Welcome to the

Summer 2024

Focus Newsletter!

Contents

Jamal Abdullah

Introduction from Matt Cliff

New Ways to Access your Newsletter

Fundraising Events

Margaret Guppy’s Cookery Corner

The Adventure by Margaret Guppy

New Friends for Toby by Margaret Guppy

Introducing Richard Cole

Bradbury Fields Lottery

Active Vision Clubs and Volunteering

Margaret Guppy’s Gardening Corner

Introducing Kat Leech

Social Media

Introducing Marie King and Andie Griffiths

Sightline Vision – Volunteering

Jamal Abdullah

The first thing we need to share is the extremely sad news of the passing of our much-loved Jamal Abdullah.

Jamal was out longest serving member of staff, working here since April 1997. He sadly passed away at the end of May aged just 58.

Jamal joined us initially as an outreach worker before qualifying as a Rehabilitation Officer for the Visually Impaired and along the way was also our Resource Centre Manager and Be Active Volunteer Coordinator.

Matt had the pleasure of knowing Jamal long before Matt started working at Bradbury Fields, always telling Jamal that he was their ‘Host with the Most’, welcoming and directing people and ensuring they felt welcome, with Jamal exuding that warm presence that he had.

When Matt started working with Jamal at Bradbury Fields, he referred to him as the ‘Karaoke King’, the lift and soul of the staff get-togethers, and we were also blessed to read a flurry of compliments from service users about the fantastic work Jamal did as a Rehabilitation Officer supporting people with their independent living and improving their lives.

What an absolute gentleman he was, and Matt would like to take the opportunity to thank Jamal. Our thoughts and prayers go out to Jamal, his family, his friends, all of those who worked with Jamal and all those who knew and loved him.

Rest in peace, Jamal.

We will be holding a memorial event for Jamal, the details of which are not yet known but we will be doing this in accordance with the wishes of his family. The event will likely take place before the next recording of this Newsletter so if you would like to know more, please contact Reception and let them know so that you can receive that information.

Also keep an eye on other platforms, whether that be social media, emails or the telephone information line to find out exactly when that will be.

Thank you.

Matt Cliff – Director of Bradbury Fields

Matt Cliff, Director of Bradbury Fields Services at CBI welcomed everyone to the latest Newsletter.

So, in our summer 2024 Newsletter, there’s an awful lot included. First of all we will be meeting some of the team, with three of our newer team members, Andie who is our new Health and Wellbeing Volunteer Coordinator; Marie, one of our new Lifestyle and Rehabilitation Assistants and Richard who is one of the newer members of the Bradbury Fields Committee.

Richard will later be sharing information with us about a new way to access this Newsletter, so if you are reading this Newsletter in large print, there will soon be another option through podcast platforms. How cool would it be to be able to say to Alexa, Google or Siri or one of our other AI friends “play the Bradbury Fields Newsletter”! I for one am excited about that!

We have some regular entries to the Newsletter including Margaret’s Recipe Corner and Margaret’s Gardening Club. Looking forward to those!

In addition we have a few of the other team members sharing information about various activities and events including our One Thousand Voices Event and the Tech for Life Event taking place in September.

Louise will be sharing information about some of our fundraising initiatives.

On a personal note from Matt about fundraising, it can sometimes be seen as a ‘begging bowl’ for the charity but the truth of the matter is that fundraising is the life blood of charities up and down the country so if you do happen to be asked to do a sponsored event, make a donation somewhere, join a charity lottery or even leave a small gift in your Will, then why not think about Bradbury Fields. We really can make a difference to people’s lives. We are a local organisation. Any donation, no matter how big or small, goes a very long way to us enriching the lives of blind and partially sighted people.

The last thing on the summer edition of the newsletter will be Ian from Sightline.

Sightline Vision are a national charity and offer telephone befriending services to people living with sight loss. It is a volunteer run service, all the volunteers having experience of visual impairment and lived experience.

A fantastic organisation which we are proud to have as a partner with Bradbury Fields. Ian will explain more about that.

