

OUTLOOK

WINTER 2016

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Charity Number: 1062433



The Ramble Group enjoying a walk in the local countryside in January 2016

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Welcome to the **Winter Outlook Newsletter** for 2016. My apologies for the lateness of this newsletter but it has been a very hectic time for Reading Association for the Blind and we have seen a number of changes in the last few months.

It may seem a little late but I hope everyone had a good Christmas and we would like to wish everyone a Happy New Year!

We had a lot of events running up to Christmas and I know many of you joined in. We had lots of fun and it seemed like a constant stream of parties for the last few weeks of December.

Very sadly Janet Hayward, our Senior Visiting Officer since 2003, has had to leave us due to health problems, but we had a leaving presentation for her and we are hoping she will rejoin us as a Volunteer just as soon as her health allows. You will find a letter from her later in the newsletter.

This means that we now have a new Senior Visiting Officer, Kathy Porat, who joined us at the beginning of January 2016, and I am sure you would all like to welcome her and hope that we have a long and happy partnership with her. This month the spotlight is on Kathy and she tells us a little more about herself.

In this edition of Outlook we have included a crossword and quiz page, provided by Wendy Gibson and Mick Paige. We have not included the answers to this quiz as we are asking you to return them to the office, where all

correct answers will be entered into a prize draw and the winner will receive a £10 gift voucher. So get your thinking caps on and get the completed crosswords back to us.

I would like to thank you for all the crosswords we received back from the last newsletter, and I am pleased to announce that Wally Clark is the winner of this crossword. Wally, we will ensure the £10 gift voucher will find its way to you!

Is there anything else you would like us to include in the newsletter? If so please let me know and I will do my best to include it.

Please remember that we would love to include articles that you have written, whether it be about any special memories you have of RAB, perhaps a recent day out with the group from Young at Heart or about friendships you have made here. You may like to do a book review or if you write poetry we would love to share this with other members. It would be great if you could share with us what you enjoy about Reading Association for the Blind.

Until next time, please take care and let's all look forward to some better weather 😊.

Ginny

A Note from Janet Hayward

Time has flown by since 2003 when I started working at RAB as a visiting officer. It has been a wonderful job that has given me immense satisfaction and reward. I have met so many fantastic people and I hope that I have been able to help them and to be a friend as well.

It is of course with sadness that I have made the decision to take a back seat and pass on the Senior V O position. Due to diabetes I have suffered severe sight loss which has meant that I cannot drive at this time nor read that well, but I do hope that in the future my doctors will work their magic and restore my sight to the level that enables me to get behind the wheel again!! I sincerely hope that I will then be able to return to RAB, albeit in a voluntary capacity, and spend time doing a little to help you.

With love to you all,

Janet

A new face Kathy Porat, Senior Visiting Officer



I've been at Reading Association for the Blind since 5th January and in that short space of time, whilst I have been carrying out some joint visits with Janet, I have come to realise I have got very big shoes to fill when she leaves at the end of January; but I will do my very best!

So who am I? And where do I come from?

My name is Kathy, I was born in Melbourne, Australia, my family

returned to this country when I was 3. Actually 1963 to be precise (that gives away my age!) When I first returned to the UK, I was mesmerised as the country was in the grip of a very cold winter, and snow – lots and lots of it. Wonderful for a small child – not so great for adults.

For just over 25 years I worked in Housing, both for Local Authorities and charitable Housing Associations; but about 10 years ago, I retrained to become a Sensory Officer with a Local Authority, specialising in sight and hearing loss.

So back to the here and now. I wish I could say I would be of use in Walford Hall in the craft area, but I am afraid I don't have an artistic bone in my body. I do enjoy walking, which is probably a good thing, given my love of cooking, and consumption of the results. I believe I inherited my interest in the kitchen from my mum, always

watching her making such wonderful pastry, cakes, and eclairs.

