



BucksVision
Sensory Loss Charity

**Autumn/
Winter
2025**

Newsletter



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BucksVision
Sensory Loss Charity

Opening Hours

Monday - Friday: 9am - 5pm

Charity Registration No. 1147814



Welcome

Steve Naylor, Chief Executive

Welcome to our Autumn/ Winter 2025 newsletter.

As I type this, we have had glorious autumnal sunshine – no doubt the nights will soon be drawing in and Christmas will be upon us before we know it!

In the meantime, I hope that you enjoy another edition of our bi-annual newsletter.

The eagle-eyed amongst you may have noticed a change to our logo on the cover, with a “Sensory Loss Charity” rather than a “Visual Impairment Charity” tagline. We have changed this to reflect the fact that we support people with hearing and dual sensory loss under *Buckinghamshire Integrated Sensory Service*, which we provide on behalf of Buckinghamshire Council.

We have also refreshed our

Mission, Vision and Values, so that they feel more modern and more appropriately reflect what we do, see page 23.

We have also refreshed our volunteering process, making it more streamlined and user friendly. Volunteers underpin much of our work and we hope that these changes make it easier for people to join us.

We continue to run a range of experience days, some of which may surprise the sighted community, such as archery, see page 8. We reflect on a packed and popular range of activities that we ran throughout the year, see pages 14 and 15.

Whilst most people will be looking forward to Christmas, we know that for some it is a time of increased loneliness and isolation. If you might be available to act as a telephone befriender, see page

17 and get in touch. As always, thanks so much for your support, we really do appreciate it.

Interim Operations Manager

We are delighted to welcome Vicky Howell-Jones as our Interim Operations Manager. Vicky is providing maternity cover for Abi Brooks.

We were anxious about finding someone to fill Abi's shoes and join our small team. We know that finding good maternity cover can be challenging and breathed a sigh of relief when we interviewed Vicky.

Vicky has a background in healthcare and is a qualified counsellor. Her most recent role was coordinating a Dementia Friendly project for a local charity supporting older people.

"I'm so pleased to join the BucksVision Team! I'd like to thank the team for making me feel so welcome.



"I am excited to utilise my skills and experience to keep things running smoothly whilst Abi is on maternity leave. It's great to be part of a small charity who makes such a difference!"

Welcome aboard, Vicky!

P.S. Abi gave birth to a healthy baby boy, Isaac, 6lb 13oz, who was so keen to arrive that he came over a week early! Mother and baby are both doing well and send their sincere thanks for all your best wishes.

Notices

Quiz & Curry Night

Hosted at Haddenham Park
Care Home & Apartments

Date: Wednesday, 19th
November Time: 7:00pm –
9:00pm

Location: Tibbs Road,
Aylesbury, HP17 8FH

Cost: £10 per person

Join us for an evening
of fun, food, and friendly
competition. Enjoy a lively
quiz, a tasty curry, and take
part in our raffle for the
chance to win some great
prizes! Feel free to bring your
own soft or alcoholic drinks.

Teams of up to 6 people.
Tickets are limited and
available on a first come, first
served basis.

To reserve your spot,
please email: **bsawyers@
bucksvision.co.uk** or phone
the office.

Photographers Wanted!

Are you or someone you know a budding amateur photographer? We would love to hear from you! BucksVision are looking for someone who is available to volunteer on an ad hoc basis to capture our activities and events. Please either call the office on **01296 487 556** and ask for Vicky or email: **vhowelljones@bucksvision.co.uk** if interested.

VIP Large Print Diaries 2026

It's coming up to that time of year once again! Our stock of Large Print 2026 diaries and calendars has arrived. If you would like your new diary or calendar for 2026 please get in touch with reception on **01296 487 556** to order yours.

Optelec Read Smart

Optelec are recalling all their OrCam Read Smart demo/loan units. They have the options to loan a new model or to purchase

your existing OrCam at a reduced price. For more information contact Optelec on **01923 231 313**

Technology Group

If you are struggling to use your smart phone, tablet or iPad, RNIB's technology expert will be happy to help you. Padma is available at the John Lewis Discovery Room at the MK Shopping Centre between 11:00-13:00 on the second and last Friday of the month. Call Padma on **07456 202 707** or email: **pscheriyan@gmail.com** to book an appointment.

