



Spotlight

Summer 2022

ISSUE 107

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Please send your articles for inclusion in Spotlight to:

The Editor

Essex Sight
40 Osborne Street
Colchester
CO2 7DB

01206 548196

Email: services@essexsight.org.uk

Items for the next issue should reach the Editor by 1st September



The Editor writes:

Welcome to the Summer edition of Spotlight. It has been a welcome challenge to have to edit the number of articles going in as opposed to searching for them, as was the case when Spotlight was produced bimonthly, and as such, this edition has increased to 24 pages, and I hope it remains that way! We are covering local, regional, and national information, with some kitchen tips and technology thrown in for good measure.

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

Editor

Community Support Team by Jonathan Dixon

These are exciting times for the Charity as we are extending our services, something that was almost unthinkable a year ago! I am very pleased to announce that we are now providing the Eye Clinic Liaison Service in Broomfield Hospital in Chelmsford. Christine, our ECLO, who also covers the Colchester Eye Clinic, now has an honorary contract with Mid and South Essex NHS foundation trust and will be providing much needed support to patients.

The Colchester Coffee morning is being increased to two mornings a month. This will now take place on the first Tuesday of the month, in addition to the third Tuesday. Times are still 10am – 12noon and the location at the Quaker Meeting House remains the same. Anyone with a visual impairment, together with their families/carers are all welcome. Cost is £2 per person for unlimited tea, coffee, biscuits, and chat!

Thanks to the amazing grant funding from the Provide Foundation through Essex Community Foundation, we are starting a new project to reach out to areas of the County that we have not been able to fully support previously and provide an essential product pack for newly diagnosed people to help them cope.

In northeast Essex, we are opening a monthly pop-up sight centre in Harwich at the Dovercourt and Harwich Hub, 276 High Street, Harwich CO12 3PD. It will be held on the third Thursday morning of the month from 10 – 12 starting on 18th August.

In mid Essex, the South Woodham Ferrers Sight Centre will be held in the library in Trinity Square, South Woodham Ferrers CM3 5JU on the third Wednesday of each month commencing Wednesday 17th August from 10.30 to 12.30.

We are hoping to have more locations for pop-up sight centres in the east of the County later this summer. Please get in touch to find out more.

I wanted to give you an update on E scooters. Firstly, the Spin E Scooter trial has been extended and Spin, who were a subsidiary company of Ford, have been purchased by Tier, who have replaced all the E scooters with their own peppermint green ones. Unfortunately, there is still no noise generation, possibly as they are still in trial mode, however they do have lights front and rear, which is a step up from the old spin models.

The tier scooters accelerate very quickly up to the maximum of 12.5mph and are virtually silent thanks to their suspension. This clearly makes it very challenging for anyone with a visual impairment to be aware of one, especially if it is being ridden on the pavement.

I sit on the Essex consultation group and I will continue to press for sound generation and geofencing, where GPS technology is installed to prevent pavement use.

Important Surveys

Does anyone actually enjoy doing Surveys? Probably not, but there are two that partners have contacted us about that are really important for you to get involved in. Ok, so you may not have the lure of winning a holiday of a lifetime, but you will help to contribute to the future of service provision for visually impaired people.

RNIB survey 2022

The Royal National Institute of Blind People (RNIB) wants to know more about the experiences of people living with a vision impairment in the UK today, and how those experiences affect their quality of life. They want to understand what's most important to people – what's difficult, easy, what's missing from everyday life and what brings people joy.

RNIB will be able to use the information gathered from the survey to work out where they can have the greatest impact on people's lives, ensuring people have the kind of support they need and helping people to achieve their goals.

It's really important they hear from a wide range of people so that they can learn from people's very different experiences. Reaching such a diverse range of people is a huge challenge, so they have approached local sight loss charities to help spread the word to make sure as many people as possible have their voices heard. By taking part in a 30-minute telephone survey, you can directly contribute to RNIB's understanding of people's experiences with vision impairment and what is most important to them.

To participate in the telephone survey, they are asking people to provide some contact details so they can then be called back by their interviewers. People can call 0800 009 6066 and leave a message, or fill out the webform in this link: <https://bit.ly/3yjmpyk>

5 lucky participants will also have the chance to win £50 in a prize draw!

Glaucoma UK: Eye health experts seek to refresh eye research priorities

Eye experts across the UK are calling for your input into a new survey designed to refresh the James Lind Alliance [Sight Loss and Vision research priorities](#) that were first published in 2013.

