

METRO NEWSLETTER MAY 2005

www.metroblindsport.org

In this issue we have: Who's forgotten? • World Bowls Results • Game For It? • More on Lords Banquet • Photo Call • The Technical Stuff (Radio, TV & Computers)!

WHO'S FORGOTTEN TO RENEW THEIR METRO MEMBERSHIP? Thanks to the majority of you who have renewed their membership but there are some culprits who as yet have not done so! To qualify for subsidies, you **MUST** be a member!

WELL DONE to those Metro Bowlers who represented England in the World Bowls Tournament. A valiant effort in coming 5th overall. Particular congratulations to **Ron Flanders** who won the men's B1 singles competition. For a full run-down, check out www.ibba2005.com

METRO/LSF GAMES. See the **invite** to our Games which is to be held on Saturday 25th June 2005 at Walthamstow Forest Track. Accommodation for those staying over on the Friday and Saturday, will also again be at University of London which is close to Mile End Underground. Note closing date is **1st June 2005** so get your entries in! For queries about Games entry or Accommodation, contact Alan Whetherley of LSF on 020-7354-8666 or email alan@londonsportsforum.org.uk.

And of course we are again rounding things off with a **summer disco** which includes a buffet. Tickets at £7.50 must be paid in advance (we need to know how much food to order). Email me (Dawn Anderson) at dawney_a@yahoo.co.uk to reserve a place or alternatively call me on 0207-973-3632. Come along to the disco even if you can't make the Games and join in a summer party atmosphere!

ATHLETICS TRAINING/RACES September 17 2005 Ashford. This is being organised by one of our members, Jonathan Ward. For more details contact Jonathan at dudward@aol.com or alan@londonsportsforum.org.uk

CHAIRMAN'S CRICKET XI Come along to Highgate and support the Chairman's XI against Metro on Saturday 4 June 2005.

LORDS BANQUET. Tickets are now available for the Primary Club Dinner at Lords on 18th July 2005. Our Chairman, Roy Smith has provisionally booked a table and invites you to join him. As this is a fund-raising event for the Primary

Club and they have often generously supported Metro, the Committee have agreed in this instance to subsidise the cost by £20 per ticket. This means tickets purchased by Metro members costs £35 instead of the original £55. However the full £35 must be paid in advance and **no later than 1st June 2005**. There are only 10 Metro tickets so first come first served. Telephone Roy on 0208-255-7788.

PHOTO CALL! Has anyone got any spare photos of any Metro events? If so, can you let Roy Smith have some to use in this year's Games Programmes. He would also like some for backing up application for grants etc. Please send these before the end of May to Roy at: 23 Archdale Place, Kingston Road, New Malden, Surrey, KT3 3RW. Even if it's only one or two photo's, it'll be very appreciated.

ALL THINGS TECHNICAL including TV, Radio and Computers!

THE BIG TV GUIDE: Does what it says, gives you the TV guide in large print! Costs £24 FOR 13 WEEKS PLUS 2 FREE WEEKS. Ring 0845 166 2089 for details of our other special offers or to see what it looks like www.bigtvguide.co.uk
Note: Video Plus numbers in bold.

TAPESENSE is a scheme that supplies blind and visually impaired people with brand new and low cost audio products and accessories. An extract of their ad is as follows: We set up the project through the Persula Foundation many years ago so that people with limited or no sight could purchase cassette tapes at as low a cost as possible so as to make communication as easy as possible; having books, newspapers and magazines on tape can get expensive.

We have a long history of supplying organisations such as Talking Newspapers, VI groups and charities as well as thousands of individuals and are the cheapest source of new cassette tapes – if you know different, let us know! A couple of years ago we started getting requests for other types of products, such as mini disks, blank audio CDs and other types of media. When we looked into this we realised that we could also get a limited range of batteries and began to expand our range.

Before long we began selling interconnecting cables, universal remote controls, headphones, microphones and – recently, and to incredible success – Digital (DAB) radios.

It has to be said that we have an extremely unfair advantage over commercial and even many not-for-profit retailers of audio products in that we are a charity. The service is subsidised so that costs such as logistics, storage, wages, postage and packaging are not included in the price of our goods. We also use Articles For The Blind to send our goods out which keeps costs down significantly.

However, this means that we have to verify that all of our customers are visually impaired, but this only has to be done for the first order.

Once we have registered someone with the service they can call up and order over the phone with a credit or debit card, or we can take orders by post and we accept cheques and postal orders as payment, not cash though. We can take orders by e-mail, but prefer to take credit card details over the phone with each order.

We produce a catalogue a couple of times a year and, following popular approval, we will be doing this on audio CD. We can also send this out by e-mail and have quite a long list of people for the catalogue in e-mail format.

To find out more about the service please feel free to call us on 020 7357 9298 or e-mail us at info@persula.org but please do bear in mind that Tapesense is just one of the many projects we run, so if you don't get through straight away just leave a message and we'll get back to you shortly.

COMPUTER HELPLINE: we are aware that many of our members do not have computers and some are simply not interested. Some of you may be keen on the idea of using the Internet as a great way of keeping up with your favourite sports news, but may understandably be daunted by the prospect! Therefore the following promotion should give you some encouragement!

ABILITYNET (<http://www.abilitynet.org.uk/>) which provides advice, training and assessments of computer needs for disabled people, has joined forces with ITCH Network (<http://www.itcanhelp.org.uk/>), a volunteer programme within the British Computer Society (<http://www.bcs.org/bcs/>), to provide free IT support to disabled people across the UK.

The charities have created a single helpline for computer-related enquiries (**0800 269545**) and are pooling their resources and expertise to offer a more comprehensive service to end users.

"While ITCH volunteers tend to help disabled people in their homes with everyday problems, such as installing and upgrading software, getting started on the internet and combating viruses, AbilityNet's consultants can provide individual assessments of computer needs and advice on assistive technologies," says Tom Mangan, vice-chairman of ITCH Network. "This means that when our volunteers recognise that a more complex solution to a client's computer access problems is required, they can refer to the client to AbilityNet". AbilityNet will also provide specialist training for ITCH Network volunteers to help them solve simple access problems. For example, ITCH volunteers could help a vision-

impaired person adjust operating systems settings to aid magnification or help them with keystroke shortcuts for magnification software.

NATIONAL LIBRARY FOR THE BLIND They have launched a brand new set of online discussion boards which it hopes will get people talking – quite literally!
www.nlb-online.org

BITS N PIECES Don't forget you can keep up with other sporting/social events for Visually Impaired by checking out:

BBS (British Blind Sport) See their calendar of events on
www.britishblindsport.org.uk

LSF (London Sports Forum) projects include Football Coaching for Juniors.
Contact Alan Whetherley on 020-7354-8666 or email
alan@londonsportsforum.org.uk

London Sports, who are still taking bookings for their 75th Anniversary Dinner.
Call Lea Ryan on 0208-864-7455.

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