



expanding horizons for people  
with sight impairment

# seenews

FEBRUARY 2019



## Come fly with us!

Find out how you can support seescape in 2019 in  
the Fundraising Update (Page 4)

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SEE EDUCATION



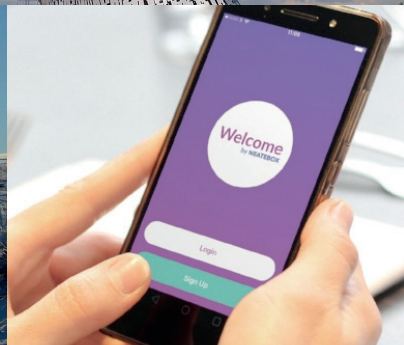
THE OPTICIAN



## Welcome

We want to hear from you! Please keep us up to date with your contact details – so if you change address, phone number or even want to give us your email address, please call **01592 644 979** or email **info@seescape.org.uk**

As ever, if you have any comments or ideas about See News please contact Lindsey McDonald, Editor - email **lindsey.mcdonald@seescape.org.uk**



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# A Message from the Chief Executive

by Carl Hodson

*“Come senators, congressmen, Please heed the call  
Don’t stand in the doorway, Don’t block the hall .....  
for the times they are a-changing!” - **Bob Dylan***



It’s a new year and 2019 will be a year of significant change, especially politically, and is reminiscent of Bob Dylan’s lyrics back in 1964.

At seescap we see it as the ideal time of year to make changes for the better. We have recently been working in political areas that will undoubtedly have a positive impact for our clients.

We welcome the decision City of Edinburgh Council made by banning advertising boards and we want other councils to follow suit; especially in Fife where we will be lobbying for change. For people with a sight loss moving around busy streets and negotiating both people and street furniture can be extremely daunting. We are passionate about people being independent and active in their community; giving them the skills to do so and removing the obstacles in their way.

If other local authorities followed Edinburgh’s lead, the streets would become less of an obstacle course and be safer places to walk. Inclusivity is paramount in all villages, towns and cities, ensuring places are open and welcoming to all, regardless of disability. Hence, our collaboration with ‘Welcome’ by Neatebox in our own Centre and in to two significant buildings in Fife; find out more in ‘App Chat’.

It is also why we are keen for the Transport Bill, which is currently before the Scottish Parliament, to go through as it could make parking on pavements entirely illegal and would be another important step in making sight impairment people’s lives safer.

We are also keen for improvement in getting more sight impaired people into employment currently three out of four people with a sight impairment are unemployed. This is more than 15% above the average disability employment rate in Scotland.

So as we make our way through 2019, we hope to witness a positive sea of changes for our clients and their families.

Wishing you all the best for 2019!

**Carl Hodson** *Chief Executive*

# Fundraising Update

We have an action packed calendar of events throughout 2019! For more information about any of these events please call 01592 644 979.



## Wednesday 20 March

Come along to our **Tea Dance at Linton Lane Centre**, Kirkcaldy from 1pm - 3pm. Enjoy the sounds of Nostalgic Moments who are a local vocal and keyboard duo! Show off your moves or sing along to your favourite tunes. Call today to reserve your tickets at only £3 each! You need to be quick - they are selling fast!



## Sunday 7 April

**Kilomathon** takes place along the beautiful Edinburgh cycle path network - it's the perfect running distance. You can take part in 13.1K or if you feel that's a bit too far, you can enter the 6.5K route. Get in touch to secure your place.



## Saturday 25 to Sunday 26 May

**Edinburgh Marathon Festival** takes place on May Bank Holiday Weekend. We have charity places available and you can take part in the full marathon, half marathon, team relay, 10k, 5k or junior races.



## Thursday 6 June

**Forth Rail Bridge Abseil:** This unique challenge allows you to abseil (free-fall style, like the S.A.S.!) from the iconic Forth Rail Bridge - Scotland's Best Loved Landmark, and a UNESCO World Heritage Site. It's a 165ft drop with a soft landing on the sandy beach below - the ultimate Forth Bridge abseil experience! Hurry - places are limited!

## Sunday 18 August



**Dundee Kilt Walk:** Nearly 3,000 Kiltwalk Heroes walked across Dundee, St Andrews, Tayport and Monifieth for an incredible day out in 2018. Be part of the team this year – register now at [www.thekiltwalk.co.uk/events/dundee/](http://www.thekiltwalk.co.uk/events/dundee/)



### **Sunday 1 September**

**seescape Sky Dive:** Take part in this fantastic adventure at Fife Airport. Is doing a sky dive something you have always wanted to do? Well now is the time to sign up for the seescape sky dive day! This really is one to score off your bucket list.



