



Middlesex Association for the Blind

Supporting people with sight loss since 1922

OUTLOOK

**SPRING / SUMMER
EDITION 2025**

**Barnet/Brent/Ealing/Enfield/Haringey
Harrow/Hillingdon/Hounslow/Richmond**

This free MAB Outlook Magazine is produced in Print,
Braille, USB and Email

Registered Charity No. 207007

Mission Statement

The Middlesex Association for the Blind aims to support people who are blind or partially sighted to lead independent lives. The Association achieves this through the local provision and delivery of a range of high-quality services, advice and information to people across nine London Boroughs.

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Message from our CEO Valerie Hill



As the vibrant days of Spring and Summer 2025 unfold, I am writing to express my deepest gratitude. The response to our Legacy Giving Initiative has been truly remarkable, and we are profoundly thankful for this forward-thinking support that will shape MAB's future.

To our dedicated staff, volunteers, and advocates: you are truly the foundation of MAB's success. Your unwavering commitment transforms lives daily. As warmer days and longer evenings grace us, I hope you will take well-deserved moments to rejuvenate in the sunshine.

I am proud to share that MAB now supports over 650 individuals across nine boroughs—a testament to your collective impact. Our specialised service teams in Home Visiting, Digital Inclusion, Counselling, Braille, and Employment work tirelessly to meet growing needs, while our reliable central team ensures seamless operations behind the scenes. The dedication I witness daily from our staff is remarkable and inspiring.

Whether individual donors, local government partners, trusts, or philanthropies, your support enables life-changing services that foster independence and connection.

Thank you.

Donations, Wills and Legacies –

The time has come for us to thank you again!

In the past 5 years, we as MAB have been reaching out to you twice a year, with appeal letters asking for your support. We have told you stories about what we do for Service Users, and we have asked you to consider leaving us a Gift in your Will.

The response we have received from you as individuals has been overwhelming. You have dug deep into your pockets and responded to us generously. Because of what you have done for us, we have managed to get through the past year without the scary financial challenges that many other charities are facing.

It is wonderful to look at the numbers - we have had an overall increase in the amount of individual donations since 2019 of 41%.

When we phone our MAB Service Users and Supporters, and ask you if you would be willing to consider leaving us a Gift in your Will, 50% of the people we speak to, are willing to do this.

As you can imagine, we are blown away, and deeply grateful for this support.

It is also an enormous relief to feel that we are backed by your generosity, as the number of people needing our services since 2023, has doubled.

Thank you to all of you who give funding to us, whether it is on an ad hoc basis, or on a monthly basis through a direct debit.

Thank you also to everyone who has been willing to consider leaving us a Gift in your Will. We are grateful to

all of you who respond positively in this regard to the letters we have sent out, and to the telephone campaign that we are running at the moment.

If you would like to make a donation to us once again now, you can do so in the following ways:

1. Phone us on 020 8423 5141 with your card details handy.
2. Donate online on www.aftb.org.uk/donate/

If you don't yet have a Will and would like to draw one up, you can make use of our Free Will writing service. Draw up a will online (www.octopuslegacy.co.uk), or if you are visually impaired, phone them on **020 4525 3605** to have a solicitor come to your home. Use the code **MABFREE** and you will not be charged.



**DONATIONS
WELCOME
Thank You!**



Thank you for supporting us. With your Financial Gift, we can help people who need us. Losing sight can be terrifying and anxiety provoking. With your help, we can enable people who have a Visual Impairment to maintain their Independence and regain their Mental Wellbeing.

Call 020 8423 5141 to Donate by Phone.

Go to www.aftb.org.uk to Donate Online.

Or Scan the QR Code on the right.



EMPLOYMENT SERVICE - APPRECIATION FROM CANDIDATES

The 13th Clear Vision to Employment Course drew to a close on Wednesday 4th September 2024, with three very happy attendees making their feelings clear by delivering a plaque to John Monkhouse, the Employment Services Officer, thanking him and MAB for the support they received.



Image description:

Picture shows a yellow presentation box containing a clear glass plaque with blue glass highlights which reads;

"Thank you Middlesex Association for the Blind for your support, Employment Course Participants, July-September 2024"

What a lovely gesture and testimonial to the value and impact of the course! Thank you, John, for making a positive difference to your pupils' lives.

A CLEAR VISION TO EMPLOYMENT

Hello, my name is John and I am the Employment Service Officer/Tutor for the Middlesex Association for the Blind.

My career started back in the late 80s with DWP and other training providers including RNIB within the welfare to work sector. I started working for MAB back in 2014 where I set up, put together and wrote the programme 'A Clear Vision to Employment'.

