



**SIGHT MATTERS**

# **Optic Topics**

Issue No 123  
Spring 2022

**A newsletter for blind & visually  
impaired people**

Sight Matters (Manx Blind Welfare Society)

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**Manx Registered Charity No. 132**

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## **Annual General Meeting (AGM)**

Manx Blind Welfare's (Sight Matters) AGM, which was postponed on Wednesday 23 March, will now be held on **Tuesday 26th April at 3.30pm at Corrin Court**

## **Home visit by opticians**

A gap in the provision of home visits by Opticians has been highlighted in that there is currently only one Optician providing home visits and the waiting list for a visit is significant. We are liaising with Primary Care who commission these services to address the gap. Primary Care would like to know the extent of the actual problem. Please contact Cathryn Bradley on 674727 or via email [cbradley@sightmatters.im](mailto:cbradley@sightmatters.im) if you have experienced issues and she will collate and feedback to Manx Care on your behalf.

## **Smoke Detectors**

The IOM Fire and Rescue Service provide and fit smoke detectors free of charge. We would encourage you to take up this service. Please contact Cathryn BRADLEY on 674727 or via email [cbradley@sightmatters.im](mailto:cbradley@sightmatters.im) should you wish to have a smoke detector fitted.

## **Over 18's Activities**

Thanks to all who have responded to the activities to be considered as part of a programme for this year. We have started with the delivery of some of the most popular and will continue to develop the programme. Unfortunately, we received a number of responses that did not include a name. If you have completed a form and aren't certain whether you put your name on the response sheet or not, please contact Cathryn BRADLEY on [cbradley@sightmatters.im](mailto:cbradley@sightmatters.im) or Clare GOLDIE on [cgoldie@sightmatters.im](mailto:cgoldie@sightmatters.im) or on 674727.

## **Amateur radio club.**

We know we have a number of radio enthusiast members and we are scoping out interest to see if there's interest in setting up an amateur radio club for our members. Are you interested? If so, please contact Cathryn BRADLEY on [cbradley@sightmatters.im](mailto:cbradley@sightmatters.im) or Dave WILSON on [dwilson@sightmatters.im](mailto:dwilson@sightmatters.im) or on 6724727.

## **Open Day**

We held an Awareness Open Day on Friday 18<sup>th</sup> March targeting professionals that may work with or encounter those with sight loss or visual impairment as part of their working day. It was well attended, we had MHK'S, MLC's and professionals from statutory services and other charities. There was genuine interest, and surprise, at the range of services that we provide. The tangible benefit of the Open Day is already being seen as referrals for access to our services have already been received. Huge thanks go to the members and volunteers who supported us on the day. As with much of what we do, it could not have been achieved without such help.

## **Younger Members By Clare Goldie**

Unfortunately, due to Covid we had to cancel our first activity of the year, then also one in February due to the snow! But in the half term there was no stopping us! We went for a 2-night staycation at Silverdale Trail Lodge. The weekend was action packed with not much time for the oldies to rest!

When we arrived at the lodge we unpacked and made everyone familiar with their surroundings. That evening we headed off to Port Erin Chippy Dinner for tea. Afterwards, back at the lodge, we made hot chocolates with cream and marshmallows, and teamed up to do a few quizzes, with some very knowledgeable members winning prizes!! We finished the evening with a movie and settled down for the night ready for our busy schedule.

Thursday morning, we woke early (and so did the younger members with a little persuasion), and we headed to the Sound Café for a full English breakfast to set us up for the day. The weather was fine but very windy.

After breakfast we headed to the Control Tower at the Airport where we had a very warm welcome from the staff. Once we had all signed in and received our visitor passes we were shown a control room downstairs that contained several computer screens and red phones. The younger members took turns sitting at the main desk, while were given a very informative talk about what they entailed. Next, we went to the Control Tower room at the very top of the building which looked out on the whole area surrounding the air field. We were

given another informative talk, and they answered any questions members had. While we were there, we were lucky enough to see/hear a plane taking off!

Afterwards we headed back to the Trail Lodge where some of the members fed the ducks, while others just had a rest and refreshments after a fun packed morning.

