

EAST SUFFOLK ASSOCIATION FOR THE BLIND

NEWSLETTER

ISSUE 46

WINTER 2016



ANNUAL ALDEBURGH FISHING MATCH RAISES FUNDS FOR ESAB



**EAST SUFFOLK ASSOCIATION FOR THE
BLIND**

Registered Charity No. 206886

**Mallard House Business Centre, The Old Station,
Little Bealings, Woodbridge, Suffolk, IP13 6LT.**

Telephone: (01473) 611011 Email: info@esab.org.uk

Website: www.esab.org.uk

The front cover shows a picture of Aldeburgh Fishing match event organisers Gail and Paul Harrison along with the Deputy Major of Aldeburgh Cllr Joselyn Bond. This year the Aldeburgh and District Angling Club held the 70th annual beach fishing match in aid of ESAB. There were 102 anglers on the day including 8 ladies and 6 juniors, all of whom had a good day despite the blustery and wet conditions during the morning. Prizes this year were presented by the Deputy Mayor of Aldeburgh Cllr Joselyn Bond who also presented Gail with a small bouquet of flowers on behalf of ESAB in recognition of this being the 70th anniversary of the event.

ESAB have been incredibly fortunate to have benefited from the support of the angling club for the last 70 years and the money raised now amounts to more than forty-one thousand pounds, a quite staggering total. Our heartfelt thanks for this great support go to current organisers Gail and Paul Harrison, who have organised the event for over 20 years, along with all those involved both past and present, not forgetting the many businesses in and around Aldeburgh that have sponsored the event over the years, by providing many prizes for the grand raffle draw that accompanies it.

MESSAGE FROM THE CHAIRMAN, STEPHEN HODGKISS

Here we are, days getting shorter, Christmas looming and the end of 2016 just around the corner, a time perhaps for reflection on what we have all achieved. I think we at ESAB can justifiably say that this year has been a very good one. One in which we continued to deliver exceptionally well regarded services whilst also looking to improve further. One such improvement has been the introduction of a much needed magnification and low vision assessment service delivered by our Community Workers to members in their own homes.

Delivery of services to our members in their own home is one of ESAB's key objectives. The Trustees hope that by continuing to deliver our existing services, introducing new services where practicable, and by looking to the future we are ensuring that the organisation is well positioned. ESABs current success and the consequential regard for what we are delivering are a good indication that we are doing the right things and are well positioned going forward.

With the future in mind, those at this year's AGM will have heard the news regarding the potential merger of ESAB with the two other charitable organisations servicing the visually impaired within Suffolk. Over recent years we have maintained regular contact between the three organisations and it has become increasingly clear that all three felt that a single combined body could more effectively offer its current range of services and indeed provide better opportunities to enhance and expand on these services. Initial work on this project has progressed well and we have now moved into a phase of due diligence. The purpose of this is to confirm that each organisation is healthy in a commercial sense, and that all three are aligned with regard to charitable objectives and commitment to providing the very best possible support for all of our visually impaired members. Should the outcome of this work show clearly that this is the case, then the next stage would be to gain approvals from the three boards of Trustees; if that is successful the final decision on ESAB's behalf will be taken at an extraordinary general meeting. This is not an activity to be rushed and even if all goes very smoothly I anticipate, a fully merged position would take around 12 to 15 months to achieve.

I've again this year spoken to many members who have expressed their appreciation of our collective efforts in supporting and enhancing their lives. On behalf of all our members I'd like to thank everybody who make ESAB the caring and supportive organisation it is. I cannot mention here every individual by name but I do offer thanks to all those who organise and help in any way at our district based social activities, fundraising events or help the association in other ways such as giving of their time as Trustees and District committee members. I'd also like to take this opportunity to express thanks to the officers and employees of the association, their individual and collective effort, commitment and dedication is also vitally important in making ESAB the success it is

Finally, may I take this opportunity to wish you, your families and friends, the warmest of seasonal greetings and happiness for the coming year.

LARGE PRINT 2017 CALENDARS

We again this year have a limited number of large print calendars available for our members. The calendars are free of charge, although we would appreciate a donation of £3 or more if at all possible. To order your calendar please ring the office on 01473 611011.

NEW HOME VISITING MAGNIFIER SERVICE

All of our Community Workers are now trained in assessing members individual magnification needs, from the simple hand held through to the more sophisticated electronic hand held types. They are each equipped with an extensive range of demonstration equipment which can be used to find the appropriate one to meet any individuals' needs and circumstances. Once an appropriate choice has been made, our Community Workers can help members with the purchase of the magnifier and once delivered they are able to help with training to ensure they are used correctly.

It should be noted that the NHS Hospital eye clinics have a low vision aids clinic which all members may request to be referred to. Members would have to attend the clinic at the hospital where an assessment will be made and once a magnifier has been identified as suitable, they can be provided free on a long term loan by the NHS.

It is important to note that before you seek to obtain any magnifier, you should first be certain that you have had a recent eye test and that you are using glasses where relevant that were prescribed from that eye test.

To arrange for a home visit by one of our Community Workers, please contact them directly (contact phone numbers are shown on page 30) or call the office on 01473 611011 to make an appointment.

FEEDBACK ON THE SAILING DAY AT LEVINGTON MARINA IN MAY

Firstly from Denise Tillier, ESAB member from Shotley Peninsular.

This June I was invited by EAST (East Anglian Sailing Trust) to go for a day's sail from Levington Marina and I'm so very pleased that I went because it was just about the happiest day of my summer, absolutely delightful. I was taken to the clubhouse where I met many people who are so kind and generous as to share their boats, their time, their knowledge and their enthusiasm for sailing with me and other blind and partially sighted people.

I am totally blind and one partially sighted man was with me. We were taken down the pontoon by the skipper and mate of our boat. When we came to the boat, it was a high step up from the pontoon, quite a stretch but it was soon accomplished and we sat in the cockpit which is well

towards the back of the boat where the steering wheel is. It was all very friendly and the motor was started up and the lines securing the boat to the pontoon were cast off, and we went chugging out into the river. While we were going, the sails were soon pulled up, that's a main sail and a sail at the front, which is the jib, and once the wind starts to fill the sails the boat seems to absolutely come alive. You can feel it through your feet, through every part of the boat really, it's an absolutely delightful sensation.

