



Oxfordshire

Association for the Blind

Newsletter

August
2015

We'd love to see you there!

At our Annual General Meeting, that is. This year it's on Wednesday 9th September from 2pm to 3.30pm, at the welcoming venue of the North Oxford Association in Summertown. We really enjoy meeting our friends and supporters at the event. It's a chance to reflect on how we've progressed and think about the challenges ahead.

We are pleased that our speaker is Katherine Gorrick who is Head of the Children's Department Visual Impairment Service.

Everyone is welcome, but to vote on motions, you need to be a paid-up member. Membership is available at any time. You can even join on the day if you wish.

We'll have copies of the Annual Report and Accounts available. If you would like a copy, but can't make the meeting, please give us a call.

There are further details on page 20. We really value your support so I hope that you can make it.

One of the subjects that we'll reflect upon is our new group for active visually impaired people, **ActivEyes**. As I write, we're making plans to go sailing tomorrow evening and punting next month. If you are interested in those activities or others like them, please do get in touch. The more the merrier! I'd also like to mention our friends continued on page 3 >>>

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The Oxfordshire Association for the Blind

Registered Charity No.1140556 and Company Limited by Guarantee No. 07465300

**Bradbury Lodge, Gordon Woodward Way, Rivermead Park,
Abingdon Road, Oxford, OX1 4XL.**

Telephone 01865 725595 Fax 01865 725596

E-mail : information@oxeyes.org.uk • Web site : www.oxeyes.org.uk

Opening hours 9.00am - 4.00pm weekdays

Chair : David Warr; Vice-chair : Adrian Hill; Treasurer : George Little;

Director : Colin Cure; Client Services Manager : Mark Upton;

Administrator : Gail Webb; Accounts : Michael Ling;

Group Welfare Officer : Mary Gregory; Information Worker : David Thompson;

Senior Sight Advisor : Judith Wood; Volunteer Co-ordinator : Caroline Ludden;

Fundraiser : Rebecca Benney; Advice Worker : Angela Howard;

Development Worker : Ana Novakovic;

*Your Newsletter is compiled and edited by David Thompson
We are extremely grateful to Neil Stockton at Radio Cherwell
for his assistance in producing the audio edition of this Newsletter*



Director's Article

in the VIBNO group, who also arrange activities for younger visually impaired people. You might like to join both groups, if you have the time.

I'm also pleased to let you know that our collaboration with Oxtalk, the Oxford and District Talking Newspaper, is going from strength to strength. Their excellent service, following some dedicated planning and preparation, is now operating from our Resource Centre on a Tuesday evening. We share the common goal of wishing to ensure that sight impaired people are kept informed and it's great working with them. Equally pleasing, is the news of the establishment of a new Macular Group, which has been set up in Witney. I was privileged to attend the first meeting in April and we hope that they thrive as well as the other groups around the county. If you'd like details of this group or any of the other groups around the county, please get in touch with us.

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Finally, you may have heard my friend Alan Howell on Radio Oxford in June. Alan is registered Blind and is riding his tandem, along with front rider Paul Hardy, to raise funds for us in the Bike Oxford event on 13th September. Several other kind people are riding solo for us. We'd like to have as strong a team as possible, so if you, or someone you know are interested in riding for us, please do let us know. I'll be riding this one myself. I've opted for the 50 mile route, but it could end up more as I might divert a few times if there's a café en route!

Good wishes, Colin. ■■■

Travel Costs

May we take this opportunity to remind people living in the Cherwell District of Oxfordshire that OAB has secured funding that enables us to make a contribution to the cost of travel for them when visiting us at Bradbury Lodge in Oxford. For further information call us on 01865 725595. ■■■

Your chance to win £200

We are delighted to enclose for you two books of OAB autumn raffle tickets, in large A5 format, for you to enter this year's charity raffle.

The top prize on offer is £200, with a Sunday lunch at Oxford Spires Four Pillars Hotel for second prize and finally £50 for third prize. All profits will go straight towards OAB and helping visually impaired people in Oxfordshire.

