



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



# In Vision

The magazine of Devon in Sight

Spring 2024 Issue 38



**Launching Will's Marathon Challenge  
for Devon in Sight 2024**

# Contents

	Page
Chief Executive's Welcome	3
News Features	4 - 9
Devon County Show 2024	10 - 11
Low Vision Assessments	12 - 13
Articles for the Blind	14 - 17
BT 195 Directory Enquiries	18 - 19
Living Well with Sight Loss	20 - 23
No Tobacco Day 2024	24 - 25
Race Across the World	26 - 27
Sight Loss Speaker Seminars	28 - 29
Connecting You Update	30 - 33
Community Fundraising	34 - 39
An Overview of Our Services	40 - 41
Subscriber information	42 - 43
Contact us	Back Cover

## Editors

Grahame Flynn  
Tessa Barrett  
Jennie Benham

## Disclaimer

Devon in Sight does not endorse or recommend any product or service that advertises in this magazine.

## 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.

This magazine is copyright © Devon in Sight 2024.

Many of the images produced in this magazine are copyright © iStock 2023 and used under licence.

## Chief Executive Officer's

# Welcome



For nearly a century the team at Devon in Sight have been supporting people living with sight loss across the county.

The strength of our charity lies in the wealth of up-to-date and relevant skills, behaviours, knowledge and experience of our staff and volunteers.

It was therefore a great shock when just before Christmas, we received the news that one of our recently recruited trustees Ray Doughty had died suddenly. Ray was with us for a relatively short time, but his positive attitude to his sight loss and engagement with clinical trials and research was inspirational. There is a tribute on page 4.

On a brighter note, as we emerge from the depths of winter it's good to remind ourselves of the optimism of Spring. We are therefore delighted to welcome some new faces to the team. Please see pages 6 - 9.

The Spring Edition of In Vision Magazine includes the usual mix of features to help you maintain your health & independence, launches our programme of telephone based Sight Loss Speaker Events and community based Living Well with Sight Loss Events and much, much more.

Finally, our cover picture celebrates the news that Ray's grandson Will Passmore will be undertaking the Manchester Marathon in Ray's memory to raise funds for Devon in Sight.

If you are able to please support him with a donation!

*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

## We bid a fond farewell to Ray Doughty



▲ Photo Credit: Grahame Flynn (Devon in Sight)

▲ Ray Doughty at our Head Office in Splatford

**In late November 2023 we received the terribly sad news that our friend and colleague Ray Doughty had died suddenly in his sleep. This came as a huge surprise to Ray's family and the team here at Devon in Sight.**

Devon in Sight's CEO Grahame Flynn said, "I first met Ray at our Technology Drop In Event in Paignton in November 2022.

I established that Ray had served in the Armed Forces before embarking on a career in the offshore exploration industry.

At the age of 66 Ray was diagnosed with Aged Related Macular Degeneration which cut short his career and his passion for sailing. During that first meeting Ray spoke eloquently about his involvement in clinical trials and research at the Retina Clinic London.

***"It might not help me, but I am happy to be doing my part for future generations."***

I asked him what his motivation was for taking part in the trials which he disclosed were unlikely to improve his sight. His response I will never forget.

He said, "My main concern was the thought of my daughters, and grandchildren suffering with this awful disease. The trials might not help me, but I am happy to be doing my part for future generations".

With this attitude towards helping others and his lived experience of sight loss I asked Ray whether he would consider becoming a Trustee and joining the Devon in Sight Board. He was pleased to accept my invitation.

Following interview Ray was co-opted to the Devon in Sight Board in July 2023 and formally elected by the Voting Membership at our Annual General Meeting on Friday 20 October 2023.

Ray took an active part in the public consultation into the proposed closure of Railway Station Ticket Offices. When the Government's plans were shelved it was a delight when he joined me on BBC Radio Devon giving voice to the 51,000 people living with sight loss in Devon.

It was Ray's experiences at the Retina Clinic London that led us to inviting Professor Paulo-Eduardo Stanga to being our keynote speaker at The Devon Sight Loss Conference and Ray was able to share his experiences of clinical trials with the delegates.

We would like to extend our condolences to Ray's daughters Kate & LynMarie and his grandchildren."

**Rest in Peace Ray.**

# New Faces join the Team for 2024

*“I am delighted to join Devon In Sight and look forward to helping anyone who would like to know how food can influence their health and wellbeing.”*

The New Year has seen some new faces joining the Devon in Sight Team.

## Marilyn Minter - Newson DN Th. Dip N. Cert Ed.

Marilyn was co-opted to the Devon in Sight Board in December 2023.

For the first forty years of her life Marilyn struggled with health issues which went unidentified until she decided to investigate the effect of diet.



