



REGISTERED CHARITY 202573

NEWSLETTER - SPRING 2015

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Diary dates: Coffee mornings –
Wednesday 13 May, 10 June, 8 July, 12 Aug,
9 Sept, 10am to 12pm.

HUNTINGDONSHIRE SOCIETY FOR THE BLIND

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THE CENTRE INCLUDES THE OFFICE, SHOP AND EQUIPMENT
ROOM WHICH IS OPEN 10.00 am. to 3.00 pm.
MONDAY TO FRIDAY

Here to help:

Manager:	Erika Brown
Administrator:	Helen Bosworth
Social Activities Co-ordinators	Tracey Acourt Andrea Murphy
Outreach worker (north)	Vicki Jones
Outreach worker (south)	Jenny McInnes

The Newsletter is distributed to all members either by paper copy, CD, e-mail or Braille. If you would like to receive it in a different format than the one you are currently receiving please contact us on 01480 453438.

While every effort is made to ensure that the content of this newsletter is correct, we cannot be held responsible for errors. Goods and services featured do not carry any recommendation from Huntingdonshire Society for the Blind.

Hello!

I hope you enjoy reading this Spring 2015 newsletter which includes a wide range of information, updates and Society news.

Don't forget, if you would like to submit an article, story, recipe or poem we would be delighted to hear from you.

I'm pleased to let you know that Tracey has returned to work after an extended period of sickness absence. Tracey has been missed a great deal by members and colleagues alike and we're all delighted that she's feeling so much better. As you know the Society is extremely fortunate to have a wonderful team of volunteers who help staff and members in many ways. My thanks, as always, to all our volunteers for their continued support but I particularly wanted to mention Sharron Kelsey and Andrea Murphy who, during Tracey's absence, gave up a considerable amount of their time (in addition to the hours each week they already volunteered) to organise and run the Society's social and club activities. Thank you to all Society volunteers – the generous giving of your time, energy, enthusiasm and smiles is truly appreciated by us all.

We have a varied and busy agenda of activities and events in the coming months. The social groups are looking forward to pub lunch outings in April and the trip to Cambridge Botanical Gardens in May is not to be missed. I wanted to draw your attention to the event in Huntingdon library on Wednesday 10th June. Representatives from a wide range of organisations will be on hand to offer information and advice on the tools to help with reading including staff from John Lewis who will be demonstrating the latest tablet technology. We look forward to seeing you there. We also very much hope to see you at the summer coffee mornings – dates provided in the Fundraising News section. Thank you as always for your continued support with our fundraising activities.

Erika

SOCIETY NEWS AND NOTICES

Member News

Birthdays

We would like to send our best wishes to all members celebrating a birthday in April, May, June and July. Members celebrating a **special birthday** in the coming months are: Ruby Clayton, Alwyn Cox, Albert Humphries, Mary Thornton, Brenda Blooman, Susan

Cropley, Angela Hardiman, Gertrude Klawitter, Joan Morgan, Florrie Moulds, Jean Murphy, Dorothy Pirie (100), Jacqueline Richards, Jimmy Schnaars, Mary Soldan, Mollie Cubbage (100), Jackie Gammons, Michael Kisgeretz, Edith Ayres, Alec Cernik, Joan Fawcett, Peggy Furnell, Jack Griffin, Gertrude Head, Fred Jeffs and Craig Phelan. We wish them all a very special happy birthday.

Deaths

We are very sorry to report the deaths of the following members: George Mejer, John Forro, Leslie Swain, Pat Morris, Bessie Grove, Thomas Neville, Sheila Royston, Violet Bonello, Colin Houlden, Cecil Isham, George Moody, Ian Woolcott, Bill Brown, Doris Geraghty, Mary Page, Simon Allard, Florence Huggins, Colin Flack, Charles McDonald, Joyce Shaw, Norrie Wilks, Win Jacklin, Peggy Jordan and Joe Taylor.

Shop closure

Please note that the Society office and shop will be closed for Easter from Friday 3 April 2015 and re-open at 10am on Tuesday 7 April 2015.

The shop/office will also be closed on Monday 4 and 25 May 2015.

Social Activities Report

Greetings from TRACEY ACOURT

A big thank you to everyone who wished me well during my sick leave. I was overcome with all the cards, flowers and love sent from you all. Needless to say, the staff and volunteers did a fantastic job running the clubs during my absence.

