



SRSB

Sheffield Royal Society for the Blind

INSIGHT

Autumn 2012

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our latest newsletter where we have plenty to tell you about. The last few months have been busy with special events like the Queen's Diamond Jubilee and the Olympics which we are in the midst of as this newsletter is being produced.

QUEEN'S DIAMOND JUBILEE

With our royal heritage we had to celebrate the Queen's Diamond Jubilee and as with all celebrations at **SRSB** we did it in style. Our centre was decked out in red, white and blue and each day for the week leading up to the bank holiday weekend we had special guests who joined us for lunch. These were: -

- Monday – Suzanne Liversidge, President of Sheffield Chamber of Commerce
- Tuesday – Dr Sylvia Dunkley, former Lord Mayor of Sheffield
- Wednesday – David Moody, Lord Lieutenant of South Yorkshire
- Thursday – Pam Liversidge, OBE, Master Cutler and Julie Kenny, High Sheriff of South Yorkshire
- Friday – John Campbell, Lord Mayor of Sheffield

Each of our guests spoke about the work they did in their role which we all found very interesting.

Clients made hats for the party and we held a competition each day for the best hat which was judged by our guest. The winner was crowned the **SRSB** Queen for the day. Margaret Lee was crowned Queen on the Tuesday and says, "I felt very proud to be chosen as Queen for the day." Margaret had made her hat all by herself, she said it proved to be a

difficult task as she can hardly see at all. She was so proud to achieve this and wore her crown with pride. Margaret is a very gracious lady and a great "Queen."

OLYMPIC GAMES

During June the Olympic Torch Relay came through South Yorkshire and **SRSB** was represented by two torch bearers. First, Julie Smethurst, one of our trustees, carried the torch through Parson Cross on 25th June and the following day Simon Wheatcroft, a client and supporter from Doncaster as well as an ultra-runner, carried the torch through Armthorpe in Doncaster.

In the first week of the Olympics we held our own Olympic events in our Activity Centre. We were grateful to receive funding from Sheffield and District Association for the Disabled to purchase a curling set so we held a curling and skittles tournament each day (OK, we know that curling is really part of the winter Olympics and perhaps skittles is not an official event but never mind). We held an official prize giving with gold, silver and bronze medals presented whilst we stood to sing The National Anthem. Everyone had a great time and we have been asked if we can have a monthly sports day.

Julie Smethurst also joined us each day bringing her Olympic Torch and

speaking about her experience of carrying it. Here is her own account of the week.

SRSB – Going For Gold

While Team GB was racking up the medals **SRSB** celebrated the first week of London 2012 with its own Olympic events.

As part of these, each day I brought my Olympic torch into the Activity Centre so that clients could have a close look at it and have their photographs taken with it if they wished.

I had the enormous honour of carrying the Olympic flame in Parson Cross on 25th June when the Olympic Torch Relay visited Sheffield. The selection process took almost a year as, following a random electronic ballot last August, the regional judging panels whittled down 28,000 nominations to arrive at the final figure of 8,000 torchbearers. Most of us were nominated for the contribution we have made in our local community. I was nominated by one of my Sheffield Philharmonic Chorus colleagues for the work I have done around cultural matters and disabled access in Sheffield, part of which is being a Trustee of **SRSB**. Several staff, volunteers and clients turned out on the day to support me, and Rt Hon David Blunkett, MP was there to greet me before my leg of the relay. The Chorus sang “You’ll never walk alone” as I went by and the roadsides were packed with cheering crowds. It was truly a never-to-be-forgotten few moments.

Since then I’ve been invited into eight schools to talk about the Relay and give the pupils a chance for photographs with the torch. I’ve also attended lots of other community events and **SRSB**’s Olympic celebrations were the culmination of them. The whole wonderful experience has been unique, joyful and unforgettable; it has been the most terrific fun and pleasure, as well as the greatest honour, to represent my community and city in this very special way. Julie Smethurst

VOLUNTEERS

Calling Owls fans ...

We are looking for a person in the Gleadless area of Sheffield who would be able to escort one of our clients to Sheffield Wednesday home matches; a season ticket will be provided by the football club so there will be no cost or outlay to anyone. However, we do need to have a person who is committed and is able to attend all the matches. For more information please contact Dyane at **SRSB**.

