

The Partially Sighted Society

SEEING THE WAY FORWARD, TOGETHER

NEWSLETTER

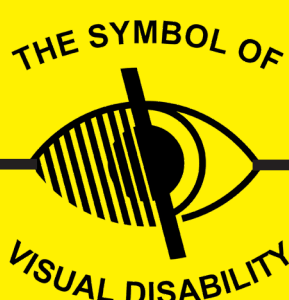


Merry Christmas!

FROM ALL OF US AT
The Partially
Sighted Society

Christmas 2023 Edition!

partsight.org.uk



01302 965195

Registered Charity Number: 254052

A Very Merry Christmas To You All!

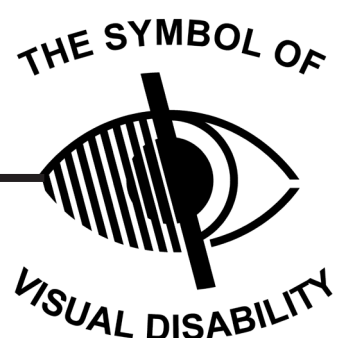
At this stage of the year, it's always a good opportunity to reflect on the year gone by and take time to remember all the wonderful gifts the year has given. Though it may be hard for some, I'm sure there will be some things that we are all thankful for and it's important that we remember and cherish them.

This Christmas, we are taking the time to look back on what has been an incredible year for the charity. This year, we have experienced tremendous growth with the bringing on board our new Mental Health and Wellbeing Practitioner, Nickie, who has proven to be an extraordinary asset to our team. Nickie's work has seen her field 150 calls and face-to-face therapeutic sessions in just over 3 months. Our print room continues to hit record numbers with us passing over 2 million pages printed this year, and the generosity of our supporters has also hit an all-time high, so thank you to every single person reading this today.

In this festive edition of The Partially Sighted Society newsletter, we have news of yet another new face joining our team, we can't wait for you to meet her! We have some fantastic photos from our annual Christmas party and what newsletter wouldn't be complete without one of our delicious eye-healthy recipes! As always, we welcome you to our latest newsletter, we hope you enjoy!

Anita Plant

CEO of The Partially Sighted Society



2024 Events

@ The Partially Sighted Society

JANUARY

Day	Event	Time
Wednesday 17 th	pARTsight: Creative Wellbeing	2pm – 4pm
Thursday 25 th	Coffee Morning	10:30 - 12:00
Wednesday 31 st	Support Group	2pm – 4pm

FEBRUARY

Day	Event	Time
Friday 2 nd	PSS Choir	1:30pm – 3pm
Wednesday 7 th	Knit & Natter	2pm – 4pm
Thursday 8 th	Coffee Morning	10:30 – 12:00
Wednesday 14 th	pARTsight: Creative Wellbeing	2pm – 4pm
Friday 16 th	PSS Choir	1:30pm – 3pm
Wednesday 21 st	pARTsight: Crafternoon	2pm – 4pm
Thursday 22 nd	Coffee Morning	10:30 – 12:00
Wednesday 28 th	Support Group	2pm – 4pm

The PSS Annual Christmas Party



It's the most wonderful time of the year, and with it comes The Partially Sighted Society's annual Christmas Party. This year's party was undoubtedly our biggest and best one yet.

Held, as always, at The Earl of Doncaster Hotel, we had loads of surprises for our friends, supporters, and volunteers. Incredible food fuelled the fun, a bumper raffle offered exciting prizes, a Christmas cracker of a quiz tested festive knowledge, and a special appearance from our very own PSS Choir brought joyous carol singing.

We'd like to extend a heartfelt thank you to all the fantastic staff at The Earl of Doncaster Hotel for hosting us for the day and laying on the delicious food. We can't wait to do it all again next year.



The PSS Choir were in full voice for the day's festivities.

