

## **Eye2Eye 48 - Spring 2016**

**Welcome to Eye2Eye, a mix of useful and entertaining current information for anyone with visual impairment or an interest in the subject. This newsletter is produced by Portsmouth Library and Archive Service for vision impaired readers. It is available in large print, Braille, audio CD and email. If you would like it in another format or further information on any of the articles, please contact Julie Duffy on 023 9282 9923 or email [julie.duffy@portsmouthcc.gov.uk](mailto:julie.duffy@portsmouthcc.gov.uk)**

**The views expressed in this newsletter are not necessarily those of Portsmouth City Council. The products mentioned are for information and are not an endorsement of any kind.**

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## **THE TREE by Jim Marsh**

**The great oak stands alone surrounded by the devastation of freshly cut tree stumps, tomorrow it will be cut down and its history will end. A young woman climbs the hill to stand under its broad canopy of branches and foliage, she sits and leans against its trunk and with tears in her eyes begins to doze and seems to dream of the events recorded within the two hundred and fifty annual rings in its trunk.**

**There were the regiments of troops who were marching off to war, who were singing with drums beating and flags flying but years later only some of them returning slowly trudging on their way homeward.**

**A few rings later there is a dark night and under the thick foliage of the tree stands a black stallion on which sits a figure also in black with a black hat and a black mask waiting for a coach. Suddenly the horse flicks its ears and snorts, 'Steady Bobby, I hear it,' says the rider . Along the lane coming up the hill two lantern lights come into view swinging with the motion of the vehicle, it is not the expected**

**coach but a fine looking carriage. The rider eases the horse into the road and raises two pistols in a threatening manner whilst shouting, 'stand and deliver'. The carriage comes to a stop and the highwayman orders the driver down and makes his way round to the door of the vehicle, opening it he sees two women, one old whilst the other is a younger and prettier girl. In a gruff voice he shouts, 'your money and jewels please ladies', which is met with cries of despair from within. As the robber holds out a velvet bag for these items, the carriage driver suddenly runs to the driving seat and pulls out a pistol. 'Stop', cries the highwayman but then has to fire his pistol. This causes the horses to buck and bolt to run wildly down the steep hill. Quickly the highwayman spurs his horse after the runaway vehicle, which is now rocking violently with the women inside screaming in terror. The rider gradually comes abreast of the runaway horses and reaching for the reins and pulls the carriage to a halt. He climbs onto the driver's box and calls down to those within.**

**‘I cannot leave you without a driver ladies, we will ride to the next house.’**

**A mile along the road stands the Manor House and as they approach it several men appear on horseback and surround the carriage. In no time they arrest the robber and he is taken away despite the protests of the younger woman that he has saved them. Seven days later a cart drawn by two horses and surrounded by a crowd of gearing people climb the hill to the Oak tree. Here a noosed rope is thrown over a sturdy branch and the cart is backed under it a dishevelled figure with hands bound behind his back is pushed to its edge and the noose is placed around his neck.**

**‘I die for being a gentleman,’ calls the man as the cart is propelled forward at a gallop and the horses bolt leaving the figure swinging from side to side with a broken neck and leaving a young woman weeping for him. Many rings further on, the valley is awoken by men digging and levelling a path through the country and then laying iron rails along which steam engines run belching steam and**

**smoke and drawing many trucks filled with all sorts of materials. The village below now begins to grow and expand into a small town with houses and factories advancing up the hill towards the woods, with the road before the tree being surfaced and becoming a busy highway.**

**Along further annual rings great queues of motor traffic block the thoroughfare and now the destruction of the trees begin in earnest and protesters now arrive with the young woman among them and together they climb the trees and chain themselves to the trees in an attempt to halt the wanton destruction of two hundred and fifty years of nature but the attempt is not successful and now only the great Oak is left awaiting its fate. In the morning the tree surgeons arrive early but crowds of protesters are already in position for another battle. The Police arrive and another struggle commences, but in the confusion the girl, who has climbed into the higher branches, struggles with the Policeman and falls to the ground where she lies injured and is taken to Hospital and does**

**not witness the final and fatal destruction of the great Oak Tree.**

**PAB (Portsmouth Association for the Blind)**  
**MOVE**

**By Ian SB**

**As I am sure most people are aware, PAB is moving from Stubbington Avenue to facilities at the Deaf Centre in Arundel Street.**

**The house in Stubbington Avenue is in the process of being sold to a developer who is going to convert it into a number of flats. Part of the original agreement with the Council in 1952 was that the house would revert to residential use when or if the Charity vacated it.**

**Over recent years a large area of the house has become redundant as staff numbers have decreased, that, combined with the costs of running and maintaining a building of the age and size that number 48 is has forced the decision to move.**

**It is hoped that some of the people who live further south in the city will be tempted to**

**come along to the Deaf centre and join us as it is better located centrally. All our groups and activities will continue and we hope to share some of them (if not all) with people from the Deaf centre who already use the facility.**

