



# **Middlesex Association for the Blind**

Supporting people with sight loss since 1922

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# **OUTLOOK**

**SPRING/SUMMER  
EDITION 2023**

**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



Following a long, cold winter which saw councils and organisations pool together resources to offer Warm Hubs and Cost of Living support to residents, finally the weather has brought some much-needed respite.

The Cost-of-Living Crisis rumbles on and MAB has played its part in supporting our service users by gathering information on the support available across our nine boroughs and sharing it via our team of support workers. Having timely access to this information can have a massive impact on people's lives, and we will keep monitoring and raising awareness of the help on offer for the foreseeable future.

I am delighted that support workers are currently active throughout our nine boroughs, working closely with the sensory teams and other professionals for maximum impact. Our new IT training service has also launched, proving incredibly popular and confirming our belief that getting digitally connected is paramount to feeling included and part of society, also contributing to people's wellbeing and mental health.

I would like to thank our dedicated staff and volunteers for their continued support, as well as our donors and service users for putting their trust in MAB and allowing us to carry on delivering services in the boroughs of Barnet, Brent, Ealing, Enfield, Haringey, Harrow, Hillingdon, Hounslow and Richmond.

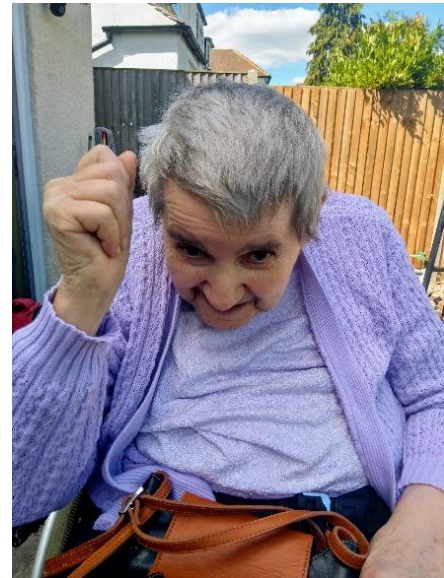
I wish you all a wonderful summer full of health and happiness.

## Donations, Wills and Legacies

Jean Riley 1936-2021 Aged 85

**'Jean Riley overcame 2 episodes of sepsis in her later years. In this photo her daughter captured her giving a victorious raised fist, as she recovered from one of those episodes...'**

Before I tell you about what Jean Riley has done for us at MAB, I need to tell you a little bit about her.



Jean Riley came from a family that simply got on with things. A story that her daughter, Amanda, told me encapsulates this family trait. Jean's father before her was also visually impaired. One day his neighbours phoned Jean up and said she had to come around quickly. Her father had climbed up a tree in his garden with a saw, and they were worried about him falling out of the tree and injuring himself.

Being visually impaired herself, it took Jean about 45 minutes to make her way to her parents' home. When she got there, true to the neighbour's words, her father was hacking away at the branches with a saw, suspended high above the ground in the tree. Jean asked him what on earth he was doing, to which he replied, "I am pruning the tree." Jean asked him whether it was necessary that he be the one to do it, to which he replied, "Who else is going to do it?". Where the rest of us would have used sight to work out which branch to cut off, Jean's father was using his hands to feel which branches needed to go. Despite understanding the neighbours' concerns, Jean saw no reason to stop him. Or perhaps she realised that it would be pointless to try.

Jean was 18 when she lost her sight. She was playing hockey one day and was in the goals, when suddenly she went blind. Years later when she had come to terms with her sight loss, she was able to laugh about the fact that she had let in all the goals for the rest of the match.

Jean's impairment was due to Optic Neuritis which was a result of her having Multiple Sclerosis. While Jean did regain some sight after the initial crisis, her vision was generally impaired to varying degrees for the rest of her life.

When she finished school, Jean trained as a comptometer operator. (For those of you who were born after 1970 and don't know, a comptometer was the first key-driven adding and calculating machine. Comptometers were in use until the 1990s when developments in computer technology rendered them obsolete). Jean did this for a number of years, but her failing sight resulted in her having to give this up.

