



NEWSLETTER

ISSUE 45

SUMMER 2016



Dovercourt Bay

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

NEWSLETTER ALSO AVAILABLE ON CD AND MEMORY STICKS

This newsletter is also available in audio format on both a CD and a USB memory stick (as commonly used by talking book suppliers). If you would like to receive them in future in either of these formats rather than large print, please either fill in the sheet on the last but one page of this newsletter and return it to the address shown, or please phone the office on 01473 611011 on any morning Monday through to Thursday.

FRONT COVER PICTURE

The picture on the front cover shows a wonderful shot of a yacht in full sail. The boat belonged to our Treasurer Peter until earlier this year and is one in which he and his wife have visited most parts of the south coast of England and the north coast of France. The picture is there partly because it is a great shot of a lovely summer pursuit but also because it coincides with another sailing day for some of our members aboard yachts owned privately but made available for our members through the generosity of their owners who are members of the East Anglian Sailing Trust at Levington Marina near Ipswich. We hope to have an article on how the day went in our next newsletter.

MELISSA DURRANT LEAVES US

It is with regret that I let you all know that Melissa Durrant, our Community Worker covering Lowestoft has left us after six years due to an extended period of illness. We were sorry to see Melissa leave us and would like to thank her sincerely for all she did in her time with us, helping support visually impaired people living in the Lowestoft area. We wish her every blessing in her continued recovery to full health.

As a result of Melissa's departure we have reorganised things and Jenny Strak, who lives in Beccles will now provide services in the Lowestoft area. All of our members in Lowestoft should have received a letter from our office along with a large yellow contact card with Jenny's contact details on. If you have not received one or would like another one, please call our office on 01473 611011.

HOLIDAYS IN GREAT YARMOUTH

Norfolk and Norwich Association for the Blind have organised two holidays for visually impaired members of their Association and other similar local Associations such as ours.

The first holiday is for six nights and seven days from Saturday 2nd July to Friday 8th July costing £410 for a single room or £360 per person sharing a twin or double room. It includes breakfast and a three course evening meal, followed by entertainment. There will be a couple of local trips out during the week and they have also reserved some seats for the Summertime Laughter Show at the Gorleson Theatre for those who wish to go.

The second holiday is for four nights and five days from Monday 28th November to Friday 2nd December and is called the Turkey and Tinsel Break. It will cost £285 for a single room and £255 per person for those sharing a twin or double room and will include breakfast and a three course evening meal followed by entertainment.

The hotel they use in Great Yarmouth has not been specifically adapted for blind and partially sighted people, however it is highly suited to those needs. There will be two NNAB volunteer helpers on each holiday to oversee the whole group but they are not able to help on a one to one basis although will help where possible. If you need that little bit of extra help, you can bring a carer or a friend to help out.

If you would like to find out any more about these holidays, please call the office on 01473 611011.

OTHER HOLIDAYS WITH THEMED BREAKS AT VISION HOTELS

For any of the holidays below please contact the hotels directly for further information using the phone numbers provided.

The Hotels in this group run "Theme Breaks" which are on a full board basis and include entry to all activities and attractions as listed. Early booking is advisable.

Lauriston Hotel, Weston-super-Mare,

- Monday 13 June for 7 nights, Transport theme, includes a visit to West Somerset Steam railway, Somerset canals, a day in Bristol, SS Great Britain, helicopter museum and cars at Haynes International Motor Museum. Price £595
- Monday 25 July for 4 nights, low level walking, areas to include Cheddar Gorge, and the Mendip hills, Weston Woods and Exmore National Park. You will need a suitable level of fitness and provide your own walking boots, waterproof jacket and rucksack. Price £316
- Monday 1 August for 7 nights, adventure includes Horse riding, Ten Pin bowling, Go-Karting, travelling down a zip wire, explore caves and Sea life centre. Price £560
- Monday 26 September for 4 nights, animal fun, includes a visit to Bristol zoo, Puxton Adventure Park and Slimbridge Wildfowl and Wetland Trust. Price £340.
- Monday 31 October for 4 nights, Shopaholics will visit Trago mills, Newton Abbot, Clarks outlet Village and Cribbs Causeway shopping mall. Price £280

Contact details: 01934 620758, email: lauriston@visionhotels.co.uk

Cliffden Hotel, Teignmouth

- Saturday 11 June for 7 nights, visit National Trust properties. Price £553.
- Saturday 17 September for 7 nights, Agatha Christie week, includes the events at The Festival in Torquay. Price £525
- Monday 14 November for 4 nights. Arts and crafts, including card making, pottery taster, cupcake decorating and a visit to Cockington craft studios. Price £260

Contact details: 01626 770052, email: cliffden@visionhotels.co.uk

Windermere Manor Hotel

Various walking weeks scheduled from May to September. Dates and prices are available from the hotel.

