



SRSB

Sheffield Royal Society for the Blind

INSIGHT

November 2011

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our late Autumn newsletter. As usual there is plenty to tell you about and in addition there's all the Christmas activities to advise you of. Another year coming to a close – time flies when we're having fun!

XMAS ACTIVITIES

SRSB Xmas Raffle

Unless you have requested otherwise, 2 books of tickets are enclosed for the Christmas Raffle. As in previous years, it is being run for us by Sheffield Vulcan Rotary Club. Tickets this year are £2.50 per book (£5 for two books) – If you can sell them please put the money and the ticket counterfoils in the enclosed plastic bag and return to us in the **FREEPOST** envelope by Friday 2nd December. Please do **NOT** return your counterfoils or money to Gregory Fenton Ltd.

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 but please do **NOT** return the tickets to us as we do have to pay postage for the FREEPOST envelope if you use it.

Christmas Social Evenings

These will be held on Tuesday 13th and Wednesday 14th December starting at 6:30pm and finishing at 9:30pm, held at our Mappin Street Centre. Please apply for your tickets

on the enclosed application form (you may bring one guest) and include your payment of £3 per person which includes refreshments and entertainment, so get your dancing shoes out. The closing date for applications is Friday 2nd December 2011 but please apply as soon as possible. We may be able to provide transport for visually impaired people although if you can make your own way here that always helps.

Christmas Disco

The Christmas Disco will be held on Saturday 10th December from 7.30pm to 11pm. Admission is available to visually impaired people and their guests. Tickets are £5 each available from Reception at **SRSB**. The ticket price includes a buffet and in addition there is a licensed bar at very reasonable prices. Come along and start the festive season early.

Christmas Lunches

We will be serving Christmas Lunches on the following days: - 16, 19, 20, 21 and 22 December. All clients are invited to join us and if you wish you may bring one guest. Lunch will be served at 12.30pm and you **must book in advance** on **0114 272 2757**. Lunch prices are £3.50 for clients and £5 for guests.

Cairn Home for the Elderly Blind

Table Top Christmas Sale on Saturday 26th November 2011, 10:30am to 12:30pm. There will be a selection of items for sale including Christmas gifts, cards and tea/coffee with mince pies.

Christmas Carol Concert on
Wednesday 14th December, 7pm
Both events at Cairn Home, Selborne
Road, Crosspool, Sheffield, S10
5ND.

For further information contact Cairn
Home on **0114 266 1536**.

Christmas Cards In the Activities Centre

We understand that our clients, staff
and volunteers like to send Christmas
Cards to each other which often can
be very expensive and time
consuming at a busy time of year. So
again this year we are going to offer
an alternative. We will place a giant
Christmas poster for each day in the
centre. Clients can add their
Christmas greeting and make a
donation to **SRSB** in lieu of
Christmas cards. The messages will
be read out during Christmas
lunches. A great idea as it means
you don't have to buy loads of cards
and you are helping to provide for
next year's lunches.

Christmas Cards for Sale

We have some nice cards featuring
local Sheffield scenes painted by
local artists available for sale in our
centre or by post. They are in packs
of 10 priced £2.

Café VIPS

Call in and sample our menu which
has a number of specials changing
on a weekly basis. The menu will
have a festive feel to it during
December so please call in for some
Christmas cheer.

Christmas and New Year Holidays:

To give all our staff a well-earned
break over Christmas, our Mappin
Street Centre will be closed after the
Activity Centre on Thursday 22nd
December and will re-open on
Tuesday 3rd January 2011.

Volunteers

Could we thank all our volunteers for
their continued support and help
throughout the year; please don't
underestimate how much we value
your continued support.

The efforts of volunteers as well as
staff are acknowledged with a staff
and volunteers Christmas party.

Christmas Gifts & Gratuities

We understand that Christmas is a
time of giving and that many of you
like to express your appreciation of
our services with a gift.

We need to draw your attention to our
policy on gifts for staff and
volunteers. Individual staff and
volunteers are not allowed, under our
rules, to accept gifts of any nature as
it can lead to suggestions of
favouritism or even taking advantage
of people. Individual staff or
volunteers could not do their job
without support from all the unsung
back room support people. If you
wish to show your appreciation it is a
lot easier for us to manage if you
could give something like a box of
sweets or biscuits which can then be
shared amongst everybody. Items
such as cash or gift tokens cannot be
accepted unless they are donated to
SRSB. Please do not be offended if

staff or volunteers refuse gifts as this is what they are instructed to do as otherwise they would be subject to disciplinary procedures.

