



visibility



Winter 2009/10



listening and responding to people affected by visual impairment in the west of Scotland for over 150 years

Welcome to our Winter Newsletter!

In this edition you will find updated information on our services, including our award winning Sealladh project, our new Children and Families work, some of our fundraising activities and ways you could help us.

Visibility will be closed from 12pm on Thursday 24th of December and we will re-open at 9am on Tuesday 5th January 2010. Our Patient Support Service at Gartnavel is also closed at this time. Visibility's Home Support will operate as usual.

Great Scottish Run 2009

A **HUGE** Thank You to everybody who joined team Visibility at the Great Scottish Run on 6th September and helped raise over **£12,000** to keep our services alive.

Pictured here: Alastair Ramage and his son Rod who fought their way through torrential rain to complete the 10K, along with his grandchildren who turned out despite the weather to offer their support.



Sealladh - Prestigious Award and Future Plans

David Logan and Laura Campbell, from Visibility's Sealladh project, collected a prestigious 2009 Military & Civilian Health Partnership Award from HRH the Duke of Gloucester at a ceremony on October 29th. The annual event is a partnership between the Ministry of Defence and the UK Health Departments and this year it was hosted by the Scottish Government. The Sealladh award was for "Innovation in Service Development".

Sealladh uses neurovision technology (NVT) and rehabilitation techniques to transform the lives of people with neurological sight loss.

Although little known in the UK, NVT is being successfully used to treat military personnel with traumatic brain injury in the USA and Australia and we are the first organisation in the UK to make this form of treatment available to veterans. The project was developed in partnership with the Scottish War Blinded and the West Dunbartonshire Council Brain Injury Team.



Richard Hellewell, Laura, David, Wendy Jack and Angela Spratt

20 veterans have taken part in Sealladh so far, they range in age from 26 to 76 and the changes to their lives have been dramatic. They have relearned how to do simple tasks such as making coffee or lunch, their increased confidence has led to improved mobility and two people have been able to resume their military careers.

A recent evaluation of the project shows how our work has helped these veterans to change the course of their lives.

The report tells their stories and describes the impact of the training on their lives and the lives of their families. Much has been learned from this pilot project and as it reaches the end of its funding, Visibility will focus on taking this learning into new areas to support others with neurological sight loss.

Visibility is developing a new project in partnership with the managed clinical network for stroke in the NHS Lanarkshire area.

The project, called **Sealladh – Look Out** will run until April 2010 and will work with patients who have a neurological visual impairment as a result of a stroke.

Typically, the people who will benefit most from the project will be those who have serious visual field problems such as hemianopia (loss of half the field of vision) quadrantanopia (loss of a quarter of the field of vision) or visual neglect (where an area of the visual field is ignored).

Visibility's rehabilitation practitioner will be working in Lanarkshire for 2 days a week and will take referrals from Hairmyres, Wishaw and Monklands hospitals. We will use the "Neurovision Technology" system of light box and tracking software to assess the extent of the visual field loss for each person and will then prepare an individual programme of compensatory scanning and visual rehabilitation.

For a copy of the evaluation report or for further details of the project please contact David Logan on 0141 332 4632.

Children & Family Service

Over the years, Visibility has worked with children and their families within services such as Go, Community Support and Welfare Rights. In response to feedback from parents, young people and professionals, we are now developing a dedicated children and families service.

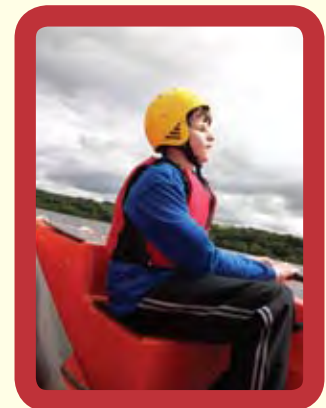
This work will be based on the existing good relationships we have with children, young people and their families and also with education, health, social work and other voluntary organisations. The first year of our service is about continuing to build on these foundations and exploring options for new activities.

A core theme of this first year will be about listening to families, children and professionals to allow us to respond in the best way possible to support children with a visual impairment. We intend to put on activities for children and young people mainly during holiday time, run local information sessions for parents giving them a chance to come together, hear from local services and get an opportunity to meet other families with visually impaired children. For more information about our Children and Families Service, please contact Shelagh Palmer on 0141 332 4632.

Fun Days Ahead

Visibility is planning a few adventures next year for all 12 to 19 year-olds. As well as events during the Easter break and summer holidays, there will be excellent opportunities for you to try various activities. We are hoping to organise beginner ski lessons at Braehead, tandem cycling and kayaking, so plenty of opportunity to take part.

These are all great chances to learn a new skill, find a new hobby or just meet people and have fun. We are also really looking forward to hearing what you think of these ideas and any others you may have. To find out more and sign up for any of the activities, contact Alex Campbell on 0141 332 4632, or email alex@visibility.org.uk.



