

Huntingdonshire
Society
for
the **B**lind

**HUNTINGDONSHIRE
SOCIETY FOR THE BLIND**

REGISTERED CHARITY 202573

NEWSLETTER - WINTER 2020

Wishing you all a very Merry Christmas
and a Happy New Year.

**8 ST MARY'S STREET
HUNTINGDON
PE29 3PE**

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

Telephone: 01480 453438

Email: info@huntsblind.co.uk

www.huntsblind.co.uk

facebook: /huntsblind

twitter: www.twitter.co.uk/@huntsblind

**WE HAVE STAFF AVAILABLE FROM 10.00 am to 3.00 pm
MONDAY TO FRIDAY**

Here to help:

Manager

Administrator/Finance Officer/ IT Advisor

Social Activities Coordinator

Social Activities Coordinator/

Fundraising Coordinator

Outreach Worker (north)

Outreach Worker (south)

Eye Clinic Liaison Officer

Erika Brown

Emma Martin

Andrea Murphy

Rachel Sutherland

Vicki Jones

Jenny McInnes

Vicky French

Welcome to our latest newsletter.

With 2021 just weeks away life for us all is very different to what it would normally be around this time of year. As I write we are in the middle of a second lockdown which hopefully will end early December. Whilst the Society had far from returned to any sense of normality before this lockdown, we had started to take small steps forward. The shop and office partly re-opened in September which was really positive and then the November lockdown meant that we had to close again. I hope that we will be able to re-open as soon as the latest lockdown restrictions are lifted.

Social clubs remain suspended and we had hoped to return to these in January. This is now unlikely but we will be in touch with all club members as soon as the first dates are confirmed. In the meantime Zoom quizzes will continue and home delivery of craft boxes will resume as soon as possible post lockdown. If you are need of any other support, information and advice please don't hesitate to get in touch. All staff are available – please contact us on the normal number – 01480 453438.

Thank you to everyone who sent in a donation following our appeal in the last newsletter. Nearly £4000 was raised and donations continue to come in. We really appreciate your generosity particularly at a time when we're not able to run any of our normal fundraising activities. And still on the subject of fundraising I know many of our supporters would usually be popping into the shop to buy our charity Christmas cards. We hope to be open before Christmas but in case that's not possible please give us a ring to order your cards over the phone and we will arrange for them to be delivered to you.

As Christmas 2020 fast approaches I know it will be a festive season like no other. I sincerely hope that we all have the chance to spend time with our loved ones – the best gift ever! Whatever your plans are for Christmas please stay safe and well and we look forward to being reunited in 2021.

Erika, Manager

SOCIETY NEWS AND NOTICES

Member News

Birthdays

We would like to send our best wishes to all members celebrating a birthday in December, January, February and March. Members celebrating a **special birthday** in the coming months are: Delia Wright, Vic Bashford, Joan Elkins, Marjorie Watts, Mary Brown, Rose McGinty, Terence Collins, Joy Reed, Lydia Marriott, Violet Espley, Chris Froud, Terry Eastwood and Kath Brown.

Deaths

We are very sorry to report the deaths of the following members: Jean Brown, Alan Jowsey, Evelyn Whitfield, Enid Winder, Mary Tanton, Beryl Moore, Dorothy Haines, Alan Clarke, Barbara Grant, Karen Walker, Irene Hurst, Julie Richards, Elizabeth George and Jill Shelton.

ANNUAL REPORT AND APPOINTMENT OF BOARD OF TRUSTEES

Due to COVID-19 it wasn't possible to hold the Society's Annual General Meeting this year. Instead a letter was sent to all members which listed the nominations for the Board of Trustees and proposed auditors for 2020/21. Members could also request a copy of the Annual Report and Accounts for 2019/20 and those who subsequently received this report confirmed their acceptance and approval of the document.

