



Herts Vision Loss



Charity Number 1047148
Company Number 3033089

"Supporting and empowering people in Hertfordshire with a visual impairment"



Sight News



Spring 2023 Issue 163



Our Resource Centre has been enjoyed by many over the cold months. We are open to all of you. Just give us a call to find out more!

News from Chief
Executive
Officer
Joanna Carter



Hello from all the team at Herts Vision Loss and welcome to our latest issue of Sight News. I hope that you are all keeping well.

We have had so much going on over the last few months. Day trips, theatre trips, pub lunches, parties, wreath making, wellness events and much more! Thank you to all of you who came and to my fantastic team for facilitating such great events. The events do not come free and so we must also thank Herts Community Foundation Trust for their kind donation towards our events. I know that our Service Users were very appreciative.

After lots of ill health in December, there seems to be a new buzz in the air and an excitement to deliver new services across Hertfordshire. We really want your feedback. Is there anything that you want us to do for you or a family member? Just get in touch and let us know. Our Resource Centre in Welwyn Garden City is open for you, please make an appointment 01707 324680.

I am pleased to welcome Alison Glennie to our team. Alison will lead on Fundraising and will seek funding from grant making organisations to help us to continue to run our valuable services. Do drop Alison a line if you have any ideas for fundraising or if you would like to be involved. Alison.glennie@hertsvisionloss.org.uk.

As one door opens, another closes. I am sad to see Alma Henderson leave our team at the end of January. Alma has led our counselling team and has been an inspiration. Alma will be continuing with her own counselling practice, as well as supporting HVL with supervision for junior team members and students, we wish her well for the future. Many of you may have met Nim Patel. She joined us as a student counsellor and will now take the lead role of counsellor. We wish her well in her new role.

We have seen a buzz recently from our volunteers. Guided walks and talking therapies have been some initiatives that our volunteers have taken part in. Is this something that you would like to do?

I am feeling very positive about 2023 and I hope that you are too.

Jo Carter (CEO)



News from our
Chairman Alex
Hickinbotham

Dear All

It seems a long time since the last edition of Sight News. Looking back, it was last summer/autumn since I last wrote to you all. The Christmas and New Year festive season have come and gone. I hope you had a memorable time. Lots of other life events have happened since then whether they be public, national, political, environmental, locality or developments in people's private lives. Some of the big changes are continuing to be on our minds and are so memorable and shows us that life goes on no matter what we experience.

Having a turbulent change of Prime Minister and the difficulties we now face have been hard to add to the cost-of-living issues we have been left with post Pandemic. Coupled with the effects of the Russian/ Ukraine war now being felt in higher energy and food costs are situations we did not expect. We closely watch the Government's plans to assist our recovery as a nation.

Saying goodbye to our longest reigning monarch, Queen Elizabeth II, was a shock to much of the population, many of whom had known no other monarch. Therefore, saying hello to King Charles III was interesting as many of the proclamations and processes, which only ever occur on an accession of a new monarch, proved fascinating for much of the population. I know there were lots of people who felt the change acutely.

HVL has remained a constant in these changing times and will continue to do so where possible. Our connections to other charities and support groups give your Low Vision Loss Advisors avenues to possibly be of use to you. Please ask them for directions to find help if your circumstances change.

In the last few months HVL has managed to provide a few events for Service users and volunteers to attend. The Launch session was well attended and very enjoyable, as was the wreath making event in December, which taught skills the attendees can use in subsequent years and was very enjoyable. Ideas for other sessions are being planned, and more news will come as and when we have arranged them.

With Easter and summer on the horizon we look forward to summer events and good weather.

As 2022 was confirmed as the hottest summer on record it would be preferable not to be quite as hot as last year.

Best wishes and stay safe,
Alex
Alex Hickinbotham
Chairman Herts Vision Loss

Our next event!

We've listened to you! We had such a lot of fun at our Christmas Wreath Making session, that we're organising another one ...



Easter Wreath Making

**Come and join us for a
Crafty Session**

On Monday 20th March from
11-1pm, at Herts Vision Loss,
29 The Weltech Centre, Ridgeway,
Welwyn Garden City, AL7 2AA

£5 per person. We will supply the materials.
All are welcome.

