



**MAKING A
DIFFERENCE IN
SHEFFIELD**



SING FOR SIGHT

A Musical Extravaganza

Saturday 15th October 7:30pm – 10pm

INSIGHT

AUTUMN 2016

DIARY OF EVENTS

All events at **SRSB's** Mappin Street Centre unless otherwise stated.

AUGUST 2016

22nd	Monday	Princess and Pirate Party, Hillsborough Arena
24th	Wednesday	Online Today
30th	Tuesday	O2 Guru Day

SEPTEMBER 2016

6th	Tuesday	Pamtrad Exhibition
10th	Saturday	Heritage Open Day
10th	Saturday	Culture Club Trip, Kirkstall Abbey
14th	Wednesday	Book Group
19th to 25th		National Eye Health Week
20th	Tuesday	Living with Sight Loss: Week 1
21st	Wednesday	RP Support Group Meeting
22nd	Thursday	Pub Quiz, Old Queens Head, Pond Hill
23rd	Friday	Golf Day, Hillsborough Golf Club
23rd	Friday	Piano Recital, Sheffield Cathedral
24th	Saturday	Sky Dive, Hibaldstow, near Scunthorpe
26th	Monday	Online Today
27th	Tuesday	Living with Sight Loss: Week 2

OCTOBER 2016

4th	Tuesday	Living with Sight Loss: Week 3
13th	Thursday	World Sight Day
15th	Saturday	Sing for Sight, Victoria Hall, Norfolk Street
18th	Tuesday	Living with Sight Loss: Week 4
22nd	Saturday	Off the Shelf Festival
25th	Tuesday	Online Today
28th	Friday	Halloween Firewalk, Hillsborough Arena

NOVEMBER 2016

6th	Sunday	Concert, Lees Hall Golf Club
14th	Monday	Nystagmus Virtual Reality Demonstration
28th	Monday	Beer and Food Evening

DECEMBER 2016

15th	Thursday	Xmas Social Evening
16th to 22nd		Christmas Lunches

Mappin Street Centre closed 23rd December to 3rd January 2017

Welcome to the Autumn 2016 edition of our INSIGHT newsletter. We hope you enjoy this issue. If you have any suggestions for future editions then please just get in touch.

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INTRODUCTION

We have worked hard on changing the layout and design of this edition.

On the opposite page you will find the Diary of Events which you can cut off and use for your reference.

We are keen to hear from you if you have any contributions or suggestions for any future editions of the newsletter.

We have many interesting and exciting events and opportunities coming up which we hope you will enjoy.

SRSB

SUMMER RAFFLE



As always you responded well to our appeal to sell raffle tickets resulting in ticket sales of £2,252 – A really big thank you and well done! All the lucky winners have been notified.

We always enjoy telling people when they have won a prize and hearing their reaction, especially when it is one of our clients as was the case with this year's winner.

Mr and Mrs Tagg were so surprised to win first prize of £150 on our Summer Raffle. They have even been kind enough to donate some of their winnings back to SRSB.

NEW APPRENTICE FOR

SRSB

We have been very lucky to have had a wonderful new volunteer, Lilac, who started at SRSB last November 2015. Lilac has always been interested in pursuing a career in the caring world, perhaps nursing.

SRSB is delighted that it has been able to agree an Apprenticeship with Sheffield College for Lilac to undertake qualifications in Edexcel BTEC Level 2 Award in Employment Responsibilities and Rights in Health, Social Care or Children's and Young People's Settings (QCF).

She has already begun her Apprenticeship which will last for 366 days – one year and one day! During this time she will mainly be working in the Activities Centre as Activities Centre Assistant, but will also spend some time in the various different departments within SRSB as well as Cairn Home.

CLIENT HOLIDAYS FOR

2017

SRSB is in the process of sourcing 2 holidays for next year and, based upon client feedback, provisional destinations are Llandudno and St. Annes. They are likely to be between 5 and 7 night duration. If you are interested in joining us on these

holidays please contact Aletheia at SRSB.

HERITAGE OPEN DAY

SRSB Mappin Street Centre

Saturday 10th September,
10am to 3pm

For the first time SRSB is participating in national Heritage Open Days where we open our centre for the public to visit. There are over 80 other venues in Sheffield open during 8th to 11th September – further information from

www.heritageopendays.org.uk.

Find out about our long history from 1860 onwards and explore how we do things today compared to years ago. You will hear more about how we support blind and partially sighted people of all ages from just a few months of age to centenarians. Refreshments from our café will be available.

Talks and tours of the building are scheduled for 10:30am, 11:30am, 12:30pm, 1:30pm and 2:30pm. Each tour will be restricted to 8 people and preference will be given to people who have pre-booked. If you are planning to attend we prefer that you book on one of the tours by giving us a call at SRSB.

