



Modern-Eyes

Working together
WITH visually impaired people
FOR visually impaired people

THE MAGAZINE

Issue 73

July/August 2009

Sharing news, views, comments, information
and technology

Website: www.modern-eyes.co.uk

Contact Details:

Sue Allard

Telephone: 01453 757 047

Email: sue@modern-eyes.co.uk

Supplied by: James and Owen
2 London Road, Stroud, Glos
Telephone: 01453 764 026

CONTENTS

DISCLAIMER 4

FROM YOUR EDITOR..... 6

HUMANWARE 6

WE ARE NOW LOCAL DISTRIBUTORS 6

ESPECIALLY FOR ALL GUIDE CAT OWNERS!..... 7

NEW CD RELEASED!..... 7

FOR SALE 8

BOOK COURIER..... 8

IPHONE AND IPODS: ACCESSIBILITY ISSUES? 9

JUST HOW ACCESSIBLE ARE APPLES? 9

TURN YOUR MOBILE INTO A PORTABLE SCANNER..... 10

KNFB READER..... 10

PROTECTING OUR 'RIGHT TO READ' 11

DISABLED KINDLE 2 CAUSES HUGE DEBATE 11

IN THE KITCHEN 15

TALKING KITCHEN SCALES 15

ONE TOUCH AUTOMATIC JAR OPENER..... 15

GOOD GRIPS!..... 15

SOME NEW WATCHES..... 16

TALKING EASY TO SEE CALENDAR WATCH..... 16

XXL TALKING EASY TO SEE CALENDAR WATCH 17

WATER RESISTANT GOLD EASY TO SEE WATCH.....	17
TALKING CALENDAR WATCH.....	17
TALKING ATOMIC RADIO CONTROLLED WATCH	17
GET MOBILE.....	18
DORO HANDLEPLUS 334	18
DORO PHONE EASY 338	18
DORO PHONE EASY 342	18
DORO PHONE EASY 345	19
DORO PHONE EASY 410	19
LANDLINE TELEPHONES	19
PHONE EASY TM 336W CORDLESS SPEAKERPHONE TELEPHONE	20
PHONE EASY 331PH TELEPHONE.....	20
PHOTOTEL TELEPHONE	20
LABELLING.....	21
GET A PEN FRIEND!	21
NATIONAL TRUST GUIDES	22
ACCESSIBILITY GUIDES AVAILABLE IN AUDIO.....	22
TALK TO US!!	22
SHARE YOUR VIEWS, NEWS AND TO TIPS!	22
CUT THE GLARE!.....	23
NEW EYESHADES.....	23
'READING'	25
THE HOLY BIBLE.....	25
NEW DAISY MAGAZINES.....	25

FOCUS ON FOOTBALL!	26
FOOTBALL FIXTURE LISTS 2009/2010.....	26
PENSION INFORMATION.....	27
RNIB'S PENSION FACTSHEET IS UPDATED	27
ONE FOR THE LADIES!.....	28
BRA CLINICS	28
SUMMER RECIPE.....	29
NOT QUITE ETON MESS!	29
ON THE WEB	29
DISCUSSION FORMUMS.....	29
COMPUTER CLASSES	30
IT WORKSHOPS.....	30
WORKBOOKS	30
TRANSCRIPTION	31
LET US CONVERT YOUR UNREADABLE TEXT!.....	31

DISCLAIMER

All information in this magazine is provided in good faith and is, to the best of our knowledge, accurate at the time of printing.

© Modern-Eyes:
July 2009

Modern-Eyes: **THE MAGAZINE is available in:**

- **Large print**
- **BRAILLE**
- **Audio CD**
- **DAISY CD**
- **Data CD – Word, text and pdf files**
- **By email**
- **On the website as a Word file, zipped Word file, webpage or pdf file**

Modern-Eyes: **THE MAGAZINE is provided free of charge. However, we rely on donations to produce the magazine so any contributions are very welcome.**

Please make cheques payable to:

Modern-Eyes

and post to:

**Mrs S Allard
194 Westward Road
Ebley
Stroud
Glos GL5 4ST**

FROM YOUR EDITOR

Hello, everyone!

Well, we are now well into summer. I hope everyone is enjoying the warmer weather!

Did you go to Sight Village this year? Did you spot something really useful? If so, perhaps you would like to let others know. Send me an article and I will print it!

