

COVERED!

Fife Society for the Blind Newsletter Autumn/Winter 2009

Hello everyone, welcome to the Autumn/Winter edition of "Covered!". This issue is packed with many interesting and varied articles to bring you up to date with what is happening in the Society.

There is an introduction to our new chairman – Richard Godfrey-McKay, and then our chief executive tells us about the formation of a new company that will enable the Society and its partners, to offer more services to our clients.

Jim Crooks, Client Services Manager has written a travelogue of his recent trip to Macchu Picchu in Chile.

There are reports about the clubs and groups, and Billy Horsburgh tells us about going on his first holiday with the Society to Llandudno. There is a comprehensive round-up of news and information from members of staff.

There are a couple of items I want to draw your attention to. The first is the article is entitled Fire Safety Awareness and tells you about a free service the Fire Brigade is offering our clients. The second item is for clients who use screen readers for access to websites, Paula Moore a research student at Glasgow Caledonian University, is looking for volunteers to fill out a short questionnaire. Her contact details are in the article.

Along with this newsletter you will find two books of raffle tickets, the fundraising group hopes you will be kind enough to sell these tickets, there are five tickets in each book and each ticket costs £1. Can you please return the counterfoils and monies by 5pm on Thursday 17th December to the office. We realise that not everyone can get out and about to

sell the tickets so please do not worry if you are unable to sell them.

Finally I would like to wish you all the very best for the forthcoming festive season.
Ron Oliphant - Editor

Introducing our new Chairman – Richard Godfrey-McKay

I joined the Board of The Fife Society for the Blind in March 2009, and was elected to be its Chair at the end of September. As I know that many readers won't know who I am, I thought I should tell you a bit about myself, and give some idea of my hopes for the future of FSB.

Aged 55, I have been totally blind since age 9 and live in Perth with my wife Cindy and our 7-year-old son Peter (PJ).

Cindy (a physiotherapist who originally comes from Dundee) and I met while I was living in South Wales, and we moved to Perth in 2007. She has some residual vision, and has two daughters, one of whom is also visually-impaired and has just started work as a rehab officer at RNC Hereford. After having read law at Oxford, I worked for almost 30 years as a solicitor dealing with commercial property matters. This was both enjoyable and challenging, but I was nevertheless glad to take early retirement two years ago as I'm sure you'll agree that there's much more in life than the law!

Cindy and I have been trustees of RNIB for some time now, and I was Chairman of RNIB Cymru for about five years until I moved to Perth. I enjoyed that work very much, as it provided me with the opportunity to try to improve the lives of blind and partially-sighted people. As a lawyer, I dislike injustice, and will always do what I can to fight the corner of VI

people, particularly if I think that they are being treated unfairly or unlawfully. For example, last year I successfully took action against American Express, which had refused to make their web site accessible to screenreader users.

I feel very privileged to have been elected as Chair of such a forward thinking organisation, and share the Chief Executive's belief in the undoubted benefits of partnership working and user involvement mentioned elsewhere in this issue of the magazine.

I now need to spend time meeting users of the Society's services, and learning about what they think is good, where there may be room for doing things differently or better or where they think we should look at doing extra things which would be helpful. I also want to reassure myself that you're aware of the large variety of existing services offered by the society. With all this in mind, I want to hear from you so that you can give me your ideas on how we're doing. Please call the Centre if you want to get in touch to let me have your views.

I look forward to working with you all.

NEWS FROM OUR CHIEF EXECUTIVE, ALAN SUTTIE

Central to the Society's vision is partnership working, based on our belief that we can achieve more through working in partnership with others. The Sensory Impairment Centre came about because of this belief, demonstrating what we can achieve working with colleagues in Fife Council and NHS Fife and with other voluntary organisations such as RNIB and Sense Scotland. However, whilst the Centre has brought together under one roof services for those who have a sight loss with those who are Deaf or who have a hearing loss, differing funding sources have made joint project working difficult. This summer we came together with Fife Council Social Work Service, NHS Fife,

RNIB Scotland and Sense Scotland to form a new company – Fife Sensory Impairment Services. This new organisation will not directly employ staff or deliver services but will commission from amongst the 5 partners. With initial funding linked to a healthy living agenda, partners are looking at programmes that will continue to build on the good work of the former, 'Healthy Living and Sensory Awareness Programme.' Initial programmes will include a focus on joint user consultation and engagement and Claire Chue Hong has extended her remit to include users from across sensory impairment. We have also been joined by Jessie Watt who brings with her a wealth of experience of user engagement with frail elderly people.

