



# **SRSB**

**Sheffield Royal Society for the Blind**

# **INSIGHT**

## **SUMMER 2015**

**MAKING A DIFFERENCE IN SHEFFIELD**

## INTRODUCTION

Welcome to our latest newsletter which we hope you enjoy. It's a period of change at **SRSB** with a number of staff changes which you can read about later in the newsletter. All of our services will be continuing as normal but if occasionally we are not quite as quick to respond or you are talking to somebody who is not quite as knowledgeable as our staff usually are then please bear with us.

## SUMMER RAFFLE

Unless you have requested otherwise, 2 books of tickets are enclosed for the Summer Raffle. Tickets are £2.50 per book – if you can sell them please put the money and the ticket counterfoils in the enclosed plastic bag and return to us by Monday 22nd June. If you or your family are able to sell extra tickets please call us as we always need to sell more tickets. If you are not able to sell any tickets then don't worry as we appreciate that not everybody is a salesman. If you can't sell the tickets please **DO NOT** return unsold tickets to us as we have to pay postage for the FREEPOST envelope if you use it.

Even just putting a stamp on the Freepost envelope will help us by saving us the postage costs. However, you must place your stamp over the "2" on the envelope and cross out the bar code and Freepost Code on the envelope or we will still be charged for the postage. Thank You.

## OUTINGS

### Annual Day Trip

This year we have a day trip arranged to Scarborough on Tuesday 14th July.

Coaches leave at 8:30am prompt from the Pond Street Interchange and return at approximately 7pm. You will need to make your own transport arrangements

to and from the Interchange. There is a non-refundable booking fee of £5 per person, to be enclosed with your booking slip. These must be returned to us by Monday 22nd June.

Please note all the conditions detailed on the booking form enclosed with this newsletter. People on the trip must be able to go around independently or bring a guide with them. If you would like to go on the trip but don't have a guide then please let us know and we will try to find a volunteer to guide you, although we can't guarantee to do so.

### Sight Village

This annual exhibition of specialist products and services for blind people, held in Birmingham each year, is always a popular event. This year we are organising a trip there on Wednesday 15th July 2015. Transport will cost £5, payable at the time of booking. To book please telephone **SRSB** as places are limited.

## STAFF

We don't normally have very many staff changes to report but over the last month or so we have said goodbye to a few long serving staff:

- Trish Mosforth has retired from our accounts office after almost 10 years with us.

- Dyane Fisher, (nee Midgley), has moved on to new challenges after being our Volunteer & Training Co-ordinator for the last 13 years.
- Graham Hattersley, one of our minibus drivers, has retired after 12 years' service.
- And finally, Olwen Greensides Assistant Manager has retired after 42 years' service with the Society.

This amounts to a combined 77 years' service with **SRSB** which is a wealth of experience. We thank them for all they have done for **SRSB** and most importantly for blind and partially sighted people in Sheffield. They will all be missed.

We have already recruited Ian Cawthorne as a minibus driver and wish him well in his role with us. He is an experienced minibus driver and is already proving popular with his regular passengers. We should have replacements for the other positions in place soon but please be patient when they are appointed as the people they are replacing will be hard acts to follow.

## **NEWS NOTICES**

### **Sight Loss Advisor Focus Group**

In February we held a number of focus group sessions in connection with building evidence of the need for a Sight Loss Advisor to be based in the Eye Department at Royal Hallamshire Hospital. When we sent out the notice inviting people to attend the focus groups we were astounded by the number of people wanting to attend the groups which clearly demonstrates to us how important an issue this is for people. Unfortunately we could not

accommodate everybody that wanted to attend so if you were one of the people that we had to say "no" to then please accept our apologies. We did however send out questionnaires to those people so thank you to everybody that completed and returned them. At the focus group meetings exactly the same questionnaire was worked through.

So, what has all this work resulted in? As you will be aware, we carried out this work in conjunction with RNIB's Regional Campaigns Co-ordinator, Tracy Dearing, so she has collated all the feedback from the focus groups and compiled a very detailed report which we have seen but which has not yet been published for distribution. The draft report has been submitted to the Royal Hallamshire Hospital Eye Department for them to add a comment prior to publication and as soon as the report is published we will be making accessible copies available to people. We do not intend that the report just goes on a shelf to gather dust – we need to use it to help us work with the staff at Royal Hallamshire Hospital to provide a Sight Loss Advice Service within the Eye Department, which the report clearly demonstrates a need for.

