



SRSB

Sheffield Royal Society for the Blind

INSIGHT

Newsletter August 2011

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our late Summer newsletter. For those of you reading the print version of this newsletter I hope you will already have noticed the new style, complete with our new logo on the front cover.

MARKETING

Our new logo is just part of our new brand which we are establishing as part of a new marketing strategy which is reinforced with a new website and our motto "Making a Difference in Sheffield".

We have developed a new marketing strategy to help us raise awareness of SRSB amongst the general public and businesses of Sheffield. Whilst we have always received good financial support from our clients and their immediate families we need to increase the support we receive from the wider Sheffield community in order to ensure that our services are sustainable and also fund future development of additional services.

Whilst referring to marketing strategies, brands and websites may sound very commercial we are living in a very commercial world so need to respond accordingly. However, please be assured that we intend to maintain the personal level of service that we have always prided ourselves upon.

Our new website is full of information about our services, our history and how people can support us through volunteering and fundraising. Any feedback on our new website will be

much appreciated. We have spent a lot of time ensuring that it is fully accessible for people with sight problems so if you encounter any difficulties please do not hesitate to contact us.

ELEPHANTS

A strange heading in our newsletter I can hear you thinking to yourself. Well, the collection boxes we place in stores, filling stations pubs etc. are in the shape of an elephant which is pink in colour. We are currently looking for homes for some elephants so if you know anywhere that would like an elephant on their counter please let us know. We also need volunteers who will call at shops to replace full elephants for us.

However, we also have our mascot which is an elephant which kids love whenever we have events either at our Mappin Street Centre or around Sheffield, but up to now we don't have a name for our elephant. Can you think of one that is appropriate for a pink elephant, working for a charity supporting blind people in Sheffield? If so please let us know. If we get some good ideas we'll pick what we think is the best and think of a prize for the winner.

NEWS AND NOTICES

Summer Raffle

As always you responded well to our appeal to sell raffle tickets resulting in us raising £2687 – A big thank you and Well Done!

When we sent out the May newsletter with the raffle tickets we are aware

that a significant number of the newsletters did not include an envelope for you to return the counterfoils and money to us. Please accept our apologies for this omission and a big thank you to everybody who still returned the counterfoils and money, using your own envelope. We will endeavour to ensure that future newsletters always have the correct enclosures.

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 Doris Freeman and Harold Fox who celebrated their 100th birthdays recently.

National Eye Health Week

Monday 13th June to Friday 17th June.

All week we had staff and volunteers in Orchard Square promoting National Eye Health Week which was about ensuring people look after their eyes to try to minimise the risk of sight loss later in life. We also had collection boxes with us and raised some money at the same time – just over £650 in the week.

On the Wednesday we had a bigger event with stalls at the top of Fargate opposite the entrance to Orchard Square when we were joined by representatives from Social Services, Stop Smoking Service, Royal Hallamshire Hospital Eye Department, Guide Dogs for the Blind and Sheffield Macular Group. We were very pleased to welcome the Lord Mayor of Sheffield who visited us that day and took part in the number plate reading test that the Police were offering to anyone who wanted to have a go – this was done to encourage people to have an eye check as they may not realise that their eyesight might have deteriorated. This was in conjunction with MP Meg Munn who is calling in The House of Commons for tougher rules for eyesight testing for drivers.

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

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>

October

Othello
Season's Greetings
Annie

November

Journey's End
End of the Rainbow

December

Company

January

Sleeping Beauty
The King and I

February

The Winter's Tale
Legally Blonde

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

RP Support and Information Group

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

Following the success of our first meeting in July we have now set a date for a second session. On November 9th we are fortunate to have RHH consultant Mr Acharya coming along to do a talk from 2pm to 4:30pm. There will also be an opportunity to ask questions in the second half of the session. Please ring to book a place.