NEWS AND NOTICES

Minibus Stolen

Just after our August newsletter went to print we had one of our minibuses stolen by joyriders. The bus was quickly recovered by the police but unfortunately the joyriders had crashed the bus into a lamppost causing extensive damage which resulted in our insurance company writing it off. Accordingly we have had to order a new minibus which is a very significant cost with a new one costing almost £40,000 and of course the insurance for the old one was nowhere near that so we are now busy fundraising to fund the shortfall of £30,000.

World Sight Day

This was on Thursday 13th October and is a day when we try to raise the public's awareness of avoidable sight loss.

The risk of getting various sight conditions later in life can be reduced by simple lifestyle changes such as good diet, not smoking, regular exercise, protecting your eyes from the sun and regular eye tests.

On World Sight Day we handed out Eye Health leaflets to people as they walked past our Mappin Street Centre and also invited them in for a free eye check which was a service offered by Martin Kemp Opticians.

Many hundreds of leaflets were handed out and about 40 people took advantage of the free eye check.

Cairn Home

We currently have a vacancy at Cairn Home which is our residential care home for elderly people with a visual impairment.

Following our last inspection by Care Quality Commission the home was rated as "Excellent." If you are considering residential care or this is something that you might require in the future and would like a look around then please contact the manager, Kevin McGrath, on **0114 266 1536**.

Flat to Rent

We have a flat to rent at Crosspool. It is a ground floor flat with a bedroom, kitchen/living room and shower room. If this might be of interest to you please telephone Olwen Greensides at **SRSB** for further information or to arrange a viewing.

100th Birthdays Congratulations

Many congratulations to Edward West and Jean Deakin who celebrated their 100th birthdays recently.

Collection of Unused Magnifying Aids

The Low Vision Service at the Royal Hallamshire Hospital is asking patients to return any UNUSED magnifying aids to the service. The magnifiers will be put back into the stock of low vision aids at the hospital

and re-issued to patients who need them.

If you have any magnifiers that you **DO NOT USE** that were supplied to you by the hospital service you can now return them to **SRSB**.

Please ensure the magnifiers are labelled with your name, date of birth and hospital number (if you know it) and hand them to the staff at **SRSB**.

You can also return any unused aids directly to the hospital eye department if you are able to.

If you have magnifiers that you are unable to use but would like to, then please contact the Low Vision Service for an appointment on **0114 271 1581**.

Many thanks for your help,

Lindsey Hughes

Low Vision Service Lead

Royal Hallamshire Hospital

2012 Calendars and Diaries

We have in stock our large print calendars, price £3.50, A6 pocket diaries, price £3.95 and A4 desk diaries, price £6.80.

These are available from our Equipment Centre or by post.

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 or call **0114 249 6000**.

More information can be found at <http://digbig.com/4mkda>

November

Journey's End

End of the Rainbow

December

Company

January

Sleeping Beauty

The King and I

February

The Winter's Tale

Legally Blonde

March

All the Fun of the Fair

April

An Inspector Calls

June

Birds of a Feather

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

The Sheffield Enterprise Programme

A number of visually impaired people have successfully started and developed their own businesses.

This is a big step to take but support is available from The Sheffield Enterprise Programme

They are committed to helping start-up enterprises and existing businesses in the City to realise their potential. Their support is described briefly below and can be accessed through one simple phone call or e-mail. The service is free to any individual or business paying Council Tax or Business Rates to Sheffield City Council.

The Business Adviser and Enterprise Coaching Teams provide: -

- Coaching on taking the first steps
- A guide to being Self-Employed
- Weekly drop-in sessions on key business topics
- A start-up and survival kit
- Business health checks at 3, 6, 9 and 12 months to review your on-going support needs
- A bespoke support plan for growth
- Workshops and support from financial and business advisers
- A business helpline

If you would like to find out more please call 0800 043 55 22 or e-mail gateway@senta.co.uk

RP Support and Information Group

Retinitis Pigmentosa (RP) is the name given to a group of hereditary eye disorders that affect the retina.

Back in July we ran our first RP support group meeting, it was a huge success and this month on 9th November we are running a follow up. We have Mr Acharya, an ophthalmic consultant from the Royal Hallamshire Hospital who specialises in RP, coming along to talk about new developments and treatments. The meeting is at our Mappin Street Centre, starting at 2pm

Sheffield Talking News

As many of you will know, Sheffield Talking news produces Tapes, CDs and now Memory Sticks of the week's news and, about 6 times a year a magazine, and this is all free including postage.