Please RSVP by 13th March either by
calling our Sight Line on 01707 324680, or
by emailing office@hertsvisionloss.org.uk



News from
Alison Glennie,
Fundraising and
Networking
Co-ordinator

Hi, I'm Alison Glennie, the new Fundraising and Networking Coordinator at Herts Vision Loss.

Before starting my new role, I worked in community engagement and event planning for a local authority, delivering the Council's annual community and voluntary sector grants programme. I also organised events for the local community and provided support to several charities on behalf of the Council.

I'm excited to bring the skills and experience I've gained during this time to my new role at Herts Vision Loss where I'll be focusing on raising funds to develop and expand the charity's services. I'll be doing this in a variety of ways; from securing grant funding to developing relationships with local businesses and potential donors in the community.

Outside of work, I enjoy going for walks in the countryside, yoga, spending time with my Siamese cat Marcel and watching a good documentary.

VOLUNTEER



Hello Volunteers

It's been quite a while since the last issue. I hope you're all well and that your volunteering is still going well.

We are finding it very difficult to recruit volunteers so if you know anyone who might be interested then please ask them to get in touch. I hope you can recommend volunteering with us, we do find that our volunteers gain as much from the experience as the service users do. We think that the pandemic has made people more reluctant to go out and about but hopefully things will pick up.

The opening of our new Resource Centre in September went well and it was good to see some of you there and thank you to those of you who brought service users with you. Our Vision Loss Advisers are going to be undertaking training on the new equipment we have and you might find it useful to come along and see what is available so you can tell your service users. Please make an appointment to come along.

There is some very interesting kit available and we may be able to negotiate discounts on some equipment.

Our Volunteer Drop-in Session in October was fairly well attended although please feel free to come along any time or contact us if you have anything you need to raise with us. Please try to complete your quarterly report forms when you receive them. We need the information for reporting purposes for our contract with Herts County Council and is also for your benefit/safeguarding.

Hoping you all have a lovely summer and a slightly less hot repeat of last year's weather would be nice.

Sue
volunteering@hertsvisionloss.org.uk



HVL Volunteers helping at our Christmas Wreath Making session

Hertfordshire Talking Newspapers



ST ALBANS & DISTRICT TALKING NEWSPAPER

One of the first TNs in the UK, SADTN was founded in 1974 when a St Albans couple decided to record the local newspapers onto their reel-to-reel tape recorder and then carried the recorder across the road to a neighbour who was frustrated that his sight loss prevented him from keeping up with local events, politics and other news. That action sums up everything that we try to achieve today.

Of course, the technology has changed (we now record digitally and supply USB sticks to around 90 listeners – each of whom has been loaned an easy-to-use playback unit. Those who are able to can opt to listen online through our website (sadtn.org.uk) or use the free mobile App ‘Talking Newspaper’); we have around 80 volunteers – readers, production teams, committee and Trustees; we still record news stories from our local papers, though a ‘news magazine’ (The St Albans Times) has recently increased our options;

we now offer weekly programmes that are around two hours long and include various features, audiobook discussions, interviews, previews of upcoming events and performances, and more. There is also a quarterly magazine with a range of features and information.

Whatever has changed (and the pandemic was a challenge but led to more creative thinking as we found we could record and produce programmes at home as our studio was closed!), the aim remains as it was almost 50 years ago: to help local visually impaired residents keep in touch with what’s going on in their local community.

SADTN has received The Queen’s Award for Voluntary Service, the Mayor of St Albans & District’s Special Recognition Award and the Lord Lieutenant’s ‘Heroes of Hertfordshire’ Award (this award for not missing a week during the pandemic!).

Contact: info@sadtn.org.uk
website: www.sadtn.org.uk

WHATnews! from the Welwyn and Hatfield Talking Newspaper Association

Every now and then something comes up that makes us look back at the history of WHATnews! and then we see how much our talking newspaper has changed over the years.

The Welwyn Hatfield Talking Newspaper Association was started by a group of enthusiastic volunteers and became a registered charity in 1977, with trustees and a constitution, in the days of audio cassette tapes. A room was made available at the Campus West library for us to use as a recording studio with the readers all sitting around a table, each with an individual microphone – rather as you might imagine the BBC Woman’s Hour studio to be set up. Readers would wave a hand as the end of the article they were reading approached, to cue the next reader to start. News articles, generally selected from the Welwyn Hatfield Times or its predecessors, would fit onto one side of an audio tape, and a lighter “magazine section” would fill the second side. The listeners ran the tape right to the end of one side and then turned it over to hear the magazine section.

