



Herts Vision Loss



Charity Number 1047148
Company Number 3033089

"Supporting and empowering people in Hertfordshire with a visual impairment"



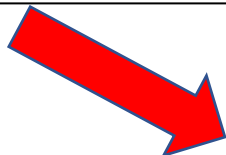
Sight News



Winter 2020 Issue 157



REMEMBER TO TAKE A NOTE OF OUR NEW ADDRESS



HVL – Our new office!

A3 The Weltech Centre, Ridgeway,
Welwyn Garden City, AL7 2AA

Phone number remains the same, 01707 324680

News from Chief
Executive
Officer
Joanna Carter



Hello from all the team at Herts Vision Loss and welcome to our winter issue of Sight News. I hope that you are all keeping well amid the Covid-19 pandemic and can make sense of the situation and the government guidance. As I write we are approaching week 2 of the second national lockdown. I appreciate that this is a very tough time for many, but I do hope that you are coping amidst the restrictions.

The team at Herts Vision Loss are continuing through the pandemic, albeit in different ways. You will now probably know that we have moved premises and are now located in unit A3 at Weltech Business Centre in Welwyn Garden City. There will only be one member of the team in the office each day and we will be here to take your calls and assist you with any questions or concerns that you may have. The offices are quite small, but I am sure that once the pandemic is over and we resume “business as usual” that we will be able to seek larger premises with a dedicated resource centre to welcome you all back too. What a party that will be!

We are still providing support to all, so please do contact us and let others know that we are still here and operating.

Moving to some positive news! Did anyone see the BBC Children in Need documentary on 11th November about Children in Lockdown? It showed just how resilient children, their families and support workers are. I was thrilled to see Ethan Tailor and his Mother, Bhavna, on the documentary. Ethan is a member of our Sight Life Junior group and it was brilliant that Herts Vision Loss were acknowledged during the show.

You may remember that last time I wrote about our contract with HCC? Sadly, I have no news on whether our submission has been successful, but we continue to keep everything crossed! I will update you in due course.

Finally, I would like to welcome Jennie Beebe to our Board. Jennie comes to us with a wealth of experience, particularly in marketing and business. I am looking forward to working with Jennie and utilising her skills.

As always, my utmost thanks and best wishes to you all.

Jo Carter (CEO)



News from our
Chairman Alex
Hickinbotham

I write this Winter edition article sitting with my husband in our lounge, wondering how we will fair this time as the weather is nowhere near as pleasant as it was before. After the lifting of restrictions after lockdown 1, the HVL team managed to adapt again to increase the opportunity to visit some users who needed extra input and advice. I have been very proud of how they have managed to be resourceful, inventive and maintained a cheerful and pragmatic attitude.

Having heeded the first set of restrictions fairly well and maintained all the guidance to “Stay Safe” we are now into a revised pattern to follow the ‘Hands, Face, Space’ slogan reminding us to wash Hands, wear a face Mask and have Space between us.

The use of Technology has been wonderful, well done to all those who have had a rapid learning curve to use computers and phones to communicate differently, and keep connected to HVL, friends and family.

We recently held our first ever Annual General Meeting (AGM) online. Trustees and staff had developed and practiced how it would work and importantly how we could ensure that members could vote on various resolutions. It allowed us to achieve the compliance requirements for a charitable organisation and worked well.

I am delighted that we have recruited two new Trustees. Alison Macdougall and Jennie Beebe, who were formally appointed at our AGM. Both bring additional skills and knowledge to our Board that will help shape our future.

You will be aware that we have changed our office base to Weltech Business Centre. A big thank you to the CEO and team at HVL in facilitating the move. A huge task in normal times let alone within a national lockdown. We will review how well the premises meet our needs once things are more settled.

I wish you well for a safe and merry Christmas and happy New Year.

Alex Hickinbotham - Chair HVL

VOLUNTEER



Hello Volunteers

When you receive this edition, some lockdown restrictions hopefully will have been lifted. However, we are still operating regardless, and we are always looking for new volunteers. I have been looking around at the volunteering opportunities that other charities have, to see if there may be something new that we could offer. In line with the restrictions we are unable to visit one another right now and therefore we are running a telephone befriending service. This is a nice way to support someone from the comfort of your own home. It is amazing just how much a person can benefit from a chat. You might be the only contact a person has had all day, or even all week.