Members also approved the nominations of the trustees as follows:-

President	Hugh McCurdy	Trustee	Chris Mosley
Chairman	Peter Bucknell	Trustee	Brian Worthington
Treasurer	Frank Newton	Trustee	Nick Ruston
Trustee	Angela White-Horan	Trustee	Judy King
Trustee	Darren Fletcher	Trustee	Moira Penney

Thank you to everyone who returned voting forms and also to the Trustees for their ongoing support.

CHRISTMAS AND NEW YEAR OFFICE AND SHOP OPENING

Please note that the office and shop will be closed for Christmas/New Year from 12.30pm on 24th December until 10am on Monday 4th January 2021

MESSAGE FROM VICKY FRENCH

Eye Clinic Liaison Officer, Hinchingsbrooke Hospital

Hello, I hope everyone is keeping safe during these continued uncertain times, I have a few updates from the hospital.

Firstly we have reintroduced visiting restrictions at Hinchingsbrooke Hospital. This decision has been made in order to protect our patients and staff from the rapidly-developing spread of Coronavirus (COVID-19), we have put in place a policy to limit hospital visits by members of the public.

Outpatient Guidance is:

1. No visitors or children allowed with patients in outpatients, with the exceptions of:
 - Two visitors for patients receiving end of life care
 - Carer to support in exceptional circumstances
e.g. dementia/anxiety/learning disability
 - Parents with a child
 - One accompanying person with an outpatient and ED attendee at the discretion of the clinician
2. Please do not enter the hospital if you or anyone in your household has had or presently has any of the following symptoms in the last 7 days:
 - New continuous prolonged cough
 - High temperature

Whilst the visiting restrictions have been reintroduced, all hospital services are continuing to operate.

If you have an appointment or are booked in for an operation/procedure at Hinchingsbrooke Hospital, you should attend as planned, but please follow public health advice at all times:

- Wash your hands
- Wear a face covering
- Keep your distance

These guidelines apply at all North West Anglia Hospitals (Peterborough, Stamford and Hinchingsbrooke).

We have introduced telephone and virtual appointments for patients across the hospital to reduce the amount of patients attending the hospital, if your appointment is to be virtual or via telephone you will be informed.

Please note that car park charges were reinstated on Monday 3rd August 2020.

If you have any questions or queries please contact us.

Outpatients - 01480 847444

e-referral from your GP - 0345 608 8888

Eye Clinic Reception - 01480 416416 and request "eye clinic"

Eye Clinic Liaison Officer - 01480 416416 x3190 (answer phone available)

