



# SIGHT MATTERS

## Optic Topics

Issue 39

Winter 2023

### Changes afoot



**A message from Mr Ian Cooil** - I feel extremely privileged to having led this fine Manx charity for the last 12 years. During that time, I have found myself time and

again humbled by the dedication of my colleagues, our Trustees and our outstanding team of volunteers. I remember with great affection turning up for my interview on a snowy morning in early December 2010 and being told that the interviewers were running 30 minutes behind and rather than being left in reception I was invited to have a cup of tea and wait with a couple of visually impaired ladies in the Corrin Court Social room. The ladies were charming, asking me questions ranging from who my parents were, where I had gone to school, what jobs I had before applying for the post on offer, whether I was married, had children, did I have a dog, had I lived over the water, frankly everything bar the colour of my underwear! It was a typically "Manx" first meeting.

At my second interview a week later I was surprised when one of the formal interviewers, asked me if I had been taught by a Miss Christian when I was at Braddan Primary school, followed by did I enjoy my holiday in the lake district during the summer and did I take Megan my border collie with me!!!

I'm sure it was the two ladies who swung the vote and I'll always be grateful to them for putting in a good word for me!

My role as Chief Executive has been an extremely rewarding one. It is truly wonderful to see the transformation in people who can find themselves at the lowest point of distress but with help of our staff slowly, but surely, starting a journey of hope, inspiration, and independence.

Our staff and volunteers are the beating heart of our services. They are the epitome of all that is good in people. They were outstanding through the worst of the Covid shut downs showing levels of dedication which any organisation would be proud of. I look forward to seeing them develop services further in the coming years under the leadership of Cathryn who has been telling people for the last 18 months that she has the best job in the world ..... when she takes over from me on the 1<sup>st</sup> January 2023 she really will have the best job in the world!

Best wishes to all of our members, volunteers, trustees, staff and in particular to the Manx Public for their generosity for keeping Manx Blind Welfare Society a truly pure charitable organisation .

### **A message from Ms Cathryn**

**Bradley** - I am delighted and honoured to be taking up the position

of Chief Executive on 1<sup>st</sup> Jan, 2023 when Ian retires - he certainly has left huge shoes to fill and it is thanks to him that we are in the position we are in today. I have always said I have the best job in the world and I don't envisage that changing. Sight Matters is an exceptional organisation and one we should all be proud of, whether as staff, volunteers or members. There are challenging times ahead due to circumstances outside our control; we will have to be creative to make sure we continue to deliver the high standards of support and services that our members deserve. There's a great saying "if it ain't broke, don't fix it", so you won't see any significant changes to what we do but due to ever increasing regulatory requirements across a number of areas, much of my early work will be working with the team and Trustees to meet these standards.

Ian has been with us for 12 years, I wish him a long, happy but most importantly, healthy retirement. He will be greatly missed and I hope he makes good on his promise to return as a volunteer after a well-deserved break.

## Facebook Group

We have created a group on Facebook called 'Sight Matters Members'. Please join if you are a Sight Matters member or have a family member/friend who is. The group will be used to share

updates and information relevant to you or your loved one. If you need help joining or accessing the group, please let us know!

## Speed of Sight track days



We are delighted and excited to be working alongside the British and Irish Trading Alliance (BITA), a networking organisation who work across the British Isles to bring businesses together to raise sponsorship for charities. BITA are bringing Mike Newman to the island on Tuesday 25<sup>th</sup> and Wednesday 26<sup>th</sup> April, 2023 and running race track days at the circuit in Jurbly for 50 people over the two days. Mike has been blind since birth and until recently, was the fastest blind racing driver in the world. He currently holds 7 world speed records, including on a motorbike, in a car, on water and in a truck. Mike is a fabulous ambassador for the blind and visually impaired and it is a real coup that he is coming to the island.