At some point we moved to using CDs instead of cassettes, when portable CD players (and devices known as “Ghetto Blasters”) had become commonplace.

Recordable CDs had a distinct advantage that they are very cheap, robust and, because they are not re-useable, there was no need for listeners to post them back to us. It is likely that WHATnews! was an “early adopter” of CDs and the format is still serving us well.

When we lost our studio in the library, we were very grateful to Herts Vision Loss for allowing us to set up a temporary studio in their office at weekends. This was still done with our readers all sitting together at a desk. Having the WHATnews! technical kit based in the HVL office was also useful for recording the audio version of Sight News magazines.

When Covid lockdowns hit us, the WHATnews! committee was keen to find a way to continue the WHATnews! operation. We felt that local information sources such as WHATnews! were more important than ever for our listeners, and that our editions should be weekly rather than fortnightly.

The son of our chief editor, Hazel, owns a small music recording studio and we were fortunate that, since he was also subject to the lockdown, he had the time and facilities to produce WHATnews! without a break while we took stock: The pandemic forced us to look at how to exploit modern technology to avoid WHATnews! readers, recordists and copiers meeting together at recording sessions. Other organisations could be seen to be making similar decisions at that time: we saw church services going on-line, choirs and orchestras finding ways of recording their music in their homes to be assembled into grand pieces, and even the national broadcasters giving us items from living rooms or “broom cupboards”.

The WHATnews! new way of working, initially forced on us by Covid, now seems very efficient and flexible. Lists with items to be recorded are emailed by an editor to our readers, and they then make recordings on their own smartphones and email them to the recordist who, working on a laptop at home, adjusts and compiles the edition onto CD. Also, of course, WHATnews! is now uploaded each week for some of our listeners to access on-line.

It seems the obvious way to do things now, but we do all miss the social aspects of meeting physically at a set time for our recording sessions...

Do send me an email, or phone me, if you would like to receive WHATnews! as a CD each week free of charge, or to learn how to listen to WHATnews! on-line. I can be contacted at info@whatnews.org.uk or called on 07708 468 708.

Robert Handscomb
(WHATnews! Hon Sec)

Stevenage and North Herts Talking News

Would you like to receive weekly audio recordings of local news stories and national magazines? Stevenage and North Herts Talking News are here to help. We cover postcodes SG1 – SG8, and articles read are taken from the Comet series and the Royston Crow. This is a completely free service run entirely by volunteers for those with impaired vision or sight loss to help keep you up to date with what's going on in the area where you live. National magazines are also downloaded for you from the RNIB together with other interesting and useful articles.

Each week you will receive through the post a memory stick containing the recordings selected, read by our volunteer readers. You will be able to listen by inserting the memory stick into a player, which we can lend you and which is very easy to use. One of our volunteers will bring the player to your home and explain how it works. You may like to have a friend or relative with you on this occasion so that they too can learn how to use it.

When you have finished listening to the memory stick at your leisure for that week, you simply post it back to us in the plastic wallet provided with the return address already printed on it – no postage costs involved – so that we can use it again. Many of our listeners find that by using this service they feel less isolated and more involved. Our readers enjoy reading to you and you will get to know them week by week.

Octogenarian Bob from Baldock says it's a lifeline and he really looks forward to receiving his readings each week and hearing the regular friendly voices.

If this is something that you think would interest you please do contact us. Our dedicated telephone number is 07856 736108 and our email address is info@talkingnews.co.uk

We also have a website with more information and a sample recording for you to listen to. This is www.snhtalkingnews.co.uk

We look forward to hearing from you soon.

Angela Camp
01462 893418



The 'Corner of Knowledge' is here to help you live well in our community!

Set up by local home care company [Home Instead - Welwyn and Hatfield](#), it offers a welcoming space to receive advice from expert healthcare professionals, providing information on local services which are available in your community to help you stay safe, healthy and connected with others.

