

FOCUS



SPRING 2024

**Dundee Blind and Partially Sighted Society
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Alison's Letter

Hello everyone,

Firstly, on behalf of myself and the rest of the team we would like say a big thank you to everyone who very kindly handed in gifts at Christmas time, they were very much appreciated and it touches us that you care to take the time to get the gifts and wrap them etc, but I think a few of you are guilty of adding to our waistlines with the chocolates and biscuits handed in!

I would also like to say a huge thank you to those that sent us Christmas cards, and many thanks for the donations we received, especially the fact that you took the time to write us a card and think of us.

January and February have been quite quiet in the Society but the activities are starting to be well attended again – perhaps due to the promise of longer days and Spring on the horizon, but there is always room for more Members to attend so please take a look at the Activities Timetable at the back of this FOCUS and if there is any activity that appeals to you please feel very free to join us!

We hope you enjoy your Spring Focus – we have news on a Summer Open Day, Helen's latest death-defying fundraiser, news on the Members Outings and a Member's perspective of the Society and its impact on her life, so lots to be going on with!

Right, that's enough rambling on from me! Enjoy your Focus and if there is ever anything that you would like to see featured in the Focus, please give Helen or myself a shout.

Best wishes
Alison

A Christmas Wish

You may recall that in December we had a Christmas show to showcase the talents of our Members, and I delighted to report that it was a huge success which was very well attended, I would like to say a big thank you to everyone who came down and supported the performers!

We had performances from our Line Dancers, The Choir, our Drum Fitters, the Seated Dancers and Euan Farquharson joined us with his accordion, Gavin (Alison's husband) was our compere for the day, and we think he was quite entertaining although he is not giving up the day job!

Thank you to Ainslay for putting the show together with the help of Jenni and Helen, thanks to Anne who ensured we were all well fed as per usual, but the biggest thanks go to everyone who contributed to entertaining us, you all did a fabulous job!

Clocks Spring Forward!



A little reminder that clocks all move forward one hour on Sunday 31st March. If anyone needs any assistance with clock changes, then please just us know.

Christmas Hamper Winners

We were also completely overwhelmed by the generosity of our Members and supporters who made a donation towards the Christmas Hampers raffle – in fact we received so much that we managed to have 10 raffle prizes including 4 substantial hampers!!

But alas, as with all prize draws, sadly not everyone can win a prize and we have the list below of the lucky ticket holders!

- Large Hamper - Willie Gardiner
- Medium Hamper - Catherine Peters
- Small Hamper - Rose McPherson
- Luxury Hamper - Kathleen Jackson
- Yankee Candle Set (donated by Tesco) - Kathleen Jackson
- £30 M & S Voucher - Val
- £20 Butchers voucher (donated by Scott Brothers) - Rae McWilliams
- £20 Butchers voucher (donated by Scott Brothers) - Chic Hodge
- Slow Cooker (donated by Tesco) - Jean McKenzie
- Beer & Glasses - June Costello

Congratulations to all the winners!!

We would like to thank Ruby, the Tesco Community Champion at Tesco Kingsway, Scott Brothers and everyone who made a donation to the hamper - we would not have been able to offer such amazing prizes without your support.

Thank you to everyone who purchased a ticket - your support is extremely appreciated!! We are absolutely delighted to report that we raised a massive £420!!

Friday outings

Now that Spring is here and Summer is on its way we will be looking to start our outings again. We are aiming to run them every 4 weeks on Fridays from April to September on the following dates:

Friday 5th April – a trip to Glendoick Garden Centre

Friday 3rd May – Afternoon Tea

Friday 31st May – To be confirmed

Friday 28th June – To be confirmed

Friday 26th July - To be confirmed

Friday 23rd August – To be confirmed

Friday 20th September – To be confirmed

We will be using both our cars which can accommodate 3 Members each so we will be able to offer a space to 6 Members per outing, allocated on a rota system so everyone who would like to join us gets the opportunity.

The outings will be kept to a fairly local location, with travel time no more than half an hour. We hope to look at a variety of different activities to engage the Members in from afternoon teas to visits to botanical gardens. Members will also be welcome to join us at the venues if they can arrange their own transport.

If you would like to put your name down to attend the outings, please get in touch and if you have any suggestions of venues/activities please feel free to pass them on to us.



Dundee City Council Pension Credit Uptake Campaign

Letters and emails are going out to hundreds of older people telling them about community sessions where they can find out more information about Pension Credit and urging them to call Dundee City Council Advice Services (see below) – please be assured if you are in receipt of an email or letter about this that it is not a scam.

Pension Credit is a payment for those whose income is less than the UK Government states someone over Pension age should receive.

Entitlement to Pension Credit depends on a person's circumstances and looks at all income in the household as well as savings over a certain amount. Whilst savings are considered there is no upper threshold, so having savings does not necessarily mean there would be no entitlement. Pension Credit also gives eligibility to free NHS dental treatment, NHS glasses, free TV License for over 75s, amongst other benefits.

