

September 2020

We are here to help

Dear All

GOOD NEWS – we are back in the office and are offering face to face appointments in the low vision and resource centre. We now have staff based at the centre every day who can help you with any queries or information and advice sight loss related or about local services. **WE ARE HERE TO HELP** so please contact us on **023 8076 9882** if there is anything we can do.

We have had to make a few changes at the centre to comply with government guidance and socially distancing. The reception desk and all public spaces have Perspex screens in place. We have also implemented a thorough checking system at reception which will include taking details of ALL people entering the centre (as part of the track and trace register) and questions relating to your overall health and a temperature check. All visitors to the centre will be required to wear a mask in our premises.

We are constantly monitoring government advice and will be starting social activities when it is safe to do so.

In the meantime, we are focussing on the following activities:

- Monday 11am – Monday Group Natter Call
- Wednesday 2pm – Wednesday Group Call (with a Speaker or Quiz)
- Befriending Telephone Calls
- Support with Shopping and Prescription Collections etc
- Weekly Meal Deliveries
- Audio Book Group

If you would like to be included in any of these please contact the office on 023 8076 9882.

Thank you to everyone who has bought raffle tickets – it has been our best ever raffle and your support is much appreciated. I would also like to take this opportunity to thank everyone who has given a donation to Southampton Sight over lockdown. We rely on donations and fundraising to ensure the running of the Society and as Covid-19 has interrupted all of our fundraising and social activities our regular income is vastly depleted. Many of you may remember that ABP had nominated Southampton Sight as their charity of the year and would be fundraising for us through 2020. Due to the current situation they have decided to extend the nomination to 2021 which is greatly appreciated by us all.

Jackie Powers - Chief Executive

Virtual Social Groups

Keeping socially connected whilst physically distanced is a challenge but thanks to the Macular Society (who have loaned us a telephone conference call number) we have been able to set up



some virtual social groups. These group calls work by people phoning a telephone number at a set time on a specific day where you are then able to link in with other people on a group call. The call is charged as a local rate call, however if like many people you have a free calls package it will probably be free.

Our Monday Group meet up once a week and have a good natter about anything and everything! There are usually 6 people on the call, so there is plenty of time to talk and listen. If you would like to join one of our New Natter Groups, please give Mandy or Sonia or a call on 023 8076 9882 and we can sort out a convenient day and time for the group to take place.

Our Wednesday Group also meet up once a week and have been enjoying short 15-minute talks on a variety of topics including Australia, Southampton Old Cemetery, Village Life in the 1940s and 1950s and the

History of Southampton. Once a month they have a Quiz. The call is led by our Activities Co-ordinator Maria and these talks are open to everyone.

Here are the speakers for September:

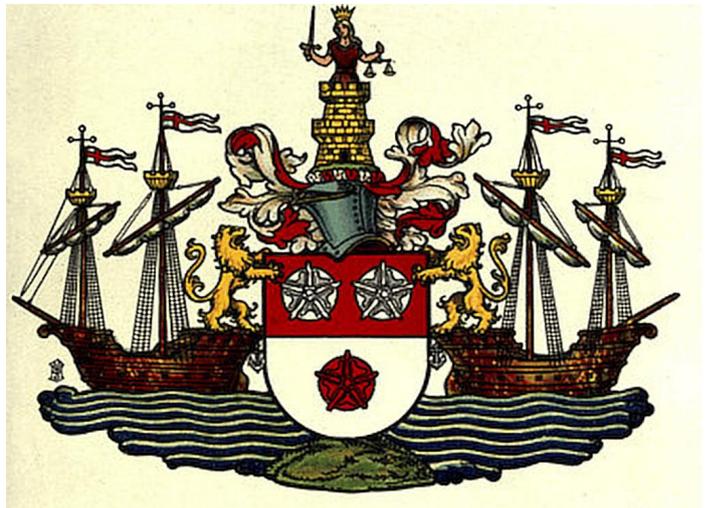
2nd Author Liz Barron will be telling us about the Salcombe Seaside Fairies books that she wrote for her grandchildren

9th Robbie Sprague will be giving us the third part of his talk on his Australia Road Trip

16th Our Assistive Technology Co-ordinator Kate Healey will be telling us about her transatlantic voyage to Antigua on the Jubilee Sailing Trust SV Tenacious

23rd Join Quiz Master Phil for our popular Monthly Quiz

30th Andy Skinner from Southampton City Council Cultural Services will be giving us the fourth part of his talk on the History of Southampton



If you would like to listen to any of these talks or join in the quiz, please contact Mandy or Sonia on 023 8076 9882 and we will give you the telephone number to call.

Befriending Telephone Calls

Since the beginning of Lockdown, our team of staff and volunteers have been busy making weekly telephone calls to our members who have become isolated due to the Covid-19 restrictions placed on them. We have made over 2,400 calls since the beginning of April – that's an average of 125 calls every week. If you would like a regular call from a friendly volunteer, please contact Mandy or Sonia on 023 8076 9882.

Support with Shopping & Prescriptions

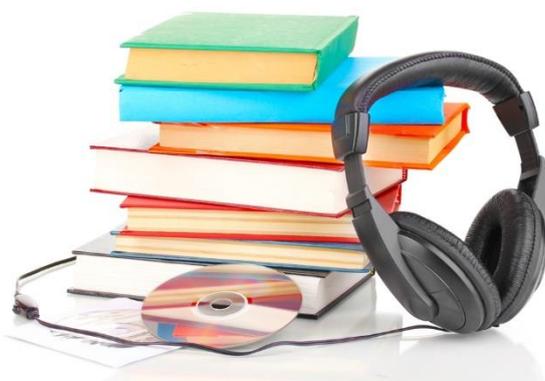
Throughout Lockdown we have worked in partnership with a variety of other organisations in Southampton to provide support for our members. These organisations include The Saints Foundation, Love Southampton and Southampton Time Bank. If you need help with shopping, collecting a prescription or anything else then give Mandy or Sonia a call on 023 8076 9882.

Weekly Meal Deliveries

Since the beginning of June our team of volunteer drivers have been out and about in Southampton delivering frozen meals to our members. We have delivered over 600 meals in 12 weeks. Each week there is a choice of a meat or vegetarian frozen meal that can be heated in the microwave or conventional oven. If you live in the SO14 to SO19 postcode area, then we can deliver you a meal too. Just give Mandy or Sonia a call on 023 8076 9882 to find out next week's meal choices.

Audio Library

Do you love audio books? If so, have you considered joining the Southampton Sight Audio Library? We have over 1,000 audio books on CD that we can send out to you in the post to listen to. We may also be able to provide you with a free CD player (qualifying criteria applies).



Southampton Sight

3A Bassett Avenue, Southampton, SO16 7DP

Tel: 023 8076 9882 **Email:** support@southamptonsight.org.uk

Text: 07521 514 792 **Website:** www.southamptonsight.org.uk

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