

FOCUS



Autumn 2022

Dundee Blind and Partially Sighted Society
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Alison's Letter

Hello everyone,

It is nice to be able to write this letter with the end of summer approaching and be able to say what a nice summer we have had! It's been lovely to be able to sit out in the evenings without a cardigan on, but I have noticed that the leaves on the trees are starting to change colour and soon the lovely colours of Autumn will be all around us.

We have had a busy time in the Society with all of the team having had their summer holidays so the months have flown by!

There are a few changes afoot here in the Society, I am reducing my hours and focusing on my role of running the charity which has led to me promoting Ainslay to Deputy Manager and she will oversee things when I am not here, so a big congratulations to Ainslay who works very hard and is very deserving of the promotion.

Helen, our Admin/Receptionist is increasing her hours and will now be the Admin/Social Activities Assistant. Our return after Covid has made me look at how we operate now, and it's become apparent that we do not need a receptionist on the front desk at all times. Helen is fabulous with the Members and already helps out with the activities so she seemed the perfect person for this expanded role.

We have a new cook, Anne, who is trialling the job for a month so hopefully in the Winter Focus I will be able to confirm that she liked us and stayed!! She only joined us last week and has already made some lovely dishes and homemade puddings!! Anne's son Donald has also been helping out as volunteer so we hope he stays too!

I am sure many of you are concerned about the rising energy and living costs so please remember that we can provide you with one hot meal a day, and a warm place to come and get some company during the colder autumn & winter months. We have included some further information later in the FOCUS on how to keep warm etc.

This FOCUS is a shorter one than usual as we have been so busy during the summer holidays but I hope you still find it an interesting and helpful read.

Please remember that even if you do not attend any activities at the moment all Members both old and new are welcome to come along to any of them – even for a taster session! Just let us know when you want to come and we will ensure a warm welcome is bestowed.

That is all from me for now.

Take care and best wishes
Alison

Activities in the Society

Can you believe that we have now been welcoming our Members back to the activities for just over a year?? It is incredible how time flies when you're having fun!

Having started back in late July 2021 with just tea & chat for a handful of people, we are delighted that we have a full timetable of activities Monday to Friday.

However, we do review the activities from time to time to see if we could add to them, and we are pleased to announce that from the 5th September we will be making the following changes;

Wednesday afternoon – the choir is back!! We have restarted our choir after lunch on a Wednesday so please feel free to come along if you like to belt out a tune!

Fridays – we are going to be alternating the Friday Armchair Aerobics with Zumba, so one week aerobics and the following week will be Zumba.

We are also going to run Indoor Games on a Friday morning at the same time as aerobics/Zumba - the Tuesday Indoor Games is a very popular activity with lots of competitive spirits coming out to play, so we are trying it out on a Friday too.

Events

The Street at The McManus

McManus: Dundee's Art Gallery and Museum

You can take a walk down memory lane and immerse yourself in The Street at The McManus.

Visit the shop and stand at the bar. Browse the windows of the old Toy Shop and the Pawn Shop. Look into the Shoe Shop and Furniture Shop. Peruse fashions from yesteryear in the department store. You may even remember some retail names from old Dundee.

The shop and bar are museum favourites from the past that span a 150-year period looking at the history of retail and brewing. Today, The McManus brings this up to date with acquisitions made over the past 40 years. This show will allow you to see these much loved exhibits, reimagined in a setting alongside some of Dundee's favourite shops, using the city's collections.

Admission is Free. Opening times: Mon to Sat 10am-5pm, Sun 12.30-4.40pm.

The exhibition runs from Saturday 13 November 2021 until 8 January 2023

Kiltwalk 2022

A team of 16 set off to complete the Kiltwalk Wee Wander on Sunday 21st August and we were blessed with dry skies!! The team was made up of staff, Members, Board Members, and family members, plus Freddie aged 8 who was our youngest walker, and Callie the dog!

We all had a great day, with lots of chat to keep us all occupied on our walk! It was also great to experience the atmosphere and comradery of the other charity walkers who were completing the walk for their chosen cause.

I am delighted to report that we have raised over £4000 for the Society from sponsorship and a 50% top up from the Hunter Foundation.

We would like to say a huge thank you to everyone who sponsored the DBPSS Wee Wanderers and a heartfelt massive thanks to all the walkers who gave up their Sunday to walk with us, it is very much appreciated.



myEyes at the V & A

Alison was recently contacted by Peter Nurick, Communities Producer at V&A Dundee to be given a demonstration of a new accessibility aid that is being developed to help those with full or partial sight loss "see" the world, and could potentially be a useful aid for our members .

myEyes is a smartphone app for anyone with visual impairments and iOS smartphone. When a person has the app installed on their smartphone and enters a mapped area which has myEyes installed, they will be able to hear the surrounding space, and receive relevant information such as location descriptions and historical notes.

The developers iKI Technologies have been working closely with V&A Dundee to install the app at across the museum and have received the endorsement from RNIB Scotland.

