



SIGHT MATTERS

Optic Topics

Issue No 128
Summer 2023

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

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Manx Registered Charity No. 132



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Go Gold Plus travel pass

Please note IOM transport have updated the entitlement on our Go Gold Plus travel passes. There is now a concessionary fare to pay on the Isle of Man Railways.

The Go Gold Plus cards are issued to eligible residents who are registered blind or partially sighted with Sight Matters.

Go Gold Plus entitles the holder to:

- Free travel on scheduled *bus vannin* services at any time.
- Free travel for guide dogs
- Concessionary fares on Isle of Man Railways* scheduled services

**Isle of Man Railways includes the Steam Railway, Manx Electric Railway and Snaefell Mountain Railways. Douglas Bay Horse Tramway not included.*

80's quiz night

For those of us who can recall the heady days of shoulder pads, big hair, mullets, blue eyeliner, neon colours, shell suits, the rubic cube, ET phoning home and dare we say it, the best music

ever, we're holding an 80's quiz night on **Saturday 22nd July, 7pm at Corrin Court.** Questions, music and refreshments will all be 80's themed and you can't have an 80's night without the best 80's costume. Our very own Dave Wilson is the quiz master and given his excellent fashion and dress sense, may well win the best 80's costume without trying. It's bring your own alcohol and tickets are £10 per person, including a two-course meal. Booking is essential on 674727 or **events@sightmatters.im**

The Sight Matters arts exhibition

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

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

At a private viewing for the artists and their families, His excellency, the Lieutenant Governor will be judging the entries for our 2023 Christmas

card competition. We are looking for festive/wintery themed pieces to use as designs on this year's Christmas cards. The two categories – Under-18s and Over-18s. The winners of each category will see their work on sale around the Isle of Man on our Sight Matters Christmas cards.

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

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

The exhibition will be open to the public at **Corrin Court** between **10am and 4pm on the 5th and 6th of August** with the private viewing on 4th August.

Entries now open for our Coast 2 Coast walk

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

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

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

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

Cathryn Bradley, CEO at Sight Matters, said: 'We're delighted to launch this year's Coast 2 Coast walk. Last year, more than 450 participants took part, raising over £10,000 for Sight Matters. Even the Manx fickle weather played ball by bringing out the sun for the event, after a wet and windy night beforehand. As an independently funded charity, all funds raised go towards supporting blind and visually impaired people on the island. We would love to see more participants taking part this year.

'We're thrilled Conister Bank have returned as our event sponsor. We couldn't run events like this without such support. And the Conister team have also put their money where their feet are and have a team actually taking part in the walk. We had a

fabulous day last year, with walkers of all ages, different levels of mobility and ability and of course, and the many dogs making their way to the Peel finish line.”

Douglas Grant, Managing Director at Conister Bank, said: ‘The Coast 2 Coast walk is a remarkable event; one that encourages people to not only get active and enjoy the Manx countryside, but also raise money for one of our Island’s most worthy charities.

‘It’s great to see the Coast 2 Coast event grow in popularity year on year, and we hope that the 2023 event proves to be the best yet!’

For more information and to download a registration and sponsorship form, visit:
<https://www.sightmatters.im/support-us/coast-to-coast/>.

Hard copies are also available from the charity’s Corrin Court headquarters in Onchan or The VIP Store in Strand Street, Douglas. The closing date for entries is 29.08.23 and the entry fee is £12 for adults and £5 for under 16s

Callum & Emilie Bentham

Eight-year-old Callum and Seven-year-old Emilie have already signed up to take part in our 12-mile Coast to Coast walk. They are taking part on behalf of their little brother Aidan who is a member of Sight Matters. The family say that Sight Matters is close to their hearts and over the last year Aidan has been able to take part in various activities in our younger members club. They say this has helped Aidan, and others attending the club, to gain confidence and have lots of fun together!

If you would like to sponsor these little stars you can send your donation in to us at Sight Matters.