- Monday 24 October for 5 nights, Wildlife and birds. Price £390

- Monday 7 November for 4 nights, Castles and lakes, includes a boat trip, lakeside walk, guided tours, castle visits and gardens to explore. Price £272
- Saturday 19 November for 7 nights, Poets, music and drama, includes visits to places that inspired poets and poetry. Price £476

Contact tel: 01539 445801, email windermere@visionhotels.co.uk

RESIDENTIAL EDUCATIONAL COURSES FROM ADDVENTURE IN LEARNING

AddVenture in Learning is a registered charity, which organises residential courses for visually impaired adults. The courses are often, but not always, led by a professional tutor and held in different parts of the country. Each visually impaired person is assisted by a sighted guide and guide dogs are always welcome.



Past courses have included studying the works of Brahms, the author Arnold Bennett and D.H. Lawrence, life in the East End of London and various other history topics. There have been field trips to Swanage and Suffolk.

Accommodation varies from hotels to outdoor educational centres or university halls of residence. Participants must make their own way to the venue but these are not usually far from a railway station. Courses are not just lectures but include outings and the chance to socialise. The price varies according to the course.

Plans remaining for 2016 are “The Social history of Derbyshire” from the 8th to the 12th August and “Studying the author J.B.Priestley” in early November in Scarborough.

If you are interested in joining any courses as a visually impaired person or a volunteer guide, please do look at the website www.add-

ventureinlearning.org.uk for more details. You can also ring Isobell (course administrator) on 07731 867931 or Barbara (publicity) on 01460 281226. They would love to hear from you so please leave a message if they are not available.

MIXED NEWS ON THE TALKING ATMs FRONT

Many of you may have seen the disappointing news recently that both RBS/NatWest and HSBC banks have been delayed in rolling out their talking ATMs. The RNIB can assure you that they are working with both banks to make sure that talking ATMs are introduced as soon as possible. For both banks it appears that they will introduce their accessible ATMs during 2017.

Both Barclays and Nationwide now have 98% of their ATMs talking.

PayPoint, who provide ATMs to convenience stores, has managed to make just over half of their four thousand ATMs talk.

Cardtonics who have taken over providing ATMs at Co-operative Food Stores has also started to introduce talking ATMs (restoring the functionality lost when Co-op bank ceased providing the ATMs).

PERSONAL SAVINGS ALLOWANCES CHANGED IN APRIL 2016

What were the rules up to March 2016?

- Any interest paid on money held in current accounts and deposit accounts was potentially liable to income tax. Whilst income from investments also attracted income tax, this article focuses on the impact these changes will have on those who save in bank or building society accounts.
- Basic rate tax of 20% was automatically deducted by the bank or building society you have your account with so basic rate taxpayers didn't have any more tax to pay. However, higher rate taxpayers and those in the additional rate tax band would have paid the extra tax they owed when they completed their annual self-assessment tax return.

- If you were a non-taxpayer you could arrange for your bank interest on your current accounts and deposit accounts to be paid gross, so no tax was deducted by completing an R85 form. This was the same for children's savings.
- The only way taxpayers could exempt themselves from paying tax on their savings income was by holding their money in an ISA.

So how did it change in April 2016?

- A new Personal Savings Allowance was introduced on 6 April 2016
- Basic-rate taxpayers now qualify for a £1,000 Personal Savings Allowance. This means they will be able to receive up to £1,000 a year in savings income tax-free.
- Higher-rate taxpayers will have a Personal Savings Allowance of £500 a year, meaning they can earn £500 a year in savings income before they will start having to pay tax on it.
- Additional rate taxpayers will not receive a Personal Savings Allowance and will have to pay tax on any savings income they receive on savings outside an ISA account.
- As a result of the new Personal Savings Allowance, the majority of savers in the UK will no longer pay any tax on their savings income. A basic-rate taxpayer for example, would only exceed the annual £1,000 Personal Savings Allowance limit, if they had more than £100,000 in savings, assuming they were earning interest at a rate of 1.00% and earning no interest from other sources. Based on the same rate of interest, someone in the higher-rate tax band would be liable for tax if their saving totalled more than £50,000.