Care and Share Garden

Do you struggle to keep your garden tidy? Do you find that your garden has become too big for you to maintain alone? There are people who want a bigger garden, or who are waiting for an allotment; why not let these people use part of your garden for themselves perhaps for growing vegetables? In return they can help with the rest of your garden. If this is something you might be interested in please contact Dyane at **SRSB**.

Pets Pals

Do you have a pet but struggle to take it for a walk etc? Perhaps you're not well, struggling to walk or maybe just find taking your dog out for a walk too tiring. We are aiming to have a team of volunteers who will become 'Pets Pals,' people that can assist. If you would like to know more please contact Dyane at **SRSB**.

General

If anybody has a little bit of time to spare and would like to support us then please contact our Volunteer and Training Co-ordinator, Dyane Midgley. Alternatively, if you don't feel able to help us yourself then please pass this on to somebody who you think might be able to spare a bit of time. We particularly need car owners who can provide a transport service for our clients and volunteers to visit people at home - If you know anyone who might be interested please ask them to contact us.

NEWS AND NOTICES

Accessible Smart Phones

Other than the Apple iPhone there have not been many options for people wanting an accessible smart phone. That would seem to be changing however with 2 "Android" based phones now available with accessible software. One is from Sight and Sound who will be at **SRSB** on 6th September and the other is from Synapptic the owner of which originally developed Guide accessible computer software. If you are considering getting a smart phone, whether it be an Android or iPhone

then please come and speak to Jacqueline, Darren and Kyle at **SRSB**, all of whom have experience of using smartphones.

"Fancy Starting Your Own Business"

Sheffield Enterprise Programme

Have you ever thought about starting your own business and being your own boss? If so then Sheffield Enterprise Programme offers a range of services to help turn your idea into reality and give you and your business the best chance of success.

Our coaching team offers a number of hands on sessions to give you practical help during the first stages of setting up a business. Topics include ensuring your business is viable, identifying your customers and researching competitors. The next session covers the basics of financial planning, understanding cash flow, how to price your product, and ensuring that your business idea is viable. The final session in this series covers the legal aspects of setting up your business including tax and national insurance payments. This session is run on our behalf by HMRC to ensure you receive the best possible advice.

In addition to the above, Sheffield Enterprise Programme offer a weekly drop in which will give you the unique opportunity to discuss your ideas on a 1:1 basis, no appointment is necessary just call 0800 043 55 22 to find out when the next session is.

Information sessions are also available from a range of experts who

will provide you with hints and tips covering subjects such as sales and marketing, social media, and accountancy.

To access all services and to find out more information call 0800 043 55 22 or email gateway@senta.co.uk

Door Step Selling – Beware

Sheffield City Council and the Office of Fair Trading are trying to raise awareness of how to deal with people who try to sell you something on your doorstep. We have a leaflet available “Ten Top Tips – Buy Wisely and Safely on your Doorstep”. If you would like a copy please contact us.

Braille

Do you remember reading about or did you hear of the Braille creative writing competition?

Visually impaired people were asked to submit a piece of writing in the format of their choice to the UK round. Our finalists will eventually go forward to the world finals.

Individuals were asked to compile and enter a short article of about 1000 words with a title of their own, relating to how Braille is used or how it has made an impact in their life.

The judges had to choose five entries from the works submitted this year to forward to the European round of this competition.

It is pleasing that Frank Gardner from our City of Sheffield has had his writing shortlisted and so forwarded to the European round.

Frank is now in a position where he could be a winner of a considerable

prize, of up to two thousand dollars. I am sure you want to join us in congratulating him on his success so far and wishing him all the best for the next stage. For now we are just waiting on tenterhooks to hear the results of the European round of this world competition.

If you would like to hear more or receive information for next year's competition contact Alan Thorpe on **0114 220 7007** or **07961 406 739**.

Also, just a reminder that Alan is the tutor for SRSB's braille courses for both beginners and advanced users. Please contact Alan for further information.

Limbrick Computer Course

This is an introductory course for people with sight problems and who have sufficient vision to use a computer using the standard accessibility features included within the Windows operating system. The subjects on offer are Internet & Email, Word Processing, Spreadsheets, PowerPoint, and Desk Top Publishing. These courses are run over a 10 week term and take place on a Tuesday over the lunch time slot at the Limbrick Centre, Hillsborough.

