

Winter 2017

# Newsletter



# Contents

2	Welcome
3	Creative Writing Competition Results
4	2018 Arts and Crafts Competition
5	Goalball
6	Indoor Skydiving Fun
7	Chiltern Open Air Museum
8	Harry Potter
9	Speaker's House, Westminster
10	SeeAbility and BucksVision Open Day
11	Accessible Newspapers and Books
13	Chiltern's 70th Anniversary Party
14	World Sight Day / 100th Birthday
15	Fundraising Update
16	Fun at the Mill!
17	Befriending Celebration Tea
18	Women Leaders MK Award 2017
19	Useful Contacts



## **BucksVision**

**143 Meadowcroft, Aylesbury, HP19 9HH**



**bucksvision**



Telephone **01296 487 556**

Open 9am - 5pm weekdays



E-mail **reception@bucksvision.co.uk**



**BucksVision**



**www.bucksvision.co.uk**



# Welcome

**Merry Christmas from  
all of the Staff at BucksVision**



**Here is our newsletter, packed with a positive cornucopia of interesting articles.**

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We continue to expand and improve our range of social activities. We have consistently received positive feedback; people really seem to have enjoyed our activities, which is excellent.

In addition, we ran a celebratory event at Speaker's House, bringing together a wide range of colleagues to thank everyone for their support, a most successful day (see page 9).

On a separate note, some of you will be familiar with the rehabilitation services delivered by organisations in Buckinghamshire and Milton Keynes. I wanted to let you know that we worked with several partners and put in a bid for these contracts which were recently put out to tender.

Unfortunately we were not successful with our Buckinghamshire bid but I wanted to let you know that we had tried (we await the decision of the Milton Keynes tender, expected Jan 2018).

This means that *Buckinghamshire Integrated Sensory Services (BISS)* will continue to be delivered by the current provider, *Action on Hearing Loss*.

Whilst we were disappointed not to win the tender, we work extremely well with the current provider and are pleased that the contract has remained with them, rather than being transferred to another provider.

**As always thanks to all of you who support our work in some way - we hope that you have a wonderful, restful Christmas.**

**Steve Naylor**  
Chief Executive





# Creative Writing Competition Results

On Friday 10 November we held a prize giving evening for the entrants of our Creative Writing competition.

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We enjoyed a lovely evening, listening to the entries and presenting our prizes to the fantastic winners. We also had a fun time with a literature themed quiz devised by Lisa with the victor winning a minion!

We would like to thank all of the entrants for participating, it was a really enjoyable experience to read all of your entries, and also a big thank you to the judges for their time.



Prize winners **Pat** (above) and **Gillian** (below) with their certificates



## Children's Category

- 1st Wania Ahmed *'The Shadow'*
  - 2nd Barbara Santos  
*'The Boy who Disappeared'*
  - 3rd Sasha McBride  
*'My Pet Dog Lolly'*
- 

## Short Story Category

- 1st Jo-Ann Knight *'Wet Dog'*
  - 2nd Gillian Hutchinson  
*'A Chance Encounter'*
  - 3rd Jean Ley *'How Spiderman and I Saved the Planet'*
  - Highly Commended  
Sigrid Muller  
*'A Spiritual Experience'*
- 

## Poem Category

- 1st Gillian Hutchinson  
*'Clear Vision'*
  - 2nd Pat Smith  
*'Sudden Blindness -  
Regrets and Discoveries'*
  - 3rd Annabelle Brown  
*'The Head in the Bed'*
- 

## Volunteer Category

- 1st Melissa Rezaie  
*'A Sketch Too Far'*
- 2nd Bryan Ward  
*'The Tears of Poseidon'*
- 3rd Christine Lewis  
*'You Can't Shoot Me! I'm British!'*

# 2018 Arts and Crafts Competition

**We are excited to announce that after several months gathering opinions and feedback, we will be re-launching our new arts and crafts competition on Friday 27 July 2018.**

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Known as the de Fraine competition since 1965, it was agreed by both members and volunteers to re-launch our competition under a new name to reflect the new and refreshed image. The new name for the competition will be the **BucksVision Showcase**.