The motor was then switched off and the skipper was explaining to us about pulling in the jib sheets and the principles of sailing. He explained that when the wind came on the side of the boat, the boat was reaching which is actually the fastest way the boat sailed quite often. When we had the wind behind, that was called running and that can be fast too, although you don't feel that it's quite as fast as when you're reaching, when the boat can sometimes tip sideways which is very exciting.

We were both able to take a spell at the wheel, and as I am totally blind, I had to have the audio equipment switched on, which does make helpful noises. It beeps and tells me when to steer to port or starboard and I was making an awful lot of beeps, which I think meant I was over steering and that I should have been moving the wheel in far smaller, more gentle little movements!! The skipper can switch off the audio and simply say to you, little bit to the port or starboard which is much quieter. The partially sighted man who was with me had enough sight to fix his eyes on a distant object and steer very well indeed.

So we sailed right out to sea, enough to get the sensation of the waves, which gives extra movement to the boat and makes it even more exciting and happy. We had a really lovely time, then we turned round and came back down the River Orwell until it was time for a late picnic lunch, where we rafted together, that was tying up with other boats..

In no time at all we seemed to be heading back into the marina, letting the sails down and coming alongside the pontoon, but in reality we had been several hours afloat. It's just that as it was all such extremely good fun, the time had passed so quickly.

So I would urge anyone who has a feeling that they would enjoy sailing on yachts, or loves the river, or has often wondered what sailing is all about, do give it a try. Was it fun - the answer is YES !! Do give it a try.

I just can't speak highly enough of those wonderful folk who give up their time and their boats to share their hobby with us all. It's just wonderful of them. Thank you.



This picture is of Shotley member Doris Marshall enjoying herself at the helm on one of the boats.

Secondly from Graham Thompson, ESAB member from Felixstowe.

I had a wonderful time on Friday 20th May. The weather was a bit cloudy in the morning but a lovely sunny day in the afternoon. I had six hours sailing and went out with a young lady from Milton Keynes plus the crew. I have never been on such a posh yacht before, it was beautiful. It was a lovely day and a lovely experience and I want to thank you a lot for arranging it all, and I hope I can go again someday and really enjoyed myself. It was nice to get away from the daily routine and other voluntary work that I am involved with. It was a wonderful day and thanks so much for organising it again.

FELIXSTOWE SOUND-SHOOTERS



In August a team of Felixstowe sound shooters (pictured left) went to Brighton to take part in an annual shooting competition with Blind Veterans UK.



I am glad to report that Felixstowe won the match this year so we enjoyed a celebration lunch at which Felixstowe's top three shooters, Lorraine Ward, Hannah Young and Mark Maidment (pictured right) received the shield on behalf of the team.

Last year we hosted the competition in Felixstowe and the team from Blind Veterans won the match and took the shield home with them so now the shield is back at the Felixstowe Rifle Club where the sound shooters meet twice a month.

Many thanks to our Community Worker, Ian Hunt, who kindly drove the minibus.

LIVING PAINTINGS

Living Paintings is a unique publishing house and library. They are the only charity in the UK who design, create and publish tactile and audio books for blind and partially sighted people. They call them Touch to See books. They publish titles suitable for anyone from pre-school to adult. Their wide and growing range is designed to provide education and life-long learning, enhance lifestyle and support leisure interests. They distribute these Touch to See books through their free postal library.

Frequently asked questions

What does a Touch to See book contain? Their Touch to See books contain raised tactile images accompanied by atmospheric audio guides. In addition some book ranges come with guidance notes or activity packs and a colour photograph booklet. Their children's picture books are the original published book, comb bound with braille on clear plastic sheets and raised tactile pictures. All the audio guides are available on MP3, CD and digital audio files on USB stick.

Can anyone borrow? Yes. They lend to anyone in the UK who is blind or partially sighted.

Is there a charge to use the library? No. Their completely FREE postal and online library operates throughout the UK. All books are dispatched 'Articles for the Blind' through Royal Mail. An 'Articles for the Blind' label is enclosed for free return. Also there are no overdue charges. Although the library is completely free they do appreciate any contributions to support their service. Donations can be made online or via telephone at 01635 299771.

How do I become a library member? You can join online or by phoning 01635 299771.

How do I borrow? All books can be seen in their online library where you can browse and choose the books that you would like to borrow. To order books, or to renew loans, you will need your Reader ID and PIN. These are issued to you via a confirmation email when you join.

How many books can I borrow? You can borrow as many books as you like, as often as you like. If they don't have the book in stock, you can reserve it online and it will be dispatched as soon as a copy is available.

How long can I keep the books? The standard loan is 3 months. You can renew your books online or by telephone at 01635 299771.

Can I buy Touch to See books? No. All of our Touch to See books can only be borrowed.

What digital formats do they offer? The audio guides which accompany the tactile images are available on USB stick. In some publications the guidance notes, teen's activity pack and colour images are also available on the USB stick.

What is a USB stick? A USB stick is a small device about the size of a thumb which can hold a large amount of digital information such as audio files, word documents and pictures. It plugs into a computer or USB stick player. The Boom Box Plus Memory Stick Player and Kings Audio Sovereign Player are designed with visually impaired people in mind and are easy to use.

Your ESAB Community Worker would be able to help with purchasing one of these players. Alternatively you can contact the East Suffolk Blind office at 01473 611011.

MAKING MUSIC AND CONNECTING WITH NATURE

Are you a visually impaired musician or singer? Would you like to explore music making in beautiful woodland, working with some inspiring, visually impaired, professional musicians? If so, the Sensing Nature project gives you that opportunity.

The project is being led by Jackie Walduck, who runs a London-based, nationally-recognised, visually impaired music group called Tactile. Jackie, together with Adrian Lee, a visually-impaired musician and composer, has been commissioned by the Waveney and Blyth Arts organisation to work with visually impaired musicians and singers from Suffolk and Norfolk between February and July next year. The result will be a 'sound trail', comprising instrumental and vocal performances, which will be performed to the public at Thornham Walks, a beautiful area of woodland near Eye in Suffolk.

For those interested in getting involved, Jackie and Adrian will be leading four 'taster' workshops between February 6th and 10th, at venues in Norwich, Ipswich, Bury St Edmunds & East Suffolk. The East Suffolk workshop will be at the **Fisher Theatre, Bungay on Monday 6th February 2017**, between 10am and 3pm. The workshop is free to join and funding for transport is available.

