# Signpost Spring/Summer 2022

(Issue number 13)

The front cover of this issue shows a picture of Dame Judi Dench. Photograph taken by Robert Wilson.

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#### Welcome to the Spring/summer edition of Signpost

This edition is a bumper issue as we have so much news to share about our Centenary!

We have come so far in 100 years and we will continue to provide high quality sensory services for Surrey residents as we start our second centenary! We are very grateful for all the support from local community groups in engaging with us and fundraising in this special year.

We are also throwing open the doors at Rentwood on Wednesday 04 May and showcasing our services, equipment and staff and would love to see you at one of the workshops, or just turn up for the coffee and cake! Further details about this event can be found on page 9.

For our latest news please do sign-up for our e-newsletters via our website, <u>www.sightforsurrey.org.uk.</u>

#### **Bob Hughes, Chief Executive.**

#### Our contact details

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# Our Centenary Story, 1922-2022

The Surrey Voluntary Association for the Blind (SVAB) was formed on 24<sup>th</sup> February 1922 following The Blind Persons Act of 1920 in response to the devastating effects of the First World War. This Act gave the power of promoting the welfare of blind people to local authorities.

This new legislation was sparked after the 1920 Blind March when 250 blind workers made their way on foot to London from Newport, Manchester and Leeds to lobby for rights for blind and partially sighted people across Britain.

Greeted by 10,000 supporters in Trafalgar Square on 25<sup>th</sup> April, the protest led to a meeting with Prime Minister, David Lloyd George.

The Act also lowered the pension age for blind people from 70 to 50 years old to help alleviate poverty amongst blind workers. The Blind Persons Act was the world's first disability-specific legislation, and an early precursor to today's Equality Act 2010.

# FACT!

It is projected that by 2030 there will be 35,550 people who are blind or vision impaired, and 415,335 Deaf and hard of hearing people in Surrey.

# The history of Sight for Surrey

- 1920 The Blind Persons Act
- **1922** The Surrey Voluntary Association for the Blind formed under the President, Lord Ashcombe (Henry Cubbit). There were 496 blind persons registered
- 1944 First purchase of residential house for blind and vision impaired people in Claremont Road, Surbiton. Further hostels were set up in Camden House, East Molesey (1950) and Corkran Road, Surbiton (1953)
- **1961** *Insight Magazine* was published by SVAB as a quarterly issue and could be purchased for 9d. (75p in today's money)
- **1962** SVAB was registered as a charity under the National Assistance Act. It was run for many years by a handful of volunteers from one room in a house in Kingston
- 1975 The offices at Rentwood, Fetcham becomes the charity's permanent base
- 1996 Low Vision Aid & Resource Centre opens to give professional advice on equipment
- 2002 80<sup>th</sup> Birthday name change to Surrey Association for Visual Impairment. A specialist team for Deafblind people was created, including a Communicator Guide Service

- 2013 Our Children and Young People's Services Team was formed (CYPS)
- **2014** Name change to Sight for Surrey
- 2016 Take on Deaf and hard of hearing services across Surrey
- 2022 Dame Judi Dench becomes Patron for the Centenary year

#### Did you know?

Our first President was Henry Cubitt, 2nd Baron Ashcombe, the previous owner of Denbies Estate, Dorking and who is a distant relation, through his son, to The Duchess of Cornwall.

#### Phone Befrienders – we need you!

Do you have a couple of hours a week spare to be a phone befriender? You could make a real difference to someone with a sensory loss in Surrey who is feeling lonely and isolated.

Volunteers make regular calls and chat about everything from pets to politics! Peter, who is one of our volunteers says: "This role is such an important one, over the past two years, I have become the voice of a friend to a gentleman whose circumstances, especially during the pandemic, have brought about a sense of loneliness and lack of self-esteem.

I get a great sense of fulfilment knowing that I am making such a difference in the life of this gentleman and my calls are very much appreciated each week."

We have a variety of volunteer roles to suit; we are also looking for volunteers to support our Deaf clients virtually, drivers, support at local events and IT assistance. For more information or an informal chat call 01372 377701 or email volunteering@sightforsurrey.org.uk.

