



# Herts Vision Loss



Charity Number 1047148  
Company Number 3033089

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



## Sight News



### Summer 2022 Issue 162



**Come and see us in the new Resource Centre.  
We would love to see you, give us a ring,  
01707 324680**



# Herts Vision Loss's Grand Opening of our new Resource Centre

We would like to invite you to our new Resource Centre on  
**Monday 19th September, from 11.00am to 1.00pm**  
at **Unit 29, The Weltech Centre, Ridgeway**  
**Welwyn Garden City, AL7 2AA**

Come and see some of the latest technology, aids and equipment.

Enjoy our hospitality and meet up with other friends of HVL.

If you would like to join us but may have difficulties in getting to the event, then give us a call and we can see how we can help

**RSVP by Monday 12th September by phoning 01707 324680**

**Or email [office@hertsvisionloss.org.uk](mailto:office@hertsvisionloss.org.uk)**



## **The Resource Centre is for you!**

There will be a range of daily events including equipment displays, coffee mornings and social groups, training and awareness sessions, plus a health and wellbeing focus.

The Centre will be open on week days from 10.00-2.00pm and our full timetable will be published on our website at [Hertsvisionloss.org.uk](http://Hertsvisionloss.org.uk) as well as our Face Book page.

We hope you can join us at our launch event where we will be able to provide you with details of what will be going on.



News from Chief  
Executive  
Officer  
Joanna Carter



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

We continue with our pursuit to find our “forever home”. I do, however, have some very exciting news! We have now moved to a large office space at Weltech Centre and we are developing a space just for you. The large space will provide an area where up to date and relevant equipment can be trialled or used. We recognise just how expensive some kit is and we hope that our service users will benefit from a try before you buy service. The new space will also allow us to hold daily events, coffee mornings and other practical sessions. We are really excited about this and hope that this hub will soon be brimming with activity.

On September 19th we will be holding our launch event and everyone is welcome.

We will be able to tell you more about our plans and hope to hear your ideas for events as well. Read on further in Sight News to find out more.

I am pleased to announce that we are supporting more people than ever before and this has led us to develop and grow our team. We have employed a new finance officer, Karen, and a new Vision Loss Advisor, Chloe. You told us that there was a gap in services in the West of Hertfordshire and we listened. Chloe will be joining our team, supporting residents in the West and this will free up Vanessa to offer additional support to residents in Central. I am sure that you will join me in welcoming our new team members.

We are working to set up new support groups and hope that you might want to join. If you are interested in meeting like-minded people, attend day trips or just socialise then one of our groups is the right place for you. Do get in touch for more details.

As always, my extended thanks to all of you who support HVL. Enjoy this edition of Sight News; I look forward to seeing you on 19th September.

Jo



News from our  
Chairman Alex  
Hickinbotham

Dear All

The time seems to be flying past at present and I find it amazing that the time for the Summer Sight News Edition has arrived. I sincerely hope you had a good summer despite the heatwaves which seem to have captured our lives this year. The heat coupled with the ongoing Covid reinfections across the population has restricted some activities with which we all have been involved. The meteorologists have been harking back to the last very hot summer of 1976. It brought back my own memories of that year and the difficulty it brought when trying to study and undertake examinations but we got through it and life went on. I am convinced we will be able to do the same this time round.

In this survival thought process, I am delighted that we have moved our Headquarters to a bigger unit within the Weltech Centre in Ridgeway, Welwyn Garden City, AL7 2AA.

The staff were wonderful in masterminding the move and co-ordinating the various aspects. While it was a tricky time trying to undertake the move and keep the services running, the staff were resolute throughout and we now have a great facility. We will still be seeking a final forever home but as the current property availability is not what we aim for, the bigger unit at Weltech will suit for the meantime. We are launching our services at the new Unit – number 29, on 19<sup>th</sup> September and hope to welcome as many of you as are free to join us between 11.00am and 1.00pm.

Likewise, the gradual return to face-to-face interactions with yourselves is pleasing and many of our venues where we meet you or new users are opening. We are also taking on more avenues to reach more people who may benefit from our services. Do contact our office to find out more, and I look forward to seeing many of you on 19<sup>th</sup> September.

Best wishes and stay safe  
Alex

# VOLUNTEER



Hello Volunteers

I hope you've all had a lovely summer. I'm typing this on another hot day without any sign of rain soon but, this being England, it's probably cold and wet when you're reading this.

