



Conister Bank

# SIGHT MATTERS

## OPTIC TOPICS

### Issue 45/Summer 2024

# COAST 2 COAST

WALK FROM DOUGLAS TO PEEL AND TAKE  
IN THE BEAUTIFUL SURROUNDINGS



## SUNDAY 8TH SEPT 2024, 1.30 PM

# Coast 2 Coast

## Reminder: Sight Matters Coast 2 Coast Walk

Hey there, walkers and wanderers!

Just a friendly reminder that our much-awaited **Sight Matters Coast 2 Coast Walk** is right around the corner! We are thrilled to have Conister Bank as our event sponsor for the third consecutive year. Make sure your calendars are marked for **Sunday, September 8th** – it's going to be an adventure you won't want to miss!

Here's a quick refresher on the event details:

- **What:** A picturesque 12-mile stroll from Douglas to Peel through the stunning Manx countryside.
- **When:** Sunday, September 8th
- **Who:** Everyone is welcome – walkers of all ages and abilities, including those with disabilities and our adorable doggy pals!

### Starting Points:

- **Full Distance:** Starts with a lap around the NSC track and heads west along the Heritage Trail to Peel. Check-in at 1:00 pm, walk begins at 1:30 pm.

- **Shorter Route:** Starts at St John's. Check-in at 2:45 pm, walk begins at 3:30 pm.

By joining us, you'll be making a direct impact on Sight Matters' mission to support the Isle of Man's blind and visually impaired community. Talk about walking the walk for a great cause!

### Registration Details:

- **Entry Deadline:** August 29, 2024
- **Entry Fees:** £12 for adults and £5 for under 16s
- **How to Register:** Go to <https://www.sightmatters.im/sup-port-us/coast-to-coast/> for more info and to register. Alternatively, visit Sight Matters' HQ, Corrin Court, or stop by the VIP Store on Strand Street to pick up your forms.

Let's lace up, step out, and make every mile count! See you at the starting line!

## SUN-raiser Appeal

With each pound raised, the SUN-raiser appeal shines brighter, casting a glow of hope on the path to sustainability. Surpassing the £40,000 mark, this initiative is not just about solar panels; it's about illuminating

lives and nurturing a brighter future for all.

The SUN-raiser appeal stands as a testament to the power of community and compassion. Every donation fuels the momentum towards a greener, more sustainable tomorrow, where the sun's energy not only powers panels but also warms hearts.

As the total climbs, so does the impact of each contribution. Together, we are creating a legacy of light and progress, one generous act at a time. Let's continue to rally around this cause, basking in the warmth of collective goodwill and the promise of a brighter, more sustainable future.

Join us in celebrating the SUN-raiser appeal's success and let's keep the momentum going as we light the way towards a more radiant tomorrow

Thank you to all those who have donated so far, some of whom have a requested a tag on our SUN-ometer situated in the reception of Corrin Court.

## **Get Ready to Shout 'Bingo' at the Palace Bingo Afternoon**

Following the fantastic success of the Bank Holiday Bingo night in May, in which we raised £1500, we are holding another bingo event in October.

We have teamed up with the Palace Bingo for a Charity Bingo Afternoon on

**Sunday 6<sup>th</sup> October at 3pm.** 10 games of bingo are included as well as a buffet and a free bingo pen. Price is £20 per person with £10 benefitting Sight Matters.

Spaces are limited so reserve your space by emailing [events@sightmatters.im](mailto:events@sightmatters.im) or calling 674727. Tickets must be paid for by 27<sup>th</sup> September

Gather your friends and family for a memorable afternoon of laughter, competition, and community spirit. Let's come together, have a blast, and support a worthy cause while shouting those magical words – BINGO!

## **Holiday Adventures Empowering Blind & Visually Impaired Children Through Activities**

Our younger members group have been embarking on a whirlwind of historical and animal encounters, creating memories to cherish. Stepping into the Victorian era at the Manx Museum, they were in for a surprise when the soup bowl turned out to be a bedpan!

Learning about hedgehog protection from the Manx Hedgehog Conservation Society and visiting the Isle of Man Goat Farm added a touch of nature to their journey. The steam train ride to



Costa Coffee in Port Erin and the artistic endeavours of Laser engraving, crafting clay birds, showcased their creativity. Ending their adventures with a boat trip from Peel Breakwater for some fishing fun, these young explorers truly made the most of their holidays.

If you would like to sponsor the children's activity club, just let us know! Your support would greatly benefit the club and help provide more enriching experiences for the children. Your sponsorship could contribute to future exciting adventures and educational activities, ensuring that the club continues to offer valuable opportunities for young minds to explore, learn, and create lasting memories. Your generosity would make a significant difference in fostering a positive and engaging environment for these young explorers. Let us know if you're interested in becoming a sponsor and being a part of this wonderful journey!