There's still a lot to organise, not least securing sponsorship, but we, and BITA, are confident we can achieve this. More information will be released as soon as it is available but if you are interested in having a place, please email Julie CANNON on

[jcannon@sightmatters.im](mailto:jcannon@sightmatters.im), Cathryn BRADLEY on [cbradley@sightmatters.im](mailto:cbradley@sightmatters.im) or call 674727 to express your interest.

There is a registration fee of £59 for each attendee. We will meet half the cost but there will be a cost of £30 to be met by the member. We will not be providing transport to and from the venue.

(from aged seven and upwards)

## Members events

Julie's first few months in post have been eventful and she has loved getting to know the members.

Some of the events that members have participated in with Julie are: A fabulous local performance of 'Grease' at the Gaiety



They put on their dancing shoes and danced the night away at the 80's night at the Villa Marina.



Members clapped and sang along to the songs of Frankie Vallie and the Four Seasons at the Gaiety.



Members from the South of the Island enjoyed a lovely meal at The Shore and had a catch up. It was great to have new members in attendance.



Members have continued with the monthly Guided Walks and we have recently been to Bishopscourt Glen and St Johns where we learnt about the railway lines that passed through and how David (our Blue Badge guide) spent his youth and the mischief he got up to which was amusing.



Some members braved the strong winds to pay their respects at the local Remembrance Day Service in Onchan followed by lunch at the Archibald Knox.



Ladies enjoyed Christmas shopping with some Prosecco and nibbles at Whim in Laxey.

## A special Christmas gift

Savannah is three, she has neurofibromatosis and is rapidly losing her sight as there are tumours on her optic nerve and it is expected that she will have no sight in the near future. Savannah's family asked if we could help make her final Christmas with sight an extra special one with the creation of a winter wonderland for her.



Could we? Of course, we could! A big thank you to everyone who helped us

make this Christmas wish for this wonderful little girl!



The IOM Prison and Probation Service Resettlement Team for setting up the lights, Event Management Solutions IOM for the snow machine, the Castletown Metropolitan Silver Band to play carols, staff & volunteers from Sight Matters to sing along with the band, Nampak International who provided the most fabulous hampers and gifts for the family, Castletown Town Commissioners who supplied the all-important box to switch the lights on and officers from the Isle Of Man Constabulary Southern Neighbourhood Policing Team who dropped in to keep the crowd in order. BBC Isle of Man, Manx Radio, Isle of Man Newspapers, 3FM & SM Creative Photography



## Little Star

McKenzie Holmes is one of our younger members, who is only 5 and an active participant in our younger members group. All our members are stars but McKenzie has official recognition as a "Little star" having won this award at the A Little Piece of Hope charity Heroes in Mann awards in November, 2022.



He received the award for perseverance, overcoming obstacles, his bravery and attitude despite his blindness. Congratulations McKenzie, a fantastic ambassador for the blind and visually impaired.

## The Great Curling Competition

Our lunch club members had a few days of action competing in our first indoor curling competition!! The luncheon club members fought it out



against their friends on their given luncheon club days with the final culminating in the top three from each team battling for the title '**Champion of Champions**'!



(photo shows Jessie's curling skills)

Congratulations to all our winners.  
The results are as follows:

### **Tuesday Group Results**



(photo shows Bert, Kath & Doreen)

**Gold** – was professionally won by Kath King

**Silver** – a well-deserved place went to Doreen Thomas

**Bronze** – after a play off between two members Bert Lindsay took the bronze after landing his curling stone on the centre of the target scoring the highest possible points.

### **Wednesday Group Results**



(photo shows Mick, Evelyn & Sue)

**Gold** – Evelyn Clague got an early lead with a top scoring first round and easily managed to keep the lead throughout the game

**Silver** – was skilfully played for by Mick Dadford

**Bronze** – Sue Dentith, a newcomer to the game who showed a natural talent took third place for her chance to shine in the final

### **Thursday Group Results**

**Gold** – some incredible playing by the wonderful Jessie Fayle. Our most

mature player of the competition at **103 years**.

