

# **OAB Newsletter**

October 2009

## **From head to tale!**

“It’s all right to stroke the python”, said the zookeeper bringing the 12ft snake to the visually impaired children, “Just don’t touch her head”! Quite how the children were going to avoid the randomly moving head, I wasn’t sure, but all went well and the children seemed to have a great time. Indeed they had a fun outing to the Cotswolds Wildlife Park, organised by the parents’ support group “Look, Oxfordshire”, and it was nice to have been invited to join them.

I’m pleased that we are working more closely with the group now and it’s great to see the children enjoying the activities that have been arranged for them. As I mentioned in my previous article, I’m also keen that we continue our collaboration with all of the other clubs and groups that we link with. Recently, for example, we worked together with Age Concern to arrange an Equipment Display at their centre “The Corner” in Cowley. We were able to assist several people and at the same time inform people about the warm welcome to be had, for people over 50 years, at the centre. The display was also part of our

ongoing efforts to inform and advise as many visually impaired people as possible about services and equipment available to them. This newsletter also contributes to that aim and I’d like to thank all of those people who contribute informative articles, and those many folk involved in the complicated production. There are too many people to mention them all, but I would like to highlight the key roles of David Thompson, our Editor; Ben Allcock our Coordinator; and Neil Stockton, from Radio Cherwell, who produces the audio version of the newsletter.

Neil was one of the people who was awarded Honorary Life Membership of OAB at our AGM on 8<sup>th</sup> September. The other certificates went to: Michael Willis and Roger Chapman, for all of their marvellous fundraising efforts for us over many years; Grace Hutchins, who has been a member for many years of our Information Service at our desk in the Eye Hospital; Sue Baker, our excellent volunteer administrator who has single-handedly collated and recorded our new Audio Book

*Please turn to page 3*

# First things First!

## Please send back your wallets!

If you receive a newsletter on audio cassette could you please remember to get the tape and wallet back to us as soon as you have finished listening. Although the wallets are not incredibly expensive, the costs do mount up when we have to replace large numbers of them. ■■■

## Please let us know

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 to avoid disappointment please ring us on 01865 725595 and make an appointment! ■■■

# 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](mailto:vision@oxeyes.org.uk) ● Web site : [www.oxeyes.org.uk](http://www.oxeyes.org.uk) ●**

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

Chairman **John Hewitt** Vice-chairman **Adrian Hill** Treasurer **David Warr**

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Welfare Group Officer **Mary Gregory** Information Worker **David Thompson**

Fund-raiser **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 by David Thompson*

Library; and Eric Whitehead, who is a volunteer visitor, an occasional administrative assistant, and also manages the distribution of our audio tape newsletter. We are very grateful to all of these people and also to huge number of volunteers and supporters who assist us with everything from home visiting to organising fundraising events.

The AGM was a great opportunity to look back at a busy year for OAB and consider the challenges for the future. Some of these challenges were highlighted in a very informative talk given by Hilary Grime, Manager for Sensory Impairment and Physical Disabilities, with Social and Community Services. We're optimistic about some of the possibilities which the new changes in Social Care will bring, but we would like to ask for your continued support, so that we can play a key role in helping blind and partially sighted people to make the best of them. I'm pleased to say that all of the present excellent Trustees and Executive Officers were re-elected at the AGM, so that we can continue to look to them to steer the organisation confidently forwards, including the building of our planned new Sight Advisory Centre, as an annex to Bradbury Lodge.

I'd like to finish my report by thanking all those of you who supported me in my sponsored cycle ride, with two friends, from Oxford to its twin town, Leiden, in

Holland, in the second week in September. It was a marvellous experience. We were waved goodbye at the Town Hall by the Lord Mayor, the Rotary Club, and several team members and friends. At Thame, we were treated to a delicious lunch by the organisers of the Thame Club for visually impaired people, and when we finally arrived in Leiden, we were given a splendid reception by the Leiden Rotary Club and a representative from the Twin Town Association there. The only set back on route was a snapped gear cable, just as I set off down the busiest 'A' road that we encountered. Fortunately, I lived to tell the tale! Best wishes, Colin.

