



Middlesex Association for the Blind

Supporting people with sight loss since 1922

OUTLOOK

**AUTUMN / WINTER
EDITION 2025 - 2026**

**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



I hope you all enjoyed a restful festive season. As we embrace 2026, I reflect with gratitude on the remarkable year that has passed.

Throughout 2025, our social clubs flourished in all nine boroughs, creating vital spaces for connection and community. We have been heartened by wonderful new volunteer interest—each person brings fresh energy and dedication that enriches our service users' lives. I am also pleased to welcome new team members whose commitment to outstanding service is evident daily.

To our supporters—individual donors, local authorities, trusts, and philanthropies—your generosity enables us to reach more people than ever before. Without you, MAB could not support the hundreds who depend on our services.

To our dedicated staff, volunteers, and advocates: you remain the heart of everything we achieve. Your unwavering commitment transforms lives daily.

As we look forward to the year ahead, I am optimistic for what we will accomplish together. The new year brings fresh possibilities to make a profound difference in the lives of those we serve.

With heartfelt thanks and very best wishes for 2026.

Valerie

Donations, Wills and Legacies –

A Tribute to John Wilsher (RIP 27 June 2024)

At MAB, we were saddened to learn that John Wilsher passed away on the 27th of June 2024.

John had been an MAB Service User for many years. He had the charismatic ability to connect with everyone he met, which obviously included MAB staff who all enjoyed visiting and supporting him.

John was born without sight and attended a Special School called Dorton House in Seven Oaks, Kent. He was not only a brilliant piano tuner, but later in life with the advancement of technology, he also became an expert. His brother, Anthony, describes him as an independent man with a strong character, who didn't take fools lightly.



Above is a photo of the young John Wilsher,

A staff member at MAB had reason to phone him in 2022, and in their conversation, he mentioned that he was leaving a Gift in his Will to MAB. "You are not going to get this yet though," he added, "I am not planning to die soon!" They both had a good laugh at his honesty, and our staff member remembers appreciating and admiring his intentions to keep living life to the full, despite having to get himself to hospital three times a week for kidney dialysis.

John has been exceptionally generous to us at MAB, by leaving us a discretionary gift in his Will. We are thankful to Anthony Wilsher and Eleanor Keech, (John and Anthony's cousin), for ensuring that we received this gift.

Like John, I know that none of us are planning to die soon, but it doesn't mean that we shouldn't make preparations for that

day that will come to us all.

If you do not yet have a Will Drawn Up, and you would like to make use of our Free Will Writing Service, you can either phone us to hear more on 020 8423 5141, or you can phone Octopus Legacy directly on 020 4525 3605. Use the code **MABFREE** and you will not be charged. If you wish Octopus Legacy to visit you in person, they will send a solicitor to your home to Draw Up the Will.

All that we ask is that like John Wilsher, you consider leaving us a Gift in your Will. We are a charity that is entirely dependent on Grants, Gifts and Donations, to be able to do the work that we do supporting people with Visual Impairment.

(Please note that while the Will is Drawn Up for Free, if you need any other documents drawn up like a Power of Attorney, you will need to pay for that.)



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.



BrailleBliss

Braille Greeting Cards

The link to Kerry's
Online Shop is below:
BrailleBliss.etsy.com

Donations to be made from Sales to Guide Dog UK

Home Visiting Services

Louise Martin
Richmond

Rita Shah
Brent

Ruth Gaskin
Enfield

It is so good to be able to talk things through with the Support Worker. It stops me from feeling helpless. Louise has been very helpful and understanding. Trying to get anyone on the phone to help you is impossible these days and Louise has a lot more patience than I have! She has helped to overcome the barriers that people put up on the phone and she has been able to liaise between me and the institutions that I need to phone, in order to get things done.



Service User Testimonial:
Roy – L. B. of Richmond

Ana lost her husband three months ago. She has many health issues that she has struggled with over the past 20 years, and she was not expecting to live as long as she has. The MAB support workers have been encouraging Ana to join the monthly VIP club, and she is hoping to sort out her vertigo and balance challenges, so that she could do so. In the meantime, she has nothing but praise for Louise (Support Worker). She says, "She came to my place to talk to me. She is ever so lovely. It makes such a difference how people talk to you when you are in the state that I am in – so many complicated health conditions and then on top of that, to have lost my husband so recently. The way she spoke, the way she attended to me... anyone who is stressed, blind and lost needs someone like Louise to be there for them. She listened to me and asked if there was anything that I needed. She brought me a calendar and she has put me in touch with someone who brought me spectacles that I needed to keep the glare away. She has been so helpful for me."



