

**Welcome to the October 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 groups, events and some introductions for you in this edition!

After a great response to our first Vision Sport dates we have some more dates for you to get involved with! From online relaxation sessions to VI friendly climbing sessions in Deeside. Get in touch if you'd like to find out more!

17th October: Virtual Relaxation session 10:30am

12th, 20th, 28th November: Climbing, Deeside 11am - 12:30pm

More cycling and climbing sessions to come in 2025!

Vision Aid Events

Our Vision Aid events earlier this year were really well attended so we are pleased to announce we have some more planned for this October. These events are a great way to learn about services, support and assistive technology for people with a Vision Impairment. More details on the next page.

VisionAid

Independent Family Business Est.1996



**Vision
Support**

Join us at our

Low Vision Roadshow

Explore the latest solutions with our friendly and knowledgeable specialist, Jason Shaw.

**Mon 7th
October
2024**

10am - 2pm

**Caffi Isa, 23 Mercia Drive,
Mynydd Isa CH7 6UH**

**Thurs 10th
October
2024**

10am - 2pm

**Northwich (Victoria) Infirmary,
Winnington Hill, Northwich CW8 1AW**

**Mon 28th
October
2024**

10am - 2pm

**Vision Support, The Bluecoat, Upper
Northgate Street, Chester CH1 4EE**

**Tues 29th
October
2024**

11am - 1pm

**Wicksten Drive Christian Centre,
38 Wicksten Drive, Runcorn WA7 5UX**

Flintshire and Wrexham

Following our success with winning the Wrexham and Flintshire contracts in June, we are expanding our rehabilitation team.

We have 3 new trainee Vision Rehabilitation Specialists who have joined Vision Support over the last couple of months and they all started at Birmingham City University in September to complete the Foundation Degree Rehabilitation Studies for people with vision impairments.

Shelley will be based in Conwy, Leanne in Denbighshire and Amy is in Flintshire. They will be supported and mentored by their colleagues in the Rehab team across North East Wales and we are excited that we are able to grow our team in this way. Speaking on behalf of Amy, Shelley and Leanne, they are excited about the course and being able to develop their skills in assessing, supporting and teaching skills to alleviate the impact of vision impairment.

We thought it would be nice for them to introduce themselves too so over the next few pages we'd like you to meet our new trainees!

Image description: the "Vision Support" logo in dark purple, featuring two hands clasped together in a handshake in the centre. Below the logo, text reads "Flintshire and Wrexham"



Meet the Trainees

Hi I'm Amy, I have worked with people with sensory loss for the last 10 years and I am super excited about starting with Vision Support as a Trainee Vision Rehabilitation Specialist and joining a fantastic team.

I will be starting the Birmingham City University course in September this year, which will enable me to be a qualified Vision Rehabilitation Specialist.

I am so incredibly grateful and excited for this opportunity to expand my knowledge and skills and to be able to support people in the community to reach their full potential!

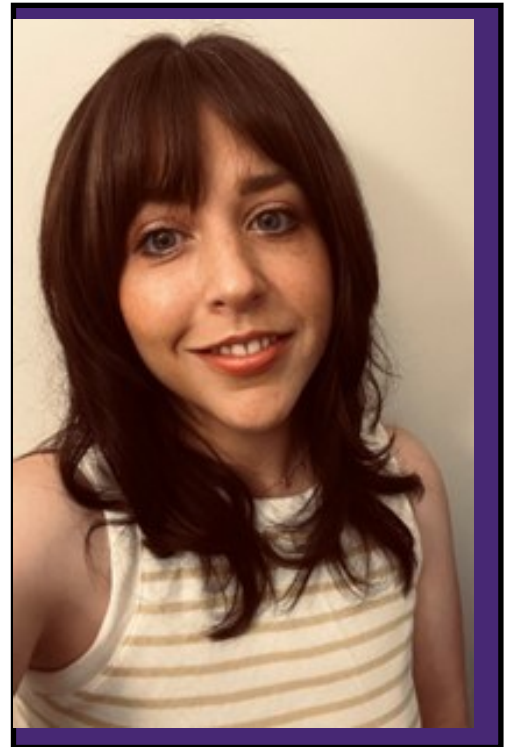


Image description: a woman with medium-length, dark brown hair and a fringe. She has blue eyes and a warm smile, wearing a sleeveless white top with horizontal beige stripes.

Hello My name is Leanne. I have recently been given a fantastic opportunity to work with Vision Support as a Trainee Vision Rehabilitation Specialist.

I have both life and work experiences which has given me a clear understanding of how vision loss can reduce quality of life in a wide variety of ways.