▲ Photo Credit: Grahame Flynn (Devon in Sight)

▲ Marilyn Minter-Newson

The dramatic results encouraged her to further study and on to professional qualifications in Nutritional Medicine. In recent years she has taken a particular interest in helping clients with degenerative eye conditions such as AMD.

Marilyn retired from her Nutritional Therapy Clinic in South Devon when the pandemic closed everything. However, she still supports her old clients by telephone and online.

Marilyn said, “I am delighted to join Devon in Sight and look forward to helping anyone who would like to know how food can influence their health and wellbeing.”

**Marilyn will be joining us for our Sight Loss Speaker Event on Tuesday 12 March 2024 (See Page 28).**



▲ Photo Credit: Grahame Flynn (Devon in Sight)

▲ Mandy Darling on her first day

## Mandy Darling BSc (Hons)

Mandy joined the Devon in Sight team as our Community Engagement and Fundraising Officer in January 2024.

For the last 36 years Mandy has worked for the NHS in London and Devon. As her reduced vision became more challenging, she was able to take advantage of enabling services such as Access to Work and trained with a guide dog for which she is now on her fourth partnership.

Since 2015 Mandy has been a local councillor on Torbay Council where she can champion issues that affect those with sight loss. In May 2022 she had the honour of becoming Civic Mayor of Torbay with her guide dog Pepsi being Civic Guide Dog.

# New Faces join the Team for 2024

Mandy said, "I am delighted to have been selected to join the Devon in Sight Team."

Having lived with reducing vision since my early teens I have lived experience of the challenges that those people with sight loss come across on a day-to-day basis. Being able to share this information with potential supporters and partners along with the vital services provided by Devon in Sight will encourage them to come on the journey with us."



▲ Photo Credit: Grahame Flynn (Devon in Sight)

▲ Fiona Hess

## Fiona Hess

Fiona also joined Devon in Sight January 2024 and provides visual support for Mandy. Her Support Worker role is funded by Access to Work.

Fiona has worked for various NHS trusts over the last 40 years and in particular for last 25 years as Stroke Medical Secretary in Devon. Her interests include walking, swimming, and gardening and family.

Fiona said, "I am delighted to be joining this friendly dedicated team at Devon in Sight and look forward to supporting Mandy with exciting future fundraising and community projects."

*"I am delighted to have been selected to join the Devon in Sight Team."*



▲ Photo Credit: Grahame Flynn (Devon in Sight)

▲ Pepsi the Guide Dog

## Pepsi (Mandy Darling's Guide Dog)

Pepsi is an eight-year-old black Labrador who was trained by Exeter Guide Dogs.

Pepsi's primary role is to help Mandy get around safely. It's a relationship built on teamwork and trust. Pepsi helps Mandy walk safely in public places, guides her around objects and people, avoid trip hazards, find kerbs, and locate shop doors and crossings. In May 2015 Pepsi became Civic Guide Dog for Mandy whilst she was Civic Mayor of Torbay.

Pepsi loves long beach walks, swimming, and soft toys. Like all Labradors she has a healthy appetite and is particularly partial to a carrot!

# Devon County Show 2024

*'A key theme of the 2024 Devon County Show will be inclusivity and accessibility.'*



▲ Photo Credit: Devon County Agricultural Association

▲ Busy crowds at last year's Devon County Show

**In 2023 the Devon County Show welcomed in excess of 96,000 attendees across its three show days - one of the highest attendance figures in the Devon County Agricultural Association's 151-year history.**

The Show, which coincided with a spell of warm weather after a long period of rain, reverted to its May dates for the first time in three years, positioning it back as the first County show to take place in South West England on the agricultural show calendar.

**A key theme of the 2024 Devon County Show will be inclusivity and accessibility.** We were therefore delighted to be approached to provide a Sensory Garden Exhibit for this year's show in the prestigious Crafts & Gardens Marquee. This is the biggest marquee on the showground, equivalent to the size of a football pitch.

The marquee is home to a number of trade stands, garden installations and also hosts baking competitions and food demonstrations. It is thus a hive of activity and an immensely popular area of the showground.

Devon in Sight's Grahame Flynn said, "This is probably the best outreach event we could dream of being involved in so we are keen to capitalise on this opportunity to raise awareness of sight loss and the work of Devon in Sight.

Our installation will be the backdrop to the official Devon County Show 'launch'. We hope that the public will engage in a sensory experience by wearing sight loss simulation spectacles which will help them experience the garden with little or no sight by using their senses of smell, touch, hearing and taste. We would like people who are blind or partially sighted to be involved in the project by meeting the public to talk to them about their lived experience of sight loss during the show.

There is only a limited budget for the project so we are keen to hear from any of our friends in the commercial sector who would like to support the experience with sponsorship.

