

# COVERED!

## Fife Society for the Blind Newsletter Spring/Summer 2008

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Hello everyone and a warm welcome to this the Spring/Summer 2008 edition of "Covered!"

Jackie Cairns who will be known to many of you, and who edited the last edition of the newsletter and who had edited many previous editions is taking up full time employment in Northampton and has therefore reluctantly vacated the editor's chair. Liz Reid has written an appreciation of Jackie and the valuable work she has done for the Society elsewhere in this issue.

In his article Alan Suttie introduces us to two new members of staff. Marlyn Murdoch, and Sandra McKinlay who have recently joined the Society, and we thought you would be interested in hearing a little bit more about these two ladies so we have asked them to write a brief biography of themselves. Jim Crooks who some of you will know and is job sharing with Sandra as Client Services Manager is also introducing himself to those of you who do not know him.

Barbara Dickson, the well known singer and actress who was born and educated in Dunfermline has accepted an invitation to become a patron of Fife Society for the Blind.

Alan Suttie said "Working with a committed band of volunteers we strive to both raise the profile of the

Society and essential funds to maintain and expand our work. Having such a well known locally born entertainer as a patron will be a great source of support and encouragement to our volunteers and supporters."

Barbara Dickson started her singing career performing at folk clubs around Fife in the 60's. She is now a multi-million selling recording artist with an equally impressive Olivier award-winning acting career. She was awarded an OBE in 2002. On becoming a patron, Barbara said, 'I am delighted to become a patron of Fife Society for the Blind in my native county. As my work mainly entails the transmitting of 'sound' via music, I'm pleased to count many visually impaired people amongst my supporters and therefore it's a pleasure for me to give something back in this way.'

**CAN I PLEASE REMIND EVERYONE THAT OUR TELEPHONE NUMBER IS NOW (01592) 583272**

I hope you all enjoy this issue of "Covered!" and that you have an enjoyable Spring & Summer.

Ron Oliphant  
Editor

## **NEWS FROM OUR CHIEF EXECUTIVE, ALAN SUTTIE**

This edition comes out at a busy and exciting time for us and you will find lots of information and updates about staff and programmes. We are pleased to welcome 3 new staff to the senior management team: Marlyn Murdoch, Corporate Services Manager, Sandra McKinley, Job Share – Client Services Manager and Jim Crooks, Job Share – Client Services Manager. Marlyn, Sandra and Jim will all introduce themselves in this edition.

We were delighted that Fife was awarded £155,000 of development money for implementing the Scottish Parliament's new Eye Care Strategy. Fife had been one of three pilot sites during this study phase and many of the lessons learned in Fife are to be supported in other parts of Scotland. This is additional money, which will enable us to focus on improving not only access to services but also the way in which individuals move between high street opticians, the hospital eye department and the Insight team. Money is also available to help target hard to reach groups such as older people with a hearing and a sight loss.

Using some of its voluntary income, the Society is also investing in new programmes for younger blind and partially sighted who feel social excluded, Deafblind who need specialist communications support to engage socially as well as targeting three

localities in Fife. We are often criticised that all our services seem to be based in Kirkcaldy and whilst this is not entirely fair, we do want to find ways of being more accessible to local communities. During the next year we will be trying some new initiatives in Taybridgehead, East Kirkcaldy and Lochgelly. Based on the lessons learned we will then look to extend these initiatives to other parts of Fife.

## **PEOPLE NEWS**

### **JACKIE CAIRNS – AN APPRECIATION by LIZ REID, VOLUNTEER CO-ORDINATOR**

A big thank you from everyone at FSB goes to registered blind client Jackie Cairns from Kirkcaldy who, amongst other things, has edited a number of issues of our Newsletter 'Covered' over the years. Jackie is moving onto paid employment soon.

During her long association with FSB she has undertaken numerous roles and aims, taking up causes, tasks and campaigns that included membership of Fife Forum for the Visually Impaired, sat on the Board of Directors, Volunteer Braille Proof Reader where she worked closely with FSB Enterprises Staff, provided mobile phone training to other partially sighted and blind people, helped in mail shots. The list could go on and on. All this while bringing up a family and studying for an HND in Journalism where she was also awarded Student of

the Year at Fife College! If a gauntlet was thrown down, a problem that impacted on the blind people in her community then Jackie picked it up and rose to the challenge.

