



**Kent
Association
for the
Blind**



KentAssociationForTheBlind

KAB Connect

Autumn 2025

This issue is sponsored
by VisionAid
Freephone 0800 002 5555

VisionAid
Restoring Independence Since 1996



From 'getting by' to moving forward

When Tony was registered blind in 1999, he did what many people in his position do, he simply got on with life. Diagnosed with Retinitis Pigmentosa and macular scarring, he quietly made adjustments at home and at work, without seeking help. "I didn't want to wear a badge that said I was visually impaired," he recalls. "Even as a lay minister, my congregation had no idea how bad my sight was. I just found other ways to manage."

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This is an advert and not a KAB recommendation. KAB is not able to advise on the suitability of a product, without discussing your individual needs with you. If you would like independent advice before making a purchase, please contact your local Rehab Team.

VisionAid

Restoring Independence Since 1996

We're proud to be the UK's largest independent provider of low vision and blindness solutions.

Our passion is to help every person find the best solution for their individual needs.



🔍 Do you have difficulty seeing your mobile phone or tablet?

- Connect & control your devices on a larger screen
- Reply to messages, video call friends & family
- Watch videos, shop online & read the news
- Magnify your post, books & newspapers
- Close-up, distance & mirror view
- Easy-to-use & transportable
- Compact, lightweight & battery powered



Please call us for our free catalogue.

Try our solutions at home with our knowledgeable specialist, Ben Ross - completely free with no obligation!



Freephone 0800 002 5555
visionaid.co.uk info@visionaid.co.uk

For years, Tony managed with limited vision; avoiding bright days, relying on taxis, or staying indoors. Then, earlier this year, something shifted.

“I attended a Church of England course where a visually impaired speaker shared his story. As he spoke, I felt like he was describing my life - his experiences, his reluctance to get help, even his decision to try a cane. That planted a seed in my mind.”

That seed took root a few months later. “I couldn’t go outside because of the light. That’s when I realised how isolated I’d become. So I called KAB again.”

What followed, Tony describes as life-changing.

A visit from a KAB staff member introduced him to tools and support he’d never explored. “They gave me overspecs to reduce glare, a liquid level indicator for pouring drinks, talking scales to help manage my diabetes, and the Seeing AI app, which reads text aloud,” he says.

But the real turning point was mobility training. Equipped with a long cane and new skills to navigate safely, Tony now goes out independently. “I learned safer routes into town, how to identify hazards, and how to move with confidence. It’s given me back control of my life.”

Now, with the right tools and support, he’s not just more open about his sight loss - he’s embracing life in new ways. Looking ahead, Tony is filled with hope. “The future starts now. I feel liberated. I don’t have to plan my day around the weather or rely on someone to take me out. There are still challenges, but there are so many more possibilities.”

Managing and preventing Diabetes



[Source: **NHS website**]

Diabetes is a condition that causes your blood glucose (sugar) level to become too high.

Knowing the signs and symptoms

The most common symptoms are increased thirst, going for a wee a lot, feeling very tired and losing weight without trying. These symptoms can affect anyone - adult or child. If you have any diabetes symptoms, it's important to contact your GP and ask for a blood test for diabetes.

Prevention

It's not possible to prevent type 1 diabetes because it's usually caused by a problem with your immune system (autoimmune condition).

You may be more likely to get type 2 or gestational diabetes because of your weight, age, ethnicity, or if other people in your family have it.

You can sometimes reduce your risk of getting type 2 and gestational diabetes by making lifestyle changes such as:

- eating a balanced diet
- exercising regularly
- maintaining a healthy weight

Eye screening

If you have diabetes, it's extremely important to attend your annual diabetic eye screening appointment, so that changes with your eyes can be identified.

White Horse, Bearsted Christmas Carols



**13th
December**



Join us on **Saturday 13th December** at the **White Horse in Bearsted** for a wonderful evening of Christmas Carols in aid of KAB. Enjoy a mince pie and mulled wine whilst listening to music by the Boughton Monchelsea Community Choir. Take part in the sing-a-long and Christmas jumper competition, and win exciting prizes in the raffle!

Arrive any time from 5.30pm with singing to start at 6pm. The venue is accessible with disabled toilets and a large car park including disabled spaces.

Tickets

- Adults £5
- Visually impaired clients £3
- Young people (under 18) FREE

 01622 691357 (3 for fundraising)

 fundraising@kab.org.uk

 www.kab.org.uk/events/christmas-carols

Scan the QR code
to book online



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Traveller HD.



Would you like to read in multiple locations? Are you looking for a more natural and fluent reading experience?

Sale Price £1195
RRP: £1495



The **Traveller HD** allows you to comfortably read printed text wherever you are, at home, in the office, at school, or any other place.