In terms of musical ability, we are looking for keen musicians and singers with some experience, but we're not expecting professional or semi-professional standard. More important is an enthusiasm for performing in an outdoor space to the paying public, and to explore new ways of developing and making music and experiencing sound. For more information, please contact Mike Davison from Waveney and Blyth Arts on 01379 852501 or email davisonmike@outlook.com.

HOLIDAY IDEAS

Here are some details of organisations that cater for holidays for visually impaired guests:

Vision Hotels

Vision Hotels operates exactly like a commercial business, but are a non-profit organisation and part of Action for Blind People charity. They have AA 3-star hotels in Teignmouth, Weston-Super-Mare and Windermere. The hotels work hard to ensure that they are accessible for all and particularly welcome visually impaired guests. There are excellent facilities for guide dogs. They also have lottery funding to offer free activities and excursions for people staying there.

Telephone: 0845 603 0051. Website: www.visionhotels.co.uk

email: enquiries@visionhotels.co.uk

Torch Holidays

Torch Holidays are Christian holidays run by Torch Trust for people who experience sight loss. Most take place at Torch Trust's own centre in West Sussex. There's a great diversity in Torch Holidays encompassing book weeks to activity weeks covering craft, music and walking or simple ones taking it easy in the summer sunshine. Each year they also seek to include at least one holiday at another location in Britain and one abroad.

Telephone: 01858 438260 Website: www.torchtrust.org

email: info@torchtrust.org

Traveleyes

Traveleyes was founded in 2004 by the blind entrepreneur, Amar Latif as the world's first commercial tour operator providing independent travel for people who are blind or partially sighted. Whether you're travelling solo, as a couple or with friends, you can join small and sociable groups on an exploration for all of the senses.

Blind travellers can simply choose a holiday from the fully accessible website or audio brochure, then just book, and go! Sighted travellers can join each holiday too. They help in making the world a more accessible place by guiding and describing the sights to blind travellers. In return, sighted travellers benefit from a discount of up to 50% on each holiday. Holiday destinations are worldwide and divided into Discovery Tours, City Breaks, Activity Breaks, Sun, Sea & Sand and UK Breaks. Telephone: 0113 887 4275 or Email: info@traveleyes-international.com
Website: www.traveleyes-international.com

LIVING WITH MACULAR CONDITIONS

Being diagnosed with macular disease can leave you and your family feeling isolated and uncertain about the future. However, there is no need to face macular disease alone; the Macular Society specialist helpline team provide free information, guidance and advice to anyone affected by central vision loss, whether it's you, a friend or a family member. They produce a range of free leaflets and factsheets available in printed and audio CD formats as well as pdf and audio files to help people better understand macular disease and to provide tips for living with the condition. These are useful both for people with macular disease as well as their family and friends. Leaflets available include:

- Guide to Age related Macular Degeneration
- Diabetic macular oedema
- Nutrition and eye health
- Smoking and sight loss
- Visual hallucinations

They have a helpline whose staff are friendly and knowledgeable professionals who can answer questions, provide information and advice about any aspect of living with macular disease. However, they are not medically qualified and cannot give medical advice. All calls are confidential.

To contact their helpline or obtain copies of their leaflets you can call 0300 3030 111 or email them at help@macularsociety.org

MAKING A MOVE ON SIGHT LOSS – BY CHRIS FINLAY

The prospect of losing your sight is difficult to accept. But if you can prepare your home with practical measures, such as good lighting, it can ease the impact of sight loss. When Chris Finlay was diagnosed with macular degeneration in 2008 she took the decision to plan her home for when she could no longer rely on her sight. Chris, who has both wet AMD and pigment epithelial detachment, was in the fortunate position that she could downsize into a bungalow in her home town of Poole, Dorset. Once in the new home she set about adapting it to meet her future needs. Chris said: 'As I knew I was losing my sight, I wanted to improve the bungalow. Once I moved in I had the whole place rewired. In the kitchen I went round with the electrician getting lights put exactly where I wanted them, so I was never in my own shadow. It is fantastic. It's like Blackpool Illuminations.'

Chris also had more mirrors put up in the house, to reflect the light. The walls were painted white and in the kitchen she replaced dark worktops with a pale colour surface so she can see when they are clean and dry. Other preparations included rehearsing various tasks in the new home with her eyes closed. She says: 'I practised going from my bedroom to my back door and finding the key with my eyes closed.'

'I also practised opening my front door with my eyes closed and getting to the bathroom. I did it while I could still see pretty well. Once I had done it several times the confidence I had was amazing.'

Not long after Chris had finished these major changes to her home she was affected by a major bleed in her right eye. 'One day, everything just went black. Luckily I was able to get my peripheral vision back, but I now rely on my left eye to see, which was always my worst eye,' she explains. 'I had taken my sight so much for granted.' Chris's daughter Gillian, said her mum was devastated by her sight loss, but that her positive attitude had really helped. 'Mum was more prepared for losing her sight, which meant that although it was hard it wasn't as frightening as it might have been. It has been really hard, but Mum has had a really "can do" attitude, always thinking "how can I make this work".' For information and ideas about improving your home you can ask the Macular Society Helpline for a copy of their leaflet on Lighting at 0300 3030 111 or through email at help@macularsociety.org

CHARLES BONNET SYNDROME, ESME'S UMBRELLA

Charles Bonnet Syndrome is caused when a certain percentage of vision is lost. Judith Potts mother, Esme suffered most terribly from the condition but, like far too many people, lived in terrified silence for months, with the word 'dementia' hanging over her head. When she finally broke her silence and told her daughter, she could find no help. The ophthalmologist had given no warning and, even when she had discovered what was causing the hallucinations, he refused to speak to her about it; the optometrist had never heard of it; and neither had the GP who also thought it very unlikely.

The hallucinations remained with Esme for the rest of her life and, after her death, her daughter wrote several pieces about the condition in The Telegraph column which, each time, produced many emails - some of relief that it was not dementia but all asking for help. Hence the launch of Esme's Umbrella which will shelter all those for whom Charles Bonnet Syndrome is a part of their lives - be they sufferers, doctors, nurses, care home workers or researchers.

They have a medical adviser - Dr Dominic Ffytche (from King's London) - who is the acknowledged expert and only researcher of Charles Bonnet Syndrome in the country. Their helpline number is 0345 051 3925 and email address is esmesumbrella@gmail.com. Their website can be found at www.charlesbonnetsyndrome.uk which hosts Dominic's research, coping strategies, experiences of sufferers and a printable explanatory leaflet which can be taken to the GP or Care Home. Their aim is to persuade ophthalmologists, optometrists and GPs to warn their patients that Charles Bonnet Syndrome might develop - it might not, but better to be forewarned; to raise awareness of the syndrome in the medical profession and out into the community.