I wonder whether a pen pal befriending service may also work. I know some people may not be able to read conventional letters, however there are many ways to communicate in writing. You could use email or text, WhatsApp or use voice messages.

Many people have voice recognition technology, so

reading letters or messages is more simple with today's technology.

What do you think? If you want to trial our new initiative or have any ideas of your own, then please do let me know.

As you know, the team have been working hard to ensure services can still operate. Many services are now remote. This ensures that service users still have our support but in a safe way. We know that volunteers also need support and therefore Jo and Alex are setting up a volunteer forum. This is an opportunity for you to get together via zoom, to chat, have a coffee and to celebrate the work that you do. This will take place on 16th December at 12.00. If you would like to attend this, then please drop me an email and I will let you have the joining instructions. If you haven't used zoom before, but would like to give it a try, then I can also guide you through the process. It is quite simple once you know how!

I send my very best wishes for a happy festive season and new year. As ever we send our appreciation for all you do. Do get in touch if you have any problems, questions, or just want a chat.

Sue, Volunteer Co-ordinator
volunteering@hertsvisionloss.org.uk

HVL Counselling Service



Confused?

Don't know which way to turn?
Feeling even more anxious as a result of the Pandemic? Are you struggling to control your negative thoughts? Do you feel hopeless and helpless?

It helps to talk, especially when you are listened to!

It takes time to come to terms with a visual impairment. You may experience a range of emotions including shock, denial, anger and a sense of loss. It may take you some time to accept your condition.

The emotional impact can be overwhelming for some. At times like this it helps to talk to a counsellor who understands the emotional impact and challenges of living with sight loss.

Our counselling service is available to anyone of any age. As a result of the current pandemic, most counselling is being done by telephone or via zoom. We have found that this is very successful.

It means that you get your counselling in a safe way. We do look forward to getting back to seeing you face to face as soon as we can.

Do I have to pay for my counselling?

Counselling is often expensive. We recognise that finances may be challenging. As such we ask for a small £10 donation for each session, although the initial assessment is free. If you are concerned about this, then do contact us.

Don't forget that we have also got our Thursday afternoon "talk time" sessions between 2 and 3.30pm weekly. These are single 15-minute telephone conversations with one of our qualified counsellors. They are a safe space to talk about your worries and concerns or to find out more about our regular counselling service. The service is perfect for receiving support, overcoming challenges or starting a path towards change and we hope that you will leave feeling that things can get better. Talk time is a free service.

To make an appointment contact us by email or phone
EarsforEyes@hertsvisionloss.org.uk
07464 548618 or 01707 324680



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- Support Herts Vision Loss today
- It's a WIN-WIN for you and the community

To start supporting, visit:
www.easthertslottery.co.uk
and search for: Herts Vision Loss



Supporters must be 16 years of age or older* See website for Terms and conditions enter by 19th Dec 2020

Do you fancy being a winner? If so, **visit our page at:**
<https://www.easthertslottery.co.uk/support/herts-vision-loss>

Just buy your ticket and support Herts Vision Loss. Tell as many people as possible about our page.

Have you heard of Easy Fundraising?



Easy fundraising is another great way to support HVL. It turns your shopping into free donations.

HOW?? Well, just start your online shopping first at easy fundraising then shop as normal. Retailers then make a small donation to say, "thank you". There are over 4,417 retailers to choose from and so far, £33 million has been raised for thousands of charities and community groups across the UK. It is easy to do. Go online to easy fundraising. Join and select your chosen cause. Then just shop as normal and a donation from the retailer will be made to HVL.

If you were to shop at John Lewis or Marks and Spencer's today, by going through the easy fundraising website first and then being directed to the retailers site, whatever you spend, they donate 3% to us. So if you spend £50 today, then we receive £1.50. If you need to buy from Sky or from Vodafone, both will offer between a £40 and £50 donation. Ever little helps.

