



SIGHT MATTERS

Optic Topics

Issue No 127
Spring 2023

**A newsletter for blind & visually
impaired people**

Sight Matters (Manx Blind Welfare Society)

Corrin Court, Heywood Ave, Onchan,

Isle of Man, IM3 3AP

Telephone: (01624) **674727** Facsimile: (01624) 675912

Email: **enquiries@sightmatters.im**

www.SightMatters.im

www.facebook.com/ManxBlindWelfareSociety

Manx Registered Charity No. 132



Contents	Page
New staff member	3
Member quotes	3
Finding your way around the bus	3-4
Safeguarding	4/5
Younger members	5-6
Car wash	6-7
Pudding party	7
Coast 2 Coast	7-8
Art exhibition and Christmas card competition	8-9
Over 18's activity club	9-13
Guided walks	14
Murder mystery event	14-15
Thanks	15
Audio news	15-16
Manx Macular support group	17-19
Donations	20
Luncheon Clubs	20
MCALS	20-23
BlindAmbition	23-24
Air Fryer conversion chart	25
Audio library	26-33
Recipe	33-34
Sickness	34-35
Complaints	35

New staff member

Introducing our newest member of the team, Michelle Ferrer. Michelle will be taking up the role of Social Welfare and Inclusion Lead from 12th April. This was Cathryn's previous position before she took over as the CEO in January when Ian retired.

Michelle joins us from the Stroke Foundation and brings a wealth of experience.

Can you help??

To help us and others understand how we help you, we are looking for some short quotes from our members. Would you like to give us a quote? If you are willing, please either phone Kerry on 674727 or email KHealey@sightmatters.im

Finding your way round the bus.

We know that access to transport is one of the biggest aids to independence for our members. We also know that confidence to use the bus can be difficult for members.

Bus Vannin are bringing a single and double decker bus to the grounds of Corrin Court on Wednesday 12th April and Wednesday 19th April between 10am and 3pm.

If you're wanting to orientate yourself on a bus, or if you have a child that is going to be using the school bus and wants to be confident using it, or if you have a friend or family member who hasn't used the bus and just wants to find out about using it, drop in and meet some of the Bus Vannin team.

If you are a confident bus user, and you have the time, please pop along and let the Bus Vannin team know what works well and what doesn't work. We know that bus timetables are not easy to read and flagging buses down at stops is a challenge for members; we are working with Bus Vannin to see what can be done to improve these areas but it is helpful for Bus Vannin to hear it directly from our members.

Safeguarding Matters

A copy of our Safeguarding policy is available in your preferred format on request.

Our Safeguarding Officer is the CEO, Cathryn Bradley

Our Deputy Safeguarding Officer is our Social Welfare & Inclusion Lead.

Younger Members Activity Club

Our younger members have had a busy start to the year. They attended the Energy Bowl in Ramsey for Tenpin Bowling which certainly showed their competitive streaks!

A workshop with a difference, and very amusing for the children was the "poop" workshop held by Dawn Colley from the Manx Wildlife Trust. The children found out why different animals poop are different shapes with them then being able to mould their own – obviously using salt dough!

Another interesting workshop was the 'slime' workshop held by Wild Child events. The children had the chance to get their hands messy, kneading the slime, adding textured bobbles and even putting their own scents into it, which smelt amazing, making it a great sensory play! Who knew slime could be soooooo stretchy!

Our latest event was Bush Craft held at the Venture Centre. The children had to collect their own wood, then they were taught how to build and light a fire themselves, on which they later toasted marshmallows.

Afterwards they tried out axe throwing. It's harder than it looks especially after all those marshmallows!!!! We had the typical Manx weather so all the children went home wet, muddy but happy smiling faces. What more can we ask for?

The aim of our younger Members club is to increase confidence, build friendships, build foundations for later life and have the opportunity to participate in a wide range of leisure, cultural and physical activities. If you know a child that would benefit from our club then please get in touch.

A big thanks to Domino's IOM for sponsoring our Slime event.

Car Wash

Our younger members are partnering with the IOM Fire and Rescue service to hold a car wash

on, **Saturday 15th April 10am – 2pm** at the **Grandstand**. Both the Firefighters and our younger members will carry out the washing whilst raising funds for the Firefighters Charity and our Younger Members Group. Please support it if you can! All donations gratefully received.