I greatly missed all the members and I'm pleased to announce my return. The clubs have now been split between myself and Andrea Murphy. I am running the St Ives and St Neots clubs and Andrea is running the Huntingdon and Ramsey Clubs. As the old saying goes, two minds are better than one! If you have any enquiries about up and coming social events please do not hesitate to contact either of us at the office.



It seems such a long time ago now but in our last newsletter we were looking forward in great anticipation to the Christmas party which was once again to be held at Woodgreen Animal Shelter and we weren't disappointed. 180 members and carers had a tremendous afternoon enjoying a

delicious meal, fabulous entertainment, courtesy of Tonika, and a great atmosphere all round. We all left well and truly in the festive spirit – it was a great start to the Christmas season.

In January St Neots, Huntingdon and Ramsey clubs were visited by Helen Sismore from Guide Dogs who provided an excellent insight in to the work of the charity. Helen was accompanied by her foster Guide Dog Honey who proved to be a great hit with members at all the groups.

St Ives club marked the very special occasion of fellow member Bubbles' 100th birthday in January. Bubbles was serenaded by Frank from our Ramsey group who performed a wonderful rendition of songs from various artists. All club members raised a cup of tea in Bubbles' honour and enjoyed a delicious slice of homemade cake.



The four February group meetings had a team quiz afternoon, which was very well received by members. There were some interesting questions and more importantly some very interesting answers! Who knew the beaver was the national animal of Canada....? Our members proved very clever and it showed how much trivia we all retain in the back of our brains just ready to shout out to the "hop a long" Quiz Mistress, Andrea. There was lots of fun

and laughter at each group meeting and without having to read the questions or write the answers, it proved very much easier for the teams to take part. Team scores were all very close but there was a prize for the winning team of a box of chocolates to share with their team mates.

March was music month! St Neots and Ramsey had the pleasure of listening to Stella and Chris, a duo we hadn't booked before. Chris used to play guitar with the likes of Dire Straits. His guitar playing to Stella's lovely voice was slightly different than some members were expecting and they even sang us songs they had composed and written themselves. Stella loved announcing the raffle and said she had enjoyed her afternoons with the groups and even discussed learning some songs from the 50 and 60's era in their style ready for a return visit in 2016!

Tonika played at St Ives and Huntingdon clubs and were very popular with all our members. The duo played easy listening songs from the 60's and 70's which everyone loved. There was plenty of clapping, singing and a dance or two from the members and volunteers! Again Tonika insisted on drawing the raffle...they loved the fact that the mushy peas were the last prize to go!

In the coming months there's a great deal to look forward to. In April all clubs will be having a lunch out in a local pub. St Neots members will be going to The Anchor at Little Paxton, Ramsey club to The Jolly Sailor at Ramsey, St Ives to the Windmill in Somersham and Huntingdon to The Barley Mow in Hartford.

In May there is an outing to The Botanical Gardens in Cambridge and all members of the social clubs should have received a letter and an application form. If not then please contact Tracey for more information on 01480 453438. And in June we are hosting strawberry teas at each club.

**A QUICK REMINDER THAT WITH IMMEDIATE EFFECT THE
VENUE FOR THE HUNTINGDON CLUB HAS CHANGED TO
BRAMPTON MEMORIAL CENTRE,
THRAPSTON ROAD, BRAMPTON.**



Craft group

The Society is now running an Arts and Craft morning for our members. Our last meeting was a great success and much enjoyed by members and volunteers. From old jam jars and bits of tissue paper and ribbons we created

superb Valentine themed holders to which we added our secret ingredients....chocolates!! Our craft members then had the most important job to do - deciding who was going to get the Valentine present! The delicious refreshments were prepared by our volunteer helpers and everyone had a chat together, meeting old friends and making new ones.

Our next meeting will be in Huntingdon, on Friday 10 April. So if you are interested in joining the group or would like more information please telephone 01480 453438 and ask for Andrea Murphy. Transport can be arranged.

Sports and Social group

We are looking forward to getting the Sports and Social Group off the ground once more with the return of the Saturday brunch gathering at Samuel Pepys pub on Saturday 25 April 11-1pm. We hope to see as many of you there as possible but if you're not able to come along then please do try to make the Botanical Gardens trip in May which will offer something for everyone.

Social Clubs

ST NEOTS SOCIAL GROUP

Methodist Church Hall, Berkley Street, Eynesbury, St Neots.