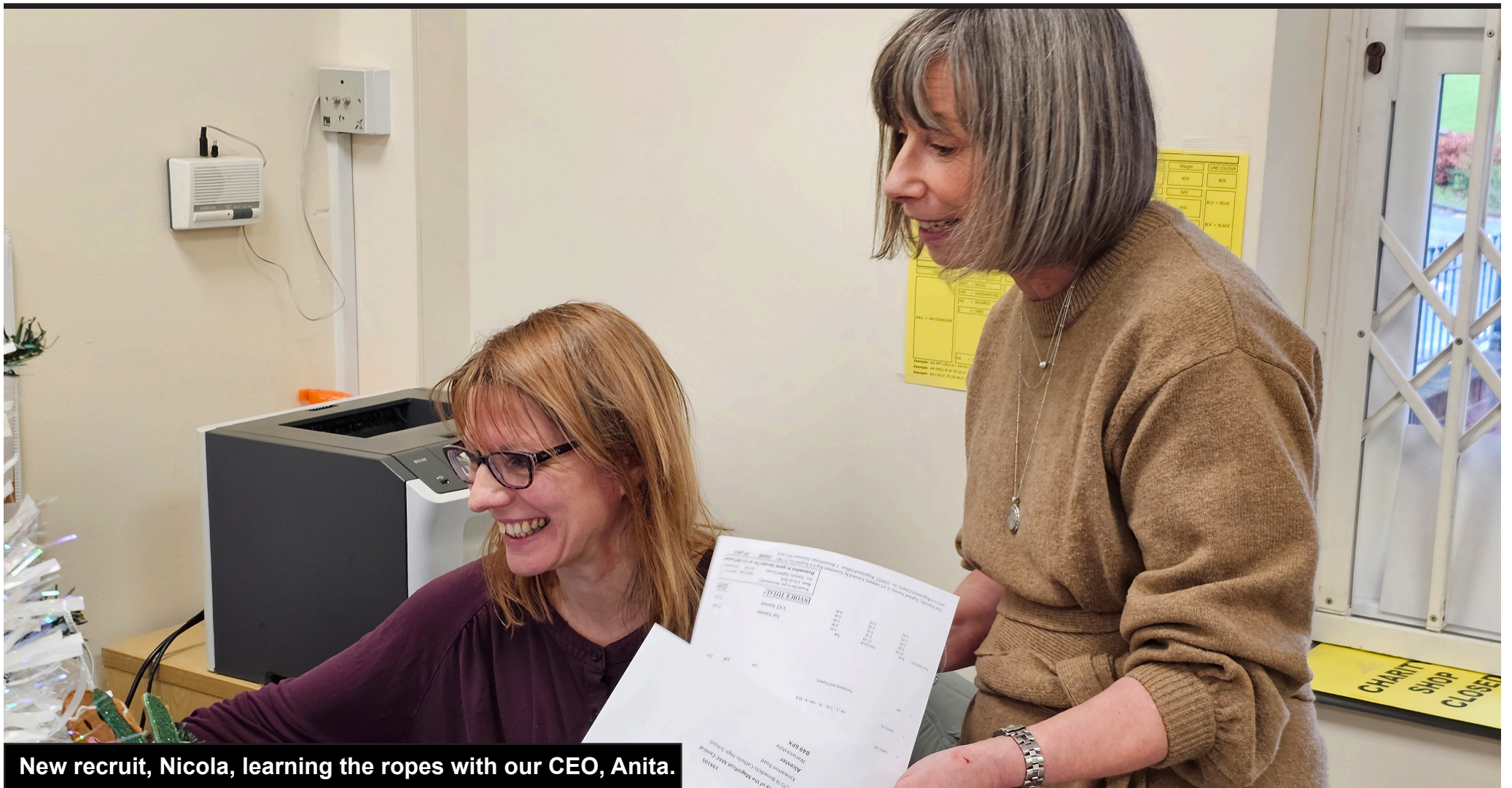


Sid Tissington turns 90 on December 20th, Happy Birthday!



Our incredible volunteers Maureen, Georgina and Jenny with friend of PSS, Jane (third right).

Introducing the Latest Member of the PSS Team, Nicola Hood



New recruit, Nicola, learning the ropes with our CEO, Anita.

The Partially Sighted Society has never been busier! With a huge increase in people accessing our services, the need arose for another helping hand, and we think we've hit the jackpot with Nicola.

Nicola, or Nic as we affectionately call her (to avoid confusion with our other Nicola), is at hand to help when you visit our new and improved charity shop, or to direct you to one of our departments for any sight loss help you may need.

We'd like to welcome Nic as the newest member of the PSS family, and we know you'll all give her the warmest welcome when you meet her.

