



NEWSLETTER Dec 2016



Thank you to
Amy Creed
Your Member
Representative
Who did an Ice Bucket
Challenge
And raised over £600

See the video on our Facebook page

A Fundraising Quiz and Annual Raffle at Ruardean raised £1450
Could you run a similar event?

Welcome to FSS Newsletter December 2016.

THIS NEWSLETTER IS AVAILABLE IN AUDIO STYLE PLEASE LET US KNOW IF YOU WOULD LIKE IT IN CD/MP3 FORMAT

From the Trustees

The Future is looking much more stable for Forest Sensory Services. Trustees, Volunteers and clients have pulled together to put the Charity back on a positive footing although we obviously need to keep fundraising.

All our classes Computers, Balance, Reading Group, Lunch Club and Cookery are continuing to welcome new members.

The Hand bell ringing and singing are great fun so if you would like to come along give us a ring !!!!!

The Gloucestershire CCG in partnership with the RNIB have provided some funding for Jackie to continue her work within the Forest Of Dean Community..... In other words the service which Jackie has been delivering for seven years will now be partly paid for. Your **FSS will have the first community ECLC in the country** and will help RNIB to set a national standard for all other societies.

LAST CHANCE TO BOOK CHRISTMAS PARTY AT RANK XEROX MITCHELDEAN ON 14TH DECEMBER AT 12:30 COST £5. WE NEED TO ORDER FOOD BY 7TH December.

In order that Jackie can take some holidays we will be closing early for Christmas this year. **Our last working day will be Monday 19th December.** We will then open as usual at New Year on **3rd January.**

The AGM will take place on Tuesday 17th January at 2:45pm. If you require transport please ring the office.

From January Vicki will be our new volunteer in the office for two days per week. She is going to help Anita with the accounts and Jackie with the paperwork.

Thanks to you all for your continuing support.

Amy your Member Representative

Actions since the last newsletter

- We have spoken to Glos County Council about the white lines outside the centre and have received assurance that they will be repainted.
- Upon your suggestion we have started a very successful Hand bell Ringing and Singing group.

The Hand bell Ringing and singing group are nothing to serious just a chance to enjoy some music. The groups are new and would welcome anyone to join (whatever your musical abilities). The singing is run by Joan Treasure and the group sing a variety of different music including oldies, musicals and classics. The Hand bells are run by Kath Smith and this small group are learning together at a sensible pace. Huge sheets of music/word and lots of memory are producing plenty of good tunes.

The Ice Bucket challenge raised an amazing £600+. Thank you to everyone who supported me. I have been told that this will pay 2 month's rent for the Forge Centre.

FSS is committed to being **your** organisation so your opinions are important. Never be afraid to tell me/us your views.

If there is anything you wish to talk to me about please ring me in the office on **Tuesdays and Wednesdays between 10:30 and 3:00 01594 827711.**

Jackie's ECLo page

Charles Bonnet Syndrome – hallucinations due to sight loss

We have been running an awareness campaign in the centre surrounding this challenging side effect of sight loss. As I talk to people it continually surprises me how many of you suffer the joys of pink elephants and daisy chains to name but a few. Please don't suffer alone. We are all in the same boat and often by having a smile about what you are seeing it helps you to deal with it. However there is a **technique to help** – Look away and look back again until the hallucination disappears. **New Research** is being undertaken at Newcastle University with electric shock treatment to the part of the brain which interprets vision. It is hoped that the shock may reset the brain to react more accurately.

Cataracts Toolkit

In response to the postcode lottery surrounding cataract surgery the RNIB have produced a Cataract Toolkit (a guidance to getting the most from your appointment about cataracts). It gives lots of valuable information on what you should expect and whom to contact if you are dissatisfied. The information is available to download at RNIB or I have a copy in the office which I can send out upon request.

Technology for eyes

Many of you have asked me to keep you informed about developments in the scientific world. Manchester Royal Eye Hospital is the first NHS hospital to offer a new **telescope implant** for **Advanced Macular Degeneration(AMD)** where central vision has been lost. The implant which is smaller than a pea magnifies images 3X. It then projects it onto the retina making it possible for some patients with AMD to regain some central vision. The operation is similar to a cataract operation. You would need to be assessed by an ophthalmologist as to suitability for the device but hopefully within the next few years it will become more common. I will keep you informed should I hear any more.

Chrissie Johnson has been volunteering for us for about 3 years. She wishes to **write a book of eyesight journeys** and is asking if you would like to **tell your stories** (it will all be anonymous). Chrissie is a psychologist and published author. She has discovered no books written by visually impaired people to help and support those in a similar situation. She has already spoken to publishers about getting it into talking book format. If you feel that you would like to be involved in this wonderfully exciting project please contact Jackie.

Volunteer section

We would like to welcome our new volunteers:-

David Bird – Driver

Nicola James – Cookery leader

Joan Treasure – Singing leader

Alan Beddis – Driver

Vicki Cocking – Admin

Kath Smith – Hand Bell leader

Thank you to all our Volunteers for their time and commitment especially over the last few months.

I am sure that you would wish me to pass on your thanks to the Trustees (who are also Volunteers) for their commitment to the organisation during the recent difficult time. - Jackie

If you know someone who may like to volunteer ask them to call Jackie 01594 827711

FUNDRAISING page by Mike Sollis (Trustee & Vice Chairman FSS)

Funding Raising is now, more than ever, an important part of FSS life.

Zip Wire challenge - raised £1500 – Thank you everyone.

Quiz Night / Raffle – raised £1450 – Thank you to all who bought tickets or attended the event. 1st prize ‘a visit to the House of Lords’ was won by Amy Creed who very kindly donated it back to auction. Jackie’s mum won the auction and Jackie attended Tea with Lord David Blunkett last week. He is now very aware of FSS and what we achieve on a daily basis.

Galaxy Hot Chocolate Fund. Please ask your friends and family to vote for us via our facebook page so that we might receive funding for our tea and coffee fund.

New Fundraising will be announced in the New Year

SECOND HAND ITEMS FOR SALE

The charity shop within the Centre is extremely busy. It is raising £50 some weeks which is amazing. We take offers on anything you see in the shop so please feel free to pop in. The shop is open Wednesday and Thursday 10am – 3pm. All items are donated so any monies we take will raise money for us. **Please donate any good unwanted items to us. We are always after more items to sell.**

Finally have a wonderful Christmas and New Year

Jackie and the Trustees