RNIB Grants

Did you know that the RNIB offer grants for accessible technology? This means-tested grant offers financial support to buy technology so that blind or partially sighted people can remain independent. Please get in touch and we can point you in the right direction to get support for applying.

Digital Phone Switchover

Landlines are getting an upgrade but they're here to stay, including keeping your current number. For most, it will be a matter of plugging your phone into a router rather than a phone socket.

If you don't have broadband, many phone companies are working on solutions to keep all customers connected.

If you need support, please get in touch with your phone company and they will assist you.

If you use a healthcare alarm or medical pendant which allows you to press for help in an emergency, your phone company will check with your equipment provider if any updates are required.



We Gave It Our Best Shot

On the 29th July, twelve intrepid, visually impaired people partook in our annual archery fun shoot led by the Whiteleaf Bowmen in Lacey Green.

Everyone was measured for arrows, fitted with an arm brace and given a chance to feel the bows and targets before the competitive, primaeval spirit set in and the competition began.

The instructors, who gave their time voluntarily, were friendly, patient and helpful and a lot of cheering, fun and laughter could be heard.

We are pleased to announce our 2025 Robin Hood was John Stallwood and our Maid Marion was Kirsty Wood.

The best severely sighted shooter was Glafkos Rigas and best sighted volunteer (yes, they got a go as well!) was Peter Miles.

After all the scoring and competitiveness was over balloons were placed on the targets and we had to try and fire arrows to burst them – with limited success!

Many thanks to everyone who helped give us such a lovely, fun afternoon.



Southeast Division Indoor Summer Fete

Southeast division teamed up with some from Wycombe division and hosted their wonderful Indoor Summer Fete on the 12th August with 72 in attendance – a mixture of members and volunteers.

It was a huge success – everyone was well fed with Ploughman's, salads and sandwiches on the menu and sweet treats of lemon tart and fresh fruit.

They were entertained by a brass band, a creative writing performance, quiz and many had fun entering the various competitions including creative

writing, summer bonnets and nasturtium growing.

A huge well done and thank you to the South East organisers – a true team effort resulting in a fabulous day for all.



Chiltern Division Farewell

In July, Chiltern Division had a trip to a garden centre to say farewell to one of their longstanding committee members.

Lynne Monk writes:

On the 7th of July, the members of Chiltern Division Social Club went out to indulge in a cream tea at Chipperfield Garden Centre and to say goodbye and Bon Voyage to David McDonald, our Secretary for almost ten years.

He has departed for Chicago to join his wife who has a three-year contract to work in the USA.

We're hoping that the first severe Michigan winter may bring them both scurrying home for good or, if not, that he'll at least come back to us in 2028.

The tea was delicious, the scones particularly so, and a good time was had by all... so good in fact that we're already planning next year's visit!

Lynne would like to thank David for all his help and support he has given whilst on the committee.



BISS Update

In the recent months, we have provided BISS awareness training to several organisations within Buckinghamshire, a few examples being Bucks Prison Service, Adult Social Care and many schools that teach children with sight loss. The services found the training useful, and it was a brilliant networking experience for us here at BISS.

We would like to thank the services for taking the time to learn about our service and for spreading the word as to help more people with sensory loss within Buckinghamshire. It is essential as a service that we highlight what we provide to other organisations across the county and how to acquire our support.

This feels like good opportunity to remind everyone that BISS has an open door – we are always happy to advise and inform people living with sensory loss, or those who work or support

people with sensory loss within Buckinghamshire.

Please get in touch on **01296 479 970** or email us at **biss@bucksvision.co.uk** if we can be of any help.

Finally, a huge congratulations to Nicola our newly qualified Vision Rehabilitation Officer on graduating from her two-year rehabilitation course at Birmingham City University!



