THE BRAILLISTS FOUNDATION

BRAILLE IN THE KITCHEN

Matthew Horspool: Welcome back to Braillecast Extra. This episode is entitled Braille In The Kitchen. It was recorded on Tuesday, 1st June, 2021, and introduced by Dave Williams.

Dave Williams: Good evening and a very warm welcome to the Braillists Foundation Tuesday Master Class. Tonight we're going to be taking a look at braille in the kitchen and joining us is actually my wife, Emma Williams, who will be talking to us about all things braille labelling and braille recipes and any other related questions. So, we'll be getting into that very shortly. As always, our Braillists sessions are run in line with our moderation policy, found on the Braillists website, braillists.org. We try to keep this a family-friendly environment, making sure that everybody can hear each other and so, the way it works is through our moderator, Ben. Good evening, Ben.

Ben Mustill-Rose: Hello, Dave. How are you this evening?

Dave Williams: I'm very well. You're going to be giving people the instructions they need to mute, unmute and all that kind of stuff when we get to the Q&A part of this.

Ben Mustill-Rose: Yes, I will be indeed.

Dave Williams: Brilliant. So there will be plenty of time for questions, two opportunities. I think the plan is to divide the session into two sections, so Emma will talk us through that shortly.

 Just to let you know, the Braillists Foundation, we exist to promote braille usage. Our mission is simply, More Braille. And to that end, we run our series of Master Classes, a couple a month, and you can find recordings of those on the Braillists website at braillists.org/media and you can also find much of that content making its way through to our podcast, Braillecast, wherever you get your podcasts, so do subscribe.

 You can follow us on Twitter @braillists and you'll also find the Braillists Foundation active on Facebook, as well as on our forum and if you'd like to join our forum, it's a simple Google group, you can do that again from the braillists.org website.

 Something else to share with you is that in two weeks' time, so a fortnight from today, we'll be running a session concerned with braille on the Kindle Fire tablet, so that's the Amazon Fire tablet, how you would use that to access Kindle books, primarily, in braille. Ben and I think that the Kindle Fire and a budget braille display is possibly the most affordable way that anyone can get access to a vast range of books in braille and we'll be explaining exactly how you go about doing that, sharing hints and tips and techniques. That's going to be in two weeks from today. Then next Tuesday, it'll be our open Braille Bar, so that's your opportunity to get your braille questions answered. We usually assemble a bit of a panel, we have a transcriber and we have technology people and no question is too big or small and if we can't get you an answer on the day, we will quite happily take away some homework and follow up with you afterwards and we get some really interesting questions, everything from how do you write a percent sign to how do I make my braille note taker talk to my braille embosser. So, we'll give it all a good go. That's next Tuesday at 7:30pm UK time.

 Without any further ado, I'm going to hand you over to my wife, my good lady, Emma Williams. Emma works at New College Worcester, which is a specialist school here in the UK that supports blind and partially sighted young people and braille plays a very important part of the curriculum, as does independent living skills. Emma works in that department, is a lifelong braille reader or will be eventually, and is also no stranger to the Braillists. Those of you who were with us during the first lockdown might remember Emma led many of our Clever Cooking sessions back then.

 So, Emma, welcome back to the Braillists Foundation.

Emma Williams: Thank you very much for having me. So, I don't really need to introduce myself because my dear husband has done that for me.

 I will say a bit more about my job. I am one member of our independent living skills team. My job is primarily to teach our sixth form students independent living skills plus anything really that they need to help get them ready for the outside world. So, it is cooking but it's all sorts of things. We talk about safety, especially in terms of being blind, and we look at what some sighted people might think are very simple things like putting a plaster on yourself, which can actually be quite difficult when you can't see what you're doing.

 We also look at the benefits system in very broad terms. We look at things that you might need to go out and about and I quite often work in collaboration with our specialist mobility team for things like that.

 So, it's all sorts of things, but tonight, I am going to talk about how braille can be used effectively in the kitchen. To start with, I thought we'd talk about labelling. Braille can be used in lots of different ways to ensure that you can identify products independently when cooking. For both people who are proficient braille users and people that are just learning braille, there can be ways that we can make this accessible for you.