## 2010 Large Print calendars and diaries now in stock

We have a large print calendar costing £3.70, a desk diary costing £7.50 and a pocket diary at £4.00. These are invaluable aids to making sure that dates and appointments are monitored and kept. All are large or very large print with more than adequate space for entries to be written. For more information or to order yours call me, David Thompson or my colleague Sarah Milrose on 01865 725595. We send most of our equipment with no extra charge for postage or packing so the prices quoted are what you pay!

## **Bradbury Lodge Opening Times**

From 16<sup>th</sup> November OAB's opening times, at Bradbury Lodge, will be from 9am to 4pm on Monday to Friday. During these hours we are keen to provide information, advice and emotional support to as many visually impaired people and their carers as possible. We are also keen to show examples of special equipment, to help people retain their independence, in our Resource Room. We would be grateful if visitors would make an appointment beforehand, so that we can ensure that we can give them our full attention. After 4pm we will switch to our answerphone, so that people can leave us a message.

We are making this adjustment in our opening times, so that the team can have a dedicated hour at the end of each day to make telephone calls to service users and complete necessary paperwork. We plan, with this change, to improve our efficiency and ultimately assist more people. ■■■

## **Christmas Holiday**

Would you please note that the OAB main office and information points will be closed from Christmas Day until Monday 4<sup>th</sup> January. We hope that you have an enjoyable and relaxing Christmas and look forward to a prosperous and happy New Year! ■■■

## **We have a winner!**

Justeen Harper from Grove was the lucky winner of our recent October raffle. Justeen was given her tickets by her mother, who is good friends with a young visually impaired OAB supporter in the town; she intends to spend her winnings on new books and study aids for an undergraduate course which she started at Bournemouth University earlier this year (though, no doubt, the odd beer or baked bean tin may be bought with it too). The second prize of £50 was won by Mr and Mrs Harper, from Launton, while the bottles of wine went to a local person in Boars Hill. Well done to all our winners!

The raffle raised over £3,500 for OAB, and we would like to thank every single one of you who took part. It was very encouraging that it was so well received, and we hope to hold more raffles like this in the future.

Of course, if any of you reading or listening to this would prefer to not receive any raffle books next time, for whatever reason, then please feel free to let us know and we will do our best to make sure that we do not send any more to you.

We wish the best of luck to all those who do intend to take part next time, and would like thank you again for your support. ■■■

# Please let us know

Raising money for our services is becoming more difficult in the current economic climate. We are continuing to apply for local government grants, to trust funds and to national funds like the Lottery.

We have also tried to raise money for our important services to blind and partially sighted people in a number of new ways, some of which have included you as a newsletter reader: with a raffle, for example, or a direct mail appeal. These efforts have been successful and largely well received and we'd like to thank you very much for the support and encouragement that you have given.

We want you to enjoy supporting OAB and we know that many of you do. By giving a donation or volunteering your time, you know you are helping to

support thousands of visually impaired people in the county: people who regularly express their gratitude to all those who have contributed to the service that they receive.

We also recognise that, from time to time, in trying to raise money for the cause, we may get things wrong. Clearly we don't want to do this and we are sorry if anyone is unhappy with our approach. However, the only way we can make sure we're not upsetting you, or sending things you don't want to receive is if you tell us. Then, we can make the necessary changes to ensure that this does not recur. So please, do let us know if, for example, you do not wish to receive raffle tickets or similar material. Just call us on 01865 725595.