To stand a chance of winning, please remember to fill in your address and contact details on the stub for each ticket that you want to enter. Tickets are £1 and each book contains ten tickets. We have enclosed a return addressed envelope for you to send the tickets to OAB for entry.

If you would like more tickets, please let the OAB team know and we will send more to you. Please let us know if you would rather not receive any tickets in the future. We have done our best to not enclose tickets for those of you who requested this previously.

The draw will be held on Thursday 8th October. We ask that all tickets for entry are completed and returned by Friday 18th September. To keep costs as low as possible, we will not send receipts confirming your entry as a matter of course, though we are happy to do so if requested. Thank you, and good luck! ■■■

Volunteer Receptionists

Does anyone have a few hours to spare once a week? Are you good at "meeting and greeting"?

We'd like to set up a meet and greet service at the reception of our Resource Centre in Abingdon Road, Oxford - someone to welcome our visitors, sign them in and make them comfortable while they wait for their appointment.

If you would be interested, please contact Colin on 01865 725595. Many thanks.



Meet the team: Gail Webb

Just to introduce myself as a new member of staff, I have recently taken over the post of 'Administrator', a role that was previously undertaken by Sarah Milrose.

I very quickly felt part of the team at OAB due to the warm welcome from all and the fantastic amount of support from everyone in the office.

This job is an opportunity for me to return to an administrative position, but one with a real purpose too. My role is to assist our many visitors to the Resource Centre and to help with the smooth running of the office. It is great to be part of a team who are so enthusiastic and dedicated to OAB and the services and support that we offer. I really enjoy the people contact and being able to assist as much as possible; together with seeing the many groups that meet on a regular basis at OAB.

I very much look forward to the time ahead and all of the exciting events that are taking place and to having contact with all of you associated with OAB.

You can call me on 01865 725595 or e-mail me at admin@oxeyes.org.uk ■■■

OAB Information Days

Thank you to those of you who came to see us at Wantage library and to the library staff for helping us advertise the day and making us feel welcome. We are pleased to announce that we are organising two more OAB information days in September.

Our first stop will be Faringdon library, Gloucester Street, Faringdon, SN7 7HY on Tuesday 15th September 2015 from 10am until 1pm, followed shortly by Abingdon library, The Charter, Abingdon, Oxfordshire OX14 3LY on Friday 25th September 2015, from 10.30 until 2pm.

If you, or someone you know, has difficulty with their sight, why not come along and talk with one of our representatives who has expertise in special equipment and services.

We will bring a small selection of special equipment and will be pleased to meet you. For further information please contact Angela on 01865 725595. ■■■

An introduction to getting online

Are you keen to learn more about using an iPad or another tablet computer to access the internet? OAB are teaming up with RNIB to hold an Online Today workshop. The workshop will include information on how someone with a visual impairment can use a tablet computer, what applications may be available and what device may best suite your needs. The workshop will be a mixture of information and hands on sessions with the different devices. This is for anybody with a visual impairment, whether you've used a tablet computer before or whether you've never dreamt of using one. Why not come along and find out more!

The workshop will be held on Thursday 1st October 02.30-04.30 at OAB's Bradbury Lodge. There are limited spaces so please book your place by calling Mark Upton on 01865 725595. ■■■

Tactile Paving Training

Guide Dogs is running tactile paving training workshops. Whether you are blind or partially sighted or, you work with people with sight loss, these workshops will help you identify types of tactile paving, increase your understanding of what they mean and equip you to respond effectively to local authority consultations; helping to ensure the correct tactile paving is included in any new development.

Workshops will last up to two and a half hours (dependent on numbers). Please contact Joel Young by:

Phone: 07881 269585 or

Email:

Joel.Young@guidedogs.org.uk

Workshop dates and locations

Tuesday 28th July 2015 from 10.30 am – 1.00 pm

Guide Dogs Reading Mobility Centre, 130 Wharfedale Road, Winnersh, Berks. RG41 5RB.

Tuesday 1st September 2015 from 10.30 am – 1.00 pm

Oxfordshire Association for the Blind, Bradbury Lodge, Gordon Woodward Way, Oxford, Oxon. OX1 4XL. ■■■

The Joys of Befriending

I first began visiting Mifanwy in 2012 in her home in Old Marston, a house purpose built for her and her husband John, forty years ago. They produced hand made ties in a factory nearby in the village and exported them to many prestigious outlets in this country and as far away as Japan.