**If you would like to be involved you can register your interest through the Devon in Sight Helpline.**



If you would like to support the project please ring:

# Helpline 01392 876 666

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

## Low Vision Assessments Explained



▲ Photo Credit: Barabasa (iStock)

**Devon in Sight's Sight Loss Adviser Louise Millington explains this free NHS service.**

**A Low Vision Assessment (LVA) determines how you can make use of your remaining vision. An Optometrist or Orthoptist carries out the assessment at a hospital eye clinic. The Optometrist will measure your useful vision and identify potential optical aids.**

You may also be referred directly into the Low Vision Clinic by your Optician or General Practitioner (GP).

At the Low Vision Assessment the Optometrist will measure your functional vision for both close and distance tasks.

If the Optometrist finds that your vision can't be improved by glasses and contact lenses, or medical or surgical treatment, you may be referred to a Low Vision Clinic.

*“Optical aids are issued free of charge on a long-term loan basis”*

They will use eye charts and reading materials similar to the charts used in standard eye tests.

They will identify potential optical aids that may help with everyday tasks such as reading and writing. These aids are issued free of charge on a long-term loan basis.

If you lose your optical aid that was loaned to you or it breaks, contact the hospital you were seen by for a repair or replacement.

They can advise you about managing at home and getting out and about.

They will also assess you to see if you are eligible to be registered as sight impaired or severely sight impaired.

### **Please remember for Emergency Advice**

**Go to A&E immediately or call 999 if you:**

- Experience a severe eye pain with nausea or vomiting
- Have a sudden serious change in your vision
- Lose all or part of your vision in one eye or both eyes
- Have an accident involving your eyes

**Go to 111.nhs.uk, call 111 or call your GP surgery:**

- For flashing lights or floaters in your vision.

For information about **Low Vision Assessments** please ring:

**Helpline 01392 876 666**

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

# Articles for the Blind Explained



▲ Photo Credit: John Longley (iStock)

**Royal Mail, is committed to their customers and to offering services that bring people and communities closer together.**

Royal Mail Articles for the Blind is a scheme for blind and visually impaired customers who are registered as blind under the provisions of the National Assistance Act 1948. They also include people whose standard of close-up vision, with spectacles of N12 or less as certified by an ophthalmologist, doctor or ophthalmic optician.

The scheme is a free for 1st Class or International Standard Delivery. The service is designed to support sight impaired people as well as the charities that work hard to improve their lives.

*“Royal Mail, is committed to their customers and to offering services that bring people and communities closer together.”*

## Articles for the Blind works by waiving postage (first class only) for sending items such as:

- Books, papers and letters that are either embossed or in large print (minimum font size 16)
- Relief maps
- Audio and electronic media - disks/CDs/USBs
- Equipment such as magnifiers, mobility aids, audio players, watches, measuring equipment and mathematical devices
- Mobility aides such as canes and guide dog equipment

The above items can be sent as 1st class letter, large letter, parcel or International Standard letter.

## To send items under this scheme the envelope needs to have:

- **‘ARTICLES FOR THE BLIND’** clearly marked on the front of the envelope with the name and address of the blind or visually impaired person at that address.
- **The sender’s name and address on the reverse.**
- If the mail is to be sent abroad it must state ‘Articles for the Blind - CECOGRAMMES’ on the front of the envelope.
- Mail must be able to be opened for inspection should this be needed. However, if the contents are fragile you can get permission to seal your package by calling **0345 607 6140**.
- Alternatively, you can take your item to your local Post Office where they can check and seal before sending.



# Articles for the Blind Explained

- You can also obtain proof of posting this way.
- You can obtain black and white labels through the Post Office so ask at your counter next time you are there.

## Royal Mail do not accept the following as part of this scheme:

- Music audio that lasts more than 2 minutes
- Entertainment programmes that are available on radio or other recordings
- Printed material in a font smaller than 16 point
- Any form of advertising
- Personal, sensitive or confidential correspondence in any format. This should be sealed and sent as normal mail.

## There are size and weight limits imposed on this scheme and Post Office counter staff can advise further by weighing and measuring before sending:

- Rectangular parcels: the combined length, depth and width can be up to 900mm and each single dimension can be up to 600mm. The dimensions of each surface needs to be at least 90mm by 140 mm.
- Tubes and cylinders: their length needs to be between 100 mm and 900 mm and its length plus twice the diameter needs to be between 170 mm and 1040 mm.
- Parcels can weigh up to 7 kg.

“Royal Mail, is committed to their customers and to offering services that bring people and communities closer together.”

## Did you know that Royal Mail offer a collection from home service?

If you are unable to get to a post box or Post Office to post your Articles for the Blind items, they will arrange to collect them from you at home for free.

All you need to do is to call **0345 607 6140**.

