

Spring 2017



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Holiday Feature

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Regional Meeting

Warwickshire Vision Support invites you to a Regional Meeting

On: Wednesday 26th April 2017

At: Rugby Vision Support Centre
Rugby Baptist Church, Regent Place CV21 2AG

This will be an informal meeting starting at 10.30 a.m., offering the opportunity to:

- Ask questions, but if detailed answers are needed please submit in advance in writing
- Socialise and meet some of the Directors/Trustees and Staff of Warwickshire Vision Support.

The meeting will finish by 12.30 p.m.

All Members and Volunteers are welcome, but unless you live in the Rugby area you will not receive an agenda in advance of this meeting. However, copies will be available on request from the Office and at the meeting.

Stop Press

Board Changes

Jeff Perry and Richard Orme have been appointed Chairman and Vice Chairman respectively, until the Election Board Meeting scheduled for September 2017.



Jeff Perry



Richard Orme



Rosemary Went, Editor



Rosalie Visick, Co-editor

Editorial

On 17th February our monarch, Queen Elizabeth II, marked her Sapphire Jubilee. She has reigned our country for 65 years, longer than any other British monarch. For our Queen that date is a poignant one, as it is of course the same day as the death of her father, George VI at the age of 56. When she was married 5 years earlier her father had given her sapphire jewellery, which she wore for the Jubilee.

The days are lengthening and the weather should be getting warmer, and thoughts turn to a change of scenery. This issue of Warwickshire Vision features holiday opportunities and we hope there is something of interest to you.

Peter Soles has recently retired as Chairman of the Board; we record the

progress made by our Association during his period of tenure. The remaining life stories told to students are included, new staff are introduced, and much more.

Thank you to the Pauls. First, Paul Bowler, who has been sending us regular contributions for some time now also Paul Hinksman who has contributed to our editorial meetings for this magazine. We hope both will continue their work for Warwickshire Vision.

For a Summer edition of the magazine we would like to receive contributions by mid-May. Do contact us, not only with information that may be of interest to other readers, but also with any comments on this magazine.

WVS People

Jane Thorn



I am one of two Rehabilitation Officers that took up post in January. I will be working 3 days a week, mainly in the south and west of the region. Having said that, I will be travelling around the whole county for a while in order to meet as many people as possible in the Vision Support Centres and Clubs: there is a lot to learn about the fantastic services that Warwickshire Vision Support has to offer right across the county.

I have worked with visually impaired children and young people in Worcestershire for 20 years and am now looking forward to working with adults in the lovely county of Warwickshire. I live in Bromsgrove and am married with two grown up

daughters, a granddaughter and two grandsons.

I love my garden and in the warmer weather will be out there pottering until it gets dark – I even love cutting the grass: it gives me time to think without interruptions and I get some exercise. In the winter months I do lots of decorating and up-cycling of old furniture, giving it a new lease of life. I go to the gym three times a week, mostly to take part in classes rather than pounding away on a treadmill. I read lots of books of all genres on my Kindle or tablet. My favourite book so far this year has to be *The Kite Runner* by Khaled Hosseini.

My family are all very close and we often holiday together either in Cornwall, Wales or Devon, but try to get away at least once a year to somewhere that guarantees warmer weather. My favourite place is Skiathos, a small Greek island where part of the film *Mamma Mia* was filmed.

I look forward to meeting as many of you as possible in the future.

Christine Huber

Hello, I have just started to work at Warwickshire Vision Support as a Rehabilitation Officer. I trained for my Diploma in Rehabilitation Studies at Birmingham University 10 years ago. I previously worked in Leicester. I love the work I do as it gives me the chance to meet people generally in



their home setting to talk about things that are important to them. This service can be misunderstood and people can be wary of a stranger coming into their home, not really understanding what we do. I think the key aim is to help maintain independence; that could be methods to make a cup of tea without spills or burns, or working out the best route to a place of work. Every day is different and I certainly do not have all the answers but it can be fun working with someone to find the best way for them.

I live in Coventry with my husband and our two Airedale Terriers, Tess and Ginger. Anyone who has lived with a terrier of any description will understand the daily challenges this brings. But they are worth it and they certainly make sure I get some much-needed exercise. I also have an allotment, which is quite hard

to maintain but I enjoy the rewards it brings. It does not help that my neighbour Terry has a perfect patch. All his planting is perfectly straight, edges trimmed to perfection and not a weed in sight. I do like my haphazard plot though.

I am looking forward to my new role in Warwickshire and hopefully will get the chance to meet some of you. I have my new A-Z, so should not get lost too often!

Helen Gillies

Helen left Warwickshire Vision Support in January to join Blind Veterans UK in their new community based service for the West Midlands. Helen was with us for only a short time but made a big impression with her enthusiasm and dedication to helping visually impaired people. We send Helen our best wishes with her new role.

Volunteer

Tina Jackson, a valued member of our volunteering team, regularly assists at our Nuneaton Vision Support Centre and is a befriender, but she went above and beyond at Christmas to make it a special time for members of the Nuneaton Social Club.

On her own initiative, she approached local businesses for sponsorship with the intention of creating a festive hamper to raffle at their Christmas meal. She was so successful she was able to create two

hampers. One hamper was raffled at the Club and the other at the Vision Support Centre, raising £65. Thank you Tina for your unwavering support and dedication to the work of WVS.

'What Do You Do Exactly?'

Felicity Kirby, Community Worker

I'm regularly asked what my role as a Community Worker entails, and how our work fits into the bigger picture. Most of the service users I come into frequent contact with are regulars at one of the Vision Support Centres so they, quite rightly, are curious about what I get up to when I'm not making teas and coffees, cracking terrible jokes or fussing over every Guide Dog in sight ...! So I thought I'd document a typical day in my role to show you what I do!

8.30 am

I start the day by heading down to Leamington Spa to host the first Vision Support Centre of the week. I'm early and so everything is set up and ready to go by 9.30 am. Time for a cuppa and a chance to review the schedule for the week ahead.

10 am – 12 noon

People start to arrive for the morning's session and the drink rounds begin! We never leave our four-legged friends out either but they stick to water. I take two referrals for one lady who would like to access our IT service but also needs a Rehab Officer to visit her at home to mark up her appliances

with 'bump ons'. Our dedicated volunteers keep the drinks flowing whilst I help a gentleman contact a company about a talking watch that needs repairing.

12 noon-1 pm

Lunch time! I grab a sandwich from a local supermarket and make a quick dash to the office to pick up the stuff I'll need for tomorrow's Vision Support Centre. I also confirm which one of the social clubs I'll be visiting tomorrow.

1.30 pm

I arrive at a library where I'll be hosting a volunteer recruitment event. I'm mistaken for library staff many times over but I do also get the chance to spread the word about the charity and speak with the Silver Surfers volunteers about our own IT service.