Jean then worked as a cleaner, and eventually in the dining hall at Harrow School. (Amanda wonders what Health and Safety would have to say about this today – allowing a person with visual impairment to work with large pots of hot food and hot oil – but Jean managed it all). "In fact," Amanda adds, "my Mum had a very sharp knife that she used to chop vegetables with. Her mother used it before her, and I use it now in my kitchen since my Mum passed away. My Mum somehow never cut her fingers with it, but I must have done so at least 4 times in the past year!"

Her family describe Jean as phlegmatic. She wasn't prone to being dramatic. Jean's remedy for any pain or problem, was to have a cup of tea, take the dog for a walk, and if things were really bad, "take a paracetamol as well". This applied to anything as simple as a headache, or anything as serious as divorce!

Jean was born in 1936 in Berlin, and she died at home in London in 2021 at the age of 85. "I think my mum had a good life," Amanda tells me. Amanda remembers a doctor being completely taken aback, when Jean expressed a similar sentiment. At that stage Jean had become wheelchair bound and the doctor was asking her about the quality of her life. Hunched over in her wheelchair, Jean stated that she felt she had a good life. (Present tense). Not "had had a good life", (Past tense). The doctor, examining Jean as a patient where Multiple Sclerosis had set in and who should surely be feeling sorry for herself, was dumbfounded. Amanda explains that, "She had worked out how to do the best with what she had". Jean was interested in her friends, her family members and in the antics of all the dogs, badly behaved or otherwise, who were housed in the homes of the people she loved.

Although she kept her world small, possibly because of her physical condition, this didn't stop Jean from having enormous compassion for people who were suffering across the globe. Amanda remembers how when the Tsunami hit on boxing day in 2004, her Mum insisted that Amanda get her handbag immediately so that she could make a telephone donation.

Jean has done more than give to people and causes while she was alive. As the Middlesex Association for the Blind, we were thrilled to hear from Amanda that Jean had also remembered us in her Will.

Jean had to retire early due to her MS. Like many people who retire, this brought with it big empty spaces in her life, which needed filling. The local Vicar visited Jean and he wisely realised that she needed more regular human contact. He linked her up not only with the day centre which she used to go to twice a week, but also with the Blind Club that took place in South Harrow. The Blind club

was an initiative of MAB with it being co-ordinated by our then Chairperson, Mr Alan Hills.

While the venues for the club changed over the years, the importance that the monthly meeting had in the lives of the service users did not. Jean attended the club for many years, and formed strong friendships with many of the people who were regulars. The fact that Jean has remembered us in her Will, shows how much she must have valued her visits to the club and her connection with the other members.

Today the club takes place from 10:30am to 12:30pm on the last Wednesday of each month at The Wealdstone Library, 38 – 40 High Street, Wealdstone, HA8 7AE. Jean's gift to us will go towards the costs we incur in co-ordinating and running the club.

If any of you reading this article would like to join Jean in remembering us with a Gift in your Will, please do consider doing so. At MAB we gratefully accept Gifts in Wills from service users and supporters who obviously first take care of their loved ones, and then leave us something as well. We are a charity and as such we are 100% dependent on grants and donations from people like Jean. Without these contributions, we would not be able to provide the services that we offer to people with visual impairment.

Perhaps you already have a Will and you don't want to go through the bother and the expense of changing it. If this is the case, you can add something called a CODICIL to your will. This is simply an additional document that says you want to leave MAB a certain amount of money. You need to have it signed by 2 witnesses, and you must keep it in a safe place alongside your will. We have copies of codicils in our office, so if you would like to consider this option, please feel free to phone us on 020 8423 5141 and ask someone to send you a copy of the CODICIL. You can then fill in any amount that you want to on that document.

Perhaps you don't have a Will yet, but you would like to draw one up. If this is the case, you may be pleased to know that we have a FREE gift **Will** Writing Service. All you have to do is remember the code MABFREE and then leave us a Gift in Your Will. When it comes to the checkout, you will not be charged. You can either do this online from our website – go to page [www.aftb.org.uk/bequest-giving/](http://www.aftb.org.uk/bequest-giving/) or you can do it telephonically. To do this you need to call Guardian Angels on **0800 773 4014** or **KWIL** on **0800 061 4934**.

