

Welcome to the half term issue of our bulletin. We hope you are all doing well and are looking forward to a week off school!

Autumnal Button Tree

This is a lovely and fun autumnal craft activity. We used sticks from outside or brown card to create the tree and then stuck a range of different buttons of all shapes and sizes!

You will need:

- A4 or A3 card
- Sticks or brown card
- Buttons
- Brown felt-tip pen
- Glue

What you need to do:

Figure 1



Figure 2



1. Glue the sticks on the piece of card into the shape of a tree trunk (see Fig.1) or cut out the shape of a tree trunk out of the brown card. This can be done by cutting a thicker rectangle for the trunk and thin rectangles for the branches (see Fig.2).

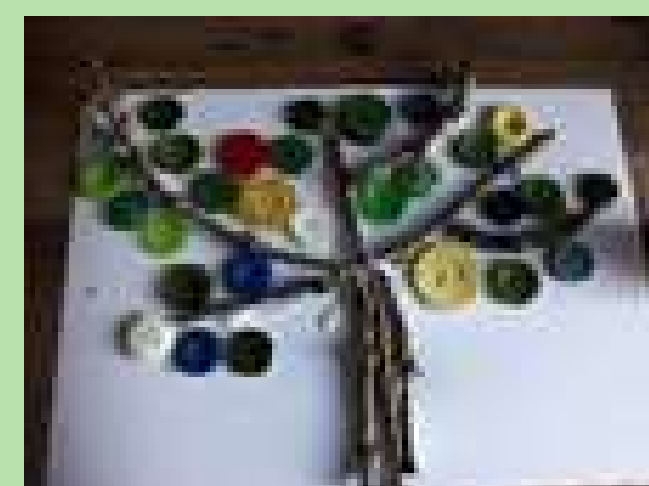
2. Use the felt-tip pens to add any extra details to the branches.

3. Place the buttons down around the 'branches' to become the leaves and glue down.

Joke of the Issue!

Q: How does an elephant get out of a tree?

A: It sits on a leaf and waits until autumn.





11UP

SET YOUR SIGHTS HIGH AND YOU CAN DO ANYTHING!



Having sight loss may make you think that there are certain things you cannot do – but you're wrong, you can do anything and even become famous! Here is a list of well known people who are very successful in their field that haven't let their sight loss hold them back...

Johnny Depp, most famous for his role as Jack Sparrow in the Pirates of the Caribbean movies, is legally blind in one eye and is near sighted in the other. He is quoted as saying "I have never had proper eye sight, everything is just very, very blurry". He has to wear strong prescription glasses and can only see a few inches in front of his face if he is playing a character that doesn't wear glasses or sunglasses. See, even a hero like Jack Sparrow has his struggles.

Apl.de.ap, rapper from the pop group Black Eyed Peas is legally blind. He has an ailment called nystagmus which causes his eyeballs to constantly vibrate causing blurry vision, combined with near-sightedness and is also colour blind. This hasn't held him back, and with encouragement from his mother and friends ended up being one of the key members of the Black Eyed Peas. He has said that he is comfortable not using his vision, and having a fear of surgery he is cool with what he's got. It seems to me he's more than cool and is living his best life!

Bono, the lead singer of Irish band U2 made himself a trademark look of wearing yellow sunglasses. Many years of fame later he finally revealed that he has had glaucoma for over 20 years. The sunglasses help protect his eyes from light and glare, which I expect is particularly needed when on stage. Despite his condition, he still manages to perform sell out concerts all over the world. Actress Whoopi Goldberg also has this condition and continues to star in many big movies.

37 year old actress, Mila Kunis was born with a condition called iritis which meant she was totally blind in one eye. She eventually had surgery to correct this but not before she had made her name as one of the most talented actresses in Hollywood.

Thom York, lead singer of Radiohead, was born with a paralysed left eye. His struggles inspired several of their tracks and their albums are still thought of as some of the best ever made. Ellie Wallwork is only 19 years old and has already had leading roles in Call the Midwife and Doctor Who, as well as several other acting parts, and is also a singer and songwriter. She was born completely blind but hasn't let that hold her back in any way. She is quoted as saying "The more characters like mine are on mainstream TV, the more people like myself feel like they belong and that they're accepted by society." When she was younger, Ellie also received support from Sight for Surrey.