Why not give it a go? It costs **you** nothing and is really easy to do. It really is a win win. Check out this link for more information.

www.easyfundraising.org.uk/causes/hertsvisionloss/



www.charlesbonnetsyndrome.uk
esmesumbrella@gmail.com
Helpline – 020 7391 3299

Esme's Friends from Esme's Umbrella

Esme's Friends is a telephone chat service, hosted by a local, regional or national sight loss charity for people who live with Charles Bonnet Syndrome. The idea came from Mike Bailey at Bradbury Fields/Christopher Grange in Liverpool. The scheme has taken the place of the Esme Room Support Groups which had to be cancelled once COVID 19 arrived. With no travel involved, more people are joining (healthcare givers too) and from a wider geographical area.

We always knew that isolation, stress and fever exacerbated the episodes of CBS, but we were not expecting so many people to report that they were seeing more frightening images.

Calls to my Helpline, emails and messages via social media have doubled over the last five months and the number of people – including children - who are living with CBS has grown alarmingly.

Whilst research is vital, so is support and the name 'Esme's Friends' sums up exactly what the chat groups do - give everyone in the CBS community (healthcare givers too) the chance to exchange experiences and coping strategies.

I am always happy to join in and usually update the host about any new CBS research or campaigns before each session, so that the group receives a positive message. Information about the group with timings, telephone number etc can be shared across my social media too.

For technical information, please contact Mike Bailey on 07970 290704 or mikebailey@christophergrange.org

If I can help in any way, please contact me on esmesumbrella@gmail.com or 07793 594738

Thank you
Judith Potts - Founder of Esme's Umbrella



**BRITISH WIRELESS
FOR THE BLIND FUND**

KEEPING BLIND PEOPLE IN
TOUCH WITH THE WORLD

Sight Loss Charity Announces Continued COVID-19 Support

The sight loss charity, British Wireless for the Blind Fund (BWF) is heralding the success of its latest project after the innovative BWBF Connect service helped more than 600 vulnerable people with sight loss to maintain their independence and fight isolation during the height of the pandemic. The charity will now extend the program for several more months to provide ongoing support for those who are continuing to shield at home for age or health reasons.

BWBF provides specially adapted audio equipment such as DAB/FM radios free of charge to those with sight loss. It was forced to make the difficult decision to suspend face-to-face home installation services in March as a direct result of social distancing regulations. Committed to finding alternative ways to support the vulnerable and minimise isolation and loneliness, the organisation fast tracked the launch of a COVID-secure alternative, offering doorstep delivery of their devices along with telephone support during receipt, unboxing and installation of the radios.

To date, more than 700 free radios have been issued under the BWBF Connect scheme. The devices play a significant role in delivering vital news and information, along with entertainment and, perhaps most importantly of all, a friendly voice and essential companionship at a time when many people are separated from their friends and families.

We are very proud to have been able to deliver more than 700 devices to people living with sight loss at a time when they really were needed most.

“We’ve carefully listened to feedback, and we know that many of the people we support are continuing to shield, which is why we’ve made the decision to extend the adapted BWBF Connect service for the foreseeable future.”

The charity has received incredibly positive feedback during the scheme’s trial period, with one radio recipient noting that, “At first I couldn’t put on the radio stations. A BWBF team member talked me through it over the phone and he was so clear. He couldn’t have been better; patient and understanding.”

Due to social distancing regulations and an urgent need to protect the health of the vulnerable, the charity will continue to offer direct courier delivery and a telephone set-up service. BWBF phone lines have remained open during the pandemic and will remain open with staff and volunteers carrying out many of their duties from home to continue providing necessary support for those with sight loss.

To find out if someone you know is eligible for a free device under the BWBF Connect scheme, visit www.blind.org.uk or call 01622 754 757.

It provides a lifeline to the world to those who are unable to afford a specially adapted radio and who meet criteria by supplying equipment on a free loan basis. To qualify for a radio, recipients must have sight loss, and be in receipt of a means-tested benefit. The new BWBF Connect service has been instrumental in reducing isolation and loneliness during the COVID-19 outbreak, with equipment installed at-home with telephone support.

