuring the continuing care and use of the accessible footpath from Totnes to Dartingford.

We were happy to help and we set about organising a walk along this beautiful route and people with sight loss and their families and friends to join us. The local turn-out was great and we also had people join us from Paignton, Torquay and Brixham and



continued...

## Torbay

even as far afield as Taunton.

This gentle, level walk has 10 seating areas at regular intervals. There is also an audio guide describing the path, the local history and the surroundings.

**This can be found at:**  
[www.dogrosesound.org/dartingtonpath/](http://www.dogrosesound.org/dartingtonpath/)

Dick and David were particularly interested to hear what people thought of the path and the audio guide, and how these might be improved.

They were delighted with the ideas, suggestions and feedback from people with sight loss along the walk and will use this information to highlight the need for ongoing care of the path, signage, audio guide and tables and seating along the route.

The next steps would include identifying people or agencies who may be able to support with assistive technology for using the audio guide such as an app for using the audio description during the walk.



## Serving Brixham, Paignton, Torquay, Totnes and surrounding districts.

Any interested individuals, companies or organisations please contact me so I can liaise with Dick and David.

Dr Sarah Wollaston, MP for Totnes, joined the group for refreshments and talked to members about their experiences of living with sight loss.

There was a really good discussion covering topics ranging from the future of eye health care and virtual appointments, the future of Great Western Railways and potential implications for lesser used routes, the difficulties caused by badly parked cars and street furniture and the availability and suitability of housing for people with sight loss.

Sarah said she would discuss these issues further with her fellow MPs in the areas highlighted and gave the following website that

identifies your local MP and their contact details. [www.theyworkforyou.com/mp](http://www.theyworkforyou.com/mp)

We are constantly reminded of the importance of a healthy lifestyle and how keeping active and connected to nature supports both physical and mental well-being. It is only by listening to the needs of people with sight loss that activities such as this walk are truly available and accessible.

So huge thanks to everyone that came and made it such a lovely day.

## East Devon



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

**It has been a busy time here in East Devon. A popular subject at all the East Devon 'Talk and Support' Groups has been Assistive Technology.**

For one Client Glenn Palmer who purchased his first iPhone earlier this year it has been a life changing experience.

After talking through the basic inbuilt features with Glenn on my iPhone Glen was impressed enough to purchase his own phone. Devon in Sight referred Glen to the RNIB for support.

Glenn received help from an RNIB Volunteer to get him started.

Glenn said "It has changed my life. It's awesome!"

Glenn's confidence and enthusiasm has extended to him reviewing some of the numerous smart phone

**Tracey can be contacted through our Head Office in Kennford on:**

**01392 876 666**

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

applications on the market. Watch out for his review in the next Devon in Sight newsletter.

If you require Assistive Technology support or advice call RNIB on 0303 123 9999, Macular Society on 0300 3030 111 or Abilitynet on 0800 269 545.

For those clients who have taken the plunge and are using Facebook just to remind you that the RNIB have a South West Facebook Group.

It is proving to be a useful forum for users to share experiences or ask for ideas and advice.

**To join search on Facebook for RNIB Connect South West.**

Jo Fishwick who is an Assistive Technology coordinator with the RNIB, will be in our area between now and Christmas.

She will be attending our hubs East Devon during that time.

**If you have any questions or need any Assistive Technology support then please come along and meet her.**



**▲ Linda Whittingham Assistive Technology Coordinator - RNIB**



## Low Vision Tactile Painting

**Everyone can create art!**

**Art is about expressing yourself and being open to new things, and since it's personal to you, having a disability shouldn't get in the way of making your masterpiece.**

**Low Vision Tactile Painting Sessions were recently held in Colyton and Honiton.**

The sessions were organised by the Thelma Hulbert Galley and local artist Barrie Goodfellow MBE who himself has a visual impairment.

Clients were given the freedom to paint using a range of tactile materials and were offered guidance by Barrie. The sessions were a huge success.

The feedback speaks volumes about how clients felt about the session.

