

# Essex Blind Charity



**essex sight**  
*helping the visually impaired*



**read house**  
*100 years of residential care*



# Spotlight

**December/January 2020/21**

ISSUE 99

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Please send your articles for inclusion in Spotlight to:

### **The Editor**

Essex Sight

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Colchester

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01206 548196

Email: [services@essexsight.org.uk](mailto:services@essexsight.org.uk)

**Items for the next issue should reach the Editor by January 8th**



## The Editor writes:

Welcome to the Christmas and New Year edition of Spotlight.

Firstly, I would like to apologize for the delay in publication. Whilst we do ask for articles to reach us in good time to allow for formatting, I was sent several articles in the 'do not disturb' phase of editing. I could have ignored them, but it was all timely information and I thought it was important to include them. Unfortunately, all required editing and the extra copy caused me some formatting headaches as Spotlight only works on multiples of 4 pages! They are now all squeezed in, so I hope they were worth it.

We hope you will find the articles informative and of interest. Please feel free to share Spotlight with other visually impaired people and their carers. Everyone who is newly registered in Essex will receive a copy of Spotlight and they can request their own copy in large print format, memory stick or by email. Unfortunately, we are unable to provide copies in Braille or on cassette.

I hope you will all continue to send your contributions, as your stories and experiences make Spotlight of interest to everyone. You can email articles to [services@essexsight.org.uk](mailto:services@essexsight.org.uk)

Editor

## **Community Support Team by Jonathan Dixon**

Our 100<sup>th</sup> year was supposed to be one of celebration, at least that was what we planned. New services, a mobile sight centre, increasing the public awareness of eye health and visual impairment. 2020 has been a struggle for the Charity both financially and in our offer to you. Yes, we have had to reduce our outreach and activities, but we have remained open throughout and whilst face to face services have taken a real hit, I am proud that the team have been able to provide telephone and online support, doorstep visiting and keep the Colchester Sight Centre open for appointments. Here is hoping for a much better 2021!

To arrange an appointment or a home doorstep visit call 01206 548196.

This may be the season of goodwill, however I wanted alert you that scammers are still trying to part us from our money! I had a letter a couple of weeks ago from TV licencing and it looked very genuine, however I had my licence to hand and realised the number was different. I contacted TV licensing and they said they are currently being targeted by scammers and gave this very good advice, which I thought I would share with you.

If you receive something that says it is from TV Licensing that you're not sure about, the first thing to do is STOP. Do not rush into giving away any of your personal information. Scammers will use a variety of methods to try and obtain information from you – maybe through an email, letter, text, or phone call.

Scam emails are almost identical to genuine ones. If you have given your name to TV licensing, they will always use that. They way to spot if its fake is by checking the address. Genuine TV Licensing emails are sent from:

**donotreply@tvlicensing.co.uk** or  
**donotreply@spp.tvlicensing.co.uk**

Scammers may send you letters, addressed to you by name. They will often ask you to phone or go online to confirm your payment details. Here is how to tell a genuine TV Licensing letter from a fake one:

- If you are currently licensed and you have given us your title and last name, we will always use these when we write to you. We will also include your TV Licence number.
- If you are registered as 'No Licence Needed', we will include that reference number instead of your TV Licence number.

Our official websites which we will direct you to are:

**tvlicensing.co.uk**  
**spp.tvlicensing.co.uk**  
**75plan.tvlicensing.co.uk**

We may use our shortened web address **tvlicensing.co.uk** which will always direct you to our websites.

A scam letter will often tell you there is a problem with your licence or that you are due a refund. This is to try to get you to go to a fake website or call a fake number to sort it out. If you are ever suspicious or doubtful about what a letter is asking you to do, always go to our website and sign into your licence at **tvlicensing.co.uk/yourlicence** to check if anything is actually wrong.

Occasionally, we may call you if there is a problem with your TV Licence. This will usually be about a missed payment, a cancelled Direct Debit, or a reminder to renew.

We will only call you from these numbers:

**0300 790 6075,**  
**0300 555 0285 or**  
**0300 555 0355.**

## **Text Messages**

If you are a TV Licensing payment card customer, we may send you a text message asking you to make a payment. If you are a Simple

Payment Plan customer, the link takes you to our secure payment provider (tvlspp.paythru.com).

If you have just signed up for Direct Debit, you may receive a text message letting you know when your first payment will be taken.