Electoral consultation

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

<https://consult.gov.im/cabinet-office/the->

work-of-the-electoral-commission or on paper which is available via https://consult.gov.im/cabinet-office/the-work-of-the-electoral-commission/supporting_documents/FinalconsultationquestionsElectoral%20Commission.pdf and is compatible with our electronic readers or we can print it off for you and help you to complete.

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

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

Bright for Sight

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

can think of – the quirkier the better! Let's try and make the Island as 'Bright' as we can and raise awareness of sight issues!!

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

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

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

Dying to Talk About Death conference

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

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

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

The event will take place at **Corrin Court** on the **3rd of November between 9am and 4pm.** Tickets will be priced at **£20 per person,**

including refreshments and lunch, and will go on sale soon.

If you would like to register your interest in Dying to talk about Death, please email **peter@sightmatters.im**

Younger Members Activity Club

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

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

Some of the older members enjoyed a pie making activity held at Victory Café at the bottom of Snaefell. They really got stuck into it using a very old pie-making press which some found quite tricky to use. You wouldn't notice though as the

finished pies looked and tasted amazing, with the children enjoying their own pie for lunch. The children did such a good job that an extra 30 pies were made with the letters S, M for Sight Matters. These were sold on to some hungry café customers!

The following week, the children went back to Victory Café to enjoy some lunch, this time prepared by someone else! They also watched Peter Rabbit in their cinema room before heading to the top of the summit on the tram. At the top they took part in a very, very windy walk around, holding on to each other so they didn't blow away, before relaxing in the summit café with some hot chocolate and cake.

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

It didn't stop there as they then enjoyed feeding and collecting the hens' eggs, leading a pony for a

walk and a trailer ride before feeding the animals in the fields.

After a very busy two weeks the children actually needed to go back to school for a rest!

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

For dessert they made pancakes which we actually think the messy part was eating them – well with their chocolate stained faces it certainly looked that way!

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

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

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

Speed of Sight track days.

Speed of Sight is a charity formed by Mike Newman, a man blind from childhood who has managed to hold a number of speed records on land and sea. Mike and his fantastic team, many of whom are volunteers, brought their track cars to the island on the 25th and 26th April to allow our members to experience driving – some had never driven before, some had not driven for some time and missed the freedom and exhilaration it brings. And, boy did it bring exhilaration, the top speed clocked by one of our members was 115mph with many others topping 100. The team from Speed of Sight told us that the track at Jurby was one of the best they used and ideal for such a fantastic driving experience. There were two specially adapted vehicles – one was a buggy type, the other a small sports car and the Speed of Sight team are in the process of obtaining a vehicle specifically for children, not that that

stopped one of our 8-year-old members taking to the track. There was huge media interest in the event and many of our members that took part found themselves being interviewed by local and national media. Those who found themselves with a microphone literally thrust in their face acquitted themselves with such professionalism and really were ambassadors for the blind and visually impaired community. Some of the words used to describe the experience - "fantastic", "amazing", "terrifying", "exciting", "fun", "challenging", "brilliant" which sums the experience really.

Upcoming members events for over 18's

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

Transport is provided for all but one of these events.

Wednesday 19th July – Summer Wurlitzer concert with Sarah Goldsmith 1pm

Commonwealth War Graves Commission Talk

Tuesday July 25th, Wednesday 26th, & Thursday 27th July at Corrin Court 1.30-2.45pm - Transport is not provided.

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

**Thursday 27th July
Jazz Aces at the Villa Marina Arcade -
7.30pm**

**Sunday 30th July – Jurby Transport Museum.
2-3.30pm**

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

**Thursday 10th August- Creg-Ny-Baa Pub
5.30pm. Eastern Members social meal.**

Any members living in the east of the island interested in a lovely meal, meeting up with new

members and old friends and having a good chin wag.

**Monday 14th August -Wildlife Exhibition,
House on Mannan Peel 2-4pm.**

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

**Wednesday 6th September -Castletown
Brass Band St Thomas' Church 7.45-8.45pm.**

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

**Friday 8th September – TT Exhibition Manx
Museum 10.30am-12**

An exhibition of all things TT.