### **Other Focus Groups**

As a result of the success of the Sight Loss Advisor focus groups we are planning to run more focus groups later this year on a range of topics. We will use the feedback from these groups to identify issues that you think **SRSB** could take up with other organisations to improve services for blind and

partially sighted people as well as helping **SRSB** to develop our own services.

We would really like to hear from you the sort of topics that we might cover in these new focus groups.

### **Sheffield Macular Group**

For the very first time in over 500 years the 2015 Royal Maundy Service was held in Sheffield Cathedral. Because Her Majesty the Queen is in her 89th year, 89 men and 89 women were chosen to receive the Royal Maundy for their services to the community and the Church. Two of these were members of the Sheffield Macular Group: former Chairman Robin Story and Elizabeth Beet. Very sadly Elizabeth, who was 92 years old, died 12 days before the ceremony, but the Royal Almonry confirmed that the Queen would present her purses to her Executor for passing on to her family. This gesture was very much appreciated.

The ceremony coincided with the monthly meeting of the Sheffield Macular Group. Robin managed to get from the Cathedral to the Group meeting before it ended and described his experience, showed the two Maundy purses and explained what they contained.

### **Tandem Cycling**

Anyone interested in tandem riding? At present we have 3 tandems and have received funding for a further two tandems, together with a trailer to tow the tandems and a tow bar to be fitted to one of our minibuses. The trailer can carry 6 tandems so if anybody has

a tandem cluttering up their garage/shed that we could use please let us know. Condition does not matter as we have somebody who can refurbish tandems for us.

As a result of requests from a number of people we will shortly be starting a Tandem Group that will go on regular outings so we need visually impaired riders, sighted pilots and volunteer minibus drivers to get the group running.

We are also looking for a garage/small lockup which is fairly central to store the trailer/tandems and undertake maintenance on them.

Please contact Peter Stancill at **SRSB** if you would like to be involved with the tandem group or can assist us in any way.

### **Doncaster**

We have a growing number of people from Doncaster and District who access our services in Sheffield and some of those people also attend meetings of Doncaster Impaired Sight Campaign (DISC).

DISC is organised totally by people with a visual impairment and currently meets once a month at Doncaster CVS very close to the railway station and bus interchange. They discuss a range of issues affecting blind and partially sighted people and liaise with organisations such as the council, health services, bus and train operators etc. In addition they occasionally organise trips out. They are also hoping to secure their own premises and develop more services on a regular basis.

They are always looking for new members to join their group so for further information please contact David Beasley on **01709 577818** or email: david.w.beasley@gmail.com

### **Accessible Bank Cards**

RBS and NatWest have introduced new accessible debit and savings cards in order to help address some of the common problems that blind and partially sighted customers face when carrying out everyday tasks such as banking.

For more information please see link <http://digbig.com/5bkswr>

### **RP Support Group**

The support group continues to grow and feedback is always positive. At our last meeting we had a senior registrar come along to talk about Ushers Syndrome, we also had one of our clients talk about his experience of dealing with RP. Mr Acharya was also on hand to answer any questions. Our next meeting is planned for Wednesday 1st July at 2.30pm

### **The Mappin Writers**

The Mappin Writers group is extending a warm invitation to anyone interested in writing stories and poems to come and join them. They meet on Friday between 11am and 12:30pm at **SRSB** in Mappin Street. This is how one of the group describes their meetings:

"We start the day with a discussion on topics suggested by the group members followed by the reading of our work. At the end of the session we chose two topics for us to write about at home. There are no rules or

regulations on the style, approach or interpretation; you chose to write about the subjects. Anyone who needs help with handwriting can tell their story or poem to a member of staff or a volunteer who will write it down for them. We then have lunch and chat at 12:30 and meet again the following week."

