

OAB Newsletter

May 2008

Welcome Aboard!

writes OAB Director Colin Cure

I'm very pleased to welcome two new people to the team:

Sean Rainey is our new trustee. Sean brings with him a wealth of experience of fundraising, which I know we will find a great help. He has already met with John Hewitt, our Chairman, Ben Allcock, our Fundraiser, and I to assist with the planning of a new strategy for fundraising.

Janet Payne is our new Banbury Coordinator. I'm delighted that Janet is setting up our new service in Banbury. From April 16th we will have an information desk on a Wednesday afternoon (2pm to 5pm), at the Age Concern Centre, in White Lion Walk. Anyone who would like to speak in person to Janet, or look at a small selection of specialist equipment, can come along to the friendly centre.

It's nice to be working together with our colleagues from Age Concern, and we hope that people will find it helpful to have a point of contact in

the north of the county. Of course, our services are open to all visually impaired people, so please do not be put off if you're a younger person. In time, Janet also plans to start up a volunteer visiting service in the Banbury area.

In February we also established a valuable link with the Action for Blind People organisation. They made available to us their mobile resource centre. This was an excellent opportunity for us to get around the county to 6 different locations, meet many people and demonstrate a wide range of specialist equipment. Many of you told us that you found this very useful, and so we are going to arrange another "tour" in early September. We are very conscious that some people find it very difficult to get to our main centre in Oxford and so our new Banbury Service and the mobile resource centre are two of the ways that we are trying to spread our service.

Please turn to page 3

First things first

**By special
appointment..
.....it's you!**

In order to give you the best possible service, we need to know you are coming to see us.

Then we can ensure that the right person is here to give you the best possible help.

So please ring us on 01865 725595 and make an appointment! ■■■

**Remember you're
a member**

Yes, it's that time of year again. The days are lengthening, strangely the nights are shortening and the bits in between remain the same. All of which serves to remind me to update my OAB membership! (Which is payable on 1st January) Just fill in the form at the back of the newsletter or call us on 01865 725595 for more information. ■■■

Keeping it short and sharp

TWO abbreviations appear in every newsletter. OAB is our pet name for The Oxfordshire Association for the Blind and VIP stands for visually impaired person and its other meaning is just as relevant. ■■■

The Oxfordshire Association for the Blind

Registered Charity 273559

Bradbury Lodge, Gordon Woodward Way, Rivermead Park,
Abingdon Road, Oxford, OX1 4XL.

Telephone 01865 725595 ● Fax 01865 725596 ●

E-mail : vision@oxeyes.org.uk ● Web site : www.oxeyes.org.uk ●

Opening hours 9-5pm weekdays (24 hour message service)

Chairman **John Hewitt** Vice-chairman **Adrian Hill** Treasurer **David Warr**
Director **Colin Cure** Administrator **Teresa Bennett**
Accounts **Michael Ling** Home Support Officer **Marian Small**
Welfare Group Officer **Mary Gregory** Information Worker **David Thompson**
Fundraiser **Ben Allcock** Sight Advisory Desk **Judith Wood**
Volunteer Co-ordinator **Ana Novakovic** (*Wed and Friday.*)
Banbury Co-ordinator **Janet Payne**

Your Newsletter is written, compiled, edited and generally thrown together by David Thompson

We have also started to run a few short courses in kitchen skills for blind and partially sighted people, offering transport to the participants. This new service has been made possible by a kind donation from a generous member.

We are always grateful for donations and the example above shows clearly what we can achieve when people support us in this way. Even if someone is not able to donate to us in the present, some people kindly remember us in their wills. There is an article on giving in wills in this newsletter. This is an excellent way of knowing that you will be helping local blind and partially sighted people in the future.

I'd like to finish by thanking all the trustees, staff, group organisers and volunteers for all of their efforts. It's good to be enthusiastic about new developments, but it's also important to remember the excellent work going on every day to assist visually impaired people to overcome some of the obstacles that they face.

With good wishes,
Colin Cure, Director.

Happy Birthday Sue!

We'd like to wish a very Happy 90th Birthday, on 19th April, to our dear friend Sue Brown, MBE. Sue has been associated with OAB since 1953, when she started work as a Home Teacher for the Blind, for Oxfordshire County Council, under the direction of the Secretary of OAB.

Sue has seen lots of changes in social care in that time. When she started, Sue worked alongside 3 other Home Teachers in Oxfordshire. She was given a list of people and told to see all of them every month "or else"!

Sue taught handicrafts in people's homes, and arranged for their sale at the Thame Show. Amongst her other duties, she also taught Braille and ran occasional holidays. Sue is still a keen supporter of OAB and a member of the thriving Thame and District Society for visually impaired people.

Once again, Sue, Happy Birthday from all at OAB.

Buy some, Dycem!

Being visually impaired myself I am always looking out for useful items, writes David, and one of these is the Dycem mat. They come in a variety of sizes, from tea-plate to virtually tea-tray size. They are absolutely

brilliant at stopping plates, cups; in fact anything from sliding around and really does take the thrills and spills out of meal times. Call Dave or Teresa for more information on 01865 725595.



Ben Allcock writes

Charity looks at the need and not at the cause

Cooking ahead!

As I write this article, four members of the Carterton Friends of the Blind group are about to experience the OAB's first "Practical Kitchen Skills" class. This course, we hope, will enable more visually impaired people in Oxfordshire to go home feeling confident in cooking for themselves, family and friends; something which could only happen because of the generosity of one of our supporters. A wonderful example of the change and opportunity your donations can make. Indeed, the spring months bring with them that general feeling of excitement and new beginnings.