If you have contacted us by phone or on our automated service, we may send you a confirmation message or a satisfaction survey.

If you receive your licence through the post, we may send you a message asking you to go paperless.

The telephone numbers we use:

If the message asks you to call, please check it is one of these numbers:

0300 555 0293 if you pay by payment card

0300 790 6082 if you pay by Direct Debit

0300 555 0355 if you are a Simple Payment Plan customer.

If you have received a text that asks you to call any other number, do not call it.

**What we will never do in a text message:**

- Tell you that you are entitled to a refund
- Ask you to set up a payment plan or provide
- your bank details by text message
- Ask you to enter any personal details into our website until you have successfully signed into your licence.

For further help and advice on how to identify genuine communications from TV Licensing:

Visit **tvlicensing.co.uk/scam** Or phone us on **0300 303 9695**

## **News and Products**

### **Bradwell B Telephone Surgeries**

Bradwell B is the proposed Nuclear Power Station planned by the Government to be built in the Dengie Peninsula. Whether you are for or against nuclear power, it is important you understand the impact the proposed development may have and be able to have your say.

Bradwell B are offering telephone and video call surgery sessions. These meetings are your opportunity to speak directly with the team and ask any questions you may have about the project. To book a surgery session, call them on 01621 451 451

### **Blind Veterans Update**

All the Blind Veterans team were home based and have remained working from home since March. Whilst regular home visits have ceased, they have been able to offer critical visits for the last couple of months, to provide equipment or support which has been urgently needed. Since March they have kept in touch with members by phone on a regular basis and have also been providing social group calls, thanks to the technology they now have access to. It is not ideal, but it does help to keep people in touch and connected and goes a little way to reduce those feelings of isolation.

Their centre in Brighton has been closed to visitors but thankfully all permanent residents have remained safe and the centre Covid free. The centre in Wales is now starting to accept people for respite care. Blind veterans can be contacted on 0800 389 7979.

### **Befriending**

I wanted to remind you that if you needed someone to talk to, Silverline is still up and running during the pandemic. They provide a telephone helpline for older people for information, friendship, and advice. Call 0800 470 8090, 24 hours a day, 365 days a year

## **New Work Challenge**

Action for Family Carers (AFFC) are again offering unpaid carers employment support as part of their 'New Work Challenge' programme.

This project aims to support unpaid carers and former carers into work, education and training, building confidence and resilience and improving health and wellbeing. It will address barriers to employment and where necessary signpost to other organisations so that participants can gain valuable employability skills. It offers customised 1:1 support, with personal action plans and specific goals based on each participant's individual circumstances.

Whilst the project is aimed at the over 50s age group, younger carers are also welcome to take part. For more information please contact **Paul Weaver at AFFC on 07511 900154** or email [paul.weaver@affc.org.uk](mailto:paul.weaver@affc.org.uk) .

## **Feeling Good, Caring Well Activities Update**

Action for Family Carers are also offering mental health support and free Personal Wellbeing Plans for carers. They involve a one-to-one session with a trained counsellor (either online or by phone) to discuss their needs. They will then devise an individual plan and set a date to follow up and provide further support if needed.

For more information or to book a session please email [care@affc.org.uk](mailto:care@affc.org.uk)

## **Snapping the Stiletto: Campaigning for Equality**

This new project is funded by the National Lottery Heritage Fund, seeks equality and to challenge stereotypes by sharing and celebrating the stories of Essex women. They want to find and tell the stories of women of all ethnicities and backgrounds, particularly women of colour, LGBTQ+ individuals, working women, and women with additional needs. They are looking to re-examine the Essex Girl identity, and see what it is like to be a woman living in Essex today.

They are looking for 5 women to become the faces of the project, for this they want you to nominate a woman who inspires you. It must be a woman of Essex who is alive today who has influenced, inspired and

someone you look up to. Mothers, carers, grandmothers, teachers, youth leaders, coaches, activists, friends; they want to know their story.

This woman must have spent significant time in Essex (either they were born, currently live or work, in the county). The person nominating must know the person - they are not looking for historical women or celebrities, they want real Essex women. Nominators need to write approximately 400 words about why this person represents Essex women and why they inspire them.