Contact
Simon Parsons
Email: simon@blind.org.uk
07545 230017

HVL 2021 QUIZ



We love our quiz nights here at HVL! Not only are they great fun testing just how good we are at general knowledge, they bring us all together and raise money to help us continue to deliver our services.

We can't have our "normal" quiz night right now, but we can hold an online event. Some of you may have had experience with using Zoom or other online platforms. Here at HVL, we have, and we are really getting used to this new way of getting together with other people and having lots of fun.

We are planning on running our Quiz night via Zoom in January 2021. There will be an array of general knowledge questions, suitable for all the family. There will be prizes, a raffle and maybe even a spot of entertainment too, plus a small fee to join, which we will collect before the event. Obviously, we won't be able to have the same team approach. If you'd like to join the quiz then please email Sophie.chapps@hertsvisionloss.org.uk with your name confirming you would like to join in. Further information will follow

Freeview launches Accessible TV Guide



Freeview has launched an Accessible TV Guide for Freeview Play televisions and set-top boxes.

The high contrast guide can be accessed by going to channel 555 on compatible devices and provides spoken feedback and the ability to filter for programmes that have audio description.

Freeview is the trademark for UK free to air terrestrial television and Freeview Play devices have VOD apps from the major broadcasters.

Now, they will also have an accessible EPG (Electronic Program guide) so blind and partially sighted people can independently find the content they want to watch.

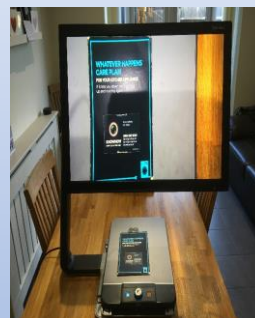
The guide will not be available on all devices from launch but will be expanded to all Freeview Play televisions and set-top boxes over time.

To access the guide, you will need a TV with Freeview Play. Go to channel 555 which can be found by locating the raised dot in the middle of the number pad. You will then be able to turn on text-to-speech and filter for audio described programmes. You can also set the volume, speed and gender of the voice. Once this is done you can access the list view EPG, find content you want to watch and play it.

Freeview Play is available on televisions and set-top boxes from both big brands and smaller manufacturers. This development will make a huge number of new devices accessible for blind and partially sighted people.

For Sale – Optelec ClearView C 24 HD

2 years old, in perfect working order, the manual can be downloaded from the Optelec website.



Please contact Sophie Chapps on **07824 363368** if you are interested. An HVL donation will be required.

Do you need to get your PC to be more accessible?



Here are some useful tips that our service users have shared with us. Remember, we aren't technical wizards, and this might not work for all. Why not have a try?

So, if you have Windows 7 onwards, remember that pressing the 'Windows' Key while tapping the '+' key (beside the backspace key) turns on the screen magnifier, Once activated, another windows+ will make it even bigger.

Windows- will reduce magnification and windows 'ESC' turns the magnifier off.

With Windows 10, once the magnifier is activated, holding down the 'Ctrl' and 'Alt' keys while rolling the mouse wheel will adjust the magnification.

In the very latest windows 10 (2004) [April 2020] release it will read things to you via the magnifier.

Ctrl+Alt+Left Mouse click is supposed to read from the current cursor position. However sometimes this might not work. It does appear to work, however, on WebPages viewed with newer versions of Google Chrome or the new version of the Edge Browser which will have been forced into your PC during upgrades. Remember that the Adobe Reader will read the current PDF document out using the read out loud options
'Ctrl'+ 'Shift'+ 'Y' - Enable/Disable
'Ctrl'+ 'Shift'+ 'V' - Read current page
'Ctrl'+ 'Shift'+ 'B' - Read entire document from beginning
'Ctrl'+ 'Shift'+ 'C' - Pause / Continue Reading
'Ctrl'+ 'Shift'+ 'E' - Stop Reading
Left Mouse click - Read this Paragraph

Windows 10 Display Adjustments

To resize your screen font:

Right Click on desktop and select Display Settings
Move the slider to change the size of everything
Click on Apply