David Ross has extended his remit to this, again it builds on previous work to improve the user experience of access to mainstream services. The idea is that public and private services should have trained staff and be equipped to 'just ask' if someone needs help, users of services should have the confidence to 'just ask' for the help and support they need. You will be hearing more about these services over the coming months.

I hope you enjoy this edition of 'Covered' which demonstrates our commitment, in these financially challenging times, to continuing to develop and deliver quality services that address the consequences of serious sight loss.

Trip to Macchu Picchu, Peru

Our client service manager, Jim Crooks visited Peru in August. According to all accounts this was the trip of a lifetime. Jim and his wife Moira spent a day hiking in the Andes before reaching their final destination, the ruined Inca city of Macchu Picchu. Perched high on a mountain top with precipitous drops on either side, Macchu Picchu went undiscovered by the Spanish conquistadores, who were responsible for the destruction of many Inca sites in Peru. It is one of the wonders of the world and Jim said 'it was totally

astounding, the first sighting from the sun gate on the Inca trail left me speechless'

The Incas established a civilization and an empire which was well governed and ran on communal lines. Unfortunately for them gold and silver were plentiful and very attractive to the Spaniards who invaded and conquered Peru in the 16th century. The result was the enslavement of the indigenous population and the pillaging and destruction of many Inca monuments. That so much remains is partly due to the skill of the architects of the Inca Empire. The techniques which they used in construction were designed to stabilise the buildings against the effects of earthquake. Many buildings in Cusco, the Inca capital, are built on the foundations provided in Inca times, and a combination of Inca and colonial architecture make the city both fascinating and beautiful.

Another highlight of this trip was the floating reed Islands on Lake Titicaca, where almost everything, including houses and boats are made from the reeds that grow in the lake. Lake Titicaca is the highest navigable lake in the world and many people suffer from the effects of altitude sickness if they fly into this area. Fortunately for Jim and Moira their ascent was more gradual, taking in a luxury train where entertainment was provided by Peruvian musicians and Models, who showed off local garments made of alpaca.

Bird watchers would have been fascinated by the sight of the Andean Condor, the largest bird in the world, taking the air above the Colca Canyon. The Colca Canyon is deeper than the Grand Canyon in America and the birds fly early in the morning, capturing thermal updrafts to hover majestically in the air above the watching tourists.

Although this was a guided tour, the altitude and the wide range of experiences on offer provided a sense of adventure which added to the enjoyment

of the trip. If you are prepared to get up early and want a holiday experience that is challenging and exciting, then this might be for you.

Jim and Moira travelled with Llama tours, who they say were magnificent throughout, providing painless transfers and excellent accommodation and tour arrangements.

RNIB Scotland Employment and Learning Service

Employment support surgeries - Winter 2009

Are you blind or partially sighted and currently looking for work?
Or, are you in work, but finding it difficult because of your sight loss?

Well, we at RNIB Scotland's employment and Learning Service could help you. We are running a series of employment focused surgeries across Scotland during winter 2009.

What is an employment surgery?

A surgery is an informal workshop focused on employment issues for blind and partially sighted people. We will provide a brief overview of the employment service we offer across Scotland and give advice and information on the available services in your local area. More importantly the surgery will offer you the opportunity to ask any employment related questions or queries you may have around the following areas:

- Tackling CVs, application forms and speculative letters;
- Preparing for interviews;
- Talking positively about your visual impairment and disclosure of disability when applying for jobs;
- Information on access technology and other adjustments;
- Your rights in employment; and

We aim to address each question within group discussions on the day.

Your local event

Date: Monday 23rd November
2009
Time: 10 am - 12 noon
Venue: Fife Society for the Blind
FSIC
Wilson Avenue
Kirkcaldy
Fife
KY2 5EF

Contact details

For more information, please call 0131 657 8200 and ask for Nigel Townley or Kelly Curran, or email nigel.townley@rnib.org.uk. We would be grateful if you would contact us to let us know you are coming and what issues you would like to discuss on the day.

