



**MAKING A
DIFFERENCE IN
SHEFFIELD**



CHRISTMAS SOCIAL

Amazing food, Fantastic fun
Thursday 15th December, 6:30pm

INSIGHT

WINTER 2016

DIARY OF EVENTS

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

NOVEMBER

- | | | |
|------------------------|------------|---|
| 24th | Thursday | "Notes on Blindness", Virgin Lounge, Fargate, 6pm |
| 25th Nov
to 4th Jan | Fri to Wed | Christmas Tree Festival, Tapton Masonic Lodge, 9am
9am to 5pm each day |
| 25th | Friday | Beer N Food evening with Abbeydale Brewery |
| 29th | Thursday | Living With Sight Loss social get together,
10:30am to 12noon |

DECEMBER

- | | | |
|-------------|-------------|---|
| 3rd | Saturday | Millhouses Festival, The Terminus, Millhouses |
| 5th | Monday | Culture Club – Christmas Catch Up, 4pm |
| 7th | Wednesday | RP Support Group, 2:30pm |
| 8th | Thursday | Pub Quiz, The Old Queens Head, 7:30pm |
| 10th | Saturday | Children's Christmas Party, Monkey Bizness |
| 10th | Saturday | Breakfast with Santa, Virgin Lounge, Fargate,
10:30am to 1pm |
| 10th | Saturday | Christmas Flower Arranging with Plantology, 2pm |
| 11th | Sunday | Christmas Fayre, Hillsborough Arena, 11am to 4pm |
| 14th | Wednesday | Little Sparklers' Christmas Party |
| 15th | Thursday | SRSB Christmas Social, 6:30pm |
| 16th - 22nd | Fri - Thurs | SRSB Christmas Lunches, served at 12:30pm |

Friday 23rd December 2016 to Monday 2nd January 2017 inclusive

Mappin Street Centre Closed for Christmas/New Year Holidays

JANUARY 2017

- | | | |
|------|----------|---|
| 3rd | Tuesday | SRSB opens at 8:30am |
| 12th | Thursday | Personal Independent Payment (PIP) Information
Session, 2pm to 4pm |
| 19th | Thursday | Cinderella, Montgomery Theatre, Surrey Street
7:15pm |

FEBRUARY 2017

- | | | |
|-----|---------|--------------|
| 7th | Tuesday | Online Today |
|-----|---------|--------------|

Welcome to our latest newsletter. We hope you enjoy this edition. If you have any suggestions for future newsletters then please just get in touch.

CONTENTS

- Diary of events 1
- Introduction 2
- SRSB 3
- Groups and Clubs 8
- Other news 13
- Fundraising 17

INTRODUCTION

A warm welcome to our last newsletter for 2016 with Christmas and the New Year fast approaching.

We have lots of news for you with plenty of seasonal activities happening.

May we take this opportunity to wish all our readers a Merry Christmas and a Happy New Year.

CHRISTMAS FLOWER ARRANGING



Jill from Plantology on Division Street will demonstrate how to create 3 wonderful and exciting new Christmas decorations including something special for the centre of your table.

For more information see page 18.

CHRISTMAS RAFFLE

Unless you have requested otherwise, 2 books of tickets are enclosed for the Christmas Raffle. As in previous years, it is being run for us by Sheffield Vulcan Rotary Club. Tickets are £2.50 per book (£5 for two books). If you can sell them please put the money and the ticket counterfoils in the enclosed plastic bag and return to **SRSB** in the **FREEPOST** envelope no later than Tuesday 6th December 2016. Cheques should be made payable to **SRSB**.

Please do **NOT** return your counterfoils or money to the Rotary Club of Sheffield Vulcan.

If you or your family are able to sell extra tickets please call **SRSB** as more tickets can always be provided.

If you are not able to sell any tickets then don't worry as we appreciate that not everybody is a salesman but please do **NOT** return the tickets to us as we do have to pay postage for the **FREEPOST** envelope if you use it. If you would prefer not to receive raffle tickets in future then please just give **SRSB** a call.