For more information about the Royal Mail Articles for the Blind Service please visit:  
[www.royalmail.com/sending/articles-blind](http://www.royalmail.com/sending/articles-blind)



To receive a copy of our Articles for the Blind Fact Sheet ring:

# Helpline 01392 876 666

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

## BT 195 Directory Enquiries Service



▲ Photo Credit: LightFieldStudios (iStock)

People who are living with little or no sight may struggle to read or use the phone book. If you are blind or partially sighted BT may have the answer to your problems.

### The 195 Service

BT's Free Directory Enquiry Service is provided for customers with a permanent medical condition, physical or learning disability or sight problem which prevents them from using a printed telephone directory. You can use this service whether or not BT is your telephone company.

Once you have successfully signed up for the service, all you do is dial 195 and you can speak to an operator who will find the number you require.

If you ask to be connected to the number you require, you will then be charged for the call you make according to the call package that you have with your provider.

*“As a registered 195 customer, you can be connected to the number found at the same rate as if you'd dialled it yourself.”*

This service is available from your landline and mobile telephones. Registered customers also don't pay the BT 1471 and BT 1571 call return fee, which they usually charge on top of call charges.

### How to sign up for the service

Registering as a 195 Directory Enquiries Customer is easy.

For an application form, call the registration team free on **0800 587 0195**. Opening hours are from 9am to 4.30pm, Monday to Friday.

As well as filling out details about yourself, you will also need someone like a doctor, nurse or another medical practitioner who knows you to countersign the form before you send it off.

*Devon in Sight client David Gaily who has been living with sight loss for over thirty years said,*

*“I've been using the BT 195 service for many years. It's important to remember that this service isn't just for people with little or no sight, it can be used by anyone who struggles to navigate a phone directory. I like the fact that the service is available from my mobile phone as well as my landline.”*

To register as a 195 Directory Enquiries Customer ring BT on:

**Tel. 0800 587 0195**

The Helpline is open between 10am and 4.30pm Monday to Friday

# Living Well with Sight Loss Events

*“Your events are better than Sight Village!”*



▲ Photo Credit: Grahame Flynn (Devon in Sight)

▲ The Fire Service at a Living Well with Sight Loss Event

## Sight Village South West Update

When Queen Alexandra College released its Sight Village Event schedule for 2024 we were surprised to learn that no event will be held in the South West this year. Events are only taking place in Blackpool, Birmingham, Leeds and London.

Whilst this announcement is disappointing it makes our **Living Well with Sight Loss Events** and our annual **Devon Sight Loss Conference** even more important for Devon residents living with little or no sight.

Sight Village offered everyone the opportunity to meet with leading providers of products and services under one roof. However attendance has been falling and there have been fewer exhibitors year on year.

Whilst these events were free to the public they were also prohibitively expensive for many exhibitors particularly smaller charities like ours and other not for profit community based services.

## Living Well With Sight Loss Events

Blind and partially sighted people often feel isolated and digitally excluded. To address this issue, we launched our **Living Well With Sight Loss Events** in partnership with **Sight and Sound Technology Limited**.

**Sight & Sound** are the UK's leading provider of equipment, software and services for people who are blind and partially sighted and those with learning and reading difficulties.

Our **Living Well With Sight Loss Events** also include partners from the sight loss sector such as Blind Veterans UK, Talking Newspapers, Sensory Team Rehabilitation Officers, local Blind Clubs, Lions Clubs, the Devon and Somerset Fire and Rescue Service, Community Transport providers and Energy Saving Devon.

This year **Living Well With Sight Loss Events** will take place at five locations around the county. These are designed to be as accessible as possible to as many people as possible.

When we conducted our last Customer Satisfaction Survey we were delighted when one client when asked about our community events said, **“Your events are better than Sight Village!”**

# Living Well with Sight Loss Events

*“Your events are better than Sight Village!”*

## Event Schedule 2024

We are providing Living Well with Sight Loss Events at the following locations this year to make them accessible as possible.

### Torbay Event

**Thursday 9 May 2024 (10am - 2pm)**

Jasmyn House, 1 Midvale Rd, Paignton TQ4 5BD

### West Devon Event

**Thursday 30 May 2024 (10am - 2pm)**

The Anchorage Centre, Chapel Street, Tavistock PL19 8AG

### North Devon Event

**Thursday 13 June 2024 (10am - 2pm)**

Westward Ho! Baptist Church, 42 Nelson Drive,  
Westward Ho! EX39 1LQ

### Plymouth & South Hams Event

**Thursday 20 June 2024 (10am - 2pm)**

Copthorne Hotel, Armada Way, Plymouth PL1 1AR

Our registered clients who live in the vicinity of each of these events will receive a personal invitation closer to the date with full instructions for the day.