The September course is fully booked but if you are interested in future courses please contact Alan Thorpe on **0114 220 7007** or **07961 406 739**

Congratulations

We would like to congratulate Kyle who many of you will know from his work as our librarian. On Thursday 2nd August Kyle and Aimee became

proud parents of Corben, a bouncing baby boy weighing 6 pounds, 13 ounces.

Off the Shelf

Yet again the Mappin Writers, our creative writing group, will be involved with Off the Shelf, Sheffield's prestigious literary festival. On Saturday 27th October from 2pm to 4pm at **SRSB**, Mappin Writers will be presenting some of their work under the theme of Praise or Grumble. The event will be hosted by a supporter of SRSB, Mr Bob Jackson. Known as "the father of the first ever football phone-in, "Praise or Grumble," many of you may recognise Bob from his days of presenting heated discussions on BBC Radio Sheffield with "Brian the Blade" and "Bob the Blue." As this year's theme is Praise or Grumble it seemed appropriate for Bob to be involved. Why not come along and say hello?

This is a free event open to the public, refreshments will be available.

Also of possible interest to readers may be the author Anne Zouroudi who writes the Greek Detective Series, following the leisurely investigations of the enigmatic Hermes Diaktoros against the backdrop of the beautiful Greek Islands.

Anne will be giving a talk at **SRSB** on Wednesday, 10th October, 2:30pm to 3:30pm.

Welfare Benefits

Many benefits are in the process of change or may change over the next year or so.

If you receive notice of proposed changes to your benefit or a review then please contact us as soon as possible to ask for advice from one of our Community Advice Officers, so that we can provide help in good time. We have recently had a number of people asking us for assistance at a very late stage in the review process which makes it difficult for us to achieve the best outcome for people.

RP Support and Information Group

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

In May we held our third RP meeting. We were very lucky to have Professor Graham Black come along and talk to us about new treatments and developments. The next meeting is 12th September from 2 to 4pm when Mr Ray (an ENT specialist) will speak about Usher's syndrome.

This group continues to grow with regular enquiries coming from people who have heard the good feedback. Many enquiries come from people who are out of town and also family and friends of RP sufferers.

If you are interested please contact Joanne at **SRSB**.

Glaucoma Support and Information Group

We are holding our first meeting at **SRSB** on 19th September at 2pm. Mr Simon Longstaff, consultant at Royal Hallamshire Hospital will be the first speaker. He will be joined by David Harris from the International Glaucoma Association.

If you are interested in attending or require further information please contact Joanne at **SRSB**.

TacMap™

TacMap™, making spaces accessible to visually impaired people.

Patricia, Director of the Sheffield company TacMap is leading our second workshop session at the **SRSB** on Thursday 23rd August from 2pm to 4pm.

“The first session on the 13th July was very beneficial for the participants. We gave them instructions on how to use the TacMap system which has been designed to enable you to find your way around indoor spaces. Our tactile plans will help you to ‘see’ how a building is laid out before your visit by showing you where to find strategic points such as entrances, exits, fire exits, receptions, toilets, lifts, stairs, evacuation points, dining areas, cash machines, and specific rooms.

“We recently exhibited at Sight Village in Birmingham where we got lots of interest. We hope our system will be shortly available in many indoor spaces. If you would like to learn how to use this useful and simple tool to give you more confidence, independence, dignity and safety in your everyday life, then join us on 23rd August.

If you would like to, register for a workshop session, or to recommend a building to equip with TacMap, then please contact Patrick at **SRSB** by telephone or email patrick@srsb.org.uk. Please indicate if you would like to have your

workshop material produced in Braille or in raised large print.

For more information about TacMap and the services offered please visit www.tacmap.co.uk.

Sewing Required

One of our volunteers, Pat Roe is an excellent seamstress and in the past has made many items for **SRSB** to sell as a fundraiser. She has made aprons, throws, doll carriers, cushion covers, and arm covers for sofas – you name it she can do it!

This service has been available for a few months now and has already proved very popular with our clients and others.

Pat will do alterations and any mending – all she asks for is a donation to **SRSB**. If anyone has any sewing they need doing or indeed anything they want making then please give us a call.

Blindlife Blog

We have launched our new Blindlife Blog online which is a space for blind and partially sighted people to share stories about living with sight loss. By focusing on day to day life, often with a dash of humour, we hope to raise awareness of the issues faced by visually impaired people. Seemingly simple tasks that many of us take for granted can become a real challenge when you can't see what you're doing, as some of our writers have explained!