The project has been a great success over the years with various challenges and barriers to overcome like any project, but rewarded by the National Lottery Awards for All and several donors who fund the project on a regular basis. We work very closely with employers such as Firmenich in West London.

The course runs for a total of 6 weeks, 2 days a week between 10am – 3pm. Find out more from our website or call our office directly on 020 8423 5141. Don't just take our word for it, read below some testimonials from previous service users.

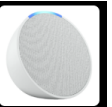
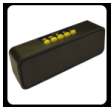
In my working life I have been to many training courses which relate to what we do in the workplace. The training at Middlesex Association for the Blind has been of benefit to me personally because it helped me on how to deal with my short comings. Excellent work by team in helping me understand that help is there and people who care. I have been given confidence in job search and how to use the computer and how to prepare for interviews. The tutor helped me with building my confidence on how I approach my life and the outside world. I appreciate his help and understanding, the course was excellent. I thank you all for your patience and I am grateful to you all. Thank you again.

Abdul Osman - 03/04/2024

I wholeheartedly recommend the course offer by John Monkhouse at the Middlesex Association for the Blind. The course materials are exceptional, and the mentoring approach genuinely fosters learning. Both John and Mark are outstanding communicators, making the entire experience not only educational but also enjoyable. I encourage anyone interested to enrol in the course without hesitation. Furthermore, I confidently endorse graduates from Middlesex Association for the Blind to any organisation, as the skills they gain are invaluable in the workforce. Mr Monkhouse has a wealth of knowledge and expertise, making him an incredible asset to anyone fortunate enough to learn from him.

Kelly Francis 08.04.2025

John Monkhouse – MAB Employment Services Officer
Marc Hill – MAB Employment Services Volunteer

		Explore the Range of Radios, Alexa Devices & Other Equipment given Free of Charge to the Visually Impaired				
						
Amazon Echo Dot	Amazon Echo Show Kids	Amazon Echo Pop	Relish Radio	Amazon Echo Show	Synapptic USB Player	Lemega Pocket DAB Radio
						
Amazon Echo Dot Kids	Easy Music Player	Denver Portable CD Player	Micro Speak Plus	My Little Morphee	Voxblock Starter Pack	

**Joanne White
Hillingdon**

Home Visiting Services

**Caroline Adamson
Haringey**

**Kasia Cieplak
Richmond**

It is still early days, but thanks to MAB I now have a volunteer who visits me. She lives near me and she helps me with my shopping. She also takes me to the VIP group. I have been going to the VIP group since August 2023. It is so important for me as it helps me to keep in contact with other people socially. I also learn a lot at the group, which is very useful for me as I don't use the internet at all. They are my information hub!



Service User Testimonial: (pseudonym)
Jane – L. B. of Hillingdon

MAB is very helpful for me. I am learning so much at the VIP club meetings. I find them so useful as I get to learn how to cope with my visual impairment. I get to be with other people who are in the same situation that I am in, and this is vital for me. Caroline (Support Worker) also visits me which is very good for me. She told me about all the devices I could buy that could help me in my home. There is one device that you can place on the edge of a cup, and when you pour the hot liquid into the cup it makes a noise when the cup is full. This would stop me from burning myself when I make a cup of tea. She has also told me about a mat I could buy for my dinner tray that would stop my plate sliding around. I love Caroline's visits. The most important thing is that she calms me, and she listens to me. Talking to her stops me getting very depressed.



Service User Testimonial: (pseudonym)
Mary – L. B. of Haringey

Caroline has helped me so much. She helped me to apply for documents for transport, and for the taxi card. She also brought me a radio for people who are blind, as well as some CD's. The Service is helping me a lot. I would love to work as well though. It is very, very difficult not working.

Service User Testimonial: (pseudonym)
Joseph – L. B. of Haringey



Your charity has helped me the most out of any charity that I have been in contact with. Having Kasia in my life makes a big difference. Seeing her every fortnight gives me something to look forward to, as I have no one else to talk to. My partner no longer lives with me as he has brain damage, so I can no longer talk to him. I also get to go to the Coffee Morning which is important as I get to meet other people who are also visually impaired. Last time she took me to SpecSavers, and when we got there we found they didn't have an appointment booked for me. Kasia was so upset – she takes her job very seriously, she was quite choked up about them not being able to help me on that day. She is wonderful for me.



