



HUNTINGDONSHIRE SOCIETY FOR THE BLIND

REGISTERED CHARITY 202573

NEWSLETTER - SUMMER 2016

Contents:-

<i>Society news</i>	<i>Page 3</i>
<i>Holiday report</i>	<i>Page 5</i>
<i>Social Activities</i>	<i>Page 6</i>
<i>Visual Aids</i>	<i>Page 11</i>
<i>Fundraising</i>	<i>Page 12</i>
<i>Information days</i>	<i>Page 15</i>
<i>Library information</i>	<i>Page 16</i>
<i>Eye information</i>	<i>Page 17</i>
<i>Research</i>	<i>Page 20</i>
<i>Quiz</i>	<i>Page 24</i>

Diary dates: *Coffee morning - Wednesday 10 August, 14
September, 12 October and 9 November
Society AGM - Monday 19 September
Fundraising Lunch – Saturday 19 November*

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**THE CENTRE INCLUDES THE OFFICE,
SHOP AND EQUIPMENT ROOM**

WE HAVE STAFF AVAILABLE FROM 10.00 am. to 3.00 pm.

MONDAY TO FRIDAY

Here to help:

Manager:

Erika Brown

Administrator:

Helen Bosworth

Social activities coordinators

Andrea Murphy

Rachel Sutherland

Outreach worker (north)

Vicki Jones

Outreach worker (south)

Jenny McInnes

Fundraising coordinator

Tanya Forster

Eye clinic liaison officer

Vicky French

Hello and welcome to the Summer 2016 newsletter

Thank you to everyone for your support and interest in the building project. Progress remains quite slow at the moment although I'm pleased to report that the three lime trees in the back garden have been removed in readiness for when works get underway. As we go to print we are at the final stages of building regulations – just ironing out a few queries with the local planning department. Subject to clarification on those matters we will be approaching builders for quotations and hope to award the contract for the building works early August. Discussions on this project started nearly two years ago and as the saying goes “Rome wasn't built in a day”. Our project may not be quite as ambitious as Rome but it will certainly be worth it in the end.

The Society now has a representative on Hinchingsbrooke Hospital's Patient Experience Group. The purpose of the group is “to ensure a culture of continuous positive improvement to patient/user and carer experiences” at the hospital. In order to make these improvements we need to have your feedback on your hospital visit either as an inpatient or outpatient. Please don't be nervous about voicing your comments as the hospital can only make positive change if it is fully aware of the problems patients, carers and visitors are experiencing. Already, through our involvement with this group the hospital is looking at improving awareness of sight loss to all staff. I will update you further in our next newsletter but if you would like to contact me with your feedback please phone on 01480 453438 or email erika@huntsblind.co.uk.

I hope you enjoy reading through the remainder of the newsletter which contains updates on: the various club activities which have all been as busy as ever, this year's Society holiday which I was fortunate enough to be a part of, fundraising, new products, news from other organisations and much, much more. As always if you would like to receive the newsletter in a format different to the way you currently receive it please let us know. The newsletter is available on CD, large print or via email.

Erika Brown, Manager

Bank Holiday

Please note that the shop and office will be closed
Bank Holiday Monday 29 August 2016.

Annual General Meeting

The Society's Annual General Meeting will be held on Monday 19 September at 2pm in room 1b of the Civic Suite, Huntingdonshire District Council offices, St Mary's Street, Huntingdon.

An invitation for the AGM is enclosed with this newsletter.

Birthdays

We would like to send our best wishes to all members celebrating a birthday in August, September, October and November. Members celebrating a **special birthday** in the coming months are: Mandy Stokes, Rita Trevit, Frank Hopkins, Walter Quinn, John Titmus, Jacqueline Whalley, Jean Wicks, Arnold Zivtins, Eileen Barber, Jill Fuller, Maureen Smith, Esther Cotton, Winifred Humphreys and Alice Pretty.

