



Hello again from all of us here at Vision Support. If you would like to get in touch with us, you can email us at [information@visionsupport.org.uk](mailto:information@visionsupport.org.uk) or call us on 01244 381515. Our planned groups and Community Information Service schedules may be subject to change due to government guidelines so please get in touch beforehand to avoid disappointment.

Vision Support is delighted to announce its new Sensory Support contract with Denbighshire Social Services. The contract, which started on the 1st October 2021, involves working in partnership with the Centre for Sign, Sight and Sound (COS).

The overall aim of the sensory service is to support adults and children living with sensory loss in Denbighshire, whether it be hearing loss, sight loss, or dual sensory loss. The sensory team consists of qualified staff with specialist knowledge who are able to provide advice and assistance on aids and equipment to assist with communication needs. The team is also able to provide specialist assessments and rehabilitation training to support people with sensory loss in learning new skills to improve their independence. Please contact [spoa@denbighshire.gov.uk](mailto:spoa@denbighshire.gov.uk) or call **0300 4561000** for further information or to make a referral.



We are pleased to announce that the **Rhyl Visionaires** will be starting to meet face to face again in their new central venue of **The ASK Centre on Water Street**. This is a fun and friendly social group and we would love to see some familiar and new faces. If you would like to find out more or would like to volunteer to help run this group please contact **Nia** on **07548829635** or email [ngreer@visionsupport.org.uk](mailto:ngreer@visionsupport.org.uk)

## Kickstart your year with a challenge

Marking the start to a new year with an exciting new challenge, Vision Support launches virtual fundraiser “Take on 250”. Every day in the UK, 250 people begin to lose their sight. To help spread awareness of this, Vision Support is collaborating with 36 other sight loss charities to invite people to Take on 250. The challenge takes place from 1 January to 31 January 2022, and people can take part individually or as a team. Participants can choose any activity, whether it be baking, knitting, running, walking, or dancing and complete 250 minutes, 250 laps, or 250 repetitions – the choice is up to the individual or team, including their fundraising target.

Funds raised for Vision Support will make a big difference to people with sight loss in Cheshire and North Wales. For more information or how to sign up to the virtual fundraiser for free, please visit our website: <http://visionsupport.org.uk/>, call us on **01244 381515** or send us an email [information@visionsupport.org.uk](mailto:information@visionsupport.org.uk).



## Update from Aberconwy Talking News

Audio recordings of the talking news in the New Year will be a download which you can receive via Google, Bing or an app as well as via smart speakers. This is **instead of** being delivered on USB via Royal Mail.

Aberconwy Talking News have made the decision to change the way in which you access recordings as many of their service users use technology and this method will enable you to access the news more quickly!

If you do not have a smart phone or tablet please let them know and they will endeavour to make other arrangements. Please contact them via the below methods. They have also put together a simple guide on how to access the recordings via the various methods, so do please let them know if you would like to receive this.

The Aberconwy Talking News Team. Telephone: **01492 870189**

Contact Us by Email: **[aberconwytalkingnews@gmail.com](mailto:aberconwytalkingnews@gmail.com)**

# Community Information Service

Below are a selection of visits we have planned for January with the Community Information Service. Please note that the schedule can be subject to change. If you have any questions, please call us on **01244 381515** or email [information@visionsupport.org.uk](mailto:information@visionsupport.org.uk). The schedule can also be found on our website, [www.visionsupport.org.uk](http://www.visionsupport.org.uk)

Monday 10th at **Llandudno Prom by Cenotaph** 10.00am - 2.30pm

Tuesday 11th **Gordale Gardens** 10.00am -3.00pm

Tuesday 11th at **Bellis Bros, Holt** 10.30am - 2.30pm

Wednesday 12th **Blacon Library** 1.00pm -3.00pm

Wednesday 12th **Kingswood KingsWay** 10.00am -12.00pm

Wednesday 12th at **Tweedmill, Trefnant** 10.00am - 2.30pm

Thursday 13th **Widnes Market** 10.00am -3.00pm

Thursday 13th at **Morrisons, Rhyl** with COS 10.00am - 2.30pm

Monday 17th at **Rhos on Sea by TIC** 10.00am - 2.30pm

Tuesday 18th **Runcorn Old Town Co op** 10.00am -3.00pm

Wednesday 19th at **Green Lane car park, Corwen** 10.30am - 2.30pm

Wednesday 19th **Barbour Inst Tattenhall** 10.00am -3.00pm

Thursday 20th **Princeway surgery Frodsham** 10.00am -3.00pm

Sunday 23rd at **Asda, Kinmel Bay** 10.00am - 2.30pm

Tuesday 25th **Waverton shops** 10.00am -12.00pm

Tuesday 25th at **Y Maes car park, Pwllheli** 10.30am - 2.30pm

Wednesday 26th **Widnes Market** 10.00am -3.00pm

Our Community Information Service is still busy travelling and setting up new places to visit in East Cheshire. If you would like us to set up in your area, or attend one of your events in east Cheshire please get in touch with **James** on **0151 511 8801** .

# The Four Seasons - Mary Eileen Evans

Mary was inspired to write poetry after reading a poem when she was eight. Mary realised she had the ability to let words flow naturally, so much so that she has had her poems published and won a Poet of the Year award. Unforeseen circumstances meant she could not attend the ceremony. Mary is in her nineties and still writes poetry today; she has found strategies for working with sight loss by learning to recite many of her poems from memory. Mary has also just translated a poem into Welsh.

The below poem featured was written by Mary in 1996.

## “The four Seasons”

Spring comes in - with such delight, The earth awakens – to its sight,  
Shrubs and seedlings – are aware, Of the magic in the air,  
Then comes the summer – following on, With sunshine brightly –  
all day long, Then – as summer fades away, Autumn takes its  
place – in full array, Wondrous colours everywhere, Before winter  
takes over, Making everything looks bare, Snowflakes – falling  
gently down, On our little sleepy town, Christmas time – will soon  
be here, What a lovely way to end the year!

## Subscribe

Have you picked up this news sheet while out and about?

If you'd like to receive our newsletters delivered to your home for free in your preferred format (i. e. braille, large print or audio CD) please return this section to us with your name and address completed below and we will add you to our mailing list. Please send returned slips to: Vision Support, Units 1 & 2, The Ropeworks, Whipcord Lane, Chester, CH1 4DZ.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Preferred Format:** \_\_\_\_\_