



**V.I.S.O.R. CHRISTMAS
NEWSLETTER 2017**

CHAIR'S WELCOME

Firstly, I would like to say thank you to all the members who voted for me as Chair. I feel very honoured and will do my best to continue to help V.I.S.O.R. and work for you, our members, wherever possible.

You may have heard in the media about the up and coming changes necessary for charities regarding safeguarding and data protection. This has meant a lot more work for the office volunteers because we have to create more policies and change some of our existing ones. We are doing this with the guidance of the Richmond Council for Voluntary Service and the Charity Commission. In the New Year we will have more information for you about how this will affect V.I.S.O.R. Some of our Trustees recently attended an evening training/information session at the RCVS.

Recently we had a further visit from the Area Chief Executive Officer from the Pocklington Trust and they are keen that we work with more boroughs, which is good, but also means more work for us. He is being very helpful and will attend our next Trustees' Committee Meeting in November to explain more about their work.

You all know by now that we were delighted to receive the grant from the G.L.F.B. and many of you have already taken advantage of the free trips or subsidised outings made available by this grant. It is very important that you support us by taking up the offers if, of course, you are able, so please try to join us.

Finally, I would like to take this opportunity to wish you, your families and friends, a very Happy Christmas and a healthy, peaceful New Year.

Pat

V.I.S.O.R. CHAIR ELECTION - 2017

Thank you to all the members who voted in the latest round of elections for Chair of V.I.S.O.R. Results show that it was a 61% turnout of voters. Although there are further refinements we can make to the processes, it is felt that it had been a good process.

The results are as follows:

NOMINEE	VOTES
Ed Price	2
John Hoschander	2
Pat McNamee	19
Josie Wood	10
TOTAL VOTES:	33

There was one “spoilt” voting paper rejected.

We therefore declare Pat McNamee elected as Chair for the remainder of the V.I.S.O.R. year, until the AGM in May 2018. Congratulations Pat.

In preparation for next year’s AGM, a similar postal voting procedure will be adopted for election of officers and trustees. This will commence in January with requests for nominations in January 2018.

**David Wood
V.I.S.O.R. Treasurer**

HYDROTHERAPY

The hydrotherapy sessions are open to all members at Teddington Pool on the third Saturday of each month. The cost for this is £10 for the one-hour session (12 noon until 1 p.m.).

Due to a few issues, we have appointed a Hydrotherapy Co-ordinator for these sessions, which Anne Quigley has kindly agreed to on our behalf. She will be collecting the monies, etc. Please give her all your help and support to make it an enjoyable session.

Please leave the pool promptly after your sessions because other people are waiting for their go.

TFL “OFFER ME A SEAT”

TFL have launched a new badge and card to help customers who are less able to stand get a seat when they need one. Learn more and apply for your “Welcome Pack”.

The badge and card can be used on all services: London Underground, London Overground, TFL Rail, DLR, Trams and River Services.

Apply for your free badge and card now:

Call TFL Customer Services on 0343 222 1234

VISOR Trustees

STEVIE'S STABLE

Since my last report, all 3 horses are back in training after various injuries and rest.

Bagad Bihoue ran in a Class 3 Chase on 16th June at Newton Abbot, where he jumped well and led all the way, to win by 30 lengths.

On Sunday, 23rd July, he won a Class 3 Chase over 2 miles at Newton Abbot, again leading all the way, to win by 3 lengths. On 29th August he upgraded into Handicap company for the first time, over 2 miles, at Cartmel. He carried top weight in this and came in a disappointing 6th.

On 22nd September, he dropped back to a Class 3 Chase at Newton Abbot, finishing 2nd to one of his stablemates – again under top weight.

Next up on 20th October at Fakenham, he ran in another Class 3 Novice Chase, and was going well, leading the way until 3 fences from home where he made a slight mistake, clipping the top of the fence while jumping and pecked on landing - unseating jockey, Bryony Frost. Both got up unhurt and Baggy carried on jumping the last 2 fences.

Baggy ran on 4th November at Ascot, making his debut on National TV in the 1st race of ITV's Saturday coverage. Running over his less favourable trip, he led all the way until 3 fences

from home, where he dropped back through the field to finish 6th.