I visit Mifanwy on the same day every week for two hours. This gives us long enough to have a chat and to catch up on what has been happening to us both over the last seven days. More importantly I make us both tea and we will always have biscuits or a piece of cake, lemon drizzle being her absolute favourite! I also mark up programmes in the Radio Times that she might want to watch and transfer these to her diary so they are more accessible. Depending on how Mifanwy is we may attempt some crosswords together, but if she feels up to it we will play a game of Scrabble. She keeps me on my toes and is never hesitant in questioning the meaning or spelling of a word, always with a degree of humour. Both Mifanwy and John were keen embroiderers and her house has many examples of their work on the walls. As her

eyesight has failed Mifanwy has kept up her creative practice through drawing. She holds several pencils at once, which gives her drawings a particular lightness of touch and delicacy of line.

Mifanwy was 90 this year and I was delighted to be at her birthday party with her family and friends. I always look forward to our meetings and enjoy her warmth and humanity; for me this is one of the many benefits to be found in volunteering which makes it such a mutually beneficial and enjoyable relationship.

Charlie Holmes ■■■

“Stop Press”

Audio-described performance of *The Bodyguard*. New Theatre, Oxford. Tuesday 17th November. £15 per ticket. Contact: Gwen Cruden: 01865 373378. ■■■

Organ Donor!

A Hammond electric organ, good working order, seeking new owner. For more information or to arrange collection contact 01865 875297. ■■■

“From a Spinning Wheel”

A Contemporary Dance Performance, an article by Mark Jones: Well, we did it folks! Myself, Natalie, Rossanna, Charlie, Ellen and Daisy the Guide Dog took part in Tac au Tac’s annual Summer performance at the Pegasus Theatre in Oxford last Saturday night (27/6) to an almost sell-out crowd. Needless to say we were fantastic – the audience loved us, and so did the other dance companies (Oxford Youth Dance and Tac Au Tac). We had a 15 minute slot right at the top of the show, so there was no time for nerves, you had to be ready to go. Once you were out of the wings you couldn’t see the audience (I should know, I was the first out!) but they could see you. We had such great feedback during the interval and after the performance, and everybody wanted to meet Daisy! The performance was a culmination of 3 sessions’ worth of rehearsals. While elements of the show were prepared months in advance, it all came together in the last 3 to 4 sessions. Finally, I’d just like to thank Rossanna for arranging these sessions and Joelle Pappas for being an amazing teacher. ■■■

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ActivEyes Oxfordshire

The ActivEyes group went aboard Nigel’s Ark at Farmoor reservoir recently. We had a fantastic time even allowing for the lack of wind on the day. Our visit coincided with the BBQ arranged by Oxford Sailability, so we were fed as well! In July we were on the water again, this time punting on the River Cherwell and we are already planning our next adventure, so watch this space. If you would like to get involved or to find out more contact Guy on 01865 725595. ■■■

Calling all Booklovers!

We will be holding a pilot session for our new audio book club for VIP’s on Wednesday 30th September 2015 at 11am until 12.30pm at the Oxfordshire Association for the Blind, Bradbury Lodge, Gordon Woodward Way, Oxford, OX1 4XL. Tea/coffee and biscuits will be provided. If you would like to come along, please contact Angela on 01865 725595. ■■■

Legacy Event at Oxford's Magdalen College

We'd like to record, once again, how grateful we have been to the many kind people, over the years, who left OAB a gift in their Wills. This has helped us to provide services to thousands of sight impaired people.

We are holding an event at Magdalen College at 2.30pm on Wednesday 16th September, to thank our current supporters who have informed us that they intend to leave a gift to OAB in their Wills and also to invite people who are interested in finding out about supporting future sight impaired people in this way.