VOLUNTEERING NEWS

SRSB would like to issue a warm welcome to all new volunteers and say a big thank you to all our

existing volunteers for their time commitment and skills;

SRSB are currently recruiting for:

- Volunteer Drivers both for our minibuses and also drivers with access to a car
- Readers to support Visually Impaired volunteers to access training
- Readers to assist with SRSB reminiscence group which meets on Monday mornings at Mappin Street
- Befrienders to visit and befriend blind/partially sighted people within their own homes
- Volunteers to help and support SRSB's gardening group based in Meersbrook Park's walled garden, primarily building raised planters, walls etc.

SRSB is now actively recruiting volunteers. Please take a look at the SRSB website for more details about the opportunities available.

SRSB Volunteers are now active at the SRSB gardening group at Meersbrook Park.

SRSB would like to thank Burton Street Project Timber for generously donating timber/wood to the garden, this will enable the volunteers to build raised planters and help to create a planting and growing wall within the SRSB gardening space. Thank you.

SRSB are working with The Burton Street Project E100 project and warmly welcome Sam on a

volunteer placement; Sam is currently gaining experience in SRSB café and activity centre, which will hopefully further enhance his catering experience and support him into a paid work position in the future.

SRSB is currently working in partnership with both Sheffield Universities and Sheffield College on all aspects of student volunteering and is very appreciative of the input University/College students have made to SRSB projects and services. University students have recently volunteered within the Activity Centre, SRSB Youth Club, visual technology projects, occupational therapy projects and more, so a good relationship continues to grow and flourish. Thank you to all the students taking part.

If you are interested in becoming a volunteer with SRSB please get in touch with Debra Smith Volunteer Coordinator on **0114 272 2757**, or call into SRSB's Mappin Street Centre for further information.

NATIONAL EYE HEALTH WEEK

19th to 25th September

This is an annual event with the intention of raising awareness of the importance of looking after sight through good eye health. It is currently estimated that 50% of

sight loss in the UK is potentially avoidable through simple lifestyle choices.

Our Mobile Information Unit will be in Barnsley town centre on Thursday 22nd September and we are busy planning other events across Sheffield City Region for that week.

WORLD SIGHT DAY

Thursday 13th October

This is another day when we will be promoting the importance of good eye health through events currently being planned.

ONLINE TODAY

This is a Big Lottery funded project being delivered by Action for Blind People. It consists of a half day course in how to use an Apple or Android smartphone or tablet, regardless of how much or how little sight you have. You will learn how to use magnification and/or speech to enable you to access every feature of the device. We have a number of courses scheduled over the next few months with an absolute beginner's course in the morning, starting at 10am and a course for existing users in the afternoon starting at 2pm. The course dates are 24th August (both sessions fully booked), 26th September and 25th October. Further courses can be arranged, subject to demand.

Please contact SRSB to book

your place, stating whether you require the beginner's or advanced course. People booking for the advanced course are encouraged to bring their own device with them.

ACTIVITY CENTRE

Here is a message from David, SRSB's Activity Centre Manager.

The Activity Centre clients have enjoyed several trips out in our minibuses so far this summer. We have been to Ladybower, Forge Dam, the Millennium Gardens and the Moor Market several times. Clients have said that "it's a good thing that they are arranged... hope there are many more to come because everyone seemed to enjoy them." Ladybower was described as "beautiful, with lots of ducks and a most enjoyable trip." Another client reported, "we get to places we never normally would, we are lucky to have people to take us." I have to thank the drivers, staff, volunteers, and placement students for supporting these trips. One comment about a trip to the Moor Market was, "I got everything that I needed and had two fabulous helpers", and people "felt looked after" on their trips into the countryside. A trip to Graves Park went down well, "it was very enjoyable and interesting seeing all the farm animals."

The Sheffield Children's Hospital elephants have proved popular

whenever we have come across them, particularly in the Winter Garden. One client thought that they were real at first but a closer inspection revealed that “whoever decorated them did a good job...very colourful and artistic”. We were told by one client that “the Winter Garden had too many trees” and someone else commented that “there were too many ducks” at Ladybower. However, we do try and please as many clients as we can as often as we can; we all do our best. As a final comment about our trips out, “I enjoyed them all, every single one!”

If anybody would like further information about attending our Activity Centre on a weekly basis, with door to door transport on our minibuses, please do not hesitate to contact us.

COMMUNITY ENGAGEMENT TEAM

Mobile Information Unit

What was meant to be a perfect summer event for the MIU on 2nd July at Ruskin Park in Walkley turned into a table-top event in Walkley Carnegie Library, in order to avoid the torrential rainfall.

There was plenty of interactive engagement with the very friendly Walkley community, with lots of people exploring the effects of Simspecs and discussing Make Sense of Walkley, a sensory walk

organised by Julie Turnbull, our Mobile Information Officer, for Wednesday 6th July as part of the Year of Making. In the end there was just too much competition from the Euro football game featuring Portugal v Wales plus Andy Murray playing a particularly exciting match against Jo-Wilfred Tsonga, so it was a small turnout of 5 participants who took to the streets of Walkley to explore its sensory wonders.