**We end this article thanking Jean Riley once again for remembering us in her Will. We are very grateful to the gift that she has left us, which will be used to keep our Blind Club operating in Harrow this year. Thank you, Jean!**

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## **MEEK LEGACY**

### **Holiday and Club Grants**



Thanks to the generosity of Mrs Meek from Twickenham who left us a legacy in her Will, MAB offers grants to help groups and individuals towards the cost of either running a social activity for people with VI, or of going on holiday.

For more information, and to request an application form, please contact the MAB Head Office on 020 8423 5141. Please note that although we will aim to support as many groups and people as possible within the nine boroughs we cover, there is a yearly cap and acceptance of your application for grant support is not guaranteed.

## MAB Services and News

**We are pleased to introduce New Members of the MAB Team:**



**Patricia Odina**  
Operations Manager



**Ainara Rubio Belenguer**  
Richmond Support Worker



**Tomasz Szuberski**  
IT Training & Support Adviser



**Joanne White**  
Hillingdon Support Worker



**Shayan Syed**  
Mobile Resource Unit Project Manager



**Katarzyna Cieplak**  
Hounslow Support Worker



**Caroline Adamson**  
Haringey Support Worker

**Leavers**

We said farewell to **Andy Olgado, Christine Bassett, Davide Vezzani and Tania Ortiz-Zamorano.**

From all of us at MAB, thank you for your valuable contribution and all the very best for the future. 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.

## \* Other News

When I was first diagnosed with advanced glaucoma, I thought my life was over. Suddenly from a person who could do everything - work, travel, going to the cinema, driving etc had been taken away from me. The onset was sudden and took me completely by surprise. I was very depressed. I didn't even want to ask for help, because I thought I was beyond help. I was in denial and did not want to associate myself with this disability. Eventually, I plucked up enough courage to ring the RNIB and again my life has changed but this time for the better I could not believe how much help there was and is out there. The Middlesex Association for the Blind contacted me and helped me in so many ways both practically and psychologically. I now receive counselling, talk to people who have the same problem as myself, joined a group on Zoom, which is fun and informative. There is so much out there for visually impaired people that it's mind blowing and the help that's out there is amazing. So, if you find yourself in this situation like myself, do not despair, there is life after losing your sight. There is a lot of adapting to do, but with help, you can do it. I've made many friends and met amazing people who volunteer to make our lives worth living again.



**Service User Testimonial: Irena –  
Barnet Home Visiting Service**



**Middlesex Association for the Blind**

118 followers

2d • 🌐

**VOLUNTEERS**



We are so grateful for and humbled by the dedication and selflessness of our volunteers. Sheila is a gem and we thank her for being a wonderful human being and supporter of MAB 🙏❤️



**London Borough of Hounslow**

10,509 followers

4d • 🌐

**+ Follow**

Sheila Thomas is a volunteer at **Middlesex Association for the Blind**, where she has been supporting a Feltham resident for nearly ten years. Read about their special relationship in this blog post and find out about more opportunities through [ehcvs.org.uk](http://ehcvs.org.uk) as we continue to celebrate **#VolunteersWeek!**



## **Rapid Response Counselling**

Raheel Razvi

## **Home Visiting Service**

Kasia Cieplak

## **Braille Training Service**

Maggie Dawson

I started with this problem 15 years ago. I was in denial a lot about losing my sight. I stayed at home and did nothing. I had my son, but I didn't take him to the park or to any lessons. It took me a long time to register myself as visually impaired. Then when I did, the Sensory Team referred me to MAB. Your services have been really good for me. I have enjoyed them a lot. I have had counselling from Raheel and Braille classes from Maggie. They have been great. It is so good to talk to Maggie, as we share something so big, (sight loss), in common. And tomorrow the Support Worker is coming to visit me. And she said she will be with me for an hour, and that hour is mine! I can decide what I want to do in that hour. This is good for me. That I don't have to either sit at home and do nothing, or feel that I am being a nuisance for my family members who have other things they need to do. All in all, your organisation has helped me to build my self-confidence. I want to do more braille classes as I feel like I am learning something again. I feel like I haven't learnt anything new in years. I am so happy to be connected to MAB.



