

Vision Northumberland

InSight - Autumn 2026



Dear Friends,

As the seasons change, it's a lovely time to reflect on all that has been happening across Vision Northumberland over the summer.

There's always something going on, and this newsletter gives us a chance to share some of the upcoming activities we hope you'll all enjoy. It's also a chance to celebrate the wonderful people who make Vision Northumberland what it is – our members, volunteers, staff and supporters. We are especially grateful to our trustees, who freely give their time, knowledge and expertise. The Board recently attended the North East Charity Awards 2026, where we were shortlisted for Trustee Board of the Year – a recognition they truly deserve.

Over the next few months, we look forward to working alongside you all to continue developing new and exciting ways to support our community.



With very best wishes, Vision Northumberland

Chatter Box Café - FREE Harvest Lunch

This years Harvest Lunch will take place on **Wednesday 14th October 2026 (11.00am - 1.00pm)**.

Menu: Ham Broth (Vegetarian option available), followed by fruit crumble with custard/cream. Tea & Coffee.

To book a place please call 01670 514316.

Volunteer transport may be available subject to charge.



Accessible Fitness Sessions

Vision Northumberland will be delivering a 6-week accessible chair-based fitness pilot programme.

Dates: Wed 14th October
Wed 28th October
Wed 4th November
Wed 11th November

When: 10:00am - 10:45am

Where: Reiver House, Staithes Lane, Morpeth NE61 1TD

Fitness coach Lisa leads these sessions to help people feel more confident, improve their wellbeing, and enjoy exercise in a safe, friendly, and supportive environment.

This accessible programme offers a welcoming opportunity to improve your physical and mental wellbeing while connecting with others.

For more information, please call Paul on 01670 514316 or email paul.kerr@vision-northumberland.org

British Sign Language (BSL) Taster Session

Interested in learning BSL? Why not start your journey with us?

Our friendly and informal session is a great opportunity to learn some basic signs and find out how you can continue developing your skills.

Our next session is on Thursday 15th October 2026, 10.00am - 3.00pm at Reiver House, Morpeth. Lunch provided.

Booking is essential. To reserve your place call Sandra on 01670 514316 or email sandra.welburn@vision-northumberland.org

National Eye Health Week 2026: Look After Your Eyes

Our eyes play an important role in almost everything we do, yet it can be easy to take our sight for granted. National Eye Health Week took place from 21 to 27 September, and was an opportunity to raise awareness of the importance of eye health and encourage everyone to take simple steps to protect their vision.

Why regular eye tests matter

An eye test is about much more than checking whether you need new glasses. Regular sight tests can help identify eye conditions at an early stage, sometimes before you notice any changes to your vision. For example, glaucoma often develops without obvious symptoms and is commonly detected during routine eye screening.

The NHS recommends that everyone has regular eye tests, with frequency depending on individual circumstances. Some people are also entitled to free NHS sight tests, including children under 16, people aged 60 and over, and people with certain medical or family-risk factors.

Contact your optician and make an appointment for a sight test if you're due one. Looking after your eyes today can help you enjoy good vision for years to come.

Chatter Box Café

Our Chatter Box Café continues to be popular, providing a friendly and welcoming space to meet others, enjoy a chat and a cup of tea. It's wonderful to see so many familiar faces returning and new people joining us each week.

When: Every **Wednesday** and **Thursday 10.00am - 12.00pm**.

At: Reiver House, Staithes Lane, Morpeth, NE61 1TD.

Refreshments are FREE and everyone's welcome.

Volunteering Spotlight

Our team of incredible volunteers are at the centre of the work we do. Their dedication, passion and generosity help support our clients by assisting the provision of essential services.



One of these services is Client Connect, our telephone befriending that connects volunteers with visually impaired clients for regular telephone chats that provide emotional support and social contact. Some of our volunteer callers also have a visual impairment which allows them to share hints and tips on living with sight loss.

We currently have spaces available, so if you feel you would benefit from a befriender, please call Sandra on 01670 514316 or email sandra.welburn@vision-northumberland.org

New Volunteers Needed

Are you interested in supporting others to maintain their independence?

Vision Northumberland are looking for friendly volunteers to support our **transport** and **tech** projects.

- Full training provide
- Gain skills and experience
- Meet new people
- Ongoing support
- No minimum commitment - even occasional volunteering can make a real difference.

Get in touch with our Volunteer Coordinator for more information.

Email: rachael.bond@vision-northumberland.org or call: 01670 514316

Tech & Talk

Join us on the first and third Wednesday of each month from 1:00pm to 4:00pm at Reiver House for friendly, practical tech support.

- Accessibility features
- Hearing aids & Bluetooth
- Smart speakers & voice assistants
- Apps
- Specialist equipment



Everyone is welcome - no appointment needed

And don't forget, our Chatterbox Café will also be open before hand (10am - 12pm) if you fancy something to eat and drink.

Welcome to the team, Paul!

We're delighted to welcome Paul Kerr as our new Engagement Officer.



Paul brings 24 years' community development experience across the voluntary sector, including roles with Citizens Advice Bureau, Changing Lives and Gateshead Football Community Foundation.

In his new role, Paul will focus on ensuring people are at the heart of local services and decision-making, promoting independence, inclusion and greater access to opportunities.

Paul is looking forward to meeting you all and if you have any ideas on activities you would like to see, please get in touch.

paul.kerr@vision-northumberland.org or 01670 514316

Get help with your hearing aids

RNID will be running monthly drop-in sessions to support you to maintain your **NHS** hearing aids. They provide hearing aid cleaning and tubing replacement as well as free, replacement batteries.

Berwick - 1st Thursday of the month, 10:30am - 12:30pm
At Berwick Community Trust, 56-58 Castlegate, TD15 1JT
Next dates: 1st October, 5th November and 3rd December

Corbridge - 2nd Tuesday of the month, 10:30am - 12:30pm
At Corbridge Parish Hall, St Helen's Street, Corbridge, NE45 5BE
Next dates: 13th October, 10th November and 8th December

Morpeth - 3rd Monday & 2nd Friday of the month, 10am - 12pm
At Vision Northumberland, Reiver House, Morpeth, NE61 1TD
Next dates: 9th October, 19th October, 13th November, 16th November and 11th December

Alnwick - 1st Friday of the month, 1pm to 3pm
At St James' United Reformed Church, 24 Pottergate, NE66 1JW
Next dates: 2nd October, 6th November and 4th December

Allendale - 1st Tuesday of the month, 11am to 1pm
At St Cuthbert's Church Hall, Allendale Town, NE47 9BD
Next dates: 6th October, 3rd November and 1st December

For more information, call RNID on 0808 808 0123
or email: contact@rnid.org.uk



100 Club News

We would like to say a huge thank you to everyone who has bought shares in this years 100 Club. This quarter's lucky winners have now received their prizes. Good luck to everyone in the next draw.

Jul:	1st - JL	2nd - BS	3rd - PM
Aug:	1st - TF	2nd - MA	3rd -EL
Sept:	1st - PM	2nd - BS	3rd - CM

100 Club application forms can be requested by calling 01670 514316 or emailing us on info@vision-northumberland.org

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

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