Our next activity was at the Craft Works in Castletown. Members quickly got busy selecting their items to paint. The whole group was extremely quiet as they concentrated very hard to create their master pieces. It was a fantastic afternoon enjoyed by members and staff alike. That evening, we headed off to the Whitestone Pub in Ballasalla. Everyone enjoyed a delicious meal, some portions I might add were huge!! Some staff members really enjoyed the children's colouring (Ian) and with full bellies we returned to the Trail Lodge. We played some very competitive games of bingo and cards with prizes to be won. We watched the film Shriek 2 and finished the evening with a hot chocolate and snacks. The final morning, the sleepy members managed to get themselves up and packed and ready for our final breakfast at the Silverdale Café, which

was again a full English. It is safe to say we all left full of food and probably felt like we could sleep for a few days!

We have lots of activities planned for the next few months, Cup cake decorating at the Centre, Tenpin Bowling, Goat Farm Trip, Wildlife Park and a family afternoon Tea up at the Centre.

## **Safeguarding Matters**

A copy of our Safeguarding policy is available in your preferred format on request.

Our Safeguarding Officer is Debbie Thomson  
Our Deputy Safeguarding Officer is Kerry Healey

## **The Freedom Field**

Don't forget members and volunteers can now use our beautiful Freedom Field. If you would like to make use of this lovely facility within the grounds of Corrin Court, please contact Kerry email [KHealey@Sightmatters.im](mailto:KHealey@Sightmatters.im) or 674727 for a fob for the security gate.

## **Website**

We have updated our website in line with our rebranding. Take a look at [www.Sightmatters.im](http://www.Sightmatters.im). Let us know your thoughts!

## **The VIP Store**

We are in the process of changing our seasonal stock over to spring/summer. With the weather warming up, is it time for you to have a wardrobe sort out? We sell good quality women's, men's and children's wear as well as bric-a-brac. We are always looking for all types of donations but in particular at present we would love donations of old wooden trouser hangers, bow ties and braces!

## **Spring Coffee Morning**

The Spring Coffee Morning has been postponed

## **Authors evening**

Join author David Elyan for an evening of serendipitous Tales! Take a glimpse into a fascinating life of an art collector, a director of the Bankside Gallery in London, a Chairman of the

Royal Academy of Music and a Trustee of the Royal Albert Hall. David will also talk about his encounters with Princess Diana.

To be held on Friday 13<sup>th</sup> May 7pm at Corrin Court. Tickets are £8 from [events@sightmatters.im](mailto:events@sightmatters.im) or call 674727 for more information

## **Manninsight**

Our new funding arm Manninsight, had their first fundraising event at Bonds restaurant in Onchan on Friday 4th March. The theme was 'Mardi Gras' and all the guests arrived with some wonderful masks.

>

It was a very successful evening with amazing food and entertainment. The attention to details was exceptional, from the appealing invitation through to the menu choice.

>

Thanks go to the committee for all their hard work.

## **Luncheon club**

For further information about attending the Lunch Clubs please contact Cathryn Bradley or Stacy Beasley at the Centre.

The lunch clubs will run every Tuesday, Wednesday and Thursday apart from TT & practice week and over the Christmas period.

Transport is provided

## **Volunteering**

Sight Matters have lots of volunteering opportunities. Some include:

- Reception
- Fundraising
- Driving/escorting
- Helping in the luncheon clubs
- Helping with the news service
- Working in our charity shop

If you would like to volunteer or just some more information about it, please contact us on [enquiries@sightmatters.im](mailto:enquiries@sightmatters.im) or 674727

## **Volunteer Profile** by Ruth Duddy

' Sight Matters relies on full time staff plus a team of volunteers. I am lucky enough to be a volunteer and started a few months ago on the reception desk - Wednesday afternoon and Friday morning. That entails answering the 'phone and putting calls through - as of now I don't think I have cut anyone off! Apologies if I have. In addition I have helped in the library, albeit just filing away and also wiping down wallets and getting them ready for the free newspaper. Friday morning, as any other morning, entails dealing with post and distributing. Post book is attended to and distribution of the Sight Matters free Manx Recorded News.

> Tuesday, Wednesday and Friday Members have lunch and there is a lot of activity in the reception area. I enjoy the chats, but more importantly, what comes across from the Members is the importance of Sight Matters'.