### **Resource Centre & Technology**

Over the last century there have been huge advances in everyday technology, and the same is true of assistive technology. For blind, vision impaired, Deaf, deafblind and hard of hearing people, the introduction of a new piece of equipment could make one challenging task easier to accomplish.

The Sight for Surrey Resource Centre stocks over 450 pieces of assistive equipment from talking clocks and large letter Scrabble, to flashing doorbell systems and baby monitors for the Deaf and hard of hearing.

#### How Technology Has Advanced

#### Braille

For those of you who don't know, Braille is a raised dot system of communication created by Louis Braille in 1824.

Throughout the early part of the 20th century, blind people used a stencil-like device to create letters and documents. In 1921, the first Perkins Brailler was produced and revolutionised the way in which Braille was created, making it easier and quicker. However, the machine was large and heavy to carry around.

Today in the 21st Century, Braille is produced electronically, using a computer program to convert printed information into Braille. It can then be printed out using an embosser, or read directly from a portable device such as a Braille Note Touch. The ability to do this makes Braille much more accessible!

#### Telephones

In the early part of the 20th Century and through to the mid 1960s, telephones had no accessibility feature built-in whatsoever. They were largely unusable for a blind person. Then, towards the end of the 20th Century, telephones became much more usable for blind and vision impaired people, with large buttons and numbers. Today, there are even models of phone which have a loud speaker built-in, to assist those with hearing difficulties.

Now, in the 21st Century, with the advent of the Smartphone, all devices have a number of accessibility features built-in, including large print keypads, various colour schemes and even the option for having the number you are dialling read aloud. They can even announce who an incoming call is from!

#### **Talking Books**

In the early part of the 20th Century, a Gramophone played talking books with up to eight records per novel. In the 1960s, the audio cassette player came along and revolutionised listening to talking books, as more content could be stored on a single cassette. Towards the end of the 20th Century, CDs took this further with a number of books being available on a single disc.

Today, with the advancement of technology, Smartphones and Tablets are commonly used to download and play talking books. However, Amazon's Alexa voice service has completely revolutionised listening to talking books, as you can simply ask for the book you want to listen to and it will be played almost instantly!

# Amanda Rides for Sight for Surrey

When Amanda Whiteley read about Sight for Surrey recruiting for cyclist to join their cycling team for Ride London-Essex, it planted a seed of thought in her mind; why not combine her love of cycling and give back to the charity that had supported her and her twin sister, Helen? Amanda and Helen were featured in the last issue receiving long cane training, both are registered blind.

Amanda cycles as a tandem, weekly, with her local cycling club but decided to push herself out of her comfort zone and set herself a challenge, Ride London-Essex 2022. She approached her friend and pilot rider, Patrick Smith, who was free and keen to join her on Sunday 29<sup>th</sup> May and take on this epic 100 mile bike ride! The ride starts at Victoria Embankment, London heading East out into Stratford, Woodford and deep into Essex before heading back into London to finish at the iconic Tower Bridge.

Amanda said, "I wanted to give something back to the charity that has given my sister and I so much guidance and support to help us remain independent and I am looking forward to taking on this challenge".

Amanda has been cycling with Oxted Cycling Club since 2015 and purchased her tandem bike, nicknamed Jamie, in 2018. Amanda rides with three different pilot riders all from Oxted Cycling Club and is pictured in the magazine with one of her pilots, Allan.

To sponsor Amanda, or any of our other riders, please visit our website <u>https://sightforsurrey.org.uk/get-involved/donate/</u> or call our Helpdesk on 01372 377701.

#### Coffee, Cake & Celebrate!

What is not to like about these three words, coffee, cake and celebrate! Please do come and join us at one of the following locations;

#### Monday 25<sup>th</sup> April, 10am to 12pm, Caterham United Reformed Church. Tuesday 24 May, 10am to 12pm, Staines Methodist Church. Monday 27 June, 10am to 12pm, Godalming Baptist Church.

Meet our friendly team who will be on-hand to give you help on anything hearing and sight related. No need to book, just turn up and celebrate.

# VI & Deaf Charity Cricket Day

Love cricket and want to experience the game in a new way – join us for a day at Oxted & Limpsfield Cricket Club on Sunday 18th September.

# 10:30am to 5:00pm Get Involved in a VI Cricket Superstars session; enjoy some lunch and watch a match: England Cricket Association for the Deaf team verses local Surrey hearing team!