We have had a busy time moving offices again, but we're pretty settled now for the time being. You will have seen our invitation to the opening of our new Resource Centre on 19<sup>th</sup> September and we hope to see you there. If you are planning on coming along, please let us know if you haven't done so already so we know how many cakes to buy!

We are also planning a Volunteer Drop-in session on Monday 17<sup>th</sup> October, and I will be sending out an invitation shortly but please save the day in your diary. It will just be an opportunity to meet some of the staff and other volunteers and have a general chat. For those of you who could not make it to the Resource Centre opening it will be an opportunity to see our new offices and be able to picture us at work.

Every Wednesday the RNIB run a Lunch and Learn session via Teams dealing with various aspects of technology for people who support and help people with sight loss with technology or have an interest in this area. I already send information about this to those volunteers who I know have an interest in technology but please let me know if you would like to be included in this mailing. If anybody comes across anything that you think might benefit our service users, our staff or other volunteers please let us know.

Our minibus has been used quite a bit over the last few months – again a thank you to our volunteer drivers. The bus is available for use by other groups, including family occasions, and can be driven by anyone over the age of 21 and under 70 who has held a licence for at least two years as long as there is no payment from or on behalf of the passengers, i.e., you are driving on a voluntary basis and the bus is being used for social purposes by a non-commercial body. It does not have to be specified on your driving licence. We only need to know whether the driver has any driving convictions, although this will not necessarily prevent them from being able to drive the bus.

I hope you are all still enjoying your volunteering and finding it beneficial. Please remember if you have any issues just give us a ring. If you know anybody who might be interested in volunteering with us, please ask them to get in touch as we are finding it increasingly difficult to recruit volunteers. We could not provide the services we do without you.

A big thank you for all you do and I hope to see some of you in the next couple of months.

Sue Firth, Volunteer Co-ordinator  
[volunteering@hertsvisionloss.org.uk](mailto:volunteering@hertsvisionloss.org.uk)



*Seasonal cooking for less*

Beginners and the under-confident particularly welcome



Our next **FREE** session is:  
2-4pm Saturday 1st October

at: Cottonmill Community & Cycling Centre  
Old Oak, off Cottonmill Lane. AL1 2EF

*Gain confidence cooking low cost, healthy dishes with fresh, in-season ingredients.  
Save money and help care for the planet!*

Open to Sopwell residents  
Contact Kate and Gail at [info@sopwell.org.uk](mailto:info@sopwell.org.uk)



Welcome to our new Finance Officer Karen Utteridge



Hi, I am Karen Utteridge and I am pleased to join the team at Herts Vision Loss as their new Finance Officer.

It is an exciting time for me as I am returning to work after a career break which was focussed on my three children.

As a management accountant I have a range of skills to bring to this role and I look forward to meeting you all at some of Herts Vision Loss's events.

Please remember:

Our annual Quiz Night is approaching in November.

What are your chances of winning?

Why not join up with others and get a team together.

Further information will follow...



## St Alban's Sensory Garden

The sensory garden was created in 2019 by staff, volunteers and Earthworkers (those that attend Earthworks who have a learning disability). It is designed to be a quiet space where a connection with nature can be made.

All five senses can be stimulated. We recycled objects and planted scented shrubs. There are tactile plants too as well as chimes.

There is a link to a YouTube video below, a virtual tour of Earthworks.

The item on the sensory garden is eight minutes with lots of information.



Earthworks is **not** open to the public apart from Open Days.  
<https://youtu.be/5g72TyHJ-dM>



### **New Working Age Group for the Visually Impaired**

Are you 21-50 with a visual impairment? Come and join us on the 1<sup>st</sup> Saturday of each month to enjoy activities, outings and make new friends.

Inaugural meeting on  
Saturday 3<sup>rd</sup> September  
10.00am – 12.00pm

Rene Milton Hall,  
Cross Street  
Watford  
WD17 2QD

Five mins walk from Watford Junction and main bus stops in town. Nearest car park - Sutton

Please contact Jenny on  
07932 746181  
[contact@watfordblindcentre.org](mailto:contact@watfordblindcentre.org) for  
more details and to register.