If you would like to know more about anything in the newsletter, please feel free to get in touch with our reception team. You can do this by calling on 0151 221 0888, email info@bradburyfields.org.uk , you can go to our website which is [www.bradburyfields.org.uk](http://www.bradburyfields.org.uk). You can also follow us on various social media platforms. What you may also want to enquire about joining one of our other regular communication options so we send out a weekly Be Active email which includes details of all of our activities and upcoming events.

We also offer our information line which is a telephone number you simply call and listen to the message which is updated on the first Friday of every month. The telephone number for that is 0151 221 0889.

Hope you enjoy reading this newsletter!

Richard Cole

Introducing New Ways to Access Your

Focus Newsletter

At Bradbury Fields we are constantly looking for new ways to improve our services and to make them more accessible to you.

Over the years we have been sending out our newsletters to you by CDs which we know many of your appreciated.

We have been thinking about how we can make this process even easier and are thrilled to announce that we are making our newsletter available on various podcast platforms.

By simply saying the words “play podcast Bradbury Fields newsletter”, you have instant access to our newsletters on line.

Why have to wait for a physical CD to arrive when you can use your computer, smart phone or even devices like Alexa?

Accessing our newsletters will be simpler than ever before.

We believe this move not only improves convenience, but also helps us operate more sustainably as a charity.

If you would prefer to access our newsletter via podcast or you prefer to receive a CD or large print, please let us know. Your preferences will guide us in tailoring our services to better meet your needs.

Thank you for being part of the Bradbury Fields community. Together we can continue to make a positive impact and ensure our services remain accessible to all.

Louise Miller

Fundraising Events

The first event Louise wants to tell you about is called One Thousand Voices, being driven by Liverpool Indi Choir and the idea of the event is to get one thousand people together in one room to sing a song.

The details for this event are that it will be on Monday 9th September 2024, 7pm until 10.30pm, the venue being Camping Furness in Liverpool City Centre.

Tickets are just £10 each and can be made available from our website.

It’s a joint fundraiser and the money will be split between Bradbury Fields and Woodlands Hospice.

More information on our website.

The second event which Louise is working on is our Technology for Life. This is our sixth technology event that we’ve put on and will be held on Friday 13th September 2024 from 10am until 3pm at Bradbury Fields. Free entry. The idea for this event is to bring lots of technology companies together to show all of the various pieces of kit made available to assist those living with sight loss.

And back by popular demand are a few exhibitors who provide equipment for those living with hearing loss too.

So, this is an event that should not be missed!

Margaret Guppy’s Cookery Corner

Some people when they start to lose their vision think they can’t cook any more. You can! There are lots of ways around to make yourself feel comfortable when you are cooking. Make sure everything in your kitchen is exactly where you want it and make sure nobody else moves it!

The best thing in Margaret’s kitchen is a pair of talking scales. With these and an oven, Margaret can do basic cookery, make basic cakes. You don’t need to make fancy cakes as they just mean more calories and you don’t want them!

Margaret makes simple things like Victoria Sponge, Chocolate Sponge and Coffee Sponge where you put all the ingredients in the bowl together and just beat it, put it in the tin and in the oven. A Victoria Sponge takes half an hour on 180 and there’s your cake done!

Victoria Sponge was invented for Queen Victoria, hence its name. Queen Victoria did not like to have cream in her Victoria Sponge, only jam because she was a chunky lady who had to watch her weight!

Never worry if you have been diagnosed with an eye condition that you can’t cook. You can! You can do simple things. A slow cooker is fantastic because all you do with a slow cooker is to throw all the ingredients in together and leave it for either four or seven hours, go shopping or visit a neighbour or friend, come back and your tea’s ready! If you do enough and you live alone, freeze it and you have a meal for another day.

So it’s not difficult really. We tend to become a bit lazy when we start to lose our sight and think that we can’t manage. Well you can and its something you need to prove to everybody else, your family and friends. It’s only our eyes that don’t work. Our brains are perfectly alright.

Margaret did have a taxi driver recently say to her “how do you know where you live”? Margaret said that she was blind, not stupid! Silly man!