**"This is so much fun" I'm looking forward to trying this at home".**

**"I never thought I would paint again...It's a lovely feeling to be painting today!"**

**"I came along intending to watch but I just couldn't help myself and join in"**

**"I have been inspired today. I just want to go home and carry on!"**

We are hoping that Barry Goodfellow and The Thelma Hulbert Gallery will organise more sessions in East Devon in the near future.



**"I never thought I would paint again... it's a lovely feeling to be painting today!"**





## Mid Devon



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

The focus this year has been working in collaboration with both national and local organisations to provide a package of support to meet individual needs.

In June, Devon in Sight, the RNIB and Cullompton Library joined forces to run a technology workshop to raise awareness of the many different features available for mobile phones and tablets. Linda and Jo, Assistive Technology Coordinators from the RNIB, gave a demonstration of how to use simple voice commands to send texts, read emails and labels on packaging and even identify colours of items of clothing. It was a real team effort with my colleagues, Tracey Agutter and Jennie Benham, Karen Sieley from The Hayridge, along with volunteer Tracey standing by to assist or answer questions.

**Margaret can be contacted through our Head Office on:**

**01392 876 666**

## **Serving Crediton, Cullompton, Tiverton and surrounding districts.**

Jo will be available to give one-to-one tech support sessions at each of the Mid Devon Talk and Support Meetings until the end of December.

Out and about, a fun day was had by all at the Mid Devon Show which was held at Knightshayes. The Seeing Differently stand was a collaboration between the Mid Devon Messenger, Devon in Sight, Tiverton Library, the Macular Society, and Bill and Savage Opticians to celebrate the launch of the Mid Devon Messenger's new website and to raise awareness of support available for those living with sight loss and their families.

Visitors to the stand were invited to explore a sensory garden display and to try out simulation spectacles to get a sense of the possible effects of sight loss.

The Talk and Support Groups welcomed speakers from a variety of supportive charities. Including:

- Sheila (Cinnamon Trust) which helps the elderly and their pets stay together.
- Janet (The Torch Trust) demonstrating their Mega Voice audio Bible.
- Helen and Eric (the local Talking Newspapers)
- Christina (Unite Carers) talked about the invaluable support services they offer.
- Jane and Amanda (Allies Tiverton) who gathered opinions about how unexpected obstacles on footpaths, such as A boards, create potential collision hazards for everyone, but especially those with a visual impairment.
- Halina Przydatek (a medical herbalist) on nutrition.



## West Devon



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

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It has been wonderful to watch our 'Talk and Support Groups' growing as well as our members gaining in confidence.

One such client faces complex needs within her own household, which often overshadow the challenges created by her own severe sight loss.

Sadly, a freak accident at home recently caused further deterioration to her sight. She was therefore only too pleased when I suggested that I carry out a 'Sight Loss MOT'.

We spent nearly two hours discussing her needs. Living in a busy household meant that she was often in fear of falling at home. I spoke to the local Rehabilitation Officer from the Sensory Team, who offered an urgent appointment to address mobility, lighting and other adaptations in the home. Additional small

**Rebecca can be contacted through our Head Office on:**

**01392 876 666**

## **Serving Holsworthy, Okehampton, Tavistock and surrounding districts.**

measures were suggested and supplied by Devon in Sight. In particular, a liquid level indicator to prevent possible scalding injuries and 'No cold caller' stickers for her front door, helped her to feel safer within her own home.

The demands of her family and her own health problems, had caused her to suffer with depression and anxiety. With her permission, I contacted her GP to ascertain the best way forward for her. She was signposted towards Devon Depression and Anxiety Services with the intention of helping her to access much needed counselling.

Concerns over her benefits were causing additional anxiety. By arranging a telephone consultation with the RNIB Benefits Advice Team, we were able to compile a response to the DWP, thus increasing her

confidence in a forthcoming interview.

It was lovely to hear her encouraging others on a recent RNIB 'Living with Sight Loss Course' particularly in the use of a long cane.

This lady was already a member of her local Devon in Sight 'Talk and Support' Group. With increased confidence she now assists with the general organisation which is very much appreciated.

This case study is a great example of how, through the services of Devon in Sight, the wellbeing, confidence and independence of an individual can increase. I would also add that this client's determination not to be beaten by the challenges of living with sight loss is remarkable.

It has been an absolute pleasure to get to know her.

