



## Sight Matters



**Sight Cymru, Bradbury House, Pontypool, NP4 6JH**

**01495 763650**

**postman@sightcymru.org.uk**



## APRIL 2026

Welcome to the **Winter/Spring edition of Sight Matters**. As we move from the quieter winter months into the promise of spring, we're delighted to share the latest news and stories from Sight Cymru. This edition is filled with inspiring updates, service highlights and a few moments of celebration — from fundraising successes and new ways to support what we do, to practical travel safety tips.

So, pop the kettle on, get comfortable, and enjoy this edition of *Sight Matters*.

Below are our main topics in this edition:

- **One of Our Many Success Stories**
- **Supporting Unpaid Carers' Wellbeing**
- **Sight Cymru Lottery is On!**
- **Our Events for 2026 – Mark Your Calendars!**
- **Blindfold Race at Olive Tree - Join the Fun on 20<sup>th</sup> June**
- **Leave a Lasting Gift to Sight Cymru**
- **Sight Cymru Strategic Plan Consultation**
- **Dine-In-The-Dark Returns for 2026**
- **Friends of Sight Cymru – Membership Update**

Happy Reading! 

## **One of Our Many Success Stories**

**Rehabilitation:** Mr. N, to protect his identity, is a young adult with Retinitis Pigmentosa who faced significant challenges with mobility, safety, and maintaining employment. These impacted his confidence and independence. Through our specialist ROVI - Julie's assessment and ongoing support, practical needs around daily living, mobility, and future planning were identified and addressed. When he lost his job and faced uncertainty about education funding, sustained rehabilitation and professional input was provided. This support helped secure a funded placement at the Royal National College for the Blind, enabling him to start college in January 2026 with confidence and a clear future pathway.

In his words, "I am now enrolled at RNC College and because of Julies input liaising with the education authorities. The funding has allowed me to do a 6-month taster period to ascertain what career path I would like to take, which enables me to focus on what I would like to do for a career. I never thought I would aspire to do this." Nico is one of the many people we support in their sight loss journey.

If you would like to share any of your stories on how Sight Cymru has supported you in one way. Or to know more about the services we provide and how they apply to your needs, kindly reach out to us.

You can also join one of our Social Clubs and Groups if you're not a member of one yet.

## **Supporting Unpaid Carers' Wellbeing**

Many of our service users are supported by dedicated unpaid carers — family members, friends or neighbours who provide invaluable help every day. We recognise the vital role they play and want to ensure they feel valued too.

If you have someone who supports you in this way, please let us know. We are developing ways to include unpaid carers in future wellbeing initiatives and periodic recognition opportunities, celebrating the difference they make.

By sharing this information with us, you help us strengthen our community of support and ensure carers feel acknowledged, appreciated and connected.

## **Sight Cymru Lottery is On!**

Did you know there is a simple way to support Sight Cymru each week by playing our Lottery?

The Unity Lottery is a not-for-profit lottery that helps charities like ours continue delivering vital services.

Money raised helps us provide practical advice and information, support people to rebuild confidence and independence after diagnosis and reduce loneliness through social groups and activities. It also helps us maintain our Resource Centre and Charity Shop in Blackwood — a welcoming space offering equipment, guidance and community support for people with sight loss, their families and carers.



### *Images about playing lottery*

Taking part is a small, regular way of supporting Sight Cymru, with the added bonus of a chance to win weekly prizes. You can also help by telling family and friends above 18 years about the Unity Lottery and how it supports our work of ensuring no one has to face sight loss alone.

## **Our Events for 2026 – Mark Your Calendars!**

We have a colourful programme of events planned for 2026, and we hope you will join us throughout the year. These events are a chance to meet friends, try something new and support the vital services Sight Cymru provides.

- **VI Bowling: 25th April | 10am–4pm | Come experience VI Bowling with your friends and families.**
- **Pottery Painting: 23rd May | 10am–12 noon | Cwmbran - A relaxed, creative morning in a friendly setting.**
- **Blindfold Race | 20th June | From 9am | Join Stuart and Tony on the tracks or in the fun activities that follow. You don't want to miss this!**
- **Summer Fête & Dog Show: 11th July | Llanhilleth Rugby Club - A community day with wagging tails and summer fun.**
- **Summer Afternoon Tea: 22nd August | 1pm–5pm | Cefn Fforest Community Centre - Enjoy delicious treats and good company while supporting Sight Cymru.**
- **Annual Conference & AGM: 15th September | From 10am | Whitehead Club, Newport. Theme: Advancement of Technology for the Visually Impaired. We encourage service users to attend this important and informative day.**
- **Blindfold Bowling: 14th October | 5pm–8pm | Cwmbran - An evening of fun and friendly competition.**
- **Dine in the Dark: 4th December | 6pm–9pm | Cardiff & Vale College - A unique and memorable experience to end the year.**