University Research Project

Sheffield University are looking to establish a small user group of blind and partially sighted people to assist them in an experimental project. It is quite complex to explain but in simple terms initially it will be developed to assist people with eye conditions that result in tunnel vision, eg Retinitis Pigmentosa, but eventually it may have applications for a wider beneficiary group. For those with

sufficient vision, albeit in a limited field of vision, the project, if successful, will help people identify and locate objects outside their restricted field of vision.

For people who are interested in assisting with this project there will be an initial meeting at our Mappin Street Centre in September when the project can be explained in more detail by the researchers from Sheffield University. If you would like to be involved in this research please contact us.

Remploy

Remploy offer support to many people with disabilities.

To find out about the latest job vacancies and the support they offer, contact

Remploy, Broughton House,
48 West Street, Sheffield. S1 4EX

Tel: **0300 456 8029** or by Email:
sheffield.branch@remploy.co.uk

They now run support for people with hearing impairment similar to that offered to visually impaired people.

It includes: -

- Confidential, one-to-one advice
- Help to write a great CV
- Access to the latest vacancies with local employers
- Job clubs held twice a week with a BSL interpreter
- Job search advice and help with completing application forms
- Interview practice
- Advice on disclosing your disability to employers

- Work placement and apprenticeship opportunities
- Ongoing support when you're in work.

Facebook and Twitter

If you use computers and the internet you will have heard about Facebook and Twitter, but maybe, like many other people, you are not sure how to use it or how to set up your account to start using it. If this is you we have a guide to help you. We can't claim any originality for the guide as it was originally written by Galloways Society for the Blind, based in Preston, Lancashire. Despite it originating from the wrong side of the Pennines it is a very good guide which we can e-mail out to you if you want one.

Digital switchover

By the time you read this your TV will probably have converted to digital signals. Most people will have noticed changes at the beginning of August. The changes happen in two stages always on a Wednesday. The second stage is exactly two weeks after the first. At both stages your TV will need to be retuned.

A few people in Sheffield will not be affected until September. These are people whose signal comes from the Emley Moor transmitter.

If your area has changed and you are having trouble you should contact one of the numbers below.

The Switchover Help Scheme has helped thousands of older and disabled people living in the

Yorkshire TV region to convert one of their TVs to digital.

For advice about the Switchover Help Scheme call **0800 40 85 900** or visit www.helpscheme.co.uk.

For technical advice and information about how to convert individual televisions to digital, please contact the Digital UK advice line on **08456 50 50 50** or visit www.digitaluk.co.uk

Would you want 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 being held at **SRSB**. Classes will start from 13th September and be held every Tuesday afternoon.

For more information please contact Mandy Rodgers on **0787 658 2494**, or mandyrodgers100@btinternet.com

Rubbish bins

Black and blue bins are often an obstacle especially to visually impaired people. This is made worse if the bins are left out longer than necessary.

The Council website also has the following advice at: -

www.sheffield.gov.uk/environment/waste/bincollections/binfaqs

Q. My neighbour leaves his bin out all the time what can I do?

A. Please report it on **0114 273 4567** or email the Waste Management Section at wastemanagement@sheffield.gov.uk and they will investigate and write to

households where bins are left on the pavement. They may then pursue enforcement action which can include the use of a Fixed Penalty Notice for £100.

HOLIDAYS, DAY TRIPS AND OTHER OUTINGS

We have a number of holidays organised with Creative Travel.

Sandown – Isle of Wight

This was a fantastic holiday in July: - 17 people wave goodbye to Ralph as the holiday to Sandown, Isle of Wight begins. We knew it was going to be a long journey but we had to use the M25 to pick up people who were joining us from Walton on Thames. The M25 lived up to its reputation of being the largest car park in the UK! We missed our intended ferry and the next was an hour later. The crossing was a good one and we were soon back on the coach, but we did not get far. As soon as we were off the ferry there was another stop to change a flat tyre on the coach. We arrived at our hotel at 6:30pm – just in time for dinner!