Date	Venue, Activity & Time
14th May	Trip to Botanical Gardens, Cambridge Completed form to be returned to office by April 24
1st June	Strawberry Teas, 2 – 4pm
6th July	To be confirmed, 2 – 4 pm

HUNTINGDON SOCIAL GROUP

Brampton Memorial Hall, Brampton.

Date	Venue, Activity & Time
27th April	Lunch at Barley Mow, Hartford, 12 - 2 pm
14th May	Trip to Botanical Gardens, Cambridge Completed form to be returned to office by April 24
29th June	Strawberry Teas, 2 – 4pm
27th July	Folk Law and Tales from the Fens, 2 – 4pm

ST IVES SOCIAL GROUP

St Ives Methodist Church Hall, The Waits, St Ives.

Date	Venue, Activity & Time
22nd April	Lunch at The Windmill, Somersham, 12 - 2 pm
12th May	Trip to Botanical Gardens, Cambridge Completed form to be returned to office by April 24
17th June	Strawberry Teas, 2 – 4 pm
22nd July	Folk Law and Tales from the Fens, 2 – 4pm

RAMSEY SOCIAL GROUP

Bury Village Hall, Bury (Ramsey).

Date	Venue, Activity & Time
13th April	Lunch at The Jolly Sailor, Ramsey, 12 - 2 pm
12th May	Trip to Botanical Gardens, Cambridge Completed form to be returned to office by April 24
8th June	Strawberry teas, 2 – 4 pm
13th July	Tales from The Fens – Ramsey Storey Tellers, 2 - 4pm

Society Group Holiday - 7 –13 June 2015

The group holiday has been booked by 48 members and carers at the Lauriston Hotel in Weston-super-Mare, in conjunction with Creative Travel – a company which specialises in holidays for the visually impaired. We are looking forward to excursions on four days to Cheddar Gorge, Wells, Bath, Cotswolds and Street.

We do hold a waiting list in case there are last minute cancellations so if you are interested in more information please contact Helen at the society office on **01480 453438**.

IMPORTANT EVENT - TOOLS TO READ!

In collaboration with Cambridgeshire County Council (CCC) Libraries the Society will be holding an event on **Wednesday 10th June** to provide information, advice and demonstrations on the aids and devices available to help with reading.

The event will be held in **Huntingdon Library** (on the ground floor) from **10-12 pm**.

Representatives from Calibre (audio book subscription service), CCC Sensory Team, RNIB, Macular Society, John Lewis, Hunts Blind, Optima and Cambridgeshire Libraries will be available to give advice and support.

Equipment Centre

The Society has a well-equipped resource room from which a wide range of talking and visual aids can be demonstrated and purchased. We are able to offer ex demo and second hand items at a reduced price. These include big button telephones, mobile phones, floor lights, portable and hand held electronic magnifiers, talking and easy to see watches – only need a battery! We also have a CCTV machine available for loan/donation.

NEW PRODUCTS

Talking Traditional style alarm clock

This is a timepiece in brushed gold with the bells on top and two feet at the front in chrome. Just press the face of the clock to hear the time and date and stop the alarm. An alarm can be set but the bells

are purely decorative. Powered by 2 X AA Alkaline batteries which are included. Price £17.00.

Portable cassette recorder

This device enables you to record live audio. It is small enough to fit in a briefcase. It has a Voice Activated System (VAS) so it automatically starts recording when sound is detected. It has built in speaker and microphone as well as earphone sockets and a speed selector. Price £29.00.

Wireless talking central heating remote control

This consists of two boxes, the receiver which is wired into your system (by a qualified electrician) and a wireless remote control. You can set up to 12 different “events” per day which can be repeated on a daily basis or different “events” for different days of the week. Spoken in a clear English male voice and powered by 220-240v mains. Remote powered by 4 X AA batteries included. Price £135.00.

MAGnificent LED magnifying lamp

Handy white frame magnifier light with three different height positions and features a 1.75 (3 diopetre) times magnifying lens. Adjust the height position; either desktop (50cm) using the flexible arm, then with one extension arm to mid height (85cm) or two extensions to make a floor standing light (125cm)

The 27 Daylight LED's are high performance and energy efficient. The light switch is on the top of the light head and the round base has a recess area to store small items – ideal when using at desk
DH360 Price £75.00.

FUNDRAISING NEWS

Fundraising Quiz Night

Thank you to everyone who came along to the fundraising quiz night held in St Ives Corn Exchange at the beginning of March. We raised £450 on the evening – a fantastic result.

