



# SIGHT MATTERS

## Optic Topics

Issue 49

January 2026



Happy New Year and welcome to our latest edition of Optic Topics.

Starting a new year always brings a natural moment for reflection and looking forward. It is quite an honour for us to begin 2026, especially as this year marks our **90th anniversary** supporting the visually impaired community on the Isle of Man. Nine decades of dedication is a significant milestone, built upon the trust and engagement of people like you.

In celebration of this landmark anniversary, we have been developing a range of exciting plans and initiatives throughout the year.

## **Support us in our 90<sup>th</sup> year!**

### **90 for 90**

We're inviting individuals, families, community groups, and, crucially, our corporate partners, to embrace the number **9/90** as a catalyst for creative fundraising. This isn't just a challenge; it's a chance to dedicate your passion to support our vital work, ensuring we can continue our mission for the next 90 years.

How to Take on the '9 or 90' Challenge

The concept is simple: think of an activity, event, or personal goal centered around the number 9 and use it to raise sponsorship or a direct donation. The beauty of the '9' Challenge is its flexibility—it can be physical, mental, social, or skill-based. Get creative and make it your own!

Some examples could be:

Walk, run, or cycle 90 miles over a month.

Do 9/90 minutes of non-stop exercise (e.g., yoga, dance, or a gym circuit)

Give up a luxury (like coffee or a favourite snack) for 90 days and donate the saved amount.

Learn a new skill for 9 minutes a day for a week and be sponsored for the achievement.

Host a community bake sale selling 90 handmade treats.

Host a quiz night and charge £9 per person for a maximum of 10 tables (totalling 90 people or more).

Ask 90 friends, family members, or neighbours to donate £1 each

The 90-Minute Blitz: Dedicate 90 minutes of company time to a specific activity (e.g. a blindfold challenge to understand the difficulties those with a

visually impairment, a sponsored 'silence' challenge or a collective walk

## Charity of the Year

As we celebrate our 90th year of dedication and impact, we invite your company to share in this historic moment by selecting us as your Charity of the Year. Let's make history together!

## Get Your 2026 Supporters Pack

Sight Matters is pleased to announce the launch of our 2026 Supporters Pack, marking this important milestone as the charity celebrates 90 years of supporting blind and visually impaired people across the Isle of Man.

The pack has been created to help individuals, community groups, schools and workplaces engage with this special anniversary in a practical and accessible way.

To ensure inclusivity, the Supporters Pack is available in both printed and online formats, allowing people to choose the format that best suits their needs.

The 2026 90 for 90 Supporters Pack contains:

An overview of our 90-year journey

Ideas for activities and events that people can organise independently

Planning tools and templates

Guidance on sharing stories and progress

The pack has been designed to be clear, structured and welcoming, helping participants feel confident in taking part.

### How to Access the Pack

Printed copies of the 2026 Supporters Pack can be requested from Sight Matters, and the online version is available through our website and social media channels.

### Eye-Ris

You'll find our mascot Eye-Ris popping up in this edition. If you would like a visit from her to help with your fundraising, let us know!



### Easter Trail

Following the success of this last year, we will be opening up the Freedom Field between 7<sup>th</sup> and 10<sup>th</sup> April (9am-4pm) to look for clues to complete a quiz. Trail sheets will be available in reception

# School Banger Sing-a-Long sponsored by Nedbank Private Wealth



This February, we're inviting you to ditch the winter blues and dive headfirst into the joyous, slightly embarrassing memories of your school days with our **"School Banger"** event.

Forget complex challenges or expensive galas—this is about gathering your friends and colleagues for a light-hearted sing-along of all those classic school assembly songs you know (and secretly love), with a pint in hand. Along with the worst raffle ever and a cheesy disco to top off the night - it's the perfect way to spend a Saturday night

When: Friday 20 February 7.30pm

Where: Manx Legion, Market Hill, Douglas

Price: £20

How to get tickets: phone 674727 or email [events@SightMatters.im](mailto:events@SightMatters.im)

# Janet Gray MBE – sponsored by Callin Wild & Douglas Rotary Club

On Friday 20 March 2026, the Empress Hotel will host an inspiring evening with Janet Gray MBE – a world champion water skier whose story of resilience and determination has touched audiences across the globe.