Insight on Benefits

We welcome Karen Baird from Citizens Advice and Rights Fife, who is working with the Insight team on an exciting new pilot project called 'Insight on Benefits'. Karen will be working with us for one day a week to provide direct advice to blind and partially sighted people on benefit provision. This is for a six month period initially. The project will enable us to evaluate this service with a view to maximising income for people with a serious sight loss. Referrals can be made through our duty system, which operates between 9 am and 12 noon on Tuesday, Wednesday and Thursday. The project has been funded by the 'Fairer Scotland Fund.'

Macular Degeneration Group

This group is held once a month at the Fife Sensory Impairment Centre for clients who have Macular Degeneration. If you would like to attend the Group, please telephone the office on 01592 583272 for more information or to request a programme.

ZASSing it up at the Rothes Halls

Zoe Moskal Guy, Amy Moar, Sally Clay make up this wonderful combination of **ZASS**. What a combination they are.

Fife Society for the Blind hosted a concert both to celebrate the bicentenary of Louis Braille, who made the printed word accessible to blind and partially sighted people, and to raise the public awareness of the professionalism of blind and partially sighted musicians

On the evening of the 9th of October 2009, at the Rothes Halls, **ZASS** gave a magnificent performance, oozing with class, fun and enthusiasm to a full-house which thoroughly enjoyed their very individual styles,

I felt there was a hint of 'Evanescence' and 'All about Eve' to Zoe's style and at 17 years old Zoe has an amazingly strong and magical voice. The real jazz queen of the night was Amy who is also 17 and attends the City of Edinburgh Music School studying classical and jazz piano. Last but certainly not least, Sally, who is an award-winning singer, songwriter and pianist, was full of fun and it was obvious to me, that she has a real love of sound and how it is used in music. Altogether the 3 young ladies combined beautifully to bring the most entertaining evening I have had in a long time.

All members of **ZASS** are either blind or partially sighted and none of them have let this get in the way of them learning to play the piano or sing to an amazingly high professional standard.

ZASS exemplify what Fife Society for the Blind believe is possible from any blind or partially sighted person wishing to develop their skills as a professional performer. I very much look forward to another ZASS experience and would highly recommend that anyone with taste watch out for where they might be performing next.

GP practices make their information accessible to those with a sight loss

I recently contacted GP practices throughout Fife to tell them about the transcription contract that NHS Fife has with Fife Society for the Blind and to encourage them to make their practice leaflets available in alternative formats. I am pleased to report that there has been an encouraging response and that a significant number of practice leaflets will soon be available in either Braille, large print or on audio CD. By the time the newsletter reaches you the following surgeries will have information available in alternative formats.

Howe of Fife medical practice, Eden Villa Practice in Cupar, Leuchars and Balmullo Practice, Auchtermuchty Practice, Glenwood and North Glen Medical Practices both in Glenrothes, Netherton and New Park surgeries both in Dunfermline, Oakley and Cowdenbeath Medical Practices, the canons in Methil and Leven Health Centre. I am hopeful that the practice booklet from Strathcairn Medical Practice in St Andrews will also be available shortly.

If any of the practices listed above is your practice then why not ask for their practice booklet in your preferred format. If your practice is not on the list why not tell the staff their about the transcription service and how it would benefit both them and you if their information was available in alternative formats.

The transcription service is free to all GP Surgeries in the NHS Fife area and if they would like to take up the transcription service they can contact me either by telephoning:

01592 583272 or they can e-mail David.ross1@nhs.net.

Your help in spreading the word about the transcription service is greatly appreciated and I hope you found the above information of help to you.

Do you rely on a screen reader to access websites?

If so, I need your help. My name is Paula Moore and I am a fourth year student studying Internet Software Development at Glasgow Caledonian University, Scotland.

As part of my final year, I have to complete a research project, for which I have chosen to investigate the issues faced by screen reader users when they access e-commerce websites.

I am looking for participants to fill out a short online questionnaire about the issues faced when online shopping sites are accessed with screen readers.

If you would like to participate in this research, please access the online survey by clicking on the following link: http://www.surveymonkey.com/s.aspx?s=m=bZMc7IB_2f8l67aiYnDCUfUg_3d_3d If you have any questions regarding the research or questionnaire, please feel free to contact me at pmoore13@caledonian.ac.uk

Recreation at the Ready **Amanda Graham**

It's autumn and it's a beautiful day but we are certainly not going into hibernation at the Society as there is a lot going on in the various corners of Fife.