NYSTAGMUS

Nystagmus is continuous uncontrolled movement of the eyes. The movements are usually side to side but can also be up and down or rarely in a circular motion. Most people with nystagmus have reduced vision. Nystagmus may be caused by a problem with the way the eye sends messages back to the brain or how certain parts of the brain make sense of this information. These parts of the brain deal with eye movement.

Some types of nystagmus happen when your eye gaze positions are extreme, when you looking far to the left, right, up or down and are a natural part of the way the eye and brain work together. Nystagmus, which happens when your eyes aren't in these positions, is usually a sign of a problem.

There are two main types of nystagmus, one which appears in the first months of life which is called "early onset nystagmus" or "congenital nystagmus" and another which develops later in life which is usually called "acquired nystagmus". In many cases the cause of the nystagmus will not be known. It is thought that nystagmus affects between 1 in 1,000 and 1 in 2,000 people.

If you would like to receive regular updates about this condition please contact the **Nystagmus Society office at 01480 453438** and they will add you to their mailing list.

REVOLUTIONARY TREATMENT BECOMES AVAILABLE ON NHS IN MANCHESTER

Manchester Royal Eye Hospital has become the first NHS hospital in the UK to offer a new telescope implant for end-stage age-related macular degeneration. Everywhere else in the UK it is only available in private hospitals.

Smaller than a pea, the implant uses a unique, micro-optical technology to magnify images approximately 3 times. The images are projected onto the healthy part of the retina, making it possible to again use the central vision. As part of the treatment programme, CentraSight's tiny telescope implant is placed in the eye via an operation similar to a cataract operation.

Manchester Royal Eye Hospital is the second largest eye hospital in the UK. Mr Felipe Dhawahir-Scala, consultant ophthalmologist and vitreo-retinal surgeon at the hospital said: "This is a potentially life-changing option for people with end-stage AMD and we are proud to be the first NHS hospital to offer it. We chose to offer the telescope implant as it is backed up by data showing at least five years of sustained improvement in vision."

Cathy Yelf, chief executive of the Macular Society, said: "It's good news that this new lens implant will be available to some patients at an NHS hospital. Studies suggest it can improve vision and it should help improve their quality of life and enable them to cope with day to day activities. By 2020 almost 700,000 Britons will have late stage AMD. It is now the most common cause of sight loss in the country. It is important that we continue to fight for more funding for macular research because our ageing society means many more people are developing the condition."

RADIOTHERAPY TRIAL FOR WET AGE RELATED MACULAR DEGENERATION

Most people with wet age-related macular degeneration (AMD) are all too familiar with the treatment regimen of repeated injections of drugs into their eye. Whilst these injections help preserve vision, they impose a substantial burden on patients with the need for regular appointments at a hospital eye clinic.

A new treatment that aims to reduce the number of eye injections that a patient requires is now being studied in a research trial at around 20 hospital locations in England. The treatment uses radiation and is known as stereotactic radiotherapy (SRT).

Patients sit in a chair and a robotically controlled system aims three beams of radiation through the white of the eye, to overlap at the macula. SRT is a one-off, non-surgical procedure that takes about 15 minutes. The total body dose of radiation is about the same as a dental X-ray.

In an earlier clinical trial of SRT the results suggested that for carefully selected patients SRT roughly halves the number of injections that people require, with about a quarter of people needing no further injections. The STAR trial is a new study of SRT and the research team are recruiting patients who require ongoing injections to control their wet AMD.

The SRT is delivered at one of three national treatment centres in Sheffield, Birmingham and London. Participating patients are then seen at a local study hospital for monthly check-ups and Lucentis® treatment if needed.

If you would like more information please contact the Macular Society Helpline 0300 3030 111. More information can be found at their website www.starstudy.org.uk. The STAR trial is supported by the National Institute of Health Research.

NEW BANK NOTES

Have you handled one of the new five pound notes which came out in September? The RNIB had input into the design of the new notes and were able to advise the Bank of England on their size, what they should feel like, and how they would work best for people with sight loss.

The new notes are made of polymer, and will retain tiered sizing, include bold numerals and have similar colours to the current paper notes. In addition, the new ten pound and twenty pound notes will include a tactile feature (created by a series of raised dots). The five pound note is distinguishable by not having this feature. The new ten pound note will be introduced in 2017.

BT TAKES ON SCAMMERS WITH EXCHANGE UPGRADE

BT has made great strides in tackling phone scammers, and it is all down to timing. They've rolled out changes which will prevent fraudsters from holding a phone line open after their victim has hung up. The exchange upgrade cuts the 'holding the line open' time for calls made to all BT customers' phone lines to two seconds. This change is part of industry-wide efforts to combat 'no hang up' scams - where a criminal will pretend to be your bank or the police and make you believe your money is at risk. This is also known as 'vishing'. The way the scam works is that the victim is called and told their money is at risk, then to persuade them that the caller is genuine they are asked to call their bank back. But the fraudster doesn't hang up the phone at their end and keeps the line open. This means the victim thinks they have called a legitimate number, but in fact they are still speaking to the fraudster, who may even play a dial tone down the line to make it appear as though the victim is making a new call. The fraudster may then go on to trick the victim into transferring money into a 'safe account' which in fact belongs to the criminal, allowing a courier to collect their bank card, or handing over personal details such as their PIN. But now any fraudster trying to keep a BT line open will be cut off. However, consumers still need to

exercise caution and report any suspect phone calls to Action Fraud and their bank. Action Fraud can be called on 0300 123 2040.

BT's scams website, bt.com/scams, also carries reliable information about the latest scams and how to protect yourself or someone you care for. You'll find some great advice, for example how to create strong and unique passwords and not to use these across multiple accounts.

INVESTMENT FRAUD

Fraudsters can be articulate and appear financially knowledgeable. They have credible websites, testimonials and materials that can be hard to distinguish from the real thing. People offering high risk investments or scams will often cold call. If you're called about an investment opportunity, the safest thing to do is hang up. There are ways that callers can pretend they aren't cold calling you. They may refer to a brochure or an email that they have sent you. That's why it's important you know the other tell-tale signs that suggest the investment opportunity is likely to be very risky or a scam.