Despite on-going eye research taking place across the world, there are still many questions about the prevention, diagnosis and treatment of sight loss and eye conditions that remain unanswered. Funding for research is limited, so it is important for research funders to understand the unanswered questions of greatest importance to patients, relatives, carers and eye health professionals so that future research can be targeted accordingly.

Following a review of the existing eye research priorities by the NIHR Ophthalmology Specialty group and the UK Clinical Eye Research Strategy earlier this year, a survey has been developed to help fine tune which of the 98 potential research questions should be taken forward as part of the refresh.

Professor Rupert Bourne, NIHR National Specialty Lead for Ophthalmology said “It’s almost 10 years since the UK last published its eye research priorities and progress has been made in learning more about each of those 12 key areas that were set at the time.

This survey is designed to help us assess whether these are still the right priorities for us to be focusing our attention on, and to delve deeper into some of those, or whether there are new areas of eye research that we now need to make a priority. We are encouraging all those with an interest in eye health and research to take part in the survey to help shape the direction of future eye research.”

The [Eye Research Priority survey](#) is open to all eye healthcare professionals and researchers as well as patients, carers and members of

the public to participate in; and will be open until 9 August 2022. The survey feedback will inform the final Top 10 updated priorities across different eye sub-specialties. You can access it online using this link <https://bit.ly/3AABPRC>

Tech for All

You may think that this was previously mentioned in our tech section, and you would be correct, however, our friends at Guidedogs contacted us to ask that we firstly remind you of their 'Tech for All' scheme and also to spread the word that they still have iPads available to children and young people with a vision impairment, aged 3-18.

These devices have excellent accessibility features built-in, such as screen magnification, voiceover and audio descriptions.

The devices are completely free of charge. The only requirement is proof of vision impairment.

They will also be there to help you and your child make the most of their new device, by providing online guides and tutorials to help them get started and to ensure they know how to stay safe online.

They'll regularly add new content, including help and advice on native apps and apps to download. These resources can be accessed by anyone, not just recipients of the iPads.

So, if you want one for your child, be quick and contact Guidedogs on their website: www.guidedogs.org.uk/techforall or call **0800 781 1444**

Spotlight On

Products to help you in the Kitchen

Madleen Bluhm is a totally blind mum to three active girls, and a full-time technology coordinator with the RNIB Technology for Life team. This is her recommendation of products she finds useful that are specially designed for blind and partially sighted people and mainstream products that are not adapted for blind people but such a great help in our everyday life.

“There are lots of specially designed products, such as talking measuring jugs, scales, hobs and microwaves, high contrast nonslip chopping boards that help blind people to cook that perfect meal or chop the perfect summer salad.

But there are mainstream products that are not especially adapted for a blind person but so helpful. For example a smart speaker like the Amazon Echo or the Google Home. You can use these to find out tasty recipe's or set a digital timer, or to play some music whilst cooking to sweeten the task.

You don't have to worry if you have flour or baking ingredients on your hands, just ask my Alexa/Google to give you step by step instructions, to save recipes or set a timer just by talking to the smart speaker and it doesn't interrupt your tasks.

When I think of cooking, I use a few devices in my kitchen that I just can't be without. The Tefal Optigrill is one of those devices. It gives me the control to prepare my food to perfection. Why, you might ask? I have a setting for each type of meat on the grill ensuring I cook that perfect steak or burger. I can also switch to the manual setting if I feel I want to choose the time I grill something giving me more control over the timing I put the bacon onto the grill for example. Now I could use a George Forman or any other grill, but I feel the audible noise feedback I get from the Tefal Optigrill helps me to have better control when cooking.

Next up is my Instant Pot. I have the Instant Pot Duo Crisp with 8 litre capacity because I cook for a family of 5. What is this? It is a multi-cooking device that allows me to choose various settings such as “air fry”, “pressure cook” or “slow cook”. I can chop all ingredients for a curry in no time, sauté them and then allow all to pressure cook for 20 minutes. In no time I have my curry or pasta sauce, or I can just chuck some potato wedges into my air fryer and have crispy golden-brown wedges in 20-25 minutes. I am not in touch with very hot food, and it gives me control, and most of all, independence.

I have one other very useful device in my kitchen, A Thermomix by the company Vorwerk. It is a multi-device that allows me to chop, knead, bake, mix or steam my food in no time. I can prepare a Frappuccino, *so good in the summer*, or a milkshake in no time, or cook that warm soup in the cold winter days, all in one device. *But who wants the winter*?

Last but not least I feel I want to mention smart home products. I thought a long time about buying a coffee machine with smart home technology having been persuaded that owning a smart washing machine gives me so much more independence. But I went for a Sage Barista Express coffee machine instead. I owned a De'Longhi machine for a long time before, but I prefer the coffee out of the new machine.