The VI Cricket Superstar session will be run by Surrey Cricket and is open to anyone with a vision impairment or not. Experience the modified equipment used in the game and pick up new skills alongside some of Surrey's leading vision impaired cricketers.

There will also be a raffle and drinks before the Deaf vs Hearing cricket match.

All are welcome to take part so why not come along, enjoy a day of cricket in the sunshine and help raise money for Sight for Surrey.

For more information on the day, email Vivienne at <u>vsalter@sightforsurrey.org.uk</u>. All funds raised will go to Sight for Surrey.

#### Deaf UK Record Holder at Sight for Surrey!

Little did we know when we employed our new Benefits Support Worker, Iain Botting, that we had a UK Deaf Record Holder among our midst! Iain holds the record with an incredible 54.02 metres whilst throwing a 7.26kg weight!

During competition season, lain trains in hammer throwing four times a week, hits the gym three days a week and squeezes in a couple of other fitness training sessions, phew! The winter season is quieter, but lain still trains four times a week at the gym building his upper body strength and core for up to 2 hours each session.

lain got into hammer throwing at 12 years old, when he joined Windsor, Eton, Slough & Hounslow Athletics Club, and after trying various disciplines found out that hammer throwing was his thing. Fast forward 20 years and lain is now setting his sights on the World Deaf Athletic Championship, 2024 in Taiwan and Deaf Olympics (Deaflympics) in Tokyo in 2025!

lain's hammer throwing takes him all over the UK competing in competitions with his club in the Senior Men's category. Iain has a long list of competitions during this coming season starting in April and continuing until September 2022, the next event for him is 22<sup>nd</sup> May. Good luck from all of us lain!

# A day out at Bocketts Farm

The CYPS Team took a group of vision impaired children and their families for a day out at Bocketts Farm in February. It was cold but bright and sunny and everyone enjoyed meeting all the animals at the farm, and using all the facilities including multiple playgrounds, a Go-Kart race track and a giant bouncy cushion!

The Animal Discovery Barn was a huge hit as everyone can touch and feed the animals including the greedy goats, lovely llamas, pigs, cows and sheep. Some children and families even witnessed a lamb being born.

Everyone was free to roam the extensive grounds of the farm and the group met back up for lunch. A private animal handling session was put on for the group which delighted everyone.

#### Love & Laughter with Llamas

What fun the vision impaired 11UP group had walking and feeding llamas in Hambleton in March. The group all received a talk about llamas before entering the field and getting to stroke and pat the llamas, and feel their thick fur. The llamas were then harnessed up and each child got to hold the reins and walk a llama around the field. It was then feeding time for the llamas followed by snack time for all the children, delicious hot chocolate and brownies were demolished by all!

#### May 4th Open Day!

On Wednesday 4<sup>th</sup> May, we are throwing open our doors and welcoming everyone to the Sight for Surrey offices, to meet our teams, find out about our services and have some coffee, cake and celebrate our Centenary!

The Sight for Surrey Open Day will be held at Rentwood, School Lane, Fetcham, KT22 9JX.

11am – 1pm: Local businesses, organisations and the wider community are invited along to explore the services that Sight for Surrey provides, and to gain a greater understanding of our unique role within the community.

There will be workshops, talks and demonstrations throughout the morning open to individuals and business representatives covering topics from Equality, Diversity and Inclusion; Assistive Technology; Deaf Awareness; An Introduction to Sighted Guide training; plus useful Hints & Tips for everyday life.

Representatives from each department will be bringing their expertise into the open to demonstrate the many parts of the specialised service and how we may be able to help you, or your organisation.

• 1pm – 3pm: Whole community welcome for Coffee, Cake and Celebrate

We are opening our doors to everyone from 1pm for the Coffee, Cake and Celebrate part of the day. Meet the team, have a look around, and enjoy a cup of coffee on us – we hope to see you there.

For further information about the day or to register your interest for a particular talk or workshop, please email Vivienne Salter at <u>vsalter@sightforsurrey.org.uk</u>.

#### Jubilee Music in the Park

How does a balmy summers evening of live music in the beautiful grounds of Hatchlands Park, East Clandon sound to you? Come and join us for Music in the Park on Sunday 12<sup>th</sup> June for an evening of magical music featuring songs from the Queen's 70 year reign.