**Silver** – Joan Kelly soared into second place with a great score

**Bronze** – saw another playoff and was gracefully won by Jean Archer



(photo shows Jean, Jessie & Joan)

### **'Champion of Champions'!**

It was time for the big final and all were keen to do their best – you could feel the tension in the room.

A huge congratulation goes out to our final winners:



(photo shows from left Mick, Kath & Jean)

**Gold** -Kath King winning her second gold medal of the event.

**Silver** - Jean Archer managed to improve skills sweeping the silver medal

**Bronze** - Mick Dadford used his indoor bowling master skills to claim third place winning the bronze medal.

A big thank you to the Co-op for sponsoring the event and to our lovely team of staff and volunteers who helped throughout the sessions.

## **Christmas wreath making**

We held a couple of Christmas wreath making sessions lead by Tom from Alexander Nurseries in Douglas. Attendees made up their wreaths using different foliage from the garden and were delighted with the finished products! We have to say they all looked beautiful! A big thanks to Tom and volunteer Christine.







We also held a private session for staff at MFX who enjoyed some team building. They later held a competition





on their website asking who made the best wreath. We think they all did a brilliant job!



## Younger persons activity club

Our younger members have been having lots of fun with the last of their activities for 2022. We've had turnip decorating at Cregneash, visits to farms, carting, cookery classes with some lovely pizza and ice cream sundaes made, they've redecorated the wooden Christmas and had their delicious Christmas lunch in Peel along with some surprise gifts.

We try to keep the club varied with activities all the children will enjoy. All these activities are free of charge.

If you child has a visual impairment, please speak to us about them joining the group and help them to make precious memories.





We have created the schedule for the first half of 2023.

**Sat 14<sup>th</sup> January** – 10am-3pm Tenpin Bowling at Pepsi Max Bowl with lunch in their Diner

**Sat 25<sup>th</sup> February** – 11am-4pm Take Away Pizza followed by Wild Child events Slime workshop

**Wed 22 February** – 2pm-6.30pm Manx Wildlife Trust (poop workshop), Planting our Christmas tree decorations followed by Chinese Take away at the Centre

**Sat 18 March** – 11am-4pm Lunch at the Ramsey Park Hotel followed by Bush Craft with the Venture Centre

**Mon 10 April**– 11am-2pm Groudle Easter Train ride followed by lunch at Port Jack Chippy Diner

**Wed 19 April** – 11am-2pm Lunch at the Victory Café followed by a film in their Cinema & trip up to Snaefell Mountain on the tram

**Tues 25 & Wed 26 April** – different time slots through the day. Speed of Sight Track day at Jurby race circuit. There will be no transport provided and the cost will be £30 pp Over 7-year olds

**Sat 29 April** – 10am-1.30pm - Cookery with Claire Quayle at the Centre, Burger making & Pancake dessert

**Sat 13 May** 11am-3pm -Chocolate party at Choccy Piccy – making or designing our own chocolate, hot chocolate in their hot chocolate bar with grazing plater lunch (limited numbers)

**Sat 10 June** 11.30am-5pm Lunch at Leonardo's Restaurant followed by pottery painting at the Craft Works

**Sat 22 July** – 12pm-4pm Lunch at the Creek followed by Casey J fishing trip  
**TBC**

## Upcoming member events – over 18's

We have some exciting events planned for early next year. If any members are interested in attending any of the events below please give Julie a call on



674727 or email

[jcannon@sightmatters.im](mailto:jcannon@sightmatters.im) Transport is available for the following events.

### **Thursday 12<sup>th</sup> January Manx Museum 100**

Would you like to join Julie on a guided tour of the Museum's latest collection of extraordinary artefacts and achieves that help tell the story of the Isle of Man and its people? Several tickets available for the tour at 11am. This is a free event for members

### **Thursday 9<sup>th</sup> February 6pm Social Meal Hawthorn 6pm (for members who live in the west of the island)**

Any members living in the west of the island interested in meeting for a lovely meal and chin wag at the Hawthorn on Thursday 9<sup>th</sup> February at 6pm

### **Friday 24<sup>th</sup> February Lost in Music at the Villa Marina**

If you fancy putting on your flares and dancing shoes (joking about the flares but not about the dancing) and join us on a musical journey straight to the heart of disco!

