



SIGHT MATTERS

Optic Topics

Issue No 132
Summer 2024

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

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Manx Registered Charity No. 132



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Sight Matters Coast 2 Coast Walk

Hey there, walkers and wanderers!

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

Here's a quick refresher on the event details:

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

Starting Points:

- **Full Distance:** Starts with a lap around the NSC track and heads west along the Heritage Trail to Peel. Check-in at 1:00 pm, walk begins at 1:30 pm.
- **Shorter Route:** Starts at St John's. Check-in at 2:45 pm, walk begins at 3:30 pm.

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

Registration Details:

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

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

SUN-Raiser Appeal

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

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

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

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

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

Get ready to shout 'Bingo' at the Palace Bingo afternoon

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

We have teamed up with the Palace Bingo for a Charity Bingo Afternoon on **Sunday 6th October** at **3pm**. 10 games of bingo are included as well as a buffet and a free bingo pen. Price is £20 per person with £10 benefitting Sight Matters.

Spaces are limited so reserve your space by emailing events@sightmatters.im or calling 674727. Tickets must be paid for by 27th September

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

Call for raffle prizes

Our raffle cupboard is looking a bit bare at the moment – can you help? We are looking for new items suitable for prizes such as bottles,

confectionery and gifts. If you have anything that you think might be suitable, please drop it into Corrin Court or The VIP Store for the attention of Debbie

Younger Members Activity Club

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

Learning about hedgehog protection from the Manx Hedgehog Conservation Society and visiting the Isle of Man Goat Farm added a touch of nature to their journey. The steam train ride to Costa Coffee in Port Erin and the artistic endeavours of Laser engraving, crafting clay birds, showcased their creativity. Ending their adventures with a boat trip from Peel Breakwater for some fishing fun, these young explorers truly made the most of their holidays.

If you would like to sponsor the children's activity club, just let us know! Your support would greatly benefit the club and help provide more enriching

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

Adult Activity Club

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

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

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

Upcoming events

Below are events for adult members, spaces are limited, if you would like to attend please contact Julie on 674727 or **jcannon@sightmatters.im** to express your interest.

Douglas Town Brass Band Wednesday 1st August 8pm.

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

We will rock you 4th August – Gaiety – 5pm

This worldwide smash hit musical features iconic Queen hits such as "We Will Rock You," "Bohemian Rhapsody," and "Another One Bites the Dust," the musical combines electrifying performances with a poignant message about the triumph of individuality and the enduring spirit of

rock 'n' roll. Since 2002 over 16 million theatregoers in 19 countries have been thrilled by this awe-inspiring production.

Sailing for the Disabled Saturday 10th August – (Sail 1.45-5.45)

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

Ceramics- Harry Potter Themed 31st August -Corrin Court 2-4pm

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

Manx Olympians 10th September Manx Museum 10.30

To coincide with the 2024 Paris Olympics, Manx National Heritage presents a new temporary exhibition entitled Manx Olympians. The display looks back at more than 100 years of Manx

participation in the world's most famous sporting event.

Ralph Fiennes 11th October - Villa Marina 19.30

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

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

Volunteering

We are looking for Engaging Lunchtime Entertainment

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

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

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

So, if you're passionate about sharing your talents and making a positive difference in the lives of others, seize this chance to brighten up someone's day and be a part of something truly special. Let's come together to create moments of magic and connection that resonate long after the applause fades.

Luncheon Club Volunteers

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

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

Imagine the impact of your presence as you walk the grounds, engaging in meaningful conversations and offering your support to those who rely on our community. Your involvement can transform ordinary moments into extraordinary

connections, fostering a sense of belonging and care among all who participate.

Can you help at any of the following times?

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

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

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

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

Eye Tests

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

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

The Isle of Man NHS provides free eye sight tests for anyone up to the age of 16 annually. Anyone between 16 and 69 is eligible for a free eye test every two years. Those over 70 or with specific conditions are eligible for more frequent tests. Some Optometry practices offer additional scans outside the NHS provision, at a cost. There is no requirement for any patient to have these additional scans and an Optometry practice cannot insist that a patient must have them, nor that the free NHS test only available to those whom agree to have the scan.

Children up to 16 and some other specified groups are eligible to receive an NHS voucher towards the cost of glasses, if glasses are required. Your Optometrist will be able to advise about eligibility. There is no requirement for a patient, whether a child or adult to purchase their glasses from the Optometrist who undertook their eye sight test. An Optometrist should not remove a patient from their list because they do not buy their glasses from them.