4.30 pm

I pack up the stand and head back to the car. I've got an errand to run en route home, as one of our service users wasn't able to make it to a Vision Support Centre for a product he purchased, so I take a detour through Kenilworth.

5.00 pm

I decide to squeeze in a quick sing-song on the short drive home! Singing is a great stress reliever and my neighbours are used to me pulling into the drive with a show tune playing!



Steve Plumpton

Steve Plumpton

Ill health has forced the recent resignation of Steve Plumpton from the Board. Steve joined the Board in November 2010.

Steve was one of our visually impaired Board members and our lead Trustee involved with setting up Advocacy Groups across the county.

His contribution and services will be missed and we send him our best wishes.

Peter Soles

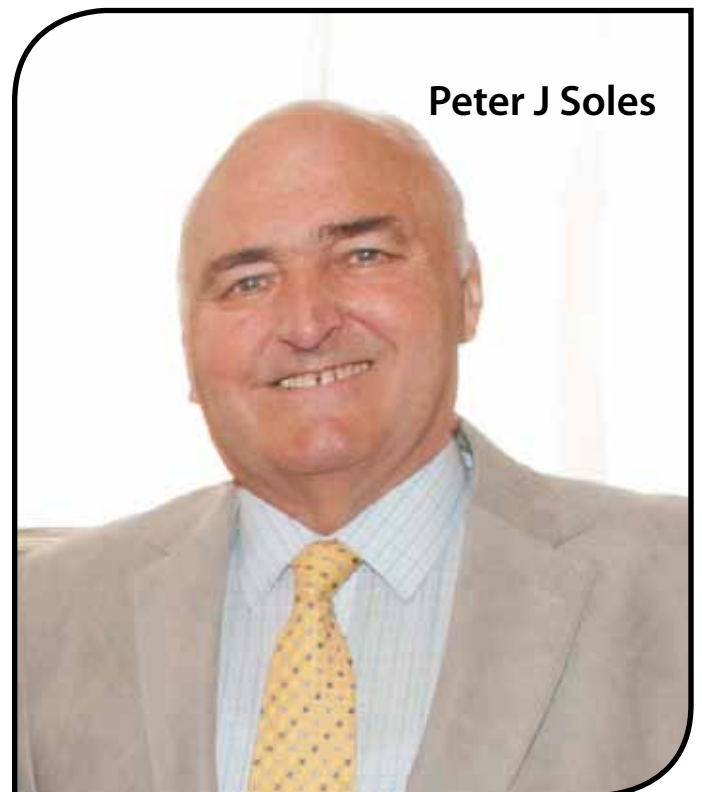
The Board of Directors/Trustees sadly announces the resignation of Mr Peter J Soles as Chairman and Director/Trustee of the Association.

Peter held the position of Chairman of the Association for 10 years during which time he steered the Association through a period of challenge and transition. Peter said:

I have thoroughly enjoyed my tenure as Chairman of the Association. I believe that we have achieved a great deal over the years and that we are now very well placed to move forward and develop new services. I would particularly like to thank all the past and present members of the Board of Directors/Trustees who have given their time, skills, experience and dedication to the Association and to all the staff members and volunteers whose care and commitment has made such a difference to the lives of visually impaired people in Warwickshire.

I wish you all every success for the future.

The Board of Directors/Trustees would like to thank Peter for manning the helm and leaving the Association in a place where it can realise many of the wishes and expectations of our members.



Peter J Soles

WVS Events and Activities

Progress of the Association during Peter's Chairmanship

In the light of Peter Soles' resignation, we thought it appropriate to highlight some of the achievements during his tenure as Chairman.

Incorporation

One of the greatest changes has been the incorporation of the Association as a Company Limited by Guarantee in 2008. This legal process enables Warwickshire Association for the Blind, rather than the Trustees to enter into contracts as a legal entity. In real terms, this means that the Association is responsible for its own debts and obligations and protects the assets of the Directors/Trustees. You may be surprised to learn that prior to this, the Trustees were personally liable for any debts of the Association and could potentially lose their homes. Incorporation means that we can more easily attract new Directors/Trustees and this, of course, helps us to provide a professional service to you, our members.

Rebranding

In November 2014, Warwickshire Association for the Blind changed its operating name to Warwickshire Vision Support. This rebranding process was initiated to help the Association better reflect the needs and expectations of you,

the members. We knew that our old name symbolised a more paternalistic old fashioned view of visual impairment and that many people acquiring sight loss did not feel comfortable with the word 'blind.' By changing our name to Warwickshire Vision Support, we hope that we are more approachable to people newly diagnosed with sight loss and ensure that we are perceived as the organisation working for all people with sight issues.

Renewal of the Service Level Agreement

Since 2010, the Association has been in a period of flux, awaiting the renewal of the Service Level Agreement with Warwickshire County Council. The fact that we had to fight against a proposed 20% cut to our income (something we successfully negotiated down to only 5%) and accept no inflationary rises for a 6-year period certainly posed problems. But it was the uncertainty of not having a guaranteed medium term income that prevented us from planning for the future. Thankfully, in September 2016 we were awarded the contract for a minimum 3-year period, meaning we can again plan more effectively for the future.

Expansion of services

Despite these levels of uncertainty, we have developed new services in the last 10 years. Many of you will

have visited one of our six Vision Support Centres for advice and support, received information from one of the three Eye Clinic Advice Desks or attended IT training at our training venues across the county. We do not believe in standing still, and now that we have greater financial stability, our strategic planning process will guide us in developing new services over the coming years.

Accreditation

Warwickshire Vision Support has always strived to attain the highest standards. In order to monitor our performance, in 2010 we applied for and achieved accreditation to ISO 9001 and 14001. In practical terms, this accreditation means that our administrative systems and environmental management systems are audited every year to ensure that our processes are efficient and effective and that they minimise our impact on the environment.

For you, the service user, the impact of these accreditations is that we are better able to adapt and respond to a changing world in a structured way that helps us to meet your needs more effectively.

Peter would be the first to recognise that these achievements are the product of the hard work and commitment of many, many people - but setting a ship on a steady course is fundamental to reaching the destination.

Do you know how WVS is run?

Warwickshire Vision Support is a registered charity as well as a Limited Company. It has been operating as a charity since 1911.

A Board of Trustees/Directors is responsible for the way in which the charity is run. They make decisions about the services provided to Visually Impaired People in Warwickshire.

All registered VIPs and those who have received or are receiving services from WVS are automatically Members of the charity - automatically receiving this magazine, as well as able to take advantage of WVS's other charitable services such as Clubs and Reader/Visitors.