Our aim is to hold a competition which showcases our talented members to each other and to the public.

To achieve this, the structure of the day has been changed. Due to the success of our creative writing competition this year, we will be removing the writing classes, and focusing on arts and crafts.

This will enable us to make the morning more interactive by holding a competitive quiz and a 30-minute craft challenge.

We will continue to include entertainment, and hopefully introduce craft demonstrations, whereby members and volunteers can try out new crafts on the day.

The showcase will still be competitive. There will be less classes, but there will still be plenty of creative options to choose from.

The BucksVision Showcase 2018 programme will be available in the New Year, and further information will be included in our Spring Newsletter.

**In meantime we look forward to welcoming you and some new faces to our re-launch in July.**



# Goalball

**Goalball is coming back to the home of the Paralympics!**

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**BucksVision is excited to announce that with the support of Goalball UK and Tesco we are bringing back the sport of Goalball to Buckinghamshire.**

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We will be holding a free *'Have a Go'* session next year open to everyone who wants to find out what Goalball is all about. Details are below:

**Saturday 3 February 2018**

**9.00am - 1.00pm**

Cazenove Sports Hall,  
Stoke Mandeville Stadium,  
Guttmann Road, Aylesbury,  
Buckinghamshire,  
HP21 9PP

Since 1980, Goalball is a Paralympic Sport which is open to visually impaired and sighted people of all ages, young or old, male or female. All players wear blindfolds so everyone is on an equal level.

Goalball is played on a tactile court with three participants per team and the object is to score as many goals as possible using a ball which contains bells. Players alternate between attacking the opposition goal by throwing the ball and defending their goal by launching themselves across the court.

**To register for the Have a Go session please contact us on 01296 487 556 or [reception@bucksvision.co.uk](mailto:reception@bucksvision.co.uk)**



# Indoor Skydiving Fun



**On Wednesday 4 October fifteen brave members had a go at Indoor Skydiving.**

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After their induction, given with adjustments made for those with less sight (e.g. gestures given by touch rather than hand signals), the participants were kitted up in flight suits, earplugs, goggles and helmet and made their way up to the tunnel.

Everyone enjoyed two flights in the tunnel, the first introduced them to the sensation of the tunnel, so they could have a

more relaxed second flight. Everyone had an absolutely fantastic time with many eager for proof they had flown to show their friends and family!

We are very grateful to **iFLY** in Milton Keynes who not only included photos and videos for participants in our booking but also donated £150 to us.

Our thanks go to **iFLY** for their generosity and also for all of the support the instructors provided to us, they were all really friendly and helpful!



# Chiltern Open Air Museum

**On Wednesday 6 September two groups of members visited Chiltern Open Air Museum in Chalfont St Giles.**

The museum was set up in 1976 to save historic buildings threatened with demolition. There are thirty rescued buildings to explore on site with more waiting to be rebuilt in storage.

Our sensory guided tour was a wonderful opportunity for many members to reminisce, as we visited a 1940s prefab, blacksmiths, a talking wishing well and a working Victorian farm.

It was a lovely day and everyone enjoyed their journey back through time.

*“I found it very interesting and enjoyable and I learned a great deal.”*





# Harry Potter

**On Saturday 16 September BucksVision staff, Alison and Samantha were joined by children and their families to visit the studios where all eight Harry Potter movies were made.**

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Despite an early start, we were immediately swept up in the magical atmosphere as we entered The Great Hall at Hogwarts. Led by our wonderful interactor guides, Stuart and Scarlett, our visit included some of the most famous film sets.

We walked cautiously through the Forbidden Forest and strolled down Diagon Alley, home to Ollivanders wand shop, where Harry's wand famously chose him. We flew on broomsticks, and made our own short movie clips on Platform 9<sup>3</sup>/<sub>4</sub>.



