

Annual Report 2017-18



Southampton Sight (Southampton Society for the Blind) is a local charity providing a range of practical help and advice to people affected by sight loss, with the aim of promoting independence, wellbeing and choice.

1071 people with sight loss supported by Southampton Sight

40 young people and children attended activities at the centre

55 volunteers gave us 4,965 hours of time equivalent to £37,237

198 social activity sessions (2409 contacts)



311 people attended assistive technology sessions

19 people accessed the audio library

281 information, advice and equipment demonstrations

12 activity bulletins per annum sent to over 860 members

350 People attended sight loss awareness sessions and 270 primary pupils in 4 schools attended a 'sense' session

It was an incredibly enjoyable and worthwhile session. Both the children and I thoroughly enjoyed it. Thank you. **"Holy Family Primary School"**

Southampton Sight Objectives

People with sight loss will have greater independence

AM became aware of Southampton Sight when his daughter found the website on the internet. AM's first visit of many was to meet with a member of staff and find out about more available resources that could help support his day to day living. AM purchased a few items and was informed about a Cooking with Confidence course to help support living independently with sight loss. This group comes together once a week for four weeks to learn new skills and gain confidence. AM gained new tips from others in the group such as apps that he could have on his phone to support him with his sight loss and ideas on how others had overcome problems they had faced in their day to day life. AM enjoyed the social aspects and gained a lot doing something he had always enjoyed. He then visited our access technology adviser for help with using his computer and is now learning to touch type.

"When I first come I would put my confidence at a low with a score of 1 out of 10 and I was not cooking at all. Now I would score my confidence at 8 out of 10. I will now be cooking at home and will have to try the biscuits again".

People with sight loss will experience reduced isolation

AW was referred to Southampton Sight after her husband passed away and her family felt that she needed more support. AW lives on her own with a hearing impairment and is severely sight impaired. AW visited Southampton Sight for her statutory sensory assessment and was able to try out equipment that would make her life easier and enable her to carry on doing tasks that she enjoyed. AW found out more about all the services and support that Southampton Sight had to offer. She was worried about how she would get to the centre and how she would hear with her hearing impairment. Staff at the Southampton Sight reassured AW that they would arrange transport to activities and that the centre was equipped with a hearing loop. AW attended a Wednesday social group and found that she already knew people in the group from years before, she also found that she made new friendships and enjoyed her time. AW has now been attending the group regularly and this has help her to feel less lonely and isolated in her home.

People with sight loss will have greater access to information, advice, support and specialist equipment in relation to their sight loss

AV was a Primary school teacher when he contracted meningitis, the lasting consequences of this were homonymous hemianopia and neurological fatigue which meant that in September 2017 AV took early retirement at the age of 51. AV contacted Southampton Sight asking if he could use his teaching skills to volunteer to deliver a project in schools aligned with the national curriculum explaining the 'senses'. The Schools project was launched in February 2018 and has been a great success with 270 children aged 6-7 experiencing an interactive sight loss awareness session. AV, his partner and some close friends attended a Dine in the Dark fundraiser. This gave his non-visually impaired friends the opportunity to wear simulation spectacles whilst dining at a restaurant to experience how AV now sees the world, they all expressed (including AV) what an important lesson it had been for them. Southampton Sight has helped turn AV's life around, he was feeling down and not much use to anyone and in turn AV has helped the Society to raise awareness in the community.

"As a teacher, I always felt I was contributing to the world in a positive way. I found having to take early retirement from my job very difficult. I experienced a sense of loss and lack of purpose. Volunteering for Southampton Sight has given me a new purpose and a sense that I am needed and valued again."

Residents of Southampton and associated professionals will have increased awareness of sight loss

Raising awareness in action! Southampton Sight has regular sight loss awareness events in the community. We offer an interactive stand with simulation spectacles, blindfold challenges, assistive technologies on show and information about Southampton Sight services. Our advisors often ask "do you know anyone living with a sight loss?" One teenage girl told the advisors that her mother had cataracts and was always talking about not being able to see. After explaining the condition, the girl was offered some simi-specs to mimic what her mother was seeing. She was unable to believe that her mother was carrying out everyday tasks, getting around and working and with this opportunity to step in her mother's shoes she would now be a lot more supportive. These events are also used to talk about how to prevent sight loss.

THANK YOU – We would like to acknowledge the invaluable support we have received over the past year:

Grants & Trusts

Big Lottery Fund Reaching Communities
Breeze Radio Community Kick Start
Brunswick Charitable Trust
Co-Op Local Community Fund
Dixie Rose Findlay Charitable Trust
Morrisons Foundation
People's Postcode Lottery Trust
Quinton Helping Others Fund
Southampton City Council Caring Communities
Southampton Charitable Trust
Tesco
Truemark Trust
Visionary
WG Edwards Charitable Foundation
Zurich Community Trust

Chosen Charity

Autotrader
Halarose Ltd
IBM
Inner Wheel Hamble Valley
National Citizen Scheme
U3A Southampton
Waitrose

Legacies

Dorothy Hague

In Memory

Brenda Horlock
Elinor Messinger
Eileen Weigand

Message from the Chief Executive

2017/18 has seen us increase our activity both in the centre and in the community. We have now developed our low vision rehabilitation hub from which Southampton City Council Sensory Team conduct initial assessments and the NHS Low Vision service run a regular clinic. Alongside our existing social activities, we have increased our skills for independent living offer with regular cooking with confidence courses and assistive technology support and training. We have also developed new services in the community by offering sight loss awareness training in Care Homes, for medical professionals at the hospital, primary school children and with local employers. We are now looking forward to consolidating this work in 2018/19 with the addition of our new social action programme for young people based around enhanced careers advice and volunteering. Thank you as always for all your support and as we approach our 120th year delivering services in Southampton a special shout out to our wonderful volunteers and staff who continue to make Southampton Sight the great organisation it is. **Jackie Powers (CEO)**

Southampton Sight Finances

Income totalled £278,238 in 2017/8, which was £9,262 higher than the previous year resulting in a surplus of £38,665. (2017 – surplus of £64,547). Reserves totalled £362,695 at the year-end:

General Reserves £199,844

Restricted Funds £ 94,908

Designated Funds £ 67,943 (£52,549 Building Fund and £15,394
Community and Fundraising Developments)

Full accounts published at www.charity-commission.gov.uk