



# SIGHT MATTERS

## Optic Topics

Issue 41

Summer 2023



## Entries now open for our Coast 2 Coast walk

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

The event will take place on Sunday 3rd September, when participants will walk from Douglas to Peel, clocking up approximately 12 miles. Walkers of all ages and abilities are encouraged to sign up! The race is a non-competitive, fun, family event. Children and walkers experiencing a disability are all encouraged to sign up. As are our four-legged friends. The walk will start with a lap of the NSC track, before heading west via the Heritage Trail and finishing in Peel.

As well as having fun, getting some exercise and seeing the stunning Manx countryside, by signing up, walkers will help Sight Matters raise funds to provide much-needed support to the Island's blind and visually impaired community.

The full-distance walk will begin at 1.30pm with check in from 12.30pm at the outdoor pitches' reception at the NSC. For those who wish to walk a shorter distance, there's an alternative start at St John's. Check-in for the shorter, three-mile route will open from 2.45pm at the car park by St John's School, with walkers setting off at 3.30pm.

Cathryn Bradley, CEO at Sight Matters, said: 'We're delighted to launch this year's Coast 2 Coast walk. Last year,

more than 450 participants took part, raising over £10,000 for Sight Matters. Even the Manx fickle weather played ball by bringing out the sun for the event, after a wet and windy night beforehand. As an independently funded charity, all funds raised go towards supporting blind and visually impaired people on the island. We would love to see more participants taking part this year.



'We're thrilled Conister Bank have returned as our event sponsor. We couldn't run events like this without such support. And the Conister team have also put their money where their feet are and have a team actually taking part in the walk. We had a fabulous day last year, with walkers of all ages, different levels of mobility and ability and of course, and the many dogs making their way to the Peel finish line.'

Douglas Grant, Managing Director at Conister Bank, said: 'The Coast 2 Coast walk is a remarkable event; one that encourages people to not only get active and enjoy the Manx countryside,

but also raise money for one of our Island's most worthy charities.

'It's great to see the Coast 2 Coast event grow in popularity year on year, and we hope that the 2023 event proves to be 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 the charity's Corrin Court headquarters 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.

## Callum & Emilie Bentham



Eight-year-old Callum and Seven-year-old Emilie have already signed up to take part in our 12-mile Coast to Coast walk. They are taking part on behalf of their little brother Aidan, who is a member of Sight Matters. The family

say that Sight Matters is close to their hearts and over the last year Aidan has been able to take part in various activities in our younger members club. They say this has helped Aidan, and others attending the club, to gain confidence and have lots of fun together!

If you would like to sponsor these little stars you can donate to their Just giving page (link below) or send in to us at Sight Matters.

[Callum and Emilie Bentham is fundraising for Manx Blind Welfare Society \(justgiving.com\)](https://www.justgiving.com/Callum-and-Emilie-Bentham-is-fundraising-for-Manx-Blind-Welfare-Society)

## Younger members activity club

Easter was a busy two weeks for our younger members activity club. They rode on the Groudle train to Sea Lion Rock Café. Luckily, they forgot about the very wet weather once the cookies and Easter eggs came out. Who doesn't love a bit of chocolate. It was smiles' all round!

A charity car wash was jointly organised with the IOM Fire and Rescue service at Douglas fire station. The event raised a total of £1270 with half going to our Younger members activity club. We'd like to thank the younger members turned up to help on such a hot day. Watch this space for another car wash soon!

Some of the older members enjoyed a pie making activity held at Victory Café



at the bottom of Snaefell. They really got stuck into it using a very old pie making press which some found quite tricky to use. You wouldn't notice though as the finished pies looked and tasted amazing, with the children enjoying their own pie for lunch. The children did such a good job that an extra 30 pies were made with the letters S, M for Sight Matters. These were sold on to some hungry café customers!



The following week, the children went back to Victory Café to enjoy some lunch, this time prepared by someone else! They also watched Peter Rabbit in their cinema room before heading to the top of the summit on the tram. At the top they took part in a very, very windy walk around, holding on to each

other so they didn't blow away, before relaxing in the summit café with some hot chocolate and cake.



The next activity entailed a trip to Knockaloe Beg farm. Fluffy kittens were cuddled, squealing piglets were hugged and meg lambs were bottle fed. The children were delighted to touch all the animals and also learn some interesting facts about them including why the piglets are so, so noisy!