A new innovation this year is the introduction of Memory Sticks. This is a small flat plastic and metal piece about the size of your thumb and holds recordings of the week's news and the latest magazine and works in conjunction with a special player which we also provide for free, although you may purchase one for a much subsidised price of £15.

If anyone wishes to try out this new system you can do this at the **SRSB** resource centre at Mappin Street, where Nicky will be pleased to show you how it works with the latest news recording.

Everyone who has tried it out has said how pleased they are with it and how good the sound quality is.

Don't miss out, join us while they are still available.

Would you like to Lip Read?

If you are hard of hearing, or find it difficult to follow conversations then you might be interested in the Lip Reading class which is held at our Mappin Street Centre every Tuesday afternoon, 2pm to 4pm. For further information please contact Mandy Rodgers on **07876 582 494**.

Sheffield 50 Plus

Sheffield 50 plus offer support and information about many services relating to mobility, housing, safety, transport and much more for anyone over 50 years old.

They are based in the Town Hall and are supported by the council. They have monthly meetings at the Town Hall at 1.30pm on the first Thursday

of each month – with free refreshments. They have speakers from public services, NHS, police, transport, council, MPs and more. They also publish a newsletter.

For more information contact them by phone on **0114 273 5426** or by email on Sheffield50plus@yahoo.co.uk

Visionary Awards

Visionary is a national charity that supports independent local blind charities like **SRSB** by providing an information service. It also runs an annual conference where we can meet people from other parts of the country doing a similar job to us. This year's conference was at York University at the beginning of October and as part of the conference dinner there was a national awards ceremony with three categories.

SRSB was shortlisted in all three categories which were for:

- Innovation in Fundraising – Sheffield Actionnaires
- Innovative Service Delivery – Little Sparklers
- Volunteer of the Year – Andrea Stone

Well done to everybody involved – it was a marvellous achievement to be shortlisted to the final three in each category, although we were disappointed not to win at least one of the awards. Never mind, our achievements have been recognised and we have some nice certificates and photos from the awards ceremony.

ACTIVITIES CENTRE

Our Activities Centre operates every day, Monday to Friday with people arriving from 10am onwards, going home again at 2:30pm. There are a range of activities and occasional short outings as well as a cooked lunch available. We can usually offer minibus transport for a door to door service. This is an opportunity to get out of the house one day per week and make some new friends.

We currently have vacancies on most days. If anyone is interested in attending to find out if it would be suitable for you then please contact Olwen at **SRSB**.

HOLIDAYS, DAY TRIPS AND OTHER OUTINGS

We regularly have holidays organised with Creative Travel. In November a group will be going to Eastbourne for a Turkey & Tinsel week. We are now planning for next year and hoping to be able to go to Llandudno again amongst other places. Watch out for more details in the next newsletter.

In September we went to Weston Super Mare – Adrienne, our reporter on the scene writes: -

“Sunday 11th September and we gather at Mappin Street for our journey to Weston Super Mare. On boarding the coach we find it has already been to Leeds and Harrogate and we now proceed direct to our hotel. A straightforward journey with two stops and at about 4.15pm we arrived; we were greeted by our courier, Pat, and served a welcome cup of tea whilst cases were taken to

our rooms and keys sorted. We then have time to unpack and rest a little before dinner.

The Lauriston Hotel has sea views from some rooms and is not far from the pier and shops, so is well situated. It was unfortunate that we had chosen to go on the week when the remains of a hurricane hit the country, but even the end of a hurricane would not spoil our holiday. The wind was at its most severe on Tuesday which was the day we had no coach outing, but many people managed a short walk, a trip to the shops, the pier or a lunch out.

During the rest of the week our coach took us to see some really spectacular scenery, we stopped to feed ducks and swans, take photographs, shop, drink tea and coffee and eat ice cream. We visited Bath with its magnificent architecture, famous pump room and healing waters, Abbey and of course, shops. At Wells we were able to spend time in the Cathedral, walk in the gardens, or around the shops. We drove through Cheddar Gorge and stopped briefly at the cheese shop where samples of many different cheeses tempted us to buy.