'Motley Flaggers'

On Saturday April 12th, I had the pleasure of being part of the OAB's first "flag day" collection of 2008. Despite some trouble for two of our most dedicated volunteers in getting to the Kassam football stadium, a motley crew of seven OAB employees and volunteers managed the collection before the game against Farsely Celtic. And, what's more, we had free tickets to watch the mighty Oxford United go on to win the game 5-1... Fundraising has rarely been so much fun!

Our next collection is in the rather more quaint surroundings of Bicester Shopping Village on Saturday May 17th, we are always in need of extra hands, so please give me a call on 01865 725595 if you'd be willing to take part.

Tell us what you think

In addition, some of you may by now have received our OAB supporter survey 2008. We've received quite a few responses already, and my sincere thanks go to all of those who have taken part; and also to those who kindly rang to discuss the survey with me as they were not able to fill the form in. We think it's very important that we are able to invite you (as an OAB supporter) to the kinds of events and get-togethers that you can enjoy, as well as being able to demonstrate how much of a difference your donations make. So, with this kind of feedback, you really are helping us do this. If you haven't received a survey, and you'd like to let us know what you think, then please call me on 01865 725595 or send an email to Fundraising@oxeyes.org.uk. Thank you. Ben.

Anna's volunteering information!

After almost three months at OAB, it seems a good moment to update readers of the newsletter about what's happening on the volunteering front.

Home visiting, along with our other volunteer-supported activities, continues to thrive. I am gradually getting in touch with all those individuals whose volunteering makes schemes like home visiting and social groups possible. But I'm aware it will be a while before I manage to speak to everyone in person; so please, if there's anything you'd like to talk about in the meantime, do give me a ring or send an email.

I am currently developing a

I work two days a week, usually Wednesdays and Fridays. You can contact me by phone (just leave a message if I'm not in the office) on 01865 725595 or by email on volunteers@oxeyes.org.uk ■■■

shadowing programme for new Home Visitors. The idea is that they will have a chance to shadow an experienced volunteer on one or two visits as part of the training process – an opportunity to see how a visit might work in practice, and to meet and talk to someone who has been a visitor for a while. A few volunteers have already agreed to participate in this, but there are many I haven't managed to speak to yet. So... if you are a volunteer Home Visitor and would be happy to take a new volunteer along on one of your visits, I'd be very grateful if you could get in touch.

Ana Novakovic
Volunteer Coordinator

Look who's busing out all over!

It was lovely meeting so many of our friends and supporters when we were out and about in March. You may remember we travelled to Henley, Thame, Witney, Didcot and Banbury on the Action for Blind People out-reach bus and were able to meet clients and show them useful equipment that they might not be able to see elsewhere. In fact it was such a success we are planning another "grand tour" in September. ■■■



OAB comes to Banbury

I'm excited and delighted to be starting up the first of our Oxfordshire 'outposts' here in Banbury, writes Janet Payne.

You'll be able to meet me in the café area at Age Concern, just along White Lion Walk, off Banbury High Street on Wednesday afternoons. I'll be there from 2pm to 5pm with a selection of the smaller items that we have in our Bradbury Lodge Resource Centre. If you want to order something, having seen it, we can ring David or Teresa at the Bradbury Lodge and they will arrange for it to be mailed directly to you.

I'll also be offering other help and advice as well as recruiting and setting up a team of local volunteers. Our main aim here is to establish a team of home visitors. They will offer some practical assistance to people with visual impairments who find aspects of their home life difficult. Other volunteers may like to assist with all sorts of jobs, from box collecting to fundraising.

I'll be also be contactable via OAB at Bradbury Lodge in Oxford, on 01865 725595 who will relay messages to me. You can also call 07528688619 where you can leave a



Janet Payne

message and your number and I'll get back to you. For those of you that have computers my email address is:

banburycoordinator@oxeyes.org.uk

It's very early days, but along with the rest of OAB I'm committed to making a difference for the people of Banbury.

So if you are in the area, why not come along and have a chat? I will look forward to meeting you!



New practical skills courses at OAB

How does a blind person time the roast dinner? How can the person ensure that the hot water is not spilled when making a tea? Maybe you know the answer to these questions. In any case, we've started running short courses in practical skills for blind and partially sighted people, who wish to learn new methods, or just brush up on their knowledge. We started on 14th April with four enthusiastic members of the Carterton Group, who joined Judith and



Mary in our Resource Centre to try out the specialist equipment and discuss different strategies for cooking and the like. David

joined them to demonstrate the computer programmes which have large print and speech. Initially, these courses are being offered to selected groups, but if all goes well, we will try to extend them to anyone who is interested. The beginning of this new service has been made possible by a kind donation from a generous member. It's a great example of the sort of activity that we can set up, with very welcome donations.



OAB equipment and Technology exhibition

Grand "Gadgets and Gizmos" Day Out

21st May 2008

The Pavilion, Cutteslowe Park, North Oxford,

What is it?

Once again we have organised a "showcase event"

Due to the broad spectrum of exhibitors, this is definitely one of the best opportunities for visually impaired people to see the widest range of equipment, without leaving Oxfordshire, that we have ever been involved with.

The items range from simple day to day living items through to electronic magnifiers and on to accessible computers and high tech. gizmos.

Where is it?

The location of the exhibition is a bit of a first for us as it is in the beautiful setting of the pavilion of scenic Cutteslowe Park in North Oxford.