CHRISTMAS AND NEW YEAR HOLIDAYS

To give all our staff and volunteers a well-earned break over Christmas, our Mappin Street Centre will be closed from Friday 23rd December and will re-open on Tuesday 3rd January 2017.

CHRISTMAS LUNCHES

SRSB will be serving Christmas Lunches on 16, 19, 20, 21 and 22 December. All clients are invited to join us and if you wish you may bring one guest. Lunch will be served at 12.30pm and you **must book in advance** by phoning **SRSB** on **0114 272 2757**. Lunch prices are £4 for clients and £6 for guests.

CHRISTMAS SOCIAL

SRSB will be holding their annual Christmas Social on Thursday 15th December starting at 6:30pm and finishing at 9:30pm, held at **SRSB's** Mappin Street Centre, with several special guests. This year the cost is £4 per person plus £2 if transport is provided. Your food and drink is all included in the price and there will be great entertainment booked so get your dancing shoes out.

CHRISTMAS CARDS IN THE ACTIVITIES CENTRE

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

loads of cards and you are helping to provide for next year's lunches.

SRSB CHRISTMAS CARDS

We are delighted to announce that we will again this year be selling our very own **SRSB** Christmas Cards. There are 2 designs in the pack which were selected from drawings done by our children's groups. The cards are available at £3.50 for a pack of 10 from **SRSB**. A great opportunity to send a unique, original design card to family and friends and support our services.

CHRISTMAS CARD LABELS

For all the cards that you send, is it a struggle writing them now? If so we have a solution which is a nice festive silver label which reads "Merry Christmas from xxxxxxxxxxxx", with your own name inserted. We charge £2 for a sheet of 48 labels or £2.50 if we post them out to you. If you would like to order these from us please just give us a call.

SRSB STOCKING FILLERS

If you are stuck for a little something to buy for Christmas then **SRSB** can help. We have a number of good but practical gifts you can buy. From **SRSB** lanyards which are great for keys or passes to a bright and colourful glass cleaning cloth, memory stick or our new hot off the press pin badges. A full list of merchandise, available from our Equipment Centre at Mappin Street, is as follows:

Tote Bags: £3.50

Pens: £1

Memory Stick £5

Mugs: £5

Lanyards: £2

Glass Cloths: £2

Pin Badges: £2

T-Shirt: £12

Polo Shirt: £14

Sweat Shirt: £20

Hooded Top: £22

Showerproof Jacket: £25

EQUIPMENT CENTRE

CHRISTMAS NEWS

The **SRSB** 2017 large print calendars are now available, price £4.

The 2017 large print diaries are also available in 3 sizes:

A6 Pocket Diary – £5.35

A5 Midi Diary – £7.15

A4 Desk Diary – £8.99

We also have large print address and telephone books available in A5 size, £7.99 and the larger A4 size, £9.55.

You can also buy Berol Pens for 50p, fine or broad tip, which write very clearly.

If you are unable to get in to our centre then please give us a call – we will be able to take your order and post most items out to you (there is a 50p charge for packaging).

We also have a wide range of products which may be useful so if your relatives or friends ask what you might like for Christmas then why not ask them to bring you into our

Equipment Centre so you can have a look around.

You could also visit our café at the same time.....

CAFÉ VIPS – SERVICE WITH A SMILE

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

CHRISTMAS GIFTS & GRATUITIES

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

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

they would be subject to disciplinary procedures.

PERSONAL INDEPENDENT PAYMENT (PIP) INFORMATION SESSIONS

We are very aware that people are getting quite anxious regarding the change over from Disability Living Allowance (DLA) to PIP so we have decided to run an information session to talk about how the changeover works, the points system, the assessment process and the timescales involved.

The session will take place at our Mappin Street Centre on 12th January, 2pm to 4pm, please ring Joanne at **SRSB** to book a place.

LIVING WITH SIGHT LOSS COURSE

Organised by Liz Bowman, Community Engagement Officer, and aimed at anyone living with impaired vision. This was a pilot run for **SRSB** to host a course with Action for Blind People. Addressing welfare rights, support services, mobility, daily living, leisure, eye health, emotional wellbeing and next steps, the course actively encouraged the participants to work together in a supportive environment to explore their feelings and attitudes to their sight impairment experience, and to work on strategies to develop confidence levels in all aspects of life. The feedback from the 12 who took part was very positive, Viv, who attended, commented “The most useful thing for me was speaking

to other people in a similar situation to me and learning information I didn't know. The course has just been marvellously well organised".