# Richard Bowman's Story



**“Life doesn’t stop because you can’t see. You just have to take a step back and rethink how you can do something”**

Richard Bowman moved to Okehampton in August with his fiancée, Tracey.

Richard is 51 years old and has lived with severe sight loss since the age of 14. His condition is Retinitis Pigmentosa (RP) and he was officially diagnosed at age 20.

At that time, he was living in Yorkshire and was a father of one daughter. He was working in the field of mechanics which he continued to do, despite his diagnosis.

Sadly, his father died and his marriage failed due to the pressures of his sight loss. Richard made a brave decision to move to Luton where his brother lived and he made a new start in the building trade.

Despite the uncertainties ahead, Richard remarried and together they had 3 more children. He continued to work to support his family.

Further deterioration in his sight meant that Richard had his driving licence revoked. He describes this as a very low point.

Richard truly believed that his independence and future plans had been taken from him. He was unable to remain in his employment.

At that point in his life, Richard decided to work in a field that would make use of his sight loss. He trained in Information Technology with the RNIB. He attained NVQ to level 3.

With these new qualifications and new found confidence, Richard secured a job as IT support manager with the Enham Trust which is a charity which supports all disabilities. He found the role very rewarding and was supporting 300+ people throughout the south west of England, answering their IT needs.

Ten years later Richard was advised to undergo cataract surgery as he was told it would improve his sight. Cataracts are a common symptom of RP. Very unfortunately, in Richard’s case, it left him with decreased sight and he was no longer able to read a computer screen. Richard was forced to accept further redundancy. He concentrated on bringing up his 3 children at home.

Eventually he took up a volunteer role with a charity called Andover VIP’s where he gave IT training and general support to visually impaired clients.

Richard further trained as a Rehabilitation Officer Visual Impairment (ROVI) in Birmingham so that he could take up paid employment. However, after a year of study he found he needed to take a break to let his eyes settle. He also found life in Birmingham difficult due to the surroundings.



continued...

## Richard Bowman's Story

This led to problems with anxiety and depression.

It was then that Richard started working for the Macular Society as a volunteer in Andover.

In 2016 his marriage split up. One day, whilst travelling on a bus, the female driver managed to get lost. Richard was so familiar with the town, that he was able to help out. That driver was Tracey who commented, "I can't believe I'm taking directions from a blind guy"! From that day she referred to him as "Co-pilot" and romance blossomed.

The couple decided to move to Devon and Richard saw this as a new challenge, learning the routes. Richard and Tracey are planning to get married very soon. Richard describes her as absolutely amazing in the level of understanding and support she gives him.

On moving to Okehampton, Richard registered as a Volunteer with Devon in Sight. He hopes to support visually impaired people in the area of Okehampton. He will gladly assist with IT enquiries too.

In his own words, "Life doesn't stop because you can't see. You just have to take a step back and rethink how you can do something".

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**If you have received a service from Devon in Sight and you would like to share your experience with others please speak to your Community Support Worker.**

Feature

## Volunteer Profile



▲ Lynzee Valentine

**'Skills for Seeing' training can help people with central vision loss make the best use of their remaining peripheral vision. This involves the use of task lighting, using magnifiers properly and special techniques to improve reading.**

Volunteer Lynzee Valentine recently trained as a 'Skills for Seeing' Trainer with the Macular Society.

Lynzee says, "I am delighted to have joined the Devon in Sight team as a volunteer. It's very rewarding to help people develop skills which can help with daily activities like reading, watching the television, hobbies, personal care and getting out and about."

# Volunteering at Devon in Sight

We need people like you!!!

## Could you help us to support more people with Sight Loss?

**Volunteering can be a rewarding way to help in your local community at the same time as meeting new friends, developing skills and exploring hobbies.**

Devon in Sight's trusty team of volunteers help us provide a unique combination of complementary skills and expertise to reach and support an ever increasing number of blind and partially sighted people. Volunteers help with the governance and administration of the charity. They also help with Information, advice and guidance and fundraising.

Volunteers make up the essential backbone of our Community Support Service supporting people living in rural isolation by offering short-term support and companionship and information on relevant services and activities.