So when you have had a look at the exhibition you could visit the pond and feed the ducks, or have a round of crazy golf!

Getting there

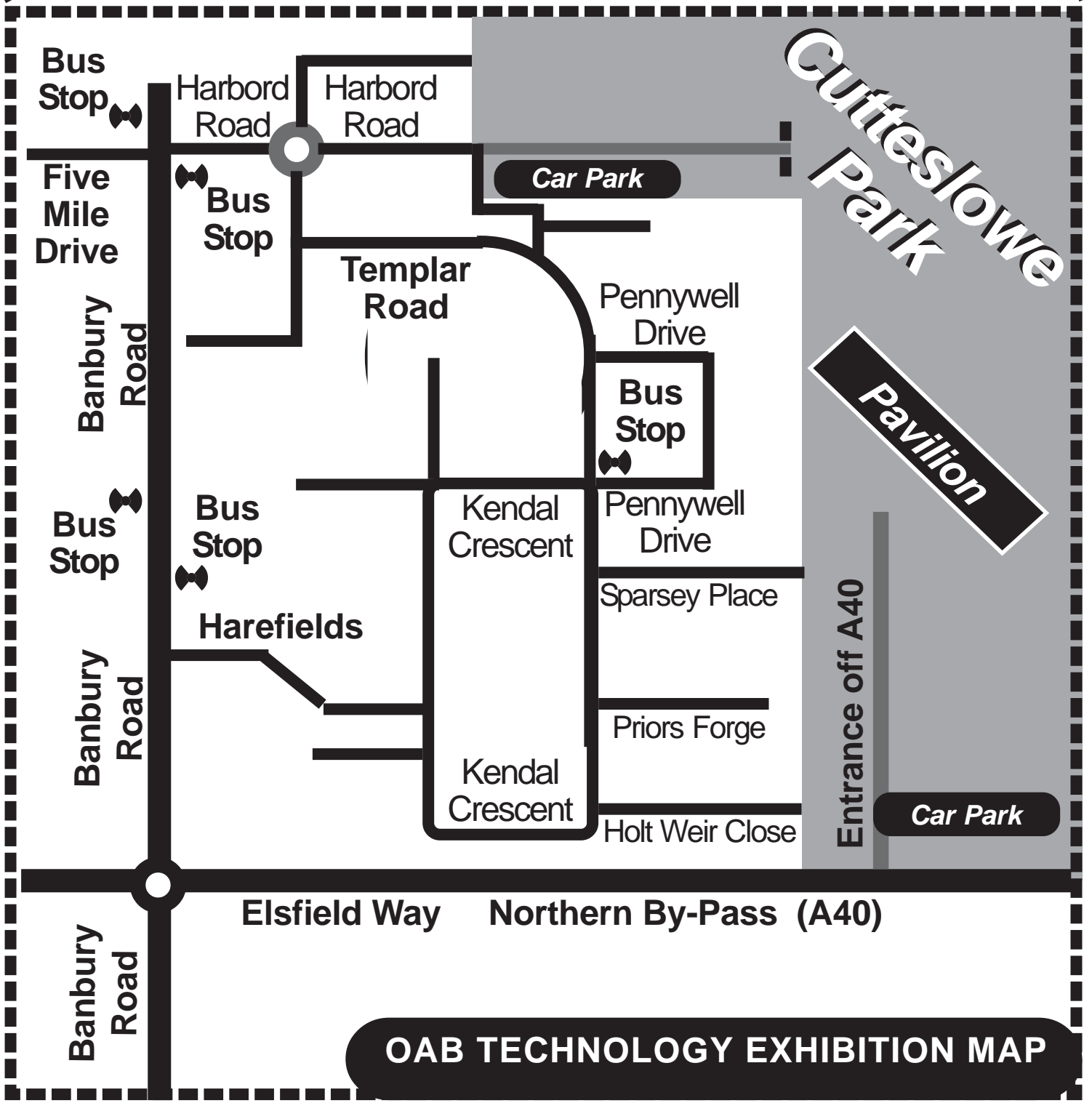
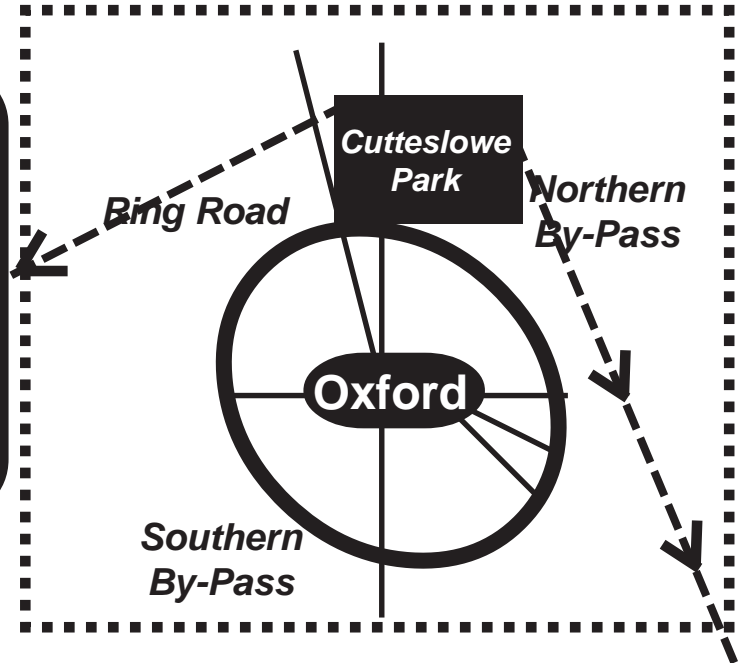
Car

The main entrance to Cutteslowe Park is off the southbound carriage way of the Northern Bypass, commonly known as the A40, locally called Elsfield Way. There is a car parking area on the right, just inside the park and the pavilion is located straight ahead. People who are less mobile can be "dropped off" at the pavilion, before vehicles are taken to the car park.