PSS iTalk

YOUR SIGHT LOSS INFORMATION STATION

Available on all Alexa enabled devices and on our
website partsight.org.uk/pss-italk

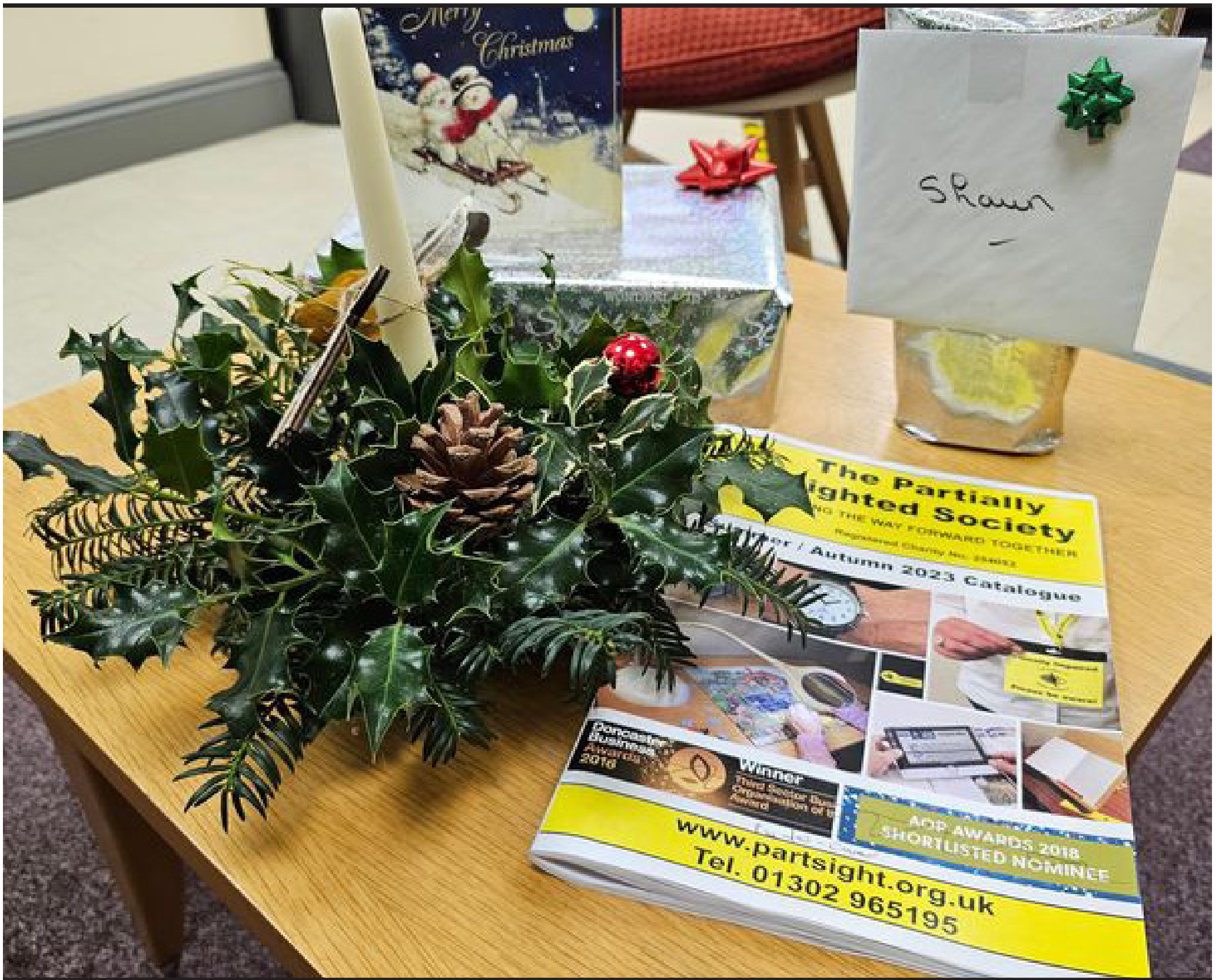
Creative Wellbeing - Channelling Sound into Physical Art



This month's session we worked together in pairs making marks and shapes that form an expressive interpretation of some well known classical music tracks.