What happens if you do have to pay tax on your savings interest?

- From 6 April, banks and building societies will stop deducting 20% tax from bank interest, it will be paid gross from then on. Non-taxpayers will no longer need to complete an R85 form to receive their bank interest gross. However, tax will continue to be deducted automatically from certain other forms of savings income such as interest distributions from authorised unit trusts and open ended investment companies.

- The government has yet to confirm exactly how tax from savings income will be collected, but HMRC has said tax due will be taken via the Pay As You Earn (PAYE) system in the majority of cases. Some people may still have to declare it on their self-assessment tax return or pay it by other means, however. More information on this will be available on the HMRC website.

In addition to interest on cash savings accounts, what else is classed as savings income?

The Personal Savings Allowance will apply to returns classed as savings income. This includes:

- interest from bank and building society accounts
 - interest from accounts with providers such as credit unions and National Savings and Investment
 - interest distributions (not dividend) from authorised unit trusts, investment trusts and open-ended investment companies
 - income from corporate bonds and gilts (government bonds)
 - purchased life annuity payments
-

ARE YOU FEELING THE BENEFIT?

Plenty of us grew up being told to 'make do and mend' or 'scrimp and save', and reminded to 'waste not, want not'. We know how to make our money stretch when times are tight, and pride ourselves in mending things that others might throw away. And while there's plenty to admire about making our resources last and being careful with our money, life shouldn't be a struggle or a worry.

What's in it for me?

The good news is that there's money out there that could be waiting for you. Pension Credit is extra money if you're on a low income. It comes in two parts: Guarantee Credit tops up your weekly income to a guaranteed minimum level and Savings Credit is extra money if you've got a moderate income or amount of savings. Four million older people are eligible for Pension Credit, but about 1 in 3 aren't claiming. Maybe you've told yourself it's not for you, or it's not worth it, or it's too difficult to make a claim.

Age UK Suffolk Benefits Advice Service offers:

- Practical assistance to secure your full entitlement to benefits and maximise your income
- A countywide telephone helpline
- A home visiting service for completion of claim forms
- Confidential benefit checks
- Regular benefits surgeries throughout the county

More money made easy

It is easy: it only takes one phone call and you won't have to fill in a form. Call the Age UK Suffolk Benefits Advice helpline on 01449 674222. It'll be quicker if you have information about your income, savings and investments, and details of your mortgage or rent and Council Tax costs to hand.

Alternatively, you can pop into the Ipswich or Lowestoft Age UK Suffolk Help Desk for an appointment to see a Benefits Advisor. Give them a call. What do you have to lose? They are unable to give advice on legal or financial matters that are not benefit related. However, if they are unable to provide a service themselves they will endeavour to signpost you to another agency offering the service required.

NEED IT TO READ IT CAMPAIGN

2016 marks an incredibly important year. For the very first time, NHS England has a mandatory standard that requires all NHS service providers to record your required accessible format needs on your patient record, then use it to properly communicate with you in a format that you can access. That's why in April, the RNIB launched their "Need it to Read it" campaign — a campaign all about you and your NHS information. The campaign aims to raise awareness of the new NHS accessible information standard that all NHS providers must put into action this year. It also promotes a new facility that is available for you to use, to notify your GP of your accessible format needs.

From the 1st April onwards, when you next visit your GP or when you register at a new surgery, you should be asked what accessible format you need, and then they should record it on their patient record system.