This tribute show is sure to have you dancing in the aisles, with songs such as Never Can Say Goodbye, On The Radio, Hot Stuff, Car Wash, Boogie Wonderland and many, many more! This is a free event for members

### **Monday 30<sup>th</sup> January – Benefits Team at Corrin Court**

Social Security Department of Benefits have kindly agreed to visit Corrin Court. They can offer up to eight ½ hour slots for members who would like advice regarding benefits.

### **Appointment slots must be booked through Julie Cannon at Sight Matters before the 20<sup>th</sup> January.**

Just to make members aware you are also able to self-refer to the Benefits Team via email [referrals.ssd@gov.im](mailto:referrals.ssd@gov.im) giving your name, contact number and enquiry and they will call you back and can arrange to visit you at home or at the Benefits Office.

### **Saturday 4<sup>th</sup> February- Manx Whale and Dolphin Watch 2-3pm at Corrin Court**

Jen will talk about the organisation its role and research and about whales, dolphins and porpoises that frequent Manx waters and how they hunt, communicate and have evolved. Refreshments will be served.

### **Monday 13<sup>th</sup> February -Acoustic Shooting-Corrin Court**

Would anyone like to come and have a go at Acoustic Shooting? This is a sport for any degree of sight loss and you do not need to have any previous experience and the session is safely supervised.

Acoustic shooting uses specially adapted rifles fitted with special sights, which measure the level of light reflected from a target. Participants wear special headphones to hear a sound, which becomes more frequent and a higher tone the closer they are to the target. Please contact Julie to arrange a time slot.

### **Saturday 1<sup>st</sup> April - Elvis at the Villa Marina**

Are you lonesome tonight? Well if you fancy feeling all shook up and taking a trip down memory lane why not join me for a fabulous evening celebrating the life of this iconic showman and telling the story of the King of Rock & Roll. Ben Portsmouth is touring in 2023 with his jaw-dropping new tribute show 'This is Elvis' alongside his live 9-piece 'Taking Care of Elvis Band'. This is a free event for members

### **Friday 28<sup>th</sup> April - Manx Aviation & Military Museum followed by lunch at The Shore Hotel**

Would you like to join me for a guided tour of the museum and discover the amazing story of civil and military aviation in the Isle of Man and also find out about the Island and its people both at home and in the armed forces in wartime? There are a range of exhibits relating the military and aviation history of the Isle of Man and the people who served in the Armed Forces both on and off island.

### **Local Activities**

There are lots of activities and social clubs going on locally that could be accessed by members. If you are not sure what is available or would like someone to go with you initially, please get in touch with me and I would be more than willing to help.

One activity that is on the rise is Wobble. This a fun sociable group session to music for people wanting to improve or maintain their physical and mental wellbeing. I have attended the session at the NSC and it was quite a workout.

Classes are available at the following locations (apologies as there may be other classes that I am not aware of):

Monday -St Andrews Church	6pm
Wednesday-West Coast Fitness	4pm
Friday-Braddan Church Hall	1pm
Friday-NSC	1pm
Friday-St Peters Church Onchan	3pm

### **Facebook Wobble**

**Fit:** <https://www.facebook.com/profile.php?id=100070824670676>

### **Monthly Activity Group**

Julie is exploring setting up a monthly activity group locally in Ramsey, Peel, Castletown and one at Corrin Court. The group at Corrin Court is due to commence on the 6<sup>th</sup> February. If you live in the East of the Island and would

like to attend, can you please contact Julie Cannon on 674727. Members will be informed when the groups in other areas are due to commence. Any suggestions on activities, talks or outings would be gratefully received.