Callers may do one or more of the following:

- Make contact unexpectedly about an investment opportunity. This can be a cold call, email, or follow up call after you receive a promotional brochure out of the blue.
- Apply pressure on you to invest in a time-limited offer, for example, offer you a bonus or discount if you invest before a set date, or say that the opportunity is only available for a short period of time.
- Downplay the risks to your money, for example talking about how you will own actual assets you may sell yourself if the investment doesn't work as expected, or using legal jargon to suggest the investment is very safe.
- Promise tempting returns that sound too good to be true, for example, offer much better interest rates than those offered elsewhere.
- Call you repeatedly and stay on the phone a long time.
- Say that they are only making the offer available to you, or even ask you to not tell anyone else about the opportunity.

If you recognise any of these, you have every reason to be suspicious. Not all investment opportunities offered out of the blue will be very risky

or scams, but you should be very wary, especially if they are unusual investments. An investment offered to you in this way is unlikely to suit your specific needs and could be a very bad idea or a scam. It is generally best to seek out your own investment opportunities, either through research or with the benefit of impartial advice from a financial adviser.

DO I NEED A WHITE STICK AND WHERE CAN I GET ONE FROM?

No, you don't necessarily need a white stick if you are blind or partially sighted, although many people do find them very useful.

There are three main types of white sticks or canes. The first type is called a symbol cane and you simply hold it rather than use it to find obstacles in front of you. As the name suggests, it's a way of letting other people know that you're blind or partially sighted. It's particularly useful in busy or crowded places as other people who see the cane should take a bit more care not to bump into you. You might also find that you get more offers of assistance from staff and members of the public because they can see that you have sight loss more easily.

The second type is called a guide cane and you use it to find obstacles in front of you. You hold it diagonally across your body and then use it to find obstacles such as kerbs or steps.

The third type is called a long cane and people who have been trained to use one roll or tap it from side to side, as they walk, to find their way and avoid obstacles.

Red and white banded canes of all types are available and these indicate that someone has a hearing impairment as well as sight loss.

If you need getting help out and about with a white stick, we recommend you start by contacting your Community Worker or the office on 01473 611011 who will be able to refer you to Sensing Change. They should be able to provide you with a cane for free and, if you need a guide or long cane, give you mobility training so that you know how to use one to get about safely.

SAY HELLO TO THE VOICE ACTIVATED TELEPHONE DIALLER

ESAB endorse any of the product talked about in this article.

It may seem hard to believe, but in today's technological world there are currently no landline phones available with voice-activated dialling capability. This makes it almost impossible for blind people to call from a regular phone.

Fortunately, inventor Mike Wood from “Jolly Good Idea” provided a solution with the popular Voice Activated Voice Dialler. And it suits a variety of impairments. The dialler has been in use in English speaking countries all over the world since around 2007. It is a small box that plugs between your home phone and the phone wall socket. It comes with sophisticated voice recognition technology, and once installed, all functions are voiced, including the initial storing of contact names.

The beauty of it is its simplicity. Just pick up the handset and when you hear “name to dial, please”, say the person’s name and the number rings. It can be used in conjunction with emergency call systems and works with hands-free speaker phones as well.

Once the dialler is loaded with the names and numbers of the people you phone frequently (up to 60 of them), you never need to thumb through your address-book to look up their number nor press the keys on your telephone keypad to call them again.”

The user guide comes with very detailed instructions (and pictures) but for any problems, their team are on hand to help. In fact, customers are invited to try out the dialler before buying to make sure it’s a good fit. To find out more, they can be contacted on 0208 1444559 or 07976 388081 or through email at info@jolly-good-idea.co.uk.

CONTROL YOUR SMARTPHONE WITH YOUR VOICE

Modern technology often seems to require a high degree of manual dexterity. But for many who live with physical difficulties and loss of dexterity, the small buttons and touch-screen pads that come with many phones and communication devices can seem frustrating.

Fortunately, today's digital age means that a lot of people are finding everyday life is getting easier by the development of voice recognition technology. There's a wide range of sophisticated software, apps and devices that are activated by voice command - for everyone, with or without disabilities.

Take innovations like Siri, Apple's intelligent personal digital assistant. Siri works hands free across a range of Apple devices, with the iOS device controlled just by speaking. Siri does what you say, finds the information you need and answers you.

It's much more than just voice recognition though, not only does it translate audible sounds into text, but it understands basic commands and questions, and allows you to control your phone. For instance, you can tell Siri to set an alarm by just speaking the desired time and date without having to fiddle around doing it yourself.

As Siri recognises natural speech, you can talk to your phone as you would to a person. You don't have to type anything. You can tell Siri to set a reminder, dictate and send text and emails, make a call, ask for directions or get the time in Hong Kong.

It's useful for when you need information in a hurry, like checking the weather and what the traffic is like around your current location. Or perhaps you'd like to know what restaurants are nearby.

Voice recognition technology is rapidly growing, changing how we live our everyday lives. Siri is just one example of how this technology is becoming more accessible and can mean greater convenience and independence for people with disabilities.

STRUGGLING TO HEAR THE PHONE RINGING?

It can be frustrating missing that all-important call. If you are struggling to hear your phone ring then you may be interested in BT's ToneCaller. Neat and unobtrusive the ToneCaller makes it easier to know when the phone is ringing. Its adjustable ringtone volume lets you set it to the loudness you are comfortable with, whilst a choice of four ring tones allows the selection of a ringtone that can be heard more easily. With a 3 metre cable, the ToneCaller can be placed where it is most useful.

If you are interested in finding out more call BT on 0800 100 400 or the East Suffolk Blind office on 01473 611011.

GETTING OVER THE TECHNOLOGY HURDLE.

Getting online can feel overwhelming, but RNIB has a team of volunteers to help you get started with your tablet, iPad, smartphone or eReader. It's called Online Today, and you'll get your hands-on help at home. Kim Wood, an Online Today volunteer told us how it all works. "Most people want to get used to using a new machine, whether it be a tablet or a smartphone. They'd like to do things like Skype with their families or be able to send emails. A lot of people want to know about Apple products

which have a built-in screen reader, VoiceOver, which is handy for people who are totally blind or those with significant sight loss. It can read your emails or texts, tell you what's on the screen and what you can do. It uses a series of gestures in order to send texts or to create emails and does take a little practice to learn how to use it.

One visually impaired user received an iPad from her son, who'd moved to New Zealand. She really wanted to get to grips with Skype to keep in touch with him, but didn't know where to start. So she set up Skype on her machine and practised making and receiving calls. Now when her son calls, she doesn't panic when the machine makes a strange noise. She now knows the right keystrokes to speak with her son.