For more specific tweaking, scroll down to Advanced Display Settings
Select Advanced sizing of text and other items
Change whatever item is required
Click on Apply

Improving the monitor display:

Right Click on desktop and select Display Settings

Move the slider to adjust brightness level

Click on Apply

To adjust the colour output, scroll down to Advanced Display Settings

Select Colour Calibration

Follow the wizard to make any changes

Enhance the text displayed:

Click on Start and type "clear type text"

Click on the text sample that looks the best

Increase the size of desktop icons:

icons:

Right Click on Desktop

Select View and then the size of icons required

Activate High Contrast:

Search for "High contrast settings" and then select it

Choose a theme from the drop-down menu and select Apply

To turn off high contrast mode, repeat but select None from the drop-down menu and select Apply
Alternatively, High contrast mode can be turned off using Left Alt + left Shift + Print Screen.

We hope that you found this useful.

Essential nutrients in food that contribute to the health of our eyes

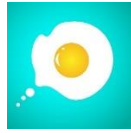


There are several reasons for degeneration of eyesight, but a healthy lifestyle can most definitely reduce the risk of eye related problems.

It is well known that smoking, drinking too much alcohol or spending too much time in the sun can impact on good eye health, but did you know that the foods we consume and maintaining a healthy, balance diet can improve the health of our eyes?

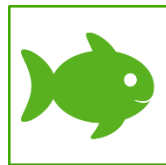
Several studies have shown that certain nutrients help maintain the eye health and lessen the possibility of age-related eye-problems including dry eyes, macular degeneration, cataracts and glaucoma. Vitamins A, C, E, omega-3 fatty acids, copper, zinc and lutein can help in supporting good eye health. So, what are the 6-best nutrient-rich sources of foods that will improve your eye health?

Eggs



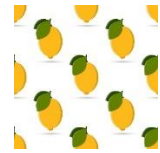
The egg yolk contains vitamin A, zinc, lutein and zeaxanthin. These nutrients are all vital to the eye health. Vitamin A protects the cornea. Zinc boosts the health of the retina. Zinc also helps the eyes see clearly at night. Lutein and zeaxanthin reduce the possibility of serious eye conditions like age-related macular degeneration and cataracts.

Fish



Several types of fish like salmon, tuna, sardines, herring, anchovies are all high sources of omega-3 fatty acids. They are known to protect the eyes from macular degeneration and dry eyes. Alternatively, if you do not consume fish, you may include flaxseed oil or blackcurrant seed oil in your diet to obtain omega-3 fatty acids. Eating fish twice a week can also reduce the risk of heart attack and strokes by reducing blood pressure.

Citrus Fruits



Vitamin C is found in fruits like lemons, oranges, grapefruits, etc. They help the blood vessels in your eyes remain healthy. Citrus fruits can help combat the development of cataracts. People who consume oranges regularly as part of their diet are 60% less likely to be affected by macular degeneration.

Carrots and Sweet Potatoes



Carrots are rich in vitamin A and sweet potatoes are rich in beta carotene and vitamin E. These strongly influence the functionality of eyes.

Nuts



Nuts contain a high level of vitamin E and are also rich in omega-3 fatty acids. Vitamin E is essential in protecting the eye from age-related damage. Cashew nuts, walnuts, peanuts, pistachios are all good for eye health.

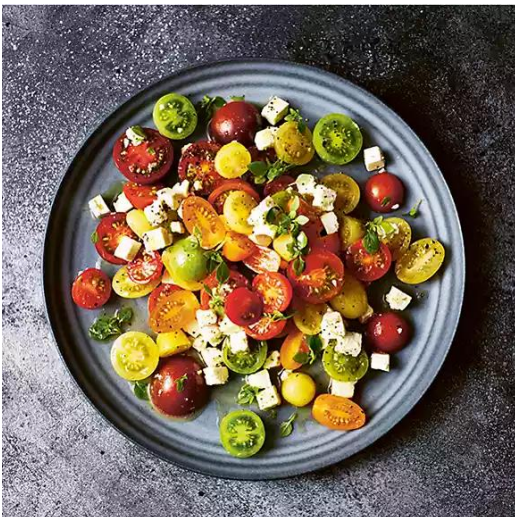
Legumes



Kidney beans, black-eyed peas and lentils are good sources of zinc and bioflavonoids. They not only help protect the retina but also lower the risk for macular degeneration and cataracts. These are not hard-to-find food items or expensive.