 It's also a really good way to be practicing your braille in an almost incidental way and obviously the more of that you do, that's really going to help with your braille skills.

 Some products already have braille on the packaging, which can be really useful. Now, in the UK, we have a supermarket chain called the Co-op and they actually put braille on their own brand products, which we wish more supermarkets would do. Also a lot of medication, so off-the-shelf and prescribed medications in the UK now have braille on them, which, apart from making sure that you're taking the right thing, also means that you can keep that kind of thing personal, rather than having to ask somebody else to help you.

 In terms of labelling our products in our kitchen, you can do it in a way that you can understand them. So, this could be abbreviated. With something like a tin of tomatoes, you wouldn't necessarily have to write the whole word "tomatoes". You could just put "Toms".

 What we would look at with things like tins is maybe writing a label on a piece of durable thick card or plastic, non-sticky-back plastic and you could then make a hole in it and you could thread some elastic, that fine string-like elastic through the hole and tie it so that you make a loop. You can then put it over a tin which enables you to reuse that label. Proficient braillists will definitely know that buying things like the sticky-back plastic sheets or the Dymo label tape can be quite expensive. So, wherever labels can be reused, that's a good thing. So, tie them onto a piece of elastic and then you can put it over a tin.

 The other instance in which you might find this way of labelling useful is if you have something like food that you have batch-cooked, so it could be something like some Bolognese that you've split into portions and put into plastic tubs to go into the freezer. You can put these labels around the box on the elastic. If you're going to put them in the freezer, I wouldn't recommend using cardboard, you'd be better using plastic. You find that in the freezer, sometimes the card can get a bit icy and also the dots in that very cold environment seem to fade and I know that from experience.

 Refillable items, in the UK, we can buy jars of spice and when we've finished them and we want to refill them, we would maybe buy a refill packet which costs less and then it's only cardboard that is being recycled, so you can refill the jars. I would recommend that you label your spices with something like the Dymo tape or on the plastic sheets that you can then cut out and stick on the jar. The same would apply for things like oils, coffee and teabags and things that are refillable.

 A lot of people now also use Tupperware tubs in their kitchen to keep things like rice and pasta and so on, so label these as well so you can stack your cupboard easily and you can find them, without having to take off the lid and stick your hand in each time.

 Also with something like ready meals, you can use the labels as well on elastic. Quite often if you like a certain brand, sometimes they come in very similar looking packaging, so a tray maybe with the cardboard sleeve around it, and some people might choose to use another form of technology to try to identify these but sometimes if you want to practice your braille or you're a proficient braille user, then it can be quicker to go in and read a label that you might have put round it in the supermarket, initially with somebody's help or after you've had your shopping delivered, rather than having to go and use a piece of technology.

 One little trick that I use sometimes is Klippits. So, Klippits are clips that go on the top of open packets, could be cereal, rice or so on, and the Dymo label tape fits quite nicely, obviously if you don't need to put too many words along it, along the Klippit label so that you can then identify what's in the packet.

 So, let's move on to braille on white goods, equipment and appliances in your kitchen. Now, in the UK, when you buy a new appliance, like a washing machine or a dishwasher, something that has lots of programs on it, you can actually request from the company a braille panel and they are made bespoke, so they're made as you order them and I actually have one of these on the front of my washing machine. I have a touch-screen washing machine and some probably think that that's quite bonkers, but it has a braille panel. So, around the dial it's got letters and then I have a key on a piece of paper that tells me what letter does what, so what all the programs are around the dial.

 There is braille on the touch-screen, just underneath where the actual buttons are, so I know that if I would slide my finger up from the bottom of the screen, I can find the right buttons I want before I then press them. So, this is something that you would be asking in the shop or wherever you get your appliances from, for them to actually order this braille panel for you.

 Some things for learning braille whilst in the kitchen, if you're waiting for your pasta to boil or something like that, round magnets on the fridge, just little round ones that you can then go and make braille letters and words out of. Also, one thing that I used to sit at the kitchen table and do a lot, when I was about three or four, was empty egg boxes that hold six eggs and I would use ping pong balls to make different letters and I would do this whilst my mum was cooking. She learned braille when I was young and she would then check what I was writing.