Our longest journey, on the best day weatherwise, took us through some beautiful chocolate box villages, roads with trees forming a canopy above us, Lorna Doone country with its deep gorge and across Exmoor. There were not many ponies on the moor, but there were quite a few sheep and the heather and gorse

were in flower. I love moorland and this was at its best. This journey took us to Lynmouth in North Devon, where some of the group took the cliff railway up to Lynton, others explored the town and sea front or visited the model railway museum. It was a long time to be in the coach but all those who went agreed it was an enjoyable day.

Each evening after dinner entertainment was provided at the hotel, with time to relax and get to know each other. On Wednesday evening some of us went to the theatre to see "Songs from the Musicals" which was very enjoyable. Once again Pat gave 200% effort to aid our enjoyment of the holiday (she had also been our courier on the Isle of Wight). She gave us a running commentary and history of places we visited and had raffles on the coach. She always joined us in the lounge after dinner to check that all was well, and provided quizzes and called Bingo numbers. Once again she was able to direct us to a café with good cream cakes!!

All too soon it was Friday and we were on our way home, having enjoyed another **SRSB** holiday. If you would like to try one of these holidays you will be made very welcome. This time there were 5 people on their first **SRSB** holiday and they have said they would like to go again.

Thank you Olwen and anybody else behind the scene, for organising this holiday, making sure our luggage

went with us and that we had taxis on our return. Adrienne Nixon

CAMPAIGNS

The Hardest Hit – defending disabled people's futures

As the Welfare Reform Bill reaches a critical stage in the House of Lords disabled people, their families and friends took to the streets in cities across the UK protesting against Government cuts to disability benefits and services.

On 22 October thousands of disabled people, their families and friends took to the streets again in cities across the UK protesting against Government cuts to disability benefits and services.

Twelve major events took place in cities across the UK: Belfast, Birmingham, Brighton, Bristol, Cardiff, Edinburgh, Leeds, London, Manchester, Newcastle, Norwich and Nottingham.

For more information see www.hardesthit.org.uk

Seeing it My Way

'Seeing it My Way' is a new initiative developed so that every person with sight loss across the UK gets the support they need. It sets out a range of outcomes that people have said are important to them, such as the need for emotional support, mobility and independence.

Developed by the sight loss sector, 'Seeing it My Way' is endorsed by the UK Vision Strategy, a partnership of organisations formed to transform eye health and sight loss services.

So that 'Seeing it My Way' can really make a difference in changing sight loss services, it needs your endorsement to make sure that it has the right outcomes. For more information go to <http://digbig.com/5beymp>, or phone us to request the survey information and form to be sent to you on paper or by email.

COMMUNITY ADVICE OFFICER NEWS

Employment Issues

We are aware that some clients have experienced difficulties with their employers. In the current economic climate many employers have been trying to reduce staffing. This has involved redeployment, changes of roles, and changes of conditions for many people.

People with disabilities including visual impairment may find they are under particular pressure, or find the difficulties especially difficult to deal with. Employers do have duties under the Disability Discrimination Act to make special provision to enable people to work.

If you are experiencing difficulties at work relating to anything like this, you can sometimes get help from a trades union or from the local occupational health services. If you want any advice relating to this or similar issues please contact our Community Advice Officers.

Employment Support Allowance (ESA)

There are also many changes being made to the way ESA and other benefits are assessed.

If you are contacted about benefits and need advice or help completing forms then please contact us as quickly as possible so that we can give you the most up to date advice.

Self Directed Support

Sheffield City Council is in the process of implementing Self Directed Support which will provide anybody who requires care services with a sum of money which they can use to purchase the care. This will replace the current system where Social Services organise the care package for people.

If you are contacted by the council about this and require any assistance please do not hesitate to contact **SRSB** and one of our Community Advice Officers will be pleased to assist you.

CHILDREN'S ACTIVITIES

In August we had our annual day trip to Scarborough. The sun shone and everyone managed to get on the beach. Once again it was a great opportunity for families to get together and enjoy a fun filled, relaxed day.

Forthcoming events for children include a Halloween Party, a Christmas Craft Day, Christmas Party and theatre trips to see Annie, Swallows and Amazons and of

course we have the Panto at the Lyceum.

We are linking in with Guide Dogs to run a short course for parents promoting well-being for visually impaired children. This will run over three Tuesdays in November. The Visual Impairment Team is linking in with us for this. For further information please give us a call.

Little Sparklers

Our weekly Little Sparklers Group for toddlers continues to grow – we have recently had 4 new attendees including 3 babies under one year old.