The week passed very quickly. During the day there were various trips around the island, and on the drivers day off some of us took a boat trip around the docks at Portsmouth. There were plenty of opportunities for those shopaholics among us. Market day in Newport, Alum Bay, Arreton Barns Craft Village to name but a few. Waltzing Waters was a wonderful spectacle. Whippingham Church where Queen Victoria and

Prince Albert worshipped was beautiful and full of history.

Each day we drove through some really lovely scenery – the island is hilly, many of the slopes are forested, thatched houses are common and there are frequent glimpses of the sea. One especially beautiful village was Godshill with a model village, smithy, church and small shops. We were disappointed at the Botanical Gardens at Ventnor as the lift was out of order which meant that access was restricted and our visit cut short.

Each day there was free time which could be used to rest, explore Sandown, sit by the sea, walk along the coast or sit and chat. After dinner there was entertainment in the bar. There was a large teddy sitting on the bar each evening, Eunice felt she was being watched. It was raffled in aid of life boats and guess what – Eunice won the teddy! On Tuesday evening the entertainer had a hard job to get the audience's full attention as they learnt that Betty had had a fall and needed to go to hospital. She was back at the hotel on Thursday and OK although sore and bruised. We hope you are continuing to improve Betty.

Comments about the holiday included: -

we had a great time; everybody was friendly and joined in; nobody needed to be lonely or bored; very enjoyable. The enjoyment was helped by our courier Pat who worked hard to make sure needs were met, provided quizzes, raffles, information about

places we visited and where to get the biggest and best cream cakes!

All too soon it was Saturday and we were on our way home. This journey was less eventful than Sunday's, but still longer than predicted. Ralph was waiting at **SRSB** to meet us and had organised taxis so we were soon home.

Thank you to Ralph for giving time to make sure our luggage went with us, and welcoming us back, to Olwen for organising the holiday, and everybody else who helped in the background.

We are now looking forward to our next holiday together.

Adrienne Nixon

Weston-super-Mare

We are running a similar holiday to Weston-super-Mare from 11th to 16th September. There are just a few places left. We will bring you a report of what people get up to in the next newsletter.

Early Xmas Holiday

From 14th to 18th November a Tinsel and Turkey holiday to Eastbourne. This will cost (provisionally) £257 per person to include coach travel, accommodation, festive food (half board), excursions and seasonal entertainment.

Please let us know soon if you would like to put your name down for either of these holidays.

Sight Village Birmingham

This is an annual exhibition of specialist products and services for blind. One of our Community Advice

officers went with a minibus full of visually impaired staff and clients. Sarah wrote...

“I found the day at the Sight Village to be a very informative one. It is always helpful to keep up to date with new products and technology and this trip enabled me to do that.

The individuals that we spoke to were extremely pleasant and couldn't do enough to help us. It really is a fantastic opportunity and not one to be missed by anyone who would like to join us on the next Sight Village trip.”

Sight Village Manchester

Sight Village is also holding an event in Manchester on 27th September. If you couldn't make the trip to Birmingham or just want another look around then if there is sufficient interest we will organise transport. Just let us know by contacting **SRSB**.

Scarborough Day Trip

We arrived in Scarborough to fabulous sunshine and the smell of the sea, not to mention fish and chips! Yum!

The highlights of the day for both Rosie and I have to be escorting lovely Diana to the scooter shop. Not only did we get to ride in a wonderful Victorian cable car up a very steep incline, Hayley also got her first experience of 'driving' a mobility scooter. This involved very nearly reversing over her own foot at speed! We got there in the end though – thanks Diana for your patience! The sun continued to shine throughout the

day and we enjoyed walks along the beach next to the glorious blue sea. The gentleman surfing also provided entertainment for us to look at alongside the handsome lifeguard Rosie was preoccupied with! Thanks also to the gents (Jim and Ernest) for their generosity in buying us humbugs for the journey home. These were very much appreciated and were definitely gone by the time we arrived back in Sheffield, tired, sunburnt and windswept but very content at 7:30 pm. What a lovely day. We hope you all had fun too and are already thinking about where you'd like to head off to next.