Though not saying goodbye, we would like to wish Jackie and her family every success in her new endeavours.

## **NEW STAFF MEMBERS**

Sandra G. McKinlay – Job Share - Client Services Manager

I took up my post with Fife Society for the Blind as Client Services Manager on a job share arrangement with Jim Crooks on 10 December 2007. This was a new departure for me and an opportunity to build on my existing skills and experience whilst at the same time extend my professional knowledge within a specialist team for individuals with visual impairment. It was also the first time I had the opportunity to work within a voluntary organisation as a senior manager having previously been employed primarily within a local authority for the majority of my professional working life. I therefore came to Fife Society for the Blind with a degree of excitement at the new venture I was embarking upon and some apprehension about what may or may not be different about working in a voluntary organisation. I am pleased to say I have been pleasantly surprised at the ease with which I have settled into my

new environment and the welcome I have received.

I have never previously worked in Fife and I had few professional links in Fife prior to taking up this post, therefore it may be of interest if I gave a brief rundown of my career to date.

I left school at 15 years of age and all of the qualifications I have gained to date were through hard work and determination as a mature student who had to combine studying with being a wife and mother. The first job I had at the age of 15 was as a clerkess/typist. Although it is somewhat unorthodox, this experience and the support and encouragement I received from my husband, was to prove to be the spring board which gave me my initial access to college. I started off in higher education by studying for a HNC in Business Studies. The qualification I gained secured me a place at University of Stirling, where I then completed a Bachelor of Science Degree in Psychology. My career in social work happened by chance when I went to work for Central Regional Council during my final summer vacation in a residential home for adolescents who had challenging behaviour. The council were sufficiently impressed by my performance to offer to keep a permanent post open for me until I completed my studies. For the next 5 years I moved from unit to unit often at the request of senior management and eventually I was placed at a home for older people to cover an

emergency. This short term placement lasted for 14 months. From here on I remained with older people's service until I went to The University of Dundee to complete a professional qualification in social work and a Masters Degree in Social Work.

In all, I have now been employed in social work for almost 26 years. In my professional career I have worked as a Care Manager in Dundee, and Rural Perthshire. As a Senior Care Manager in Dundee. A Health Services Manager/ Mental Health Service Manager based at Stirling Royal Infirmary managing the hospital discharge process and ensuring individuals had appropriate support packages in the community. I then moved to Orkney Islands Council as Assistant Director Community Care. Orkney Islands were a beautiful place to live and work and I still go there to spend my holidays and meet up with friends.

Each of these posts have brought their own challenges and rewards but always my driving force has been my desire to improve the lives of those who have been referred for assessment by enabling them to do as much for themselves as is practicable. This enabling approach leaves individuals with a greater degree of satisfaction and control over their own decision making and life choices.

In my leisure time I enjoy a fairly home centred lifestyle in a quiet country setting in North East Fife. I

tend to spend much of my free time at home with my husband and grown up son. I have a small studio where I spend time painting. I also like to grow plants in my greenhouse to decorate tubs around my garden. For exercise I enjoy going for walks along the coastal paths and on the beach but sometimes just end up relaxing in my garden. My husband of 35 years is a University Lecturer who needs to be encouraged to take time away from his work. We have one son aged 34. He too is an academic who teaches part time whilst completing research for his PhD.

I would like to think that I have a long-term future with Fife Society for the Blind and would expect to play a role in securing the future expansion of the society and its financial growth so that we can expand the range of specialist services we offer to individuals with sensory impairment living in Fife.

Marlyn Murdoch  
Corporate Services Manager

I was appointed Corporate Services Manager, last November. Generally, the role incorporates management of the administration activity for the Society, including managing the transcription team who work within FSB Enterprises Ltd.

By way of background, I am married with one daughter and live in Cupar.

My career history, includes, a number of years spent within Financial Services, Further Education, Fife Police and short term contract work within the not for profit and hospitality sectors.