A Centenarian in Our Midst

Celebrating the Remarkable Life of Doreen McGechan

On 8th July, one of our members, Doreen, marked an extraordinary milestone: her 100th birthday.

True to her warm and social nature, she celebrated not once but on ten separate occasions, surrounded by friends, family, and well-wishers.



Born in York in 1925 to Alice and William Harrison, Doreen was the eldest of two children. Her father's career in the Civil Service took the family to different parts of the country, including West Hartlepool and Plymouth.

She recalls her childhood summers with fondness, especially days spent at the family's beach hut in Seaton Carew – simple pleasures of sea air, sand, and laughter.

When the war reached Plymouth in 1939, the bombing took its toll, leading the family to relocate first to Skipton and later to London. It was during these years that Doreen began her own remarkable contribution to the war effort.

Whilst in the Women's Auxiliary Air Force, she served as a teleprinter operator. Based at Thames House, she worked long nights underground, with only an hour's reprieve to cross London Bridge for fresh air.

Baths were a rare luxury – booked weeks in advance – and life was far from easy, but Doreen remembers it all with pride and resilience.

After the war, she was transferred to Bush House at the top of the Strand, where life began to take a brighter turn. It was here that she met her future husband, George, a fellow RAF radio operator.

Their courtship began with a theatre trip to see Arsenic and Old Lace at the Harrow Coliseum, and soon blossomed into a partnership filled with dancing, travel, and shared adventures.

The couple particularly loved ballroom dancing and attended countless events across London.

Together, Doreen and George also pursued their love of sport. They attended Olympic Games in Russia and Munich, and even secured tickets to a Football World Cup in Germany.

After George's passing, Doreen relocated from Harrow to Marlow, where she has lived for the past 28 years.

Known for her vitality and independence, she still cooks her own meals from fresh produce daily and maintains a busy social calendar, reserving only Mondays and Saturdays for quieter moments at home.

Her contributions and resilience have not gone unrecognised: in August 2001, she was awarded the Freedom of the City of London, a distinction she treasures.

At 100 years young, Doreen remains an inspiration to all who know her – living proof of a life well-lived, filled with service, love, community, and an enduring zest for life.

Experience Days – A Year to Remember

It's been a fantastic year for our Experience Days, with plenty of laughter, learning, and good company along the way.

Back in March, we started with a trip to Milton Keynes Theatre to see *Only Fools & Horses: The Musical*. It was a brilliant show that had us all laughing out loud and left everyone humming the tunes on the way home.

Spring saw us heading out to **Sulgrave Manor**, the Tudor home with links to George Washington. The gardens were beautiful, and the house full of fascinating history.

Then in May we stepped back in time again, this time at the **Chiltern Open Air Museum**, wandering through old cottages and workshops while soaking up the atmosphere of days gone by.

Right: Stepping back in time
- Members inside one of the historic cottages, admiring a colourful handmade quilt.



Above: Exploring Chiltern Open Air Museum – Outside the museum's charming Victorian tin chapel.



June was a busy month! We enjoyed a leisurely lunch by the Thames at **The Boatman in Windsor** – the perfect spot to relax, watch the river drift by, and enjoy good food together.

We also had our much-loved annual **Archery Day**, kindly hosted by the Whiteleaf Bowmen. Their expert tuition gave our members the chance to try their hand at archery, and there was plenty of encouragement (and friendly competition!) along the way.

In July we raised a glass (or two!) at the **Chiltern Valley Winery & Brewery**, where we had a behind-the-scenes look at how their wine, beer, and liqueurs are made, followed of course by a very enjoyable tasting session! And we're not done yet.

Right: Vineyard tour at Chiltern Valley Winery - Members enjoying a guided walk through the vines before their tasting session.

September will see us heading to London for an exciting day at the **Science Museum**, with so much to explore and discover. Plus, our ever-popular annual Panto trip is already in the pipeline, do keep an eye out for more details soon. It's been wonderful sharing these experiences with so many of you.

If there's somewhere you'd like us to visit next year, we'd love to hear your ideas! Please get in touch and let us know at reception@bucksvision.co.uk



Interested in Volunteering?