CAMPAIGNS

The Hardest Hit – defending disabled people's futures

The Hardest Hit march, rally and lobby on May 11th was the largest gathering of disabled people in decades. The police estimate that around 8,000 people marched past Parliament to express solidarity and anger at the cuts threatening our benefits, services, jobs and rights.

After the march the group lobbied MPs, as the Welfare Reform Bill reached a critical stage in the House of Commons. They shared their stories, making sure that Parliamentarians understand the combined impact of the cuts on their lives and futures.

Crucially, they asked MPs to challenge policies that will push disabled people further into poverty and isolation..

Overall research forecasts that disabled people face a drop in their income of over £9 billion during this Parliament.

The Hardest Hit coalition calls on the Government to:

- Scrap plans to cut Disability Living Allowance, a vital benefit that enables disabled people to live independently.
- Make sure Employment and Support Allowance, which replaces Incapacity Benefit, has a fair and effective assessment process, does its job and supports disabled people.
- Stop cuts to services that are essential to disabled people's quality of life, such as day care, transport and respite care services.

Talking Bus Stops and Buses

We have been keeping you up to date with various developments on the buses in South Yorkshire.

Progress is being made but is taking time. The talking bus stops will be introduced – the technology is already there but discussions are still going on as to how this will be made available to visually impaired people. Hopefully we will be able to bring you more concrete information in the autumn.

Talking buses which announce the bus stops will be a requirement under European Legislation as we reported previously – at the moment in the current economic climate the funds are not available to move forward quickly on this as well as talking bus

stops. We understand that due to technical problems the trial that was planned for audio announcements on the number 10 route in Sheffield will not go ahead. Instead it is hoped that there will be a trial on one Stagecoach route in Barnsley. We will keep you up to date on this when we can.

COMMUNITY ADVICE OFFICER NEWS

Disability Living Allowance

If you are registered blind and believe you may be entitled to the higher rate mobility component and have not been contacted by DWP yet please contact us for assistance.

We have had instances of the DWP making decisions based upon old sight tests results, sometimes to the detriment of the client. The advice issued at the outset of the new legislation was that if sight test results were over 6 months old, then the duty would be upon the DWP to obtain up to date information, or to arrange a sight test for the client. If you are concerned about the decision you have been given please discuss it with us.

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 June we held one of our regular Activity Afternoons where we made bird houses and did tactile bird themed art work, lots of feathers and sticking!

We've also had a couple of children's theatre trips to see Jungle Book and Horrible Histories.

We have further theatre trips arranged to see Annie and Sleeping Beauty.

Details of all children's activities are sent out to parents regularly. For more information or to book places please contact Joanne Ardern at **SRSB**.

We have already planned an activity day for half term and trips to see Jungle Book and Horrible Histories at the Theatre.

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.

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

Actionnaires

Sheffield Actionnaires group has now expanded. 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.

CULTURE CLUB

In May we had two theatre trips to the Lyceum to see Tell me on a Sunday and Yes Prime Minister. Both were audio described performances and very well attended.

In June we visited Doddington Hall in Lincolnshire. We had a fantastic tour of the house and gardens and despite horrendous weather we had a lovely day. We also had a talk at our Mappin Street centre by local author Martyn Johnson. Around 20 people attended including many new faces. We also attended the Big Band in the Park event at the Botanical Gardens. The weather held off and everyone had a lovely evening with some

booking tickets independently for the following evening.

We have a number of activities arranged for the forthcoming months including a number of theatre trips, the Lowry Gallery and the Royal Armouries.

Most recently we had a glorious day at Tatton Park for the RHS Flower Show. As usual the displays were fantastic, and of course the journey was scenic and enjoyable!

If you are interested in anything 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.

Recently Rosie Wynne and Hayley Burns have been here on placements as part of their social work training. They have been a tremendous asset to the work of **SRSB**. Both have involved themselves fully in our work visiting many clients in their homes and have quickly been able to offer a very high level of service as well as bringing a very cheerful smile to everything they have done.