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

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

Audio Library SHOUT OUT!

What a fantastic service this is, delivered and collected from your door by your local postie! So many people get so much from being able to listen to a good book, no more dropping it on your face as you fall asleep, or on the floor from your comfy chair.....never a lost page again (maybe a lost chapter, but just hit that rewind button). There are over 2000 books to choose from, so many authors and categories for all ages. It's your

favorite library book chatting away to you as you drift off to your world of imagination.

To enable people to have this experience we are doing a call out for your help. The audio player and electrical cable are loaned to members so they can enjoy the pleasure of books, we loan the equipment so that if there are any issues we can recall and replace or repair them. People are good to return the players when they are no longer needed, but they forget about the cables.

Can we ask you or your family, or carers to rummage in the cupboards and drawers and look for charger cables you no longer use? We have two different cables one is a round charger and the other a smallish USB style.

If you have any spares that you no longer use, they might be ours. We currently have 20 audio players that we are unable to issue as we don't have the electrical cable to go with them.

Have a rummage, see what other treasures you may find hidden....enjoy and fingers crossed there are a few found.

Many thanks

Michelle

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

A Heartfelt Thank You to Mylchreest Court!

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

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

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

A Big Thank You to IFGL!

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

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

Additionally, we would like to extend a special thank you to the IFGL team for participating in our visual impairment training. Your commitment to understanding and supporting those with visual impairments is truly commendable. By undertaking this training, you are helping to foster a more inclusive and empathetic community.

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

Wow! What an Effort from PwC Isle of Man!

We are thrilled to extend our heartfelt thanks to the **PwC Isle of Man** team for their incredible efforts in their June month-long step challenge. The team collectively took an astounding

15,500,000 steps and raised a fantastic **£1,000!**

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

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

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
FI9209	A Call to Service	Green	Holly
FI9230	A Family Secret	Francis	Lynne
MM2171	A Grave in the Woods	Walker	Martin

FI9220	A Match to Remember	Hawkins	Helen
FI9212	A Mother's Secret	Flynn	Katie
MM2152	A Telegram from Le Touquet	Bude	John
MM2154	Bonehead	Hayder	Mo
FI9210	Dark Days at the Beach Hotel	Capaldi	Francesca
MM2147	Death Flight	Sultoan	Sarah
MM2157	Death Holds the Key	Thorpe	Alexander
MM2159	Death of a Busybody	Bellairs	George
FI9214	Diamond Promises	Jacobs	Anna
MM2144	Every Smile You Fake	Koomson	Dorothy
FI9222	Every Time We Say Goodbye	Jenner	Natalie
RF91	Frank & Red	Coyne	Matt

MM2165	Houdini Unbound	Attwood	Alan
NF157	How to Survive History	Cassidy	Cody
FI9227	Janey	Kane	Alex
FI9218	Kathy's Courage	MacLean	Carol
MM2161	Made for Murders	Tremayne	Peter
FI9241	Maggie Rowan	Cookson	Catherine
FI9232	Magnolia Gardens	Jacobs	Anna
MM2150	Maxwell's Zoom	Trow	M.J.
BM419	Missing	Hedges	Charlie
FI9231	Mission	Forrester- O'Neil	Paul
FI9235	Mrs Quinn's Rise to Fame	Ford	Olivia
MM2158	Murder at Tanton Towers	Myers	Anne

MM2166	Murder at the Aerodrome	Koning	Christina
MM2149	Murder at the Mill	Belshaw	T. A.
MM2169	Murder at the Monastery	Coles	Richard
MM2153	Murder in Regent's Park	Koning	Christina
FI9215	Nero	Iggulden	Conn
RO345	One Last Summer	Collier	Catrin
MM2146	Out of Darkness	Gray	Alex
MM2155	Pay Dirt	Paretsky	Sara
MM2162	Revelations of a Lady Detective	Stephens Hayward	William
BM418	Sagittarius Rising	Lewis	Cecil
FI9229	Seven Summers	Toon	Paige