### **We're The Mappin Writers.**

We're the Mappin Writers  
Please come and join us  
If you like to write a story or a rhyme  
And on a Friday you can find the time.  
Come and give us a chance your efforts to share  
I'm sure your work will have great flair.  
We're not experts - we just do our best,  
Most subjects we all get our chance to express.  
A chat and a cuppa we all enjoy as well,  
Bring us your writing, your confidence we hope to swell,  
So come and join us on a Friday, please do.  
Our writing group will be so happy to welcome you.

Julie Swift

### **100th Birthdays Congratulations**

Many congratulations to Peter Knipe, Edna Brookes, Florence Colgrave, Dorothy Davis and Mohamad Shafi, who have all celebrated their 100th birthdays recently.

### **Cairn Home**

Cairn Home, our residential care home at Crosspool, enjoys high levels of occupancy but we do currently have a vacancy and other vacancies do occur from time to time. For anybody

thinking about residential care but who is a little unsure what a residential care home is like then why not book into our Respite Room which is available for short term bookings of just a few nights. Alternatively you are very welcome to have a look around at any time. For further information please contact Kevin McGrath, Manager at Cairn Home, on **0114 266 1536**.

### **Macular Society Research**

The Macular Society supports people with macular degeneration which is one of the most widespread forms of sight loss worldwide. One of their aims is supporting medical research.

The Society already funds vital clinical research every year, thanks to the generosity of supporters, but they want to do more. Recruitment for important trials can be difficult, so they are launching a database to help get trials off the ground faster.

You can sign up to their database to help beat macular conditions by going to <http://digbig.com/5bkybc>

### **Mobile Information Unit (MIU)**

Our Mobile Information Unit continues to visit a wide variety of venues and events – It has been a great success so far. It carries some equipment to demonstrate the types of things available to assist people with visual impairment to continue to live independently as well as a lot of useful information about eye health.

The MIU has visited shopping centres, community centres, and church centres across Sheffield and there are plans to extend this to include libraries, pubs,

museums. Detail of the MIUs forthcoming events can be found on our website, and they are included in the diary enclosed with this newsletter.

### **Sheffield Libraries ebooks**

Sheffield Library Service has launched a new eLibrary Service, available free to all library members.

You can borrow books, audio books, and magazines by downloading them to a computer, tablet or smart phone.

Instructions on how to sign up are on the eLibrary website at <http://digbig.com/5bkxxm>

### **Audio Described Performances at Sheffield Theatres.**

If you would like further information on audio described performances listed below or to make a booking, please contact the Ticket Office on **0114 249 6000**.

More information can be found at <http://digbig.com/5bgjet>

May	Pride and Prejudice
June	Shrek
July	The Mousetrap Camelot: The Shining City Oklahoma
August	Dirty Rotten Scoundrels
September	The Curious Incident of the Dog in the Night-Time
October	Romeo and Juliet Presumption
November	The Distance
December	Aladdin
January	Show Boat

Do bear in mind that our Culture Club is organising trips to some of these – see later in the newsletter for more details.

## **Welfare Benefits**

Please don't forget to contact us if you receive any communication relating to your benefits. We are still coming across people who come to us for advice very late in the day and sometimes are losing out on their entitlement because of this.

If you think you may be entitled to any benefits or would just like to check that your current benefits are the best available please do not hesitate to contact us. We have a "drop in" surgery every Monday from 9:30am to 4pm or if that is not convenient please give us a call and one of our Community Advice Officers will be able to assist you.

## **Scam**

We often hear of scams that come by email and would always advise you to be very wary of opening anything unsolicited or giving anyone personal details, especially account details.

Paul sent us this one:

"I recently received an e-mail supposedly from "BT billing" which said "ACTION REQUIRED- We were unable to process your last payment. This may be for one of the following reasons and went on to give several reasons why this may have happened. It then said "Would you please, therefore download and complete the attached form so that we may update your details". I didn't download the form of course so I don't know what

details they were asking for. I didn't download the form mainly because we have not been a customer of BT for more years than I can remember; I am therefore, assuming that this is some devious person simply trying to get hold of people's bank details.

If this is a scam I hope this helps.

Best wishes Paul

## **Healthwatch**

Healthwatch Sheffield is an independent consumer watchdog for health and social care. It's intended to help adults, children and young people have a say in how services are designed and run.