Meet the Trainees

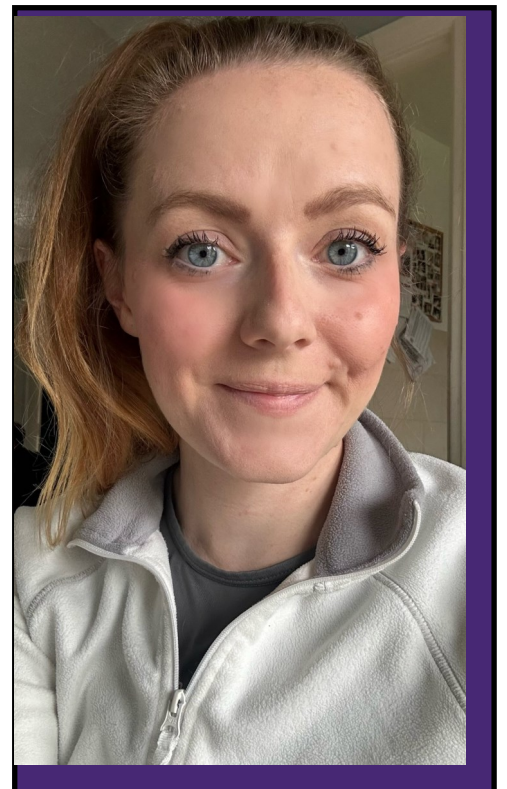
I am excited to embark on a new and exciting career which involves attending Birmingham university in September. This will enable me to thrive in my position within Vision Support to become a competent and confident qualified VRS. **Image description:** a woman wearing a light blue blouse with a subtle floral pattern. She has a neutral expression and has long black hair.

My name is Shelley Macdonald and I am one of the new trainee Vision Rehabilitation Specialists. Having worked with people with vision impairments for the last 5 years, I am so excited for this new opportunity to progress and enhance my skills with Vision Support.

I am already enjoying the variety of people I have worked with within this role, and I can't wait to meet some more amazing people and help them gain their confidence and independence. Every day is different and that is one of the things I love about this job!

I am really looking forward to the university course and enhancing my skills and knowledge on sight loss. I am already enjoying everything I have learnt so far in the short time that I have been here, and learning what amazing things Vision Support do.

Image description: a woman with long, blonde hair tied back in a ponytail. She is wearing a white fleece jacket with a zip-up collar. She has bright blue eyes and is smiling .



Wrexham Rehab Update

We are currently short staffed in Wrexham following one of our rehab specialists, Debbie leaving us for pastures new. Jim will be transferring full time to Wrexham now that he has successfully completed his Foundation Degree. He will be working hard to get through the waiting list, however we know that this will take him some time.

We will be writing out to people on the rehabilitation waiting list and we will invite everyone to a Vision Impairment Day. During these days, there will be an opportunity for people to speak to our colleagues in Vision Support who may be able to offer support whilst you wait. We will be taking referrals on the day and we will also have some low level pieces of equipment for sale and some large print information and instructions on how to use the equipment and the benefits of them.

If you are interested in attending this event, please contact information@visionsupport.org.uk to register your interest and we will come back to you with more details.

Low Vision Aids

In July many of our Vision Support colleagues received training about low vision aids such as magnifiers. If you are struggling with your magnifier and would like advice such as how to use your magnifier, troubleshoot why it is no longer effective for you to access small print or if you want to know more about low vision assessments and what they involve please get in touch. This training was delivered to Jess, Josh, Graham, Caerwyn, Gill, Avril, Chelsea, Rob S and Helen J H.

Equipment on Loan

People and their families donate used pieces of equipment to us such as CCTVs, technology that can help with reading letters etc.

This equipment tends to be expensive to purchase and therefore we loan that equipment to others.

If you have any equipment on loan from Vision Support that you no longer need or it no longer meets your requirements, please contact the Chester office on 01244 381515 and we can arrange a time for someone to come and collect it from you in the hope that another person will be able to benefit from it. Thank you!

New Group in Penmaenmawr

We have a new social group in the Penmaenmawr area and we'd love it if you would come along! Our first meeting is on Monday the 14th of October at Penmaenmawr Library from 10am till 11.30am.

If you live in Cheshire, Halton or North East Wales and would be interested in trying out one of our many groups, please get in touch!

195 Direct Enquiries

Have you heard about the 195 directory enquiries service? It's a free and convenient way for people who are blind or partially sighted to find phone numbers without the need for a traditional directory. To register for the service and find out more call 0800 587 0195.