V&A Dundee is keen to make the museum as accessible as possible, so would welcome a visit from any of our members, even if you do not have a smartphone they would still be very interested to hear about our members' experiences, as there are a number of other accessibility aids they have to ensure visitors will full or partial sight loss can still enjoy a visit to the museum.

If you would like to try out the myEyes app please feel free to contact V&A Dundee, or let us know and we can arrange a group visit.

Historytellers:

Dundee's Older People – the Exhibition

On Tuesday 6th September, some of our lovely Members will be attending the launch of the Exhibition - Historytellers: Dundee's Older People – after participating in a reminiscence project organised by Dundee Volunteer and Voluntary Action to celebrate Dundee's Year of the Older Person.

We are looking forward to attending the event and seeing the photos and shared memories of old Dundee in print. Audio clips of people sharing their experiences are available too and a book has also been created.

After the launch, the Exhibition will go on to tour local Dundee Community Centres and the Central Library, if you'd like to attend and enjoy a journey down Memory Lane.

Memberships

It is almost that time again for Membership payments and we will be sending out notifications during September. The membership fee is remaining at £10 for the year and it can be paid by cash, cheque or card. If you can't get out of the house but wish to renew your membership please on 227101 and we will help you, either by paying over the phone or collecting from our home if this is what you would prefer.

Energy bills financial aid available (information courtesy of CAB)

If you're struggling to afford your energy bills, you might be able to take advantage of certain benefits, grants and help offered by the UK government, the Scottish government and energy suppliers.

Get a one-off payment from the government

The government will give every household in Great Britain £400 off their electricity bill. This is called the Energy Bills Support Scheme.

You don't need to do anything to get the money and you won't have to pay it back. The £400 will be automatically added to your energy account over 6 months starting from October 2022. If you have a prepayment meter, the £400 will be added to your meter or you'll be given vouchers - the government will confirm how you'll get the money nearer the time.

Winter Fuel Payment

The Winter Fuel Payment is a payment to help you pay your heating bills during the winter.

You'll get a Winter Fuel Payment automatically - you don't need to apply - if all of the following apply:

- you get the State Pension or another benefit - but not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit
- you were born on or before 26 September 1956
- you lived in the UK for at least 1 day during the 'qualifying week'.

If you don't get the State Pension or another benefit, you might need to make a claim.

Low income Winter Heating Assistance

Low Income Winter Heating Assistance is replacing the Cold Weather Payment in Scotland. It's a payment of £50 once a year to help with your energy bills in winter. This starts in February 2023.

You might get Winter Heating Assistance if you get:

- Pension Credit
- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Universal Credit
- Support for Mortgage Interest.

You won't need to apply for Winter Heating Assistance. You'll get a payment automatically if you're eligible.

Energy Saving Tips to keep warm

Everyone is concerned about the huge rise in energy costs so we are thought we would share advice on how to keep warm with you again:

- Wear several layers of clothing rather than one chunky layer of clothing
- Use a hot water bottle or electric blanket to keep warm in bed but don't use both at the same time
- Try not to sit still for more than an hour or so indoors, get up and stretch your legs

- Wrap a scarf loosely around your mouth when outdoors, add a hat and wear shoes with a good grip. If you have heart or respiratory problems, stay indoors during very cold weather.

How to keep your home warm in an energy efficient way –

- Heat your home to at least 18C
- Perhaps choose one room to use during the day and turn off the heating in any rooms you are not using
- Keep your bedroom at 18C all night if you can and keep the bedroom window shut
- Draw curtains at dusk and keep doors closed to block out draughts
- Get your heating system checked regularly by a qualified professional
- To save you on costs of heating your oven to cook you could consider using an airfryer or microwave oven that are quicker and use less electricity than a conventional oven

But remember that having at least one hot meal a day, and eating regularly help keeps you warm! Also make sure you have hot drinks regularly!

Society Lunches

Talking of hot lunches – remember that we provide hot, delicious, and nutritious 2 course lunches Monday to Friday. The cost is only £5 and you not only get good food, you also get a good blether and some company! You are welcome to come into the activity either before or after lunch or just come in for lunch

only, all we ask is that you let us know by 10am on the day that you would like to come so we can ensure we have a place for you as we have a maximum of 20 diners. Also, you are welcome to phone us to ask what is being served for lunch as it is a fixed menu.

AGM

We have a provisional date for the 2022 AGM of Thursday 20th October, this year the meeting will be held in person in the Society but we will still be limited to the amount of people that can attend. We will keep you updated over the coming months.


Audiobooks

With the autumn months approaching you may want to make use of our vast audio library, which is a free service to our Members.

If you would like to make use of the library please let us know and we will discuss which kinds of books you like to listen to and who your favourite authors are and we can deliver to your door and collect when you are finished them, or you are welcome to come into the Society and we can help you choose.