Local Healthwatches have been set up by the government to run in every council area in England and services are free to use.

How can you make a difference?

They want to hear about your experiences (good or bad) of using:

- Health services: doctors, dentists, opticians, chemists and hospitals.
- Social Care services: care homes, personal budgets, day centres etc.

We can help to influence and improve our local services by making sure your comments are heard by the organisations that design, run and inspect those services.

They work in partnership with Sheffield Citizens Advice to provide the information and advice service for Healthwatch Sheffield. Please get in touch if you would like some advice about health or social care services so they can arrange for either a face-to-

face appointment or a telephone call with an adviser.

There are also some self-help materials online  
[www.advicesheffield.org.uk/self-help/](http://www.advicesheffield.org.uk/self-help/)

Contact Healthwatch Sheffield

You can contact them: -

Tel: **0114 253 6688**

Text: **0741 524 9657**

Email: [info@healthwatchsheffield.co.uk](mailto:info@healthwatchsheffield.co.uk)

or: Healthwatch Sheffield, The Circle,  
33 Rockingham Lane, Sheffield,  
S1 4FW

[www.healthwatchsheffield.co.uk](http://www.healthwatchsheffield.co.uk)

### **THAW (Technology for Healthy Ageing and Well-being)**

FREE EVENT: "Mental Well-being: Can technology help older people lead a healthier and happy life?"

Wednesday 27th May 2015, 11am to 3pm at The University of Sheffield Exhibition Space, Jessop West, 34 Gell Street, Sheffield, S3 7QY

Are you interested in how technology can support mental well-being in later life?

Do you want to participate in a discussion about how technology could be used to identify depression, alleviate loneliness or be used as therapy?

Would you like an opportunity to try out some new technologies and provide feedback?

Are you interested in getting involved in research?

Please come and join us for lunch and some lively discussion.

Please call Corinne Wills on **0114 222 6123** or email [c.wills@sheffield.ac.uk](mailto:c.wills@sheffield.ac.uk) to attend. Places are limited, so please call early!  
<http://www.catch.org.uk>  
<http://www.thaw.org.uk>

### **Senior Snippets: Healthy Eating**

Welcome to Senior Snippets brought to you by Bryn Evans, Director of Home Instead Senior Care in Sheffield.

As we age, our digestive and immune systems become less efficient. It is important to eat well and nutritiously to get the most out of the food we eat.

Healthy eating should always include consuming high-quality proteins, carbohydrates, vitamins, and minerals in the foods you take in while minimizing processed foods, saturated fats and alcohol.

If you are not used to eating a healthy diet, making gradual changes can help you improve the way you eat in the long run. You can replace high-calorie, sugary drinks with water, and switch from full-fat to low-fat dairy products. Select lean meats instead of fatty cuts and whole-wheat grains instead of refined grains. Snacking on fresh fruits and vegetables like carrots, apples and cucumber slices is healthier than snacking on crisps or chips.

Here are the main reasons why healthy eating is important for each and every one of us.

- Improves Mood: Doing right by your body pays off for your mind as well. Eating a healthy diet as well as exercising help boost your confidence and self-esteem.



- **Combats Diseases:** Healthy habits can help prevent certain health conditions such as heart disease, stroke, and high blood pressure, by boosting high-density lipoprotein (HDL), or "good" cholesterol and decreasing unhealthy triglycerides. This combination keeps your blood flowing smoothly, decreasing your risk of cardiovascular diseases.
- **Boosts Energy:** We've all experienced the energy drop that comes from eating foods high in sugar and saturated fats. When you eat a balanced diet including whole grains, lean meats, low-fat dairy products, and fruits and vegetables, your body has the fuel that it needs to manage your energy levels.
- **Improves Longevity:** When you practice healthy habits, you boost your chances of a longer life.
- **Controls Weight:** Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy weight.

I welcome any suggestions for future topics write to [bryn.evans@homeinstead.co.uk](mailto:bryn.evans@homeinstead.co.uk) or by post to Haywood House, Hydra Business Park, Nether Lane, Ecclesfield, Sheffield, S35 9ZX.

