

COVERED!

Fife Society for the Blind Newsletter Spring/Summer 2010

Hello everyone, I am writing this in the first few days of summer – although we seem to have had every type of weather apart from warm sunshine!

As well as the news from Alan Suttie, there is an introduction to our new social worker William Chainey, whom some of you may have met already. William made a trip to Seoul the capital of South Korea in March and has written a very interesting article about his trip.

As well as the latest social and volunteering news there are articles about the Fife Employability Network and David Ross has written an article about the products that are available from FSB Enterprises.

I do hope that each of you will find something of interest in the newsletter.

If you have any comments, or ideas for articles then please do get in contact with me, you can contact me through the office on **01592 583272** or by e-mail – ron.oliphant@fsbinsight.co.uk

NEWS FROM OUR CHIEF EXECUTIVE, ALAN SUTTIE

As I write this we are just coming to the end of another financial year and I am delighted to report that despite the gloomy economic climate we will end the year in a good financial position. This is a tribute to all the staff and volunteers who help us to deliver more services to more people in the most cost effective way, but also to all our funders and voluntary fundraising supporters. Through the efforts of our fundraising supporters we continue to maintain the level of funds we raise and we are indebted to them for all the work they do.

As well as maintaining our level of services we are continually looking to improve and to meet demands in a better way. There are so many things I could tell you about but I am just going to highlight two. Thanks to an excellent and very experienced Art Therapist, Marjory Watt, a number of younger users are benefitting from this way of working to improve their social engagement within the community. Working in partnership with the Deaf Communications Service we have developed a new dual sensory assessment tool that we have taken in to residential care homes for the elderly. The impact of failing sight coming together with failing hearing can have such a negative impact on quality of life and this programme seeks to identify individuals and help them to improve their communication with others.

INTRODUCING – WILLIAM CHAINEY

I joined the Insight Team of the Fife Society for the Blind in August of 2009, and although I have met a great many people in my first six months with the Society, I would like to say 'hello' to all the readers of our Newsletter and introduce myself.

This post is my first professional position since qualifying as a Social Worker in 2009 but I come to the job with experience in both Dementia Care and in Children and Families social work in both the statutory and voluntary sectors.

Before coming to social work I studied Politics whilst living in Glasgow. At the time taxi drivers would always ask me if I wanted to be the next Prime Minister... but writing a feature for this Newsletter is about as much media attention as I can handle!

My work with the Society takes a number of shapes starting with my role as a field worker, going out and about visiting people with a serious sight loss in Fife to see how I may be able to offer support to them to live the fullest life possible. I am also involved in a number of projects which the Society is working on at the moment: we are currently looking at how other health conditions and issues affect people with a visual impairment and I am working on projects looking at dementia and visual impairment together and also trying to prevent falls amongst those with a sight problem; I am also working on an initiative to reduce social isolation for people experiencing a visual impairment, as those with a serious sight loss can often find it becomes harder to get out and about or keep in touch with other people.

I am delighted that my work with Fife Society for the Blind is allowing me to look at some of the most important health and social issues affecting people with a serious sight loss today and I look forward to meeting and working with readers in the coming weeks and months.

VOLUNTEERS CORNER – LIZ REID

It seems that I always start this article about that great Scottish topic - the weather but I think everyone will agree with the experts that this winter has been one of the coldest and longest for over 30 years! However at the time of writing this, the spring flowers are well on the way to producing their annual display of 'cheeriness.'

Haiti Fund-raiser

Talking of good cheer, it's good to support other worthy causes whether at local, national or even international level and I imagine that there's not a person around who hasn't been affected by the plight of the people of Haiti and the recent earthquake disaster. FSB Staff organised a recent coffee morning at FSIC that was well attended by clients, friends and neighbours from all over Fife. Through tombola, home baking, raffle, teas and coffee etc, the grand total of £626 was raised. The money has been sent off to the Emergency Disaster Committee and our thanks go to everyone who contributed to this event from staffing the stalls to producing lovely home baking to pouring the tea and tidying up and washing the dishes! Volunteer James O'Shea you were a star that day.

Talking about giving, stalwart Volunteer Jim Stevenson, bought shall we say a fair amount of raffle tickets to support the event, only to win the 'awfy' bonnie mug that he donated! We all had a chuckle including Jim. It's all in the giving!