Pudding Party

Friday 12th May - 7pm at Corrin Court

Think of a pudding and it'll probably be at our pudding party! Come and try lots of different desserts, with a fun filled quiz and a sweet treat raffle

£8 per person, bring your own drinks

Book your ticket at events@sightmatters.im or call 674727

Coast 2 Coast

Our sixth annual 'Sight Matters Coast 2 Coast Walk' is set to return this September, with Conister Bank as its headline sponsor.

Entries are now open for the walk which takes place from Douglas to Peel (or St Johns to Peel) **on Sunday 3rd September.**

Last year we had over 450 participants take part, so help us make this year's event the best yet!!!

For more information and to download a registration and sponsorship form, visit:
<https://www.sightmatters.im/support-us/coast-to-coast/>

Hard copies are also available from Corrin Court in Onchan or The VIP Store in Strand Street, Douglas. The closing date for entries is 29.08.23 and the entry fee is £12 for adults and £5 for under 16s.

Art Exhibition and Christmas Card Competition

Sight Matters will be hosting its very first art exhibition. The exhibition will feature pieces created by Sight Matters members. We will be running a series of workshops with local artists in the run up to the exhibition to help members gain some new skills and explore different artistic mediums. The exhibition will be held on the 5th and 6th of August and will be open to the public. As part of the event, there will be a Christmas card competition. Sight Matters members will submit a winter-themed piece of art and/or photograph, and a special judge will pick two winners – one from our Younger Members Group and one from

our Adult members. The winners will feature on Sight Matters' 2023 Christmas Cards.

We will follow up with more information soon. In the meantime, please contact Peter Marshall on 674727 or email peter@sightmatters.im if you'd like to find out more.

Over 18's activity club

The winter months have not been dull. Members have enjoyed themselves at various events. We have enjoyed 'Lost in Music' and 'Elvis' at the Villa and 'Annie get your Gun' at the Gaiety Theatre. We also visited the Manx Museum for a fabulous tour of the Museum's 100 exhibition and had an interesting talk by Jen from the Manx Whale and Dolphin Watch.

Several members had a go at acoustic shooting with Dave and thoroughly enjoyed it, so much so that some have joined the fortnightly sessions. The Eastern Activity Group commenced in February and the members attending have been enjoying the activities.

We have the following events coming up for our over 18's. If you are interested in attending any of these, please contact Julie asap on 674727 to reserve your place.

Where possible transport will be provided.

**Monday 17th April 2.30-4pm Thirty
Exhibition House of Mannan**

An art exhibition marking 30 years of the Isle of Man Arts Council Modern and Contemporary Loan Collection.

**Tuesday 2nd May 1.15pm Behind the scenes
tour of the large object's museum**

This guided tour gives you an insight into some of the larger social history objects in the national collection of the Manx Museum that are not currently on display.

**11th May 6pm. Northern members social
meal**

Any members in the North of the island interested in meeting for a lovely meal and chin wag at the Grosvenor in Andreas at 6pm.

12th May 7.30pm Simon & Garfunkel Story at the Gaiety Theatre

A brand new show celebrating 50 years of one of the World's greatest albums 'Bridge Over Troubled Water'. Featuring the two lead performers of the original West End show, this exclusive duo show re-tells the stories that shaped the album and also features classic hits such as 'Mrs Robinson', 'Cecilia', 'Bridge Over Troubled Water', 'Homeward Bound' and many more.

26th May Knockaloe Internment Camp 1.30-3.30pm

A full guided tour of the Centre and the camp. Gain an insight into the people and the conditions they lived in and the impact on the local community.

Saturday 24th June Home of rest for old horses 2-3.30pm.

Set in 92 acres of countryside just outside Douglas, the Home of Rest for Old Horses is a tranquil sanctuary for elderly horses, including retired trammers from the Douglas Horse Trams, as well as ponies and donkeys. Why not join us to

feed the animals and have a cuppa and some cake.

There are over 60 horses and donkeys, all of whom are not shy and they will come right up to the fence so you can easily stroke them and feed them.

