

# Vision Northumberland



## InSight - Summer 2024

Dear friends,

It has been a busy 3 months since I started and I have enjoyed getting to know the team and our volunteers who play such an integral part to the organisation. I have had the pleasure to meet some of our volunteers and appreciate the hard work and time you provide to support the organisation and our clients.

I have also had the opportunity to meet many of you at our Chatterbox Café and those attending activities, and I am so pleased we have had the opportunity to talk about current services and as well as innovative ideas for the future. I hope to meet with more of you in the coming weeks and I am looking forward to what the next 3 months holds.

Best wishes, Lorraine (Chief Executive Officer)



## Hear Today Morpeth



Is your hearing in decline?

Hear Today is a local support group.

We meet for coffee & conversation  
& offer friendly, practical advice.

Meet last Wednesday of every month.

Andy Griffin Coordinator:  
andygriffin66@gmail.com

**Next gatherings:**  
**Wednesday 26th June**  
**Wednesday 24th July**  
**Wednesday 28th August**

**From 1pm - 2.30pm at**  
**Reiver House, Staithes Lane**  
**Morpeth, NE61 1TD**

# WATER SPORTS



Coquet Shorebase Trust and Vision Northumberland were delighted to secure funding to deliver a water sports course for sensory impaired people and its been a huge success!



We took part in a range of water sports including sailing, kayaking, canoeing, paddle boarding and speed boating; all under the expert guidance of Tim and Andrew from Coquet Shorebase at Druridge Bay Country Park.



Although the weather varied, we were blessed with breathtaking scenery while canoeing down the River Coquet.



## Thank you Ponteland Knit & Natter

We are extremely grateful to Ponteland's Knit & Natter group for their kind donations of Easter gifts which were sold to raise a fantastic £62 towards delivering our services.

Everyone loved the knitted ducks, rabbits and baskets. Thank you all so much.

# Volunteering Spotlight



Our team of incredible volunteers are at the centre of the work we do. Their dedication, passion and generosity helps drive our services.

Volunteers' Week is held every June to celebrate the amazing contributions volunteers make to communities across the UK. It's a chance to recognise, celebrate and thank incredible volunteers for all they contribute to our local communities. This year we are celebrating 40 years of Volunteer Week!

We would like to extend a heartfelt thank you to all of Vision Northumberland's Volunteers who donate a staggering 173.5 HOURS of their time EVERY WEEK. Your support and dedication makes it possible for us to deliver essential services. The feedback we receive from clients using our volunteer led services is always amazing and hearing the impact you all have on their lives is humbling - THANK YOU from the bottom of our hearts

## SIGHTED GUIDE VOLUNTEERS NEEDED

We are currently looking for passionate volunteers who can assist people with sight loss gain confidence and achieve independence, by offering sighted guiding during organised activities such as walking, social groups or sports.



**Full Sighted Guide training is provided.**

Our training covers the basic sight guiding techniques to support people getting around obstacles, crossing roads, getting in and out of cars and effective communication between the guide and the person being guided.

Contact Jo Money on 01670 514316.



# Diabetes Awareness Month - June 2024

## What is Diabetes?

Diabetes is a disease that occurs when your blood glucose (sugar) is too high. Over time, having too much glucose in your blood can cause other health problems such as heart disease, nerve damage, eye problems, and kidney disease.

## How can your eyes be affected?

Diabetes affects your eyes when your blood sugar is too high. In the short term, you are not likely to have vision loss from high blood glucose but temporary blurred vision can sometimes occur. If your blood glucose stays high over time, it can damage the blood vessels in the back of your eyes.

## What is diabetic eye disease?

Diabetic eye disease is a group of eye problems that can affect people with diabetes. These conditions include:

**Diabetic Retinopathy** - damaged blood vessels supplying the retina can affect how it works, causing diabetic retinopathy. The type, and how it affects your vision, depends on how damaged the blood vessels are.

**Glaucoma** - increased fluid pressure inside your eye can damage the optic nerve causing glaucoma and leading to vision loss and blindness if not treated early. Diabetes doubles your chance of developing glaucoma.

**Cataracts** - diabetes can cause the lenses within your eyes to become cloudy. People with diabetes are more likely to develop cataracts. They can also develop cataracts at an earlier age than people without diabetes.

**Often there are no early symptoms of diabetic eye disease, no pain and no change in your vision as damage begins to grow inside your eyes, particularly with diabetic retinopathy. If you have Diabetes it is therefore, very important to attend your Diabetic Eye Screening appointments.**



# Calling Volunteers & VIP Audio Book Groups

Northumberland Libraries is planning to set up Audio Book Groups for the Visually Impaired in Cramlington, Berwick, Blyth & Ashington.

