

SRSB

Sheffield Royal Society for the Blind

INSIGHT

AUTUMN 2015

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our latest newsletter. We hope you have enjoyed what in the main has been a good summer. This is a bumper edition of our newsletter with so much to tell you about – happy reading.

NEWS AND NOTICES

Summer Raffle

As always you responded well to our appeal to sell raffle tickets resulting in us raising £ 2,305 – 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.

Joan was so surprised to win first prize of £150 on our Summer Raffle, because she only entered at the very last minute. She says “I couldn’t believe it when I got a phone call to let me know, I was absolutely delighted!”

She has decided that she will treat herself to some new shoes, but she has also very kindly donated £25 back to **SRSB** because of all the support that they have given her. “Sarah (Joan’s Community Advice Officer) has been a brick, she has always been there for me”, Joan explains. “I started to lose my sight around 18 months ago because of Macular Degeneration and being supported by **SRSB** has made a big difference and I feel that my confidence is coming back.”

SRSB’s raffle is held twice a year, Summer and Christmas, with a long list of prizes each time. Our Christmas raffle is very kindly supported by the Rotary Club of Sheffield Vulcan and both raffles make a significant contribution to our fundraising.

UEB versus SEB

UEB (Unified English Braille) is replacing SEB (Standard English Braille) and this is causing concern for many braille users with them having to learn the new contractions (abbreviations).

One of our clients, Lexi Hibberd, feels strongly about this and has started an online petition for RNIB to “Offer your publications in SEB as well as UEB either indefinitely or for a grace period. Offer free UEB conversion courses to long-term Braille users. Provide better learning resources to support conversion from SEB to UEB.”

Lexi is asking for people to support her petition which is online at <http://digbig.com/5bmekh>. If you are not comfortable using the internet but wish to support the petition please let us have your name so that we can pass your details on to Lexi.

Mappin Writers, Off The Shelf

Saturday 17th October 2015

SRSB Mappin Street Centre 1:30pm to 3pm

‘A Word or Two’. **SRSB**’s Mappin Writers with Special Guest JP Bean Mappin Writers and special guest, JP Bean (author of The Sheffield Gang Wars) will inspire imagination, share memories and hopefully make you laugh or cry with the power of words. FREE Entry. Everyone is welcome.

Pottery Group

Alan Thorpe of Eyecan has identified an opportunity to host pottery classes for visually impaired people in Sheffield.

A new town centre art space has recently opened with potters' wheels and kilns.

Alan loves working on potters' wheels and would love to take this opportunity to set up a potters group.

There will be a cost to attending the group so he is asking anyone who is interested in taking part in this new group to contact him so he can assess numbers and the most suitable day/time for the group to meet.

If you are interested please call Alan on **07961 406 739** or email Alan@eyecan.org.uk

Mobile Information Unit

Our Mobile Information Unit has been very busy over recent months and is proving very successful in spreading the word about our services as well as promoting Eye Health to the general public. One of the volunteers on the vehicle has submitted the following article.

Volunteering on the SRSB Mobile Information Unit.

Nine months ago as I arrived at Mappin Street, I saw a new unit outside the building, Steve and Sue were inspecting it, to me it looked marvellous, I could tell that it was a mobile information vehicle by standing a few minutes and peering at it, I didn't want to interrupt them, so I went inside the building, thinking that it was a very

good idea, and that I would like to volunteer.

A couple of weeks later I was in the writing group when I first met Liz, she told me that she was the Information Officer for the new unit and she was sitting in with the group that day to gain information. I said 'Do you want any volunteers?' and she said, 'Yes.' After a chat we established that we had both been I.T. learning champions and it went from there, I told her that I had been helped so much by the **SRSB**, that I felt it was time I gave some back.

Fate is a good friend, at various events we were to discover that we both knew the same people in other charities.

Liz makes sure I have my midday tablet, and points out any hurdles, so I don't trip up, and also makes sure I have a break.