Volunteers working directly with Blind or visually impaired clients are police checked and referenced and receive training for the role. They are also very aware of the need for confidentiality when dealing with sensitive and personal information and understand the need to act in a safe and thoughtful manner.

If you only have a few hours to spare, we'll have something to suit you and the impact of your time is immense.



▲ Community Fundraising at Sandy Park, Exeter

Devon in Sight's CEO Grahame Flynn said, "We are keen to hear from anyone who would like to support our Community Support Workers at our Community Sight Loss Hubs or our fundraising activities in the community. We are happy to talk to anyone who wants to help and you don't need to have had previous experience of sight loss".

**For an informal chat about volunteering opportunities at Devon in Sight please ring: 01392 878 802**



# Community Champions



## Cooking with Confidence with Joanna Parsons

**Joanna Parsons trained as a chef 41 years ago when she was first registered as partially sighted.**

She worked for the RNIB Concept Conference Centre as Head Chef and trained all the kitchen team. All the chefs at Concept are visually impaired.

However, a house move to Devon meant that Jo had to give up her job at RNIB.

Jo didn't know anyone locally and felt isolated. She began feeling very low and felt like she hadn't got a purpose in her life.

Grabbing the 'bull by the horns', she invited some people around for lunch and



▲ Jo Parsons

said she was thinking about starting up a pudding club!

They thought it would be a great idea! After this event she was also asked by a local Freemason from the Kingsbridge Lodge if she would become a caterer for the Lodge! She did go and cook for them and also started up the Pudding Club on 24 November.

This gave her back her purpose and an opportunity

to raise funds for another idea of hers.

She also works on a voluntary basis and bakes for the Stokenham Lunch Club and Beesands Coffee Morning.

She is fiercely independent but accepts she needs help! Her husband is always there to help her out. Jo explained further, "People assume that the visually impaired can't cook! This is ridiculous.

"For example, one of my clients called Laura who is visually impaired had never cooked independently from scratch before. At my cookery workshop she made Beef Lasagne, Vanilla Shortbread, Cauliflower Cheese, an Omelette for her lunch and finished off with a showstopper Strawberry and Raspberry Pavlova. She was very proud of herself".

Joanna runs **Cooking with Confidence Workshops** in



Kingsbridge for people who are visually impaired.

**Please contact us if you are interested in the 'Cooking with Confidence' Workshops. 01392 878 802**

**Joanna will be demonstrating her cooking skills at an upcoming Sight Loss Event at the Rushbrook Centre, Totnes for Devon in Sight.**

**For further details please contact Cathy Duffy on: 07972 286 061**

# Membership Matters



**Elizabeth Twining**  
our Membership Secretary can be contacted through our Head Office on:

**01392 876 666**

## Annual General Meeting 2018

**Our AGM will be held at The Beehive, Dowell Street, Honiton on Friday 16 November 2018 between 2.00pm and 4.00pm.**

The Annual General Meeting is a business meeting about the governance of the charity. It is your opportunity to hear from our Chair, CEO and Treasurer about the last year's work and our plans for the future.

Registered Voting Members of Devon in Sight should have received their personal invitations from our Chair Dr Adrian Jacobs through the post.

If you cannot make the meeting there are Proxy Voting Forms enclosed with the invitation so you can vote.

If you are not a Voting Member and would like to come to the AGM please contact me.

## Protecting your personal information



**We provide this Newsletter FREE of charge to anyone who would like to keep in touch with the work of Devon in Sight.**

It is our way of keeping you informed about all the new and exciting things happening at the charity.

It is available in Large Print, digitally via email and also on Audio CD.

We recently wrote to everyone on our database about changes to the Data Protection Laws which came

into force in May 2018. We have updated our records and we hope that we have recorded your preferences correctly.

We have take a pragmatic approach to The General Data Protection Regulations but we do need to comply with the new rules.

Having to update over 4,000 client records we have to acknowledge that we may have made the odd mistake.

If you don't want to receive this Newsletter or you would like it in a different format please contact me.

Conversely, you may have seen this Newsletter at a hospital, opticians or GP surgery. Please give us a call if you would like to receive it directly.



Help us to  
support  
more  
people!