Dundee Citizens Advice Bureau in conjunction with Dundee City Council Advice Services are launching this Pension Credit Take up Campaign to maximise the income of as many citizens of Dundee as possible over state pension age.

They can undertake an income maximisation check over the phone, please call **Dundee 01382 434473/434474** and one of the staff will take your name, address, and contact telephone number and get one of our advisors to call you back.

You can also email your name address and contact telephone number to cas@dundeecity.gov.uk and one of the advisors will call you back.

LOW EMISSION ZONES DUNDEE AND BLUE BADGE HOLDERS

A Low Emission Zone (LEZ) is an area where only certain vehicles are allowed to enter based on their emissions standards. LEZs reduce pollution levels and improve air quality by stopping the most polluting vehicles entering a specific area.

The Dundee LEZ Scheme includes the area within the A991 Inner Ring Road, excluding the Bell Street, West Marketgait NCP and Wellgate car parks, however if you are a Blue Badge holder you will be exempt.

Transport Scotland has developed an online scheme for Blue Badge holders to register vehicles they are travelling in. Blue Badge holders who require exemptions can now register their details with the new LEZ exemption system so that the vehicle they are travelling in can access LEZs. If the journey is a one-off or irregular visit to a LEZ, Blue Badge holders will be able to register for a short-term exemption to cover their travel. The exemption applies to any vehicle whether the Blue Badge holder is the driver or the passenger.

More information about the Blue Badge exemption scheme and how to register for an exemption is available on the Low Emission Zones Scotland website www.lowemissionzones.scot/blue-badge-exemption(link is external).

RNIB Sight loss counselling

RNIB's Counselling team offers emotional support for those with sight loss.

RNIB offers emotional support for blind and partially sighted people through their Sight Loss Counselling team, a group of professional telephone and online counsellors.

Their service is accredited by the British Association for Counselling and Psychotherapy (BACP) and is completely confidential.

RNIB are bound by the BACP ethical framework for the Counselling Professions. They also comply with the Data Protection Act.

How they can help you;

One-to-one telephone counselling – this gives you the time and support to talk through your situation and feelings.

Online counselling – use the self-refer form to get in touch with their team through email, video or instant messaging.

Telephone support groups – discuss your feelings and experiences in small groups facilitated by one of their counsellors.

Guides to good mental health – They've produced a series of guides with tips on improving your mental wellbeing.

How to contact the Sight Loss Counselling team;

Get in touch with their friendly team through the Helpline today if you or someone you care for needs help call on 0303 123 9999 from Monday to Friday 8am to 8pm, and Saturday 9am to 1pm or email helpline@rnib.org.uk. You can also get in touch with the counselling team directly by leaving a message on 020 7391 2186 or emailing cwt@rnib.org.uk.

Is the counselling service confidential?

Their service is completely confidential. They will not pass on any personal information on without your consent.

The only exception would be if they had very serious concerns about your safety or that of others. In this case they would discuss this with you and encourage you to seek emergency support.

RNIB offers free counselling for blind and partially sighted people and their family and friends who are affected by sight loss.

They offer their telephone counselling to adults and children/young people from 11 years up. Their online counselling is only for those 18 and over.

Save the Date!

We will be holding an Open Day on **Wednesday 12th June**, so we are giving you plenty of time to put it in your diary!

We will be open for all Members to come in and meet the team, try out the activities and sample some of Anne's cooking!!

We will have more information in the Summer Focus at the beginning of June, but we hope to see you there!

Social activities – Thoughts from A Member

I find attending DBPSS very good for both my physical and mental health.

Mentally getting out twice a week gives me some structure to my time. The company is helpful to prevent me feeling lonely.

The staff are very supportive of any support I need or questions I may have, as well as helping with any aids that may make my life easier to live with regarding my disability. The fact that staff can collect me and drop me off at home is also a great support.

Physically, they provide healthy and tasty meals, ensuring a good diet for me.

As for the things we do, the exercise groups help with my mobility and balance, the music groups, games and bingo are purely good fun but also keep my mind active as well as my body.

Wing Walking Challenge



Our ever intrepid Helen has set herself a new challenge in a bid to fund raise money for the Society! On Friday 31st May (weather permitting) she will take to the air and wing walk!!

This will entail her standing on top of the wings of a bi-plane, strapped on hopefully, and taking to the skies.

We would be extremely grateful if you could spread the word and if anyone would like to sponsor her you can give us a call or pop into the Society. Every single penny raised will go directly to the Society.

We all thought her last fundraising challenge was bad enough, but she is really taking to the skies with this one!

DAREDEVIL
WOMAN WITHOUT FEAR

Easter Chocolate Hamper Raffle



It's time for our Easter Chocolate Hamper Raffle again!

Tickets are priced £2 available from reception or any of the team.

The raffle will be drawn at the bingo on Thursday 28th March so the Easter Bunny has time to deliver the prize to the lucky winner!

Tackling Loneliness through food!

Are you feeling lonely or a little bit isolated? We can help you meet new people and enjoy a chat over some lunch.

