



Optic Topics

Issue No 109
Autumn & 2018

**A newsletter for visually impaired
people and connected services**

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Manx Registered Charity No. 132



Contents	Page
Mrs Pat Corrin OBE	3-5
Coast to Coast Walk	5-6
Children's Eye Tests	6-7
Bright for Sight	8
Blind Driving	8-9
Leave a gift in your will	9
NSC	9-10
Younger Persons Club	10-13
Guided Walks	13
Riding for the Disabled	13-14
Luncheon Clubs	14-16
Palace Christmas Lunch	16-18
Flu Vaccine	18
The VIP Store	19-21
MBWS Audio Library	21-23
Christmas Celebration	23-24
Authors Breakfast	24-25
Christmas Coffee Morning	25
Christmas Cards & Calendars	26
RNIB	27-29
Manx Macular Support Group	29-35
Recipe	36-37
Autumn – A Poem by Helen Keller	38-39
Luncheon Club Calendar Nov - Jan	40
Special Dates for your diary	41-42
Donations	42
Sickness	43
Complaints Procedure	43

Mrs Pat Corrin OBE

On Friday 14th September 2018 Mrs Pat Corrin OBE sadly passed away. Pat who is the wife of our President, Deemster Jack Corrin CBE, TH, was a long standing volunteer at the Society.

Pat's involvement with the Manx Blind Welfare was to span over 40 years. In 1972 she started reading the local news for the blind when the service was introduced. In 1984, when the Royal National Institute for the Blind and Manx Blind Welfare agreed a revised charter for sharing funds raised on Island, Pat was appointed as Chairman of a new sub-committee, IOM Fund for the Blind. This was a position she would hold for 30 years. The duties of the Committee were to organise and deal with all fundraising activities, and on the occasion of the 75th history Pat would write that it had:

'Organised hundreds of fundraising events and raised huge amounts of money for the Society. In the early days the aim was to raise £7k a year and in more recent years the average was £50k a year. Manx Blind Welfare is entirely a voluntary organisation and receives no Government aid and so the efforts of the Fund for the Blind Committee has been

the financial rock on which the Society has been sustained.'

Pat went about her role as Chairman of the fund and as a member of our Executive Team (the Board) in exactly the same way she did in her professional life and the other positions she held in other charitable and public institutions. Everything she did, she did quietly, effectively with humility and compassion towards others.

She was, and will always remain greatly respected by all associated with Manx Blind Welfare Society. The unanimous decision of the Society membership in 2003 to name our new headquarters in Onchan as 'Corrin Court' best illustrates the affection that our charity will always hold for Pat and her loving husband Jack.

There is no doubt that so much of the good work that emanates from this building has been guided through their wise counsel. As we sadly extend the condolences of the whole Society to His Honour Jack and his daughter Jane, we take this opportunity to reaffirm our commitment to strive tirelessly to support any and all of those affected by the challenges of sight loss feeling assured that is exactly what Pat would expect us to do as we

ensure her inspirational contribution and generosity of spirit lives on through our work.

Ian Cooil
Chief Executive

Coast to Coast walk

Our first Coast to Coast walk was held on Sunday 9 September. We were delighted with the turn out with approximately 120 people taking part. The first starting point was at South Quay, Douglas, where competitors headed out towards the Nunnery, through the bowl and NSC, then to take the slip road through to the old railway line. We followed the track for over 12 miles to finish at the House of Manannan in Peel. For people who didn't want quite as strenuous a walk, the starting point was at St Johns which was still a generous 3 miles!

At the end of the walk, participants were given a certificate to celebrate their achievement . Well done to everyone who took part especially our members!

A big thank you to Skywind our sponsors, to Robinsons for donating the water and fruit, to

Steve Babb for the wonderful photos and to all of our dedicated volunteers and supporters.

Kerry & Clare wish to thank everyone who sponsored them for this walk.