## REVEALING REALITY

Revealing Reality has partnered up with the RNIB to create a quality-of-life survey for those living with vision impairments in the UK. We are hoping to give a voice to the widest range of people we can for this survey but we need a lot of help to make sure we are reaching out effectively to people – so we are asking lots of different types of organisations to support by sharing some information about how to take part.

We have created some materials for people to use to help spread the word about the work and give people an opportunity to participate. In order to access information about the project an audio file, or copy for a social media post and posters, then you can do so by looking at our website.

[www.revealingreality.co.uk](http://www.revealingreality.co.uk).

I have included a brief about the project, an audio file, copy for a social media post and a poster that you could print out or share around to your service users through any communications channels that you have (newsletter, direct email, social media, face to face meetups etc.).

In order to participate in the telephone survey, we are asking people to provide some contact details so they can then be called back by our interviewers. People can call **0800 009 6066** and leave a message, or fill out this webform:

<https://forms.office.com/r/bR2pvhZXTK> five participants will also have the chance to win £50 in a prize draw!

The survey itself is already live so we would really appreciate you sharing this information at your earliest convenience!

Thanks so much for your help and if you have any other questions or need any other kind of materials or support then please do not hesitate to get in touch.

Best wishes Sofina

**Sofina Suhaimi**

**Quantitative Researcher**

(0)20 7735 8040

[sofina.suhaimi@revealingreality.co.uk](mailto:sofina.suhaimi@revealingreality.co.uk)

[www.revealingreality.co.uk](http://www.revealingreality.co.uk)





## New hub to boost wellbeing in our local community

Local home care company, Home Instead Welwyn and Hatfield, has launched a wellbeing hub in the heart of Welwyn Garden City. Offering a welcoming space to receive advice from experts such as healthcare professionals, as well as learn what local services are available to help them stay safe, healthy and connected with others.



Everyone has the opportunity to drop in at the 'Corner of Knowledge' hub situated in the The Howard Centre and speak to organisations such as Hertswise, the Alzheimer's Society, Herts Ability, Trading Standards, Herts Vision Loss and many more. With knowledge of their sector, these groups can signpost their essential services and advise how they can help.

Utility saving experts Affinity Water will also be on hand to give tips on cutting back on bills during these challenging times.

The hub launch event took place on Wednesday 3<sup>rd</sup> August at 10.00am and was attended by Mayor, Councillor Barbara Fitzsimon, and Councillor Tony Kingsbury.



Organisations who have a presence at the hub can discuss available options on how they may improve yours or your loved one's wellness.

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

The hub offers a warm and welcoming environment for individuals to have a casual chat and find out what local services are available within their local area.

“I 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 wellbeing hub will put several organisations who provide community support under one roof, my hope is that for our visitors it will be a turning point and help improve their quality of life.”

Herts Vision Loss will be supporting this initiative and hope that as well as visiting us at our Resource Centre, you may come along and see us at the hub.

The hub will be open Monday to Friday 10.00am to 2.00pm. No booking is required; all visitors have to do is drop by.

Jane Andrews  
Community Engagement Officer  
Home Instead Welwyn Hatfield  
**01707 240 650**  
[jane.andrews@homeinstead.co.uk](mailto:jane.andrews@homeinstead.co.uk)

## Participants Wanted for Music and Well-being Study



Research suggests that music can stimulate the body's natural feel-good chemicals (for example: endorphins, oxytocin). It can help energise our mood and provide an outlet for us to take control of our feelings (for example: manage stress or feelings of anxiety). Listening to music is a popular way to cope with difficult times.

Nurbanu Somani, a PhD research student at Anglia Ruskin University in Cambridge, is looking for volunteers aged 18 and over who have lost part or all their sight later in life and who listen to music online.

Participation in this PhD research study involves listening to music every day for a minimum of 20 minutes for four weeks. Please visit [https://aruspsych.eu.qualtrics.com/jfe/form/SV\\_7ajSwca1JxNoFmK](https://aruspsych.eu.qualtrics.com/jfe/form/SV_7ajSwca1JxNoFmK) for more information email [nurbanu.somani@pgr.aru.ac.uk](mailto:nurbanu.somani@pgr.aru.ac.uk) to learn more and register your interest.

## Concessionary discounts for disabled people who do not hold a Disabled Persons Railcard

Blind or visually impaired customers travelling with a companion in England and Wales. If you are registered as blind or visually impaired and are travelling with another person, the concessionary discounts shown below apply for both you and your companion. You cannot get the discount if you are travelling on your own. Discount applies to adult fares only.

