



Galloways
Support through sight loss

Bring me Sunshine

Galloways Magazine 2nd Edition April 2024



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A welcome from the CEO

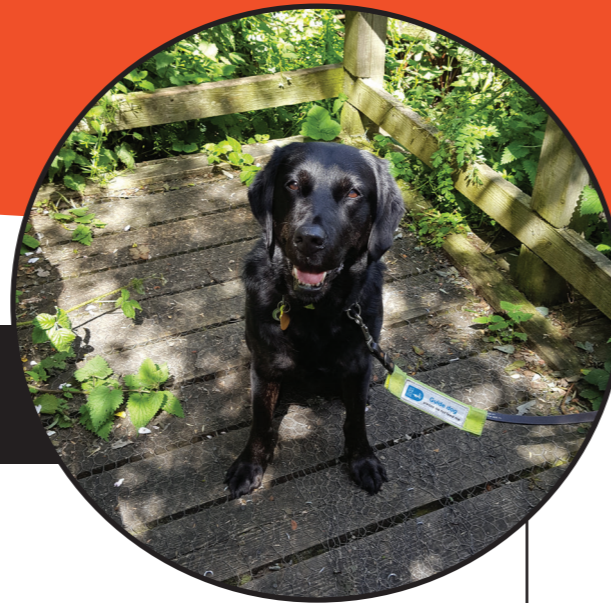
Hello, and welcome to another exciting edition of Bring Me Sunshine!

The magazine is packed with inspiring updates from intrepid overseas treks through to creative Corporate Fundraisers, Halima's samosas and a lottery jackpot winner!

We say "see you later" to remarkable guide dog Nutmeg and put the spotlight on Graham's skills in the kitchen and Sammy's digital journey.

After reading Bring me Sunshine, I hope you feel motivated to support Galloways so that we may continue to help local blind and visually impaired people.

Tina Kenyon



It's not goodbye, it's "see you later."

Last year, we celebrated the retirement of Nutmeg, Jenny's guide dog, who has been a cherished member of our Galloways team. Jenny, who is a member of our team but also someone with lived experience of sight loss, shared a special bond with Nutmeg, bringing joy to all of us at Galloways.

Now, Nutmeg is enjoying retirement with Neil, Jenny's support worker. Many of our team members have lived experiences of sight loss, enabling us to understand the challenges and opportunities for our community.

A day in the life...

"Hello, my name's Michelle and I'm the Community Fundraiser. Here's a glimpse into my day. It's real, it's rewarding. Although no two days are the same!

Today, I headed to a local school to talk about what it's like living with sight loss. Sharing stories with young people and helping them understand and empathise with different experiences is something I'm passionate about.

The next stop was Tesco, where I collected Easter eggs for our upcoming community events. This part of the day really brings home the community spirit surrounding the charity.

Then I returned to the office to prepare for the evening's Rotary meeting. These gatherings are key

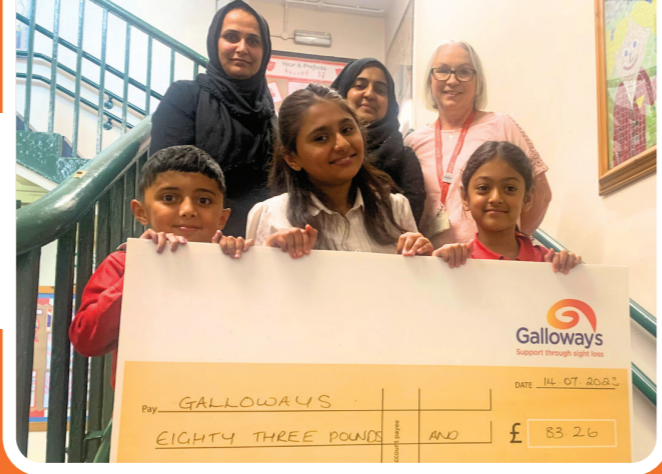
to spreading the word, sharing our impact, and drumming up more support.

I also enjoyed a brew with our Knit and Natter group and discussed what's coming up this month at Galloways.

To find out more about community fundraising at Galloways please email fundraising@galloways.org.uk



Halima's heartwarming fundraiser...



Halima, age 8 was inspired by the support her father received from Galloways, so, alongside her Mother, created a batch of delicious samosas to sell at her school.

The response was nothing short of incredible. Halima's peers and school staff enjoyed the delicious samosas and recognised the thought and kindness that went into her fundraiser. Halima raised a fantastic **£83.26** contributing

directly to Galloways ongoing mission to provide essential support to people affected by sight loss.

Halima's act of kindness and dedication is a lovely reminder that age doesn't stop anyone from making a real impact. Thank you Halima for being such a superstar and supporting local people living with sight loss.

Inspired by Halima's fundraiser for Galloways? You can make a difference too! For more information, please email fundraising@galloways.org.uk or call 01772 744148

Bob's Jackpot win!