Service User Testimonial:
Ana – L. B. of Richmond

I have had volunteers from MAB for over 10 years now, and they have all been absolutely brilliant. I can also not speak highly enough of Ruth, the Enfield Support Worker. I have been having big problems with my Blue Badge and my Freedom Pass, and Ruth has helped me to overcome these. It took Ruth 8 months to persuade me to leave my house and to come to the MAB & Enfield Vision Drop-In Centre. I was hard work! And once I was there, I thought what a waste of time it was that I didn't go earlier. Ruth has now started up our own MAB VIP Social Club, since the Drop-In Centre has closed and I am sold on going to it. It is a fantastic place to meet people and to learn new things. I really appreciated the little things that Ruth did to orientate me physically to the building – where the steps were, where the slope was and how to get through the double doors. I hope I remember all of this for next time! And then once I was there, I learnt so much from Shahram, another Service User, about technology that can help me as a person with visual impairment. It was incredible to see him holding up the phone and moving it around the table, and to hear how Gemini described everything it could see. It said, "Patrick is to your left, and he is dark skinned, wearing a blue shirt and holding a cup of tea". It then went on to describe Ruth and the other volunteer. Shahram had a look at my phone and said, "You don't use this and this and this..." and then he showed me how to use a number of Apps that will make a big difference in my life. Ruth is also going to bring someone to the club who is going to talk to us about how to stay safe online. The club was both a place that allowed me to make social connections and to meet people, and also a place where I learn an enormous amount about technology. I will definitely keep going to the monthly club

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



Rita, Support Worker is marvellous, simply marvellous. My eyes are pretty bad – the cataracts are gone but I still have Retinopathy which won't go away. If I drop something and I cannot bend down to pick it up, Rita will pick it up for me. If I need something done in the kitchen, when I go back in again it is done. She is splendid. And she is so friendly and so nice. I couldn't go back to not expecting her visits. I don't know how I would cope. I used to have a neighbour who helped me, but she is also growing old now so I couldn't ask her again for anything. Nothing is too much trouble for Rita. Her presence has made a difference even in my street as everyone on the street knows her and knows she comes on a Friday. You hear people saying, "Rita is here today!" She has an exceptional nature. She is marvellous.



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

I have been absolutely delighted with Rita. She is patient and understanding and we chat a lot. We come from completely different religions, and I respect the way she goes to the Temple, and she likes my statue of the Virgin Mary with the candle in front of it. She really understands my problem. She helps me to go to the Post Office to get my money, and I trust her completely with my card if I am struggling to put it into the machine. She can see what I need and is very empathetic. She helps me with my blue badge, as it is getting difficult for me to use my computer – and she is very good at that as well. Rita told me right at the beginning what she could do for me, and she has been so helpful. If this was Trust Pilot I would give her five out of five!



**Service User Testimonial:
Anne Marie – L. B. of Brent**

Home Visiting Services

Caroline Adamson - Haringey

Bina Padia - Barnet

I don't even know how to say it. I have no words to speak about this organisation. Caroline (Support Worker) is wonderful. Since I joined with her I feel so happy, so relieved. I go to the monthly coffee morning too and there I have picked up so much information about things that can help me. People there tell me about things like attendance allowance which have helped me so much. I am now registered as visually impaired, thanks to Caroline. She told me what I should be saying to people at the hospitals when I go for my appointments. This has made an enormous difference to me. I can ask Caroline if I have any questions about anything. I have no words to speak about this organisation. I feel so relieved when I go home after the meeting, after having had a chance to talk and to listen.

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



Caroline, Support Worker helped me with my vision to read letters. She helped me make appointments to help with moving house and to find suitable local swimming classes. I am very happy for all of her help and support. I am currently on the waiting list for Tomasz, MAB IT / Digital Support & Adviser, who will visit me and help me to choose a better mobile phone, more suitable for my needs.