Could You Spare a Little Time to Make a Big Difference?

Could you spare a few hours to brighten someone's month? At BucksVision, that's exactly what our volunteers do. Whether it's sharing a cup of tea and a chat, lending a guiding arm on a walk, or helping at a lively social group, our volunteers make a huge difference to people living with sight loss in Buckinghamshire and Milton Keynes.

Volunteering with us is flexible. Many of our volunteers give just a few hours a month, enough to fit easily around work, family, or study.

And it's not just our members who benefit. Volunteering is also about you - discovering new experiences, building friendships, gaining skills, and being part of a welcoming community. Many of our volunteers tell us it's one of the most rewarding things they've ever done.

There's always something new happening: tai chi sessions, countryside walks, coffee mornings, day trips to theatres and museums, even our annual archery day. Every month brings something different to be part of.

Are you a local organisation interested in corporate volunteering?

Whether it's supporting a one-off event, helping with a project, or sharing professional skills, it's a brilliant way for teams to give back, bond, and see the impact together.

Please share our need for volunteers with friends, family, and colleagues, you never know who might be looking for a new way to get involved.

If you'd like to find out more, email us at: **volunteering@bucksvision.co.uk**

Together, we can make a real difference.

Christmas Telephone Befriending

If the Christmas season is a lonely time for you and you would like someone to talk to, BucksVision is offering our special telephone befriending service again this year.

We can ask one of our telephone befriending volunteers to give you a call, for up to an hour, on any day between 24 December and 1 January, including Christmas Day.

Any conversation is welcome but a few ideas are: what you are doing over the festive season, why you might find this time of the year difficult, happier times,

childhood Christmases, family, pets or, any hobbies or interests you might have.

We can also offer a permanent telephone befriender if you would like one.

If any of our existing volunteers would like to do some Christmas telephone befriending for us, even if that is not your usual role, your help would be very welcome.

To find out more, please call BucksVision on **01296 487 556** and ask for Lisa.



Meet Club Volunteer and Befriender



Jan joined BucksVision in February 2015; she saw a very simple hand-written notice in her local community centre asking for volunteer drivers.

Having just retired from her career as a social worker for adults with learning disabilities she felt that she could manage the twice-monthly commitment, so she went along to the Chalfont social club to decide whether it

was for her – and she's still there. For many years she was a driver and stayed on to help with refreshments and social activities but when the club's transport coordinator moved away Jan nobly took over that role.

The club still meets on alternative Tuesdays and doesn't close for the summer, which many of the attendees appreciate. "For some," Jan explains, "It's the only time they get out and meet other people. If the volunteers didn't go and pick them up, they wouldn't be able to go out at all."

During lockdown, however, all social groups had to close and Jan was "bored rigid", so when restrictions started to ease, she responded to BucksVision's request for more befrienders.

Now, 3-4 times a year she very kindly takes one of our members to visit, and put flowers on a family grave.

der Jan Harris

Jan is a gregarious person who enjoys being with people, so her life doesn't just stop at BucksVision! She fills her spare time with walking, going to the theatre, rock and roll and jive dancing, swimming and socializing with friends.

Volunteering gives structure and purpose to Jan's life and she feels very supported by BucksVision. "Every VOLUNTEERS' WEEK I get a thank you and an acknowledgement, I also get a Christmas card and periodically somebody will phone me up and ask me how the befriending is going so I don't feel out on a limb."

She has clear memories of her induction training: she did not like having to eat her lunch blindfolded but found learning the correct sighted guiding technique and how to describe surroundings invaluable.

Jan says that she would recommend volunteering to others because "it gives the volunteer something meaningful to do and the people you are able to support get so much back from the simple things and appreciate the time you are able to give."

Thank you Jan, and all our other volunteers, for everything you do for us.



Finding Your Feet

Wycombe Social Division recently found a way to keep themselves safe and increase their confidence in an unusual way. Irene Wright tells us more about how they 'Found their Feet' at their local Judo Club.