Prior to joining the Society, I undertook a post graduate qualification in Human Resources at Adam Smith College.

My hobbies, include walking, (we have a lively collie dog), reading, needlework and Sudoku.

I have established some very good friendships since I joined the Society and I am always delighted to speak with clients and their family and friends network when they visit the Centre.

Jim Crooks – Job Share – Client Services Manager

I would like to introduce myself to our readers. I have been working in the field of visual impairment since the early 80s, for almost 30 years. After working as a food service assistant at Gatwick Airport, I took up the post of Residential Social Worker with the Royal School for the Blind in Leatherhead, Surrey. Since then I have fulfilled a number of different roles, including rehabilitation and mobility officer, service provision manager, café and resource centre manager and communications executive. All these roles have involved people with sight loss, and usually have had some component in them related to mobility for people who wish to remain

independent. I am interested in music, and the whole range of what can be described as ‘personal development,’ having qualifications in hypnotherapy, neuro linguistic programming and life coaching. I hope that over the years the Society can provide ground breaking services for people who wish to maximise their independence and can maintain its reputation as a leader in this field.

**Congratulations** to Rehab & Mobility Officer Karen Simpson who celebrates 25 years of employment with the Society. Karen started off her career in a clerical role and has been a Rehab Officer for the past 15 years. Karen enjoys the interaction with her clients and I’m sure it’s reciprocated. She also specialises in the Neuro Vision/Stroke programme. She was presented with crystal glasses and a decanter from the company. Here’s to another 25 years Karen! Well done from all your friends at FSB.

**RECREATIONAL PROJECT  
WORKER  
RECREATION AT THE READY!!  
AMANDA GRAHAM, SOCIAL &  
RECREATIONAL OFFICER**

I hope you’re all raring to go, as our summertime activities are about to start. Here is some information on the social and recreational activities available:

We’ve certainly not been hibernating during the winter months, with all our social groups across the kingdom being very

busy. Thank you to all the volunteers, helpers and drivers who turn up every week, we couldn't be without your help or invaluable support!

I have to say a big THANK YOU to Doreen Durie who is retiring as Chairperson at the Leven Social Group. Doreen has been a volunteer for over 35 years she has been a very reliable and wonderful organiser, when clients were unwell, and couldn't make the club, Doreen always took the time to visit. She will be missed but isn't going to disappear completely. I would like to take this opportunity to welcome Sheila Keddie, who will take over from Doreen, and thank her for stepping in.

I would also like to thank Etta Blyth who was the Chairperson at Baldridgeburn Social Group for many years. She worked tirelessly behind the scenes and is sorely missed! We would like to wish her a happy retirement. I would also like to welcome Meg Gilfillan, who will be taking over from Etta, and thank her for stepping in.

## **HOLIDAY**

This year we're off to Peterhead with Fitzcharles Coaches! The trip will run from the 18-22 August and we're away for 5 days and 4 nights. We will be staying at the lovely Waterside Inn Hotel and all rooms are ground floor!! It costs £234.00 per person for a double room and £294.00 per person for a single; Prices include dinner, bed and

breakfast, insurance, all coach travel and coffee on the first day. Please call the office or tell your Rehab Officer if you are interested and details of payment will be sent out to you.

## **HOLIDAY COTTAGE IN LADYBANK**

A cottage in Ladybank may be available for a visually impaired client and a friend or carer. If you would like to spend a week in the Howe of Fife village, give the office a call for more details.

## **DOMINOES**

Well done to Glenrothes, who won the Inner Wheel Rose Bowl Competition this year! Kirkcaldy were this year's runner up. A big THANKS to Leven for hosting the event and well done to all who participated.

## **RAMBLING**

The first ramble took place on the 26<sup>th</sup> April in Falkland Estate. Thank you to our very enthusiastic group of volunteers, who have put together another varied and interesting programme. New members are always welcome, so get your boots out and join us!!

## **SWIMMING**

This group meets every Tuesday, outwith the school holidays, at Fife Institute in Glenrothes. New members and volunteers needed and will be very welcome

## **BOWLING**

Bowling greens are booked, bowls at the ready!! New members are needed and always welcome. Unfortunately, we had to cancel the Fife Bowling Championship last year, but it is scheduled to take place this year in Dunfermline in September. Bowling takes place in Cowdenbeath, Kirkcaldy, Leven, St Andrews and Dunfermline.