Smart home devices can also give us freedom and more control to save energy and gas in our house. No need to try to read a dial or to Braille up products or to memorize settings on washing machines. Siemens with their Smart Home Connect app Or Meile are just 2 companies that are accessible and very easy to use.

I hope you found some of those tips useful, this is not an opinion of RNIB, these are just ideas of myself, trying to prepare a variety of fresh food for my family.”

News and Products

Collaborate Essex Disability & Carers Forum

Healthwatch Essex run the Collaborate Essex Disability & Carers Forum, who are a group of volunteers all of whom have experience of disability or who are in a carer role. They meet quarterly to discuss different topics with senior commissioners from Essex County Council and relevant professionals so they can hear from the forum members about their concerns and actions can be taken. Previously topics have included Accessible Information, GP's, Mental Health and Transport which has led to a Sensory Awareness Campaign, bus driver disability awareness training packages and sensory awareness training and veteran friendly training being rolled out in local GP's. they are keen to build their disability and carers network and ensure that more people's voices are being heard, so if you are interested in contributing, please contact Renée Robey on 01376 572829

Community Connections Essex

Community Connections Essex is a tailored employability support programme open to anyone with a disability or a long-term health condition. If you are currently unemployed and have the right to work in the UK, their experienced Employability Support Advisor will work alongside those referred on to the programme for approximately 8-10 weeks, identifying their needs, and putting together an individual package of face-to-face support ranging from CV writing, interview techniques, job searching skills, job applications and digital skills.

If you are interested in receiving support, please contact:

Signpost Tendring Cally Ravenhill on 07907 098332

Signpost Basildon Barbara Barret on 07880 035969

Signpost Colchester James Bradford on 07742 997404

RNIB Talk and Support

The RNIB runs free befriending social groups for adults with sight loss across the UK.

How the groups work

They provide opportunities for you to socialise in small groups by phone to build friendships and get peer support with other people in a similar situation. We match individuals together for conversations based on age and group preferences.

Trained volunteers or RNIB staff facilitate the groups. Typically, Talk and Support befriending groups meet on the same day, at the same time, each week. Each group runs for 55 minutes. Facilitators help the group chat together and keep the conversation flowing.

They can also offer advice on accessible connection options if individuals are keen to communicate outside of their befriending group.

What you need to take part

You don't need any special equipment to take part in the social groups. All you need is access to a phone and somewhere quiet and comfortable to sit while you take part.

There are lots of people who successfully take part in the groups who have difficulties with hearing. If you use a hearing aid or amplified phone, then please call to discuss if you have any concerns.

Charles Bonnet syndrome specialist groups

There are four specialist groups every week for people with [Charles Bonnet syndrome](#) to meet others in a similar situation and gain peer support. Someone from Esme's Umbrella attends the groups to provide information about the condition.

To join a group, please register your interest by filling in the webform

[Talk and Support: register your interest - RNIB - See differently](#)

Or call 0303 123 9999

Quiz

Essex Quiz

1. Name the two counties that border Essex to the north.
2. Where did Billy Butlin open his second holiday camp in 1938?
3. Name the county town of Essex.
4. Which poet said “the pier is Southend and Southend is the pier?”
5. Which principal port for London is located on the Thames in Essex?
6. Which motor links Greater London, Essex and Cambridgeshire?
7. Which two new Essex towns were designated to help alleviate housing shortages after the Second World War?
8. When you enter Chelmsford, the welcome sign says “Welcome to Chelmsford, the birthplace of” – what?
9. The County’s coat of arms comprises of three what?
10. The artwork called ‘A House of Essex’ was created as a concept by which Essex-born Turner prize-winning artist?
11. Which international airport is located in the district of Uttlesford?
12. In 2003, in preparation for a road widening scheme, what was excavated at Prittlewell, north of Southend-on-Sea?
13. Can you name the largest out-of-town shopping centre located in West Thurrock?
14. Which island became the fastest growing seaside resort in Britain between 1911 and 1951?
15. The reality TV series ‘The Only Way is Essex’ is based in which town?
16. Which forest and ancient woodland is just north of Wanstead, straddling the border between Essex and Greater London?
17. In the 2012 London Olympics, Hadleigh Farm played host to what event?
18. Which town claims to be the oldest recorded town in Britain?
19. Southend Pier featured in the end credits of which 90s British TV series?
20. Which former England Football Manager grew up in Harlow?