The story of Galloways first lottery jackpot winner represents a win far beyond the financial prize. Bob, a blind veteran who regained his independence through technology, is at the heart of this story. After losing his sight at 62, Bob faced challenges but found a new lease on life with Galloways support, learning to navigate the digital world with confidence.

The Learning Skills and Lifestyle team at Galloways played a crucial

role in Bob's journey, providing specialised, one-on-one training on using a mobile phone with accessible software. This assistance empowered Bob to navigate his device, unlocking access to the digital world that had previously seemed out of reach.

Bob reflected on the win- "Winning the lottery was a joyous moment, but the true win has been gaining the ability to step into the digital world confidently.



Adrenaline and Generosity Combine to Support Sight Loss...

"Galloways Get Me Out of Here," inspired by the TV show "I'm a Celebrity," successfully raised over £7,000. This event saw brave participants from local businesses tackle daring trials, showcasing immense courage and community spirit.

Kelly Love, Corporate Fundraiser, expressed her admiration for the courage displayed by all participants: "Watching our business community come together for 'Galloways Get Me Out of Here' was truly inspiring. Each challenge met with determination and each donation made with generosity highlights our incredible business support system."

We're calling on businesses across our community to step forward, participate, contribute to our cause and support local people with sight loss.

To learn more about our 2024 Calendar of events please contact our Corporate Fundraising team on corporate@galloways.org.uk

Thanks to Galloways, I've embraced technology, allowing me to connect with my family and friends in ways I never imagined."

Our charity lottery supports essential services for individuals like Bob, proving it's more than just a game it's a chance to make a difference.

For just £1 a week, sign up to our lottery at www.galloways.org.uk/lottery





James' Trek to Peru...

James who is registered blind, tackled the Inca Trail to Machu Picchu alongside a group of supporters. Inspired by his father's memory and driven to give back to the sight loss community.

"The trek along the Inca Trail to Machu Picchu was an incredible journey that I was delighted to complete. Despite being both mentally and physically exhausting, the experience was unforgettable.

A day later than planned, we arrived in Cusco, our base for the trek. Despite the exhaustion from the lack of sleep since leaving the UK, we promptly went on a training walk to acclimatise to the altitude. We all passed the training, and it

was time to rest before our 5 a.m. start on the Inca Trail.

The first day introduced us to the Inca Trail. Though described as 'gentle,' it was still tough. We navigated through a bushfire and narrowly avoided rock falls, making it through just 10 minutes before the trail was closed for the next three days. Had we been delayed, the challenge could not have proceeded.

On Day 2 was the trek's most challenging climb, winding uphill for 7km to the highest point of 4,200m at Dead Woman's Pass. Then, the trail descended for another 4km to our overnight camp.

Day 3 was the longest day, with a 16km hike to the final night's camp.

It was a challenging day, with constant uphill and downhill treks. We arrived at the camp in the dark, had our evening meal, and went straight to bed, ready for a 3 a.m. wake-up call for the final stretch to the Sun Gate and Machu Picchu itself.

The entire trek was a fantastic experience, offering stunning landscapes and views at every turn.

My dad was my motivation throughout the trek. When I first signed up for the challenge in 2019, he told me he was so proud of me for taking it on—to raise awareness for Galloways and challenge myself.

Unfortunately, my dad passed away 12 months before we left for the trip. At the trek's toughest points,

it felt like he was there, helping me carry on.

Galloways has been instrumental in my sight loss journey, helping me rebuild my life 20 years ago. Giving back to others living with sight loss, not just in my day-to-day job but through this trip, has been an amazing feeling. This trip will always hold a special place in my heart!"

Feeling inspired by James' incredible journey?

Speak with our fundraising team today and start planning your next adventure.

01772 744148
fundraising@galloways.org.uk



Mind their Sight

Thanks to a grant of over £40,000 awarded by Spring North, we launched a project to support the sight loss community, dealing with multiple health challenges.

overwhelmingly positive feedback from participants, reflecting on the accomplishments of this project, highlights its significant impact not only on their physical well-being but also on their mental health.”

“I thought I’d never enjoy or find a hobby again. It felt like a part of me was lost. But this project changed everything. I’ve learned to adapt and find fun in activities I thought were impossible. My wellbeing has improved so much.”

This funding enabled us to develop a program designed to mitigate health disparities among visually impaired adults, who are often among the most vulnerable across our community.

At the heart of the project was empowerment through various interventions from supportive sessions and social events to educational workshops. We equipped participants with the necessary tools and knowledge to participate in their health and well-being actively.

Andrew Coleman, Learning Skills and Lifestyle Manager, said: “The



To find out more about the projects and support we offer at Galloways visit www.galloways.org.uk



Tech in the Kitchen: Graham’s Story of culinary independence

Graham, a 44-year-old former Paralympian, never let’s his sight loss dim his zest for life. Graham has always remained active, taking part in running, dancing, and karaoke sessions. Plus a regular participant of our social groups but he faced a significant hurdle while pursuing his passion for cooking. The complexity of following recipes and managing tasks safely in the kitchen seemed impossible until an intervention by Galloways changed everything.