Bus

There is an hourly Bus service, number 17 run by Stagecoach which goes from Magdalen Street in Oxford and drops off at the junction of Pennywell drive and Kendal Crescent, adjacent to Cutteslowe Park. There are more regular buses, e.g. number 7s and 2s, that drop on Banbury Road adjacent to Harefields and Five Mile Drive, but it is then a walk of over half a mile to the exhibition.

Cotteslowe Park Just off the Northern By-Pass



Our 21st May 2008 Exhibitors

Cobolt Systems Ltd

We are a U.K. based company specialising in the design, manufacture and supply of innovative aids for the blind and partially sighted.

We will bring a wide range of equipment to Oxford both speaking and non-speaking, some of them brand new additions to our collection. For example here is a brief description of just two of them!

The Tapmemo is a revolutionary hand held talking Organiser. Battery operated and using verbal commands the unit needs no special user training. It functions as a phone book, short memo taker, appointment calendar, and alarm clock. Numbers can be dialled automatically .

The Big Button Talking Phone with Talking Caller ID which will announce your dialled and received numbers. The phone book allows 30 numbers to be stored with a voice tag created using your own voice. We will also bring some of our extensive range of anti-glare, shields and glasses, which reduce glare and enhance residual vision . We look forward to seeing you, we are sure we will have just the product to meet your needs.

Professional

Vision Services

Professional Vision Services is located in Hitchin, Hertfordshire. They sell & manufacture a range of low vision aids.

On the demonstration day they will have on display, black & white, colour and split screen electronic magnifiers. (Which are commonly referred to as CCTV's). They have a wide range of autofocus models.

They also have a new range of portable machines, which go through a laptop and as well as stand-alone models. They also have a portable CCTV called the Stryx, apparently from a mythical owl-like creature, with a 7" screen, allowing you to look at a bus timetable and also read a book as it has a distance and close up lens. It will magnify from 2 to 25 times and take a picture, comes in colour and black and white. This machine really is breakthrough technology.

Their latest addition is a Flat Screen CCTV portable and light with Autofocus as standard.



delivering
independence

Dolphin develop software which enables people with a visual impairment to use computers easily. This software is ideal for the home or office and popular with libraries, schools and universities. Whatever your level of sight, spending budget or computer interest our screen enlargers, screen readers and Braille translators will help you get the most from your PC. Dolphin Software can be installed on desktops, laptops and networks. Easy to use, with free technical support and needing no special equipment it can work with industry standard Windows software and hardware. You can choose from a combination of magnification, speech & Braille: see the screen in large print, listen to computer speech and touch Braille at your fingertips. Come along to the pavilion in Cutteslowe Park on the 21st May for a free demonstration of Dolphin's latest, and most advanced, computer access features for blind and visually impaired computer users. Even if you are not familiar with Dolphin's software and are currently using other access programs, Dolphin has made it easier for you change.



life • learning • opportunity

The Royal National College for the Blind - Hereford

The UK's leading college of further education and training for VIPs (16+) RNC offers academic and vocational qualifications. We are committed to enabling our learners to live independent lives and look forward to meeting you at the Pavilion on 21st May 2008

Computer Room Services

We supply a wide range of equipment, software and services, including computer games, hardware peripherals, mobile phones, note takers/PDAs, Braille displays, organiser software, computer tutorials, general computer software, audio software, audio hardware (accessible radios etc.), and computer screen reading software.

**For more Information
call at Oxfordshire
Association for the
Blind on 01865 725595**



The great OAB sale

Half-price watches

Old stock with brand new batteries!

Ladies "Easy-to-see" watch

With easy -fasten strap

Was £15 but now half-price.....
(yes, you've already worked it out, but
I'm telling you anyway) **only £7.50!**

Large "Easy-to-see" watch

with leather strap
also only **£7.50!!!**

Reduced price Calendars and Diaries

No batteries required!

Calendars 2008

Were £3.50. Now only **£2.00**

Diaries 2008

Were £4.00 Now only **£2.00**

Desk Diaries 2008

were £6.50 Now only **£4.00**

**End of stock sale
so first come first served**

To order call Teresa at OAB on 01865 725595

The OAB client Used Equipment Sale

Mobile phone with Speech Software

Nokia N91 with Talks software, which converts the phones displayed text into speech. Multimedia features include MP3 player with 4GB memory, Bluetooth & USB connectivity, Internet access through multiple options including WIFI, and more. Includes full purchased license for Talks software, USB connectivity cable, Hands free cable which doubles as MP3 player remote, Nokia Charger, leather carry case with belt clip & phone user manual in audio format. £130 o.n.o
Please contact Pete 01993 776548



Electronic Magnifier My Reader 2 CCTV

1 year old, seldom used
Cost £3000+ new will sell for £2,000
Telephone 01865 375726
Or 01865 858574 ■■■

Electronic Magnifier Ergo colour CCTV Rehan Electronics Ltd.

