

# FOCUS



## Winter 2022

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## **Alison's Letter**

Hello everyone,

I am delighted that after a few long years of Covid restrictions and lockdowns that we have got through this year with none of the above!!

We have had such a busy year that it has literally flown by! We have really enjoyed welcoming Members, old and new, into the activities that have got busier and busier each month as everyone's confidence has returned.

I would like to say thank you all for renewing your Memberships and for the very kind words we have received in the process. It really is very rewarding and encouraging to the team here to know that we are making a difference to people's lives and I have to add that the Members have the same effect on us and we are very fond of you all!! I have no doubt that sounds a bit corny but it is true – without our Members we would all be sat twiddling our thumbs every day!!

I would like to take this opportunity to encourage Members to come along to the Society especially during the colder winter months – even if you do not wish to take part in activities you are welcome to come down for a cuppy and a chat in a nice warm environment and of course we hope to see some of you at our Christmas lunches!

Speaking of Christmas lunches – I am very pleased to report that Anne who was our trial cook has decided that she would like to stay! If you come down to the Society on Tuesday or Thursday mornings, the smells emanating from the kitchen are mouth watering – another reason to give our lunches a try!

We have been once again overwhelmed at the generosity of our Members and their families with regards to amount of donations we have already received for the Christmas Hampers (more information later in the Focus)! Thank you all, every item is so much appreciated.

I am sure the Members will also join me in saying thank you to our Board of Directors who give up their time freely to support myself and the Society, this is very much appreciated.

I would also like to say a heartfelt thank you to my fabulous team here – Ainslay, Jenni, Helen and Anne, we have had a bit of a tumultuous time behind the scenes but they have continued smiling throughout and have been a huge source of support to me, so Thank You!

On that note I wish you all a lovely festive period and we look forward to doing it all again next year!

Best wishes and take care

Alison

# CHRISTMAS LUNCHESES

Wednesday 7<sup>th</sup> December  
Tuesday 13<sup>th</sup> December  
12pm-3pm



(Photo of Christmas dinner)

**Melon or Soup**



**Turkey, Gammon or Steak pie  
with all the trimmings**



**Raspberry & White Chocolate Gateau  
or Triple Chocolate Gateau**



**Tea/coffee and mince pies  
followed by  
A wee sing and ceilidh**

**£12.00**

On Wednesday 7<sup>th</sup> and Tuesday 13<sup>th</sup> December we will be holding Christmas lunches for the Members

Our new amazing cook Anne will be making a full Christmas lunch on both days so you can appreciate that we will be keeping the numbers to a maximum of 24 per day and we will be taking pre-orders and prepayment.

There is a set menu of melon/soup starter followed by either steak pie or turkey & gammon with all the trimmings followed by dessert and tea/coffee and of course it wouldn't be Christmas without a mince pie – all for a very reasonable £12

After lunch and to keep the fun going, we will move into the front club room for a wee singsong and ceilidh!

For those that have been attending the activities you are more than welcome to come in on the day you would normally attend, but due to the restricted numbers we will be asking those Members that attend on more than one day to choose only one day of the week to come in for their Christmas lunch to allow more Members to attend.

Even if you haven't been attending the activities and would like to come in to join us for some Christmas fun and sample our amazing cooking! Please give us a call to book a place which will be allocated on a first come basis.

## **British Wireless for the Blind**

Just a reminder that we are still agents for British Wireless for the Blind, and by providing audio equipment on a free loan to those who are unable to afford a specially adapted radio they help improve the daily lives of visually impaired people.

BWBF Connect enables recipients to receive a device via a doorstep delivery. They then receive a phone call from a member of BWBF's team who can talk to them through the set up and answer any questions they may have, ensuring that they get full use of the equipment.

**To receive a free device via BWBF Connect, the recipient must meet the following criteria:**

- Resident in the UK
- Registered or registerable blind or partially sighted
- Over the age of eight
- In receipt of a **means-tested benefit** (or parent/guardian in receipt if under 18)

If you or someone you know is interested in receiving a device please get in touch with Alison or alternatively, contact **steven@blind.org.uk** for more information or phone **01622 754757**

## **Winter fire safety**

House fires and casualties increase during winter, with a high risk over the festive period and the Scottish Fire & Service have issued some valuable advice for the public;

## **Festive safety tips**

- Check your smoke and heat alarms are working. Replace batteries if necessary.
- If you have an open fire make sure your chimney is swept before winter. Always use a fire guard, secured in position, to protect against flying sparks from hot embers.
- Never place Christmas cards or decorations around the mantelpiece.
- Check your Christmas light plugs are fitted with the correct fuse, don't overload extension leads and ensure all electrical devices are Intertek BEAB approved.
- Always switch Christmas lights off and unplug them before you go to bed.
- Decorations can burn easily – don't place them near lights or heaters.
- Never leave cooking unattended, especially when using hot oil. For early warning of fire consider fitting a heat alarm in your kitchen.