## **Blindfold Race at Olive Tree - Join the Fun on 20<sup>th</sup> June**

We're excited to share that Sight Cymru service users, volunteers and dedicated supporters, Stuart Francis and Anthony Morgan, are organising a **Blindfold Race** in support of Sight Cymru on **20<sup>th</sup> June at Olive Tree, Cwmbran**. Participants can take part by sponsoring themselves or asking friends and family to sponsor them through Sight Cymru's **GiveMatch** page. GiveMatch makes fundraising simple — you create your page, share it, and donations come directly to support our services for people living with sight loss. It promises to be a fun and inspiring day, with plenty of encouragement and additional **Blindfold Sports** activities to enjoy. Even if you're not racing, please come along to cheer on the runners and be part of the atmosphere.

You can register on our website. Let's make it a day to remember!

## **Leave a Lasting Gift to Sight Cymru**

Have you ever considered leaving a gift in your Will to Sight Cymru? Legacy Giving is a powerful way to ensure that future generations of people living with sight loss continue to receive the support, advice and community they need.

After providing for your loved ones, even a small percentage of your estate can make a lasting difference — helping fund practical support, social groups, rehabilitation services and vital resources. There is no obligation, and every gift, no matter the size, is deeply appreciated.

If you would like more information about leaving a legacy to Sight Cymru, please contact us for a confidential conversation.

# SIGHT CYMRU STRATEGIC PLAN CONSULTATION

Established in 1865, **Sight Cymru** (also known as Golwg Cymru, with protected names *Sight Support* and *Gwent Association for the Blind*) supports people living with sight loss across Wales. Our Head Office is based at Bradbury House, Pontypool, with a Resource Centre and Charity Shop in Blackwood.

## **Our Purpose**

Sight Cymru exists to promote the welfare of people who are blind or partially sighted in Wales. We do this by:

- Providing direct support and assistance to those with, or at risk of, sight loss
- Supporting public bodies in meeting their statutory duties
- Promoting independence through access to equipment and services
- Raising awareness and preventing avoidable sight loss
- Collaborating with partners to maximise impact
- Supporting research and innovation in eye care and rehabilitation

## **Our Services**

We deliver a wide range of services, including:

**Vision Rehabilitation (Monmouthshire, Torfaen, Cardiff, Vale and Neath Port Talbot)**

**Eye Clinic Liaison Officer Services (ECLO) - (Areas within ABUHB)**

**Wellbeing & Community Support**

Emotional support, counselling, and volunteer-led services such as Ring Around, Talking News, and a network of peer support groups across South Wales.

**Business Support & Inclusion**

Training, awareness, digital inclusion, and volunteering opportunities, alongside our Charity Shop and fundraising activities.

**Research & Collaboration**

Through the Centre for Vision Services Research, we work with leading universities to improve eye care services, prevention, and outcomes for people living with sight loss.

This consultation will help shape the future direction of Sight Cymru, ensuring our services continue to meet the needs of our communities.

**Please complete the questions on the next three pages and send to us.**

## Part A: Our Vision

Name (optional): \_\_\_\_\_

Local Authority Area: \_\_\_\_\_

Role or connection to Sight Cymru: Service User ☐ Carer ☐ Other ☐

If Other, please state here: \_\_\_\_\_

**Q1)** Sight Cymru currently uses its objectives as its mission and vision. We also use the strapline “**Focus on your future.**” Do you agree that our mission, vision and strapline match the real, everyday experiences of people living with sight loss in Wales today?

Strongly Agree ☐, Agree ☐, Neutral ☐, Disagree ☐, Strongly Disagree ☐

**Q2)** Do you think we could we make our mission and vision better?

Yes ☐ No ☐

If Yes, how?

**Q3)** What is the *one most important change* you want Sight Cymru to make in:

- the next **3 years**?

- the next **5 years**?

- the next **10 years**?