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Advertisement

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www.executivealarms.co.uk

Executive Alarms Ltd., 26 Kelburne Rd., Cowley, Oxford

Caring for carers

If you are a carer living or working in Oxford the Oxford Carers centre is here to help. Our contact details are

Oxford Carers Centre,
174a Cowley Road,
Oxford, OX4 1UE.

01865 205192

Fax 01865 242569

email info@carerscentre.co.uk ■■■

Vision Impaired Visually Active

VIVA is a group for visually impaired people with active minds, and meets on the second Tuesday of each month at 2.00pm in the North Oxford Association, Community Centre, Diamond Place, Summertown, Oxford. Once again we have an interesting and varied programme for the months ahead.

13th May Barbara Bunyon,
"My experiences as a volunteer".

10th June Jean Collard,
Interesting Names

8th July OUTING
Wyevale Garden Centre
BICESTER

AUGUST NO MEETING

9th Sept. John Adsett,
University Life

14th Oct. Ann Spokes-Symons,
"Snobbery and Tradition
in North Oxford"

11th Nov. Talk on Waterperry

9th December Christmas Lunch

For further details ring Ron
Sears on 01865 553063. ■■■

The work of the Oxfordshire Association for the Blind is assisted by funds from



Gifts in Wills

OAB relies upon the generosity of our many donors; without your help, we would not be able to offer support and advice to over 3,000 visually impaired people throughout Oxfordshire.

We are extremely grateful for the donations we receive, and all gifts, both big and small, make a real and substantial difference to the lives of our clients.

Though it may surprise you, we have been encouraged to note that many of our Friends and Members are choosing to help the work of OAB through a gift in their Wills - in the past year, we received three generous legacies, which have enabled us to provide information, advice and volunteer visiting services to blind and partially sighted people.

Although writing and updating our

Wills is one of those things many people put off, it is actually one of the most important acts you can take during your lifetime. After all, it is the only way you can be sure that your wishes are met, and that your loved ones and the causes you care about are looked after.

We would advise you to consult a solicitor when you write or update your Will, especially since it is the best way to avoid confusion for others in the future.

May we also encourage you to consider making a gift to OAB in your Will, to ensure that we can continue to provide services to those in our community who need it most?

If you would like assistance on doing so, please feel free to contact Ben on 01865 725595 for a confidential chat. ■■■

Since the last newsletter Oxfordshire Association for the Blind has received donations in memory of

**Robert Milsom
Mr Buzzacott
Robin Winter
William Jones
Ethel Holland
Janet Coppi**

**Alan Dandridge
Helen Sloba
Eileen Sims
Mrs J. Sim
Joan Kovacs** ■■■

Home shopping scheme

Being visually impaired and having had chronic arthritis for nearly half a century I am very aware of the difficulties of getting to the supermarket and then having to go through the stress and effort of locating one's goods and then staggering and stumbling home with them. Not forgetting that you then have to unpack and stow them away in cupboards, freezer, pantry and cellar.... Well, one does have to keep the Shiraz Cabernet cool, but not cold.

As things stood, I assumed that there was no alternative to this relentless grind other than getting onto the home computer and ordering shopping on Internet, which is still something of a "black art" to many people, or getting ones Butler to do it.

However, I have managed to find an alternative to the war of attrition some call shopping, namely Montclair, a company which provides "Home shopping with Care". Aimed specifically at people who have difficulty getting out and about, this telephone shopping scheme is a county-wide collaboration between Oxfordshire County Council and Budgens!

The service means that your individual shopping order will be hand-picked, packed and delivered to you at home, at a time and date specified by you. The staff will then

help you check, unpack and put your goods away.

This scheme will not be ideal for everybody, it is an alternative that could provide a solution to the daily or weekly trudge to the shops and well worth a look at for some people, as it will save valuable time and energy. (Thus allowing ones chauffeur to get one to the Turf Accountant earlier.)

To find out more information contact David or Teresa at Oxfordshire Association for the Blind on 01865 725595. ■■■

"Loo" key here

The National Key Scheme (NKS) offers independent access for disabled people to public toilets. Almost 7000 toilets have been fitted with the NKS lock including those at a number of seaside resorts and other areas attractive to visitors. The scheme is also used by other organisations including the National Trust, transport undertakings, shopping centres and some pub companies. Having one NKS key, therefore allows access to NKS toilets throughout the country. They are available from your local authority information office, so rather than list them all here if you call me, David Thompson on 01865 725595 and I will give you contact details for your local office. ■■■

VIBNO

A social group for people 18–50 which meets on the first Tuesday of the month alternating between a meeting at a pub and doing something else the next month.

If you are a VIP aged between 18 and 50 and want to socialise and have fun come and join us. Contact Nicola Pamphilon 01869 331778 or E-mail flashnp@aol.com ■■■

The Banbury Society for the Visually Impaired

Meet every other Tuesday at the People's Church, Horsefair. Please contact Enid Smith, Group Organiser on 01295 269568. ■■■

The Carterton Social Club

Meet on the 3rd Wednesday of each month from 2 – 4 pm, at the Town Hall, in Carterton. Please contact Rosemary Gibbens, Group Organiser on 01993 846825. ■■■

Dreaming Spires Ten-pin bowling

Are you interested in playing Ten-pin bowling? We play at the Bowl Plex in Oxford, we are a friendly group of people and a warm welcome will be given to you from the team.