Supporting People Service - Care Commission Review

The recent Care Commission inspection of Visibility's Home Support service went very well. The review awarded us a 'Very Good' under one of the Quality of Care and Support Statements for the second year running. As in previous years we will work upon the recommendations received to ensure that this invaluable service continues to provide the very best level of support and care to its service users. If you would like a copy of the report please get in touch.

Visible Communities

Information Sessions within the Community

These sessions are available to visually impaired people and friends and family members. You are invited to "drop in" during a two hour information session to meet with other visually impaired people in the area and some local support services such as the Sensory Impairment Team. A range of equipment which encourages independent living will be on display for you to try. Family members and friends will have the opportunity to try simulation glasses to help increase their understanding of eye conditions.

Proposed Timetable for 2010:

26 th	January	Eaglesham
9 th	February	Twechar
23 rd	February	Neilston
	February	Gourock
	March	Lennoxtown and Barrhead
	April	Kilmacolm
	May	Clarkston
	June	Giffnock

If you would like to add your name to our mailing list to be kept informed of the upcoming information sessions in your area, please call the Community Support Team on 0141 332 4632.

Visual Impairment Awareness Training

FREE training will be available to organisations, community representatives, volunteers and services, providing the opportunity to update your knowledge and share good practice with others, discuss the importance of good communication, receive advice on guiding, and try interactive activities using simulation glasses which simulate the most common eye conditions.

Proposed Timetable for 2010:

20 th January	East Dunbartonshire
17 th February	East Renfrewshire
24 th February	Inverclyde
17 th March	East Renfrewshire
20 th April	East Dunbartonshire
19 th May	Inverclyde

Group training can also be arranged for an organisation and we would be happy to discuss this with you. If you would like to find out more about the FREE training available, please contact the Community Support Team on 0141 332 4632.

Thistle & Clover Bike Ride

A great way to work off those extra Christmas and New Year pounds is by taking part in the Thistle & Clover Bike Ride. Setting off from Edinburgh and cycling to Dublin over 3 days, you will have a great time, in great company passing through great scenery. You will then have an overnight stay in Dublin with lots of time for sightseeing and celebrating before being flown home.

The first Thistle & Clover Bike Ride last year was a huge success, so 3 events have been planned for 2010. So, if you want to get fit and challenge yourself while having fun why not build your own Celtic connections by taking up the Thistle & Clover Bike Ride challenge in 2010 - you will be raising funds to keep our services alive.

Dates: **6 - 9 May 2010**

8 -11 July 2010

16 - 19 September 2010

Registration fee: **£95** Minimum sponsorship: **£1250**

To find out more call us on 0141 332 4632 or visit www.visibility.org.uk

One Small Tin, One Giant Cheque!

Seven years ago we launched our Patient Support Service within the eye department at Gartnavel Hospital in Glasgow. We established the service to give emotional support and practical advice to people struggling to come to terms with the devastating news that they were losing their sight. As one client said: “You have just listened to me as if I was a person and not a number in a system. Thank you for your time and patience.”

This pioneering service has supported thousands of people and regularly takes over 80 referrals every month.

On the ground floor of the hospital, en-route to the eye department, is Café Deco, a coffee shop owned by Tony Winton. Tony has been supporting Visibility for the last 4 years by displaying a Visibility collecting tin on his counter. This one small tin has now raised nearly £2,500 thanks to the generosity of Café Deco’s customers.

We are extremely grateful to Tony and his staff, and all the Café Deco customers, for their support. It really is quite amazing how much money has been raised from just one collecting tin. It is such a simple but effective way to help us continue our work.



Sally Docherty and Tony Winton

Gifts in Wills

Since our birth in 1859 we have relied on donations to keep our work alive and gifts from people's wills have played a huge part in allowing Visibility to provide continuous support for 150 years. We would not be here without the generosity of people who left gifts, both large and small, in their wills.

To let as many people as possible know how much we need their support we have produced a new leaflet which we hope is eye-catching and provides the necessary information in a clear, easy to read way.

None of us wants to think about the time when we are no longer around and hopefully life will be good for many years to come. However, to safeguard your family and to make sure your wishes are followed after your death please think about making a will if you have not already done so. We hope that, after taking care of family members and friends, you will think about helping continue Visibility's work with a gift.

Home Money Boxes

A huge thank you to all those of you who have taken one of our small home money boxes. We particularly appreciate your donations in these difficult times when money is very tight.

We have really enjoyed hearing about how people use their boxes to collect change, from charging visitors 20p for a cup of tea (with an extra 5p for a digestive biscuit) to popping in 50p for every pound lost on a diet! A lot of us here at Visibility make New Year resolutions, mostly about giving up chocolate, and some of us are more successful than others at keeping to them!

