

OUTLOOK

WINTER 2017

www.readingassociationfortheblind.org

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Charity Number: 1062433



Two of our members enjoying the sunflowers during a September ramble

What's in your Winter 2017 Newsletter

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Merry Christmas & A Happy New Year!

Firstly I would like to wish everyone a very Happy Christmas and I hope that 2018 will be a happy and healthy year for you all.

Hopefully this newsletter will be hitting your doorsteps before Christmas and I am able to share some exciting news of what we have been up to and plans for 2018.

Yet again we have had some staff changes. Sadly Suzanne Weston, our craft tutor, left us over the summer as she has moved down to the West Country to be closer to her family. Abby Knowles has now joined us in this role and is bringing us new crafty ideas to get involved in. Michael Asberry has also joined the team as a driver as Martin Aust has been helping us out on a temporary basis, which we are very grateful for. Martin will continue to volunteer for the Rambling group.

Running up to Christmas we have a very busy time planned with a number of events as there are parties galore, our Christmas fair and a trip to The Hexagon for the annual Salvation Army Carol Concert.

Marion is still working hard on fundraising and has been raising our profile within the community and Carolyn continues to work with grant-making trusts. We don't see Carolyn in the office so much these days as she works from home, but she remains in regular contact with the office.

Sadly Sarah Watts, who ran the Young at Heart group, retired in the summer, so we are still on the lookout for a volunteer to help us with this.

As always we are still in need of volunteers both in the Hall and in the kitchen, so if you know of anyone who would like to come in and support us we would love to hear from them.

I would just like to remind everyone that as from 1st January 2018 if you wish to access any of our services (Tuesday and Friday Clubs, Social Club, Young at Heart, Rambling group or the home visits) you will now need to become a member of Reading Association for the Blind. A membership form is included at the end of this newsletter for completion. The cost remains at £5 per annum, which hopefully you will agree constitutes excellent value for money, to take advantage of our wide-ranging services.

We are looking forward to an exciting 2018 and are planning many adventures throughout the year. Do come and join us!

Ginny
Manager

Focus on**Bob Bristow, Chairman**



I was born in Uxbridge where I spent the first 6 years of my life before my family moved to the east side of Reading. I was born with retinitis pigmentosa so have been visually impaired since birth. Upon leaving school I attended an engineering

course for the blind and was then employed operating lathes until I was made redundant at the end of 1980. I then did another course on bicycle repairs & book-keeping before finally working from home for myself.

I enjoy walking and tandem cycling and have been fortunate enough to take part in many walks throughout England and Scotland. I have also covered much of this area on a tandem, as well as cycling in Europe.

I have been a member of Reading Association for the Blind since the 1980's and became a Trustee in 2010 when I was asked by Alan Futter, the then Chairman. I became Chairman of RAB in 2015. I am also Chairman of Reading Talking Newspapers and take responsibility for setting up and running their website, helping to guide the change from tapes to the new digital USB drive system indicators and so on.

Focus on ...**Christine Copeland, Visiting Officer**



Hello everyone. My name is Christine Copeland and I joined Reading Association for the Blind in May of this year as a part-time Visiting Officer. In the months that I have been here, I have met a huge variety of people and have learned so much from them about the realities of being sight impaired, but also about the amazing technology that is available! I have been mentored by Kathy, who has been invaluable with her friendly manner and wealth of knowledge.

I live in Newbury with my partner Gareth and I have two grown-up children. My daughter Ceri is at University in Cardiff studying modern languages and my son Connor is a maths graduate who works in software development. I also have a beautiful but very elderly cat called Ellie who is very much part of the family and gets spoilt by us all. I was born in Glasgow, then lived up on the very north coast of Scotland and finally moved to West Berkshire almost eighteen years ago.