Manx Macular Support Group  
Registered Charity 1258 Manx Macular Support  
Group

## **LOSS OF CENTRAL VISION**

Like myself, you are no doubt weary of the effects Covid is having on society. We seem to be getting through the worst then the numbers suddenly increased alarmingly. This is a worldwide phenomenon as evidenced, especially in Hong Kong, with the Isle of Man being no exception.

We held our AGM by sending out all relevant papers in January and holding a postal vote in February. Almost half of those that voted agreed they would like to start our monthly members meetings again in the near future at Sight Matters. This was based upon the significantly decreasing incidence of Covid cases. Since then, the numbers have increased at quite a high rate and earlier this week the UK announced they are starting to give boosters to those over seventy-five and other special categories.

Based upon this information the Trustees have decided to try and hold a meeting in May or June with confirmation circulated once it has been arranged. This will of course take place at Sight

Matters on the third Friday in the month chosen and as usual start at 1100hrs. There will be no presentation by a guest speaker for the resumption but an opportunity for those attending to meet again under the special distanced recommendations and exchange views on any of the topics they care to raise. For example, how are the planned changes to our care system progressing and what feedback do any of our members have they would like to pass on to Manx Care on matters they would like to see change.

Since writing the last Newsletter in January, I have visited St Pauls Liverpool twice and due there again on the 4<sup>th</sup> of April for Eylea injections. The regulations seem to change frequently but last week Liverpool Airport was as busy as ever and the flight departure/arrivals board full. Nearly every facility being open for business as usual.

One thing that has happened is the Manx Patient Transfer lounge at Liverpool Airport is now very well used. If you have your return boarding card, then the electronic barrier on the first floor is now set to let you in six hours before your flight is due to depart. For some this is a better option instead of waiting for the ticket desk to open around three hours before departure. The Manx Patient Transfer

lounge is found as you pass through duty free and before you go down the steps to the main departure hall. On your left is Burger King and to your right there is a hallway with a sign saying "Prayer Room." Go along here for about twenty metres and you will find the sign Manx Patient Transfer pointing to your left. The room has many settees, armchairs and tables with a TV screen showing the arrivals/departure board. There are also water fountains but please note there is no facility to make a hot drink. Such items are readily purchased from the outlets in the departure hall. There are also power points to charge your phone, laptop or iPad if you have the correct lead. So, here is hoping the current trend reverses and we can then start resuming more normal lives. In the meantime, keep safe and keep well.

Nigel

Group Chairman

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## Sight Matters Audio library

Please remember if you need an up to date catalogue, please let us know and we will forward one onto you.

<b>Item No</b>	<b>Title</b>	<b>Author Surname</b>	<b>Author Forenames</b>
MM1232	A Cool Head	Rankin	Ian
FI8884	A Marriage of Lions	Chadwick	Elizabeth
MM1885	Ada the Coster Girl	Rees	Lynette
FI8508	Ambulance Girls at War	Burrows	Deborah
MT75	Apprentice To Tradesman	Armstrong	Leslie C
MM1874	Bitter Flowers	Staalesen	Gunnar
MM1873	Black Drop	Nattrass	Leonora
FI8896	Classic Cat Stories	Brown	Becky
HU213	Creativity	Cleese	John
FI8901	Crusader	Kane	Ben
MM1880	Definitely Dead	Bendelow	Kate
FI8887	Dublin's Girl	Lawlor	Eimear
FI8892	Emerald	Gower	Iris

FI8903	Escape to the Little Chateau	Laval	Marie
FI8902	Hotel Portofino	O'Connell	J.P.
FI8900	Life Skills	Fforde	Katie
RO390	Moving On	Jacobs	Anna
CH331	Mr Galliano's Circus Story Collection	Blyton	Enid
MM1884	Murder at the National Gallery	Eldridge	Jim
MM1878	Murder on the Beach	White	Daisy
MM1872	No Quarter Given	Broadfoot	Neil
SF69	Off Target	Smith	Eve
FI8907	On The Edge	Jesmond	Jane
MM1875	Orders to Kill	Marston	Edward
NF155	Peaky Blinders The Aftermath	Chinn	Carl
FI8885	Secrets & Promises	Hendry	Rosie
MM1871	Standing Alone	Leather	Stephen
FI8890	Strictly On Ice	Buckley	Helen