Deaths

We are very sorry to report the deaths of the following members: Audrey Rycroft, Cyril Chamberlaine, Betty Dalton, Margaret Eddy, Alice Allsop, Ruby Clayton, Alec Glover, John Jordan, Anthony Waterer, Victoria Williamson, Doris Spencer, Paul Lenton, Dorothy Rowland, Steve Spyru, Jennifer Brundell, Pam Scantebury, Dana Mayer, Mavis Stocker, Audrey Machell, Rose Allen and Charlotte Goad.

Update from Hinchingsbrooke Hospital by Vicky French

Here at Hinchingsbrooke Hospital we continue to strive to ensure all our patients who attend the Trust receive the best care and support available, and were therefore very pleased last week to reveal that Hinchingsbrooke Hospital has an overall rating of 4.5 stars out of 5 on the NHS Choices Website.

If you have any feedback please take the opportunity to complete a feedback form at your next appointment, we do value the feedback we receive. If you require any help in completing such please let me (Vicky French) know and I will be happy to assist.

Discussions continue regarding developing a Business Case focusing on the benefits of working more closely with Peterborough and Stamford Hospitals. Both staff and patients will be involved with such over the coming few months.

Upcoming Events

The Eye Clinic is hoping to run Glaucoma Information Sessions to give patients, relatives and carers more information about Glaucoma and also offer an opportunity to ask questions and learn more. Once dates are finalised I will share such with you.

In addition we are also currently making arrangements with the International Glaucoma Association to come along to the Eye Clinic and set up an information desk for a day. Again this would allow patients attending the clinic an opportunity to receive information and ask questions. As soon as we have a confirmed date we will publish such.

Your Eye Clinic Liaison Officer (ECLO)

Remember you are always very welcome to contact me in the Eye Clinic at Hinchingsbrooke Hospital. I am happy to meet with, and / or speak with anyone who has any degree of sight loss or is affected by sight loss and this includes family members, carers or friends.

If you have been offered or considered for a Certificate of Vision Impairment (CVI) and wish to know more about what a CVI is and what it may mean for you, please contact me or ask your consultant or nurse to contact me on your behalf.

My contact details are: **01480 416416 ext 3190** (my usual working hours are Mon 9am till 4:30pm, Tue and Thur 9am till 3:30pm) and if I cannot answer your call please leave me a message and I will call you back.

Or my email address is victoriafrench@nhs.co.uk

Group Holiday, The Ashton Park Hotel, St Annes



The Society's 2016 holiday was to the seaside resort of St Anne's on Sea, near Blackpool. A party of 42 members, carers and escort (Erika) left on Sunday 26th June and returned on Saturday 2nd July. The journeys both ways were smooth and uneventful. The Ashton Park Hotel is located in the middle of St Anne's on Sea

just a stone throw from the beach, promenade and parks. St Anne's was once home to the infamous comedian Les Dawson and on passing his bronze statue on outbound and inbound coach journeys, our party chorused a "good morning/afternoon Les" in his honour. During the week the group enjoyed outings to Southport, The Ribble Steam Railway, Cleveleys, Blackpool and Lancaster. The highlight of the week was undoubtedly afternoon tea served in the ballroom of Blackpool Tower. The grandeur of the room was quite breathtaking.



The lowlight of the week was the weather. We didn't have rain everyday but when it did rain it absolutely poured preventing us from making the most of the very local attractions the area had to offer – such a pity.

We've begun to think about the 2017 holiday and a letter will be sent out in the near future. If you

wish to express an interest in participating then please contact Helen at the office for more details.

SOCIAL ACTIVITIES REPORT BY Rachel and Andrea

APRIL

In April all four groups saw the return of our Fish n Chip van. We think it is safe to say we all enjoyed them very much.

MAY

What a fantastic day out 110 members and carers had in May to Wicksteed Park to watch 'In The Mood', a show based on swing music from the Glen Miller era.



We were fed well with a tasty lunch which was followed by afternoon tea! The music brought back many memories for some of you and a few even shed the odd tear or two. Overall an enjoyable day was had by all so much so that we are looking to return to Wicksteed for our May outing in 2017.



JUNE

Who would have thought we would be having Strawberry Teas in June in weather that feels more like winter than summer. Still, we enjoyed our teas all the same. After our tea St Neots and St Ives had a game of 'play your cards right', which took a little while for some of you to work out but once you got the hang of it, the competitive edge appeared and you were all off.