We have just returned from the Society holiday to Llandudno. We stayed in The Belmont Hotel which sits under the Orme and overlooks a beautiful bay. The weather was wonderful and we visited Snowdonia, Anglesey, the horseshoe pass and Chester. We didn't lose anyone this time! If you are reading this those of you know who I mean!

We were sorry that some of our clients had to cancel the holiday due to ill health and hope you are all feeling much better. We missed you all.

Thank you to all the volunteers who came along and helped out. It is very much appreciated.

All the clients had a great holiday and that is what it is all about.

(Ed's note - please read following article from a satisfied holidaymaker.)

Llandudno

Billy Horsburgh

My first holiday with the Society but I hope it's not the last, not just for my sake but for everyone else who thoroughly enjoyed themselves in Llandudno.

When my support worker read out the last edition of "Covered!" to me, I was particularly interested in the article about this year's FSB holiday to the Belmont Hotel in Llandudno. I had never been on a holiday with the Society and heard from others about some of the other holidays and decided to give it a try.

I already knew a couple of the clients who were going on the holiday and a couple of the volunteers and was really looking forward to meeting new friends during the holiday. The only thing I wasn't looking forward to was the long coach trip down to Wales, even that turned out ok and I already met a few new faces during the journey down. I didn't realise there were going to be so many volunteers, in saying that, I wasn't very sure how many clients were going to be going either.

The moment we all stepped off the coach and were met by the hotel staff, I knew that we were going to be well looked after. The hotel staff were exceptionally helpful, and throughout the week the manager and manageress, the dining room staff, night staff and the house keeping staff were attentive to our requirements.

I fell ill the first couple of days into the holiday; I managed the first trip to Snowdonia but missed the following trip as I was not well enough. I was particularly grateful to Amanda who kindly stayed back and made sure I was looked after. I couldn't stay in my bed for the rest of the holiday so I tried my best to be involved in the rest of the trips out and entertainment at nights, so I put up with my dreadful cold. Although I was unable to do much on the trips, I enjoyed my days out to Anglesey and Chester was a lovely place to visit.

I could not fault any of the volunteers as every one of them was superb, well one or two were a little too helpful and caring towards me. That was understandable when they didn't know me and didn't know how much help I needed.

I hope that this will not be the last FSB holiday as I thoroughly enjoyed myself and so did most of us. I met a lot of new friends through this holiday and more!! I also met a few interesting people and was sad to see them go.

So, I would like to say a huge thanks to all the people involved for giving me a fantastic break and memories to take home and treasure with friends and family.

Groups

Our newest group have now met several times at Elmwood College in Cupar. The group benefited from a hand manicure and massage given by students at the college.

We are still looking for new members and volunteers so do get in touch to find out more.

The other groups meet in Dunfermline, Glenrothes, and Lochgelly. Leven.

Kirkcaldy, St. Andrews and Anstruther.

We have a great band of VIP's and volunteers who run them and offer varied and interesting programmes.

For more information please contact me at the office.

Bowling

This year Inter Fife Bowling Championships were held at Broad Street Cowdenbeath. Many thanks to all who helped out and to Tam Walsh for making the day a success.

Swimming

The group meet in Glenrothes at the Fife Institute every Tuesday but we are always looking for new swimmers and helpers.

It is hoped that we are going to form a new group in the west of Fife and will use the pool at Cowdenbeath. If anyone is interested then get in touch.

Under 60's

This is a group for the young things or so they think! They continue to meet monthly. Debbie Clark is coordinating the group and doing a great job with a little help from her friends.

Bill Campbell one of the original members of this group has decided to retire from his duties so I would like to take this opportunity to thank him for all the help and support he has given not only to this group but all the other activities too. You will be missed. However you might not have to change your car tyres so often!

Curling

This group meet at Kinross every Monday. New members and drivers are always welcome. We are so grateful to the coaches who give their time and expertise so regularly.

Rambling

Another season of successful rambles thanks to our dedicated team of volunteers and drivers.

We are delighted to welcome 3 new volunteers to the group so thanks to Kate Walker, Sheila Page and Margaret Conyard for coming along. Roll on next season!

Please don't hesitate to get in touch if you require any more info!

The Just Ask project wants to hear from you

My name is David Ross and I work at the centre in Kirkcaldy. Since July I have been working on a new project called Just Ask. This project aims to make both health and leisure services more accessible to those with a sensory loss. This involves awareness and sighted guide training for staff, information on how to make their information accessible for those with a sight or hearing loss and an audit of their premises. Any venue audit is likely to include:

- How accessible the building is for those with a sensory loss?