Thank you for your support. ■■■

## For Sale

**Magnilink Low Vision CCTV**

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**Optelec Clearview Plus**

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**B/W, False Colours and Inversion**

**Cost new £2000 Sale price £1000**

**Please call 01295 722992 ■■■**

## If you like Pantomime

Believe it or not the festive season approaches. In fact I had my first mince pie last week and very nice it was too! One of the traditions many people look forward to during December and January is the Christmas Pantomime, Oh yes it is! I used to enjoy this immensely and have fond memories of meeting Anita Harris in 1974 when she played Peter Pan! Sadly, I gave up going to the Theatre because I felt that I was missing out on some of what was going on because I couldn't see it well enough. This need no longer be the case as this seasons production, Jack and the Beanstalk at the Oxford Playhouse, has a special performance with audio description which is also preceded by a "touch tour" of the set. So we arrive at 12.15 on 16th January 2010 and the touch tour commences at 12.30. This means we are shown around the stage, we get up close and personal with some of the costumes and props and sometimes you get to meet some of the characters. The actual performance starts at 2.00pm. The VIP is issued with a set of headphones over which there is a commentary telling you what is happening when there is no dialogue, so a lot of the "gaps" are filled in and you don't miss out on all the fun. For more information or to book your place call the Oxford Playhouse on 01865 305305. ■■■

## New daylight lamp for OAB

When ones vision is not what it could having a good light can make all the difference. The newest addition to our range of equipment is a twin fluorescent task lamp, which is very sturdy with all metal construction. It is fitted with two 15 watt Daylight fluorescent tubes producing 30 watts of evenly spread light over a wide area and at low heat. This is equivalent to 150 watts from an incandescent bulb.

It is secured by a table clamp and is ideal for work benches, large tables or drawing boards. This lamp is perfect for tasks that require a powerful light source.

It comes complete with tubes and table clamp. We can also supply a flat table stand for it and a floor stand with wheels! For more information, arrange an appointment to see it or to order please telephone 01865 725595. ■■■

## Christmas cards

Christmas wouldn't be the same without the OAB Christmas cards. This year our cards are even better value, starting at £1 per pack.

Our variety packs have proved very popular so far, therefore it might be a good idea to get yours before they are all snapped up.

To order yours call Sarah on 01865 725595. ■■■

# News from the North

Our OAB representative in Banbury is Janet Payne who also runs our information desk on a Wednesday afternoon (2pm to 5pm), at the Age Concern Centre, White Lion Walk.

## Walks update

We had our final walk of 2009 in September. Our walks have been very successful: fun and inclusive, with a four year old enjoying them just as much as our much older walkers. We don't go too quickly, and will stop for rests or to look and listen or play on the swings. Our largest walk had 14 participants, which challenged Sainsbury's café when we arrived at the end! The variety of walks on paving and grass, in town and in country are really appreciated. The reservoir beyond Spiceball Park was a delightful revelation to many of us.

Cherwell Council will soon put the itineraries on their website so that sighted partners and friends will be able to download them and take you round, knowing what hazards you are likely to meet. The walks are about 2 miles long but there are shorter options.

Two walk leaders are already planning a new Sainsbury's/Bodicote circuit for 2010. The first walk of next season will be on April 22<sup>nd</sup>. The time and venue will be announced in the next issue.

## Make up advice

Two clients volunteered to take part at Age Concern a few weeks ago, sampling a super makeup demo by Alice of The Body Shop in Banbury. She had all sorts of useful ideas about how to apply makeup if you can't see yourself, and good tips – for example, use lipgloss on the bottom lip only – it goes further and is more effective.

Alice is very happy to visit other groups in Oxfordshire now she has some idea of VIPs' issues – contact me, Janet Payne, for further details.

## TV Max magnifier to try before you buy

Thanks to a generous donor, we now have a TV MAX electronic magnifier in Banbury. This is a device which relays the image through your television, down the video channel. The price, at just over £135, is reasonable for a colour magnifier with variable magnification, but it's best to have a demo and see if it works for you. Just call in as usual between 2 and 5 on a Wednesday.

## Bump-ons, Sticky Blobs or Tactile Marks

Whatever you call them, if you are running out, contact us in Oxford on 01865 725595, or me in Banbury, and we'll send you a strip. There is no charge, but we'd welcome a donation!

## Sticky, handy hints

As you can well imagine, Bump-ons do not adhere well to things that are greasy or grimy, so our Information Officer David suggests cleaning the area with warm, soapy water; from the washing up bowl is ideal! For those more stubborn spots, a drop of methylated spirit should do the trick. If you still have trouble Superglue will ensure a good stick, but do get assistance with this, if you think you will have difficulty.