The discoveries that emerged from our wanderings are a starting point for a really rich project that can take place in any community with anyone wanting to get to know their local places and spaces through tapping into the wider range of senses beyond vision that we tend to largely ignore.

Julie is hoping to build on this pilot version in Walkley, and to create an interactive walk in the autumn from SRSB at Mappin Street, once the University has finished all the paving reconstruction and the road system in the Mappin Street area has been reorganised. If anyone is interested in getting involved, please ask Julie at SRSB for more details.

VISIT TO SIGHT VILLAGE

One of SRSB’s clients, Mike Salter, has written a small article on the day trip to Birmingham Sight Village.

We had all arrived, were together in the welcoming reception area of SRSB and talking about our expectations regarding the event, Liz and Rob were checking us in and making sure that we all had cold drinks with us, as the day was forecast to be very hot.

Then an emergency occurred, one of our member's was suddenly taken ill with a heart problem, Liz quietly and calmly saw to him, found out the problem from both him and his wife, and called both the ambulance service and a paramedic and after a brief examination, he was taken to hospital accompanied by his wife.

We then boarded the minibus, safely guided, then we sat in our seats, were safety checked re: seatbelts, then Liz took the driving seat, and Rob took up the shotgun position beside her, and off we went.

On the journey to Sight Village there was pleasant chatter amongst us stating what our expectations were about the event that we were visiting. There was also chatter between the three in front, namely Liz, Rob and Satnav.

All went well, then we arrived in Birmingham, near where we would turn into the carpark, there were road repair works, Liz found a way round them and we were safely in the car park. We were met by the welcome team, and handed goody bags also a layout

plan, those who needed a guide were allocated one.

It was the 23rd year of the exhibition, I think, the best, there were more exhibitors, a better layout, as well as English companies there was a German, Swedish and a Chinese company represented.

In addition to the exhibition there was a full program of seminars and workshops taking place.

New for 2016, British Blind Sport had taken over part of the exhibition to host an area dedicated to inclusive sport, and offered visitors a chance to take part in judo, tennis, goalball and acoustic shooting.

There were bargains to be had, Associated Optical were offering 37.5% off a few of their products, Sight and Sound Technology also had good offers available.

The refreshments and drinks had plenty of customers, especially for cold drinks!

We had a pleasant ride home to base, though a hot one, and plenty of chatter about the Village. All told it was a good day out.

LIVING WITH SIGHT LOSS **COURSE**

In conjunction with Action for Blind People, SRSB is running a new, free, four-day course, to help people living with sight loss become more aware of the wide

range of support services available on both a practical and emotional level. Aimed at people who may be newly diagnosed with sight loss, as well as those who have been living with sight loss for longer, this course takes place over four weeks and will be held at SRSB's Mappin Street centre.

Here are the course dates and topics covered:

Week 1: Tuesday 20th
September: Welcome,
Introduction to Services and
Welfare Rights

Week 2: Tuesday 27th
September: Mobility and Daily
Living, Leisure

Week 3: Tuesday 4th October:
Eye Health and Emotional
Wellbeing

Week 4: Tuesday 18th October:
Leisure and Next Steps

The course starts at 10:15am and ends at 3:30pm. It is best to know that you can attend all four sessions in order to get the most out of this course. SRSB will be running this or a similar course again next year if you are interested but can't attend this time.

If you would like any further information about this course or would like to book a place: please ring Liz Bowman, Community Engagement Officer, on 0114 267 7761. Places are

limited so please book your place early to avoid disappointment.

100TH BIRTHDAY CONGRATULATIONS

We would like to congratulate Vera Wright and Rose Ford who recently celebrated their 100th birthdays.

EQUIPMENT CENTRE

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

Used Equipment for Sale

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

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

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

OFF THE SHELF: "BIGGER AND BETTER"

SRSB Mappin Street Centre

Saturday 22nd October, 1:30pm to 3:30pm

You are invited to join us for our Off The Shelf event at Mappin Street. This year's event titled "Bigger and Better" includes work from our very own Mappin Writers and special guests, E L Lindley and John Stocks. They will inspire imagination, share memories and hopefully make you laugh or cry with the power of words. Off the Shelf has grown into one of the largest literary festivals in the UK, attracting some of the best known names in literature and media to Sheffield each year. The festival programme is wide ranging and offers over 200 events for all ages. We hope you will enjoy our Off the Shelf event this year at SRSB. This is a free event with donations to SRSB - refreshments will be available on the day.

Off the Shelf brochures covering all their events will be available from our Mappin Street Centre in standard print, large print and audio formats.