Children's eye tests

During our Vision Awareness week Manx Blind Welfare Society and RNIB Isle of Man have partnered up with the Island's opticians to highlight the importance of eye tests for children and to encourage parents and carers to get their child's sight tested.

There is strong evidence to show that many children in the UK do not have eye tests other than regular screening which should take place between the ages of four and five. The NHS Choices website highlights the importance of regular eye tests for children and that, without routine tests, a potential problem could go undiagnosed for months and years.

It's important for eye problems to be identified as early as possible because they can significantly affect a child's development and education.

It's also recommended that children have regular eye tests at least once every two years. These are free for all children under 16 years old (and those under 19 years old in full time education).

All children who receive an eye test will receive their very own **Nellyn the Bear** (Manx for Little Champion).

All opticians on the Isle of Man have signed and can be contacted on the numbers listed below.

- Boots Opticians, Douglas – 676886
- Gillian Sheard Opticians, Douglas – 676260
- Holmes and Davidson, Douglas – 676230
- Patricia Wild Opticians, Douglas – 613158
- Sadler and Vanderplank, Douglas – 673643
- Specsavers, Douglas – 689500
- Newby and Padley Optometrist, Onchan - 611110
- Newby and Padley Optometrist, Port Erin – 832519
- Patricia Wild Opticians, Ramsey – 813977
- Sadler and Vanderplank, Ramsey - 814934
- Laxey Opticians, Laxey – 861177

The Rotary Club has funded initially the initiative through the Lockington Marshall

Trust which was established to aid Manx charitable organisations.

Bright for Sight

Various organisations and schools took part in 'Bright for Sight' day so a big thank you to them. Bright for Sight is held to raise awareness of sight loss.

At Manx Blind Welfare we held our coffee morning where everyone enjoyed tea and biscuits whilst browsing the regular stalls on offer.

Blind Driving

The last event to take part in Vision Awareness week was our blind driving event. This was held on Sunday at Onchan Park Stadium. Blind and visually impaired members drove a dual-controlled car around the stadium while sighted participants had a blindfold on to do this. All participants had a great experience – you could tell how much they enjoyed it by their faces when getting out of the car!

One of the visually impaired drivers said “the sound of the engine, the feel of the car was just fantastic!!”.

A number of the sighted drivers said “it was a strange experience and very scary”.

Leave a gift in your will

At Manx Blind Welfare we rely totally on donations from our supporters to continue to run our services and help our good work live on. We don't receive any Government funding and run most of our services for free.

If you would like to leave us a gift in your will, we would make sure that your gift is used wisely. Every gift makes a difference.

NSC

Do you know that the National Sports Centre offer 50% discount on Fitness Zone memberships for all those in receipt of Disability Living Allowance.

They also have several activity opportunities for you to get involved with:

Beginner's Boxercise
Let's Make Waves
Social Spin
Parish Progression Session
Swing of Things

All sessions are made fully inclusive

For more information contact NSC reception
on 688588

Social & Welfare Officer's report by Ellie Baker

We are excited to let you know what we have been up to over the summer – Clare and Ellie have been out and about with groups of 5-8 of our Younger Members taking part in a wide variety of activities.

We kicked off at the end of July, running the club weekly on a Wednesday during the summer holidays – our first outing was ten pin bowling and a Mexican diner lunch. It was a chance for everybody to get to know each other and friendships began to grow right from that first day over the strikes and misses.

Everyone bonded further the next week at the Wildlife Park during a special "Bugs, Beasties and Snakes Experience". Five exhibits were brought out for our group to get a chance to hold!!! Everyone was quite nervous but we were put at ease and all got a chance to feel and hear about the life of a: corn snake, royal python, bearded dragon, hissing cockroach and giant land snail! Everyone loved the experience and were surprised to feel that snakes have dry skin and that the hiss of a hissing cockroach is pretty unnerving!

We then had a blustery picnic outside which had us in fits of giggles as we all tried to stop everything flying around but also eat at the same time! We didn't have enough hands!