The monthly activity groups in each area continue as well as the guided walks. If anyone is interested in attending please contact Julie on 674727



## Adult Activity Club

Members have enjoyed some great trips out to various exhibitions, museum events and shows at the Villa Marina. We visited The World at St Thomas Church, Wild Mann photographic exhibition, the Illegal Eagles and Overtones at the Villa. A big thank you to Ivor at the Manx Aviation and Military Museum for another fascinating and informative guided tour.

I would like to say a big thank you to all the volunteers who have supported me with events thus far and continue to offer their free time to enable our members to attend events, socialise, have fun and not feel isolated or alone.





## **Upcoming events**

Events for adult members, spaces are limited, so if you would like to attend please contact Julie on 674727 or [jcannon@sightmatters.im](mailto:jcannon@sightmatters.im) to express your interest.

### **Douglas Town Brass Band Wednesday 1<sup>st</sup> August 8pm.**

Come and listen to the longest running brass band on the island, formed in 1887 perform an evening of entertaining music as part of the Arts in the Villa Marina Arcade.

### **We will rock you 4<sup>th</sup> August – Gaiety – 5pm**

This worldwide smash hit musical features iconic Queen hits such as "We Will Rock You," "Bohemian Rhapsody," and "Another One Bites the Dust," the musical combines electrifying performances with a poignant message about the triumph of individuality and the enduring spirit of rock 'n' roll. Since 2002 over 16 million theatregoers in 19 countries have been thrilled by this awe-inspiring production.

### **Sailing for the Disabled Saturday 10<sup>th</sup> August – (Sail 1.45-5.45)**

Would you like to join me and the fabulous crew from Sailing for the Disabled for an unforgettable short sail around the coast of our lovely island on their 48-foot yacht The Pride of Man III

### **Ceramics- Harry Potter Themed 31<sup>st</sup> August -Corrin Court 2-4pm**

Have a go at creating your own Harry Potter themed ceramic under the instruction of Anna Clucas. Members who have attended previous sessions have thoroughly enjoyed this experience.

### **Manx Olympians 10<sup>th</sup> September Manx Museum 10.30**

To coincide with the 2024 Paris Olympics, Manx National Heritage presents a new temporary exhibition entitled *Manx Olympians*. The display looks back at more than 100 years of Manx participation in the world's most famous sporting event.

### **Ralph Fiennes 11<sup>th</sup> October - Villa Marina 19.30**

Spend an evening in the extraordinary company of Sir Ranulph Fiennes OBE - 'the world's greatest living explorer' - as he goes beyond his record-breaking achievements to explore the man behind the myth. Sir Ranulph has circumnavigated the surface of the globe from pole to pole, became the first person to cross the Arctic and Antarctica on foot, broken countless world records of endurance, and discovered the Lost City of Ubar in Arabia. Delivered in his own inimitable fashion and accompanied by stunning, never-before-seen images and home videos, this show guarantees to leave

you entertained and inspired to seek out your own life adventures.

From cultural outings to thrilling adventures, with your support these experiences can offer friendship, discovery and joy. If you would like to sponsor any part of the activity club please let us know.

## A Big Thank You to IFGL!



We are delighted to express our heartfelt gratitude to **IFGL** for selecting Sight Matters as their **Charity of the Month** for June. Your support means the world to us and greatly enhances our efforts to serve the blind and visually impaired community on the Isle of Man.

We are thrilled to announce that IFGL raised an incredible **£794!** These funds will significantly support our SUN-raiser campaign, helping us to install solar panels on Corrin Court.

Additionally, we would like to extend a special thank you to the IFGL team for

participating in our visual impairment training. Your commitment to understanding and supporting those with visual impairments is truly commendable. By undertaking this training, you are helping to foster a more inclusive and empathetic community.

Thank you once again, IFGL, for your generous support and dedication.

## A Heartfelt Thank You to Mylchreest Court!

We are thrilled to extend our deepest gratitude to **Mylchreest Court** for their incredible support! At their recent table top sale, they managed to raise a fantastic **£118** for Sight Matters. This generous contribution will go a long way in supporting our mission to assist the blind and visually impaired community on the Isle of Man.



A special thank you goes to **Val, Mary, and Gladys** for their hard work and dedication in organising and running the sale. Your efforts truly make a difference, and we are so grateful for your continued support.

Thank you once again to everyone at Mylchreest Court – your generosity and community spirit are greatly appreciated!

## Wow! What an Effort from PwC Isle of Man!

We are thrilled to extend our heartfelt thanks to the **PwC Isle of Man** team for their incredible efforts in their June month-long step challenge. The team collectively took an astounding **15,500,000 steps** and raised a fantastic **£1,000!**

These funds will go a long way in supporting our SUN-Raiser campaign, helping us continue our mission to assist the blind and visually impaired community on the Isle of Man.



Thank you to everyone who participated in this challenge. Your dedication and enthusiasm are truly inspiring, and we are delighted to have your support for this exciting project.

Thank you once again, PwC Isle of Man, for your incredible support and community spirit!

