

June 2025

# Reaching out

NCW Outreach Termly Bulletin — Supporting V.I. Education

In this issue:

* Heating food using the Hob (link to CFVI area 6)
* Upcoming Courses

Heating food using the Hob – a few pointers and some suggested equipment [from Nathalie Emanuel, Head of ILS, New College Worcester]

I am not advocating the complete avoidance of the hob. In fact, I am actively trying to promote using it safely and with the respect that is due.

Some advice for safe use:

Use the back plates because, if a boil over happens, then you can move the pan to safety and deal with the issue.

Induction is the preferred heat source as it is easy to control, relatively auditory and does not stay hot.

These are some of the tools available that can help you to make the hob more accessible for various tasks:

* Bumpons RNIB £5.50 - £8.75

Used to identify specific dials on the oven, hob plates and microwave buttons. Square bumpons can be placed above the back-hob dials as we do not recommend using the front hob plates. Round bumpons placed above the oven dial and one placed at 180 degrees or gas 4.

* Talking thermometer RNIB £31.80

<https://shop.rnib.org.uk/talking-food-thermometer>

Used to check the temperature of food. To use remove the sleeve. Clean the probe with an antibacterial wipe. Press the button on the centre of the probe. Insert the metal probe into the cooked food at a slight angle and hold in position until the thermometer speaks the temperature. The temperature should reach 75 degrees or over.

* Nylon knife. Amazon £7.99 for 4 knives.

<https://www.amazon.co.uk/gp/product/B07CG4LMR4/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1>

These knives will cut fruit and vegetables and are safe to use and practise with. Hold in dominant hand with the index finger along the top blade of the knife. This will apply pressure and direction when cutting food.

* Location tray.

This can be any tray (we use the plastic trays vegetables come in) to use to keep utensils in when preparing food. This will keep items in one place and safe.

Commercially available location trays

[https://www.amazon.co.uk/dp/B0C27CZZ92?\_encoding=UTF8&psc=1&ref=cm\_sw\_r\_cp\_ud\_dp\_ENKQ93YQ2V7QBM2G85XX&ref\_=cm\_sw\_r\_cp\_ud\_dp\_ENKQ93YQ2V7QBM2G85XX&social\_share=cm\_sw\_r\_cp\_ud\_dp\_ENKQ93YQ2V7QBM2G85XX&previewDoh=1](link%20to%20Amazon%20location%20tray)

* Microwaveable bowls

Home Bargains and B and M all do pots and bowls that can be used. We use mixing bowls (bowl in a bowl), old food packaging from ready meals, as well microwave saucepans to aid transfer of heat.

* Saucepan steamers

[silicone steamer 3 individual](https://www.amazon.co.uk/CHUNZHILAI-Strainers-Silicone-Saucepan-Strainer/dp/B0CZQHJ6LQ/ref=sr_1_19_sspa?dib=eyJ2IjoiMSJ9.mKfHTwyWM8vxcMnCFe7cSIp6Wd7UEULOwMOW6rLilAp9y0gVaeYJvy_61o4LZBuslVIXlAVlxSlYRwm4zdQxiKyYUlwHT-osy5173K91snvbe3vFD2cfzCqVuqCJf4Co5SMFPWBR0iNvlcWuipCn92PgTKYVTF8HhpaSfUU-qPRVyO3-PYKnNvi7fiIo6QmG7hF6WxxzYhxOm6sazp1Eu8N5lbp8B4a0zW075PIdp69VNaaRzpQPxRyhwCBzKXh_cXcEEQwfBKeg2ojA6Z3UuZf0mey3VgwGNjXWibJI8oo.qDJQXDkbvBEm75c0X5Z_LNrF-kFQ7uNtgKS1_oslW4A&dib_tag=se&keywords=silicone+vegetable+steamer&qid=1746778044&sr=8-19-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9tdGY&psc=1)

[choice 2](https://i0.wp.com/tamararubin.com/wp-content/uploads/2018/07/Sunsella-Green-Silicone-Vegetable-Steamer-1.jpg?fit=2016%2C1512&ssl=1)

Upcoming Courses

* 19th June Outreach Open Day 2025

Our informal days at our Worcester campus are designed for education professionals supporting students with vision impairment (VI) or parents of VI children. These sessions provide a great introduction to how NCW supports and teaches VI students.

During the day, you’ll have the chance to meet subject teachers and receive practical support and advice on specific curriculum areas of your choice.

You can also choose to attend a half-day Mathematics session as part of the program.

* 10th July Preparing Tactile Diagrams

This course, being held on our campus in Worcester, will provide hints and tips on how to produce tactile diagrams for Science, Maths and Geography.