**Some members of staff are retiring in the coming months and will depart after the dust of moving has settled, our current receptionist and transport manager will be leaving us in August and I hope to be gone before Christmas.**

**Due to the locations being in different BT exchanges our contact number will be changing but we will have a redirection on the current line and all relevant information will be changed on the web site.**

**We look forward to seeing and meeting people in our new home.**

## **Need Extra Help in a Power cut?**

**We are UK Power Networks. We keep the lights on in your area regardless of your chosen energy supplier (the company that you pay your electricity bills to). We own and maintain the electricity lines and cables in London, the East and South East of England.**

**Power cuts don't happen very often but if the electricity network is damaged or develops a fault it's our job to get your power back on. Our engineers will work around the clock 24/7 to restore your power as quickly and as safely as possible.**

**If you live in London, the East or South East of England, then being on our Priority Services Register will ensure you will receive extra support if you experience a power cut.**

### **Who can register to receive extra support?**

**The elderly, those dependent on medical equipment or who have a disability or young children. See a full list at [www.e-ukpowernetworks.co.uk](http://www.e-ukpowernetworks.co.uk) You can also email: [PSR@ukpowernetworks.co.uk](mailto:PSR@ukpowernetworks.co.uk) or call 0800 169 9970.**

**What help should I expect to get during a power cut?**

**A priority number that you can call 24 hours a day if you have a power cut. Regular text messages or phone updates during a power cut.**

**Extra support from our partners, such as the British Red Cross, to visit your home during an emergency (we'll check with you first)**

## **Thoughtfully Designed**

**We are a family business called Ravencourt Ltd who have been trading for 32 years.**

**We supply equipment for schools but also design and manufacture items to help the blind and partially sighted.**

**For the last 20 years we have designed and made products for organisations and charities under their own brand, such as RNIB who we continue to supply with items such as liquid level indicators and talking clocks etc.**

**The company is run by myself and my son Oli, we listen carefully to what our customers want and design user friendly products that we feel will help to make life better for those with sensory loss.**

**Our new brand 'Thoughtfully Designed' is a range of exciting new products that we are making available direct to end users as well as to local societies and organisations.**

**One product is a new talking key chain pocket clock which has simple settings and a one button touch to announce the time and date. It has a loud and clear English voice and a long-life lithium battery. When the battery needs changing there are no screws involved. If you would like to look at a brochure in my office at the library.**

## **Global Music Vision**

### **Coming Soon. Music Workshops**

**Do you like music?**

**Would you like to create your own sound?**

**Have you an idea for a music project?**

**If the answer is yes to any of these, then these workshops could be for you!**

**Using computer music software, you will be able to compose your own music, and play instruments in the software. You may enjoy singing, or recording, editing, and mixing your ideas? These small group sessions are for people aged 50 plus living with some form of sight loss or other disabilities, and will be driven by you as a group, in a safe supportive environment.**

**Spaces will be limited!**

**To find out more and secure your place, please contact us via: Email:**

**[globalmusicvis@aol.com](mailto:globalmusicvis@aol.com) Telephone**

**07742311486 or**

**[www.globalmusicvisions.co.uk](http://www.globalmusicvisions.co.uk)**

**Smile Lines.**

**Sourced by Irene Knowles**

**Notice in a farmer's field:**

**The Farmer allows walkers to cross this field for free, but the Bull charges.**

**On a repair shop door:  
We can repair anything. (Please knock hard for entry - bell broken).**

**Creation.  
Why did God create man before woman?  
He didn't want any advice.**

**Why did God create man before woman?  
Because it's always good to have a rough draft before you create your masterpiece.**

**Moses.  
Why did Moses wander through the desert for 40 years?  
Because even back then men wouldn't stop and ask for directions.**

**Hear me.  
Preacher: Can everyone hear me at the back?  
Voice from the back: Yes, but I wouldn't mind changing seats with someone who can't!**

**Quiet.  
A Sunday school teacher asked her children:  
"And why is it necessary to be quiet in church?"  
One little girl replied helpfully: "Because people are all sleeping."**

## **No Bake Chocolate Peanut Butter Squares Sourced by Abbie Sitch**

### **Ingredients:**

**210g (7 1/2 oz) digestive biscuit crumbs**

**330g (12 oz) icing sugar**

**260g (9 oz) peanut butter**

**225g (8oz) butter, melted**

**340g (12oz) plain chocolate, chopped**

### **Method:**

- 1. In a medium sized bowl melt the butter. Break the digestive biscuits into crumbs. Put all ingredients into the bowl, except the chocolate, and mix well. Press firmly into the bottom of a 20x30cm (8 X 12 in) tin.**
- 2. Melt chocolate over a double broiler or in the microwave, stirring occasionally. Spread melted chocolate over the base.**
- 3. Chill for about 5 minutes, then cut into squares before the chocolate is completely set. Chill until ready to serve.**

## **Did You Know**

**From this April it will not be so easy to get your feet problems paid for by the NHS. I understand that if you are on benefits then your doctor may be able to help. If not the service below may be of interest.**