Friday 7th July Craftworks 10.30-1pm

Do you fancy getting your creative juices flowing then join us for a relaxing fun session of painting some pottery at Craftworks Studio in Castletown.

Monday 17th July Acoustic Shooting at Corrin Court

Due to the success of the first event we are offering another 'have a go' at acoustic shooting. Why not come and try something new and different. Acoustic shooting is a sport for any degree of sight loss using an air rifle. You do not need to have any previous experience and the session is safely supervised.

Saturday 22nd July The Full Monty at the Gaiety Theatre

Based on the cult hit film of the same name, The Full Monty, a ten-time Tony Award nominee, is filled with honest affection, engaging melodies and the most highly anticipated (and REVEALING!) closing number of any show.

Monday 24th July 2-4pm House of Manannan

An exhibition celebrating the 150th Anniversary of the Douglas to Peel Line with Isle of Man Railways at the House of Mannan in Peel.

Northern Activity Group

From the 21st April the monthly activity group will be commencing for interested members in the north of the island. It will be on a Friday morning from 10.30-12pm at Jurby community centre. Places are limited please contact Julie on 674727 or email jcannon@sightmatters.im if you are interested in attending.

Guided walks

Our monthly guided walks continue with Dave and Pat, our Blue Badge guides. They have recently led some interesting walks around Ramsey and Douglas Harbour and Peel promenade. We normally stop for refreshments afterwards too! If you are interested in joining the group, please give Julie a ring on 674727.

Murder Mystery Night

Over 65 people enjoyed a night of fantastic entertainment from WASP Murder Mystery and helped solve the mystery of the Costa Del Murder!

WASP came together in 2010 as a novel way to raise money for All Saint's Church in Douglas (Wandering All Saints Players). The church was converted into an Italian Restaurant for the evening, and guests were invited to solve a murder mystery called 'Murder in Little Italy'. The evening was a huge success, and the group realised that they had hit upon a great way to raise money for those in need.

Thirteen years later they have helped charities raise £76,846 for their good causes.

Our night raised over £2,000 for Sight Matters and many thanks go to our volunteers to helped on the night.

If you'd like to be part of our volunteer fundraisers please get in touch

A big thanks

Thanks to Kerroo Glass residents and warden Angie for organising an afternoon tea and bingo session in order to raise fund for Sight Matters. The event raised a brilliant £200 and everyone (apart from Peter) went home with a prize.

Community events and fundraisers like this enables us to provide free at the point of delivery services to the blind and visually impaired on the island.

Audio news service

Did you know that we offer a free weekly Audio News Service delivered on USB sticks via the post? This service has been running since 1972 and our team of volunteers record around 90 minutes of news from the local newspapers. We also add on a

couple of National Magazines and the current week's BBC Radio 4 In Touch programme.

The News Service is also available to listen to online at

http://www.bwbf.org.uk/player/?url=http://www.bwbf.org.uk/localtns/manxtn/TOPD_playlist.pls

If you have an Alexa or Google smart speaker you can use the 'Talking Newspaper' skill and search for Manx Recorded News Service - the previous 'My Talking Newspaper' skill will need to be disabled if you were using it

There is also an App if you have a Smart Phone, search for the 'Talking Newspapers' app and download it

We are always looking for new readers for the service – our readers are on a rota who normally read three times a year. Please get in touch to find out more

Manx Macular Support Group
Registered Charity 1258 Manx Macular Support
Group
LOSS OF CENTRAL VISION

There is nothing like self-help and to this end all macular sufferers who have diabetes are requested to go online and fill in an anonymous Manx Government questionnaire to determine the future strategy.

<https://www.surveymonkey.com/r/9WDLYVV>

I've been travelling to Liverpool for treatment on a monthly basis for over ten years and realise how hard Patient Transfer work in making sure we get to our appointments on time. It is a difficult job they have at times and are always helpful. So, thanks to everyone who works within Patient Transfer.

St Pauls seems to have settled down in operational terms since relocating to the New Royal in September last year. Two new facilities that may be of benefit for those receiving treatment there are the Amazon delivery service and the Restaurant on the tenth floor.