**Magnifies upto
30 times**

Slide & Read

Improve your reading fluency with the **Traveller HD**. Its unique Slide & Read mechanism provides you with a more natural reading experience, especially for those people that find it difficult to keep their hands steady.

Simply slide the screen across a line of text and view the content on-screen. It has never been easier to follow the line or sentence.

Superior image quality

In high definition, enjoy stepless and variable zoom, with adjustable magnification starting at 2.4 times, the **Traveller HD** allows you to view text and smaller details of photos on the high brightness 13.3-inch widescreen.



**Conveniently folds
for easy transport**

Freephone: 0800 145 6115 For a FREE home demonstration or for more information.

A handful of **Helpful hacks**



Matching socks

When you take your socks off, before putting in the laundry basket, attach a safety pin to the pair. When you take them out of the washing machine, you'll know they are a pair!



Slicing evenly and safely

Use a vegetable holder with stainless steel prongs to hold the vegetable firmly in place. Simply slice between the prongs. You can get these from Amazon - search for 'onion slicer'.



Identifying colours

The Talking Colour Detector from Cobolt Systems can help you to check the colour of clothes.

Alternatively you can use the Seeing AI app to describe colours.



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VisionAid

Independent Family Business Est.1996

 **Freephone**
0800 002 5555



Brighten your space & your day

- Read menus in dimly lit restaurants
- Brighten up your desk area
- Enjoy close-up hobbies - even when daylight fades
- Write cards or fill in forms without straining your eyes
- Wind down with a bedtime read - soft & focused lighting where you need it
- Pocket, desk & floor standing options

TravelBright 3



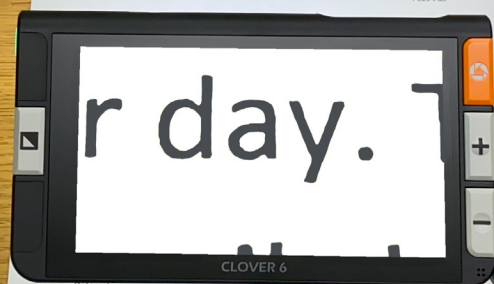
Magnification at your fingertips

- Magnify your post e.g. hospital appointments, catalogues, etc.
- Read books & newspapers
- Check medication labels
- See prices & signage in the shops
- Use in the kitchen for recipes, shopping lists & ingredients
- Enjoy looking at your family photos
- Sign documents or write notes
- Colour & contrast enhancement

Clover 6

NHS

Boston Pilgrim Hospital
Silbury Road,
Boston
PE21 9DS



Optometry

If you can't make this appointment for whatever reason, please give us a call and we shall arrange a suitable time and date for you.

If you have relatives or friends to drive you, we would advise someone else brings you to the appointment.

Your appointment is expected to last around 30 minutes.

You won't need to bring anything with you, apart from your prescription glasses.

With thanks,

Neecham Medical Centre



Call VisionAid for y
Freephone 0800 002 55

Keep your independence & access information anywhere

- Listen to books, magazines & newspapers
- Have your recipes read aloud whilst cooking
- Check medication instructions
- Listen to your TV guide to find out what time your programme is on
- Access menus in cafés, signs in public spaces or notices on doors
- Read handwritten birthday cards or letters from friends
- Scan labels on food, clothes or household items - get instant feedback
- Reduce cognitive load - hearing information can be easier to process than reading for some users with dyslexia or fatigue



VoxiVision 2



Reconnect with the world around you

- See your loved ones' faces again
- Relax & watch TV with comfort & amazing clarity
- Enjoy bird watching & gardening
- Use AI-powered assistants - get help reading signs, find objects & recognise people, identify products & colours
- Enjoy hobbies again - whether it's sewing, DIY, board games or puzzles
- Enjoy social events - see clearly during family dinners, Christmas parties, or community events



Maggie iVR

**your free catalogue:
55 or visit visionaid.co.uk**

Charles Bonnet Syndrome Champion, Scott Jones



Charles Bonnet Syndrome (CBS) is a condition that affects people with sight loss, causing vivid, visual hallucinations. While these hallucinations are silent and not linked to any mental health condition, they can be deeply upsetting. The eye is the camera and the brain interprets what is being seen, but as sight is lost, the brain is left with nothing to interpret, so creates images. People may see anything from colours, insects or animals, to figures from the past or whole scenes. These images will vary from person to person and can happen just once or much more frequently.

Scott became a CBS Champion through his work as an Eye Clinic Liaison Officer. "I found this eye condition fascinating and wanted to learn more so that I could better support people," says Scott. "I provide advice to my KAB colleagues and collaborate with the UK charity Esme's Umbrella, which raises awareness and offers support for people with CBS."

