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| **Incorporating Sylw** | **No. 41** |

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**WCB PERSPECTIF**

Graphical user interface, text, application, chat or text message

Description automatically generated

What’s new with our online portal

**SYLW BULLETIN**

**WCB Perspectif – what’s new in our online portal to services and support?**

Perspectif has been around for about a decade now and has been the only online database in Wales to help people with sight loss and support workers find services. It started out with a simple principle that people need support for specific things and they should be given as much choice as possible, finding things that are best suited to them. This meant that our focus is primarily on services and not the organisations that provide them.

Our database has been overhauled over the past year or so and we are developing new features. It’s at http://wcb-ccd.org.uk/perspectif

First of all, here is a quick overview of Perspectif and a guide to using it to find services.

**What is in Perspectif?**

Perspectif is a database of **services** that are delivered by **providers**. There is also a **library** that will be added to over time and an **events diary** which is continually updated. A **glossary** of terms is also included and this can also be used to find services if you looked up a particular term, such as Stargardts Disease or rehabilitation.

The thing to remember is that there are many routes through the information due to the dynamically-created links in different parts of the site. If, for example, you looked at the glossary page for **Budgets – personal**, you would see beneath the definition a list of services that use that term and a library item that uses it in its own record. Also, you might notice that service descriptions have links on certain words: these take you to the definition for that term and reveals the other services that relate to that term. So, it’s easy to move around, gathering information as you go.

**Providers** are generally organisations such as your local society, the NHS, national sight loss charities and so on. No **Services** are listed which do not have a **Provider**. In the menu of Persectif you can choose to browse through either Services or Providers. This is where you’ll find ALL records in the database. However, it’s not the best way to search for specific services. It’s better to use the search tool for this.

**Searching**

The main page at http://wcb-ccd.org.uk/perspectif is where you can find a search section. Here you can choose a type of service you are looking for and the area you want it to be in. There is also a keyword search and a postcode section, but more about those later.

You don’t have to enter *all* the fields: you can, for instance, just choose **Resource Centre** from the drop-down menu and hit search. This will bring up all the resource centres listed. Alternatively, you might simply select **Bridgend** and leave the Service Type empty. This will bring up all services that are available in Bridgend. As you’d expect, choosing **Resource Centre** AND **Bridgend** will bring up the centre that covers that area.

We try to distinguish between location and coverage. This is because some services will be at a fixed location but will support people from a number of local authorities in their area.

**Keywords**

This is new feature added to the search which is, as with the other fields, optional. However, it might help to identify something more specific. For example, you might choose **Sports, Arts, Leisure and Holidays** from the service type drop-down menu and find that there’s too much to sort through. You want to do walking so you type that into the keyword field as well and you get a more focused result. This keyword search looks at the names, descriptions and the keyword field of each service for matches. The keyword search can help to narrow down the results. But it relies on the word or words being present in the records, so sometimes you might need to try different words.

**Postcodes**

A postcode feature is being trialled currently. This will be used not to filter results but to give the user the distance from a particular service in instances where the service is delivered at a particular postcode. It will give the distance *as the crow flies* from an entered postcode. We hope to have this up and running by the end of March.

**Events**

We now have an events diary. This is being refined so that you can filter them, but currently it is a running list of events, each of which you can click on for more information. Also, where events are provided by one of the service providers listed in Perspectif, you’ll find them listed below the record for that provider. Similarly, the services themselves, if they are event-based such as a coffee morning, will show the events beneath the Service record. Macular Society is a good example to look at how this works.

**Wales Eye Care Services**

The Low Vision Service Wales and the Eye Health Examination Wales are both services that are crucial for maintaining eye health for at risk people and for obtaining low vision aids for people with low visual acuity. Since the closing down of the WECS website, where public and support workers were able to locate the nearest WECS practitioner, Perspectif has included all EHEW and LVSW (including domiciliary) practitioners. These can now be searched by choosing **Wales Eye Care Service** from the **service type** drop-down menu. You can choose a **local authority** as well to refine your selection. If you are only interested in Low Vision practitioners, type LVSW into the keyword search, or EHEW for Eye Health Examination Wales practitioners.