Wycombe Division Social Club often invites guest speakers to talk to us - one recent speaker was Ian Rose, a para-Olympian medalling in Judo. Following his talk, he told us about an upcoming course at Micklefield Judo Club. The course would teach anyone how to fall without suffering serious injury and how to get up again.

Having very limited sight balance can sometimes be an issue for me so I eagerly signed up, along with others. During the 6 weekly sessions all the coaches were friendly, encouraging, and always ensured that we practiced each move correctly. We all had fun but, more importantly, I am now confident that if I do fall, I may get some scrapes, cuts and bruises

but I will not seriously injure myself.

The Judo Club is now continuing with monthly sessions so we can maintain our skills - we even have specially designed T-shirts and our numbers are beginning to grow!

My thanks go to all the coaches at Micklefield Judo Club, 'Smiffy's Cafe' and Specsavers, High Wycombe who generously sponsored the course.

Ian Rose gave us some background on the course:

At Micklefield Judo Club, we're lucky to have an amazing team of coaches and volunteers who give their time completely free of charge. As part of our commitment to quality coaching, we regularly attend revalidation sessions run by the British Judo Association.

In September 2024, our club chairman Paul Horseman and I attended one of these sessions,

where we were introduced to the fantastic research from the University of Hertfordshire and Anglia Ruskin University around preventing falls in the older community. We immediately saw the potential and knew we wanted to bring the *Finding Your Feet* programme to our club. We instantly started putting together a team of club volunteers to make this happen.

The only challenge? Finding participants and the funding to keep it completely free for them. That's when Specsavers High Wycombe came into the picture. During a routine eye test with

Trisha I happened to mention the programme. As luck would have it, Specsavers were looking for a local cause to support and this initiative ticked every box.

Thanks to Trisha, Rachael and the amazing team at Specsavers High Wycombe, we were able to run the programme at no cost to the 15 ladies who joined us. Every Saturday morning with the support of our amazing club volunteers, they came together for tea, cake, new skills, and most importantly, new friendships. Because of the support we received, we're now able to keep the sessions running monthly.



Our New Mission, Vision & Values

We recently sat down and reviewed our Mission, Vision, and Values, having last done this almost 10 years ago. Whilst these statements can feel a bit 'theoretical', they usefully set a clear direction for the charity, with priorities and values that we are accountable to.

VISION

We're working for a future where people with sensory loss have an equal voice, access, and opportunity to thrive.

MISSION

Making a positive difference to the lives of people with sensory loss across Buckinghamshire and Milton Keynes by providing advice, support, equipment and social connection.

VALUES

- **Service user led:** We are guided by the voices and needs of people with sensory loss in everything we do.
- **Partnership-focused:** We connect people to the right support, working with others to maximise impact.
- **Trusted:** We deliver consistent, reliable support that people can depend on.
- **Inclusive:** We value everyone's experience and aim to make our services accessible and welcoming to all.
- **Open:** We are honest, respectful and transparent. We do what we say and work with integrity.

A Big Thank You

- Thank you to everyone who supported our spring-summer appeal with a donation. We were genuinely grateful - not just for the generosity shown, but for the incredible number of responses we received.
- Thank you to Sainsbury's for having our information stand in your Aylesbury store
- Thank you to The Betsy Wynne for having our team at your FAMILY FUN DAY!

Thank you to our Trusts & Foundations

The Alpkit Foundation
The Anson Charitable Trust
The Beatrice Laing Trust
The Buckinghamshire Masonic Centenary Fund
The DWF Charitable Foundation
The E M MacAndrew Trust
The Grace Trust
Masonic Charitable Foundation
The Michael Bishop Foundation
The Nora Smith Charitable Settlement
The Roland Callingham Foundation
The Shanly Foundation
Tesco's (Groundwork UK)



Tributes



Tribute to Peter Keen

We were extremely sad to hear of the passing of Peter Keen. Peter had been a volunteer driver of Wycombe Division for many years, until ill health forced him to stop.

Peter had also been a patron of BucksVision since 2023, helping us with fundraising and raising our profile. Peter was a real character; he was popular with staff, members and volunteers, full of fun and always with a twinkle in his eye.