**Service User Testimonial: Gurpreet  
Hounslow Home Visiting Service**

## The Mobile Resource Unit



My name is Shayan Syed and I am responsible for the Mobile Resource Unit. I travel around in a campervan and try to pitch up in areas of high footfall throughout Middlesex. I make

people aware of our services, try to recruit Volunteers for our Home Visiting Service, help increase awareness of eye conditions that can cause sight loss and prompt people to get their eyes checked regularly. Finally, I demonstrate equipment to help people with sight loss become more independent.

I would like to share an App that our previous MRU Manager, Andy, showed me, called SIM by ViaOpta. This App provides you with filters depicting 12 visual impairments. You can apply these to your own images and increase the severity to see how they progress over time and you can save specific filter settings with 'My Condition' to easily illustrate the world through your eyes.

Live simulations of 12 visual impairments can be seen at different levels of severity; Initial, Intermediate and Advanced, by using the camera and adding the effect of the particular eye condition that has been selected, to the phone display screen. This App shocked me into action as I have a Dry Eye Condition that is at the initial stage, I believe. I didn't know how an advanced Dry Eye Condition can affect an individual's sight. So now I am a lot more proactive with my treatment.

ViaOpta Sim allows patients with visual impairments to better explain their eye conditions to friends, family, caregivers and colleagues. The App will also help patients themselves to gain a greater understanding of their condition and how it can develop. Doctors will also be able to use this app to educate patients about their condition.

Below are products within 3 different price brackets to help people with low vision be more Independent Readers.

**£0 to £250.00**



**TravelBright 3**  
**£35**- A travel pocket size light, with a power bank to charge mobiles.



**Mobilux 4X Zoom Led Light** - **£65**

Handheld magnifying glass with an LED light.



**Mouse Magnifier from £55** - This is an add-on device. What that means is you will need a TV or computer Screen to start with. Ideally a large screen device. This device is an electronic magnifier that displays images through a TV or computer screen. Very useful for independent reading, especially for private and confidential reading.



**Mouse Magnifier £60** - This is a video magnifier, at the bottom of the mouse is the camera to make it easier to read letters. It has to be connected to a large 20" screen to work. 70X magnification.

**£250 to £500**



**Luna S £295** - a handheld video Magnifier.



**Clover 7S HD from £595** - A Handheld Portable

Video Magnifier with a large 7-inch wide LCD display. It is compact & lightweight design with an integrated fold-away stand provides an incredible reading and writing experience for those with low vision. Specification includes;

- 13MP auto focus HD camera
- Up to 28x magnification
- Adjustable screen brightness
- Large, clear tactile controls & easy joystick live panning
- Angled screen for improved viewing comfort

- Optional 12-inch portable screen
- Replacement batteries and chargers available.
- Free reading and writing stand.



**BlindShell Classic 2**  
**£399** - Voice-controlled phone that speaks back to the user

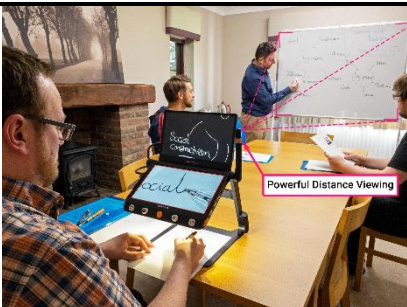


**Clover 6 £595**  
 A very popular handheld video magnifier.

**£500+**



**OrCam Read Smart From £1,800** - A text to speech device. The OrCam Read Smart will convert any printed text into clear speech within a second. It is able to read English, French and German. The OrCam Read Smart is the lightest most portable reading device in the world. To use it you will need to point its camera at some written text and press the button. Then you will hear what is written in audio / verbal format. This is a main attraction when I am out in the community, but the price is what puts people off.