Not everyone living with sight loss experiences CBS, but due to fear or stigma, many don't report their symptoms. "People can be frightened to leave the house or even look out the window," he says. "It's emotionally distressing, but understanding it can make a real difference."

Scott supports KAB clients by identifying triggers, offering coping strategies such as distraction techniques, and signposting to counselling or medication reviews where needed. If you need support or advice, please contact KAB.

Meet KAB at an event near you



Chat to our team aboard our mobile vehicle about support you need or get advice about equipment or technology.

10am - 3pm unless otherwise stated. No need to book.

-  **Tues 14th October** - St Edmunds Church, Dartford
-  **Tues 21st October** - East Malling Centre
-  **Wed 22nd October** - Romney Marsh Community Hub
-  **Thurs 23rd October** - Ashford Council Wellbeing Event, Singleton (10am - 2pm)
-  **Fri 24th October** - Age UK Margate
-  **Tues 28th October** - Masonic Hall Sittingbourne
-  **Thurs 30th October** - Practice Plus Surgical Centre, Gillingham
-  **Fri 31st October** - St Andrew's Church, Paddock Wood
-  **Sun 2nd November** - Herne Bay Ophthalmology Clinic
-  **Tues 4th November** - Staplehurst Free Church
-  **Tues 11th November** - Orpington Hospital
-  **Thurs 20th November** - Chatham Eye Clinic
(in partnership with VisionAid)



Scan the QR code to view full details of each event

Identify anything with TapTapSee



The TapTapSee app uses your device's camera and VoiceOver functions to take a picture or video of anything and identify it out loud for you.



Your picture is sent to the CloudSight API where it is identified and sent back to TapTapSee.

Download from Google Play or the App Store and ensure your accessibility settings are set to VoiceOver.

Another great app: Seeing AI
This app does the same thing, and more, but doesn't require VoiceOver activated.

KAB LOTTERY

GambleAware

£25,000
Jackpot
Match 6
numbers

£1,000
Match 5
numbers

£25
Match 4
numbers

18+

www.kab.org.uk/get-involved/support-us/lottery



Join a KAB Social Group

Whether you're interested in arts and crafts, doing activities or meeting up regularly for a tea and chat, we have a social group for you! Here's just some of our groups that are looking for new members:



- Ethelbert Road Coffee Morning, Bromley (Wednesdays)
- The Dengate Ladies Club, Barnehurst (monthly on a Tuesday)
- Sidcup VIP Club (monthly on a Tuesday)
- Deal coffee morning (monthly on a Saturday)
- Sevenoaks Club (monthly on a Monday)
- Active Social Group (monthly on a Friday) at locations near Maidstone. Members take part in a variety of activities, like axe throwing and ten pin bowling.

Contact your local team to find out more (see the back page for contact numbers).

Bearsted Golf Day

Our Golf Day was another huge success, raising over £12,000. Thank you to all the golfers who attended, our headline sponsor Turkey Mill, our other kind sponsors and Keith and his team from Bearsted Golf Club.



Taking on incredible fundraising challenges



Owen's Triple Challenge

Owen, who was registered as partially sighted last year, took part in three challenges in aid of KAB. This included 60km in his wheelchair, a 5K and a Superhero Series Triathlon at Windsor, where he met up with our Vice Chair of Trustees, Hazel Groves. "I really enjoyed doing my triple challenge for KAB. I like that I can show people that just because you have a disability, it doesn't mean you can't do anything you put your mind to. I like changing people's perceptions, and I do it with pride and a smile."

Richard's Tandem Skydive

In August, Richard took on a tandem skydive from over 10,000ft and raised over £2,000 for KAB. After losing his sight in 2024, life changed dramatically, but thanks to KAB's support, Richard says he now feels hopeful for the future and that anything is possible.



Now on sale Christmas cards



Visit **www.kab.org.uk/christmas** or
scan the QR code or call us on 01622
691357 (select 3 for fundraising).



 **Noel + Robin**



 **Candles +
Christmas Scene**



 **12 Days of Christmas
+ Rainbow Trees**

Our multi-packs are
£3.50 with 5 cards of
each design.

The message inside each
card reads: With Best
Wishes for Christmas
and the New Year.

Each design is also sold
individually in a 10-pack.

There are more card designs on our website!

Kent Association for the Blind

Contact details

If you need support, please contact your local team:

Bromley Sight Centre

020 8464 8406

rehab.bromley@kab.org.uk



West Kent Sight Centre

01622 358995

rehab.maidstone@kab.org.uk



Medway team

01634 332929 (leave a message) or
call the West Kent team on 01622 358995

rehab.medway@kab.org.uk



East Kent Sight Centre

01227 763366

rehab.canterbury@kab.org.uk



**Kent
Association
for the
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Charity number:
1062354



Registered with
**FUNDRAISING
REGULATOR**



01622 691357



www.kab.org.uk



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