I have one daughter, Jen, who currently lives in Edinburgh with her husband. Jen and Louie married about 18 months ago, the ceremony being a stone's throw away from Walford Hall at Carey Baptist Church. Other members of my family also live a distance away: my sister and her family live in Ireland, and one of my nieces lives in Berlin. So whilst I don't get to see them as often as I would like, I do have some wonderful holidays.

As for the future, I look forward to meeting those of you whom I have not already done so, and visiting those members who would like a home visit, whether it be on a regular basis or less frequently. I would like to think I can offer useful advice when needed, a friendly face, and a good sense of humour.

Kathy

NEWS FROM READING ASSOCIATION FOR THE BLIND

As always, there is lots going on at Reading Association for the Blind.

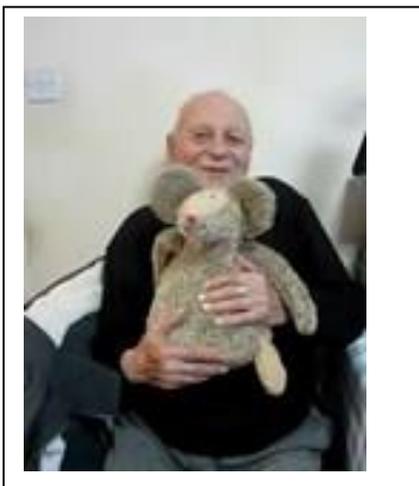
Community Fundraiser

We have recently advertised through Reading Voluntary Action for a Community Fundraiser to join the team. This will initially be for a 12-month fixed term contract and we are aiming to raise people's awareness of our existence in the town. There are lots of opportunities to work with other organisations and businesses and we are hoping that by doing so we will secure additional sources of income.

Bethan Willmot

Speaking of fundraising, we have a young lady, Bethan Willmot, who is raising funds in memory of her grandad, George Willmot, who sadly died in 2014.

It would be lovely if some of our members could support Bethan in her bid to raise funds for us. This is her story and what she is planning on doing:



"I am training in preparation for running my sixth Reading Half Marathon on 3rd April 2016! This year I will be running for Reading Association for the Blind which is a great local charity based in central Reading which provides support and advice to the

blind and partially sighted people of Reading.

This is a charity that is very close to my heart and I am privileged to be able to run this year's race in their name and in honor of my lovely Grandad George, who sadly passed away in 2014.

George Willmott, or Gorgeous Georgie as he was affectionately known, attended the Reading Association for the Blind for several years; unfortunately George's sight was deteriorating and he suffered from cataracts. This made his day - to - day activities such as reading the Racing Post very difficult. George would look forward to his weekly trips to the centre and very much enjoyed all the arts and craft activities he was encouraged to take part in and took great pride in the various items he produced and then took home to show off to his family when they came to visit!

George also took comfort in the opportunities to socialise and make friends with other people who attended the session's and appreciated all the hard work and effort that the staff put into running them, assisting him in and out of his flat so he could attend. George always had funny stories to tell about his weekly adventures at the club. The club helped keep him mobile and motivated and gave him something to look forward to.

I can only imagine how difficult it must have been for Grandad to start to lose his sight but with courage and a good sense of humour, he did not give up. As a family member it was lovely knowing he was getting such a high level of care and support from the Reading Association for the Blind and I think we are very privileged to have this

service available in Reading to offer this kind of support and activities.

I therefore want to raise £500.00 for the Reading Association for the Blind in order to show my appreciation and gratitude. It is very fitting that I want to achieve this total through running my sixth Reading Half Marathon as my Grandad, who was born and lived in Reading for the majority of his life, was always excited and interested in my Half Marathon challenges and he would be thrilled that I am running the race again - he most definitely would have been the first person to sponsor me!

So please help me achieve my target of raising £500.00 for the Reading Association for the Blind. Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving – they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate – saving time and cutting costs for the charity.