These events would not be possible without the support of **Tesco Stronger Starts** who have supported with grants totalling **£3625**.

Tesco Stronger Starts supports thousands of local community projects and good causes across the United Kingdom. The programme is available across the UK and is administered by community charity, Groundwork.



## **Devon Sight Loss Conference 2024**

Last year we held our first County Conference incorporating our Annual General Meeting and Living Well with Sight Loss Exhibition. It was a bold decision to undertake such a costly venture but it was made possible through sponsorship from Devon County Council, Sight and Sound Technology and the Retina Clinic London.

We are delighted to announce that we will be holding another conference this year at the Mercure Exeter Rougemont Hotel which has been provisionally booked for **Tuesday 10 September 2024**.

With no Sight Village South West we will be looking at how we can expand the Living Well with Sight Loss Exhibition to accommodate more stands.

**More details will be released in the Autumn so at this stage just keep the date!**

For more about Living Well with Sight Loss Events ring:

# Helpline 01392 876 666

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

# International No Tobacco Day



▲ Photo Credit: bymuratdeniz (iStock)

## World Health Organisation's (WHO) No Tobacco Day.

The World Health Organisation's **No Tobacco Day** is on **31st May** every year and was created to bring awareness to more people about the dangers and health risks of smoking tobacco.

Most people know that smoking causes lung cancer, but not many realise that it can also cause blindness. Smokers are up to four times more likely than non-smokers to develop Age-Related Macular Degeneration (AMD).

Perhaps you are a smoker who would like to cut back or even give up for good? This is a really good opportunity to join in and give up smoking.

When you quit smoking, good things start to happen - you can begin to see almost immediate improvements to your health.

*'Quitting will improve your health whatever your age and no matter how long you have smoked.'*

## Benefits of quitting smoking

Quitting will improve your health whatever your age and no matter how long you have smoked.

### Better Physical Health

- Your senses of taste and smell improve and you start to breathe more easily and you have more energy.
- Your longer-term risks of cancer, lung disease, heart disease and stroke will be significantly reduced.
- You will be less likely to develop type 2 diabetes, bone disease including osteoporosis, eye disease and dementia.

### Better mental health

- Stopping smoking boosts mental health and wellbeing.
- Better for your family and friends
- Becoming a smoke-free role model means your children are much less likely to take up smoking.

**It's much easier to quit when you get the right support. For more information visit the NHS Quit Smoking Website at**

**[www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)**

For more information about **Smoking Cessation** please ring:

**Tel: 01392 876 666**

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

# Race Across the World



▲ Photo Credit: Jennie Benham (Devon in Sight)

▲ Grahame Flynn and Tricia Sail

**On Tuesday 12 December 2023, Devon in Sight's Chief Executive Officer Grahame Flynn welcomed Tricia Sail and Cathie Rowe to our monthly telephone-based Sight Loss Speaker Event.**

The childhood friends won the third series of the hit BBC Television series 'Race Across the World'. Tricia who is Severely Visually Impaired and Cathie raced across Canada without smart phones, internet access or credit cards and on a very limited budget.

Trish has uveitis, an eye condition affecting the inside of the eye originating in a part of the eye called the uvea. The swelling in the uvea as well as affecting vision, can also result in pain and sensitivity to bright lights. Trish describes her own vision as "like looking through a dark cloud with spots on it."

## 'An epic race across Canada the second largest country in the World'

The award winning programme was billed as 'an epic race across Canada, the second largest country in the World. Starting in Vancouver and finishing in St. Johns, Newfoundland a distance of 16,000 Km. A race route that would take them to the edge of the Arctic, via the waters of the great lakes, through 6 time zones and 7 check points.'

Trish and Cathie shared stories of their adventure, the highs, the lows and the life changing effect that it had had on their lives.

Trish said taking part in the show had also helped her to rebuild her confidence and led to her leaving her old job in banking and joining the RNIB locally.

For those who haven't seen the programme Race Across the World is available on BBC iPlayer.

**We would like to thank Tricia and Cathie for sharing their story. You can listen to the programme through your Smartphone by scanning the link opposite.**



▲ Photo Credit: National Television Awards

▲ Trish & Cathie

To access our **Speaker Event Recordings Archive** please visit:

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

Audio recordings can be found on the home page under **EVENTS**

# Speaker Seminars Spring 2024

Devon in Sight's Telephone-based Sight Loss Seminars are an opportunity for you to hear from our partners across the Health and Social Care and Voluntary sectors, in the comfort of your own home.

Sight Loss Speaker Seminars take place every second Tuesday of the month at 10.30am on Freephone **0808 169 79 30**. Calls from your home telephone or mobile are FREE.