Another week saw us on Peel breakwater for sausage and bacon baps before we headed off up to Ballahimmim to saddle up for pony trekking. This was a fantastic trek out in the countryside and built a lot of confidence amongst the group.

We are also running the club once a month on a Saturday throughout the year and so in August, this involved a pub lunch and a steam train ride – there turned out to be a war time event at the station and on the train with staff

and passengers in old costumes with music playing from the time, which added to the atmosphere of the day.

Another week that proved to be a highlight was the kayaking trip on Mooragh Lake with instructors from the Venture Centre. Our members shared canoes and were soon off racing each other around the lake and learning all the tips and techniques.

The activities remaining this year are as follows:

Saturday 20th October 11am – 3pm

Toad in the Hole cooking competition and chippy lunch

Wednesday 31st October 4pm – 8pm*new time*

Pizza tea and climbing wall

Saturday 17th November 11am – 3pm

Ten pin bowling and diner lunch

Saturday 15th December 11am – 3pm

Festive pottery and Christmas buffet – family event

If you are a member aged 25 and under and would like to join us for any of the above activities, please just let Ellie or Clare know on 674727. All activities are free of charge and transport is provided. We also welcome ideas for future activities if you have your own suggestions that you'd like to get involved with.

Next guided walks

Also continuing are our monthly guided walks and the upcoming dates for these are:

Monday 29th October 6pm

Ghosts and legends of Peel and Creek pub

Sunday 25th November 2pm

Castletown to Scarlett and Bowling Green café

Monday 10th December 2pm

St John's and Tynwald Mills

Just a quick update on the walk we had on Monday 23rd July on Douglas Head – it was an exceptionally foggy and wet day and David, our guide, ended up finishing his talk on the bus, whilst we balanced the picnic on our laps – still very tasty though!

Riding for the Disabled (RDA)

Kerry and Ellie have been out to visit the Riding for the Disabled Association (RDA) in Andreas and got a chance to watch a class in action.

At RDA, the horses and ponies provide therapy, achievement and enjoyment to people with disabilities.

If you would be interested in joining a riding group with them or having some individual lessons, please let Ellie know on 674727.

Social Inclusion Officer's report by Clare Goldie

As always we like to thank our regular entertainers for their continued support. Colyn Ashton Vickers, Val Kissack and friends, Musical pals, Shoh Slaynt, Sue Lynne and Lisa and Arie Eisinger to name a few.

Home of Rest for Old Horses

At the beginning of July we managed to take all the Lunch Club groups up to feed the horses or just browse the gift shop followed by

a cup of tea/coffee and piece of cake. All the members, staff and volunteers thoroughly enjoyed the visit.

Friendship Week

During the first week of August we held our annual Friendship Week, where the members were invited to bring a friend in for lunch and stay and enjoy an afternoon of entertainment.

Mr Whippy Ice Cream Van

As the weather was so hot we organised for Mr Whippy Ice Cream Van to call to the centre, and give our members the opportunity to purchase and ice cream, which everyone enjoyed.

We were very fortunate to have minor disruption due to the MGP, and only had to close on the Thursday of Practice week, so hope some of you enjoyed the bikes or an alternative activity.

Christmas Dinner week

Looking forward to the winter months our Christmas dinner week is 17th/19th/20th December. Your pickups will be as normal,

followed by a lovely 3 course Christmas dinner with all the trimmings and our Christmas entertainment and visit from Santa. Please note the Tuesday group will be having their lunch on Monday 17th.

Christmas lunch

This year's Christmas Lunch will be held at the Palace Hotel on **Friday 7th December**. As always this is a very popular event, so please book early. The last date for you to put your names down is **Friday 23rd November**. The cost is free to all blind and partially sighted members.

A friend or partner is welcome to come along (provided there is room) at a cost of £20 per person. Places will be allocated on a first come, first served basis. If you intend to bring a friend or partner, could you please send a cheque made payable to Manx Blind Welfare Society as collecting money on the day can be quite a problem.