As far as Amazon goes you order online and chose the delivery option The New Royal Liverpool. On the tenth floor just outside the Restaurant you will find bright yellow lockers similar to a self-service left luggage facility. After ordering you will receive a code to enter into the control panel of the Amazon facility. Once entered the locker door to your order opens.

The Restaurant on the tenth floor is there for anyone's use, staff, patients, and visitors. The cost is subsidised so a main course at around £4.00 is typical. Of course, the views for those with sufficient sight are stunning from this height looking towards the river giving sight of both Cathedrals and the Liver buildings. One little known fact seems to be that the security barriers at John Lennon Airport allowing access to the air side have been set to allow those with boarding cards to go though from six hours before the flight is due to depart. So, it's advisable when travelling for treatment and due back the same day to ask for your return boarding card at Ronaldsway when checking in for your flight to Liverpool. If you do not then the check in desk only opens two hours before the flight which currently means just after 5-00 pm. With your return boarding card, you can go to the airside any time after 1-05 PM meaning

you can go to the Patient Transfer lounge four hours before the check in desk opens. For those that don't know its location it is to be found immediately you leave the duty-free area. Burger King is on your left and there is a passageway off to your right that says "Prayer Room". Go fifty metres down this corridor and you will see the "Isle of Man Patient Transfer" Logo on the wall outside the lounge. There are few amenities in this lounge but it's always quiet and a good place to rest up if you've just had some procedure. Of course, all the usual airport facilities are easily accessible from the lounge, and I know many patients go into town before returning to the airport. Such shopping trips aren't everyone's aim so the Patient Transfer lounge is a great alternative for those seeking peace and quietness. Take care and keep safe.

Nigel Malpass- MMSG Chair
10 Clifton Drive, Ramsey IN8 3ND
Tel 01624 813774 Mob 07624 491234
E-mail nhmalpass@manx.net

Donations

Thanks to everyone who gives us donations because as you are all aware the society is entirely reliant upon fundraising, donations and legacies.

Luncheon clubs

For further information about attending the Lunch Clubs please contact Stacy Beasley.

The lunch clubs run every Tuesday, Wednesday and Thursday.

Manx Care Advice and Liaison Service (MCALS)

Every day, hundreds of people access health and social care services across the Isle of Man either directly as a patient or service user, or indirectly as a relative or carer. They may have had a positive experience and want to share this feedback with Manx Care, but equally they may have concerns or queries, or feel that there are things that the organisation could improve.

Similarly, members of the community may require advice and support from some of the professionals working within the Island's health and social care

service, but aren't sure where to start looking for information or accessing what they need.

This is where the Manx Care Advice and Liaison Service (MCALS) comes in.

MCALS is a confidential service operated by Manx Care that's dedicated to driving positive change across the health and social care system by listening to feedback and acting on it. The service aims to improve patient and service user experiences by helping to sort problems out quickly, providing advice and pointing people in the right direction to get the help they need.

What can MCALS help people with?

- Providing information or confidential advice about Manx Care, our services and our strategic partners
- Signposting you to the department or person you need to speak to
- Highlighting the services we offer
- Helping to clarify any questions you have about current or planned care or treatment
- Helping you to solve any health-related enquiries or problems you may have
- Listening to your feedback about our services and how you think we could improve them
- Passing your positive feedback on to our colleagues

- Being a friendly voice at the end of the phone (or email) if you know you need to speak to someone, but you're not sure who
- Scenarios where you want to tell us about a concern, but don't want to make a complaint
- Highlighting how you can make a formal complaint to Manx Care if required

You can ask a carer, relative or friend to speak to MCALS on your behalf if you'd prefer. If you're actively receiving treatment and have an immediate query or concern, you should direct this to your doctor, nurse or senior member of your Ward team in the first instance. MCALS can support you if they're not able to resolve your query quickly

How to contact MCALS

There are various ways that you can get in touch with the MCALS team:

Manx Care Advice and Liaison Service (MCALS)

Telephone: +44 1624 642642

Email: Mcals@gov.im

Opening hours

MCALS is open between 9.30am and 4pm every weekday. The service is closed at weekends and on Isle of Man Public Holidays.

If a message is left on the answer-machine, a member of the team will aim to return the call during the next working day.