It didn't stop there as they then enjoyed feeding and collecting the hens eggs, leading a pony for a walk and a trailer ride before feeding the animals in the fields.

At the end of April our Chef Claire held a cookery session at Corrin Court. The children made themselves homemade burgers with chips, their hands getting dirty in the mince and then they peeled and chopped their own potatoes. As you can imagine some of the members were a little nervous to begin with but with the right support and tools they completed the task



For dessert they made pancakes which we actually think the messy part was eating them – well with their chocolate

stained faces it certainly looked that way!

In May the Choccy Piccy bar accommodated us. Members designed their own dark, milk, white or ruby chocolate hearts or bars which they then enjoyed along with their choice of hot chocolate! The owner of the shop even designed some large chocolate buttons with our very own logo on which looked very impressive.

**Our groups promote independence, build a support network, help the children to socialise and are fun!!!**

If you would like more information on this group or to help support it, please contact us.

## Luncheon Clubs



Members of our luncheon clubs were delighted to meet meg lambs, Charlie, Floppy & Lucas from Ballacoar Farm.



They enjoyed lots of cuddles and even got to feed them their milk bottles.

Our luncheon clubs run on a Tuesday, Wednesday & Thursday and transport is provided. Members enjoy a home-cooked three course meal, mid-afternoon refreshments and various entertainment. For more information, please contact us.

## The Freedom Field



The Freedom Field is in full bloom allowing our members and others from our community to take in the smells, be close to nature and enjoy the tranquillity of the gardens.

## Speed of Sight track days

Speed of Sight is a charity formed by Mike Newman, a man blind from childhood who has managed to hold a number of speed records on land and sea. Mike and his fantastic team, many of whom are volunteers, brought their track cars to the island on the 25<sup>th</sup> and 26<sup>th</sup> April to allow our

members to experience driving – some had never driven before, some had not driven for some time and missed the freedom and exhilaration it brings. And, boy did it bring exhilaration, the top speed clocked by one of our members was 115mph with many others topping 100. The team from Speed of Sight told us that the track at Jurby was one of the best they used and ideal for such a fantastic driving experience. There were two specially adapted vehicles – one was a buggy type, the other a small sports car and the Speed of Sight team are in the process of obtaining a vehicle specifically for children, not that that stopped one of our 8-year-old members taking to the track. There was huge media interest in the event and many of our members that took part found themselves being interviewed by local and national media. Those who found themselves with a microphone literally thrust in their face acquitted themselves with such professionalism and really were ambassadors for the blind and visually impaired community. Some of the words used to describe the experience - “fantastic”, “amazing”, “terrifying”, “exciting”, “fun”, “challenging”, “brilliant” which sums the experience really.



## Electoral consultation

The Cabinet Office has launched a public consultation covering a review and boundaries of constituencies, accessibility of elections to voters, postal and proxy voting procedures, ability to vote in a polling station, feasibility of one or more all island polling stations, candidate campaign material and pre-election meetings. The consultation is available on line via

**<https://consult.gov.im/cabinet-office/the-work-of-the-electoral-commission>** or on paper which is available

via **[https://consult.gov.im/cabinet-office/the-work-of-the-electoral-commission/supporting\\_documents/FinalconsultationquestionsElectoral%20Commission.pdf](https://consult.gov.im/cabinet-office/the-work-of-the-electoral-commission/supporting_documents/FinalconsultationquestionsElectoral%20Commission.pdf)** and is compatible with our electronic readers or we can print off for you and help you to complete.

The closing date is the **28<sup>th</sup> July**. We are also hoping that the Electoral Commission team will hold a session for our members.

We would encourage you to have your say, especially about the accessibility of polling stations and voting.

## 80's quiz night

For those of us who can recall the heady days of shoulder pads, big hair,



mullets, blue eyeliner, neon colours, shell suits, the rubic cube, ET phoning home and dare we say it, the best music ever, we're holding an 80's quiz night on **Saturday 22<sup>nd</sup> July, 7pm** at Corrin Court. Questions, music and refreshments will all be 80's themed and you can't have an 80's night without the best 80's costume.



Our very own Dave Wilson is the quiz master and given his excellent fashion and dress sense, may well win the best 80's costume without trying. It's bring your own alcohol and tickets are £10 per person, including a two-course meal. Booking is essential on 674727 or **events@sightmatters.im**

## The Sight Matters arts exhibition

Despite preconceptions, many people with sight loss enjoy creating visual art. To highlight our members' artistic abilities and to counter stereotypes around sight loss, we are hosting **The Sight Matters Arts Exhibition** at Corrin Court, Onchan.