### **Accessible Menus**

Rob McCann from **SRSB's** Equipment Centre drew our attention to this development. "On the 30th April I was lucky enough to hear Matt Wadsworth, Professional International Lutenist (Lute player) speak about his life and work with "Good Food Talks", an app/website for accessible restaurants"

The following information is taken from the website.

"Good Food Talks was founded in March 2013 and is the brainchild of Matt Wadsworth and Kate Bennett Wadsworth. It continues to grow rapidly today but here is how it all started:

Back in 2012, we were sat in a restaurant, and as ever, Kate was reading the menu to Matt out loud. When she got to the 3rd item on the list (a burger) and Matt said "Yeah, I'll have that one", Kate said "wait, don't you want to hear about all the other things on the menu?"

If you eat out and are interested in a proper choice and seeing menus before you visit a restaurant will find this website and its apps useful [www.goodfoodtalks.com](http://www.goodfoodtalks.com)

### **Assisted Bin collection**

Did you know about the assisted bin collection service?

Over the past few weeks there has been quite a lot of talk about bins and bin collections.

Did you know that if you have a disability you can request an assisted collection?

This means the bin staff will collect your bin from the side of your house, taking it up or down any steps you may have to the pavement, once it has been emptied it is returned to its storage area.

If there is an able bodied person living at the address you may not be eligible for this service but if you are all recognised as having a disability it may

be to your advantage if you were to register.

If you have a visual impairment you may be quite able to take your bins out but do you have problems finding your bin or blue box once the bin men have returned it to the pavement.

A simple call will soon answer if you are eligible for this service.

**0114 203 7621** (option 1)

And while on the subject of rubbish, this can also be known as another man's gold.

There is a service that will remove large items of unwanted goods for a cost of £19.50, however if you are in receipt of benefits this is reduced to £10, for up to 3 large items.

Other prices apply if you have more than 3 items. Call **0114 203 7621** (option 1)

You can also get some deals with stores you buy items from; they may be able to offer a disposal service too, so don't forget to ask.

No need to leave that old TV, fridge or sofa, out on the street.

Also, if you have items to dispose of why not make a call to organisations like the British Heart Foundation that take items for free, clean them, refurbish and then sell on to aid their fundraising opportunities. Their phone number is **0808 250 0024**

### **Kelham Island and SRSB**

Alan Thorpe of Eyecan has submitted the following article.

Sheffield Industrial Museums Trust.

The trust has three sites under its banner at Abbeydale Industrial Hamlet, Shepherd Wheel and Kelham Island.

Quite a substantial amount of work has been carried out at the trust.

At the Abbeydale and Kelham sites their staff have had visual impairment awareness training, as well as training from other disability groups. They have had tactile maps and guides produced. They are also developing use of the Penfriend to give visually impaired people some audio description of exhibits.

The Penfriend is a small device you can carry around which when placed on a label reads out a pre-recorded message. It is supplied with blank labels which users can record for themselves so it is a very useful device for labelling anything in the home as well as for use in places like museums etc. Further information and demonstrations of Penfriend available from **SRSB** or **Eyecan**.

The Abbeydale and Kelham sites have a number of uses for the Penfriend which is available for you to use while visiting the venues. The Penfriends have been set up so that you can get an audio description of each exhibit as you go round.

I have been asking them to extend the information that is accessed via the Penfriend but they are saying that no one has yet asked for these devices.

We are also trying to get other museums and galleries to take on this method of making exhibits accessible to visually impaired people. But if we are not asking for this form of access

they are finding it hard to spend money on setting up these things if they are not being used.

The Penfriend is an inexpensive way of making information accessible but if they are not being used it is not seen as a good investment of money or time setting them up.

So all I ask is that you start to ask if they have Penfriends available.

If you get asked what are they and how do they work I am happy for you to pass on our details here at **Eyecan**.

We will then be able to advise them of how to make the best use of them; this can also be shared with you the user of the penfriend at home.

You can use it to aid you in the kitchen, with medicines and also keep your store loyalty and bank cards in order. You can use it to label virtually anything in a simple audio format.

Why not call Alan on **0114 220 7007**.