Technology

Guide Connect Low Vision Software

Report by Fiona Langstone

I had been struggling with the computer for some time since severely losing my site due to retinitis pigmentosa, so I was delighted to attend Essex Sight's Resource Centre in Colchester to be shown Guide Connect software. I had heard briefly about it, and it sounded ideal, but was cautious because I thought "what if I can't get on with it?" I was therefore very pleased to hear that there was a 30-day free trial that could be downloaded.

I have now been using Guide Connect for a couple of weeks and I cannot believe how much I am doing on the computer that I didn't do before, well, not that I could be doing any less because apart from typing the odd Word document I didn't do anything!

It's so easy to get on with. Previously, if I wanted to check my emails, I had to go onto the Yahoo website and then go past all the adverts to find out I didn't want to read the email anyway because it was junk. With Guide Connect the first menu is "Email" and I can use the keyboard for everything. I press enter on emails and it gives me the option to write an email, go to my inbox folder etc. When I select inbox it gives me all the emails and I go onto them one by one and if they are rubbish (which a lot of emails are these days) I just go onto the options menu which is F2 and it has suggestions like reply forward delete etc., so I just go down with the arrow keys until delete press enter and it asked me if I'm sure I want to delete it so I press down till it says yes and then enter and it tells me it's been successfully deleted. If I want to respond to an email that someone has sent me I do the same thing and select reply but what I think is brilliant about this is that before I started using the software, it was impossible to know whether the email had been sent properly unless I went into my sent folder whereas now it will say email sent successfully, so I know it's not going to bounce back.

Software has so many options and there are probably some I will never use or need to use but to give an example; I am already writing letters. I have changed the voice because I didn't like the one on there and I have found out how to spellcheck from the options menu.

Someone sent me an attachment on an email. I have not been able to download attachments for so many years that in fact I can't remember the last time I was able to. Anyway, I selected F2 which is the Actions menu, went down with the arrow keys and hold it say view attachment so I thought I will have a look at this. I selected it and it told me I had one attachment so I pressed enter and it read it out to me. The speech is very clear and you can alter the volume if you need to.

I tried listening to Heart Radio the other day which is on there and there are also podcasts if you want to listen to a podcast you can play music on there. It's very polite when you go to turn it off and will say goodbye to you. The Internet I have been on and actually signed up to Jackie Lawson e-cards and sent a couple of cards which I would never have been able to do before. I think I will probably leave the shopping side to a friend because you can't be too careful when it comes to using the Internet to spend money I don't think and there is so much out there where you can be conned so whilst I have a sighted person happy to do this I think I will leave it where it is but who knows eventually I might feel confident enough to do this for myself.

I definitely think that buying the package is well worth the money and will be doing so at the end of my trial. If I had to describe any faults it would not be with the software or the package or anything like this, it would be perfect I'm just annoyed that no one told me about it sooner.

I bought a brand-new computer a couple of years ago and ended up with Supernova because I had used it in the past when I had some sight, but found it wasn't any use to me. If only I had been told about Guide Connect before I had done this, I would've saved myself quite a bit of money.

I guess you live and learn and yes, this has been an expensive lesson for me, but I would definitely recommend anyone thinking about Guide Connect to have the 30-day free trial.

My life is now so different since starting to use the software a few weeks ago, I can see the changes that I didn't know would be there, for example, I had no idea I would be writing emails, surfing the internet, sending a card etc. This is all new to me and whilst I have used the computer since the age of 16, I am now really learning as a blind person and I'm very happy with what I've learnt so far and I would like to thank Essex Sight for giving me the opportunity to try this.

Fiona

NV Access

NV Access is a not-for-profit organisation created to provide a free solution to screen reading, which is usually inaccessible to millions of blind people around the world due to cost. This is a critical problem, because without computers, access to education and employment is severely limited, not to mention everyday functions such as online banking, shopping and news.

The NVDA screen reader can be downloaded free of charge by anyone. They do this because they believe everyone, especially the world's poorest blind people deserve access to computers and a way out of poverty. If you have the means, no matter how big or small, please consider making a donation before downloading NVDA. The charity relies on donations and grants to continue improving NVDA and to ensure it remains compatible with the world's rapidly changing technology.

Please note: NVDA is only available for PCs running Microsoft Windows 7 SP1 and later. If you require a version of NVDA that can still run on Windows XP or Vista, please download the much older [NVDA 2017.3 for Windows XP](#) instead. NV Access does not however recommend or support running this older version on newer Operating systems.

<https://www.nvaccess.org>

App, App and Away!

After a short break (while the app developers were away doing their thing) our feature returns. Sadly, only one new app, but this is a local one and as it offers to assist with travelling around the County, or at least part of it, it is definitely worth checking out.