They have also involved themselves in the activities at our centre and put in extra time to take part in events like the Walk for Sight.

Both have said how much they have really enjoyed working with us and have valued the support of staff.

It was with mixed feelings we recently said farewell to Rosie; we were sad to lose her, and very pleased to know that she is starting a permanent Social Worker post in September.

Hayley will be finishing her placement very soon and we wish her well for the final year of her training.

They said, "We have enjoyed our placements here at **SRSB** very much and would like to thank both the staff team and everyone who uses the service for their time, patience and wisdom. We have both learnt so much during our 120 days here and hope to carry that knowledge with us into practice as social workers in the not too distant future.

Thanks again, Hayley and Rosie"

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.

Music Group

Our music group still meets intermittently. If you would like any more information on the music group, please contact Kyle 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.

Cricket

Yorkshire Visually Impaired Cricket group are looking for new members, male or female. This is a good group and whether you are into cricket or not it's very good exercise, so why not come along and join in? Contact Peter Stancill for more information on **0114 267 7749**.

The Yorkshire Visually Impaired Cricket Club is holding its annual awareness day at Old Sharlston Cricket Club on Sunday 14th August between 10.30am and 5pm.

There will be eight a side cricket matches taking place throughout the day with coaching sessions running alongside these.

The day is open to VI players of all ages and abilities and gives anyone a chance to try our great game.

There will also be an opportunity for sighted people to try the game wearing specially adapted simulation spectacles.

There will be plenty of refreshments available on the day, including a barbeque.

If you are interested please contact: John Garbett,
Secretary Yorkshire VICC, on **07833 592538**

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.

Goalball

The newly reformed South Yorkshire Goalball team has already won two tournaments and one of our staff Kyle Crossland is part of that team. 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** or on **0114 267 7747**.

Forthcoming training sessions are scheduled for: -

Tuesday 16th August
Tuesday 23rd August
Tuesday 30th August
Tuesday 6th September

6pm to 8pm (Players can be met at Arena/Don Valley Stadium tram stop at 5:30pm)

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.

Sailing

I always wanted to try sailing on a yacht, and my chance came this June when I contacted an organisation that invites VIPs (that's visually impaired

persons) to try sailing. There is a cost involved, but what that may be next I year do not know, although this year it was very reasonably priced.

You have to make your own travel arrangements to get to the port of departure. This year it was at Royal Yacht Club, Southampton, as getting there was a direct train it was not a problem.

On arrival you are allocated a boat and get to see the boat, the crew and where you will be living for the rest of the week; inside five minutes you were part of a team and had settled down with a drink.

Sunday morning we set sail for the Isle of Wight where we stayed for the first night. Next morning it was check the weather and tide tables and off to Weymouth.

You were constantly encouraged to take the wheel and steer a course, this was done with the help of an audible compass. If you went off course it emitted a series of bleeps: if you went to port it was a high pitched noise, if you went in the opposite direction it would be a low pitch so that by not hearing bleeps you knew you were on course. It took a lot of concentration to keep it quiet!

In the evenings we would all get together for a party. It all made for a long and tiring day and you slept like a log. Sometimes we would be in a harbour or as it happened we would drop anchor for the night. From Weymouth we sailed back to Southampton after finally calling at

Cowes. The new Queen Victoria was setting out when we were near home and it looked like a block of flats moving. All in all it was a week to remember. Graham Draycott.

Disability Sports

The Disability Sports Group meets every Wednesday from 12 noon to 3pm. It is for people with any disability including visual impairment.

The sports include: - Table Tennis; Polly Bat, Indoor Cricket, Bocha, Pool, and table games. They now have the use of much better facilities at the Graham Solley Sports Centre in Tinsley. Meals and snacks are available along with a licensed bar.

If you are interested please contact Bob Moody **07773 258026**.

EXHIBITONS

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. We look forward to seeing you.

