



SIGHT MATTERS

Optic Topics

Issue No 134
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**A newsletter for blind & visually
impaired people**

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Manx Registered Charity No. 132



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Celebrating Volunteers

At the heart of Sight Matters are our volunteers! From running our reception desk to driving our minibuses - we couldn't run any of our activities and services without them.

Some many of you will know – some work tirelessly in the background and you'll never see! Our audio library not only consists of our volunteer librarians who aim to know exactly what books to issue to you, but also a team of technical experts who transfer the books onto the USB sticks that you receive and ensure that there is a backup should we lose everything here. Sometimes the role is far more than you see - our drivers not only pick people up in our minibuses and cars but they also check the vehicles prior to driving, making sure they are safe to transport our members. Our hard-working receptionists answer many queries on the phone and face to face and understand the workings of the whole Sight Matters team. And our fundraisers volunteer their time and expertise to invent, organise and assist in creating events to raise vital funds for Sight Matters

Volunteers are essential to the running of Sight Matters – they give us around 800 hours per

month supporting the small staff team to deliver effective services.

People come to volunteering for many reasons – whether it's something for after retirement, giving back to a charity close to an individual, helping the community, to boost a CV, to make friends or to help a person's life journey. No matter what your background or experience – we can usually find a volunteering opportunity to match. Why not get in touch today and start your volunteering journey?

In Loving Memory of Kathy Parsonage

It is with great sadness that we share the news of the passing of our former colleague, Kathy Parsonage. Kathy was a truly remarkable person whose vibrant spirit and infectious laughter brightened the lives of everyone who knew her. Kathy worked at Sight Matters as our Lunch Club Assistant and relief cleaner. However, she went far beyond what her job entailed, contributing in countless ways to the happiness and well-being of our members, staff and volunteers.

Upon hearing of her death, one of our volunteers said: "Kathy was a lovely lady, always smiling and

really helpful to me personally when I started as a lunch club volunteer in 2022.”

Her cheerful presence, wicked sense of humour, and genuine kindness made her an integral part of our community.

Reflecting on Kathy’s time with us, Cathryn Bradley, CEO, said:

"Kathy was one of those rare individuals who could lift the spirits of a room just by being in it. Her warmth, humour, and unwavering dedication to helping others will be deeply missed by all of us at Sight Matters. She was not just a colleague but a cherished friend to so many."

Kathy’s memory will live on in the hearts of those who had the privilege of working alongside her and among the members whose lives she enriched.

On behalf of everyone at Sight Matters, we extend our deepest sympathies to Kathy’s family and loved ones during this difficult time. She will be remembered fondly, always.

MBWS AGM

Our AGM will be held

On: **Wednesday 12 March 2025 3.30pm**

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

Feedback Form

We have inserted a Sight Matters Feedback form with this edition of Optic Topics. Feedback is crucial to understanding how we can enhance our services and your experience at Sight Matters.

If you would like the form in another format or like to inform us of your answers over the phone please contact Kerry on 674727 or Kerry@sightmatters.im

Optic Topics Magazine

In our ongoing commitment to enhance the quality of our magazine, we have made the decision to reduce the frequency of our publications from four times a year to just twice a year. This change allows us to dedicate more time and resources to each issue, ensuring that we deliver richer, more engaging content that resonates with our readers.

Safeguarding Matters

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

Our Safeguarding Officer is **Cathryn Bradley**
Our Deputy Safeguarding Officer is **Michelle Ferrer**

Volunteer with us

We are currently looking for volunteers to assist with our fundraising activities. This could involve helping to organise events, selling raffle tickets and serving food and refreshments. If you'd like to find out more, contact Debbie on 674727

Closure of the VIP Store

It is with great sadness that we announced the closure of the VIP Store, our charity shop located on Strand Street, Douglas.

After nine years serving the Isle of Man community, the shop closed its doors for the final time on Saturday the 21st of December.

We are incredibly grateful to everyone who supported the VIP Store over the years. To our volunteers and staff, your hard work and dedication had been the heartbeat of the shop, and we cannot thank you enough for your time, commitment, and passion. To our loyal customers, thank you for choosing to shop with us and for your generosity in donating items.