**Service User Testimonial:
Shirley – L. B. of Richmond**

Rapid Response Counselling Service – Raheel Razvi

I would recommend that anyone who needs it, goes to Raheel for counselling. Initially it is terrifying and scary, but I have seen him a number of times now and he is nice to speak to. He listens. It was very helpful speaking to him.

**Service User Testimonial:
Mary – L. B. of Haringey**



IT & Digital Support Services Tomasz Szuberski & Marc Davis

The training is helping me to build my confidence. I used to have problems with Google Maps, but Tomasz is now teaching me how to use another App that is better for me. This App helps me to go out on my own. Tomasz is so patient, so lovely and so skilful. The training has helped me become more independent and I definitely experience better mental wellbeing because of it.



**Service User Testimonial:
Roya – L. B. of Richmond**

Employment Service: John Monkhouse ~ Marc Hill

Home Visiting Service: Rita Shah ~ Ruth Gaskin

Kasia Cieplak ~ Caroline Adamson ~ Alison Bicknell

Yash attended our Employment Service training last year. He had already done a Supported Internship, but thereafter he found himself unemployed. He found the course extremely helpful. "It was good to learn how to write spec letters and to prepare for interviews. Working with John was a privilege, and I appreciated the peer support that I received and was able to give to my peers in the class. I valued the training on assistive devices and assistive tech. After the course I was interviewed for and successful in finding a position doing the Oliver Macgowan First Response Training for the NHS. I train nurses, doctors and other NHS staff as a first response trainer". As MAB, we are obviously thrilled at Yash's success and pleased that he has benefited so much from the course.



**Service User Testimonial:
Yash – L. B. of Brent**

"The course was very good. I learnt a lot about how to apply for a job. The community in the course was also good, they were very friendly people, and I have made new friends from the course. It was also helpful for me as I am new to the UK – I have only just had my residency granted – and I learnt a lot on the course about what the UK can offer me as a person with visual impairment. I haven't got work yet, but after getting my residency I had my first appointment last week at the Job Centre and I am hoping to find work soon. The course helped me in so many different ways."

**Service User Testimonial:
Saeid – L. B. of Enfield**



MAB helps me to be more social, and to be more independent. I love to meet new people so the club has been useful for me. Caroline, the Support Worker, also visited me a few times last year and helped me fill in forms so that I could get my own house. She has been extremely helpful to me.



**Service User Testimonial:
Dogan – L. B. of Haringey**

Kelly is semi-retired and chose to do the course as she is open to learning new things and she wanted to see what it was all about. She has this to say about the course, "It is a great course. I am so keen to support it, and John, the trainer is fabulous. I live in Teddington, so you can imagine how long it took me to get to the course in Stanmore, but I benefited so much from it that I travelled all that way. John really has something to offer. When you lose your sight, you can either give up and give in, or you can just get on with it. John is inspiring in that he helps you to just get on with it. The confidence building that he does in the course is just so valuable. I could quieten the voices that were saying, 'What am I going to do now? How am I going to cope?' John and the course helped me to realise that I could continue doing all the things that I was doing before. Learning to use assistive technology was the key to me being able to do this."



**Service User Testimonial:
Kelly – L. B. of Richmond**

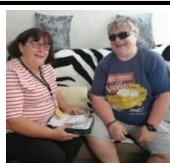
I attend the monthly sessions. Caroline, the Support Worker, is absolutely wonderful. She always sends out a reminder about the upcoming meeting, which is very helpful to me. At first I didn't think the sessions were going to help me, as I am quite shy and I feel uncertain in social situations. So I was apprehensive. But after the last two times that I have been, I came away feeling really uplifted and I am very keen to go to the next session. I will do everything I can to get to the club. I am even considering changing routine hospital appointments, so I can get to the sessions. I cannot praise Caroline enough.



**Service User Testimonial:
Dina – L. B. of Haringey**

VOLUNTEERS NEEDED

You can Make a Real Difference!



**BARNET | BRENT | EALING | ENFIELD | HARINGEY
HARROW | HILLINGDON | HOUNSLOW | RICHMOND**

Caroline came to my house for an assessment, and if I have a problem I know I can call her. I have been to the monthly club two times. It is a bit hard for me as my English isn't good, but it is good to be there and to learn how to cope with my problem. People there have signposted me to places like the local council for rehabilitation. This has been very helpful.



**Service User Testimonial:
Claudia – L. B. of Haringey**

Rita, Support Worker is very good. She comes to me every two or three weeks. I wish she could come more but she is very busy. She helps me with so many things. Reads my mail for me, takes me shopping, writes up my hospital appointments. Without her I would miss so many important things that come in the mail. She is like a daughter to me.