**MEN'S 10K**

### **Sunday 3 November**

**Men's 10K:** The Men's 10K in Edinburgh is a stunning 10K run through the heart of Scotland's beautiful capital city. Gear up for International Men's Day by taking part in the event.



### **Friday 8 to Sunday 10 November**

**Supernova Run:** Take in the fantastic sight of The Kelpies at night whilst running in this one of a kind race. This is a not to be missed run!

**If none of these events piques your interest, why not organise your own fundraiser and help seescape raise vital funds!**

## **The Season of Good Will**

seescape would like to thank everyone who supported our festive fundraising last year - whether by attending our extremely successful Coffee Morning, buying raffle tickets or donating items for our Raffle and Tombola, we couldn't have done it without you! Overall we raised a fantastic total of £1042.

While we know it is only February and the decorations have not long been put back into the attic, we are already planning ahead for this year's festivities. Our Christmas Coffee Morning 2019 will take place on Friday 29 November. We will provide more details throughout the year.

We would be grateful once again for any donations of items for our Tombola and raffle. So if you have any unwanted or unused gifts then please consider handing them in to seescape to help with our fundraising efforts.

**Please note: all items must be sealed and in date.**

# SEE TECHNOLOGY

by Stuart Beveridge

## Tile

Tile is a wonderfully simple gadget which solves a problem that everyone has encountered from time to time.

Like myself, I'm sure you will have put your keys or wallet down somewhere and then forgotten where you left them. This is now a thing of the past, for me at least, thanks to a portable, tiny and affordable product called Tile.



### So how does Tile work?

Tile is a small square piece of plastic which has a hole in one corner to enable you to attach it to a key ring. It is designed to help you locate any valuables you have misplaced as it can also be placed in your wallet, attached to the collar of your dog or cat etc. It connects to your phone through an app and will locate objects up to approximately 100 metres away. So you can find anything a Tile is placed in or attached to; simply by using the app or speech recognition feature on your iPhone or Android devices although it should be noted that I have only been able to test it using iPhone at the moment.

When you tell the phone to find the item in question, the app will search for it and then the Tile associated with the misplaced item will constantly play and repeat a simple tune until you find it. The app is fully accessible using VoiceOver on iPhone and can also be controlled by your voice via Siri. All you need to do is to say something like "Hey Siri, find my keys" and the phone will do the rest.

Another brilliant feature of the device is that it works in reverse. If you have your keys or wallet handy and can't find your phone, you can press down on the Tile twice and it will ring your phone until you find it and press the power button on your phone to cancel.



## Where can I purchase Tile?

Tile can be purchased from any retailer and while prices vary, the most you should pay is approximately £20.

## My thoughts

I only use one Tile at the moment which is attached to my door keys. Although I might purchase another one shortly to find my guide dog if he doesn't start behaving himself when on a free run! I can tell you that it has come in handy on a number of occasions though; both for finding my keys and also for finding my phone as I constantly forget where I've left it. In my opinion, it solves an age-old problem that has annoyed me for years!

For more information on the Tile please get in touch on **01592 644 979** or email **[stuart.beveridge@seescape.org.uk](mailto:stuart.beveridge@seescape.org.uk)**

## RVS services in East Fife

Do you live in East Fife?

Do you need help to get out and about?

- Medical appointments
- Do some shopping
- Visit friends
- Attend to personal business

Royal Voluntary Service, with assistance from the Lady Skiffington Trust, may be able to help.

For more information please contact our Fife office on

**01592 269654** or email **[fifegnhs@royalvoluntaryservice.org.uk](mailto:fifegnhs@royalvoluntaryservice.org.uk)**







By Stuart Beveridge



## Welcome to seescap!

In November of last year, we installed a new and exciting product called Welcome which has been developed by the company Neatebox.

This app is designed to improve services for people who have accessibility requirements and need extra assistance when visiting local venues such as shops, restaurants, charities etc.

The app is free and accessible for both iOS and Android devices. It allows you to inform participating venues that you will be visiting, indicating the areas you need customer service to have awareness of and the specific assistance you require. Venues are notified of your specific needs for your visit.