BlindAmbition

BlindAmbition is an international disability training consultancy focused on improving the lives of disabled people. They conduct disability awareness training for customers and colleagues, employment webinars for disabled people, mystery shopper exercises and diversity training including unconscious bias. They have a passion to elevate VI people to be on a level playing field in the employment world, as well as helping improve their personal lives. They host 2 separate series of webinars; Working Age Forum (WAF) a discussion group and the Employment Webinars, in collaboration with the RNIB.

The Employment Webinars Series 3:

RNIB and BlindAmbition present a 16-week series

of free weekly webinars to support job seekers with sight loss. Aimed at helping VI job seekers achieve the next stage in their career. This could be finding a new role, entering employment, starting an apprenticeship, or starting up a new business. Over the next few months, we will be covering a range of topics from help with CV writing, different ways to market yourself, interview tips and much more. There are 16 sessions as part of the employment webinar programme, and you can join any or all of them.

The Working Age Forum

The Working Age Forum is a monthly discussion webinar on the second Wednesday of the month, that provides a safe space for people with visual impairments of a working age to come together, discuss and learn how best they can get into the working environment and what adjustments are available so they can be on a level playing field. We feature a monthly guest speaker to help by sharing their story and any advice they can give out to the attendees:

Sign-up for WAF Series here:

https://us02web.zoom.us/webinar/register/WN_kQ9KLhQ2T0WkU0sexazsfw

Air fryer conversion chart

If you are new to air fryer, below are the temperature and timing conversion charts.

Oven time	Air fryer time
10 mins	8 mins
15 mins	12 mins
20 mins	16 mins
25 mins	20 mins
30 mins	24 mins
35 mins	28 mins
40 mins	32 mins
45 mins	36 mins
50 mins	40 mins
55 mins	44 mins
60 mins	48 mins

Temp C	Temp Fan C	Air fryer temp C
190	170	150
200	180	160
210	190	170
220	200	180
230	210	190
240	220	200

Sight Matters Audio Library

If you need an up to date catalogue, please let us know and we will forward one onto you.

Item No	Title	Author Forenames	Author Surname
FI9034	A Cornish Summer at Pear Tree Farm	Angela	Britnell
MM2005	A Heart Full of Headstones	Ian	Rankin
FI9048	A Rose and a Promise	Katie	Flynn
MM1993	A World of Curiosities	Louise	Penny
FI8097	Absolution	Patrick	Flanery
BM409	Agatha Christie A Very Elusive Woman	Lucy	Worsley
MM2017	All Kinds of Dead	James	Craig

FI9033	An Orphan's Wish	Elizabeth	Gill
MM1994	Banking on Murder	J.D.	Whitelaw
FI1889	Beyond a Misty Shore	Lyn	Andrews
BM408	Beyond Supervet	Noel	Fitzpatrick
FI9063	Bonny & Read	Julie	Walker
FI9055	Chocky	John	Wyndham
FI9046	Clara & Olivia	Lucy	Ashe
MM2022	Dead of Night	Simon	Scarrow
MM1995	Death on the Downbeat	Sebastian	Farr
FI9035	Death to the Emperor	Simon	Scarrow
MM1996	Down to the Wire	Andy	McNab
FI9047	Elsie's Wartime Wish	Carol	MacLean
MM2028	Encore in Death	J.D.	Robb

FI9036	Far Across the Ocean	Suzie	Hull
MM2019	Fatal Proof	John	Fairfax
FI9056	Fear and Lovely	Anjana	Appachana
FI9037	Goodbye Mersey View	Andrews	Lyn
CH334	Grannysaurus	David	Walliams
FI8354	Half a Sixpence	Evie	Grace
BM407	I'll Take That One	Kitty	Baxter
FI9038	Love Untold	Ruth	Jones
MM2004	Mad Honey	Jodi	Picoult
FI9057	Merrily Ever After	Cathy	Bramley
FI9039	Miss Martha Mary Crawford	Catherine	Cookson
MM1997	Murder at Aldwych Station	Jim	Eldridge
MM2025	Murder by Mistake	Lesley	Cookman