Janet lost her sight suddenly at the age of 21 due to a rare form of glaucoma. Rather than allow blindness to define her, she went on to become a three-time World Disabled Water Ski Champion, breaking barriers and setting records in a sport not typically associated with visual impairment. Her journey became even more extraordinary following a near-fatal training accident, after which she fought her way back to reclaim her world title once again.

Her visit to the island, organised by ManninSight, a fundraising arm of Sight Matters, offers a rare chance to hear directly from someone whose life embodies strength, perseverance, and the refusal to give up. Janet's message is clear: sight loss doesn't close doors—new ones can open with the right support, mindset, and determination.

## Event Details

**Date:** Friday 20 March 2026

**Venue:** Empress Hotel, Douglas

**Price:** £65 per person

**Includes:** A three-course meal, tea and coffee, Janet's talk, and an opportunity for audience questions

Tickets: Available <https://sight-matters.idloom.events/dr-janet-gray> or phone Sight Matters on 674727

Tables of ten are available, and individual tickets can also be purchased.

## Quiz Night

Always popular – get your friends together for our Quiz Night! It doesn't matter if you're a seasoned Quizzer or not – this is a great way to spend a Friday night with the team at Sight Matters! Soup provided, byo drinks & snacks. Teams of 4-6, smaller numbers will be popped into a team

**Friday 6<sup>th</sup> March, 7pm, Sight Matters**

£15 ticket

## Coffee Morning

Get ready for Spring with our Easter Coffee Morning. Meet up with your friends over coffee, cake & chat. We'll have all your favourite stalls ready for you.

Thursday 2nd April, 10.30am, £2.50 entry (stalls open at 10.30am)

## Dining in the Dark – sponsored by Simcock's

On Saturday 25 April, join us for an unforgettable evening designed to awaken your senses and broaden your understanding. As you navigate a delicious, multi-course meal in complete darkness, you'll discover the rich textures, nuanced flavours, and aromatic bouquets of your food like never before. Conversations will flow more freely, laughter will resonate more loudly, and your appreciation for the everyday gift of sight will undoubtedly deepen.

This isn't just a meal; it's an immersive journey that offers a small glimpse into the world of individuals who live with visual impairments, fostering empathy and awareness in a truly memorable way. Every ticket purchased directly contributes to our vital work, helping us continue to support local blind and visually impaired people.

Come, tantalise your taste buds, engage your mind, and open your heart. Secure your spot today for an evening that promises to be enlightening in the most unexpected way.

**Date:** Saturday 25 April 2026 7pm

**Location:** Sight Matters, Corrin Court, Heywood Ave, Onchan

**Tickets:** £75 to include a bottle of wine

**Information:** email [events@SightMatters.im](mailto:events@SightMatters.im) or phone 674727

## **Wellbeing Day - Saturday**

### **16<sup>th</sup> May at Sight Matters**

Want a day just for you? Our first Wellbeing Day will be just that – rest and relaxation with workshops throughout the day designed to make sure that you take care of you! The programme will be announced soon, but to register your interest email **events@sightmatters.im**

## **Secret Gardens**

We are excited to be part of the Onchan secret gardens again this year. Being held on 13<sup>th</sup> & 14<sup>th</sup> June, ticket holders can visit over 14 gardens. Monies raised will be shared between Sight Matters & Housing Matters. What a fab way to support to great charities and have a good skeet!

Look out for further details

## **MBWS AGM**

Our AGM will be held

**On: Wednesday 18 March 2026  
3.30pm**

**At: Sight Matters, Corrin Court,  
Heywood Ave, Onchan**

A copy of the summarised minutes from last year's AGM were sent out with the Optic Topics in July 2025. If you haven't received it or would like another copy please contact us on 674727 or [enquiries@sightmatters.im](mailto:enquiries@sightmatters.im)

## **World Braille Day – 4 January**

Braille is a tactile system of reading and writing that uses raised dots to represent letters and numbers. Invented in the 19th century by Louis Braille, it provides a crucial tool for literacy and independence for blind and partially sighted people. By feeling the patterns of dots, users can access everything from books and signs to product labels. Though technology has advanced, Braille remains a fundamental way for millions to engage with the written word, ensuring access to education and information worldwide.