## Volunteering

### We are looking for Engaging Lunchtime Entertainment

If you're seeking meaningful ways to brighten up your afternoons on Tuesdays, Wednesdays, or Thursdays, look no further! We are on the lookout for volunteers to provide captivating entertainment to enrich our lunch club sessions between 1:45 and 2:30.

Imagine the joy of sharing talents, stories, and performances with a warm and welcoming audience eager to connect and be inspired. Whether you're a musician, storyteller, comedian, or have a unique talent to showcase, this is a fantastic opportunity to make a difference and bring smiles to those who truly appreciate the beauty of your craft.

Join us in creating moments of laughter, inspiration, and connection as we come together to support a noble cause and spread joy through the power of entertainment. Your contribution can make a meaningful impact and create lasting memories for all involved.

So, if you're passionate about sharing your talents and making a positive



difference in the lives of others, seize this chance to brighten up someone's day and be a part of something truly special. Let's come together to create moments of magic and connection that resonate long after the applause fades.

## Luncheon Club Volunteers

Are you ready to make a difference and be a guiding light for those in need? We are calling for volunteers to lend a helping hand at our luncheon clubs, where support and companionship can truly brighten someone's day.



Join us in creating a warm and welcoming environment for members as they gather for lunch. Your assistance in serving drinks and food, engaging in activities, and tending to the greenhouse can make a world of difference in the lives of those we serve.

Imagine the impact of your presence as you walk the grounds, engaging in meaningful conversations and offering your support to those who rely on our community. Your involvement can transform ordinary moments into extraordinary connections, fostering a sense of belonging and care among all who participate.

Can you help at any of the following times?

**11:30am to 1:30pm** –Supporting members arriving at lunch club, guiding, serving drinks, helping serve food and clearing up. No experience needed as any training will be given.

**1:30pm to 3pm** - Supporting activities in smaller groups or one to one, craft sessions, possibly watering potted plants and light work in the greenhouse, walk and talk sessions within our grounds.

**11:30am to 3pm** - Volunteers who are able help for the full three and a half hours are provided with a 3-course meal part of inclusive approach to volunteering.

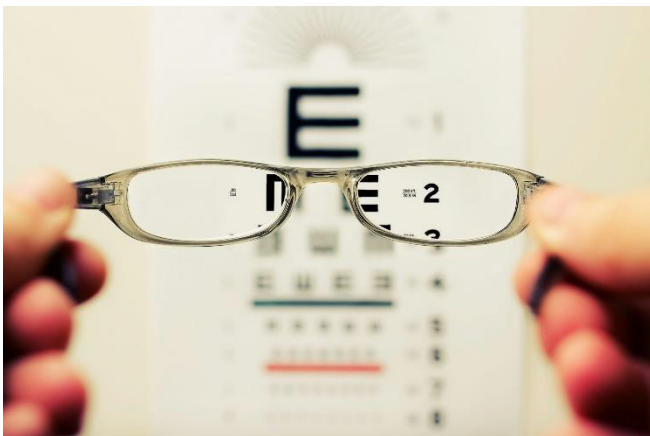
Together, we can cultivate a sense of togetherness and empowerment, creating a space where everyone feels valued and supported. So, if you're ready to embark on a journey of compassion and service, step forward and join us in making a positive impact in the lives of our members.

## Eye Tests

Looking after your eyes is just as important as looking after the rest of your body. Regular eye examinations are important because:

- Having your vision corrected can improve the quality of day-to-day life
- Examinations will help detect certain eye conditions such as cataracts, glaucoma and age-related macular degeneration, which could lead to sight loss
- Poor vision creates risks

The Isle of Man NHS provides free eye sight tests for anyone up to the age of 16 annually. Anyone between 16 and 69 is eligible for a free eye test every two years. Those over 70 or with specific conditions are eligible for more frequent tests



Some Optometry practices offer additional scans outside the NHS provision, at a cost. There is no requirement for any patient to have these additional scans and an Optometry practice cannot insist that a patient must have them, nor that the free NHS test only available to those whom agree to have the scan

Children up to 16 and some other specified groups are eligible to receive an NHS voucher towards the cost of glasses, if glasses are required. Your Optometrist will be able to advise about eligibility. There is no requirement for a patient, whether a child or adult to purchase their glasses from the Optometrist who undertook their eye sight test.

An Optometrist should not remove a patient from their list because they do not buy their glasses from them.

For more information, please visit the IOM Government webpage, details below

<https://www.gov.im/category/health-and-wellbeing/opticians/>

## Call for Raffle Prizes

Our raffle cupboard is looking a bit bare at the moment – can you help? We are looking for new items suitable for prizes such as bottles, confectionery and gifts. If you have anything that you think might be suitable, please drop it into Corrin Court or The VIP Store for the attention of Debbie



## 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!

## Charitable status

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

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

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

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

**Call us confidentially on 674727**



### SIGHT MATTERS

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

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

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