Peter had been the Chairman of British bedmaker Hypnos, based in Princes Risborough, and was hugely respected by colleagues across the business community. Peter was kind enough to show BucksVision's Chief Executive, Steve Naylor, around the Hypnos factory in May 2023:

“I was delighted when Peter became our patron and did not hesitate to take him up on his offer to show me around the Hypnos factory. It was clear on the tour that everyone, and I mean everyone, knew Peter as he showed us around, from the people on the factory floor to all of the middle and senior managers.

I remember that some staff had been there for many, many, years and the genuine delight when they saw him – often running over to give him a hug!

He was such a warm and genuine character. We will all miss him”.



Tribute to David Cole

We were saddened to hear of the passing of David Cole. He had had some health issues, but his passing was completely unexpected.

Becoming a trustee in 2023, he proved to be a capable and active participant, willing to add his shrewd insights to some lively discussions.

David was a retired solicitor with broad legal experience from within both private practice and in-house with multinational firms.

His legal experience and perspective proved to be very useful, particularly with some thorny aspects around charity governance in recent years. In addition, as someone outside the charity sector, David often brought fresh perspectives and insights.

Steve Naylor expressed his thanks and condolences:

“We were all shocked to hear of David’s death, something that was completely unexpected.

On behalf of myself and the entire Board of Trustees, we all send heartfelt condolences to David’s family and wish them the best at this very difficult time”.



Millie Rowe

written by Robin Patching

Former BucksVision Milton Keynes Volunteer Millie was a stalwart, most responsible and dependable volunteer, always with a sense of humour.

A regular supporter of the Resource Centre and the Eye for Art Club. She turned her hand to assist whenever the situation arose. She was a wiz-kid with the

hairdryer when our craft items needed a quick dry, and just as efficient with the glue gun when things needed fixing.

Millie was also involved with the Reader Service in the past, and a supporter of the Parkinsons UK Milton Keynes Support Group.

We all miss Millie - God Bless.

It was with great sadness we here at BucksVision learned of Millie's passing. Millie was a committed member of the BucksVision team. She volunteered for us for 18 years, spending time as a committee member helping to run the division.

We are so grateful of the support and dedication she showed us over the years – she touched a lot of lives and are thoughts and condolences are with them.

Christmas Appeal



BucksVision's Christmas Appeal. Let's make sure no one faces Christmas alone.

Christmas can be a joyful time, filled with warmth, connection, and celebration. But for people living with sight loss, it can also be a season of isolation and uncertainty. Everyday challenges don't disappear during the holidays and for many, this time of year can feel especially lonely.

At BucksVision, we believe no one with sight loss should feel forgotten. With your help, we can continue to provide vital support. Whether it's through access to specialist equipment, inclusive social activities, or one-to-one companionship from trained volunteers.

How You Can Help This Christmas

- **£10** could fund an experience day, helping someone feel connected during the holidays
- **£25** could contribute towards specialist equipment, improving independence over the festive period
- **£50** could help train a volunteer befriender to support someone feeling isolated this Christmas

Let's make sure no one is left behind this festive season. Every donation, no matter the size, helps us bring light, comfort, and community to those who need it most.

Donate Today

Please fill out the form included and enclose a cheque or call **01296 487 556** to give a gift that will truly change lives this Christmas.

Thank you for your support - together, we can make this season brighter for everyone.

King's Award for Voluntary Service

The King's Award for Voluntary Service is the highest honour a local voluntary group can receive in the UK. Often described as the 'MBE for voluntary groups', it recognises outstanding work carried out by volunteers who are making a real difference in their communities.

Each year, groups across the country are celebrated for their dedication, passion, and impact. For charities such as ourselves, volunteers are at the heart of everything – from readers and befriending, to fundraising, administration, and delivering services, social groups and activities. Without their generosity, much of this vital work simply would not be possible.

How nominations work

Nominations are open to the public. Anyone who is not directly involved in running a group can put one forward. The nomination process involves describing the group's activities, the difference

it makes, and the positive impact on people's lives. Assessors then review nominations before passing them to an Awards panel and, finally, to The King for approval.