Ramsey members enjoyed the sound of Michael Bush on the accordion and Huntingdon club had the fabulous Ray Carter, back by popular demand, singing 50's, 60's and 70's music.

Special thanks to Sharron who prepared the scones, cream and strawberries and for all the volunteers who came to help.

JULY

Andrea and Rachel resisted the temptation of turning up in their leotards for July clubs which saw members learning how to chair Zumba. It was great to see everyone taking part and our instructor Debs was impressed with the level of enthusiasm, participation and fitness – particularly during the YMCA song. More information on seated Zumba classes can be found later in the newsletter.



Coming up!!

The summer outing on 12th August, to Wroxham in Norfolk, has been very popular and the trip is currently fully booked. If you are interested in going but haven't sent your form back to us please let us know as there may be cancellations. The day out includes a two hour boat trip on the "Queen of the Broads" - a large river cruiser which seats 120 people. There are many eating establishments in Wroxham or areas where a picnic can be shared with the ducks, or if you are very brave, the swans! Roy's of Wroxham is a large department store, and Roy also owns many of the tourist shops in the town – great for a bit of shopping. Enjoy the day everyone, may the weather shine on you all. 😊

Sports and Social Group

Our thanks to John Harmer, local Paralympian, who gave the group a very informative speech on his years as a competitive swimmer. He brought along his gold and silver medals for us to look at. It was tough for John in parts to talk about such a personal time in his life but he did

himself very proud and we thank you very much John for taking the time out to talk to us.



In July the Sports and Social group had a wonderful day out on the Ladybird boat travelling from Huntingdon marina to St Ives where we stopped for a bite of lunch before getting back on the boat and returning to Huntingdon. The Ladybird is run by a group of dedicated volunteers who for a donation take (mostly) charitable groups out for a day on the river. Our thanks to all the Ladybird volunteers for their commitment and hard work.

The Sports and Social Club members have discussed many ideas on the types of activities they would like to do

including tandem cycling, indoor sky diving, canoeing, etc. We will be getting back to you with more information. In September the group will be heading to the dogs!! Peterborough Greyhounds is a great night out and we're sure will be a popular destination.

Walking Group

This is finally up and running (or walking!) and we had our first walk in April where we met at Houghton Mill and walked across the meadow into Hemingford and into Cow Lane. After a good walk we returned to Houghton Mill Tea Shop for a well needed cup of tea and a slice of cake.



In June the group had a meander around Hinchingsbrooke Country Park followed again by tea and cake.....definitely a tea and cake theme appearing here! The next walk will be the week of 12th September in and around Abbots Ripton. No doubt tea or cake will feature after our ramble! If you're interested in joining the walking group please contact Rachel in the office.

Arts and Crafts

It's lovely to see membership of our arts and crafts group growing all the time. In April we made candle holders out of jam jars and sold them at the Society coffee morning to raise funds for the building extension.

In June we made "Dream Catchers" These proved popular and the group made some stunning designs. We gave the group a choice for August and the vote was unanimously to make bird feeders ready for autumn/winter.



FORTHCOMING CLUB ACTIVITIES

ST NEOTS SOCIAL GROUP - usually meets at the Methodist Church Hall, Eynesbury unless otherwise noted.

Date	Venue, Activity & Time
Monday 5 September	Games afternoon
Monday 3 October	Ten Pin Bowling, St Neots Eat & Bowl
Monday 7 November	Goods for sale from The Shop
Tuesday 6 December	Christmas party, Wood Green Animal Shelter

RAMSEY SOCIAL GROUP – usually meets at Bury Village Hall, Bury (Ramsey) unless otherwise noted.

Date	Venue, Activity & Time
Monday 8 September	Music and Games afternoon
Monday 13 October	Ten Pin Bowling, Lakeside, Pidley
Monday 10 November	Goods for sale from The Shop
Tuesday 6 December	Christmas party, Wood Green Animal Shelter

ST IVES SOCIAL GROUP - usually meets at the St Ives Methodist Church Hall, The Waits, St Ives unless otherwise noted.

