



Welcome to Vision Supports December news sheet. 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 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 have stakeholder events coming up in January so please come along if you are local to the area. If there is severe weather please ring 01244 381515 on the day of the event to confirm it is still going ahead. The Stakeholder Events are to facilitate discussions around services and information for people with a vision impairment, alongside hot drinks and snacks.

- Chester Stakeholder. Wednesday 11th January. The Bluecoat, Upper Northgate Street, Chester CH1 4EE 1.30pm - 4.30pm.
- Conwy Stakeholder. Wednesday 25th January. Coed Pella, (Conwy County Borough Council Building) Conway Road, Colwyn Bay, Conwy, LL29 7AZ. 1pm—4pm.
- Halton Stakeholder will be in 2023. Date to be confirmed.

## Better Wellbeing Workshops

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

This session will be delivered by VisionSupport Wellbeing Service Manager Gary Twigg and is open to anyone living with a vision impairment and their supporter's. The next workshop will take place on: **Thursday 19th January 2023 from 10am-3pm at AVOW in Wrexham.** Booking essential Please call Nia Greer on 07548 829635 or email [ngreer@visionsupport.org.uk](mailto:ngreer@visionsupport.org.uk) if you would like to attend.

## Take on 250

Every day in the UK 250 people begin to lose their sight. That's why we need you to Take on 250.

Take on your own challenge in January 2023 and get that great sense of achievement, while helping us smash the barriers faced by people living with a vision impairment.

Choose a new challenge, or take on something you love and complete 250 of whatever you decide. You can Take on 250 as an individual or with a team of friends, family or colleagues. Whatever you do, join us and make a big difference to people living with a vision impairment.



### Take on 250 - your questions answered!

**How do I register?** Please fill out this registration form online to tell us what you are planning to do or call us on 01244 381515

[www.justgiving.com/campaign/TakeOn250VisionSupport](http://www.justgiving.com/campaign/TakeOn250VisionSupport)

**Why 250?** In the UK, 250 people a day start to lose their sight that's 1 person every 6 minutes.

**Can we fundraise however we like?** Yes, of course. But it's a great idea to give your events a 250 theme. For example, by doing 250 laps around your garden, having an event to swap 250 items of clothes, baking 250 cupcakes to sell or running for 250 minutes, the possibilities are endless!

**How do we fundraise?** You can create a personalised 'take on 250' fundraising page at [www.justgiving.com/campaign/TakeOn250VisionSupport](http://www.justgiving.com/campaign/TakeOn250VisionSupport) and send the link to your family, friends and work colleagues. You can also share it on social media and let others know why you are inspired to support Vision Support and our service users living with a vision impairment.

# Christmas Art

Last year Melvin who is visually impaired and lives in Llys-y-Graig in Wrexham shared some of his paintings with us. The past year has brought ups and downs for many of us, but we are pleased to report that with support from Sonia the Warden of Llys-y-Graig and Vision Support has encouraged Melvin to take up painting again.

Over December he is using his wonderful paintings to make Christmas cards. Melvin intends to give the cards to the other residents where he lives to send to their family and friends for a small donation.

Pictured below is some of the paintings which we hope you will enjoy.

Painting one is of a dark moving river with a blue and white lighthouse on the opposite side of the river bank. The banks edge is surrounded by tall grass and the sky a rich orange and red, with light clouds above.



Painting two below is of a park with a light grey path. There are dark green bushes to the left and tall autumnal trees to the right and in the distance where you can also see a light bridge.



Did you know our social groups also do arts and crafts? If you would be interested in finding out more about our groups and what they have planned for the new year please call us on 01244 381515.



# Community Information Service Schedule. January.

Please note we have two vehicles and visits can be subject to change.

Tuesday 3rd **Waverton Shops** 10.00am – 12.00pm

Tuesday 3rd **Barbour Institute Tattenhall** 1.00pm – 3.00pm

Wednesday 4th **Tweedmill, Trefnant** 10.00am – 2.30pm

Wednesday 4th **Widnes Market Community Stall** 10.00am – 3.00pm

Thursday 5th **Y Maes car park, Pwllheli** 10.30am – 2.30pm

Friday 6th **Prestatyn Library (Talking Point)** 10.00am – 2.30pm

Monday 9th **Rhos on Sea by TIC** 10.00am – 2.30pm

Tuesday 10th **Bellis Bros, Holt** 10.30am – 2.30pm

Wednesday 11th **Morrisons, Caernarfon** 10.30am – 2.30pm

Wednesday 11th **Northwich Victoria Hospital** 10.00am – 3.00pm

Thursday 12th **Ellesmere Port Market Car Park** 10.00am – 3.00pm

Thursday 12th **Wrexham Maelor Hospital** 10.30am – 2.30pm

Sunday 15th **Morrisons, Holyhead** 10.30am – 2.30pm

Tuesday 17th **Northwich Town Centre near Boots** 10.00am – 3.00pm

Wednesday 18th **Llangollen Library** 10.30am – 2.30pm

Wednesday 18th **Kingswood Kingsway** 10.00am – 12.00pm

Wednesday 18th **Blacon Library** 1.00pm – 3.00pm

Thursday 19th **Widnes Market Community Stall** 10.00am – 3.00pm

Friday 20th **Llandudno Hospital** 10.00am – 2.30pm

Monday 23rd **Llandudno Prom by Cenotaph** 10.00am – 2.30pm

Tuesday 24th **Rhyl Library (Talking Point)** 10.00am – 2.30pm

Tuesday 24th **Gordale Garden Centre Burton** 10.00am – 3.00pm

Wednesday 25th **Cae Pwmp car park, Cemaes Bay** 10.30am – 2.30pm

Wednesday 25th **Runcorn Old Town Co-op** 10.00am – 3.00pm

Thursday 26th **Northwich Victoria Hospital** 10.00am – 3.00pm

Friday 27th **Flint Pavilion** 10.30am – 2.30pm

Monday 30th **Chirk AAA car park** 10.30am – 2.30pm

Tuesday 31st **Ysbyty Gwynedd Hospital Bangor** 10.30am – 2.30pm

Tuesday 31st **Frodsham Library** 10.00am – 3.00pm