It's a proven fact that food is a wonderful way to bring people together, the act of sitting around a table with others and enjoying delicious, warm food makes people feel part of something. Food is a great connector and at the Dundee Blind & Partially Sighted Society we do like to feed our Members!!

We provide a home cooked 2 course lunch each day and you can just come in for lunch if you do not wish to attend the activities, the lunches are excellent value at £7.00 and

involve very delicious desserts made by our dessert queen Anne! You can sit back and have your delicious lunch served to your table by our friendly staff and volunteers and you don't even need to do the dishes!

Our Spring/Summer outings also usually involve going out for a nice lunch or Afternoon Tea, which many of our Members may not be able to do on their own, especially if they are socially isolated or don't have family to take them out regularly.

If this sounds good to you and would like to come along to lunch or any of our activities, please give us a ring on 227101.

We hope to see and feed you soon!!

DBPSS & NESS Youth Group Joint Activity Session

We are delighted to hold our first intergenerational activity group with NESS' Young People's Group. The sensory impaired youngsters from NESS will join us in the Society for a Mini Zoo Session at **3pm on Wednesday 3rd April.**

The Mini Zoo School visits are suitable for all ages and are presented by our fun animal handlers. With 12 cool creatures from all over the world we will provide a hands on, interactive learning experience where willing participants have the experience of getting up close, touching, and holding some really cool creatures. The animals in the Mini Zoo visit include; rabbit, guinea, pig, duck, chicken, mice, rat, snake, lizards, tortoise, tarantula, and loads of cool insects like giant snails, and giant roaches!

Please let us know if you would like to join in with the fun!



MAGIC MOMENTS

We are delighted to be holding our first inter generational workshop with [The Bairns Group](http://www.thebairnsgroup.com) on **Monday 15th April at 11am** at the Society.

The Bairns Group is an award winning group for 'grown ups and their Bairns'.

We are hosting a Magic Moments session for our Members, the babies and their parents, full of songs, stories, play and blether (and hopefully baby cuddles!)

If you would like to join us please let us know as we think this will be a very popular activity and numbers are limited, (we don't want to scare the babies with too many new faces!)

Puzzle Time

	1	2		3		4		5		6		
7												8
9						10						
11								12				
	13			14			15			16		
17						18						19
20		21				22		23				
24								25				
	26											

CLUES ACROSS

- 1 – CHARACTER REFERENCE (11)**
- 9 – NIGHT WATCH (5)**
- 10 – ENORMOUS (7)**
- 11 – PAN SCRUBBER (7)**
- 11 – LONG AND NARROW INLET (3)**
- 12 – LIFELESS, PASSIVE (5)**
- 13 – POINT OF DISCUSSION (5)**
- 15 – EAGLES’S HOME (5)**
- 20 – LEAP OVER (5)**
- 22 – SOFTEN VEG PRIOR TO ROASTING (7)**
- 24 – GELATIN CASE FOR MEDICINE (7)**
- 25 – LIGHT-SPLITTING DEVICE (5)**
- 26 – ULTIMATE (11)**

CLUES DOWN

- 2 – ABSORB (7)**
- 3 – ROOF LAYER (5)**
- 4 – RECOLLECTION (6)**
- 5 – HORRIDLY (7)**
- 6 – SIMILAR (5)**
- 7 – NAUTICAL CRY TO STOP (5)**
- 8 – SMALL MINDED, TRIVIAL (5)**
- 14 – FALSEHOOD (7)**
- 16 – PRESSING CLOTHES (7)**
- 17 – OUST FROM HOME (5)**
- 18 – MAINTENANCE (6)**
- 19 – ASSESS DEPTH (5)**
- 21 – SHOW ABOVE SOLE (5)**
- 23 – DRIVE AWAY (5)**

WORD SEARCH

L	L	G	R	G	E	L	A	N	I	L	N
C	L	E	A	T	O	G	E	E	I	A	Y
P	P	T	S	E	R	M	N	M	R	R	R
E	E	B	P	A	A	G	E	A	O	A	R
Y	P	B	B	A	P	P	L	E	R	N	E
R	B	A	E	P	A	P	A	Y	A	O	B
R	L	B	R	E	A	A	A	E	A	R	W
E	U	R	R	G	B	N	R	T	B	B	A
B	E	E	Y	R	A	A	A	R	R	I	R
K	B	O	C	M	A	N	L	R	W	B	T
C	E	E	A	A	O	A	E	I	I	L	S
A	R	E	B	E	M	B	K	S	T	Y	L
L	R	N	O	L	E	M	R	E	T	A	W
B	Y	A	P	R	E	N	R	R	R	L	P

Word Search – FRUITS

APPLE

BANANA

ORANGE

GRAPE

STRAWBERRY

BLUEBERRY

RASPBERRY

LEMON

LIME

WATERMELON

KIWI

PAPAYA

BLACKBERRY



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

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

CROSSWORD SOLUTION

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

So-Duko

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

Activity Timetable

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	→	13.15
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 4th Friday during the months of April – September to allow for monthly outings (priced separately and must be pre-booked)