## **Using electric blankets**

- Never leave an electric blanket switched on when you're in bed unless it's marked 'suitable for all night use'
- Ensure your electric blanket is tested and serviced in accordance with manufacturer's guidance,

in particular after the guarantee runs out. Manufacturers often recommend testing blankets every 3 years.

- Check the blanket, plug and flex regularly for damage (e.g. fraying fabric, scorch marks, exposed wires). If you're in any doubt, don't use the blanket.
- Store electric blankets safely – roll them, don't fold them.

## **Christmas Hamper Raffle**

We are so pleased to be able to hold our Christmas Hamper Raffle again this year!!



(Photo of hampers)

Last year we were extremely fortunate to receive enough donations to make up 7 prizes including 3 hampers! This year we have set ourselves a challenge to equal, if not exceed, last year's prizes! Which means for the price of a raffle ticket you could end up with a fantastic hamper filled with delicious food, wine and lots of other goodies!!



Tickets are £2 and are available at reception or just ask any team member!

### **Activities Start Time**

It has come to our attention that Members are coming to activities earlier than they are due to start and we would like to give a gentle reminder that the start time of all morning activities is 11am.

We would respectfully request that the earliest Members come in for the morning activities is 10.50am. This is to ensure that there is a member of the team in the building and available to let you in.

There are times we are out picking up Members or doing the lunch shop, and if you arrive early you may need to wait outside if all the staff are out of the building.

Obviously, we do not wish our Members to be unable to enter if we are not in the building especially with the colder weather approaching.

Thank you for your cooperation with this request.

### **Christmas Presents from the Resource Room!**

We now have a selection of XXL Jigsaw Puzzles in the Resource Room which you may like to purchase for yourself or to give as a gift, you can choose from;

- XXL 40 Piece – The Queen’s Speech
- XXL 100 Piece – The Secret Garden
- XXL 100 Piece – Caravan Escape

All are priced at £12.00 and we can gift wrap them for you if preferred at no extra cost

We also have stock of

- Liquid Level Indicators
- Talking Clocks & Watches
- Large Print Calendars
- Large Print Diaries
- Large Print Address Books
- Large Print Crossword & Suduko Books
- Playing cards with giant numbers
- Socially Distancing Lanyards
- Visually Impaired Lapel badges

## **AGM**

We recently held our AGM and we were delighted to be joined this year by a few of our Members, which was fabulous after a couple of years of being either via Zoom or restricted on numbers attending!

The AGM was a positive meeting with Sheena Gibson, our accountant, reporting that the accounts looked healthy. Mary Robertson stood down as President and we are delighted that Billy Williamson was elected our new President and Mary Robertson is the Vice President, the rest of the Board remained the same.

Copies of our Annual Reports and Accounts are available to Members to view and we can produce in large print, they are also available to view on our

website. Please give us a call on 227101 if you would like a copy of the accounts.

## **DBPSS Canvas Shopping Bags**

If you are searching for the perfect Christmas present, then look no further! Our bags are a perfect size for your shopping and environmentally friendly – no more single use plastics!



(Photo of DBPSS shopping bag)

Now only £5.00

Available from reception or just ask any of the team to help you!

## FOR SALE

### OrCam MyEye - £500

We have very kindly been gifted an OrCam My Eye for us to sell on at a much reduced price.



(Photos of OrCam User Guide & Box)

OrCam MyEye is a voice activated device that attaches to virtually any glasses. It can instantly read to you text from a book, smartphone screen or any other surface, recognize faces, help you shop on your own, work more efficiently, and live a more independent life!

To purchase this item from the retailer it costs over £2500 – the item we have been gifted is in excellent condition having hardly been used so is a fabulous buy at £500!

## Optelec HD+ - £100

We also have a Optelec HD+ which was given to us for resale – this is also in excellent condition and is for sale for £100



(Photo of Compact+ HD box and device)

If you would like to purchase either of these items please give us a call on 227101.

## **Specsavers Home Eye Tests**

If you, or someone you know, are unable to leave home unaccompanied due to a physical or mental illness or disability, we can come to you.

