

**Welcome to the August 2024
Vision Support newsletter,
covering:**

Halton 0151 5118801

Chester 01244 478910

North East Wales 01244 381515



A big hello from all of us at Vision Support! We have some great new taster sessions, groups and event to share with you in this edition!

Useful Equipment for Halton Residents

We have been working with the Halton Borough Council Health Improvement Team to identify additional equipment that would be beneficial to people in Halton that have a vision impairment.

The Health Improvement Team have kindly supplied us with a stock of One Cup Kettles, Talking Air Fryers, and Alexa's.

We will be distributing these items to people that would benefit from them most and will be doing this in partnership with the Halton Vision Rehabilitation Specialists, Paddy and Kath.

For more information, please contact Halton Sensory Services on 0151 5118801 or email predmond@visionsupport.org.uk.

British Wireless For the Blind

We are also pleased to report that British Wireless for the Blind are now giving out free smart speakers (Alexa's) to people with sight loss in the UK. To apply for a device, you need to be in receipt of certain disability or income-related benefits and have an internet connection at home. Call BWFB on 01622 754757 to find out more.

Vision Sport - North Wales

Have you always wanted to have a go at climbing or cycling but have never had the opportunity to in your area? Well this is for you!

You told us that for people with a vision impairment there are not many groups in the community that you are able to join due to facilities or lack of training. We are over the moon to have received funding for climbing and cycling sessions for anyone of any ability or level of vision to give it a go! Each session will be delivered by trained teams and most importantly it will be fun!

Cycling Taster Sessions - Wrexham

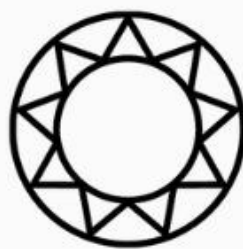
Sign up to come along to our first cycling sessions on 9th August or 12th September at Pedal Power, Alyn Waters Country Park in Wrexham. Session spaces are limited so book early to avoid disappointment. Transport assistance can be provided to the location if you are unable to get there yourself.

Indoor Climbing Taster Sessions - Queensferry

Vision Sport are will also be giving you the chance to try indoor climbing! We will be holding taster sessions at the Boardroom, Queensferry on 12th November, 20th November or 28th November. Transport assistance can be provided to activity location.

More Vision Sport dates will be coming for 2025! So please get in touch if you would like to register your interest! Contact Megan by email on mgiles@visionsupport.org.uk or call 07936 950721.

**Free
2 Day**



RADIATEARTS



Stone Carving Workshop

**Wednesday 21st & Thursday
22nd August**

9:30 am until 4:00 pm

**Mount Pleasant Gardens, Kelsall,
CW6 0TB**

**Free creative Stone Carving workshop
for Vision Impaired people.**

Free transport provided!

**Contact Vision Support on 01244 381515
or email**

information@visionsupport.co.uk

Creative Art Sessions - Ellesmere Port

Our monthly Creative Art Sessions in Ellesmere Port are back! Held at Wolverham Community Centre in Ellesmere Port, 10.30am-12.30pm. Upcoming sessions will be on 5th August, 16th September, 21st October, 18th November & 16th December. There are some really interesting workshop themes including clay modelling, felt making, collage and mixed media, decoupage box making, mindful watercolour painting and printed tea towel making! Get in touch on 01244 478910 if you'd like to come along.

Bowls Tuition - Hoole

Interested in playing bowls but not sure where to start? Hoole Bowling Club are holding tuition sessions at Alexandra Park in Hoole, Chester on Wednesday afternoons 1.30-3.30pm. Great for those who are interested in trying bowls for the first time or would like to practice playing bowls. Call 01244 478910 to find out more.

Wrexham City Centre

We were delighted to be asked by Griffiths Civil Engineering to deliver Vision Impairment Awareness Training to staff working on the Wrexham city centre improvements that are currently taking place. North Wales Services Manager, Nia, had a great time with the team and discussed eye conditions, top tips on supporting someone with a vision impairment, technology and lots more! If you live in Wrexham and are nervous about the changes due to take place, the team at Griffiths will be on hand to help.

Sight Line

Vision Support

Come and learn about vision impairments through fun activities for adults and children!