All of the work featured in our exhibition will have been created by our members, including submissions from our Younger Members Group.

At a private viewing for the artists and their families, His excellency, the Lieutenant Governor will be judging the entries for our 2023 Christmas card competition. We are looking for festive/wintery themed pieces to use as designs on this year's Christmas cards. The two categories – Under-18s and Over-18s. The winners of each category will see their work on sale around the Isle of Man on our Sight Matters Christmas cards.

We encourage any members who would like to take part to please submit their entries soon. If you'd like to find out more about submitting your art contact Peter on 674727 or email [peter@sightmatters.im](mailto:peter@sightmatters.im)

As part of this weekend we will also be exhibiting a collection of artworks created by **Mr James Fenton**. James, a Sight Matters member and a Burma veteran, is a renowned artist whose artworks have previously been exhibited in London and the Manx Museum. We will be displaying a range of James' work, created whilst at war and throughout his career, in a separate area, alongside the other artworks. Something not to be missed!

The exhibition will be open to the public at **Corrin Court** between **10am**



**and 4pm on the 5<sup>th</sup> and 6<sup>th</sup> of August** with the private viewing on 4<sup>th</sup> August.

## Art workshops



When members heard about our art exhibition we heard a few 'I'm not artistic', 'I can't make things', 'I'll be rubbish' none of which are true, but to help build confidence we had the brilliant Anna Clucas in to run a ceramics workshop.

There's no sneaky preview with our photos though, if you want to see the finished articles you need to come along to the art Exhibition on 5/6 August



## Dying to talk about Death conference



Death is still a taboo subject. That's a problem because, when a loved one dies, those of us left behind often have no idea about what we have to do to. This is often compounded by the fact that the first time we are encounter these issues, we may be in the depths of grief.

As such, it's important that we have a good idea about the administration and practicalities of death before a loved one dies – and that we put in place our own plans ahead of time to make things easier for our loved ones after our deaths.

To tackle these difficult issues, we are hosting our first Dying to Talk About Death conference. The conference will feature a variety of expert local speakers and is open to the general public. Talks will cover areas such as will writing, digital legacies, funeral costs and options, financial planning and administration, as well as what help, assistance and emotional support is available.

The event will take place at Corrin Court on the **3rd of November between 9am and 4pm**. Tickets will be priced at £20 per person, including refreshments and lunch, and will go on sale soon. If you would like to register your interest in Dying to talk about Death, please email [peter@sightmatters.im](mailto:peter@sightmatters.im)

## Bright for Sight- Friday 22 September



We are not asking you to cover yourself in bright paint as above (although you can if you want to!), but we are asking for individuals, clubs, and organisations to help us raise awareness on **Friday 22 September** by going '**Bright for Sight**'. This can mean dressing in your brightest

clothes, wigs or glasses, making bright cakes to share with your colleagues or just anything you can think of – the quirkier the better! Let's try and make the Island as 'Bright' as we can and raise awareness of sight issues!!

If you do take part we would love you to share your photos with us!

On this day we are also launching our brand new appeal, "**Bright for Sight SUNraising**". We are conscious of rising fuel bills and the impact fossil fuels can have on the environment and we all have a part to play in reducing carbon emissions. Sight Matters is hoping to install solar panels at our Headquarters in Onchan. One solar panel costs in the region of £60 and we require 242 panels!

We are a charity funded by public donations, our services are free at the point of delivery and we know that what we offer really can, and does, make a difference to the blind and visually impaired on the island. By demonstrating our commitment to the environment, future generations and reducing our expenditure on fuel bills, we can offer more direct services to our members.

Donors will become one of our "Solar Supporters". Any funds raised will go directly towards this SUNraising appeal and will be recorded on our SUNometer.

## Upcoming members events for the over 18's

If you are interested in any of the events below could you please contact Julie Cannon on 674727 or [jcannon@sightmatters.im](mailto:jcannon@sightmatters.im) Please be aware that numbers in some sessions may be limited.

Transport is provided for all but one of these events.