The afternoon will consist of a Tour of Magdalen College, starting at 2.30pm and lasting about an hour, followed by a short talk about what a legacy can do to help people in the future, by the parent of a sight impaired child; this will be followed by an afternoon tea from 3.30pm-4.30pm and visitors are welcome to stay on and have a wander around College should they so wish. We can provide transport for anyone who is unable to come

otherwise. We are pleased that our special guest will be our Appeal Champion, Inspector Morse author, Colin Dexter. If you are interested in finding out more about legacy making and would like to attend, please do get in touch with us. Places are limited, so please let us know as soon as you can by calling us on 01865 725595. Those of you who have already made a kind pledge will be receiving invitations from us soon. Thank you. ■■■

Oxford Macular Support Group

The Group meets four times a year in the North Oxford Community Centre (NOA) in Summertown. We usually have a speaker on a subject related to sight loss or we have a demonstration of visual aids. If you would be interested in meeting other people with AMD, please contact Daphne Dorman on 01993 811084. ■■■



Oxfordshire Association for the Blind

Oxfordshire Association for the Blind is registered as a charity in England and Wales No.1140556 and as a company limited by guarantee in England and Wales No. 07465300

Membership and donation

Membership

Annual Membership

(£10.00)

Life Member

(£250)

By becoming a member, I/we agree to be bound by the articles of association of OAB (which is a company limited by guarantee and a registered charity).

A copy of the Articles of Association is available on request.

If you would like to make a donation we would be very grateful

Donation

£10

£20

£50

Other amount

£.....

If you are eligible, please Gift Aid your payment by signing the declaration on page 13

Please complete your name and address details. If you wish to pay by standing order, please also complete the form on the facing page and return to us at:

Oxfordshire Association for the Blind, Bradbury Lodge, Gordon Woodward Way, Oxford, OX1 4XL.

Signed

Date

Name

Address

Postcode

Telephone

Email



Oxfordshire Association for the Blind

Bradbury Lodge, Gordon Woodward Way, Oxford, OX1 4XL.

Phone : 01865 725595

Standing order instruction

To the Manager:.....Bank plc
at:

Please pay to CAF Bank, 25 Kings Hill Avenue,
Kings Hill, West Malling, Kent, ME19 4JQ
Sort Code 40-52-40

For the credit of Oxfordshire Association for the Blind
Account number is 00015471

The sum of £..... (in words).....
on theday of20.....
and the same sum on the same day in each succeeding
month / quarter / year (**delete as appropriate**) until further
notice and debit my account number

Signed **Date**

Name _____

Address _____

Postcode _____

Telephone _____

Have you remembered GiftAid?

VIBNO

VIBNO is a group for the 18 –50 age group in Oxfordshire to meet socially and have fun.

We meet on the first Wednesday of the month, alternating between a meeting at a pub and then doing something completely different.

In January we were chosen as one of the 3 charities for the Witney Waitrose Community Matters. We would like to thank everyone who supported VIBNO as we raised a fantastic £532 which will be used for future events.

In June we met at Kintbury at the Kennet Horse Drawn Canal Barge for a 3 hour trip along the canal. It was a lovely afternoon and so peaceful without the sound of an engine. The horse was amazing, though his guide got a very soggy leg when he nearly fell in! We would like to thank the Oxfordshire Community Foundation for our grant of £500 which funded the hire of the barge.

We recently had an interesting evening at OAB with Jude Barratt from the Ashmolean Museum for a handling session of artifacts including Egyptian Scarab Beetles, Anglo Saxon armour and a replica of The

Alfred Jewel.

If you are aged between 18 and 50 and want to have fun, come and join us. Partners, friends and family are welcome to all events. For more information please contact Nicola Pamphilon 01869 331778 or e-mail flashnp@aol.com



Pizza Italia at OAB!

We had lots of fun baking fruit scones at our last baking day, and they tasted delicious, with or without cream and jam!

For our next baking day a little piece of Italy will be coming to OAB as we make our own homemade pizza with a selection of different toppings to choose from. It will be held on Tuesday 22nd September 2015 from 10.30am until 12.30pm. If you would like to join in please contact Angela on 01865 725595. ■■■

Saturday Opening

Our Resource Centre will be open on Saturday 10th October from 9.30am to 12.30pm. We will be glad to show you the equipment and explain what services are available. For an appointment call us on 01865 725595. ■■■

Gift Aid Declaration for present and future donations

If you pay Income Tax or Capital Gains Tax, ticking one of the Gift Aid Boxes means we can claim money from HM Revenue and Customs based on your donation, increasing its value by 25%.