For more information contact Kevin Pamphilon on 01869 331778. ■■■

Bionic Eye on the Future

Surgeons are testing a system that could one day lead to a man made eye. The system uses a small video camera on a set of spectacles which transmits an image to implant an “artificial retina” in the eye of the patient. As the system is very crude at moment the image quality is not comparable with that of normal sight and only really of benefit to someone who has lost light perception. But this development does bode well for the prospect of a working with greater acuity in the future. ■■■

Eye Teeth?

More incisive journalism rooted out by our news canine at OAB

A man has regained partial sight after surgeons inserted one of his son's teeth into an eye socket. Robert McNichol, was injured in an explosion at his waste recycling business two years ago. An expert in the UK performed pioneering surgery. He treats severe cases of blindness by using a tooth to hold a man-made lens in place in the eye socket. His son volunteered one of his teeth as soon as he heard about the procedure. The tooth was removed, chiselled through and a lens placed in its core.

It was then inserted into Mr McNichol's right eye. While he cannot see fully, the father of eight hopes that with time his sight will gradually improve and he can do everyday activities. ■■■

Giving more effectively and more easily!

by Michael Ling, *OAB Accounting Officer and Guru*

Gift Aid

Gift Aid is a scheme to enable tax-effective giving by individuals to charities in the United Kingdom. It was originally introduced in 1990, and substantially revised in April 2000.

Gift Aid allows individuals who are subject to UK income tax to complete a simple, short declaration that they are a UK taxpayer.

Any cash donations that the taxpayer makes to their favourite charity, (OAB of course), after making a declaration, are treated as being made after deduction of income tax at the basic rate, and the charity can reclaim the basic rate income tax paid on the gift from HMRC.

If you pay Income Tax or Capital Gains Tax, then by signing a gift-aid form we can claim money from the Customs and Revenue based on any donations or membership fees that you send to us – so long as the amount you pay in tax is at least equal to the amount we claim.

For every £ that you give us, we can currently claim an extra 28p.

So when you pay your membership of £5 it would be worth £6.40 to us.

Even with the change in the basic rate of tax next April, a £5 member payment would still make a very worthwhile £6.25 for us.

So if you are a taxpayer please complete the gift aid form on the next page and let us claim a further 28% (25% from next April) on top of each contribution we receive.

Standing Order

If you want to make regular payments to us, why not take advantage of a standing order with your bank?

This can be used to make regular payments whether weekly, monthly, quarterly or annually.

Not only does it save you having to remember when you last sent anything to us, it also saves you the hassle and cost of writing cheques and posting them to us.

If you do wish to pay by standing order, please complete the standing order on the following page, but please remember to send this to OAB and *NOT* to your bank. ■■■

Membership and donation

Important

If you are **eligible**, please Gift Aid your payment by signing the declaration below. In **all cases**, please complete your name and address details. If you wish to pay by standing order, please also complete the separate form overleaf and return to us at:

**The Oxfordshire Association for the Blind,
Bradbury Lodge, Gordon Woodward Way,
Oxford, OX1 4XL.**

Membership

Please tick the appropriate box

Member

(£5.00 annually)

Friend

(£20.00 annually)

Life Member

(£250.00)

Donation

£..... please show amount

Gift Aid

Please tick the appropriate box

Please treat this payment as a Gift Aid donation

Please treat all membership/donations that I make from the date of this declaration, until otherwise notified, as Gift Aid donations

I pay Income Tax and/or Capital Gains Tax at least equal to the tax that the OAB reclaims on membership/donations in the appropriate tax year. I will inform the OAB when this is no longer the case.

Signed

Date

Name _____

Address _____

Postcode _____

Telephone _____

OAB Oxfordshire Association for the **Blind**

1877-2007

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for 130 years

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Oxford, OX1 4XL.

Phone : 01865 725595 Fax : 01865 725596

Standing order instruction

To the Manager:.....Bank plc

at:

.....

.....Post Code

Please pay to **CAF Bank plc,**
25 Kings Hill Avenue,
Kings Hill, West Malling,
Kent, ME19 4JQ

Sort Code 40-52-40

For the credit of Oxfordshire Association for the Blind

Account number is **00015471**

The sum of £..... (in words).....

on theday of200.....

and the same sum on the same day in each succeeding
month / quarter / year (*delete as appropriate*) until further
notice and debit my account number

Signed **Date**

Name

Address

Postcode

Telephone



Clubs and groups for VIPs in Oxfordshire

Abingdon & District Macular Group

Daphne Baker 01491 835157

Banbury Society for the Visually Impaired

Enid Smith 01295 269568

Bicester Friends of the Visually Impaired

Mrs Peggy Clarke 01869 242290

Carterton Social Club

Rosemary Gibbens 01993 846825

Chipping Norton Friends of the Blind

Mary Gregory 01865 725595

Didcot/Wallingford OAB affiliated

Pam Organ 01235 813391

Dorothy Drummond 01235 812614

Faringdon representative

Jean Young 01367 241467

Henley VIP Group

Mike Pooley 01491 628284

Look Oxfordshire Support for families of VI children

Alison Baker 01235 868262

Kidlington Macular Group

Tom Wright 01865 376482

Marita Ferrett 01865 373104

Oxford Visually Impaired Club

O A B 01865 725595

'Oxpots' Pottery Class

Christopher Barry 01608 730407

Thame and District Society for the Visually Handicapped

Norman Lilley 01844 261041

Visually Impaired But Not Old!