You can access it via the ‘Our Sheffield’ section of www.srsb.org.uk or at www.srsb-blindlife.blogspot.co.uk

Anne Greaves, who is an **SRSB** supporter and volunteer has set up the blog for us and we would like to say a huge thank you to her for her support. We are really pleased with the blog and thrilled that Anne will be working on developing it on an on-going basis.

If you would like to contribute a story, please email: blog@srsb.org.uk

100th Birthdays Congratulations

Many congratulations to Lucy Tate, Beatrice Moss, Constance Monaghan, Catherine Harrison, Lillian Hough, and Dorothy Addenbroke who celebrated their 100th birthdays recently.

Which Bus is That?

Do you use the bus to travel around Sheffield/South Yorkshire or if not, would you like to be able to do so?

SRSB is working with South Yorkshire Passenger Transport Executive (SYPTTE) to try to ensure that bus transport across South Yorkshire is as accessible as possible for blind and partially sighted people. One area that we are currently investigating is how people can identify the bus they are getting on. We would like to know if you are able to read the number on the front of the bus and if so whether this applies to all buses or just some buses. If only some buses, is there one type of sign that is better than others? If so please let us know.

Also, did you know that if you have a mobility VI special bus pass you can hold out the orange wallet that is provided with the pass whilst you are stood at any bus stop and bus drivers should stop and tell you where the bus

is going. This is part of the training that bus drivers receive so please do not be embarrassed if it is not the bus you require.

If there are any other issues that you would like to raise relating to the accessibility of bus, tram or train travel in South Yorkshire then please let us know so that we can try to find a solution.

Please contact Patrick at **SRSB** by telephone or email patrick@srsb.org.uk

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>

September	Macbeth
October	The Ladykillers Murder on the Nile
November	The Woman in Black A Taste of Honey Joseph The Rise and Fall of Little Voice
January	Cinderella My Fair Lady Blood Brothers
February	The Full Monty

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

HOLIDAYS, TRIPS AND OUTINGS

Llandudno

24th to 30th June saw 18 clients and friends descend on Llandudno!

The coach taking us was late arriving at Mappin Street from Scotland, but we were in holiday mood and spent the wait getting to know new friends and catching up with old ones. We ate our lunch and Olwen kept us supplied with hot drinks. We had only one stop on the journey and arrived at the Belmont Hotel to be greeted with dinner. The evening entertainer had a depleted audience as people unpacked and rested after the journey.

There was entertainment in the hotel each evening and there was also plenty to do in the locality. At the bandstand on the prom there was a brass band concert on Monday evening; on Tuesday a choice of two Male Voice Choirs; another on Thursday, and on Wednesday "Showtime." Most evenings the weather was good enough for a walk along the prom or just to sit and watch the sea and the world go by.

Each day except Wednesday we were taken by our coach to explore North Wales. In Snowdonia we saw some beautiful mountain villages, rivers, and waterfalls. Every day the scenery was magnificent – mountains, valleys, forests, and coastal routes – it is difficult to say which was best, they were all wonderful. We crossed the Menai bridge to Anglesey, went to Chester, The National Slate Museum, visited Llanfairpwllgwyngog (shorter

version LlanfairPG) – the place with the longest name and saw the smallest house in Great Britain. There were plenty of shopping opportunities at shopping outlets, craft centres, an outdoor market, and in villages. We went to cafés had picnics and ate ice creams!

On Wednesday there were so many things to do in and around Llandudno it was difficult to choose. I had a ride on the sightseeing bus which had a circular route to Conwy and back, then caught a tram to the top of the Great Orme. It was really windy there and the views were truly spectacular. I was invigorated with the wind in my face and did have trouble standing on my feet right at the summit. Others in the group explored Llandudno, spent time on the west shore, and paddled in the sea. Some went on the land train, sightseeing bus or vintage coach, others went shopping, walked along the pier or the coast, had a boat trip or just relaxed in the hotel.

We found staff at the hotel friendly and helpful and the food was good. There was a very wide choice of dishes at both meals each day. The choice of main courses at dinner covered 2 pages of the menu and that was before the dishes of the day were added!

The weather was changeable throughout the week and there were some very heavy showers but we also had some sunshine and it was warmer than the previous week, so we were lucky. We certainly did not let the showers spoil our enjoyment.

