



Bring me Sunshine

Galloway's Magazine 2023


Galloways
Support through sight loss

Charity Number: 526088

Proud Supporters

 Jodie Douglas
Design

 **krPR**
DESIGN · PHOTO · REPORTAGE

 **RONSET**

Meet our CEO

**Hello, my name is Iain Pearson
and I am delighted to introduce
the new Galloway's newsletter,
Bring Me Sunshine!**



In my 12 months at Galloway's it's truly been a pleasure working alongside the many volunteers who support the charity; and leading the marvellous team of staff who work tirelessly to support over 10,000 people affected by sight loss. The scale of activity at Galloway's is truly impressive and covers a broad spectrum ranging from community based social groups, advice and support sessions through to climbing, gliding, ghyll scrambling and pretty much everything in-between!

I will never forget the pure joy and happiness exuded by people taking part in the Galloway's programme of activities and how life-changing this can be.

It costs in the region of £1.5million a year to run the charity and I am sure it will come as no surprise that operating costs continue to increase and there are certainly challenges ahead as we strive to limit spend and to increase charitable income. Quite simply, Galloway's could not deliver the level of support, information and activities it currently offers without the continued help of volunteers and fundraisers alike and we are incredibly grateful for our wonderful supporters.

Happy reading...we hope it inspires you to volunteer and fundraise for Galloways?

Our impact...



Over **1,500**

People supported by our Eye Clinic Liaison Officers

120

Get Active sessions with over 150 people taking part

1,500

1 on 1 advice and support appointments with our specialist team

Over **3,000**

Engagements with people in the community to share support and information around sight loss

150

Social Groups

300

Talking News publications recorded

600

1 on 1 Assistive Tech appointments

10,000

People supported by Galloway's in the last 12 months

“Galloway's were really helpful when I was in a bad place. I received a friendly welcome call to explain the services available to me and it was like a weight was lifted off my shoulders knowing there was support.”

Galloway's Go Digital!

From May 2023 you'll be able to access Galloway's on-the-go with our brand new digital tool.

What will this mean to you?

Simply put, you'll be able to access a library of resources to support your sight loss journey – anytime of day or night at the click of a button.



Galloway's on-the-go has been designed for easy navigation with separate, easy to access sections for professionals, carers, family and friends.

Packed with information, advice and downloadable content, we are confident that this new addition to our services will become a go-to platform for users of all ages. With advice on everything from understanding the impact of sight loss, making your daily life easier with handy hints and tips and even how to get the most from technology – all of which are topics we are regularly asked about.

Rachel Watkinson – Head of Operations at Galloway's said: "When we received confirmation that The Eric Wright Trust had awarded us £30,000 to create a new digital service it was a very special day. I just want to say a huge thank you on behalf of all our service users and their families."

Brew Me Sunshine wins top award!

Did you know we have an award-winning café in Morecambe?

We are delighted to shout from the rooftops that Brew Me Sunshine were winners of the coveted Café/ Bar of the Year award in the Bay Business Excellence Awards 2022.

Brew Me Sunshine is a social enterprise café in the old Visitor Newspaper building in Morecambe and all profits from the café are reinvested into Galloway's to support local people impacted by sight loss.

So – do you fancy cake and a cuppa?

Afternoon tea or a toastie? Soup or a sandwich? Why not pop in our warm and friendly café where you can also access and learn about our services.



Every coffee served encourages conversations and allows people to connect, reducing the feeling of loneliness and isolation across the community.

Find our café

12 Victoria St,
Morecambe, LA4 4AH



RHS recognition for Galloway's!



Our very own budding Alan Titchmarsh wannabe's have done it again!

We are delighted to announce that our green-fingered team of volunteers in our popular gardening club have been recognised once again by the Royal Horticultural Society (RHS). Not once, not even twice, but this is the fifth consecutive year they have been crowned 'Outstanding' at the North West in Blooms Awards.

The awards are one of the most effective, and longest running environmental competitions in the UK so this is a huge achievement. No pressure team – but can we make it six years?

Joseph Gardiner - Volunteer Lead at Galloway's, said:

“The five successive awards have earned them a special Gold recognition that puts the community garden amongst a very elite group of winners from the North West. We are incredibly proud of the club and thank everyone for their commitment and dedication to Galloway's.”