CHILDREN'S DAY TRIP

We had a lovely sunny day for our outing to Skegness. As well as our visually impaired clients and their families we also took along our youth group. We had a brilliant

time in the fair, playing football on the beach and eating fish and chips and ice creams. We've had some lovely feedback from families, one said, "We had a lovely day on the SRSB trip to Skegness. The driver was brilliant, he was very helpful. Thank you for organising a brilliant day", another said "Thank you for today our son enjoyed every minute of it." We love to hear your feedback. We are already looking at more events and outings with suggestions always welcome.

YOUTH CLUB OUTING

We also had a day out to Matlock Bath with the young people from our youth group. We all faced our fears on the cable cars at the Heights of Abraham and we explored The Great Masson Cavern. This is not easy for

someone who is visually impaired – very dark, damp and some tight squeezes, so a great challenge which they absolutely loved. We had a good laugh when Khalil suddenly became Luke Skywalker as his long cane lit up in the lights of the cavern.

GROUPS AND CLUBS

BOOK GROUP

SRSB are looking to re-start the book group and have decided to change the day and time. The next meeting will be at SRSB's Mappin Street Centre on Wednesday 14th September at 2:30pm. The book we are reading will be the 'Friday Gospels' by Jenn Ashworth. For more information or to join the Book Club and receive a copy of the next book, please call Joanne at SRSB.

CHILDREN'S SERVICES

Killingbeck Fields, Leeds

Sunday 11th September, 2pm

Roll up, Roll up, come to the Circus!

SRSB have a limited amount of free tickets available for Circus Starr, an inclusive live show. Circus Starr is an independent, charitable organisation that supports disadvantaged and disabled children across the UK.

They provide opportunities for children and their families to enjoy the spectacle of live performance, creating shared memories that will last a lifetime. The shows are ideal for children who have difficulties sitting and concentrating and they try to be as inclusive as possible. We have had really great feedback from clients who have attended the shows and will be providing transport from Sheffield town centre. Tickets are limited to visually impaired children and parents only. Please book early to avoid disappointment by phoning SRSB.

Youth Club

A member of SRSB's Youth Club wants to let everyone know how she feels about the club and she has had the following to say.

The SRSB youth club is amazing. I have a lot of new friends from going, and I wish other people could. We do all sorts of exciting

activities like arts, crafts, and cooking. We can also choose to go somewhere if it's sunny [e.g. ice cream shop].

What I love about the club?

I like the youth club because you get to talk to people that have a similar situation: unlike a normal youth club where you were likely to feel different. I like all of the staff/volunteers because you can talk to them about whatever if there's a problem or just plain banter!

We could really do with more children coming to the club and they can make lots of friends just like me. You have to be between 11-19yrs old. The youth club is centred at SRSB and starts at 4:15pm on Mondays and usually finishes about 6:15pm. We require £1 per week so that we can continue to do lots of fun and exciting activities. Please come everyone, we would appreciate it and you are going to love it. Get in touch with SRSB for more information.

Little Sparklers

At present Little Sparklers are on a Summer break but there are some fantastic sensory sessions planned for the Autumn term. Little Sparklers will start back on September 7th with a seaside theme, so there will be lots of

sand, water, and maybe an ice cream or two!

CULTURE CLUB

SRSB's Culture Club has attended a number of theatre trips in the last few months including Chicago, Rocky Horror Show and Chitty Chitty Bang Bang and have many more coming up including Million Dollar Quartet, Romeo and Juliet, Lady Chatterley's Lover, The Commitments, Annie Get Your Gun, Cats and more recently the Culture Club have booked for The Glen Miller Story, Breakfast at Tiffany's, Shawshank Redemption, Full Monty and Sister Act. A separate Culture Club flyer will be sent out shortly for all the new shows. SRSB also took a group to the City Hall to attend the Sheffield Philharmonic Chorus Celebration Concert back in June.

The Culture Club have also enjoyed a few day trips out, including Normanby Hall, Castle Howard and soon they will be off to Kirkstall Abbey. They will also be off to Chatsworth nearer Christmas for their annual trip to see the lights.

SRSB send out regular Culture Club updates – If you would like to be added to their mailing list please contact SRSB.

SHEFFIELD MACULAR SOCIETY

Degeneration of the macular results in loss of central vision. It is usually a result of ageing and is the commonest form of sight loss in older people. This group, which is a branch of the national Macular Society, meets on the first Thursday of each month (except January and August) at 1:30pm for 2pm in the Central United Reformed Church Café off Norfolk Street. New members are most welcome: just come along.

For more information please contact Dorothy Martinez on 0114 234 3516 or Robin Story 0114 236 2251 or email: story.robin@yahoo.co.uk

RP SUPPORT GROUP

RP (Retinitis Pigmentosa) is an eye condition affecting the retina usually affecting peripheral vision first and in time central vision as well. It is usually inherited. The support group meets every few months at SRSB. For further information contact Joanne at SRSB

FIRTH PARK SUPPORT GROUP

This group offers a venue within the park, refreshments, social inclusion, friendship, support and the opportunity for people to access support within a local

setting for those who cannot access our Mappin Street Centre.