 There is an American company that some of you might have heard of, that make measuring spoons, cups and bowls that have braille and tactile markings on them and they are called POURfect. I believe that they are quite expensive but if you struggle with other ways of accessing measuring scales and devices, then actually these might be really useful to you.

 So, I've finished on labelling. Have we any questions?

Ben Mustill-Rose: Wow, well, I've learned something already. I had no idea you could get a custom braille panel for some of your appliances.

 We're going to take a few questions on labelling for now and after that, we're going to talk about recipes.

 If you'd like to ask a question, a few different ways you can do so. They all involve raising your hands. If you're on Windows, you can press Alt+Y. If you're on a Mac, you can press Option+Y. If you're dialling in on a telephone, you can press star+nine or if you're using the Zoom app on an iOS device or an Android device, you can press the More button which is visually represented by three small dots in the bottom right of your screen, then press the Raise Hand button.

 We've already got a couple of questions so we're going to go to Claire Morgan in a moment or two. Before we do, remember, we are the Braillists, follow us on Twitter @braillists, like us on Facebook, Braillists Foundation, and if you've got any feedback about this Master Class or suggestions for any other Master Classes which we always love to hear, please email help@braillists.org and we will do our best to accommodate you.

 So we're going to come to Claire and then Steve.

Claire: I don't have a Dymo tape machine. How do they work?

Emma Williams: It's a long arm with a circular bit on the top which has a dial on it which moves round and as it moves round, it lines up the letters with the little arrow at the top of the long arm bit and then it's got a handle under the arm, which you can then squeeze to punch that particular letter onto the tape. So, it's basically making very small labels that you can then put onto items, without having to put the thick plastic sheeting into a Perkins brailler and having to cut it out.

Claire: How do you enter the Braille?

Emma Williams: It does. As you spin the dial round, it has the letters in alphabetical order, so you would line up the letter that you wanted with the arrow and then you would squeeze the handle which then punches the letter onto the tape and then you would turn the dial to the next letter and so on until you've made the word or words that you need and then it has a little cutter to cut the tape. It's probably slower than using a Perkins brailler in terms of actually typing but it's really handy if you've just got one label to do. You can buy it from the RNIB but I'm not sure of the product code.

Dave Williams: I'll see if I can find out. What might make it clearer as well, Claire, is the tape comes in a coil. It's wound up in a coil and that goes inside the handle, inside the arm part of the labeller. So, you install the tape and then you feed the end through where the arrow is to the letter that you want and then each time you squeeze the trigger to emboss your selected letter onto the tape, it moves the tape on by one braille space so then you can make a whole word.

Claire: Do you need special sticky-back plastic if you want to use the Perkins?

Emma Williams: Yes, if you want to use the Perkins, you can buy clear sheets of sticky-back plastic. You can't just use any. It's got to be thicker than normal rolls of sticky-back plastic that you can buy in the shops. You can also buy that from the RNIB and the product number for that is DL11, if that's of any help. I think you get eight sheets in a pack. If you want to do lots of labels all at once, that might be more of the way to go.

Dave Williams: I'm reliably informed that the product code for the labeller is DL65. The other benefit of the Dymo labeller is that as well as braille letters around the edge of the dial, it also has print letters and that means a sighted person who doesn't know any braille is able to produce short braille labels for a blind person. I know some sighted people who use that technique for writing braille that they stick in greetings cards and other things. My colleagues at an unnamed assistive technology company used to write friendly insults in braille and stick them to various objects around the kitchen for my entertainment, so a good use of resources.

 The Braille labeller is a really useful, practical way of making small amounts of braille.

Ben Mustill-Rose: Thanks for that, Claire, hope that was useful and just to point out, we do have a podcast or a Master Class all about braille labelling. It's on our Media page, braillists.org/media, where we go into all the different ways that you can label things using braille.

 We're going to come to Steve next and then Carla.

Steve: Incidentally, I've had one of those labellers for more than 30 years and I've just found out it's got print round the outside of it.