### **Student Links**

**SRSB** always welcomes students as they are of great benefit to us as well as helping them to gain an understanding of the needs of people with visual impairment.

We have been lucky to have the benefit of three medical students: Sam Clarkson, Ben Moseley, and Wayne Rebello, who worked in our activity centre as well as visiting a number of you at home.

Two occupational therapy students: Helen Whitaker and Sophie Warburton have just come to the end of their placements with us – they have broadened the range of activities in our

centre with Helen organising a Reminiscence group and Sophie a Mind and Movement group.

We would like to thank them all for their invaluable contributions and wish them good luck for the future

## **CAMPAIGNS & ISSUES**

Currently there is a proposal to make Mappin Street outside our centre One Way for all vehicular traffic. The effect of this is that there will be no safe place for us to drop off our minibus passengers as the passenger doors will open on to the road, not the pavement. We are therefore working with the highway consultants and the council to find a solution to this problem.

## **FUNDRAISING**

We have plenty of events planned over the coming months, details of which are in the accompanying Fundraising News but we will just highlight a few things you might like to get involved with.

### **Weston Park May Fayre**

Sunday 17th May, 11am to 5pm

Our Mobile Information Unit will take part in this event at Weston Park. It is a great family event. We will be holding a blindfold penalty shoot-out and lots of other games. Entry is free. Please come along and say hello.

### **Cairn Home Garden Party**

Sunday 28th June, 12noon to 4pm

Join us for an afternoon of fun and games at Cairn Home. Indulge in an afternoon cream tea, whilst listening to the gentle sounds of music in Cairn's

picturesque gardens. There will be games such as giant jenga to play and you can have a flutter on our bottle bag tombola. There will be craft stalls and lots to see as this event is being held in conjunction with Crosspool Street market. Entry is free, so bring your family and friends for a lovely summer afternoon.

### **Sheffield Stays In 2015**

Saturday 4th to Sunday 12th July

We are asking the people of Sheffield to 'Stay In' and hold an event to raise funds and awareness for our charity.

Hold a get-together with friends, colleagues or customers and ask them for a donation to **SRSB**. Have a great time whilst helping our charity!

Contact us for your FREE Fundraising Pack on 0114 272 2757 or email [fundraising@srsb.org.uk](mailto:fundraising@srsb.org.uk)

We have had some great ideas in previous years including Race Nights, a Mr & Mrs Party, a Sheffield themed Pub Quiz. Other ideas are a BBQ, Cheese & Wine Party, Garden Party, Afternoon Tea, Coffee Morning, Pie & Peas Night... the choice is yours!

If you would like to hold a quiz night, we have a special Sheffield themed quiz that we can pass on to you.

We are also holding a COMPETITION with fantastic PRIZES for the following 4 categories:

1. Top Individual Fundraiser.
2. Top Group Fundraiser eg. Corporate team.
3. Best Photograph of your own Sheffield Stays In event.
4. Most Innovative Event.

Final entries are required by Friday 4th Sept 2015. Judging will take place on Monday 7th Sept 2015 and the winners will be notified on Tuesday 8th Sept 2015.

### **Wanted Bags and Bottles for Cairn Home Garden Party**

We are holding a garden party at Cairn Home, Crosspool on Sunday 28th June from 12 to 4pm. The event is being held as part of the Crosspool Street Market Event. We will be serving cream teas and holding lots of fun games such as giant "connect 4," "Jenga" and a penalty shoot-out. Also our volunteers Hayley Martin and Val Batty are organising a Bag a Bottle Tombola. This is where we need your help – We are looking for donations of gift bottle bags (we all have them in the cupboard!) and any new bottles that we can use. This can be anything from wine, whisky, even bubble bath and tomato ketchup! So if you have any unwanted new gifts we can use them. Everyone is welcome to join us at the party so do come along. Any donations can be brought to the reception at **SRSB** or left at Cairn Home.

Thank You.

### **Any Spare Wool Please**

One of our supporters very kindly knits headbands that we can sell with all proceeds going to **SRSB**. They are lovely – she puts flowers and buttons on them so they are all unique. Maureen is fast running out of wool which is why we need your help. If you have any spare chunky wool of any colour and quantity that is free to a

good home then please give us a call or you can drop it off at the **SRSB** reception.