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

**Home Visiting Services - Bina Padia - Barnet
IT/ Digital Services - Tomasz Szuberski - Barnet
Rapid Response Counselling Service – Raheel Razvi**

I am very, very happy with MAB. I have received so much help from Bina (Support Worker), and from Raheel (Rapid Response Counsellor). Bina comes to me every 2 weeks and she helps me with so many things. She reads the paper for me, she has brought me a radio cassette and a talking clock. She has helped me to get an energy metre which is saving me so much money. Every time she leaves me, she says I am to phone her if I need anything.

I have also benefitted so much from talking to Raheel. Before, I had so much anxiety. I would do things over and over again, believing that if I didn't do them, then something bad would happen. I would for example, never stop praying, I was so worried. I would also keep putting a letter in one place, then take it out and put it back again. Doing the same thing over and over again, trying to stop my fear that something bad would happen. Speaking to Raheel has helped me enormously, I am no longer like that. I still have problems, I still struggle to sleep at night sometimes, but I am much, much better. I want to say thank you to MAB. You are a fantastic organisation.



**Service User Testimonial: pseudonym
Ishaan – L. B. of Barnet**

I will be having my last IT training session next week. The training has been wonderful for me. I am not able to type and use the keyboard. For the phone I can do WhatsApp and Voice Over and use things like ChatGPT. The training has been a life changer. Some months back, when I was doing the Employment Service at MAB, I had to ask people to type things for me. Now I can do it all myself. I use my phone every day to communicate... like now, when you phoned me, I could pick up the phone by myself without having to ask anyone to do it for me. I can make calls on my own. This has given me a degree of independence.



**Service User Testimonial:
Eugene – L. B. of Barnet**

I am nearly 90 years old – no one else in my family has reached this age, I am pleased to say. But it is hard when everything is going wrong with me... I have vertigo, a heart problem, I struggle with breathing, the arthritis is a nightmare and now I am also losing my sight. I end up at the hospital four times a week, all for different things. Worst of all, I am not needed by anyone anymore. And I sometimes reflect on the fact that it has been 12 years since anyone made me a cup of tea! Then I chastise myself for moaning like that. Fortunately, I have my sense of humour, which means that on the days when things are tough and I complain to myself like that, I also call myself all sorts of names that would make a sailor blush! Bina (Support Worker) has been extremely helpful to me in my life. She has linked me with Peter, who is a buddy. Peter visits me regularly, and although I cannot do “Girley” things with him like go to a shop and feel the fabric of clothes (I love clothing!), he does have an interest in gardening. And I love gardening too. So, we get to talk about plants and gardens whenever he visits me. He was also extremely helpful in helping me to sort out my doorbell, which is now working. On a practical level, Peter has been fantastic. I am also pleased to say that I have got to the top of the IT training waiting list. Tomasz will be visiting me next week, and I am hoping that he will be able to help me with things like magnifying my television, so that I can still see some of my programmes. Using my phone is also a challenge – it’s hit and miss whether I hit a dot or a semi-colon.”

**Service User Testimonial: pseudonym
Evelyn – L. B. of Barnet**



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|---|---|---|--|---|---|
| VOLUNTEERS NEEDED | | | | | |
| You can Make a Real Difference! | | | | | |
|  |  |  |  |  |  |
| BARNET BRENT EALING ENFIELD HARINGEY HARROW HILLINGDON HOUNSLOW RICHMOND | | | | | |

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



Chanel Mahay
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



Camilla Konieczny
Hounslow
Support Worker
& Coordinator



Louise Martin
Richmond
Support Worker
& Coordinator

**HEAD
OFFICE
VOLUNTE**

Hasmukh Mehta
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/

VOLUNTEERING WITH MAB

MY JOURNEY OF EMPATHY AND IMPACT - BY PETER LEWINSON



When I first started volunteering with the Middlesex Association for the Blind (MAB), I didn't fully appreciate how much this role would deepen my understanding of community, resilience and the quiet strength in everyday moments. Over time, what began as a simple desire to help turned into one of the most rewarding parts of my life.

UNDERSTANDING MAB'S MISSION

MAB is a registered charity serving people with visual impairment across nine London boroughs: Barnet, Brent, Ealing, Enfield, Haringey, Harrow, Hillingdon, Hounslow and Richmond.



