



SIGHT MATTERS

Optic Topics

Issue No 126
Winter 2023

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

Sight Matters (Manx Blind Welfare Society)
Corrin Court, Heywood Ave, Onchan,
Isle of Man, IM3 3AP
Telephone: (01624) **674727** Facsimile: (01624) 675912
Email: **enquiries@sightmatters.im**

www.SightMatters.im
www.facebook.com/ManxBlindWelfareSociety

Manx Blind Welfare Society - Manx Registered Charity No. 132



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A message from Ian Cooil – CEO

I feel extremely privileged to having led this fine Manx charity for the last 12 years. During that time, I have found myself time and again humbled by the dedication of my colleagues, our Trustees and our outstanding team of volunteers. I remember with great affection turning up for my interview on a snowy morning in early December 2010 and being told that the interviewers were running 30 minutes behind and rather than being left in reception I was invited to have a cup of tea and wait with a couple of visually impaired ladies in the Corrin Court Social room. The ladies were charming, asking me questions ranging from who my parents were, where I had gone to school, what jobs I had before applying for the post on offer, whether I was married, had children, did I have a dog, had I lived over the water, frankly everything bar the colour of my underwear! It was a typically "Manx" first meeting.

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

the summer and did I take Megan my border collie with me!!!

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

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

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

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

Changes afoot

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

Ian has been with us for 12 years, I wish him a long, happy but most importantly, healthy retirement. He will be greatly missed and I hope

he makes good on his promise to return as a volunteer after a well-deserved break.

AGM

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

Speed of Sight track days

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

There's still a lot to organise, not least securing sponsorship, but we, and BITA, are confident we can achieve this. More information will be released as soon as it is available but if you are interested in having a place, please email Julie CANNON on jcannon@sightmatters.im, Cathryn BRADLEY on cbradley@sightmatters.im or call 674727 to express your interest.

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

(from aged seven and upwards)

Younger members activity club

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

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

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

We have created the schedule for the first half of 2023 as below:

Date	Time	Activity
Saturday 14 th January	10am – 3pm	Tenpin Bowling at Pepsi Max Bowl with lunch in their Diner
Saturday 25 th February	11am – 4pm	Take Away Pizza followed by Wild Child events Slime workshop
Wednesd ay 22 nd February	2pm – 6.30pm	Manx Wildlife Trust (poop workshop) Planting our xmas tree decorations followed by Chinese Take away at the Centre
Saturday 18 th March	11am – 4pm	Lunch at the Ramsey Park Hotel followed

		by Bush Craft with the Venture Centre	
Monday 10 th April	11am – 3pm	Groudle Easter Train Ride followed by lunch at Port Jack Chippy Diner	
Wednesday 19 th April	11am – 2pm	Lunch at the Victory Café followed by a film in their Cinema & a trip up to Snaefell Mountain on the tram	
Tuesday 25 th & Wednesday 26 th April	Different time slots throughout the day	Speed of Sight Track day at Jurby race circuit. There will be no transport provided and the cost will be £30 pp Over 7-year olds	
Saturday 29 th April	10am – 1.30pm	Cookery with Claire Quayle at the Centre, Burger making & Pancake dessert	
Saturday 13 th May	11am – 3pm	Chocolate party at Choccy Piccy – making or designing our own chocolate, hot chocolate in their hot chocolate bar	

		with grazing plater lunch (limited numbers)	
Saturday 10 th June	11.30am – 5pm	Lunch at Leonardo’s Restaurant followed by pottery painting at the Craft Works	
Saturday 22 th July	12pm – 4pm	Lunch at the Creek Inn followed by Casey J fishing trip TBC	

Over 18’s activity clubs – Julie Cannon

My first few months in post have been eventful and it has been an absolute pleasure to get to know such lovely and welcoming members. Some of the events members have participated in recently are as follows:-

- Some members attended the fabulous local performance of Grease at the Gaiety.
- We have also put on our dancing shoes and danced the night away at the 80’s night at the Villa Marina.