We've all sorts for you again this month. There is news about Humanware, details of how to get accessible information from the National Trust, tech news, a new fix for Guide Cat owners and much more.

So, as always, get comfy in that deck chair, break out the lemonade or the Pimms and read on ...!

Sue

HUMANWARE**WE ARE NOW LOCAL DISTRIBUTORS**

Modern-Eyes is pleased to announce that we are now official local distributors of Humanware products. So, if you would like more information about the Victor Reader Stream, magnifiers, scanners and devices to convert printed text to speech and magnified images, just let us know and we will arrange a demonstration for you. We can now also sell Humanware products to you directly and offer user support for the products. We also have some workbooks to help you use your Victor Reader Stream, as well as audio files offering details of its main features and the most common key commands.

For more information

Telephone: 01453 757 047

Email: info@modern-eyes.co.uk

ESPECIALLY FOR ALL GUIDE CAT OWNERS!

NEW CD RELEASED!

If you are a fan of Les Barker's Guide Cats for the Blind series of CDs, there is good news! A new double album has been released in conjunction with the British Computer Association of the Blind.

Guide Cats for the Blind - Songs and Poems of Les Barker

Brand spanking new: Cat Nav: poetry, rock 'n' roll, jazz, country, light classical, folk and pop.

Les Barker's odd odes and dippy ditties. The line-up includes Nik Kershaw, George Hamilton the fourth, The Archbishop of Canterbury, Chumbawamba, Bernard Cribbins and loads more on two fun-packed CDs.

Still available:

Volume 1: Guide Cats for the Blind: A double album of songs and poetry, featuring Sir Terry Wogan, Roy Hudd, Brian Perkins, Charlotte Green and more.

Volume 2: The Missing Persians File: A single album including performances by Prunella Scales, Joss Ackland, John Humphreys and Tom Paxton

Volume 3: Top Cat, White Tie and Tails: A single spoken word comic album. Stars include Robert Lindsay, Christopher Cazenove, Jenny Agutter, Tony Hawks and Tim Brooke-Taylor.

Prices including postage and packing:

£12 for Cat Nav CDs

£7 for other Guide Cat CDs.

For more information, please visit the British Computer Association of the Blind website

Website: www.bcab.org.uk

Email: guidecats@bcab.org.uk

Telephone: 08456 432 126

If you've not encountered Les before, why not give it a try! You are in for a treat!

FOR SALE

BOOK COURIER

Read your DAISY books, text files, books from Audible and play music!

The Book Courier is a purpose made player with easy to use controls and it works on two double A batteries. The battery life, using headphones, is around 25 to 30 hours.

When playing DAISY books you can navigate by any level available in the book. Read text files using the text to speech facility and download books from Audible to read, on the move. This player comes with earphones, plug in mini speakers, one 4 GB memory card and two 2 GB memory cards with a case to carry the cards in. It has the original disk and printed instructions.

Total cost when new: over £300!

Cost: £200 or near offer.

Jenny

Telephone: 01452 617 270

iPHONE AND IPODS: ACCESSIBILITY ISSUES?

JUST HOW ACCESSIBLE ARE APPLES?

iPhone – accessible at last?

Whether VoiceOver makes the newest iPhone (released on June 19) accessible is a matter of considerable debate. If you would like to be better informed so you can weigh in with your own opinions on this debate, there are links and blogs aplenty: The official line from Apple is at

Website: www.apple.com/accessibility/iphone/vision.html

Ouch! Blogs about it at

Website:

www.bbc.co.uk/blogs/ouch/2009/06/an_accessible_iphone.html

The Serotek blog also has an iPhone post

Website: <http://blog.serotek.com/2009/06/why-is-it-that-apple-always-seems-to.html>

If you prefer audio, then Serotek podcast #16 discusses the iPhone (as well as the Solona site for solving CAPTCHA barriers).

Website: <http://serotalk.com/2009/06/09/serotalk-podcast-16-accessible-iphone-3gs-solonanet-accessible-captchas-and-microphone-winners/>

Sue's note:

We spent a happy hour or so in the Apple shop in Bristol recently, playing with the iPhone and the iPod Nano.