## Car enthusiasts

A lot of people I encounter seem to be car enthusiasts. If you'd like to be included in a possible trip to Gaydon motor museum in the winter- probably January - let me know. You can telephone 07528688619 or email [banburycoordinator@oxeyes.org.uk](mailto:banburycoordinator@oxeyes.org.uk) as soon as possible.

## Ten Pin Bowling

Marisol Clack would like to start a bowling group in Banbury. Anybody interested should call her on 01295 269206. ■■■

## It's nice to be recognised

We were grateful to be contacted by John from Banbury recently. He had been assisted at our Information Point in Banbury and offered the following comment for publication in this newsletter: "It's the best eye-opener that a person who is visually restricted can have".

We are always grateful for compliments and constructive criticism of our services, as we are constantly striving to improve and develop. Thank you, John ■■■

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# Eye drops 'may reverse glaucoma'

A new type of medicated eye drop may be able to reverse symptoms of glaucoma: a leading cause of blindness. Glaucoma is caused by pressure inside the eye - intra-ocular pressure - which damages cells in the optic nerve.

Very often Glaucoma does not present any symptoms, as such many people with glaucoma are not diagnosed or do not seek expert help until the condition is already relatively advanced and all that can be done is a stabilising of the condition with a view to preserving the remaining vision.

The build up of intra-ocular pressure can often be controlled through the use of eye drops, oral medication, laser and surgical intervention. But once pressure has started to damage optic nerve cells, called retinal ganglion cells (RGCs), up to this point in time it has proved impossible to recover the lost function.

The recent study of rats and human patients found that drops containing a nerve growth factor may stop the RGCs dying, and actually improve vision.

The animals who were given the eye drops showed decreased levels of RGC death compared with those who did not receive the treatment.

The researchers went on to test the drops in three human patients whose intra-ocular pressure had started to be

controlled, but who still showed signs of progressive deterioration in their vision. In two of the patients vision improved, while in the other it was stabilised. The improvements lasted up to 18 months after the eye drops were applied.

Nerve growth factor appears to trigger chemical changes within cells that prevent them from dying in response to damage. It might also enable cells whose function had begun to be damaged to bounce back and boost the capacity of healthy nerve cells to form new connections within the optic nerve, to compensate for any damage that had already taken place. However, nerve growth factor cannot rescue cells that have already died - in common with brain tissue, the optic nerve cannot regenerate.

This is a relatively small trial and sometimes such positive results are not reflected in larger scale trials. Also the efficacy and safety in treating humans has yet to be evaluated. Therefore it will be sometime before this treatment will become available to a wider range of glaucoma patients. Even so, these are encouraging results, this is the first time that an improvement in visual function is observed with patients who have advanced optic nerve damage and may even have beneficial implications for people with other eye conditions for whom there are limited treatments at the moment. ■■■

## Footballers wanted

Summertown Stars AFC is the largest youth football club in Oxfordshire, with over 400 registered players. Over 20 boys and girl's teams aged from under 8 years old to over 16 years play regularly in the Stars red and white stripes. The club is an FA Charter Community Club, which means that it is run to the highest standards set by the FA for an amateur football club.

Jo Kalies is an FA Level 2 qualified football coach and is the Summertown Stars Disability Officer. Jo has successfully put together a small group of visually impaired players, aged from 8 upwards, who train about once a month. VI players play futsal, an indoor 5 a -side game of football. If anyone would like to take part in these fun sessions then please contact either Jo or Paul Chamberlain.

### Coach

Jo Kalies Tel: 07867 646503

### Assistant coach:

Paul Chamberlain Tel: 01865 353202  
or 07813 591586

E-mail: [paul.chamberlain@oup.com](mailto:paul.chamberlain@oup.com)



## Guide dogs for younger VIPs

Guide dogs are going to be available for visually impaired children in the UK for the first time - as the age limit of 16 is to be removed from 2010, following an ongoing pilot scheme.