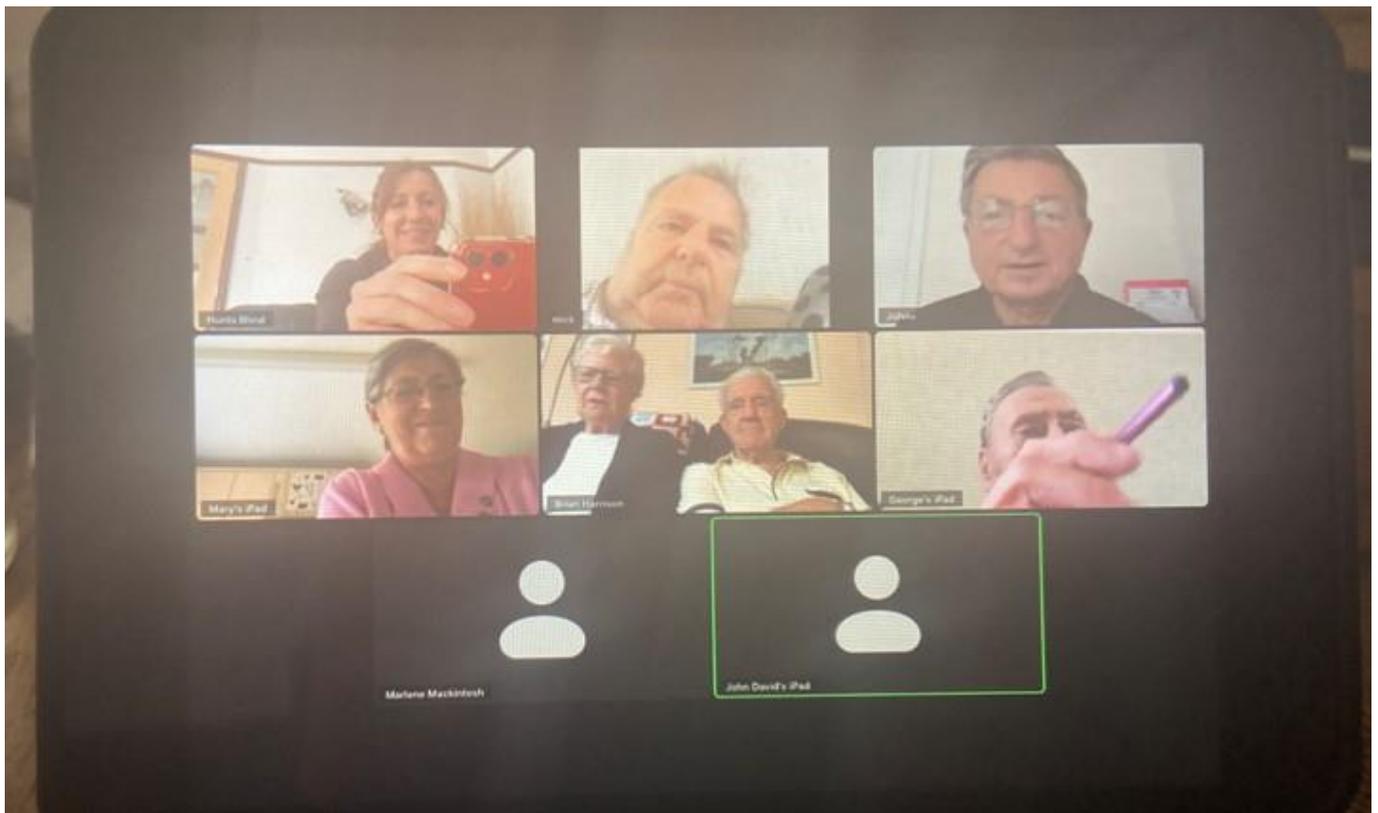
And as always if you have any queries or questions about Sight Loss Registration please contact myself, Vicky French (Eye Clinic Liaison Officer) either by phone or email - 01480 416416 x3190 or victoriafrench@nhs.net

Social Activities Report by Rachel

As I write this piece I am sat at my desk in the office and loving being back in, if only for a couple of days, to cover for Erika. It's strange to think that the last time I was in the office was in March and (usually) I'm still working from home and still socially connecting with you via

telephone calls, Zoom and occasional doorstep visits. I know, like us, you are all desperate to return to our social groups and we remain optimistic that this can happen soon.

Our weekly Zoom quiz is going well and it's been lovely to have some new members come on board. Marlene from St Ives is now a weekly participant and is watching her score get higher each week - well done Marlene! Shirley from St Neots has been giving the Zoom quiz a go and I hope to see Shirley as a weekly quizzier soon.



I really enjoy doing the quizzes – researching the questions each week means I'm learning facts myself. I have to say that some of your thinking faces do make me laugh, especially when it's something you know but you just can't quite remember.

If you would like to join in with the quiz or have a trial run please contact Rachel on 07542 680280.

Till we all meet again, keep well and safe.

Rachel

Lockdown Arts and Crafts by Andrea

In September craft boxes containing the materials needed to make a shabby chic pen holder were delivered to members. We are happy to report that they turned out not too shabby!

In October the group was given two projects to make - one easy, one not so easy. We hope everyone enjoyed making Remembrance Day poppies which could be hung on a front door to show support for our service men and women.



If lockdown is lifted in December then there will be one more arts and crafts box sent out this year and with an advent theme. Materials for a Santa decoration and some Father Christmas napkin holders will be in the boxes.