There are also Voting Members, some of whom are sighted, who have the right to vote on matters relating to the running of the charity. They receive details of the charity's finances - what is received and what is spent - and are able to vote on the appointment of Trustees/Directors.

If you would like to be more involved in your Association why not become a Voting Member? All you have to do is complete a Declaration Form. The only commitment made by anyone becoming a Voting Member is that they would be willing to pay £1 in the event that WVS became insolvent.

Why not become a Trustee/Director? Anyone who feels that they have

a skill or knowledge that would make a contribution to the running of Warwickshire Vision Support is welcome to apply to become a Trustee/Director. Applications from visually impaired people are especially welcome. Forms are available from the WVS office by telephoning **01926 411331**

Community Updates

Hello again! Since our last report in the Christmas edition of Warwickshire Vision those of us within the Community Team at WVS have been as busy as ever! We were sorry to lose Helen, one of our Community Workers, to Blind Veterans UK but we know she's always been so passionate about helping veterans so we're delighted she's able to pursue her dream. Currently we only have Sue and Felicity holding the fort in terms of community services so it's been a bit of a struggle to cover everything. Hopefully by the time the Summer issue of the magazine reaches you we'll have another one or two people working for the team. In the meantime, bear with us!

Nuneaton and Bedworth

Sadly, due to a substantial decrease in demand we have had to close our monthly Bedworth Vision Support Centre. Our Nuneaton Centre, held every Thursday morning, is as busy as ever and continues to attract lots of new people each week. However, it also has its challenges - namely the

lack of space to provide IT sessions at the Vision Support Centre. Since Warwickshire CAVA has taken over the building, we aren't able to use the room we had. They have assured us we will be able to use a room when they have finished their building works. In the meantime, Andrew, one of our wonderful volunteers, and Rebecca, our Information Technology Officer, are providing basic sessions within the main room for small IT queries, like resolving problems with mobile phones.

Stratford-upon-Avon

On the 10th January we hosted a strategy meeting for stakeholders at our Stratford Vision Support Centre so independent business consultant, Rob Legge, could meet with service users, carers and volunteers to hear their opinions of WVS. We were delighted to receive much praise from service users but we were also pleased to hear some constructive criticism, which will help us build upon the service moving forward. The need for more emotional support from peers was recognised as a key request, as well as more information on benefits and employment schemes. Rob also visited Leamington, Nuneaton and Rugby and will use all of the information collected to present a report to the Board of Trustees in May.

Leamington Spa

British Blind Sport, which is a national charity with its head office

in Leamington, contacted our team to see whether any of our service users might be interested in taking part in some research. We figured we might know of one or two people who like to talk (!) so they came along to our Leamington Support Centre in January to have a chat about sports and people's prior and current involvement. The research aims to find out why people don't access sports services, including Riding for the Disabled groups, so they can work on increasing participation. A commonly cited reason for not participating was the lack of available public transport to sporting grounds and sites, such as riding stables and cricket greens. We hope the information our Leamington VIPs were able to share will be useful in helping British Blind Sport create more sporting opportunities locally and nationally.

Kenilworth Club

Kenilworth Club for Visually Impaired People, which has been established since 1982, continues to meet at the Methodist Church Hall every Tuesday afternoon from 2 pm to 4 pm and enjoys a varied programme of activities and friendship time for its members. Last term (in the Autumn) we enjoyed a Harvest Lunch, some craftwork, a Fish & Chip lunch, various speakers, games, musical entertainment afternoons, a Christmas meal and a Christmas party.

Some of our members are transported by family or friends and others by our volunteer drivers but those who are able to make their own way enjoy that independence. We currently have vacancies for new members and if you would like to try us out for an afternoon please do just drop in. Alternatively you could email Eva at eva@merfbuckley.co.uk or Gill at familyheath39@yahoo.co.uk for a chat about the Kenilworth Club.

The First 'My Sight' Group – An Insight

Felicity Kirby, Community Worker

The New Year saw the commencement of our My Sight initiative, which you may recall hearing about in last summer's issue of the magazine. My Sight is a National Lottery funded programme which aims to provide newly diagnosed people in Nuneaton and the surrounding area with more support whilst adjusting to life as a partially sighted or blind person. Our work in George Eliot Hospital's eye clinic, which has been warmly supported by the clinical staff, ensured we had a good turnout for our initial session on 5th January.

We were pleased to see not only the numbers but also the variety of people in terms of age, eye condition, prognosis and length of time they'd lived with sight impairment. Variety means the group had endless stories to share and allowed for

great interaction and learning from one another.

We're aware Nuneaton is a close-knit community and so everyone agreed at the first session that the experiences they shared – some of which were emotional and sensitive – would be heard in confidence and we would be supportive of one another. As a result we had some great, insightful conversations in the very first session, leading Felicity and John (who were facilitating the session) to come away feeling they'd learnt just as much as anyone else in the room!

Week two focused on the different eye conditions experienced by members of the group and then moved on to the assistive equipment that is widely available. As the first half is a relatively 'dry' subject, the opportunity to then examine, test and compare physical pieces of equipment contrasted nicely.

Our third week focused on benefits and concessions available to visually impaired people, as well as employment and educational opportunities. We know it can be hard to find work when you're living with a disability so we were really pleased to have Georgina Bradley from Action for Blind People present to explain about the local 'Accelerate' programme. This supportive approach to finding employment can, and has, made a huge difference to individuals and Georgina was able to share stories with us of clients

she's helped, ranging from people entering the workforce for the very first time to people re-training at university - one became an IT consultant who went straight on to an annual salary of £50,000! Week three was a really interactive session and everyone contributed something to the discussions surrounding benefits, work and education.

Our final week was about other local and national services that complement the work we do at WVS. We know that sight loss is only one part of a person's life and that often there are things going on that we can't advise on but we usually know someone who can. We talked about organisations such as The Stroke Association and Guideposts as these were highly relevant to the group but future groups could see us talking about Diabetes UK, The Alzheimer's Society, Groundwork, PHAB Clubs or anything else! That's the beauty of getting to know each other over the space of 4 weeks – it allows us to tailor the information to the group.

We'll be conducting follow-up surveys with January's participants in the coming weeks to learn more about what participants thought worked well and what could be improved. It's a continual learning process for us as well as those who attend but we're up for the challenge!

On a personal note, I found the experiences the group members shared to be humbling, encouraging,

and invaluable in aiding my own understanding of what life is like when you have a visual impairment. I felt disappointment and frustration for those who had been let down by services meant to help them but equally I admired the determination some people had for ensuring their voices are heard and their rights are respected. Although I'm not sight impaired myself, I have a close relationship with someone who is and I have, through working at WVS and attending various training events, been awoken to the daily challenges you can face. I hope anyone who attends this group leaves feeling more confident, more supported and less stressed as a result of the information we share.