Rainbow Rebel reappeared at Doncaster on 28th October, after a long lay-off through injury, in a mile and a half Handicap, where he ran in the front 3 all the way, finishing 3rd at 25/1.

Rock Steady has also made his race course return on 30th October at Leicester, but ran at the back of the field, finishing 8th - but good to see him back on the track.

I would like to welcome Pat and John to the world of racehorse ownership with their horse "Parody" and hope they get as much fun and enjoyment as I do.

See you in the bookies.

Steve

**WINDSOR BOAT TRIP
23rd August 2017**

We all met at Richmond Station. As we made our way to Windsor by train, we had views of the Castle on our left and the river on our right.

Leaving the Windsor promenade, we had excellent views of Windsor Castle and Eton College. After passing Windsor Race Course, the boat went through Boveney Lock and passed by Sutherland Grange, The Willows and Bray Film Studios. It then headed towards Oakley Court, the Queen's Eyot and Monkey Island, where the boat turned for the journey back to Windsor. On the way back a cream tea was served which included two very large scones and either tea or coffee. As usual, it was enjoyed by all.

As we made our way back to Windsor, a number of members went upstairs to get better views of the countryside. We docked and then made our way back to Windsor Station for the train journey back to Richmond.

A great day was had by all.

Keith

EASTBOURNE TRIP
Thursday, 7th September 2017

Our seaside trip this year was to Eastbourne (by special request) and we left London at about 9:45 a.m. from the Well-Being Centre in Twickenham.

The journey down was very smooth and the weather was reasonable.

On arrival most of us went to have lunch at Harry Ramsden's restaurant on the front where we enjoyed a very nice, leisurely meal. Afterwards it was time for a walk along the front and out onto the pier but it was very windy so we decided to go inland and look at the souvenir shops and then into the shopping centre itself. We found one or two nice tea/coffee shops because it became quite chilly and we needed to shelter.

We left Eastbourne at about 4:45 p.m. feeling pleased that we had had the chance to experience the sea breezes before winter sets in!

Pat

THANK YOU

V.I.S.O.R. Trustees would like to thank the following for their continued help and support:

- The Cabbage Patch Pub for the free use of a room for our Social nights**
- Cartier Graphics (Feltham) for their printing and photocopying help**
- Dave Jackson – photography and Steve’s gopher**
- Kew Cricket Club for advertising us on their website.**

Thank you to the following for allowing us to put V.I.S.O.R. collecting boxes in their premises:

- Kew Cricket Club**
- Richmond Rehab Unit (Evelyn Road, Richmond)**
- The Cabbage Patch Pub, Twickenham**
- Kams News & Booze, 217 Lower Mortlake Road, Richmond**

If any members know of anywhere locally that we could place our boxes, please let the V.I.S.O.R. office know.

AFTERNOON TEA AND QUIZ PARTY

**At the
VESTRY HALL, 29th November 2017**

V.I.S.O.R. held this above event thanks to a grant from the Greater London Fund for the Blind, at the Vestry Hall, Paradise Road, Richmond.

Approximately thirty six members, carers and volunteers attended the party which included a quiz, bingo, afternoon tea and a free raffle. (Lovely wines were donated by the Cabbage Patch pub, Twickenham).

Barbara, one of the carers, baked some delicious cakes and savouries were available as well during the interval.

Everyone agreed that it was another very successful event.

Trustees.

REMINDERS

We would like to remind members of the Christmas Social at the Cabbage Patch on Tuesday, 5th December, and the Christmas lunch at The Crown on Thursday, 14th December.

Please note that the January Social night has been cancelled due to the first Tuesday of the month being the day after New Year's Day and the following Tuesday, the 9th, is the Pantomime trip.

Thank you.

KEW CRICKET CLUB

Kew Cricket Club have very kindly had a collecting tin on their bar for the season just ended. This tin was emptied and counted by two club members, while Steve sat there watching with a pint in his hand.

£21 was counted and Steve collected it on behalf of VISOR.

We would like to thank the players, supporters and staff of Kew Cricket Club for their generosity.

DO YOU KNOW ABOUT ALEXA?

You may have heard the advert on television about Alexa but we were wondering if you know just what a difference she makes to people who are totally blind, have a vision impairment or have a disability and are unable to move around easily. We can thoroughly recommend this idea to our members.