Their mission is to support blind and partially sighted people to lead independent, empowered lives. They offer a wide range of services including:

- ✓ **Home visiting** - Volunteers and support workers visit people in their homes to help with practical tasks, provide companionship, and reduce isolation.
- ✓ **Braille & IT training** - Teaching essential skills to help with literacy and digital access and showcasing specialist equipment and providing support and advice.
- ✓ **Employment Advice:** Helping people with sight loss build or re-establish careers.
- ✓ **Counselling & Peer Support** - A Rapid Response service offering emotional support to those adjusting to sight loss.
- ✓ **Social Clubs** - Regular Social Gatherings; Coffee mornings and even a "Trike Club" for Group Outings.

WHAT I DO AS A VOLUNTEER

My role is primarily as a Home-Visiting Volunteer. It is surprisingly flexible: I give just one or two hours a week, and that small commitment makes a big difference. During visits, I might help read mail, assist with shopping, or simply spend time chatting. These interactions are more than practical support — they build a bridge, reducing loneliness and fostering trust.

MAB supports Volunteers properly: I went through an Application Process, provided References, had a DBS Check and Training. What I love is how the organisation helps me understand sight loss better: The training isn't just about *what* to do, but *how* to be a compassionate, empathetic presence.

MOMENTS THAT MATTERED

- ✓ **A Simple Conversation:** Once, I read aloud a letter to someone who was visually impaired. After I finished, they paused, took my hand, and thanked me. It was a moment of connection that made the practical task feel deeply human.
- ✓ **Trying The Trike:** MAB's Trike Club is a highlight. The Trikes are specially designed so that Volunteers steer while the Visually Impaired Riders pedal. Riding alongside someone, wind in your hair, chatting about life — felt like friendship on wheels.
- ✓ **Tech Empowerment:** At one point, I helped someone learn to use a Screen Reader on their computer. Seeing their face when they realised they could navigate the internet independently — that was powerful!

WHY I VOLUNTEER — AND WHY IT MATTERS.

- ✓ **Fostering Independence:** By supporting people in their homes, I help them maintain control over their lives. It is not charity in the stereotypical sense; it's partnership.
- ✓ **Building Meaningful Relationships:** Volunteering isn't just about doing tasks. It is about sharing stories, laughter and sometimes silence. That shared humanity is its own reward.
- ✓ **Raising Awareness:** Through MAB, I am part of a broader effort to challenge misconceptions about blindness and sight loss. The charity also does fantastic advocacy and education in the community.
- ✓ **Personal Growth:** Volunteering has taught me patience, listening and humility. It has shaped how I see people — not through their limitations, but through their strengths.

CHALLENGES AND LESSONS

- ✓ **Time Commitment:** Even though just an hour or two a week is required, building trust means consistency. That commitment has stretched me in a good way.
- ✓ **Emotional Load:** Listening to someone's fears and frustrations can be heavy, but MAB provides support and supervision for

Volunteers.

✓ **Learning Curve:** Understanding Assistive Technologies & how to communicate effectively takes effort. Training really helps.

The Bigger Picture: MAB's Impact

MAB's work is deeply rooted in the community. Their Outlook Magazine, for example, is published in large Print, Braille, USB and Email formats — making sure people with sight loss stay connected. The charity's long history, (supporting people since 1922), also speaks volumes about its enduring relevance.

Because of Volunteers like me, MAB can reach more people in need. Their Home Visiting Service supports over 700 people.

Final Thoughts

Volunteering for the Middlesex Association for the Blind has been more than just "giving back"— it has been a journey of mutual respect, personal challenge and meaningful connections. Every visit, every conversation, every shared laugh has reinforced for me how vital community is and how small acts can make a big difference. If you're thinking about volunteering yourself, I can't recommend MAB enough. Whether you want to be a Befriender, help with Technology, or even support their Social Clubs and Outreach Events — there's a place for you. And trust me: you'll get more than you give.

Bina Padia – Barnet Support Worker & Volunteer Coordinator

Employment Services – John Monkhouse – Barnet

The course has been incredibly helpful to me, particularly in terms of building my confidence. It also helped me to brush up on a number of my skills. I found it beneficial to be working through things in a logical methodical way and I felt like I could make progress as a result of that. I worked for 12 years as a Sub Titler for Sky, and took voluntary severance in 2018. I am now looking for an admin job and I feel that the course has helped me gain direction for my search. The course had a rounded approach, taking into consideration both the big things and the small things. I was very pleased to have done it, and I now feel much more confident as I look for my next position.