If you think the My Sight group might benefit you and you live in the Nuneaton and Bedworth area, contact us on **01926 411331** and we can discuss availability with you.

Fundraising

Phil Arkell

Eye Health Campaign

At the beginning of the year Warwickshire Vision Support launched its new 'Protect Your Vision' campaign. The campaign is designed to promote eye health through a lifestyle of regular exercise, a balanced diet and a few simple steps that can reduce damage to your eyes.

We have produced a complementary poster, which we are distributing to

libraries, hospitals, opticians, doctors' surgeries, gyms and large companies across the county. Our hope is that people will take on board the key messages to protect their vision and they will direct anyone living with sight loss to our services.

We also hope that by raising our profile, more local companies and organisations will adopt Warwickshire Vision Support as their charity of the year, thereby helping us to help more people living with sight loss.

If you have links to a local company or organisation that makes donations to local charities, then why not nominate Warwickshire Vision Support for the Charity of the Year?

Regular Giving Campaign

The Regular Giving campaign looks as if it will raise almost £5,000 this year. We are grateful to everyone who has made a donation - your help really does make a difference. It is particularly important that the campaign generates a minimum of £5,000 per annum because we do not want to have to reintroduce the £12 subscribing member fees that were requested from anyone receiving a service. We much prefer a system whereby those who are willing and able to make a donation do so, whilst those less able are able to receive a service free at the point of delivery.

Eye Health

Tips for Eye Health

1. Take sight tests

Three out of every 10 people in the UK do not have regular eye tests. Eye checks are vital for detecting potential eye health issues and are free for many people on the NHS, including under-16s, over 60s, those on low incomes and people with a close family history of glaucoma.

2. Exercise

Taking regular exercise could reduce the risk of sight loss from narrowing or hardening of the arteries, high blood pressure and diabetes, also it can delay the onset of age-related macular degeneration.

3. Eat Properly

Foods high in eye-friendly nutrients, such as lutein, zeaxanthin, vitamins A, B6, C, E and Zinc can have significant influence on maintaining healthy eyes. These include citrus fruits, omega-rich oily fish, eggs, nuts, seeds and leafy green vegetables.

4. Quit smoking

Smoking contributes to many eye health issues including increasing the risk of cataracts. Smokers are up to four times more likely to lose their sight than non-smokers. It also causes dry-eye syndrome, uveitis and may impair your colour vision.

5. Be screen-smart

Working at a computer won't harm your eyes but sitting staring at a screen for long periods can cause 'screen fatigue' – sore, itchy or tired eyes, headaches, impaired colour perception and temporary blurring.

Every 20 minutes, look away from your computer screen for 20 seconds to prevent eyestrain.

6. Wear sunglasses

Cumulative UV exposure can increase your risk of developing cataracts and macular degeneration. Look out for the CE, UV 400 or British Standard marks – this ensures they provide a safe level of protection from the sun's damaging UVA and UVB rays.

7. Go outdoors

Research has shown that spending time playing outdoors can be beneficial in helping to prevent the onset and progression of myopia (short-sightedness) in children.

8. Watch your weight

More than half of all British adults are overweight; however, maintaining a healthy weight helps preserve macular pigment density, which can prevent the onset of macular degeneration – the UK's leading cause of sight loss.

Funding for Bionic Eyes

NHS England is providing the funding for a pilot scheme for bionic eyes. The system is American and an international trial has already taken place.

A 68-year old patient who was one of the first to have the bionic eye implanted said it 'blew his mind'. He can now tell when his grandchildren run towards him.

This year ten patients will have a bionic eye implant on the NHS; they will then be followed for a year to see if their quality of life improves sufficiently for the technology to become routine. The patients on the pilot scheme have Retinitis Pigmentosa, an inherited form of blindness in which the light-sensitive cells of the retina at the back of the eye gradually fail. It affects about 16,000 people in Britain, with 320 of these totally blind.

Trials of this system are also taking place for people who have Age related Macular Degeneration. This is the most common cause of sight loss and affects about 600,000 people in Britain.

The patient wears special spectacles that have a camera incorporated. This captures light, sending it to a Video Processing Unit where it is converted to electrical pulses. The pulses are sent via a transmitter to the implant in the retina. Pulses stimulate the retina, giving the user

the perception of light. The US-made system costs £150,000.

See it Right

The College of Optometrists has recently funded a study on the quality of glasses sold in the UK. It found that 25 per cent of the prescription glasses bought on-line could be putting people at risk of driving illegally or falling over.

When the glasses bought in store were tested 10 per cent were deemed unacceptable and 3 per cent unsafe, while 27 per cent of those bought online were deemed unacceptable and 9 per cent unsafe. The problems found were poor fit, breach of international safety standards for 'refractive correction' and incorrect pupillary distance - the distance between the wearer's eyes.

For glasses bought online the customer usually takes their own measurements for pupillary distance, while in-store measurements are taken by an optician using specialist equipment. Online buyers who wear varifocals or bifocals are at most risk, as these require the most accurate fitting.

Glaucoma Group

Warwick Hospital's Machen Eye Unit has started a group for its glaucoma patients. Two meetings have taken place, with speakers talking about various aspects of the condition. Further meetings are being arranged.

Financial Matters

Get help with your tax

Many people find tax matters confusing, but there is help available. RNIB has a team that supports people who have sight loss with income tax issues. The service, supported by HM Revenue and Customs (HMRC), provides information about tax allowances such as the Blind Person's Allowance and the Marriage Allowance, which can reduce your tax bill.

RNIB can help you to claim the tax allowances you are entitled to. In most cases claims can be taken over the phone, with no forms to complete.

RNIB can also help with general queries related to income tax, tax-free savings, VAT-free products and tax credits. The team can contact HMRC if you need help with resolving problems and to arrange help with completing tax forms and self assessment tax returns.

What is the Blind Person's Allowance?

People registered as blind (severely sight impaired) can claim the Blind Person's Allowance. The allowance is £2,290, which can reduce tax by £458 this year. You can backdate the allowance for the previous 4 years. You can also transfer the allowance to your husband, wife or civil partner.

What is the Marriage Allowance?

The Government introduced the Marriage Allowance tax-break in 2015. It lets you and your partner share part of your tax-free Personal Allowance to help lower your overall tax bill. In 2016/17 you can transfer £1,100 of your Personal Allowance to your partner, which can save up to £220 in tax.

To apply for the Marriage Allowance you need to be married or in a civil partnership. Both partners need to be born on or after 6th April 1935. One partner needs to have an income of under £11,000, and the other partner must be a basic rate taxpayer.