It is really important to be aware of the nutrient quotient of specific foods and its impact on our body. Eating right will go a long way.

So, eat well, eat right and stay healthy. That's our motto! If you do want more advice on diet, then do give us a call and we can help direct you to the right place.



Hertfordshire Libraries are keen to keep you reading!

Despite the ever-changing restrictions as we negotiate our way through the coronavirus pandemic, all our largest libraries continue to offer services to their local communities. We are working on plans to open our smallest, community libraries as soon as it is possible to do so.

So, what can your local library provide?

All our open libraries have been certified as COVID-secure so you can visit them with confidence. We are asking everyone to wear a face mask and keep their visits short to help protect all of us.

In order to help with this, we have introduced "Grab and Go" packs. These are pre-selected packs with three titles from your favourite genre – perfect if you're looking for inspiration for what to read next. It is still possible to browse the shelves and look for your favourite author or books about a non-fiction topic. All libraries have their collections of large print and audiobooks available and do not forget these are free to borrow if you have a visual impairment.

Recent titles that have been added to our catalogue include Lee Child's, The Affair, The Kingdom by Jo Nesbo, Rosie Clarke's, A reunion at Mulberry Lane and Wolf Hall and Bring Up The Bodies by Hilary Mantel.

You can still reserve individual titles to collect at any open library and, again, this is a free service if you have a visual impairment. It is also possible to pre-book and use your daily hour-long slots on one of our PCs. Not all PCs are in use to make allowances for social distancing and after each booking, time is set aside to make sure everything is thoroughly cleaned. Staff are always on hand to help advise you and show you around if your library looks a little different to what you're used to.

Keep up to date

For all the latest information and the current opening hours for your local library please visit our at www.hertfordshire.gov.uk/libraries or call the customer service centre on 0300 123 4049. The service we can offer is subject to change in light of further regional or national lockdowns, but we will keep you up to date on this via our website and social media.

And remember!

If you can't get to your local library, you can bring the library to you with our online catalogue of eBooks and eAudiobooks from BorrowBox,

<https://www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/ebooks-and-audiobooks/ebooks-and-audiobooks.aspx>



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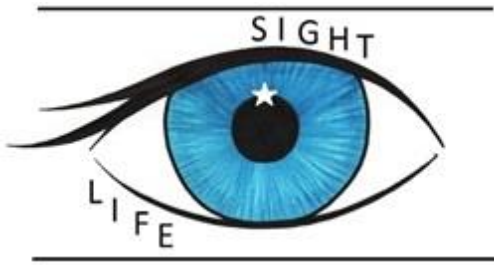
fourswansvision@gmail.com

RCN 1176514

We urge everyone to stay positive and optimistic so we can beat this virus, but most importantly to keep well and stay safe.

We look forward to 2021 with a positive outlook. We wish everyone a Healthy and Prosperous New Year and look forward to getting together again soon.

Alan & all at Four Swans Vision



So, Hello Sight Life Juniors!

Here we are approaching the end of an unusual year to say the least. But, it's also a hop, a skip and a jump into the festive season!

Around this time of year, it is nice to have a few things to help keep the children busy as well as the adults! Most of the team at HVL have children or grandchildren to occupy, so we are always on the lookout for new ideas! Do feel free to share yours. I would be happy to publish any of your ideas in the next edition of Sight News. Here are two of my favourite Christmas activities that keep my little one busy and that are bound to get you into the Yuletide spirit.

Christmas biscuits

There's something wonderful (and hunger inducing) about the smell of freshly baked bread. I find the same can be said for freshly baked biscuits. That warming blend of sugar and spices in the air is sure to kick off Christmassy feelings. So, go on, stick on some jingles, don your apron, grab the biscuit cutters and bake! Just make sure you make a double batch!