 One thing on the labelling, I used to and still do have ready meals. They've got a little gap between two compartments on each package but they look identical to all intents and purposes. One thing I found really helpful was writing out labels on a thermoform sheet and I got someone else to cut up the labels for me. I left three or four spaces in the middle of the label and used a baby bulldog clip to put the label. I have tried it with just paper tape but the dots do go fairly quickly and just in case some of the plastic dots got squashed on the thermoform ones, I just use a little code, like a number, and put it on both ends of the label, so if one got a bit damaged, the other one should be okay.

Emma Williams: Yes, that's a really good idea.

Ben Mustill-Rose: We're going to come to Carla then Klaudia.

Carla: What would you recommend for something like labelling frozen vegetables?

Emma Williams: If they're open, have you got any of the Klippits that I mentioned, the plastic clips for keeping bags sealed?

Carla: Not yet, no, but I can get some. Where do you get those from?

Emma Williams: You can buy them in most supermarkets and Lakeland sell them as well. As far as I know, definitely the ones from supermarkets are called Klippits which I think is the brand name. So, Dymo tape would fit along those. Now, you could do the same, I suppose, by adding a label onto some elastic and putting that round the bag, if it's still sealed. Sometimes the vegetables do come in these resealable bags so maybe something like a label on a piece of elastic would be best or as Steve said, a label on some plastic like thermoform or plastic sheeting with some of those bulldog clips. If you've got lots in your freezer like I have, then I would imagine they could fall off.

Carla: Okay, yes.

Emma Williams: I suppose, as well, it's about different textures of packaging. Often with vegetables you can feel what's what from the shape of what's in the bag. Peas feel different to cauliflower. Sometimes at work we use frozen onion rather than using fresh onion because it solves so many problems and you can smell that, so you know when you've found it in the freezer.

Carla: Okay, thank you for that.

Ben Mustill-Rose: We're going to come to Klaudia next. After Klaudia, we don't have any more questions. I think we've probably got time for one more question, or a tip, of course. We're always really pleased to hear anyone's tips for kitchen-based life hacks around labelling.

Klaudia: I have one question as I have heard for the first time that you can request that your appliances be labelled in braille. Do you actually have to contact the manufacturer who makes the appliance?

Emma Williams: If you've already got the appliance and you want to look into getting the braille panel, I think you would need to go to directly to the manufacturer. If you're buying a new appliance from a shop, then you can get somebody from the shop to contact the customer service or someone further up the chain within that shop, and hopefully they would then be able to arrange to have that braille panel made. If you've already got something and you want the braille panel, I would go directly to the manufacturer.

Klaudia: Okay, thank you.

Dave Williams: It might not be that all manufacturers have that available but certainly the ones we've tried, so Siemens and Bosch, we've had dealings with and they both supplied a braille panel and came and fitted it at no extra charge.

Emma Williams: I think most of them do because I know at work, we've been trying to get them for different appliances and we have many different brands at work and all that we've contacted so far, right from the cheaper end of the market, being things like Candy, up to things like Bosch, Siemens and Miele, the more expensive end of the market, all of them have said that they can do. I haven't come across one that has said no yet.

Ben Mustill-Rose: We've actually got quite a few hands up now. We're going to come to Tina.

Tina: I have a suggestion, because I like my Ovaltine in the evenings, I keep my Ovaltine pots and then I can put things in them like pasta or lentils that might be dried ingredients. Then you can stick a braille label on the Ovaltine pot.

Emma Williams: Really good idea. Recycling, I love it.

Ben Mustill-Rose: Great tip. So, Emma, we've got about half an hour left and we've got two hands. What would you like to do?

Emma Williams: Let's take these two and then we won't take any more after until we've done the recipes.

Ben Mustill-Rose: We're going to come to Terry-Ann then Sheila.

Terry-Ann: One suggestion, I don't know if you have them in the UK, but there are metal devices that have been made specifically for the Perkins braille writer, and you slide this long metal piece into the Perkins and then there are two clips on it, into which you can slide Dymo tape and so you can actually braille onto Dymo tape if you have this little apparatus via the Perkins braille writer.

Emma Williams: Okay. I have used and seen one of those but not for a very long time. I don't know if they're available over here. It would be a brilliant idea if they were and maybe we need to try to do some research and find that out.

Ben Mustill-Rose: Great tip, though, Terry.