There will be a coffee and information morning on Tuesday 29th November, 10:30am to 12noon at **SRSB** Mappin Street for anyone interested in signing up for the next LWSL course which will be held Spring time 2017. This will be a chance to meet and chat with people who've already done the course this year and for past course participants to meet up again socially.

If you are interested in coming along to the course or to the coffee and information morning, or just want to find out a bit more, please ring Liz Bowman on **0114 267 7761** or email: Liz.Bowman@srsb.org.uk

VOLUNTEER NEWS

As the year draws to an end **SRSB** would like to say a huge thank you to all our volunteers who have shown great commitment to **SRSB** and our services.

SRSB would like to further thank volunteers by hosting a social event on Monday 12th December 2016 5pm to 7pm. All volunteers are cordially invited to attend, take part in and enjoy the celebration. Food and drinks will be available, please do come along, join in and celebrate.

SRSB welcomes all new volunteers; we are currently working in partnership with Sheffield College, Sheffield University and Sheffield Hallam University, Burton Street E100 Project,

VAS New Beginnings Project and Sheffield Schools to provide meaningful placements and volunteering roles. Thank you to all volunteers who have joined **SRSB** via these routes.

Firth Park Support Group is taking place through the winter months but will be smaller in numbers. New members are welcome at any time. Updates will be available in the Spring Newsletter. I would like to offer a big thank you to Brian Hepworth who dedicates a lot of his own time to making the group a success. The spring/summer months spent at the group have been a real inspiration, a pleasure and a real learning experience. Personal stories shared of Firth Park through the decades have been funny, emotional, educational and fascinating. Thank you to all who attend, hope to see members who are not able to join us through the winter returning in the spring.

SRSB are currently recruiting volunteer drivers to assist accessibility to our Mappin Street Centre so we are looking for volunteer drivers with access to their own vehicle.

We are also recruiting volunteer minibus drivers for holiday cover and occasional weekend work. Please get in touch if you are interested in either role.

I would also like to congratulate Mappin Writers who once again took part in Sheffield's Off the Shelf Festival. The group keeps on going

from strength to strength and provides and facilitates a marvellous opportunity for people to enjoy, join in and create wonderful pieces of work.

Call for new volunteers for the Mobile Information Unit (MIU)

Do you enjoy getting out to all kinds of places, and talking to all kinds of people? Then volunteering on the Mobile Information Unit might be a good opportunity for you to get out and promote all the great work that goes on at **SRSB**.

The MIU carries all the useful assistive technology and information that we have available at the centre, and so it's a really good starting point for engaging people in issues around sight loss when you've got a talking clock or a liquid level indicator handy to show the public how to get on with everyday life in a safe and a positive way with the right equipment to hand.

If you'd be interested in getting involved with volunteering out in the wider world beyond **SRSB** with the MIU and would like to take part in a workshop to explore how we might work, please get in touch with Julie or Debra at **SRSB** on **0114 272 2757**.

SRSB would like to thank all our volunteers for their time, commitment, skills they bring to the organisation and our services. Every volunteer is highly valued.

If you are interested in volunteering with **SRSB** please visit our website www.srsb.org.uk where you will find information about volunteering roles and activities, you can also call in to

SRSB, telephone or e-mail our Volunteer Co-ordinator, Debra Smith. Debra.smith@srsb.org.uk telephone **0114 272 2757**

Message from a volunteer

"My name is Mariam Hassan. I am currently a Volunteer at **SRSB**. I was a former work placement student at the beginning of the year, and had successfully completed my two weeks at **SRSB**. I then decided to come back and become a Volunteer.

My reason for volunteering was because I love the environment at **SRSB**, I also wanted to make a difference there; likewise I put a smile on the clients', volunteers' and staff members' faces and I wanted to give back to the community. I love the atmosphere in **SRSB** and also felt absolutely welcomed when I completed my placement.