“...without people like you we couldn't continue to support those living with sight loss in Devon!”



**Laura Tapp**  
(Fundraising  
Manager) can be  
contacted through  
our Head Office on:  
**01392 876 666**

## Mental Health Awareness

**Sight loss, at any level, has a significant impact on the lives of those who experience it as well as their families and friends.**

The deterioration or complete loss of eyesight can feel frightening and overwhelming, leaving those affected to wonder about their ability to maintain their independence, pay for medical care, retain employment and provide for themselves and their families.

The health consequences associated with sight loss extend well beyond the eye and visual system. Sight loss can affect your quality of life, independence, can make it difficult to perform everyday tasks and can affect your ability to interact with the surrounding world, leaving those with sight loss feeling isolated and alone.

Here at Devon in Sight we have a highly skilled and dedicated Community Support Team, who are at hand to provide one to one support,

with the aim of alleviating some of the difficulties that come with visual impairment.

### How you can help

We're asking you to help to raise awareness of Mental Health and Sight Loss.

**Text: WMHD10 £5 to 70070 donate to help us continue providing vital support.**

### Fundraising for Devon in Sight

There are 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. Put the 'FUN' in fundraising and help make a difference today! Here are just a few ways to get you started in your community.

**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



Co-op  
charity of  
the year!!!



£1,848  
raised!

▲ The wonderful team at CO-OP in Ilsham

## Co-op Charity of the Year

We've been very fortunate to have been selected as the Co-operative in Ilsham's Charity of the Year, and so far the Torbay community has raised a fantastic £1,848.

On 24th November we will be at the Co-op in Ilsham celebrating the total amount raised over the year. We would love to see you there to celebrate with us.

If you would like to raise awareness and funds with your own event in the community, or for more information, contact Laura on 07912 892 239 or email [laura@devoninsight.org.uk](mailto:laura@devoninsight.org.uk) to receive your free fundraising pack.

“...Devon in Sight provided my brother-in-law lots of help and support over the years!”

## The extra mile!

Jammin Palmer raised £5,000 for Devon in Sight cycling from John O'Groats to Land's End.

He cycled 1,300 miles in total, carrying just a tent and camping overnight.

Jammin said, “Devon in Sight has provided my brother-in-law Sam lots of help and support over the years.

“Sam has Stargardt Disease which severely affects his sight. The symptoms are a severe loss of sharp central vision and blurriness, which makes it hard for him to read, watch television and look at and recognise faces.

“He's a very strong guy who on the outside faces



▲ Jammin completing his journey

this in a very brave way and that is why I dedicate this ride to him and everybody else who struggles with similar conditions”.

We would like to thank Jammin for his amazing efforts. If you would like to make a donation to this cause, please visit:

<https://uk.virginmoneygiving.com/JamminPalmer>

To learn more about Stargardt's Disease please visit: <https://www.macularsociety.org/stargardt-disease>



# Jump for Sight!

Do something amazing today!!!

“...despite a morbid fear of heights I was strangely excited at the prospect of doing a parachute jump!”



Over £2,000 raised so far!!!

▲ Grahame and Margaret Jump for Sight

## Team raise over £2000 for Charity!

**On Friday 29th June 2018 Devon in Sight’s Chief Executive Grahame Flynn and Community Support Worker Margaret Vickers jumped out of an aircraft at 15,000 feet to raise funds for the charity. Grahame recounts the experience.**

Despite a morbid fear of heights I was strangely excited at the prospect of doing a parachute jump. Our hosts were the Skydive Buzz Team based at Dunkeswell Airfield near Honiton. The pre-jump briefing was comprehensive and gave us a degree of confidence. We were trained to assume three positions; exiting the aircraft, free-fall and landing.

After sitting around for a couple of hours we donned our rather fetching yellow jump suits. The plane rapidly ascended to 15,000 feet which is the highest jump you can do without an oxygen supply.

Margaret was sitting to my right, and nervously said, “You are going first aren’t you?” Before I could say anything Marg was told that she was going first. Within seconds I saw her exit the plane and two seconds later disappear from sight.

“Hell’s bells!” I thought and sheer terror set in. I was strangely lost for words! Seconds later I was in free fall. There was a loud sound of wind rushing past me but no sensation of falling. Holding out my arms I assumed the Superman position and started spinning.