Alexa transformed into Graham’s kitchen companion, simplifying the cooking process and allowing him to focus on one step at a time. Cooking independently boosted his confidence and reinstated his trust in himself.

“Galloways provide excellent assistance. My Alexa now means I can return to enjoying cooking.”

With the gift of a free Alexa device, Graham found a new lease on his culinary dreams. This technology enabled him to navigate the challenges of sight loss, offering voice-command access to recipes, the ability to create shopping lists verbally, and the convenience of setting timers without assistance.

Graham’s journey highlights the power of technology in enabling individuals with sight loss to lead more fulfilling and self-reliant lives. For more information about the support we offer at Galloways, visit www.galloways.org.uk



Spring Refresh

This May, we’re excited to share the fresh look of our website with you! Accessibility is at the heart of our redesign. We want everyone in our community to quickly find what they need, whether it’s information on events, support, or ways to get involved.

Thanks to funding from Eric Wright Group, a key part of this refresh is developing our digital hub, a feature that has been instrumental in supporting individuals living with sight loss. It’s a space where visitors can find digestible information, life hacks, and support tailored to their needs. Visit our website at www.galloways.org.uk



ERIC WRIGHT CHARITABLE TRUST



Empowering Change with 1867 Club

Galloways proudly launched '1867 Club', marking a new chapter of collaboration between the charity and the business community.

Named to commemorate Galloways founding year, 1867 Club welcomed its first 20 members into the network, striving to make a real difference.

Iain Pearson, CEO of Galloways, "Local businesses have been essential to our legacy over 156 years. With 1867 Club, we aim to strengthen these bonds by welcoming purpose-driven businesses to our cause."

1867 Club promises to be more than just a business club. It will provide

"Being part of Galloways 1867 Corporate Club has been a breath of fresh air, with amazing networking opportunities within the local area and we feel happy that our support allows them to provide resources, opportunities and supportive community to ensure a brighter future for everyone involved." - **Danielle Rocha, Compass Fuel Oils**

a vibrant and welcoming space for local businesses and organisations to collaborate, network, and discover opportunities to make a meaningful difference across Lancashire.

Whether you're a small local business or a large organisation, we can continue Galloways' remarkable legacy and create a brighter future for all.

For more information on Galloways and the various support services available, or to learn how you can get involved or make a contribution, please email kelly.love@galloways.org.uk or call 01772 744148.



Brew Me Sunshine

Meet Ann, a dedicated volunteer whose passion brews more than coffee in our community...

"This cafe isn't just about the coffee. It's a special place for sure. I've found an incredible sense of community by just being here, talking, and listening to one another. This cafe shows how coming together and sharing our experiences makes all the difference, making everyone feel included and appreciated."

Volunteering here has shown me the importance of being there for each other and lending an ear. Appreciating the unique perspectives that enrich our community, reminding us of the diverse ways we experience life."

Come and visit us at Brew Me Sunshine, 12 Victoria Street, Morecambe, LA4 4AH.

If you're looking for a way to make a difference, consider volunteering with us. Please email volunteering@galloways.org.uk



Sammy's Digital Leap Forward...

The idea of owning a mobile phone once seemed like a distant possibility for Sammy due to her visual impairment and financial concerns. However, this changed with Galloways support from Technology Solution Grant providing her with a Synapptic phone, specially designed for those with vision challenges, along with unlimited calls and texts.

With Galloways guidance, Sammy went from relying on her mum's phone to setting up her own digital space. She is learning to set up contacts, email, and even Facebook, gaining independence she hadn't experienced before.




This journey to connectivity has been transformative for Sammy, allowing her to stay in touch with loved ones, especially her 93-year-old grandad, increasing her social interactions and overall well-being.

To learn more about accessible technology or how you can offer one-on-one support please email enquiries@galloways.org.uk

Dial in to hear what's going on!

Making things as easy and accessible as possible for those wanting to plan their week, of activities is important to us. We want to ensure everyone can find out when and where their favourite talks and events are running that week.

You can call the weekly activity line at any time of day or night meaning you always know what is on and what you can get involved in for the week ahead! It's updated every Friday!

 **Save the number 0161 250 0974**
The phone call will be classed as local rate

Don't forget the Galloways Alexa skill!

Providing a vital tool in ensuring you keep informed and connected. Whether you want to listen to a local newspaper, hear details of upcoming events or learn about eye conditions, the Alexa skill has it all available using a few simple commands.

All you need to do is say, "Alexa, enable Galloways support through sight loss."



Take a look at our upcoming events!



For more information:
galloways.org.uk
Phone: 01772 744148
Email: enquiries@galloways.org.uk



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