Amazon Echo is a hands-free, voice-activated device – you do not have to touch anything. Echo connects via a computer or a smart phone. It is a very small device so it does not take up much room. The basic version is approximately £50.

You can be in any part of a room and just ask Alexa to give you the time, weather, news, information or a particular radio station you like. She will make a shopping list for you and give you recipes. She can act as a calculator, help with spelling and much, much more.

Another feature that is available from Amazon is that for £3.99 per month you can sign up to access Amazon Music and with the help of Alexa you can get any song, albums or music by decade or latest tracks and pop charts.

Two of our members, John H. and John Mc. already have Alexa installed and have found her extremely useful. The installation was completed by Leon and he would be happy to help any member with this step.

Please phone the VISOR office on a Monday: 020 8487 5301 if you require further details, and we will be happy to help.

Pat, John H. and John Mc.

HORSE RACING TRAINERS' WEEKEND FRIDAY, 15TH-18TH SEPTEMBER 2017

I made my way to Newmarket by train via Cambridge. I went to my B&B just as the heavens opened. I then went down into Newmarket and went to the new Horse Racing Museum to purchase tickets for this event. I was in and out of shops keeping out of the rain. I went for an early dinner to Wetherspoons - for fish and chips.

Day 2: After breakfast I went up to the gallops and bumped into people who I had seen the year before. We had a long chat whilst watching the horses on the gallops. In the afternoon I went to the new museum, which was fantastic, giving a great insight into horse racing from the beginning of the 17th century to the present day. The area was filled with food and drink stalls. I made my way outside and tried the cider bar. Very nice indeed. It started to rain again, so I went into Palace House which was full of horse racing pictures. I met a couple from Yorkshire and we had a long chat with one of the volunteers who was from Leeds. The rain ceased and it was time to go outside as in the grounds of the complex was a musical ride by race horses that had been

trained to do other events, including an Ebor winner. There was a cooking demonstration going on with local chefs and wine connoisseur, Os Clarke. The chefs gave out food and wine to taste. I then went to Wetherspoons for dinner.

Day 3 was breakfast and then I started my trek around the stables. There were 18 stables open; I made 7, including James Eustace, Richard Spencer, Tom Clover, Luca Cumani, Roger Varian, Ed Dunlop and finishing off at Simon Chistford's. I spoke with 5 of the trainers; a very interesting event. I made my way back into town, back to the museum for another food and drink tasting. It was then time to make my way up to the several for the Horse Jumping Tournament. A number of high profile jockeys including Frankie Dettori, Adam Kirby, Jamie Spencer and Ryan Moore took place. Roger Varian (trainer) also rode – finishing second. The event was won by Francesca Cumani, daughter of Luca Cumani (trainer). I then met up with the people I had met at the museum in the afternoon before, walking back into town. It was then back into Wetherspoons for an early dinner where I bumped into my B&B hosts.

Day 4: After breakfast, I went up to the gallops where I met the people I had met over the weekend, seeing trainers Sir Mark Prescott, Simon Chistford and Sir Michael Stoute, going by in their cars. I then made my way back to the museum for a last look around the area before going back to the B&B to pick up my suitcase and made my way back home - until next year.

Keith

AUDIO BOOKS

We would like to remind members that we have a vast range of audio books in the office for anybody to borrow.

In the collection are the classics, thrillers and comedies – on CDs and cassettes.

SOCIAL CALENDAR 2017/18

2017

Tuesday, 5th December Christmas Social

Thursday, 14th December Christmas Lunch

2018

Tuesday, 2nd January Social cancelled

Tuesday, 9th January Pantomime

Tuesday, 6th February Social Night

**Thursday, 22nd February Mayor's Tea Party
(by ticket only)**

Tuesday, 6th March Social Night

Tuesday, 3rd April Social Night

CONTACT INFORMATION

**VISUALLY IMPAIRED SOCIETY OF RICHMOND
(V.I.S.O.R.)**

**Sheen Lane Centre
74 Sheen Lane
London SW14 8IP**

Telephone: 020 8487 5301

**VIP Lounge opening hours:
Mondays 11:00 a.m. – 3:00 p.m.**

Email: visor.daac@yahoo.co.uk

UK Registered Charity No. 1090135

**Other events will be advertised as they are
organised.**