As a volunteer my duties are ensuring the clients that come in each time and every time have a spontaneous time. Another reason why I volunteer is because it's rewarding. I am aware that even if the clients only attend once a week, they come into **SRSB** and it's a place where they can fully enjoy themselves; interact with other clients and their friends at **SRSB**.

I also help out in the Activity Centre with serving food and drinks, planning activities for the clients to do, working with other staff members and volunteers as teamwork is essential and similarly play cards with the clients and lastly going out to places such as the countryside, the market and cafés with the clients."

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.

Following the success of the courses in August and October we have a further course scheduled for 7 February 2017 with an absolute beginner's course in the morning, starting at 10am and a course for existing users in the afternoon starting at 1pm.

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

GROUPS AND CLUBS

CHILDREN'S SERVICES

Little Sparklers

Again we continue to get new members attending our Little Sparklers group. We have now managed to arrange with the physios to come along and do some sessions for us as we continue to have many children now attending with very complex needs. We have also received some additional funding which means we can continue having our regular music sessions which the children really

enjoy. We have organised for our Sparklers Christmas party for the 14th December to be held at **SRSB**, Father Christmas and his elf will be there and Sarah from Rhythm and Sound will also be popping along to celebrate with us.

Children's Activities

We had a brilliant time in September when we visited the circus; the performance was by a charity called Circus Starr whose aim is to make the show accessible for all children. We will definitely be working with them again as we had such good feedback from all those who attended. We also had a day out to Blackpool on the 6th November, despite the freezing cold weather everyone had a great time.

Our Christmas party is arranged for December 10th at Monkey Bizness, 7:15 pm to 9:15pm; a separate flyer has gone out with further details.

We are also just in the process of planning our regular trip up to the West Yorkshire Playhouse in January for the Action for Blind annual theatre event. This year we are off to see Roald Dahl's Witches.

Youth Club

We have a regular group of young people attending our youth club sessions.

We've had some exciting and fun activities including ten pin bowling and quasar. We have been very fortunate to have had access to the Virgin Money Lounge which has fantastic facilities which the group has loved.

We have many interesting things planned for the coming months including canoeing, gardening and we are also looking at doing some fitness sessions.

We have also just taken the group up for their final residential session up at Grange Over Sands in the Lake District, where they received their certificates for the John Muir environmental award so a big well done to all those who attended. They had a lovely presentation on the final day and **SRSB** staff were invited along for the party.

We continue to get really good feedback from the young people, their parents and the staff at Tapton School so if you know anybody that might be interested in attending please ask them to contact Joanne at **SRSB**.

CULTURE CLUB

We have had a number of theatre trips over the last few months including The Glen Miller Story, Million Dollar Quartet, Romeo and Juliet, Lady Chatterley's Lover, Cats and Breakfast at Tiffany's. We've got many more planned for over the next few months. We are also off to see the Black Dyke Band and the Sheffield Philharmonic's Christmas Concert at the City Hall next month.

We enjoyed a fantastic trip to Kirkstall Abbey and the Abbey House Museum in September and we started our festivities early with a trip this month to see the Christmas lights at Chatsworth.

We also have a Christmas Catch up planned for 5th December 2016 at 4pm to discuss ideas for next year.

We are starting to look at 2017 with a number of theatre trips already arranged and a trip to the first RHS show at Chatsworth in June.

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.

We had a successful meeting in September; the group have requested a closed Facebook group which we are in the process of setting up. We

have a Christmas social meeting planned for 7th December where the group want to do a little bit of fund raising. Please let us know if you plan to attend this meeting.

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 (CBS) SUPPORT GROUP UPDATE

Charles Bonnet Syndrome is not a cause of sight loss, more a result of sight loss, but this worrying condition causes hallucinations, resulting in people, or their family/friends, wrongly believing that they may have mental health problems.

Our group recently took on two new participants who we are sure will benefit from joining and meeting people who are experiencing similar symptoms to them. Our group often provides huge relief for people who have struggled with this condition and found it hard to discuss with others. It means that people can speak freely with others who understand. As well

as being a discussion group, we also pass on other relevant information.