Thank you so much! Wish me luck with my continued training and on the day itself!

Beth”

You can help Bethan raise her target by going to her JustGiving page at <https://www.justgiving.com/Bethan-Willmott>

Plea for Volunteers

We are always on the lookout for more volunteers, so if anyone has a friend who would like to come in and help us please let me know.

The Craft Club are also looking for volunteers to come and help on Tuesdays and Fridays.

We could also do with some additional help in the office so if you know of anyone who would like to help us out on Tuesdays and/or Fridays please let me know.

For any of the above vacancies, please contact Ginny in the main office.

Ginny & the Team

CROSSWORD

Please return the completed crossword for entry into our competition, where you will have the opportunity to be placed into our draw to win a £10 gift voucher!

1			2			3		4		5		6
		7										
								8				
9					10		11					
					12							13
		14										
15									16			
							17					
18				19		20						
				21								
22						23						

ACROSS**DOWN**

1	Consistent in occurrence or practice	1	In former times, a catholic who would not attend C of E services
4	Burn with boiling water	2	Displaying the sophistication attributed to city-dwellers
7	Side by side	3	Currency of Iran
8	Sea eagles	4	Satisfy overmuch
9	Candle bracket	5	Pseudonyms
12	Variety of pear; it's what makes Earl Grey tea	6	Sheers dirty locks from sheep's rumps
15	Inclination	10	Hard black wood
17	Referring to a bodily part, such as between the nostrils	11	They can see through you
18	Approaches	13	Manx cat?
21	Collect together as for checking	14	Angers
22	Postulate	16	Cough it up for the doctor
23	Similar to alligators	18	Turnip
		19	Rabbit's tail
		20	Group of allied countries

Thanks to Mick Paige for putting this Crossword together.

Please return the completed Crossword form to Ginny Williams at Reading Association for the Blind, Walford Hall, Carey Street, Reading, Berkshire, RG1 7JS

This form has been completed by _____

All correct entries will be placed in our draw and one lucky entrant will win a £10 gift voucher. Answers to this crossword will be printed in our next newsletter, along with notification of the winner.

All entries must be received by Friday 29th April 2016

The Puzzle Page

Very kindly constructed by Wendy Gibson & Mick Paige

What word will fit at the end of the first column and start the second.

Eg: Take (over) sight

Beer (belly) flop

Black	()	room	Dish	()	woman
Cow	()	tern	Sight	()	sucker
White	()	room	Con	()	grove
Room	()	lot	Fan	()	weight
Tea	()	age	Cracker	()	ass
Sing	()	bird	Good	()	life

What numbers can you give the letters (there is no 0!)

Make CROSS + ROADS = DANGER

Clue R = 6

How many words of three letters or more can you find in the word

SPECTACULAR

Plurals are allowed. Aim for 160 or more 😊

All answers to these puzzles can be found on page 22.

CARD CLASS FOR VOLUNTEERS RUN BY GINNY

We have been running the card classes now since September and have a small group who are taking part and enjoying crafting. All materials will be provided, and there will be lots of opportunity to try different techniques. We will be trying embossing, stamping, die cutting, water colouring, heat embossing to name just a few.

The cost of the class to Volunteers will be £5 per person, which will cover the cost of materials. If friends or family wish to come the cost will be £10, so the additional £5 will be donated to RAB.

Dates are as follows:

2.30pm Saturday 20th February 2016

2.30pm Saturday 9th April 2016

2.30pm Saturday 21st May 2016

2.30pm Saturday 18th June 2016

It would be lovely if more of you can come and join me, so we can have a cuppa, eat cake and some fun crafting!



RAMBLING GROUP

The Rambling group meet at 10am on alternate Mondays at Walford Hall. The walks are led by Alan Futter and we always have plenty of volunteers to help out. The ramble is followed by lunch at a local pub and then transport is provided back to Walford Hall

The following are the dates for the rest of 2016.