Last month our Little Sparklers group enjoyed a visit from the Lord Mayor. It was a lovely day and she spent a long time chatting to parents and children. We're now incorporating visits to the new sensory rooms, at Concord Sports Centre, into our Little Sparkler's programme.

We meet weekly every Wednesday at Mappin Street and once a month we visit the hydrotherapy pool at Norfolk Park School.

Actionnaires

Sheffield Actionnaires continues to be popular. It is a free multi-sports club for visually impaired children. The main group for 8 to 16 year olds meets every Sunday at Westfield School Sports Centre between 10am and 1pm. There is now a group for 4 to 8 year olds which meets on the last Sunday of each month.

SRSB staff are actively involved with Sheffield Actionnaires linking in some

of our Activity Days with their parents' meetings.

Further information from Joanne Ardern at **SRSB**.

CULTURE CLUB

We took a trip to the Royal Armouries back in September. It was a long day but the clients loved it. It brought back a lot of memories for some and one lady even shed a few tears. We were disappointed the displays weren't as accessible as we would have liked and we had hoped for something more 'hands on', but funding cuts within the Armouries meant they were limited to what they could offer us.

At the end of October we visited the Lowry Gallery in Salford. Our first visit a few years ago was a huge success and the return visit was not a disappointment.

We have a number of theatre trips organised including Company, King and I, Legally Blonde, Birds of a Feather, An Inspector Calls, Fun of the Fair, and Sound of Music.

We have also organised a trip to the City Hall for the Christmas Cavalcade.

We already have lots planned for next year including trips to Harewood House, Quarry Bank Mill, Hepworth Gallery, Winthrop Gardens and City Varieties Music Hall in Leeds.

If you are interested in any of these events or wish to put your name on the Culture Club mailing list to ensure you don't miss out on future events please contact us at **SRSB**.

STUDENT LINKS

We have been very fortunate in having a number of students with us this year.

SRSB hope we will be able to welcome more students later in the year as they are of great benefit to us as well as taking with them a much deeper understanding of the issues affecting visually impaired people.

LEISURE EVENTS AND SPORT

Monthly Social Evenings

Every month, usually on the third Thursday with entertainment and supper provided. Transport is usually available. To book your place please contact Olwen at **SRSB**. There is a charge of £3 per person for these evenings.

What's New?

We are looking at setting up a sports activity club for the over 16's. We've had a number of requests from people looking to try various sports which are a bit more challenging than the mainstream sports available at the moment.

We would run the club initially on a bi-monthly basis. Activities we have in mind so far include wall climbing, kayaking, paint balling, snowboarding and scuba diving. We hope that this type of 'taster' event will give people the confidence to access these activities independently if they wish to pursue them further.

If you would like to try any of these activities or have suggestions for other activities then please contact Joanne Ardern at **SRSB** so that we

can keep you up to date with activities, dates etc.

Book Club

Our book club meets at our Mappin Street Centre every month to discuss a book that all the members of the club have read. By everybody reading the same book it introduces people to authors they otherwise may not have read. The group has a lively discussion every month but new members are always welcome. For further information please contact Joanne Ardern at **SRSB**.

Tai Chi

This continues to be a popular activity. It is a great way to exercise and still end up feeling very relaxed. The sessions are held every Friday from 2:30pm to 3:30pm at our Mappin Street Centre.

Visually Impaired Cricket

Garbett Leads Yorkshire VICC to Twenty20 Cup Glory

John Garbett scored a blistering 74 to help steer Yorkshire to a thumping 105 run victory over the Welsh Dragons to secure the Twenty20 Cup at Leamington Cricket Club.

It wasn't all plain sailing though as the Yorkshire innings got off to a less than ideal start losing the dynamic duo of Mark Betts and Peter Blueitt fairly cheaply. Although in came master blaster, Tafazal Naqvi of Sheffield who soon accelerated the Yorkshire innings, scoring a quick fire 39 before being caught out in the covers. Having built up some momentum, it was now left to Elliott

Conway and man of the moment John Garbett to build a partnership, and it didn't take either batsman long to get into their stride with both beginning to score quite freely thanks to some less than average bowling.

With the runs starting to flow Yorkshire targeted the bowling of the Dragons' B1's, who between them conceded in excess of 100 runs off their 6 overs. This really put the Welsh side on the back foot and thanks to some late big hitting from Elliott and John, Yorkshire amassed a daunting 207 off their 20 overs.