Bernard Pendleton, Chair of Britain in Bloom, added:

“Jim and the team should be proud of themselves for all their hard work to attain the award for five years on the trot.”

Change lives and support local people affected by sight loss by becoming a Galloway's volunteer. For a friendly chat about how you can help please email volunteer@galloways.org.uk

Be in it to win it with our lottery!

16

41

Match

6: £25,000

5: £1,000

4: £25

3: 5 free entries in the next draw

12

35

Thanks to our lottery, you have the chance to win £25,000 every week!*

It really is such an easy way to support us and what's more, you could bank a whole lot of cash too!

It's so easy to be in with a chance of winning a cash prize every week! For just £1 per play, winners have to match three, four, five or all six digits in the correct sequence to win a cash prize. Every Friday the lucky numbers are selected at random and prizes sent directly to the lucky winners. You're notified automatically if you win a cash prize - no need to do anything else!

If you are over 16, you can sign up online
www.galloways.org.uk/lottery

or you can look out for our wonderful lottery seller, Joe, who regularly attends key venues such as Booths supermarkets across the region asking for people to pledge their support. If you see Joe, then please stop and say hi - even if it's just to chat!

With help from supporters like you, we can support local people affect by sight loss. For just £1 every week you have the chance of winning up to £25,000.

*Galloway's lottery is a consortium lottery product facilitated by Sterling Lotteries



A spotlight on Marathon Man Andy!

Hats off to our very own Marathon Man! Andy from Penwortham donned the Galloway's vest with pride as he challenged himself to take on the London Marathon 2022. He smashed the 26.2 mile course raising £2,000 for us but more importantly, he won his battle with severe anxiety, thanks to Adele – one of the sight loss advisors here at Galloway's.

We caught up with Andy who was keen to share his story in the hope it helps others facing the prospect of sight loss.

From fun runs to marathons there's a race for everyone. Get in touch with our fundraising team who have lots of suggestions to help you find a race near you. Please get in touch by calling **01772 744148** or emailing **fundraising@galloways.org.uk**

You've recently been told you could lose your sight, what is the diagnosis? Yes, following a routine eye test at 39, I knew something wasn't quite right. The optician asked more questions than usual before I was referred to the eye clinic for further tests. I knew Glaucoma could be hereditary but you never think it will happen to you.

You said it was hereditary – who in your family was diagnosed? It was my Grandmother who was blind in both eyes. Every day I was amazed at just how much my Grandma lived her life without her sight. She was, and still is, my inspiration.

How are you since your diagnosis? After many tests, laser treatment and every eye drop possible, even the painful ones, I am determined to live life for my three daughters. I've been told my eyesight could go tomorrow, next week or even in 10 years' time so I want to live each day as best I possibly can.

Have you always been so positive? Not at all, and this is why I want to share my story. I hit

rock bottom when I got the news. I wasn't living life. I stayed on the sofa waiting for my eyes to fail me. I am the first to admit, I was a mess and became depressed which led to severe anxiety.

How did you turn the corner? Thanks to two people I can't thank enough. Firstly, my partner Alex. She suggested I ring Galloway's. Reluctantly I did and this changed my life – this is where I met Adele. I blurted out my story and she listened. She told me how Galloway's could help – by showing me equipment, new techniques and encouraging me to take part in other Galloway's services and activities.

And it was the sports that changed your outlook? Yes, it was cricket that dramatically changed my outlook! Taking part in a cricket lesson that was ECB accredited and listening to the laughter and support made me cry with some sort of relief. I knew from that moment on that I no longer feared losing my sight. I worry of course (who wouldn't) but thanks to Galloway's, I no longer fear it.

Howick Primary support Bright For Sight

Our Bright For Sight fundraiser is a simple and fun way to support Galloway's and we just love hearing from those who've got involved! Bright for Sight means just that – Paint something bright, wear something bright or even bake something bright!

Howick Primary School were the latest to go 'Bright for Sight' and raised £168 which will go towards supporting local people affected by sight loss.

As well as a non-uniform day wearing something bright with £1 donations made from each pupil, the children also took part in our interactive Visual Awareness Training session which was certainly a day they will remember. Creating situations the children could relate to in their everyday life but asking them to do it blindfolded certainly made for a fun, yet thought-provoking day.