Anyone can drop in at the hub situated in the Howard Centre, Welwyn Garden City centre and speak to organisations such as Hertswise, the Alzheimer's Society, Herts Ability, Trading Standards, Herts Vision Loss and of course Home Instead plus many more...

With expert knowledge of the services they deliver, specialists can signpost or advise on how they can help you to live well!

Jane Andrews, Community Engagement Officer of Home Instead, says: “Being given the opportunity to work alongside other professionals within our diverse society is a privilege; we each have qualified advice.



The hub will offer a warm and welcoming environment for individuals to chat casually and find out what local services are available within their area. I want to thank the organisations who are joining us on this project and the support received from members of the Welwyn and Hatfield Dementia Action Alliance Group.

The hub will put several organisations that provide community support under one roof.

My hope is that for our visitors, it will be a turning point and help improve quality of life.”

Please get in touch with Jane Andrews on 01707 240 650 for opening hours or further info!

Given the current cost of living crisis

The Royal National Institute of Blind People (RNIB) wants to make sure that all blind and partially sighted people are maximising their income and accessing any other financial help that is available.

RNIB’s technology grants team offer grants to registered blind or partially sighted people to access useful technology that can help them live independently.

RNIB is working with the UK Online Centres' National Databank to give away an initial 600, six-month data packages as part of efforts to support blind and partially sighted people to access mobile data and stay connected, particularly throughout the cost-of-living crisis.

To receive a data package from RNIB, Individuals must meet the following criteria:

- Be blind or partially-sighted
- Be a UK resident
- Be over 18 years of age
- Have a smart phone, or sim enabled tablet, necessary to make use of the data
- Data must be for their own personal use
- One data package per customer

Data packages offered on a first come first served basis. To access this offer, individuals should contact TFL@RNIB.org.uk or the RNIB Helpline on **0303 123 9999**.

The Power of JAWS!

Have you ever wanted to know if a document has a header or footer?

You can press **INSERT+F1** when a document opens, but you would need to do this on each page. This is very time consuming. So, you can change a setting in Quick Settings to have these announced automatically. Here's how to do it:

1. Open Microsoft Word.
2. Press **INSERT+V** for Quick Settings.
3. Type the word "Header".
4. Arrow down to "Header and Footer Detection not checked".

This option controls whether JAWS detects and announces headers and footers in the current section of the currently opened document.

The default setting is OFF. When the option is ON, as a document opens, JAWS announces the presence of headers and footers in the current section of the document.

If the option for Page, Section, And Multiple Column Breaks is set to on, the presence of headers and footers in a section will be announced when the section change is announced.

Tips On Communicating with Visually Impaired People

- Don't talk too loudly.
- Check if help is required and ask the person for instructions on how to help.
- Use normal language; there's no need to avoid words such as "look", "see".
- Don't point or say, 'over there'. Be specific "It is on the bed to your left".
- Identify yourself as you enter: "Hi Mavis, it's Linda".
- It is acceptable to describe colours, patterns, and shapes.
- Don't patronize them. Don't assume you have to make things 'easy' for them.
- Don't channel the conversation through a third person.
- When walking with them describe the terrain, steps, carpet.
- Always respect the person's individuality, dignity, and independence.

20 Activities to do with Visually Impaired People

- Read Aloud
Find out what sort of books they like and read to them.
- Talking Books
Borrow 'Talking Books' from your local library.

Download audio books from various platforms.

- Share Jokes

Amuse each other with jokes.

- Tactile Games

Play tactile Dominos or Noughts and Crosses

- Go out for coffee

Take them to a coffee shop once a week for exercise and sensory stimulation.

- Air Dry Clay

Encourage them to work with air dry clay; use moulds or create a special memento.

- Join a Social Group

Invite your client to join a group of other vision impaired people for support and socialization.

- Find a volunteer!

Seek out a volunteer for regular visits and companionship.

- Pet Therapy

Find out what sort of pets they like and invite someone with docile pets to visit.

- Gentle Exercise

Aqua aerobics or yoga with clear verbal instructions is popular for fitness and pleasure.

- Listen to the Radio

Local radio is a source of exciting and interesting programs. Search for: Talk back e.g., LBC

Science programs

Book Reading

Spiritual broadcasts

Music

- Gardening

Buy a couple of pots, potting mixture and some herb seeds, parsley, basil, thyme. Caring for plants is very therapeutic.