**Service User Testimonial:
Amat – L. B. of Brent**

IT Support Services: Tomasz Szuberski ~ Marc Davis

I signed up for the training because I am in my eighties and I have never done any IT work before. I am totally blind and I have difficulty with my fingers, so I struggled to get my head around the IT. Tomasz has helped me a lot, he explains very slowly, which is very helpful for me. I can now find my way around the internet, so I can get general information off the website. I have always been someone who asked questions and wanted to improve my knowledge, and I can now do this by asking questions on the internet. I am very interested in animals as I used to look after livestock. I read the other day that the breed of cattle that I used to work with has become extinct, and it has been replaced by another breed now. Things like this are very interesting to me. I am also able to send emails now for the first time. The next thing I would like to do is learn how to do my shopping online. I am experiencing better mental wellbeing now because I feel more connected to the things that interest me.



**Service User Testimonial:
Barry – L. B. of Harrow**

MAB Services and News

We are pleased to introduce the MAB Team:



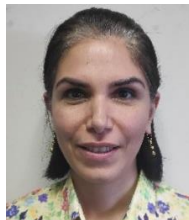
Valerie Hill
Chief Executive Officer



Patricia Odina
Operations Manager



Catherine Holtzhausen
Fundraiser



Shahin Toopchian
Bookkeeper / Admin Assistant



Tomasz Szuberski
Mobile IT Support Trainer
5 Boroughs



Marc Davis
Mobile IT Support Trainer
4 Boroughs



John Monkhouse
Employment Services Officer



Maggie Dawson
Braille Tutor



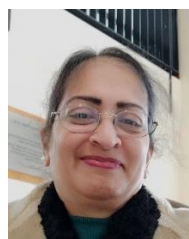
Nasreen Akhtar
Office Administrator



Raheel Razvi
Rapid Response Counsellor



Bina Padia
Barnet Support Worker & Coordinator



Rita Shah
Brent Support Worker & Coordinator



TBC

Ealing
Support Worker
& Coordinator



**Ruth
Gaskin**
Enfield
Support Worker
& Coordinator



**Caroline
Adamson**
Haringey
Support Worker
& Coordinator



**Alison
Bicknell**
Harrow
Support Worker
& Coordinator



**Joanne
White**
Hillingdon
Support Worker
& Coordinator



**Kasia
Cieplak**
Hounslow &
Richmond
Support Worker
& Coordinator

**HEAD
OFFICE
VOLUNTEER**

**Hasmukh
Mehta**

**EMPLOYMENT
SERVICE
VOLUNTEER**

**Marc
Hill**

Thank you all for your valuable contribution. We are very grateful for the hard work and dedication of all our team members, past and present, and thank them for always striving to make a positive difference to the lives of people with a visual impairment.

NVISION

This is a free online resource dedicated to helping people live better by seeing better. They recently published an educational guide to navigating the internet for individuals with low vision or blindness. Our free resource covers the built-in tools that make sites more accessible for people with vision loss. Please take a look: nvisioncenters.com/internet-accessibility-guide/

MAB VOLUNTEERS

When I started working as a Support Worker in Enfield, I 'inherited' a group of about 10 volunteers who have been working in this borough for a number of years. In order to get to know them, I started phoning each of them and was surprised to learn that some have been doing this for over 20 years.

I always had a soft spot for these people who give up their time to do this valuable work – support visually impaired people on a weekly basis – in some cases while raising family or working full time.

The opportunity to show appreciation came one day in early January. Enfield council are holding a yearly Volunteers Awards ceremony and were looking for nominations, max 3 per charity. I decided to nominate Stacey Wood & Donna Halkyard for this year as they have been volunteering with MAB for over 20 years.

The ceremony was such heart-warming event, hearing about the volunteering work that is being done around the borough uplifted the spirit. Each volunteer came to shake the hand of the Head of Social Care, got a framed certificate and a medal. And for each one we got to hear a summary of their voluntary work and the reasons they got the award (could be a bit embarrassing for some).

My intention is to nominate more volunteers each year. As nominee numbers are restricted to 3 per year, I'm going by length of service, so if you are an Enfield volunteer, watch out for the phone call....

Ruth Gaskin – Enfield Support worker & Volunteer Coordinator

MAB VOLUNTEERS - LONG SERVICE AWARDS

This year Ruth, Enfield Support Worker and Volunteer Coordinator nominated two long-lasting MAB Volunteers for a Lifetime Achievement and Special Recognition Volunteering Award from Enfield Council. Both Volunteers found out in March that they had been chosen as Winners of this Award, which was then presented to them at the Enfield Civic Centre later that month. See attached letter.