## Annual General Meeting

Manx Blind Welfare's Annual General Meeting will be held on Tuesday 21 March 3.30pm at Corrin Court.

## Cost of Living Crisis

Lots of people are being impacted by the cost of living crisis. Please see below links to Government sites detailing what support is available due to the cost of living and a leaflet about how much appliances cost to run. Take a minute to read just what eats your electricity – it's a real eye opener

<https://costoflivingsupport.gov.im/>

<https://www.manxutilities.im/media/2441/v05-leaflets-cost-of-using-your-appliances.pdf>

## Upcoming Fundraising events

**Friday 3<sup>rd</sup> February, 7pm at Corrin Court- Quiz Night**

Come along to one of our ever-popular Quiz Nights with our very own Dave being your master of ceremonies. A mix of quizzical rounds to challenge you into 2023! Sandwiches and cake provided, bring your own drinks. Tickets just £8. This event usually sells out so to reserve your seats email [events@sightmatters.im](mailto:events@sightmatters.im) or call 674727

**Saturday 4<sup>th</sup> March at Corrin Court- Murder Mystery Night 7pm for 7.30 start**

Do you fancy yourself as a Super Sleuth or a Dashing Detective? Come join us and Wasp Murder Mystery to solve the Costa del Murder. A night packed with entertainment and laughter – why not make it a fancy-dress night too! Tickets are £25 per person, please order your food at time of booking

Main course Cheese or Steak Pie

Dessert Tiramisu or Lemon Meringue

Bring your own drinks

Email [events@sightmatters.im](mailto:events@sightmatters.im) or call 674727 to book

**Thursday April 6<sup>th</sup> ,10.30am at Corrin Court- Easter Coffee Morning**

Join us for a morning of coffee, cake and a chat at our Easter Coffee Morning. Stalls and raffle. Tickets just £1.50 on the door



## **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

## **Volunteering**

Sight Matters relies on a team of dedicated volunteers to help deliver its vital support and services to over 500 blind and visually impaired people in the Island and what better time than a new year to begin your volunteering journey

You can join a friendly team of like-minded people and be encouraged to find a role that suits your skills, interests, schedules, abilities and comfort zone. You will be supported by experienced members of the team with full training provided.

In particular we are looking for people to assist in the day-to-day running of our fundraising shop, The VIP Store, in Strand Street, Douglas, which sells good quality pre-owned clothes, books, ornaments and small items of furniture.

There are a range of volunteering opportunities including serving at the till, putting out stock, sorting through

donations and transporting items to the shop.

Other volunteering roles available with Sight Matters include reception duties, working in the library, recording and delivering the weekly news bulletin, driving or helping members in the minibus, participating in a range of member activities, assisting with the acoustic shooting group at its Onchan-based headquarters, Corrin Court, and much more.

Volunteer & Community Services Lead Debbie Thomson said: 'Volunteering is a wonderful way to give something back to the local community and is ideal for anyone wanting to enhance a university application or CV. We will work with you to find a role suited to your abilities and experience to ensure the opportunity is valuable for everyone.'

'We understand that free time is precious but whatever you can spare, even just one hour a week, would be invaluable to us. You could even volunteer with a friend or family member so you can spend time together while supporting us! Any time you can give will be immensely appreciated.'

If you think you'd like to make 2023 your year to volunteer call Debbie on 674727

## Do you need help?

Are you or do you know someone struggling to manage with the impact of sight loss and would like some help?

Did you know you don't have to be a member or be registered blind or partially sighted to get in touch with us?

To find out more information or just a chat, please contact Cathryn Bradley on **674727** or email **CBradley@mbws.org.im**

## The VIP Store

Our charity shop, the VIP Store is located in Strand Street, Douglas. We sell all types of clothing, shoes, bags, CDs, and Knick knacks.

If you haven't been in to see us, come in and take a look around. Our opening times are Monday -Saturday 10.30am – 4pm.

You can donate to us either in store, at our charity headquarters in Onchan, or in our recycle bins situated at Onchan commissioner's car park or Shoprite Victoria road, by the entrance of Linden grove.