## **SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE**

### **Activities Centre:**

Our Activities Centre continues to provide a wide range of events and activities which in recent months have included:

- Chair Exercise session
- Indoor Skittles
- Indoor Curling
- Reminiscence sessions
- Wiltshire Farm Foods tasting sessions
- Baking

We have some limited vacancies for most days in our Activities Centre with minibus transport usually available, as well as a cooked lunch. If you would like to find out more please give us a call.

### **Visually Impaired Art Group**

Fridays, 2pm to 4pm

We now have a small art group running for people who want to paint or draw. They would be pleased to welcome new members and are also open to suggestions for other creative activities. It is also a good place to meet new people and to have a chat. People will need to organise their own transport to/from our Mappin Street Centre.

One of our clients, Graham Kirby, is organising things initially and would be happy to talk to people who are interested in finding out more about the

group. You can contact him on **07707 619 570** or you can contact **SRSB**.

### **Equipment Centre**

We have a wide range of equipment such as watches, clocks, telephones, mobiles, anti-glare specs, lamps and many other gadgets. All of these are especially suitable for people with visual impairment.

#### Used Equipment for Sale

In the equipment centre we have a wide range of new and used equipment. The equipment is always changing so do check regularly if you are looking for something specific.

The equipment available ranges from small items such as big button telephones and mobiles lighting etc through to larger items such as electronic video magnifiers (CCTV's) and scanner readers, all at bargain prices.

Please call in to our centre and see either Rob or Kyle for a demonstration. For the larger, more expensive items we will deliver them to you and provide training in their use and you can keep them for a few weeks on trial before payment is required.

### **Sight and Sound Exhibition**

Sight and Sound have been providing solutions for people with visual impairment for 30 years. They are having an exhibition at our centre on Thursday 28th May from 10am to 3pm.

Do drop in to the exhibitions and why not visit our Equipment Centre at the same time. You can even have coffee or lunch in our café.

## Book Club

The book group continues to hold our very lively monthly meetings. We have a lovely group of regulars attending but we are always keen to recruit new members. We always have a lively discussion and a lot of laughs. Further info from Joanne at **SRSB**.

## TRANSPORT

### Supertram Rail Works

Work to replace further sections of the Supertram rails restarted a few weeks ago. Throughout the work there will be tram replacement buses for different sections as detailed below.

**From 11th May** until approximately 3rd June work will be done in the City Centre between Park Square and Castle Square. The purple route tram will operate between Herdings Park and the station. The blue and yellow route trams will operate between the Cathedral and Middlewood or Malin Bridge. The new green route will run from Halfway to the station and then continue to Meadowhall during this time. During this period, replacement buses will operate. There will be four bus stops as below, the buses will not stop anywhere other than these: -

1. St James Row / Cathedral (change to trams here) 37027528
2. Suffolk Rd / Sheffield Station 37023089
3. Shrewsbury Rd / Granville St (change to trams here) 37023094
4. Commercial St / CG1 37023628

**From approx. 4th to 28th June** work will be carried out in the City Centre. Trams will not be able to go through

the city centre. On the yellow route replacement buses will operate between Fitzalan Square and the University. On the blue route replacement buses will operate between Fitzalan Square and Shalesmoor. The purple route tram will run from Herdings park but terminate at Sheffield station. More detailed information will be made available nearer the time.

**From approx. 29th June** until the end of August work will take place between South Street and Gleadless Townend. The purple route will not operate but will be replaced by buses. The blue route will be replaced by buses between the station and Gleadless Townend.

### Keeping up to date with information

If you want to receive information about the works and other important news please let us have an up to date email address.

There will also be road works on and around West Street starting later this month so we expect some disruption around our centre in the coming months. Some of this will involve work on the pavements as street lighting is upgraded.

We can also keep you up to date with this if we have your email address. We can also send out weekly information about things such as cinema film times with audio description and other events if you require.

### Audio/visual displays at Tram Stops

You may be aware that South Yorkshire Transport (SYPT) are

installing real time displays for tram information at stops. The ones currently installed have visual displays working already. We understand that SYPTE are working with their contractors to have these speech enabled. The contractors are liaising with RNIB whose React fobs are being developed further. At this point in time we do not know when the speech will be activated or exactly how it will work. We will update you as we get more information.