While the closure of the VIP Store is undoubtedly a loss, we remain committed to our mission of empowering and supporting individuals living with sight loss on the Isle of Man. We will continue to explore other opportunities to fundraise and engage with the community, ensuring that our services remain accessible to those who need them most.

The Eye Clinic Team

The Sight Matters team were fortunate to meet the Nobles Eye Clinic team in December. It was a really informative, two-way meeting and lots was learnt. We are now able to introduce you to the Eye Clinic team.

Mr Chohan, Consultant Ophthalmologist, Clinical and Governance Lead.

Mr Chohan is a general Ophthalmologist with interest in Glaucoma, Minor operations, ocular trauma and laser.

Mr Farrukh Ali, locum Consultant Ophthalmologist

Mr Farrukh is a general Ophthalmologist with interest in Medical Retina

Mr Mahmoud Mohammed and Mr Nektarios Klados, Ophthalmology Specialist Doctors

Mr Mahmoud and Mr Klados are both general Ophthalmologists with interest in medical retina, Glaucoma, laser and Emergency treatment.

Stuart Hemingway Associate Directors of Nursing

Stuart is a Specialist nurse in outpatient services and has specific responsibility for Surgery, theatre, critical care, including Anaesthetics and Paediatrics.

He is also a Nurse Consultant for Aintree at Nobles Medical Retina Clinic.

Ann Marie Mackay, Orthoptist

Ann Marie is the visiting Orthoptist and is an expert in diagnosing and treating defects in eye movement and problems with how the eyes work together. She provides a service fortnightly for children and adults.

Marie Fee, Optometrist

Marie is the visiting optometrist who works with children (paediatric refraction), providing glasses prescriptions and also works alongside the Synaptik team providing a 4-week post-op service for adults after they have had cataract surgery.

Ian Hughes, Optometrist

Ian is a community Optometrist who supports Aintree at Nobles Medical Retina Clinic

Pin Doherty, Clinical Nurse Specialist

Pin is a Clinical Nurse Specialist based in the Ophthalmology Department

Joseph Doran, Cataract Pathway nurse

Joseph works between the Ophthalmology Department and Theatres

Mary-Golda M.Addo

Registered Nurse – Ophthalmology Department

Lesley Hankinson, Eye Clinic Liaison Officer (ECLO)

Lesley is the ECLO who is a central point of contact between Sight Matters and the eye Clinic as well as with other professionals

Gemma Dysangco, Nicole Parkes and Darren Millar, Clinical Technicians

Gemma, Nicole and Darren support the day to day running of the ophthalmology outpatient clinic, conducting investigations such as OCT scans (optical coherence tomography) and Visual Fields

Aintree at Nobles Update

There is currently an ongoing review of local capacity and ability to repatriate patients from Aintree back to Nobles for treatment.

Eylea 8mgs is now in stock alongside the usual dose given currently.

Eylea is the drug used to treat age-related macular degeneration and a larger dose will enable patients to have an extended time gap between injections.

Appropriate patients will be switched over to this dose which will lead to an increase in patient capacity at Nobles.

Meet the ECLO

Lesley Hankinson, recently appointed Eye Clinic Liaison Officer (ECLO) is keen to meet as many members as possible and is holding another drop in at Corrin Court between **1pm and 3pm on Wednesday 12th March.**

All are welcome, there's no need to make an appointment, just turn up.

Manx Utilities Authority, electricity support and advice for customers

Manx Utilities Authority provide a free Home Energy Advisory service, customers should call us if they have any specific questions regarding their consumption or would just like to have a chat about steps that might help them reduce their usage. They can also arrange a visit to your home if that is more convenient.

They encourage customers to call as soon as they have any concerns or issues about paying their bill

or if they simply need more time to pay, they are happy to go through the options available.

Customers can call free of charge on 0808 1624 115 or email accounts@manxutilities.im or call in to their our reception at our Ballacottier Headquarters, Isle of Man Business Park, Coil Road, Braddan, Isle of Man, IM2 2QZ.

MI Card

The MiCard service which is currently used to collect state pension or social security benefit at a post office will end on 31 December 2025.