Date	Venue, Activity & Time
Wednesday 17 September	Games afternoon
Wednesday 22 October	Ten Pin Bowling, venue to be confirmed
Wednesday 19 November	Goods for sale from The Shop
Tuesday 6 December	Christmas party, Wood Green Animal Shelter

HUNTINGDON SOCIAL GROUP - usually meets at the Comrades club, Godmanchester unless otherwise noted.

Date	Venue, Activity & Time
Monday 26 September	Music and Games afternoon
Monday 31 October	Ten Pin Bowling, venue to be confirmed
Monday 28 November	Goods for sale from The Shop
Tuesday 6 December	Christmas party, Wood Green Animal Shelter

Please come and meet fellow members and enjoy musical entertainment, days and meals out and so much more. If you do not already attend and wish to do so, please phone Andrea or Rachel on **01480 453438**. Transport can be arranged if required.

Visit our resource room

The Society has a well-equipped resource room from which a wide range of talking and visual aids can be demonstrated and purchased.

New products

Radio controlled talking watches - W28 is a watch with a backlight and numbers 3, 6, 9 and 12 are large and black. The watch works anywhere in the world and the voice is a male and clearly spoken. The top right button announces the time and when pressed again announces the date. The bottom button enables the alarm function. It is available with either expanding bracelet or leather strap. Price £40.00

W29 is a square shaped watch with a chrome surround. The watch works anywhere in the world and announces the time and date with an alarm setting. It is available with either expanding bracelet or leather strap. Price £37.00

Talking button clock has a high quality English voice which tells the time and date at the press of a button. The compact design sits flat and secure and has a black base with a large white 70mm diameter button for easy operation. There is an alarm with announced settings. Requires 2 X AAA batteries. Price £17.00

Talking keychain clock is 5 X 5 X 1 cm in size and announces the time and date in clear English voice. The alarm has easy announced settings and a lifelong battery is included. Price £11.50

Talking kitchen scale with easy to see jug announces the weight of solids or liquids in a clear English male voice. The options are grams, pounds and ounces and millilitres. The buttons on the scale are easy to operate with tactile markings. The measuring jug has big bold markings and easy to grip handle to aid use. Price scales, £36.50, jug, £13.50.

Touch operated LED Desk lamp (1700 lumens) is designed to be adjustable in a sleek, modern design in white and brushed aluminium. The lamp does not get hot and can be turned on and dimmed by touching the base. Price £50.00.

2017 Diaries and Calendars - Please contact Helen in the office with your 2017 diary and calendar requirements as soon as possible. Thank you.

Second-hand aids - The Society has some demonstration items to sell. These include an Optalec Clearview CCTV which cost £2495 and is now available for a reasonable donation. We also have large button telephones, talking clocks and watches, and kitchen ware. Please contact Helen at the office **01480 453438** for further information.

FUNDRAISING NEWS by Tanya Forster

We've had a great fundraising year so far. Along with successful grant applications and donations we have had four very successful coffee mornings – it was lovely seeing so many of you there and thank you for

your support. Our most popular coffee morning was in June when Henry Nicholls from Dickinson's Real Deal joined us. . After a tour of the Town Hall and the antiques centre in Huntingdon, he spent the day at the Commemoration Hall doing valuations and giving some fascinating history on a wide range of antiques. There was definitely a few surprises and as well as few disappointments.

The year ahead.....we have decided to keep the monthly coffee mornings going until November, so the coffee morning dates will be as follows :

Wednesday 10th August
Wednesday 14th September
Wednesday 12th October
Wednesday 9th November (Christmas shopping)

All of the coffee mornings will be held in the Commemoration Hall, Huntingdon from 11am – 2pm.

The Summer Draw was very well supported and raised approximately £1700, thanks to all who helped to sell tickets and congratulations to all the prize winners. If you would like a list of the prize winners please contact the office.

The quiz and charity auction was also well supported and filled the hall raising an amazing £1200. A charity ghost Hunt at the Old Masonic Lodge and tombolas are also raising money for the Society. Please also look out for an 80's night later in the year and any other events which will all be advertised on our Facebook Page.