You have to try to do your best and if you can read large print, you can get large print cookery books and of course if you have somebody with a computer they can bring up things for you in large print.

Victoria Sponge Recipe

6 ounces self raising flour

6 ounces soft margarine

6 ounces caster sugar

1 teaspoon baking powder

3 eggs

Put them all in the bowl together and beat it for two minutes

Divide between two tins, put in over on 180 for around 30 minutes

All you have to do is let it go cold and put the jam in the middle and people will think you are very clever and it will taste much better than shop bought cakes which contain preservatives, so it is much nicer to do something natural.

Don’t forget when you are in your kitchen and you think you can’t cook – you can!

If some of you would like to come to the Bradbury Centre sometime and learn how to do a few more things, Margaret will happily come along to show you and then everyone will think you are clever!

The Adventure

By Margaret Guppy

The journey was not an easy one. The weather looked bad and the younger ones, of which there were many, decided that we should not wait. There were hundreds of miles to travel and as we headed into the open sea I could see the fierce black clouds racing towards us. I was afraid.

Travelling into the wind sapped my energy and when the rain came it battered my body so that I felt bruised.

I thought the journey would never end.

On reaching dry land I had to stop several times to rest and restore my energy.

Exhausted, hungry and with aching bones, I have arrived at my destination. I can at last feel the warm sun on my back and the promise of shelter and food gives me comfort.

Inexperience and the harsh weather took their tolls. Some of the young ones did not survive. I saw many broken bodies on my way and felt sorry for their passing.

But life must go on and we must look to the future and a new life.

Now that there is a roof over my head I can start to make a home for my family, search for tasty morsels to eat and so regain my strength.

It is sometimes difficult to survive but I would not wish for a different way of life. It is wonderful to observe the changing seasons, to feel the closeness of dear family and friends and to be as free as a bird.

New Friends for Toby

By Margaret Guppy

Even a smart new school uniform could not put a smile on the sad face of one unhappy little boy called Toby.

“I think you should put your scarf on this morning, it’s quite cold outside” came a voice from the hall.

“Do I have to?” was the reply.

“Oh I think so” said Mum as she came into the room. “You don’t want to catch a cold”

“No! Go to school I mean”

“Now Toby”, scolded his Mother, “We’ve been through this many times. We have moved to a new house that is better for you so you have to go to the new school. You’ll soon make lots of new friends, believe me”.

Toby was not convinced.

“Come on, out your coat on. You don’t want to be late on your first day”.

“I’d rather not go at all” thought Toby as he struggled with the zip of his coat.

“I’ve decided that we will walk to school every day unless the weather is bad, then we’ll use the car” said Toby’s mother. “The fresh air will do us both good. I’ll get your lunch box while you get in your chair”.

Toby did as he was told making himself as comfortable as possible, putting his crutches into the clip at the side of the wheelchair.

“Mum was right”, thought Toby, “it is cold outside”. It was a good excuse to pull the collar of his coat up around his ears and pretend he was invisible for the twenty minutes it took to walk to school.

There was time to remember the first visit to meet the headmaster and time to remember bits of conversation.

“Toby will be happy here, only a small school, everyone is very friendly”.

Toby felt the stares as his mother pushed him through the school gates, up the path and into the one storey school building.

In no time at all they were knocking on the headmaster’s door.

“Come in” said Mr James.

Five minutes later and Toby’s mother had gone home. In her place was Mrs Lacey who was to look after Toby whilst he was at school.

Toby secretly hoped it would be a lot easier in a couple of weeks when his new electric wheelchair arrived.

In assembly the little boy was introduced to everyone. “It all seems very friendly”, thought

Toby – perhaps things were going to be alright after all.

And it would have been except for Colin. Whilst all the other children did their best to get used to a new friend in a wheelchair, Colin wasn’t quite sure if he wanted to know this boy who was getting a lot of attention. He decided to talk to him when he thought that no one else was listening.

“Is your name really Toby?”

“Yes – why?”

“I know a dog called Toby” said Colin.

