

**Welcome to the October 2023
Vision Support newsletter
covering Halton, Chester
and North East Wales.**



**It's World Blindness Awareness
Month and we would like to
announce our brand new slogan.
Vision Support.
Your Vision, Our Support.**

Your Vision, Our Support

We are also pleased to share with you that there are now two phone numbers to make it even easier to reach out and connect with us! This means you can now call us more conveniently and directly. **North East Wales: 01244 381515**

Cheshire: 01244 478910

Community Information Service

On the next page are the visits we have planned for November 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** it can also be found on our website, **www.visionsupport.org.uk**

Wednesday 1st **Llangollen Library Talking Point** 10.30am – 2.30pm

Thursday 2nd **Northwich Town Centre. Near Boots.** 10.00am - 3.00pm

Thursday 2nd **Y Maes car park, Pwllheli** 10.30am – 2.30pm

Community Information Service Schedule

Friday 3rd **Prestatyn Library (Talking Point)** 10.00am – 2.30pm
Monday 6th **Abergele Eye Clinic** 10.00am – 2.30pm
Tuesday 7th **Waverton Shops** 10.00am -12.00pm
Tuesday 7th **Barbour Institute Tattenhall** 1.00pm - 3.00pm
Wednesday 8th **Widnes Market Community Stall** 10.00am - 3.00pm
Wednesday 8th **Tweedmill, St Asaph** 10.00am – 2.30pm
Thursday 9th **Asda, Llandudno** 10.00am – 2.30pm
Thursday 9th **Northwich Victoria Infirmary** 10.00am - 3.00pm
Friday 10th **Cae Pwmp car park, Cemaes** 10.30am – 2.30pm
Monday 13th **Morrisons, Rhyl** 10.00am – 2.30pm
Tuesday 14th **Bellis Bros, Holt** 10.30am – 2.30pm
Tuesday 14th **Runcorn old Town Co.op** 10.00am - 3.00pm
Wednesday 15th **Morrisons, Saltney** 10.30am – 2.30pm
Thursday 16th **Ellesmere Port Market Car Park** 10.00am - 3.00pm
Sunday 19th **Morrisons, Holyhead** 10.30am – 2.30pm
Monday 20th **Llandudno Prom (by Cenotaph)** 10.00am – 2.30pm
Tuesday 21st **Deeside Library** 10.30am – 2.30pm
Tuesday 21st **Frodsham Library** 10.00-3.00
Wednesday 22nd **Morrisons, Caernarfon** 10.30am – 2.30pm
Wed 22nd **Gordale Garden Centre** 10.00am - 3.00pm
Thursday 23rd **Widnes Market Community Stall** 10.00am - 3.00pm
Monday 27th **Ysbyty Gwynedd, Bangor** 10.30am – 2.30pm
Tuesday 28th **Rhyl Library (Talking Point)** 10.00am – 2.30pm
Tuesday 28th **Brook St Car Park Neston** 10.00am - 3.00pm
Wednesday 29th **Kingswood Kingsway** 10.00am - 1.00pm
Wednesday 29th **Blacon Library** 1.00pm - 3.00pm
Wednesday 29th **Asda, Queensferry** 10.30am – 2.30pm
Thursday 30th **Flint Pavilion** 10.30am – 2.30pm
Thursday 30th **Northwich Victoria Infirmary** 10.00am - 3.00pm



Vision Support Christmas Raffle

Drawing on the 1st December
only £1 per ticket!

Exclusive prizes such as Chester FC Tickets
£50 Amazon Voucher
Signed Everton Merch
Chester River Boat Cruise

Want raffle tickets? call us on 01244 381515
or email information@visionsupport.org.uk
Vision Support Members will receive 5 free tickets!