From 1 February 2025 the MiCard service will not be available to new pensioners or social security benefit customers. Instead, their pensions/benefits will be paid directly into their bank or on line accounts.

Existing MiCard users will have until the end of next year to switch to direct payments.

How and when will I need to switch from using my MiCard at the post office to having my benefits or state pension paid into my bank or on line account?

You can do this at any time by emailing **socialsecurity@gov.im** or by calling **685686**. You don't have to do this now, but we would encourage you do so as soon as possible.

Congratulations Sheila

We are delighted that one of our volunteers, Sheila Healey has been awarded a Lieutenant Governor's Commendation in recognition of the fantastic work she does with the Onchan Branch of the Royal British Legion. For over 20 years she has supported local veterans and particularly Burma veterans. Sheila is also heavily involved in organising the annual poppy appeal and can be seen tying her love of the TT with the poppy appeal and can be found at the Grandstand during TT selling the Isle of Man design pins.

She is also a central figure in helping school children to understand what veterans have done for our community by working closely with primary schools and arranging for veterans to visit local schools to share their wartime experiences.

His Excellency will present the award to Sheila in the New Year.

Freddie Top Reader!

We were delighted to award Freddie our Sight Matters Top Reader Certificate. Freddie has managed to read all the children's and young people's books in our audio library. A great achievement Freddie!

Helping Ukraine

Member Anne Cashen has been knitting for several months and has made 4 blankets and over 40 bobble hats. These were taken to Ukraine, alongside a fire engine in October. Well done Anne!

Little Gem Fall Alarm

Julie Mattin from GemaCare has donated a Little Gem Fall Alarm to Sight Matters. This will be used to give members the opportunity to try, if this is something they are thinking about signing up to. If anyone wants to trial the Sight Matters device or loan it for a short time, please speak to Stacy on 674727. This is not a product we can endorse but want our members to be aware of what is available.

A bit about the device from Juile:

The Little Gem Emergency Alarm is very simple to programme and operate: if you can send a text message you can programme the device. I spent many months testing the device in varying situations including sending my son off road up the hills to see if it worked. When I was happy that it worked on the Island the next challenge was to make it cost effective for all. I spoke to our telecoms providers and told them what I wanted, it was agreed that they could provide the sims at a very reasonable price, with their help I can keep the cost down, which means everyone who needs one can afford one.

How does it work?

The Little Gem works in two ways – in the centre of the device is an SOS button, it is raised so you can feel for it if you can't see it. You press and hold the button until you feel a vibration in your hand and an audible sound. All numbers pre-programmed will receive a text message sharing your location. The device will then start calling the numbers until one of them answers. You can then talk to them so they can send the appropriate help you need.

The device will work wherever you are, it is not limited to your home. You can take it shopping with you, you can take it when you go for a walk, you can even take it if you go the UK or Northern Ireland.

That is a lot of information to take in – here is the shortened version.

Programmed with numbers of your choice, these can be changed when needed.

Low cost

Press and hold to call for help

Full back up support – 24/7

No Hidden charges.

GPS location and open phone line to speak to the responder.

Take it anywhere you go.

Water proof – take it in the shower

Bright Green colour – a stranger or emergency worker can clearly see it and know contact can be made with your loved ones. - our emergency services know about the device.

Settings can be changed quickly by you or by phoning Gemacare.

You can call Julie on 376800 anytime. Or have a look at the website for more information – www.gemacare.co.uk

Introducing Sue Moore – our Luncheon Club Assistant

I eagerly joined the Sight Matters' Team on 5th November after spending a quarter of a century as a busy school administrator in three Island primary schools. With my own family now up and away (two adult boys), I thought it was also time for me to have a change and put into practice some activities I enjoy myself.

In recent years, I also studied Counselling which is, of course, all about people and so from this, I decided I wanted to use these skills in a space to help people. I believe every single person's life tells a 'story' and that we all see the world uniquely based on our own stories.

If I can listen to others with care, share my own tales where appropriate and try my best to be kind and helpful then I will be in the right job. I have also been blown-away by how welcoming all the members and staff have been towards me since starting!

I also enjoy gardening (I plan to get outdoors in the Freedom Field next summer so please let me know what ideas you have), researching family history and spending time with my friends and family when I can.