The night will feature performances by groups and individual artists, with a wide genre of music from rock n' roll, opera, jazz to musical theatre, there will be something to suit everyone's music taste buds. Hosted by Guildford Lions Club and organised by The Music Works, all proceeds from the concert will go to Sight for Surrey and help support many more people in Surrey with a sensory loss.

Open from 5:30pm, everyone is welcome to pull up a picnic blanket, sit back, relax and have a sumptuous picnic whilst being serenaded by live music.

Tickets cost £25 per person and under 16's are free, so why not make it a family event? Music starts from 6pm until 9pm. To book visit <u>https://thelittleboxoffice.com/guildfordlions</u>.

The Music Works is a not for profit, contemporary music school teaching singing, guitar, drums, keyboards, piano, ukelele and band skills to children and adults. They also provide tuition to choirs! To find out more visit <u>www.themusicworks.uk.</u>

#### **BSL Rally**

Colleagues from the Deaf Services Team at Sight for Surrey united with thousands of others from the Deaf Community to witness the British Sign Language (BSL) Bill get its third reading in the Houses of Commons. The next stage is a reading in the House of Lords. Once finalised, the new legislation will give BSL legal protection,

meaning public services would be legally required to follow guidance on how to put BSL in place, a huge win for the Deaf community.

Over 3,000 Deaf people gathered at Trafalgar Square on the 18<sup>th</sup> March to show their solidarity and support and Sight for Surrey was not going to miss out on this historical occasion.

Joe Collins, Deaf Project Officer at Sight for Surrey, said "this marks a momentous day in history. It is amazing to be amongst all these supporters who have come from far and wide across the UK and I am delighted to be here with my Deaf colleagues and friends."

### **Deaf Comedy Night**

On Saturday 14<sup>th</sup> May, we are holding our first Deaf Comedy Night at The Electric Theatre, Guildford. Performed only in BSL by Deaf Comedians, Gavin Lilley & John Smith, the night is sure to be a cracker and a sell-out event! To book visit <u>www.electric.theatre/events.</u>

#### Macular Degeneration and Dame Judi Dench

Macular Degeneration affects over 1.5million people in the UK alone, it's the nation's biggest cause of sight loss and Sight for Surrey's Patron, Dame Judi Dench, was also diagnosed with this in 2012.

Signpost caught up with Dame Judi about how she manages this condition.

#### What daily chores do you find most challenging and how have you adapted?

"Primarily any make up I want to wear, I often have the eyebrows in the wrong place! People are usually very polite about it, but I am blessed in having family and friends around to help me."

#### How do you read and learn your scripts?

"I can't read anymore so I learn my scripts by my friends reading to me, which is difficult as I have a photographic mind."

#### How is it attending the BAFTA's and Oscar's with a vision impairment?

"I need help by someone showing me where to walk and be there in case I bump into anyone and point out any steps!"

#### What piece of advice would you give to anyone worried about their sight?

"My only advice is go carefully and hang on to anyone wherever possible!"

#### Tell us about how you became a TikTok sensation?

"I think sensation is the wrong word! My daughter who lives in London arranged for my grandson to come down to be with me during lockdown and he is the TikTok sensation. I just joined in and tried to get it right but he was a hard taskmaster. We had enormous fun doing it!"

### It's good to talk!

Ann Harris was getting lonely during lockdown, as not only could she not see her family, due to government guidelines, but she was really struggling to hear people on the telephone. Lots of family and friends were calling her to check on how she was doing, but she just couldn't hear them, so the calls started to tail off.

Ann told us "I started dreading people calling me as I just couldn't hear them, or I just didn't hear the phone ringing at all".

Ann's immediate family kept calling round and delivering supplies, whilst keeping a 2 metre distance, but ensuring Ann could hear what they were saying. Operating household equipment was challenging as her hearing and sight were both deteriorating.

With a visit to Ann's home, Kate, Rehabilitation Support Worker from Sight for Surrey, witnessed this problem and Kate dispatched a Geemarc Amplipower 40 telephone, free of charge, to Ann.