It is hard to believe it is nearly a year since I was invited to the Houses of Parliament for the launch of a new website called Esme's Umbrella, which is a campaign group for everyone working towards a greater awareness of Charles Bonnet Syndrome. The website is a source of information and advice for people with the condition. For example there is a PDF that you can download to take to your doctor if you suspect that you may be suffering from CBS. Here is a link to the PDF: <http://www.charlesbonnetsyndrome.uk/the-charles-bonnet-syndrome-leaflet.pdf>

Please visit the website to find out more:

<http://www.charlesbonnetsyndrome.uk>

This feature will now be a regular slot in the **SRSB** newsletter with latest news from our group. If you would like to join the group, we do have space for new members. Just contact Bessie via **SRSB** on **0114 272 2757** or email info@srsb.org.uk. The group meets once a month on Wednesdays at **SRSB's** Mappin Street Centre.

We are proud that we were one of the first support groups to be set up in the UK for CBS and that we have helped many people over the last 15 years. We have worked tirelessly to raise awareness of this condition and are delighted that the group has achieved so much. We look forward to continuing our support of people with CBS. Many thanks, Bessie: CBS volunteer and group facilitator.

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

TAI CHI

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

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

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 whilst Thursday walks are more challenging. Contact the Membership Secretary, Christine Hewitt, on **0114 236 6685**

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**

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**

GARDENING GROUP (FOR VI PEOPLE LIVING WITH THE EFFECTS OF BRAIN TRAUMA)

The members of the gardening group have recently been enjoying their harvest of broad beans, spinach, lettuce and courgettes that have been thriving in the space they use at Meersbrook Walled Garden. Plans are being made for constructing accessible raised beds and some broccoli, broad beans, garlic and red onions have been planted for

overwintering to get a head start next spring. The group are really benefitting from gentle, therapeutic activity and peer support in the garden space, and all three members have noted improved levels of confidence, balance and mobility as a result of meeting for a couple of hours every week in such a beautiful space.

If you think this group might be of benefit to you please contact Julie Turnbull at **SRSB**.

YOUTH CLUB

Alternate Mondays, 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**.

DEAFBLIND GROUP

People who have both hearing loss and sight loss are referred to as DeafBlind. They are potentially even more isolated than people with just sight loss and have complex communication needs. Some people find it difficult to meet in large groups so **SRSB** operates a DeafBlind Group. They meet every Thursday at our Mappin Street Centre from 10:30am to 2:30pm and provides an opportunity for up to 12 deafblind people to meet on a social basis in an environment that takes account of their specialist communication needs.

The group is run by Rachel Kelly, a trained guide communicator with

signing skills, with support from volunteers. They ensure that the members of the group enjoy a range of activities and outings.

Refreshments are served and there is no charge for attending. A two course lunch, cooked in our own kitchen, is available at the subsidised price of £4.

For further information please contact **SRSB**.

OTHER NEWS

WARM HOME DISCOUNT

SCHEME

For Winter 2016 to 2017 you could get £140 off your electricity bill through the Warm Home Discount Scheme. The money isn't paid to you but credited to your electricity bill between October and April; it does not affect the Winter Fuel Payment or Cold Weather Payments. To qualify you have to be receiving the Guarantee Credit element of Pension Credit. Your supplier will advise you how to apply. If below pension age but in receipt of certain means tested benefits or on a low income, please check with your supplier. In either case if you have any problems or have any questions about the Warm Home Discount Scheme please contact **SRSB**.

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

November

- The Commitments December
- The Shawshank Redemption
- Snow White

January 2017

- Annie Get Your Gun
- Sister Act

February 2017

- Blood Brothers
- Ghost – The Musical
- Everybody's Talking about Jamie
- The Play that Goes Wrong
- Gaslight

March 2017

- A Passionate Woman
- Running Wild
- Dr Frankenstein

April 2017

- Casanova – Northern Ballet
- The Full Monty
- Jane Eyre
- Shirley Valentine

May 2017

- Fantastic Mr Fox
- Curious Incident of the Dog in the Night-Time
- La Strada

June 2017

- RENT
- Julius Caesar
- Dirty Dancing

Do bear in mind that the Culture Club will be organising trips to some of these performances – see page 9 for more details on the Culture Club.