This service which only started in May is facilitated by Brian Hepworth, SRSB volunteer, who is being supported by Debbie, SRSB's Volunteer Co-ordinator.

For more information contact Debbie at SRSB or Brian on **07710 014 573**

CHARLES BONNET SYNDROME SUPPORT GROUP

This group meet at our Mappin Street Centre on the third Wednesday of every month. For further information contact SRSB

THE SRSB SINGERS

The Singing Group is an increasingly popular group run by David Cox, SRSB's Activity Centre Manager every Wednesday.

It is a chance to meet socially as well as enjoying singing together with a wide range of songs. For more information contact SRSB

CRAFTY LADIES

This is an art and craft group, currently comprised entirely of women, which meets alternate Fridays at the Ravenscroft Resource Centre Bungalow in Handsworth. This is an informal group and the atmosphere is relaxed. If you fancy getting involved in this kind of creativity,

in spite of failing sight, then give the group a try.

They are also keen to encourage men to have a go but this may necessitate a change of name for the group!

Contact:

Karen Swann on **0114 273 4917**
or Ali Anthony on **0114 273 4866**

MAPPIN WRITERS

This creative writing group meets every Friday at our Mappin Street Centre, from 11am to 12:30pm. For further information please contact SRSB

REMINISCENCE GROUP

The group meets every Monday at our Mappin Street Centre, from 11am to 12noon providing an opportunity to join in with this successful group which covers a range of topics. For further information please contact SRSB.

SOUTH YORKSHIRE

VISUALLY IMPAIRED

SPORTS CLUB

We have recently been working with South Yorkshire Goalball Club to set up a multi sports club. The aim is to let visually impaired people enjoy the sports and not worry about administration. At the moment the club currently offers Goalball training on a fortnightly basis, and football training once per month. For more information

contact Kyle on **0114 272 2757** or email kyle@visport.org.uk

SHEFFIELD VI TEN PIN

BOWLING

We meet once a fortnight on Tuesdays at the MFA in Firth Park at around 6:45pm to start playing at 7pm. We are always looking for new players of all ages and skill levels. Contact Kyle at SRSB on **0114 272 2757** or email kyle.crossland@srsb.org.uk

TAI CHI

Regular sessions every Friday from 2:30pm to 3:30pm at our Mappin Street Centre. If you are interested please contact SRSB.

ARCHERY

This takes place 10am to 2pm every Wednesday at the Northern General Hospital Spinal Injuries Unit sports hall. Visually impaired people with a spotter are welcome. Contact Les Culf on **0114 246 5515**

SHEFFIELD VISUALLY

IMPAIRED WALKING

GROUP

The group meet on the first Tuesday, second Wednesday and fourth Sunday of every month. It also meets once per month on a Thursday. Tuesday walks are shorter and easier. Thursday walks are more challenging. Contact the Membership

Secretary, Christine Hewitt, on
0114 236 6685

SWIMMING

The swimming group meets at Upperthorpe Baths every Thursday. They leave our Mappin Street Centre at 11:30am, returning approximately 1:30pm. For further information please contact Kathryn Greenwood on **0114 272 9885**

THE SHEFFIELD BLIND

BOWLERS CLUB

The bowlers meet at 10am every Wednesday at Hillsborough Park for the summer season and 11am at Concord Sports Centre for the

winter season with transport available from the city centre for the winter season. For further information please contact Graham Draycott on **0114 286 4121**

YOUTH CLUB

Every Monday, term time only, 4:15pm to 6:15pm at SRSB for 11 to 19 year olds; siblings and friends are welcome. There are a range of activities including arts and crafts, dance, music workshops, games and much, much more. For further information please contact Joanne at SRSB.

OTHER NEWS

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 Theatre Ticket Office on **0114 249 6000**.

More information can be found at <http://digbig.com/5bgjet> - Select the link near the bottom of the page for "Accessible Performances" to bring up details of dates and times of

performances. Please note that this link is a new feature on their website so please email the theatre if you have any trouble using this – access@sheffieldtheatres.co.uk

September

- Operation Crucible
- Relatively Speaking
- Romeo and Juliet
- Million Dollar Quartet

October

- Lady Chatterley's Lover
- Cats

November

- The Commitments
- Snow White

January 2017

- Annie Get Your Gun

Do bear in mind that the Culture Club will be organising trips to some of these performances – see page 11 for how to get more details.

Chesterfield Theatres

From now on, a lot of film showings will be audio described. Also, they will be having captioned showings for films for which they have more than four showings.

You can now search on the website for all 'accessible' shows. If you go to 'What's On' then select 'Accessibility' from the 'Special Events' tab down the left hand side, these will be returned.