Please take evidence of your visual impairment such as a document from a recognised institution such as Social Services, your Local Authority, The Royal National Institute of Blind People or Blind Veterans UK when buying your ticket and making your journey. Tickets can be purchased from staffed National Rail station ticket offices.

### Discounts available on adult fares

34%, first class or standard, anytime, single or return  
34%, first class or standard, anytime day single  
50%. First class or standard, anytime day return.

## 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 recently are -:

Abandoned in death	J.D. Robb	Large Print
Baggage	Alan Cumming	Large Print
A Caravan like a Canary	Sasha Wasley	Large Print
The Baker's Girl	Gracie Hart	Large Print
The Darkling Spy	Edward Wilson	Large Print
22 Seconds	James Patterson and Maxine Paetro	Talking Book



Bad Actors	Mike Herron	Talking Book
The Blossom Tree of Dreams	Holly Martin	Talking Book
Clive Cussler's The Devil's Sea	Dirk Cussler	Talking Book
Danger on the Atlantic	Erica Ruth Neubauer	Talking Book



Are you using our online e-book and e-audiobook collection? This is available for free via BorrowBox for all library members.

BorrowBox has a range of accessibility features. 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.

For more information about our stock and services, please visit our website [www.hertfordshire.gov.uk/libraries](http://www.hertfordshire.gov.uk/libraries) or telephone our enquiry team on 0300 123 4049

Tuesday Allsorts is a place where anyone can drop in for a chat, make new friends over tea and biscuits. It is a sociable event with a number of speakers and celebrations. Please see below for the most recent timetable.

Further details 0300 123 4049 [www.hertfordshire.gov.uk/libraries](http://www.hertfordshire.gov.uk/libraries)

## Tuesday Allsorts

2<sup>nd</sup> and 4<sup>th</sup> 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

13 <sup>th</sup> September Tea, Chat & More
27 <sup>th</sup> September Hawking & Honey with Al & Rich
11 <sup>th</sup> October Hearing Dogs for Deaf People
25 <sup>th</sup> October International Blind Footballer David Clarke
8 <sup>th</sup> November A Taste of India
22 <sup>nd</sup> November Festive Decorations



**Guide Dogs**  
**Assistive technology for**  
**children with vision impairment**

For children with a vision impairment, technology is vital. It develops learning, creativity, life skills, and ultimately, confidence and independence.

At Guide Dogs we believe children with a vision impairment should have access to technology. Our Tech for All service offers a free Apple iPad to children and young people (aged 3-18) with visual impairments to use outside of school.

We know how important these devices are to a child's development — both to support learning at home or just to have fun and explore the activities and interests they enjoy.

<https://guidedogs-uk.secure.force.com/TechforAll?ga=2.133217422.1477458440.1660036507-1981832272.1660036507>

## **Sensory Grants**

Sensory training can develop many different skills and is one of the most important methods of stimulating your child's senses, such as hearing, touch, smell and taste.

Using sensory equipment and apps will improve the social, emotional and technological skills of a child with a vision impairment and have a positive effect on family relationships, interactions with friends and their school life.

We are here to help you select the most appropriate sensory toys, apps and equipment, such as bubble tubes and dark dens, and because we don't sell this equipment our advice is always independent and unbiased.

### **Sensory grants from Guide Dogs**

Guide Dogs can help fund sensory equipment for home use based on the following criteria:

Recipients must:

- be aged 18 or under
- be certified or eligible to be certified as severely or partially sighted
- have a copy of a CVI or a letter from an ophthalmologist

- be supported by a VI professional at the time of submission. It's really important you tell us how the item you are applying for will improve the applicant's day-to-day life. More information will allow the grant board to make a more informed decision about your application.

<https://www.guidedogs.org.uk/getting-support/information-and-advice/sensory-equipment-grants-for-children/>

One application, including an unsuccessful application, can be made per year and successful applicants cannot apply again within a three-year period. Guide Dogs will consider a request for funding of two items up to the value of £500 of Sensory equipment.



### **Putting in your eye drops**

For many years eye drops have been the most common treatment for people diagnosed with glaucoma. Yet we know that an alarmingly high number of people who are prescribed eye drops do not use them correctly, risking serious damage to their vision.

