

SITE Newsletter January 2018

Hi all and we hope you have had some time to chill out after Christmas and New Year!

We don't claim that this newsletter will help you change the habit of a lifetime, write that book, calm your mind or firm your behind, learn something new or get fit this year!

What we can claim, however, by reading the newsletter you will keep up to date on current issues and provide you with information on current topics around sight loss.

So we Wish you a happy, healthy and accessible 2018

The SITE Team

Please email any questions, comments, articles and news leads to info@sitescotland.org

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Section 1: News Update

Fake Eyeballs Thrown On To Football Pitch

It is fair to say that a lot of visually impaired people are fairly thick skinned and can also laugh at sight related incidents. However, at the recent derby game between Dunfermline Athletic and Falkirk the Falkirk fans stooped to unacceptable behaviour.

A section of Falkirk supporters threw false eyes on to the pitch and chanted vile abuse at Dunfermline's Dean Shiels.

[Read the full story.](#)

Consultation on Electoral Reform

For information see below the link to the Consultation the Scottish Government is conducting on Electoral Reform. It might be of special interest because it is asking for input from the public about how to make voting more accessible for people. People can click on the following link [Consultation On Electoral Reform.](#)

Teenage Trilogy - an accessible theatre show

Glasgow arts venue Tramway/Glasgow Life has informed us of an accessible performance of a new dance theatre show which comes to the Tramway next month.

Teenage Trilogy, by the innovative young company Curious Seed, is for *anyone* who has ever been a teenager – so the producers are very keen to ensure it is as accessible as possible.

A live performance, interactive installation and silent disco in one, the performance on Saturday 10 February will be BSL interpreted and Audio Described.

For more about the show, and booking info, visit [Tramway Events](#).

[Take part in a lens implant trial](#)

Magnifying telescopic lens implants, called intraocular telescopes, have been available privately for a number of years for late stage age-related macular degeneration (AMD). However, there is a lack of evidence on how safe they are and how well they help improve vision and quality of life.

The OriLens intraocular telescope is a few millimetres in diameter and provides approximately x2.5 magnification onto the macula. The MIRROR clinical trial is aiming to assess the benefits of the OriLens for those with late stage AMD and is looking for patients to take part.

[Read full story.](#)

Method may reverse vision loss from diabetes

Researchers have found a potential way of stalling or even reversing diabetes-related blindness. In experiments with mice, scientists found a protein that triggers vision loss caused by diabetic retinopathy and retinal vein occlusion, two diseases characterized by the closure of blood vessels in the retina. By suppressing levels in the eye of the protein called vascular endothelial growth factor, scientists were able to re-establish normal blood flow in the mice retinas. "This work is [Read the full story](#)

Why spending time outdoors could help your child's eyesight

While there isn't much research out there yet about the impact of tablet and phone screens on eyesight experts are concerned about growing levels of short-sightedness in children. And they suggest the best thing parents can do to prevent it is to encourage youngsters to spend more time outdoors in the sunlight.

There has been a massive rise around the globe in short-sightedness - or myopia as it's officially known - over recent decades. "We know that myopia or short-sightedness is becoming more common," says Chris Hammond, professor of

ophthalmology at King's College London and consultant ophthalmic surgeon at St Thomas' Hospital.


"It has reached epidemic levels in East Asia, Singapore, Taiwan, South Korea, where approaching 90% of 18-year-olds are now short-sighted.


[Read full story.](#)

Bitcoin explained

A lot of monkeys lived near a village. 



One day a merchant came to the village to buy these monkeys! 

He announced that he will buy the monkeys @ \$100 each. 

The villagers thought that this man is mad. 

They thought how can somebody buy stray monkeys at \$100 each? 

Still, some people caught some monkeys and gave it to this merchant and he gave \$100 for each monkey.

[Read full story provided by reader Derek.](#)

Section 2: Tech Talk

New Venue For SITE Apps Club

Future meetings of the SITE Apps Club will now take place in the Mitchell Library, Glasgow.

