

Hooray, our first contribution! Thankyou Jean.(Ed.)

Red Plates

Recently, I became registered as partially sighted. (there are cataracts growing over both eyes, which are already impaired with macular disease). Once I was registered, I received a visit from a rehabilitation Officer from Bradbury fields. Her name was Judith, tall with long blonde hair and baubles, bangles and beads all over the place. I liked her a lot. We settled in to talk and eventually it was getting a bit tedious, so, in order to lighten the situation, I said:

“Judith, I do have one problem. You know when I’m drinking Champagne, I can’t see it as it is very pale and the flute is clear”. I thought she would laugh, but not so.

“Oh, that’s not a PROBLEM. You can buy pink flutes now, and other colours”. Sorted!

Then she asked me if I had any problems at meal times and I said I did.

“In what way”? Judith asked.

“Well,” I said “I can’t really see what I’m eating especially the main course. I might be eating anything; breakfast and supper are alright.”

Judith said” Show me your dinner plates, please Jean”.

So, I showed her my pretty Portmeirion dinner plates, and she said:

“They won’t do at all. I want you to get a white plate and put your meat beef, lamb, whatever at 12 O’clock, your roasties at 9 o’clock, your veggies at 3 o’clock and anything else at 6 o’clock,”

I was about to express my appreciation, when she interrupted and said:

“I haven’t finished yet. You will need a red plate for chicken, eggs and cheese and while you are about it get a blue one for fish”.

Straight away, I could relish the thought of my next dinner dish and a high-five came naturally to us both. It was time for Judith to go. I wasted no time in getting plain melamine red, blue and white plates. My meals are now, once again, something to look forward to. How cool is that? I may even have put on a bit of weight! If any league members benefit from my happy tale, that will be so good.

In Liverpool, we are so blessed to have four Charities who offer help to visually impaired people The national ones-RNIB AND Macular Society and the local ones, Henshaw’s and Bradbury Fields.

Macular Society provided me with a Counsellor when the going got rough. For six weeks, Susanne rang me once a week to help me accept the sight loss. That was so good.

The RNIB provided me with a Daisy Player and sends me plenty of books to read on CD and they also sent me a local man who helped me to organise a new desk-top computer.

Henshaw’s was home from home for me in the early days. John died in 2005 and there was his desk-top which I had never even started up. Slowly at Henshaw, I learned IT language and skills by setting me tasks for homework, I moved into the 20th century. Bradbury Fields has a Day centre and in the early days they organised Liverpool City Council to provide me with superb strip lighting in the kitchen.

I forgot to mention Action for Blind People (in the same building as Henshaw’s) which provides Aids to help with daily living problems

Of course, I donate to all these charities as best I can, but nothing really tells them of my gratitude to these people who have allowed me to live my life to the full.

Jean Flynn