Our friendly staff will also be on hand to explain the free services we offer, along with the other available help out there.



Grosvenor Park
19th August
11am - 3pm

By the activity hut in
Grosvenor Park,
Grosvenor Park Road,
Chester, CH1 1QQ

Call 01244 478910
to find out more!



Be Careful Where You Leave Your Magnifiers!

We know that many of you will have magnifiers and magnifying mirrors and some of you may take them near to windows to help support your vision. We wanted to remind you about using and storing them safely. Magnifiers, magnifying mirrors, and glass ornaments such as paperweights, when exposed to direct sunlight could cause fires, so it is important to keep them away from windows or direct sunlight.

This is an all year-round risk, not just when it's hot in summer! They tend to start in the winter when the sun is low in the sky as they focus and intensify the sun's rays. This results in a concentration of heat that can reach incredibly high temperatures and cause nearby objects such as curtains to scorch or charr, potentially leading to smoke, smouldering or even an actual fire.

Reflected light triggering fires are not rare and could have disastrous consequences. Please keep things such as magnifiers away from windows and install smoke detectors.

Community Information Service

On the next page are the visits we have planned for August with the Community Information Service. Please note we have two vehicles and the schedule can be subject to change. For more information please call us on **01244 381515** or email **information@visionsupport.org.uk**

Thursday 1st **Northwich Victoria Infirmary** 10.00am - 3.00pm

Thursday 1st **Llys Y Coed, Llanfairfechan** 10.30am – 2.30pm

Friday 2nd **Prestatyn Library Talking Point** 10.00am – 2.30pm

Community Information Service Schedule

Monday 5th **Abergele Eye Clinic** (by waiting room) 10.00am – 2.30pm

Tuesday 6th **Brook Street Neston** (near Sainsbury's) 10.00am - 3.00pm

Wednesday 7th **Frodsham Library** 10.00am - 3.00pm

Wednesday 7th **Tweedmill, St Asaph** 10.00am – 2.30pm

Thursday 8th **Ellesmere Port Market Car Park** 10.00am - 3.00pm

(Sight Line Spotlight session)

Thursday 8th **Wrexham Library** 10.30am – 2.30pm

Sunday 11th **Wrexham Maelor Hospital** 10.30am – 2.30pm

Monday 12th **Rhyl, Morrisons car park** 10.00am – 2.30pm

Tuesday 13th **Northwich Town Centre Nr Boots** 10.00am - 3.00pm

Tuesday 13th **Bellis Bros, Holt car park** 10.30am – 2.30pm

Wednesday 14th **Widnes Market Community Stall** 10.00am - 3.00pm

Monday 19th **Caffi Isa Mynydd Isa** 10.30am – 2.30pm

Wednesday 21st **Waverton Shops** 10.00am - 12.00pm

Wednesday 21st **Barbour Institute Tattenhall** 1.00pm - 3.00pm

Wednesday 21st **Morrisons, Holyhead car park** 10.30am – 2.30pm

Thursday 22nd **Northwich Victoria Infirmary** 10.00am - 3.00pm

Thurs 22nd **Ysbyty Alltwen Hospital, Porthmadog** 10.30am – 2.30pm

Sunday 25th **Johnstown Community Carnival** 10.30am – 2.30pm

Tuesday 27th **Kingswood Kingsway** 10.00am - 12.00pm

Tuesday 27th **Blacon Library** 1.00pm - 3.00pm

Tuesday 27th **Ysbyty Gwynedd Bangor** 10.30am – 2.30pm

Wednesday 28th **Direct Link Runcorn** 10.00am - 2.00pm

Wednesday 28th **Asda, Queensferry** 10.30am – 2.30pm

Thursday 29th **Widnes Market Community Stall** 10.00am - 3.00pm

Thursday 29th **Ysbyty Llandudno Hospital** 10.00am – 2.30pm

Friday 30th **Morrisons, Caernarfon car park** 10.30am – 2.30pm

Vision Support Open Mic Fundraiser

**Friday 27th September
Caffi Isa 23 Mercia Drive
Mold CH7 6UH 7pm**

Want to perform at our open mic?

Interested in coming along and want to find out more?

Call 01244 381515 Email khurst@visionsupport.org.uk