MM1950	Shattered	Patterson	James
MM2173	Someone in the Attic	Mara	Andrea
MM2163	Spring Offensive	Marston	Edward
FI9239	Springtime With The Railway Girls	Thomas	Maisie
MM2168	Storm Child	Robotham	Michael
FI9246	Stormcrow	Kane	Ben
MM2167	Swan Song	Hilderbrand	Elin
MM2145	Ten Seconds	Gold	Robert
FI9208	The Archers: Victory at Ambridge	Miller	Catherine
FI9206	The Book of Secrets	Mazzola	Anna
SF72	The Collapsing Wave	Johnstone	Doug
MM2156	The Darkest Night	Nadel	Barbara

MM2160	The Dead Hand	Cutler	Judith
MM2170	The Deadly Echoes	White	M J
FI9217	The Estate	Meyrick	Denzil
FI9247	The Fellowship of the Puzzle Makers	Burr	Samuel
FI9240	The Girl in the Cottage By the Sea	Alexander	Rebecca
FI9225	The Grand Illusion	Moore	Syd
FI9205	The Hills and the Valley	Tanner	Janet
FI9228	The Holiday Escape	Swain	Heidi
FI9237	The Home Front Girls	Bavin	Susanna
FI9224	The Honeymoon Affair	O'Flanagan	Sheila
FI9238	The Husbands	Gramazio	Holly

FI9221	The Italian Garden	Betts	Charlotte
FI9233	The Jacobite's Wife	Edwards	Morag
FI9248	The Last Song of Penelope	North	Claire
FI9236	The Lifeline	Page	Libby
FI9219	The Little Penguin Bookshop	Toye	Joanna
FI9226	The Lost Girls of St Annes	StainCliffe	Cath
FI9213	The Mists of Pencarrack Moor	Nixon	Terri
FI9207	The Mystery of Haverford House	Burton	Rachel
FI9216	The Nurses of Eastby End	Jacobs	Anna
FI9250	The Paris Novel	Reichl	Ruth

FI9234	The Paris Peacemakers	Johnston	Flora
FI9243	The Reluctant Bride	Francis	Lynne
FI9211	The Slow Awakening	Cookson	Catherine
MM2151	The Stranger in the Asylum	Clare	Alys
FI9242	The Strawberry Field Girls at War	Dickson	Karen
MM2172	The Suspect	Rinder	Rob
FI9244	These Wartime Dreams	Meddon	Rosie
FI9249	Two Sisters	Kane	Alex
FI9223	Wartime on Sanctuary Lane	Dougal	Kirsty
FI9245	Way Back	Cox	Sara

MM2148	What Happened to the Bennetts	Scottline	Lisa
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NSC Inclusive class pass What's included?

The inclusive class pass is a new NSC class membership which gives people with disabilities access to a wide range of inclusive NSC classes

INCLUDING:

CHAIROBICS - Sensory and sport activities to music in a blacked-out room with UV lighting. Creating a different fun experience for adults with learning disabilities (LD).

PARACISE - Paracise is a low-impact, gentle exercise class to music. Ideal for those who find regular fitness classes too demanding.

SUPPORTED GYM SESSIONS - The NSC Gym offers an extensive range of resistance and cardiovascular machines in a very pleasant and positive atmosphere.

SWIM 4 ME - A quiet time in the NSC training pool. Floor depths are set to 1.10 m and there is plenty of space to exercise in a comfortable and relaxed environment. A newly refurbished accessible changing room is available with track hoist system. Descending steps and the Pool Pod (submersible wheelchair) / Pool Hoist are all also available to improve access into the pool. SPIN - A low impact indoor cycling class that is suitable for abilities. WOBBLE - A seated exercise to music class. Wobble focuses on exercises that help to improve strength, mobility and confidence. AND MANY MORE.....

Please refer to the inclusive class pass timetable for more information

The inclusive class pass is available to anyone in receipt of disability living allowance (DLA).

Start today at only £8.50 per month

Choose the payment option that works best for you and all can be arranged and be paid at the NSC Reception:

Pay each month

You can choose to make a one-time payment each month for your Inclusive Class Pass. This option allows you to have more control over the timing and method of payment.

Direct debit

We offer a direct debit option so your membership fees will be automatically deducted from your bank account at the start of each month. This provides a convenient way to ensure your membership remains active without the need for manual payments.

Pay for 3 or 6 months

If it's easier, you can pay upfront for 3 or 6 months. All Inclusive Class Pass classes are now included in your existing membership.

For more information, contact Zoe Crowe:

Disability & Activity Co-ordinator (Adults)

Tel: 01624 688575 or Email: Zoe.Crowe@gov.im

Don't forget – FREE entry is permitted for a carer / family member / friend in an 'Assisting Capacity' to help support you!