When I'm not working, I love to curl up with a good book – my guilty pleasure is reading detective novels (I think perhaps I've missed my vocation and would have made a great Miss Marple!) I also enjoy

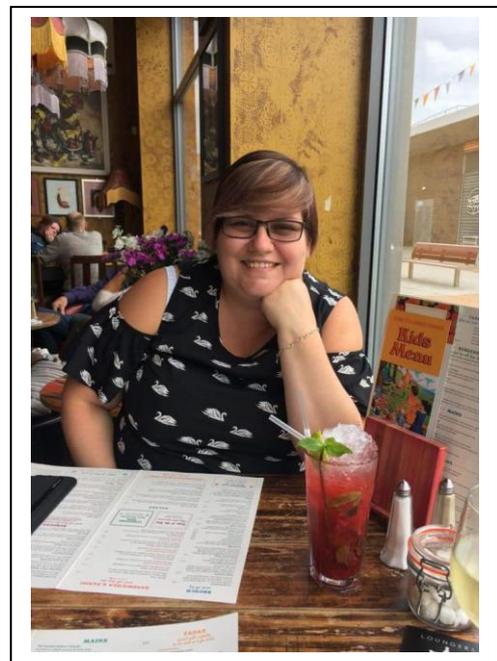
walking, and would love to have more time to get out and about in our beautiful countryside. My other love is music, and I enjoy playing with a local ukulele group. We play at a variety of events throughout the year, which is always great fun.

Focus on ...Abby Knowles, Craft Tutor

Hi Everyone! My name is Abby and I'm the new Craft Tutor. I started in September although I was around a little before that. Anyone who hasn't met me yet, please drop in on a Tuesday or Friday and I'll show you what we're up to.

I'm married to Dan and we have two cats called Ninja and Numpty. I moved to Reading from the East Midlands over 10 years ago and although it's home I miss the countryside and want a pony (please).

I've always loved crafting. My Nan taught me to knit and cook and we spent most Saturdays together. She must have been a good teacher as I even managed to teach my husband to knit (and he works in Computers, so that's an achievement!). I made most of the decorations and invitations for my wedding, including hand-knitting over



100 penguins as wedding favours. I love penguins by the way.

I spend a lot of my time working in the community. My previous job was with the Reading timebanks (first Katesgrove and then Oxford Road). If you want to know what a timebank is please come and ask! I'm one of the soup cooks for Reading Soup and I've been heavily involved in my local community association for 7 years.

Thank you to everyone for making me feel welcome so far. Some of the things that we've done have been great fun and I look forward to crafting with you in the future!

2018 SOCIAL CLUB DATES

Social Club runs on the second Tuesday of every month.

Tuesday 9 th January	Richard Chandler a Blind Member and Rambler talks about his work as a carpet fitter for Heelas and how things have changed with regards to carpet and floor fitting nowadays
Tuesday 13 th February	Bernard Tagliavini from The Persula`s National Storytelling Tour
Tuesday 13 th March	Chris Eaton with The Reading Accordion Group
Tuesday 10 th April	Closed
Tuesday 8 th May	Simon Parsons from British Wireless For The Blind Fund
Tuesday 12 th June	Carol Of The Bells

Rambling Group

Reading Association for the Blind has a very active rambling group that meets every two weeks to enjoy time walking in the countryside.

If you would like to join us on any of the rambles please contact Alan Futter on 0118 9543266 or 07711 718474 for more information.

Dates for 2018 are as follows:

January 15th

January 29th

February 12th

February 26th

March 12th

March 26th

April 9th

April 23rd

May 7th

May 21st

June 4th

June 18th

July 2nd

July 16th

September 3rd

September 17th

October 1st

October 15th

October 29th

November 12th

November 26th



SECOND HAND ITEMS AVAILABLE / ITEMS AVAILABLE ON LOAN

We have a small number of second-hand items in the Visiting Officers room, available for Members to take home, for a small donation to RAB.

Items include talking clocks, a radio, and a range of other small electrical items. They will all have been PAT tested (Portable Appliance Testing).

In addition to these, we also have some items which have been kindly donated, available on loan. For example, we have a number of large- piece jigsaw puzzles, games of Scrabble and large playing cards. Please let Christine, Kathy or Wendy (your Visiting Officers) know if you are interested in borrowing any of these.