You can book one to one technology support in your home with a trained volunteer from the RNIB by calling the Online Today team on 0303 123 9999

EIGHTY YEARS OF TALKING BOOK CLASSICS FROM THE RNIB.

RNIB's Talking Book Service turned 80 late last year – and to celebrate, they were proud to announce that they were making it free of charge. Since its humble beginnings in 1935, eight decades of innovation have made it the biggest and best service of its kind, bringing the gift of reading to blind and partially sighted people. There are now more than 23 thousand talking books to choose from – read by some of the world's finest authors and acting talent. These are available on USB memory sticks that can be used with equipment that you may already own, or on what are called Boom Boxes which are available at a modest price. In the 80 years since the RNIB launched the service, it's fair to say that the novel has gone through a few changes of its own. Tastes and styles have transformed to reflect the world around us, and the RNIB have followed this evolution every step of the way to bring you must-read books as and when they're released. The following talking books are ones that have defined each decade.

1930s: "Murder on the Orient Express" by Agatha Christie

Murder mysteries are as popular today as ever – the massive sales of Gillian Flynn's "Gone Girl" prove that. But the late Agatha Christie helped define the genre in the 1930s with all-time classics like "Murder on the Orient Express". Another of Christie's mysteries, "The Murder of Roger

Ackroyd", was selected in our initial batch of recordings back in 1935, and the author's stories are still loved by our members 80 years later.

1940s: "Animal Farm" by George Orwell

"Animal Farm" celebrated its 70th birthday this summer and the fact the satirical novel remains relevant today is proof of Orwell's enduring genius. Originally read by John Richmond, this might appear to be a simple farmyard fable, but beneath the surface you'll find a thrilling, terrifying tale of how power corrupts.

1950s: "The Catcher in the Rye" by JD Salinger

"The Catcher in the Rye" is one of the best selling novels of all-time, with Salinger's story of teenage angst and rebellion finding a new audience in each generation. Through protagonist Holden Caulfield, Salinger also explores loss and belonging, making the book one that blind people can identify with, while its 1951 publication was particularly timely in the aftermath of World War II. Indeed, many commentators have argued "The Catcher in the Rye" is a war novel in disguise.

1960s: "To Kill a Mockingbird" by Harper Lee

The United States Civil Rights Movement intensified in the 1960s and books like "To Kill a Mockingbird" were hugely influential in furthering the cause. With key themes of tolerance and prejudice at its heart, the book is a firm fixture on school curricula around the world and its legend was multiplied by the fact Lee never published another novel. Until this year, that is, when the sequel "Go Set a Watchman" was released unexpectedly and narrated at RNIB's studios by actress Reese Witherspoon.

1970s: "The Shining" by Stephen King

Ghost stories are best read aloud – preferably around a campfire late at night – which made "The Shining" ripe for recording as a talking book. "Carrie" and "Salem's Lot" had already ensured King was a much talked about horror author in the 1970s, but it was this story of a haunted hotel that catapulted him into the big time. Rightfully so, it's one of the scariest novels ever published.

1980s: "Midnight's Children" by Salman Rushdie

Complex novels were increasingly popular in the 1980s and "Midnight's Children" encapsulated the trend, with Rushdie's most famous work telling the story of India's journey to independence. Arguably the best way to wrap your brain around this book is to hear it spoken, and

narrator Garrard Green does a fine job of bringing Rushdie's magical realism to life.

1990s: "Harry Potter and the Philosopher's Stone" by JK Rowling
Harry Potter was – and still is – a literary phenomenon, inspiring hugely successful films, plays and even a theme park in its name. The talking books narrated by Stephen Fry have also proved enormously popular, importantly released at the same time as the hardbacks so that everyone could join in on the conversation. As the first book in the series, this one even has a special introduction read by author J.K. Rowling.

2000s: "The Da Vinci Code" by Dan Brown
Our digital DAISY players inspired a brand new generation of readers when they arrived in 2002 – five years before the Kindle and just in time for Dan Brown's "The Da Vinci Code". It may have divided opinion, but the novel tapped into the public's fascination with the Holy Grail and many readers adored this mystery detective romp.

2010s: "A Brief History of Seven Killings" by Marlon James
"A Brief History of Seven Killings" won the 2015 Booker Prize and is well placed to become an era-defining novel of the current decade. Inspired by an assassination attempt on Bob Marley, the book contains over 75 characters whose distinct voices are brought to life with multiple narrators for the talking book. With a big-budget HBO TV series in the works, the popularity of James' stunning work will surely grow even further.

If you would like to sign up RNIB Talking Books, please contact your ESAB Community Worker (phone numbers on page 30) or call the office on 01473 611011.

NEW LOWESTOFT "DIAL-A-GUIDE" SHOPMOBILITY SCHEME

Lowestoft Shopmobility are proud to introduce a new scheme for Lowestoft in partnership with "Sensing Change" called "Dial-A-Guide". Sensing Change already offer people with sight loss a "My Guide" Service which provides trained volunteer sighted guides who are matched to people with sight loss, to enable them to get out and about, to help increase confidence and reduce isolation. Normally Shopmobility would only be hiring their scooters or wheelchairs for shopping, but they became aware that it is not only people with mobility problems who need

help with their shopping, but people with sight loss too. They have volunteers who are given free training to become qualified Community Sighted Guides.

Visually impaired shoppers can phone up, book a day and time to shop, and be matched to a Guide by their co-ordinator Eddie. If you need any more details or wish to make a booking please contact them on 01502 588857 or you can email them at lowestoftshopmob@btconnect.com.

They do need volunteers to become Guiders and then of course lots of people who want to shop! They hope that the community in Lowestoft will come forward to help with this very worthwhile scheme which can make a great difference to the lives of people with sight loss. They have received funding for a 12 month pilot scheme to see how it goes, so if you live in Lowestoft, please try and use it.

ROYAL BRITISH LEGION'S HANDY VAN SERVICE

The Royal British Legion has launched a new handy van service called "Poppy Calls" which helps ex-Service people and their families with small household repairs and minor adaptations. They have a dedicated and trusted team of experienced handypeople who are fully trained to carry out low-level maintenance in your home, including:

- Changing light bulbs and tap washers
- Putting up shelves, curtain rails and grab rails
- Fitting smoke alarms and carbon monoxide detectors
- Fitting and changing door locks and other security features
- Building access ramps and storage sheds to house Legion-provided Electrically Propelled Vehicles
- Installing care phones.