Optima – low vision experts

Optima will be bringing a selection of the latest low vision equipment to **SRSB**. This is your chance to see their range of: -

Hand Magnifiers; Stand Magnifiers; Illuminated Magnifiers; Hands Free Magnifiers; Monoculars; Glare Shields & Filters; Task Lighting; Video Magnifiers / CCTV's

The display will be on Tuesday 25th October from 11am to 3pm.

If you are interested in obtaining a magnifier we would always recommend further discussion with one of our Community Advice Officers who would be pleased to assist you by visiting you at home where specific advice can be given on lighting which is very important.

TRAINING

Tactile Labelling and Braille Tuition

Would you like to be able to produce simple tactile labels at home for things such as your CD's, food in the cupboard's etc. or would you like to learn to read and write braille? If so then we have a beginner's course starting in September. Date and times are still to be confirmed but the course will be organised for a time that suits the majority of people and is usually for a maximum of 6 people to enable each person to learn at their own speed with personal tuition.

You need to contact **SRSB** to register your interest in this course, following which the course tutor, Alan Thorpe, will contact you to discuss things in more detail.

Computer Courses

Alan Thorpe of EYECAN has secured funding for another round of computer classes at the Limbrick Centre starting this September.

The Limbrick Centre is close to the centre of Hillsborough, just 2 minutes' walk from the tram stop.

Over the last 3 years or so a number of visually impaired people have been

taking part in a computer class, which is led by the tutor, Jane.

Jane is experienced at working with visually impaired people and the adjustments that can be made to a computer so a person can see the screen a little better.

People who have some computer experience have been on the course along with beginners to the age of computing. So if you are a beginner or would like to gain more skills this course may be for you.

There are places for 7 participants.

Individuals must be able to see a 17 inch computer screen with high contrast colours and increased font sizes.

The knowledge of learners will determine the course content; this could be for beginners or established users of a computer.

For inclusion to the register you must contact Alan Thorpe who will talk over the opportunities for inclusion on this course.

Contact Alan on Tel **0114 220 7007**

These courses are nationally recognised and may be certificated if an appropriate level of learning is achieved.

New course to start in September.

Classes will run for 10 weeks and last for about 2 hours.

Currently they take place on a Tuesday between 11:30 and 1:30.

This time has been selected so people are not travelling at times to avoid school children on buses and dark afternoons in the winter months.

So if you would like to take part in this course read this again to ensure that you are able to participate.

You will also need to make your own way to the centre as there is no transport provided, however you will be met if required at the tram stop to show you the way to the centre.

Computers and Other Technology

If you are considering using computers or other technology related items such as accessible mobile phones, GPS navigation devices, video magnifiers etc then it might be worth you visiting our Technology Officer, Darren Furness. He will be able to show you the various options available and help you make an informed choice of the equipment or software most suited to your needs. Darren will also be able to train you with the equipment of your choice. To arrange a visit with Darren please telephone **SRSB**.

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 at Reception at **SRSB** for more information or to make a booking.

Equipment Centre

We 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**

Telesensory Aladdin Classic Video Magnifier

Black and White, manual focus, immaculate condition. For sale on behalf of a client but can be viewed at our Mappin Street Centre. £150

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 £100 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.

Braille Notetaker: -

Andrew Downs has a Braille notetaker for sale in good condition. This is an electronic Braille machine. He is asking £150 or nearest offer, as it has only been used a few times.

One of the features of the Braille notetaker allows you to put appointments in the planner, add addresses in the address book, send emails and go on the internet and create documents.

If you are interested 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.

VOLUNTEERS

A big thank you to all our volunteers who make such an enormous contribution to all of our services and our fundraising – Well Done! We couldn't do it without you. If you, or anyone you know, could help us then please contact Dyane Midgley at **SRSB**.

NEWSLETTER

We would very much appreciate and welcome your feedback on this new style of newsletter. Is it any easier or harder to read? Does it present the information in a clear way, is there any other information we should be including etc. etc?

Also, just a reminder that as previously, 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.



SRSB is a Visionary organisation