Everyone nominated will be celebrated, but five women will be chosen by a panel of community partners to have their portraits illustrated, these portraits will be seen on posters and throughout the project. These women will be invited to get involved actively in the project as the face of Campaigning for Equality. They are looking in particular for women from their target audiences.

To make a nomination you will need to complete a form which is available in hard copy or digitally and return by 20<sup>th</sup> December. Kayleigh Boyle is the project Coordinator contact 07791885728, Mon-Fri 9-5pm.

## **Accessible TV**

Freeview has launched an Accessible TV Guide for Freeview Play televisions and set-top boxes.

The high contrast guide can be accessed by going to channel 555 on compatible devices and provides spoken feedback and the ability to filter for programmes that have audio description.

Freeview is the trademark for UK free to air terrestrial television and Freeview Play devices have VOD apps from the major broadcasters. Now, they will also have an accessible EPG (Electronic Program guide) so blind and partially sighted people can independently find the content they want to watch. The guide will not be available on all devices from launch but will be expanded to all Freeview Play televisions and set-top boxes over time.

To access the guide, you will need a TV with Freeview Play. Go to channel 555 which can be found by locating the raised dot in the middle

of the number pad. You will then be able to turn on text-to-speech and filter for audio described programmes. You can also set the volume, speed and gender of the voice. Once this is done you can access the list view EPG, find content you want to watch and play it.

Freeview Play is available on televisions and set-top boxes from both big brands and smaller manufacturers. This development will make a huge number of new devices accessible for blind and partially sighted people.

This is the link to the website:

**<https://www.rnib.org.uk/sight-loss-advice/reading-home-and-leisure/television-radio-and-film/television-radio-and-film-news/freeview-launches-accessible-tv-guide>**

## **RNIB launches new Talking Microwave**

Talking microwaves are not new, but many on the market have many features without tactile buttons, which makes it both confusing and difficult to operate. To help make things much simpler, RNIB have launched a new talking microwave which is easy to use, with simple tactile controls and has been designed with customer feedback in mind.

All functions are spoken in a clear male voice while other features include tactile controls and five power modes. There are no complicated menus or features, people just select the cooking power, the length of time, and press 'Start' to cook.

This link shows visually impaired Chef [Kim Jaye demonstrating the new talking microwave in a video on Facebook](#).

The microwave is £222 inc VAT. To find out more and purchase the microwave visit the [RNIB Shop](#) or call RNIB's Helpline on [0303 123 9999](#).

## **Spotlight On**

### **The Tactile Times**

The Tactile Times is a newspaper by young brailleists for young brailleists and was a runner up in the RNIB 2020 See Differently Awards-Coronavirus Heroes.

During lockdown Ellie, Lexy and Theo, aged 10, 17 and 13, respectively, wanted to help bring other young people with vision impairment together. The trio, who are all blind since birth, created The Tactile Times, a free braille newspaper to combat the isolation that many blind and partially sighted children felt during lockdown. The trio also built a related website, initiated a WhatsApp group, and sent out weekly events and updates to their subscribers.

The newspaper, which is "by young brailleists for young brailleists," is available both online and in print. It contains relevant news, events and entertainment, as well as contributions from other young people. The paper helps young brailleists to find interesting things to learn and helps them to stay connected and motivated. The wider VI community has been incredibly supportive too. For example, The Brailleists Foundation has contacted the team to say they would like to help grow and expand the readership.

Theo explains in his own words why he and his friends decided to develop it.

Hello, I am Theo, a 13-year-old brailleist who lives near Cambridge in England.

It is so much easier to get a community of sighted people together than it is a community of brailleists as there are so many more sighted people around.

I sometimes feel like the community of brailleists is so widely spread around the country that it is very hard to bring them together in one place. And, for the last 6 months, it has not been possible to try and bring brailleists together physically at all.

The Tactile Times is by young brailleists for young brailleists and a way for us to share tips, news, event information or even just our favourite jokes.

The lockdown edition was published in April and we are now on Issue 3. Whilst it is mostly aimed at young brailleists, I think other people might find it interesting as well.