**Wednesday 13th September – Lhon Dhoo
Male Voice Choir, St Thomas Church 7.45-
8.45pm**

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

Friday 15th September - Classic American at The Manx Motor Museum 1-4pm

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

How fantastic are our volunteers?

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

The Freedom Field

The Freedom Field is in full bloom allowing our members and others from our community to take

in the smells, be close to nature and enjoy the tranquillity of the gardens.

Members wishing to access the Freedom Field can be issued with a security gate fob. Please contact us for more details.

Luncheon clubs

The lunch clubs run every Tuesday, Wednesday and Thursday.

Transport is provided

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

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

SUNDAY SCHOOL PICNIC

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

One Saturday each August there is a special day,
When all the folk from Sunday school enjoy a treat
away.

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

A picnic for all ages planned some weeks before,
Always to the seaside a place we kids adore.
But, more than that a steam train to take us there,
and back;

Hopefully, some sunshine and not to wear my
'mac.'

At the railway station a crowd like jumping beans
Of tiny tots with mums and dads, and youngsters
in their teens.

All eyes watch the signal arm some way up the
track,
Tip-toes edge the platform, a porter yells "Stand
back!"

Shrieks resound in unison when signals make a
sign
Addressing wires like bowstrings, all along the line.
Powder puffs of distant smoke drifting over roofs
Heralding an iron horse, with thundering wheels
for hoofs.

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

Fists grab carriage handles to open wide the
doors,
Short and spindly legs step up to reach the
carriage floors.

Older pals together all jostling for a place
Preventing anxious parents to find the smallest
space.

Passions soon discover shy sweethearts in pairs
Holding hands in corner seats, and kissing if one
dares.

No one heeds the scenery fleeting by outside,
And tunnels such a blessing for friends with love
to hide.

Eventually the train slows down then finally we are
there.

With 'Southport' on the platform board, everyone's
aware

Arrival spells enjoyment at a seaside full of fun.
Tumbling from the carriages the picnic has begun.

With 'dos' and 'don'ts' from parents and pocket
money safe.

Top to toe inspections, strict warnings to behave.
Parcels packed with sandwiches, the fairground to
attack,

Clear and firm instructions what time to be back!

Heading for the 'Ghost Train' as fast as legs can
move,
Girls hand in hand with boy friends to speculate on
love.

A gentlemanly gesture two tickets do we buy

To show a fond affection with a smile that's
somewhat wry.
Deep inside the blackness the girls are filled with
fright,
As we lads expected our sweetheart's hug us tight.
Suddenly it's over when daylight blinds our eyes,
Disheveled looking youngsters emerge with happy
sighs.

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

Perhaps the shooting gallery will show off my
prowess
To win a doll, or teddy bear, a girl I could impress.
White clay pipes hung up on strings and painted
ducks pass by,

Arranged to test a steady hand and 'crack-shot'
aim to try
To bag one with six shots while dreaming of a win,
But, every crack of every shot, pings on the back
plate tin.

No luck again with spirits low, I hope I could
retrieve
A pouting girl's affection, so I pondered how to
please.

By rolling pennies down a stick to win on
numbered squares.
Or, darting suits of playing cards to try to pin in
pairs.
Or, catch three balls inside a net dancing on a
fountain.
Or, flinging dusters at tin cans stacked up like a
mountain.
Or, hook tin fish inside a well with magnet, rod
and line.
Or, race a jockey past the 'post' to beat the other
nine.
Or, collar any prize I choose by throwing wooden
rings.
But, all attempts to please a girl result in lack of
wins.

Meanwhile all the children with mum's and dad's
to care,
Revelled on the seashore while we were at the
fair.

Some preferred to paddle holding tight to
mummy's hand.

Others, pretty castles made from buckets filled
with sand.

Pleas to take a donkey ride a short walk on the
beach,
Toddlers clutching saddles tight, with stirrups out
of reach.

Girls would search for sea shells to keep as
souvenirs,
To decorate small boxes to cherish through the
years.