- Members clapped and sang along to the songs of Frankie Vallie and the Four Seasons at the Gaiety.
- Members from the South of the Island enjoyed a lovely meal at The Shore and had a catch up. It was great to have new members in attendance.
- Members have continued with the monthly Guided Walks and we have recently been to Bishopscourt Glen and St Johns where we learnt about the railway lines that passed through and how David (our Blue Badge guide) spent his youth and the mischief he got up to which was amusing.
- Some members braved the strong winds to pay their respects at the local Remembrance Day Service in Onchan followed by lunch at the Archibald Knox.
- Ladies enjoyed Christmas shopping with some Prosecco and nibbles at Whim in Laxey.

Below are upcoming events that have been arranged. If any members are interested in attending any of the events for 2023 please give Julie a call on 674727 or email

jcannon@sightmatters.im Transport is available for these events.

Thursday 12th January Manx Museum 100

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

This is a free event for members

Monday 30th January – Benefits Team at Corrin Court

Social Security Department of Benefits have kindly agreed to visit Corrin Court. They can offer up to eight ½ hour slots for members who would like advice regarding benefits. **Appointment slots must be booked through Julie Cannon at Sight Matters before the 20th January.**

Just to make members aware you are also able to self-refer to the Benefits Team via email

referrals.ssd@gov.im giving your name, contact number and enquiry and they will call you back and can arrange to visit you at home or at the Benefits Office.

Saturday 4th February- Manx Whale and Dolphin Watch 2-3pm at Corrin Court

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

Refreshments will be served.

Monday 13th February -Acoustic Shooting- Corrin Court

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

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

Thursday 9th February 6pm Social Meal Hawthorn Restaurant 6pm

(for members who live in the west of the island)

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

Friday 24th February Lost in Music at the Villa Marina

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

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

Saturday 1st April Elvis at the Villa Marina

Are you lonesome tonight? Well if you fancy feeling all shook up and taking a trip down memory lane why not join me for a fabulous evening celebrating the life of this iconic showman

and telling the story of the King of Rock & Roll. Ben Portsmouth is touring in 2023 with his jaw-dropping new tribute show 'This is Elvis' alongside his live 9-piece 'Taking Care of Elvis Band'. This is a free event for members

Friday 28th April Manx Aviation & Military Museum followed by lunch at The Shore Hotel

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

Local Activities

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

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

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

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

Facebook Wobble

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

Monthly Activity Group

Julie is exploring setting up a monthly activity group locally in Ramsey, Peel, Castletown and one at Corrin Court. The group at Corrin Court is due to commence on the 6th February. If you live in the East of the Island and would like to attend, can you please contact Julie Cannon.

Members will be informed when the groups in other areas are due to commence. Any suggestions on activities, talks or outings would be gratefully received.

Upcoming Fundraising events:

Friday 3rd February

7pm at Corrin Court

Quiz Night

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

Saturday 4th March at Corrin Court

Murder Mystery Night 7pm for 7.30 start

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

Main course Cheese or Steak Pie
Dessert Tiramisu or Lemon Meringue
Bring your own drinks
Email events@sightmatters.im or call 674727 to book

Thursday April 6th

10.30am at Corrin Court
Easter Coffee Morning
Join us for a morning of coffee, cake and a chat at our Easter Coffee Morning. Stalls and raffle.
Tickets just £1.50 on the door

Friday 12th May

7pm at Corrin Court
Think of a pudding and it'll probably be at our pudding party! Come and try lots of different desserts, with a fun filled quiz and a sweet treat raffle
£8 per person, bring your own drinks
Book your ticket at events@sightmatters.im or call 674727

A special Christmas gift

Savannah is three, she has neurofibromatosis and is rapidly losing her sight as there are tumours on

her optic nerve and it is expected that she will have no sight in the near future.

Savannah's family asked if we could help make her final Christmas with sight an extra special one. Could we? Of course we could! Now we know Sight Matters is amazing (we would say that) but we also know our limitations too and that we could not deliver a magical, winter wonderland without the help of our community. And boy, did our community deliver in so many ways.