Annual Summer Draw

Our Annual Draw will be held on Wednesday 10 June with prizes including £250 cash, fantastic hamper, visual aids and much, much

more. We would be extremely grateful for your support in buying/selling draw tickets but as always, if you would prefer not to receive tickets to sell, please let us know.

Coffee Mornings

Our summer coffee mornings begin in May. These will be held in the Society's garden (behind the office in St Mary's Street) from 10am to 12noon on:-

Wednesday 13th May
Wednesday 10th June
Wednesday 8th July
Wednesday 12th August
Wednesday 9th September.

Please join us for coffee and a delicious slice of homemade cake, musical entertainment and a natter. Prizes galore to be won on the tombola and raffle. We hope to see you in May and if you would like to bring along a prize for the tombola or donate a homemade cake we would be very grateful.

Spring/summer plant order

Our supplier of bedding plants, bulbs, hanging baskets etc ceased trading last year. Fortunately we have sourced an alternative local supplier and have pleasure in enclosing a copy of the spring plant order form for your use. Please return forms to the Society by Friday 24th April. Orders will be ready for collection early May.

Recycling

A quick reminder that we are able to recycle quite a wide range of items in order to raise funds for the Society including broken as well as working electrical items, mobile phones, printer cartridges and even old cars. Please contact the office if you have any queries.

HSB 200+ Club Results

We're often asked by members and their friends and families how they can support the Society. By having a HSB 200 club share at just £1 per month (£12 per year) you will help to ensure the continued provision of services to visually impaired people living throughout Huntingdonshire plus you have the chance to win a monthly cash prize! Our winners for December, January, February and March were:-

December

1st prize - £125, Joan Vincent
2nd prize - £60, Mavis Barker
3rd prize - £30, Jack Smart
4th prize - £20, John Brown
5th prize - £15, Mollie Cabbage

January

1st prize – £25, Sheila Conquest
2nd prize – £15, Helen Hatton
3rd prize – £10, Mary Hutchinson

February

1st prize - £25, Carol Davis
2nd prize - £15, Ida Cameron
3rd prize - £10, Mick Ward

March

1st prize - £25, Barry Lacey
2nd prize - £15, Joan Muckley
3rd prize - £10, Christine Smith

Congratulations to all prize winners and our thanks to members of the 200+ club for your continued support. If you or a friend or neighbour is interested in joining the Society's 200+ club please complete and return the form provided on the back of this newsletter.

Wanted

A quick reminder that if you or anyone you know has any unwanted mobile phones, bric-a-brac, used stamps or spare wool you wish to donate to the Society please contact Erika in the office on **01480 453438**.

Queen Alexandra College, Sight Village Events 2015

This is an exhibition of technology, equipment and services for people with a visual impairment and for people experiencing age related sight problems. The Admission is Free but Pre-registration is recommended. For more information please visit

www.qacsightvillage.org.uk

Birmingham 14th & 15th July, New Bingley Hall, B18 5BE

London 3rd & 4th November, Kensington Town Hall, W8 7NX

All events open 10am – 3pm each day

2015 PETERBOROUGH LOW VISION DAY

The Peterborough Low Vision Day will be held at Centre 68, Westgate on Thursday 24 September 2015.

CHOOSING COOKERS, OVENS, HOBS & MICROWAVES

This new consumer guide gets to the heart of what makes some cooking appliances easier to use than others. Designed to help people with visual impairments, the guide also reveals that the shopping-around experience isn't as straightforward as it could be. The guide, researched and produced by Rica (the Research Institute for Consumer Affairs), is based on the real-life experiences and comments of blind and partially sighted people. It highlights the pros and cons of different types of appliances and controls and is packed with practical advice and tips. It is the latest in a series of guides (4) on essential household products.

"Clear markings, clickable controls and easy-to feel features – that's what our panel of people with sight loss would include in their 'desert island' cooker and microwave designs," says Chris Lofthouse, Outreach Manager of Rica. "Anyone looking for easy-to-use kitchen appliances can use this guide to pinpoint design features that can reduce the obstacles to cooking easily and safely. However, our research for this guide showed that there's no one cooker, oven, hob or microwave with all the features wanted by people with visual impairment. And we want to challenge designers and manufacturers to build in more design features - benefiting everyone, not just those with sight loss."

The guide highlights:

Basic considerations: including design choices - eg split level or stand-alone ovens and hobs, the space available, power (gas or electric) and budget.