Did you know that with our specialised braille embosser, we're able to create accessible documents? We can transform standard text into a braille material empowering individuals to read and engage with the world independently.

## **Meeting the needs of people with Monocular Vision**

Monocular vision means sight in one eye only. Vision is usually normal in the good eye. People with monocular vision may adopt a compensatory head posture, turning their head to one side more than usual.

**Key features:**



A person with monocular vision may have difficulties with activities which involve judging distance, depth and speed. Most people, however, learn their own ways to overcome these problems. There are a few activities that are limited by having good vision in one eye only.

## **What are the implications?**

### **Field of vision:**

On the affected side the field of vision is reduced by about one third.

A person with monocular vision may be unaware of people and objects on his/her blind side.

### **Depth of vision:**

A person with sight in one eye may have difficulty judging distances and depth.

### **Hand-eye co-ordination:**

Difficult activities can include pouring liquids, threading, cutting out and tying shoelaces.

### **Judgement of speed and distance:**

Outdoor court activities may be frightening because of fast moving groups of people or objects. Navigating busy pedestrian areas and road crossings can also impact on a person's confidence.

## **Strategies to support individuals:**

### **Inside:**

Make sure that everything of importance is either in front of the person or to their good side.

The person supporting them should sit on the persons good side when working with them.

When using text, this should be placed on the persons good side.

Try to maintain eye-to-eye contact with the persons sighted eye.

### **Outside:**

People with monocular vision may be reluctant to join in some activities and may need some encouragement.

Ball games will be more difficult for a person with monocular vision.

During or when watching sports activities, the person will need to be positioned so that he/she has a good view of the pitch with their 'seeing eye'.

Vigilance and extra support may be needed when in busy or unfamiliar areas.

Try to keep walkways free of obstacles and be aware of half opened windows and doors. The person may have difficulty judging the depth of stairs and kerbs.

Road safety issues should be emphasised, as the person may be less aware of traffic approaching on their 'blind side'.

## **Nutritional Supplements**

There are many nutritional supplements available which claim to be good for your eyes. One of the formulations has been shown to help people who are at high risk of developing wet age-related macular degeneration (AMD), by reducing the rate of worsening. It is not clear whether the other supplements that are on the market are of benefit or not. The general advice remains for individuals to eat a good balanced diet and not to smoke.

### **Can nutritional supplements prevent or cure eye disease?**

The Age-Related Eye Disease Study (AREDS)<sup>1</sup> showed that one particular formulation (available commercially as Ocuvite Preser Vision AREDS formula) could help slow down the progression to advanced AMD if the patients were at high risk of developing the condition. However, for most people there was no significant benefit of taking the supplement. Since the AREDS study, several new formulations of nutrients have been developed and some are currently being tested. Until these studies have been completed we do not know whether these are beneficial in slowing down the progression of AMD.

Without definitive scientific evidence of the effectiveness of these supplements, the general advice is not to smoke and to eat a good balanced diet which contains lots of coloured fruit and vegetables.

### **Are there any dangers in taking nutritional supplements?**

The formulation used in AREDS contained much higher concentrations of some of the ingredients than is normally recommended for daily intake. One of these, beta carotene has been linked to an increased risk of lung cancer in smokers and so the formulation is not recommended for people who smoke.

Vitamin E supplementation is associated with an increased risk of heart failure in patients with diabetes or vascular disease. It is therefore recommended that you discuss your individual case with your optometrist before taking any nutritional supplements.

### **Is there anything else I can do to protect my eyes?**

AMD has been linked to smoking and obesity so we would recommend that you try to keep to a healthy weight and stop smoking.

Although there is no definitive scientific evidence of the effectiveness of nutritional supplements for most people we believe that good health advice is to eat more dark leafy green vegetables (e.g. spinach and kale) which contain carotenoids (lutein and zeaxanthin) as these may help to protect your macula (the central area of your retina) from damaging blue light. We also believe that including oily fish in your diet may be beneficial for AMD.

# A Season of Adventure

## – Highlights from the Younger Members Group

The younger members of our group enjoyed a truly unforgettable season of exploration and fun, packed with adventures across the Manx landscape, from the water to the woods.