NORTHERN BALLET ROMEO AND JULIET VISIT

Here is a message from Anne Seaman who attended Romeo and Juliet.

“I went with Culture Club to see the Northern Ballet production of Romeo and Juliet. First of all we went to see all the costumes and spoke to the ballet dancers back stage. It was really interesting and the ballet dancers soon had us all doing their ballet dance moves!

We also spoke to the art director and he told us why he decided to keep the production really simple with black and white costumes and scenery. It was fascinating and I thought “Wow! Any moment Melvyn Bragg is going to come in and start doing an interview!”

After that we went for a lovely lunch and then went to see the ballet performance which was absolutely amazing and awesome and something I wouldn't have missed for the world. What a great day it was!

Why don't you come and join us at the Culture Club as there are many things to see and do just as great as the experience I had with the Northern Ballet. Coming up we are visiting the theatre for The Commitments

December, The Shawshank Redemption, Snow White and much, much more. There are events for all interests and tastes so come and give it a try!”

PLEASE TOUCH: PROJECT UPDATE AND AN INVITATION

Stories in Process Exhibition

Sheffield Institute of Arts, Fitzalan Sq

25th November to 11th December

Over the past few months **SRSB's** reminiscence group has been involved with some interactive workshops run by Caroline Claisse and Amelia Knowlson, PhD students at Sheffield Hallam University, and their input has been incorporated into museum exhibition artefacts that invite the visitor to explore their qualities through touch.

If you want to know more about the work, you can follow the project through the website, which explains itself as: ‘an exploration of tactility and reminiscence’.

<https://thepleasetouchproject.org/>

SRSB clients, staff and volunteers are warmly invited to the exhibition preview evening on 25th November 6pm.

CITY HALL CONCESSIONARY CARER'S TICKET

Whilst Sheffield Theatres provide free tickets for 1 carer with a visually impaired person, the City Hall had not provided this concession until January this year. There has been some confusion over what evidence the City

Hall requires in order to provide this concession but this has now been clarified.

People who wish to take advantage of this concession need to register with the City Hall that they are eligible for the concession and once they have done this all tickets purchased by them will benefit from a free carer ticket.

There are various things that the City Hall will accept as evidence but the simplest piece of evidence is a Visual Impairment Mobility Pass (Bus Pass with the "eye symbol"). You need to take this in to the City Hall box office.

For any visits to City Hall organised by our Culture Club, Joanne will need to give them the names of visually impaired people when placing the booking so it is important that you register with City Hall prior to the booking being made.

WALES METHODIST PANTOMIME PLAYERS

Montgomery Theatre, Surrey Street

Thursday 19th January 2017, 7:15pm

You are invited to a night of traditional Panto fun. Thursday 19th January 2017 is our Annual Charity Night and this year we are delighted that **SRSB** is one of our chosen charities.

This year, in our 72nd year, we will be performing Cinderella a big favourite across the generations. Unfortunately at this point in time the theatre has no wheelchair access.

There are a limited amount of free tickets available so if you would like tickets please e-mail Rachel Habbergham at

charity@panto.walesvillage.co.uk
Please specify how many adult and how many child tickets you require and your full address. Tickets will be posted directly to you.

If you want to know more about our group and see pictures from previous shows please like our Facebook page - Wales Methodist Panto Players.

TANDEM RIDING AT THE VELODROME

Here is a quick word from Ken Bower.

"On Thursday 25 August Jane, Adam, Carol and Myself travelled over the Pennines to the Velodrome in Manchester for a training session on a fixed tandem prior to a fundraising event for **SRSB** whose original idea and brainwave was Eric Andrews which will occur on 12 November.

After signing in, we caught the lift down to the racing track and awaited further instructions.

Andy one of the experienced volunteers was assigned to myself with Geoff another experienced volunteer being assigned to Carol.