Toby looked down at his knees and said nothing all the while, wishing that he was a dog then he could run home.

“My mum says that you shouldn’t be at this school” said Colin.

“Why not?”

“She says you should be in a special school for disabled children”.

Toby was angry at this remark.

“It’s only my legs that don’t work. My brain is just as good as yours”.

Toby was more than pleased to be at the end of the day to see his mum waiting at the school gates.

“Did everything go alright?” was the question on the way home.

“Not bad” said Toby. “Everyone seems friendly but there’s one boy I’m not sure about”.

“It’s early days yet, you’ll soon settle in” was the reply.

Toby soon got to know the names of all the other children. One particular friend seemed to sense that Colin did not like the newcomer. Amy tried to be around when she saw Colin talking to Toby as her new friend always looked miserable afterwards.

Amy said one day, “You don’t want to take any notice of Colin. He’s a bit funny with everyone”.

“Yes” said Toby. “I try to forget what he says but it isn’t easy”.

At the back of the school was a plot of land where all the children had a garden patch that they tended twice a week. There they grew flowers and vegetables. Colin took great delight in telling Toby that he could not garden because he could not reach from his wheelchair.

Mrs Lacey overheard this and told the headmaster and to Toby’s delight, Mr James asked Toby if he would like to garden.

“Well, I would like to but I don’t think that I could manage”.

“I don’t see why not, we could make you a raised bed and that way you can reach it from your wheelchair”.

Colin scowled when he heard this and resolved to find another way of hurting Toby.

“Guess what” said Toby on his way home that day. “I’m going to do some gardening like all of the other children but in a special patch. Mr James said that I could. I think that I’ll grow daffodils, lettuce and carrots”.

Mum laughed. “As long as you don’t bring me daffodils home to cook for supper!”

She was pleased to see Toby happy.

One day at school Colin was handing out invitations. “You can’t come to my birthday party” he announced to Toby “because we’ve got steps up to our house and you’re not my friend anyway”.

“My new electric wheelchair is being delivered at the weekend so I’ll be very busy”.

This did not please Colin. It was like someone telling him that they had a toy bigger and better than his.

On Saturday, Colin’s birthday, Toby spent the day waiting for the special delivery and then getting used to his new chair. He had forgotten all about the party until and her mother rang the front door bell.

Toby heard his mother talking to them and heard his name called but he pretended not to hear.

Then he heard the front door close.

When his mother came into the room she was cross. “Why didn’t you come to the door, you knew who it was?”

“Didn’t want to” said Toby staring out of the window.

“Well Amy has brought you the sweets she got from the party. Wasn’t that kind?”

Toby smiled and nodded his head. He had already decided that he was not going to eat the sweets but on his first day in the new chair, everyone admitted it except Colin, of course, who ignored it apart from asking could he have a ride in it. Toby took great delight in saying “No, your legs work, mine don’t”.

“I’ve got a bike for my birthday anyway” said Colin as he walked away.

Having the electric wheelchair meant that Toby could get around the school without Mrs Lacey although she was always there to help when needed.

They even built a ramp across the one awkward step coming out of the building.

Toby was getting more confident every day.

One day on the way to school Toby asked his mother if he could come home on his own like some of the other children. As he said, now that he had his wheelchair it was easier and he could talk to his new friends on the way home.

“But I’m not so sure,” said his mother. “It’s early days, yet. What if you had a puncture?”

“Oh please, just once to see how I get on. I’ll be careful. Honest!!

“Well, I suppose you could come home on your own today but I’m not certain I’m doing the right thing. I shall watch out for you and if you are a minute late, I will come to see where you are”.

“Hurrah” said Toby, feeling quite grown up.

For all of that day at school, Toby was very happy. He was going home on his own for the very first time not even Colin could upset him today.

The lessons went well, and he even planted some seeds in the little patch of garden.

At the end of the school day, Mrs Lacey helped him on with his coat and said, “are you sure you’ll be alright on your own?”

“Oh yes, there’s no big roads to cross”. And with that, Toby was gone out of the door and down the school path.