- Make a Salad

Supervise them as they prepare themselves a fruit or vegetable salad.



Fruits: Buy soft fruit such as bananas, kiwi fruit and grapes. Serve the fruit salad with ice cream.

For vegetables: Buy courgettes, green beans, asparagus, and carrots.

Ask them to peel and chop the vegetables and then cook for them in a microwave for 4-5 minutes on high.

- Enjoy Trivia Games

Share quizzes, word games and riddles from Golden Carers.

- Go for a walk

A walk in the park with a partner for the sights and sounds of nature.

- Go fishing!

Find a safe pontoon in your local city for safe fishing. Outdoor sports are good for the body and mind.

- Create a Bird Sanctuary

Engage clients to help create a bird sanctuary in your backyard.



- Visit some children

Ring your local nursery school and enquire whether you can take a client for a visit. The laughter and voices of children can lift spirits.

- Decorate Cookies

Engage and assist your client to decorate cookies; place icing on one cookie and top with another cookie.

- Cook something together

The client can break eggs into a bowl, measure sugar and flour, stir. Cooking together provides the opportunity for wonderful conversations & sensory stimulation.

Hertfordshire Health Walks | Countryside and Rights of Way Service

Hertfordshire County Council

We are delighted to launch our **new [Hertfordshire Health Walks Programme Jan to April 2023.](#)**

Hertfordshire County Council offers more than 75 walks led by trained volunteers. All our walks are free and are graded between 20-30 minutes (First Steps) and up to 90 minutes (Grade 4) unless otherwise stated, whilst Grade 4+ progression walks can however last up to 2 hours.

Please raise awareness of our friendly group walks among your service users, colleagues, friends, family and partnerships. We would be grateful if you could cascade our programme and encourage interested people to [register online](#) or if they prefer they can turn up 10-15 mins before their first walk to complete a New Walker Form.

For more information, please call us on **01992 555888**, between the hours of **9-11.30am and 2-3pm** Monday-Friday, or email healthwalks.cms@hertfordshire.gov.uk.

Step2Skills

Providing learning opportunities for adults and families and employment support services in Hertfordshire.

Step2Skills gives Hertfordshire residents a wealth of opportunities to learn, upskill and improve their employability.

Adult Community Learning Opportunities Step2Skills provides accredited and non-accredited learning opportunities delivered in community venues.

We work with a network of partners across Hertfordshire to deliver a wide range of courses.

These courses include qualifications in English, maths, ESOL, digital skills, general employability skills and more, sector specific employability courses, health and wellbeing and arts and crafts courses.

They are for Hertfordshire residents aged 19 years plus and for some courses, there are additional eligibility criteria. To browse our full range of courses, please visit www.step2skills.org.uk

The flyer features the Step2Skills logo at the top left, with the tagline 'PREPARE FOR SUCCESS IN HERTS'. To the right are logos for 'Education & Skills Funding Agency' and 'Ofsted Provider'. The main heading asks 'Are you a Hertfordshire resident?' and encourages residents to 'Take advantage of the opportunities in this County to learn and upskill'. A central section titled 'DISCOVER OUR COURSES' lists benefits: 'Gain QUALIFICATIONS', 'LEARN in your local COMMUNITY', 'Improve your EMPLOYABILITY and ENHANCE your CV', and 'Join one of our SHORT COURSES and learn a new SKILL whilst meeting people who enjoy the same INTERESTS'. A photo of a person writing is shown. Below this, a section titled 'GET 1-2-1 SUPPORT TO FIND A JOB' features a photo of a man and text stating 'Our Employment Support Team helps unemployed people who have barriers to work and education into employment, education or training.' A bottom section 'HOW CAN WE HELP YOU?' lists aims: 'BUILD your confidence', 'ENHANCE your CV', 'OVERCOME your barriers', 'SUPPORT you in gaining skills', 'Enhance your WELLBEING', and 'Increase your EMPLOYABILITY'. A hand cursor icon points to the text. At the bottom, contact information includes the website 'www.step2skills.org.uk', phone '01992 556 194', and email 'Step2Skills@Hertfordshire.gov.uk'. Logos for partner organizations like 'base', 'mentrix', 'disability confidence', and 'Hertfordshire' are also present, along with social media icons for Facebook, Instagram, Twitter, and LinkedIn.