From 31 July, these records must be in place and your GP is specifically required to capture, record, share when referring on, and act on your notification. This means that by this date all patients should receive information from all NHS departments in a format you can access. To find out more about NHS accessible information standard or how to notify your GP you can get help from the **RNIB Helpline on 0303 123 9999**

TALKING NEWSPAPERS IN YOUR AREA

For those of you who are not aware of Talking Newspapers there is a list below of this facility in your area. These are produced on a regular basis relating to local news in your local area on USB memory sticks and distributed free of charge upon request. If you are interested either phone the Talking Newspaper in your area or you can call Head Office on 01473 611011

BECCLLES & BUNGAY DISTRICT Talking Newspapers

THREE RIVERS

Janine Clarke

Tel: 01986 892409

IPSWICH & DISTRICT Talking Newspapers

SOUND ON

Eileen Damant

Tel: 01473 652217

LEISTON & DISTRICT Talking Newspapers

E.M. RUMSBY

Tel: 01728 453579

LOWESTOFT & DISTRICT Talking Newspapers

SOUND EAST

J.C. SHAW

Tel: 01502 567859

STOWMARKET & DISTRICT Talking Newspapers

NEWSTALK

JOHN WEBB

Tel: 01449 615678

WAVENEY DISTRICT Talking Newspapers

WAVENEY WORDS

VICCI DAY

Tel: 01379 651746

A SYMBOL OF WHAT?

The symbol cane divides opinion, with some people reluctant to use the folding white stick and others finding it an aid to their independence. Bristol group leader Colin Cowley tells us why he wouldn't be without his. For many years Colin Cowley avoided using a symbol cane, refusing to show the world that he had sight problems and would sometimes welcome a helping hand. But realising pride could easily come before a fall, Colin eventually agreed to use the small white stick, alerting people at roadsides, on public transport and in shops to his condition. Several years later and he's now an advocate for the cane, which is used to highlight visual impairment rather than detect kerbs and other obstacles. 'A lot of people don't like the symbol cane. They think it makes them vulnerable but that's a lot of nonsense,' says Colin who has age-related macular degeneration. "It's easier to carry it and show people you have sight loss rather than risk being knocked down." He admits to being concerned about appearances for a long time "I didn't want to admit I was having problems and I didn't want to look like an old man with a stick. Now I'm devoted to it and I've inspired a lot of people."

When on his travels, Colin ensures everyone can see his symbol cane. "People are marvelous, I get nothing but kindness. If I'm getting off a train, there's always someone to help. And I always accept it now because they really want to help. People have run the length of the carriage on the London Underground to make sure I'm alright". And he's had plenty of positive feedback from others. "I recommended it to a chap, a former RAF pilot. He has now died but his wife came up at his funeral and said what I had done for him was brilliant. He had become more confident and independent." Colin says that far from denting his pride or making him feel exposed, the symbol cane has given him more confidence. "It makes me feel secure. It's a bit of a prop to be honest." And to those who remain unconvinced, he says: "A few years ago I went out without it. It was a disaster. I was bumping into people and they were walking into me. Now I'm never without it."

The long cane is used by people who roll or tap it from side to side as they walk, to find their way and avoid obstacles. Training is always recommended for the long cane.

If you wish to know more, please contact your Community Worker or contact Head Office on 01473 611011.

BT BILLS IN DIFFERENT FORMATS

BT want to make sure their customers get the information they need in a way that's easy to understand. They are able to send their bills in any of the following four formats.

Audio – they can provide information on Audio CDs. The CD also includes an MP3 and text file that will work on computers with screen readers. These additional files should be useful for those with a visual impairment, a specific learning difficulty like dyslexia, or find it difficult to read printed information.

Braille – they use grade 2 single-sided Braille, which is quicker to read as some words are abbreviated

Large print – they can provide bills in large print (20 point Arial)

Online billing – with this option customers can keep up to date with how many calls have been made and what they've cost at any time. Copies of bills are stored by BT for 15 months, so they're always there to view, download and print whenever needed. And bills can be viewed and paid online too.

Bills can be ordered in Braille, large print or audio CD by filling in the online application form which can be found at the following web link https://bt.custhelp.com/app/contact_email/c/4888 or telephone BT on **0800 800 150**

BLIND VETERANS UK

Blind Veterans UK has just announced its highest figures for beneficiary recruitment in the charity's 101-year history. A record number of 875 new blind and vision impaired ex-Service men and women in the UK are set to receive support from national military charity Blind Veterans UK.

Blind Veterans UK is the national charity for blind and vision impaired ex-Service men and women, providing vital practical and emotional support to help veterans discover life beyond sight loss. The charity has three centres in Brighton, Sheffield and Llandudno, North Wales and a network of welfare officers around the UK.