Stay safe over Christmas and hopefully we may have an arts and crafts meeting in the library next year. See you all in 2021.

Andrea

Christmas Party

Sadly, this year's Christmas Party due to be held at Wicksteed Park, has been cancelled. The party would have included a show and a Christmas lunch. The good news is that Wicksteed is holding our deposit which we can carry over to another show in 2021. Watch this space for further updates!

Theatre Group Update

Cambridge Arts Theatre is currently taking bookings for 2021 but as yet Hunts Blind theatre group has nothing booked. We are closely monitoring the Arts Theatre website and as soon as we are able to safely organise and book the next performance for the group we will be in touch.

If you are interested in joining the theatre group and would like any information, please contact the office.

Share your lockdown stories

We would love to hear what our members have been up to over the lockdown periods. It has been a challenging time for everyone but if you have a story that you would like to share with our members, please let us know.

Hunts Blind member, Frank, contacted the Society after taking part in fun challenges with his family during the first lockdown. After talking with Frank about his challenges, one of which was to give details of either a single item or an event that makes him feel happy, we thought we could put the idea out to our members. We look forward to hearing your happy stories.

FUNDRAISING NEWS

Our fundraising activities and events remain cancelled for the time being but you can still support the Society through membership of our 200+ club. The scheme helps to raise over £1500 per year for the Society and distributes the same amount in prize winnings to shareholders. If you would like to join the 200 club (one share is £12 per year) please complete the form on the back of this newsletter or contact the office 01480 453438 for more information.

HSB 200+ Club Results

Congratulations to 200 club draw prize winners for August, September, October and November:-

August

1st prize - £25, M Parker

September

1st prize - £25, M Barker

2nd prize - £15, D Jones
3rd prize - £10, G Cousins

2nd prize - £15, G Mack
3rd prize - £10, P Clarke

October

1st prize – £25, V Smoothy
2nd prize – £15, D Jones

3rd prize – £10, J Burke

November

1st prize - £25, B Leask
2nd prize - £15, K Lowe

3rd prize - £10, S Spowart

RESOURCE CENTRE

Whilst the Society's resource centre is closed we are still able to arrange delivery of equipment direct to your home avoiding unnecessary contact and travel. Please don't hesitate to call us if you require information or advice on any equipment. Payment can be taken safely over the telephone.

New products

Miele Guideline Washing Machine

The Miele GuideLine is a washing machine specifically designed for people with sight impairment.

The machine features a unique, tactile control panel that enables you to easily select the right programme and settings. It is easy and intuitive to operate using just a rotary control and touch panel that also provide a strong visual contrast. The rotary control uses sound and raised dots to help you quickly select one of the 12 washing programmes, and the unique tactile control.

The Miele GuideLine features audible sounds at different pitches to ensure you can easily select the programme, temperature and other settings that you want. The higher the selected temperature or spin speed, the higher the pitch of the sound. An audio version of the instruction manual is included to help you quickly master the settings and get the most from your appliance.

Miele is the only brand to test washing machines for 20 years' use, and thanks to its exceptionally low operating noise the GuideLine won't be intrusive whilst running.



The GuideLine's large 8kg capacity drum is big enough for family use and its honeycomb design protects even delicate fabrics when used with the hand wash programme. And for total peace-of-mind, a 5 year parts and labour warranty is included.

Miele innovations for added convenience

The GuideLine washing machine is mess-free, thanks to its built-in CapDosing system that uses detergent tablets to precisely dose the correct amount for each load of laundry. And the superb Add Load function enables you to add any

forgotten items to the load at any stage of the cycle.

The Miele Guideline washing machine is £919 inc VAT and is available direct from RNIB.

Talking Ear and Forehead Thermometer

The talking thermometer measures your temperature from either your forehead or ear and announces the reading within two seconds in either degrees Celsius or Fahrenheit.