With time run out, all money spent and memories
to keep,
Groups of pals in somber mood return with weary
feet.

Reluctant to the station, friends meeting on the
way.

A question from a parent, "Have you enjoyed your
day?"

Again a hurried scramble to get aboard the train,
Grown-ups interfering, but their efforts still in vain.

More sorting out of friendships with seating
rearranged.
At last when all are settled some sweethearts have
been changed.

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

Returning home dejected to parents at the door.
"You don't look very well dear; in fact you look
quite poor."
Words spoken with affection and a tender loving
hug,
Did not dispel my feelings for being such a mug.

Sharing crisps, and humbugs, candy floss, and
chips,
Chocolate bar and peanuts all passed through my
lips.

Ice cream, and liquorice all sorts, a lolly on a stick,
Topped off by a cigarette, no wonder I felt sick!

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

The sunshine of the morning, the bright lights of
the fair,

The girls we had such fun with on the train that
took us there.

However, this experience confirmed what I had
known,

I should have been more careful with parents left
at home.

From them a host of questions, one answered with
a lie.

That night I felt so sickly afraid that I might die!

Written by member- James Fenton

Sight Matters audio library

We seem to have a number of missing audio books from our audio library. If you no longer wish to use our library, please can you send back the audio equipment and books so that others can enjoy them!

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
CH335	A Day With The Animals Stories	Rentta	Sharon
MM1847	A Narrow Door	Harris	Joanne
FI9076	A Welcome in the Valley	Thompson	Grace
FI9066	A Wren Called Smith	Fullerton	Alexander
MM2032	Agatha Raisin and the Dead Ringer	Beaton	M.C.
FI9075	Alexander's Legacy: Babylon	Fabbri	Robert

MM2042	An Onerous Duty	Matthews	Beryl
FI9077	Becoming Ted	Cain	Matt
FI9073	Blackpool's Angel	Mason	Maggie
WL13	Calm No Matter What	Wilson	Paul
MM2033	Corsair	Cussler	Clive
WL47	Dear Dolly	Alderton	Dolly
MM2048	Death of a Bookseller	Slatter	Alice
MM2046	Death of an Author	Lorac	E.C.R
MM2047	Death Rite	Watts	Kerry
CH336	Demon Dentist	Walliams	David
BM411	Elizabeth	Brandreth	Gyles
MM1726	Fair Warning	Connelly	Michael
MM2030	Fast Ice	Cussler	Clive
MM2034	Final Acts	Edwards	Martin

CH337	Grandpa's Great Escape	Walliams	David
FI8516	Her Last Promise	Hughes	Kathryn
CH323	How to Fight a Dragon's Fury	Cowell	Cressida
CH307	How to Train Your Dragon	Cowell	Cressida
FI9078	Ithaca	North	Claire
FI9092	Just Friends in Vegas	Keeling	Lucy
FI9079	Love Has No Borders	Kirkwood	Gwen
MM2036	Make Me Clean	Baker	Tina
WL46	Master Your Stress Reset Your Health	Wilson	Dr. Doni
MM2035	Maxwell's Summer	Trow	M.J.
FI9072	Never Forget You	Lucas	Fiona
MM2037	Never Go Back	Keane	Jessie
MM1426	No Safe Place	Hilton	Matt
FI9080	One Enchanted Evening	Fforde	Katie
MM1676	One Fatal Flaw	Perry	Anne

FI9093	Only Love Can Hurt Like This	Toon	Paige
MM2031	Polar Shift	Cussler	Clive
FI9070	Soldier from the Sea	Fullerton	Alexander
MM2038	Standing in the Shadows	Robinson	Peter
FI9068	Submariner	Fullerton	Alexander
FI8454	Summer at the Art Cafe	McDonagh	Sue
MM2039	Summit of All Fears	Whitelaw	J.D.
FI9067	Surface	Fullerton	Alexander
FI9074	TARA the Terrier who Sailed Around the World	Rosemary & Robert	Forrester
FI9083	The Ballroom Girls	Holmes	Jenny
MM2049	The Cargo from Neira	Clare	Alys
FI9090	The Changing Valley	Thompson	Grace