Partnership

At a recent Volunteer Introductory Training session held a couple of weeks ago, it was good to help train WRVS volunteers alongside our own FSB Volunteers in the techniques of Sighted Guide and Sensory Awareness. This will equip and give even more volunteers the confidence to work with blind and visually impaired people residing in North East Fife.

Volunteers, Fundraising and Other mentionables!

Just a brief note to say that we require help in the following areas: relief minibus drivers, car drivers to transport clients to the Art Therapy group on a Monday at the Lomond Centre, Glenrothes and fund-raising volunteers from throughout Fife (enquiries from both sighted and non-sighted personnel extremely welcome!) We require sighted people to co-ordinate the events too. Mileage rate is paid and there are always plenty of well-earned tea breaks too. Come and enjoy the banter. If you can help.....please, please get in touch.

If you can take an 'elephant' or two (collecting boxes for those not aware of Penelopi) and put them in a shop, chippie, pub, bingo or sports hall then again please phone. Every little helps. Or the little personal boxes that you can sit by your phone and every time you or a friend or relative makes a call, pop in any spare change. I should know, I've got 2 teenagers with a receiver stuck to their ear..... 'nuff said.....

Occasional Help

Though a council service called 'Supporting People' has been very successful in supporting blind clients with additional support needs, there are always occasional requests from blind and partially sighted people to go to the theatre, a shopping trip to choose a special outfit or a trip to a garden centre etc. So if you want to make a big difference by offering a little occasional help then please get in touch.

As Fife Sensory Impairment Services continues to develop, I also foresee the need for more volunteer drivers and sighted support.

Drivers Document Check – Importance (High)

I have booked **Monday 17th of May** and **Tuesday 18th of May** – 9.00am – 5.00pm here at FSIC as the 2 days for reviewing all Volunteer drivers' documents. This applies to all volunteers who transport clients in their own car i.e. regular or occasional car drivers, befrienders and club helpers etc. This will include for the first time not only the usual Drivers Licence – both paper and plastic photograph (if you have one) and car Insurance Certificate but also **MOT** certificates. Regulations constantly change and tighten and I am aware that other voluntary projects are now including the MOT certificate as part of their annual checks. We would be most grateful for your co-operation with such an important matter. On a lighter side it gives me the opportunity to see you all and thank you for the outstanding contribution you make to the success of our organisation. If you can't make either of these dates – please get in touch and I can meet up with you at a place of your convenience.

Visually Impaired Volunteering (VIV)

If you would like to help out on a relief basis at the Low Vision Clinics held on a Monday afternoon and a Friday morning here at FSIC or get involved with the tours accompanying visitors around the centre then get in touch. A new VIV training session is due to start shortly. It's been a while since our VIVs met up together and it's a great opportunity for anyone who has sight problems to meet other visually impaired people who have 'got back in the saddle' after a sight loss diagnosis by giving something back and meeting like minded folks.

Our pilot VIV scheme at the Macular Clinic in the Queen Margaret Hospital, Dunfermline on Tuesday afternoons could be a lot more successful if we had more volunteers too. I would welcome enquiries from both sighted and partially sighted people. While the doctors and nursing staff do a fantastic job – they are very busy people and don't always have the time to fully explain what follow up services are available in the community. This is an important volunteering role as patients attending the clinic may worry unnecessarily about a recent diagnosis and need to know that Fife Society for the Blind is a place to go to for advice and support.

Mary

It is with great sadness that I report the death of 'star' fundraiser Mary Monk who sadly passed away at the beginning of the Spring. You may recall I wrote in the last edition of 'Covered' about the immense contribution she made to our volunteer street and store collections. She turned out in all weathers, often not feeling too well but dressed up, cheery and with that special twinkly smile of hers. We shall all miss her very much.

Dispatches

Thank you to Albert Flint and Paul Rydon for helping out with transporting our blind curlers on many a cold Monday morning to a very cold ice rink at Kinross! Well done.

Everyone at the Society would like to send special Get Well wishes to Volunteer Bob Cunningham who is a regular driver for the blind curlers. He underwent some fairly serious surgery recently. Hurry and get better soon Bob – we're missing that brilliant sense of humour!

Volunteering outwith office hours

Can you please make a note of the Duty Manager's Mobile phone number and also tell your spouse/partner/next of kin that In the event of an emergency between the hours of 5pm – 8pm, Mon – Fri please contact the number – **07584264002**.