Ann tells us her life is now transformed with this phone as she can actually hear the phone ringing and have a conversation when people call up. The Geemarc Amplipower 40 has an increased volume of 40 decibels and coupled with the large button keypad, it makes it easier for her to see the numbers and make calls.

In addition, Sight for Surrey has supplied Ann with bump on stickers, a twisted task lamp and a Flexi Vision Floor Lamp which Ann says are her best friends and her life is now transformed.

To organise a professional assessment of your needs please call our Helpdesk on 01372 377701.

#### 100 years to the day!

On Thursday 24<sup>th</sup> February, 100 years to the day Sight for Surrey was first formed, we unveiled a Braille plaque and new signage at the Sight for Surrey offices.

Unveiled by Helyn Clack, Chair of Surrey County Council, alongside our Chief Executive Bob Hughes, we also welcomed HM Lord-Lieutenant, Michael More-Molyneux and President of Sight for Surrey; Angela Richardson, MP; Chris Hunt, Chair of Mole Valley District Council and Cecilia Power, Chair of Trustees at Sight for Surrey.

The charity has worked with Surrey County Council since it was first formed, when the responsibility of creating and maintaining a blind register, providing social welfare, selecting applicants for pensions and benefits and ensuring blind children of school age were being educated, was bestowed upon the charity by Surrey County Council.

Bob Hughes, Chief Executive of Sight for Surrey said, "from our beginnings supporting 496 people in Surrey to over 8,000 today, this day marks the wonderful work of our staff, volunteers, supporters and fundraisers. As we go into our second Centenary we will continue to evolve and support many thousands more people with a sensory loss in Surrey."

Helyn Clack, Chair of Surrey County Council said, "I am so pleased to be here to celebrate the Centenary of Sight for Surrey who are an important partner of Surrey County Council, providing support for vulnerable people with sight and hearing loss in Surrey.

#### We did go to Specsavers

Sight for Surrey is delighted to announce a Centenary partnership with Specsavers Opticians, High Street and Kiln Lane Epsom and Leatherhead. The three stores will be embarking upon a host of fundraising and in-store activities that will help promote the charity in the local community, and raise funds to support people in Surrey with a sensory impairment.

Mihaela Ovadiuc, Director of Epsom Optical and Hearcare at Specsavers, Epsom and Leatherhead said, "we are excited to be working with Sight for Surrey during their Centenary year and look forward to welcoming the local community into our stores for future charity events and help raise funds for Sight for Surrey."

To book yourself a hearing or sight test with Specsavers visit <u>www.specsavers.co.uk.</u>

## Leave a gift in your will?

As a charity we rely heavily on donations and legacies. Leaving a gift in your will will help us enormously to plan for the future. We appreciate writing a will can be a daunting task so to help make this process easier we have set up a free will writing service with the will experts, Guardian Angel, worth over £90. The online service is easy to use and there is no hard sell or pressure. Once you have completed your will it will be double checked by a Guardian Angel expert. Visit <u>www.gawill.uk/sfs</u> and use code **SFS-FREE** at checkout. Alternatively, to speak to an expert call Guardian Angel on 0800 773 4014.

# Happy days at Hampton Court

A day out at Hampton Court was the order of the day for a group of 60 vision impaired children and their families. The families strolled around the Palace at their leisure, played some traditional Tudor board games and sat in the stunning Great Hall. Some families went into the kitchens to experience cooking meat on an open fire whilst others visited the maze. Everyone got back together for a delicious picnic lunch in the beautiful grounds of the Palace.

# A Poem by Rowan Halliday

S is for the big, bright SMILE I wear at your events,
I is being INTERACTIVE, building confidence.
G is for the GIGGLES which are heard around the room,
H is for the HAPPINESS when we meet up on zoom.
T is the amazing TEAM who work at Sight for Surrey,
F is for the FRIENDSHIPS made, which help me not to worry.
O is OPPORTUNITIES that you are always giving,
R is for RETURNING SOLDIERS helped to make a living.
S is for SUPPORTING in a thousand different ways,
U is for UPLIFTING us with memorable days.
R is for REMEMBERING a hundred years gone by, and
R is for REJOICING for the things you've helped us try.
E is for EMPOWERING and showing us the way,
Y is the YOUNG PEOPLE who are thanking you today.