## **CURLING**

The curlers are a well-established group and are always improving! New members have joined the group this year and the coaches are hoping to attend an event in Canada!

## **UNDER 60's**

Our youngsters continue to meet monthly. They are always looking for new members so if you are a young thing and under the age of 60, why not come along? They've had a trip to Edinburgh, been to the races, attended a concert and met up for a meal!

Soccersite – Don't forget the free live commentary at Dunfermline F.C

## **DUAL SENSORY CLUB**

We are planning to start this group again. We haven't organised a programme yet but if you are interested or know of someone who is dual sensory impaired then please contact Kirsty Goodman or Amanda.

## **TELECARE**

This telephone service provides opportunities for visually impaired people to continue to socialise, learn, and share information and support each other. Volunteers who are trained as facilitators deliver this service. If you think this would benefit you then please get in touch.

## **BUMS OFF SEATS**

A variety of gentle walks are organised on a weekly basis across the kingdom. These are organised by Fife Council.

There is a lot going on so if you are interested in joining any of our groups or activities please get in touch and ask to speak to Amanda.

## **VOLUNTEERS CORNER LIZ REID, VOLUNTEER CO- ORDINATOR**

There are many ways to get more people involved in your organisation but a personal recommendation from the very people you're trying to help surely comes high up on the list. I'd like to introduce you to Registered Blind Client Gladys Taylor from Cupar who was having, what many of us would call, a 'Technophobe' crisis with her beloved Computer! Here's her story.

'Once upon a time I was terrified of my computer; it was always the boss, with a mind of its very own!

Now, thanks to the dedicated help and support from William Windmill, not only has my fear gone, I am actually enjoying the greater world which my computer has to offer.

Recently, William came to help me to set up a wireless hub and now I can use my laptop anywhere in the house. He has helped me to update and even install programs and the best thing of all is that he tells me what he is doing, so that I understand what is going on.

This is the third time he has sorted things for me. I don't know how long I would have floundered otherwise! Thanks a million William.

I'd also like to take this opportunity to mention our dedicated swimming helpers who turn up in all weathers to help us stay fit and active and have some social interaction. Thanks to all of you for looking after me.

Without this kind of dedication I would be truly lost. So please, if you have a notion to help in any way, then contact the Society, your help is really appreciated.'

Gladys, thank you so much for these words of appreciation. If anyone else wants to air or express a word or two about the Volunteer support they receive and what it means to them please give me a call, drop me a letter or even

email like Gladys did! It can be anything from someone who has a Volunteer who befriends them or pops in to help them with their mail, to stopping off for a blether or you might receive support at the bowling, swimming, rambling or help with IT. And let's not forget the importance of our Low Vision Clinic Volunteers too and our car and mini bus drivers, fund-raisers and....and..... the list goes on and on. Our Volunteers like to know if their volunteering experience with FSB is making a real difference to the lives of the people they are helping.

### **Fife Society for the Blind Open day**

Put Thursday, the 4<sup>th</sup> of September in your diaries for a Fife Society for the Blind Open Day here at FSIC in Kirkcaldy. Between 10.00am – 4.00pm FSB will be open to blind and partially sighted people, relatives, carers, friends and any one who has an interest in the effects of sight loss and how it can impact on a person's life. The "Action for the Blind" Mobile Unit is also here on the 4<sup>th</sup> too and has a wealth of information on the latest gadgets and aids available for the visually impaired. As well as the bus, which will be located just outside the centre's main entrance in Wilson Avenue, other activities and workshops planned so far include:

- Cookery Demonstrations: held in the centre's kitchen with our own experienced rehab staff.