MM2007	Murder Most Royal	S.J.	Bennett
MM2003	No Plan B	Lee	Child
FI9040	One Beat of a Heart	Kay	Seeley
MM2008	One by One	Helen	Bridgett
MM1998	Open Season	Quintin	Jardine
FI9061	Orphans of War	Sylvia	Broady
FI9045	Paper Cup	Karen	Campbell
FI9032	Polar Shift	Clive	Cussler
FI9062	Poppy Woods	Lily	Adam
MM2021	Questions For a Dead Man	Alex	Gray
FI9050	Secrets of the Cottage By the Sea	Rebecca	Alexander
MM2013	Showstopper	Peter	Lovesey
FI9043	Shrines of Gaiety	Kate	Atkinson

FI9051	So Pretty	Ronnie	Turner
MM2015	Something to Hide	Elizabeth	George
FI9053	Summer at Seastone	Judith	Lennox
MM2026	The Askham Accusation	Rebecca	Tope
MM1633	The Bad Fire	Quintin	Jardine
MM1999	The Buried	Sharon	Bolton
MM2000	The Camden Murder	Mike	Hollow
FI9052	The Cinder Path	Catherine	Cookson
FI9054	The Circus Train	Amita	Parikh
MM2010	The Collector	Anne Mette	Hancock
MM1407	The Counterfeit Crank	Edward	Marston
FI9058	The Daughter-in Law	Fanny	Blake
MM2012	The Drift	C.J.	Tudor

MM2024	The Dungeon House	Martin	Edwards
MM2014	The Foxes of Warwick	Edward	Marston
FI9060	The Gambling Man	Catherine	Cookson
FI9064	The Heroines	Laura	Shepperson
MM2016	The House at the End of the World	Dean	Koontz
FI9042	The House of Fortune	Jessie	Burton
MM2001	The Last To Disappear	Jo	Spain
MM2020	The Merchant Murderers	Michael	Jecks
MM2023	The Mysterious Mr. Badman	W.F.	Harvey
MM2027	The Proof in the Pudding	Rosemary	Shrager
FI9065	The Ragged Valley	Joanne	Clague

MM1727	The Roots of Evil	Quintin	Jardine
MM2011	The Second Stranger	Martin	Griffin
FI9041	The Secret of Angel Cove	Sheila	Norton
MM2018	The Secrets of Pencarrack Moor	Terri	Nixon
MM2009	The Shadow Collector	Kate	Ellis
FI9049	The Strawberry Field Girls	Karen	Dickson
FI9044	The Twelve Topsy Turvey Very Messy Days of Christm	James	Patterson
FI9059	The Vintage Shop of Second Chances	Libby	Page
MM2002	Waste of a Life	Simon	Brett
MM2029	What July Knew	Emily	Koch

MM2006	Written in Blood	Caroline	Graham
--------	---------------------	----------	--------

A thought for the day – Gift Republic

Don't let the fear of what could happen stop anything from happening

Recipe

One-pan salmon with roast asparagus

Prep:20 mins Cook:50 mins

Serves 2

For an easy side dish to complement a spring roast, just cook this recipe without the salmon

Ingredients

400g new potato, halved if large

2 tbsp olive oil

8 asparagus spears, trimmed and halved

2 handfuls cherry tomatoes

1 tbsp balsamic vinegar

2 salmon fillets, about 140g/5oz each

handful basil leaves

Method

STEP 1

Heat oven to 220C/fan 200C/gas 7. Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.

STEP 2

Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.

Sickness

- If you have Coronavirus symptoms, please stay away from the Centre

- 1.a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- 2.a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you

usually have a cough, it may be worse than usual)

3. loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
4. Shortness of breath

Please remember that if you are suffering with a sickness and diarrhoea type illness, it is essential that you do not attend the centre until 48 hours after your last episode. If, however you require assistance, please contact us immediately.

Complaints Procedure

Whilst we appreciate the positive feedback that we receive on a regular basis, there may be times when we have not provided an acceptable standard of service. If you do have a problem or concern and you are able to make a member of staff aware of it at the time, they will endeavour to resolve the matter quickly. If this is not possible then we have a complaints procedure available on request in your preferred format.

A standard digital version of Optic Topics can be obtained from the Manx Blind Welfare Society on request.