“Where’s your mum?” everyone said.

“I’m going home on my own today” said Toby with a smile.

It would have gone very well if it had not been for Colin who realising his opportunity to be very naughty followed Toby, caught up with him and passed him shouting “I can run! You can’t! My legs are better than a wheelchair!”

Toby did his best to ignore these remarks and soon all the other children had gone their separate ways. There was only Colin and Toby left and just by the church, Colin did a very silly thing. Showing off he jumped on the church wall.

“Look what I can do that you can’t”.

Before they both knew it, Colin slipped and fell into the churchyard.

“Ow! Ow!” came the cry from the other side of the church wall.

“My leg hurts! I want my mum”.

Toby, horrified, did not know what to do for an instant then shouted out to Colin, hoping his voice would be heard above the crying.

“I’ll go and get help; I won’t be long” and off he went back to school hoping there would be someone still there. Fortunately, Mr James was just getting into his car. He was surprised to see Toby.

“What’s the matter – you should be home by now?”

“Quick, Mr James, it’s Colin, he’s fallen. He’s the other side of the church wall. He’s hurt bad!”

“Oh dear” said the headmaster “I’ll have to go and telephone for an ambulance and ring Colin’s mother. “Are you brave enough to go back and tell him help is coming?”

“Yes” said Toby, turning his wheelchair round and going back the way he had just come.

Soon the ambulance, the headmaster and Colin’s mum were there and Colin was being lifted into the ambulance. By this time. Toby’s mother had arrived having become very anxious when he was late home. It wasn’t until Toby was safely indoors that he began to cry.

“If it wasn’t for me wanting to come home on my own, Colin wouldn’t have fallen off the wall. It’s all my fault!”

“Don’t get upset” said mum, putting a comforting arm around Toby. “You’re not to blame. Colin was very foolish to do what he did and you were very brave to go and get help”.

A few days later, all the excitement had died down. Colin was back at school, very subdued with a plaster caste on his leg and using a pair of crutches. Of course Toby got a lot of praise for coming to the rescue. It didn’t stop nasty Colin asking Toby if he could use his wheelchair because of his bad leg.

“No, your leg will get better, mine won’t, but you can come to my house at the weekend to play on my computer”.

When Toby saw Amy at playtime, he asked if she would like to come to his house to play. “Then we can share the birthday sweets”.

“Havn’t you eaten them yet” said Amy, surprised.

“No” said Toby, “I thought you only brought them because you felt sorry for me”.

“I only felt sorry for you because you hadn’t been invited to the party. Why should I feel sorry for you because you can’t walk?”

“No reason at all” said Toby, “No reason at all”.

“I’m going to enjoy having new friends”, thought Toby, “Even Colin!”

Introducing

Richard Cole

Richard Cole has been involved with Bradbury Fields for almost two years, being Deputy Chair of our CSC Committee and also is Chairman of our Finance and General Purposes Committee.

Through these roles, Richard helps the charity in an advisory capacity, supporting some of its decision making and helping to scrutinise its finances, policies and procedures.

As well as supporting Bradbury Fields, Richard also uses the services as he is registered as sight impaired, having retinol albinism and congenital nystagmus and also has glaucoma.

Richard lives in Liverpool with his wife, Sarah, and despite his sight impairment works four days a week as a management consultant and thoroughly enjoys cycling, country walking and photography.

You’ll often see Richard in the Bradbury Fields Bistro or joining the walking group for a Sunday ramble.

Richard hopes to bump into you soon!

Bradbury Fields Lottery

Imagine buying a lottery ticket for just £1 a week and being in with a chance to win £25,000 every Monday, whilst supporting blind and partially sighted people across Merseyside. That could be you if you join the Bradbury Fields Lottery.

Our website is [www.bradburyfields.org.uk](http://www.bradburyfields.org.uk)

Click the link to the Bradbury Lottery.

Good luck – you’ve got to be in it to win it!

Active Vision Clubs and Volunteering

Andie is our new Health, Wellbeing and Volunteer Coordinator and is with Doreen, a volunteer from our Active Vision Club.