FI8898	Summer of Love	Fforde	Katie
FI8891	The Baker's Girl	Hart	Gracie
MM1887	The Body on The Train	Brody	Frances
FI8672	The Brighton Guest House Girls	Eames	Lesley
FI8908	The Convict's Wife	Ashworth	Libby
MM1876	The Dark Hours	Connelly	Michael
WS226	The Enemy Within	Marston	Edward
FI8893	The Fire Portrait	Mutch	Barbara
FI8905	The Little Shop of Hidden Treasures	Hepburn	Holly
MM1879	The Lost Girls	Young	Heather
FI8909	The Lost Sister	Francis	Lynne
MM1882	The Man on The Street	Wood	Trevor
MM1883	The Man Who Didn't Fly	Bennet	Margot

MM1877	The Murderess	Wells	Jennifer
FI8910	The Officer Girl in Blue	Miller	Fenella J
FI8899	The Perfect Match	Fforde	Katie
FI8889	The Queen of Thieves	Marsh	Beezy
FI8906	The Rose Queen	Flynn	Katie
FI8895	The Russian Doll	Palmer	Marina
FI8888	The Secret Life Of Albert Entwistle	Cain	Matt
FI8904	The Spanish Girl	Hayes	Jules
MM1886	The Voice of the Night	Koontz	Dean
FI8886	The Wish	Sparks	Nicholas
FI1781	The World of Tim Frazer	Durbridge	Francis
FI8894	The Year of Lost and Found	Hayes-McCoy	Felicity
BM404	Today We Die A Little	Askwith	Richard
MM1799	Tragedy on the Branch Line	Marston	Edward

MM1870	Twenty One Days	Perry	Anne
MM1881	Twilight	James	Peter
WS243	Two Storm Wood	Gray	Philip
FI8897	We'll Meet Again	Du Beke	Anton

## **Recipe**

Healthy pasta primavera

Prep:10 mins    Cook:20 mins

Serves 4

A healthy spaghetti dish full of broad beans, leeks and asparagus tips. Make the most of spring greens with this vibrant, filling pasta recipe

### Ingredients

75g young broad beans (use frozen if you can't get fresh)

2 x 100g pack asparagus tips

170g peas (use frozen if you can't get fresh)

350g spaghetti or tagliatelle

175g pack baby leeks , trimmed and sliced

1 tbsp olive oil , plus extra to serve

1 tbsp butter

200ml tub fromage frais or creme fraiche

handful fresh chopped herbs (we used mint, parsley and chives)  
parmesan (or vegetarian alternative), shaved, to serve

## **Method**

### **STEP 1**

Bring a pan of salted water to the boil and put a steamer (or colander) over the water. Steam the beans, asparagus and peas until just tender, then set aside. Boil the pasta following pack instructions.

### **STEP 2**

Meanwhile, fry the leeks gently in the oil and butter for 5 mins or until soft. Add the fromage frais to the leeks and very gently warm through, stirring constantly to ensure it doesn't split. Add the herbs and steamed vegetables with a splash of pasta water to loosen.

### **STEP 3**

Drain the pasta and stir into the sauce. Adjust the seasoning, then serve scattered with the cheese and drizzled with a little extra olive oil.

## **A thought for the day – by gift republic–**

Stay close to anything that makes you glad to be alive

### **Donations**

Thanks to everyone who gives us donations because as you are all aware the society is entirely reliant upon fundraising, donations and legacies.

### **Sickness**

- If you have Coronavirus symptoms, stay at home, call the COVID-111 line and ask about testing. NHS Wales have issued the following *Covid 19* descriptions to help people identify the key *Covid 19* symptoms;
  - 1.a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
  - 2.a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

3. loss or change to your sense of smell or taste  
– this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
4. Shortness of breath

Please remember that if you are suffering with a sickness and diarrhoea type illness, it is essential that you do not attend the centre until 48 hours after your last episode. If however you require assistance, please contact us immediately.

#### Complaints Procedure

Whilst we appreciate the positive feedback that we receive on a regular basis, there may be times when we have not provided an acceptable standard of service. If you do have a problem or concern and you are able to make a member of staff aware of it at the time, they will endeavour to resolve the matter quickly. If this is not possible then we have a complaints procedure available on request in your preferred format.

**A standard digital version of Optic Topics can be obtained from the Manx Blind Welfare Society on request.**