I would have liked to stay longer, but we arrived back in Sheffield in time for lunch on Saturday. Olwen was at Mappin Street to greet us and arrange taxis for those who wanted them. Our thanks go to Olwen and anyone else who made this holiday possible.

St Anne's on Sea, 24-25th September

I now look forward to the next holiday, to St Anne's on Sea. Perhaps you would like to come? Although this holiday is now heavily booked, there are a few rooms still available. If you are not able to make that one, think about next year – it would be great if we could fill another coach from Sheffield. Talk to Olwen and let her know what may interest you. I have enjoyed all the holidays I have been on organised by **SRSB** and can recommend that you give them a try. Adrienne Nixon.

Day Trip

This year we had a day trip arranged to Scarborough on Friday 6th July. True to the spirit of summer 2012 it rained! However with the true grit of seasoned VIPs we were not to be daunted. We were dropped off near the harbour in good spirits and soon found plenty to entertain us.

There seemed to be an instant attraction for many, including me, to the 'Harbour Bar,' arguably the best ice cream parlour on the east coast! After indulging in an ice cream sundae that was so big it doubled up as lunch, we dispersed to the various attractions that Scarborough has to offer from the museums and shopping, to fish and chips and amusements and it seemed

clear that everyone was being very positive and making the best of it.

At one point the rain did stop and we were able to get on the beach; after all it was July!! Although the men from RNLI that were also on the beach exercising continued to do so when the rain resumed, we beat a hasty retreat and it coincided with our coaches arriving to take us home.

It was so lovely to hear that people had enjoyed themselves despite the awful weather; an indication of the spirit of our VIPs

We piled back onto the coach later with our only regret being that we hadn't had more time there.

Carolyn Green

CHILDREN'S ACTIVITIES

Little Sparklers

Our Little Sparkler's enjoyed their trip last month to Sundown Adventure Land. The trip was funded by a local charity 'Help a Child Have a Chance' after we nominated one of our clients Layton Holmes for their 12 Days of Christmas campaign. They kindly funded a trip for the whole group. We were very fortunate and had brilliant weather.

In June we held a parents' meeting organised by Sight Support Sheffield Paediatric Group. It was held at **SRSB** and had representatives from Low Vision Services, Children's Eye Clinic, the VI team (Education), Actionnaires, South Yorkshire Goalball and ourselves. The families that attended found it really useful and

we are definitely planning to repeat the event next year.

In July we had our annual summer day trip to Bridlington. We were really lucky with the weather and everybody had a great time – Lucy and Sophie especially enjoyed the speed boat trip with Cheryle!

We have very few tickets left for the children's trip to Cinderella at the Lyceum in January so contact us soon if you are interested.

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

Actionnaires

We continue to be heavily involved with Sheffield Actionnaires and taking children along to their two summer holiday activities at Rother Valley Country Park, canoeing and cycling.

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

CULTURE CLUB

We continue to have a good response to our Culture Club trips, as ever the theatre trips always sell out with us usually taking around 26 people to every performance.

In May we managed to secure a few tickets for Wonderful Town, a brilliant audio described performance enjoyed by all. We also enjoyed a wonderful day at Quarry Bank Mill in Cheshire. The staff and volunteers were excellent and really helped bring the place to life for our visually impaired clients.

In May we also visited Harewood House, where we had a guided tour, which we all found fascinating, and despite the horrendous weather we still had a great day.

June and July saw us at two further brilliant theatre performances, Grease and Birds of a Feather. Later we went to The Music in the Gardens event to see 10 CC and then we were back to the theatre again to see Dreamboats and Petticoats. Most recently we went to Tatton Park for our annual trip to the RHS Flower Show. We had a wonderful day, Bill and Ray enjoyed a wonderful lunch at the Fortnum and Masons stand and we all came back to the minibus laden with plants.

We still have a trip to Haworth coming up later in the year and a number of theatre trips including Macbeth, My Fair Lady, Ladykillers, Woman in Black, Vagina Monologues, The Rise and Fall of Little Voice, Full Monty and A Taste of Honey.

After last year's success we also have the Christmas Cavalcade booked for December.

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

SRSB always welcomes students 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.

We haven't got any students currently on placement but we have been very fortunate that David who was on placement early this year has continued to come to us each week. As well as an art group, he leads the ever enthusiastic choir group. If you are in the centre you may hear their rousing voices echoing round the corridors.

We have three medical students joining us for a 6 week placement at the end of August and hope that we will have more social work and occupational therapy students in the autumn.