Supported Employment Services

The Step2Skills Employment Support Service provides a range of services to support individuals aged 18 and over to gain and sustain paid employment, education, or training. We use a one-to-one, person-centred approach, tailored to best suit the individual's needs.

Our specialist advisers use their experience of services for people with a diagnosed or undiagnosed disability such as neurodiversity, mental health conditions, sensory needs or learning and physical disabilities to make the next step to reach their goal.

This support is also available to businesses, offering tailored, flexible support to help our client groups to learn the role and integrate into the business. This ensures a greater diversity of staff and skill sets to meet your business need and enable individuals to reach their full potential. We are also able to support your organisation with becoming Disability Confident.

To learn more about our employment support, our eligibility criteria and to apply or refer,

www.step2skills.org.uk

Contact: 01992 556194

A huge 'thank you' to all the businesses and staff that contributed to our Quiz Night raffle and silent auction. These are

- Godshaws Jewellers
- Welwyn Garden City Golf Club
- Beer Shop Hitchin
- JSL Productions
- Farley's Hair Salon - Hitchin
- McMullen & Sons
- Sukawatee Thai & Malaysian Restaurant - Hitchin
- Wholesome Weigh
- The Cove Spa - Hitchin
- Etcetera Home Fashion
- The Salon, Letchworth
- The Groundworks Hitchin
- Boots - Hitchin
- Amore Salon Hitchin
- Hotel Chocola - Hitchin

News from Hertfordshire Libraries



Hertfordshire Libraries have a great selection of Large Print and Talking Books in all our libraries ready for you to read.

We would be delighted to welcome you to our libraries in person to browse our collections of stock. Library members can place reservations for titles across the county and this service is free if you are blind or have any disability.

Just a few of the recent titles that have been added to our shelves are -:

The bullet that missed	Richard Osman	Large Print
Caged little birds	Lucy Banks	Large Print
Double booked	Lily Lindon	Large Print
The hotel on the Riviera	Carol Kirkwood	Large Print
Marple: an anthology		Large Print
The family remains	Lisa Jewell	Talking Book
The good time girls at war	Fiona Ford	Talking Book
Shattered	James Patterson	Talking Book
The weekend before the wedding	Tracy Bloom	Talking Book

Are you using our online e-book and e-audiobook collection?

This is available free via BorrowBox for all library members.

BorrowBox has a range of accessibility features and plenty of new and exciting titles to choose from. One feature ideal for visually impaired users is compatibility with Apple’s VoiceOver functionality. BorrowBox utilises the built-in screen reader to provide meaningful auditory descriptions of each on-screen element and enables everyone to experience the joys of books and storytelling.

Please visit our website www.hertfordshire.gov.uk/libraries or telephone our enquiry team on 0300 123 4049

Tuesday Allsorts

2nd and 4th Tuesday of every month
Welwyn Garden City Library
10.00 – 12.00

Allsorts of things, for Allsorts of people
Drop in for a chat; make new friends over tea and biscuits

14 th March Steve’s Singalong
28 th March Knebworth House
11 th April Tea, Chat & More
25 th April Paralympian Louise Fiddes
9 th May My Life in The Royal Household
23 rd May Tea, Chat & More
<small>Content is subject to change due to availability of guest speakers</small>
 Further details 0300 123 4049  www.hertfordshire.gov.uk/libraries



The Therapy Space

Hello, and welcome once more to the Therapy Space! I hope you have all been keeping well and are remaining positive during this winter period.

January is always a time, where the gyms get busy, the pathways are streamed with runners and the long-awaited summer is at the forefront of our minds.

With this in mind, body image becomes a real concern for many.

Having body image concerns is a relatively common experience and is not a mental health problem in and of itself; however, it can be a risk factor for mental health problems. Research has found that higher body dissatisfaction is associated with a poorer quality of life, psychological distress and the risk of unhealthy eating behaviours and eating disorders.