Nicola & Kevin Pamphilon 01869 331778

VIVA, North Oxford

Liaison Officer, Ron Sears 01865 553063

Wantage Blind Social Club

Mrs Joy Ripley 01235 763112

Secretary Hazel Aldred 01235 765849

Witney Area Visually Impaired Group

Mary Sitch 01993 811687

Oxfordshire Social Services Sensory Impairment Team

A county-wide team of specially trained staff who can assess, advise, support, teach and inform people of all ages with sight problems:

Sensory Impairment Teams,

**Oxfordshire Social
& Community Services,
Foxcombe Court,
Wyndyke Furlong,
Abingdon Business Park,
Abingdon,
OX14 1DZ**

Telephone 01235 549395

VI Team

Beverley Downs
Kate Laybourne
Nigel Lewis
Elizabeth Jones
Meg Jones
Dorothy Hazell
Helen Fallaize
Serena Glister
Sue Miles

Manager

John Fearn-Webster

Out of hours social services, emergency freephone 0800 833408.

Gifts in Wills

OAB relies upon the generosity of our many donors; without your help, we would not be able to offer support and advice to over 3,000 visually impaired people throughout Oxfordshire.

We are extremely grateful for the donations we receive, and all gifts, both big and small, make a real and substantial difference to the lives of our clients.

Though it may surprise you, we have been encouraged to note that many of our Friends and Members are choosing to help the work of OAB through a gift in their Wills - in the past year, we received three generous legacies, which have enabled us to provide information, advice and volunteer visiting services to blind and partially sighted people.

Although writing and updating our

Wills is one of those things many people put off, it is actually one of the most important acts you can take during your lifetime. After all, it is the only way you can be sure that your wishes are met, and that your loved ones and the causes you care about are looked after.

We would advise you to consult a solicitor when you write or update your Will, especially since it is the best way to avoid confusion for others in the future.

May we also encourage you to consider making a gift to OAB in your Will, to ensure that we can continue to provide services to those in our community who need it most?

If you would like assistance on doing so, please feel free to contact Ben on 01865 725595 for a confidential chat. ■■■

Since the last newsletter Oxfordshire Association for the Blind has received donations in memory of

**Robert Milsom
Mr Buzzacott
Robin Winter
William Jones
Ethel Holland
Janet Coppi**

**Alan Dandridge
Helen Sloba
Eileen Sims
Mrs J. Sim
Joan Kovacs** ■■■

Home shopping scheme

Being visually impaired and having had chronic arthritis for nearly half a century I am very aware of the difficulties of getting to the supermarket and then having to go through the stress and effort of locating one's goods and then staggering and stumbling home with them. Not forgetting that you then have to unpack and stow them away in cupboards, freezer, pantry and cellar.... Well, one does have to keep the Shiraz Cabernet cool, but not cold.

As things stood, I assumed that there was no alternative to this relentless grind other than getting onto the home computer and ordering shopping on Internet, which is still something of a "black art" to many people, or getting ones Butler to do it.

However, I have managed to find an alternative to the war of attrition some call shopping, namely Montclair, a company which provides "Home shopping with Care". Aimed specifically at people who have difficulty getting out and about, this telephone shopping scheme is a county-wide collaboration between Oxfordshire County Council and Budgens!

The service means that your individual shopping order will be hand-picked, packed and delivered to you at home, at a time and date specified by you. The staff will then

help you check, unpack and put your goods away.

This scheme will not be ideal for everybody, it is an alternative that could provide a solution to the daily or weekly trudge to the shops and well worth a look at for some people. As it will save valuable time and energy. (Thus allowing ones chauffeur to get one to the Turf Accountant earlier.)

To find out more information contact David or Teresa at Oxfordshire Association for the Blind on 01865 725595. ■■■

"Loo" key here

The National Key Scheme (NKS) offers independent access for disabled people to public toilets. Almost 7000 toilets have been fitted with the NKS lock including those at a number of seaside resorts and other areas attractive to visitors. The scheme is also used by other organisations including the National Trust, transport undertakings, shopping centres and some pub companies. Having one NKS key, therefore allows access to NKS toilets throughout the country. They are available from your local authority information office, so rather than list them all here if you call me, David Thompson on 01865 725595 and I will give you contact details for your local office. ■■■

VIBNO

A social group for people 18–50 which meets on the first Tuesday of the month alternating between a meeting at a pub and doing something else the next month.

If you are a VIP aged between 18 and 50 and want to socialise and have fun come and join us. Contact Nicola Pamphilon 01869 331778 or E-mail flashnp@aol.com ■■■

The Banbury Society for the Visually Impaired

Meet every other Tuesday at the People's Church, Horsefair. Please contact Enid Smith, Group Organiser on 01295 269568. ■■■

The Carterton Social Club

Meet on the 3rd Wednesday of each month from 2 – 4 pm, at the Town Hall, in Carterton. Please contact Rosemary Gibbens, Group Organiser on 01993 846825. ■■■

Dreaming Spires Ten-pin bowling

Are you interested in playing Ten-pin bowling? We play at the Bowl Plex in Oxford, we are a friendly group of people and a warm welcome will be given to you from the team.

For more information contact Kevin Pamphilon on 01869 331778. ■■■

Bionic Eye on the Future

Surgeons are testing a system that could one day lead to a man made eye. The system uses a small video camera on a set of spectacles which transmits an image to implant an “artificial retina” in the eye of the patient. As the system is very crude at moment the image quality is not comparable with that of normal sight and only really of benefit to someone who has lost light perception. But this development does bode well for the prospect of a working with greater acuity in the future. ■■■

Eye Teeth?