During lunch we had the chance to try a flagon of Butterbeer, and rest our weary feet before we continued with the final part of our tour.

**Our day ended in the gift store, where everyone had the chance to purchase a memento of this truly magical day.**



# Speaker's House, Westminster

By kind permission of Mr Speaker, the Rt. Hon. John Bercow MP, a reception was held in the beautiful Speaker's House in the Palace of Westminster, for 126 guests including MP's, Commercial Supporters, Grant Makers, Volunteers, Medical Personnel, Eye Charities, RNIB, Press, and County Mayors.

We were proud to tell guests about our plans for the future, which include the refurbishment of our **Resource Centre** at Aylesbury, the new **Eye Clinic Liaison Officer (ECLO)** who will support the eye clinics at Stoke Mandeville, Amersham and Wycombe hospitals, and the introduction of the Paralympic sport, **Goalball**, in Buckinghamshire.



We were thrilled that Judith Potts and Dr Dominic ffytche from **Esme's Umbrella** spoke about the terrifying silent hallucinations that are part of **Charles Bonnet Syndrome (CBS)**, a condition which causes sufferers to see images which are not real. CBS can be frightening and debilitating - not least because it may be mistakenly confused with the onset of dementia. For this reason too many people suffer in silence.

For more information go to:  
[www.charlesbonnetsyndrome.uk](http://www.charlesbonnetsyndrome.uk)

Derek Pelling Photography

Judith Potts speaking about CBS





# SeeAbility and BucksVision Open Day

**Isobell Calladine, resident at SeeAbility in Aylesbury, tells us about a joint Open Day we held recently.**

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**On Thursday 14 September, BucksVision joined up with SeeAbility, a charity who support adults with sight loss and other disabilities to help them gain independence in their social and personal lives, to hold an Open Day.**

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The Open Day was held at *Waterside House*, a new 14-flat assisted living property on Taylor Road in Aylesbury. This was organised to raise awareness of both charities, as well as to showcase the services offered by both organisations.

Organisation of this event started with a visit to BucksVision by myself and Waterside House's manager, Silvia Parker, to discuss ways in which SeeAbility and BucksVision could work with each other in order to raise awareness of each other's services.

On the day itself, final arrangements were put in place. I would be responsible for greeting the guests and ensuring they knew where to go, as well as giving them information about the property and the charity in general.

Overall, 20 guests turned up and everyone was very pleased with the facilities they saw, and they were able to take away some information booklets about both SeeAbility and BucksVision.

I would like to thank everyone who attended the event and BucksVision for making it such an enjoyable experience.

**For more information about SeeAbility please see contact details below:**

**T: 01372 755 000**

**W: [www.seeability.org](http://www.seeability.org)**

# Accessible Newspapers and Books

**Struggling with reading your local newspapers or favourite books? Don't forget you can still enjoy them via the medium of voice.**

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There are many organisations which you can use to access talking newspapers and books and we have outlined some below.

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## Local Newspapers

In Buckinghamshire and Milton Keynes there are a number of volunteer run charitable organisations which record highlights of your local newspaper so they can be provided to you in an audio format.

Called **Talking Newspapers** they generally provide their highlights on USB stick or CD and sometimes provide players as well!

The service is free so if you would like to start reading your local newspaper again contact us today.

## National Newspapers - RNIB Newsagent

RNIB Newsagent delivers more than 200 popular and best-selling publications in a format to suit you.

It has the full text of the major daily and weekend papers available electronically, or else it can provide you with selected audio highlights on CD, USB stick or digital download.

It can also provide highlights from top selling magazines such as Readers Digest.







## Accessible Books

There are many options for accessing large print or talking books and we have highlighted some below.

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### RNIB Library

The RNIB Library is the largest of its kind in the UK, and it's completely free with over 60,000 items in the collection. Their collection includes Audio, Braille and Giant Print formats.

Audio books are provided in Daisy CD, USB or via digital download via the Overdrive App.