It started with the IOM Prison and Probation Service Resettlement Team under the supervision of Prison Officer Ant Rogan. Ant and his team were given permission by the Prison Governor to assist the family setting up the winter wonderland. It was a huge task which they pulled off in a day. Once we knew from Savannah's mum, Suzanne, that the family were ready for the "switch on", a date was agreed and we had 24 hours to get the wider community involved to make it extra special. Debbie from our team pulled out all the stops using her community contacts and arranged a snow machine courtesy of Event Management Solutions IOM, the Castletown Metropolitan Silver Band to play carols, staff & volunteers from Sight Matters to sing along with the band, Nampak International who provided the most fabulous

hampers and gifts for the family, Castletown Town Commissioners who supplied the all-important box to switch the lights on and officers from the Isle Of Man Constabulary Southern Neighbourhood Policing Team who dropped in to keep the crowd in order. BBC Isle of Man, Manx Radio, Isle of Man Newspapers, 3FM & SM Creative Photography came along to capture the magic as it happened.

As with any event at this time of year, Santa popped in but as he hadn't been expecting to make the additional stop, Nampak International kindly allowed him to use their hampers and gifts. Sadly, it appeared that a couple of the reindeers on Santa's sleigh had one or two sherries too many and Santa found himself in the care of PC Gronkowski at the end of the night.

Savannah's complex health conditions make every day a challenge for her and her family but we hope her winter wonderland has made this Christmas extra special, creating magical memories that can never be taken away. It also embodies everything that is fantastic about the community of the island; it is a true Christmas story which has been picked up in the UK so far by BBC News BBC Radio 5 live and Contact - For families with disabled children

Little Star

McKenzie Holmes is one of our younger members, who is only 5 and an active participant in our younger members group. All our members are stars but McKenzie has official recognition as a "Little star" having won this award at the A Little Piece of Hope charity Heroes in Mann awards in November, 2022. He received the award for perseverance, overcoming obstacles, his bravery and attitude despite his blindness. Congratulations McKenzie, a fantastic ambassador for the blind and visually impaired.

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

Cost of Living Crisis

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

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

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

The Sigt Matters Great Curling Competition

Our lunch club members had a few days of action competing in our first indoor curling competition!! The luncheon club members fought it out against their friends on their given luncheon club days with the final culminating in the top three from each team battling for the title '**Champion of Champions**'!

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

Tuesday Group Results

Gold – was professionally won by Kath King

Silver – a well-deserved place went to Doreen Thomas

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

Wednesday Group Results

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

Silver – was skilfully played for by Mick Dadford

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

Thursday Group Results

Gold – some incredible playing by the wonderful Jessie Fayle. Our most mature player of the competition at **103 years**.

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

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

'Champion of Champions'!

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

A huge congratulation goes out to our final winners:

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

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

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

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

Facebook Group

We have created a group on Facebook called 'Sight Matters Members'. Please join if you are a Sight Matters member or have a family member/friend who is. The group will be used to share updates and information relevant to you or your loved one. If you need help joining or accessing the group, please let us know!

Volunteering

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

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

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

There are a range of volunteering opportunities including serving at the till, putting out stock, sorting through donations and transporting items to the shop.

Other volunteering roles available with Sight Matters include reception duties, working in the library, recording and delivering the weekly news

bulletin, driving or helping members in the minibus, participating in a range of member activities, assisting with the acoustic shooting group at its Onchan-based headquarters, Corrin Court, and much more.

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

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

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

Easy Reading Assistant

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

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

MBWS audio library

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

Item No	Title	Author Forenames	Author Surname
MM1952	22 Seconds	James	Patterson
MM1962	A Bird in the Hand	Ann	Cleeves
MM1852	A Body by the Lighthouse	Helen	Cox
FI9017	A Christmas Celebration	Heidi	Swain
FI9020	A Christmas Miracle for the Railway Girls	Maisie	Thomas
FI9026	A Cornish Christmas at Pear Tree Farm	Angela	Britnell
FI8461	A Cornish Orphan	Sheila	Jeffries
FI8981	A Daughter's War	Emma	Hornby
MM1963	A Day in the Death of	Ann	Cleeves