Registered Charity No. 1068565
Registered under Gambling Act 2005, CWAC



@VisionSupportCharity



@_VisionSupport



@_VisionSupport

Riding in Tandem

If you've ever seen a tandem bike zooming past, it might have piqued your curiosity, or perhaps you've already ventured into the world of synchronised cycling. But have you ever wondered what it's really like to share a bike with someone and travel thousands of miles together? Well, allow us to introduce you to Clare and Rick, who recently celebrated a monumental milestone - 10,000 miles on their tandem bike!

Rick's passion for cycling dates back to the 1970's when he was a teenager; and Clare has also ridden a bike all her life. When Clare developed a vision impairment, she got in contact with British Cycling and thanks to 'Let's Ride' in June of 2014, Clare and Rick met as a one off to try tandem biking with each other.

"I thought it was brilliant; I didn't have to worry about having to see, just pedal" - Clare.

They've tackled challenging climbs, like the steep Horseshoe Pass in Wales, and they have also covered significant distances biking from Chester to West Kirby, and to raise money for charity when they took on the 91-mile journey from Cardiff to Chester in 2015, raising funds for Guide Dogs.

Pictured are Clare and Rick on their black tandem bike. Both are mid-pedal, wearing white helmets, high visibility jackets and three quarter length black cycling trousers, and are smiling towards the camera.

To those considering taking the plunge into the world of tandem biking, Clare and Rick have one resounding piece of advice: "Just do it, just jump in!" There's no need to feel intimidated!



If you would be interested in tandem biking but are not sure where to start, Charlottes Tandems are a great charity, which provide opportunities to borrow a tandem get in touch via the Contact Form on their website, CharlottesTandems.co.uk, or search for their group on Facebook to say hello!

Haven't got a partner to cycle with? Our Community Engagement Coordinators Josh and Megan can help to find a volunteer to cycle with you. Please get in touch on 01244 478910 for Cheshire and Halton and 01244 381515 for Wales

As Clare and Rick will tell you, "If you've thought of riding a tandem, get on and do it! It's like a little bubble of happiness, and everyone loves the look of the bike passing by!".

Deafblind Communicator Guides

We are pleased to let you know that six more members of our staff at are currently attending the Deafblind Communicator Guide training.

Deafblind Communicator Guides are trained to be the eyes and ears of a deafblind person. They relay information, facilitate communication with others and ensure they are able to get about safely. They are neutral, alert and give information, not advice,

Deafblind Communicator Guides use something called Deafblind Manual to communicate with people who have little or no sight and hearing. It is a way to communicate using touch only, not sight or speech and is used by people who have little or no sight and hearing.

We already have Deafblind Communicator Guides in Denbighshire and we wanted to increase the skills base of the staff, as we support many people with dual sensory loss. If anyone uses Deaf Blind Manual, then let us know! We are really keen for our colleagues to have plenty of opportunity to use their new skills.

Tech Forum

Our monthly tech forums are now going to be hybrid, so as well as meeting online we will be meeting in Chester and Wrexham (alternating each month). These sessions are for anyone with an interest in learning about tech and resources available. To join this group please email digitalskillsreferrals@visionsupport.org.uk

Cane Training - Helen's Story

Hi, I'm Helen, and I have recently started my cane training journey.

I have no sight in my right eye and limited in my left. I am also completely night blind.

Before losing my sight, I was very social - going out with my friends and family, and one of my favourite things to do was to take my son out for dinner. I was so independent. However, after losing my sight, these simple pleasures were taken away - going shopping on my own and going for walks. All the things a young woman likes to do.

I could no longer go out on my own as I didn't feel safe. I lost my confidence and had to rely on people to help me. I knew they didn't mind, but I did. I felt like I became a burden to people, so I would simply not leave the house or ask for help.

This was all until I met my VRS (Vision Rehabilitation Specialist), Debbie. She is amazing! Debbie evaluated my vision and determined the best course of action to improve my quality of life. This can involve rehabilitation techniques such as low vision aids, orientation and mobility training, and other specialised services.