- Finding your feet sessions: this will offer information on mobility, making the most of your sight, advice on accessing benefits etc.
- Aromatherapy Workshop: Gentle hand massage using essential oils, including how to massage your own hands if you live on your own! (I've booked my slot!)
- IT 'Try Out' When you come off the Mobile bus, why not come into the centre and try out electronic magnifiers as well as magnification and speech software? Hazel White IT Instructor will be on hand in the Karten room to show you how and answer all your questions on the various bits of kit.
- The Hard of Hearing Support Group: If you are unfortunate to also have a hearing loss then members of this Self Help group will have an advice and information stand you can visit.
- Tea/Coffee: an opportunity to talk to other people who experience sight loss over a cuppa.

This promises to be an exciting event and we look forward to welcoming many of you to the centre on September the 4<sup>th</sup>. Be there or be square.

The Action for the Blind Mobile Bus: The bus will also be coming to other parts of Fife on Tuesday the 2<sup>nd</sup> & Wednesday 3<sup>rd</sup> of September namely the Newport/Tayport area

and St Andrews and then ofcourse Kirkcaldy on Thursday the 4<sup>th</sup>. Details are still in the planning stages but watch this space and keep a look out for further details of venues etc in the local newspapers or listen to your local radio station or phone the office here in Kirkcaldy nearer the time and we'll have more information.

Transport Charges: As you are aware the cost of fuel has increased considerably over the past year and it has been necessary therefore to increase our travel charges for our Social and Recreational and Befriending programmes etc. A return journey using the Society's Mini- bus or volunteer car service will now cost £2.50 for a return journey and £1.50 for a single journey. When using the Mini- bus outwith a group's normal day, fuel will be charged at 80p per mile. This will be effective from 1<sup>st</sup> May 2008.

Skiffington Trust – WRVS: For people who are registered blind or partially sighted residing in the North East of Fife and this will include the Levenmouth and East Wemyss area but excludes Glenrothes, free transport is available from the WRVS. Telephone the WRVS on 01337 730309 and ask for free blind travel under the Skiffington Trust. All transport requests will be subject to volunteer availability. Please phone WRVS to ascertain that your location is covered by the agreement.

Mileage Increase for Volunteers:  
Fife Society for the Blind  
Volunteers will be pleased to know that the car mileage allowance is being increased from 35 pence to 40 pence per mile. This is effective from 1<sup>st</sup> April 2008.

Fund-raising - A big thank you to all who have helped out at the street and store collections so far this year – we need more – don't leave it to the chosen few. It's good fun, an hour or two a year at a venue near you is all we ask. We buddy sighted and non-sighted people together. Our Volunteer Fund-raising team will be out with the stand at a few of the local community events throughout Fife this summer (and we pray for a drier summer than in 2007!).

Tombola prizes/gifts: are required to help raise funds. We would appreciate any donations of unwanted, good quality gifts still in their box – please donate them to the society. (No jumble.) Thank you in advance for your consideration.

New Volunteer Authorisation Badges have been issued and sent out to individuals. If you require a clear badge holder please contact the office.

Thanks for listening. If you want to Volunteer then get please get in touch.

## **FIFE FORUM FOCUS CLAIRE CHUE HONG**

Following advert in last newsletter for nominations for people to represent the Forum on the Board of Directors we appointed Debbie Clark and Sheanagh Swanney in March.

A visitor's survey was conducted during February to ask how visitors travelled to the centre and where they live. The results of this survey will be used to support the views of the Forum with regards to transport issues when we speak to Fife Council. No-one used the Ring & Ride service to get to the Centre and we would like to find out why. We would welcome your comments about your experiences of the Ring & Ride service and also if you don't use it why you don't.

The Forum has their own page on the website so please do have a look at it to get updates on what we are doing. If you have any issues or concerns or want to tell us anything about services you have received please leave a message with reception and we will get back to you.

## **SOUNDS OF NORTH EAST FIFE GEORGE McINTOSH**

Sounds of North East Fife (S.O.N.E.F.) send out audio tapes of their volunteers reading various articles from the local newspapers such as, "The Courier", "St.Andrews Citizen", "Fife Herald" and "The East Fife Mail" every two

weeks to our listeners. In the not too distant future we will be able to offer this service in CD format as well as audio tape. If you, or someone you know, would like to receive either a CD or audio tape, which are sent out every two weeks at no cost to our listeners please contact George McIntosh on 01334 475801, Angus Peters on 01334 475306 or contact the Society's office.