Call 0800 032 0306 or email homesupportadmin@britishlegion.org.uk.

A BIT OF HUMOUR

SOME FATHER CHRISTMAS FACTS

1. The original Father Christmas, Saint Nicholas was a Bishop of Myra in Anatolia (modern day Turkey) in around 270AD and had a reputation for secretly giving gifts to those in need

2. Father Christmas' suit was a variety of different colours, green, blue, brown until he was famously given the red and white suit from Coca-Cola in an advertising campaign in the 1930's.
3. In Canada Father Christmas has his own Postcode HOH OHO
4. Assuming every house Father Christmas delivered to left something to drink (8 fluid ounces) he we would drink about 137 million gallons of milk, Sherry, Guinness, Beer or Baileys.
5. Assuming everyone also left a mince pie he would consume around 374 billion calories
6. Running an 8-minute mile he would have to run for 109,000 years without eating to burn the calories off.
7. Some people have estimated that he would spend one thousandth of a second in each house and the sleigh would weigh 500,000 tonnes

THE JEWISH BRA

A young Jewish man walks into the Lingerie Department of Macy's in New York. He tells the saleslady, "I would like a Jewish bra for my wife size 34 B."

With a quizzical look the saleslady asked, "What kind of bra?"

He repeated, "A Jewish bra. She said to tell you that she wanted a Jewish bra, and that you would know what she wanted."

"Ah, now I remember," said the saleslady. "We don't get as many requests for them as we used to. Most of our customers lately want the Catholic bra, or the Salvation Army bra, or the Presbyterian bra."

Confused, and a little flustered, the man asked "So, what are the differences?"

The saleslady responded. "It is all really quite simple. The Catholic bra supports the masses, the Salvation Army lifts up the fallen, and the Presbyterian bra keeps them staunch and upright."

He mused on that information for a minute and said: "Hmm. I know I'll regret asking, but what does the Jewish bra do?"

"Ah, the Jewish bra," she replied "makes mountains out of molehills."

ROUND UP OF THE DISTRICT NEWS

Beccles District Committee –Jennifer Langeskov, Chair

2016 saw a reduction in our numbers partly due to some members moving to be nearer their families in other parts of the country. Losing our well loved members is always sad but we have been pleased to welcome new members into our Club during the course of the year.

Fifty per cent of our membership is ninety plus – our oldest being ninety-seven. This particular lady bakes her own bread and cakes, is a regular church goer and is still a lady who lunches! Another at ninety-three still manages her vegetable garden. There are, of course, those who enjoy less robust health and it is an inspiration to us all how they face their very challenging circumstances with such fortitude and courage.

All members play their part through regular attendance at the Socials, doing a brilliant job with their Yellow Boxes and participating in the raffles – which helps towards our funds.

We followed the usual format this year with four outings, three entertainers and a number of quizzes which are very popular. We were pleased to welcome Terry Reeve from Bungay, who gave a most interesting account of Chateaubrian's time living with a family in Bungay and his brief attachment to a young lady there. Two of the highlights this year were fascinating talks by Gwen Harris and Maureen Thomason. Gwen talked about her early years in a baker's family in Bungay, her working life as a young woman in both Bungay and Great Yarmouth, her eventual marriage, children and living through the Second World War. Maureen gave a most interesting account of her working life at Sanyo in Oulton Broad and her special relationship with the Japanese people who she worked for. I am sure there are many more tales to come!

Halesworth District Committee – Alan Middleton-Stewart, Chair

After a very successful six years of being Chairman of the Halesworth Branch Will Pye ably assisted by Avril stepped down due to family commitments – they will be sorely missed. Our Christmas Lunch will be held at the White Hart in Halesworth on Thursday the 15th December at 12.00 mid-day. Will and Avril have accepted our invitation to attend as our guests. It will be good to see them again.

I am very sorry to report that Gwen Brewster (a staunch supporter of the Branch) died on Tuesday the 18th October.

As for next year, all our members have been given a task to bring at least one idea each to the meeting in December as to what they would like to do next year. At the moment we meet every other month on the second Thursday in the month at mid-day; there is some suggestion that we should meet every month. This idea will be discussed at the December meeting. As for the future – Watch this space. Happy days.

Lowestoft District Committee – Kathryn Outterside, Secretary

Our Social at the Lowestoft 60+ Club is well attended with members enjoying musical entertainment, refreshments and a raffle. A store collection at Tesco raised £700 and other donations from individuals, local charities and businesses help to support our social. A number of our members went to Levington in May and enjoyed a wonderful day sailing with the East Anglian Sailing Trust. We end the year with a pre-Christmas dinner at the Masonic Hall in mid-December and we return to our meetings as usual on 31st January.

Other Lowestoft independent clubs for the visually impaired

Lowestoft Blind Activities Club (LBAC)

Regular events throughout the year include monthly target shooting, darts nights, quiz nights, tenpin bowling and new age kurling along with two trips to the Greyhound Races which has kept everyone busy. A summer ramble at Dunwich Forest and canoeing with the Bungay Canoe Club were a welcome addition to the regular activities. A truly enjoyable year for all.

Lowestoft Live Arts

Members continue to make their crafts; latch hook rugs, knitting scarfs, hats, toys and T-jumpers or machine sewing patchwork quilts, bags and toys. A party with fish & chips and a Christmas raffle brings 2016 to a close.

Lowestoft Blind Bowls Club (LBBC) The club has two seasons; indoor (October to April) and outdoor (May to the end of September) arranging special matches with local sighted clubs, ending the season with the Stan Gilbert memorial competition. Meeting on Wednesdays with an in

club competitions running every week and lessons offered to new members to get them started.

I would like say thank you to Jenny, our Community worker, for all her hard work and especially all the volunteers and drivers, who help our members at our social and the other clubs; without your support we would not be able to lay on any of these activities. Finally thank you to all our members who have made donations through the yellow box scheme or directly towards our social, and to all who gave their time to help me with our store collection. If you would like more information about the ESAB social or the other local clubs please contact Kathryn on 01502 585329.

Felixstowe District Committee – Jane Fox, Secretary



Another successful year for the Felixstowe Branch is coming to an end. Our members have enjoyed monthly socials with varied musical entertainment, home-made refreshments and raffles, but most importantly meeting up with friends.