In order to be eligible for a home visit, you or someone you know might:

- have a condition that stops you from leaving your home unaccompanied due to poor health
- be living with a diagnosed mental health condition that prevents you from leaving your home without the assistance of another person
- be housebound or bedbound due to a physical disability

## **How to book at Home Eye Test**

You can choose how you would like to request your home visit.

Call Specsavers directly on 0808 239 4722 to arrange your appointment or fill out a form on their website <https://www.specsavers.co.uk/home-eye-tests/request-a-free-home-visit> - if you need help with this please give the Society a call on 227101 and we can assist completion of the form with you.

Once you have submitted your request online, someone will be in touch from Specsavers.

**Some Christmas Cheer!!**



**How much did Santa pay for his sleigh?  
Nothing, it was on the house!**



**What is the Christmas carol that you can sing  
to fruits on the happy event? "Have Yourself A  
Berry Little Christmas.**



**What happens when you combine Santa with  
a duck? A Christmas Quacker.**



**Which one of Santa's reindeer has the best  
moves? Dancer!**



**How long are an elf's legs? Just long enough  
to reach the ground!**



**What did one cranberry say to another at  
Christmas? 'Tis the season to be jelly!**







22					23							
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## CLUES ACROSS

- 1 – BARE-FACED CHEEK (8)
- 5 – VEGETABLE (4)
- 8 – REPORT (8)
- 9 – PRISON ROOM (4)
- 11 – BOOK-KEEPING (10)
- 14 – REGARD AS THE SAME (6)
- 15 – DASHBOARD (6)
- 17 – COURSE OF STUDY (10)
- 20 – MOVE (A MUSCLE) (4)
- 21 – AFRICAN COUNTRY (8)
- 23 – NOT AS MUCH (4)

## CLUES DOWN

- 1 – ASSISTANT (4)
- 2 – SHIP'S FLOOR (4)
- 3 – NEWSPAPER CARTOON (5,5)
- 4 – PUBLIC ADDRESS SYSTEM (6)
- 6 – TELESCOPE PART (8)
- 7 – METRIC UNIT OF WEIGHT (8)
- 10 – PRICELESS (10)

**12 – CALM, QUIET (8)**

**13 – ANGRY DISAGREEMENTS (8)**

**16 – TO NO AVAIL (6)**

**18 – WOODWING INSTRUMENT (4)**

**19 – NOTEWORTHY ACT (4)**



# CHRISTMAS WORD SEARCH



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

BELLS  
 CANDLES  
 CANDY CANE  
 CARDS  
 CELEBRATE  
 CHIMNEY  
 CHRISTMAS

RUDOLPH  
 SANTA  
 SEASON  
 SLEIGH  
 STOCKING  
 TREE  
 WREATH

ELVES  
 FROSTY  
 GIFT  
 GIVING  
 GREETINGS  
 HOLIDAY  
 JOLLY

JOY  
 MERRY  
 MISTLETOE  
 NOEL  
 NORTH POLE  
 REINDEER



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

		<b>7</b>	<b>6</b>				<b>2</b>	
		<b>8</b>		<b>7</b>				
<b>1</b>	<b>4</b>		<b>3</b>				<b>5</b>	
					<b>6</b>	<b>3</b>		
	<b>9</b>	<b>2</b>				<b>6</b>	<b>7</b>	
		<b>5</b>	<b>9</b>					
	<b>6</b>				<b>3</b>		<b>1</b>	<b>2</b>
				<b>5</b>		<b>9</b>		
	<b>2</b>				<b>1</b>	<b>8</b>		

# CROSSWORD SOLUTION

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

# So-Duko

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





# DUNDEE AUDIO NEWS

formerly

Dundee Tape Newspaper for the Blind

**Do you know someone who  
has difficulty reading a  
newspaper or magazine?**

**Dundee Audio News provides  
local news, magazine  
material and interviews on  
CD/cassette  
free every month**

**For further details please  
contact Graeme Tarbet  
on Dundee 810266**

Charity No. SC 011284



## Winter Holidays

Please note:

The Society staff will be on annual leave for the following period;

11am, Thursday 22<sup>nd</sup> December

|

9am, Monday 9<sup>th</sup> January

We will be back in the office on Monday 9<sup>th</sup> January.

This may seem like a long break, but it is the only time of the year when we can all have a break at the same and the team are not left short staffed.

If you have an emergency over the Christmas period please contact;

438300 (Social Work Department)

307964 (Out Of Hours Team- only

contactable evenings and public

holidays)

**“A very Merry Christmas to one and all from everyone at the Society”**