Measured body temperatures range from 32 to 42.9C. The thermometer will store up to 30 sets of temperatures, for a maximum of 30 days. Temperature is stored together with date, time and measurement mode, ear or forehead. Talking functions can be enabled and disabled as required at the press of a button. The thermometer will also

Speak room temperature and the current time if prompted. The thermometer is supplied with two AAA batteries already fitted in place. The talking ear and forehead thermometer is available from RNIB priced at £21.25 ex vat.

TECH CORNER

We are finding more and more of our members are embracing technology during this time, which is great news. If you are thinking of making a purchase but aren't quite sure which device is best suited to your needs then please make contact and we will help you to make the right decision. We have a great support network with the RNIB Tech Team who have remained open to referrals during lockdown. We would especially like to hear from anyone who is thinking of purchasing a tablet at this time, please contact Emma for more information.

Apps & skills to boost your wellbeing

Self-care apps are growing in popularity. Since lockdown measures were first introduced in March, some of us have turned to apps for mental health support. It is extremely important to maintain a balanced lifestyle, both mentally and physically and more so during these difficult times. We can find ourselves overloaded with information from the news and social media leading to feelings of anxiety and stress. If you haven't already found them, perhaps try some of the apps below;

Amazon Alexa Skills

Amazon Echo owners can try out Alexa skills dedicated to meditation and relaxation, there are many to choose from;

Relaxing Sounds Spa Music plays soothing music that will put you at peace. Simply say 'Alexa, play spa music', sit back and relax.

Guided Meditation - Meditation of the Day for Calm – this app provides a new meditation each day that lasts up to eight minutes. It's made up of a mixture of breathing exercises to help you eliminate stress and improve focus.

Meditation Timer - Relax, Focus & Sleep – say 'Alexa, open Meditation Timer' and you'll be asked how long you want to meditate for. The sound

of a gong signals the start of your experience, accompanied by calming sounds.

Fireplace Sounds - say 'Alexa, open Fireplace Sounds' for ambient sleep sounds to help you sleep, relax, meditate, focus or block out unwanted noise.

Or if you would prefer to listen to some relaxing music try 'Alexa, open Harp Sounds' or try 'Alexa, open Relaxing Piano'. There are so many to choose from - enjoy.

Other Apps

Mobile apps and their guided meditations enable people to become more mindful wherever they may be. Some apps are free which is a great way to get started if you've never meditated before. Others require a subscription to unlock more content.

The Headspace app has hundreds of guided meditations on everything from managing stress and anxiety to sleep. It also has stories, soundscapes, and music to help you sleep soundly and a new meditation is delivered to your device everyday. Headspace is available on IOS & Android and is free for the basics pack.

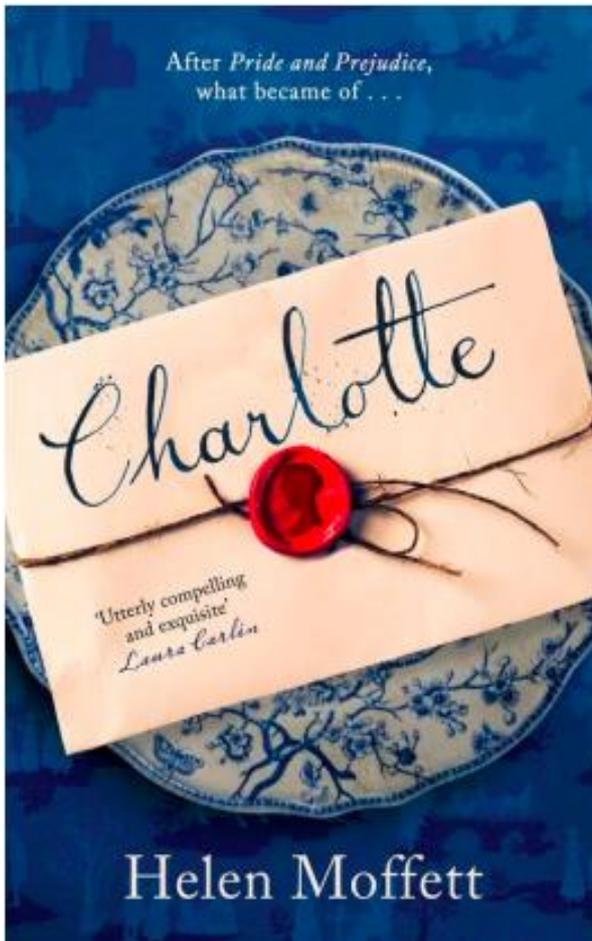
You can do a monthly or annual subscription and cancel anytime. The first two weeks are free if you opt for the annual subscription.