Over 18's activity groups

Before Christmas the over 18's had an amazing time enjoying some fantastic shows at the Villa & Gaiety: They included hits from the Musicals, Makings of a Murderer and Mannanan's Winterfest. These activities gave the members an opportunity to connect with others and share their passion for the arts.

We also held two wonderful ceramic sessions where members had the opportunity to create and decorate Christmas trees and charming Christmas Gonks. These sessions allowed participants to express their creativity and with the guidance of a skilled instructor, enjoyed the tactile experience of shaping and moulding the clay, bringing their designs to life!

Upcoming activity events

If you are over 18 years and interested in attending any of the events, please contact Julie on 674727. Transport can be provided.

Chicago - Sunday 8th February 2.30pm at the Gaiety Theatre

Douglas Choral Union presents Chicago the Musical. Step into the roaring 1920s, where jazz reigns, crime makes the headlines, and fame comes at a deadly price. This captivating musical follows Roxie Hart, a wannabe vaudeville star whose dreams of stardom take a dark turn when she lands in jail for murder. There, she crosses paths with Velma Kelly, a nightclub sensation with her own deadly secret. The two fierce women battle for the spotlight—and their freedom.

Acoustic Shooting – Monday 10th February at Corrin Court

This activity is becoming a firm favourite with members and all those who take part want to do it again. Why not try something new and different for 2025 and have a go at shooting an air rifle? To get a bullseye you listen through headphones

for the changes in tone only. It challenges your coordination and concentration as well as building your confidence, have fun whilst learning a new skill.

6 Contemporary Artists – House of Manannan Friday 14th March 1.30-3pm

Six contemporary Manx artists: Sally Black, Petrina Kent, Ella Magee, Helen Faragher, Ellie Baker and Ongky Wijana showcase their works on paper, canvas and in stone.

Fast Love-A Tribute to George Michael Friday 14th March Villa Marina 8pm

This show has it all, the power, emotion and star quality in this stunning production with full video and light show, as we respectfully recreate the soundtrack to your life.

Playing all the hits, from Wham! right through his glittering career, including, Wake Me up, Too Funky, Father Figure, Freedom, Faith, Knew You Were Waiting, Careless Wisper and many more.

Sunday 30th March - Billy Elliot The Musical Live at Broadway Cinema 2pm

Billy Elliot the Musical has won the hearts of millions since it opened in London's West End in 2005. Set in a northern mining town, against the background of the 1984/85 miners' strike, Billy's journey takes him out of the boxing ring and into a ballet class where he discovers a passion for dance that inspires his family and whole community and changes his life forever.

Legends of Country Music Show – Tuesday 29th April Gaiety Theatre 7.30pm

The show highlights acclaimed tributes to Dolly Parton, Johnny Cash, Don Williams, Patsy Cline, Hank Williams, Tammy Wynette and Kenny Rogers and new tributes to icons Alan Jackson, Shania Twain, Garth Brooks and the new kid on the block Luke Combs with countless other well-known singalong hit songs in this must-see musical extravaganza. The show also features three superb singers who are all accompanied by a fantastic live band of musicians.

Calendar Girls Sunday 25th May, 2pm at the Gaiety

Calendar Girls-The Musical is a musical comedy by Gary Barlow and Tim Firth. Following the death of a much-loved husband, a group of ordinary women in a small Yorkshire Women's Institute are prompted to do an extraordinary thing and set about creating a nude calendar to raise money for charity.

All our services are free at the point of delivery. If you are interested in supporting any of these activities, please contact us on 674727 or email enquiries@sightmatters.im

Younger Member's Activity Group

The younger members group recently enjoyed a memorable day filled with exploration and creativity. Kicking off the event, the group embarked on a behind-the-scenes tour of Tesco, where they gained insights into the daily operations of one of the UK's leading supermarkets, following which the group made their way to Pulrose Golf Club for afternoon tea. They enjoyed some delicious sandwiches, and a

variety of cakes. Laughter and conversation flowed as they shared their thoughts on the tour and discussed their favourite treats.

A Christmas craft session was organised, allowing everyone to unleash their creativity and embrace the holiday spirit. This engaging activity provided a fun outlet for artistic expression for the youngsters.