### Thrills on the Water

Our unforgettable summer kicked off with exciting canoeing and kayaking sessions on Mooragh Lake, expertly hosted by the Venture Centre. While canoeing was a familiar stroke for some, kayaking was a novel and highly enjoyable experience for all. A huge thank you to the fantastic instructors whose guidance and enthusiasm made these thrilling water adventures possible.

We followed this up with a fun and highly informative tour of Ramsey Lifeboat Station led by Dawn Colley and the dedicated crew. As our photos clearly show, learning through play is always the best way to absorb new facts!





Later in the season, we set sail on the Sailing for the Disabled yacht from Peel. Though the weather wasn't entirely on our side that day—preventing us from getting much further than Corrin Folly—spirits remained incredibly high. Smiles shone through the rain showers and the rocking boat, especially during the several thrilling 360-degree spins the children executed while taking turns at the helm.

## Countryside and Creative Pursuits

The weather was perfect for both of our Pony Trekking days. The children enjoyed a relaxing ride as staff and parents took in the lovely scenic views of the Manx countryside, complete with the added bonus of some adorable kitten cuddles upon return.

Our day at the Outdoor Learning Centre proved to be an action-packed highlight. The little ones breezed through the challenging Adventure Course, while for others, it presented a formidable challenge they tackled with unwavering determination. They battled through the obstacles and finished the final stretch in record time, proving they could conquer anything put in front of them!

The learning continued with an introduction to bushcraft. First, they prepared a bread dough mix (flour, sugar, water, and mixed dried fruit) for cooking. Next, they quickly mastered the challenging art of making fire using flint and steel, a task that requires focus and persistence. We rounded off the bushcraft session with some serious den building using canvases and tent pegs, creating shelters so cozy even the adults were tempted to curl up for a nap. We finished the summer holidays with a wonderfully relaxed, yet deliciously messy craft morning, painting rocks and shells and making beautiful clay shell prints that truly showcased the members' creativity.





gently stroke these amazing creatures. That same day, Kherree from the Outdoor Learning Centre returned to help the members put the finishing touches on their clay artwork.

Our older members enjoyed a unique and engaging experience trying out Acoustic Shooting with Dave Wilson at the centre, naturally under vigilant supervision.

The group also received a fantastic, factual talk from the Isle of Man Creameries, learning how the farm operates and how their famous dairy products are made. The children enthusiastically sampled a variety of cheeses and put significant effort into the fun challenge of making their own butter. Following the dairy adventure, who doesn't love a game of ten-pin bowling? Our younger members certainly did, engaging in competitive but cheerful games, followed by tasty treats in the diner.

To wrap up the busy year, we hosted a joyous Christmas buffet at the centre, complete with traditional party games, a professional face painter, and a special appearance from Santa Claus, who delivered gifts to the younger members. What a year of learning, friendship, and adventure!



Autumn began with a magnificent visit from Tina and Martin and their three feathered friends: Olly, Belle, and Pip. The children were captivated by Tina's factual talk about the owls and were thrilled by the chance to either hold or



## The Great Luncheon Club Air Hockey Championship



The atmosphere at the luncheon club was a perfect blend of hilarious chaos and focused determination. Laughter and cheers filled the room as members battled it out in a game of homemade air hockey. With books for the side rails, a box of plastic gloves for the paddles, and a jar lid as the puck, the game was an energetic display! They all wore looks of pure concentration and wild excitement as they slapped their "paddles," sending the jar lid flying across the table.



## Scent-sational Sachets



The air was filled with a wonderful, calming fragrance as another activity took place. The members carefully worked with fresh lavender, stripping the tiny, fragrant buds from their stems to eventually create little lavender sachets. The room smelled absolutely lovely, though there were a few jokes about how the whole group was probably going to need a strong cup of coffee after the activity, just to avoid nodding off from all that soothing aromatherapy.

## The Ivan Soulsbury Coast 2 Coast walk

The rain poured down, but it couldn't wash away the smiles. Hundreds of people, along with their equally soaked dogs, braved a relentless downpour for the newly renamed **Ivan Soulsbury Coast 2 Coast walk**, sponsored by **Conister Bank**.

This annual event, renamed after a generous sponsor, saw participants trudge through muddy trails with an unshakeable spirit. At the finish line,

everyone was drenched but beaming with pride. The humans looked ready to rest, but the dogs, covered in mud and wagging their tails, looked like they were ready to do it all over again.