**Clover Book Pro £2,375** - The Clover Book Pro is a magnifier, text to speech, helps with writing assistants and also helps with makeup and grooming. With a large, 12.5-inch FHD screen, fantastic image quality with its 4K camera, easy to operate with either tactile controls or touch screen. Compact and lightweight design.

For more information on assistive technology, how to prevent and manage sight loss and more, please visit our Mobile Resource Unit. For full details, including Venues and Dates for the MRU, please visit our website [www.aftb.org.uk](http://www.aftb.org.uk), or call **020 8423 5141**.

## IT Training Services

By Tomasz Szuberski



**Need help with your  
mobile phone, iPad, tablet  
or home computer?**

He will schedule a Home Visit and aim to get you Online as soon as possible.



**Please contact us on 020 8423 5141  
to make an appointment with our IT Trainer**

### **EYE MATTER - A DAILY MULTI-ACTIVITY PEER SUPPORT GROUP FOR PEOPLE WITH VISUAL IMPAIRMENT ZOOM ONLINE MEETINGS & MONTHLY MEET-UPS IN LONDON**

Cookery	Poetry	Chair Yoga	Book Club
Audio Described Zumba Sessions		Sailing Day & Picnic Break	
Tate Modern Private Audio Described Tour		Neurobics, Aerobics for the Memory	
Sports Taster Days		Audio Described Chair Yoga	
Social Group Gathering		Drama Improvisation	
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](mailto:EYEMATTERVI@GMAIL.COM)**

# Employment Training & Advice Service

By Adam Nazar-Bhandari - 2<sup>nd</sup> June 2023

## A CLEAR VISION TO EMPLOYMENT COURSE (CVEC) & CORPORATE VISUAL IMPAIRMENT AWARENESS (CORPV-I)

*Success happens when preparation meets opportunity*



Welcome to the Employment Service. We have been through a dramatic transformation over the last 7 months. Our Mission is to become the leading Employment Service for people with a visual impairment,

always striving for excellence, quality and professionalism, both inside and outside the organisation in the boroughs of; Barnet, Brent, Ealing, Enfield, Haringey, Harrow, Hillingdon, Hounslow, Richmond, a “Best in Class” employment service that creates a clear vision to employment. As a department we pride ourselves on our CVEC, COPRV-I and benefit information service offering.

Our vision is to be the preferred and most trusted service user focused training provider and bank within our sector and the 9 boroughs we cover. We aim to;

- Provide an innovative clear vision to employment solution.
- Explore diverse candidates to meet the needs of an ever-changing employment market.
- To provide the latest computer technology catered to people with visual impairment, looking for work.
- To provide passionate and inspiring Employment Service Officers whose only aim is to get the candidate ready for the world of work.
- Build long-term relationships with external stakeholders-businesses and organisations, to be the link between them and the service user, creating a bank of prospective employees, and marketing MAB’s insights into employing

people with visual impairments.

Our training process is simple and follows five steps;



Our core values are fundamental to our clients receiving a dedicated Clear Vision to Employment. These are;

1. Commitment
2. Responsibility
3. Quality
4. Passion

### **Introduction to the Course:**

CVEC is a free 2-day-a-week for 4 weeks course designed specifically for individuals with visual impairments, and it incorporates various modules to guide you through the process of finding employment. During this course, we will provide you with the necessary tools and support to help you achieve your career goals. We understand that starting a new job can be a challenging and overwhelming experience, but with our guidance, you will gain confidence and learn how to overcome your fears and barriers.

We have created a step-by-step process to prepare the candidate to meet that opportunity