**Q4)** When you think about the year **2040**, what should life look like for people with sight loss?

**Q5)** What would a “world of possibility” mean to you?

## Part B - Service Consultation

**Q6)** Sight Cymru offers many services.

Please tell us how important each one is to you by giving a score from 1-5:

- **1 = Not important**
- **5 = Very important**

Education and awareness to prevent sight loss:

ECLO:

Vision Rehabilitation Service:

Wellbeing Service: Emotional Support:  Ring Around:  Counselling:

Peer Support: Clubs and Groups:

General Services – Volunteering: , Talking News: , Newsletter:

Training on Accessibility and Inclusion:

Assistive Technology or Digital inclusion:

Resource Centre:

Fundraising & Communication – Social events (Fairs, Fetes, Lunch, Dinners):

Conference and Expeditions:  Research work:

**Q7)** What support would be most helpful for a person in these situations?

a) Someone who has ***just been told*** they have a sight loss condition.

b) Someone who has been ***living with sight loss for more than 5 years***.

c) Someone who ***cares for a person*** with sight loss or has a family member with sight loss.

**Q8)** What are the main things that stop people from using our services? Please list

**Q9)** Are there any new or growing needs (for example: new technology, mental health, cost of living, environment) that you feel Sight Cymru is not meeting yet?

**Yes:** ☐ please write below

**No:** ☐

### **Part C - Inclusion**

**Q10)** How can Sight Cymru help make workplaces in Wales more inclusive and accessible for people with sight loss?

**Q11)** What changes in laws or policies should we campaign for so that people with sight loss have stronger rights and better protection?

**Q12)** How can we better connect with ethnic minority communities and other groups who have a higher risk of sight loss (such as people with learning disabilities, diabetes, or who have had a stroke)?

Please detach and post the completed form to Sight Cymru, Bradbury House, Park Road, Pontypool NP4 6JH or email a scanned copy to [postman@sightcymru.org.uk](mailto:postman@sightcymru.org.uk).

**Thank you.**

## Dine-In-The-Dark Returns for 2026

Following the incredible success of our last Dine-In-The-Dark evening we're delighted to announce that it's back this December.

Join us on **4th December at 6pm at The Classroom Restaurant, Cardiff and Vale College, Cardiff** for a unique dining experience that challenges your senses and deepens understanding of sight loss. Guests will enjoy a specially-prepared meal served in darkness, guided by our experienced team.

Tickets are **£50 per person**, with the option to book a table for friends, family or colleagues — making it a perfect festive get-together with a difference. Every ticket purchased directly supports the work of **Sight Cymru** across Wales. Spaces are limited, so we encourage early booking. Join us again for another unforgettable evening.



*Some pictures from the last Dine-in-the-Dark*

## **Friends of Sight Cymru – Membership Update**

Friends of Sight Cymru play a vital role in supporting people living with sight loss across Wales. From January 2026, membership will move from £15 per year to a minimum of £3 per month. This small monthly gift provides steady support for the services we deliver every day.

Membership benefits include a **Free Will-Writing Service**, **Free Large Print Calendar**, **Automatic Invites** to our events and **Voting Rights** at our Annual AGM. Existing members who prefer to continue paying annually are encouraged to contact us to arrange this.

If you would like to join, or renew your membership, please complete **both pages** of the application form on the next two pages of this newsletter and return them to us by post.

Thank you for standing alongside us and helping transform lives.

**Thank you for reading.**



Membership Form to become an Affiliate Member of Sight Cymru CIO,  
Charity number 1171471

**Please complete both pages and return completed form to:**  
Sight Cymru, Bradbury House, Park Buildings, Pontypool NP4 6JH

Name & postal address of your Bank/Building Society:

\_\_\_\_\_

\_\_\_\_\_

Name of Account Holder(s): \_\_\_\_\_

Branch Sort Code: \_\_\_\_\_

Account Number: \_\_\_\_\_

**Instruction to your Bank / Buildings Society:**

Please pay Sight Cymru CIO, Account Number 10841406, Sort Code 09-02-22  
Santander, Bootle, Merseyside, L30 4GB:

£\_\_\_\_\_ (minimum £3) monthly

Preferred Start Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Signature: \_\_\_\_\_

Today's date: \_\_\_\_\_



**sight cymru**

Sight Cymru, Bradbury House, Park Buildings, Pontypool NP4 6JH

Title: \_\_\_\_\_

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Gift Aid Declaration:**

Tick here ☐ if you are a UK Taxpayer and would like Sight Cymru CIO to reclaim the tax you have paid on any donations. To qualify, you must pay an amount of income or capital gains tax at least equal to the tax that can be reclaimed on donations.

So that we can keep you informed about Sight Cymru CIO, it's activities and invitations, please tick here to say that you are happy to be contacted by:

Email - ☐ Telephone - ☐

Signature: \_\_\_\_\_ Today's date: \_\_\_\_\_

**Please complete both pages and return the completed form to us.**

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