### **Travel Information Centres**

All the bus and tram travel information centres across South Yorkshire are due to close at the end of May. We are still discussing with South Yorkshire Transport a new system for applying for and renewing visually impaired bus passes. We are working to ensure that you will still be able to contact us for visually impaired passes.

### **Praise or Grumble**

Just to remind you that we have good contacts with the bus and tram operators in Sheffield and if you have any compliments for good service or complaints about bad service please contact Patrick at **SRSB** with as much information as possible (time, bus/tram route, operator etc) with details of the compliment or complaint and we will contact the operator on your behalf

## **CULTURE CLUB**

### **Culture Club**

In March we visited Kelham Island for our first outing of the year. We were really impressed with how accessible the museum was and how much they

have taken into account the needs of visually impaired people. We were also very grateful to Alan Thorpe, who has done a lot of work with the museum, for offering his services as a guide for the day. Last month we visited the Hepworth Gallery, we had access to their Exploring Sculpture resources which helped give a bit of an insight into the work of Barbara Hepworth. We have already had three theatre trips so far this year to see Barnum, The King's Speech and Jesus Christ Superstar. The clients really enjoyed them all and are looking forward to Shrek next month.

We have a number of outings booked for the forthcoming months including Holmesfirth Vineyard, Tatton Park Flower Show and Haddon Hall. Forthcoming theatre trips include Oklahoma, Bodyguard, Mousetrap, The Curious Incident of the Dog in the Night Time, Showboat, Dirty Rotten Scoundrels and Jersey Boys.

To be kept up to date with all the outings and theatre trips please give us a call and ask to be added to the Culture Club mailing list.

## **SRSB YOUTH CLUB**

SRSB Youth club started back in Autumn 2014 engaging young people age 11 to 19 years in positive activities, supported by Youth Work students from Sheffield Hallam University. Since starting the youth club, the young people have been involved with arts, crafts and music workshops, along with lots of fun and games, from obstacle courses through to quiz nights. We have also had visitors to the centre

who have hosted activities including a pottery and clay workshop and a cook-a-thon challenge. One of our youth sessions included a trip to Weston Park Museum, where the young people were offered an 'exclusive' guided tour and the chance to feedback to the museum on improvements that could be made for those who are visually impaired. Young people are invited to bring their friends and siblings (age 11-19) to the youth club on a weekly basis and meet with the youth workers every Monday 4.30pm to 6.15pm.

We are now in the process of looking to recruit a Youth Worker to run the club as an ongoing service. We already have volunteers supporting the project.

We are also looking at setting up a social group for young people aged 16-25 year olds, we would be keen to hear from anyone who might be interested. Further info from Joanne at **SRSB** or email [info@srsb.org.uk](mailto:info@srsb.org.uk)

## CHILDREN'S ACTIVITIES

We have already booked our annual summer trip to Bridlington to take place in the Summer holidays on Friday 14th August. We are also looking at organising a joint activity with VIP, a new support group for children and parents in Barnsley.

**SRSB** continues to support Actionnaires by providing transport to

some of their away days, i.e. horse riding, snow tubing etc.

We have also been involved once again in this year's Children's Art Exhibition, organised by Sheffield Rotary Club, where we had our own display. Bilal Ali, one of the children who had his artwork exhibited, accepted an award from the Lord Mayor on behalf of our group.

Further info from Joanne at **SRSB**.

## NEWSLETTER

We would be delighted to hear from you with articles for inclusion in our newsletter or ideas for things that we could cover in future editions.

### Newsletter Formats

Our newsletter is available in various formats – Audio as MP3 files on a USB memory stick; Large Print – usually 16 point on yellow paper but we can do custom sizes/colours if required; Braille; Email.

Please let us know if you would like a sample in one of these formats.

## CONCLUSION

Don't forget, we are **here to help you**. If we can't do something ourselves we almost certainly know somebody who can – Just contact us at **SRSB**,

### Making a Difference in Sheffield

Our next newsletter will be arriving with you in August.