We both preferred to wear our trainers with our feet being strapped onto the pedals rather than use their steel cleats which click into the pedals and are the preferred footwear which the trainers use. We were also issued with safety helmets which could be adjusted for all sizes of head.

The tandems were leaned up against the safety rail as we climbed aboard. We had to use our left hand to steady ourselves prior to setting off

The trainers emphasised how important it was to pedal at all times in unison if possible so that the tandem would travel around the 250 metres of wooden track smoothly as there are no brakes or gears to control the tandem as the speeding up and slowing down is achieved by pedal control alone.

It was very warm and hard work as we hurtled around the track and I was running out of breath towards the close of the initial session.

Andy informed me that we would shortly be stopping and instructed me to pedal much slower in order to decrease our speed prior to coming to a stop. We sauntered up to the safety rail and grabbed it to stop the momentum as it is dangerous to place your foot back on the floor with fixed bikes.

Following a short break to take in fluid and regain our breath, we mounted the tandem once more. This time it became much easier to pedal than our initial effort with the trainers being more confident of our ability steering us up then hurtling down the bank at a rate of knots.

Having circled around the track for around 10 minutes, we had a short break before mounting the tandem for the final time giving it all that we had and travelling the fastest of the three sessions.

We both found it a terrific experience and felt elated that we had participated in this novel event and grateful for the opportunity of testing ourselves.

This challenge is being organised in support of **SRSB** by one of our clients and supporters. A team of blind and partially sighted riders will be riding tandem cycles at the velodrome in support of **SRSB** for this challenge.

We will bring you a full update in the next newsletter.

WHAT IS TECHNOLOGY AND CAN IT HELP ME?

The University of Sheffield and **SRSB** are running a series of small group workshops from the 28th of November to explore what technology means to you, if you use it and what you think of it! We would also love to hear from you even if you do not use technology.

We would love you to join us to share your experiences and thoughts.

The workshops will be fun, accessible and a great way for you to have an influence in this area.

If you would like more information about this project, please contact either Katharine Fisher on **0775 420 6722**

klfisher1@sheffield.ac.uk or Kyle at **SRSB** on **0114 272 2757**

kyle.crossland@srsb.org.uk.

COMPUTER COURSE

The Limbrick computer classes have moved to a new venue. They now work out of Zest, at Upperthorpe.

If you have enough sight to read this newsletter, and would like to learn more about computers, contact Alan Thorpe on **0114 220 7007** to find out more.

FUNDRAISING

A warm welcome to the final fundraising news of 2016; what a great year we have had. We would like to send the year out in style and have planned a few new events for you to enjoy in December so please do come along and join us – there is something for everyone. To join us at any event you can book online at www.srsb.org.uk or give us a call on **0114 272 2757** – Come and join in the fun:

“NOTES ON BLINDNESS”

FILMING

Virgin Lounge, Fargate, Sheffield

Thursday 24th November, 6pm

SRSB are delighted to be working with Disability Sheffield to bring to you the award winning short film, Notes on Blindness. After losing sight, John Hull knew that if he did not try to understand blindness it would destroy him. In 1983 he began keeping an audio diary. Over three years John recorded over sixteen hours of material, a unique testimony of loss, rebirth and renewal, excavating the interior world of blindness. Published in 1990, the diaries were described by author and neurologist Oliver Sacks as, ‘A masterpiece... The most precise, deep and beautiful account of blindness I have ever read.’ Following on from the Emmy Award-winning short film of the same name, Notes on Blindness is an ambitious and ground-breaking work, both affecting and innovative – and one of the most

essential British documentaries of the year.

Alex Usborne, producer 104 Films will give a talk about the making of the film and answer questions. We are requesting a £5 voluntary donation which can be paid at the event. The screening will be shown in the new Virgin Lounge Bowl a Strike area. This event is open to all so please feel free bring family and friends.