- Are both the signage and lighting helpful to a person suffering from a sight loss?
- Is there a loop system available for someone with a hearing loss?

The project is also keen to hear from you and if you have any experiences of accessing either health or leisure services or you have any ideas on how we could make services more widely available to those with a sight loss please do not hesitate to pass them on to me.

You can contact me at the centre either by telephoning 01592 583272 or e-mail me - david@fsbinsight.co.uk

Volunteers Corner

Liz Reid

Another Christmas and New Year beckons and another year whizzes by! In the hurly burly life that we find ourselves living, sometimes, I think "Stop world and let me off for half an hour!" What doesn't stop of course are the hundreds of requests we receive annually for additional support and help from blind and partially sighted people throughout Fife. This year and next year will be no different and we require volunteer help in the following areas:

Befrienders – we may not have a suitable match in your area immediately but if you are willing to help someone who has little or few contacts with the outside world then give me a call. We try and match sighted to non-sighted people who have similar interests.

Social & Recreational Support – Many more people who are experiencing sight loss could be participating and enjoying our organised activities. We are desperate for more sighted guides who have their own transport in the following areas:

Curling - on Mondays (October to March) at Kinross.

Swimming on Tuesdays at Glenrothes Institute. The swimming clients mainly come from central Fife and the Levenmouth area. Watch this space as Amanda is making enquiries into a possible swimming group in the West of Fife. Putting her toe in the water as it were...get it.....Aaahhem...not the best of wisecracks, I realise.

The **Under 60s** who meet up once a month and have their own programme of activities and get together need more drivers.

Even if you don't or can't participate in the actual activity but you can get people to a destination – then great, this is such a beneficial and essential task to carry out and goes some way in improving the overall well being of our client group. Take a book, do a crossword or a Sudoku (and then tell me how you go about doing them!!) Have a coffee and chill out while you await your client for the return journey home.

For all these activities a mileage rate of 40p per mile is offered.

Minibus Drivers: One or two of our loyal, hard working, volunteer stalwarts are coming up to the age of 70 and some of them still wish to continue to drive the bus. New drivers are always required to be trained up, carry out a bit of relief driving, get familiar with the routes and then when a volunteer decides to call it day – we are ready to continue the good work with a new team of trained, dedicated and keen as mustard professional volunteers! Thanks to Bob Docherty who has been great as a relief minibus driver. He has now decided to call it a day; however Bob will continue to help out in other areas of our volunteer programme.

Fundraisers!! I will only mention a quote I received the other day from one of our regular Volunteer Street and Store Collectors. She turns out consistently in

all weathers with a carer or friend to chum her. If it's near Halloween, out comes the pointy hat, a little toy pumpkin or cauldron with some sweets or lollipops for the children or if it's Christmas, she's bedecked in sparkly tinsel. She is registered blind client Mary who at the tender age of 71 and confined to a wheelchair and who, without, giving too much away doesn't keep in great health said to me just the other day "You know if you start with the kids who give their pocket money then you will have them giving as adults in the future. Makes sense doesn't it Liz?" Never truer words said. (It is rude to mention a lady's age – sorry Mary!)

I'm not advocating or suggesting for one moment that everyone has to dress up and buy sweets out of their own pocket but Mary is a shining example of giving and volunteering her time and I for one can't wait to see her at the collection on Saturday, 14th of November on Kirkcaldy High Street when she has promised to be dressed up as a Snowman! Or should that be Snow-woman or Snow-person or...

Transport:

May I remind all clients, volunteers, chairpersons of groups and social activities that the only **free** transport when being taken by volunteer car driver or minibus driver to a social & recreational activity is their annual Christmas lunch/dinner. All other trips i.e. Burns nights, closing socials, summer outings etc will be chargeable at £2.50 return journey or a mileage allowance if outside Fife.

Finally, please pass this newsletter to someone in your own social circle and tell them about the fantastic work that our volunteers do. I wish you all a Merry Christmas and good health for the coming year. And finally, finally, pick up the phone...