#### **Preparation Mindset-Personal**

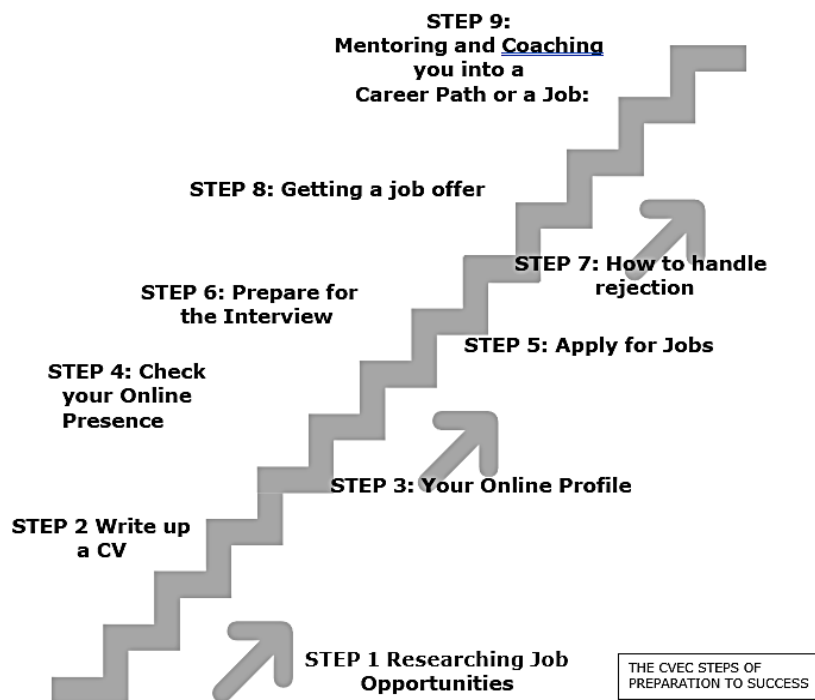
Development Change & Transitions, Fears & Barriers: In this course, we will incorporate a focus on mindset, personal development, change and transitions. You will learn how to overcome fears and barriers and develop the right mindset to succeed in your job search.



## Assistive Technology Information and Training:

We understand the importance of assistive technology for individuals with visual impairments. During this course, we will provide you with information and training on various assistive technologies that can help you in your job search and your future career.

### Corporate Visual Impairment Awareness Course CORPV-I



Our objective is to build teamwork, empathy and awareness among external partners and organisations and with corporate teams by simulating the experience of visual impairment. In essence, it is for teams who want to improve communication and

collaboration skills and gain a deeper understanding of the challenges faced by visually impaired individuals.

### EMPLOYMENT SERVICE BENEFIT INFORMATION SERVICE

We understand that navigating the UK disability benefit system can be challenging and overwhelming, which is why we're here to help. Our goal is to provide you with the information and support you need to make informed decisions about your disability benefits.

For more information and to get a full list of dates for up & coming courses: [www.aftb.org.uk/employment-service](http://www.aftb.org.uk/employment-service) or contact us at [employmentservice@aftb.org.uk](mailto:employmentservice@aftb.org.uk) or call us for a chat on **020 8423 5141**

*By taking action, you are one step closer to the life you always desire!*

## Employment Training & Advice Service

Adam Nazar-Bhandari

John Monkhouse

“When I first came to MAB I was a Royal National College for the Blind graduate. I heard about the Employment Service through the Sensory Team. I contacted John and he was very accommodating. He gave me an overview of the course, and we had a face-to-face chat. When I heard the details that the course would cover, I realised it was for me. I learn things that I hadn't learnt before at college, although we did have career advice there. It is the level of detail that we get here at the Employment Service at MAB, that is so helpful. Everyone has made me feel very welcome here. I used to be a bit confident, but I lost all of it when I left college. I have got it back now. And I am proud to say that I have become a volunteer at MAB too, which is making me feel very useful. It is good for me to give back to the organisation. I also like the fact that once you have finished the course, you aren't left in the dark. John keeps supporting us until we get into employment. So if we find a good job to apply to, he will help us again with the covering letter and the CV. John also makes the course fun. He breaks down barriers and helps us to complete different tasks.”