It is completely free to subscribe and we post regular updates on our website, blog and social media page. You can subscribe to the Tactile Times Newspaper by going to the subscribe page on the website or get it sent to you by email or a formatted braille hard copy version. Past issues are in the issues archive on the website [tactiletimes.org](http://tactiletimes.org)

We welcome any suggestions, contributions or feedback. Just email us at [info@tactiletimes.org](mailto:info@tactiletimes.org)

## **Quiz**

### **Christmas Quiz by Darren Smith**

1. Which plant, beginning with P, is associated with Christmas and which country is it native to?
2. Who wrote the novella, *A Christmas Carol*?
3. According to the song, what did 'my true love' give to me on the eighth day of Christmas?
4. What is a female turkey called?
5. Name the European country which has donated a huge Christmas tree to the people of Britain every year since 1947, which is always displayed in Trafalgar Square.

6. According to the 1946 Christmas classic *It's a Wonderful Life*, what happens every time a bell rings?
7. Stollen is a spiced cake made with fruit and marzipan, traditionally eaten at Christmas, and originating from which country?
8. Which character in *A Christmas Carol* declares, "A merry Christmas to us all, my dears. God bless us!"?
9. What is the last day of Christmas called?
10. In which film did Bing Crosby first sing 'White Christmas'?
11. According to the original 1823 poem, 'Twas the Night before Christmas,' how many reindeer did Santa have to pull his sleigh?
12. What was the first Christmas carol to be broadcast from space in 1965?
13. What is the name of the ballet traditionally performed during the festive season?
14. Which country owns Christmas Island?
15. What is the name of Ebenezer Scrooge's business partner in *A Christmas Carol*?
16. In the song 'The twelve days of Christmas', how many gold rings were given by 'my true love'?
17. According to the song, what would all of the other reindeer never let poor Rudolph do?
18. Which Christmas carol has the words 'fa-la-la-la-la-la-la-la-la'?(bonus point awarded for a resounding rendition!)

# Technology

## Indoor Mapping

GPS technologies have empowered the sight loss community to successfully navigate through outdoor spaces for some time, however that all stops when you get to your indoor destination.

Hopefully, that is about to change with the development of indoor mapping. This technology has been developed to help make large indoor venues more accessible. There are a whole range of companies offering venues the opportunity to do so by using different techniques. Good Maps, for example, uses scanning and 3d modelling to provide an accurate virtual map of indoor venues. Whereas Indoor.rs uses small iBeacons strategically installed on the walls inside a building. Together with the indoo.rs technology, they help users locate themselves on the map in the mobile app.

Clicking on the Search tab displays the keypad as well as the Dictate button just like it happens in any given app. This allows you to dictate or type your search term, for instance, "Gent's restroom".

Your mobile device will then give you verbal instructions, directing you to your desired destination. As you approach your destination, the phone will release a gradually descending sound as well as vibrations, indicating the correct direction and remaining distance.

The audio guide will also give detailed location information about POIs in the close vicinity of the user as they move around, e.g. "Waste bin at 9 o'clock, 25 feet".

This technology is already being used at large venues in the USA such as Airports and it is only a matter of time before it spreads to other large venues.

## **App, App and Away**

### **New app enables visually impaired users to use popular apps with voice commands**

Imagine being able to fully control popular Apps and phone functionality with just your voice. By just giving voice commands, you now can!

The app 'Louie Voice Control' created by Prमित Bhargava has been developed for blind and visually impaired people. It enables visually impaired users to use popular apps with just voice commands.

Some of the functions of the app include

- Booking a taxi
- Enjoy your favourite videos
- Send text or audio messages, share audio and video, make audio and video calls
- Fully manage your contacts and make phone calls
- Save new contacts, edit, delete and block contact number.

Prमित got the idea for the app while seeking help from a sighted friend to book an Uber taxi. His friend kept asking him questions to make selections in the app. In a couple of minutes, the booking was done. "I wondered how empowering it would be for visually impaired people if the phone features were to be read out."

Louie supports Uber, WhatsApp, YouTube, contacts, phone calls and even text messages. It can be used by anyone anyone that likes hands-free interaction with their devices. Louie is free to install, on Android 7 or later devices from the Play Store.

## **Entertainment**

### **Vocal Eyes**

Vocal Eyes allow you to experience art and culture through audio description. Bringing theatre, museums, galleries and heritage sites to life for blind and partially sighted people.

Check out their website for more details and their weekly selection of accessible cultural experiences <https://vocaleyeyes.co.uk/>

### **Panto**

A visit to the pantomime is as much a part of Christmas as decorating the tree and giving presents. Do you start to think of Pantomime Dames, Horses and Cows as soon as the tinsel hits the shops? Or maybe you just love to go to the theatre at any time of year!