## Tuesday 12 March 2024

'Good Nutrition and Eye Health'

*"Let food be thy medicine and medicine be thy food."*

*Hippocrates (460 BC - 370 BC)*

Good nutrition is very important for both general health and eye health. It helps the body to grow, repair wear and tear, protect against infection and function properly.

The causes of macular disease are not fully understood, however scientists believe that a combination of factors are responsible including genetics, age, diet, smoking and sunlight.

Our Guest Speaker is **Marilyn Minter-Newson** a Nutritional Therapist and new Devon in Sight Trustee.



▲ Marilyn Minter-Newson

## Tuesday 9 April 2024

'An Introduction to Benefits'

Colin Daniels has lived experience and has provided support to other blind and partially sighted people to achieve their employment goals and reach their own aspirational outcomes. He was formerly a Welfare Rights Officer for Action for Blind People where he supported clients maximise their income and claim statutory entitlements.

Our Guest Speaker is **Colin Daniels**, Working Age and Young People's Manager, **Macular Society**.



▲ Colin Daniels

## Tuesday 14 May 2024

'An Introduction to the Work of Eye Clinic Liaison Officers'

Eye Care Liaison Officers (ECLOs) are key in helping patients understand the impact of their diagnosis and providing them with emotional and practical support for their next steps.

Our Guest Speaker is **Tessa Williams**, Eye Clinic Liaison Officer (ECLO), **West of England Eye Unit, Exeter**.



▲ Tessa Williams

To access Telephone Sight Loss Speaker Seminars ring:

# Tel: 0808 169 79 30

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

# Driving Change for People with Sight Loss in Devon Project



▲ Photo Credit: izusek (iStock)

**Last year Devon in Sight devised a Disability Awareness Training Course for Public and Community Bus Drivers. This was part of the Devon County Council ‘Connecting You’ project funded by the Department of Transport ‘Tackling Loneliness with Transport’ Fund.**

The course was very well received by Devon County Council and The Department of Transport. Consequently, we created a CPD Group Accredited Training Manual and online Training Portal for Public and Community Transport Drivers in Devon. This qualifies for 5 CPD credits towards the drivers 35 hours of required Driver Certificate of Professional Competence (CPC) provision.

**Our Driving Change for People with Sight Loss in Devon Project** was shortlisted for the National Visionary - Develop and Share Award in September 2023.

In December we distributed Bus Driver Disability Awareness Manuals to Public and Community Bus Providers across Devon as part of our Legacy Project.

**36** Commercial & Community Transport providers are involved (**A full list of participating transport providers can be found over the page**).

**1593** Paid and voluntary Drivers have been targeted for training through the project.

In due course we will be inviting the operators to display a window sticker on their vehicles announcing that their drivers are Disability Aware and Sight Wise.

**890** Vehicles will potentially display these stickers.

This initiative could have a huge impact on the behaviour of bus drivers in the county and following Department of Transport evaluation may form part of Bus Driver CPC training nationally.

**If you would like to find out more about the training you can access our Training Portal by scanning the QR code opposite or by visiting the Devon in Sight Website.**



**This project is being undertaken in partnership with Devon County Council.**

To access our Disability Awareness Training please visit:  
**[www.devonninsight.org.uk](http://www.devonninsight.org.uk)**

Details can be found on the home page under **PROFESSIONALS**



**We would like to thank the following Commercial and Community Transport providers which taking up the training:**

1. Axe Valley Mini Travel
2. Country Bus
3. Dartline
4. Filers Travel
5. Greenslades Tours (Exeter) Ltd
6. Hatch Green Coaches
7. Mid Devon Coaches
8. Oakleys Coaches
9. Redwoods Travel
10. Stagecoach South West
11. Tally Ho Coaches
12. Taw & Torridge
13. Dorset Community Transport
14. Axe Valley Ring & Ride
15. Coleridge Community Bus
16. Dartmouth Caring
17. East Teignbridge (Dawlish) Community Transport Association
18. Exe Valley Market Bus
19. Exeter Community Transport Association
20. Exmouth Community Transport Group
21. Holsworthy Rural Community Transport Ltd
22. Ilfracombe Community Transport Association
23. Ivybridge & District Community Transport Association
24. Kingsbridge Hub Bus
25. Mid Devon Mobility
26. Newton Abbot Community Transport Association
27. Okehampton District Community Transport Association
28. Ottery Help Scheme
29. Tavistock Area Support Services
30. Tavistock Country Bus
31. Tavistock Ring & Ride
32. Totnes and Rural (Bob the Bus)
33. Totnes Caring
34. TRIP Community Transport Association
35. Westbank Community Health & Care
36. Wheels 2 Work South West

# Community Fundraising

£500  
Gift



▲ Photo Credit: Jennie Benham (Devon in Sight)

▲ Mr Mark Richardson (Left) with Grahame Flynn

## Devonshire Grand Superintendents

In December we were delighted to receive a charitable gift of £500 from The Provincial Grand Chapter of Devonshire Grand Superintendent's Fund.