From pouring a glass of water, tackling a word search and counting coins, to putting a plug in a socket, opening a tin of beans and walking with a stick, the children really embraced the challenge and asked so many wonderful questions.

Headteacher, Pam Maloney said: “Our sessions have been fantastic! We are so grateful to Glen and the team for their time planning and delivering the day with what have been invaluable activities for our children.”

We left the children with three key messages:

1. Galloway's are here to help those with problems with their vision
2. It's important to talk about vision
3. Look after your eyes



We would love to tell you more about all the ways your school can get involved. Please get in touch by calling **01772 744148** or emailing **fundraising@galloways.org.uk**

Dial in to hear what's on!

Making things as easy and accessible as possible for those wanting to plan their week of activities is really important to us. We want to make sure everyone can find out when and where their favourite workshop, talks and events are running that week so we have introduced a brand new information line.

We always have a busy schedule of activities and events which we advertise through our what's on newsletter. Now, you can simply dial the number below and listen to the schedule for the week ahead too!



Save the number 0161 250 0974



It's updated every Friday



The phone call will be classed as local rate

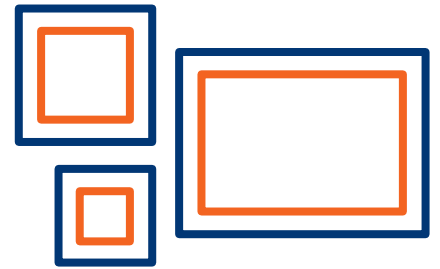
You can call the weekly activity line at any time of day or night meaning you always know what is on and what you can get involved in for the week ahead!

Don't forget the Galloway's Alexa skill!

Providing a vital tool in ensuring you keep informed and connected. Whether you want to listen to a local newspaper, hear details of upcoming events or learn about eye conditions, the Alexa skill has it all available using a few simple commands.

All you need to do is say, **'Alexa, enable Galloway's support through sight loss'**

3D printing brings paintings to life



Thanks to a collaboration between Lancaster University and Lancaster City Museums, coupled with some fine feat of engineering, 3D printing is now being used to bring paintings to life to enable people with sight loss to experience exhibits in Lancaster Museums.

Galloway's are working with two incredible university students who are bringing to life the district's art collection to create 3D print relief versions of paintings, allowing those who are visually impaired the opportunity to actively engage and experience the artwork.

Andrew Coleman, Learning Skills & Lifestyle Manager for Galloway's, said "We are delighted to be part of the pioneering 'Feeling as Seeing' project. Supported by audio description, this is a fantastic opportunity for the Galloway's community to shape the future of exhibits, making them accessible to those with a visual impairment".

Professor Claudio Paoloni, of the School of Engineering at Lancaster University, said: "I am delighted that the School of Engineering has contributed our expertise in 3D printing, to offer those with sight loss a new way to enjoy the wonderful artworks of the Lancaster City Museum."

If you are passionate about creating positive change for blind and partially sighted people we want to hear from you. Please get in touch by calling **01772 744148** or emailing **enquiries@galloways.org.uk**

There's something for everyone!

We pride ourselves on the quality and variety of the services we offer and it's always a delight to hear how valued our team are.

We caught up with Lloyd and Jenni who have both been accessing our services for many years now and are big believers in getting involved. Whether you join an activity you already know or you try something new for the first time, they both agree on giving it a go!

Lloyd's Story

At 18, Lloyd moved to Preston to study event management. He was born with sight loss and was really excited about starting university. Despite his enthusiasm for his course, Lloyd soon began to feel isolated. He didn't have many friends and was beginning to miss his old life in Newcastle.

When he was referred to Galloway's things began to change. He was encouraged to join in with activities, was shown assistive technologies received support from our advice team, and met lots of new people through organised events.





Lloyd can often be found enjoying a wellbeing walk, sailing, climbing, cricket, tennis and even trips to waterparks for a spot of kayaking and scrambling. In fact, you name it and Lloyd does it! He started to volunteer at Galloway's and lends a helping hand to events, perfect experience for his future career in event management.

You could help someone like Lloyd to re-build their confidence and offer opportunities to meet other people. A regular gift could enable local people living with sight loss to experience activities they might never have thought possible.