LVSW practitioners shall shortly be using Perspectif to aid them in the part of the low vision assessment that is aimed at signposting patients to additional support in the community. Therefore, it’s important to ensure that the database is functioning in the best way and that the records are up to date. Please send any queries or suggestions to richard@wcb-ccd.org.uk

**The Library**

The library part of the site has only recently been worked on. The list of publications shall naturally be added to and we shall add some tools to help you find things. (We aim to keep copies of the publications on our own server as far as possible. This is largely because they can be more reliably accessed there. In some cases they will only be available on an external site). A helpful new feature is that the **Glossary** records will list underneath publications that mention a given term. For example, the term ‘assessment’ will give a definition and beneath it, a list of **services** and **library** items mentioning that term.

That more or less sums up Perspectif. Additional features included setting up a **user account** so that you can put your choices of services, providers, glossary terms, events, and library items into any number of **folders** so that you can print out, braille, or email packages of support for yourself or your service users.

Again, please refer all questions and suggestions to Richard via richard@wcb-ccd.org.uk .

# SYLW BULLETIN

**News**

**Sight Village to return to Wales in 2023**

QAC's Sight Village, the exhibition for people with sight loss, their families and professionals working with them, is to return to Wales in April, and Wales Council of the Blind will be one of the exhibitors. Do come and chat to us.

The event will be held at the All Nations Centre in Cardiff on Tuesday 18th April. Go to the end of this newsletter for detailed information.

**Ramadan Advice**

The holy month of Ramadan starts on Wednesday 22 March 2023, and Glaucoma UK and Diabetes UK have advice for people with sight loss at this time.

Glaucoma is a lifetime condition that can cause sight loss and blindness if unchecked, and the most common control mechanism is prescribed eye-drops that prevent pressure in the eye getting so high that it affects the optic nerve. Once sight is lost, it cannot be recovered. Glaucoma UK’s five key points are:

1) Make eye drops part of your Ramadan routine: wake, drops, eat, pray, done!

2) Stopping glaucoma drops for even a short period of time can cause permanent loss of vision.

3) As eye drops are not considered food or drink by most Sunni or Shi’a schools, they don’t break your fast.

4) If you are worried, there are some things you can do for additional reassurance. One is to block your tear duct by pressing on the corner of your eye next to your nose, immediately after putting in your drops. This stops the drops reaching the back of your throat, and keeps them in your eye, where they need to be. If in doubt, you can choose to use your drops before suhoor and after iftar.

5) Glaucoma UK can help you manage your glaucoma while fasting this Ramadan. Their helpline number is 01233 64 81 70, or visit the website, https://glaucoma.uk/care-support/ramadan/ .

Diabetes UK advises that, if you are living with diabetes complications such as poor vision, nerve damage, heart or kidney disease, there is a high risk that fasting could make these health conditions worse. It is important to discuss with your healthcare team how living with diabetes and following Ramadan could put your health at risk. They have a range of information on heir website, https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan#risks, and you can also ring their helpline, 0345 123 2399.

**Events**

**Blind Golf Taster Session in North Wales**

Abergele Golf Club is holding a free Blind Golf Taster Session for people in North Wales on Saturday 11th March at 1:30pm. The event is open to complete beginners, and to those who played the game before losing their sight and would like to return to it.

All ages are welcome, but under 16s must be accompanied by a parent/guardian. You can ring Iain on 07507 641 325 for more information and to sign up.

If you would like to attend, but have difficulties in getting to the venue, ring the number above as some assistance may be available.

# Understanding Charles Bonnet Syndrome - free webinar

# Sight Cymru is running a free webinar on Thursday 23rd March, giving attendees the opportunity to find out more about Charles Bonnet Syndrome (CBS), the condition that causes visual hallucinations in people with sight loss.

The speakers will be:

* Judith Potts – Founder of Esme’s Umbrella
* Kirsty James - RNIB
* Dr Matt J Dunn – Cardiff Centre for Vision Sciences
* Dr Lee Jones – Moorfields Eye Hospital
* Ayad Al-Bermani – Cardiff and Vale UHB

The session runs from 11 am to 12.45 pm. To book your free place, please contact esther.weller@sightcymru.org.uk.

**Cardiff VI Bowls Club - Change of day**

The new Cardiff VI Bowls Club will now meet on Fridays from 2 pm to 4 pm.