In Blind Veterans UK's 101 year history, the charity saw more veterans than ever before come forward for its free specialist services and

support. It's "No One Alone" campaign was launched in 2012 as a targeted effort to encourage the estimated 59,000 blind and vision impaired ex-Service men and women in the UK to access the charity's specialist support. The new 875 applicants take the total number of veterans supported by the charity to over 4,100, along with their families and carers.

Blind Veterans UK believes that no one who has served their country should have to battle blindness alone. They are very keen to carry on supporting as many veterans as they can and to encourage anyone who may be, or knows someone who may be, eligible for their support to get in touch.

If you know someone who served in the Armed Forces or did National Service and is now battling severe sight loss, find out how Blind Veterans UK could help them discover a life beyond sight loss by calling **0800 389 7979** or visiting **www.noonealone.org.uk**

CALIBRE AUDIO LIBRARY

People with sight loss who have always been avid readers often struggle with magnifiers or large print. However, if you need a bit of respite or would like to try a different way of reading, Calibre Audio Library is there for you. Their charity has 8,250 fiction and non-fiction books in 60 different categories, available on MP3 CDs, USB memory sticks and via streaming for people to use on tablets, smart phones and laptops. Calibre members now can borrow up to 12 books at a time: 8 on MP3 CDs and 4 on USBs. If people are also using streaming they can put as many books as they like onto their online wish list.

Calibre add over 50 books a month including the latest bestsellers so you can keep abreast of reading trends as well as indulge in classic books. Their most popular fiction category is detective and mystery stories. Such is the demand, they have added an additional sub-category called 'Cosy Crime: Gentle Mysteries' with authors such as Simon Brett, Margery Allingham and M.C. Beaton. This is for readers who prefer an engaging listen but without the associated violence and strong language often found in more modern crime fiction.

For a one-off joining fee of £35 you can open the door to a lifetime of free books. They also sell a variety of USB players from £30 to match

your listening needs. They also offer a free 12-week trial where you will receive one book at a time.

Please call their dedicated Membership Services Team who are there to give you the time to answer your queries and discuss your book and player options. When you call their number **01296 432 339** you will always get a person, never a confusing menu directing you to press various numbers. Alternatively, you can email enquiries@calibre.org.uk. Their website is www.calibre.org.uk

COMMUNITY SAFETY

Suffolk Police are working in partnership with Age UK Suffolk to raise awareness of the 'Knock Knock' campaign – aiming to keep people safe from doorstep crime, or what they call distraction burglary, people who try to lie their way into your home in order to steal from you. They would like your help in making sure this year there are no instances of doorstep crime.

So what can you do?

The best thing is to be aware before you answer the door. Make sure you have someone you can telephone who can come to your home if you are in anyway suspicious of the person at your door. If you are not sure of the caller do not open the door; genuine callers will wait until a friend or neighbour gets there.

When you do answer the door:

- Ensure the back door is locked before going to the front door
- Make sure there is a door chain fitted and used, but only when you answer the door
- Check the identification of people calling at the front door
- Do not to keep large amounts of money at home

The most common tricks used to get into people's homes are:

- Claiming to be from the Water Board, a charity, a Council or Police
- Asking to use the toilet or telephone
- Claiming to have lost a ball in the garden
- Offering to do work on the house, such as gardening or building work.

If there is any doubt or concerns about a caller at your door then call the police on 999. Another way that communities can help look after each

other is by joining a Neighbourhood Watch scheme. To join or set up a watch scheme in your area, phone Suffolk Police on 101 and ask to speak with your local Community Watch Liaison Officer. They will let you know if a scheme already exists in your area that you could join or give you help in setting up a new one.

STOP PRESS: beware of receiving a phone call claiming to be from your bank or the Police saying that your bank card details have been used fraudulently. They suggest you hang up and ring the bank/Police to check that the call is genuine. Don't be fooled – they wait on the line and ask you to read your PIN number over the phone. They then send a courier or taxi to collect your card and can use your PIN number to spend your money.