Please reply to: Debbie Gates
Community Development Officer

E-mail: debbie.gates@enfield.gov.uk
Phone: 020 8132 1005
My Ref:
Your Ref:
Date: 10th March 2025

Dear Stacey

**The London Borough of Enfield
Lifetime Achievement & Special Recognition Volunteering Awards 2024/25**

On behalf of Enfield Council, I am delighted to inform you that you have been chosen as one of the Winners of the Enfield Lifetime Achievement Volunteering Award.

This award is presented in recognition of long-term commitment to volunteering and exceptional service to the communities in the London Borough of Enfield.

You were nominated by Ruth Gaskin for your volunteering effort and the dedication you have shown over a number of years, as expressed through the nomination we received for you.

To celebrate your achievement, I would like to formally invite you to receive your award at the Annual Awards and Recognitions Ceremony at the Enfield Civic Centre.

The presentations will be held on Friday, 21st March 2025 at 11am to 1pm, in the Council Chamber, with fellow award winners, followed by light refreshments. You may bring one guest with you to share in the celebration.

I do hope that you will be able attend the ceremony and would ask if you could please RSVP to Debbie Gates, Community Development Officer, by email to debbie.gates@enfield.gov.uk or by telephone on 020 8132 1005, by no later than 17th March 2025. Debbie will then contact you with further details.

Please accept my heartfelt gratitude for and congratulations on your impressive volunteering commitment.

Yours sincerely

G Needs

Councillor Gina Needs
Cabinet Member for Community Cohesion & Enforcement

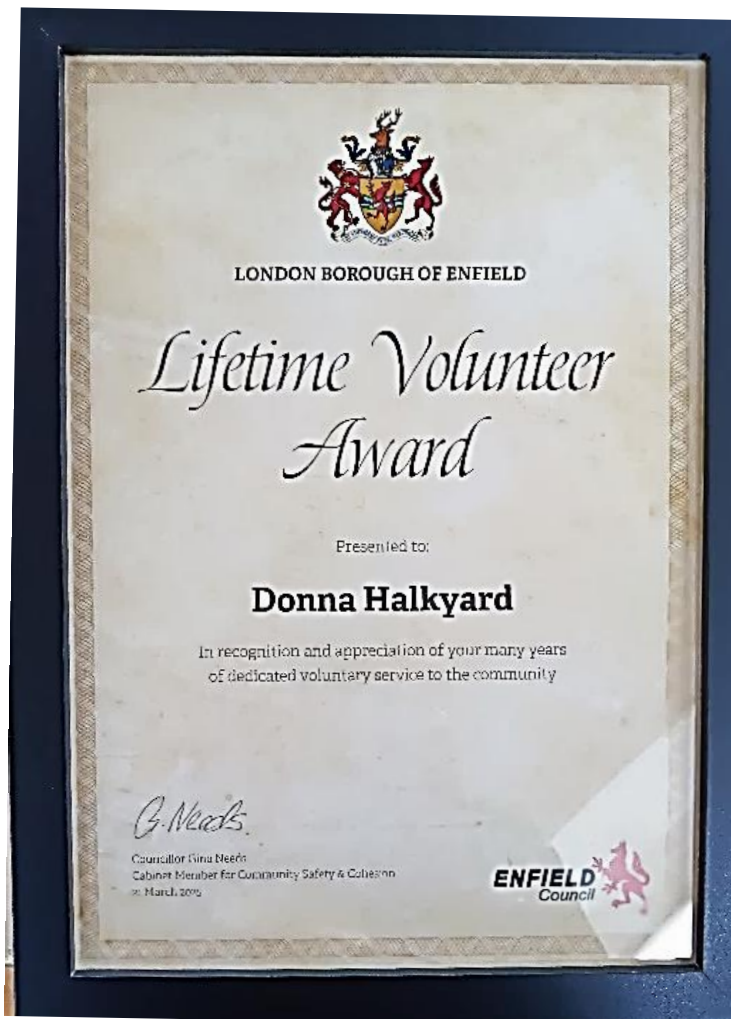
Tony Theodoulou
Executive Director People
Enfield Council
Civic Centre, Silver Street
Enfield EN1 3XY
www.enfield.gov.uk

⑦ If you need this document in another language or format contact the service using the details above.

Thank you, Ruth, for enabling such a well-deserved recognition for two of your Volunteers, Donna and Stacey, who have both been volunteering with MAB for over 20 years.