BACK BY POPULAR DEMAND

Hunts Blind Fundraising lunch

Saturday 19th November 2016
Dolphin Hotel, St Ives

For further information please contact the office
Tel: 01480 453438

Thank you Sue!!

Huge thanks to Sue Martynski of Adlam and Coomber in St Neots who, accompanied by her husband David, completed a mammoth 936 mile sponsored bike ride from Cambs to Cannes in June. Sue and David kept supporters updated on progress via their blog <https://suemartynski.wordpress.com>. Thanks to Sue's fantastic achievement she has raised £735 for the Society.

Staff and members take to their bikes to raise funds

Society staff members Erika and Rachel along with a member and a number of friends and relatives have signed up for a 61 mile bike ride through Huntingdonshire/Northants on Saturday 17th September to raise funds for the Society. If you would like to sponsor Erika or Rachel please contact the office.

More sponsorship news

David and Wendy Underwood are undertaking a 70 mile walk through the Scottish Borders to raise money for the Society and for DISH (Disability Information Service for Huntingdonshire). If you would like to sponsor David and Wendy please contact the office.

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 April, May, June and July were:-

April

1st prize - £25, Kathleen Twigden
2nd prize - £15, Ann Storey
3rd prize - £10, Michael Rhind-Tutt

May

1st prize – £25, Joyce Miller
2nd prize – £15, Pauline Kofie
3rd prize – £10, Doreen Claxton

June

1st prize - £125, Mervyn Agger
2nd prize - £60, Ron Maith
3rd prize - £30, Carol Davis
4th prize - £20, Ron Maith
5th prize - £15, Margaret King

July

1st prize - £25, Margaret Parker
2nd prize - £15, Gillian Meadows
3rd prize - £10, Mollie McCall

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.

SEATED ZUMBA GOLD® CLASSES

ZUMBA® is a form of exercise to music. This class offers those with limited mobility to take part in gentle exercise while seated. If regularly attended this exercise can help with muscle strength, balance, flexibility, mental awareness, mood and more. Classes are held at Tesco Huntingdon Community room, Wednesday 2.15-3.00pm at a cost of £3 per class or pre-pay 8 classes for £20.

For further information and bookings e mail:zumbadebs@gmail.com, Phone:07891 375954, web page: debrac.zumba.com

PETERBOROUGH LOW VISION DAY

This year's Peterborough Low Vision day organised by Peterborough Association for the Blind will be at Westgate Church, Westgate, Peterborough PE1 1RG from 10.30am until 3.30pm (in the halls behind the church) on **Thursday 29th September**. There will be low vision products, high tech products, services and activities you can find out about which may help you do the things you want to do.

David Butterworth was five years old when he was diagnosed with an incurable genetic defect in his immune system. "I was told I would not go totally blind because the disease would burn itself out in my mid-teens. The doctors were wrong, and despite their best efforts, I went blind in my late twenties."

David went to last year's Low Vision Day and shares, "What the Low Vision Day showed me was that being visually impaired is not the end of life. It may be the end of something, but that just means that it is the beginning of something else. Perhaps you may need some help or advice, support or equipment in order to participate as fully as possible, but it is out there, and you can do it. The Low Vision Day is an excellent opportunity to find out about all things to do with low or no vision – in one place, on one day".

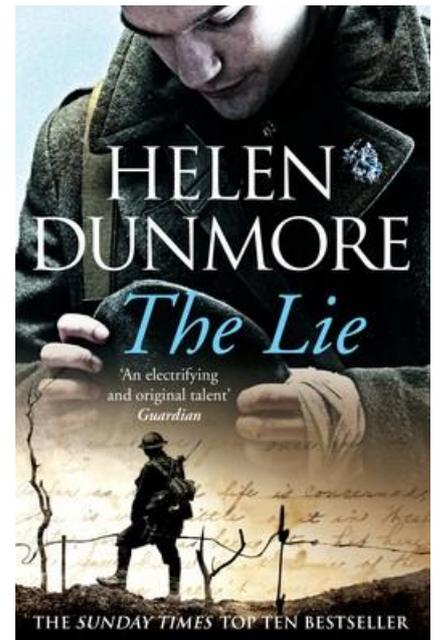
The venue is opposite the bus station and a short walk from the train station, with a car park nearby. There will be some great homemade

refreshments for all to enjoy when you want to sit and rest. For further information please email info@mypab.org.uk or call 01733 344 844.