The Dragons innings started poorly, losing one of their openers inside the second over with not many runs on the board. The Yorkshire bowlers had started brightly and unlike the Dragons were much more disciplined, bowling good lines and lengths and in doing so kept the extras to a minimum. They were also ably supported in the field with Tafazal Naqvi taking some stunning catches out in the deep.

Wickets soon began to fall at regular intervals which seriously halted the Dragons progress. Special praise must go to Alex Towers who was most miserly, only giving away a handful of runs off his allotted overs. His efforts contributed massively in putting the squeeze on the Dragons innings leading their batsmen to panic. However once again it was John Garbett who stole the show, ripping through the Dragons middle order finishing with 3 wickets.

It all meant that Yorkshire VICC had won the match by a whopping 105 runs as the Dragons innings ended on a modest 102 for 7.

Yorkshire Visually Impaired Cricket Club

Have you ever wanted to play cricket but felt you couldn't due to having a visual impairment? Well now you can with Yorkshire's first ever cricket club formed specifically for the visually impaired player.

Founded in 2008 Yorkshire VICC is constantly on the hunt for new talent, and we're currently running coaching sessions right around the Yorkshire region as we strive to find the next big thing!

We welcome Adults and Juniors of all abilities to a safe and fun learning environment, with ECB qualified coaches on hand to teach you those essential skills.

If you are a positive and motivated team player and ready for a new challenge, you could be the person we're looking for.

For further information and details of your nearest session please contact our Development Officer John Garbett on **07972 360 928**.

Chess

Chess is a wonderful game for visually impaired people of all ages. One of the advantages of the game is that you can readily play it against sighted opponents.

If you feel you would like to know more, then why not get in touch with Norman Wragg, one of **SRSB's**

trustees, who is a visually impaired chess enthusiast. Norman is the chairman of a sighted chess club in Sheffield and is also the secretary of the UK Braille Chess Association, a national charity founded in 1932 to encourage and support the playing of chess at all levels by blind and partially sighted people. The Association can help in a variety of ways including the provision of chess tuition and coaching where necessary. Please note that you do not need to be a Braille user – the Association's name simply reflects the situation around 1932.

Norman's contact details are:

Tel: **0114 230 5995**

Email: n.wragg@braillechess.org.uk

The Association's website is:

www.braillechess.org.uk

Gardening Group

The Gardening Group urgently need visually impaired people and volunteers to join them. They have allotment space at Meersbrook and all help is welcome. Please contact Dennis Cook on **0114 249 2134** for further information.

VIP Reading Group

We are a reading group with a difference. We meet on the first Wednesday of every month at the Central Lending Library Surrey Street, 11am until 12:30pm. We all read different books as we feel this expands our knowledge of authors and gives us new ideas. We have a librarian who also brings her ideas and books for us to choose mainly audio and large print for those who

need this. We all decided when we first started we did not want to read the same book as we feel life is too short.

Anyone interested in this group should call Gail on **0114 266 7764**.

Goalball

South Yorkshire goalball team consisting of Lee Hartley, Kyle and Curtis Crossland entered a Goalball competition at English Institute of Sport in October. After a great start, 7 points out of 3 games, but with injury to Lee, and Kyle who was ill they still managed to come third, a great effort by the lads. When fully fit and they have some substitutes, I'm sure they will be a force to be reckoned with. Well done lads.

More players are required so if you want to get active why not join in.

If this is of interest to you, and you would like to find out more then please contact Joanne at **SRSB** on **0114 267 7747**.

Forthcoming training sessions are scheduled for: -

Tuesday 8th November

Tuesday 22nd November

Tuesday 6th December

Tuesday 20th December - TBC

Sessions are 4:30pm to 6:30pm (Players can be met at Arena/Don Valley Stadium tram stop at 4pm if required)

Venue, English Institute of Sport, Coleridge Road, Sheffield, S9 5DA

Cost: £2.50 per session

The sessions are open to any players, new or experienced, visually

impaired or sighted, aged 14 and over.

EXHIBITONS

Please call in and visit the forthcoming exhibitions at **SRSB**. Whilst here you are also welcome to have a look around our centre, check out the Equipment Centre and get refreshments or lunch in our café. We look forward to seeing you.

Optelec & Guide Exhibition

Optelec will be holding a Focus day demonstrating a wide range of video magnifiers and assistive technology. Dolphin will be demonstrating Guide, their computer speech software and magnification package.