8th February 2016

22nd February 2016

7th March 2016

21st March 2016

11th April 2016

25th April 2016

We would love it if you would like to join us. Please contact the office on 01189 572960 and we can make the necessary arrangements for you.



SOCIAL CLUB MEETS
2ND TUESDAY OF EVERY MONTH

8th March 2016

Talk by Gill Wallace,
historian, from BBC
Monitoring in Caversham

12th April 2016

Helen Pearce sings music
from the shows

10th May 2016

May Rees, opera and
classical singer

14th June 2016

TBA

12th July 2016

TBA



YOUNG AT HEART AND OUT & ABOUT **WINTER/SPRING 2016 PROGRAMME**

Welcome to our new and exciting programme of events for the Winter/Spring 2016. As you will see we have some excellent plans and it would be lovely if you could join us for some (or all!) of them.

At the time of going to print, all prices are correct; however these may be subject to changes that are outside of our control. If you wish to attend any of the events please complete the booking form which must be returned with payment to Sarah Watts to confirm your place.

Please note that all return times are approximate, as these may change depending on traffic etc. If you wish to discuss any of the trips, please contact Sarah on 01189 832676.



The triumphant team of the Berkshire Vision vs RAB tenpin bowling tournament October 2015

YOUNG AT HEART AND OUT & ABOUT WINTER/SPRING 2016 PROGRAMME

Date	Venue	Cost
Monday 29 th February	Garden Centre Trip Depart 10am Return 4pm	£6
Monday 14 th March	Bletchley Park Depart 9am Return 7pm	£15
Monday 4 th April	Kew Gardens Depart 10am Return 6pm	£6
Monday 18 th April	Pub lunch & Quiz Depart 10am Return 4pm	£6
Wednesday 20 th April	Brewery Tour Depart 4.30pm Return 8pm	£22
Thursday 5 th May	Afternoon Tea on canal boat Depart 11am Return 5pm	£10
Monday 16 th May	Monkey World Depart 9am Return 8pm	£20
Wednesday 1 st June	Caversham Court Gardens Depart 10am Return 3pm	£5
Monday 13 th June	Hawk Conservancy Depart 9.30am	£20

	Return 6pm	
Friday 24 th – Monday 27 th June	Holiday to Bracklesham Bay Times: Leave approx. 3.30pm Return - TBA *Deposit of £60 due by January 18th	£124*
Monday 11 th July	Day in Brighton Depart 9.30am Return 8pm	£10

To book please use the booking form on page 30 and return to Sarah Watts at Reading Association for the Blind

BITS AT THE BACK

Answers to the crossword in the Summer 2015 newsletter

ACROSS:

- 3 Bedfellow
- 8 Acer
- 9 Gargling
- 10 Noodle
- 13 Viola
- 14 Artemis
- 15 Arm
- 16 Remnant
- 17 Circe
- 21 Rancid
- 22 Airliner
- 23 Anon
- 24 Asymmetry

DOWN:

- 1 Carnivore
- 2 Jeroboam
- 4 Eager
- 5 Forearm
- 6 Lilo
- 7 Owns
- 11 Americans
- 12 Ascending
- 14 Art
- 15 Andante
- 18 Error
- 19 Bias
- 20 Slim

Answers to Puzzle Page

- | | |
|---|--|
| <ul style="list-style-type: none"> 1. Black (board) room
woman 2. Cow (pat) tern 3. White (wash) room 4. Room (mate) lot 5. Tea (pot) age 6. Sing (song) bird | <ul style="list-style-type: none"> 7. Dish (washer) 8. Sight (seer) sucker 9. Con (man) grove 10. Fan (light) weight 11. Cracker (jack) ass 12. Good (life) like |
|---|--|

Answer to CROSS

+ ROADS

 = DANGER

D = 1

R = 6

O = 2

G = 7

S = 3

N = 8

E = 4

C = 9

A = 5

So the total is 158746

There is not enough room to print all the three letter and more words that can be got from the word SPECTACULAR but I hope you rose to more than 160!