## FUNDRAISING NEWS RON OLIPHANT, FUNDRAISING CO-ORDINATOR

Here are the results of the Fife Society for the Blind Grand Prize Draw which took place at noon on Friday 18<sup>th</sup> January, 2008

1st Prize	Elsie Hunter, Valley Gardens Kirkcaldy	£500.00
2nd Prize	Eliz Rae, 3 South Row, Coaltown of Wemyss	£250.00
3rd Prize	Eliz Rae, 3 South Row, Coaltown of Wemyss	£100.00
4th Prize	Angela Bald, 24 Marmion Dr, Glenrothes	Bottle of Whisky
5th Prize	Sandy Gray, 35 Paterson Park, Leslie	Bottle of Whisky
6th Prize	Josh Glancy, 17 Bedachin Dr, Dunfermline	Bottle of Whisky
7th Prize	Alex Bissett, 109 Carleton Ave, Glenrothes	Bottle of Whisky

We would like to thank everyone who purchased tickets for the prize draw, which raised a total of £2,563 for the Society.

## Date for your Diary

The Society is holding a Charity Golf competition at Thornton Golf Club on Thursday 25<sup>th</sup> September, 2008. This will take the form of a fourball Stableford competition. The cost for a group of four people is £130, this includes a round of golf and a bar snack on completion of your round. For further information please contact the office or e-mail [ron.oliphant@fsbinsight.co.uk](mailto:ron.oliphant@fsbinsight.co.uk)

FSB's fundraising team are the **BEST**

For financial year ending March 2008, our fundraising volunteers raised the magnificent sum of **£46,095**. On behalf of the Society; I would like to give each and every one of them, a very big thank you for taking time out of their busy lives to go fundraising for the Society. Without our voluntary income the Society would not be able to provide the social and recreational activities that are available for our clients.

To keep on being the best, please put the following fund-raising dates in your diary:

Sat	12.05.08	Somerfield Store Cowdenbeath
Sat	31.05.08	Anstruther Main St and Co-op
Sat	07.06.08	Dalgety Bay Main St
Sat	21.06.08	Dunfermline High St
Sat	12.07.08	Leven High St
Sat	09.08.07	Cupar Main St
Fri & Sat	22/23.08.08	Tesco Store Rosyth
Sat	20.09.08	St Andrews High St
Sat	18.10.08	Kingdom Centre Glenrothes
Sat	15.11.08	Kirkcaldy High St and The Postings
Mon	22.12.08	The Co-op Leven

Please donate your time. If you require help with transport or need a sighted 'buddy' then give us a call.

Our Volunteer Fund-raising team will be visiting the following events:

Sat	15.06.08	Lathalmond Fayre Dunfermline
Sat	28.06.08	Falkland Village Fayre
Sat & Sun	5&6.07.08	Beveridge Park Community Event – Kirkcaldy

## 200 CLUB DRAW RESULTS NOVEMBER 2007 TO APRIL 2008

### November 2007

1 <sup>st</sup>	H Lovell	£230.00
2 <sup>nd</sup>	MA Spencer Nairn	£46.00
2 <sup>nd</sup>	A Bavidge	£46.00
3 <sup>rd</sup>	G Kirk	£27.60
3 <sup>rd</sup>	G Manders	£27.60
3 <sup>rd</sup>	A Robertson	£27.60

### December 2007

1 <sup>st</sup>	L Duncan	£930.00
2 <sup>nd</sup>	E Lennox	£ 46.50
2 <sup>nd</sup>	C Bell	£ 46.50
3 <sup>rd</sup>	Kirkcaldy Club	£ 27.90
3 <sup>rd</sup>	C Morrison	£ 27.90
3 <sup>rd</sup>	H Crawford	£ 27.90

### January 2008

1 <sup>st</sup>	D Mills	£231.25
2 <sup>nd</sup>	G Seaton	£ 46.25
2 <sup>nd</sup>	A Heather	£ 46.25
3 <sup>rd</sup>	A Suttie	£ 27.75
3 <sup>rd</sup>	A Anderson	£ 27.75
3 <sup>rd</sup>	J Bowman	£ 27.75