The young members club is gearing up for the next 6 months with an exciting line-up of activities that promise fun, creativity, and teamwork! Kicking off the schedule is a lively football kickabout, where members can showcase their skills, make new friends, and enjoy some healthy competition. This activity not only promotes physical fitness but also encourages teamwork and sportsmanship.

Members will have the chance to unleash their inner bakers by making cupcakes. For those with a green thumb, planting trees will be an engaging way to learn about nature and sustainability.

Adventurous spirits can look forward to tackling the climbing wall, where they can challenge themselves, build confidence, and develop physical

skills. This thrilling activity is sure to be a highlight for many!

Additionally, members can explore their artistic side through ceramics & arts and crafts, or essential culinary skills with a cookery session with our Chef. With so many exciting activities planned, there's something for everyone to enjoy!

If you would like more information on the younger members club and the full activity list, please contact Clare Goldie on 674727 or email Claire@sightmatters.im.

Paws 4 Thought

Sight Matters is delighted to announce the launch of **Paws 4 Thought**, a special area dedicated to remembering and honouring beloved pets. Opening in February 2025, this meaningful initiative is located within the Freedom Field at Corrin Court, Onchan. The Freedom Field is a safe, secure space designed primarily for the blind and visually impaired and their assistance dogs, while also accommodating those with hidden disabilities or other challenges.

The Paws 4 Thought area offers a unique opportunity to celebrate the love and memories shared with cherished pets. By purchasing a personalised tag, you can commemorate a pet you adore or honour the memory of one you have lost. Each tag can be engraved with your pet's name and a short message and will be displayed on a dedicated wall within the area and you will receive a photograph electronically. This tribute will serve as a lasting symbol of the special bond between you and your furry friend.

Participating in Paws 4 Thought not only keeps the memory of your pet alive in a beautiful way but also supports the vital work of Sight Matters. By purchasing a tag, you are contributing to the charity's mission to empower blind and visually impaired individuals across the Isle of Man.

Tags are available for £20 each and can be purchased online at www.sightmatters.im or from Corrin Court. Funds raised through this initiative will remain on the Isle of Man, directly benefiting the local community.

We warmly invite you to visit the Paws 4 Thought area during designated times to view the display and feel the love shared by all who participate. Tags can also be purchased as thoughtful gifts for

friends or family members who want to honour their own pets.

For more information or to purchase your tag, visit www.sightmatters.im, visit Corrin Court or phone/email Peter on Peter@SightMatters.im or 674727.

Together, let's celebrate the joy and companionship that pets bring to our lives while making a meaningful difference to others

Race Night – 7 March – 7pm

Back for 2025 – it's our ever-popular Race Night. You can just watch or bet on retro horse races (and don't forget about the hilarious pig race – oink oink)! Sometimes you may actually win money but it's all in the name of fun-draising for Sight Matters. Tickets £10 with supper included, byo drinks – for more information call 674727

Coffee morning

We know you like our Coffee Mornings – our Christmas one raised over £1000! So, to celebrate Easter, we are having a Spring Coffee Morning on Thursday 17 April – we'll have a raffle, cake stall and a Yellow table. Catch up with your friends with

a coffee and chat. Entry £2, starts at 10.30am – no need to pre book

Dining in the Dark – Friday 5 April 7pm @ Corrin Court sponsored by Simcocks

Save the date for a truly unique and immersive experience with Sight Matters' Dining in the Dark event

Dining in the Dark is back! This extraordinary evening invites you to step into a world of heightened senses, savouring a gourmet meal while blindfolded. Relying solely on taste, smell, touch, and sound, you'll embark on a culinary adventure designed to surprise and delight, you'll be guided through a sensory journey like no other. The evening will also include a blind raffle and auction, adding an extra element of excitement and mystery.

Beyond offering an unforgettable dining experience, Dining in the Dark provides an opportunity to support Sight Matters' work with blind and visually impaired individuals, while gaining a deeper understanding of some of the challenges they face. Tickets include a three-course set meal and wine, and every effort will be

made to accommodate dietary requirements upon request.