“Living

Sight Loss Course”

with

We have been in contact with the RNIB about a course that they run from time to time, "Living with Sight Loss". They would be very keen to run a course in this area, if there is sufficient demand. They would need approximately 15 participants to initiate the course. Venue to be decided.

Their free 2 day programme offers peer support for people with sight loss, their friends, family, and anyone affected by visual impairment. The course would start at 9.30 am and finish no later than 3.30pm on both days.

The course is interactive with lots of opportunities to share experiences with others who understand the impact of visual impairment.

Topics include:
Getting out and about
Practical skills for everyday life
Meeting new people
Using technology
Making the most of leisure time
Emotional wellbeing

If you, or anyone you know, might be interested in this course, please speak to Kathy Porat at Walford Hall, or ring her on 0118 9572960.

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 Mondays (8.30am – 1.30pm), Tuesdays and Fridays (8.30 am - 3.30 pm) and Wednesdays (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.

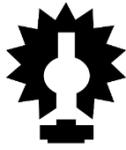


QUIZ PAGE

Fill in the missing forename!

1. _____ Miller (trombonist/band leader)
2. _____ De Mille (film producer)
3. _____ Freud (psychoanalyst)
4. _____ Mugabe (dictator)
5. _____ Fry (prison reformer)
6. _____ Beethoven (composer)
7. _____ Carnegie (philanthropist)
8. _____ Thomas (poet)
9. _____ Hillary (mountaineer)
10. _____ Dali (artist)
11. _____ Roosevelt (statesman)
12. _____ Greer (feminist)
13. _____ Pavlova (ballerina)
14. _____ Wax (comedienne)
15. _____ Menuhin (violinist)

Answers can be found on page 19



**READING ASSOCIATION
FOR THE BLIND
APPLICATION FOR 2018 MEMBERSHIP**

Name	
Address	
Postcode	
Telephone No	

F

or Office Use Only:

Money received: £5

Receipt

Received the sum of £5 for 2018 membership to Reading Association for the Blind

Member's Name:
Money received by

Signed:

Date:

If you wish to access any of the services of Reading Association for the Blind, with effect from 1st January 2018 you now need to be a member.

To become a member please complete this form, remove from the magazine and return with payment via your Visiting Officer or direct to:

**Reading Association for the Blind
Walford Hall
Carey Street
Reading
Berkshire
RG1 7JS**

DATES FOR THE DIARY

RAB Christmas Fair Friday 1st December 2017

RAB Christmas Party Friday 15th December 2017

Christmas Closure 2017/18

Last day of club Tuesday 19th December 2017

Re-open Tuesday 9th January 2018

Easter Closure 2018

Last day of club Tuesday 27th March 2018

Re-open Tuesday 17th April 2018

Answers to the Quiz on page 16

- | | |
|-------------------|---------------------------------|
| 1. Glenn | 9. Edmund |
| 2. Cecil (Blount) | 10. Salvador |
| 3. Sigmund | 11. Franklin Deland or Theodore |
| 4. Robert | 12. Germaine |
| 5. Elizabeth | 13. Anna |
| 6. Ludwig Van | 14. Ruby |
| 7. Andrew | 15. Yehudi |
| 8. Dylan | |

Useful Telephone Numbers

Berkshire Vision	0118 987 2803
RNIB Helpline and Enquiries	0303 123 9999
Action for the Blind	0207 635 4800
Macular Society	0845 241 2041
Diabetes UK	0845 120 2960
Age Concern Berkshire	0118 959 4242
Age Concern Reading	0118 950 2480
Age UK	0800 169 6565
OPTALIS Visual Impairment Team	0118 937 6131
Guide Dogs	0118 983 5555
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

(Outside office hours please leave a message)

Main email: rab@raftb.org

Website: www.readingassociationfortheblind.org

Office Opening

Monday 8.30am – 1.30pm

Tuesday - 8.30am - 3.30pm

Wednesday - 8.30am - 12.45pm

Friday 8.30am - 3.30pm

Clubs Days

Tuesday - 10am - 2pm

Friday - 10am - 2pm