In fact, eye drops are one of the top three reasons that people call our helpline. That is why we created a new resource which gives simple, easy to understand advice on how to put in eye drops. It also answers common questions glaucoma patients often have about the treatment, such as how to schedule in multiple drops and what to do if the drop misses your eye.

Joanna Bradley, Head of Support Services at Glaucoma UK, said: "One of our aims as a charity is to help people with glaucoma to live well. We regularly hear from patients who struggle with putting in their drops, either due to the bottle designs or because they don't know how best to get the drops in their eye.

"They are often very anxious about the subsequent impact this might have on their vision.

"We understand that healthcare services are not always able to commit sufficient time to show each patient how to put in their eye drops.

"So we wanted to help by providing patients with a useful step-by-step guide containing tips and advice on how to do this.



“We’re very excited to be launching this new resource, which we hope will benefit patients and healthcare professionals alike.”

Glaucoma UK provide a range of services for people with glaucoma, their carers, friends, and family. We have:

- A helpline that people can call or email to ask questions
- A range of booklets on many different topics related to glaucoma
- A website full of information
- Fortnightly digital glaucoma support groups
- Local face to face support groups
- An online forum where you can talk to others with glaucoma
- A buddy service where people who are going to have glaucoma surgery or laser can speak to someone who has already had the same treatment
- A monthly email newsletter for supporters.

Download or order a copy of the easy read: putting in your eye drops booklet here: <https://glaucoma.uk/product/booklet-easy-read-putting-in-your-eye-drops/> or call 01233 64 81 70 and they will send one to you. Open 9.30am – 5.00pm on weekdays.



**Dedicated to improving the lives of visually impaired people**

**Telephone: 07985 536216**

Website:

[www.fourswansvision.org.uk](http://www.fourswansvision.org.uk)

Email:

[fourswansvision@gmail.com](mailto:fourswansvision@gmail.com)

Four Swans Vision members enjoyed a fantastic day out at the Kent and East Sussex steam railway on Sunday 21<sup>st</sup> August.



We hired the HVL minibus and volunteer driver Steve and really enjoyed the journey in the old carriages through the Kent countryside. There was also a bus rally on the day, where our members enjoyed reminiscing over memories of the buses of yesteryear.

Alan

# The Therapy Space

*"There will come a time when a diseased condition will not be described as it is today by physicians and psychologists, but it will be spoken of in musical terms, as one would speak of a piano that was out of tune."*  
(Rudolph Steiner)

Hello and welcome once more to The Therapy Space! I hope you have all been managing in the heat and enjoying the summer so far.

I came across the Rudolph Steiner quote and it got me thinking about the magical properties of sound or more specifically, Sound Healing. Bear with me, it's not as bizarre as you may think. Let's take a brief intro into sound!

For millions of years, sound has been used as the primary means of communication. Palaeontologists speculated that the Parasaurolophus used its crest to blow warning sounds to other members of its herd and we know that whales use a patterned sequence of sound to 'sing' not just during the breeding season but also to keep communities together and to navigate.

In fact, whale sounds are incredibly complex and can span seven octaves, that is nearly the entire range of a piano! And who can forget the infamous howl of a Howler monkey. This howl can travel more than a mile through dense forests, helping to establish territory, protect mates and keep the family group together.



Early humans used vocal sounds too. Analysis on neanderthal remains show they had developed a hyoid bone in their neck suggesting the capability to form speech like sounds. Neanderthal brains may not have been developed enough to formulate a dialogue but the desire to communicate and connect was there.

This need to connect and interact with the world and one another is innate and as we have evolved, so has our ability to create more complex methods of interaction,

from grunting to using words and when words are insubstantial, we have found other ways, like whistling, for example.



Whistles travel much further than speech and there are many global communities that use this technique to exchange messages. Shepherds from the Canary Islands trill across the deep ravines and volcanic mountains, Inuit communities whistle hunting commands to one another, Amazonian tribes use whistles to locate each other through the dense foliage of the rainforests and, the Hmong farmers in China 'talk' to each other across their fields by whistling. In fact, they have adapted their whistling technique to also instigate and maintain secret courtship rituals! In my days when I worked in a prison inmates would often use a series of whistles to pass messages to one another. I'm not sure what these messages meant but there was definite intention and expression behind the intonations.