How to contact

RNIB's Tax Advice team

For help and information on income tax and HMRC-related issues you can call RNIB on **0345 330 4897** or **0151 702 5721** or email: **tax@rnib.org.uk**

You can find more information online, go to www.rnib.org.uk/tax

Attendance Allowance

Attendance Allowance can be claimed by people with sight loss aged over 65 who need help with their personal care or help to make sure that they are safe. The money paid by this allowance helps these people with the extra costs of their disability and ensures that they are

able to live as independent a life as possible.

Last year the Government was considering phasing out Attendance Allowance and moving the funding from the Department for Work

and Pensions to local councils. However at the start of this year the Government announced that Attendance Allowance will be staying as it is.

Money Matters

The new £1 coin has just come into circulation - in March. It features a new portrait of Queen Elizabeth II. Don't forget that the old, round, £1 coin will be withdrawn from circulation on 15th October.

The old paper £5 note will be withdrawn by the end of May. Banks will continue to accept this old money for exchange.



Life Stories

My experience with the NCS Partnership

Paul Bowler, Coleshill

The National Citizen Service (NCS) is a voluntary programme that provides personal and social development for 16- and 17-year-olds during school holidays, which was first piloted in 2011. Part of the scheme sees participants make a series of day trips to organisations, they are centred around creating a community-based project to raise awareness of a particular issue, and in Summer 2016 members of the NCS partnership worked with Warwickshire Vision Support.

In early August a dozen or so young people from NCS visited the Leamington Vision Support Centre to collect biographies, and I was one of several people invited to speak to them. I spent an hour in the company of Jesal and Xavier, during which we talked at length about my life and experiences. In particular they were keen to hear my experiences of living with sight loss, as well as some of my accomplishments. They made notes as I spoke, collecting the information ready to produce a mini-biography.

A week or so later we were invited to an afternoon at Leamington Baptist Church, where, after an enjoyable chat over tea and biscuits, the biographies were presented to

us. I found it quite surreal hearing somebody read out my life story, and I was impressed with how much they all got from the experience.

They were all very enthusiastic, and had clearly enjoyed taking part in the project. Many of them talked about their plans for university and careers, and I'm sure they'll all be very successful.

The afternoon ended with a group photograph, before we were serenaded out of the building. The church had a piano, and one of the girls, Lucy, turned out to be an accomplished pianist, so played us out to the opening bars of Adele's *Someone Like You*. It was such a nice way to end our time together, and made me feel so glad that I'd taken part. I'd love to do it again if Warwickshire Vision Support works with NCS next year. It was such a rewarding experience for everyone who was involved, and I would recommend it to anybody.

Paul's Story

told to **Jesal and Xavier**

We met Paul, who has suffered from Optic Atrophy from birth. His experiences and hobbies that we heard about were incredible.

Whilst his mother was pregnant with him in South Africa she took malaria pills that she thinks may have been the cause of his visual impairment.

After he was born doctors thought that he was totally blind, however after 6 months and many experiences within the house his parents noticed that he actually could see a little.

For Paul's primary and secondary education he went to a boarding school for visually impaired children where he lived on campus. Paul described to us how he had a lot of fun and also a little mischief at secondary school. After lights out he would sneak out of his dorm with his friends to attempt a game of knock and run on other dorms. We heard many more stories and they were very amusing.

For his college education Paul went to RNC for the Blind located in Hereford, where he studied Business and other related subjects. After college Paul discovered an interest in Business Studies, which he studied at University, graduating after 3 years. He described university as one of the best parts of his life and he told us that some weeks he would go out on Friday night and not be back until Monday morning, ready to work hard towards his degree again.

After university, despite his Business Studies degree, he searched for a job for 4 years but was unsuccessful because of his visual impairment. As a member of a local writing group within Coventry Paul now writes articles for Warwickshire Vision. He also writes as a hobby and is an official author as he has published

a book called 'Frozen in Time' which is available on Kindle and Amazon. He is planning to publish another book later this year or early next year, however he couldn't tell us much about it because it was secret. Paul has just learnt to play the bongo drums and given his debut performance with a band at a local tennis club.

As an enthusiastic traveller Paul has visited many places abroad such as the Berlin Wall in Germany and Barcelona in Spain and Amsterdam in the Netherlands, which were all described as exciting and a great experience.

With the advancement of technology there is more equipment to help. He uses apps such as Voice Over, Dragon and Magnifying Glass on his iPhone to help with his visual impairment. Paul also has equipment in his house to aid him with everyday jobs such as pouring a cup of tea. A Liquid Level Indicator beeps when the liquid is at a certain level to prevent the user from overflowing a cup or mug and possibly scalding the user. When Paul uses the train to go to the Vision Support Centre in Nuneaton he uses the Passenger Assist service that provides a guide at the station.

We asked Paul if he felt that he had enough assistance around and available to him. He responded saying that he really thought that so many people were kind and friendly when he needed help with

something. He previously had a guide dog, but it was quite nervous, scared of cats and boisterous, which didn't suit Paul too much. However he would like to get another guide dog to help him within and outside the house.

Even though it was only the second time that Paul had dropped in to Leamington Vision Support Centre he believes that he has made good connections and has met new people from different backgrounds. Back at Nuneaton Paul has made so many close friends, which is surprising, because only 5 years ago he said he had never met another visually impaired person because after RNC everyone went back to their own home towns. Paul is extremely glad that he can access a Centre that helps him with his visual impairment.

We have gained a lot from talking to Paul. We have learnt that his visual impairment doesn't mean that he can't have everyday experiences like we do. Paul showed us that he is a very independent person taking care of his mum while she was sick and following that, living by himself.

Pat's Story

told by **Tash and Lucy**

Meeting Patricia (Pat) for the first time, you can't help but notice her impeccable sense of fashion. Growing up as a working-class girl in Coventry, Pat had limited opportunities for the future, but

strived to complete her training as a nursery nurse in order to work with young children; she went on to run her own day nursery. Despite her passion for the arts – music, dance and drama – she was unable to study these subjects at school in the 1940s, as she remained conscious of her need to find work as the oldest child of four. Each week, cash wages would be collected in a tin box where they were separated to pay for gas and coal, house-keeping, rates and rent with the small amount left over reserved for food.

At the age of seven, World War Two broke out and the danger of staying in Coventry meant Pat and her family had to endure numerous night raids, carrying gas masks everywhere and experiencing the rationing system. Subsequently, Pat and her younger sister were evacuated to the Shropshire countryside to stay with their great-aunt; their parents then decided to send both young girls to boarding school where they spent the latter years of the war. However, the old-fashioned nature of the boarding school – affordable to her parents during the war – included overly strict rules, high levels of modesty and the dreaded strip-wash twice a day.