The January meeting will take place on Wednesday 31 January, [This will be in the Mitchell's Fairfield Room from 10:30 until 12 noon.](#)

[Further details will be provided soon.](#)

[No matter what your device is, we cover Android, IOS, PC and Mac apps, come along and get the feedback from like minded individuals on their experiences of using that killer app!](#)

[Just drop Fraser an email to confirm your attendance at \[fraserfleming@sitescotland.org\]\(mailto:fraserfleming@sitescotland.org\)](#)

Samsung's Relúmıno glasses bring smarter vision for partially sighted people
A new smart visual aid that's going to be on show at CES 2018 in Las Vegas next week promise to help visually impaired people see television that little bit better.

The glasses build on the Relúmıno app that Samsung demoed at Mobile World Congress in February 2017. Then, Samsung only had an app that required a phone and a Gear VR headset; now, the Relúmıno concept has hardware all its own for a more comfortable and streamlined appearance, though the user still needs to provide the phone.

[Read the full story.](#)

Twitter Has Keyboard Shortcuts, and You Should Be Using Them

If you're used to web-based keyboard shortcuts, a lot of this will seem intuitive, but if not here's a quick decoder for all of these cryptic-sounding functions. Don't worry: it's actually pretty straightforward and if you use a screen reader its a accessible too!

Navigating and Interacting With Tweets

First things first: you need to learn to jump from tweet to tweet. Head to Twitter,

then press the letter “j” on your keyboard. This will take you to the top tweet and you’ll then see a blue box around the tweet.

Now you can browse your timeline, using “j” to go down one and “k” to go up one. The blue box will move, and the browser will scroll down to keep up.

[Read the full article.](#)

Section 3: Events and Training

9th & 10th January 2018, Time: 10.30am – 3.30pm
Orcam/RNIB Scotland Event, 12-14 Hillside
Crescent, Edinburgh, EH7 5EA.
Telephone: 0131 652 3140

11th January 2018 Time: 10:00am – 3:00pm
Orcam/RNIB Scotland Event, 17 Gullane Street,
Partick, Glasgow G11 6AH
Telephone: 0141 648 8477

In conjunction with RNIB Scotland, OrCam are delighted to offer you the opportunity to try the OrCam at the above venues.

Wednesday 31 January 10am - 2.30pm
Calibre Scotland Roadshow: Glasgow
Partick Burgh Hall, Lesser Hall, 9 Burgh Hall Street, Glasgow G11 5LN

Calibre now offers a joining package to new members from £75 which includes a choice of memory stick player and their one-off joining fee of £35. Staff will be demonstrating the players, which will be available to purchase separately at a special rate on the day (subject to availability), and how to use their download and streaming services.

Saturday 24 February 2018

Access to Politics Network Event - Hayweight House, 23

Lauriston Street, Edinburgh, EH3 9DQ

After the success of 1-in-5 and Inclusion Scotland's Access to Politics project, what are the next steps to decreasing barriers disabled people face when accessing politics and elected office? On Saturday 24th February, join Inclusion Scotland for a day of exploring solutions to these barriers, which you and your peers can take forward to create the changes needed.

The event will:

- Identify barriers within parties and other political movements.
- Learn about how you can work within parties and movements to promote more inclusive practice.
- Practice proposed solutions in mock debates, and create action plans for their implementation.
- Networking and opening up discussion between activists from different parties and political movements.

You will be joined by party representatives who will engage with participants, and feedback the day's discussion to their parties.

Want to come? This event is for disabled people interested and involved in politics. To register your interest:

- email us at ethan@inclusionScotland.org
- write to Inclusion Scotland, Hayweight House, 23 Lauriston Street, Edinburgh, EH3 9DQ

- phone and leave your number at 0131 281 0883.

Please note that the statements and views expressed in this email and any attachments are those of the author and do not necessarily represent those of SITE.

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