As reported in the last edition of Sylw, the club meets at Cardiff Indoor Bowls Club, Sophia Gardens and new members will be very welcome. Contact Sight Life on 029 2039 8900 for more information.

**Vision Friends Engagement Event on 14th March**

There's an engagement event for RNIB's 'Vision Friends' on Tuesday 14th March in Cardiff.

Getting older can increase someone’s chances of developing a sight condition. Vision Friends empower people with the knowledge they need to look after older people who are experiencing sight loss, giving them advice on how to identify eye conditions, access eye care services, and make adaptations to enable independent living.

Do you work with or care for an older person with sight loss? RNIB Cymru is holding a free event to give you all the information you need to support them, including identifying different sight loss conditions, the services that are available to help, and adapting built environments.

They will also be hosting a taster session to preview new training on supporting people with learning disabilities and sight loss, and there’ll be free hot drinks and biscuits throughout the day!

The event will be held on Tuesday 14th March, from 10am – 12 noon at The Amber Lounge, Glamorgan Cricket Ground, Sophia Gardens, Cardiff, CF11 9XR

Please contact Carol McKinlay, Vision Friends Training and Engagement Officer at RNIB Cymru on email at carol.mckinlay@rnib.org.uk by 7th March to book your place, or if you have any questions.

**Vision Zone Events**

Two Vision Zone events are being held in Wales during March, giving people with sight loss the chance to find out about technology, services and organisations that can help them in daily life. Details are:

Monday 20th March, The ASK Centre, 9 Water Street, Rhyl, LL18 1SP, organised by Optelec UK in association with Vision Support.

Wednesday 29th March, Neath Community Centre, 10-12 Orchard Street, Neath SA11 1DU, details here, organised by Optelec UK in association with Sight Life Wales.

Entry is free and no appointments are necessary.

**Vision Support Community Information Unit**

Vision Support’s Community Information Unit covers the Wrexham, Flintshire, Denbighshire and Conwy areas (as well as Cheshire and Halton). Visit the unit if it is in your area to find out about services, technology and products that can help people with sight loss.

The schedule for March is:

* Wednesday 8th, Tweedmill, Trefnant 10.00am – 2.30pm
* Sunday 12th, Ysbyty Maelor Hospital, Wrexham 10.30am – 2.30pm
* Monday 20th, Llandudno Prom by Cenotaph 10.00am – 2.30pm
* Wednesday 22nd, Morrisons, Caernarfon 10.30am – 2.30pm
* Thursday 23rd, LlysY Coed, Llanfairfechan 10.30am – 2.30pm
* Friday 24th, Asda, Llandudno 10.00am – 2.30pm
* Monday 27th, Cae Pwmp car park, Cemaes 10.30am – 2.30pm
* Tuesday 28th, Rhyl Library Talking Point 10.00am – 2.30pm
* Wednesday 29th, Asda, Queensferry 10.30am – 2.30pm
* Thursday 30th, Ysbyty Gwynedd, Bangor 10.30am – 2.30pm
* Friday 31st, Mold Rugby Club (adjacent car park) 10.30am – 2.30pm

Although Vision Support always try to keep to the advertised schedule, it can be subject to last minute changes. To avoid disappointment, it is advisable to telephone 01244 381515.

**RNIB ‘Living Well with Sight Loss’ telephone course**

The next RNIB ‘Living Well with Sight Loss’ telephone course for people in Wales will run on Thursday mornings from 10 am - 11:30 am on 23rd and 30th March, and 6th and 13th April.

To book a free place, please contact Keira Brooks by phone 07864 954150 or by email keira.brooks@rnib.org.uk, or ring the RNIB Helpline on 0303 123 9999.

**Glaucoma UK Digital Support Groups**

Details of Glaucoma UK’s digital support group in March is:

Wednesday 15th March, 7 pm to 8 pm, ’Research: Home testing and monitoring for glaucoma’. The speaker will be Peter Jones, Lecturer in Optometry and Visual Science at City University, London.

Sessions are held via Zoom, and you can also join by telephone. To access events by phone, you will need a Webinar ID and Passcode. To get these details, contact Glaucoma UK on 01233 64 81 64. Please note, if joining on the phone you will only be able to listen to the verbal presentation and will not be able to ask questions or view the supporting presentation slides.