Unfortunately, the iPhone was only a demo model and Voice Over wasn't fully enabled but we were assured that it will work with most

Apps and what we did manage to do was impressive. The iPod Nano has Voice Over and I found it really easy to use and after about 10 minutes, I was finding tracks and navigating the menus easily. The voice is pretty good and the controls are easy to operate.

The guys in the Apple store advised us to wait until the new version of the iPhone is launched, soon, if we were going to buy as there is going to be a software update which will fix a few glitches with the Voice Over operation.

We went to the Apple store as our local O₂ store, distributors of the iPhone, didn't even know Voice Over was available on the phone, out of the box!

What I liked about the phone, besides the style and design, is the fact that you can buy the phone and use it. There is no need to buy any extra software packages to make it accessible.

If you are thinking of buying an iPhone, then I would recommend going along to an O₂ store and asking to see Voice Over working. If they tell you different, it DOES have the capability OUT OF THE BOX! If you fancy a trip to Bristol, the Apple store is in the new Cabot Circus, in Philadelphia Street. The guys there are really great and very helpful and will let you play for hours!!

TURN YOUR MOBILE INTO A PORTABLE SCANNER

KNFB READER

This is a pretty pricy bit of kit but I saw it at Sight Village and it is great! Hopefully the price will come down as it becomes more popular and make it more affordable for everyone. But it is a great bit of kit!

Product code: HM 14

Cost: £1,144 ex VAT

The KNFB reader is a package of products resulting in a totally accessible mobile phone with optical character recognition (OCR) software preinstalled. This software enables you to convert a printed document into speech wherever you are. The software is preinstalled together with Talks Premium on a Nokia N82 mobile phone. This software combination enables you to make calls, send and receive text messages, surf the web, listen to music and make printed documents accessible wherever you are. Also available with a day's training.

**Available from RNIB
Telephone: 0303 123 9999**

PROTECTING OUR 'RIGHT TO READ'

DISABLED KINDLE 2 CAUSES HUGE DEBATE

Sue's note:

This is an issue I have featured in previous magazines. Whilst the Kindle 2 is currently not available in the UK, the whole issue of text to speech could be really important as we, as blind people, use lots of devices that rely on text to speech to give us access to books and information. So, that is why I am printing this article.

Fighting for the Right to Read.

A campaign to preserve unlimited access to the text-to-speech feature of the Kindle 2.

**Daniel B Frye
(Braille Monitor, 6/09)**

Founded and led by the National Federation of the Blind, the Reading Rights Coalition (R R C) was formed in March 2009 to oppose the efforts of the Authors Guild to persuade Amazon to eliminate or severely restrict access to the text-to-speech feature

incorporated in the Kindle 2, Amazon's newest e-book reading device.

On Tuesday, April 7, over 200 blind and print-disabled people from the RRC gathered in New York City to conduct an informational picket in front of the Authors Guild to educate industry leaders and the general public about this issue. While speakers from RRC member organizations aroused the protesters with sharp commentaries on the logical flaws in the authors' arguments, marchers braved the cold weather and offered chants like "The Authors Guild's swindle bars access to the Kindle"; "We'd all have access sooner if not for Roy Blount Junior"; "I may not see, but I can hear - books can be read with the eye or the ear"; and "Without speech you cannot teach all those folks you hope to reach." Signs emblazoned with slogans like "Books aren't just for looks", "Throw the e-book at the Authors Guild", "Make the sound decision about Kindle", and "Don't give Kindle the silent treatment", captured the attention of bystanders, who saw the assembly circling in the street and on the sidewalk cordoned off by police for the demonstration. On February 9, 2009, Amazon, released a new version of its popular e-book reader, the Kindle 2, which included text-to-speech technology. Such technology, long used by blind people and those with other print disabilities, reads text aloud using synthetic speech. The blind and print-disabled community was encouraged by this development, since we have long advocated that manufacturers of mainstream products make their devices fully accessible to all Americans.

Shortly after the Kindle 2's release, the Authors Guild, the largest national organization representing the interests of writers, protested Amazon's deployment of text-to-speech on the Kindle 2. Viewing this feature as a potential threat to the audio-book market, the Guild argued that the automated reading aloud of a book is a copyright infringement unless the copyright holder has specifically granted permission. On February 24, 2009, the New York Times ran an op-ed piece by Roy Blount Jr, president of the Authors Guild, which escalated media attention on the issue.