New Year resolutions could be a great way to build up the coins in your money box - whatever you might have spent on that weekly bar of chocolate, bag of crisps or pint of beer, you could pop into your money box. Not only would your New Year resolution help make your own life better but it would help blind and partially sighted people too!

Again, our sincere thanks to all of our home money box holders; your money is helping our New View and GO projects do vital work with people living with sight loss. If you don't already have a Visibility money box or you need a replacement just get in touch, we will be delighted to send one out to you.

Go Project

The new spring classes will run from Monday the 11th of January. The walks will run on the third Saturday of every month and there will be a **Go Drop in day on 23rd March**. PLEASE remember that if you would like to attend any of the classes you must call us on 0141 332 4632 and put your name down, even if you have attended the class in the past. If you would like to know more about the project please contact Rosemary Cameron on 0141 332 4632.

Go Class Programme

from Monday 11th January to Sunday 28th March 2010 (10 week block)

	Class	Time	Cost
Mondays	Creative Writing	10.00am – 12.00pm	£3
	Singing	11.00am – 12:30pm	£3
	Yoga	2.00pm – 3:30pm	£3
Tuesdays	Guitar and Banjo	10.30am – 12.30pm	£3
Wednesdays	Arts and Crafts	10.30am – 12.30pm	£3
Thursdays	Keyboard	10.00am – 12.00pm	£3
	Keyboard	12.00pm – 2.00pm	£3
Fridays	Braille	10.00am – 12.00pm	£2
Sundays	Guitar	2.00pm – 3:30pm	£3

Are you blind or partially sighted and currently looking for work? Are you in work, but finding it difficult because of your sight loss?

RNIB Scotland Employment and Learning Service is holding an informal workshop focused on employment issues for blind and partially sighted people, giving you the opportunity to ask any employment related questions or queries you may have about applying for, starting or remaining in work.

The workshop will be held at Visibility on the 26th January 10.00am - 12.00pm. For more information, please call 0131 657 8200 and ask for Nigel Townley or Kelly Curran, or email kelly.curran@rnib.org.uk.

Christmas Quiz

1. Who was the first British monarch to broadcast a Christmas message to the nation?
2. Who banned Christmas in England between 1647 and 1660?
3. Who are the four ghosts in Charles Dickens' A Christmas Carol?
4. What liqueur goes into making a 'snowball' cocktail?
5. What is the English title of the carol written in 1818 by Austrian priest Josef Mohr originally called Stille Nacht?
6. The Nordic countries tend to celebrate Christmas chiefly on which date?
7. Which US state in 1907 was the last to declare Christmas a legal holiday?
8. What is the popular name for little baked sausages wrapped in rashers of streaky bacon?
9. Which of the Wise Men was said to have brought the gift of gold for the baby Jesus?
10. Which river did George Washington cross on Christmas night in 1776 in the American Revolutionary War?
11. According to the UK National Met Office before 2007 when was the last White Christmas in Britain?
12. How many gifts are given in total in the song The Twelve Days of Christmas?
13. The words "Myrrh is mine, its bitter perfume breathes of life, of gathering gloom..." come from which Christmas carol?
14. Christmas Island in the Indian Ocean is a territory of which country?
15. John Callcott Horsley designed what first commercial Christmas item in 1843?

answers on the back page

Miniature Christmas Snowball Bites

Ingredients

250g of soft butter

100g of sugar

1 tablespoon of vanilla sugar (or granulated sugar with a few drops of vanilla essence)

300g flour

100 g chopped almonds or other nuts of your choice (or you could add chopped dried fruit if you prefer)

100g desiccated coconut

50g icing sugar



Method

Mix the butter sugar and vanilla sugar until light and fluffy.

Then slowly add the flour, almonds and coconut.

With damp hands, roll the dough into little balls.

Place them on a baking tray covered with baking paper.

Bake in a pre heated oven at 190°C for 15 to 20 minutes.

As soon as you take the bites out of the oven, sift them over with icing sugar, allow to cool

Make plenty, they won't last long!



Research Request

Katie Patton is a final year undergraduate student at King's College London who is conducting research for her dissertation. She is looking for visually impaired participants to help with a research project who are available for a one hour telephone interview.

The main focus of the research will be to discover and analyse how visually impaired people perceive and experience their homes and immediate environment.

If you are interested in participating in Katie's research please contact her for further information by email katie.patton@kcl.ac.uk or by telephone 0779 4351834.

Quiz Answers

1. George the Fifth (in 1932)
2. Oliver Cromwell
3. Christmas Past, Christmas Present, Christmas Yet to Come, and Jacob Marley
4. Advocaat
5. Silent Night
6. 24th December
7. Oklahoma
8. Pigs in blankets
9. Melchior
10. Delaware
11. 2004
12. 364
13. We Three Kings of Orient Are
14. Australia
15. Christmas card



For more details on any aspect of Visibility please contact 0141 332 4632 or write to Visibility, 2 Queens Crescent, Glasgow G4 9BW.

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