Follow our Facebook/website or contact Peter for further details. Dining in the Dark promises to be an evening of discovery, connection, and support – one that you won't want to miss. Mark your calendar and prepare for a night to remember.

Bank Holiday Bingo!

After the success of last year's bingo, we are holding another on Friday 23 May 7pm. £10 per person to include a 10 game bingo book with cash prizes! BYO drinks and snacks – last year we had a waiting list for tickets so book early! Call 674727

Save the date

This year's Coast to Coast will be on Sunday 7th September – more details coming soon!

Twenty-One for Twenty-One Update: A Solar-Powered Success!

As we celebrate 21 years of Corrin Court, 2024 has been a milestone year for Sight Matters. Our ambitious *Twenty-One for Twenty-One SUN-Raiser*

campaign set out to raise £21,000 toward installing a solar panel array at Corrin Court. Thanks to your incredible support, we've exceeded that initial goal and raised two-thirds of the total £150,000 needed!

What Your Support Means

The funds raised so far will make a significant impact by:

Reducing operating costs, enabling us to allocate more resources to our members.

Securing our energy supply, ensuring long-term sustainability.

Advancing our NetZero goals and contributing to global efforts to combat climate change.

The Journey Continues

With £50,000 left to raise, we're excited to take the final steps toward making a solar-powered Corrin Court a reality. Here's how you can continue to help:

- **Donate:** Every contribution, big or small, brings us closer to our target.
- **Spread the Word:** Share our campaign with friends, family, and colleagues.

- **Follow the Journey:** Keep an eye on our social media for updates via the SUNometer!

Your generosity has already brought us closer to a greener, brighter future for our members and the wider community. With your continued support, 2025 can be a year to remember.

Thank you for being part of this transformative journey!

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 Surname	Author Forenames
FI9276	A Christmas in Prague	Jensen	Helga
FI9291	A Christmas Miracle on Sanctuary Lane	Dougal	Kirsty
FI9264	A Girls' Guide to Winning the War	Lyons	Annie
FI9290	A Wartime Christmas at Rookery House	Hendry	Rosie

FI9275	A Wartime Christmas in the Dales	Firth	Betty
FI9265	A Winter's Wish	Summers	Judy
MM2201	Agatha Raisin Killing Time	Beaton	M.C.
FI9272	All That We've Got	Benson	Jendella
FI9268	Art Hour at the Duchess Hotel	Green	Sophie
FI9288	Blood of the Bear	Donald	Angus
MM2198	Blood Ties	Nesbo	Jo
FI9277	Christmas for the Home Front Girls	Bavin	Susanna
FI8521	Christmas with the Shipyard Girls	Revell	Nancy
MM2207	City of Destruction	Khan	Vaseem
FI9267	Close Knit	Colgan	Jenny
MM2197	Coal Black Soul	Wright	M .P.
FI9283	Counting Miracles	Sparks	Nicholas
MM2203	Death at the Lychgate	Belshaw	T. A.

MM2190	Death by Numbers	Cunningham	Jo
FI9287	East End Orphan	Brellend	Kay
MM2210	Forget Me Not	Arlidge	M.J.
FI9284	Heatherley	Thompson	Flora
MM2188	In a Place of Darkness	Macbride	Stuart
MM2189	Mr. Pottermack's Oversight	Austin Freeman	R.
MM2211	Murder at the Crooked Horse	Cookman	Lesley
MM2204	Murder at the Harmony Hollows Resort	Kirkham	Gina
MM2208	Murder in Vienna	Lorac	E.C.R.
MM2205	Murder Under the Misetletoe	Coles	The Reverend Richard
FI9292	Night & Day	Connolly	John
MM2202	Nobody's Hero	Craven	M.W.
FI9296	Nurses on Call	Douglas	Donna
FI9289	Precipice	Harris	Robert
MM2192	Prophet of Blood	Tremayne	Peter

MM2191	Pursued by Death	Staalesen	Gunnar
MM2209	Secrets and Lies	Jardine	Quintin
FI9286	The Book Swap	Bickers	Tessa
FI9295	The Crash	Furnivall	Kate
MM2194	The Final Score	Jones	Carys
MM2073	The Fine Art of Invisible Detection	Goddard	Robert
FI9281	The Forgotten Life of Connie Harris	Church	Carryl
FI9270	The Fortune Teller's Daughter	Mason	Maggie
FI9285	The Granddaughter	Schlink	Bernhard
MM2200	The Grey Wolf	Penny	Louise
FI9274	The House of Mirrors	Kelly	Erin
MM2195	The Lost Coast	Kellerman	Jonathan
FI9282	The Lost Daughter	Colley	R.P.G.