Calm is a meditation, sleep and relaxation app. The most popular feature on Calm is a 10-minute meditation called, 'The Daily Calm,' that explores a fresh mindful theme and inspiring concept each day. Calm also contains some 100 Sleep Stories (bed-time stories for grown-ups), plus sleep music, meditation lessons and nature sounds. The Calm app is free to download and some free content is available, but a paid subscription to Calm Premium unlocks access to Calm's entire content library.

Or you can search online in the NHS apps library - www.nhs.uk/apps-library. Here you will find a wide range of support apps available, many of which are free of charge.

CAMBRIDGESHIRE LIBRARIES PRESENTS

Charlotte by Helen Moffett



Everybody believes that Charlotte Lucas has no prospects. She is unmarried, plain, poor and reaching a dangerous age. When she stuns the neighbourhood by accepting the proposal of buffoonish clergyman Mr Collins, her best friend Lizzy Bennet is appalled by her decision. Yet this is the only way Charlotte knows how to provide for her future. Her married life will propel her into a new world: not only of duty and longed-for children, but secrets, grief, unexpected love and friendship, and a kind of freedom. Jane Austen cared deeply about the constraints on women in Regency England. This powerful reimagining takes up where Austen left off in *Pride and Prejudice*, showing us a woman determined to carve a place for herself

in the world. Charlotte offers a fresh, feminist addition to the post-Austen canon, beautifully imagined, and brimming with passion and intelligence.

Borrow from the library Borrowbox service: <https://bit.ly/3jS6rSQ>
You will need your library card and PIN.

Library Live

Library.Live is the digital home for Cambridgeshire Libraries - powered by local librarians, bringing together events, information, recommendations and more.

Library.Live's features

Library.Live lets you ask your local librarians anything you like - big or small, they're there to help. Every question is personally answered by a member of Cambridgeshire library staff, making sure that you get relevant, tailored answers to anything you can think of.

Librarians have brought together favourite books, podcasts, events, groups and more, giving an introduction to a variety of different topics.

Librarians share the exciting events on their radar each month, from national performances to local events across Cambridgeshire and Peterborough.

The Library Presents brings music, drama, art, dance, storytelling, comedy, puppetry, magic, digital arts and workshops to you.

The Library.Live Book Club in partnership with Bonnier Books UK, brings four new books each month, plus a range of podcasts, author interviews and more for you to explore.

Nursery Rhyme For Our Time

Twinkle, twinkle little star
You're in the safest place by far,
Don't come down here to see what's what,
You'd be in for a nasty shock.

For Covid-19's gripped our planet,
Necessitating wills of granite
For everyone to stay well clear
Of other folk - we daren't get near!

And no one knows when this will end,
It's driving people mad, my friend.
If only we could have made some date
To cling onto, it would be great.

It could be this year, maybe not,
It all depends what skill we've got
To find a vaccine pretty smart
Which would preclude staying apart.

So, little star, just stay well clear,
There really is so much to fear.
We're quite content to watch you glow
From far away - so now you know!



One Jump Ahead

What do you do with an insect at Christmas?
What do you with a bug?
Sweep it out of the room with the end of a broom,
Or make it all snug in a rug?
Even an insect has feelings,
There might be a card he could send;
If he's hale and hearty
He'll go to a party
With a nice looking lady-bird friend.