We applaud Enfield Council for acknowledging the volunteering cohort in the Borough, and bringing to light all the dedication and selflessness of so many people, volunteers are indeed angels in disguise!

See pictures below.





It is wonderful to hear about the impact Stacey and Donna have made on the lives of MAB Service Users and humbling to witness such an enduring friendship stemming from wanting to give back to your community.

Please accept our renewed thanks for your stellar support over the years. It is thanks to people like you that we can continue to carry on our work, reach many residents in need and make a positive difference to their lives. Thank you.

CONGRATULATIONS & THANK YOU!

Jean Breen: MAB Volunteer - Thoughts & Experiences

I started volunteering with Middlesex Association for the Blind in April 2025 and have been visiting a lady who is 104 years old via the Home Visiting Service.

I was a little nervous when I visited Elsie for the first time, but I did not need to worry, as she is like a breath of fresh air. I visit Elsie every two weeks and we talk over a cup of tea and biscuits for around 1 hour to 1 hour and 15 minutes. It has been lovely getting to know Elsie and we enjoy our chats and I do a quiz with her each time as she loves doing quizzes. I always look forward to our visits as she is great company and such a positive person.

I also volunteer at the monthly VIP Social Club. helping make tea and interacting with people. Through this club, I met Richard who runs the Amigos Club where I help guide people at monthly outings to enjoyable places like Kew Gardens, where we went in June.

Support Worker – Joanne White – L. B. of Hillingdon

Introduction To The Partially Sighted Community

By Barbara Miller - MAB Service User

After a series of tests, involving lots of bright light being shone into my eyes, I eagerly awaited the ophthalmologist's conclusion. Sadly, the words were not what I wanted to hear.

"I'm sorry but there's nothing more I can do for you".

He then informed me that he would put me on the partially sighted register. Not knowing what that entailed, I was amazed at the cornucopia of wonderful benefits that came my way.

First, I was visited by Luxman, from Barnet Sensory Team, who was referred to me by a representative of Middlesex Association for the Blind. He told me of the assistance I would receive and explained how to apply for a Carer's Allowance and John Monkhouse, MAB Employment Services Officer, kindly assisted me in completing the questionnaire and Application.

I was also contacted by Bina, MAB Barnet Support Worker and others giving me the comforting thought they were there to help, should I need more assistance in the future.

I also enjoyed the monthly meetings, where my husband and I had the pleasure of meeting other fellow sufferers and their companions.

Amongst the various benefits which kept coming, was a Blind Wireless for the Blind Fund, Free Loan Radio with large and easily recognised dials and program selector, which now has pride of place in my kitchen, helping me keep up to date on the news, without straining my eyes reading the printed word on my I-phone.

Perhaps the most useful was the little plastic stickers, which help to identify which setting I need for the washing machine, the dishwasher, the toaster and the oven. I was also fascinated by the little gadget, (water level indicator), which

enables me to make a cup of tea by beeping when enough hot water has been poured and again when the milk has been added. Not exactly rocket science, but a brilliant concept!

I particularly appreciated two powerful reading lights, which have enabled me to continue with my hobby of embroidery. I am presently engaged in designing and making a table centre as a present for my, soon to be married, grandson. I have had to give up driving and despite my dislike of technology, I have become adept at ordering Ubers! I'm managing quite well at the moment, but it is comforting to know that more help is available should I need it, in time to come.

My husband, Alan and I are moving into accommodation in Watford more suited to those of mature years, (93years & 91years), and I have been given details of the Hertfordshire Association for the Blind by Middlesex Association for the Blind so that I can contact them when the time comes. I am confident that I will receive the same level of welcome and support that I have received from everyone involved at the Middlesex Association for the Blind.

Barnet Support Worker & Coordinator – Bina Padia

IT Support Services: Tomasz Szuberski ~ Marc Davis

I am learning how to use the computer and my mobile. I am learning how to use my laptop to go onto the internet and onto Youtube. Previously I was completely depressed, I was crying all the time and locking myself up in one room, but now that I can contact people and go out to the Temple, things have improved for me. I have become more independent, even though I still face a language barrier. I can communicate with people now on Whatsapp, which makes my life much better.



**Service User Testimonial:
Ritaben – L. B. of Harrow**

MAB – A FAMILY WITH A LARGE HEART

By Eugene Eji - MAB Service User

My journey with the Middlesex Association for the Blind (MAB) started with a referral from the Barnet Sensory Team in December 2023. It was a journey to explore possibilities and opportunities following total sight loss on both eyes.

Today, I can boldly say MAB has shaped me to better navigate the complexities associated with vision impairment.