If you have internet access, you can find out more and book a place on the Glaucoma UK website, https://glaucoma.uk/get-involved/glaucoma-uk-events/ .

**Regular Telephone Meetings**

Vision impairment organisations continue to run regular telephone group meetings. Contacts are as follows:

Vision Support (North East Wales): Nia on 07548 829635 or email ngreer@visionsupport.org.uk .

Sight Life (Cardiff): Val on 07707 295121 or email Valerie.baynton@sightlife.wales.

Sight Life (Swansea, Neath and Port Talbot): Anita on 01792 776 360 or email: anita.davies@sightlife.wales

Sight Life (Rhondda Cynon Taf): Carys on 07753 305631 or email carys.groves@sightlife.wales

RNIB Connect Groups: Eleanor Rothwell on 0770 282 1915, email eleanor.rothwell@rnib.org.uk

The Macular Society in Wales: Adele Francis on 07494 468 007, email adele.francis@macularsociety.org

**Events via Zoom**

Many organisations hold events online, for example via Zoom. You can find the latest information on our website: http://wcb-ccd.org.uk/news#events

**Other Opportunities**

**Audio Described performance of ‘The Magic Flute’**

The performance of Mozart's opera 'The Magic Flute' at Wales Millennium Centre in Cardiff on Friday 17th March will be audio described.

The performance starts at 7.15 pm, and will be preceded by a Touch Tour at 5.45 pm. To book tickets, there is a telephone information line (for customers who don't have internet access) which is open from 12 – 5pm from Monday to Saturday. The number is 029 2063 6464. To book online, visit the Welsh National Opera website https://wno.org.uk/whats-on/the-magic-flute-mozart#venues-and-tickets .

There will also be audio described performances of this opera in Milton Keynes (21st April), Bristol (28th April) and Birmingham (5th May).

**Walking and Indoor Climbing session in Breconshire**

The Outdoor Partnership is running an Adventure Day in Breconshire for vision impaired adults and their guides/guide dogs. T﻿he day will consist of a walk in the countryside before we stop for a break and some lunch and then head up to Llangorse Climbing Centre for an Indoor Climbing Session. T﻿he walk is aimed at those who would feel comfortable walking for approximately two hours in the countryside. It'll be a steady walk with time to have drink and snacks along the way.

W﻿hat you need to bring -

* A﻿ small rucksack\*
* D﻿rink, snacks, lunch (or money to buy lunch)
* W﻿arm clothing
* C﻿oat\*
* Trainers or Walking boots\*

\*﻿Can be borrowed from The Outdoor Partnership on request

A﻿ll equipment will be provided for climbing and walking like walking poles etc.

Date: Tuesday, 14th March

Time: 10am - 3.30pm

Location: Talybont-on-Usk (Walking) / Llangorse Multi-Activity Centre (Climbing)

If you or someone you know is interested, please contact Bethan Logan on 07706 734 285.

**Swansea City AFC start vision impaired football sessions**

Swansea City AFC Foundation have started weekly football sessions for young people with a vision impairment.

The sessions will take place at Pure Football in Swansea every Thursday from 4pm until 5pm and will cater for players aged eight to 18 of all abilities.

You can find out more about this initiative on the Swansea City AFC Foundation website https://www.swanseacity.com/ or by emailing accessibility@swanseacity.com

**RNIB still have spaces left on their next Focus on … Group**

RNIB still have spaces left on their next Focus on … Group.

The next meeting will take place on Wednesday 8th March at 1pm where they will be looking at how transitioning to Net Zero will impact blind and partially sighted people.

RNIB Cymru will be responding to a Welsh Government Consultation so your thoughts and experiences will directly influence what they will tell them.

They will be discussing topics such as electric vehicles and charging points, e-bikes, and e-scooters, and how more public transport may be a blessing but could be a curse if inaccessible.

If you want to join, get in touch with Rachel Jones on 07955 434 125 or email rachel.jones@rnib.org.uk .

**Support for deafblind people in South Wales**

The pandemic has had a huge influence on the confidence of people who have both sight and hearing loss. Deafblind UK’s Reconnections project is designed to help improve your confidence, become more active, find out about local social groups and make new friends.