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### Calibre Audio Library

A national charity based in Aylesbury, **Calibre** has a library of over 10,000 books which they provide in CD, USB or digital (streaming) formats.

**Calibre** have a one-off joining fee of £35 once you have joined you will have access to a whole new world of books.

## Buckinghamshire Libraries

As well as offering large print books your local library can also loan you audio books which can be picked up from the library or downloaded onto your digital device.

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### Help with Gadgets

Your local library can also help you with your gadgets especially if you are lucky enough to get a new tablet or device for Christmas.

The following libraries will be offering sessions where you can get support in finding out how to make the most of its features:

**Buckingham** (date TBC),  
**Chesham** (Thursday 25 Jan)  
**High Wycombe** (Tues 23 Jan).

For more information, please ask in the library or telephone  
**01296 382 415**

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# Chiltern's 70th Anniversary Party

**On Monday 23 October our local social club in Chesham celebrated its 70th Birthday with a Vintage Tea Party.**

We were delighted that the Mayor of Chesham, Cllr Emily Culverhouse was our special guest alongside Peter Robbins, Trustee of BucksVision.



The afternoon started with some fantastic entertainment from the LuLaLas who had many of the attendees happily singing along! We then listened to a fascinating talk by Colin Oakes about what Chesham and Amersham were like in 1947 the year the club started.

After the talk we recognised those amazing club volunteers

who have gifted over 15 years of service to the club, these included the Chair of Chiltern Division, Lynne Monk and the Treasurer, Olive Millward, who was celebrating her personal 24th anniversary of being a volunteer. Well done Olive!



We also honoured Joyce Frith, Joan Reynolds, Peter Watts and Pam Hadley. The tea party of course finished with a lovely cup of tea and a choice of delicious cakes.

**Everyone had a fantastic time including the Mayor. Congratulations and Thank You to the volunteers for organising such a fantastic birthday party.**



# World Sight Day

**It was World Sight Day on Thursday 12 October and BucksVision's local Wycombe Club celebrated with an event at Wycombe Museum.**

The club had a display of their wonderful craft items as well as information on different types of sight loss.



From 2pm visitors could watch the craft club in action as members and volunteers worked on their creations!

**Congratulations and thanks to our wonderful volunteers and members of Wycombe Club who organised this event; it was very good fun!**

# 100th Birthday

**Chalfont Club celebrated the 100th Birthday of Eileen Morris at their club meeting on 31 October.**

Congratulations to Eileen on reaching her 100th Birthday!



# Fundraising Update

## Stamps

Before you drop those envelopes in the bin **remember to save the stamps** to send to BucksVision.

We receive £11 per kilo for 1st and 2nd class and both British and foreign stamps, so don't forget to **Save Your Stamps!**

## Inkjet Cartridges

Do you have empty printer cartridges that you don't know what to do with? Well we have a solution for you. Ask us for a **Freepost recycling envelope**. BucksVision will receive £1 for every cartridge received.

## Christmas Collections

BucksVision will be collecting in Aylesbury at **Tesco Broadfields** on **6 December** and **Tesco Tring Road** on **14 December**. So if you are around why not pop in and see us!

We are also grateful to the **Round Table of Great Missenden** who have chosen us as a beneficiary of their Santa collection. As a result BucksVision staff and volunteers will be

helping Santa on his sleigh trip around **Great Missenden** on **Tuesday 19 December** - why not look out for us!



We would like to thank the following organisations for generously giving to us:

**£5,000 The Sobell Foundation**

**£1,200 John Lewis Milton Keynes**

**£690 John Lewis High Wycombe**

**£283 Waitrose Chesham**

**£250 Little Waitrose Amersham**

## Yellow Collection Pots

Do you know of a business, company or school who would "host" a BucksVision collection pot? Please call **Anne Mills** on **01296 487 556** to discuss.