Ingredients

300 g plain flour plus a bit extra for dusting
Pinch of salt
1 teaspoon baking powder
1 teaspoon ground cinnamon
1 teaspoon freshly ground pepper
¼ teaspoon ground cloves
100 g soft butter
100g soft dark sugar
2 large eggs beaten with 60 ml runny honey

Line 2 baking trays with greaseproof paper and preheat the oven to 170 C (150 fan or gas mark 4)

In a bowl, combine the flour, salt, baking powder, cinnamon, cloves and pepper.

Mix in the butter and sugar

Bit by bit add the eggs and honey until you get a doughy consistency (you might not use up all the egg mix)

Form two discs and cover one with clingfilm and put in the fridge while you work with the other.

Dust a work surface with flour and roll out the disc to about 5mm thick.

Cut out shapes using whatever cookie cutters you have to hand. Repeat process until all the dough is done.

If you want to hang the biscuits on the tree, now is the time to make a hole just below the top of each one.

Place on the baking tray and cook for about 20 mins. You will know they are ready when the undersides no longer feel doughy. While they are baking you can take out the second disc and repeat the process of rolling and cutting.

Icing and decorating

If you are like me and have zero piping skills, then just use the tubes of premade icing that comes in different colours. The Betty Crocker icing from tubs is just as good - especially the lemon one, that seems to complement these biscuits very well.

For those who like a bit of a challenge, take 300g instant royal icing, make it according to the packet instructions and beat until it is thick enough to easily drip off a spoon. Then place in piping bag and get decorating.

Be as creative as you dare - add a smattering of icing sugar, edible dust, sprinkles, chocolate chips or whatever you fancy for extra decoration! Keep them plain or go wild!

Once the icing is set, thread some ribbon through the hole and hang on your tree (or bypass that step and stuff straight into your mouth!)



Christmas trees in four easy steps

Do you fancy making a Christmas Forest? Here's how in 4 easy steps. All you need is A4 paper of any colour or pattern, a ruler, a pencil, scissors, wooden skewers, a hole punch and something to use as the base: shaped modelling or air dry clay, sections of cork or floral foam bricks or wooden blocks.



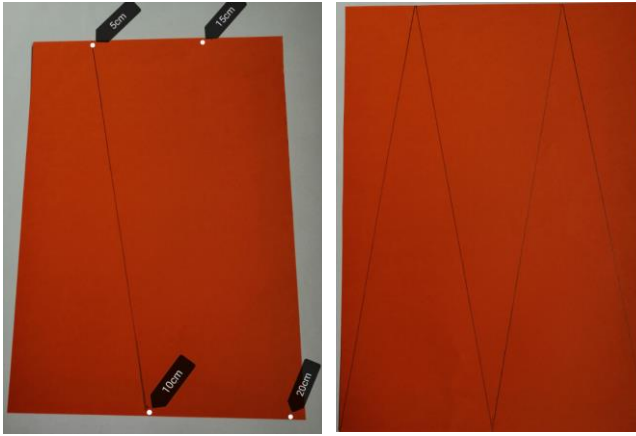
Step 1

Take A4 coloured paper (or card if you want it a bit sturdier but it will be harder to fold)

At the bottom mark a dot at 10cm and 20cm

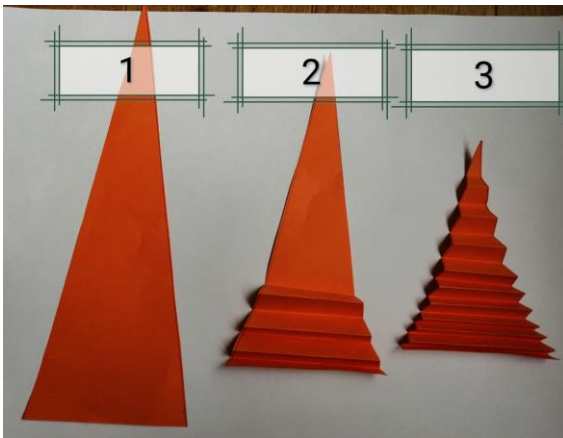
At the top mark a dot at 5 cm and 15cm

Join the dots from top to bottom so that you get 3 isosceles triangles and cut them out.