Rowan, aged 16, is supported by our CYPS Team and is a budding author with her first book published visit <u>www.rowantodd.co.uk.</u>

# **Choirs Unite**

On Thursday 10<sup>th</sup> March, five schools from Surrey got together for a 'Sing It' workshop at The Yehudi Menuhin School. The students first warmed their voices with a series of vocal exercises, and then were set a musical task. The afternoon culminated in a performance by each school taking centre stage at the Menuhin Hall and singing for friends and family. Thank you to Cranmore, St. Paul's, West Byfleet Junior, Downsend and The Grove.

This was followed by an evening performance called Choirs Unite – a great celebration of incredible music, stunning vocals and the community coming together to support us. Singers from both Surrey Universities, a male voice Choir, a barbershop quartet and the Yehudi Menuhin junior orchestra all performed. The evening opened with the Include Choir which comprises people with a range of disabilities.

### **Virtual London Marathon Places**

Could you, or someone you know, take on the Virtual London Marathon on Sunday 2<sup>nd</sup> October? The beauty of the Virtual London Marathon is you can do it anywhere, anyhow. Imagine setting off for two hours before breakfast, pop home for a rest, and then continue, you could even take all day. As long as you complete the 26.2miles within 24 hours it doesn't matter, that is the brilliance of this race! All you have to do is commit to raising £300 in sponsorship. To find out more please email fundraising@sightforsurrey.org.uk.

### **Brownies learn Braille!**

Sight for Surrey were invited to attend 2<sup>nd</sup> Leatherhead Brownies and teach the group how to write their names in Braille. Two members of staff visited with two young ladies we support, Grace and Abi, who both use Braille and are Guides. We brought along two Perkins Braille machines and a Mountbatton version, and all the Brownies were really excited and engaged to be learning how these devices work. Each Brownie typed their name in Braille and took this home.

# **Centenary Exhibition**

The Sight for Surrey Centenary Story exhibition is touring around Surrey during our Centenary year.

The Blind Act of 1920, and our creation in 1922, this exhibition catalogues our journey through the ages. Following the development of technology, what we do and where we've come from, see the journey from original 1916 Braille Typewriters and

our first written documents from 1922, right up to modern vibrating pad alarm clocks and Amazon Alexas.

Get the kids involved too with the interactive area! Try out our feely bags, simulation spectacles and learn how to write your name in braille!

There is a BSL video of the exhibition, braille and large print guides are also available.

Look out for the exhibition at the following locations:

- Surrey History Centre, Woking 7 June 9 July 2022
- Dorking Museum 12 Jan 15 April 2023

More locations to be added so keep up to date on our social media platforms.

#### Donations & our heartfelt thanks!

A huge, big thank you for all the donations we have received from members of the public, trusts, companies, councils, clubs and schools, including those listed below to enable us to continue our work:

- Edward Gostling Foundation £5000
- Vision Foundation Resilience Fund £5000
- Surrey County Council Members Allocations
- Ulverscroft Foundation £3317 for Demonstration equipment
- Community Foundation for Surrey Peter Harrison Community Fund £3000 for CYPS Counselling
- Tesco Community Grants Programme £1500 for CYPS Counselling
- Godalming Town Council, Heathrow Community Trust, Tandridge Together Community Fund, Heathrow Communities Together supporting our Centenary Coffee, Cake & Celebrate events
- London Borough of Hounslow Thriving Communities Fund £5000 supporting ECLO, Lets' Talk Tech Sessions
- Spelthorne Borough Council Annual Grant £2500 for ECLO work
- Surrey Downs Better Care Fund Programme supporting a new Support Worker – Deaf Services post

#### Miss Mary Macquisten Biggart, 28 January 1939 – 4 February 2022

Mary Biggart served as a Trustee for 33 years with Sight for Surrey, from 1974 to 2007 and as Chairman for many of those. Many staff will remember her for her thoughtful nature – often leaving an Easter egg on every staff desk – there were far fewer then! When Chief Executive David Jones passed away in 1995, she stepped in to ensure there was support for the staff and charity, and came in every day without a second thought. In addition to Sight for Surrey, she ran the Epsom Blind Club for many years.

We would like to recognise and show our appreciation of her outstanding support to vision impaired people in Surrey. She will be missed by many.