The Grand Superintendent's representative Mr Mark Richardson said, "Charity underpins Holy Royal Arch Freemasonry so we are delighted to support Devon in Sight's work. Freemasons build better lives through their charitable giving by encouraging opportunity, promoting independence and improving wellbeing."

We would like to thank The Provincial Grand Chapter of Devonshire for their kind donation.



## Our Community supporting people living with sight loss in Devon

### Oxygen House Foundation

We were delighted to receive an unexpected donation of **£7,675.82** from The Oxygen House Foundation.

Founded in 2008, Oxygen House is an investment firm based in Exeter. The firm invests in property, renewable energy, cleantech, education technology and data analytics sectors. The firm specialises in venture capital, private equity, and impact investments.

They hold biannual meetings where the trustees nominate charities. One of the trustees nominated us to receive a donation for which we are extremely grateful.



### The Forest Hill Charitable Trust

We were very sorry to hear that Dr Horace Pile and Mrs Patricia Pile, who founded the Forest Hill Charitable Trust have both died at the ripe old age of 94.

However, the remaining trustees have continued to support Devon in Sight with a donation of **£1000**.

Ongoing grants like this help us continue to support people who are blind or partially sighted living or working in Devon.

To support Devon in Sight with a donation please ring:

# Helpline 01392 876 666

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

# Community Fundraising

*“This marathon is not just a personal endeavour but an important initiative to raise funds for this remarkable charity!”*



▲ Photo Credit: ChiccoDodifC (iStock)

## Will's Marathon Challenge for Devon in Sight

**Will Passmore, is a Medical Student at Manchester Medical School. On April 14th, 2024, he will run the Manchester Marathon for Devon in Sight.**

In November last year, Will experienced the loss of his beloved Grandfather, Ray Doughty, who served as a dedicated member of the Board of Trustees for Devon in Sight.

Will said, “Ray battled Age-Related Macular Degeneration, and he was a direct beneficiary of the invaluable work carried out by Devon in Sight.

His gratitude towards the charity's impact on his life is immeasurable, and as a family, we share in that deep appreciation.

This marathon is not just a personal endeavour but an important initiative to raise funds for this remarkable charity, aiming to empower more individuals, like my grandfather, who benefited from their support.

In a poignant testament to his commitment, Ray participated in a meeting with the charity just days before his passing, expressing his enduring dedication to their cause.

It is our collective hope that through this fundraising effort, we can contribute to the charity's mission and honour my grandfather's desire to continue making a positive impact on the lives of those facing similar challenges.”

Devon in Sights Chief Executive Officer Grahame Flynn said, “We were all very sad to hear that Ray had died. The fact that his grandson Will has been inspired to celebrate Ray's life with this challenge is very heart warming.”

### Cheque Donation

Please make your cheque payable to 'Devon in Sight' and post it to: **Will's Marathon, Devon in Sight, Splatford Barton, Kennford, Exeter, EX6 7XY.**

### Card Donation

Card donations can be made over the telephone by ringing the Helpline on **01392 876 666.**

### JustGiving Online Donation

You can make an online donation through **<https://bit.ly/48q8Cab>**

### Smart Phone Donation

You can make a Smart Phone donation by scanning the QR code opposite.



# Community Fundraising

*Our Community supporting people living with sight loss in Devon*



▲ Photo Credit: Skydive Buzz Ltd. & Devon in Sight

▲ Devon in Sight's Grahame Flynn in 2018

## Jump for Sight is back!

**Would you like to combine the most exciting and exhilarating moment of your life with raising funds for Devon in Sight?**

Building on the success of our previous skydives in 2018 and 2021 we are partnering with Skydive Buzz to hold another event this summer. With Skydive Buzz, you fly up to 15,000ft in just over 10 minutes in one of the fastest jump planes in Europe. Not only is that fast, but it's the highest you can go for any skydive in the UK.

If you or a family member would like to take part in this event you can find out more information by ringing the helpline and requesting a **Jump for Sight 2024 Information Pack**.

## Friends of Devon in Sight

**For nearly 100 years, people like you have helped Devon in Sight to provide essential support services to people with little or no sight across the whole of Devon.**

Your generosity is astonishing. We would like to thank all of you who have become regular donors through our **Friends of Devon in Sight Regular Giving Scheme**.

'**Friends of Devon in Sight**' is the best way that you can support your local sight loss charity during these very challenging times. You can give as little or as much as you would like with a monthly direct debit.

Everyone who joins our Regular Giving Scheme '**Friends of Devon in Sight**' will receive a limited edition, '**I'm a Friend of Devon in Sight**' enamel badge.