Jenni's Story

Jenni won't mind us saying she is one of our older visitors who lacked confidence meeting new people and also in using modern technology.

Thanks to some sessions with our friendly tech advisors, she is now our silver surfer! She feels more comfortable with mobile phones and tablets knowing how to use them regardless of her visual impairment and she's working with our team to enhance her knowledge on the computer too.

Our tech Advisors are paid for through our generous supporters. A gift of £10 a month will mean we can help other people like Jenni this year.

Jenni also regularly attends our social activities. From walking and gardening to knitting and crochet, she just loves being able to share the experience with like-minded friends.

When we spoke to Jenni, she also said that everyone really supports her and that they are always there for her. That's music to our ears!

Become a Regular Giver

Your regular donation could help us deliver vital support and services to the 55,000 people in Lancashire and Sefton who are experiencing sight loss.

Regular Gifts are easy to set up at an amount and frequency that suits you.

To get started setting up regular giving, visit **www.galloways.org.uk/donate** or email us at **fundraising@galloways.org.uk** and we will send you all the information you need to set up a standing order.

By giving a regular gift, your commitment as a supporter of Galloway's allows us to support local people affected by sight loss.



From Penwortham to Peru!

Five brave Galloway's supporters are taking on the trek of a lifetime to raise vital funds.



William, James, Wendy, Anthony and Kalpeshkumar are set to conquer the Machi Picchu Trek—a magnificent Inca Trail trek through the Peruvian Andes.

We caught up with William, aged 21, who is tackling the trek in memory of his Nana, Margaret, who was a regular user of Galloway's. He says “I am doing this as a thank you to Galloway's for supporting my Nana through her vision problems and ensuring she could live a better life by keeping her independent; by supplying glasses and visual assistance and helping her use the small amount of sight she had left.”

To help raise money to fund the trek, William has already used pedal Power to tackle 6000 miles (the distance from Preston to Peru) as well as a supermarket bag pack raising over £3800 so far!

No stranger to Galloway's, William is also a highly regarded volunteer at social groups and activities and we can't thank him enough for all his support.

**To support our team, please donate using the following link:
www.justgiving.com/campaign/gallowaystrekperu**

From hiking to climbing, swimming to triathlons and more, there is a fundraising challenge for you. Please get in touch by calling **01772 744148** or emailing **fundraising@galloways.org.uk**

From Caretaker to Daredevil!

Peter Flynn, caretaker at Galloway's has faced his fears and raised a whopping £735 in the process!

A real fear of heights didn't stop Peter from jumping out of the sky in a skydive booked by his family to mark his 60th birthday!

Peter set himself a target of £500 but actually raised £735 which is a fabulous achievement. Joined by his two children on the skydive, Peter said: "It was an incredible experience – the best thing I have done in my life!"



Got some spare time on 25th June?

Now is your chance to take to the skies and raise funds for sight loss. We've got the flight if you can face your fear! Or simply skydive for fun! If you raise £500 or more, you can also jump for free so what are you waiting for? Call our team now and claim your place. Call **01772 744148** or emailing **fundraising@galloways.org.uk**



Vincents Solicitors make accessibility pledge

Our friends at Vincents Solicitors, a Lancashire law firm, have made a pledge to make their offices and legal services more accessible for blind and partially sighted people.

Appreciating that visiting a solicitor can already be a potentially daunting situation, they've gone a step further and attended bespoke training and a series of workshops to help them understand the challenges.

Vincents will now ensure a more user-friendly set up of furniture in their offices, clear walkways and the option of preferred format communications for their visitors. They will utilise new ways of working, making adaptations to ensure everyone gets unrestricted access to their legal services.

If you or your organisation would like to take part in our visual awareness training or to chat to the team about accessibility in the workplace, please get in touch by calling **01772 744148** or emailing **enquiries@galloways.org.uk**

Morecambe Bay Walk



Sat 26th August: Chapel Island
Sun 27th August: Arnside to Grange

Join us on this spectacular walk across Morecambe Bay's stunning sands and raise vital funds for Galloway's; led by Michael Wilson, the Queen's Guide to the Sands.

£30
per walker

**Fund an appointment
with a member of our
specialist sight loss
advice team.**



For more information
galloways.org.uk
Phone: 01772 744148
Email: fundraising@galloways.org.uk