In response to increasing pressure from authors and publishers, Amazon announced on February 27 that it would modify its system

so that authors and publishers could turn off text-to-speech title by title. The RRC contends that the removal of text-to-speech and the stance of the authors and publishers on this issue is discriminatory, is a form of censorship, and is bad business.

Because of the severe implications for the blind, who largely rely on text-to-speech to access information, the National Federation of the Blind, through its counsel Daniel F Goldstein, initiated a dialogue with Paul Aiken, executive director of the Authors Guild, to discuss the effect that the removal of text-to-speech has on the blind and the market benefits of including text-to-speech on a mainstream product.

In response Mr Aiken proposed a separate registry for people with print disabilities, allowing a blind or print-disabled person to register as disabled and receive a code that would override the disablement of text-to-speech on the Kindle 2. After consulting with a growing coalition of disability groups, Mr Goldstein explained why a registration system is an unworkable and unjust solution when applied commercially. Mr Aiken has since responded, offering the possibility of making text-to-speech e-books available at an additional cost.

On March 16, on behalf of the RRC, Mr Goldstein sent a letter to the six publishers providing e-books for the Kindle 2, asking each of them to allow their books to be read on the device with text-to-speech and explaining that the coalition would engage in a national public education campaign in hopes of reversing the stance of the authors and publishers who have already disabled text-to-speech in their Kindle books.

Amazon's behaviour has not been much more impressive than that of the authors and publishers. In addition to capitulating to the unreasonable and illegal demands of the book industry to curtail the text-to-speech capacity on the Kindle 2, Amazon has created an e-book reader that is currently inaccessible to blind people. While the text-to-speech function on the Kindle 2 works well for low-vision and print-disabled users, its hardware does not allow a blind person to operate and activate the text-to-speech feature of the device independently. Fortunately, Amazon announced on March 19, 2009,

through its Kindle 2 blog that it will make the controls and menus on its e-book reader accessible to blind people. The NFB is heartened by this promise. We can now hope that Amazon will find the corporate resolve to stand firm against those interests that would block our access to books by objecting to our use of text-to-speech on the Kindle 2.

In addition to the speeches, music, and marchers, other protest participants stood on the street corners and circulated an RRC-endorsed flyer to anyone who would take it. The flyer offered a brief explanation of the RRC position. At the time of this writing, the RRC consists of 32 organizations of and for blind and print-disabled people; when the flyer was originally drafted and circulated, far fewer organizations had joined the protest group. The text of the RRC protest flyer follows:

**No Need for Greed
We Want to Read!**

We represent 15 million Americans who cannot read print because of blindness, dyslexia, spinal cord injury, and other print disabilities. We include school children; the elderly; professionals; college students; returning veterans; and your neighbours, family members, and friends. We want to buy books. We have fought very hard for many years to have equal access to technology and information.

For the first time, now that the Amazon Kindle 2 offers text-to-speech, which will read a book aloud, we can purchase and enjoy books like everybody else. Sadly, the Authors Guild does not support equal access for us. The Guild has told us that, to read its books with text-to-speech, we must either submit to a burdensome special registration system and prove our disabilities or pay extra.

The Guild's position is contrary to the principle of equal opportunity for all and discriminates against millions of people with print disabilities.

Please support us by emailing your support to

Email: ReadingRights@nfb.org

For more information, please visit our website:

Website: www.readingrights.org

IN THE KITCHEN

Here are some new gadgets for the kitchen! All are available from RNIB

Telephone: 0303 123 9999

TALKING KITCHEN SCALES

Product code: DK 131

Cost: £34.25

RNIB's Vocal talking kitchen scale has been designed by RNIB with Hanson UK Ltd. This slim line scale announces the weight in pounds/ounces and kilograms/grams in a natural male English voice.

ONE TOUCH AUTOMATIC JAR OPENER

Product code: DK 134

Cost: £17.57

The One Touch automatic jar opener is battery operated and opens jars automatically. It's ideal for anyone with limited hand mobility or who simply struggles to open jars.

GOOD GRIPS!

Good Grips products are easy to hold!

Non-slip mixing Bowl

Product code: DK 132

Cost: £8.95

This bowl has a handle that's easy to grip, a wide lip and pouring spout, and 2.8 litres capacity.

Colander

Product code: DK 133

Cost: £17.95

This colander can be placed over the sink by opening out the large handles sideways and you can also use it traditionally. The colander is in stainless steel with 4 litres capacity.