**Service User Testimonial:
Bonnie – L. B. of Barnet**

VOLUNTEER RECOGNITION SCHEME



"If you have a strong vibrant voluntary sector, you have a strong vibrant community. Room to Reward supports volunteer in abundance. What a wonderful charity - bringing a smile to people's faces."

ROOM TO REWARD

Register
Charity

Register
Hotel

Hotel Breaks for Hidden Heroes

Room to Reward is a unique volunteer-recognition charity created to say 'thank you' to the Hidden Heroes – inspirational volunteers who give up their time to make a difference to those who need it most.

Our hotel – **and now holiday park!** – partners donate their unsold rooms, charities and community groups nominate their Hidden Heroes for a break – we make it happen!

In 2025, MAB with the help of our Support Workers nominated the following five MAB Volunteers as Hidden Heroes and recipients of a Room to Reward Hotel Break:

- ❖ London Borough of Barnet - Peter Lewinson.
- ❖ London Borough of Enfield - Stacey Wood & Donna Halkyard
- ❖ London Borough of Hounslow - Ratna Ghose & Mark Pritchard.

We are delighted to announce that all five nominations were successful recipients of a hotel break of their choosing.

Each Volunteer also received a Hidden Hero Certificate.

It is wonderful to hear about the impact our Volunteers have made in 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!

***OTHER NEWS**

HEARTWARMING FEEDBACK SENT TO THE CEO

Dear Valerie,

Following my mother's appointment with your colleague Marc Davies, (I think!), last Monday, I would like to offer some feedback from our experience.

Marc was extremely helpful and informative. He listened and understood my mum's needs and offered advice on possible equipment and support that might assist her, including things we were previously unaware of, and would not have known about at all, but for Marc sharing his knowledge with us.

It is very confusing knowing which team to approach for what service and support and time with Marc helped guide us. Marc spoke of Joanne, the Key Worker Co-ordinator, who may also be able to help my Mum.

I believe MAB's role in seeking to meet face to face with patients in offering support is a vital resource to the community who need this attention to help improve the quality of their lives when their sight deteriorates, especially when it is sudden and they have not experienced sight loss previously in their lives. It is a scary time for people, especially the elderly and those who live alone, and so I am grateful for Marc's outreach programme set up with Kerry's support at the hospital. It makes people feel they are not alone in such difficult times.

I rang MAB and spoke to Hasmukh and found him very approachable and his manner on the phone very considerate of my mother's needs and how we can best access the services needed.

Having personable members of staff who can relate to people makes a big difference and is exactly what your clients need in their challenging circumstances, rather than the impersonal service of staff in other, larger organisations where people are just another caller, etc.

I do wish you all the very best in your efforts to develop and

improve your service which is person-centred and a vital, personal point of contact and support for clients with sight loss and who may be feeling isolated and vulnerable. I wish you every success.

Kind regards,

Kate Anderson [*On behalf of Breeda (Bridget) Anderson*]

Service User - Bridget Anderson

Daughter of Service User – Kate Anderson

Head Office Reception Volunteer – Hasmukh Mehta

IT & Digital Support & Advice – Marc Davis

Hillingdon Support Worker – Joanne White

A FATHER'S TESTIMONIAL

Amrut is visually impaired, and he also has special needs as someone who has Downs Syndrome. So, he has a double whammy there. Your organisation, MAB has helped us considerably. Over the years you have done things like bring him a radio. Amrut doesn't like to watch TV as it hurts his eyes, but with the radio he can sit in his room and listen to things like football and concerts. Bina, Support Worker has recently matched him with a new Volunteer, Matt. He had a Volunteer before called Adrian, who visited him for over 10 years, until he moved out of the borough. Adrian still sees him though, as they have become friends. The new Volunteer, Matt, has come with Bina, and he will be coming back again next week to take Amrut out on his own. It is good for Amrut to do things without his parents. He loves going to the gym, and Matt is therefore going to take him there for sessions. We are building that relationship with Matt now. The other thing that is valuable about MAB is that Bina is on the end of the phone. We can phone her whenever we have any questions or concerns.

