



WHAT IS BRIGHT FOR SIGHT

Bright 4 Sight is a fundraising event that will take place during National Eye Care Week (June 11th- 16th 2012) and is fun, simple and for a great cause!

All you need to do is jump into your brightest, craziest, most colourful clothing, wear it to school or college and each donate £1 to the Wiltshire Blind Association. All the money raised will be spent supporting blind and visually impaired people in Wiltshire & Swindon.

You can also take part in other ways – we've included some ideas for fundraising in this leaflet.

GET SPONSORED!

You can get sponsored to do all kinds of fun things – a sponsored silence or give up something you really love – like chocolate!

The possibilities are endless and you'll be amazed how many friends and members of your family will sponsor you when it's for a good cause

If you need a sponsor form call us on **01380 723682**

GET BAKING!

Everyone loves freshly baked, homemade buns and biscuits, so cake bakes always raise lots of money. Why not get baking and sell your produce to your friends and family?

ANY OLD CHANGE!

Why not donate your coppers to the Wiltshire Blind Association?

Small change can make a big difference so empty your pockets, clear your purses and search under furniture and down the back of the sofa for all your 1p and 2p pieces!

These are just a handful of ideas – think of your own, but be sensible!



DID YOU KNOW?

- Only 4% of people registered blind can see nothing.
- Almost 2.5 million people in the UK are blind or have some sight loss.
- Visual impairment (sight loss) can affect anyone.
- Every day another 100 people start to lose their sight.
- Smoking can double the risk of developing age-related vision loss.
- UVA and UVB rays in sunlight can harm your eyes and may increase the risk of developing sight loss. That's why it's a good idea to wear sunglasses.
- Eating a diet low in saturated fats, but rich in green leafy vegetables such as spinach and broccoli, can protect against some eye sight conditions.
- Oranges, kiwis, nuts, seeds and oily fish may also help prevent and slow down some eye conditions

WHERE YOUR MONEY GOES

Money you raise will go directly towards supporting people in Wiltshire with visual impairment. As an independent charity the Wiltshire Blind Association receives no core funding so we need to raise money through fundraising activities.

PAYING IN YOUR MONEY

Send a cheque or postal order, made payable to Wiltshire Blind Association, to the Wiltshire Blind Association, St Lucy's, 1 Commercial Road, Devizes, Wiltshire SN10 1EH.

Get your sponsors to tick the Gift Aid box and fill in their details on your sponsorship form before you send it in. That way, we'll get an extra 28p from the government for every £1 you raise. So your hard work goes even further!

Helping understand sight loss

There are over 2.5 million people in Britain who have a sight loss

- Being blind doesn't always mean having no sight at all
- Different eye conditions can affect people's sight in lots of different ways. Some people don't see anything at all, whilst some people might be able to see if there's some light. Some people may not be able to see things in the middle of the vision (loss of central vision) whilst some people may only be able to see things in the middle of their vision and nothing around the edges, like looking down a tunnel (loss or peripheral vision/ tunnel vision). Some people may only be able to see half of what you can see whilst some people may have double vision.

Any of these might make it difficult to do certain things – like crossing the road, reading or making a drink, but it doesn't mean they can't do it themselves

There are many things that can help people with sight loss:

- Colour contrast
- Liquid level indicator for making drinks. This beeps when the liquid reaches a certain level, so people don't overfill their cup or mug
- Tactile paving at a crossing – this feels 'bumpy' when you walk on it. This lets people with sight loss know where to cross
- At a pedestrian crossing there is a small cone underneath the box, it turns around when the green man appears – this lets deaf and blind people know when it is safe to cross
- If you see a blind person crossing the road and want to help, always ask them and your parents first. They may be quite able to do it themselves
- Some people have guide dogs to help them. Always ask permission before you stroke the guide dog. If it has a harness on this means it is working and you could distract the dog by stroking it and cause an accident
- There is usually a raised dot on the number 5 of your telephone, TV remote and mobile phone. This helps a person with sight loss to find the centre, and then they find it easier to find the other numbers
- A lot of TV channels and Cinemas now have an option to listen to audio description; this is where someone describes what is happening in the programme.
- Stay healthy! To help look after your eyes you should eat fruit and vegetables, including carrots, spinach and strawberries.

Take the challenge

Invention challenge

Think of a simple activity you do every day, it could be eating, turning on the TV, making a drink, brushing your teeth or getting to school or college. Now imagine doing this whilst not being able to see.

Try to think of things that could help make it easier to achieve – be inventive and creative! Perhaps you could make or design something that tells you when a glass is full or come up with a sequence of sounds to convey a message. There are many options and the simpler the better. You may need some props like pipe cleaners, cardboard tubes, boxes, string and so on to help you. We'd love to know what you have done.

Jam sandwich challenge

Blindfold one member of the group and place in front of them some simple ingredients like slices of bread, a jar of jam and a knife. Tell the blindfolded person that their job is to make a jam sandwich in 90 seconds. They will undoubtedly fail without help.

Next, tell the group they can instruct the blindfolded individual, guide them toward the ingredients, etc. They cannot touch the 'blind' person or the ingredients, but they can talk to them.

Make a spectacle of yourself

Have fun and design and make the most extravagant pair of glasses from scrap materials. We've included a template to make it easier for you. Why not send us a photograph of yourself in your glasses.