

# SIGHT MATTERS

## Optic Topics

Issue 40

Spring 2023



**Fun! Fun! Fun!** That's what we have at our younger members activity club!

They've 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.

## Member quotes

### 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](mailto: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 19<sup>th</sup> 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.

## Member events

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.



The members attending have been enjoying the activities some of which have been craft workshops.



We have the following events coming up for our over 18's members. 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 17<sup>th</sup> 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 2<sup>nd</sup> 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.

**11<sup>th</sup> 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.

**12<sup>th</sup> 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.

**26<sup>th</sup> 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 24<sup>th</sup> 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 cake for ourselves.

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 7<sup>th</sup> July Craftworks 10.30-1pm**

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

**Monday 17<sup>th</sup> 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 22<sup>nd</sup> 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 24<sup>th</sup> July 2-4pm House of Manannan**

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



## **Northern Activity Group**

From the 21<sup>st</sup> 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](mailto: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 a refreshments afterwards too! If you are interested in joining the group, please give Julie a ring on 674727

## **Fundraising events**

**Friday 12<sup>th</sup> 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](mailto: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.

## 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 allows us to provide, free at the point of delivery services, to the blind and visually impaired on the island.



## Car wash



Peter and Sam are excited for our car wash, are you?

Our younger members are partnering with the IOM Fire and Rescue service to hold a car wash on, Sat 15<sup>th</sup> 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.



## 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 5<sup>th</sup> and 6<sup>th</sup> 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 ([peter@sightmatters.im](mailto:peter@sightmatters.im)) if you'd like to find out more.

## Audio library

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](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

## The VIP Store

Stock has been rushing out with our sale over the last couple of weeks. We are hoping to continue these in the coming weeks with some great bargains, so keep an eye out!!

We have recently had a few requests for music LP's and singles. Any donations would be gratefully received.



As the seasons are changing, so is our stock. We are in need of some ladies' skirts. If it's time for you to have a sort out, please think of us!

We are looking to covers a couple of shifts in the shop, if you are interested in volunteering for us, please contact us for more information.

## Events



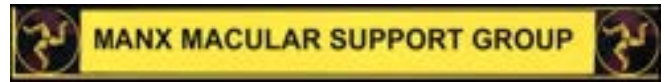
Over 65 people enjoyed a night of fantastic entertainment from WASP Murder Mystery and helped solve the mystery of the Costa Del Murder!

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



Registered Charity 1258

### 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/9WDLVV>

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.



(photo shows the Amazon locker facility The New Royal)

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.



(Photo shows the view from the Restaurant in the New Royal)

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 meters 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.

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## 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](https://us02web.zoom.us/webinar/register/WN_kQ9KLhQ2T0WkU0sexazsfw)

## 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: [Mcal@gov.im](mailto:Mcal@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.

### **Wishing you all a very happy Easter!**



# 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.

# Our Services



## **Transport**

We currently have four Society vehicles, two minibuses, a people carrier and one car. We are therefore able to offer help to many of our members to attend our centre and to travel to and from the various functions and events we hold

throughout the year.

## **Audio Library**

We have a range of mp3 stick audio books. We are supported in the delivery of these audio library books by the IOM Post Office who deliver the books and our weekly news sticks as items free for delivery to visually impaired and blind people.

## **Outreach visits**

A member of our team can arrange to visit you at home/hospital to assist with supporting your needs.

## **Specialist Equipment**

We have a range of assistive technology to help visually impaired and blind people; some of the simplest items like talking clocks, make the biggest difference in helping people with sight difficulties to live more accessible lives

## **Weekly News**

Our well used weekly news service provides an invaluable source of information to in excess of 100 people who rely on hearing the local news brought to them in detail on MP3 sticks; we issue players to all who require this fabulous service.

## **Social Activities**

We run a series of activities designed to enhance the lives of the local blind and visually impaired community, and we have new and exciting ideas being brought forward regularly, some of which provide real challenges to the staff and volunteers who provide our services. We hold luncheon clubs in our centre on Tuesdays, Wednesdays and Thursdays. These consist of a three-course meal with a menu second to none and we can cater for all dietary and most other menu preferences.

## **Visual Impairment Awareness training**

We run courses designed to assist organisations who may occasionally deal with blind and visually impaired clients. We can bring the training to businesses and provide

them with a chance to strengthen their customer service for this vulnerable group of people.

## Events

We regularly run events for the Society. These vary from week to week and we have adopted a no holds barred approach to the entertainment provided!

## Buddy Service

We provide a carefully matched volunteer Buddy service for some of those of our members who prefer to have occasional one to one assistance in their own homes

## Charitable status

We are a charity totally reliant on the contributions and donations of our many wonderful supporters; in particular we are grateful to the people of the Island who continue to give generously to our work. Much of our work is supported and delivered by our fabulous teams of volunteers. Membership is free to anyone living with challenges to their vision and most of our services are provided without charge.

Please feel free to visit our Centre and review our operations. We welcome constructive feedback and thoughts and ideas on how we can further improve our services. We are pleased to offer 'walk and talk' tours of our facilities to organisations of all types.

Sometimes it can be very difficult to find out what help is available. We have a wide range of services and support to offer the best help possible.

We are here to discuss any issues that affect the lives of people with serious sight loss.

**Call us confidentially on 674727**



### SIGHT MATTERS

Corrin Court, Heywood Avenue, Onchan, Isle of Man, IM3 3AP

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Sight Matters is a trading name under Manx Blind Welfare Society Registered Charity No. 132.

If you would like this letter in large print, please contact our office on 674727.