With a little help from Debussy, and Strauss among others, we were able to channel what we could hear into our hands and fingers, and out onto the paper. It was wonderful to see the different creative outcomes, and the care and respect shown within each pair whilst working collaboratively demonstrates perfectly why this group is so special. If you would like to get involved with our pARTsight Creative Wellbeing group sessions in the new year, please get in touch by emailing nickie@partsight.org.uk or giving us a call on 01302 965195.

Thank You Linda Worsley and Family



A huge thank you to Linda Worsley who dropped by with some delightful gifts for our team here at PSS. We never expect anything back from providing our services but it was incredibly thoughtful of you to drop by with a couple of beautifully crafted handmade wreaths and boxes of chocolates. Thank you so much, Linda and family.

NEW Synapptic USB Player

Brand new alternative USB player to the delisted Kings Audio Player!

Comes in two sizes:

Small (pictured) H: 16.5cm W: 4.5cm H: 5cm

Large: L: 17cm W: 4.5cm H: 5cm

Small: £35 excl. VAT (£45 incl. VAT)

Large: £42 excl. VAT (£54 incl. VAT)

Call for more details





Woo hoo!

THANK
YOU!

Community Wealth Builder Christmas Goodie Bag!



A huge thank you to Well Doncaster's Community Wealth Builder for selecting us to receive one of their Christmas Goodie Bags. We were thrilled to be chosen, and these amazing gifts arrived just in time for our last pARTsight session before Christmas.

The Community Wealth Builder project provides fantastic support for new and existing social businesses across Doncaster. They offer tailored assistance at every stage, from pre-start to running an established social enterprise.

Filled with exciting craft materials and activities, these Christmas Goodie Bags brought smiles to everyone's faces at our last pARTsight session.

Our last pARTsight session of the year was held on 20th December, and Nickie is always eager to welcome new participants, so get in touch if you're interested.

Thanks again to Well Doncaster and the Community Wealth Builder for their generous support!

Recipe of the Month

Wild Salmon with Honey and Garlic



Rich in omega-3, which is fantastic for the health of retinas, this is sure to be an absolute hit at the dinner table. Imagine flaky salmon, glazed with honey and garlic, nestled on a bed of roasted veggies – all in one pan.

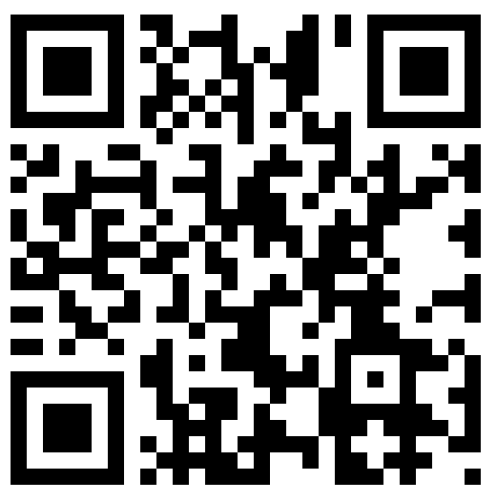
Studies suggest omega-3 fatty acids can help protect our eyes from macular degeneration and dry eye syndrome - it can also encourage proper drainage of intraocular fluid from the eye, which reduces the risk of complications from glaucoma. This dish is incredibly versatile, servable as a light lunch at the peak of summer or as a festive dish if you fancy a break from turkey.

Ingredients

- 4 wild-caught salmon fillets about 1/2 pound or 250 grams each, skin off or on
- Salt and pepper, to season
- 1/2 teaspoon paprika (mild, sweet or smoky)
- 2 tablespoons butter
- 4 cloves garlic, finely chopped or minced
- 4 tablespoons honey
- 1 tablespoon water
- 2 teaspoons soy sauce
- 1 tablespoon fresh squeezed lemon juice, (plus extra to serve)
- Lemon wedges to serve