How our experiences and environment affect our body image will differ for everyone. However, overall, the research suggests that body image can be influenced by:

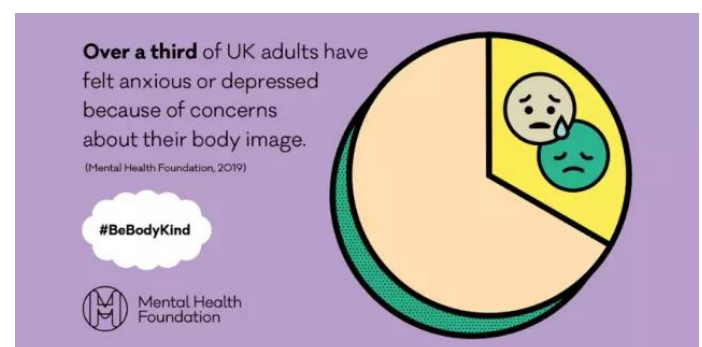
- our relationships with our family and friends

- how our family and peers feel and speak about bodies and appearance
- exposure to images of idealised or unrealistic bodies through media or social media
- pressure to look a certain way or to match an 'ideal' body type

There are further issues relevant to body image and mental health that are specific to certain factors and experiences, such as:

- long-term health conditions
- cultural differences around body ideals
- gender and sexuality

The above is often linked to other social factors and discrimination.



So, how can we help ourselves to feel better? We must be individually more aware of the steps that we can take for ourselves and others.

If your body image is a significant cause of stress, or if you're being bullied about how your body looks, consider talking to a friend, a trusted confidante or a health professional.

Spring-clean your apps on your smartphone. Remember, what we see on social media is a staged event. It is not to be confused with real life.

Notice the people and accounts you are following on social media and be mindful of how you feel about your own body and appearance when you look at them.

If you see an advert in a magazine, on television or online that you think presents an unhealthy body image as aspirational, you can complain to the Advertising Standards Authority

Parents and carers can lead by example at home by modelling positive behaviour around body image, eating healthily and staying active.

In our daily lives, we can all be more aware of how we speak about our own and other people's bodies in casual conversations with friends and family.

Learn to recognise your positive qualities. It's important to be comfortable in your own skin.

Surround yourself with positive and supportive people.

Wear clothes that make you feel comfortable and confident.

Focus on what your body does and show it some love.

Write positive body affirmations.

Pamper yourself!

Find the best way that works for you to stay active!

Remember, that we are here for you all. If you need some support to overcome these challenges, then please do contact us.



LOVING YOURSELF IS A BIG ASK. Donna Ashworth

To some it may as well be a mountain covered in treacherous ice.

A journey too far, so overwhelming, that finding the start point can often seem impossible.

Begin by showing yourself some slack every now and again, move into a healthy mutual respect and then maybe gravitate to treating yourself as you would a good friend.

Laugh at your own jokes, see the life well-lived in each tummy roll and be forgiving when you've made mistakes, or behaved as every human does, imperfectly.

It's the least you would give to another, so it should not be too far a stretch.

Loving yourself is a big ask, so simply start with kindness, the rest will come.



RNIB are on the Move...

They are moving to the Grimaldi Building, King's Cross, London N1 9PE. The building is scheduled to open on 13 March 2023.

The Royal National Institute of Blind People (RNIB) accepted an offer for 105 Judd St in part of a modernisation programme for the charity.

RNIB CEO said "As part of our ongoing plans to transform RNIB to meet the 21st century needs of blind and partially sighted people, we have been assessing our office space to ensure it best meets our needs and we are using our resources as effectively as possible. For some time, we have had more space in Judd Street than we require, an unrealised asset that can be put to better use for our customers.

"Taking forward this proposal will fund our future strategy and allow us to develop a more modern, fully accessible central London office that better meets the needs of our customers and staff."



01462 420751



01707 324680

Information Focus Day

Professional Vision Services Exhibition

In conjunction with Herts Vision Loss

**To be held on the following dates, no appointment necessary
at**

Professional Vision Services, 90 Walsworth Road, Hitchin SG4 9SX

14th March, 21st March, 28th March, 4th April, 11th April, 18th April, 25th April, 2nd May, 9th May, 16th May, 23rd May, 30th May, 6th June, 13th June, 20th June, 27th June 2023.

Come along to our low vision drop-in day, where we will be demonstrating all the latest technology and equipment for the visually impaired.

If you are unable to come, please call Giles on 07775 109534 for a catalogue or home demonstration.