FI9273	The Market Girl	Ashworth	Libby
FI9271	The Moth	Cookson	Catherine
FI9266	The Palace Girl's Secret	Royal	Emma
FI9279	The Ravening	Church	Daniel
FI9278	The Secret Orchard	Gosling	Sharon
FI9294	The Songbirds of Florence	Spooner	Olivia
MM2199	The Stalker	Rhodes	Kate
FI9280	The Unbaited Trap	Cookson	Catherine
MM2196	The Venetian Sanctuary	Gwynne Jones	Philip
FI9293	The Way to the Sea	Connelly	Victoria
FI9183	The Widow's Choice	Revell	Nancy
MM2206	Traitor	Kray	Roberta
WS247	Twelve Days on the Somme	Rogerson	Sidney
FI9297	Wartime Wishes for the Land Girls	Curzon	Ellie

MM2193	Witness 8	Cavanagh	Steve
FI9269	You Are My Sunshine	Archer	Rosie

Raffle Gifts

Did you receive any extra gifts at Christmas? Do you have unwanted unused items in your home? Our raffle cupboard is always looking for small donations and we are always grateful for items to be dropped off at Sight Matters

Manx Macular Support Group

Loss of centre vision

Registered Charity 1258

May I start by wishing everyone a peaceful but prosperous new year. There is much going on in our world and there is much we can do to help each other.

Perhaps I should start by saying I had a check-up in St Pauls in late November for my Iluvien implant which proved it was still working well, my eyes are stable, and I am not due back until May 2025 for the next check-up. That's remarkable as far as it will be 24 months since the implant and have had no other treatment since then. That's great

financial news for our health service. If I had continued with the monthly eye injections the cost of travel and injections would have totalled £34,800 by May this year. As it is the total cost will be £8,500 a saving to the health service of £26,300. To say nothing of the time and cost of the medical staff that treat me.

Many of us suffer from "dry eye" and over the last ten years I've tried just about everything to alleviate it. Blepherpclean pads, Hot water and cotton wool pads, creams of various types all with varying levels of success. The other day I read about a new portable eye bath that generates warm mist. As you can see in the photo of the one, I've bought. Obtainable from various outlets but mine from Amazon UK for just over £15.00 It contains a rechargeable battery and is extremely easy to use. The profession claims warm moist steam can be the best therapy for dry eye. So, I will test it out and report back in the next Optic Topics but if anyone reading this has one then it would be good if you could let me know your thoughts to be included in the test results.

I have been made aware that many are unaware of the Sunflower symbol used world-wide in airports and many other places to signify "Hidden

disabilities” It was created in 2017 at Gatwick Airport and has since spread worldwide. Airport staff being trained to observe then assist if needed such wearers. Not everyone with a disability needs help all the time but it’s great to have such help instantly when needed. The Hidden disability sunflower symbol is for Sensory loss including difficulty seeing, A physical disability that may not be obvious, autism, a learning disability, anxiety, or any other mental health condition. So, for example someone wearing any one of these items can go down the quick lane to the righthand side in JLA security instead of perhaps queuing for a long time in the normal zigzag lanes. For island residents the easiest way of obtaining your pack is to collect one for free from the Information desk at Ronaldsway airport. Its directly ahead of you as you enter the building through the main doors.

Nigel H. Malpass Chairman

Donations

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

All donations stay on Island.

Special dates for your diary

Race Night – Fri 7 March 7pm @ Corrin Court

Meet the ECLO between 1pm - 3pm on Wed 12th March @ Corrin Court

Dining in the Dark – Sat 5 April 7pm @ Corrin Court

Coffee Morning –Thurs 17 April 10.30am @ Corrin Court

Bingo –Fri 23 May 7pm @ Corrin Court

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.

An audio version of this document can be obtained on request