Box grater

Product code: DK 135

Cost: £12.95

This box grater has extra large, soft grip handles and a non-slip base, has four different stainless steel grating surfaces and a small plastic container which catches the food as you grate.

SOME NEW WATCHES

Here are some new watches from RNIB.

To order, contact RNIB Customer Services

Telephone: 0303 123 9999

TALKING EASY TO SEE CALENDAR WATCH

Chrome face, expanding strap

Product codes:

Large: CW 136

Small: CW 137

Black face with white hands and numbers, and black leather strap

Product codes:

Large: CW 138

Small: CW 139

Cost: £34.95

XXL TALKING EASY TO SEE CALENDAR WATCH

This watch has a 4.5 cm diameter face.

White face and chrome expanding bracelet strap

Product code: CW 140

Black face with white hands and numbers, and black leather strap

Product code: CW 141

Cost: £34.95

WATER RESISTANT GOLD EASY TO SEE WATCH

This watch is water resistant up to 5 atmospheres and can be worn while swimming, or in the bath or shower. With white face and brown leather strap

Product codes: Large: CW 150

Small: CW 151

Cost: £14.95

TALKING CALENDAR WATCH

The watch hands automatically synchronise when the talking time is set. Two-tone metallic bracelet strap

Product codes: Large: CW 146

Small: CW 147

Black leather strap

Product codes: Large: CW 148

Small: CW 149

Cost: £34.95

TALKING ATOMIC RADIO CONTROLLED WATCH

Product code: CW 135BR

Cost: £39.95

This watch sets the time and date automatically.

GET MOBILE

Doro, a Swedish manufacturer of mobile and fixed line phones, has recently launched an exciting range of new mobile phones. They are all easy-to-use with large, well spaced buttons, simple menus and bright, clear screens.

DORO HANDLEPLUS 334**Product code: HM 19****Cost: £100.00**

This is the simplest phone, which has just four speed dial buttons so you can contact four numbers at the touch of a button.

DORO PHONE EASY 338**Product code: HM 17****Cost: £86.96**

This phone adds a number keypad and can receive text messages. With three speed dials, and a dedicated phonebook button where you can store up to 50 names and numbers. Text messaging can be deactivated to further simplify the phone.

DORO PHONE EASY 342**Product code: HM 20****Cost: £90.00**

This phone adds a full colour screen displaying typed numbers in 26-point font in black on a white background. You can send and receive text messages in 12-point font.

DORO PHONE EASY 345

**Product codes: Black: HM 18K
White: HM 18W**

Cost: £113.04

This is similar to the 342 but adds an F M radio and Bluetooth connectivity. Hearing aid compatible. Available in black or white.

DORO PHONE EASY 410

**Product codes: Black: HM 21K
White: HM 21W**

Cost: £130.43

This is a clamshell design which makes this one of RNIB's smallest phones but without making it difficult to use. It has large buttons and a bright, full colour screen which are protected when the phone is closed. With the highest hearing aid compatibility rating at M4/T4. Available in black or pearl white.

LANDLINE TELEPHONES

RNIBs range of telephones have many different features that make them easier to see and use. They have introduced three new models into the range and have lots more in the catalogue.

**To order, contact RNIB Customer Services
Telephone: 0303 123 9999**

**PHONE EASY TM 336W CORDLESS SPEAKERPHONE
TELEPHONE**

Product code: DH 269

Cost: £34.20

This phone has big buttons and a clear LCD display with backlight.

PHONE EASY 331PH TELEPHONE

Product code: DH 268

Cost: £22.46

This phone has big buttons on a clear and spacious keypad, and three photo memories to connect you with important numbers at the simple press of a button.

PHOTOTEL TELEPHONE

Product code: DH 267

Cost: £24.41

This clever phone enables easy access to calling your family and friends with its 10-photo memory feature. Also has one extra direct memory button and an emergency number memory

LABELLING**GET A PEN FRIEND!**

The Penfriend is a new audio labelling product. Easily record, and re-record, information using this small, versatile and easy-to-use PenFriend and self-adhesive labels.

Instantly play back the recordings - no computer required. Use the PenFriend to label food items, including freezer food and even add cooking instructions, film and music collections, organise household paperwork, record shopping lists or leave audio messages.