Street and Store Collection Dates 2010

21 st April	Raith Rovers – Starks Park Kirkcaldy – 6.30pm – 7.-30 pm
7 th & 8 th May	Morrison's Store – Cowdenbeath
15 th May	Dalgety Bay Main Street
29 th May	Anstruther Main Street (possibly Co-op too)
5 th June	Asda – Kirkcaldy
19 th June	Dunfermline High St
26 th & 27 th June	Dobbies Garden Store – Dunfermline (new – wow for us garden fanatics)
10 th July	Morrison's Store – Glenrothes
17 th July	Leven High Street
6 th & 7 th August	Tesco Store – Cupar to be confirmed
7 th August	Cupar Main Street
20 th & 21 st August	Tesco Store Rosyth
4 th September	Asda Halbeath Dunfermline
10 th & 11 th September	Tesco Store – Dulloch Dunfermline (to be confirmed)
18 th September	St Andrews High Street
8 th or 9 th October	Asda Dalgety Bay (to be confirmed)
16 th October	Kingdom Centre Glenrothes (to be confirmed)

29 th & 30 th October	Asda St Leonards Dunfermline (to be confirmed)
13 th November	The Postings and Kirkcaldy High Street
27 th November	Sainsbury's Store Kirkcaldy
17 th & 18 th December	Co-op Leven (to be confirmed)

FIFE EMPLOYABILITY NETWORK

We are a partnership of statutory and voluntary agencies in Fife working with and for people with disabilities. We are led by Fife Council Local and Community Services. By working in partnership, we can bring together experience and expertise to help people with disabilities find and keep jobs or take part in learning and training.

FenLink, our information and signposting service, puts you in touch with the best person to help you if you want to find out about jobs, skills and training. Just phone 01592 583378 or email info@fenlink.org.uk.

Our Directory of Opportunities for Disabled People in Fife gives you an overview and contact details for over 100 agencies that can help you. Contact FenLink for your free copy.

You can sign up for our email vacancy circulation service and have vacancies we hear about sent to you each week - straight into your mailbox. You can download the registration form at www.fifedirect.org.uk/fenlink or contact FenLink - all you need is an email address.

If you're starting a job or having problems and trying to stay in work, our Kit for Work may be able to help by lending assistive technology such as a modified keyboard or mouse until a permanent arrangement is made.

So, if you have a disability and are applying to or working for Fife Council, please get in touch with Fife Employability Network if you think we can help - or visit www.fifedirect.org.uk/fenlink and find out more about what we do.

FenLink - phone 01592 583378 or email info@fenlink.org.uk

TRIP TO SEOUL, SOUTH KOREA

Social Worker William Chainey visited Seoul, the capital of South Korea in March.

I have to admit to a few nervous feelings before travelling to Seoul about how I would cope navigating my way around in a country that has not only a different language but a different writing system of symbols unique to the Korean language called Hangul. Luckily for me the country often has road and transportation signs also written in their Romanized form but nevertheless I felt a genuine sense of achievement upon realising I had finally made it to my friend's apartment after landing at the airport.

My friend – who teaches English in Seoul – immediately took me out for a traditional Korean meal called Samgyeopsal (which is roughly pronounced 'sam kee-ub sal'). This was a wonderful affair, cooking our own streaky pork on a hot coal griddle in the middle of our table and forcing down a shot of the traditional Korean alcoholic drink 'Soju', which is a fairly unpleasant spirit made from rice. Korean culture and custom is full of symbolic gestures: for example it is polite for the new or youngest member of a group to pour the drink of someone who is established and it is considered rude to fill one's own glass but

you must hold it for another person to fill; so I obliged my hosts, doing my best to adapt to local customs and enjoying all the pomp and ceremony along the way, I must say.

Sampling the Korean food quickly became one of the biggest pleasures of my trip, as I sat down repeatedly to delicious bowl after bowl of spicy broth, grilled meat, seafood and of course the national dish Kimchi: a fermented radish and cabbage side dish marinated in chilli and pepper. We often sat at floor level tables cross-legged and I would marvel at the locals' ability to fold up their limbs like paper whilst I struggled to keep my less nimble frame from creaking to collapse altogether! It is also customary in a number of these types of places to leave one's shoes at the door, which perhaps helps to explain what an incredibly clean country it could be sometimes.

