FOCUS  
A pumpkins and leaves on a black background

Description automatically generated

Autumn

2023

**Dundee Blind and Partially Sighted Society**

**Thomas Herd House**

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**Dundee DD1 1LX**

**Telephone: 01382 227101**

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**Website:** [**www.dundeeblindsociety.org.uk**](http://www.dundeeblindsociety.org.uk)

**Alison’s Letter**

Hello everyone,

I hope that everyone has had a lovely summer despite the typical British weather!! But I guess we should be thankful that we didn’t have to suffer the heatwaves that most of Europe has experienced.

The Society has been a busy one during the last few months with a great turnout to the activities and the resumption of the Friday Outings.

The team and Members have been enjoying getting out and about again, and have visited Dundee Science Museum, the Botanical Gardens, have ventured out across the water to Cupar and have frequented some lovely eateries!! The outings are running until the end of September so if you would like to join us one of the Fridays, please just give Ainslay or Jenni a call on 227101 and they can discuss with you.

I can’t quite believe that it is almost Membership fee time again (that came around very quickly from last year!), but I hope that you will all wish to renew your Memberships and if you know of any of your friends, family, neighbours etc who are visually impaired please tell them about us and encourage them to join, as they say, the more the merrier!

We are delighted to welcome a couple of new tenants in the offices on the second and third floor which is great, but we do have a number of empty offices so if you know of anyone looking for office space please let them know about us!

I know that Christmas is still 4 months away, but we are busy preparing a Christmas Show (more about that in later in the Focus) which will be the first since the pandemic and an event we are very much looking forward to!

Finally, please remember that all our Members are welcome to attend any of the activities in the Society and rest assured you will be made to feel very welcome so we would love to see some new (and old) faces in the Society.

Hope to see you soon!

Take care and best wishes,

Alison

**A white watch with black background

Description automatically generatedWatch Battery Replacement**We are pleased to announce that we can now replace the batteries in your talking watches here in the Society – without the need to send them off. The cost is £5 per watch.   
Just ask at Reception and Helen will be very happy to assist you.

H

**Aniridia Network UK**Most people with aniridia have a central part of their retina that is not fully developed, and many have nystagmus, a constant and involuntary movement of the eyes. Aniridia affects both eyes and it is a condition which you’re born with and if you have this rare eye disorder there is a charity called Aniridia Network UK can offer you support and provide information.

Since 2000 Aniridia Network has been helping people with aniridia as well as their families, doctors and teachers to be: hopeful, confident, supported and well informed about aniridia and related issues.

You can join this network and the benefits of joining are;

* You will gain further knowledge and understanding of aniridia, useful when dealing with situations, for example at doctor or work
* You can help others by contributing your experiences and knowledge
* You can also be in touch with others to get or give friendly personal support.

Plus you will:

* receive email updates to hear about meet-ups and other aniridia related information via their mailing list.
* get a personal invitation to their conference and meet-ups which include: professional speakers, question and answer sessions, time for private or group discussions, socialising with others in their community

For further information you can visit their website <https://aniridia.org.uk/membership/> you can also contact them through email: [info@aniridia.org.uk](mailto:info@aniridia.org.uk) or Phone: 07792 867 949

**Logo

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**Text

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**DBPSS & NESS**

**Monthly Joint drop-in sessions**

Just a wee reminder that we will be holding regular monthly drop-in sessions on the **1st Tuesday of each month 11am-1pm.**

**Dates to end of year:  
Tuesday 5th September  
Tuesday 3rd October  
Tuesday 7th November**

**Tuesday 5th December**

NESS can assist you with;

* **Benefits Checks**
* **Social Work Issues**
* **Care Management**
* **Rehabilitation**

These sessions give our Members the opportunity to get to know the team at NESS, so please do come down to the Society if you are looking for any advice or assistance.

We hope to see you at one of these sessions, but please feel to call us on 01382 227101 for more information.

**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 phone on 227101 and we will help you, either by paying over the phone or collecting from your home if this is what you would prefer.

**AGM**

The 2023 AGM will be held at 3.30pm on Thursday 19th October, 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 have finished them, or you are welcome to come into the Society and we can help you choose.

**Society Lunches**If you haven’t been in to the Society for your lunch yet then you are missing out!! Remember that we provide hot, delicious, and nutritious 2 course lunches Monday to Friday cooked by Anne, and she makes the most amazing desserts too!! Coming in for lunch is a perfect opportunity to meet new friends so you don’t 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 – the total cost is just £10 for the whole day or just come in for lunch only for £7, 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.

**Royal Mail Articles for the Blind**Articles for the Blind is a scheme for blind and visually impaired customers who are registered as blind under the provisions of the National Assistance Act 1948. Also included are people whose standard of close-up vision, with spectacles of N12 or less as certified by an ophthalmologist, doctor or ophthalmic optician.

The scheme is a free, 1st Class or International Standard service designed to support blind and visually impaired people as well as the charities that work hard to improve their lives. It works by waiving postage (first class only) for sending:

* books, printed materials, letters, relief maps
* audio and electronic media
* equipment such as magnifiers and mobility aids

These items can be sent as:

* 1st Class letter, large letter or parcel
* International Standard letters

To send items under the scheme, simply write 'ARTICLES FOR THE BLIND' on the front of the envelope and the sender's name and address clearly on the reverse of the envelope.