I belong to the Charles Bonnet support group (CBS) and I was able to tell a couple about it - he had the syndrome, his wife wanted to come also so she could understand and support him. Since that time they have both volunteered their services. Bessie Goddard who runs CBS was pleased as expanding the group and including partners, was something both she and the rest of the group had been talking about recently.

Summing up, life has its rewards and mine is giving back a little of what I have received. Life has its humorous times also. One I remember is standing beside the MIU at Crystal Peaks car park along with my white stick, whilst Liz went to see the manager. A lady came up to me and

said, in a cross voice, "Surely you didn't drive that big van in here!" Then Liz returned and owned up to being the driver.

Mike Salter, MIU Volunteer

RP Support Group

Numbers continue to grow at these meetings and feedback is always positive. Last month our speaker was Neil Rodgers, an ophthalmic consultant who predominantly works at the Children's Hospital, he spoke about children with RP and the genetics involved. Our next meeting is scheduled for Wednesday 2nd December at 2pm, where we will be discussing how glaucoma affects people with RP.

Meet the Experts

Retina Day 2015 – Saturday 10th October

Gene and Cell Therapy Group

Developing gene and cell therapy for sight loss by translating basic research into new treatments.

This day will provide an opportunity to: -

- Hear from clinicians and researchers from the UCL Institute of Ophthalmology and Moorfields Eye Hospital NHS Foundation Trust
- To speak with researchers about their work and how it may benefit people with inherited retinal diseases in the future
- To share experiences and find out about what support is available

Location: St Paul's, 200 Aldersgate Street, London, EC1A 4HD

More info at <http://digbig.com/5bmdpp>

National Eye Health Week

The sixth annual National Eye Health Week (NEHW) runs from Monday 21st September to Sunday 27th September. Once again, eye care charities, organisations and health professionals from across the UK are joining together to promote the importance of eye health and the need for regular sight tests for all. Its aim is to raise awareness with the general public of the importance of looking after their sight. Eye Health is something that we promote wherever possible so we will be using the week to raise awareness in Sheffield. We will be doing this with an Awareness Stand in Orchard Square from Monday to Thursday that week.

World Sight Day

This is on Thursday 8th October and its aim is to focus global attention on blindness and vision impairment. This year, the call to action is "No More Avoidable Blindness" and with an estimated 50% of sight loss in the UK still believed to be avoidable, we will be supporting the day to raise awareness of eye health. Simple lifestyle choices can affect eye health and the likelihood of losing sight later in life.

We will be taking this opportunity to promote Eye Health with awareness events and also on the same day we are holding a Spanish Food and Wine Tasting Evening.

When we held a similar event with Food and Beer it was a great success so please think about joining us for what promises to be an enjoyable

evening with a talk on all the wines and how they complement the food from John Mitchell of Mitchells Wines – full details in Fundraising News.

Golden Years Roadshow

Royal Victoria Hotel

Friday 23rd October, 9:30am to 3pm.

The 50+Show returns for its 4th visit to the Royal Victoria, Sheffield. This year **SRSB** will be attending the event so feel free to come along and say hello.

A great day is planned with loads of free entertainment as well as a host of quality, local businesses and organisations showcasing their products and services. The event includes Live Music, Charity Bingo hosted by Mecca, Live Cooking Demonstrations, Fitness Activity Sessions, Fun Charity Casino hosted by Napoleons, South Yorkshire Fire Service Demo, Giveaways and Special Offers. Refreshments and lunch available to purchase plus free parking.

Computers – the age of technology

Would you like the opportunity to learn how to use your computer more efficiently?

In Hillsborough there is a small friendly group of computer users that have something in common with you - they all have problems seeing as well as they used to.

This group is run for visually impaired people and there are seven spaces for learners. We do have some spaces already spoken for from people that are returning, however we are constantly looking for new participants.

This is a free course but people will need to make their own travel arrangements to and from Hillsborough.