## **TipToe**

**If you get your feet worked on by the NHS, you will probably be aware that from April this service is being cut back. You may like to know that this service has been found by a lady who comes for computer lessons.**

**It is provided by Solent NHS and it will address the following problems:**

**Toenail cutting, problem nails, corns, hard skin, verruca's, heel pain, painful feet, feet-related ankle, knee or hip pain.**

**The following treatments start from £13 - personal nail care pack, foot care treatment, podiatry for diabetic foot treatment, gait analysis and custom insoles, and ingrowing toenail surgery.**

**The contact details are:**

**Telephone: 0300 300 2012 or**  
**[www.solent.nhs.uk/tiptoe](http://www.solent.nhs.uk/tiptoe)**

**First treatment is £25 for treatment and assessment. The follow up is £13 for nail care and £25 for nail care and calluses/corns.**

### **Telephone Scam**

**This was received from Portsmouth Disability Service: You get a call from Michelle, who says she is calling from Portsmouth City Council and she says she can put the Council Tax band down for you as well as getting your money back for previous years. She says it will only cost £65 for the paperwork.**

**Michelle says her number is 0844 800 9426 but if you receive a call from Portsmouth Council the number is stored as 02392 687000. This is a well known scam by to the police.**

**If you would like some help planning a journey, Traveline may be able to help you. A lot of councils pay into this company and they can plan your journey by bus or rail. They have a website at**

**[www.travelinesw.com](http://www.travelinesw.com) or a phone number  
0871 200 2233.**

**If you would like an audio copy of the Council's magazine Flagship, you can have one by calling Julie on 02392 829923. This audio version has been recorded by one of the library's volunteers. The Flagship is also available in large print and Braille.**

## **New Products from RNIB**

**The RNIB has released a few new items lately:**

### **Explorē 3 video magnifier**

**Explorē 3 is a pocket-size handheld magnifier which is as light as a mobile phone.**

**Practical, powerful, lightweight and portable, it's ideal for people who wish to have an electronic magnifier with them all the time.**

**£167.33 ex VAT:**

### **+Hands-free LED magnifier**

**Perfect for needlepoint, reading, jewellery-making or any fine-detail activity where both hands are needed, this 4-inch hands-free LED magnifier provides super bright LED illumination and powerful magnification. £20.00 inc VAT:**

### **+9.7" Samsung tablet**

**A stylish Samsung 9.7-inch tablet installed with easy-to-use Synapptic software. Great for emails, websites, calendar, voice control and much more. Includes a free USB Talking Book adaptor. £407.77 ex VAT:**

### **+New Loc8tor Lite**

**Black credit card sized electronic locator which can find up to two items such as your keys, purse or remote control. With a range of up to 122 metres. it even works through doors and walls! £59.95 inc VAT:**

**+Daylight magnifying lamp**

**This folding magnifying lamp is compact and lightweight, providing 1.75x magnification. The daylight tube provides high contrast and accurate colour matching, making it easier to see detail clearly. £34.95 inc VAT:**

**+Maggie video magnifier**

**This Maggie 5-inch handheld video magnifier has 2 modes of magnification, allowing you to adjust very easily to suit the situation. Ultra lightweight. High contrast LCD screen. 6 hr battery. £256.63 ex VAT:**

**Also they have quite a few new microwaveable pieces:**

**Lunchbox; soup mug; multi-steamer and saucepan – all for the microwave. There is also a non-slip tray and some placemats and coasters.**

**For more information on any of these items, either contact the RNIB on 03031239999 or Julie at the Library.**

## **Article by Dave Taylor**

**Life is busy for me as an RNIB campaigns coordinator, I am presently working on street clutter in Portsmouth, and have been in discussions with the council over the last four months.**

**I hope that Portsmouth City Council will sign up to the Street Charter, to make our streets a safer place to get around, not just for visually impaired people but for other disabled groups.**

**RNIB are also working on a campaign to stop cuts to PiP which if happens could affect all of us, I am keeping a close eye on Vue at Gunwharf Quays, they promised there would be two AD screens by the end of 2015, unfortunately I have been too busy to see if this has happened, so I am asking any of you who go there please check this out and let me know.**

**RNIB are looking for Volunteers in this area if you are interested please contact them, the number can be found on the website.**

**In other news I will be launching an online magazine called Losing My Sight in the near future people will be able to subscribe for free and at present it will go out quarterly, but if we get a lot of subscribers it would be frequent.**

**The more subscribers we get we can try to sell advertising where the profits will go to fund specialised counselling which I feel strongly for, so please support the magazine.**

**And Finally: If anyone would like to contribute an article, product you find useful or a favourite recipe, please let Julie know. If you are unable to write it down in any way Julie will help you.**

**The owner of a golf course on the Gold Coast in Australia was confused about paying an invoice, so he decided to ask his secretary for some mathematical assistance. He called her into his office and said, "You graduated from the University of Queensland and I need some help. If I was to give you \$20,000, minus 20% how much would you take off?" "The secretary thought for a moment and then replied...everything but my earrings."**