There is no limit to the recording length for each label and the PenFriend can hold over 70 hours of recording time. MP 3 files including books and music can also be downloaded onto the PenFriend.

Supplied with 127 labels, two triple A batteries, USB cable and neck lanyard

Product code: DL 76

Cost: £54.99 and ø64.61.

Available from RNIB Customer Services

Telephone: 0303 123 9999

NATIONAL TRUST GUIDES**ACCESSIBILITY GUIDES AVAILABLE IN AUDIO**

You can now get the accessibility guides to National Trust properties on audio CD.

If you would like them, please let me know and I can send them on to you. I have also now got a conversion to MP3 so you could load them onto your MP3 player to take out with you.

Telephone: 01453 757 047

Email: sue@modern-eyes.co.uk

TALK TO US!!**SHARE YOUR VIEWS, NEWS AND TO TIPS!**

This is your magazine! Share your views on things like the text to speech issue, accessible mobile phones or any other topic that gets you going.

Found a neat way to solve a problem? You know what they say, a problem shared is a problem halved! Share your solution with us or, if you need an answer, try that too.

Send in any comments, articles or handy hints and I will print them for others to share.

Please send in either typed print or audio or by email or just give me a ring..

Telephone: 01453 757 047

Email: sue@modern-eyes.co.uk

CUT THE GLARE!

NEW EYESHADES

Four new frame styles have been added to RNIB's range of eyeshades. Each frame can be fitted with one of five filters: Yellow, Orange, Amber, Green, Medium grey

Remember, eyeshades are not just for summer! You can make life much more comfortable for yourself at any time of the year by choosing an appropriate eyeshade.

**All are available from RNIB Customer Services
Telephone: 0303 123 9999**

Styles available:

Audrey

Product code: EH 45-48

Cost: £34.99

This is a ladies' black frame, with a fashionable large lens area and on the arm has fine design detail with a splash of diamante.

Bridget

Product code: EH 49-53

Cost: £34.99

A ladies brown tortoise shell frame with a slightly smaller lens area than the Audrey style.

Horizon

Product code: EH 54-58

Cost: £34.99

Men's solid matt black frame with minimalist design detail on the bridge of the glasses.

Orion

Product codes:

Medium: EH 59-63

Large: EH 64-68

Cost: £19.99

OverView unisex, fit-over frame is designed to be worn over your prescription glasses or on its own. The frame is transparent brown and offers additional protection across and above the eyes.

RNIB has also introduced four frame styles for children:

Skater

Product code: EH 71-72

Ice

Product code: EH 73-74

Midnight

Product code: EH 75-76

Cost: £21.67

Bubble

Product code: EH 69-70

Cost: £22.14

Each frame can be fitted with one of two filters, Yellow or Amber.

'READING'**THE HOLY BIBLE**

The complete edition of The Holy Bible containing both Old and New Testaments, is now available in Daisy Format. Today's New International Version offers accuracy, clarity, dignity and relevance.

It reflects the very latest biblical scholarship, and keeps pace with subtle shifts in use and understanding of the English language.

Book number: 801520

Cost: £15.99

The Old Testament and New Testament can also be purchased separately.

Available from RNIB

Telephone: 0303 123 9999

NEW DAISY MAGAZINES

Two of RNIB's monthly magazines are now available in Daisy as well as in braille and electronically.

One is Progress, a popular general interest title including a problem page, announcements, crossword (not in Daisy), pen pals section and cookery supplement. It is available monthly in both grades 1 and 2 braille, and by email, priced 65p per issue.

Good Vibrations is aimed at the amateur/enthusiast interested in hi-fi equipment, and features reviews of new equipment, hi-fi technology and snippets of news from the world of hi-fi. It is available monthly in grade 2 braille and by email, priced 50p per issue.

Both magazines are recorded using synthetic speech. If you would like to receive a sample copy, please contact the Editorial department at RNIB

Telephone: 0303 123 9999

Email: editorial@rnib.org.uk

FOCUS ON FOOTBALL!

FOOTBALL FIXTURE LISTS 2009/2010

Follow all the matches throughout the 2009/10 season for leagues in England, Scotland, Wales and Ireland. The listings are presented in date order and also contain the final league tables from last season. All fixtures are available in braille and by email, and the English and Scottish fixtures are also available in Daisy audio. Recordings are made using a synthetic voice.