Doreen has been volunteering with us for over eighteen years, getting into volunteering through her mum who had glaucoma, her mum being involved with club activities when we were known as LVSB.

Doreen’s role is as a driver, picking up service users and dropping them off as well as doing the swimming.

Doreen also covers for other drivers.

She guides the people who come in.

Doreen enjoys this!

Our drivers pick people up from their homes, bring them into the Bradbury Centre where they have tea and toast, take part in activities, enjoy a two-course lunchtime meal and are then taken home.

One of the activities is bingo. We also have quizzes, singers, exercise activities most mornings.

One of our volunteers, Kerry, sings so will sing along entertaining everyone.

The swimming is on Thursdays for the health and wellbeing activities.

Wednesday, we have gym at Picton Sports Centre.

We couldn’t do these activities without our volunteers.

Doreen enjoys her volunteering but mainly the on the road driving!

Doreen has been a volunteer driver since she started volunteering at Bradbury Fields, sharing the driving with Vic and Rob who showed her the route.

Doreen knows most of the routes needed!

All the drivers have their own regular routes.

Doreen would encourage everyone to give the Active Vision Clubs a try. They’re great for getting you out of the house and it’s a nice community with nice activities.

Also try one of our evening social events which take place every couple of months.

Margaret’s Gardening Corner

We have a Sensory Garden which is lovely at the moment because there’s a lot of roses out and other things starting to come up.

We also have a Bistro where you can have a drink and a sandwich, or a meal.

You can still garden when you can’t see very well.

If you’ve got roses in your garden, cut back the flowers as they have finished and more will come. Keep feeding your plants. Tomato food feeds everything.

Cherry tomatoes in hanging baskets have to be watered once a day and fed once a week.

We’ve had a lot of rain but you still need to water your hanging baskets every day.

Even if you haven’t got a garden, put a pot in your yard with little plants in, some primulas or pansies. Even if you can’t see them, you might have visitors who would say “isn’t that pot nice” and that makes all the difference.

You can grow herbs in a garden and in pots. If you are tempted to put bamboo in your garden, it is very invasive and grows everywhere so Margaret recommends that you only grow bamboo in pots so it won’t grow everywhere.

If you’ve got something that has just flowered and only flowers once a year, cut it back and it will come back next year.

All you need is a little bit of common sense, a nice pair of secateurs and a hand trowel. You can put bushes in your garden that don’t take a lot of looking after and prune them every other year.

Enjoy your gardening!

Introducing

Kat Leech

Lifestyle and Rehabilitation Assistant

Kat wants you to know about some of our assistive technology classes. These commenced on 24th July and are very Wednesday and Thursday from 1.30pm until 3.30pm.

During these sessions we have lots of different types of technology, each session covering different types of technology.

We have accessibility on android smartphones and on Apple. We look at different things like Google Maps, Alexas, talk back and voice overs and magnification settings as well as colour contrast, etc.

If you are having any problems with assistive technology and feel that you need some help, then please feel free to come to one of our sessions.

Hopefully see you all there!

Social Media

Bradbury Fields are on Facebook and Instagram. We do have some presence on Twitten but tend to use Facebook and Instagram to get our messages out to everyone.

If you are a social media user, please follow us. If you have friends or family using social media, then please ask them to do the same.

The wider we can spread the good work of Bradbury Fields, the better!

We are also on a platform called LinkedIn and this is a professional network. So if you or your family or friends are on this, please let us know. We are currently working on our corporate reach to try to get more fundraising and ideas off the ground with the corporate sector.

If anyone can help by spreading the word on social media, please follow us at Bradbury Fields!

Andie Griffiths

Introducing

Marie King

Lifestyle and Rehabilitation Assistant

Andie and Marie are the two newest members of staff, having been here for just two months, Andie being our Health and Wellbeing and Volunteer Coordinator.

Andie coordinates the general wellbeing activities as part of the Be Active programme.

We have various things like coffee mornings, arts and crafts groups, tech groups, etc.