FI9086	The Coronation Party	Curtis	Norma
FI9082	The Curious Life of Elizabeth Blackwell	Holmes	Pamela
FI9081	The Forever Garden	Ley	Rosemary
FI9085	The Forgotten Garden	Gosling	Sharon
MM2050	The Fortune Tellers	Mason	Maggie
FI9084	The Girl of Change Alley	Clague	Joanne
MM2045	The Half Burnt House	North	Alex
FI8401	The Hideaway	O'Flanagan	Sheila
FI9094	The House of Whispers	Mazzola	Anna
MM2051	The King's Jewels	Chadwick	Elizabeth
FI8380	The Liverpool Rose	Flynn	Katie
MM1769	The Longest Echo	Dempsey	Eoin

MM2040	The Lost Daughter of Venice	Betts	Charlotte
FI8803	The Market Stall Girl	Brear	AnneMarie
FI9071	The No-Show	O'Leary	Beth
SF71	The Space Between Us	Johnstone	Doug
FI9069	The Thunder and the Flame	Fullerton	Alexander
MM2043	The Traitor Among Us	Perry	Anne
BM410	The Trauma Chronicles	Westaby	Stephen
FI9089	The Woman on the Bridge	O'Flanagan	Sheila
FI8627	The Women Who Ran Away	O'Flanagan	Sheila
FI9087	Thirty Days in Paris	Henry	Veronica
MM2041	This is Where I Say Goodbye	Craig	James
MM1334	Thursday's Child	French	Nicci
FI9088	Whitechapel Lass	Adam	Lilly

FI8503	With Hope and Love	Dean	Ellie
MM2044	You Can Run	Wood	Trevor
FI9091	You Get that from Me	Butterfield	Charlotte

Vegan courgette risotto-

www.bbcgoodfood.com

Ingredients

1 tbsp olive oil
 1 onion and 2 garlic cloves, finely chopped
 3 ripe tomatoes, roughly chopped
 350g carnaroli or other risotto rice
 1 tsp chopped rosemary
 1 ½l hot vegetable stock
 3 courgettes, finely diced
 140g peas, fresh or frozen
large handful basil, lightly torn

Method

STEP 1

Heat the oil in a large pan. Cook the onion and garlic for 5 mins until the onion has softened. Add

the tomatoes and cook for 3-4 mins until softened and pulpy, then add the rice and rosemary.

STEP 2

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

STEP 3

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

A thought for the day – by Gift Republic

Be somebody who makes everyone feel like a somebody.

Manx Macular Support Group
Registered Charity 1258 Manx Macular Support
Group

LOSS OF CENTRAL VISION

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

This laser treatment was successful, sealing the eight leaks so therefore I was able to have an Iluvien implant. Administered by a surgeon, and similar to a normal eye injection, albeit the needle is a little larger and the implant took a little longer. The hardest part is holding your eye steady for

over 30 seconds whilst looking up high and as far to the left as possible whilst the implant is put in.

The cost of Iluvien implant is around £7500 for each implant, but the good news is the manufacturers claim it lasts thirty-six months. Compared to what I've been having (which is monthly injections of Eylea and four monthly implants of osurdex) the savings to everyone are tremendous. Eylea and Osurdex each cost over £1000 a dose, and this doesn't include the time and costs involved to travel and the treatment. So, for those it will suit it will be a life changing improvement.

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

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

Special dates for your diary

80's quiz night - **Saturday 22 July, 7pm @**
Corrin Court

Sight Matters art exhibition also showcasing James
Fenton's work – **Saturday 5 & Sunday 6**
August @ Corrin Court

Coast to Coast walk – **Sunday 3 September**

'Bright for Sight' - **Friday 22 September**

Dying to talk about death conference – **Friday 3**
November @ Corrin Court

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

Please do not attend the Centre if you are ill.

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.