Sighted guides will be provided to assist at each table throughout the lunch. Transport will be provided but if anyone can make their own way to the Palace, it would be greatly

appreciated. Please let us know if you require transport when making your booking.

Donations of raffle prizes would be greatly appreciated and can be left at the Centre or brought on the day.

We are welcoming 'The Rockits' to do the entertainment for the afternoon – they were so popular last year we booked them again!

Please see the menu below, and let us know if you have any dietary requirements when booking.

Palace Christmas Menu

Soup

With a Bread Roll

or

Fruit juice if requested

Roast Turkey

With sage and onion stuffing, pork sausage, cranberry sauce and a rich roast gravy
Accompanied by roast potatoes, mashed turnip, buttered carrots and brussel sprouts

Or

Vegetarian Option if requested

Christmas Pudding
With hot brandy sauce

Tea and coffee

Flu Vaccine 2018

As the winter season approaches, it's time to book your annual flu jab from October onwards, but you are advised to have it by the end of November. This year's enhanced vaccine is expected to improve effectiveness by boosting the body's immune response to the vaccine. This will particularly benefit the elderly, who tend to have weaker immune systems.

The over 65's vaccine will protect against three strains of flu, but those in at-risk age group under 65 will be offered a vaccine that protects four flu types.

Who should get a flu vaccine?

People who are eligible for a flu vaccine this year include:

- Adults aged 65 and over

- Adults aged 18-64 with long term health conditions
- Children aged 2 and 3 at their GP
- Children in reception, 1,2,3,4 and 5
- Pregnant women
- Health and social care workers
- Carers
- Morbidly obese people

The VIP Store

Recently we had a lady come in and ask about an item she had donated. It had been a couple of weeks and she had not seen it on display.

The item was recognised immediately from its description – it was a handbag. We were able to put her mind to rest when it became clear that a volunteer had so liked the retro styling, and the unique design, that it had been snapped up without even going on display in the shop.

She was ever so pleased, and told us the story of how an art décor handbag happened to be in her possession and the interesting life that lady had had.

When we are sorting books we often find evidence of a well-loved book being quite a treasured possession. Recently a book on classical music was stuffed full of notes on various composers and the owner's views on them. We left them in the book for the next person to read when it was purchased.

When these events happen it makes us think about the items that are being donated, and the people that have given them to the society to sell to raise funds, and how lucky we are to have such generous followers and supporters. We are always on the lookout for quirky and interesting items.

In retail terms it is well and truly autumn. You can probably feel the nip in the air and see the trees changing colour.

We have been getting our autumn stock ready. We have a wide selection of knitwear available starting from just £4, and scarves and hats from £1. So why not pop a long and at the same time grab a good book? We have a wide selection from just 50p. Settle down with your favourite brew and forget about the weather.

Hop-tu-naa, is always great fun for children and big kids alike.

We have fancy dress costumes and pieces priced from 50p to help you have a great party. No trick or treat. You have to sing the classic Manx song.

My mother's gone away,
And she wont be back until the morning.
Jinnie the Witch flew over the house,
To fetch the stick to lather the mouse.....

VIP Store Coffee Morning

Come along to Corrin Court on Monday 5th November 10.30 -12 noon and enjoy a coffee morning with a difference! The entry 'price' is a donation for the shop – so get ready for a new winter wardrobe by having a declutter or make space on the shelves!

The minimum donation for the coffee morning is one item so come along, browse the stalls and have a drink with your friends at Manx Blind Welfare!

MBWS tape library

Please remember if you need an up to date catalogue either MP3 only or MP3 and

cassettes together, please let us know and we will forward one onto you.