Activity Bookings

Please can we remind Members that if they plan on coming to any of the activities, they must book their transport and lunch by 10am on the day of the activity, we would also find it very helpful if you aren't planning on staying for lunch to also let us know by 10am – this will save a lot of food waste. If you have specific dietary requirements it may be useful for



Would you like to support someone you know who is living with sight loss to get out and about?

Our sighted guiding training offers practical tips and techniques to help you guide your friend or family member with confidence. Sign up for a free training session or learn from our videos online.

**Find out more at
[guidedogs.org.uk](https://www.guidedogs.org.uk)**

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you to phone to ask what is being served for lunch as we cannot offer alternatives except for food allergies.

Puzzle Time

1		2		3		4		5		6		7
8						9						
10								11				
12				13			14			15		
17		18				19		20				21
22								23				
24						25						

CLUES ACROSS

- 1 – CLOSE OF DAY (7)**
- 5 – PLAIN AND DULL (5)**
- 8 – CHANGE, MOVE (5)**
- 9 – BOUND BY OATH (7)**
- 10 – SIMENON'S DETECTIVE (7)**
- 11 – THIN TOAST (5)**
- 12 – TAINTED (BUTTER) (6)**
- 14 – IN PERSON (SLANG) (6)**
- 17 – ZODIAC SIGN (5)**
- 19 – PRESSURIED CAN (7)**
- 22 – MEAT FILLED PASTA ENVELOPES (7)**
- 23 – CAPITAL OF MAJORCA (5)**
- 24 – BRILLIANT DISPLAY (5)**
- 25 – LIVERPOOL RACECOURSE (7)**

CLUES DOWN

- 1 – SURREY TOWN (5)**
- 2 – ISSUE (7)**
- 3 - ITALIAN SOCCER CLUB MILAN (5)**
- 4 – SANTA'S CAVE (6)**
- 5 – BIBLICAL KING (7)**
- 6 – RING-SHAPED ROLL (5)**
- 7 – SPREAD OUT FROM A CENTRE (7)**
- 12 – TRAVEL BACKWARDS (7)**
- 13 – SMOOTH OVER (A PROBLEM) (4,3)**
- 15 – REMOTE, ALOOF (7)**
- 16 – PLEASURE BOAT HARBOUR (6)**
- 18 – CHALLENGER (5)**
- 20 – REACH MATURITY (5)**
- 21 – DEPART, GO (5)**

Word Search – ALL IS LOST!

(What you might lose)

ARGUMENT

COURAGE

PLACE

BALANCE

DIGNITY

SCENT

BALL

HOPE

STRENGTH

BEARINGS

INTEREST

TEETH

COUNT

MOMENTUM

TRACK



Word Search – ALL IS LOST!

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

SuDoku – Each Horizontal /Vertical line must contain one and only one of each digit 1-9

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

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



DUNDEE AUDIO NEWS

formerly

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has difficulty reading a
newspaper or magazine?

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local news, magazine
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contact Graeme Tarbet
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Charity No. SC 011284



7			9		2			
				7		2		9

Puzzle Time Solution
PUZZLE TIME SOLUTIONS

E	V	E	N	I	N	G		S	O	B	E	R	
P		D		N		R		O		A		A	
S	H	I	F	T		O		B	L	I	G	E	D
O		T		E		T		O		E		I	
M	A	I	G	R	E	T		M	E	L	B	A	
		O				O		O				T	
R	A	N	C	I	D		I	N	S	I	D	E	
E				R		M				N			
V	I	R	G	O		A		E	R	O	S	O	L
E		I		N		R		I		U		E	
R	A	V	I	O	L	I		P	A	L	M	A	
S		A		U		N		E		A		V	

E	C	L	A	T		A	I	N	T	R	E	E
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So-Duko

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

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

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

Activity Timetable 2022

Monday				
Boccia	Activity only £2.00	11.00		12.15
Light Lunch – followed by chat and more Boccia!	Lunch £5.00	12.15		14.50
Tuesday				
Games Morning	Activity only £2.00	11.00		12.15
Light Lunch	Lunch £5.00	12.15		13.15
Bingo	1 Book £4.00	13.15		14.50
	2 Books £6.50			
	3 Books £8.00			
	*Tea/Coffee can be purchased for £1.50			
Wednesday				
Fun Drum	Activity only £2.00	11.00		12.15
Light Lunch	Lunch £5.00	12.15		13.15

Choir	Activity only £2.00	13.15	→	14.50
Thursday				
Line Dancing	Activity only £2.00	11.00		12.15
Light Lunch	Lunch £5.00	12.15		13.15
Bingo	1 Book £4.00	13.15		14.50
	2 Books £6.50			
	3 Books £8.00			
	*Tea/Coffee can be purchased for £1.50			
Friday				
Armchair Aerobics	Activity only £2.00	11.00		12.15
Games	Activity only £2.00	11.00	→	12.15
Light Lunch followed by chat	Lunch £5.00	12.15		13.45

*All Activities costs includes a tea/coffee and biscuit