The service provides free, specialist support to deafblind people in Neath Port Talbot, Bridgend, Cardiff, Vale of Glamorgan, Swansea or Newport. It can help you:

* Set personal goals
* Improve your mobility with a Mobility Buddy
* Make new friends through local social groups or a befriender
* Get practical support to help you try new things and achieve your goals!

The Reconnections project is funded by the National Lottery Community Fund, and is intended to reduce loneliness and provide empowering support.

For more information and to request support contact Deafblind UK on telephone 0800 132320, Text: 07903572885 or Email: info@deafblind.org.uk.

**About Wales Council of the Blind**

"I have found all my contacts with WCB over the years to be so useful and professional." - Rehabilitation Officer for VI.

### What does Wales Council of the Blind do?

* We work to assist the Welsh Government by participating in and facilitating consultation
* keep in touch with what is happening in every area in Wales and in the U.K.
* We highlight examples of good practice and distribute this to the eyecare sector through our SYLW newsletter, e-bulletins, quarterly 'Round-Up' Magazine, and our professional networks
* bring people together to exchange information and ideas
* identify gaps in provision
* encourage the development of new services where necessary
* support and assist other agencies to provide a good service
* represent v.i. within Wales and at an all-Wales level
* represent v.i. in Wales at a U.K. level

**Wales Council of the Blind**,   
Hastings House, off Fitzalan Road, Cardiff CF24 0BL.  
Email: richard@wcb-ccd.org.uk. Tel: 029 20 473954

**Queen Alexandra College**

**Sight Village Wales**

Pre-registration via: sightvillagewales.eventbrite.co.uk

Call 0121 803 5484 E-mail sv@qac.ac.uk

Tuesday 18th April 2023: 10.00am – 3.30pm

**VENUE**

All Nations Centre, Cardiff CF14 3NY

Admission Free

Sight Village is the UK’s leading exhibition for blind and partially sighted people and offers an opportunity to see leading providers of products and services all under one roof.

Great for end users, employers, professionals, public sector.

QAC Sight Village exhibitions are organised by Queen Alexandra College Birmingham - A National College for People with Disabilities

Headline Sponsor – Sight and Sound

Sponsor – Deafblind UK   
www.qacsightvillage.org.uk

Facebook: https://www.facebook.com/SightVillage/

Twitter: https://twitter.com/QAC\_Official

LinkedIn: https://www.linkedin.com/company/queen-alexandra-college

Instagram: https://www.instagram.com/qac\_official/

YouTube: https://www.youtube.com/user/MyQAC

**Getting to All Nations Centre:** Post Code: CF14 3NY

**Visiting by Car/Parking**

All Nations Centre is situated in an ideal location for those driving to the event and has 260 free car parking spaces. The East car park, which is the larger of the two car parks with over 200 spaces available, is accessed directly off the A48 slip road into Cardiff and the West car park is accessed via Sachville Avenue, off Whitchurch Road. The West car park is smaller and fills up quicker so we would encourage as many people as possible to arrive via the East car park.

**Visiting by Public Transport**

If travelling by train, you should alight at Cardiff Central Station and the All Nations Centre is a short 3 mile bus or taxi journey from there. The recommended bus route is number 8/9/9A ‘Heath Hospital’, with the stop for All Nations Centre at Newfoundland Road followed by a short walk to Sachville Avenue. You will be able to use this bus service from the city centre at Wood Street JV. International visitors - Cardiff Airport is 13 miles away and serviced by bus and taxi. The venue is fully accessible with on-site parking and no lips greater than 1cm around the whole building. Please note that the entire campus including car parks is smoke free.

More detailed information is available on the Sight Village website: www.qacsightvillage.org.uk

Information is also available in alternative formats - please call: 0121 803 5484

**Sight Village Visitor Comments**

“A great opportunity to have hands on experience of products and technology”

“A large variety of exhibitors from local areas and UK wide”

“Sight Village enabled me to meet other people in the low vision world and see what is on offer in terms of technology and charitable support”

“There was a very friendly atmosphere with genuinely helpful and interesting exhibitors”

“A very enjoyable and worthwhile day, thank you”