

# FOCUS



**Helen's Charity Wing Walk, 31<sup>st</sup> May 2024**

## **SUMMER 2024**

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## **Alison's Letter**

Hello everyone,

Thankfully it looks like we might be coming to the end of what must be the longest winter/spring ever! I don't know about you, but I am enjoying the fleeting rays of sunshine that we have had so far!

There have been a few changes in the Society, Anne the cook has retired, and we wish her well and hope she gets to travel lots! To help feed our hungry Members, we are delighted to be joined by Nichola who will be taking on the task of providing some delicious meals and even though Nichola only started at the beginning of May, she has already produced some gorgeous lunches, so please join me in welcoming Nichola to the team and feel free to pop in to enjoy her cooking too (just let us know that you are coming!)

I would also like to take this opportunity to inform the wider Membership who do not attend the activities that I will also be moving to Northern Ireland later this year, so I have given the Board my resignation and depending on the timing of the recruitment of my replacement, I will be leaving on 30<sup>th</sup> September at the latest.

I have been at the Society for over 10 years, and I have met some lovely people but now is the time for me and my husband to start a new chapter in our lives and we are excited for whatever the future brings us.

I will miss my fabulous team, Ainslay, Jenni and Helen (Nichola too), I would like to think that we are friends as well as colleagues and we have always been there for each other, especially during Covid, and I couldn't have got through those horrible couple of years without Ainslay & Jenni's support, and I hope they both know how much that meant to me.

We are in the process of recruiting my replacement, so when it is time for the Autumn Focus, this letter will probably be from your new Service Manager, as the role will be known. I hope that whoever it is, the Members welcome and give them as much support as I received when I was promoted.

In other news – by the time you receive this newsletter Helen might actually be in the skies undertaking her wingwalk!! Helen has selflessly signed up to this very courageous activity (and paid for it all herself) to raise funds for the Society and every penny that is donated will come to the Society for the benefit of you, the Members, so if you have yet to sponsor Helen please do not hesitate! Give us a call if you need any assistance making a donation.

I may or may not be here when the next Focus is published so I would like to say a big thank you and cheerio to you all, and I will keep up with the news of the Society!

Best wishes,  
Alison

## WING WALK – 31ST MAY 2024



Hopefully you are already aware that I am doing a Wing Walk to help raise funds for the Society. It is only a few days away now and as yet the nerves haven't kicked in, in fact, I am feeling quite excited about it.

There is still lots of opportunity for you, your friends or family to make a donation to the JustGiving page, details of which are on the flyer. It couldn't be easier.

As you know the only income that comes into the Society is either through fund raising, donations/legacies or grants so every penny counts and with that in mind I am funding the wing walk myself so that all the money raised via sponsorship will go directly to the Society.

I know times are tough and the cost of living has made an impact on people's ability to support charities

but I'm positive, with everyone's help, we can make a worthwhile contribution.

You can click on the square below using your smart phone and it will link to the fundraising page where you can also make a donation



Please can you ask family members to share the information and JustGiving link with their friends and let's get the word out there. Even the smallest donation means a lot.

I'll make sure I take lots of photos which will be in the next Focus, but until then, lets the word out there.

Thank you, Helen

### **Friday outings**

It is with regret that we have made the decision to stop the Friday outings with immediate effect.

Unfortunately, there has not been the interest we need and also last minute cancellations have not made it cost effective for us. It will, however, be under constant review and if interest picks up we will look at starting it up again.

**“A rose by any other name would smell as sweet”**

The above phrase coined by Shakespeare conveys the idea that the name of something does not affect its fundamental values and objectives.

Since 1879 we have been known by a few different names ranging from the Outdoor Mission for the Blind, to Dundee Society for the Visually Impaired to our current name of Dundee Blind & Partially Sighted Society.

For some it's a name associated with positive memories and people they have met, but in this inclusive society we fear that it can be off-putting and feel quite institutionalised. So, with that in mind we are now putting the wheels in motion to change our name. We need a welcoming inclusive name that reflects who we are. We don't want people to feel that they cannot access our services just because our name contains the word 'blind' and although they have a visual impairment, they may not think themselves as 'blind'.

So, we would like to propose to you, the Members, that the organisation changes its' name to 'Dundee Sight Support Centre', and we would love to know what you think of it.

We feel this name better reflects what the organisation is all about, it echoes our Mission & Vision statements as we do provide daily support to our Members, either through being a safe space for

them to meet their friends, or the team calling for a chat to those Members that are socially isolated, or us being at the end of the phone when you need assistance in other ways.

We've got to all feel comfortable and confident using our new name, and to ensure this we will shortly be collecting your thoughts and opinions on the proposed change.

Once we've collected all the feedback and listened to your thoughts, we'll set out the new name and branding in for a launch at the AGM in October.

## **DBPSS & NESS**

### **Drop-in sessions**

The team from NESS will once again be holding a series of drop-in clinics for the Members.