The coffee mornings tend to be for new members and are great for getting to know the Centre, new people and easing your way in and then choosing what activities you like.

We often have different talks at the coffee mornings. Coming up we have talks on nutrition, we’ve had someone talking about their experiences in getting a guide dog, how confident it has made them and all the pros and cons. This was a really useful session.

We’ve got lots of other sessions one of them being our Let’s Talk session which Marie is very involved with.

Marie explained that this is basically a support group, supporting people with sight loss.

Everybody there has sight loss and understands how everybody else feels. They literally talk about anything they want to talk about. They take turns explaining what they have done over the weekend. It’s basically a support network and they are looking for new members so if anybody feels the need for support with their sight loss, please let us know.

We are facilitating a trip to Chester with the Lets Talk group for a day out.

Other activities will be coming up throughout the summer months.

They also had a great day recently, a Driving Experience day as part of the Be Active Programme. Twelve people had the opportunity to be driven in a Raleigh car and to learn to drive, the instructors having dual control pedals, and getting to drive around the racetrack! Everybody went home on a high, they all enjoyed the day and were pleased with the outcome.

Marie is a rehab assistant and within that role is a part of lifestyles inclusive of the Be Active programme.

Marie helps out any groups around Bradbury Fields covering services.

She aids any services needed.

From a rehab point of view, she goes out into the community and goes to individuals who may require assistance.

This could be anything from issuing equipment to assisting people to make phone calls. Basically making their everyday lives a little easier.

It’s nice to have this link as the rehab team make referrals to Andie.

Marie said if she sees anyone needing assistance, this is where lifestyle and rehab come together as they would then try to engage them into taking part in services within the Centre. It is a way to bring people who have never been to Bradbury Fields into the service for the first time and potentially broaden their horizons as to what is actually out there for individuals with sight loss.

We have a wide range so you don’t have to come to everything, you don’t have to come every week, but if you are interested in arts and crafts or exercising, then you could come along to yoga or gym sessions.

If you just want company then we have got lots of things going on, including braille groups.

We have a weekly mailing list of activities which goes out every Friday, with the dates and times and specific activities.

If you want to join this list, get in touch with Bradbury Fields.

We have a wide group of people, all ages, all backgrounds. Everyone is welcome, Bradbury Fields is open to anybody with sight loss and is a very inclusive environment.

Ian Edwards

Sightline Vision

Ian Edwards is the Chief Executive at Sightline Vision wants to let you know about volunteering for Sightline.

Sightline provides a telephone befriending service for visually impaired people living across England and Wales.

Volunteering for Sightline is extremely easy and can be done from the comfort of your own home, on any day of the week at any time of the day.

Sightline is looking for new volunteers to talk to an ever-increasing number of service users who wish to take advantage of the service.

If you would like to be a Sightline volunteer, it is very straightforward. A simple application form and Sightline can get you up and running very quickly.

The sole purpose of being a Sightline volunteer is to have a friendly weekly chat with a blind or partially sighted person who will also be at home and really there is no barrier to what you can talk about and as service users, you can be male or female, any age, but all having some kind of visual impairment.

If you would like to be a part of the team of Sightline volunteers which is ever growing, then Ian would really like to hear from you. You can contact Sightline on their freephone telephone number, 0800 5872252.

Many of the volunteers find they get an awful lot out of being a volunteer for Sightline and build long term relationships with the service users they speak to, so some of the befriending matches have now been going on for several years. Some last for shorter periods of time but volunteering with Sightline can be as flexible as you need to be so do please contact us on the freephone number, 0800 5872252.

Disclaimer

Although we make every attempt to ensure that the information contained within the newsletter is both timely and accurate, Bradbury Fields cannot be held responsible for any information that is within it. This newsletter is provided for information purposes only and is not intended to be either legally binding or contractual in nature.

If you want to receive a fuller version of this newsletter, please contact reception on

0151 221 0888 and you will be sent the audio version.

We hope you’ve enjoyed this Newsletter and look forward to meeting you again when we present our next Newsletter.