For more information call OAB on 01865 725595. ■■■

## Look! Oxfordshire

We have had the very great pleasure of meeting up with, and working with, various members of LOOK Oxfordshire this year, a group of parents with visually impaired children with a view of giving them help and support from OAB.

There have been several interesting event days held in Oxfordshire at Thomley Hall and Oxsrade, attended by OAB, where the parents and children went for some great activities such as wild beast hunts in the field, calming time in the sensory room, fun art messy stuff in the craft room and jumping about in the play rooms. It was an eye opener to chat with parents, see the children and generally offer support to them in an open and friendly way.

Where possible, we assist with fundraising, thanks to Ben and his stirring efforts to raise money for this group, and we hope to be able to do further things to help, even if it is only being there to support them.

We have been fortunate in being given a donated bag of second hand toys suitable for visually impaired children by the LOOK group and we are taking steps to organise a small area in our Resource Room for a display. Here's "looking" to the future....

Sarah Milrose ■■■

## VIBNO

VIBNO is a group for the 18 –50 age group in Oxfordshire to meet socially and have fun.

We meet on the first Tuesday of the month. We alternate between a meeting at a pub and then on the other month we do something completely different.

We are always looking for new members so if you are a VIP aged between 18 and 50 and want to socialise and have fun with people alike come and join us. Partners, friends and family are welcome to all events.

Since the last newsletter we have enjoyed a drink and a catch up at the pub in Kidlington, where we also had our annual game of Aunt Sally, which was great fun trying to knock the dolly off! We also had a delicious Indian meal at the restaurant in Botley.

We were lucky enough to receive funding from the Grassroots Project from the Oxfordshire Community Foundation to pay for a day trip to Brighton. In August we headed off from Oxfordshire to arrive to a rainy day in Brighton but we didn't let this bother us. We had a great time there spending the day on the pier, the beach, visiting the Seal Life Centre and shopping.

For more information and details of our programme please contact Nicola Pamphilon 01869 331778 or e-mail flashnp@aol.com. ■■■

## Dreaming Spires Tenpin Bowling

from Club Captain Kevin Pamphilon

We had two teams entered in a tournament in Basingstoke where we played 4 games. The A team of Kevin, Terry, and Graham and the B team of Nicola, Ella and Paul all played well and finished mid table.

We have just finished the summer league where Terry Richards, Graham Hall, and John Ritchie played particularly well.

The winter league will start in early December with 2 teams entered. This is a trio's league and we will play teams from all over the country at the Bowl Plex in Oxford near the Kassam Stadium.

For more information about playing ten pin bowling, please contact Kevin Pamphilon club captain  
Phone 01869331778. ■■■

## Tenpin bowling in Banbury

Although Janet Payne has mentioned this already but I would like to lend my support and do so again!

We are looking to see how many people are interested in coming and having fun bowling at the Hollywood mega-bowl in Banbury.

If you are interested please contact Marisol on 01295 251222 and if there is enough interest we will arrange a bowling session as soon as possible. ■■■

## Wantage Blind Club

A social club for partially sighted and blind people living locally. Meetings are held on the second Saturday of each month from February to December at the Wantage Day Centre from 3-5pm where members can socialise over afternoon tea. A raffle is held and there is often entertainment. There is also an annual outing. Transport is available by Special Transport Ambulance or in volunteer's cars. For more information call Hazel Aldred on 01235 765849 or Joy Ripley on 01235 763112. ■■■

## Banbury Blind Club

Meets alternate Tuesdays 10.30am - 2.00pm at the Baptist Hall near Whatley Hall. Helpers are always welcome. For more information call Enid Smith on 01295 269568. ■■■

## Vision Impaired Visually Active

VIVA is a group for visually impaired people with active minds.

Meetings are held on the second Tuesday of each month at 2.00pm in the North Oxford Association, Community Centre, Diamond Place, Summertown, Oxford.