**Wednesday 19<sup>th</sup> July – Summer Wurlitzer concert with Sarah Goldsmith – 1pm**

**Tuesday July 25<sup>th</sup>, Wednesday 26<sup>th</sup>, & Thursday 27<sup>th</sup> July at Corrin Court 1.30-2.45pm**

**Commonwealth War Graves Commission Talk**

**Transport is not provided for these sessions**

Michael Josem who is volunteer from the Commonwealth War Graves Commission. He will be talking about the history and significance of the islands war graves and will explain more about the memorials in memory of those who dies in the two world wars.

**Thursday 27<sup>th</sup> July**

**Jazz Aces at the Villa Marina Arcade - 7.30pm**



## **Sunday 30<sup>th</sup> July – Jurby Transport Museum. 2-3.30pm**

Come and join us for a walk down memory lane and the different modes of public and private transport.

## **Thursday 10<sup>th</sup> August- Creg-Ny-Baa Pub 5.30pm. Eastern Members social meal.**

Any members living in the east of the island interested in a lovely meal, meeting up with new members and old friends and having a good chin wag.

## **Monday 14<sup>th</sup> August -Wildlife Exhibition, House on Mannan Peel 2-4pm.**

Wildlife Photographer of the Year returns to the Isle of Man with a brand-new set of images capturing the breath-taking diversity of the natural world.

## **Wednesday 6<sup>th</sup> September - Castletown Brass Band St Thomas' Church 7.45-8.45pm.**

Come and listen to a great brass band play a variety of tunes.

## **Friday 8<sup>th</sup> September – TT Exhibition Manx Museum 10.30am-12**

An exhibition of all things TT.

## **Wednesday 13<sup>th</sup> September – Lhon Dhoo Male Voice Choir, St Thomas Church 7.45-8.45pm**

Join us to listen to the lovely voices of a male choir singing a mixture of songs.

## **Friday 15<sup>th</sup> September - Classic American at The Manx Motor Museum 1-4pm**

If you like your classic cars you will love this. Scenic Car Tours have arranged a gathering of American sports and classic cars and they will be up at the Manx Motor Museum on the Friday. Members on this trip will also have entry to the Manx Motor Museum.

## **How fantastic are our volunteers?**



We all know we have brilliant volunteers that support our services in many and varied ways, from working in the shop, maintaining our grounds, supporting our activities, managing our audio library and reading our news. We've started looking at how many hours a month our volunteers provide each month and it's a staggering 900-1,000 hours per month. Thanks to you all, we really couldn't run the society without you.

## Thank you



A big thanks to Linda McDonald and family for donating to Sight Matters the £1,200 they raised selling her late husband Mike's, model train collection.



We are grateful to Peel Pantaloons for nominating us to be their charity of the year and raised £400 for us with bucket collections at their pantomimes.

## £700 for new educational tactiles

Manx Plant and Garden Conservation Society recently asked Sight Matters to put forward an idea that their members might be interested in supporting for their 40<sup>th</sup> anniversary. Given the group's interests, we suggested the purchase of new educational tactiles for the Freedom Field summerhouse. The summerhouse acts as an educational space for children experiencing sight loss and life challenges. Currently, we have six wooden tactile sculptures on display to help children learn about local flora in a safe and nurturing environment.

Manx Plant and Garden Conservation Society polled their members listing the tactiles project as one of four potential local causes. And we're delighted to say that, following the poll, the group has donated £700 to fund the creation of the new tactiles, which, this time, will be renditions of local fauna. Thanks to the Manx Plant and Garden Society's generosity, we will now be able to switch out the tactiles every six months, leading to an enhanced learning experience for the young people who make use of the field.

Recently I have had a new treatment which could be a real game changer for both patient and DHSS/NHS England. I'm not sure of the criteria that needs to be in place and am assuming it won't be suitable for everyone but for those it will suit, it's going to make a big difference to their lives. I have Diabetic Macular Oedema which manifests itself similar to Wet Macular degeneration and over the last eleven years have had over a hundred eye injections plus other procedures such as lens changes, laser treatment and Osurdex slow-release implants. I also had eight detectable leaks three layers down below the retinal surface which were recently treated by laser and critical to me being considered for this new treatment.



Iluvien Fluocinolone Implant  
for Diabetic Macular Edema ...