Our volunteers, Mark and Lisa bring along a selection of aids and are on hand to replace batteries and help anyone who needs advice about visual aids.

We have had a musical quiz and there is a lot of friendly rivalry between the men and ladies tables. Our members were treated to a delicious afternoon tea in September, compliments of an anonymous benefactor and we are now looking forward to our Christmas social, the highlight being carols sung enthusiastically by local primary school children.

We are hugely indebted to our volunteer helpers and drivers for making these events possible.

Shotley Penisular District Committee – Jean Miller, Chairman

Once again, the branch has had another successful year, gaining some new members, and a number of extra volunteers. Sadly two of our members passed away and they will both be missed.

Our regular monthly meetings are well attended and we continue to provide a mixture of entertainment including an outing in July to the Cameo Hotel where everyone enjoyed a delicious lunch. For our Christmas celebration we will again return to the Cameo (now known as the Ipswich Hotel) and this time will be entertained by singer and keyboard player Ben Groom. Ben has visited us at Stutton Community Hall on previous occasions, and has proved very popular with everyone. In July we held a fundraising event at Shotley Village Hall when Annika Rands, a local celebrity, sang songs from across the decades. Although we had to compete with Wimbledon, the World Cup and other events, we raised an acceptable amount towards our funds.

In August this year, Lorraine Parry, took the decision to resign both as Chairman and a committee member due to ill health and the fact that she now resided in Essex. Sadly, Lorraine passed away at the end of October having lost her battle against cancer. She had been Chairman since 2014 when the present committee took over and was a dedicated supporter of ESAB as her late father had been one of the original Shotley Peninsula members. She will be missed by us all.

In August we welcomed a new committee member, Gloria Hayward and Pat Durrell, our Treasurer, is now Vice Chairman.

I would like to thank the committee for all their help and support and also extend a big thank you to all those volunteers who give up their time to help us to make the Socials such a success. Without them, these just would not take place.

Stowmarket Branch from Shirley Bonner

Our Social Group are still enjoying a monthly gathering thanks to the organisers and volunteer drivers.

The highlights this year have been the Awareness Day held in the United Reformed Church where Ian our Community worker was able to connect with a few new members. It was interesting to view the various exhibits

and see what is available to help with visual impairment. Members and volunteers also had a lunch at The Grange Hotel at Thurston where we were well attended by the staff and served an excellent meal. We now look forward to our Christmas tea party, and send good wishes for Christmas and the New Year to all in ESAB.

Woodbridge District Committee from the Committee

It has been year of change at Woodbridge. Val Murray, who had done sterling work as Chairman of the group for ten years, finally stepped down in March. We owe a great debt of gratitude to Val who has been a really enthusiastic Chairman and instrumental in getting a wide variety of activities for the social events. Unfortunately, no one has put themselves forward to succeed Val, but the group continues with the Chairman's activity shared out. We would also like to acknowledge the incredible support of our current group of volunteers and committee members without whom the group could not continue. We would be very happy to hear from anyone that may have a few hours a month to spare and who may wish to join our merry band of volunteers or take a role on the committee.

We held both a summer and Christmas lunch event again this year both at Seckford Hall with over 25 people attending on each occasion; a very pleasant time was had by all. Our thanks go to all those involved in making this possible and the staff at Seckford Hall for their hospitality.

We were pleased to hear that one of our former members, Mabel Bugg, who had attended the Woodbridge social group for many years has reached the age of 100 years. Mabel now lives in a residential home where Lesley Hodgkiss was able to visit on her birthday with some flowers from us all. Lesley reported back that Mabel is doing remarkably well for her age and sends everyone her best wishes.

In 2016 we are again sponsoring a guide dog puppy called FiFi. One of our previous pups failed to make the grade in final training but we have great hopes for this one.

We were really fortunate again this year to receive a grant from Woodbridge Town Council towards transport costs for our social, we are very grateful to the town council for this vital support.

EAST SUFFOLK BLIND CONTACT NUMBERS

Beccles/Halesworth/Southwold/Lowestoft JENNY 01502 717159

Leiston/Woodbridge/ Framlingham LESLEY 01473 611650

Felixstowe/Shotley Peninsula/Eye/Stowmarket IAN 01473 788380

Head Office 01473 611011



RETURNS SLIP FOR THE WINTER 2016 NEWSLETTER

If you require any of the following please tick relevant boxes.

Instead of large print I would like to receive the ESAB Newsletter:

On USB Memory Stick

On CD

By email at:

(Insert your email address)

I no longer want to receive the Newsletter

I would like my Community Worker to visit

If there is anything you are concerned about please use this space to let us know

YOUR NAME:

POSTCODE:

Return to ESAB, The Old Station, Little Bealings, Woodbridge, Suffolk IP13 6LT

EAST SUFFOLK BLIND INVITES YOU TO ATTEND AN EQUIPMENT AND INFORMATION EXHIBITION FOR THE VISUALLY IMPAIRED IN BECCLES

This is a fabulous opportunity for visually impaired people and their families or carers to come along and have available an enormous amount of information and advice about local services that are available to them, but also the incredible amount of affordable daily living aids that can be purchased to help with independent living. Please do all that you can to attend.

The exhibitors who will be there are:

Optelec – electronic readers	Optelec - magnifiers
Calibre Talking Books	British Wireless for the Blind
Cobolt Daily Living Aids	Action for Blind People
Guide Dogs for the Blind	Talking Newspapers
Blind Veterans (UK)	Sensing Change

EVENT DETAILS ARE:

WEDNESDAY 21st June 10am to 3.00pm
ST JOHNS AMBULANCE HALL
BLYBURGATE
BECCLES
NR34 9TF

LIGHT REFRESHMENTS WILL BE AVAILABLE

Please contact your Community Worker Jenny Strak on 01502 717159 if you would like help in organising transport.

2016 RIO PARALYMPIC MEDALS



Organisers at the recent Rio Paralympics, for the first time, designed special medals which allowed visually-impaired athletes to tell which were gold, silver, or bronze. The picture above shows what they actually looked like.

Each of the 2,642 medals contained a device which, using small metal balls, allowed athletes to distinguish between the three colours.

Thanks to the new innovation, the three types of medals made a different sound when shaken. The bronze medal contained 16 steel balls and made the lowest sound. By comparison, the gold and silver medals contained 28 and 20 balls respectively making higher frequency sounds.

All of the medals also included the words 'Rio 2016 Paralympic Games' written on them in braille.