Another way of conveying and expressing how we feel is through music. We often turn to music when words elude us or when we wish to generate a specific mood, thus the creation of music festivals, or playing music at parties and funerals, learning to compose, chant or sing. Music is often used to help us get 'into the zone' hence listening to music while we exercise, engage in artistic endeavours or meditate. Some people sometimes listen to 'white' noise or a whole spectrum of coloured noise to concentrate or 'zone out'.

Neurological studies have also shown that listening to music makes people more creative and productive, increasing IQ's and improving memory. It also floods the brain with dopamine and oxytocin, the two hormones known to relieve stress, improve moods and speed up the healing process and so, in the 1940's, music therapy became part of the recuperation treatment for shell shocked soldiers.

Subsequent scientific research also revealed that musicians possess larger (and better) cognitive functioning, motor skills, coordination, and reasoning areas than non-musicians.





In the 1970's another sound experiment revealed that when one tone was played in one ear, and a different tone in the other, the two hemispheres of the brain connected and created a third tone called a binaural beat. It's a beat known to synchronize the brain, creating cognitive and physical changes. Fast forward to more recent times and we see modern medicine using sound waves to create images from inside the body, target tumours and break up kidney stones and gallstones.

So, over time, sound and sound waves have evolved from being an intricate way of sending aural messages of warning, protection, co-operation and procreation to also healing and changing us mentally, emotionally and physically. Sound has the power to change our brains, adjust temperament, evoke memories, affect emotions, calm the nervous system, improve metabolism, bring people together and induce trance like states.

Let's face it, sound or sound waves, have potency! Which brings me to Sound Healing.

Sound Healing is an idea that can be traced as far back as ancient Greece with stories of Aesculapius, the god of medicine, allegedly curing mental disorders with songs, Hippocrates playing music to his patients and Plato and Aristotle claiming that music affected the soul and emotions. Sound Healing is based on the premise that every organism in the universe has its own unique frequency or resonant vibration. You can test this by tapping a variety of glasses - each glass will emit a ringing sound determined by the size, shape, thickness, and contents. So it is with the human body. Science has identified that every organ, bone and cell has its own specific sound frequency. Sound healers believe that when any part of the body is out of tune, the entire body will be affected.

This dysregulation of the body is a result of our own natural resonance being off balance and by working with relevant sound frequencies, called Sound Therapy, specific parts of the body can be targeted, rebalanced, and brought back to a place of equilibrium and healthy vibration.

Thus, harmony can be brought back to a person's body and mind improving many emotional, physical and mental conditions.

Sound Therapy rebalancing is done through a variety of techniques from singing, chanting, drumming, tuning forks, instruments, bowls and gongs and because the human body is made up of up to 70% water and liquid is a great conductor, there exists the potential for changing imbalance at a very deep cellular level.

So why not give it a go? There are plenty of ways to get stuck into sound and sound healing. There is a plethora of guided meditations classes out there that you can do at home as well as in person. A quick search on YouTube will bring up lots of different options including listening to a variety of coloured noise or music of different frequencies and for different outcomes.

There are hours of it available but even just sitting listening for 10 minutes a day will be a great start. If you fancy being part of a musical community then you could consider joining a choir, or learn to play an instrument, or perhaps take the plunge and immerse yourself in a sound bath session, give it a go and see how you feel.

As always, do what feels right for you and if it feels a bit too much then you can always put on some music and sing your heart out!

For more information on sound healing and local groups please see

<https://www.collegeofsoundhealing.co.uk/>

If you like the idea of an in person guided meditation or testing out the waters of sound bathing then have a look at the wonderful Bodhi Aspirations who offers many amazing ways of relaxing, some you can even do from the comfort of your own home! Bodhini has even given me permission to include a sample of sound bathing see SoundCloud link below.

<https://bookwhen.com/bodhini>  
<https://soundcloud.app.goo.gl/QTaXCNfnDEQL8UXY8>

Please feel free to drop me a line to let me know how you are getting on or if you tried this and wish to share your experience! As always, our counselling team at Herts Vision Loss are here to support you and are but a phone call away. You can get in touch by emailing [earsforeyes@hertsvisionloss.org](mailto:earsforeyes@hertsvisionloss.org), or calling me on 07825 330649 or the Sight Line on 01707 324680.

Alma



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