The drop-in sessions will be held at 10.30am-12.30pm on the dates below;

- Tuesday 16th July - Accessible Technology
- Thursday 15th August - Benefits and Concessions
- Tuesday 17th September - Exploring Independent Living Skills

These sessions give our Members the opportunity to get to know the team at NESS, so please do come down to the Society if you are looking for any advice or assistance.

## **‘Seeing AI’ app for your mobile phone**

‘Seeing AI’ is a completely free application (app), which narrates the world around you. Designed for people living with sight loss, the app uses the power of AI (Artificial Intelligence) to describe text, objects, scenes – and even recognises family and friends! ‘Seeing AI’ can assist with daily tasks like reading printed text documents – simply go into the app and it will use your phone’s camera to read the document to you. The app can also be used to describe photographs, identify products using a bar code scanner, and much more. The app was originally only available on iOS (Apple) iPhones and iPads, but is now available on Android too. It can be used anywhere there is an internet connection. ‘Seeing AI’ can be downloaded free of charge from the Apple App Store or Google Play, depending on your device – if this interests you, why not try it out?

### **Open/Taster Day**

We have postponed our Open Day to coincide with the Optelec visit to the Society, so please put the 21<sup>st</sup> August in your diary! This should be a fun day where you can;

- Try out the activities such as drumfit, seated dancing, line dancing and indoor games
- Sample our tasty treats!
- Hand/Head massages
- Meet the team!!

We will send out further information closer to the time but we hope you can join us!!



## **VOTER ID - UK Parliament Elections**

No doubt you have heard that a General Election has been called for 4<sup>th</sup> July 2024

In order to vote at the UK Parliament Elections, you need to show ID at the polling station and if you don't have any you can apply for a Voter Identification Certificate free of charge. This can be done online or by making an appointment at the Dundee City Council Customer Services department.

Acceptable Photo ID includes:

- Passport
- Scottish National Entitlement Card issued for the purpose of concessionary travel (including a 60+, disabled or under 22s bus pass)
- Blue Badge
- Driving Licence

## **POSTAL VOTES**

There is also a change in legislation regarding postal votes and if someone doesn't have a current postal vote and wishes to apply for the UK General Election then you need to apply online for a postal votes for the UK General Election.

If anyone needs any assistance they can contact the Electoral Registration/Elections office on 01382 434444 or by email [ero@dundeecity.gov.uk](mailto:ero@dundeecity.gov.uk), or please feel free to give us a call on 01382 227101 if you require help with any of the above.



## **Keep Safe**

We have been designated as a Keep Safe location and just recently we were visited by Louise Cook from the police to carry out some staff training.

Keep Safe, if you have not heard of it, is an award-winning initiative which aims to tackle Disability Hate Crime by creating a network of safe places for people to go when they feel scared, lost or vulnerable whilst out in the community. However, it is available to anyone who might need help or feels overwhelmed. The Keep Safe network extends across all of Scotland and a full list of participating businesses, their opening hours and contact details can be found on the free **Keep Safe Scotland App**.

Keep Safe places are places where people can participate in daily community life, such as shops, cafes, libraries and transport networks and will always display the Keep Safe logo sticker in the premises window.

If you would like to find out more about Keep Safe then please ask a member of staff.

## **A Volunteer's Insight**

Volunteering with DBPSS is one of the highlights of my week and I always look forward to chatting with the clients and getting stuck in helping to serve them tea, coffees and lunch.

There's always lots of friendly banter and I love that they encourage each other when playing games, it is so uplifting. In particular, I enjoy supporting the members during the bingo, in fact I'm probably the most excited person in the room!

I get a great sense of fulfilment being able to help and make a small difference to the great work the staff do, along with giving me the opportunity to understand how people with sight loss navigate the world, not an easy thing to do.

I feel appreciated by the staff and clients' and they always thank me. As a volunteer a small thank you goes a long way.

My day at DBPSS is the most fulfilling part of my week and I definitely get a lot of satisfaction and enjoyment from it.

Lorna

## **LOW EMISSION ZONES DUNDEE AND BLUE BADGE HOLDERS**

Transport Scotland has developed an online scheme for Blue Badge holders to register vehicles they are travelling in.

Blue Badge holders who require exemptions can now register their details with the new LEZ exemption system so that the vehicle they are travelling in can access LEZs. If the journey is a one-off or irregular visit to a LEZ, Blue Badge holders will be able to register for a short-term exemption to cover their travel. The exemption applies to any vehicle whether the Blue Badge holder is the driver or the passenger.

More information about the Blue Badge exemption scheme and how to register for an exemption is available on the Low Emission Zones Scotland website [www.lowemissionzone.scot/blue-badge-exemption](http://www.lowemissionzone.scot/blue-badge-exemption)

### **Fun with the young'uns in the Society!**

We have had some young visitors to the Society in the last few months which has been delightful!