Cost: £1.99 each

Telephone: 0303 123 9999

PENSION INFORMATION

RNIB's PENSION FACTSHEET IS UPDATED

MAKING THE MOST OF YOUR INCOME LATER IN LIFE

RNIB's recently updated Guide to pensions, is aimed at blind and partially sighted people of working age.

Whatever stage you have reached in your working life, this impartial guide can help you plan for your future and will provide you with the information you need to make informed choices about your pension. From explaining the different types of pensions available and providing information on other related issues, to a question and answer session with financial journalist Paul Lewis and useful contacts – the guide describes pensions in a way which is easy to understand. Free of charge in print, braille, audio CD, Daisy CD and electronically (P R 12184). Or download as an accessible Word document or PDF from the website.

Website: www.rnib.org.uk/pensions

**For all other formats, contact RNIB Customer Services
Telephone: 0303 123 9999**

ONE FOR THE LADIES!

BRA CLINICS

Ladies, when did you last get measured for a bra? Did you know that a properly fitting bra can make a whole lot of difference to your health? Poorly fitting bras can cause discomfort and even pain and can also be the cause of back problems.

I have found a lovely lady who holds bra clinics where you can be measured and fitted and advised on the correct bra for you. Her name is Jilly and she is really helpful and she will describe the bras to you and help you choose. She has a wide range of types and styles to choose from and all at competitive prices.

To find a fitting session near you or for more information

Telephone: 01531 890 915

SUMMER RECIPE**NOT QUITE ETON MESS!**

This is a tasty. low fat, lower calorie version of Eton mess.

For one serving you will need:

1 meringue nest

Virtually fat free fromage frais

Fresh or frozen raspberries – defrost if frozen

Method:

- 1) Lightly crush the meringue nest**
- 2) Put the fromage frais in a bowl and gently fold in the crushed meringue and raspberries**
- 3) Pile into a serving dish or large glass**
- 4) Drizzle over any raspberry juice and serve immediately**

ON THE WEB**DISCUSSION FORMUMS**

RNIB has a wide range of discussion forums where you can share your views and experiences, share tips and advice or ask a question. There are forums for a wide range of subjects including reading, eye health, music, living with sight loss, students and parents. It is your chance to find out what's happening and join in. Visit

Website: [Forum home page](#)

COMPUTER CLASSES

IT WORKSHOPS

Don't forget our workshops at Coney Hill.

If you would like to come to a class, let us know and we will do our best to find you a place.

Telephone: 01453 757 047

Email: sue@modern-eyes.co.uk

Or rob@modern-eyes.co.uk

We are also taking names of anyone in other areas who would like a class nearer to them. If you would like to join a class but can't make it to Coney Hill, let us know and we will do our best to encourage enough people in your area to come along!

WORKBOOKS

If you are using Hal, Lunar, Lunar Plus or Supernova, you may like to know that we at Modern-Eyes have written some work books to help you get to know your software, set it up how you want it and practice a few exercises.

We have one for guiding you through the magnification and colour schemes and one for helping you to choose your voice, amount of reading and more. They are currently for Windows XP systems.

We also have books to help you get started with word processing and how to manage your files and folders on your PC. And there is now a new one to help you with digital photography!

We also have a workbook to help you if you use Dolphin's Cicero to scan and read documents. It helps you set up the program to your own preferences so you can read things in exactly the way you want.

The books cost from £7.50 each and are available in any format.

A comprehensive guide to using the internet with Dolphin software, as well as a complete guide to emailing with Outlook Express are also available at a cost of £35 each.

We have added books to help you if you are using Guide or Guide Hands Free software.

For the full list of workbooks please visit our website

Website: <http://www.training-me.co.uk/pages/services/workbooks.html>

Telephone: 01453 757 047

Email: sue@modern-eyes.co.uk

TRANSCRIPTION

LET US CONVERT YOUR UNREADABLE TEXT!

Don't forget that we can convert documents into almost any format! We can offer BRAILLE, large print, standard audio, MP3, DAISY and, if you can think of it, we can probably do it!

So, if you have documents you need converting, let us know.

Or if you know of any organisation which needs documentation converted then tell them about us! We also have a FREE leaflet advising friends, family and organisations to be BIG, BOLD and BEAUTIFUL!

Telephone: 01453 757 047

Email: sue@modern-eyes.co.uk