Technology Day

FSB hosted a "Technology Day" on Wednesday 1st July. Clients were encouraged to try out various gadgets including electronic magnifiers, a GPS system, mp3 players, etc. Five suppliers attended the event bringing with them a wide range of low vision devices to help with reading, using the computer, mobility and listening to music. The number of people who took the time to drop-in, tryout the gadgets and quiz the sales people was very impressive. What a techie bunch we are in Fife! Many thanks to all who made the event so successful, special thanks to the Insight team for helping on the day and to Liz for organising the transport. After receiving lots of positive feedback from staff and clients, I'm hoping to make this a yearly event.

A wide range of CCTVs or electronic magnifiers are available to try out here, at FSB. If you are having difficulty reading with a handheld magnifier, you may benefit from using an electronic magnifier which will magnify reading material onto its own screen, your TV screen or a computer screen. For further information or to make an appointment, please contact Hazel White on 01592 583272.

Fire Safety Awareness

Fife Society for the Blind continues to work closely with partners and external agencies to promote services and benefits for the Visually Impaired within Fife.

We have been in recent discussion with Fife Fire Service to improve safety awareness within the home and to promote the very valuable service of a home safety visit to our clients. The service includes free installation and testing of smoke detectors.

The visit is by arrangement and, the Fife Officer who attends will encourage you to register your details with their Control Centre for use in the event of an incident

near, or in and around your home. The information gathered would be used by the Service to ensure the correct equipment and communication method is used when dealing with you in an evacuation situation.

The Management Team would encourage all clients to take advantage of this service by contacting the Community Officer using one of the methods detailed in the enclosed flyer.

Fife Forum Update **Claire Chue Hong**

It's been a busy time for Fife Forum of Visually Impaired. We have been involved in the successful campaign by RNIB to get the higher rate mobility component of DLA, we've had the Stagecoach bus passes distributed with the last newsletter though there has been mixed feedback about them, we're working with Traffic Management Services at Fife Council to get improvements made to pedestrian crossings and road safety and are getting our voice heard. I hope you've noticed some differences. However, we still need your help to get more changes made to benefit partially sighted and blind people living in Fife so pass on your concerns and examples of good practice to me. We're here to make a difference for you, to help ensure that you are not discriminated against, that you feel safe walking the streets of Fife, feel confident to use public transport, get the help and support you need from health and social care services, and to ensure your voice is heard in consultation about services and resources within FSB and the centre. Do you have any issues to raise that the Forum could help out with? Can you play a part in making these changes and become a Forum Member? Or do you have ideas about ways we can consult with partially sighter and blind people and get their views? I need your concerns, suggestions and ideas so please get in touch.

200 Club Results

April 2009

1st	Miss J A Gardener	£213.75
2nd	Mr W Campbell	£ 42.75
2nd	Mrs M Manzie	£ 42.75
3rd	Mrs Rona King	£ 25.65
3rd	Mrs I Hardie	£ 25.65
3rd	Mr Leslie Duncan	£ 25.65

May 2009

1st	Mrs Helen Fairgrieve	£215.00
2nd	Mrs Pam Peplinska	£ 43.00
2nd	Mrs Anne Smith	£ 43.00
3rd	Mr William Benson	£ 25.80
3rd	Mrs F McDonald	£ 25.80
3rd	Mrs Jenny Anderson	£ 25.80

June 2009

1st	Mrs May Aird	£213.75
2nd	Mr R Simpson	£ 42.75
2nd	Mrs Rona King	£ 42.75
3rd	Mr David Nairn	£ 25.65
3rd	Mr James Kelly	£ 25.65
3rd	Mr Jim Stevenson	£ 25.65

July 2009

1st	Alexander Reid	£215.00
2nd	E & S Gillies	£ 43.00
2nd	Mrs M Clark	£ 43.00
3rd	Mrs Grace Jobson	£ 25.80
3rd	Mrs Betty Hanna	£ 25.80
3rd	Miss J Brereton	£ 25.80

August 2009

1st	Mrs B Holton	£212.50
2nd	Mrs H Paterson	£ 42.50
2nd	Mr R Simpson	£ 42.50
3rd	Mr David Nairn	£ 25.50
3rd	Mr James Fraser	£ 25.50
3rd	Charlotte Lockhart	£ 25.50

September 2009

1st	Mrs E Watson	£208.75
2nd	Mr A Suttie	£ 41.75
2nd	Mrs May Aird	£ 41.75
3rd	Mrs C Bell	£ 25.05

3rd	J McAllister	£ 25.05
3rd	Mrs E Young	£ 25.05