For first event we were joined by NESS' Young Peoples' Sensory Group and we received a visit from Wild Science who brought along an array of wildlife including snakes, lizards, a ferret and ducks amongst others!

The Members appeared to be enjoying the interaction with the youngsters but also the opportunity to handle

reptiles etc in a safe and controlled environment, however some of us (aka Alison!) stayed firmly away when the tarantula was shown around even though it was in a glass case!



We hope to be able to hold further events with the youngsters from NESS so keep your ears peeled!

We have also been joined on two occasions by the Bairns Group and their babies aged up to 1!



The Members had a lovely morning playing along with the babies, joining in with some nursery rhymes and just enjoying having the company of the parents too! We hope to make this a regular event in the Society!

We will be holding another Bairns Group session at 11am on Monday 17<sup>th</sup> June, so please give us a ring to book in if you would like to attend.



## **CLUES ACROSS**

- 1 – DALLAS STAR (5,6)**
- 7 – BIGGEST (7)**
- 10 – PINK WINE (4)**
- 12 – CAMOUFLAGED SHELTER (4)**
- 14 – OUTGOING PERSON (9)**
- 15 – SERPENT USED BY CLEOPATRA (3)**
- 16 – MOOSE (3)**
- 17 – GULIVER'S TRAVELS STAR (3,6)**
- 18 – MUNCH (4)**
- 20 – ASSIST (4)**
- 21 – SUPERVISE (7)**
- 23 – DIFFICULT SITUATION (11)**

## **CLUES DOWN**

- 2 – ANGER, ANNOY (4)**
- 3 – PIG (3)**
- 4 – NIGHT-FLYING INSECT (4)**
- 5 – STRAIT-LACED (11)**
- 6 – GOLF COURSE WORKER (11)**
- 8 – COPY (9)**
- 9 – LIGHT MID-MORNING SNACK (9)**
- 11 – TV RAG AND BONE MAN (7)**
- 13 – EXTREME (7)**
- 19 – STIRRED (4)**
- 20 – IN THIS PLACE (4)**
- 22 – FABLED BIRD (3)**

# WORD SEARCH

R	G	O	S	H	A	S	L	C	O	U	N	E	L	A
R	R	S	D	H	M	U	T	S	M	A	Z	C	B	R
S	E	V	E	R	N	N	I	Y	G	N	A	I	J	M
O	A	V	T	N	Y	L	K	O	O	R	B	V	A	S
I	T	V	I	X	R	I	R	M	Q	X	P	C	P	D
G	S	J	R	R	E	D	S	U	E	Y	K	A	E	P
H	E	S	F	D	G	Y	I	W	P	I	P	N	T	T
U	T	Y	I	S	U	N	S	I	N	H	T	R	O	F
A	O	Q	J	F	E	Q	I	A	K	S	T	O	R	D
N	R	N	U	Z	P	A	C	L	I	W	G	L	M	E
G	E	T	A	C	O	M	A	N	A	R	R	O	W	S
P	B	X	I	L	I	N	G	W	O	B	N	I	A	R
O	M	K	O	N	E	M	U	O	H	I	X	D	A	C
O	U	L	G	N	A	Y	N	U	R	A	M	A	T	H
I	H	B	R	F	W	V	P	Q	P	A	I	B	Z	M



# **WORD SEARCH – SUSPENSION BRIDGES**

**BAILING RIVER**

**BROOKLYN**

**CARQUINEZ**

**DENT**

**FORTH**

**GREAT SETO**

**HUANGPO**

**HUMBER**

**JIANGYIN**

**MACKINAC**

**RAINBOW**

**RUNYANG**

**SEVERN**

**STORD**

**TACOMA NARROWS**

**TAMAR**

**TSING MA**

**XIHOUMEN**

**XILING**

**YANGLUO**



# CROSSWORD SOLUTION

	L	A	R	R	Y	H	A	G	M	A	N	
P			I			O						G
U			L	A	R	G	E	S	T			R
R	O	S	E		E		L		H	I	D	E
I		T			P		E			N		E
T		E	X	T	R	O	V	E	R	T		N
A	S	P			O		E			E	L	K
N		T	E	D	D	A	N	S	O	N		E
I		O			U		S			S		E
C	H	E	W		C		E		H	E	L	P
A			O	V	E	R	S	E	E			E
L			K			O			R			R
	P	R	E	D	I	C	A	M	E	N	T	

# So-Duko

5	2	6	4	3	7	1	9	8
8	3	4	6	1	9	2	5	7
7	9	1	5	2	8	4	3	6
9	5	3	7	6	4	8	2	1
6	8	7	2	5	1	9	4	3
1	4	2	9	8	3	7	6	5
2	6	9	8	7	5	3	1	4
3	7	5	1	4	2	6	8	9
4	1	8	3	9	6	5	7	2





# DUNDEE AUDIO NEWS

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