### Next meetings

Nov. 10th John Paine,  
African Safari

Dec. 8th Christmas Lunch

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

## Carers groups in Oxfordshire

Carers, of any age, living or working in Oxfordshire, can find support, advice and information from their local carers group

### North and West Carers Centre

27 Horse Fair  
Banbury  
OX16 0AE  
01295 264545  
cc.nwoxon@dsl.pipex.com

### Oxford Carers Centre

174a Cowley Road,  
Oxford, OX4 1UE  
01865 205192  
info@carerscentre.co.uk  
Website:  
www.carerscentre.co.uk

### South and Vale Carers' Centre

5 Lydalls Road,  
Didcot, OX11 7HX  
01235 510212  
carers@svcarers.org.uk  
Website:  
www.svcarers.org.uk

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

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# The New handheld Mano magnifier

We have just acquired a new handheld electronic magnifier from Optima Low Vision, to demonstrate to visitors at Bradbury Lodge in Oxford. This portable device could help visually impaired people, who have enough useful residual vision, to read text.



With its built-in stand and automatic picture correction the Mano can make writing simpler and easier to manage.

Whatever angle it is used - even upside down, it presents its picture the right way up. This makes it a suitable device for left or right-hand use.

There are times when what you want to read is just too far away, At the touch of a button the Mano captures up to three snapshots that you can then view at a comfortable distance.

The Mano measures just 3.5" x 3" x

less than 1" (8.9 x 7.4 x 2.1 cm), it is light weight at under 5oz (139g) meaning it is compact, discreet and fits easily into a pocket or bag. It is also easy to use with simple, clearly arranged functions.

Unlike many similar devices it has fully variable magnification from 1x to 20x, rather than 3 fixed settings. In addition to full colour there are five further colour modes again, more options than most competitors.

The rechargeable batteries operate for approx. 2.5 hours – and recharge in about the same time.

**For more information on the Mano Portable Magnifier, or to book an appointment , please call OAB on 01865 725595. ■■■**



# Timekeeping just got easier

As we rush through the season of mists and mellow fruitfulness, past tricky, Halloween, through the whizz, bang and flashes of the Guy Fawkes remembrance parties, headlong towards the present giving, mistletoe dodging, Yuletide Season and the fleeting sentimentality of the New Year celebrations, we have already participated in the bi-annual horological ritual, which in the Autumn is to put the clocks back!

If you haven't already done so, now would be a good time to catch up, or more appropriately jump back.

Although the extra hour in bed is welcome, for sighted people this alteration is just a case of moving the hands on the clock or watch.

However, for those of us who use talking time pieces this process is a bit more involved, a matter of combination button pressing sometimes involving paper clips and ball point pens, in fact for many of us it is at least tedious and by some of us it is perceived as almost a "black art".

Salvation from the need to manually alter the clocks is now at hand and fingertips in the form of radio control!

Here at Bradbury Lodge we have clocks that follow radio signals and check themselves to see if they have the right time, and if not, they put themselves right!

The radio controlled wall clock is 12 inches in diameter, (30cms if you are under 30 years old). The analogue face is white with black figures and the second hand has a little ball at the tip to make it more visible. This clock is great value at only £30.

The radio controlled talking cube clock, called the Communiclock, rather predictably, is a white cube, with rounded corners. There are no figures on it, but it has a black button on top which, when pressed, gives the time in an English male voice, and if you keep the button depressed you get the time followed by the date. This device is a bargain at only £25.50.

The radio controlled talking calendar watch has an analogue design, with black figures on a white face. Rather unusually, the hands are luminous green, so if one has enough residual vision it can be read in the dark! It has 2 buttons on the right hand side which give the time and date in an English female voice. This watch costs a mere £40.

**For more information or to make an appointment to come and see these fantastic pieces of timekeeping equipment, call us on 01865 725595. ■■■**

# Have you recently been diagnosed with type 2 diabetes?

Do you want to increase your understanding of your condition?

Diabetes2gether is run in small groups of up to 12 people by a specially trained Nurse and Dietitian. It consists of a single three hour session and is delivered in your local area.

The programme includes information on

- What is diabetes
- Healthy eating
- Treatment options
- Self management plan

Diabetes2gether gives you the opportunity to meet others recently diagnosed with type 2 diabetes and share your experiences. You are welcome to bring along a friend or relative to the session should you wish.