[Visit](#)

This laser treatment was successful, sealing the eight leaks so therefore I was able to have an Iluvien implant. Administered by a surgeon, and similar to a normal eye injection, albeit the needle is a little larger and the implant

took a little longer. The hardest part is holding your eye steady for over 30 seconds whilst looking up high and as far to the left as possible whilst the implant is put in. The cost of Iluvien implant is around £7500 for each implant, but the good news is the manufacturers claim it lasts thirty-six months. Compared to what I've been having (which is monthly injections of Eylea and four monthly implants of osurdex) the savings to everyone are tremendous. Eylea and Osurdex each cost over £1000 a dose, and this doesn't include the time and costs involved to travel and the treatment. So, for those it will suit it will be a life changing improvement.



The final point to mention is that at St Pauls, the new Royal, WH Smiths have now opened a shop by the reception similar in size and content to that found at John Lennon Airport

**Nigel H. Malpass Chairman**  
**Manx Macular Support Group**



## A thought for the day – by Gift Republic

Be somebody who makes everyone  
feel like a somebody



### SUNDAY SCHOOL PICNIC



*A summer outing in the 1930s  
organised by the local church.*

One Saturday each August there is a  
special day,

When all the folk from Sunday school  
enjoy a treat away.

Bags are packed with sandwiches,  
soda pop, and cakes,  
Bats and balls, bathing suits, and  
funny things one takes.

A picnic for all ages planned some  
weeks before,

Always to the seaside a place we kids  
adore.

But, more than that a steam train to  
take us there, and back;  
Hopefully, some sunshine and not to  
wear my 'mac.'

At the railway station a crowd like  
jumping beans  
Of tiny tots with mums and dads, and  
youngsters in their teens.  
All eyes watch the signal arm some  
way up the track,  
Tip-toes edge the platform, a porter  
yells "Stand back!"  
Shrieks resound in unison when signals  
make a sign  
Addressing wires like bowstrings, all  
along the line.  
Powder puffs of distant smoke drifting  
over roofs  
Heralding an iron horse, with  
thundering wheels for hoofs.

Rumbling to the platform drowning  
cheers and cries,  
Looms a mammoth engine snorting  
sparks and sighs.  
Piston cranks reciprocate the squealing  
brakes applied,  
Make carriage buffers chatter as every  
pair collide.  
A driver's head pokes from the cab, his  
greasy cap atop;  
His eyes all disbelieving as the train  
comes to a stop.  
Amazed to see a multitude of kids  
intent to board,  
But no one makes an effort to calm the  
rowdy horde.

Fists grab carriage handles to open  
wide the doors,

Short and spindly legs step up to reach  
the carriage floors.  
Older pals together all jostling for a  
place  
Preventing anxious parents to find the  
smallest space.  
Passions soon discover shy  
sweethearts in pairs  
Holding hands in corner seats, and  
kissing if one dares.  
No one heeds the scenery fleeting by  
outside,  
And tunnels such a blessing for friends  
with love to hide.

Eventually the train slows down then  
finally we are there.  
With 'Southport' on the platform board,  
everyone's aware  
Arrival spells enjoyment at a seaside  
full of fun.  
Tumbling from the carriages the picnic  
has begun.  
With 'dos' and 'don'ts' from parents  
and pocket money safe.  
Top to toe inspections, strict warnings  
to behave.  
Parcels packed with sandwiches, the  
fairground to attack,  
Clear and firm instructions what time  
to be back!

Heading for the 'Ghost Train' as fast as  
legs can move,  
Girls hand in hand with boy friends to  
speculate on love.  
A gentlemanly gesture two tickets do  
we buy  
To show a fond affection with a smile  
that's somewhat wry.  
Deep inside the blackness the girls are  
filled with fright,  
As we lads expected our sweetheart's  
hug us tight.

Suddenly it's over when daylight blinds  
our eyes,  
Disheveled looking youngsters emerge  
with happy sighs.

Next, to 'Duck the Lady' reposing calm  
in bed,  
To try to hit the bulls-eye with the  
centre painted red.  
Three hard balls for sixpence will show  
the girls no doubt,  
How an expert cricketer can turn the  
Lady out.  
Confidence and fervor propel the  
missile hard,  
Heading for the target it misses by a  
yard.  
With just another fling perhaps, the  
Lady I might duck.  
But another, and another, somehow  
I'm out of luck.