The exhibition will be at our Mappin Street Centre on Tuesday 29th November from 10am to 3pm – see enclosed flyer for more details.

Sight and Sound Exhibition

At our Mappin Street Centre on Wednesday 7th December, 10am to 3pm.

Sight and Sound will be demonstrating their range of products, including computer software such as Jaws and Zoomtext, magnifiers, mobile phones, CCTVs and more.

www.sightandsound.co.uk

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

SRSB Library and Information Centre

Just a reminder that we have a library well stocked with audio books as well as a few braille or large print books

for loan. Some of the audio books are available on CD but the majority are still on cassette tape but we are trying to change over to CD as quickly as we can. If you have any audio books on CD that you don't need any more we would be very grateful for any donations.

Please contact Kyle at **SRSB**

Health and Beauty Centre

Just a reminder that we have a chiropodist, hairdresser and others who offer services in our Health and Beauty Centre. Please contact Carol on Reception at **SRSB** for more information or to make a booking.

Equipment Centre

Christmas is coming soon, so if you are looking for ideas for presents, here are a few: -

Talking Clocks - prices range from £6.99 to £42.00

Talking Watches – prices range from £6.00 to £40.00

Mirrors that magnify so you can see your face bigger, for putting make up on or getting shaved. Prices from £10.95 to £27.99

Penfriend which is for putting recordable talking labels on just about anything such as food, CD's food for the freezer, Price £59.99

A range of large print diaries and calendars as mentioned earlier in this newsletter.

We also continue to add new products to the Equipment Centre. The range of products is too large to list here so for further information

please telephone us on **0114 267 7757** or call in any weekday between 8:30am and 4:30pm.

We also usually have a range of used equipment available at discounted prices so please ask when you contact us.

Used Equipment for Sale

Telesensory Aladdin Video Rainbow Magnifier

Excellent condition, hardly used, 7 years old. £250 ono.

Telephone **01709 589 773**

Floor Standing Daylight Lamp

D21078-01 Mains operated Floor Standing Daylight Lamp in antique brass. It is fully height adjustable with 20w low heat energy saving bulb. It has a 130mm magnifier lens with 1.75 magnification with a cover and an adjustable clamp to hold your own magnifier / reading material etc. It has an organiser tray for holding e.g. craft / sewing materials. The bulb reduces glare and improves contrast, allowing you to read and write for longer. Would make a good Christmas present. It is in excellent condition and would cost nearly £100 new. Price for sale is £45, Chapeltown area. If you are interested please contact Mr or Mrs Parsons on **0114 246 6899** or **07742 275466**.

Ash Technologies, Presto Video Magnifier

For sale on behalf of client, this can be viewed at our Mappin Street Centre. It is just 2 years old and in

immaculate condition. It is a very neat, flat screen, auto focus unit, with full colour, black on white or white on black options. Cost new £1299, for sale at the bargain price of £500.

Optelec CleaReader – We have an ex-demo model for sale. This scans and reads out documents, letters, bills, etc. and has the option to save the text to a file on a USB pen drive to transfer documents to a computer. The list price of this is £1695 which we have reduced to £1200 including 12 months warranty. For a demonstration please contact Kyle Crossland in our Library at **SRSB**.

Video Magnifiers – We have a number of other second hand units for sale with prices ranging from £150 upwards. Please call in to **SRSB** if you would like to try one of these.

If you are not sure whether you would make use of one of these we can arrange for you to have one on extended loan before you commit to buying one.

For Sale on behalf of client.

TV Max colour – hand held video magnifier that connects to a TV. 18 months old, hardly used. Cost new £129 for sale £75. Demo available at our Mappin Street Centre.

Penfriend and Laptop: -

Andrew Downs has a Penfriend for sale and an HP Laptop.

If you are interested or for more details please contact Andrew direct on **0114 261 1082**, or mobile

0782 446 9154 or by email to andrew.david2009@guidemail.co.uk

Other Equipment – We also have various other smaller items of used equipment such as big button phones available at bargain prices. Please enquire in our Equipment Centre.

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. Please contact us at **SRSB** by either telephone or e-mail.

Also, just a reminder that this newsletter is available in a range of alternative formats including print at a size of your choosing, audio CD, braille, email or on our website. If you want a sample in an alternative format please contact us.

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.

Finally may we take this opportunity to wish you well over the festive season and best wishes for 2012.