BT 8600 CORDLESS PHONES–TO HELP BLOCK NUISANCE CALLS

The BT8600 comes with BT's unique Call Guardian, which means you'll never have to speak to another cold caller again:

- Call Guardian screens incoming calls.
- Numbers on your contact list get straight through.
- Numbers you have blocked are rejected.
- For all other calls, Call Guardian asks the caller to say their name and then asks the user whether they want to accept or block the call without speaking to the caller.
- Incorporates award winning trueCall call blocking technology.

Key Features

- Block 1000 individual numbers
- Block calls by number and type – such as mobile, withheld, payphone, area code and international
- One touch call blocking - simply press the one touch button if you don't want to take the call and send the number to the blocked list.
- 1.8 inch Colour Screen
- Do Not Disturb - For peace and quiet, switch on Do Not Disturb so that your phone won't ring or light up. Friends and family that are tagged as VIP's in your address book can still get through.
- Automatically copies contacts between handsets
- 60 minutes of messages on the answerphone

For further detail, please visit the BT Shop web site. Alternatively they are available at other web sites such as Amazon.

NEW PRODUCTS AVAILABLE FROM THE RNIB

Some products qualify to be sold at ex VAT rates to blind or partially sighted people (or someone buying on their behalf). All other products are sold including VAT only.

Sonic portable USB player

The ultra-portable Sonic USB Memory Stick Player offers superb sound reproduction. Take your favourite books or music with you on holiday. Raised, shaped buttons with tactile markings make it easy to move to a new book, skip through chapters or review the paragraph you have just read. It has four large, yellow tactile control buttons, an extra-large volume control dial, which is great if you have limited dexterity, and offers superb sound quality from the two built-in speakers. Whenever you switch the player off or remove a memory stick, the Sonic will remember the exact place and play from there when that stick is next used. The rechargeable battery will last for four hours and there is a mains option. Size: 2.25 x 6.1 x 2.17 inches.

The Sonic also has Bluetooth connectivity, so is ready for pairing with your mobile and tablet devices, too. Connecting to the Sonic via Bluetooth does not require any buttons to be pressed on the Sonic, simply search for and select the Sonic on your Bluetooth device (Phone, Tablet etc.) to connect. This is priced at £32.00 (ex VAT).

The Loc8tor Lite DL115

The Loc8tor Lite is a black credit card sized electronic locator which can find items such as your keys, purse, mobile phone, remote control or anything else you are prone to misplacing. It comes with two tags so it can find two items; however, you can expand the number of items you can locate to four with the additional tags (sold individually). Audio beeps and a visual display guide you to the location of the tag and associated item. Each homing tag has a different alarm tone for easy identification and has a range of up to 122 metres. The battery is included and has a life of up to a year.

Loc8tor will work through doors and walls. It will guide you to your tagged item to within one inch, and the homing tags will enable quick discovery by also emitting an audible beep. Fitting a tag to your keyring is easy, or you can use the supplied sticky tab to attach it to your remote control, camera, phone or just about anything else. Includes: 2 homing tags, 4 adhesive strips, 1 tag opening tool and 2 key ring loops. Please note this product is not waterproof. This is priced at £59.95

Bread cutter guide board

This bread cutter is perfect for users that suffer from arthritis or have limited hand and shoulder mobility because it sits firmly in place on a flat surface making it stable prior to cutting. Cut unsliced bread safely with this plastic guide and board. Change the thickness of each slice with the adjustable bar and guide your knife blade through the bread.

White in colour and easy to keep clean too.

This is priced at £24.95 (ex VAT)

Microwave multi cooker and steamer

This microwave multi cooker and steamer has a clear lid to see food cooking, a steaming basket and a base. Use the steaming basket as a strainer to make life easy. The dimensions are, Height 170mm x Diameter 220mm. It is freezer proof and dishwasher safe on the top rack.

Warning: This product is for microwave use only and is not suitable for use on or under a direct heat source such as microwave grills, convection microwaves or conventional ovens and hobs. This is priced at £14.95

Daylight Magnifying Table Lamp

This compact folding table magnifying lamp is a compact all-purpose, lightweight magnifier providing 1.75x magnification. The 12W **daylight™** tube provides high contrast and accurate colour matching, making it easier and less tiring to see detail clearly. The tube is long lasting and low in energy consumption, small enough so as not to take up much room, but powerful enough to be great when working on projects that need close-up attention to detail. The dimensions are 14.6 x 12.6 x 0.6 inches. It's also foldable and so it's easy for travelling or taking with you to classes.