New MP3 books

Item No	Title	Author Forenames	Author Surname
MM1460	A Brush With Death	Quintin	Jardine
CL2	Across the River and Into the Trees	Ernest	Hemingway
FI8098	Blue Horizon	Wilbur	Smith
RO471	In Focus	Anna	Jacobs
RO484	Island in the East	Jenny	Ashcroft
NF123	Judi Dench And Furthermore	Judi	Dench
HU162	Julian and Sandy	BBC Radio	BBC Radio
NF85	Life Stories	David	Attenborough
RO476	Monsoon Summer	Julia	Gregson
MM1313	Mystery in the Village	Rebecca	Shaw

FI1687	Once a Land Girl	Angela	Huth
FI1881	Return to Thrush Green	Miss	Read
MM1116	Rough Justice	Jack	Higgins
MM1043	The Big Four	Agatha	Christie
BM318	The Elephant to Hollywood	Michael	Caine
FI8389	The House of Hopes and Dreams	Trisha	Ashley
MM1461	The Liar in the Library	Simon	Brett
FI8388	The Returning Tide	Liz	Fenwick
FI8309	The Shipyard Girls	Nancy	Revell
MM1463	The Skeleton Room	Kate	Ellis
MM1462	The Woman in the Woods	John	Connolly
FI8192	To Catch a Dream	Mary	Wood

Report by Debbie Thomson Volunteer co-ordinator's/fundraiser

Christmas Celebration

We will be holding our Annual Christmas Celebration at Corrin Court, on Tuesday 18th December, at 2 pm. We will be joined by The Isle of Man Government Choir and readings by our volunteers. The Rev Ian Prentice will lead the proceedings this year. Non alcoholic warm fruit punch and refreshments, along with mince pies will be served. If you intend to come along, please ring us to book your seat to avoid any disappointment. We do have transport available - if anyone requires this please let us know in plenty of time and we will try our best to oblige.

Authors breakfast

We have been delighted to secure Simon Garfield for this year's Author's Breakfast at the Mount Murray Golf Club on Monday 26th November. **Simon** is the author of a number of acclaimed books of non-fiction including *A Notable Woman* (as editor), *To the Letter*, *On the Map*, *Just My Type* and *Mauve*.

His study of AIDS in Britain, *The End of Innocence*, won the Somerset Maugham Award. His new book, *In Miniature* takes a big look at small things. It is a celebration of the obsessive, eccentric and meticulous, and welcomes us into the world of collectors, modellers and fans. He discovers flea circuses, 1,000 tiny Hitlers, miniature crime scenes, model villages and railways, minuscule food and a dozen more intricately examined pursuits. Each object considered plots the course of a new miniature byway, and in unexpected ways lets us see our world in a whole new light.

Tickets for this event are priced at £25 and include a full English breakfast. To book your place call the Centre on 674727

Christmas Coffee morning

This year's Christmas Coffee Morning will be at the Loch Promenade Church on Thursday 15th November at 10.30am. We will have some lovely gifts for sale as well as a cake stall, cards and a raffle. Come and meet up with friends, and stock up on some Christmas presents! Tickets are just £2 and available from Corrin Court or can be bought on the day.

Raffle prizes

If you are able to donate any items suitable for raffle prizes for any of our events please bring them in for the attention of Debbie. All items are gratefully received

Christmas Cards

We are expecting delivery of our Christmas Cards in the coming weeks. We have two beautiful designs this year, one is a photograph of a snowy Calf of Man taken by Mary Davies and the other is a print of an exclusive painting by our very own Ellie Baker. The cards are A5 in size and priced £6 for a pack of 10 (1 design per pack) and include envelopes. They will be available from Corrin Court and The VIP Store. We are very grateful to Edward Bryan Removals for their sponsorship this year, meaning that all proceeds will come to MBWS

Calendars

Our full colour 2019 calendars are now on sale at Corrin Court, The VIP Store, Patricia Wild Opticians and Gillian Sheard Opticians priced at £6. It features 12 stunning photographs of the Isle of Man which have been donated by

local photographers and it has been sponsored throughout. They make lovely gifts for friends and relatives that live off island

RNIB Julie Lee, Services Manager

As you can imagine, we get asked lots of questions about different services available for people with sight loss.