Service User – Amrut Patel

Father of Service User – Praful Patel

Former Volunteer (& Now Friend) – Adrian Todd

New Volunteer – Matthew Toy

Barnet Support Worker – Bina Padia

Haringey VIP Social Club Members

Haringey VIP Social Club Attendees would like to pay tribute to Brenda Roach, who sadly passed away recently. Brenda was appreciated for her courage to speak up and put into words how they felt about the challenges faced in regard to sight loss and accessing services. She was a tenacious advocate for people with visual impairments in the borough and will be very much missed.



Haringey Support Worker - Caroline Adamson

Humanware
an EssilorLuxottica company

Brailiant BI X

The new Brailiant BI 40X & Brailiant BI 20X Think SMART, Think BRAILLIANT!

HumanWare specialises in the design and manufacture of highly intuitive and intelligent solutions for people living with vision loss or visual impairment.

From electronic magnifiers to talking GPS to braille devices, HumanWare solutions help all users live independently and participate successfully in today's world.

What's on... at Yeading Library
NEW **VIP Social Group**
Last Thursday of the month
29 Jan, 26 Feb, 26 Mar 2026
11am to 11.45am

Social activities and discussion group for the Visually Impaired

To book your free place, email: yeading-library@hillingdon.gov.uk with your name and phone number
or call on: 01895 556060

For more information please speak to a member of staff or visit www.hillingdon.gov.uk/libraries.

HILLINGDON
LONDON

www.hillingdon.gov.uk/libraries

BWBF 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 | Synaptic USB Player | Lemega Pocket DAB Radio |
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|-------------------------|----------------------|------------------------------|---------------------|----------------------|--------------------------|
| Amazon Echo Dot Kids | Easy Music Player | Denver Portable CD Player | Micro Speak Plus | My Little Morphee | Voxblock Starter Pack |
|-------------------------|----------------------|------------------------------|---------------------|----------------------|--------------------------|

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 Pield Heath Rd, Uxbridge UB8 3NN | Sir Ludwig Guttman Centre London, E20 1AS |

RNIB Eye care support pathway

Supporting you at every stage of your journey






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Visit our website www.aftb.org.uk or Call **020 8423 5141**

Eye Matter - Multi-Activity Peer Support Group for People with Visual Impairment Zoom Online & Monthly Meet-Ups

| | | | |
|----------------------------------|---|-------------------------------|------------------------------------|
| Chair Yoga | Poetry | | Book Club |
| Audio Described Zumba Sessions |    | | 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 info@eyematter.org.uk



Middlesex Association for the Blind
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**A CLEAR VISION TO
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MAB Board of Trustees

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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>



Holidays for the Blind & Partially Sighted

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



A very big thank you to Alstom, who presented MAB with a generous Donation of £7050. Representatives from Alstom attended the Barnet VIP Club in November 2025 for a cheque handover and a photo opportunity. Thank you also to Bina, MAB Support Worker for Barnet, who was instrumental in securing the donation and for hosting our funders on the day.

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 **Sudbury Methodist Church, 809 Harrow Road, Wembley, London HA0 2LP**

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 **Seasonal 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 **11:00AM to 1:00PM** on the first **Tuesday** of each month at **Enfield Foyer, 279-281 Fore Street, Edmonton, N9 0PD**

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 **11.00AM to 1.00PM** on the **Third Tuesday** of the month at **Holy Trinity Church, Café Area, 6 High Street, Hounslow TW3 1HG**

RICHMOND

Our **Richmond VIP Club** runs from **10.30AM to 12.30PM** on the **third Monday** of each month at **Duke Street Church 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 | Chanel Mahay | 07387 101631 |
| Enfield | Ruth Gaskin | 07858 311410 |
| Haringey | Caroline Adamson | 07754 875175 |
| Harrow | Alison Bicknell | 07387 101632 |
| Hillingdon | Joanne White | 07387 101630 |
| Hounslow | Camilla Konieczny | 07511 826892 |
| Richmond | Louise Martin | 07503 671179 |

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:

Middlesex Association for the Blind
Suite D18 Freetrade House Lowther Rd Stanmore HA7 1EP
info@aftb.org.uk * 020 8423 5141 * www.aftb.org.uk



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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 to 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 donations 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.

 **Evenbreak**
Job board for disabled candidates
Jobs for the Disabled



**To all our Trust, Foundation, Borough & Corporate Donors
~ Without you, we would not exist ~
Thank you for your continued support!**