We chatted, and Debbie asked what I wanted to achieve. I explained how I was feeling and that my main goal was to be able to leave the house/work on my own in the evening without any help. We decided that she would give me some long cane training so I could achieve my goal. Debbie made me feel at ease and explained that we could go at my own pace that there was no rush.

Although I was scared, I felt hopeful I could get my confidence and independence back. I've now had two lots of training with Debbie and I am feeling great!

We have been up and down the route I want to do, picking out landmarks, feeling for curbs, listening for cars, and building my confidence so eventually I can walk the route on my own.

I can already feel my confidence growing and knowing I can get my independence back. It makes me so overwhelmingly happy.

I feel like there's no stopping me now...so watch out!!

Mission for Vision

Recently Welsh Government have encouraged parents to book their children an eye test as research has shown around 20% of school-aged children have an undiagnosed vision problem.

To help raise awareness about the importance of looking after our eyes and about vision impairment, we have developed a fun, interactive and free resource pack which is perfect for primary schools and youth groups such as Cubs and Brownies.

The electronic resource pack includes: A simple assembly plan all about vision impairment and how to look after our eyes, lesson activities and templates and even an art competition for the kids!

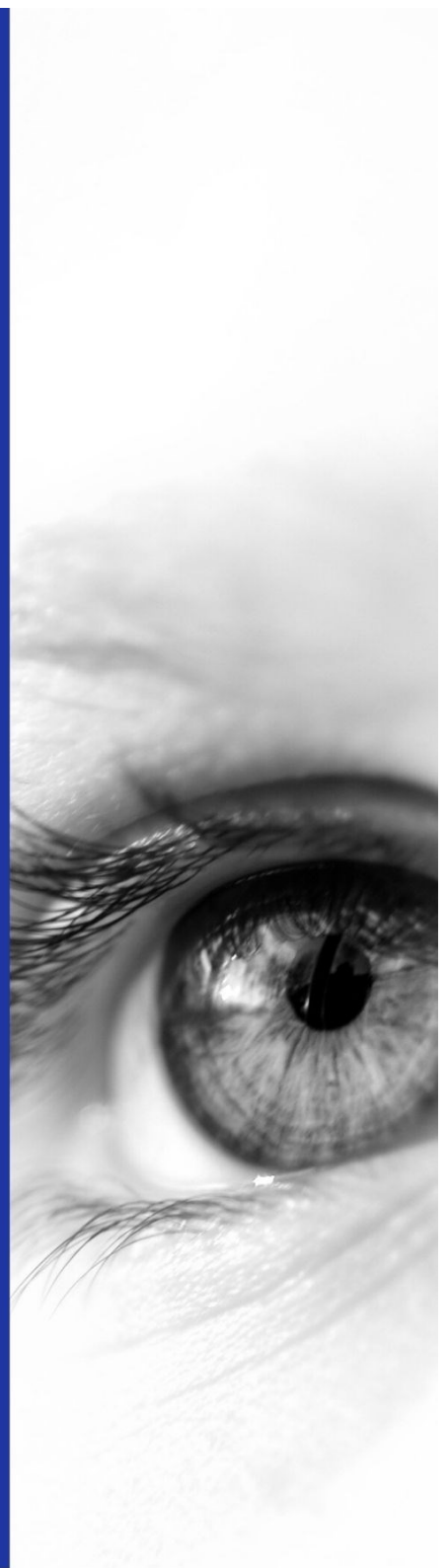
For any queries please email awareness@visionsupport.org.uk or visit the Vision Support website www.visionsupport.org.uk/mission-for-vision to fill in a form to get your very own free resource pack!

Cheshire

SIGHT LOSS INFORMATION LINE 01244 478910

Available 9am till 5pm Monday to
Thursday and Fridays 9am till 4.30pm

A National Lottery Funded Project
in Partnership with NHS England,
Cheshire West and Chester,
Cheshire East Council,
Vision Support and
East Cheshire Eye Society.



Registered charity No 1174656