Useful features to look for: eg hobs that clearly define where to stand pans for heating; safety features, such as induction hobs which put heat into the pan and not on the surface of the hob; controls that allow hands to be kept clear of hotplates; and oven shelves that pull out without dropping out.

Features to avoid: modern touch-screen controls with difficult-to-see information displays; red digits on a smooth black surface; handles sticking out that can easily catch on clothes.

Shopping tips: eg think through basic considerations beforehand; find shops where you can touch and feel the product to understand the control layout; understand the importance of talking to a well-informed salesperson.

Information sources: eg where to get specialist advice on: kitchen design for people who are sight impaired, installation and grants that may be available.

Ideas for useful kitchen accessories: eg improved lighting, tactile markers and silicon heat shields that protect hands from the edges of cooker shelves.

'Choosing cookers, ovens, hobs and microwaves' is available at www.pocklington-trust.org.uk and www.rica.org.uk

To obtain a printed copy of the guide, members of the public can send a large (A4) self addressed envelope with £1.17 in stamps to: Rica, Unit G03, The Wenlock, 50-52 Wharf Road, London N1 7EU. It is also available as an audio CD and in Braille on request from Thomas Pocklington Trust by emailing research@pocklington-trust.org.uk or telephone 020 8090 9268.

Please note that Hunts Blind stocks stick on bumps which are useful to label the settings.

SUPPORT GROUPS

Care Network

The **Early Bird Friendship Huntingdon Group** had it's first meeting in February and is looking forward to its next meeting and welcoming new members. The group is for those 60+ to come along and enjoy a **free** cup of tea, coffee, and biscuits. Whilst enjoying the chat and company of new friends, take part in the monthly activity, and maybe do some shopping after.

Meetings will be on Tuesdays between 9am and 10:30am at the Tesco's Community Room, Kings Ripton Road, Huntingdon PE28 2LA, starting initially on 14th April, 12th May, 2nd June and 14th July and from 4th August on the first Tuesday of each month.

There is no need to book, just turn up and we hope to see you there.

Peer Support for people with Type 2 diabetes

Diabetes UK has launched a new peer support and education service called **Type 2 Together**. Diabetes UK has joined forces with Cambridgeshire and Peterborough Clinical Commissioning Group to set up a network of peer support groups for adults with Type 2 Diabetes. The new groups will connect people who have diabetes in their local areas. The relaxed and informal group sessions will be

led by volunteers who themselves are living with diabetes and are trained to share their advice and experiences. Type 2 Together will also include materials following different themes relating to the condition. The service is completely free and those that attend group sessions will be given information leaflets to take away with them to help people live well with their Type 2 diabetes.

If you are interested in joining a group email Type2Together@diabetes.org.uk or call 0345 123 2399 to speak with your regional Co-ordinator about how to get involved.

If you would like more information on the project visit the Diabetes UK website: http://www.diabetes.org.uk/How_we_help/Talk-to-someone/Type-2-Together/.

Silver Line

The Silver Line is the confidential, free helpline for older people across the UK open every day and night of the year. The specially trained helpline staff:

- Offer information, friendship and advice
- Link callers to local groups and services
- Offer regular befriending calls
- Protect and support those who are suffering abuse and neglect

Tel 0800 470 8090

FIRST BANK CARD FOR PEOPLE WITH SIGHT LOSS

RBS and NatWest have launched the first debit and savings cards for partially sighted and blind customers. They have raised markings to identify the card, a notch to show what direction to insert it into an ATM and included a large print phone number on the reverse. The new cards are the first banking product to be accredited by the RNIB and are the first cards to be designed specifically for blind and partially sighted customers. See <http://tinyurl.com/q7oepca>

LOCAL TALKING NEWSPAPERS

Huntingdon area and St Neots talking newspapers produce a weekly recording of local news on CD. If you are interested in receiving this please contact the office.

CAMBRIDGE LIBRARIES

Free talks and workshops (Engage)

New to Computers? - Need some advice or assistance?

Computer Buddies can offer basic help to beginners with keyboard skills, mouse practice, emailing, websearching, word processing and Ancestry.com

New to tablet computers? Online Service Demonstrators can help.
(Please note Tutors cannot offer technical support)

Do you need help to use eBooks, eAudio or online magazines?
Assistance is available by appointment only. Contact library staff on 0345 045 5225.