	Dorothea Cassidy		
FI9008	A Dinner of Herbs	Catherine	Cookson
MM1974	A Foreboding of Petrels	Steve	Burrows
MM1961	A Lesson in Dying	Ann	Cleeves
MM1978	A Mansion for Murder	Frances	Brody
FI9000	A Mother's Christmas Wish	Glenda	Young
FI8982	A Mother's Fight	Libby	Ashworth
FI8996	A Song of Shadows	John	Connolly
FI8983	A Wartime Welcome at Rookery House	Rosie	Hendry
MM1981	Act of Oblivion	Robert	Harris
FI8993	All About Evie	Matson	Taylor
FI9019	Always By Your Side	Julie	Haworth

MM1969	Betrayal in the Cotswolds	Rebecca	Tope
MM1976	Blow Back	James	Patterson
MM1989	Blue Water	Leonora	Nattrass
FI9009	Born to Serve	Josephine	Cox
MM1959	Cat & Mouse	M.J.	Arlidge
FI9027	Christmas with the Wartime Midwives	Daisy	Styles
WS244	Colditz	Ben	MacIntyre
MM1953	Confidence	Denise	Mina
WL44	Coward	Tim	Clare
MM1985	Crook O'Lune	E.C.R.	Lorac
MM1954	Dark Vector	Graham	Brown
MM1956	Death of a Bookseller	Bernard. J.	Farmer
MM1951	Death of the Black Widow	James	Patterson
MM1980	Desperation in Death	J.D.	Robb
MM1948	Dream Town	David	Baldacci

MM1677	Edge of Darkness	Karen	Rose
MM1717	Fell Murder A Lancashire Mystery	E.C.R	Lorac
FI9031	Godmersham Park	Gill	Hornby
FI8984	Happy Dreams at Mermaid Cove	Marie	Laval
FI8997	Hell's Bells	John	Connolly
FI9005	Her Nanny's Secret	Jan	Baynham
FI9015	Her Private War	David	Laws
FI9010	Her Secret Son	Catherine	Cookson
FI9012	Here Comes the Sun	Jo	Clegg
MM1992	Homecoming	Isabel	Ashdown
FI9002	I'll be Home for Christmas	M W	Arnold
MM1949	Into The Dark	Fiona	Cummins
MM1968	Las Vegas Night	Stephen	Leather
FI8985	Lights Down	Graham	Hurley

CH333	Mother Goose's Nursery Rhymes	Axel	Scheffler
MM1957	Murder at the Victoria and Albert Museum	Jim	Eldridge
MM1945	Night School	Lee	Child
MM1944	No Less The Devil	Stuart	MacBride
FI8995	One For Sorrow Two For Joy	Marie- Claire	Amuah
MM1946	One Last Secret	Adele	Parks
MM1564	Relentless	Dean	Koontz
MM1964	Serpent	Clive	Cussler
MM1955	Serpent's Point	Kate	Ellis
FI9018	Shadows of the Past	June	Francis
MM1950	Shattered	James	Patterson
FI9024	Silver Wishes	Anna	Jacobs
FI8987	Small Miracles	Anne	Booth
MM1781	Smoke Screen	Thomas	Enger
FI9028	Smokeheads	Doug	Johnstone
FI8986	Summer People	Julie	Cohen

FI8998	Suspect	Scott	Turow
CH332	The Adventures of the Wishing-Chair Collection	Enid	Blyton
FI8990	The Affairs of Ashmore Castle	Cynthia	Harrod-Eagles
MM1984	The Branded	Martina	Murphy
MM1983	The Brutal Tide	Kate	Rhodes
MM1975	The Bullet That Missed (3)	Richard	Osman
FI9023	The Chase	Stephen	Leather
MM1947	The Family Remains	Lisa	Jewell
MM1988	The Fourth Enemy	Anne	Perry
FI8991	The Guest House	Robin	Morgan-Bentley
MM1986	The Hanging Wood	Martin	Edwards
MM1960	The Ink Black Heart	Robert	Galbraith
MM1967	The It Girl	Ruth	Ware
MM1965	The Kingdom	Clive	Cussler
FI9025	The Last House	R.G.	Adams
FI8992	The Lighthouse Bookshop	Sharon	Gosling