It was more than a walk; it was a powerful display of community and dedication, proving that a little rain can't stop a whole lot of heart. It proved that a little rain won't stop people from coming together for a good cause!



## TT Spectator Site Voluntary Donations

There has been a substantial increase in the number of spectators to the TT Festival since Covid in 2020. Glen Vine has become a popular location for viewing the event where speeds of over 180 miles per hour are achieved by competitors. Following the increasing number of spectators, one of our members, Bridget Le Moignan, has allowed a number of visitors into her garden for a voluntary donation to Sight Matters. Donations received over the past four years are: -

2022 - £309.70

2023 - £389.64

2024 - £400.96

2025 - £828.88

Total £1929.18

Spectators from the UK, France, Germany, Spain, Canada, Australia and New Zealand have commented that they have no problem donating to such a valued and worthwhile Island charity and congratulated Bridget on her fundraising activity.

## National Grid Supports Sight Matters' SUN- Raiser Solar Project

We extend our sincere thanks to the Board of National Grid for their generous £25,000 contribution towards our SUN-Raiser solar array project.



Their support has played a significant role in bringing this important

installation to life. The project will help reduce our long-term energy costs, improving sustainability while enabling us to focus more of our resources on services and support for blind and visually impaired people across the Isle of Man.

## **Luncheon Club Supported by Co-op Local Community Fund**

We are pleased to share that our Lunch Club has been officially listed as a supported cause under the Co-op Local Community Fund.

This recognition reflects the importance of community-based services for people living with sight loss. The Lunch Club offers more than a weekly meal: it provides companionship, routine and a welcoming space where members can build friendships in a relaxed and supportive environment. For many people living with sight loss, opportunities for social contact can be limited due to mobility challenges and reduced access to transport. The Lunch Club helps address these barriers through home-cooked meals, accessible venues and support from our volunteer minibus service.

Being selected by the Co-op will help Sight Matters sustain and develop this vital service, ensuring that members

continue to benefit from safe, inclusive and socially connected experiences.

### **How Co-op Members Can Support the Lunch Club**

Co-op members can choose Sight Matters Lunch Club as their nominated local cause through their membership account by:

Logging into the Co-op app or website

Navigating to the "Your cause" or local community section

Searching for Sight Matters Lunch Club (Cause 95581)

Confirming the Isle of Man as their local area

Once selected, everyday shopping with Co-op helps generate support for the Lunch Club through the Local Community Fund.

## **Recognition for Inclusive Digital Innovation**

We were delighted to win the Ensuring Accessible Services Trophy at the inaugural Digital Poverty Alliance Awards ceremony. It was awarded for the work undertaken with local tech company SQR and recognised the collaborative and innovative piece of work to improve access to secure digital identity services.

A thoughtful moment was SQR's decision to produce a braille version of the trophy inscription, allowing braille readers to experience and share in the achievement in the same way as sighted visitors.

The award also recognised the vital role played by Sight Matters members and project testers, whose lived experience helped shape the design, testing and impact of the work from the very beginning. Their involvement ensured that the outcomes were practical, meaningful and built around real-world use.

SQR kindly donated the trophy to us and it can be seen in the reception at Corrin Court.

### **Accessible Digital Learning with MHFA England**

We have worked in partnership with Mental Health First Aid ("MHFA") England to ensure that digital learning is genuinely accessible to blind and visually impaired learners.

This collaboration focused on improving the accessibility of online learning platforms and course materials, helping remove barriers that can prevent people with sight loss from engaging fully in professional and personal development. By reviewing content, testing systems and providing detailed feedback, our members helped create learning experiences that are more inclusive, flexible and usable.

### **Looking Ahead**

Both projects demonstrate what can be achieved when accessibility is prioritised from the outset. SQR's work in secure, inclusive digital identity and MHFA England's commitment to accessible learning closely align with our mission to reduce barriers and increase independence for people living with sight loss.

### **Stride for Sight**

We're delighted to share the fantastic news that our very first **Stride for Sight** has raised **£1,655!**

This achievement wouldn't have been possible without the wonderful support of everyone who joined in or supported.

Stride for Sight was created as a way for people to come together, build healthy habits, and support Sight Matters, and we're thrilled at the enthusiasm shown in its very first year.