Oh, this is actually fun!

A minute later the parachute was deployed and after a couple of seconds of rapid deceleration...silence.

Floating high above the Devonshire countryside I could see as far as the Severn Bridge, over Dartmoor, the coast at Sidmouth and up the Exe Estuary. A magical view.

The landing was gentle but I was very happy to be back on the ground. I have to say that the experience was quite exhilarating. I don’t think I stopped smiling for the rest of the day.

**The video of the skydive can be viewed at:**

**[https://www.skydiveukltd.com/tandem-skydive-experience/2018-06-29\\_Grahame-Flynn](https://www.skydiveukltd.com/tandem-skydive-experience/2018-06-29_Grahame-Flynn)**

## Friends of Devon in Sight



**“I was astonished by the help that Devon in Sight gave me!”**

### You can help us to:

- Provide information, advice and guidance
- Provide a lighting and magnification consultation
- Rent a room for a Talk and Support Group
- Provide Skills for Seeing Training for someone with Central Vision Loss and lots more besides.
- Produce our Newsletter.

Regular donations over a period of time are of tremendous benefit to the charity in helping us meet these costs, and enable us to plan for the future.

You could make a regular gift of £5, £10, £20, £50 or more.

**Another way to support our work is to leave a lasting Legacy**

Your Will can help transform the lives of people who are blind or partially sighted.

If you are planning to make or change your Will please consider including a legacy to Devon in Sight. We can supply you with a Legacy Pack which will explain how to go about leaving a Legacy.

## Could you help us to support more people with Sight Loss?

**We have been touched by the fact that people have asked how they can support our services financially.**

In response to those requests we set up **Friends of Devon in Sight** where people can make a regular donation from as little as £5 a month.

We provide our services for **FREE** at the point of delivery, but they cost a lot of money to run. By becoming a **Friend of Devon in Sight** your support will make a real difference in a variety of ways.

**Help us to support someone who is blind or partially sighted in Devon today!!!**

**Please ring: 01392 878 802**



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:** Dec 5th, Feb 6th, April 3rd, Jun 5th and Aug 7th.

### 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:** Dec 12th, Feb 13th, Apr 10th, Jun 12th and Aug 14th.

### Crediton Hub

On the third Wednesday, every other month from 1.00pm to 3.30pm at Crediton Library, Belle Parade, Crediton

**Dates:** Dec 19th, Feb 20th, Apr 24th, June 19th and Aug 21st.

### 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:** Dec 20th, Feb 28th and Apr 25th.

These dates are correct when going to press, please ring to confirm...

## 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:** Dec 5th, Feb 6th, March 6th and Apr 3rd.

### 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:** Dec 4th, Feb 5th, Apr 2nd, Jun 4th and Aug 6th.

### 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:** Nov 9th, Dec 14th, Jan 11th, Feb 8th, Mar 8th and Apr 12th.

### 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:** Nov 20th, Jan 15th, Mar 19th, May 21st and Jul 16th.

# Have you had your free Home Safety Visit?

## Tavistock Hub

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

**Dates:** Nov 15th and Dec 20th, Jan 17th, Feb 21st and Mar 21st.

## 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:** Nov 29th, Jan 31st and Mar 28th.

## 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:** Nov 8th, Dec 13th, Jan 10th, Feb 14th and Mar 14th.

## 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:** Venue and times are currently under review.

Devon & Somerset Fire & Rescue Service continues to work in partnership with Devon in Sight to provide help and advice to people who are Blind or Partially Sighted to prevent fires from occurring.

### What is a home fire safety visit?

A FREE home fire safety visit involves a fire and rescue service employee visiting your home to give advice and guidance.

They can help with the following home fire safety needs:

- fit a smoke detector where one is not already present
- provide advice about potential hazards in the home
- talk through an escape plan for your property
- provide additional safety items (subject to criteria).



DEVON &  
SOMERSET  
FIRE & RESCUE SERVICE



Please contact us so that we can refer you for this life saving FREE service.

Please ring: 01392 878 802





**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,  
Exeter, EX6 7XY.

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