Other famous people who have sight loss include Missy Elliot, John Goodman, Stevie Wonder, Ronald Reagan, James Joyce, Harper Lee, Alice Walker and Tiger Woods – you may need to ask your parents who some of these people are.

So, having sight loss doesn't have to stop you, reach for the stars for you shine as brightly as they do!

Hab Corner

Cooking with Carol

Little Stem Ginger Gingerbreads

These are my favourite “go to cakes” when the weather gets colder. There are quite a few ingredients but it is worth it if you can find them all. Don't worry if you can't find stem ginger, just add a bit more ground ginger into the mixture!

Ingredients

175g Plain Flour
1 tsp. bicarbonate
1 tsp. cinnamon
1 tsp. mixed spice
1 tbsp. ground Ginger
Pinch of salt
100g butter or stork
2 tbsp. golden syrup
2 tbsp. black treacle
50g stem ginger
100ml milk
100g dark brown sugar
1 large egg

Equipment

Scales
1 x 12 hole muffin tray
Paper muffin cases
Measuring spoons
Large Mixing bowl
Wooden Spoon
2 x Small Saucepan
2 x large metal spoons
1 x small bowl
Metal fork
Cooling rack

Method

1. Preheat the oven to 180c/170 fan/Gas 4.
2. Place muffin cases into the muffin tray.
3. Sift the flour, bicarbonate of soda, cinnamon, mixed spice, ground ginger and salt into a mixing bowl.
4. On the chopping board, chop the stem ginger into small pieces.
5. Melt the butter with the syrup, treacle and stem ginger in a small saucepan, remove from the heat and leave to cool.
6. In another saucepan warm the milk and sugar stirring frequently until the sugar has dissolved. Leave to cool.
7. Crack the egg into the small bowl and beat with a fork.
8. Add the milk and sugar mixture to the flour mixture, followed by the butter mixture and the beaten egg and mix really well with a wooden spoon to make a thick sticky batter.
9. Spoon the mixture into the 12 muffin cases, filling them evenly.
10. Bake for 18-20 minutes or until firm to touch.
11. Leave the gingerbreads to cool on a wire rack, when the muffin tray is cool to touch, take out the gingerbreads onto the cooling tray to cool completely.

TIP – heat the measuring spoon under hot water before measuring out the treacle and golden syrup and it will come off the spoon quicker!

Sensory walk ideas from Anna

Now the weather is changing it is a wonderful time to explore. Here are some suggestions of things you can investigate while you are out.

Take yourself away from people and find somewhere lovely in your local area to go for a walk.

While you are out think about everything that is around you.

What can you hear?

Can you hear the leaves crunching beneath your feet or wheels? Can you hear the birds?

Maybe an airplane? Can you hear anyone else, or is it just you there?

Are these noises close by, or maybe far away? Are they to your left, right, in front or behind you?

What does the space feel like?

Does it feel big and open like you're in a field, or do you feel like you're enclosed, maybe in the woods or forest?

What is under your feet?

Crunchy leaves, a big puddle, muddy ground or maybe some shingle or a path?

What can you feel?

Can you feel the rain on your head? The wind on your face? Can you touch the leaves?

Find a crispy one and a fresh one and feel the difference? Can you find a conker or a fir cone? Feel the difference.

What can you smell?

What can you see? Does the light change as you move from under the trees to out into the open? Can you see any of the changing colours of autumn?

Sensory Memory Game

This Tactile memory is great fun for people of all ages. Simply take turns selecting and turning over two cards. If they match, the player collects the cards and takes another turn. Use any material from straws to pipe cleaners to thick wool to create the fun, 3D shapes on the cards!

You will need:

- Card/ cardboard/ plain playing cards
- Scissors
- String/ pipe cleaners
- Glue

How to make:

1. Fold the A4 piece of card in half and then fold it in half the other way. Now fold the piece of card in half again. This should make 8 rectangles (See fig.1).
2. Now with the scissors cut out each of the 8 rectangles (See fig.2).
3. With the string, cut out the same length of string to create shapes to appear on the cards e.g. circles, squares or hearts (See fig.3).
4. Stick the shapes that have been created onto the card with the glue.
5. There should be two cards with the same shape that is easily identifiable by touch.
6. Each person should have 8 cards of 4 pairs (See fig.4).