**Mobile phone text scams**These are often text messages giving you false information, with a link to click or a number to call. The message may sound urgent or alarming, to try to make you take action quickly without checking. For example, it may say there is a problem with your bank account or credit card, or that it is from a friend or family member, asking for money urgently because they are in a difficult situation and giving you some account details to transfer funds to.

**What to look out for:**

* texts that say they are from your bank or other well-known organisation, that ask you to do something urgently
* texts that tell you to click on a link or call a number to update your details
* texts requesting personal information such as passwords or bank account details
* texts that say they are from one of your friends, but that come from a number you don’t recognise or include a message that seems unusual or out-of-character.

**What you can do:**

* don’t reply to the text message
* don’t click on any links or call telephone numbers in the message
* contact your bank or other organisation on their advertised phone number, to check if the message is from them
* contact your friend or family member on the number you hold for them. to check if they sent you a message
* don’t provide any personal information in response to a text message

**Society/Office Closure – 8th September**Please note that the Society will be closed on Friday 8th September as the team are out on a team building day.

We are going Segway Driving so we are very much hoping that we will have 5 intact bodies by the end of the day!!

We will reopen on Monday 11th September as per usual (unless we are in Ninewells, we will let you what ward we are in! 😂)

**Christmas Talent Show!**

We are very excited to announce that we will be delivering a Christmas Talent Show on Friday 8th December from 1pm – 4pm!! We are giving you plenty of notice so you can put the date in your diary!  
  
The event will showcase the talents of our drummers, line dancers, armchair dancers, choir and much more!!

However, we would love to welcome any musicians/magicians/cabaret acts we have in the midst of our Membership and if you have secret talents you would like to share with us please get in touch!

The event will be held in the Dundee Baptist Church Hall so we will be able to accommodate more people to come along to watch and enjoy the show along with some light refreshments.

Tickets priced at £5 will be available to buy from 1st November – just give us a call to purchase or pop into the Society.



**Puzzle Time**

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

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**CROSSWORD**

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**CLUES ACROSS  
 1 – THREESOME (4)   
 4** **– FLESHY FRUIT (7)**

**9 – SOFT HAIR (3)**

**10 – EMPLOYEES (5)**

**11 – JEWELLED HEADDRESS (5)**

**12 – BAKERY PRODUCT (3)**

**13 – MILITARY CHAPLAIN (5)**

**15 – ACADEMIC INSTITUTION (7)**

**17 – BASE BENEATH A STATUE (6)**

**19 – WILD AMERICAN CAT (6)**

**23 – BREAK (7)  
26 – RARING TO GO (5)**

**29 – FLOODED AREA OF LAND (3)**

**30 – WEASEL-LIKE ANIMAL (5)**

**31 – END PERMATURELY (5)  
32 – DELAY BETWEEN EVENTS (3)**

**33 – FROM THE SIDES (7)  
34 – WATER JUG (4)**

**CLUES DOWN   
 2 – AUTHOR, ….. DAHL (5)**

**3 – UNUSUAL (7)**

**4 – JUMP ABOUT (6)**

**5 – ALLOY (5)**

**6 – PLAYING CARD (5)**

**7 – TIDEST (7)**

**8 – PLEASE REPLY (ints) (4)**

**14 – SICKEN (3)**

**16 – TELL PORKIES? (3)**

**17 – SUN UMBRELLA (7)**

**18 – NEGATIVE (4)**

**20 – MASSIVE SLAUGHTER (7)**

**21 – NO LONGER OLD (3)**

**22 – SUPPLY AGAIN (6)**

**24 – ALAIN ….., GRAND PRIX DRIVER (5)**

**25 – SAY, SPEAK (5)**

**27 – ON TOP OF (5)**

**28 – ABOMINABLE SNOWMAN (4)**

**Word Search – BUSINESS TERMS**

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**Word Search – BUSINESS TERMS**

**BENCHMARK GROWTH OUTCOME**

**CEO HEADHUNTER PARTNERSHIP**

**DASHBOARD INITIATIVE PROCESS**

**DIAGNOSIS LEADERSHIP PROFIT**

**ENTERPRISE MANAGEMENT REVENUE**

**EXCELLENCE MARGIN STRATEGY**

**GAMECHANGER MOMENTUM SUPPLYCHAIN**

CROSSWORD SOLUTION

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**#So-Duko**

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**Activity Timetable 2023**

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| **Monday** | | | | |
| Boccia | £10 | 11.00 |  | 12.15 |
| 2 Course Lunch –followed by chat | 12.15 |  | 14.50 |
| **Tuesday** | | | | |
| Games Morning | £10 | 11.00 |  | 12.15 |
| 2 Course Lunch | 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 | £10 | 11.00 |  | 12.15 |
| 2 Course Lunch | 12.15 |  | 1315 |
| Choir | 13.15 |  | 14.50 |
| **Thursday** | | | | |
| Line Dancing | £10 | 11.00 |  | 12.15 |
| 2 Course Lunch | 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/Dancing | £10 | 11.00 |  | 12.15 |
| 2 Course Lunch followed by chat | 12.15 |  | 13.45 |

\*\*\* Every second Friday during the months of April – September to allow for fortnightly outings (priced separately and must be pre-booked)Bottom of Form

1. Bottom of Form