CAMBRIDGESHIRE LIBRARIES

PRESENTS: The Lie by Helen Dunmore
Listening time approx. 6 hours

Set during and just after the First World War, *The Lie* is an enthralling, heart-wrenching novel of love, memory and devastating loss. Cornwall, 1920. A young man stands on a headland, looking out to sea. He is back from the war, homeless and without family. Behind him lies the terror of the trenches. Behind him is also the most intense relationship of his life. Daniel has survived, but will he ever be able to escape the terrible, unforeseen consequences of a lie?



To listen to this book:-

- go to www.cambridgeshire.gov.uk/library
- Choose Online Library Services:
- Audio Books Download:
- Choose Oneclickdigital:
- You will need a library card and e-mail address to use this **FREE** service.
- You will need to create a free account and password.
- You can download and listen on a PC, Laptop, tablet and smartphone.

PCs use a downloaded piece of software, devices work via an app. Windows phones/tablets may not be compatible. If you need assistance to use this service please ask your Hunts Society contact.

NEED IT TO READ IT CAMPAIGN

2016 marks an incredibly important year. For the very first time, NHS England has a mandatory standard that requires all NHS service providers to record your required accessible format needs on your patient record, then use it to properly communicate with you in a format that you can access. That's why in April, the RNIB launched their "Need it to Read

it” campaign — a campaign all about you and your NHS information. The campaign aims to raise awareness of the new NHS accessible information standard that all NHS providers must put into action this year. It also promotes a new facility that is available for you to use, to notify your GP of your accessible format needs.

From the 1st April onwards, when you next visit your GP or when you register at a new surgery, you should be asked what accessible format you need, and then they should record it on their patient record system. From 31 July, these records must be in place and your GP is specifically required to capture, record, share when referring on, and act on your notification. This means that by this date all patients should receive information from all NHS departments in a format you can access. To find out more about NHS accessible information standard or how to notify your GP you can get help from the RNIB Helpline on 0303 123 9999

BRITISH BLIND SPORT

British Blind Sport in partnership with England Athletics has launched Find A Guide – a national online database that will enable visually impaired people to find guide runners who can support them to start and continue to run.

The database is a simple online search function for anyone who is 18 years or older. It is aimed at any visually impaired adult - whether they are new to running or already running and looking for a new guide.

The service is easy to use, safe, screen reader friendly and will allow individuals to connect online with Guide Runners to plan and organise running opportunities which suit individual needs. You can access the database through www.britishblindsport.org.uk/find-a-guide. All guides on the database are trained and licensed – and there are a high proportion of these guides in Cambridgeshire.

Running is a great way to get fit and meet new people so why not give it a go.

CHARLES BONNET SYNDROME, ESME’S UMBRELLA

Charles Bonnet Syndrome is caused when a certain percentage of vision is lost. Judith Potts mother, Esme suffered most terribly from the condition but, like far too many people, lived in terrified silence for

months, with the word 'dementia' hanging over her head. When she finally broke her silence and told her daughter, she could find no help. The ophthalmologist had given no warning and, even when she had discovered what was causing the hallucinations, he refused to speak to her about it; the optometrist had never heard of it; and neither had the GP who also thought it very unlikely.

The hallucinations remained with Esme for the rest of her life and, after her death, her daughter wrote several pieces about the condition in The Telegraph column which, each time, produced many emails - some of relief that it was not dementia but all asking for help. Hence the launch of Esme's Umbrella which will shelter all those for whom CBS is a part of their lives - be they sufferers, doctors, nurses, care home workers or researchers.