Huntingdonshire District events programme

Places are limited - please collect a free ticket from the library or reserve a free ticket by calling **0345 045 5225**

Huntingdon Library

Thursday 1.30pm – 3pm

7th May - Sawtry Abbey

Popular speaker Alan Bottell returns to Huntingdon Library for a brief history of Sawtry Abbey.

4th June - The Art of Indian, Mughal and Persian Painting

Join international artist, teacher and scholar Fatima Zahra Hassan for an introduction to the fascinating art of these great civilisations.

St. Neots Library

Friday 2.00pm – 3.30pm

24th April - "Drawing a portrait of Marilyn", Portrait workshop with David Brown. All drawing equipment will be supplied

29th May - The Corpus Clock and Chronophage, Stewart Huxley talks about the clock which has been described as “both hypnotically beautiful and deeply disturbing”

26th June - The East Anglian Film Archive, An afternoon delving into the film archive - showing life in the region since the 1890's.

St. Ives Library

Tuesday 2.00pm – 3.30pm

14th April - New Towns and Garden Cities, Ian Hunter will talk about the history of their development and their relevance to this

area, as the New Town of Northstowe is about to commence construction

12th May - Drawing Masterclass, David Brown - Learn how to draw Still Life

9th June - The East Anglian Film Archive. Enjoy an afternoon of history and nostalgia as librarian Rosie Veitch delves into the East Anglian Film Archive.

Yaxley Library

Wednesday 2.00pm – 3.30pm

15th April - "History of the Revival of the Whittlesey Straw Bear" with guest speaker Brian Kell.

20th May - WW2 Photo Reconnaissance by Tim Dutton

17th June - "Great Fen Project - where we are up to now and future plans" with guest speaker Louise Rackham

Warboys Library

Monday 2.00pm – 3.30pm

13th April - Life of a Honey Bee with Mick Mitchell. Did you know that the practice of honey collection and beekeeping dates back to the stone-age?

11th May - The History of Tea Sarah Ormiston takes a further look at the different types of tea grown around the world. Another chance to sample a selection of teas.

8th June - The East Anglian Film Archive Enjoy an afternoon of history and nostalgia as librarian Rosie Veitch delves into the East Anglian Film Archive.

Places for these events are limited so please book.

CALIBRE AUDIO LIBRARY

Have you ever heard about a great book but find it isn't available in large print or audio form?

Calibre Audio Library is passionate about making as many books as possible available for blind and partially sighted readers. Although half of Calibre titles are bought commercially, its team of professional actors and broadcasters record hundreds of books each year, enabling its member's access to a wonderful array of books that many sighted readers take for granted.

Calibre has 8,000 digital books available on MP3CDs, USB memory sticks and via streaming. There's a huge range including the latest best sellers such as the Costa Book of the Year: Helen Macdonald's *H is for Hawk*; books from television and films: *The Casual Vacancy*; *Wolf Hall*; *Poldark*; *The Hunger Games*, and the very popular *Fifty Shades of Grey* trilogy. Many members who have a specialist interest, for instance, the history of transport, are often surprised at finding titles in the library that they have had a real difficulty locating. However, by far the most popular categories are detective and mystery fiction and biographies, which range from entertainment and political figures, to war heroes and diaries and letters of authors such as the Brontes.

You can join Calibre Audio Library for a one-off membership fee of £35 or take advantage of the player package for under £70 which includes a choice of either the Boombox or Sovereign USB players. Calibre also offers a free 12 week period for people who want to find out if audio books are right for them. For more information please call the Membership Team on **01296 432 339**

NB: Hunts Blind is selling Boom boxes for £24 and Sovereign USB players for £25. We also have a selection of story CD's for loan. Please contact us on 01480 453438.

TOUCH TOUR FOR BLIND & PARTIALLY SIGHTED VISITORS

An introduction to the Fitzwilliam and its collections

Tuesday 14 April, 14.30-15.30

Visitors will be introduced to a range of objects from the collection and explore ideas, techniques and art-historical context through direct handling and conversation.

Descriptive tour for blind and partially sighted visitors

Wednesday 22 April 14.30-15.30

Visitors will be introduced to a range of artefacts from the collection and explore ideas, techniques and art-historical context through description and discussion.

Both are **FREE** but booking is essential. Contact Joanna Holland, Tel: 01223 764392.