DigiGo - Travel on demand

DigiGo is a fully electric shared public transport service which offers on-demand or pre-bookable travel in South Braintree and Central Essex areas.

Unlike regular bus services, there is no fixed route or timetable, which puts you in control of your journey. DigiGo is booked via the [TravelEssex app](#), where you select your pick up and drop off points and pay. You can also track your vehicle in real time before and during the journey, and you can book to travel on-demand or up to 7 days in advance.

DigiGo is a shared service, which means you may pick up other passengers on the way to your destination. All vehicles are fully electric which helps to reduce emissions and congestion in the operating area and there are wheelchair accessible vehicles available too.

The areas that DigiGo is limited at the moment, but if it is successful, it may spread to other areas of the County.

Download and install the TravelEssex app from [Google Play](#) or [Apple App Store](#) or contact the telephone booking line which is available Monday to Friday, 10am till 12pm at 03330 137 138 (excluding bank holidays)

Entertainment

Vocal Eyes

After a two-year break our Vocal Eyes quarterly What's On guide is back! The Summer 2022 guide covers audio description at many theatres, museums, galleries and heritage sites across the UK, arranged by region, during June, July and August. Audio and Word document versions are embedded below.

For more information about what's on near you or to subscribe to the What's On guide email: enquiries@vocaleyeyes.co.uk or telephone 020 7375 1043.

Queen's Theatre Hornchurch

Queen's Theatre Hornchurch is a vibrant regional theatre with a rich heritage, including the best in home grown theatre, visiting live entertainment and inspiring Learning and Participation projects. They were the first Outer London theatre to receive the prestigious Theatre of the Year in 2020 (The Stage Awards). They regularly run accessible performances of their produced shows including musicals, dramas and pantomime.

The accessible performances include:

Dementia Friendly,

Relaxed (Special Education Needs friendly),

British Sign Language Interpreted

Audio Described

Closed Captioned

If you would like to find out more about their performances contact the Box Office **01708 443333** or visit the website <https://www.queens-theatre.co.uk>

Answers to quiz

- 1 Cambridgeshire and Suffolk
- 2 Clacton
- 3 Chelmsford
- 4 Sir John Betjamen
- 5 Tilbury
- 6 M11
- 7 Basildon
- 8 Radio
- 9 Knives
- 10 Grayson Perry
- 11 London Stansted Airport
- 12 The Royal Saxon Tomb
- 13 Lakeside Shopping Centre
- 14 Canvey Island
- 15 Brentwood
- 16 Epping Forest
- 17 Mountain Biking
- 18 Colchester
- 19 Minder
- 20 Glenn Hoddle

Contact details

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

Eye Clinic Liaison Officers 01206 548196
Christine (Colchester and Broomfield Hospital Eye Clinics)

Email: services@essexsight.org.uk

Read House 01255 673654

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.

For information about permanent or respite residential care, contact:
01255 673654 Email: info@readhouse.org

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

Please Note self-referrals are not accepted unless the patient is already under our care or has a pink card for the same condition.

Email the department on chu-ftr.opthalmologydepartment@nhs.net

Broomfields Eye Clinic (Chelmsford)

Appointments - 01245 513900

Diabetic Eye Screening - 01245 516707

Age Related Macular Clinic - 01245 514899

Ophthalmology Surgery waiting list - 01245 514767

Essex Sight Centres

Colchester Sight Centre

40 Osborne Street

Colchester

CO2 7DB

Open Mon - Fri 10 am to 4 pm

by appointment only

Wednesdays 10am-12noon

drop-in session

Tel: 01206 548196

Chelmsford Sight Centre

Chelmsford Central Library

Chelmsford County Hall

Market Road

Chelmsford CM1 1QH

First Friday of each month

10am - 1pm by appointment only

Tel: 01206 548196

Clacton Sight Centre

CADOWS

24 Old Road

Clacton-on-Sea CO15 1HX

Second Thursday of each month

12 - 2pm by appointment only

Tel: 01206 548196

Harwich Sight Centre

Dovercourt and Harwich Hub

276 High Street

Dovercourt

Harwich CO12 3PD

Third Thursday of each month

10am – 12noon

Tel: 01206 548196

Maldon Sight Centre

Maldon Library

Carmelite House

White Horse Lane

Maldon CM9 5FW

First Tuesday of each month

10am - 1pm by appointment only

Tel: 01206 548196

South Woodham Ferrers Sight Centre

South Woodham Ferrers Library

Trinity Row

South Woodham Ferrers CM3 5JU

Third Wednesday of each month

10.30am – 12.30pm

Tel: 01206 548196