More incisive journalism rooted out by our news canine at OAB

A man has regained partial sight after surgeons inserted one of his son's teeth into an eye socket. Robert McNichol, was injured in an explosion at his waste recycling business two years ago. An expert in the UK performed pioneering surgery It treats severe cases of blindness by using a tooth to hold a man-made lens in place in the eye socket. His son volunteered one of his teeth as soon as he heard about the procedure. The tooth was removed, chiselled through and a lens placed in its core.

It was then inserted into Mr McNichol's right eye. While he cannot see fully, the father of eight hopes that with time his sight will gradually improve and he can do everyday activities. ■■■

Giving more effectively and more easily!

by Michael Ling, *OAB Accounting Officer and Guru*

Gift Aid

Gift Aid is a scheme to enable tax-effective giving by individuals to charities in the United Kingdom. It was originally introduced in 1990, and substantially revised in April 2000.

Gift Aid allows individuals who are subject to UK income tax to complete a simple, short declaration that they are a UK taxpayer.

Any cash donations that the taxpayer makes to their favourite charity, (OAB of course), after making a declaration, are treated as being made after deduction of income tax at the basic rate, and the charity can reclaim the basic rate income tax paid on the gift from HMRC.

If you pay Income Tax or Capital Gains Tax, then by signing a gift-aid form we can claim money from the Customs and Revenue based on any donations or membership fees that you send to us – so long as the amount you pay in tax is at least equal to the amount we claim.

For every £ that you give us, we can currently claim an extra 28p.

So when you pay your membership of £5 it would be worth £6.40 to us.

Even with the change in the basic rate of tax next April, a £5 member payment would still make a very worthwhile £6.25 for us.

So if you are a taxpayer please complete the gift aid form on the next page and let us claim a further 28% (25% from next April) on top of each contribution we receive.

Standing Order

If you want to make regular payments to us, why not take advantage of a standing order with your bank?

This can be used to make regular payments whether weekly, monthly, quarterly or annually.

Not only does it save you having to remember when you last sent anything to us, it also saves you the hassle and cost of writing cheques and posting them to us.

If you do wish to pay by standing order, please complete the standing order on the following page, but please remember to send this to OAB and *NOT* to your bank. ■■■

Membership and donation

Important

If you are **eligible**, please Gift Aid your payment by signing the declaration below. In **all cases**, please complete your name and address details. If you wish to pay by standing order, please also complete the separate form overleaf and return to us at:

**The Oxfordshire Association for the Blind,
Bradbury Lodge, Gordon Woodward Way,
Oxford, OX1 4XL.**

Membership

Please tick the appropriate box

Member

(£5.00 annually)

Friend

(£20.00 annually)

Life Member

(£250.00)

Donation

£..... please show amount

Gift Aid

Please tick the appropriate box

Please treat this payment as a Gift Aid donation

Please treat all membership/donations that I make from the date of this declaration, until otherwise notified, as Gift Aid donations

I pay Income Tax and/or Capital Gains Tax at least equal to the tax that the OAB reclaims on membership/donations in the appropriate tax year. I will inform the OAB when this is no longer the case.

Signed

Date

Name _____

Address _____

Postcode _____

Telephone _____

OAB Oxfordshire Association for the **Blind**

1877-2007

*Helping blind people
for 130 years*

Registered Charity 273559

Bradbury Lodge, Gordon Woodward Way, Abingdon Road,
Oxford, OX1 4XL.

Phone : 01865 725595 Fax : 01865 725596

Standing order instruction

To the Manager:.....Bank plc

at:

.....

.....Post Code

Please pay to **CAF Bank plc,**
25 Kings Hill Avenue,
Kings Hill, West Malling,
Kent, ME19 4JQ

Sort Code 40-52-40

For the credit of Oxfordshire Association for the Blind

Account number is 00015471

The sum of £..... (in words).....

on theday of200.....

**and the same sum on the same day in each succeeding
month / quarter / year (*delete as appropriate*) until further
notice and debit my account number**

Signed **Date**

Name

Address

Postcode

Telephone



Clubs and groups for VIPs in Oxfordshire

Abingdon & District Macular Group

Daphne Baker 01491 835157

Banbury Society for the Visually Impaired

Enid Smith 01295 269568

Bicester Friends of the Visually Impaired

Mrs Peggy Clarke 01869 242290

Carterton Social Club

Rosemary Gibbens 01993 846825

Chipping Norton Friends of the Blind

Mary Gregory 01865 725595

Didcot/Wallingford OAB affiliated

Pam Organ 01235 813391

Dorothy Drummond 01235 812614

Faringdon representative

Jean Young 01367 241467

Henley VIP Group

Mike Pooley 01491 628284

Look Oxfordshire Support for families of VI children

Alison Baker 01235 868262

Kidlington Macular Group

Tom Wright 01865 376482

Marita Ferrett 01865 373104

Oxford Visually Impaired Club

O A B 01865 725595

'Oxpots' Pottery Class

Christopher Barry 01608 730407

Thame and District Society for the Visually Handicapped

Norman Lilley 01844 261041

Visually Impaired But Not Old!

Nicola & Kevin Pamphilon 01869 331778

VIVA, North Oxford

Liaison Officer, Ron Sears 01865 553063

Wantage Blind Social Club

Mrs Joy Ripley 01235 763112

Secretary Hazel Aldred 01235 765849

Witney Area Visually Impaired Group

Mary Sitch 01993 811687

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