Pat's life has not been without the excitement of travelling and outdoor endeavours: she has always loved camping and hitch-hiking, especially when surrounded by nature and

the countryside. One of her dearest memories is camping with her family in the south of France, where a local baker would arrive with freshly baked delicacies (such as croissants) on offer for those at the campsite. As well as visiting Thailand, Pat has travelled around Europe with her husband in a campervan, savouring the experience of stopping and starting wherever they wanted.

For 2 years Pat and her husband lived on a farm in Mwingi, Kenya, which was rife with political tension, forcing them to keep a gun beside their bed. Although there were guards, Pat felt the need to protect her newborn son – therefore, she had a plan in which if under attack she would hide her child in the cabinet above her bed and place a bottle of milk in his mouth.

With the difficulty of buying a first house, the couple stayed with relatives around England until they were able to purchase their own. Pat moved on to teach in primary school but maintained her love of the dramatic arts by performing in many plays, including the more 'outrageous' roles such as the bossy leader of a Women's Institute.

At 60 years of age Pat obtained a saxophone and was inspired to participate in several saxophone groups. She also achieved Grade Six, though she had increasing difficulty reading music on the stand at a distance.

Pat now has Age-related Macular Degeneration and this impairment has impacted her life adversely, hindering her everyday activities. Nonetheless, Pat has a keen awareness of her other senses: such as relying on touch to put on jewellery and skilfully taking in details of the surrounding area. Pat attends Warwickshire Vision Support Centre sessions on a relatively regular basis and takes delight in talking to people and learning about new services available. She abides by the concept of spending time with others and enjoying what you have.

We feel humbled by our eye-opening visit to the Leamington Vision Support Centre where we were warmly welcomed by both the Volunteers and the regular visitors. Our experience was very enjoyable and we loved speaking to all the friendly people.

On the Bus (2)

From her buggy this small girl
With a mass of auburn curls,
Peers at the rest of the world.

She sucks hard on her dummy,
Smiling at something funny
On the phone held by mummy.

A lady catches her eye,
Laden with bags, passing by,
The girl waves her hand - bye bye.

Sheila Venville, Warwick

Social Technology



With the help of a Digital Inclusion Grant from Stratford District Council, Warwickshire Vision Support is offering free IT training to visually impaired people in Shipston and the surrounding areas. We are setting up training sessions for 6 weeks at venues across the district providing a basic introduction and practical training on how to make the most of a smart phone or tablet.

We have a wide range of demonstration equipment for you to explore at your leisure whilst our trainers and volunteers can give clear unbiased advice on what device will best suit your vision, your aims and of course your pocket.

Our training is tailored to your needs. You may want to learn how to email your friends, use Skype to talk with distant family members or perhaps you want to save money by shopping online or switching your utility provider. Whatever your needs, we will try to develop a package that suits you.

The Information Technology sessions will be held at the Shipston on Stour Library at 12 Church Street, CV36 4AP. They will take place on Tuesdays, through April and continue to 9th

May. Sessions will start at 1.45 pm and end at 3.45 pm.

If you are interested in finding out more about how IT could help you, making friends and a whole lot more, why not pop in to see us at Shipston Library.

Alternatively, you can pop in to see us at the Christadelphian Church on Rother Street in Stratford-upon-Avon between 10 am and 12 noon any Tuesday and see our range of demonstration equipment and talk with our IT team.

For more information please call **01926 411331** or email: **vicky.lewis@warwickshire.vision**

The Accessible Friends Network, TAFN

Andrew Harris, IT Volunteer

Hello everyone, I would like to introduce you to a social network aimed at the visually impaired, it's actually been in existence for over 10 years but sadly not many people know of it. You may well have heard of other social networks and might want to run a mile from anything that sounds similar.

I do understand the sentiment, as I tend to be conservative by nature and rather sceptical of such sites. I still can't get my head around Facebook - why would anyone want to know what I ate for breakfast, or where my next shopping trip will be? Anyway, enough of my ranting, I'm

sure Facebook has far more going for it than I would be prepared to admit.

Back to TAFN; well, if you enjoy chatting with others from all walks of life, who due to visual impairment can really understand where you are coming from, then TAFN is in my humble opinion an excellent place to be.

'Place to be?' I hear you mutter, well yes it can only be accessed via the Internet but once you become part of their activities it's just like being at a drop in centre, albeit a virtual one. Let me explain a little bit further.

The Accessible Friends Network is just that, it is a network where members very quickly become friends (no, it's not a dating site) and it is amazingly accessible; you don't have to learn a whole new way of doing things on your Laptop, iPad or Android device, including smart phones. It really is click and go, incredibly easy to access using your keyboard or touch screen.

When you join TAFN, which initially can be as a guest (free for a month), you will be invited to download some software. The software will enable you to join in with TAFN meetings and events, where you can just listen to what's going on or join in the conversations if you want, there's no pressure to do anything. If you have ever used Skype or Facetime you will already be familiar with software that allows you to communicate over the Internet with others, at no charge.

The software that is required to be downloaded when you join TAFN enables a whole room of members to chat with each other, listen in on an event, a play for instance, or just eavesdrop on the activity or conversation in the chosen room. There is always a moderator in any virtual room to ensure that there is no bad or divisive language. Please don't be confused by the techno speak 'virtual room'. This is just a place you click on in the TAFN application window.

To access a virtual room requires the same steps you take when opening up a folder on your device, the only difference being you don't just arrive at the contents of a folder, you are taken by the software to the room that is hosting the scheduled activity.

When you use the TAFN software you are presented with a list of folders, whose names in simple terms would be for instance, Quiz room, Music room, Theatre room and many more. To access a room of interest and to find out who's in the room, you simply open the folder of your choice, you will then immediately hear what's going on in the selected room.

TAFN posts a weekly list of meetings and events to its members via email, so you know what's coming up and may take your fancy. A sample week's schedule offers sessions starting at 10 am on most mornings with events including a quiz, lounge chat, an Aussie mixed bag, Chain

reaction, a history of rock and roll and Aussie band stand. There are four sessions at 3 pm - mid week theatre, afternoon chat, all write show and the documentary event, also four 8pm sessions and two at 9.30pm for Thursday night jazz club and armchair theatre.

One of the biggest draws to the site is the fact that if you just want to chat with any other member or members, you can arrange to meet over the internet. It's like you just arranged to meet for coffee without leaving your house, and you really do feel you are actually in the same room, guess that's why they call it a virtual room.

Members of TAFN are all English speaking but are made up from a broad spectrum of ages and interests. Whilst the majority will be from the UK, you can end up speaking to members from across the globe, Americans, Canadians, Australians, New Zealanders, you name the country and there's a good chance that there will be a resident TAFN member.