MAB's support to me range from facilitating the provision of invaluable aids, such as the DAB radio, key safe and staircase hand rails to the Home Visiting Service by the MAB Support Worker and Coordinator for Barnet, Bina Padia.

This is not forgetting the VIP Social Club and Eye Matters soul uplifting sessions. Capping up all of these were the IT Training and the 6-week Employment Service Course, all of which greatly bolstered my independence and confidence.

The Employment Course also availed me the opportunity of face-to-face interaction with members of staff and trainees at the MAB Head Office. I enjoyed the friendly environment and warmth of the CEO, Tutors, Coordinators and all the Office Staff.

The summary of my testimony is that Middlesex Association for the Blind has been for me a family, and much more - A family with a large heart!

Barnet Support Worker & Coordinator – Bina Padia

Employment Service officer – John Monkhouse

IT & Digital Support Trainer - Tomasz Szuberski



BrailleBliss

Braille Greeting Cards

The link to Kerry's
Online Shop is below:
[BrailleBliss.etsy.com](https://www.BrailleBliss.etsy.com)

Donations to be made from Sales to Guide Dog UK

RNIB EYE CARE LIAISON OFFICERS - ECLOs

For more Information, or For a Referral to the ECLO in your Area, Please Call the Helpline at 0303 123 9999

London Hospitals with an Eye Care Liaison Officer Service:

Great Ormond Street Hospital London WC1N 3JH	Western Eye Hospital London NW1 5QH	King's College Hospital, London SE5 9RS
Royal Free Hospital London NW3 2QG	Mile End Hospital London E1 4DG	Saint Ann's Hospital London N15 3TH
Charing Cross Hospital, London W6 8RF	St George's Hospital, Moorfields Eye Clinic London SW17 0QT	Central Middlesex Hospital, London NW10 7NS
Whipps Cross University Hospital London E11 1NR	Croydon University Hospital, Surrey CR7 7YE	Kingston Hospital Surrey KT2 7QB
Edgware Community Hospital Middlesex, HA8 0AD	Ealing Hospital Middlesex UB1 3HW	Northwick Park Hospital Middlesex HA1 3UJ
Barking Hospital Essex IG11 9LX	Hillingdon Hospital Field Heath Rd, Uxbridge UB8 3NN	Sir Ludwig Guttman Centre London, E20 1AS



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EYE MATTER - MULTI-ACTIVITY PEER SUPPORT GROUP FOR PEOPLE WITH VISUAL IMPAIRMENT ZOOM ONLINE & MONTHLY MEET-UPS

Cookery	Poetry	Chair Yoga	Book Club
Audio Described Zumba Sessions	EYE MATTER Empowering People With Visual Impairment  	Sailing Day & Picnic Break	
Tate Modern Audio Described Tour		Neurobics, Aerobics for the Memory	
Sports Taster Days		Audio Chair Yoga	
Social Gathering		Drama Improv.	
Quiz Time	Mental Health Wellbeing Group	Discuss & Swap Survival Hacks	Listen & Sing Along

**FOR MORE INFORMATION CONTACT SUZIE AT EYE MATTER
CALL 07968 722664 OR EMAIL EYEMATTERVI@GMAIL.COM**



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Inner Vision Orchestra - the world's only professional ensemble of blind musicians offering a series of music workshops and performances by blind musicians for blind people. For all levels of ability and experience. For more information <https://www.balujimusicfoundation.org/inner-vision-orchestra>



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Seable's mission is to provide accessible tailored holidays to the visually impaired community. Amazing, inclusive trips with local sighted guides and tailored activities to suit your needs and enjoy a stress-free holiday. Telephone: 020 3375 6947. www.seable.co.uk



Our mission is to provide the best
At-Home care service in Barnet
www.barnethomecarers.org



RTN provides Local News in Audio Form for people with Visual Impairment in Richmond
<https://www.rtn.org.uk>

MAB VIP Social Clubs

The meetings are a chance for people to get together and make new friends. Through socialising at the clubs, people who are new to visual impairment are inspired by the people they meet. It is an opportunity to share challenges and victories, and to make social connections that go beyond the life of the monthly meeting. We currently run Monthly Clubs in all 9 Boroughs:

BARNET



Our Barnet VIP Club runs from **11AM to 1PM**, on the **last Thursday** of every month at **St Margaret's United Reform Church, Victoria Road, Finchley, N3 1BD**

BRENT



Our Brent VIP Club runs from **10.30AM to 12.30PM** on the **first Monday** of each month at **the Brent Bridge Park Community Leisure Centre Brentfield Harrow Road NW10 0RG**