It is easy to join the programme. You do not need a referral from your GP, just contact Diabetes2gether on 01235 208756 or, email on [diabetes2gether@oxfordshirepct.nhs.uk](mailto:diabetes2gether@oxfordshirepct.nhs.uk)



## The Digital television switchover comes to oxfordshire in 2011

### *But do not Panic!*

You may have heard stories about the television signal being switched off and your TV being unable to receive the new digital signal. This is true for those people who have an older set and no digital television box. However, most of the modern televisions have a digital receiver box inside and are already working. People who subscribe to satellite or cable television will not be affected as their signal is from a different source. If you think you will be affected by the changeover, do not worry, help will be at hand from a number of sources, one of which is The Digital Switchover Help Scheme.

You are eligible for the Switchover Help Scheme if:

- You are aged 75 or over, or
- You have lived in a care home for 6 months or more, or
- You are registered blind or partially sighted, or
- You get (or could get):
  - Disability living allowance, or
  - Attendance or constant attendance allowance, or
  - Mobility supplement

Still unsure? Please call them on 0800 408 5900. ■■■

# Ashmolean Museum Christmas Event for Visually Impaired People

**Fri 18<sup>th</sup> Dec 10.30am -12.30pm**

Oxfordshire Association for the Blind are proud to be linking with the Education Department of the Ashmolean Museum to offer this free Christmas Event:

A Christmas 'get-together' with talks and information from OAB, tours and talks about the new Museum and object handling.

Get to know the New Ashmolean. Using handling objects and materials as well as description we will guide you through the new museum.

Then stay for a cup of Christmas Cheer!

Please note that places are limited so book early to avoid disappointment.

For more information or to book please call 01865 288078/278015 or you can e-mail

[jude.barrett@ashmus.ox.ac.uk](mailto:jude.barrett@ashmus.ox.ac.uk)

or

[education.service@ashmus.ox.ac.uk](mailto:education.service@ashmus.ox.ac.uk)

[www.ashmolean.org](http://www.ashmolean.org)

## Gifts in Wills

Towards the end of September, BBC Radio Oxford presented a very interesting article about Will writing.

The article was very informative on a subject about which many people are clearly unsure. We learned, for example, that while it is possible to make a Will using a pack obtainable from a newsagent, it is best to seek the advice of a solicitor to avoid unnecessary complications. We also learned that, as well as leaving legacies to loved ones, two thirds of people do not know that they can leave a gift in their Will to a charity, if they wish to do so. Those of you who attended our AGM would have

heard from our Treasurer, David Warr, who spoke about the wonderful difference that has been made for blind and partially sighted people, by people who have left such a gift to OAB. As a result, many of the attendees took away a brochure, which we have had produced, giving information about legacy giving. If anyone would like a copy of the brochure, please do let us know by calling 01865 725595 and speaking to Ben Allcock.

# Giving more easily and effectively

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.

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 Revenue and Customs.

So if you are a taxpayer please complete the gift aid form on the next page and let us claim a further 28% 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. ■■■

## Support OAB become a member!

Show your support for Oxfordshire's best loved Visually Impaired charity by becoming a member. Your membership gives you mandate to vote at our Annual General Meeting and give us a

greater voice in the county. Just fill in the form on the next page and we will get your membership card out to you ASAP! Or telephone 01865 725595 for more information. Thank you! ■■■

## We are very grateful for donations received in memory of

Edith Morris  
John Adsett  
June Alice

Helen Collins  
S. DeLastic  
Mollie Crane

William Webster  
Clifford Vine Chatterton

Our sincere thanks to all donors ■■■

# 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 the .....day of .....200.....**

**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 01608 810899

## 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 Macular Group

Daphne Dorman 01993 811084

## Oxford Visually Impaired Club

Mary Gregory 01608 810899

## '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

Mandy Bishop 01993 706824

## 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  
Elizabeth Jones  
Meg Jones  
Dorothy Hazell  
Helen Fallaize  
Serena Glistler  
Sue Miles

### Manager

John Fearn-Webster

Out of hours social services, emergency freephone 0800 833408.