Whether you go for the terrible jokes or for your favourite television personalities, the Big Panto Guide is here to help you find a pantomime even in these socially distanced times. They also have a list of online performances so you can view from the comfort of your home. To find out more check out their website <https://www.bigpantoguide.co.uk/index.php>

## **Book Review**

### **First catch your rabbit by Simon Mahoney**

First catch your rabbit is a basic kitchen survival guidebook written by Simon Mahoney, a recent widower who is totally blind. It explains how he had to regain use of the kitchen after his wife died and how he did it, with no other sighted person in the house.

The primary target of the book is people with significant vision loss or blindness and for this reason the book is in large print. However, it would also be helpful to anyone who has never been taught to cook.

Simon explained “Cooking when you’re blind is no small task. But over the years I’ve learnt all sorts of tips and tricks which can help enormously to stay safe and cook up a storm in the kitchen. I hope this book can help other visually impaired people like myself to overcome their fears and start cooking”

The book is not a cookbook as such, the recipes are merely a vehicle to demonstrate various simple techniques and safety tips. The emphasis is on organisation and safety. There are, however, thirty-nine steps leading from making a cup of tea to a roast chicken dinner for four.

The author maintains that anyone can cook. There is nothing mysterious or difficult about being able to cook what you want and being able to do so is a major step towards independence. Even when completely blind, it is perfectly doable.

The title of the book is a nod to Mrs Beaton (celebrated Victorian author), his mother and the absolute need to get your ducks in a row. The alternative title for the book is, tellingly, Cooking Without Fear.

There is nothing pretentious or sophisticated about the book. It is an account of how to produce simple tasty food by reducing the process to a drill or SOP [standard operating procedure] and the reasons for this are explained in the book.

The author describes the book very simply. It is a guide to safe rough cooking of nourishing and tasty food.

First Catch Your Rabbit is available as both a book and an E-book from Amazon and there is a direct link on the authors web site [www.wingingitblind.com](http://www.wingingitblind.com)

The book has been featured in the national press, on national and regional radio and a variety of online blogs and podcasts. It is available direct from the author, Blind Veterans, International Glaucoma Association and SSAFA. Links to all sights are on the winging it blind web site, retailing at £7.50 and the E-book at £6.50

The author is a former Royal Marine, Social Worker and freelance artist. He has been totally blind for over two years. His wife died at the beginning of the pandemic which prompted him to write First Catch Your

Rabbit. He has written one previous book “A Descent into Darkness”, which is an account of his slide into darkness, what he found on the way and how he dealt with it. He has also written a number of articles for a magazine called Health is Your Wealth.

He is currently working on a sequel to the first book called WINGING it BLIND or landing on your feet. He is also writing a book about the family for his grandchildren.

Since losing his sight the author has become increasingly interested in the coming sight loss epidemic and is a passionate advocate for others with sight loss.

## **Donated Equipment**

### **Audio Books**

We have a large number of audio books on CD and Cassette available for you, so if you are interested give us a call and we can send them out to you.

### **Eye-Pal SOLO**

We have been very fortunate to have a document reader donated. The eye SOLO is a compact document reader. It will read for you on its own - no other equipments or additional lights are needed, no buttons to push, no manuals to read.

Eye-Pal SOLO is self-contained motion activated reading device that instantly reads from any book or printed material.

Just plug it in, place down a book or newspaper and it reads to you! It can also be connected to a monitor and it instantly turns into an electronic magnifier with the spoken words highlighted on the screen.

If you are interested in it, you just need to book an appointment for a demonstration at the Colchester Sight Centre.

## Answers to quiz

1. Poinsettia is native to Mexico
2. Charles Dickens
3. Eight maids a-milking
4. Hen
5. Norway
6. An Angel gets its wings
7. Germany
8. Bob Cratchit
9. Twelfth Night (also known as Epiphany)
10. *Holiday Inn*
11. Eight: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Dunder, Blixem (Donner and Blitzen were later variations)
12. Jingle Bells was played live aboard Gemini 6
13. *The Nutcracker*
14. Australia
15. Jacob Marley
16. Five (The original version uses 5 gold rings but nowadays 5 golden rings enable continuation of the same rhythm)
17. Play in any reindeer games
18. Deck the halls

## **Contact details**

**Helpline and office** 01206 548196  
(Jonathan Dixon, Carol Massey, Christine Pratt, Denise Sanders and Steve Massey)

**Eye Clinic Liaison Officers** 01206 548196  
Christine & Denise (Colchester + Tendring hospitals)

**Read House** 01255 673654  
(Janet Plant, General Manager, Tina Cox, Admin Assistant)

Read House is the residential care home run by Essex Blind Charity in Frinton on Sea. The home specialises in the care of elderly people with sight problems. We offer permanent and respite care (short breaks) by staff who have all been trained in visual awareness. The Home is situated on the seafront at Frinton on Sea, a short distance from the town Centre with its friendly local shops.