LEISURE EVENTS AND SPORT

Goalball

South Yorkshire goalball team are still looking to recruit some more players. They have had some games recently and are looking for new blood to up their game! The training sessions take place at English Institute of Sport (easily accessible from the tram). Sessions are fortnightly from 4pm to 6pm on Tuesdays.

Players of all abilities are welcome, and they will soon train you up to tournament standard. We currently have 'Novice' and 'Intermediate' teams. Who knows we may soon have Great Britain players – the sky's the limit – something to aim for at the 2016 Paralympic Games in Rio de Janeiro?

For further information please contact Kyle Crossland at **SRSB** or the coach Kathryn Fielding,
kathryn@achievepotentials.co.uk

EXHIBITIONS

Please call in and visit the forthcoming exhibition 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.

Sight and Sound Exhibition

Thursday 6th September,
10am to 3pm

This will include a demonstration of an accessible android smartphone. See the enclosed flyer for full information.

Perkins Surgery

Also on the 6th September EYECAN are holding a Perkins surgery day. You will be able to bring your Perkins braille machine for servicing at SRSB between 10am and 3pm. So why not give your Perkins a free health check that will help towards diagnosing any mechanical problems with it.

Alan Thorpe will be here with his tools and cleaning agents. Alan says after 3 years of servicing Perkins brailers he has found some strange things inside, including money, pens, paper clips, pin board tacks, and the usual dust and paper scraps.

Much more strangely, when he was on the training course he was told about one machine that had a mummified frog in it. The owner of the machine did say that she did most of her writing sat by the garden pool so the poor frog must have got inside then.

So come along and see if your Perkins can be made to work any

better – who knows what we might find at the same time!

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

Café VIPs – Service with a Smile

Don't forget that if you are in town you are very welcome to call in for a coffee or a bite to eat. We have a varied menu with plenty of specials on offer.

Hearing Aids

The Equipment Centre now stocks and can replace NHS hearing aid batteries and tubing. These can only be issued to people who bring their 'brown books' issued to them by the hospital audiology clinic when they first got their hearing aids. This is to help us and the hospital keep track of stock and monitors the efficiency of the hearing aids. If you have lost your 'brown book,' new ones can be obtained from the hearing aid department at the hospital.

Unfortunately we cannot change tubing in privately bought hearing aids, though we can still sell batteries for a small charge.

Equipment Centre

We continue to add new products to the Equipment Centre. The range of products is too large to list here in full so for further information please telephone us or call in any weekday between 8:30am and 4:30pm.

If you have any suggestions of products that you would like us to stock then please let us know.

A few of the things that we think you might like to know about are: -

Amazon Kindle

In the Equipment Centre we have an Amazon Kindle to demonstrate to anyone who is interested. It is a small portable device which can store hundreds of books. It is capable of changing the text size and has built in voice for books which allow this (don't even get me started on DRM!!!). One of the major selling points of the Kindle is the e-ink screen, which makes it look much more like a real page! It has no backlighting so doesn't cause the same lighting problems associated with a computer screen or tablet. Do pop in for a look.

Walking Stick Clinger

Ever got fed up with picking that walking stick up off the floor? Or searching around for a suitable place to lean it against???? Well we have a simple solution. For £4 you can purchase a walking stick holder that clips around your stick and grips to a surface. Call in to the Equipment Centre for a demonstration and check whether it fits your stick.

Pen Friend

This is a simple labelling device that enables you to record your own audio label for almost anything including your clothes. We have mentioned it many times before because so many people find it such a useful product. However, it is a piece of electronics with memory and unfortunately things do go wrong occasionally. When this happens all the information stored for your labels can be lost unless you have a backup. For people with computers this is a very simple task

that they can undertake themselves but if you don't have a computer then why not let us back it up for you. If you would like us to do this please contact Jacqueline in our Equipment Centre to make an appointment.

If you want to know more about the Pen Friend then please call in to our Equipment Centre for a demonstration.

Used Equipment for Sale

Video Magnifiers (CCTV's)

We have various video magnifiers for sale ranging in price from £25 to £900. One of these has a flat screen that can also be used as a computer monitor, avoiding the need for 2 screens on the desk. If you are not sure whether you would make full use of one of these magnifiers then we can arrange for free loan equipment on a trial basis. Please call in to our Mappin Street Centre to see if any of these might be suitable for you.