And that's not all, there's more to TAFN than I can cover in this article. So if you are not asleep by now, before you doze off I just want to mention one last item. TAFN now runs a 24 hour Internet streamed radio show which is available to all, again very easy to access.

So if you are feeling a bit isolated and need something to look forward to on a daily basis I would ask you to

consider trying TAFN. It has really changed the lives of many who have taken the step.

To visit the TAFN site for yourself please go to tafn.org.uk

The site is run by staff who are all visually impaired, they are a fantastic bunch and will help you further if you want to know more about TAFN, or just try it out on a temporary basis. If you do decide to become a member it costs £15 per year.

TAFN staff are extremely helpful, however if I can be of further help, or there's a question you want to run by me, please do not hesitate to email me at andrew.harris@harristribe.co.uk

Wikipedia

Wikipedia is a web-based encyclopaedia, free to its users. It is written by anonymous

volunteers. Unlike printed encyclopedias, Wikipedia is continuously updated so, for example, articles on historic events can appear within minutes rather than months or years. Anyone with internet access can write and make changes to articles except in limited cases. A disadvantage is that the content cannot always be verified for accuracy. If you wish to use Wikipedia, simply type its name into your search engine.



WIKIPEDIA
The Free Encyclopedia

What is it like to edit Wikipedia when you don't have any vision?

Paul Bowler, Coleshill

Wikipedia, the online encyclopedia that allows anyone to edit its content, is one of the largest sources of information in the world. Launched in 2001, it currently has over five million articles on the English language version, and many more in other languages, all of them constantly kept updated by thousands of volunteer editors. But what is it like to edit Wikipedia when you don't have any vision?

Graham Pearce of Perth, Western Australia, who has been blind since birth, is a regular contributor to the website, having first joined in February 2005. Editing with the username Graham87, he writes and updates articles on a multitude of topics, as well as participating in many of Wikipedia's behind-the-scenes activities, spending as much as 6-8 hours a day on Wikipedia-related tasks.

Born with retinopathy of prematurity, a degenerative condition that affects premature babies, Graham lost all perception of light at the age of 9; he is also hearing impaired in one ear. His mother began teaching him to read Braille when he was 3, and by the age of 4 he was learning to write with a Perkins Brailier. Despite being a capable student at school he was

excluded from a 'gifted and talented programme' because of his sight, but later went on to attend a specialist music high school after earning a voice scholarship.

Graham's entry into the world of computer technology came in 1997 thanks to Western Australia's Association for the Blind, who taught him to use Microsoft Word and Excel. He also received a grant to buy and install the screen reader software JAWS on his computer, and in 2000 got home internet access for the first time. After joining Wikipedia he gradually became more involved with the project, and in 2007 was appointed one of the site's administrators, a role that enables him to help with tasks that keep it running smoothly.

He is able to edit the content of an article by copying it into a text file, where he makes changes before re-pasting the updated version back to the article's Wikipedia page. Often JAWS allows him to pick up spelling and grammatical errors that other editors have missed, and he is also able to make some minor changes to image files.

Graham did not disclose his disability to other editors at first, only doing so after JAWS got him into a bit of hot water. Another editor accused him of page vandalism after he made some minor changes to an article which introduced errors. Graham told the person about his condition, and by

that evening word had spread. He has described it as 'a turning point' that 'improved my confidence'. He began to advocate for greater accessibility on the site, and has received a positive response from his fellow editors which has enabled him to have a number of the site's technical issues fixed.

Graham has also had some involvement with the Wikimedia Foundation, Wikipedia's parent organisation, attending their annual Wikimania conferences in locations such as Hong Kong and Washington DC. This year he plans to attend Wikimania 2017, held in Montreal in early August.

His work with Wikipedia has earned him much praise and admiration from other editors, and there is no doubt that he has opened the way for other visually impaired people to use and edit the site, while making Wikipedia more accessible for everyone.



WIKIPEDIA
The Free Encyclopedia

A Poem for Computer Users Over 40

A computer was something on TV
From a science fiction show of note
A window was something you hated to clean
And ram was the cousin of a goat

Meg was the name of my girlfriend
And gig was a job for the nights
Now they all mean different things
And that really mega bytes.

An application was for employment
A program was a TV show
A cursor used profanity
A keyboard was a piano

Memory was something that you lost with age
A CD was a bank account
And if you had a 3-inch floppy
You hoped nobody found out

Compress was something you did to the garbage
Not something you did to a file
And if you unzipped anything in public
You'd be in jail for a while

Log on was adding wood to the fire
Hard drive was a long trip on the road
A mouse pad was where a mouse lived
And a backup happened to your commode

Cut you did with a pocketknife
Paste you did with glue
A web was a spider's home
And a virus was the flu.

I guess I'll stick to my pad and paper
And the memory in my head
I hear nobody's been killed in a computer crash
But when it happens they will wish they were dead.

Author unknown

Holiday Feature

Happy Holidays

Chris McLatchie-Wade has visited quite a number of different countries including South Africa, Brazil, Peru and New Zealand. Chris has experienced all these countries, with the support of traveller guides – fellow holidaymakers who describe and guide as they travel round.

Chris gets around in his home area of Rugby with the assistance of Munro, his guide dog. Munro stays at home when he goes on holiday as it would not be practical or fair to take him abroad. (Munro is a lively 8½-year old Labrador/Retriever cross.)

Chris travelled to these wonderful destinations with Traveleyes. This specialist travel agency was set up in 2004 by an entrepreneur who himself lost most of his sight by the age of 18. Knowing the difficulties of travelling as a blind person Amar Latif set up the company to enable visually impaired people to enjoy holidays both abroad and here in the U.K.

The holidays are group holidays, of varying group size depending on the activity - half are VIPs and half are traveller guides. The emphasis is very much on partnership, sharing and having a great time.

Chris met his future wife, Susan, when she decided to take a 5-night holiday as a traveller guide to Jersey. The holidays are organised so that each guide is paired with a different



VIP each day with the whole party eating together in the evening – this helps to ensure everyone gets to know each other.

Traveller guides are provided with an information pack when they book. It provides a few basic hints and pointers on sighted guiding and stresses the importance of communication between the guide and the VIP. Guides are advised to ask the VIP how much information and description they would like so that their experience can live up to expectation.

On their next holiday, this time to Canada, Chris and Susan got engaged. In Canada they visited Toronto, Quebec and Niagara - where they experienced the thunderous majesty of the falls. What is particularly good about a Traveleyes holiday is the way that activities are sufficiently flexible to allow random experiences. Whilst in Canada the group came across a Canadian

mounted policeman and the group leader arranged for them to stroke the horse and touch the policeman's uniform – a sensory experience that really brought things to life.