What do you do with an aphid at Christmas,
Under the mistletoe?
As you stand there in bliss awaiting a kiss

From either your belle or you beau;
There in the green stuff you'll see him,
His little antennae a - twitch,
And he'll think it jolly
To sit on your holly
And 'neath your Christmas tree watch you itch!

Please will you welcome an earwig at Christmas
And greet him on Christmas morn',
When you say "Good Cheer", he'll shout you "Ere, 'ere";
You won't find an earwig forlorn
And if you're on your own with a cracker
With no one to pull t'other end
I can say it's a cinch,
He'll give it a pinch;
You'll be glad you made earwig a friend.

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.**

SUMMER QUIZ ANSWERS

E	I	L	O	C	C	O	R	B	N	O	I	N	O
T	T	E	B	S	Y	R	E	L	E	C	M	W	D
A	Y	A	P	A	P	O	B	E	T	E	S	O	A
D	P	E	N	E	N	R	E	M	L	D	T	R	C
B	A	P	A	A	R	A	A	O	R	E	B	R	O
R	S	C	L	A	R	N	N	N	S	W	E	A	V
A	H	H	D	E	G	G	S	A	T	S	U	M	A
B	H	I	C	E	S	E	E	L	S	K	E	E	L
U	S	C	T	H	P	P	U	M	P	K	I	N	E
H	A	O	O	C	A	C	O	C	O	N	U	T	T
R	U	R	M	Y	S	R	E	T	U	P	O	I	T
T	Q	Y	A	L	G	M	D	K	A	L	E	W	U
U	S	M	T	P	I	N	R	U	T	T	R	I	C
R	E	W	O	L	F	I	L	U	A	C	O	K	E

Unused letters spell - BRUSSEL SPROUTS

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 payable to Huntingdonshire Society for the Blind or payment can be made via BACS to CAF Bank, sort code 40 52 40, account number 00021399. Please include your name as a reference.

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

Office Use only

200+ Club number issued

Date of first draw

Date of reminder

WINTER QUIZ

This Pantomime themed word search is to complete just for fun and has 9 unused letters which spell out another Panto character.

G	N	I	M	R	A	H	C	E	C	N	I	R	P	Y
E	E	F	R	A	W	D	F	R	O	G	K	I	N	G
L	S	T	O	M	T	H	U	M	B	K	E	O	E	Y
P	O	S	Y	O	B	T	S	O	L	R	M	T	E	S
M	O	A	K	J	A	C	K	A	R	I	S	K	T	I
I	G	E	G	O	R	I	T	O	S	L	N	O	A	A
S	R	B	E	L	O	S	T	R	K	A	O	T	L	D
N	E	A	N	A	N	H	E	I	W	B	T	T	L	P
O	H	L	I	A	H	Z	N	T	N	E	T	O	E	E
W	T	I	E	G	A	G	W	I	G	A	U	R	R	T
W	O	B	I	N	R	O	S	R	A	U	B	T	E	E
H	M	A	A	A	D	S	M	E	E	T	I	E	D	R
I	N	B	T	I	U	W	E	N	D	Y	P	M	N	P
T	A	A	W	P	P	N	I	D	D	A	L	A	I	A
E	S	R	E	T	S	I	S	Y	L	G	U	D	C	N

- | | | | |
|--------------|------------|-----------------|---------------|
| Abanazer | Cinderella | Lost Boys | Smee |
| Aladdin | Daisy | Mother Goose | Snow White |
| Ali Baba | Dame Trott | Nana | Tom Thumb |
| Baron Hardup | Dwarf | Peter Pan | Ugly Sisters |
| Beanstalk | Frog King | Pierrot | Wendy |
| Beast | Genie | Prince Charming | Widow Twankey |
| Beauty | Giant | Puss in Boots | |
| Buttons | Jack | Simon | |
| Captain Hook | King Rat | Simple | |

Unused Letters Spell _ _ _ _ _ _ _ _ _