They have a medical adviser - Dr Dominic Ffytche (from King's London) - who is the acknowledged expert and only researcher of CBS in the country; they have a website - www.charlesbonnetsyndrome.uk; email; esmesumbrella@gmail.com and a helpline: 0345 051 3925 and they can be followed on Twitter @esmesumbrella. The website hosts Dominic's research, coping strategies, experiences of sufferers and a printable explanatory leaflet which can be taken to the GP or Care Home.

Their aim is to persuade ophthalmologists, optometrists and GPs to warn their patients that CBS might develop - it might not, but better to be forewarned; to raise awareness of CBS in the medical profession and out into the community.

REVOLUTIONARY TREATMENT BECOMES AVAILABLE ON NHS IN MANCHESTER

Manchester Royal Eye Hospital has become the first NHS hospital in the UK to offer a new telescope implant for end-stage age-related macular degeneration. Everywhere else in the UK it is only available in private hospitals.

Smaller than a pea, the implant uses a unique, micro-optical technology to magnify images approximately 3 times. The images are projected onto the healthy part of the retina, making it possible to again use the central vision. As part of the treatment programme, CentraSight's tiny telescope

implant is placed in the eye via an operation similar to a cataract operation.

MREH is the second largest eye hospital in the UK. Mr Felipe Dhawahir-Scala, consultant ophthalmologist and vitreo-retinal surgeon at MREH, said: "This is a potentially life-changing option for people with end-stage AMD and we are proud to be the first NHS hospital to offer it. We chose to offer the telescope implant as it is backed up by data showing at least five years of sustained improvement in vision."

Cathy Yelf, chief executive of the Society, said: "It's good news that this new lens implant will be available to some patients at an NHS hospital. Studies suggest it can improve vision and it should help improve their quality of life and enable them to cope with day to day activities. By 2020 almost 700,000 Britons will have late stage AMD. It is now the most common cause of sight loss in the country. It is important that we continue to fight for more funding for macular research because our ageing society means many more people are developing the condition."

NYSTAGMUS

Nystagmus is continuous uncontrolled movement of the eyes. The movements are usually side to side but can also be up and down or rarely in a circular motion. Most people with nystagmus have reduced vision. Nystagmus may be caused by a problem with the way the eye sends messages back to the brain or how certain parts of the brain make sense of this information. These parts of the brain deal with eye movement.

Some types of nystagmus happen when your eye gaze positions are extreme, when you looking far to the left, right, up or down and are a natural part of the way the eye and brain work together. Nystagmus, which happens when your eyes aren't in these positions, is usually is a sign of a problem.

There are two main types of nystagmus, one which appears in the first months of life which is called "early onset nystagmus" or "congenital nystagmus" and another which develops later in life which is usually called "acquired nystagmus". In many cases the cause of the nystagmus will not be known. It's thought that nystagmus affects between 1 in 1,000 and 1 in 2,000 people.

If you would like to receive regular updates about this condition please let the office, (01480 453438) know and we will add you to the mailing list.

AUDIO DESCRIPTION RESEARCH

The Society has been approached by CoDE Research Institute at Anglia Ruskin University, Cambridge who are carrying out research on Audio Description in collaboration with the University of York.

Participants will receive a £50 gift voucher and travel expenses within the UK will be covered. Volunteers can book a slot through this Doodle Poll: <http://doodle.com/poll/pepnd7iw2nvrii9a>

Please note that they recommend using a computer to access the poll rather than a mobile device. For more information about the focus groups please e-mail mariana.lopez@anglia.ac.uk or ring 01223698651. For more information about the project please visit their website at <http://enhancingaudiodescription.com/>

More research is being carried out by Portia Asli, a graduate student at Cambridge. While doing her master's, she has been working on a read-aloud technology for visually impaired people. This technology is at it's early stages and she would love to receive your input! You can be a great help by providing input/feedback and by sharing your story so Portia can have a better understanding what would best meet the needs of visually impaired people. Would you be able to have an hour chat with her over coffee/tea or over the phone?

Her email: Portia.Asli@gmail.com and her phone number: **0777 11 888 42.**

This would mean a great deal! With your feedback, Portia is looking to develop an ergonomic, wearable technology that can really help visually impaired people.