In the last edition of Optic Topics, we looked at registration as blind or partially sighted and in this edition, we are going to cover the information around Optical Vouchers.

The NHS Optical Voucher Scheme

You are entitled to an optical voucher for help towards the cost of your glasses or contact lenses if you:

- Are under 16
- Are 16, 17 or 18 and in full-time education
- Are a prisoner on leave from prison
- Are eligible for an NHS complex lens voucher – your optician can advise you about your entitlement

You can also qualify for an optical voucher if you are on certain benefits (check with Markwell House or your local optician).

How much is an NHS optical voucher worth?

The value of an NHS optical voucher depends on how strong your prescription is. The stronger the lens prescription, the more it costs to manufacture so the value of the NHS optical voucher is higher.

How to get an NHS voucher.

If you know you qualify for an NHS optical voucher you need to show proof of your entitlement, the optician will then complete the GOS3 form/optical voucher and will then help you choose the most suitable glasses or contact lenses.

You may be able to use your NHS optical voucher to buy glasses but you will need to discuss this with your optician to see if they provide this service.

It is worth noting that if you are currently undergoing any form of treatment for your eye condition, it may be worth waiting until your treatment is completed before you visit your

optician for glasses as the treatment provided may affect your glasses prescription but please do check this with your optician or eye specialist.

If after speaking with your optician you have any further queries around the voucher scheme, please do not hesitate to contact us on 677626 and we will try to provide further information or clarification.



Manx Macular Support Group
Registered Charity 1258 Manx Macular Support
Group

LOSS OF CENTRAL VISION

It has been an eventful summer with much changing behind the scenes. From our own point of view we are as of August a fully Manx registered charity. Now independent of the Macular Society but wishing to continue working alongside them and helping to achieve their aims. MMSG exists mainly for the betterment of Manx residents. The change in the Data Protection regulations in early summer made us look closely at our local organisation and question "was this the best

way we could achieve everything our members wanted". We have especially appreciated working with Ian Cooil and his team at the Manx Blind Welfare Service as well as Julie Lee and her team at the RNIB. We have a very valuable common Manx centric bond so in order to build on this we decided to become a stand alone independent Manx charity. Our grateful thanks to Michelle Norman the Senior Legal Officer in the Attorney Generals office whose guidance has been invaluable. Now registered we will be holding our first AGM in January 2019 but in the meant time the following are the current Trustees:-

Patricia Wild	President
Nigel Malpass	Chairman
Bill Welden	Treasurer
Penny Creighton	MBE
Marion Bolam	
Pat Crebbin	
Gill Malpass	

Of equal significance is the delay in the anticipated new satellite service at Nobles. As you know this new service was due to start on October 1st. Last Monday I attended the Eye Clinic in Aintree to discover that Mr Kamal is off on indefinite long term sick leave (I'm sure those that have been treated by him will join

me in wishing him a speedy recovery) and Dr Leo Makris has left to join a team in Southport. I noticed three new Dr's names on the notice board at reception and was told the planned amalgamation of the service with the Royal was probably being pit back a bit. One of the planned locations for the new Liverpool service was the building under construction by Carillon who has now ceased trading.

On the day I was there it was announced that the cladding on the new building needs to be changed as it allegedly doesn't meet the fire regulations. The building is actually 90% complete so the local Trust and others are requesting the Government steps in to complete the project.

As you will imagine this leaves Liverpool with many problems to solve and we need to see what effects if any it will have on our service. Upon returning I contacted Oliver Radford at Nobles and asked for a public statement please that could shared to keep us all informed of the situation. This is the response he kindly sent.

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Dear Nigel

Aintree will be delivering the service for October, however given Mr Kamal's absence; we may have further clinics in September/October where no Aintree consultant is in attendance.

The way the clinic worked on Friday is that we had Mr Farrakhan undertaking the injections, with David and Richard from EMIS undertaking the imaging. The images were then transmitted to Aintree where Mr Toth was reviewing them and providing instructions to Mr Farrukh on treatment plans.