LUCENTIS LICENCE CHANGE

Novartis has announced an important change to the European Medicines Agency licence for Lucentis. It is no longer mandatory for patients to be monitored on a monthly basis as long as their condition is stable. Novartis hope that this will ease the burden for both patients and the NHS. To justify the change they have pointed to evidence in clinical trials and practice that the number and frequency of injections each patient requires varies.

Lucentis is an anti-VEGF drug that is used to block the development of abnormal blood vessels in the eye. The treatment is approved with set criteria for the treatment of wet age-related macular degeneration, retinal vein occlusion and diabetic macular oedema. This amendment affects all of these conditions. For the full story please go to: <http://tinyurl.com/nfcpkpm>

GUIDE DOGS FORGES NEW GUIDANCE FOR POLICE OFFICERS TO HELP GUIDE DOG OWNERS

New agreement means guide dogs and their owners who face the trauma of an attack will be dealt with effectively and compassionately, in accordance with new legislation. Guide dog owners whose dogs have been attacked will get support that is tailored to their needs thanks to new guidelines agreed between Guide Dogs and the Association of Chief Police Officers (ACPO).

The agreement recognises the devastating impact that an attack on an assistance dog has on their owner's life and will ensure that incidents are treated much more seriously than a dog-on-dog attack. Now when a guide dog owner reports an attack, police forces in England and Wales have committed to take steps such as assigning a named officer to their case and recording the victim as vulnerable, so investigations are tailored around their needs. The full impact of the attack on their guide dog will also be taken into account.

On average, 10 guide dogs are attacked by other dogs every month in the UK, often with devastating consequences for the animal and its owner. If their guide dog cannot work, the owner is left unable to get around on their own, robbing them of their independence. In several cases guide dogs have had to be retired early, which is extremely distressing for both dog and owner and wastes Guide Dogs donors' money.

The agreement follows the creation in May of a new offence, under the Anti-Social Behaviour, Crime and Policing Act 2014, of allowing a dog to attack an assistance dog. This offence attracts a maximum sentence of up to three years in prison.

NEW GUIDE HIGHLIGHTS THE POWER OF DESIGN TO IMPROVE THE LIVES OF PEOPLE WITH SIGHT LOSS

In a new guide for interior designers one designer shares her own unique insights into the power of design to change the lives of people with sight loss. Jacqui Smith, of Homesmiths Ltd, a family-run interior design practice in Sussex, lost the sight in her left eye in 2012. She has continued to design care homes and mainstream housing with a new understanding of the value of good design for people with sight loss.

In the guide 'Homes and living spaces for people with sight loss: a guide for interior designers', Jacqui has combined her personal and professional experience with research published by Thomas Pocklington Trust which has tested the benefits of key design principles for people with sight loss.

The new guide will be published in coming months, summarises key design principles and contains checklists for specific areas - eg, kitchens, bathrooms, stairs, living rooms etc. The guide includes advice on:

- How to use colour contrast to improve navigation - for example good use of contrast between furniture, floors and walls and on door and stair edges - and to highlight the position of fixtures including baths, sinks, sockets and light switches.
- Current regulations on the light reflectance value (LRV) of surfaces and how lighting affects them.
- How to use lighting to make the most of people's sight and avoid glare that can make it harder to see.
- How to make design flexible, especially in community settings where people's individual needs are many and varied.

The guide is aimed at interior designers working on design or refurbishment of care homes, extra care and sheltered housing and mainstream housing developments and in adapting existing properties for individuals and families.

The guide is available from: <http://www.pocklington-trust.org.uk/researchandknowledge/publications/interiordesignguide.htm>. For a free hard copy email research@pocklington-trust.org.uk.

NHS CHOICES: STEM CELLS USED TO IMPROVE LOW VISION

"Embryonic stem cells transplanted into eyes of blind restore sight," The Daily Telegraph reports, covering a study where human stem cells were transplanted into the eyes of people with visual impairment. This led to a significant improvement in their vision.

This new research involved nine women with age-related macular degeneration and nine people with a rare condition called Stargardt's macular dystrophy, both of which cause progressive damage to the retina. Macular degeneration is the leading cause of visual impairment in the UK, and until now there has been no treatment.

The participants had retina cells derived from human embryonic stem cells transplanted into the space behind the retina in the eye with the worst vision. Before surgery, they had severe visual loss. After 12 months, vision in the treated eye improved significantly. For the full story please go to: <http://tinyurl.com/n7yyv5m>

RECIPE

Chocolate Mousse

Serves 2 people.