Community Information Service

On the next page are the visits we have planned for October 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**

Tuesday 1st **Abergele Eye Clinic** (by waiting room) 10.00am – 2.30pm
Wednesday 2nd **Tweedmill, St Asaph** (by drop off) 10.00am – 2.30pm
Thursday 3rd **Amlwch car park by Medical Centre** 10.30am – 2.30pm
Friday 4th **Prestatyn Library, Talking Point** 10.00am – 2.30pm

Monday 7th **Asda, Llandudno** (car park) 10.00am – 2.30pm
Tuesday 8th **Brook Street Neston** (near Sainsburys) 10am - 3.00pm
Wednesday 9th **Morrisons, Saltney** (entrance) 10.30am – 2.30pm
Wednesday 9th **Widnes Market Community Stall** 10.00 - 3.00pm
Thursday 10th **Pwllheli, Y Maes** (car park) 10.30am – 2.30pm

Thursday 10th **Northwich Victoria Infirmary**
Vision Aid Roadshow 10.00am - 2.00pm

Sunday 13th **Wrexham Maelor Hospital** (entrance) 10.30am – 2.30pm

Monday 14th **Morrisons, Rhyl** (car park) 10.00am – 2.30pm
Tuesday 15th **Bellis Farm Shop** (car park) 10.30am – 2.30pm
Tuesday 15th **Runcorn Town Centre Co-op** 10.00am—3.00pm
Wednesday 16th **Alltwen Hospital, Porthmadog** 10.30am – 2.30pm
Wednesday 16th **Frodsham Library** 10.00am—3.00pm
Thursday 17th **Ellesmere Port Market Car Park** 10.00am—3.00pm

Community Information Service

Monday 21st **Llandudno Prom** (by Cenotaph) 10.00am – 2.30pm
Monday 21st **Northwich Town Centre (near Boots)** 10.00am - 3.00pm
Tuesday 22nd **Kingswood Kingsway** 10.00am - 12.00pm
Tuesday 22nd **Blacon Library** 1.00pm - 3.00pm
Wednesday 23rd **Eye 2 Eye Club Garden City** 10.30am – 2.30pm
Wednesday 23rd **Direct Link Runcorn Shopping City** 10.00 - 2.00pm
Thursday 24th **Colwyn Bay Library** 10.00am – 2.30pm
Friday 25th **Morrisons, Holyhead** (car park) 10.30am – 2.30pm

Monday 28th **Ysbyty Gwynedd Bangor** (entrance) 10.30am – 2.30pm
Tuesday 29th **Wrexham Library** 10.30am – 2.30pm
Wednesday 30th **Asda, Queensferry** (entrance) 10.30am – 2.30pm
Thursday 31st **Flint Pavilion** (car park) 10.30am – 2.30pm

Warm Centres

We have some exciting news to share with you!

We are delighted to offer you the opportunity to come along to our Vision Support Warm Centres this coming October 2024 until January 2025!

We are welcoming you to come along, socialise, get warm and find out about energy efficiency and carbon monoxide awareness!

During your visits to the warm centre, we will be offering tasty warm soup with some fresh crusty bread, tea and coffee (all of this completely free of charge!)

There's also the chance to get a free Carbon Monoxide Detector, and to those that need it, a free slow cooker (with a VI friendly recipe booklet)

Warm Centres

There will be an opportunity to learn about carbon monoxide awareness, energy efficiency advice and learn about and register yourself on the Priority Service Register- with the help of our team!

Other members of our Vision Support community will be popping along to some sessions to talk about their services and groups too!

It's a great opportunity to come along, socialise and learn a few new things! Our Warm Centres will be held in Winsford, Ellesmere Port and Frodsham:

We encourage everyone to make their own way there. However, for those who can't, we have a very small pot of money so we may be able to help if needed.

If you would like to register your interest to attend, please let us know by calling Vision Support on

01244 478910 or emailing our
Sight Loss Information Team on
sightline@visionsupport.org.uk

Image description: the Vision Support logo features a purple logo that has a circle and a U-shaped arc. The logo is wearing a warm knitted hat and has a cup of hot drink in front of it. Below the image, the text reads "Warm Centres" in a casual, handwritten font.



Warm Centres

Winsford

Locations: Changing Lives Together, Winsford Community Centre,
High Street, Winsford, CW7 2AS.

Time: 12pm- 2pm

Dates:

Monday 7th October

Tuesday 12th November

Tuesday 17th December

Tuesday 14th January

Ellesmere Port

Wolverham community centre, Cheltenham Road, Ellesmere Port
CH65 5DS.

Time : 12-2pm

Dates:

Tuesday 1st October

Monday 4th November

Monday 2nd December

Monday 6th January

Frodsham

Location: Frodsham Community Centre, Fluin Lane, Frodsham
WA6 7QN.

Time: 12-2pm

Dates:

Mon 21 October

Mon 18th November

Wed 18th December

Monday 20th January