BEER N FOOD EVENING WITH ABBEYDALE BREWERY

SRSB Centre, Mappin Street

Friday 25th November 7:30pm

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

CHRISTMAS TREE FESTIVAL

Tapton Masonic Hall

Friday 25th November 2016 to
Wednesday 4th January 2017

SRSB are delighted to be part of the Christmas Tree Festival again at Tapton. This annual event is home to over 30 Christmas Trees decorated by

various national and local charities. Each tree has a collection tin and visitors are encouraged to make a donation to the charities of their choice. Supervised by our volunteer Margaret Tate, our clients have been busy making some fab decorations for our tree in all the colours of the **SRSB** logo – they are stunning. The festival is open every day other than Christmas Day. Entrance is free and it is well worth a visit, the perfect way to start the festive Christmas period. Thank you to all our clients who worked so hard making the decorations.

MILLHOUSES FESTIVAL

The Terminus, Millhouses

Saturday 3rd December, 11am to 3pm

Annually, the Millhouses Traders Association organise a Christmas Fair with stalls selling lots of Christmas goodies scattered on the streets of Millhouses. **SRSB** will be present with a stall in conjunction with local optician, Victoria J Smith. There will be complimentary mulled wine and plenty of opportunity to do a little Christmas shopping at some fab local shops. You can even have a go on the tombola and other Christmas games. It's well worth a visit. Bus number 97 and 98 will take you straight to the event.

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 8th December 7:30pm

Join us for the perfect Christmas night out at Sheffield's oldest Pub. Come

along and test the old brain cells. It's great fun.

Complimentary sandwiches and chips are 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 too!

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

BREAKFAST WITH SANTA

Virgin Lounge, Fargate Sheffield

Saturday 10th December, 10:30am to 1pm, Ticket price £5.

Do join us for our first ever Breakfast with Santa at the fab new Virgin Lounge. After breakfast there will be lots to do with a special Christmas film showing, Christmas activities and the chance to have a game of ten pin bowling. There will Christmas carols performed by pupils at Mansell Primary School and each child will receive a present from Santa.

CHRISTMAS FLOWER

ARRANGING WITH

PLANTOLOGY

Saturday 10th December 2pm to 4pm

SRSB Centre, Mappin Street

Jill from Plantology on Division Street will demonstrate how to create 3 wonderful and exciting new Christmas decorations including something special for the centre of your table.

After the demonstrations, the floral arrangements will be raffled with other prizes. Do come along and get some

ideas for Christmas, you can even do a bit of Christmas shopping with other stalls available.

Tickets £10 to include a glass of mulled wine, mince pie and Christmas goodie bag.

CHRISTMAS FAYRE

Hillsborough Arena

Sunday 11th December 11am to 4pm

Join us for this fantastic Family Christmas Market. There will be over 20 stalls with hundreds of gift ideas, something for everyone. Father Christmas has taken time off from his busy schedule to be there along with fairground rides and games. The Arena café will be open for food and there will be a Licensed Bar available. Plenty for everyone to do.

Free entrance to the market.

CHRISTMAS GIFT IDEAS

In September we held a piano recital at The Sheffield Cathedral with client Bill Skipworth and his good friend Ed Dawes. It was amazing and after numerous requests Bill and Ed have recorded a CD from the concert. This is available to purchase from **SRSB** for £5. It will make a great Christmas present, or why not just treat yourself.



5 Mappin Street, Sheffield, S1 4DT | Registered Charity No: 1047257

TEL: 0114 272 2757 | Email: info@srsb.org.uk | www.srsb.org.uk

DONATIONS IN LIEU OF CHRISTMAS CARDS

As an alternative for those who would prefer not to send Christmas Cards, **SRSB** can provide (free of charge) a large Christmas card and flat packed donation box.

The Christmas card can be put up in an area such as a canteen, office, recreation room or community hall. Participants can then write festive greetings to each other on the card, putting some of the money they have saved on purchasing cards into the donation box. If any of your family and friends would like to support **SRSB** in this way at their place of work etc. then please get in touch.

THANK YOU

We would like to say a big thank you to all our fantastic volunteers and supporters who have helped us this year. There is no way we could have done all our fundraising events and collections without your help. We are currently planning our diary of events for 2017 a full list of which will be in the next newsletter.

A very Merry Christmas and a Happy New Year from Sue and Jane, Fundraising Team at SRSB.