If you would like to find out more about Read House, receive an Information Pack or arrange to be shown around, please contact Janet or Tina.

### **How you can support us**

Essex Blind Charity produces and distributes Spotlight free of charge. However, donations in time or money are always welcome. If you are a UK taxpayer please consider filling in our gift aid form so we can claim back the tax paid on your donation, thereby allowing us to make even better use of your donation.

If you are writing or redrafting your will please consider leaving us a gift. Your support will enable us to continue to provide and develop the services we provide for people with sight loss throughout Essex. Thank you.

## Gift Aid Declaration

**On behalf of Essex Blind Charity  
Registered Charity No. 1103732**

The Gift Aid Scheme enables charities to make more of your donation by reclaiming the tax you have already paid. In order for us to make this claim on your donation(s) please complete this form and return it as soon as possible

***Thank you!***

**Please treat the enclosed gift of £.....as a Gift Aid donation.**

I confirm that I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all charities and Community Amateur Sports Clubs that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Title.....Forename(s).....Surname.....

Address.....  
.....  
.....  
.....

Post Code.....

**I would like Essex Blind Charity to treat all donations I have made since 1 July 2012 as Gift Aid donations until I notify them otherwise.**

Signature..... Date.....

Please return your completed form to:  
Essex Blind Charity  
Read House, 23 The Esplanade  
Frinton on Sea, Essex CO13 9AU

## Are you on our mailing list?

If you are not already on our mailing list for 'Spotlight' and would like to receive a regular copy, please complete the form below and return it to Carol Massey at Essex Sight, 40 Osborne Street, Colchester CO2 7DB

Name.....

Address.....  
.....  
.....  
.....  
.....  
.....

Tel.....

How would you prefer to receive your copy?

Large Print..... Memory Stick.....Email.....

We would like to add your contact details to our database so that we may from time to time send you details of developments to our services, events taking place in your area and other information we feel may be of interest to you.

If you would prefer us not to do so, please tick here.....

We will not pass your details to anyone else without your permission.

**You may request us to remove your details from our database at any time.**

# Useful Telephone Numbers

## Colchester Eye Clinic contact numbers

To book or change a NEW appointment only  
01206 286870 / 286871 / 286872

To enquire about or change a date for SURGERY only  
01206 286874 / 286875

To book or change a FOLLOW UP appointment only  
01206 286860 – Mr Sheldrick and Mr Mukherjee  
01206 286863 – Mr Patel and Mr Bansal  
01206 286856 – Mr Dimitriou  
01206 286769 – Mrs Shenoy

For any enquiry relating to Secondary Optometry  
01206 286868

For any enquiry relating to Orthoptics  
01206 286866

For the EMERGENCY EYE CLINIC only  
01206 286882 – we do not accept self-referrals unless the patient is already under our care or has a pink card for the same condition.

If anyone would like to contact the department by email the address is [chu-ftp.ophthalmologydepartment@nhs.net](mailto:chu-ftp.ophthalmologydepartment@nhs.net)

# Essex Sight Centres

**Due to the pandemic, we are only able to offer a drop in service at our permanent sight centre in Colchester. Please ring to make an appointment.**

## **Colchester Sight Centre**

40 Osborne Street

Colchester

CO2 7DB

**Open Mon - Fri 10 am to 4 pm,**

**Saturday 10 – 12pm**

**Tel 01206 548196**

**For more information contact Essex Sight Office on 01206 548196.**

**Email: [services@essexsight.co.uk](mailto:services@essexsight.co.uk)**

**For information about permanent or respite residential care, contact:**

**General Manager at Read House, Janet Plant: on 01255 673654**

**Email: [janet@essexblind.co.uk](mailto:janet@essexblind.co.uk)**