**Berkshire
Vision**

Supporting The
Visually Impaired

RESOURCES EXHIBITION

Thursday 31st March

10.00 am - 3.00 pm

Hilton Reading Hotel,

Drake Way,

Reading, RG2 0GQ

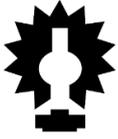


Exhibitors will be on hand to demonstrate a range of portable, desktop, specialised and hand held magnifiers, mobile phones and equipment to help with everyday tasks for home, leisure and in the work place; and to discuss the various statutory and voluntary services that are available for visually impaired people and their families.

Note to Club Members who use the RAB Minibus Transport

If you regularly use the transport and are unable to attend the clubs, could you please endeavour to let us know at the hall as soon as possible to avoid the buses having to make unnecessary journeys.

Although the office is only manned on a Tuesday and Friday (8.30 am - 3.30 pm) and a Wednesday, (8.30 am - 12.45 pm) there is an answer-phone on which you are able to leave a message, which we will pick up and make note of any alterations for the bus timetable.



READING ASSOCIATION FOR THE BLIND APPLICATION FOR 2016 MEMBERSHIP



Name	
Address	
Postcode	
Telephone No	

For Office Use Only:

Money received: £5

Receipt

Received the sum of £5 for 2016 membership to Reading Association for the Blind

Members Name:

Money received by:

Signed:

Date:

Please note that from 2016, only fully paid up members will be eligible to receive the newsletter, as this forms a part of the membership package.

Should you be in receipt of means tested benefits, the membership charge may be waived. Please speak to your Visiting Officer.

If you wish to become a member of Reading Association for the Blind please complete the form on the back of this page and return it to:

**READING ASSOCIATION FOR THE BLIND
WALFORD HALL
CAREY STREET
READING
BERKSHIRE
RG1 7JS**

YOUNG AT HEART/OUT & ABOUT TRIPS BOOKING FORM

Date	Venue	Cost	Attend
Monday 29 th February	Garden Centre Trip Depart 10am Return 4pm	£6	
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Monday 13 th June	Hawk Conservancy Depart 9.30am Return 6pm	£20	
Friday 24 th – Monday 27 th June	Holiday to Bracklesham Bay Times TBA Deposit of £60 due by 16.1.16	£124*	
Monday 11 th July	Day in Brighton Depart 9.30am Return 8pm	£10	

Name: _____

Telephone Number _____

**Please return this booking form, along with payment
to:**

**Sarah Watts
Reading Association for the Blind
Walford Hall
Reading
Berkshire
RG1 7JS**

Useful Telephone Numbers

Berkshire Vision	0118 987 2803
RNIB Helpline and Enquiries	0345 025 5041
Action for the Blind	0303 123 9999
Macular Disease Society	0300 303 0111
Diabetes UK	0345 123 2399
Age Concern Berkshire	0118 959 4242
Age Concern Reading	0118 950 2480
Age UK	0800 169 6565
OPTALIS Visual Impairment Team	0118 908 8420
Reading Borough Council	0118 937 3797
Alzheimers Society	0300 222 1122
Dementia Support Service	0147 453 3990
Deafblind UK	0173 335 8100
Welfare Rights	0138 725 2525

READING ASSOCIATION FOR THE BLIND

Walford Hall
Carey Street
Reading
RG1 7JS

Telephone No: 0118 957 2960

(Please leave a message outside office hours)

Main email:

rab@readingassociationfortheblind.org

Website: www.readingassociationfortheblind.org

Walford Hall is open as follows:

Office Opening

Tuesday - 8.30am - 3.30pm

Wednesday - 8.30am - 12.45pm

Friday 8.30am - 3.30pm

Handicraft Clubs

Tuesday - 10am - 2pm

Friday - 10am - 2pm