Please treat only this payment as Gift Aid

Or

Please treat this and all other donations to OAB
after this date as Gift Aid

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand that the charity will reclaim 25p of tax on every £1 that I give.

Please notify OAB if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Signed

Date

Name

Address

Postcode

Telephone

Email

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Bike Oxford 2015

For the first time OAB is involved in the Bike Oxford event which, this year, takes place on Sunday 13th September. Starting and finishing in the city centre, our team of cyclists will be taking on a challenging route around Oxfordshire of 25, 50 or 80 miles duration and includes Paul Hardy and Alan Howell (who is registered blind) riding tandem.



Pictured here is Rebecca on her bicycle with her faithful Doggie Millie, who decided to pose for the camera!

All members of Team OAB are raising sponsorship in support of our work and we wish them well. It's still not too late to take part – please get in touch if you, or someone you know, would like to join our team. Just call us on 01865 725595. ■■■■

Large Print Diaries and Calendars

Are now available so don't delay and order right away! Just call Gail on 01865 725595. ■■■■

Regular Giving

Why not sign up for regular giving? There are many ways that people can donate to OAB to help keep our services running. However, if being sponsored to take part in a skydive, a bike ride or other event doesn't appeal, you can still easily support us by becoming a regular giver.

Regular giving is important because it ensures OAB has a steady income and gives us the opportunity to forward plan more of what we do – from funding our Resource Centre, to our counselling and advice service, the work of the Sight Desk at the John Radcliffe Hospital, our volunteers and local support groups.

By becoming a regular giver, you can ensure that OAB can continue to make a difference to adults and children across Oxfordshire affected by visual impairment and those caring for them. If you would like to become a regular donor please complete the form on page 11 and return it to us to set up a regular standing order from your

account. You can decide the amount you would like to give per month and this can be amended at any time. Alternatively, please contact Rebecca.benney@oxeyes.org.uk or call 01865 725595. Thank you. ■■■

VIP and Carer Advice Day

Are you newly diagnosed and/or do you think you might benefit from some advice and information on coping with the challenges of living with visual impairment? We are holding some advice days for visually impaired people and their carers and are compiling a list of attendees. For more information call us on 01865 725595. ■■■

World Sight Day

On World Sight Day, 8th of October we will be staffing a display at the Coventry Building Society in Abingdon, encouraging members of the public to have regular eye tests. ■■■

Thank You

Once again we would like to thank all those who have helped us whether, for example, it's through making a donation, arranging an event or offering your time and expertise. This support enables us to continue to provide our services to visually impaired people across Oxfordshire. On the fundraising front our new Trustee and Treasurer George Little completed the Tough Mudder Challenge and raised over £1,500 for OAB, plus we had a team in the 5km Oxford Rotary Club Run back in May (see photo) and we know of a number of future events in the pipeline, including a tandem skydive, donations to be made in lieu of wedding gifts, collections on behalf of OAB and Charity of the Year selections. Our new volunteer fundraising/marketing group have been working hard to raise our presence within the Oxfordshire community and, thanks to their efforts, we



Pictured here are our intrepid Team who took part in the Oxford Rotary Club Run. Starting from the left Rebecca, Diane, Shaun and Colin.

have recently been selected by the Abingdon branch of the Coventry Building Society to be their charity partner, received a cheque for £327 from Waitrose in Abingdon through their Community Matters scheme and held a successful charity collection outside Sainsbury's at Heyford Hill. More events are being planned in future months. ■■■

Taking a Pew in Didcot

We are grateful to South Oxfordshire District Council for this edited article from their Outlook magazine ■■■

There's some good news if you find it strenuous walking around Didcot – we've installed some new seats on the Broadway and the Market Place to help take the weight off your feet.