Successful groups receive a signed certificate from His Majesty and a commemorative crystal, with presentations often taking place locally to celebrate volunteers' achievements.

Why it matters

The Award shines a national spotlight on the power of volunteering. For sensory loss charities, this recognition helps raise awareness of the challenges people face and celebrates the compassion, commitment, and kindness of those who give their time.

Could we be next?

If you have seen the difference our volunteers make – a friendly voice on the phone, a helping hand at an event, or a service

that has supported you or someone close to you – you might feel inspired to put us forward.

We cannot nominate ourselves, but supporters, friends, and community members can. Every nomination tells the story of the dedication of our volunteers, and helps ensure their efforts are recognised.

If you'd like to know more about the process, please speak to our team or visit the official website <https://kavs.dcms.gov.uk> for guidance.

Together, let's celebrate the people who give their time, skills, and energy to change lives every day.



Stamp Collecting

Many of you have kindly collected and sent in your used stamps to support our charity. We want to take this opportunity to thank you sincerely for the time, thought, and effort you have put into this.

Every envelope clipped, every collection passed on, and every bundle posted to us has been a gesture of generosity and care for the work we do.

As a charity, we are always reviewing the ways we fundraise to ensure that the time and resources we invest provide the greatest possible benefit for the people we support. After careful consideration, we have decided to bring our stamp collection scheme to an end.

While the initiative has been a wonderful way for many supporters to contribute, recently the funds raised have been very small compared to the time and effort required to sort and prepare the stamps for sale.



This does not in any way diminish the kindness of those who have taken part. Your efforts have made a difference, and more importantly, they have shown how creative and dedicated our supporters are when it comes to helping the charity in any way they can.

There are still many ways you can get involved and continue to make an impact- from taking part in events, to volunteering, or giving in other ways.

Once again, thank you for all the stamps you've sent in. Your generosity has truly been appreciated.

If you are experiencing macular degeneration, glaucoma, diabetic retinopathy or cataracts; you can regain your independence with the help of HumanWare's simple and easy-to-use assistive technology.

Chris Moreton your local HumanWare Representative will be happy to provide you with a free home demonstration of our products. Contact Chris on Freephone **0800 587 2589**



Hark Ai Scans and Reads Barcodes, place a tin or packet under Hark Ai and it will read the barcode on the product and read out the product name and contents.



Hark Ai reads handwriting, listen to handwritten letters and birthday and greeting cards from family and friends!

Low Vision - if you have low vision and are looking for an easy to use electronic magnifier why not try our **Explore** range.



With three different products to choose from, pocket size to using Explore 12 to watch your TV from the comfort of your favourite armchair.



Explore 12



Explore 8



Explore 5

**Spread the cost over 12 months with 0% finance.
Call Freephone 0800 587 2589 or visit www.humanware.com**

Useful Contacts

NHS Volunteer Responder Scheme – 0808 196 3646

Volunteer support with shopping and hospital transport.

Bucks Integrated Sensory Service – 01296 479 970

Practical support for people with sight loss in Buckinghamshire.

Milton Keynes Sensory Service (formerly SARC) – 01908 401 135

Practical support for people with sight loss in Milton Keynes.

RNIB – 0303 123 9999

Advice and support with all aspects of sight loss.

Macular Society – 0300 3030 111

Information and support for people with macular conditions.

Glaucoma UK (formerly IGA) – 01233 648 170

Information and advice for people with Glaucoma.

Eye Casualty – 01296 315 939

A telephone triage service for patients concerned about sudden changes in their sight.

Age UK

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

Buckinghamshire – 01296 431 911

Milton Keynes – 01908 550 700

Retina UK – 0300 111 4000

Supporting people with inherited sight loss and investing in medical research

ECLO Bucks - 01296 838390 Milton Keynes - 01908 401135

Eye Care Liaison Officers who liaise between patients and the medical teams in the Hospital Eye Clinics, providing a wealth of information and support.