 We're going to go to Sheila Foster.

Sheila: First of all, I was told that the Perkins adapter, the RNIB don't sell them anymore and certainly Alan [UNSURE OF NAME] who comes on here sometimes, he mends Perkins and he had a spare one so he's going to send me his spare one, so although we used to be able to get them, I'm not sure whether we can.

 The washing machine, did you say Zanussi?

Emma Williams: Like I said, at work, we're trying to get them for lots of different branded machines and so far nobody has said that they can't do it.

Sheila: Okay, right. The reason I came on in the first place, I've said it before but I will say it again. I have a PENFriend labeller and so what I tend to do, particularly for tins, but you can do it for just about anything, is to get the sticky-back labels, the paper labels, I don't mean the sheet things though I suppose you could use them, and I cut them up into rectangles and I wrap the rectangle around with rubber bands or you could use string, and I stick the two ends together, so in effect you've got a rubber band with a flag on it. Then, I stick the little round PENFriend labeller on the flag and record what I want to say and so, then, when my package is finished or my tin is opened, all I have to do is switch the rubber band onto the next whatever and of course I can change them if I need to with the PENFriend and I find that works really well. I've never tried it with anything in the freezer.

Emma Williams: You can get specific freezer labels for the PENFriend but I don't think they come in the pack. I think you have to buy them separately.

Ben Mustill-Rose: Great tip, Sheila. Good to have your questions and tips. There are a couple of messages in the chat. Wendy says that Ikea clips are great. Klaudia is suggesting that if you want to label frozen food, you can sometimes write something on a bit of Braille paper, wrap it in clingfilm and then apparently that makes it more resistant to being frozen.

 Great tips on labelling but I think we're ready to move on to recipes.

Emma Williams: Okay. We'll first talk about hard copy recipes. For those who are lucky enough to have one, you could print them out on your embosser and you could do this from almost anywhere. I think nowadays obviously with technology we are able to access all sorts of things, obviously recipes included, from so many different places, websites and so on that we couldn't before.

 I would recommend though printing out your recipes, if it's ones you're planning to keep. onto thermoform. With paper, if your hands a bit dirty or a bit wet, obviously that's not going to go down well. With the thermoform, if it does get a little bit dirty, you can just get your dishcloth at the end and just wipe it down whilst you're wiping down everything else.

 There's lots and lots of hard copy recipe books available from the RNIB and, talking about the RNIB, the SD card that comes with the Orbit Reader has lots of amazing cookbooks, one of them that I use a lot is Mary Berry's Complete Cookbook. It has recipes for almost everything. It's fabulous, everything from starters to dinner parties to bread, cakes, all sorts of things. Quite often I will use the Orbit reader and that book in the kitchen and I've made some fabulous things from that book that I've never made before and I find her recipes are very simple.

 You could also Bluetooth a device like an iPad or iPhone or other devices to your Orbit reader so that you can then access recipes from other places and be able to read them whilst cooking and also, iBooks, you can get lots of recipe books from there.

 If you've got another braille display, then you could do the same with this, as long as it supports Bluetooth.

 I would recommend, if you are using your braille display in the kitchen, to put it in a reusable lock and seal or press seal plastic bag or sandwich bag, a large sandwich bag, so that you can seal the bag but the bag is flat across the top of your braille display. The braille on a braille display generally is sharp enough for you to be able to read that through the bag and also be able to find and press the buttons as well. Braille displays are notoriously full of holes and you don't particularly want flour inside your braille display because you might not get such good braille anymore.

 Adapting recipes, if you are new to braille or you might work with a child that is learning braille and you want to do something with them in the kitchen, there's a few things that I would recommend that you do with a recipe. To start with, as well as having the ingredients with the measurements at the top, include those measurements within your method, so that you're not having to jump around the page to find out how much flour you need to put in and so on.

 I would look at double-line spacing and putting numbers by the steps, which will make it simpler for you to go back and find whereabouts you are in the recipe and another little tip, the last one really, is use a bit of Blu Tack to mark, maybe in the margin, whereabouts you have got to, in your recipe, so you can easily go back to where you left off.

