



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 or you can call us on 01244 381515.

Our planned groups and Community Information Service schedules can be subject to change so please get in touch beforehand to avoid disappointment.

We would like to begin this edition with a few fond farewells. We firstly have a piece from Miriam, who retired at the end of July.

“I am immensely proud of Vision Support and all that we have achieved over the years that I have been CEO. Lots and lots of memories for me to take away with me. I will miss you all very much but am confident that Vision Support will thrive with Lowri at the helm.” - Miriam Wright former CEO.

Glenys, our Rehabilitation Assistant, will also be retiring at the end of this month. We would like to thank her for all her tireless work that she has put in to supporting people with a vision impairment over the years. Her unique sense of humour will also be missed!

Trustees

We are recruiting new members to our board of trustees. If you or anyone you know would be interested in joining the board, please call us at our head office on 01244 381515. Alternatively, you can email ibartrum@visionsupport.org.uk or call Lowri on 07562 607197 and she will be able to give more details. We are looking for people who have knowledge of the charity sector or people who have either personal lived experience of vision impairment, or have experience through a family member.

Introducing the Brighter Futures Wellbeing Hub

Living with a vision impairment can have a significant effect on your wellbeing as it impacts on daily life both emotionally and practically. Our new Information Hub aims to provide you with information including websites and apps that can help improve your wellbeing as well as services that you can access throughout North-East Wales, Cheshire West, Chester and Halton.



All of the information and apps included on our Hub have been tested by both staff and volunteers with a vision impairment to ensure that it is accessible for you. On the wellbeing hub you can discover services and activities taking place in your area, apps and online resources, Information relating to specific issues such as employment, health and nutrition, information for carers and much more.

The Brighter Future's Wellbeing Hub will be live on Friday 26th August. You can find the hub on the Vision Support Website www.visionsupport.org.uk under the Get Support tab.

Better Wellbeing Workshops

We would like to tell you about the launch of the Vision Support Better Wellbeing Workshops. These workshops will take place once every three months at our resource centre in AVOW, Wrexham.

The workshop, which is being lead and delivered by our Welfare Benefits and Wellbeing Manager Gary Twigg, will include:

Exploring the emotional impact of vision impairment, sharing experiences (if you feel comfortable to) learning about coping mechanisms you can adopt to increase your emotional resilience.

The first Better Wellbeing Workshop will take place on **Thursday 20th October, 10am-3pm**. The session is open to anyone living with a vision impairment and their supporters.

Booking is essential as there are limited spaces for each session.

To book or for any further information please contact Nia on ngreer@visionsupport.org.uk or call **07548 829635**.

Community Information Service

Below are a selection of visits we have planned for September with the Community Information Service. Please note that the schedule can be subject to change. For the full month's schedule please call us on **01244 381515** or email **information@visionsupport.org.uk** it can also be found on our website, **www.visionsupport.org.uk**

Monday 5th **Rhos on Sea by TIC** 10.00am - 2.30pm

Tuesday 6th **Kingswood Kingsway** 10.00am - 12.00pm

Tuesday 6th **Blacon Library** 1.00pm - 3.00pm

Wednesday 7th **Tweedmill, Trefnant** 10.00am - 2.30pm

Thursday 8th **Y Maes car park, Pwllheli** 10.30am - 2.30pm

Thursday 8th **Widnes Market Community Stall** 10.00am - 3.00pm

Sunday 11th **Morrisons, Holyhead** 10.30am - 2.30pm

Monday 12th **Morrisons, Rhyl** 10.00am - 2.30pm

Tuesday 13th **Bellis Bros, Holt** 10.30am - 2.30pm

Tuesday 13th **Co.op Runcorn old Town** 10.00am - 3.00pm

Wednesday 14th **Northwich Town Centre Nr Boots** 10.00am - 3.00pm

Wednesday 14th **Morrisons, Caernarfon** 10.30am - 2.30pm

Thursday 15th **Green Lane car park, Corwen** 10.30am - 2.30pm

Thursday 15th **Princeway Dr Surgery Frodsham** 10.00am - 3.00pm

Friday 16th **Prestatyn Library (Talking Point)** 10.00am - 2.30pm

Monday 19th **Llandudno Prom by Cenotaph** 10.00am - 2.30pm

Tuesday 20th **Waverton Shops** 10.00am - 12.00pm

Wednesday 21st **Widnes Market Community Stall** 10.00am - 3.00pm

Sunday 25th **Asda, Kinnel Bay** 10.00am - 2.30pm

Tuesday 27th **Venue Cymru (NWSB Event)** 10.00am - 2.30pm

North Wales Society of the Blind

Venue Cymru Event

The North Wales Society of the Blind is celebrating its 140th year!

As part of the celebrations they will be hosting their largest ever exhibition showcasing the latest products, technology and services which we are proud to be a part of.

We would be delighted if you were able to join us on Tuesday the 27th September 2022 at Venue Cymru, Llandudno from 10.00am till 4.00pm

We will be joined by over 50 local and national exhibitors including VisionAid Technologies, Sight and Sound Technology Ltd, RNIB Shop, Alzheimers Society, Gareth Roberts Opticians, St Davids's Hospice, RNID, Conwy Mind, Glaucoma UK, Blind Veterans, Guide Dogs, Carers Wales plus many more.

Coleg Llandrillo health and beauty students will be offering hand and arm massages and there will be entertainment from the Welsh musician Dafydd Iwan

Transport may be available depending on demand. If you are travelling from Chester or Wrexham call Nia from Vision Support on 07548 829635 to book.

If you are travelling from other areas of North Wales please call Bethan from North Wales Society of the Blind before the 1st September on 01248 353604. Please note there may be a small charge for transport.

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North Wales Society of the Blind