Although I can appreciate your members being concerned that no consultant was present, this solution of 'virtual clinic review' is the route we are likely to take given it removes the barrier of consultants having to travel across to the island to undertake reviews/treatment.

We are still in discussions with a number of providers on delivery of the service from November onwards, including Royal Liverpool Hospital (who may be able to undertake the service virtually) along with EMIS Care (who provide Richard and David currently).

Thanks,
Oliver

Oliver Radford,
Divisional Manager – Surgical Division
Noble's Hospital,
Braden,
Isle of Man,
IM4 4RJ.

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So as you can see the Virtual method of seeking Consultants guidance is one which has been running successfully for many years in the North of England and we wait with interest to hear what plans will be put in place for November when the new Satellite service is now due to commence. There are of course some of us who at present cannot be treated in Nobles and as far as I can understand we will continue to fly to Liverpool.

At our October meeting (Friday the 19th) at 1100hrs Michelle Dutton is due to speak to us on what is happening in the Macular Society and their new initiatives. Everyone is welcome to come along and listen to what she has to

say not least about the new TV campaign they are jointly launching with other societies called "Action Against AMD". As a lead up to that campaign this week sees the launch in the UK

"National Eye Health Week is here"

It's National Eye Health Week and during the week we'll be raising awareness of the importance of good eye health and urging people to look after their eyes. Macular disease is the biggest cause of blindness in the UK. In fact, one in three people know someone who is living with the condition – yet many people have never heard of it. This must change. **Spread the word.** Help us spread the word, so we can reach everyone affected by macular disease.

As you know the numbers developing Macular problems are growing alarmingly. Young children are now being diagnosed and the traditional thought that Age related Macular Disease is a problem found only in the elderly is no longer true. As mentioned before sugary drinks and children do not go well together. The World Health organisation recommends no more than six teaspoons of free sugar a day. Sadly many manufacturers put the sugar

content in Grams but if you divide this by four you will have the approximate number of teaspoons. Most fizzy drinks have between 11 to 14 teaspoons in each can of drink. There is so much we can do to help protect our children's eyes from future damage, so please help reduce this problem by speaking out.

Perhaps of most concern to us as a society is that 75% of all who have been diagnosed with a macular condition have no contact with those that could help. That means that if you're reading this article you are one of the limited 25% who do know. One of the first ambitions we have as a newly registered charity is to reach out to contact those we can offer help and advice to. So if you know of some one that has a macular condition and needs anything we can offer then please ask them if you can put us in touch with them. Having Macular can be very lonely at times and just being in touch with a group of those in similar circumstances can be very comforting. You can contact me at nhmalpass@manx.net or by telephoning 813774. If someone you know would like to be in touch. Together we can make a difference.

Nigel - Chairman

Recipe

Blueberry Custard Pudding

Blueberries are filled with eye-friendly nutrients so why not try making these creamy blueberry desserts. They're a low-calorie dream for waist watchers.

Blueberries

Prep Time: 15 mins

Cooking time: 5 mins, plus cooking time and chilling

Makes 6

Ingredients

100ml skimmed milk

410g can light evaporate milk

2tbsp custard powder

1tsp vanilla bean paste

Calorie-free sweetener, to taste

150g fat-free Greek yogurt

400g frozen blueberries, thawed

Method

1 Put the skimmed and evaporated milks, custard powder and vanilla bean paste in a bowl and stir with a whisk until well blended.

2 Transfer the mixture to a pan and heat over a medium heat, stirring for about four to five minutes until thickened.

3 Stir in sweetener to your preferred taste and leave to cool in the pan, covered with cling film (it should touch the surface to prevent a skin forming) for 30 mins.

4 Gently stir in half the yogurt. Divide three-quarters of the blueberries with any juices among six glasses, then pour over the custard. Add the remaining berries and chill for at least one hour.