On my second day, I went to experience one of the 24 hour bath houses that are ubiquitous in South Korea. Here again shoes are left at the door and men and women go their separate ways to enter a huge complex of various hot steam baths and saunas, with massage chairs, restaurants, sleeping rooms and TV lounges; whole families congregate simply to scrub themselves clean before lounging around on the constantly heated floors of all the leisure and entertainment facilities strewn throughout the complex. My £6 entry fee entitled me to 12 hours on site so there is nothing to stop you from using it as a hotel except that you would have to check out at some point before looking too much like a prune! On entry, everyone is allocated the same set of laundered shorts and t-shirt they must wear once inside so it can start to feel as if you have entered a kind of high-tech prison facility, with everyone dressed in the same rags.

It was very much these little experiences such as eating customs and 24 hour bathing emporiums that made my trip feel so foreign and exotic. On the face of it Seoul today looks in many ways like so many big Westernised cities, with its skyscrapers and broad avenues and consumerist modern conveniences at every turn; probably unimaginable to those who remember the country from their experiences in the Korean War in the early 1950s, at which time the Korean peninsula became divided between communist forces in the North and American-backed interests and United Nations forces in the South.

Other enjoyable experiences during my week in Seoul included a stroll down the traditional tight narrow streets and alleys of Insadong: a favourite area among tourists for Korean arts and crafts, restaurants and tea houses – one of which has real live birds flying around inside it while customers enjoy a cup of ginseng tea! I was also quite excited by my visit to the old folk flea market, which had all sorts of relics from Singer sewing tables to old telephones to pin badges and all at a decent price...provided you can haggle your way down from the initial 'tourist price'! I bagged myself some excellent and original gifts on the cheap and an enormous new suitcase to take them all home in!

On my final evening I took a cable-car ride up to the base of the Namsan Tower, which is a tall needle-like structure at the top of a mountain in the middle of the city. Once at the top of the tower, I enjoyed a drink in their cafe and walked around surveying this enormous city in every direction. It is a preposterously big metropolitan area of around 23 million people; and line 1 on the underground is so long, its equivalent to one third the length of the entire country! For all its size however, Seoul is an incredibly safe city and the Korean people, I found, were very welcoming and friendly and I was stopped a couple of times on the underground simply to engage in polite conversation with locals. I had in fact just got into the polite Korean habit of bowing when saying 'hello' and 'goodbye' to everyone by the time I had to board the plane back to London; and I have to say this was just one of a number of quaint Korean customs I was sorry to be leaving behind.

PRODUCTS AVAILABLE FROM FSB ENTERPRISES – DAVID ROSS

FSB Enterprises, the commercial arm of Fife Society for the Blind, has a wide and diverse range of products available for sale. There is an extensive range of tactile products including greeting cards, bookmarks, tactile maps and a wide range of tactile products for children. There is also a unique range of Braille jewellery which includes Braille alphabet bracelets, Braille rings and bookmarks.

On the hi-tech side we stock both the K-Sonar and Aesop. The K-Sonar is a mobility aid and can be used either indoors as a hand-held device or outdoors when attached to a white cane. It emits a sound which changes in pitch and frequency the closer to or further away you are to an object; it can also give an indication of the type of objects being encountered. Earphones must be worn to detect these sounds from the device but the user has the option to wear a single earpiece depending on their personal preference. The device is only in use when the headset is plugged in; therefore, the long-life re-chargeable battery lasts a considerable time between each charge.

The Aesop is a small rectangular box which is attached to a keyboard. The aim of the Aesop is to develop a person's ability to touch type. Every key that is pressed is announced and you can monitor your progress throughout by measuring your typing speed. The Aesop can run either with a battery or with the mains power and is simple and straight-forward to use.

Finally we have a selection of Azabat games available. There are between 4 and 6 games on each CD. The games, which have their own voice programme installed, also appear visually on the screen thus allowing a sighted person to join in.

If you would like to know more about the products available from FSB Enterprises you can contact any member of the team here at the centre on 01592 583272 or you can visit our website at www.fsbinsight.co.uk.

LEARN SOMETHING NEW TODAY!

Fife Society for the Blind provides a range of specialist courses for Visually Impaired People. Some of our courses include:

Keyboard Skills - Learn to type without visual access to the keys. Learn to build up a good typing speed.