They are looking for volunteers who would like to help organise the groups with their support.

If you are interested in joining one of the Audio Book Groups, please get in touch. You can email [mylibrary@northumberland.gov.uk](mailto:mylibrary@northumberland.gov.uk) or telephone 07966329139.



Did you know you can get access to digital & audio books via Borrowbox free with your Northumberland Library Membership?

Our Sensory Wellbeing service will be visiting Northumberland Libraries as part of our 'drop in' event. We will have equipment for you to try and our Wellbeing Coordinators have a wealth of knowledge to share about living with visual or hearing impairments.

So if you have any questions associated with your sensory impairment, drop in between **10am and 12noon** and Helen or Sandra will see how best to support you.

Wednesday 12th June - Morpeth Library  
Wednesday 3rd July - Bedlington Library  
Wednesday 10th July - Blyth Library  
Wednesday 31st July - Cramlington Library  
Wednesday 7th August - Ashington Library



## Chatterbox Café

If you've visited our Chatterbox Café you'll know our volunteer Jim has a passion for baking and his scones are always a hit. He's been kind enough to share his recipe with us below. If you don't fancy baking yourselves, come along on Tuesdays and Thursdays 10am - 1pm and try them here.

### Jim's Cheese Scones

8oz self-raising flour	1 tsp Baking powder
2oz Butter / Marg	1 tsp Mustard
100ml Milk	1 tsp Black Pepper
4oz Cheddar Cheese (Grated)	Pinch Salt

1. Sieve the flour and baking powder into a bowl.
2. Add the salt and black pepper.
3. Add the butter and rub in until it resembles breadcrumbs.
4. Add the mustard to the milk and pour into the mixture.
5. Mix until it forms a dough.
6. Turn the dough out onto a floured surface and gently roll dough to 1 inch thick. Use a 2 inch cutter to make 6 scones.
7. Brush egg wash over the top.
8. Cook for 15 minutes at 200 degrees centigrade.

## Accessible cooking and baking

Did you know that having sight loss does not need to be the end of cooking or baking?

There are a range of items available that could help you continue from talking scales and talking measuring jugs to raised bumpons that can be used to mark cooker settings. Give our Low Vision Coordinator Helen a call on 01670 514316 for more information.

# Chatter Box Café

## FREE Summer Lunch

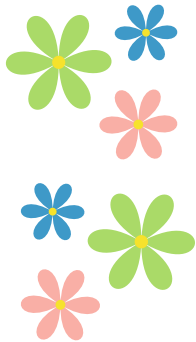
Summer Lunch will take place on **Tuesday 9th July 2024**  
(11.30am - 12.00 noon start).

Menu: Chicken and/or ham, mixed salad, new potatoes  
and coleslaw.

Followed by scones with jam, double cream and  
chocolate dipped strawberries.

**To book a place please call 01670 514316**

Please note - there will be a selection of pre-owned equipment for sale,  
cash only.



## Walking Groups

Now the weather's warming up, why not join us for  
some regular exercise and the perfect chance to  
connect with other people! Our walking groups are  
open to all those with a visual impairment.



Our **Morpeth Walking Group** takes place fortnightly, meeting at  
Reiver House at 10.30am and we enjoy a gentle stroll, followed by a  
coffee. This walk is suitable for people with walkers and those in  
need of more support.

**Rothbury Walking Group** also meets fortnightly, 11.15am at The  
Newcastle Hotel and last approximately 2 hrs. We meet on 1st and  
3rd Mondays of the month. These walks are more challenging, and  
not suitable for people in wheelchairs.

For more information call Jo Money on 01670 514316.

# 100 Club News

We would like to say a huge thank you to everyone who has bought shares in this years 100 Club. Our first quarter draws have already taken place and the lucky winners have won the following prizes for February, March and April. Wishing all the share holders 'good luck' in this months draw and beyond.

1st - £50    2nd - £30    3rd - £20

100 Club application forms can be requested by calling 01670 514316 or emailing us on [info@visionnorthumberland.org.uk](mailto:info@visionnorthumberland.org.uk)

## Your Donations

Vision Northumberland works hard to get funding to provide the services and support needed by so many. If you can help us with a donation large or small, we would be so grateful. Donations enable us to continue the great work that our staff and volunteers deliver to people with a sensory impairment living in Northumberland.

If you are considering leaving a gift in your Will, no matter the size, it would help us fund important long-term projects that will make a deep and meaningful impact on many peoples lives. We recommend seeking professional advice when drawing up your Will. Thank you

## Contact Us



Telephone: **01670 514 316**



Email: [info@visionnorthumberland.org.uk](mailto:info@visionnorthumberland.org.uk)



Website: [www.vision-northumberland.org](http://www.vision-northumberland.org)



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