### February 2008

1 <sup>st</sup>	K Goodman	£225.00
2 <sup>nd</sup>	C Lockhart	£ 45.00
2 <sup>nd</sup>	G Seaton	£ 45.00
3 <sup>rd</sup>	S Gray	£ 27.00
3 <sup>rd</sup>	I Hardie	£ 27.00
3 <sup>rd</sup>	J Smart	£ 27.00

### March 2008

1 <sup>st</sup>	F MacDonald	£225.50
2 <sup>nd</sup>	H Crawford	£ 44.50
2 <sup>nd</sup>	C Miller	£ 44.50
3 <sup>rd</sup>	I Dall	£ 26.70
3 <sup>rd</sup>	E Wotherspoon	£ 26.70
3 <sup>rd</sup>	S Taylor	£ 26.70

April 2008

1 <sup>st</sup>	E Gillies	£213.75
2 <sup>nd</sup>	R Snedden	£ 42.75
2 <sup>nd</sup>	W Milham	£ 42.75
3 <sup>rd</sup>	G Kirk	£ 25.65
3 <sup>rd</sup>	B Francis	£ 25.65
3 <sup>rd</sup>	A Hutchison	£ 25.65

**PROMOTING BETTER CARE  
FOR OLDER PEOPLE -  
NATIONAL CHARITY  
ANNOUNCES 'ELDERCARE  
WEEK' 1-7 September 2008**

Our ageing population means a growing number of older people need care and support. One of the biggest challenges for older people, their families and carers is finding their way through the care system and getting the help and advice they need.

The second annual ElderCare Week, organised by Counsel and Care, the national charity getting the best care and support for older people, their families and carers, aims to highlight the care issues facing older people and how they and their families can get the best advice and plan ahead.

This national awareness week will take place from 1-7 September 2008. Look on the Counsel and Care website for more details at [www.counselandcare.org.uk](http://www.counselandcare.org.uk)

**SET YOUR SIGHTS HIGHER!**

David McKay, registered Partially Sighted client and employee of the society, after years of despondency, closed doors and

empty promises woke up one morning and decided that he was going to live his life to the max! His interest in adventure sports and the work of the Royal National Lifeboat Institution (RNLI) meant he took up the challenge when they were looking for Volunteers to abseil from the Forth Railway Bridge to raise much needed funds.

On the actual day, David made his way to South Queensferry to register and was kitted out with safety harness, helmet and gloves. He was then taken up to the Bridge via a track that included 119 steps! (A feat in itself.) He then walked up to the base of the bridge and climbed up to a maintenance portacabin, which led onto the gantry underneath the railway line. He proceeded to walk along the gantry to the point of abseil, enjoying good banter and encouragement from the railway maintenance workers who were finishing their shift.

The hardest part was climbing over the barrier onto one of the beams before roping down. The next thing he knew, he was, in his own words, "Airborne – what an exhilarating feeling, Wow! Absolutely ace." Continuing to descend, David stopped to admire the view and to savour the moment before continuing down to the beach below where it had all been captured on camera for posterity. Now off to the pub to celebrate with a few pints of cold beer!

David has maybe lack of sight but definitely no lack of vision and by

stepping up to the bar, he raised the magnificent sum of £230 with money still to come in. The good news is that he gets to do it all again in the Autumn for Fife Society for the Blind so watch this space.

## **HOW TO GET IN TOUCH WITH FSB**

Please get in touch with FSB in any of the following ways:-

Write to us or visit us  
Fife Society for the Blind  
Fife Sensory Impairment Centre  
Wilson Avenue  
Kirkcaldy  
Fife KY2 5EF

**Telephone: 01592 583272**

Fax: 01592 583273

E-mail: [info@fsbinsight .co.uk](mailto:info@fsbinsight.co.uk)

The office is open Monday to Friday from 9.00am until 5.00pm. You can telephone or visit the centre during these times.

Our Duty Worker is available for telephone or drop-in service to offer advice and information on Tuesdays, Wednesdays and Thursdays 9.00am – 12.00pm.