MM1958	The Lost Man of Bombay	Vaseem	Khan
FI9014	The Lost Song of Paris	Sarah	Steele
MM1970	The Man in the Shadows	Alys	Clare
MM1977	The Man Who Died Twice (2)	Richard	Osman
FI9007	The Marriage Portrait	Maggie	O'Farrell
FI9004	The Merry Christmas Project	Cathy	Bramley
FI9013	The Moose Paradox	Antti	Tuomainen
MM1966	The Race	Clive	Cussler
MM1987	The Railway Detective's Christmas Case	Edward	Marston
FI9001	The Sea Nurses	Kate	Eastham
MM1972	The Seat of the Scornful	John Dickson	Carr

MM1971	The Serpent Pool	Martin	Edwards
FI9003	The Sweetheart Locket	Jen	Gilroy
WL45	The Truth About Love	Conor	Creighton
FI9011	The Wartime Bookshop	Lesley	Eames
FI9016	The Watercress Girls	Kay	Seeley
MM1991	The White Priory Murders	Carter	Dickson
MM1979	The Wildcats of Exeter	Edward	Marston
FI8994	This Beating Heart	Laura	Barnett
FI9022	Three-Edged Sword	Jeff	Lindsay
FI8988	Tilly Trotter Widowed	Catherine	Cookson
FI9030	Toffee Apples and Quail Feathers	Jennifer	Worth
BM406	Tornado	John	Nichol
MM1990	Traitor	Tom	Wood

FI9006	Vera Kelly Lost and Found	Rosalie	Knecht
MM1982	Violent Ends	Neil	Broadfoot
FI9021	Where There's a Will	June	Francis
FI8999	Winter at Cliff's End Cottage	Sheila	Norton
FI9029	Winter's Daughter	Val	Wood
FI8989	You Are Here	Eva	Woods
MM1973	You Were Always Mine	Sheila	Bugler

Recipe

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

Ingredients

1 head cauliflower, leaves removed and cut into bite-sized florets

3 tbsp light olive oil, plus extra for drizzling
1 large leek, trimmed and cut into 2cm/¾in pieces
400g/14oz chicken thighs, boneless, skin removed
and diced
3 tbsp plain or wholemeal flour
500ml/18fl oz chicken stock
200ml/7fl oz milk (any type)
1 bay leaf
4 fresh thyme sprigs, leaves picked
2 tbsp reduced fat crème fraîche
400g tin cannellini beans, drained and rinsed
6–8 sheets filo pastry
salt and freshly ground black pepper

To serve

400g/14oz purple sprouting broccoli
2 tbsp olive oil

Method

Preheat the oven to 200C/180C Fan/Gas 6. Toss the cauliflower and 1 tablespoon oil in a 2.5 litre/4½ pints pie dish or large roasting tin. Roast for 30 minutes until starting to turn golden brown. Meanwhile, heat 1 tablespoon oil in a large frying pan over a medium heat. Add the leek and gently

cook for 7–10 minutes until softened. Transfer to a bowl and set aside.

Return the pan to the heat and add the remaining tablespoon of oil. Once hot, add the chicken pieces and cook until golden, turning as needed. Sprinkle the flour over the chicken in the pan and stir through, then gradually stir in the chicken stock, using a spoon to scrape up any golden crusty bits from the bottom of the pan.

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

Once the cauliflower is roasted, pour the contents of the frying pan into the pie dish. Take a piece of filo pastry and scrunch it up in your hand. Place on top of the pie filling in the dish, then repeat with the remaining filo to cover the top of the pie.

Drizzle with a little olive oil and bake for 25–30 minutes until the pastry is golden and crisp.

To serve, heat a griddle pan. Massage the broccoli with the olive oil and griddle for 3–4 minutes,

depending on the thickness of the broccoli stems.
Serve alongside the pie.

www.bbc.co.uk/food/recipes/joes_wow_chicken_38529

A thought for the day – Gift Republic –

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

Lunch 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

Donations

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

Sickness

- If you have Coronavirus symptoms, please stay away from the Centre
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.