Gavin Neate, who is the main developer of the app, said that the overall aim is “to facilitate the communication between customers and customer service staff to create long-lasting and mutually respectful relationships”.

### Benefits of using Welcome

1. **Receive better service:** Staff at a selected venue will receive an instant prompt in order to help them address your specific needs and increase their awareness.
2. **Communicate with ease:** The app allows you to communicate your needs more efficiently to the customer service team. This builds the foundation for an enjoyable interaction with staff in the future.
3. **Increased confidence:** Welcome gives you the confidence that your needs are understood and will be met upon arrival at the venue.

### To start using the Welcome app:

1. Download the free app for either your iOS or Android device.
2. Open the app and create an account.
3. Set up a profile picture of yourself and select relevant areas of need you would like staff to have an awareness of including Autism, Deaf-blind, Dementia, Epilepsy, Hearing Impairment, Learning difficulties/learning disability, Mobility Impairment, Physical Impairment, Profound Hearing Loss, Visual Impairment, or Visual Impairment with Guide Dog.





4. Browse currently available venues in your area which have the Welcome service and choose one. You can then select a time of arrival and give more information about the assistance you require e.g. sighted guide, assistance at entrance, guide dog amenities (such as water, spending area etc.), wheelchair ramp, BSL, lip reading and accessible toilet facilities.
5. A message will then be sent to the selected venue's email and phone to alert the staff of your needs and when you will be arriving. A member of staff should then be on hand to greet and assist you when you arrive.

### **Testing and thoughts**

I recently tested the Welcome app when I was out with my guide dog Ron and it worked really well.

I told the app that I needed assistance with signing in at reception, needed sighted guide, and had a guide dog. Reception then received a phone call as well as an email informing of the time I would be arriving and my particular requirements. I was really impressed with how easy the app was to navigate and use and I really feel it has huge potential in the future and could play a huge part in assisting people with all kinds of varying needs.

This app in my opinion can really be a game changer in terms of providing awareness and a better quality of customer service for everyone; and break down the current accessibility barriers and issues disabled people can sometimes encounter.

For more information about the app, please contact us.

**Email: [stuart.beveridge@seescape.org.uk](mailto:stuart.beveridge@seescape.org.uk) Tel: 01592 644 979**

# Sound and Vision Come Together

**Did you know you can come to seescape to get your sight and hearing tested under one roof?**

We now have a dedicated, sound-proof audiology room which is run by CluisTROM.

This development continues our partnership with CluisTROM which has seen us work together through The Optician at seescape and at our Assistive Technology Roadshows.

Chief Executive Carl Hodson said of this exciting new development: “We’re delighted to have a dedicated audiology room on site as this will be of great benefit to some of our clients who are coming to us as a result of a sight impairment or to have an NHS eye test.

“If they require the services of an audiologist, whether it’s to have ear wax removal, or having brand new hearing aids, it’s an exciting step for us to be able to provide more services for local people.”

CluisSTROM, which has a clinic in Dunfermline High Street, creates hearing aids, as well as a supply, fitting and repair service, and suction ear wax removal.

Neil McIntosh, Director at CluisTROM, said: “seescape has such a strong base in Fife so it was a natural fit for us to establish ourselves in Kirkcaldy as well. To be able to cater to people’s sound and vision needs under the same roof makes life easier for those seeking our services.”

**To find out more or to book an appointment for either a sight or hearing test, please contact The Optician at seescape on 01592 646 728.**





## WINTER SUN AND GLARE

If you suffer from glare, it can be problematic at any time of the year. The winter sun can disable someone with a sight loss, affecting their mobility.

Most of us enjoy a nice sunny day but the reality is that if you are photophobic, the sun can prevent you from going outside!

A good pair of filter glasses can help enhance your remaining vision, whilst eliminating problematic glare.

The Optician at seescap has a great range of filter glasses and polarised sunglasses to meet all needs.

**Give us a call to arrange your filter assessment today.**







# Welcome to 2019 at

# The Optician

at  seescape

**Do you need new glasses or just fancy a new look?**

We have received all of our new frames for 2019  
with fantastic ranges starting from just £25.00!

Remember UV light is very damaging to your eyes, so make sure you  
have either sunglasses with a full UV protection or a filter.  
We offer free filter assessments so come along and try!

**Appointments available Monday - Friday**

from 9.00am - 5.00pm and also occasional Saturdays.

Call today to book your appointment on **01592 646 728**  
or pop in anytime to browse the new selection of frames!



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