# Fun at the Mill!



**Virgin Money London Marathon 22nd April 2018**  
**Ian Jenkins** is running for BucksVision in the 2018 London Marathon and is now in full training mode and building up to run 26.2 miles in April.

## Go Ian, Go!



**Who knew paper could be so much fun! On Monday 2 October BucksVision members visited Frogmore Paper Mill, writes Kirsty Wood.**

When we arrived at the Mill we were given a fascinating presentation on the history of the mill, paper making and the different types of paper.

We were then split into two groups, one group did a boat trip on the canal, the second group did a tour of the mill and were given the opportunity to feel the different types of paper, learn about the machines that are used and even got a chance to have a go at paper making!

**BucksVision staff and members would like to say a big thank you to Peter and Paul for taking us on the tour.**



# Befriending Celebration Tea



**This year BucksVision celebrated Befrienders' Week (1 to 8 November) for the first time, by holding an afternoon tea with entertainment.**

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Befrienders and befriendees were all invited and, after a chat and discussion about befriending as well as a chance to tuck into sandwiches and cream cakes, it was time for a bit of friendly competition!

Five characters, Emily, Eddie, Jonathan, Harry Potter and Stanley, spoke about their friends and everyone had to guess who they were - in order to win a chocolate coin!

*The answers were, of course, Bagpuss, Patsy, David, Ron Weasley and Dr. Livingstone.*

Finally, one of our members, Phil Jarvis, treated us to a sing-song on his keyboard, with such numbers as *Hello Dolly*, *A Kind of Hush* and *I Belong to Glasgow*. Phil is available to provide entertainment to BucksVision clubs, so please let us know if you are interested.

**Thank you to all who came and please let us know how you would like BucksVision to celebrate Befrienders' Week next year.**

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# Women Leaders MK Award 2017



**Long serving RNIB and BucksVision volunteer Padma Cheriyan was recognised for all of the outstanding work she does in Milton Keynes at the Women Leaders MK 2017 Awards on Friday 13 October.**

Padma was up against four other nominees for the Voluntary Community Impact Award but her outstanding contribution to her local community meant she was announced as the winner of the award. She was also the only one of the fourteen winners during the evening to receive a standing ovation showing just how warranted her award is.

**Congratulations Padma, you thoroughly deserve your award!**

## **Second Hand Equipment FOR SALE**

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### **Optelec Clearview C Electronic Magnifier**

About two years old and in good working condition - includes trolley.

### **OIRO of £1,500**

Collection from Amersham.

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### **OrCam**

Purchased in 2016.

Second-hand but barely used.

**OIRO of £950.** Collection from Holmer Green preferred, may be able to deliver in immediate area.

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### **Desktop Magnifier**

About six years old but in working condition.

### **FREE**

Collection from Aylesbury.

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### **Perkins Brailier**

Braille machine free to anyone interested.

### **FREE**

Collection from BucksVision office.



# Useful Contacts

- **Bucks Integrated Sensory Service (BISS) - 01296 479 970**

For support dealing with sight loss at home in Buckinghamshire.

- **Sensory Advice Resource Centre (SARC) - 01908 401 135**

For support dealing with sight loss at home in Milton Keynes.

- **RNIB - 0303 123 9999**

Advice and support with all aspects of sight loss.

- **Macular Society - 0300 3030 111 (Helpline)**

Information and support for people with macular conditions.

- **Age UK Bucks - 01296 431 911**

- **Age UK Milton Keynes - 01908 550 700**

Support for older people to help them achieve and maintain independence and wellbeing.

- **MK Reader Service - 01908 231 123**

Support with reading and shopping in Milton Keynes.

- **Talking News Federation - 01793 497 555**

Information on local talking newspapers.

- **British Wireless for the Blind - 01622 754 757**

Radio sets on free loan for people who meet the criteria.

- **BucksVision - 01296 487 556**

143 Meadowcroft, Aylesbury, HP19 9HH

- **[www.bucksvision.co.uk](http://www.bucksvision.co.uk)**