Research study about navigation technology

Acumen would to speak to those who are blind or visually impaired to take part in a 2.5 hour in home interview to be shown navigational technology and asked for feedback. Participants will then receive £100 for taking part in the session. For more details please email lizzie@acumenfieldwork.com or call 0161 242 5215.

INFORMATION SHARING AND NETWORKING EVENT FOR OLDER PEOPLE AND THEIR CARERS

DiY Communities works with the charity Future East, which is the forum for older people across the Eastern Region. For more information about the organisation please have a look at their website <http://futureeast.org.uk>. Part of their role is to share information with their members, individual older people and carers and organisations that support older people while listening to their issues and feeding back to decision makers.

In order to do this they hold several free Open Meetings a year round the region to try to reach as many members and organisations as possible. This year the themes are Health and Wellbeing, Digital Inclusion and Living at Home, with a focus on practical and positive solutions for organisations and individuals alike.

Their target audience is mainly organisations that support older people, but they also encourage individuals over the age of 50 and /or carers who support people over the age of 50, to attend.

They will be holding the sessions from 10:30am to 3.00 pm at the Holiday Inn, Lakeview, Bridge Road, Histon, Cambridge CB24 9P on Monday 17th October which will also include their AGM.

As part of their aim to be a dementia friendly organisation they are also providing a dementia friends session from 3:15 - 4:0. If you would like to attend the session please can you let them know by emailing admin@futureeast.org.uk or phone Susannah Harris on 07858456946.

Please note that booking is essential to attend.

HUNTINGDONSHIRE TALKING NEWSPAPER

We are very grateful to The Talking Newspaper who record our Society newsletter onto CD so if you would like to receive it in this format or you would like the weekly Hunts Post then please contact us at the **Hunts Society for the Blind on 01480 453438**

SPRING QUIZ RESULTS

Thank you to all who submitted answers to the spring quiz of which several were correct so a draw was made and won by
Tony Langridge

1	SAM CALL ALBERTO	Balmoral Castle
2	MASON HUGHES DRAIN	Sandringham House
3	AGILE BUCK CHAPMAN	Buckingham Palace
4	LOST EDWIN'S CAR	Windsor Castle
5	BELLA CLOUGH IS SHORT	Hillsborough Castle
6	GOOD ANGLIA CREW	Craigowan Lodge
7	SUE ENOCH CLARE	Clarence House
8	EVER SO HIGH HUGO	Highgrove House
9	KIM A STAR	Tamarisk
10	PEN IN STOCK ANGELA	Kensington Palace
11	THE GOODLY EARL	The Royal Lodge
12	ENSURE WHO	Wren House
13	MAP A CASTLE JESS	St James's Palace
14	SHOP BAG KART	Bagshot Park
15	GREAT BACK MOP	Gatcombe park
16	RUFUS HIDE SOME	Dumfries House
17	TEST COOL-HEADED HUGH	Thatched House lodge
18	DAPHNE GOLD MEDAL	Delnadamph Lodge
19	MEAL COST FAY	Castle of May
20	ALOOF CLEO DASH YOUR HOPE	Palace of Holyrood House

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 cash prizes every month.

For the annual subscription of £12 per share you will be entered in 12 monthly draws and grand draws twice a year. Last year we raised over £1500 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

Email address

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

SUMMER QUIZ

Try your hand at these anagrams of fruit. There is a prize for the winning entry. Entries need to be returned to the office by **1st October 2016**.

1	ALBERT SET TRAP	
2	LEN SENT MICE	
3	MEG TURNER'S TOES	
4	GO ON BOARD LES	
5	TO PARIS IS FUN	
6	CLEAN UP OATS	
7	BURT FUTURE PATIENT	
8	NEED LYN SOMEHOW	
9	PAUL SCRAPS TED	
10	AGNES MET SON	
11	MORE PAGEANTS	
12	URBAN MAST	
13	MISS NO PERM	
14	I GREET ANN	
15	CLIO DOES INDULGE	
16	GERRY'S OBOE	
17	VISITOR CLAM UP	
18	CARL TURNS BACK	

Name.....

Contact Number.....