Why is daylight™ so good for you?

Comfort: With full spectrum daylight™ technology, your eyes will still be fresh at the end of the day! Reducing eye-strain avoids headaches and red-eyes.

Low heat: Even if you touch the shade or tube of this lamp by accident, you will be safe. All daylight™ bulbs and tubes use the daylight™ low heat technology for ultimate comfort and safety.

Energy saving: All daylight™ bulbs and tubes use 80% less energy and last 10 times longer than standard bulbs.

This is priced at £34.95

PenFriend 2 Labeller

Simply record your own voice onto the self-adhesive labels and attach them to a wide range of everyday items. When you need to identify the item, simply place the PenFriend onto the item and it will scan and play back your audio recording!

Can be used to label food items, including freezer food with use by dates and cooking instructions. Label items as they go into your shopping basket so you know where to store them when you get home. You could also label the name and genre of DVDs and CDs as well as medicine names and instructions. Plus you can use the dedicated pack of washable laundry labels so you can co-ordinate your outfit for the day and ensure they are washed correctly by recording a label of washing instructions.

Pen friend comes supplied with 127 mixed size and coloured labels; small round, large round, large square yellow, large square orange. You also receive 3 magnetic recordable discs, ideal for use on tins. This is priced at £74.99 (ex VAT)

No-spill mug

This mug comes with a lid and has a clever grip-pad at the base, making it tricky to tip over if knocked by accident. Suitable for both hot and cold drinks, the mug is also fully insulated, keeping your drink at the temperature you like for longer. This is priced at £14.95

ONLINE TODAY - Getting to grips with your new device.

Are you still struggling to use presents like an iPad or smartphone? An Online Today session could be the answer.

Online Today is a Big Lottery funded project led by RNIB, delivered in partnership, to help people with sensory loss across the UK get online. Sessions are taking place across the UK right now to help people with sight loss benefit from technology. At these free sessions, the Online Today team will be giving information and knowledge to help you realise the benefits of being online. There will be demonstrations of devices like iPads, tablets, eReaders and smartphones, as well as an opportunity to try out these products and ask questions.

Online Today is for you if you have little or no experience of being online, or if your skills need updating and you'd like to find out more. Liz Childs-Clarke from Southampton said of the Online Today session that she attended: "I have always used an iPad, but did not know about some of the programmes that would make it more accessible for people with sight loss, such as the voiceover and magnification functions. Although I have one good eye, I have AMD, cataracts and glaucoma in my other eye, so learning about the magnification function at the session has been really helpful".

To find out more about an Online Today session in your area, call the RNIB Helpline on **0303 123 999** or visit rnib.org.uk/onlinetoday

TRANSPORT FOR LONDON UPDATE – “TURN UP AND GO” SERVICE.

One of the things that disabled people value most is the ability to travel with the same freedom as everyone else. Last year saw a major change for London Overground, which started to match the 'turn-up-and-go' assistance service already offered by London Underground. This means that for anyone who needs help from station staff to travel, there is no need to book in advance. Customers can simply turn up at the station and let a member of staff know what assistance they need. They can also arrange assistance at their destination and any interchanges. As with the Tube, London Overground has staff at every station whenever services are running. Last year, 10,685 people used the turn-up-and-go service.

Customers who prefer to book in advance for help on the Overground can still do so, but the vast majority are now using the turn-up-and-go service.

Baroness Grey-Thompson said the following: 'The entire London Overground network is now 'turn-up-and-go', which has long been an issue for me. I would urge other rail companies to follow suit. So, if you're tempted to stay at home when actually you want to get out, don't. Come on board and make the most of all this great city has to offer.'

QUEEN ELIZABETH II

On Thursday 21st April Queen Elizabeth II turned 90. So to celebrate a list of 9 interesting facts about our longest reigning monarch was compiled.