Perhaps the shooting gallery will show  
off my prowess  
To win a doll, or teddy bear, a girl I  
could impress.  
White clay pipes hung up on strings  
and painted ducks pass by,  
Arranged to test a steady hand and  
'crack-shot' aim to try  
To bag one with six shots while  
dreaming of a win,  
But, every crack of every shot, pings  
on the back plate tin.  
No luck again with spirits low, I hope I  
could retrieve  
A pouting girl's affection, so I  
pondered how to please.

By rolling pennies down a stick to win  
on numbered squares.  
Or, darting suits of playing cards to try  
to pin in pairs.

Or, catch three balls inside a net  
dancing on a fountain.  
Or, flinging dusters at tin cans stacked  
up like a mountain.  
Or, hook tin fish inside a well with  
magnet, rod and line.  
Or, race a jockey past the 'post' to  
beat the other nine.  
Or, collar any prize I choose by  
throwing wooden rings.  
But, all attempts to please a girl result  
in lack of wins.

Meanwhile all the children with mum's  
and dad's to care,  
Revelled on the seashore while we  
were at the fair.  
Some preferred to paddle holding tight  
to mummy's hand.  
Others, pretty castles made from  
buckets filled with sand.  
Pleas to take a donkey ride a short  
walk on the beach,  
Toddlers clutching saddles tight, with  
stirrups out of reach.  
Girls would search for sea shells to  
keep as souvenirs,  
To decorate small boxes to cherish  
through the years.

With time run out, all money spent and  
memories to keep,  
Groups of pals in somber mood return  
with weary feet.  
Reluctant to the station, friends  
meeting on the way.  
A question from a parent, "Have you  
enjoyed your day?"  
Again a hurried scramble to get aboard  
the train,  
Grown-ups interfering, but their efforts  
still in vain.  
More sorting out of friendships with  
seating rearranged.

At last when all are settled some  
sweethearts have been changed.

This day will be remembered for many  
different things,  
Especially learning song words nice  
youngsters should not sing.  
One lad 'Ducked the Lady', quite  
determined without doubt,  
Spent almost half his money trying to  
turn her out.  
There was great excitement when he  
declared his win,  
Inviting all those willing to join with  
him in sin.  
Slowly from his pocket withdrew what  
had been hid,  
A packet of 'Will's Woodbines' that cost  
near half a quid!

Returning home dejected to parents at  
the door.  
"You don't look very well dear; in fact  
you look quite poor."  
Words spoken with affection and a  
tender loving hug,  
Did not dispel my feelings for being  
such a mug.  
Sharing crisps, and humbugs, candy  
floss, and chips,  
Chocolate bar and peanuts all passed  
through my lips.  
Ice cream, and liquorice all sorts, a  
lolly on a stick,  
Topped off by a cigarette, no wonder I  
felt sick!

Oh yes, I shall remember that special  
picnic day,  
Beginning with excitement that made  
me feel so gay.



The sunshine of the morning, the  
bright lights of the fair,  
The girls we had such fun with on the  
train that took us there.  
However, this experience confirmed  
what I had known,  
I should have been more careful with  
parents left at home.  
From them a host of questions, one  
answered with a lie.  
That night I felt so sickly afraid that I  
might die!

Written by member- James Fenton

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## Vegan courgette risotto -

[www.bbcgoodfood.com](http://www.bbcgoodfood.com)



### Ingredients

- 1 tbsp [olive oil](#)
- 1 [onion](#) and 2 garlic cloves, finely chopped
- 3 [ripe tomatoes](#), roughly chopped
- 350g [carnaroli or other risotto rice](#)
- 1 tsp [chopped rosemary](#)

- 1 ½l hot vegetable stock
- 3 [courgettes](#), finely diced
- 140g [peas](#), fresh or frozen
- [large handful basil](#), lightly torn

### Method

#### STEP 1

Heat the oil in a large pan. Cook the onion and garlic for 5 mins until the onion has softened. Add the tomatoes and cook for 3-4 mins until softened and pulpy, then add the rice and rosemary.

#### STEP 2

Pour in half the stock and leave to cook for 10 mins or until the liquid has evaporated, stirring from time to time. Add the rest of the stock, then continue to cook for a further 5 mins.

#### STEP 3

Stir in the courgettes and peas, then cook for another 5 mins or so, stirring until the rice is tender, but the mixture is still a bit saucy. Can be frozen at this stage for up to 1 month. Season with plenty of black pepper, then add the basil and stir until wilted. Serve immediately.

# 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

☎ (01624) 674727 | ✉ enquiries@sightmatters.im | 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.