Figure 1



Figure 2



Figure 3

To play:

- Face all cards pattern-side down on the table.
- All players simply take turns selecting and turning over two cards.
- If the cards match, the player collects the cards and takes another turn.
- Enjoy!



Figure 4



ANTHONY, YOU'RE A HERO!

We want to say a massive THANK YOU and WELL DONE to Anthony Roake, Lee's dad, for his incredibly impressive marathon run a couple of weeks ago. He did a sterling job running a virtual London marathon in the rain, wind and the cold weather. He ran 20 miles in an impressive 3 hours 12 minutes and has raised an incredible £1,745 for Sight for Surrey. Thank you to everyone for your support. Anthony spoke to Radio Woking about the support he and his son Lee have received. You can listen to the interview if you click on this link <http://www.jonandrews01.podbean.com/>. Well done Anthony, we're sure it would take the CYPs team 3 days as a relay to complete that distance (please don't challenge us to that!).

Useful Links

[Surrey Children's Services CSPA](#)

[Family Voice-Surrey](#)

[VICTA](#)

[Free counselling for over 18's with Look and York College](#)

[Get Surrey-Foodbanks information](#)

SFS Fundraising Page

Christmas Card Competition

This year the fundraising department are running a competition to design 3 Christmas card pictures which will feature on the website www.dontsendmeacard.com.



We would like to invite all children and young people supported by Sight for Surrey to enter our design a Christmas E-Card competition!

The picture can be anything surrounding the theme of Christmas – let your creative juices flow & imagination go!

There are 3 categories and a winner will be chosen from each age group.

Under 7's

Age 7-11

Age 12-18

Mayor of Godalming Cllr Penny Rivers will be judging the winners for each category.

Each winner will win a £10 Voucher and the pride in knowing your picture is online and helping to support our work.

You can use pens, pencils, crayons to draw a picture or tactile craft items.

Tactile cards will need to be posted to be photographed to Rebecca Dorkins, Fundraising and Events Officer at Sight for Surrey, Rentwood, Fetcham, Surrey KT22 9JX.

All other cards scanned (or posted) should be sent to rdorkins@sightforsurrey.org.uk

Siblings are welcome to enter.

Please Note: By entering you are giving Sight for Surrey permission to load your design onto

<https://www.dontsendmeacard.com/>

and agree to additional publicity.

DEADLINES:

Thank you to Alfie age 10 for sending in your great Christmas card design. We would very much welcome more entries and have changed the deadline to Sunday 1st November for judging by Mayor of Godalming Penny Rivers on Monday 2nd November.

This will allow us time for judging, to have the designs uploaded onto the 'Don't Send Me a Card' website and to promote for Christmas.

Good luck!

Sensory Steps Challenge– CYP's information



Join the Sight for Surrey's Sensory Steps Challenge today!

Support our '2020 Year of Vision' and look after your mental health and wellbeing by setting yourself a steps challenge today and raise money for Sight for Surrey.

We all seem to love monitoring our steps, how far we've walked, run or cycled and the Sensory Steps Challenge spans all modes of foot

transport, whether you've skipped, scampered or sprinted, it all counts towards your steps target.

So what should your steps target be? Could you manage 2020 steps a day or could you reach the staggering sum of 4million steps (2020miles) by the end of the year?

Were you have been inspired by Captain Tom walking around his garden?

You can join him now and be a sensory steps superstar!

There is no set target distance but maybe as a family or the friends you have met through Sight for Surrey you can set up a fun walking challenge for autumn and winter.

Please contact Rebecca in the fundraising department for further information and any photos from your walks would be great to share on our social media.

Further information is on our website on the **news** tab.

<https://sightforsurrey.org.uk/news/sensory-steps-challenge/>

Any questions about these competitions or any other ideas or queries about fundraising, please contact Rebecca on rdorkins@sightforsurrey.org.uk.