Word Processing - Learn to use Microsoft Word with your preferred specialist software, e.g. Jaws, Zoomtext or Supernova. An assessment would take place before starting the course to decide which software is best suited to your needs.

Braille - Learn to read and write Braille at a level and pace suited to your needs. The course can be offered via our centre or home based tuition.

The costs of these courses can be covered by ILA funding.

For more information, please contact Gemma Kirk or Hazel White on 01592 583272 or email gemma.kirk@fsbinsight.co.uk

GEMMA'S CORNER – GEMMA KIRK

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.

Magnifiers

If you have any unwanted or unused magnifiers, could you please return these to FSIC. They can then be recycled or re-issued. Thank you.

Different Formats

Did you know we offer our newsletter and other correspondence in different formats, for example Large Print, Braille or Audio CD? If you would like to change your format please call the office on 01592 583272 and we will update your records.

SOCIAL SCENE – AMANDA GRAHAM

As we come into our summer season the sun is shining, the birds are singing and we are about to start with our summer activities. It's been a long hard winter but we've had a busy time at all our social groups with a variety of entertainers and outings and get togethers.

Thank you to all the volunteers, helpers, and drivers who turn up every week and help out. Without you we could not offer this valuable and worthwhile service. This message goes to all the groups in Fife.

Groups

Our newest group continues to meet in Cupar. Our base is Elmwood. We are still looking for new members and volunteers. Even if you live outside the vicinity of Cupar you can come along. You can use the WRVS transport, which is free, if you live in Northeast Fife. Please get in touch if you are interested.

The other groups are also doing well. I would like to take this opportunity to thank Sheila Keddie who is retiring as chairperson at the Leven group. She has done a wonderful job there. Welcome to Gill Parsons who is taking over.

We have a few members who are in hospital so would like to wish you all a full and speedy recovery.

The groups will be having a break for the summer and some of the members start bowling. So it's all go.

Bowling

The various groups around Fife have their bowls at the ready! We need new and old bowlers to turn out. There are groups in Leven, Kirkcaldy, St.Andrews, Cowdenbeath, Kingseat and Abbeyview.

Rambling

The new programme is almost ready. The first ramble is on 24 April. We will be posting them out to all interested parties.

Swimming

This group splashes around every Tuesday out with school holidays. We have a group of very dedicated volunteers but the numbers are down so if you fancy a swim please get in touch.

Also starting a group in West of Fife so WATCH THIS SPACE!

Curling

The group continues to meet at Kinross every Monday. However the season is almost over. We would like to wish Bob Cunningham a speedy recovery after his recent spell in hospital. We all miss you!

Ecology Centre

The ecology centre is in Kinghorn in a beautiful setting.

If you would like to do a wee bit of planting or digging this could be the very thing for you. Also get some fresh air and company at the same time.

Under 60's

The numbers have dwindled recently. Debbie Clark has done a wonderful job at organising the programme and keeping the group together but due to college commitments she is very busy.

It was felt that the group is going to have a break - that doesn't mean that you should lose touch and you can still arrange to meet up. This will also give our drivers a well earned rest particularly Davie Pollock who has turned out to every trip. Thanks Davie – you are a star!

Bums Off Seats

Go on get your bum off that seat! These are organised by Fife Council on a weekly basis across the Kingdom. This is a good way to get out of the house and meet new friends at the same time.

Holidays

There will not be a group holiday this year but I am putting together some information about accessible holidays. So if you are interested then please get in touch.

Memory Box

I am going to have boxes of items which we can use at groups for reminiscence. I am collecting old items such as old games, posters, ration books, old buttons, old toys, books, and containers. If you think you may have anything of interest please give me a ring and I can arrange to collect. Obviously I am limited as to how much I can store so please don't hand things in. Thank you.

National Galleries of Scotland

For information on art workshops and descriptive tours for visitors with a visual impairment please get in touch.

Dance related exhibition tour and art workshop

National Galleries of Scotland

Wednesday 28th April

This exhibition explores the theme of dance through key artworks from across the National Collection.

Artist Juliana Capes will lead a descriptive tour and practical art workshop for visitors with a visual impairment.

To book and for further information, call 0131 624 6560.

That's it for now. If any of this information interests you then please get in touch with Amanda. I will be delighted to talk to you.