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 £900 including 12 months warranty. For a demonstration please contact Kyle Crossland in our Library.

If anybody thinks that this may be suitable we may be able to arrange a short loan period if you want to try one at home before deciding whether to purchase one.

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.

Health and Beauty Centre

Holistic Massage and Aromatherapy

Sarah has been conducting taster sessions for people at SRSB as we go to press – the first signs are that this will be another popular service.

Sarah Bryan, B.Sc, M.Sc, SNHS H.I.Dip. Aromatherapy, SCMT Dip. Holistic Therapeutic Massage, MTI Registered Practitioner.

- You are coping with the stress of sight loss,
- You care for and work with people who are losing their sight.
- You feel run-down and this may be taking its toll on your health.
- You want some you-time, to recharge and recuperate.

Holistic massage and aromatherapy can help you. Both may also benefit specific health conditions – please ask Sarah.

What is holistic massage?

- Dynamic, versatile massage, tailored to your individual needs;
- Can be deep and energising or firm and relaxing;
- Releases tense, aching muscles;
- Alleviates symptoms of stress;
- Gives you a sense of relaxation and well-being;

What is Aromatherapy?

- The use of essential oils from plants to rebalance the body and mind, promoting healing;
- Massage with essential oils to enhance the effects of your treatment;
- Natural, sweet-smelling bath and skin products to treat minor ailments and promote relaxation;

For more information, please phone Sarah on 07949 654779 or email her at - sarah@sbholistic.co.uk, or s.c.bryan@shef.ac.uk

Other health and beauty services

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 about which days the service is available.

Chair Yoga

This is a great class for people with sight problems. It is designed to promote physical and emotional balance, to release stress and foster greater inner awareness.

Chair Yoga is a great class for individuals who have difficulty standing or sitting on the floor. It consists of modified yoga postures, breathing techniques, and meditation.

Classes are being held at the Quaker Meeting House on Thursdays from 20th September (3:15 to 4:30pm).

If you are interested please contact Helena on **0114 220 9547**

We are also considering starting classes at our Mappin Street Centre so to assess whether there would be

enough interest we are organising some taster sessions which will be held in the autumn. If you are interested in joining these please contact us.

Tai Chi

The Tai Chi group which meets every Friday afternoon at our Mappin Street Centre has been very popular with participants over the last two years. People find it an excellent way to relax; it also increases circulation and improves balance. This class is suitable for people of all mobilities.

If you want to find out more or join the group then please contact **SRSB** as soon as possible.

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 may be able to 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. You will also have the opportunity to access other facilities in our centre such as our Equipment Centre, Library, Computer Training, Health & Beauty Room, Café etc.

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

A Day Out with **SRSB**

The weather forecast said we were to have a month's supply of rain in one day but that did not deter the Sheffield Royal Society for the Blind from taking us out on a picnic. It rained all the way there and we went through a few small lakes but we were happy to be on an outing. When we arrived at Rowsley it was still raining so out came lots of luscious food. I had a ham sandwich (thin bread, thick ham) with a bag of crisps, an enormous slice of fruit cake, and a larger than life bottle of pure orange juice. I could have had several alternatives and even seconds, but I was very satisfied. Later I was offered a Satsuma, which when I recovered it from my pocket turned out to be a red apple, no matter.

Then we waited a little to get organised, I was one of the lucky ones to have a wheelchair. It was only then that I got wet but so did the people getting me in it, even though there were enormous umbrellas to hand.

Then I was wheeled over to the shopping centre at Rowsley, a very able man wheeled me in and out of the various departments, he did buy a shirt but I didn't need anything though all the items were marked down.

I feel sorry for such people trying to earn a living. My man and I swapped life stories, which was most enjoyable, you find how much information you have gathered in a lifetime and we

even shared belonging to a fire brigade.

Then it was time to meet again at the last covered spot, with lots of members with bags of loot. Believe you not it was still raining hard so my hair got another dousing. Still we were then on the nice dry coach and we came in via the Millhouses Park entrance to Sheffield, not many there enjoying outdoor bowls.

So it was back to the centre after a wonderful friendly picnic with lots of food and drink who could ask for more.

Large praise for our worldwide volunteer army.

Yours Sincerely, Vera Percy

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.

This newsletter is available in a variety of formats. If you are struggling to read this newsletter then please contact us to discuss an alternative format.

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.



SRSB is a Visionary organisation