This is just the beginning – we're already looking ahead to planning more Stride for Sight events in the future. Keep an eye out for updates, and we hope you'll lace up your walking shoes and join us again soon.

From all of us at Sight Matters – thank you for striding with us!



# Nursery Kids go the extra splashing mile



The sight of nursery children embarking on their own special "Kids Coast to Coast" challenge brought plenty of smiles, but on a recent torrential morning, it also brought a spectacular amount of rain!

Our youngest supporters gathered to complete five soaking laps of our Freedom Field. Despite the skies opening up, their spirits were sky-high. Laughter and splashes mixed in a joyful chorus as they took on the water-slicked route. Staff cheered the children on and used a bubble machine to keep their energy levels up.

The children raised a fantastic amount of £632.12 which will go towards supporting the blind & visually impaired people on the Island. Well done Team Hopes & Dreams!



It's now late November as I write this article and am sad that our charity Manx Macular Support Group will be dissolved on December 31<sup>st</sup>. We tried for over two years to find new and

younger Trustees to take over but to no avail. We even approached the AG's office and other agencies to help us. Our problem is most trustees are having health problems and are now over eighty years old. It was sad to hear from the Charities commission many, many smaller charities are now dissolving, caused by the fact that no younger people are coming forward to take over the running. For example, as Chair I'm currently involved in at least three days a week either going out to give presentations, write to members or receive phone calls from members requiring help. I am eighty in a few months and simply can't sustain the level of energy required any more to Chair the charity. So, on Friday 21<sup>st</sup> of this month we held an EGM where it was unanimously agreed that as the Charity was unsustainable it would begin winding up and become dissolved on December 31<sup>st</sup>. 2025

For years I've admired Sight Matters and everything they do so after chatting with Cathryn Bradley it was agreed she would give me a letter to enclose with the one advising our members of the charity being wound up saying they were most welcome to join Sight Matters. I hope everyone does.

On a brighter note, Sue Cowley, a fellow Trustee, and I have asked and been accepted to be volunteers at Sight Matters. We shall therefore be

contactable through Sight Matters for anything to do with a macular issue. I'm also happy to continue giving presentation either individually or to organisations on Macular degeneration bookable through Sight Matters.

Finally, I'm not happy that Manx telecom has sold off their email service to a company in Brisbane Australia. So, we are told this change will bring about a fee of £6.50 a month per email which I'm not prepared to pay for a company that operates from the other side of the world. So I now have a new email and ask anyone who wishes to contact me to use this from now on [nhmarine123@gmail.com](mailto:nhmarine123@gmail.com) The trustees have agreed to keep [assistance@macular.im](mailto:assistance@macular.im) operating for twelve months in case someone out there doesn't know we have dissolved. May I take this opportunity of wishing everyone all the very best for the future and looking forward to continuing to write in optic topics about all matters macular albeit with a different hat on.

Kindest regards Nigel

Nigel H. Malpass Chairman  
Manx Macular Support Group



## Donate today!

Send a cheque or cash to us, 'Sight Matters'. Please reference 90 for 90 if you are donating as part of our 90<sup>th</sup> anniversary

**Scan me** — to donate via card or PayPal



## Ways to Support Without Spending a Penny in our 90<sup>th</sup> year

**Share your story:** tell 9 friends about the charity.

**"Liking" or "Sharing"** a post on our social media helps us reach more people.

**Legacy/Wills:** including us in a will is a way to help future generations without any immediate cost.

**Volunteer roles:** Speak to us about our volunteer roles available

## A Heartfelt Thank You

As we turn the page into a new year, we want to take a moment to look back at 2025. It was a year of incredible milestones for Sight Matters and none of it would have been possible without you.

Whether you ran a marathon, baked a cake, dropped a few coins into a collection tin, or shared our posts online—you have changed lives. Because of your kindness, we have been able to provide vital services to the blind and visually impaired people on the Isle of Man.

From all our staff, volunteers, and most importantly, our members: Thank you for being by our side.

Let's make our 90<sup>th</sup> birthday year the best yet!



# Our Services



## Transport

We currently have five Society vehicles, three 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!

## **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**

**📞 (01624) 674727 | 📩 [enquiries@sightmatters.im](mailto:enquiries@sightmatters.im) | [www.sightmatters.im](http://www.sightmatters.im)**

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.