You can also check for accessible performances by following the link <http://digbig.com/5bmqdh>

HOW TO MAXIMISE YOUR DONATIONS TO SRSB

For all charities, but particularly a small local one such as SRSB,

donations represent a substantial chunk of our annual income, money without which we could not provide services and activities for our clients. Potentially you could donate 25% more to us with no further cost to you, by simply signing up for Gift Aid.

Many people are confused about what Gift Aid entails. You are eligible to Gift Aid if you pay income tax or capital gains tax. Before you sign up for Gift Aid you must have paid in tax for that year the same amount you want to Gift Aid – that means that if you donate £10, you must have paid £2.50 tax.

Other than signing a Gift Aid declaration in favour of SRSB there is nothing more for you to do and we then claim the Gift Aid direct from HMRC. If you happen to be a higher rate tax payer then you can also claim back the higher rate tax on any donations you make.

If you are interested in becoming a Gift Aider for SRSB, please contact Sue or Jane in our Fundraising Department or Angela our Finance Manager on **0114 272 2757**.

SENIOR SNIPPETS

Welcome to the latest edition of Senior Snippets: the monthly advisory column with the older members of our community in mind, brought to you by Bryn

Evans Director of Home Instead Senior Care in Sheffield and Barnsley.

Due to July being Fraud Awareness Month, this instalment will deliver simple steps you can take in order to protect you as well as elderly family from falling victim to the vast array of scams that defraud 3.2 million people in the UK each year.

One simple rule: A simple rule of thumb you should always remember is to “never provide information in a phone call that you did not initiate” – this may include personal information or agreeing to give money over the phone.

Protect your information: Under no circumstances ever give information regarding your bank account to someone you don't know. It is important to keep personal documents, plastic cards and chequebooks in a safe and secure place, and even if you know the person you're emailing, never email your financial information. Finally, if you're sending personal information on the internet, assure that the website address starts https, not http.

Create complex passwords: Longer passwords with a combination of letters and digits are very difficult to guess. Change passwords regularly and don't share them with anyone.

Provide support with mail: Ask your elderly friend or relative to gather all the post together so that you can help them sort through it when you are there. Find a place where the person can keep the mail together which will in turn prompt them to wait for you to help them sort their mail.

Dispose of important documents: it is essential to discard documents that could be useful to criminals, including bank statements, credit card statements and other financial information by shredding them. Important documentation such as tax returns and car documents should be stored in a safe place and out of sight.

Don't open suspicious looking emails: If you get mail that looks unusual it is likely to be a scam. It is important not to reply to the email, as well as not to click on any links in the email or open any attachments. If you have already clicked on a link and opened a website, don't give any personal information out.

Neighbourhood Alert Service: Your local area may operate a Neighbourhood Alert Service, which is used by police and Trading Standards to circulate messages about doorstep crime and scams. Register for free www.neighbourhoodalert.co.uk If you think that someone has been scammed or is at risk of being

scammed, make sure to contact Action Fraud on 0300 123 2040 or www.actionfraud.police.uk.

We hope you found these tips useful. To make a suggestion for a future topic, please contact me by email

bryn.evans@homeinstead.co.uk or by post to Home Instead Senior Care Haywood House, Hydra Business Park, Nether Lane, Ecclesfield, Sheffield, S35 9ZX. Alternatively, you can also call me on **0114 246 9666**.

EXHIBITIONS

O2 Guru Day

Tuesday 30th August, 10:30am to 3:30pm at SRSB's Mappin Street Centre

Smartphone and Tablet advice – learn how you can make your phone and/or tablet talk to you and much more.

Pamtrad

Tuesday 6th September, 10am to 3pm at SRSB's Mappin Street Centre.

Come and see what technology and electronic magnifiers are on offer.

Virtual Reality Demonstration

Visit our centre between 12noon and 4pm on Monday 14th November and you will have the opportunity to try out virtual reality technology to simulate and demonstrate the effects of living with nystagmus and double vision.

This is being run by the University of Sheffield, who are returning after a successful visit in July – so if you couldn't make the last visit, this is your opportunity to come along and try the demonstration.

Welcome to this brand new fundraising section. We hope this finds you well. We have been busy planning events for the rest of the year. It's not too late to do something special with SRSB. Our events are open to all, so do feel free to bring your family and friends along – we have something for everyone and all monies raised will help support our day to day services.

DO YOU WANT TO KEEP FIT?

Do you want to meet people and enjoy the fresh air around Sheffield? If so put on those trainers and running shoes we have an event for you. There is something for everyone with runs of 2.5k, 5k and 10k. If you would like to take part and need a guide then get in touch with Sue or Jane. Do join us at the following:

The Big Fun Run

Rother Valley Country Park

Sunday 14th August

The 5k Big Fun Run is returning to Rother Valley Country Park this month. It is all about fun and the dress code is fun, so you can wear whatever you like, even fancy dress. The event isn't timed, so there is no need to rush around.