**Service User Testimonial:  
Alexis**

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/](https://nvisioncenters.com/internet-accessibility-guide/)

## **MAB Board of Trustees**

<b>Chair</b>	-	<b>Mr Raj Mehta</b>
<b>Vice Chair</b>	-	<b>Mr Bharat Hindocha</b>
<b>Treasurer</b>	-	<b>Mr Kambiz Daneshyar</b>
<b>Trustee</b>	-	<b>Ms Ola Macauley</b>
<b>Trustee</b>	-	<b>Mr Jagdish Shingadia</b>
<b>Trustee</b>	-	<b>Mr Terry Mills</b>
<b>Trustee</b>	-	<b>Ms Rachelle Goldberg</b>
<b>Trustee</b>	-	<b>Ms Parule Basu-Barua</b>
<b>Trustee</b>	-	<b>Mr Qasim Khattak</b>
<b>Trustee</b>	-	<b>Mr Raphael Mennicken</b>

## 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 the following 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**

### **Ealing**



Our Ealing VIP Club Coffee Morning runs from **10am to 1pm** on the **third Thursday** of each month at **The William Hobbayne Centre, 1 ST Dunstan's Road, W7 2EY**



Our **Ealing Trike Club** usually runs from **10am to 1pm** on the **last Wednesday** of the month (**March to October only**) in **Walpole Park, Mattock Lane, W5 5EQ**

## Harrow



Our **Harrow 'Open Eyes' VIP Club** runs from **10:45am to 12:45pm** on the **last Wednesday** of each month at **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 **1pm to 3pm** on the **last Thursday** of the month at **The British Legion, Whitton Road, Hounslow, TW3 2DB**

## Richmond



Our Richmond VIP Club runs from **10.30am to 12.30pm** on the **second Monday** of each month at **Duke Street Church, Living Meeting Room, Duke Street, Quadrant Road, Richmond, TW9 1DH**

**Enfield**

Watch This Space!

**Haringey**

Watch This Space!

East or West, VIP Club is the best for MAB Monthly lunch serving Blind and Partially Blind clients who are resident in Hounslow. I think that I have attended these lunches since their beginning. I like VIP Club for following reasons:

- Privacy and safety: It is a private well-known venue for its Members. Public cannot reach in without permission. Regular staff and Kasia welcomes MAB Client safely.
- Only £5 per person is charged by Kasia MAB staff for water, main meal and desert. MAB Clients can buy alcohol drinks privately to become happier.
- Lunch meeting is held in a big hall with tables and chairs in comfortable space. Although fully or partially blind, MAB clients can choose to sit singly, or in a group.
- MAB CEO Valerie Hill and MAB Operations Manager Patricia invite Speakers from London Borough of Hounslow, RNIB and others. Instruments for Blind are available. No public, all safe
- VIP staff is trained, experienced and helpful to MAB Clients and organisers. MAB Members can join VIP Club Membership selectively. Try before you buy, then do not cry!
- Restaurant, Pub and Toilet facilities are excellent. MAB staff Valerie, Margaret, Kasia, Sheila and a Jewish lady volunteer are very helpful. Everyone seems happy and smiling.
- Meeting time is 1pm to 3pm. Once, I had to wait till 4 pm. I ordered half a pint of Lager. Pub lady brought one pint. She told me to pay for ½ pint.

East or West VIP Royal British Legion Club Hounslow is the best!



**Service User Testimonial:  
Bashir**

**For more details about our Social Clubs, please visit our website [www.aftb.org.uk](http://www.aftb.org.uk) or call 020 8423 5141**

## CONTACT NUMBERS

### BOROUGH COORDINATORS' CONTACT NUMBERS

Borough	Name	Telephone Number
Barnet	Bina Padia / Rita Shah	07594 625215 07510 127893
Barnet	Ruth Gaskin – Form-Filling Only	07858 311410
Brent	Rita Shah	07510 127893
Ealing	Kamila Reynolds	07387 101631
Enfield	Ruby Miyah	07598 880244
Haringey	Caroline Adamson	07754 875175
Harrow	Alison Bicknell	07387 101632
Hillingdon	Joanne White	07387 101630
Hounslow	Katarzyna Cieplak	07511 826892
Richmond	Ainara Rubio Belenguer	07521 927970

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Ealing	020 8825 6230
Enfield	020 8379 1001
Haringey	020 8489 8900
Harrow	020 8901 2680
Hillingdon	01895 556 633
Hounslow	020 8583 3100
Richmond	020 8891 7971

## Contributing to Outlook

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

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

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### **Bath Road Pharmacy**

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### **Harris & Hoole Coffee Shop**

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