## Other Ways to Donate

If you would like to make a card donation over the telephone, by cheque, by Bank Transfer or leave us a gift in your Will, you can speak confidentially about the options available to you with our Office Manager, Jennie Benham.

If you use a smartphone you can use the QR Code opposite to access the website directly.



To support Devon in Sight with a donation please ring:

# Helpline 01392 876 666

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

# An Overview of Our Services

Devon in Sight offers a range of holistic services for people who are blind or partially sighted, their families, friends and carers who live or work in Devon.

This is a summary of our core services.

## Our Information, Advice and Guidance Service

We are committed to providing accurate and impartial Information, Advice and Guidance. You can access our comprehensive information resources through our Helpline on **01392 876 666**. Our website is available at **www.devoninsight.org.uk**

**In Vision Magazine** is available FREE in a range of accessible formats - large print, digitally via email and in audio. It can also be accessed on your smart phone through the **British Wireless for the Blind App**.

## Our Independent Living Service

We work with you to identify the equipment, support and training that will help you maintain your independence and live life to the full. We undertake this valuable work in partnership with Health and Social Care and the Third Sector.

We have a unique **Assistive Technology Partnership** with **Sight and Sound Technology Ltd.**, the UK's leading provider of equipment, software and services for people who are blind and partially sighted.

We also offer **Living Well with Sight Loss Events** across the county where you can meet partners in Health & Social care, the Third Sector and community groups.

## Devon in Sight - Supporting people affected by sight loss in Devon

## Our Health & Wellbeing Service

Our Health and Wellbeing Service aims to help keep you physically and mentally fit and safe in your home. We can help you make some healthy lifestyle choices such as smoking cessation or arrange a FREE home safety check with the Devon and Somerset Fire and Rescue Service. We can also provide **emotional support** and in some cases **formal counselling**.

For fun, friendship and really useful information about living life with low vision you can join our free telephone based **Chit-Chat Calls**. To access the calls simply dial **0808 169 79 30** at **10.30am** every Wednesday morning.

Our free **Telephone Speaker Seminars** take place monthly with speakers from across the sight loss sector and beyond. These are structured so that following a formal information sharing presentation; listeners can contribute by asking questions and share their lived experiences of sight loss. **A schedule of events and joining instructions can be found on pages 28 and 29.**

## Influencing Change

We believe that it is important that people who are blind or partially sighted, their family and carers have a voice in the development of sight loss services and other community services across Devon. **We are pleased to hear your thoughts about how services across Devon can be improved.**

For more information about our services please ring:

# Helpline 01392 876 666

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

# Subscriber Information

In Vision Magazine is **FREE** to our stakeholders and available in a range of accessible formats including large print, digitally via email and in audio.

In Vision Magazine subscribers include people who are blind and partially, Health and Social Care Professionals, Voluntary Sector Organisations, Community Groups, Professional Networks and Consortia.

## People who are blind or partially sighted

We not only support people who are blind or partially sighted we also support their families, friends and carers who live or work in Devon.

## Health and Social Care Professionals

Professionals include High Street Opticians, GP Practices, Hospital Eye Units, Eye Clinic Liaison Officers (ECLOs), Local Authority Rehabilitation Officers for Visually Impaired Adults (ROVI) and Visually Impaired Children (ROVIC).

## Voluntary Sector and Community Group Staff

We work with local staff in the Macular Society, RNIB, Guide Dogs, Libraries, Social Clubs for the Visually Impaired and Talking Newspapers and Magazines.

## Professional Networks and Consortia

Networks and consortia include Devon Local Optical Committee (LOC), Devon Integrated Care Group, The South West Visionary Group (Visionary is the national umbrella organisation of Sight Loss Charities) and numerous Trusts and Grants Funders.

*'Thank you for your remarkable In Vision Magazine, and the very useful information you provide, it has really helped us.'*

## Circulation Figures

### Large Print Edition

- 923** Individual Blind & Visually Impaired Subscribers
- 67** Professionals and Organisations

### Digital Edition (Via Email)

- 91** Blind & Visually Impaired Subscribers
- 340** Professionals and Organisations
- 431** **Total Digital Circulation**

### Audio Edition

- 131** Blind & Visually Impaired Subscribers & Talking Newspapers and Magazines.

### Total Reach

- 1,552** Named Individuals\*

*(\*All figures correct for January 2024)*

To submit a feature or advertise in the pages of In Vision Magazine please give us a call to receive a copy of our Rate Card.

To learn more about In Vision Magazine please ring:

# Helpline 01392 876 666

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

# Articles for the Blind

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



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



SCAN ME

**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.

Registered Charity No. 1140978. Devon in Sight is the working name of Devon County Association for the Blind, a Company Limited by Guarantee. Company Registration No. 07371472