There is a Big Warm Up just before the run and all participants can take part in that. You will also receive a finishers' medal, and a goody bag!

If you would like to take part book your place online on the Big Fun Run website www.bigfunrun.com. Why not get a group together and have a great day out in this lovely park!

Entry fee:

Adults £12.49

Children £10.49

The Sheffield Ten10Ten

Endcliffe Park

Sunday 9th October

Set in the beautiful park surroundings at Endcliffe this event hosts a 10k run and a 2.5k fun run for adults and children, something for all levels of ability. Book your place via the website at www.sheffield10k.com

Entry fee 10k £19

Fun Run 2.5k Adult £9

Children £10.49

If you wish to raise funds for SRSB do contact Sue or Jane and we will send you our supporters pack including a sponsor form and fundraising advice. We also offer an SRSB T-shirt if you pledge to raise over £50.

SRSB GUESS THE OLYMPIAN SCRATCH CARD

SRSB have joined with other local blind societies in Yorkshire to produce a scratch card to link in with the 2016 Olympics. We have over 200 of these to place in Sheffield and all the proceeds from these will go to the Sheffield Royal Society for the Blind (SRSB).

The scratch card is A3 full colour print with 50 entries to be sold at a £1 each. Each entry is the name of an Olympic Athlete (past and present). When the card is full you then scratch off the name in a panel at the bottom of the card to reveal the winning name.

SRSB are able to provide a prize but also welcome any donations. For example one local pub has provided a meal for two for the winner.

All proceeds from the card will support over 3,600 blind and partially sighted children and adults in Sheffield City Region.

SRSB will provide a secured collection tin for the payments and we can collect this on completion.

If you know of anyone who would take one of these scratch cards do please get in touch. Perfect for your local, pub café or hairdresser.

PRINCESS AND PIRATE PARTY

Hillsborough Arena

Monday 22nd August, 12noon to 2pm

If you know any children who like Princess Elsa from Frozen or want to be a budding pirate then we have just the thing for them. They are invited to join us for an afternoon of holiday fun at Hillsborough Arena. They can walk the plank, learn how to be a Princess for the day and have a sing along with Princess Elsa. The party is open to all, so do bring along your children and grandchildren to this great summer party. There will be games, a picnic lunch and a party gift for each child and the chance for a photo with Elsa and the pirate. This event is being organised in conjunction with The Princess Party Palace for SRSB.

Ticket price £8

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 22nd September,
7:30pm

Join us for a great night out at Sheffield's Oldest Pub. Come along and test the old brain cells. It's good fun. Sandwiches and chips are kindly provided at half time by the pub. Don't worry if you

don't know anyone, there is always a friendly face with volunteers, staff and clients taking part.

There are prizes for the winning team and lots of fun for all.

Please register your team as we need to know numbers for catering.

Team Entry £8 (Maximum of 4 per team) or £2 per person.

PIANO RECITAL

Sheffield Cathedral

Friday 23rd September, 1:15pm to 2pm

Do come along to our Piano Recital in the fantastic surroundings of the Sheffield Cathedral. It's a lovely way to spend an afternoon listening to a variety of pieces including Jazz, Folk, Romantic, and Boogie Woogie with Bill Skipworth and his friend Ed Dawes. There's something for everyone, a great lunchtime treat! Bill is a client and supporter of SRSB – he started to lose his sight many years ago. However from the age of 50 when he went completely blind in one eye, he discovered that his creative talent on the piano suddenly “magnified by a factor of 10” and he also discovered he has synaesthesia, meaning that he sees the keys on the piano as different colours.

Bill's involvement with SRSB began, like many people, at a very low point in his life when he was

registered as severely sight impaired.

He'd had to give up work as a dentist after a successful career; a period in his life which he now describes as very difficult time. But time, as he says, “gives you perspective” and in Bill's case it's also given him the chance to develop his musical talents.

“I've always been a creative type. I learned piano as a child and was Grade 8 by the time I was 18, but I felt I wasn't good enough to be a professional, and I always had to have sheet music when I played – even for a simple tune such as Happy Birthday.

“But when I was 50 it was just like I'd had some musical download. That's the only way I can explain it. It was as if so much of my brain was being used to process visual information, that the sight loss gave it the space for the music.

“Now if I hear a tune on the radio I can sit down and play it, although the harmonies take a little longer.”

The new skill of playing without written music and playing by ear, developed into improvisation and then Bill discovered an ability for writing music of his own. His first composition was inspired by the Sheffield Flood.

Bill has also written a book about sight loss. “I think the creativity has helped with the sight loss.

You go through all the stages, I've come to an acceptance of how things are. I had all this anger, then a week of grieving and I have been fine ever since. There are so many things I am interested in," said Bill.