Method

1. Arrange oven shelf to the middle of your oven. Preheat oven to broil/grill settings on medium heat.
 2. Season salmon with salt, pepper and paprika. Set aside.
 3. Heat the butter in a skillet or pan over medium-high heat until melted. Add the garlic and sauté for about a minute, until fragrant. Pour in the honey, water and soy sauce; allow the flavours to heat through and combine. Add in the lemon juice; stir well to combine all of the flavours together.
 4. Add the salmon steaks to the sauce in the pan; cook each fillet (skin-side down if there's any skin) for 3-4 minutes or until golden, while basting the tops with the pan juices. Season with salt and pepper, to taste (if desired).
 5. Optional - Add the lemon wedges around the salmon (adds a stronger lemon taste).
 6. Baste salmon one more time then transfer the pan to your oven to broil / grill for a further 5-6 minutes, or until the tops of the salmon are nicely charred, and the salmon is cooked to your liking.
 7. To serve, drizzle with the sauce and a squeeze of lemon juice. Serve with steamed vegetables; over rice or with a salad.
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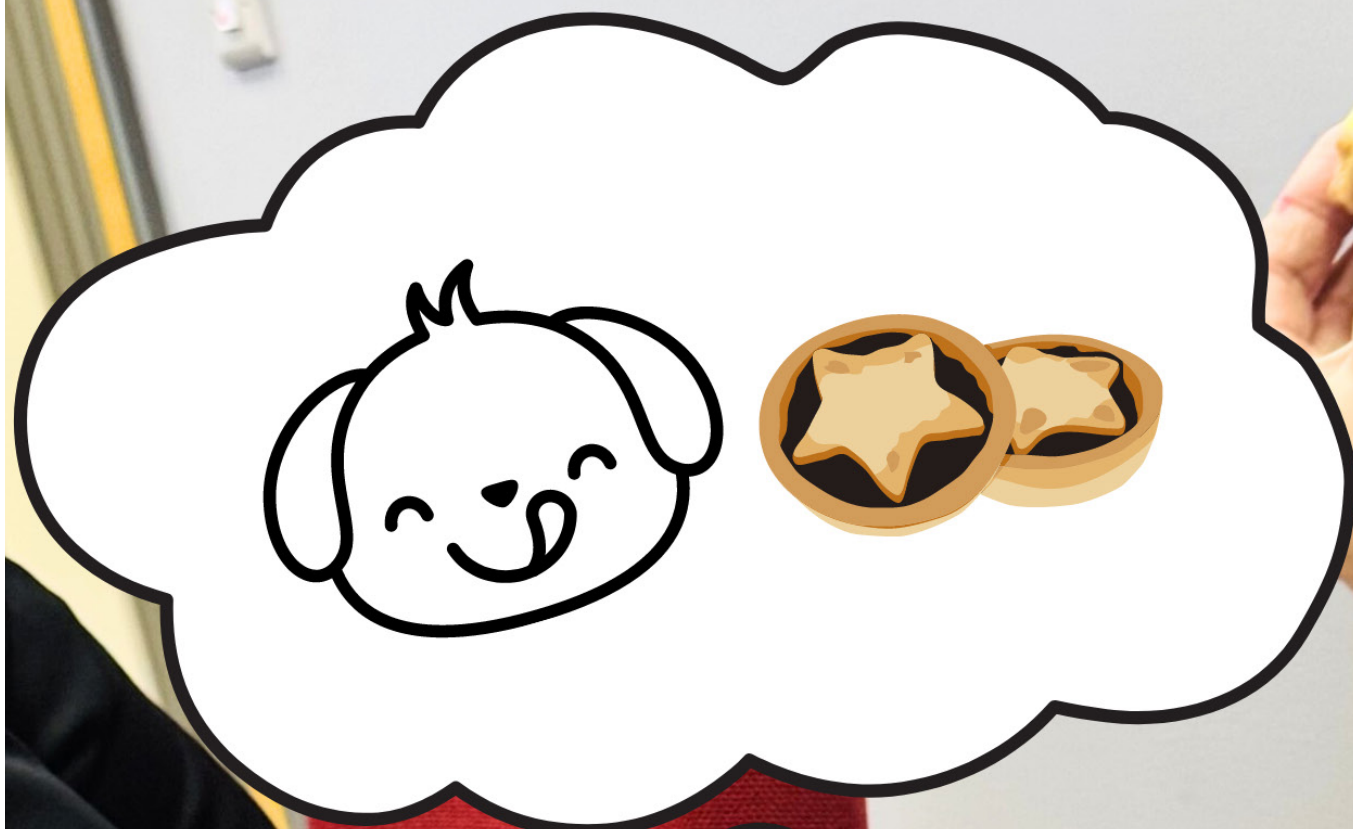


It's always great to see our friends Aleen and Brian Medcalf. As you may have read in previous editions of our newsletter, Aleen and Brian visit our charity frequently to collect our surplus stock of exercise books to donate to schools in Tanzania. The impact these books make cannot be understated and this bumper collection of over 7 full boxes should hopefully make a huge difference.