Ingredients and Method

Break **50g (2oz) bar of plain chocolate** into a basin and put the basin in a pan of water over a low heat to melt the chocolate. When soft mix in **1 egg yolk and 2 teaspoons milk**. Stir with a wooden spoon until smooth and with a tablespoon fold in **1 stiffly beaten egg white**. Leave in the fridge to set and then decorate with chopped nuts. Serve with cream or ice cream.

Autumn / Winter 2014 QUIZ ANSWERS

Thank you to all who submitted answers to the Christmas quiz which was won by Sheila Woolstenholmes who answered them all correctly

1	'And heaven and nature sing'	Joy to the World
2	'To seek for a king was their intent'	The First Nowell
3	'Let steeple bells be swungen'	Ding Dong Merrily on High
4	'Troll the ancient Christmas carol'	Deck the Hall
5	'Yonder peasant, who is he?'	Good King Wenceslas
6	'O tidings of comfort and joy'	God Rest ye Merry Gentlemen
7	'Pleased as man with man to dwell'	Hark! The Herald Angels Sing
8	'The holly bears a prickle as sharp as any thorn'	The Holly and the Ivy
9	'O they sailed into Bethlehem'	I Saw Three Ships Come Sailing In
10	'Frosty wind made moan'	In the Bleak Midwinter
11	'O night divine, O night when Christ was born'	O Holy Night
12	'With the dawn of redeeming grace'	Silent Night
13	'Star with royal beauty bright'	We Three Kings
14	'Glad tidings of great joy I bring'	While Shepherds Watched Their Flocks
15	'He was little, weak and helpless'	Once in Royal David's City
16	'The hopes and fear of all the years'	O little Town of Bethlehem
17	'The world in solemn stillness lay'	It Came Upon a Midnight Clear
18	'And stay by my cradle till morning is nigh'	Away in a Manger
19	'Shall come to thee, O Israel'	O Come, O Come, Emmanuel
20	'Hail redemption's happy dawn'	See Amid the Winter's Snow

HSB 200+CLUB

This is a scheme to raise funds for Huntingdonshire Society for the Blind and for us to give all our supporters the chance to win money prizes every month.

For the annual subscription of £12 per share you will be entered in twelve monthly draws and grand draws twice a year. Last year we raised over £1200 for the society and gave equal amounts in prize money.

If you would like to join please complete the form below and enclose payment or come and visit us at the shop/office.

.....
Please complete and return to Huntingdonshire Society for the Blind at: 8, St Mary's Street, Huntingdon, Cambs PE29 3PE.

Name.....

Address.....

Postcode.....Tel No

In the event we are unable to contact you please give the name of a beneficiaryTel No.....

I wish to apply for.....shares, at £12 per year, in the 200+club

I enclose £.....cheque/cash, payable to Huntingdonshire Society for the Blind.

Signed.....Date.....

Office Use only

200+ Club number issued

Date of first draw

Date of reminder

SPRING QUIZ

Try your hand at these questions to test your knowledge of Film Musicals. There is a prize for the winning entry. Entries need to be returned to the office by **1ST June 2015**

1	Who wrote the lyrics to 'West Side Story'?	
2	For which musical comedy was the song 'Who wants to be a Millionaire' written?	
3	What is Bill Sykes dog called in 'Oliver'?	
4	In which 2007 film does John Travolta appear in drag?	
5	Which 1951 film starred Gene Kelly & Leslie Caron?	
6	From which musical was the song 'Luck be a Lady'?	
7	In which 2001 musical did Ewan McGregor sing?	
8	Who directed the Columbia Pictures film 'Annie'?	
9	From which musical is the character Fannie Brice?	
10	What was the first film musical written by the team of Rogers & Hammerstein?	
11	Which Victor Hugo novel was made into a film musical in 2012?	
12	In which 1971 musical do 'Tevye' & 'Golde' appear?	
13	Who played the title role in the 1996 film 'Evita'?	
14	Who wrote the music for 'My Fair Lady'?	
15	Which Cole Porter musical was based on Shakespeare's 'The Taming of the Shrew'?	
16	Name Howard Keel's first MGM musical in 1950.	
17	Which 1965 musical directed by Robert Wise is credited as the film that saved 20 th Century Fox?	
18	Who wrote the songs for the film 'Mary Poppins'?	
19	In which 1980 film did Irene Cara appear as Coco?	
20	Which 1980 comedy features the duo Jake & Elwood?	

Name.....

Contact
Number.....