SOUNDS of NORTH EAST FIFE

SONEF has just about cracked digital technology and we hope to start recording onto CDs soon as well as our old tapes. If you, or someone you know would like to receive a CD please contact the following:

Angus Peters Tel 01334 475306 or
George McIntosh Tel 01334 475801

BASE (Blind, Activities, Support, Events)

- Are you blind or Visually Impaired (VIP)?
- Do you know someone who is a VIP?
- Do you know someone who would like to volunteer for a few hours a month for BASE?
- Do you live in East Fife?

BASE has been set up by VIPs in East Fife, in response to their needs and aspirations. BASE welcomes the help and support of sighted people but the decision-making process within BASE rests with VIP.

What can BASE offer me?

The committee is keen to reach out to more VIPs in East Fife, in order to enable you experience the fun and enjoyment of activities in very lively company.

- Each event, which takes place monthly, includes lunch, to provide that often missed social contact – good food in good company!
- Monthly walking events are led by a trained walk leader in and around Fife, e.g. Ceres, Cambo at Kingsbarns, Falkland estate, Ravenscraig Castle. Where possible talks and explanations are given.
- Outdoor activities at East Neuk Centre at Cellardyke

- Visits to Dundee Rep, the Byre, Stirling Castle, Kelvingrove Museum, Kellie Castle

In the past the members have enjoyed tandem biking and canoeing at Lochore Meadows Outdoor Centre as well as canoeing down the River Tay and the Union Canal.

Who can help me?

BASE is supported by an excellent volunteer events coordinator and sighted guides, who have been trained. WRVS is used to provide transport when needed.

Who do I contact for more information?

If you would like to participate or know someone who would like to volunteer as a guide, look at our website on www.fifebase.org

or contact Joe Lamb (Chair) on 01334 4475909
clattolamb@yahoo.co.uk

or Morag Stewart (Sec'y) on 01334 840490
moragstewart42@tiscali.co.uk

THE SCOTTISH PAN-DISABILITY OPEN GOLF CHAMPIONSHIP

Thanks to several new sponsors the SDGP is able to offer the following package to disabled golfers in September: 3 days of golf at Scotsraig Golf Club, and an additional days golf, practice and golf lessons at the nearby Wellsgreen Golf Academy, 3 nights accommodation on a bed and breakfast basis, a Civic Reception and transport too and from the event hotel to Scotsraig at the all inclusive price of £100 for each disabled golfer. For further information please contact sdgp@btinternet.com, or www.sdgp.co.uk

200 Club Results

October 2009

1st	A Davidson	£207.50
2nd	C Wilkosz	£ 41.50
2nd	Kdy Blind Club	£ 41.50
3rd	W Campbell	£ 24.90
3rd	J Stevenson	£ 24.90
3rd	A Anderson	£ 24.90

November 2009

1st	J Stevenson	£208.75
2nd	M Aird	£ 41.75
2nd	U Spencer Nairn	£ 41.75
3rd	M Jackson	£ 25.05
3rd	J Hitchen	£ 25.05
3rd	G Thomson	£ 25.05

December 2009

1st	A Peebles	£830.00
2nd	J Williamson	£ 41.50
2nd	J McMillan	£ 41.50
3rd	R Oliphant	£ 24.90
3rd	A Boase	£ 24.90
3rd	J Humphrey	£ 24.90

January 2010

1st	G Garvie	£206.25
2nd	H Fairgrieve	£ 41.25
2nd	M Young	£ 41.25
3rd	LG & D Manweiler	£ 24.75
3rd	M Robertson	£ 24.75
3rd	I Pattie	£ 24.75

February 2010

1st	J Bowman	£205.00
2nd	M Bell	£ 41.00
2nd	L Duncan	£ 41.00
3rd	LG & D Manweiler	£ 24.60
3rd	A Erskine	£ 24.60
3rd	F Fleming	£ 24.60

March 2010

1st	R Snedden	£205.00
2nd	A Anderson	£ 41.00
2nd	L Jones	£ 41.00
3rd	W Milham	£ 24.60
3rd	A Hutchison	£ 24.60
3rd	M Baird	£ 24.60

CONTACT DETAILS for the SOCIETY

Fife Society for the Blind,
Fife Sensory Impairment Centre,
Wilson Avenue
Kirkcaldy
KY2 5EF

TELEPHONE: 01592 583272

e-mail: info@fsbinsight.co.uk

www.fsbinsight.co.uk