 There's lots of other ways that we can access recipes but these are some of the best tips that I have for recipes in braille.

 Okay, that's it from me and ready for more questions.

Ben Mustill-Rose: I've heard the tip about the braille display in a bag before but that was actually from you in a previous session. I can't get over that. It's such a good idea because it protects the display and, as you say, particularly if you've got something like an Orbit, for most people, you are still going to be able to read the braille, even if it is slightly less convenient. These braille displays aren't cheap so you don't want any accidents, do you?

 We've got quite a few hands already. We're going to come to Tracy first then Jess.

Tracy: Instead of putting your Braille display in some kind of Ziploc bag or something, is it just as good to use clingfilm?

Emma Williams: You could do. I've never done it but I do wonder, especially with something like the Orbit reader, whether it might actually put holes in the clingfilm with it being so thin. I don't know though. It might be something you'd have to try but remember to be careful with clingfilm that you don't get lots of creases in it. You want to able to still read that braille quite clearly.

Tracy: Thank you.

Dave Williams: Your clingfilm might also press the buttons down as well. That's the other thing you'd have to be careful of, to make sure it's loose enough not to push all the buttons.

Ben Mustill-Rose: We're going to come to Jess then David Weston.

Jess: You've mentioned thermoform paper a few times. What is it?

Emma Williams: Thermoform, it's a bit like photocopying for braille. You have to have a copy of it first in braille, usually on a piece of paper and then it's a special machine that does it and basically it heats the plastic up and it moulds it to the braille from the master copy.

 It's not something you're likely to have in your home but some people through work or other means might have access to a thermoform machine.

 If you want to have a wipe-down recipe, the other thing that you can do is, if you have it on A4 braille paper, you could put it into one of those clear plastic wallets. As long as the Braille is reasonably good, you should be able to read that through the plastic.

Jess: Lovely, thank you.

Ben Mustill-Rose: We're going to come to David Weston and then Rachel.

David Weston: I have a Tatrapoint braille writer and on the carriage, it does have the clips each end to put your Dymo tape on. Unfortunately you cannot buy this machine in the UK. It's sold in Europe but it's about half the price of a Perkins.

 Also a question, I've got an Orbit reader but I have never seen a recipe book on it.

Dave Williams: Over the time that the Orbit reader has been available in the UK, we've updated the SD card a number of times, so depending on how long you've had your Orbit reader might depend on how long ago your SD card was put together, but if you contact RNIB and request the latest version of the SD card, it comes with 15 books in the Food & Drink category, including quite a number that contain recipes. There's things like Mary Berry and Nigella and many others besides.

David Weston: Thank you very much.

Ben Mustill-Rose: Thank you, David, and I hope you get your card sorted out, as it does have an incredibly broad selection of books in general.

Dave Williams: There are 2,000 books.

Ben Mustill-Rose: We're going to come to Rachel next and then Mel.

Rachel: Firstly, with regard to the thermoform, I did have some, I've got a few sheets left and I was brailling recipes onto the thermoform with my Perkins. Can you buy the thermoform anywhere?

James Bowden: The correct name for thermoform is Brailon and, yes, you can buy it from the RNIB shop.

 Can I just also come in about the Orbit reader card? If anybody does want a copy, I'm not entirely sure where products are with taking orders, so you can email me directly on james.bowden@rnib.org.uk.

Dave Williams: We'll give that again at the end, James, if you don't mind.

Rachel: I've got a couple of comments just before I go. You were talking about recipe books and I just wanted to say, the Mary Berry, I totally agree, it is really accessible and I love it. Another one I wanted to mention, if people enjoy baking, is Mary Berry's Baking Bible and there's lots of recipes and I got that from Kindle, Amazon, and it's on my Kindle and I use it on my braille display. Another one I got from the same place is British Baking by Oliver Peyton and that again is really accessible and he goes through things like techniques and measuring.

Emma Williams: Excellent, thank you for the recommendations.

Ben Mustill-Rose: Mel has lowered her hand so we're going to come to Sheila next. There aren't any more hands though we've probably got time for a couple more questions or tips.

Sheila: Can you just repeat the Mary Berry?

Emma Williams: Complete Cookbook, I think it's called.