This time around, the collection was so large that Aleen and Brian have had to resort to storing our books in some less conventional places!



‘Betty Davis’ Eyes...’



Simon Says...



Simon Mahoney is a published author of such works as ‘A Descent Into Darkness’ and ‘First Catch Your Rabbit’ detailing his life living with total sight loss. Simon is now on the board of Moorfields Eye Hospital, where he advocates for better conditions for people with visual impairments undergoing treatment. This month, Simon talks his ‘second rule of engagement’.

As you may have gathered from the previous SIMON SAYS, there is far more involved in acceptance than you could imagine. It is indeed central to everything we do as people without full sight. Without it, we are too bound up with the misery of our situation to be able to do anything constructive.

If we assume that we have achieved a degree of acceptance the next thing is to look at how we can take advantage of it. This is where the other rules of engagement come in, the next one is very simple. It is treating every obstacle or problem as an opportunity to improvise, adapt and overcome.

Whenever I think of that rule, I think about The Dam Busters. Barnes Wallis had given them the weapon to attack the dam. The two remaining problems were how to release it at exactly the right height and distance from the target to achieve the desired result. They adapted the floodlights on a stage to give them the height and improvised an arm’s length sight which consisted of a stick with a cross bar with two uprights mounted on it to give them the right distance. The two uprights aligned perfectly with the two towers on the dam.

This is how we must approach obstacles and problems. For example, how do I contain the mess when preparing food? The answer is simple, put your

chopping board on a tray which contains the mess and saves work in clearing up. Another problem, how do I put tooth paste on my toothbrush? Simple, you do not - you put the tooth paste straight into your mouth.

It is a matter of thinking outside the box. More to the point, it is using the negative experience of encountering problems and turning it into a positive experience of inventing workable solutions. Perhaps one of the most satisfying ones for me was how to keep the end of my long cane clean. Scrubbing it would send all sorts of horrible matter all over the kitchen, to the rightful wrath of our other half. The solution was simple; use a small bowl of disinfectant to stand it in. you could also use white vinegar with a teaspoon of biological washing powder. No effort required – just the job.

Many of the problems brought with sight loss can be solved with a bit of extra thought, the satisfaction of finding a solution is immense. So is the sharing of that solution with others.

So, remember the second rule: Improvise, adapt, and overcome.

Happy inventing!

Our 50/50 Lottery Winner

**OVER £500
RAISED THIS
YEAR, THANK
YOU TO ALL OF
OUR PLAYERS!**



For the second month in a row, we're pleased to say that our 50/50 lottery winner is our Knitter and Natterer, Mary!

Mary has walked away with another grand prize of £36, which will definitely help with some last minute Christmas shopping.

We're also happy to announce that the 50/50 lottery has now raised over £500 for our charity which has helped fund nearly 25 free enhanced low vision sight tests for people with visual impairments. From the bottom of our hearts, we here at The Partially Sighted Society say thank you to everyone who has joined in with the fun.

Change Someone's Life Today, Become a Supporter of The Partially Sighted Society

For over 50 years, The Partially Sighted Society has been helping people diagnosed with sight loss rebuild their lives. From our fully-equipped sight centre in Doncaster, we help thousands of people every year through the most difficult time of their lives. We provide free sight tests, assessments and mental wellbeing services to anyone living with visual impairments which are all funded by you.

The Partially Sighted Society receives no statutory funding, so your donations are the lifeblood of our organisation.

For the price of a cup of coffee, you can ensure that people who have recently been diagnosed with sight loss can access our full range of services and keep our vital work available to those who need us for many years to come.



Send a cheque payable to The Partially Sighted Society:

**The Partially Sighted Society
1 Bennetthorpe
Doncaster
DN2 6AA**

Or set up a standing order:

**The Partially Sighted Society
Sort Code: 30-95-74
Account Number: 00145084
Lloyds Bank, 34 Moorgate, London, EC2R 6PL
REF: SF2023**



**Donate online by visiting our website
partisight.org.uk/donate**

THANK YOU