## Donation Stations



Would you like to donate without leaving your office? Why not try one of our donations stations. The 85 centimetre-tall freestanding cardboard collection points are available free to any business which would like to make it easier for staff to donate to charity. The Society will deliver the donation station and can pick up donations whenever required.

If you would like more information please contact the Centre on 674727.



## Easy Reading Assistant

Mindcore is a student company participating in the Company Programme operated by the Educational Charity Junior Achievement Isle of Man. They have developed an app which is now available on the apple app store with an impressively accessible price.

ERA or Easy Reading Assistant is an all-in-one reading assistant to help you read more comfortably and efficiently. ERA, is a simple, intuitive application designed to help you read comfortably. It allows you to scan text or upload a PDF and customize the reading experience to your liking by changing colours, sizes, spacing and more. The text-to-speech feature allows for more diverse readers to hear their text. There's a handy inbuilt dictionary along with a range of annotation tools. Mindcore has developed a feature they call 'Enhanced Reading' which emphasizes the first half of each word, guiding the reader's eyes through the text and allowing them to read at higher speeds with greater concentration.

## A thought for the day – Gift Republic

Don't let what you can't do stop you from doing what you can do.

## Recipe

### Joe's wow chicken, cauliflower, leek and bean pie



#### Ingredients

- 1 head [cauliflower](#), leaves removed and cut into bite-sized florets
- 3 tbsp light [olive oil](#), plus extra for drizzling
- 1 large [leek](#), trimmed and cut into 2cm/<sup>3</sup>/<sub>4</sub>in pieces
- 400g/14oz [chicken thighs](#), boneless, skin removed and diced
- 3 tbsp plain or [wholemeal flour](#)
- 500ml/18fl oz [chicken stock](#)
- 200ml/7fl oz [milk](#) (any type)
- 1 [bay leaf](#)
- 4 fresh [thyme](#) sprigs, leaves picked
- 2 tbsp reduced fat [crème fraîche](#)
- 400g tin [cannellini beans](#), drained and rinsed
- 6–8 sheets [filo pastry](#)



salt and freshly ground [black pepper](#)

To serve

400g/14oz [purple sprouting broccoli](#)

2 tbsp [olive oil](#)

Method

Preheat the oven to 200C/180C

Fan/Gas 6. Toss the cauliflower and 1 tablespoon oil in a 2.5 litre/4½ pints pie dish or large roasting tin. Roast for 30 minutes until starting to turn golden brown.

Meanwhile, heat 1 tablespoon oil in a large frying pan over a medium heat. Add the leek and gently cook for 7–10 minutes until softened. Transfer to a bowl and set aside.

Return the pan to the heat and add the remaining tablespoon of oil. Once hot, add the chicken pieces and cook until golden, turning as needed.

Sprinkle the flour over the chicken in the pan and stir through, then

gradually stir in the chicken stock, using a spoon to scrape up any golden crusty bits from the bottom of the pan.

Once all the stock has been added, add the leeks back to the pan, along with the milk, bay leaf and thyme leaves. Stir until the sauce thickens, then take off the heat and stir in the crème fraîche and cannellini beans. Remove and discard the bay leaf, then taste and season with salt and pepper.

Once the cauliflower is roasted, pour the contents of the frying pan into the pie dish. Take a piece of filo pastry and scrunch it up in your hand. Place on top of the pie filling in the dish, then repeat with the remaining filo to cover the top of the pie. Drizzle with a little olive oil and bake for 25–30 minutes until the pastry is golden and crisp.

To serve, heat a griddle pan. Massage the broccoli with the olive oil and griddle for 3–4 minutes, depending on the thickness of the broccoli stems. Serve alongside the pie.

[www.bbc.co.uk/food/recipes/joes\\_wow\\_chicken\\_38529](http://www.bbc.co.uk/food/recipes/joes_wow_chicken_38529)



## 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

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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.