DAY	ACTIVITY	TIME	VENUE	COACH
MONDAY	CHAIROBICS	10-10:45AM	NSC Secondary Hall	Tom
MONDAY	JUST SWIM (Term Time)	11:30-12PM	NSC Flow Pool (Exclusive Use)	NO INSTRUCTOR
MONDAY	SWIM 4 ME (Quiet Pool Time / No Instructor)	(Term Time) 2:30-3:45PM	NSC Swimming Pool	NO INSTRUCTOR
TUESDAY	WALK & TALK	9:30-11:30AM	NSC Track	Irene & Maggie
TUESDAY	*SUPPORTED GYM SESSION	12-1PM	NSC Gym	Lyndsey / NSC Gym Staff
TUESDAY	CHAIR EXERCISE	1-1:45PM	NSC Secondary Hall	Tom
TUESDAY	PARACISE	2-2:45PM	NSC Secondary Hall	Lesley
WEDNESDAY	AQUAFIT GOLD (Term Time Only)	9:30-10AM	NSC Flow Pool	Lynda (NSC Swim Instructor)

WEDNESDAY	*SUPPORTED GYM SESSION	10:30- 11:30AM	NSC Gym	Sarah / NSC Gym Staff
WEDNESDAY	BOWLED OVER (Dementia Session)	12-1PM	NSC Bowls Hall	Owen Jeannette Hogg (Admiral Nurse)
WEDNESDAY	JUST SWIM (Term Time)	11:30- 12PM	NSC Flow Pool (Exclusive Use)	NO INSTRUCTOR
WEDNESDAY	SWIM 4 ME (Quiet Pool Time / No Instructor)	2:30- 3:30PM	NSC Flow Pool	NO INSTRUCTOR
WEDNESDAY	CHAIR BASED EXERCISES	12-1PM	NSC Secondary Hall	Elizabeth
THURSDAY	DISABILITY SPIN (LD)	11- 11:30AM	NSC Secondary Hall	Gemma
THURSDAY	*SUPPORTED GYM SESSION	1:30- 2:30PM	NSC Gym	Lyndsey / NSC Gym Staff

THURSDAY	PARACISE	2-2:50PM	NSC Secondary Hall	Lesley
FRIDAY	JUST SWIM (Term Time)	11:30- 12PM	NSC Flow Pool (Exclusive Use)	NO INSTRUCTOR
FRIDAY	DISABILITY SPIN (LD) (Nov - March)	1-1:30PM	NSC Secondary Hall	Gemma
FRIDAY	WALK & TALK	9:30- 11:30AM	NSC Track	Annie & Maggie
FRIDAY	BIKE 4 LIFE (April - October)	1:30-3PM	NSC Raceway	MSR Coaches Road Safety Team
FRIDAY	CHAIRBASED EXERCISES	1-1:45PM	NSC Secondary Hall	Lesley
FRIDAY	SOCIAL SPIN	2-3PM	NSC Secondary Hall	Lesley

Please see the Inclusive Class Pass Timetable for details on weekly NSC sessions available within the Inclusive Class Pass Membership.

Recipe

Caprese Salad

Tomatoes are nutrient-rich, especially when it comes to lycopene. A Caprese salad is a great weeknight dish, as it calls for just a few ingredients and minimal prep time.

Ingredients:

- 1 cup balsamic vinegar
- 1/4 cup honey
- 3 large tomatoes, cut into 1/2-inch slices
- 1 (16 ounce) package fresh mozzarella cheese, cut into 1/4-inch slices
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup fresh basil leaves
- 1/4 cup extra-virgin olive oil

Directions:

1. Stir balsamic vinegar and honey together in a small saucepan and place over high heat. Bring to a boil, reduce heat to low, and simmer until the vinegar mixture has reduced to 1/3 cup,

about 10 minutes. Set the balsamic reduction aside to cool.

2. Arrange alternate slices of tomato and mozzarella cheese decoratively on a serving platter. Sprinkle with salt and black pepper, spread fresh basil leaves over the salad, and drizzle with olive oil and the balsamic reduction.

(<https://www.midwesteyeconsultants.com/eye-friendly-summer-recipes/>)

A thought for the day – by Gift Republic –
We only regret the chances we didn't take

Special dates for your diary

Coast 2 Coast - **Sunday, September 8th**
Bingo Afternoon on **Sunday 6th October** at **3pm**
@ Palace.

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.