- She was born on the 21st April 1926 at 2.40am by caesarean section
- During the labour Sir William Hickson, the then home secretary, was waiting in a nearby room to ensure that the new arrival was a genuine descendant of the monarch and not an imposter smuggled in
- She speaks French fluently – a skill picked up from her French and Belgium Governesses
- Her full name is Elizabeth Alexandra Mary after her mother, her paternal great-grandmother Queen Alexandra and paternal Grandmother Queen Mary
- She became Britain's longest serving monarch on 9th September 2015, breaking the record previously set by her great-great-grandmother Queen Victoria
- She often wears a single colour outfit and matching hat so that she can be easily spotted within a crowd
- Madame Tussauds has showcased 23 waxworks of her majesty
- She has owned more than 30 corgis. Her first one was given to her on her 18th birthday in 1944 and was named Susan
- She has sat for 129 portraits

A BIT OF HUMOUR

A joke from New South Wales in Australia

A senior citizen drove his brand new Holden Senator out of the dealership. Taking off down the road, he pushed it to 80 mph, enjoying the power of the car.

“Amazing,” he thought as he flew down the motorway, pushing the pedal even more. Looking in his rear view mirror, he saw a highway patrol car, blue lights flashing and siren blaring. He floored it to 90mph, then 110mph, then suddenly he thought, “What am I doing? I’m too old for this!” and pulled over to await the copper’s arrival.

Pulling in behind him, the copper got out of his vehicle and walked up to the car. He looked at his watch, then said, “Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a new reason for speeding – a reason I’ve never before heard – I’ll let you go..”

The old gentleman paused then said, “Thirty-three years ago, my wife ran off with a policeman. I thought you were bringing her back.”

“Have a good day, Sir,” replied the copper.

An amusing view of new NHS proposals

The Royal College of Nursing has weighed in on Prime Minister David Cameron's health care proposals for the National Health Service.

The Allergists voted to scratch it, but the Dermatologists advised not to make any rash moves.

The Gastroenterologists had a sort of a gut feeling about it, but the

Neurologists thought the Administration had a lot of nerve.

The Obstetricians felt they were all labouring under a misconception.

Ophthalmologists considered the idea short-sighted.

Pathologists yelled, "Over my dead body!" while the Paediatricians said, "Oh, Grow up."

The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it.

The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing.

The Ear Nose and Throat specialists didn't swallow it, and just wouldn't hear of it.

The Pharmacists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter...."

The Anaesthetists thought the whole idea was a gas, but the Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the in Whitehall.

UNSCENE SUFFOLK PRESENTS "A ZIMMER OF HOPE"

Unscene Suffolk is a community theatre company for adults with visual impairment based in Suffolk.

They were founded in February 2013 by workshop leader Jenni Halton, with support from the New Wolsey Theatre and Sensing Change. The company has produced three performances to date all to a very high standard.

On the 15th and 16th July, they will be performing "A Zimmer of Hope" at the New Wolsey Studio in Ipswich. Tickets are available on **01473 295900**. This is a show that will bring a huge smile to your face. Please do what you can you attend and support this excellent venture for visually impaired thespians in Suffolk.

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 SUMMER 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	<input type="checkbox"/>
On CD	<input type="checkbox"/>
By email at:	<input type="checkbox"/>
(Insert your email address)	
I no longer want to receive the Newsletter	<input type="checkbox"/>

I would like my Community Worker to visit	<input type="checkbox"/>
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

FELIXSTOWE SOCIAL CELEBRATE NORMAN THOMPSON'S 90TH BIRTHDAY

Felixstowe, like most other branches, holds monthly socials for the visually impaired. They aim to provide an afternoon of companionship and entertainment. They recently held an Easter bonnet competition (pictured right) which was judged by Norman Thompson, their previous, much respected chairman.



Norman had his 90th birthday in March and they were pleased that he could join them in celebrating the event. Norman is pictured below cutting his birthday cake.



Their members enjoy a varied programme of musical entertainment, sometimes a quiz, a table-top stall, a raffle and homemade refreshments.

They have a loyal band of volunteer drivers, who along with the Community Transport bus bring the members to the socials. Their transport organiser struggles some months so if anyone could spare an hour a month to help with transport, they would be very pleased to hear from them.

Last month they had three new members and one lady whilst leaving the social thanked them for a lovely afternoon and said she wished she'd known about the group much earlier. So if anyone reading this thinks they would like join them once a month on a Thursday afternoon in Felixstowe, then please contact your Community Worker Ian Hunt on 01473 788380.