5 top with the remaining yogurt.

www.healthyfood.co.uk

Interesting Facts

- A hummingbird weighs less than a penny
- A jellyfish is 95% water
- The tongue is the strongest muscle in the human body

Autumn – a poem by Helen Keller

Oh, what a glory doth the world put on
These peerless, perfect autumn days
There is a beautiful spirit of gladness
everywhere,
The wooded waysides are luminous with
brightly painted leaves;
The forest-trees with royal grace have donned
Their gorgeous autumn tapestries;
And even the rocks and fences are brodered
With ferns, sumachs and brilliantly tinted ivies.

But so exquisitely blended are the lights and
shades,
The golds, scarlets and purples, that no sense
is wearied;
For God himself hath painted the landscape.

The hillsides gleam with golden corn;
Apple and peach-trees bend beneath their
burdens of golden fruit.

The golden-rods, too, are here, whole armies
of them,
With waving plumes, resplendent with gold;
And about the wild grapes, purple and fair and
full of sunshine,
The little birds southward going
Linger, like travellers at an Inn,
And sip the perfumed wine.

And far away the mountains against the blue
sky stand
Calm and mysterious, like prophets of God,
Wrapped in purple mist.

Social club calendar for November 2018 to January 2019

For further information about attending the Social Clubs please contact Stacy Menton or Ellie Baker at the Centre.

Tuesday lunch club will run every Tuesday in 2018 except 18th and 25th December. Christmas dinner for Tuesday lunch club will take place on **MONDAY** 17th December. Tuesday lunch club will resume on Tuesday 8th January 2019.

Wednesday lunch club will run every Wednesday in 2018 except 26th December. Christmas dinner for Wednesday lunch club will take place on Wednesday 19th December. Wednesday lunch club will resume on Wednesday 2nd January 2019.

Thursday lunch club will run every Thursday in 2018 except 27th December. Christmas dinner for Thursday lunch club will take place on Thursday 20th December. Thursday lunch club will resume on Thursday 3rd January 2019.

Special dates for your diary

October

Friday 19 October 7pm – Race Night at Corrin Court

Saturday 20th October 11am – 3pm
Younger persons club Toad in the Hole
cooking competition and chippy lunch

Monday 29th October 6pm
Guided walk - Ghosts and legends of Peel and
Creek pub

Wednesday 31st October 4pm – 8pm***new
time***
Younger persons club Pizza tea and climbing
wall

November

Monday 5 November 10.30 – 12 noon
The VIP Store Coffee Morning at Corrin Court

Thursday 15th November 10.30 am Christmas
Coffee Morning at the Loch Promenade Church

Saturday 17th November 11am – 3pm

Younger persons club Ten pin bowling and diner lunch

Sunday 25th November 2pm
Guided walk - Castletown to Scarlett and Bowling Green café

Monday 26th November - Author's Breakfast at the Mount Murray Golf Club

December

Friday 7th December – member Christmas lunch at Palace Hotel

Monday 10th December 2pm
Guided walk - St John's and Tynwald Mills

Saturday 15th December 11am – 3pm
Younger persons club Festive pottery and Christmas buffet – family event

Tuesday 18th December at 2 pm – Our annual Christmas Celebration at Corrin Court

Donations

Thanks to everyone who gives us donations because as you are all aware the society is entirely reliant upon fundraising, donations and legacies.

Sickness

Please remember that if you are suffering with a sickness and diarrhoea type illness, it is essential that you do not attend the centre until 48 hours after your last episode. If however you require assistance, please contact us immediately.

Complaints Procedure

Whilst we appreciate the positive feedback that we receive on a regular basis, there may be times when we have not provided an acceptable standard of service. If you do have a problem or concern and you are able to make a member of staff aware of it at the time, they will endeavour to resolve the matter quickly. If this is not possible then we have a complaints procedure available on request in your preferred format.

A standard digital version of Optic Topics can be obtained from the Manx Blind Welfare Society on request.