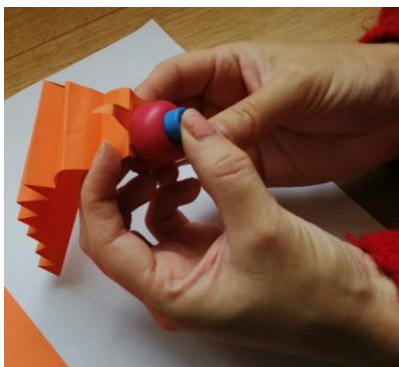
Step 2:

Take your triangle and, from the bottom and working your way to the top, start folding over and under (imagine you are making a fan). Make sure the folds are about half a cm wide. The end result should look like Number 3. Repeat with remaining triangles.



Step 3:

Punch a hole through the middle of a few of the layers.



Gather all the folds together and gently push the skewer through the hole made and into the rest of the layers. To avoid any injury, it may help to place the folds over a piece of blue tack or clay as you push the skewer in.

Gently spread out the folds up and down the skewer to form the tree shape.



Set it aside and repeat the process as many times as you like, depending on how big you want your forest to be.

Step 4: The base

If using wood, drill a hole through the centre stopping about halfway through. Pour some glue into the hole and place the skewer, pointy side up into the hole. All other materials can be shaped into whichever size you desire. I look forward to seeing your creations.

Please drop us a line at office@hertsvisionloss.org.uk or call 01707 324680 if you have any ideas or activities you may have for our Sight Life Juniors.

HVL 2020 Christmas Puzzle Time!!! - £25 up for grabs

Would you like to the chance to win a £25 gift voucher of your choice by completing our crossword and wordsearch? The highlighted yellow boxes will contain letters that will complete a Christmas word, once you have worked this out, then either post your answers to HVL at A3, Weltech Business Centre, Ridgeway, Welwyn Garden City AL7 2AA, or email office@hertsvisionloss.org.uk with the answer by midday, 11th January 2021. We will be making the draw at 3pm. If you are posting, please put your name and contact details so we can contact you directly.

GOOD LUCK!!!

										14)	
1)		2)				10)			9)		
3)				5)		7)					
										15)	
4)						11)					
						12)			13)		
				8)							
6)											

Across

- 1) You would sing this at Christmas time (5)
- 4) Hot fruity alcoholic drink (10)
- 6) These naughty things sit on shelves (5)
- 7) Candy _ _ _ _ (4)
- 8) Something green you decorate (4)
- 10) Father Christmas rides this to deliver presents (6)
- 12) Christmas Ballerina (10)

Down

- 2) The reindeer with a red nose (7)
- 3) People you want to spend the festive season with (6)
- 5) You give these at Christmas time (8)
- 9) Not any space here! (3)
- 11) The Christmas season (6)
- 13) A naughty child's gift from Father Christmas (4)
- 14) We hope to see these fall from the sky on Christmas day (9)
- 15) You hang this on your front door (6)

HVL 2020 Christmas Word Search – just for fun!

ANGEL
DECEMBER
EGGNOG
RED
EVERGREEN

NOEL
SLED
SLEIGHBELLS
STOCKING
TINSEL

PIE
LIGHTS
MISTLETOE
TURKEY
HAPPY

T	Y	M	E	D	F	R	E	B	M	E	C	E	D	J	K
Q	I	U	L	I	G	H	T	S	G	E	I	O	E	K	E
Y	P	N	Y	H	P	X	B	A	S	G	D	F	V	M	O
E	P	L	S	T	O	C	K	I	N	G	B	B	E	M	T
K	I	M	Q	E	W	P	D	S	A	N	O	L	R	K	E
R	E	D	H	E	L	P	F	X	O	O	A	N	G	Y	L
U	S	D	O	E	S	P	N	E	M	G	I	R	R	N	T
T	N	R	G	Y	S	L	L	E	B	H	G	I	E	L	S
X	C	N	F	O	T	B	E	N	M	E	U	M	E	W	I
H	A	P	P	Y	I	D	S	D	M	I	U	Q	N	P	M