The Didcot Access Group, who help make sure elderly and disabled people are well looked after in the town, recently did a bit of an investigation and found that the seating on the Broadway wasn't in very good condition, and that it was too low for some elderly and disabled people to use properly. So we installed some new seats, which are much

more suitable – now it's not just people shopping in the Orchard Centre who will have a good place to rest. ■■■

Dreaming Spires Tenpin Bowling

We qualified for the BBS trios final in Sheffield which was held in May. We played teams from Wales, Scotland and England, we took 4 bowlers and they all played to a very high standard, we finished in 5th place, a good weekend was had by all.

Why not come along and play a great team sport and have some fun, we are a friendly team and a warm welcome will be given to you. All levels of bowlers are welcome.

Contact me, Kevin Pamphilon, club captain on 01869 331778. ■■■

The work of the Oxfordshire Association for the Blind is assisted by funds from

Thame Town Council



Clubs and groups for VIPs in Oxfordshire

Abingdon & District Macular Group

Eleanor Dangerfield
01235 531857

Banbury Macular Group

John Critchlow 01608 685293

Banbury Society for the Visually Impaired

Enid Smith 01295 269568

Carterton Visual Impairment Group

Rosemary Pearse 01993 841383

Chipping Norton Friends of the Blind

Mary Gregory 01608 810899

Didcot/Wallingford

Pam Organ 01235 813391

Goring Macular Group

OAB 01865 725595

Henley VIP Group

Mike Pooley 01491 628284

Look Oxfordshire Support for families of VI children

Julie Hinton 01189 722322

Kidlington Macular Group

Tom Wright 01865 376482
Marita Ferrett 01865 373104

Oxford Macular Group

Daphne Dorman 01993 811084

Oxfordshire Retinitis Pigmentosa Group

Peter Jackson 01865 873246

“OXVIC” Oxford Visually Impaired Club

OAB 01865 725595

“Oxpots” Pottery Class

Angie 01865 373251

Thame and District Society for the Visually Handicapped

Jean Mander 01844 212983

“VIBNO” Visually Impaired But Not Old!

Nicola & Kevin
Pamphilon 01869 331778

“VIVA”, North Oxford

Liaison Officer
Ron Sears 01865 553063

Wantage Blind Social Club

Mary Greenfield 01235 764646
Secretary
Hazel Aldred 01235 765849

Witney Area Day Centre (Mon -Fri)

Lynne Pratley 01993 706824

Oxfordshire Social and Community Services Sensory Impairment Team

A countywide team of specially trained staff supporting people of all ages affected by sensory impairment

Manager Neelam Ahmed

Visual Impairment Team

Beverley Downs
Kate Laybourne
Meg Jones
Serena Glister
Sue Miles
Jessica Brown

Senior
Elizabeth Agar

Telephone 01865 894935

visual.impairment@oxfordshire.gov.uk

Hearing Impairment Team

Zelda Yarker, Catherine Thurbin,
Ben Smith
Rebecca Nolan,
Mark Cove

Telephone 01865 894925
SMS - 07713329501

Sensory Impairment Team
Abbey House
2nd Floor
Abbey Close
Abingdon
OX14 3JD

Out of hours social services, emergency freephone 0800 833408



Carers Oxfordshire

A service for all carers



To make it easier for Carers to access support

To listen to Carers' needs

To give information, advice and support to Carers

Please telephone 0845 0507666
Or email carersoxfordshire@oxfordshire.gov.uk
Or go to www.carersoxfordshire.org.uk



The Chair and Executive Committee invite you to the
Annual General Meeting
of the



Oxfordshire
Association for the Blind



at 2.00pm on

Wednesday 9th September 2015

at the

North Oxford Association Community Centre,
Diamond Place, Summertown,
Oxford, OX2 7DP.

Please note that nominations for office and resolutions must be
made to us by Wednesday 26th August 2015

Car parking available, call 01865 725595 for more details

RSVP

Please write your name on the dotted line and return to:
Oxfordshire Association for the Blind,
Bradbury Lodge,
Gordon Woodward Way,
Abingdon Road, Oxford, OX1 4XL.

Or

Telephone : 01865 725595

Or

e-mail : admin@oxeyes.org.uk

Thank you

I will attend the A.G.M.