Sheila: I don't want to put a spanner in the works but I'm going to. Thermoform or Brailon, call it what you like, I really do not like it. I find that if my fingers are a bit warm, my fingers stick on the thermoform, so I couldn't move my fingers along very well.

Emma Williams: I agree and it's personal preference definitely. If your hands are slightly warm or clammy, then they do tend to stick a little bit to the plastic but I think if you're baking a cake, you wouldn't have a problem because you'd have flour on your hands.

Sheila: Alright, thank you.

Ben Mustill-Rose: We're going to come to Carol Adams in a moment.

Carol: What I've found really good for recipes are your old-fashioned, what your Nan would make, Be-Ro recipes and they're online, if you search for Be-Ro and they are simple and fantastic.

Emma Williams: Thank you for that.

Ben Mustill-Rose: We're going to Mel and then Terry-Ann.

Mel: I do use Brailon for my recipes and I find it fantastic so that's really what I wanted to comment on. Also, the Be-Ro, everybody who's probably over the age of 50, would remember Be-Ro and I've got the braille versions of the Be-Ro books. I've got huge shelves full of Braille in my little office and Be-Ro is on those shelves and they are wonderful books. The RNIB used to sell them and what happens now, I don't know, but they did have them in braille. It's Be-Ro as in the Be-Ro flour.

 Also teaching braille, flour does help to read Brailon. We used to use talcum powder in our actual lessons during teaching, so there's lots of tricks that you can use. It is really useful stuff and it looks quite expensive because you buy it in huge quantities but actually the box has lasted me for years so a good investment. Thanks for a lovely session.

Emma Williams: No problem, thank you.

Ben Mustill-Rose: Last but by no means least, we're going to come to Terry-Ann this evening.

Terry-Ann: She just mentioned what I was going to say about the flour and the talcum powder, both I recommend for my students. But I wanted just to say it's so wonderful to have you back, Emma. I'm a big fan of yours too over here in the US. I was so pleased when I heard that you were going to be on today and luckily I could be here for the whole session.

Emma Williams: Thank you very much. That's lovely to hear.

Ben Mustill-Rose: We have no more hands and we only have a couple of minutes left, so I think I'll pass over to Emma and Dave to wrap up.

Dave Williams: Any final thoughts, Emma? What should people take away from this session?

Emma Williams: What should people take away from it? Never use your braille display in the kitchen without a Ziploc bag and I think, just think about braille making life really independent for you. That's the way that I look at, that actually you can access things in your kitchen without having to get help from a sighted person. We all know that there are lots of other ways of labelling products or identifying products in our kitchen, but obviously tonight we're talking primarily about braille.

 Thank you very much for having me. It's been lovely to speak to old and new people.

Dave Williams: Thank you. Just to kind of underline that, we've got all the technology for labelling and reading stuff and even a sighted child if he's feeling cooperative but actually sometimes braille is just quicker and easier. It just does the job.

 On the fabled Orbit reader SD card, if you'd like to avail yourself of that and if you want recipe books then you could do worse because there are 15 on here, there's Ainsley, there's Bosh, there's Easy Tasty Healthy, How To Be A Domestic Goddess, there's a Jamie Oliver, there's Mary Berry. I've been a very fortunate beneficiary of Mary Berry. There's, I think, 600 print pages in that Mary Berry book so it's a huge collection. Pinch Of Nom, the list goes on.

 James Bowden has agreed to add your name to the list of people to receive the SD card if you're in the UK or you're a member of the RNIB braille library and you can drop a line to james.bowden@rnib.org.uk.

 Emma, thanks so much, really appreciate all your experience and obviously a very popular session. Thank you, everyone, for all your questions and thank you very much to Ben for moderating and James for contributing with your expertise.

 We'll be back with the book club on Thursday. It's the open Braille Bar next week, so anything you like, could be about the kitchen, could be about something else and then in two weeks we'll be looking at the Kindle Fire tablet and how to access Kindle books in braille.

 I've been Dave Williams, chair of the Braillists Foundation. Stay in touch, @braillists on Twitter or braillists.org is our website.

 Until next time, from everyone at the Braillists Foundation, have a great week. Bye for now.