As well as his music, Bill takes great strength from his Christian faith, and he also presents a weekly radio show on Sheffield Live.

Please come along to the Cathedral and give your support to Bill and have a fab afternoon.

This is a FREE drop-in event, but donations are welcome. Tea and coffee available to purchase.

SRSB CHARITY GOLF DAY

Hillsborough Golf Club

Friday 23rd September

Do any of your family, friends or colleagues play golf? If so, then do tell them about our annual charity golf day this year at Hillsborough, one of the top courses in Sheffield.

The day is open to anybody who plays golf, they don't have to be a member at the club but they do require an official handicap.

The day includes:

- Coffee and bacon roll
- Fantastic 2 course meal

- Official starter is the former "Praise or Grumble" presenter Bob Jackson
- 4 Ball Am-Am Stapleford competition
- Complimentary refreshments at Halfway House
- Prizes for first 3 teams, nearest the pin and longest drive

Team of four: £220 (or £60 each).

Please pass on this information to anybody who you think might be interested.

TANDEM SKYDIVE

Hibaldstow Airfield, near Scunthorpe

Saturday 24th September,
Registration 8:30am

Good luck to our Finance Manager Angela who is doing this Tandem Skydive to raise funds for SRSB. She is bravely overcoming her fear of heights to support the work we do. Angela will be joined by other supporters including Helen and Adele who did their Occupational Therapy student placements at SRSB. If you wish to join them you will experience the thrill of a lifetime and be taking part in the highest tandem skydive in the UK! You will freefall over 15,000 feet at over 120mph, WOW! To do something special in 2016 just get in touch.

Full fundraising support will be given. Tandem skydiving is open

to pretty much anyone over 16, the oldest skydiver to date is 93! (Health restrictions permitting). This is a joint event with other local blind societies in Yorkshire. We will all be joining together for a big picnic and fun day.

SING FOR SIGHT

Victoria Hall

Saturday 15th October, 7pm

Join us for a rousing evening of song from The Millhouse Green Male Voice Choir, South Yorkshire Police Brass Band and SRSB Singers who are all performing to raise funds for SRSB. Millhouse Green choir has been performing for over 47 years in places as far afield as Holland – they are amazing and we are delighted to have them entertain us in the fantastic settings of the Victoria hall which has great acoustics!

All welcome.

Ticket price: £8

HALLOWEEN FIRE WALK

Hillsborough Arena

Friday 28th October 7pm

Walk unharmed across 20 feet of wood embers burning at 1236 degrees Fahrenheit – it is tremendous fun! Feel the ultimate adrenalin buzz and have a great night out for Halloween. This event is being run in conjunction with a family Halloween party and disco, so there is plenty for the family to do whilst you take part in

your training. Full training will be given so no experience is necessary, just the ability to have fun. This is the 4th fire walk we have done and it really is such a buzz – you are on a real high when you have done it and it really doesn't hurt. We would recommend it to anyone to have a go, it's amazing!

Minimum Sponsorship £50 to include a deposit of £25

GUESS THE DISTANCE

COMPETITION

VELODROME CHALLENGE

Date to be confirmed, late October or November

A group of visually impaired tandem riders and their sighted pilots are doing a Velodrome Challenge at the National Cycling Centre at Manchester.

We will be running a Guess the Distance Competition with prizes for the 3 closest times – further details to be announced nearer the event.

CONCERT WITH SHEFFIELD

FAVOURITES

Lees Hall Golf Club

Sunday 6th November 2016,
5pm to 9 pm

Do join us for a good old fashioned afternoon of sing a long at Lees Hall Golf Club, one of

Sheffield's Hidden Gems with amazing views over Sheffield.

Food will be available to order from the club restaurant and bar. Artists to include Gary Philips, Steve Paver and a special further headliner guest to be confirmed. What a great day to spend a Sunday afternoon.

Ticket Price £10

BEER AND FOOD TASTING

SRSB Mappin Street Centre

Friday 25th November

Back by popular demand we are holding a beer and food evening at Mappin Street in conjunction with Abbeydale Brewery. This is your chance to try beers such as Moonshine and Absolution with food prepared by our chef Rob Coggin. Staff from Abbeydale will talk about the origin of the brewery and the choice of food to compliment the beer. We will have a little competition, quiz and

music for the evening. Tickets include 5 glasses of beer and 5 dishes of food.

Ticket Price £20

SPONSOR A BRICK

Just a reminder that for just £50 you can still sponsor a brick on the SRSB wall. Your personal inscription will leave a lasting message for years to come and help SRSB. In return for your sponsorship you will receive a certificate to confirm the wording of your inscription and once your brick has been made you can bring family and friends to see it. Makes a great gift for a birthday or other family celebration.

If you would like to book an event, volunteer to collect or just require further information then please contact Sue or Jane on Tel : **0114 272 2757** or email **fundraising@srsb.org.uk**



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