Holidays usually start at a departure point, which can be an airport, coach station or hotel depending on where you are going and the type of holiday you have booked. Travel guides are given a basic introduction to travel guiding including a few tips on sighted guiding. They are then paired with an initial partner and the tour manager will lead the group through the departure procedures.

About a month before departure an information pack is provided to the travellers, giving such details as the local currency, climate and any other essential information. Also supplied are the names of the other travellers, together with their home towns. If a name is recognized, or the town is not too far away, the traveller may contact the company to ask if they can approach the other traveller to find out if they might wish to share travel arrangements to the start of the tour.

Should the travel timings mean an overnight stay near the airport is necessary, the company may suggest some hotels, and if asked say where other members of the tour are staying, so members can meet each other there.

The holiday accommodation is normally in twin bedded rooms

with the pairings made by gender. However, if someone is travelling with a companion they will automatically be allocated a shared room with that person, unless they request otherwise. Single rooms may be available, if required, but may incur an additional cost.

Having already met and then become engaged on Traveleyes holidays, it seemed only right that Chris and his wife Susan would have a Traveleyes honeymoon. The tour managers for their holiday to New Zealand sought every way possible to make this a special occasion for them. They have also done this for other couples who have been on honeymoon or people celebrating something special.

Traveleyes offers a range of global holidays and here is a small sample. An 8-day discovery holiday to Iceland, the land of ice and fire in August costs £2,198 for VIP travellers and £1,099 for sighted guides. An 8-day break to Guernsey in July costs £1,198 and £649. Visiting Northumberland, staying at Alnwick for 4 days in June costs £449 and £249. A cruise on the River Rhine for 11 days in July, travelling from Basel to Amsterdam costs £2,799 and £1,499.

To contact Traveleyes telephone **0113 887 4275** or email **info@traveleyes-international.com**

Learning on Holiday

AddVenture in Learning is a registered charity, which organises residential courses for sight-impaired adults.

The courses are held in different parts of the country. Each sight-impaired person is assisted by a sighted guide and guide dogs are always welcome.

Accommodation varies - from hotels to outdoor educational centres or university halls of residence.

Participants must make their own way to the venue but these are not usually far from a railway station. Prices are for bed, breakfast and evening meal.

Courses include talks, outings and the chance to socialise. The price varies according to the course but includes entrance fees, speakers and everything on the itinerary. Past courses have included various field trips, studying the works of authors or musicians, visiting country houses and Cheltenham Science Festival to name but a few.

'The Making of the Isle of Wight' course from 15th to 19th May will look at various aspects of ecology, the ever-changing coast, dinosaurs, Carisbrook Castle and evening talks. Accommodation will be in holiday chalets and packed lunches will be provided. The prices are - VIs £250 and Guides £160.

'Shakespeare' will be from 14th to 18th August. There will be a visit to

The Globe Theatre, so London will be the venue, staying in university accommodation conveniently situated on the South Bank. Most visits are within walking distance or public transport will be used. Prices for VIs are £375 and Guides £275.

'Kent' will be a general course from 16th to 20th October based at a hotel in Folkestone and visiting places of interest, including Dover Castle of wartime interest and Canterbury Cathedral.

If you are interested in joining a course as a sight impaired person or a guide, or to become a member and receive our newsletters, please do look at the website www.addventureinlearning.co.uk for more details. Or ring Isobell (course administrator) on **07731 867931** or Barbara (publicity) on **01460 281226** and leave a message if not available. We would love to hear from you.



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More Holidays for VIPs

The range of holidays for VIPs is extensive. Here are some examples of holidays in the UK and abroad with a brief summary of what each one offers.

Vision Hotels has three hotels in the coastal and countryside regions of South Devon, North Somerset and Lake Windermere. Holidaymakers can choose the number of nights they wish to stay from one night to longer breaks. The hotels are accessible and welcome guide dogs and 'good-natured' pet dogs. Telephone **0845 603 0051** or visit: www.visionhotels.co.uk

The **Bond Hotel**, Blackpool, caters for people with disabilities including VIPs. It has fully accessible rooms and a range of mobility equipment, which is free of charge. It also offers care packages delivered by trained staff for an additional charge. Guide dogs are welcome. The hotel is close to Blackpool's main attractions and it also has a nightly cabaret. Telephone **01253 341218** or visit www.bondhotel.co.uk

Disabled Holidays can help you when booking a holiday if you are blind or partially sighted. If you have a destination in mind they will advise you on its suitability as well as accommodation in that area. They offer a wide variety of adapted cottages, hotels and apartments in the UK and abroad. Guide dogs are

welcome. Telephone: **0161 804 9898** or visit www.disabledholidays.com

Jubilee Sailing Trust provides accessible voyages on tall ships for people with disabilities and VIPs. Although they are not able to accommodate guide dogs, a number of guide dog owners have enjoyed these holidays. Holidaymakers experience how to crew a tall ship, joining in with people of all ages and abilities, to worldwide destinations. There is a range of supporting amenities and equipment including braille signage and hearing loops. Telephone **023 80426849** or visit www.jst.org.uk

Seable Holidays offers accessible holidays in Italy and Slovenia for VIPs. From the outset personal advice is available on all aspects of the holidays. Accommodation is in family-run hotels. Activities include climbing, scuba diving, skiing and sightseeing or you can just relax, enjoying the sea and sunshine. Guide dogs can be taken. Telephone **02077 494 866** or email info@seable.co.uk



Warwickshire Vision is distributed FREE to all members of Warwickshire Vision Support
This publication is also available in digital audio, Braille and by email

For more information, please contact us

 **01926 411331**

Email: enquiries@warwickshire.vision

Website: www.warwickshire.vision

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Views expressed in Warwickshire Vision are not necessarily those of the management of Warwickshire Vision Support.

Cover Image: Table Mountain, South Africa



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For more information:

Call **01604 798070** or

Email info@sightandsound.co.uk



Your Local Vision Support Centre is there to help you with all your sight needs



Atherstone	St Mary's Church Church Street Atherstone CV9 1HH	Alternate Wednesdays 10 am - 11.30 am
Coventry	Quakers Meeting House Hill Street Coventry CV1 4AN	Every Friday 10 am - 12 noon
Leamington	Chandos Court Chandos Street Leamington Spa CV32 4YU	Every Monday 10 am - 12 noon
Nuneaton	New Town Community Centre New Town Road Nuneaton CV11 4HG	Every Thursday 10 am - 12 noon
Rugby	Rugby Baptist Church Regent Place Rugby CV21 2AG	Every Wednesday 10 am - 12 noon
Stratford-upon-Avon	The Christadelphian Church Rother Street Stratford CV37 6LU	Every Tuesday 10 am - 12 noon

Warwickshire Vision Support
5 Charles Court, Budbrooke Road
Warwick CV34 5LZ



01926 411331

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