Venue Change from August 2025 – See MAB Website

EALING



Our Ealing VIP Club Coffee Morning runs from **10.00AM to 1.00PM** on the **third Thursday** of each month at the **William Hobbayne Centre 1 St Dunstan's Road W7 2EY**

E A L I N G



Our **Ealing Trike Club** usually runs from **10.00AM to 1.00PM** on the **last Wednesday** of the month (**March to October only**) in **Walpole Park Mattock Lane W5 5EQ**

ENFIELD



Our **Enfield VIP Social Club** runs from **10:30AM to 12:30PM** on the **third Thursday** of each month at **Community House, 311 Fore Street, Edmonton, Enfield N9 0PZ**

Venue Change from August 2025 – See MAB Website

HARINGEY



Our **Haringey VIP Club** runs from **11.00AM to 1.00PM** on the **second Wednesday** of each month at the **Ability Hub, The Arcade, 195 High Road, Wood Green N22 6XD**

HARROW



Our **Harrow 'Open Eyes' VIP Club** runs from **10:30AM to 12:30PM** on the **last Wednesday** of each month at the **Wealdstone Library 38 – 40 High St Wealdstone HA8 7AE**

HILLINGDON



Our **Hillingdon VIP Club** runs from **10.30AM to 12.30PM** on the **last Thursday** of each month at **Christ Church, Redford Way, Belmont Road, Uxbridge UB8 1SZ**

HOUNSLOW



Our **Hounslow VIP club** usually runs from **1.00PM to 3.00PM** on the **last Thursday** of the month at **The British Legion Whitton Road, TW3 2DB**

RICHMOND



Our **Richmond VIP Club** runs from **10.30AM to 12.30PM** on the **fourth or last Monday** of each month at **Duke Street Church Living Meeting Room Duke Street Quadrant Road Richmond TW9 1DH**

For more details about our Social Clubs, please visit our website www.aftb.org.uk or call 020 8423 5141

CONTACT NUMBERS

MAB BOROUGH SUPPORT WORKER & VOLUNTEER COORDINATORS

Borough	Name	Telephone No.
Barnet	Bina Padia	07594 625215
Brent & Barnet	Rita Shah	07510 127893
Ealing	TBC	07387 101631
Enfield	Ruth Gaskin	07858 311410
Haringey	Caroline Adamson	07754 875175
Harrow	Alison Bicknell	07387 101632
Hillingdon	Joanne White	07387 101630
Hounslow & Richmond	Kasia Cieplak	07511 826892

BOROUGH SENSORY SERVICES TEAM CONTACT NUMBERS

Borough	Telephone No.	Borough	Telephone No.
Barnet	020 8359 5000	Harrow	020 8901 2680
Brent	020 8937 4300	Hillingdon	01895 556 633
Ealing	020 8825 6230	Hounslow	020 8583 3100
Enfield	020 8379 1001	Richmond	020 8891 7971
Haringey	020 8489 8900		

Contributing to Outlook

We welcome contributions to the newsletter. Please send your Articles to Patricia Odina (patricia@aftb.org.uk).

This edition of Outlook is produced by:

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A big Thank You to the Management & Community Champion Team at Morrisons Supermarket Honeypot Lane, Queensbury London NW9 6RN for allocating Free Car Parking Spaces to MAB Service Users and Staff.

Our sincere thanks to the following for allowing us place **MAB Collection Boxes** on their premises:

Joe's Bake & Bite

5 Queensbury Station Parade HA8 5NP

Bath Road Pharmacy

115-117 Bath Road Hounslow TW3 3BT

Seven Oaks Court

Copsewood Way Northwood HA6 2TW



Established in 1999

Many thanks to the Magnifier Company for their Free Sample Magnifiers for our Service User demonstrations. For more info: www.magnifyingglasses.co.uk



To Angela Mistry and the Community Champion Team

at the Sainsbury's Superstore Kenton Nash Way, Kenton, Harrow HA3 0JA – A big Thank You for your continued support of our Monthly 'Open Eyes' VIP Social Club and Christmas Party.



Thank you to

the team at Waitrose in South Harrow for their donation to our VIP Social Club in Harrow.



To the Management & Community Champion

Team at Tesco Superstore, Ballards Lane, Finchley N3 1XP – A big Thank You for your continued support of our VIP Barnet Monthly Coffee Mornings.



Thank you to Barnet Copthall Leisure for hosting MAB Monthly Activity Days.



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~ Without you, we would not exist ~
Thank you for your continued support!**



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