So if you can read this newsletter or see your computer screen but this is causing some eye strain and you would like to learn how to make the computer work for you why not give it a go?

Sessions last for 10 weeks, each being 2 hours long, starting mid-September.

The course is operated by the Limbrick Centre with support from Alan Thorpe of Eyecan. Give Alan a call on **0114 220 7007** or **07961 406739** to have an informal chat to see if this course is for you.

Audio Imaging Services

One of our clients, Claire Bland, is developing her own business and has submitted this article for our newsletter. If you know or any organisation or business which may require her services please pass on her contact details.

Audio Imaging Services is a new business based in Sheffield.

Audio Imaging Services provides a range of fixed packages and custom options, to suit every budget and need. For those who require anything audio from audio guides to soundscapes, basic dry voice liners to full audio branding, audio voice and beds for automated phone systems and more.

We can provide audio for anyone. People with disabilities such as visual impairment and dyslexia, to DJ's, podcasters, broadcasters, radio

stations of every size pro or voluntary, businesses, audio drama producers and writers, organisations, education providers, attractions, individuals and everyone in-between.

Part of our work as mentioned above, is producing audio guides mainly aimed at people with a visual impairment, dyslexia or anyone who has difficulties reading print or cannot read print at all. Our audio guide options not only include selections for education providers, businesses and visitor attractions but we have options for individuals as well. These are, product instructions, cooking instructions and assembly instructions. If you want to announce to the world who you are or if you just want an audio introduction on your website, we can do it.

Would you like something voiced in another language besides English? We offer a range of languages from French to Scottish Gaelic and if you are a bit lost for words, we have a script writing service too.

Our fixed packages start at £5. For our custom options, please contact us for a quote. Please try to provide us with as many details as possible.

To place an order, get a quote or just to find out more, please visit www.audioimagingervices.co.uk or give Claire Bland a ring on **0114 321 6290**. If E-mail is your thing, send your enquiries to info@audioimagingervices.co.uk or get in contact via the website.

You can also follow us on twitter @AIS_UK

We look forward to working with you and bringing your audio visions to life.

Mobile Phone Service

My name is Mark Skelton and I am a registered blind employee of Talk Direct which is one of the country's largest O₂ franchise companies, and I would like to tell you about a fantastic free service that is available in and around Sheffield.

In our O₂ stores on Division Street, Crystal Peaks, Rotherham and Worksop we can offer free and one to one training for anyone who is visually impaired and wanting to use a smart phone. This service is offered by the store's O₂ guru who has been specially trained and has a vast knowledge of phones that can help the visually impaired. The store guru will be on hand to show you how using a smart phone can help you and can recommend the right device for you.

In all of our stores we have the full range of devices out on display and are ready for you to try so we can make sure the phone you want is right for you. The guru will be also be able to recommend any apps or software that will make using the phone easier for anyone who may be suffering from low vision or a more serious condition. We also offer a similar service to anyone who would like to know more about tablet devices, such as an iPad etc. We really want to help and being severely visually impaired myself I am very passionate when it comes to helping others.

If you would like to know more about this service we offer then please feel

free to contact any of the following stores -

O₂ Division Street **0114 275 2333**

O₂ Crystal Peaks **0114 248 9888**

O₂ Rotherham **01709 839 742**

O₂ Worksop **01909 530 562**

Welfare Benefits

There have been many changes to existing benefits and more are anticipated in the future so if you have any queries, or particularly if you have any forms that require completion, please do not hesitate to contact us so that we can arrange for a Community Advice Officer to speak with you.

Personal Independence Payment is gradually replacing Disability Living Allowance for working age recipients. This has already started and people are being contacted by the DWP; over the coming months everyone will gradually be transferred to the new benefit. You will be contacted by the DWP and given instructions on what you need to do and the process involved. We would strongly urge you to contact us before responding to any correspondence.

Drop in sessions

We hold a regular drop in session every Monday. One of our Community Advice Officers is available from 9:30am to 4pm. This has proved popular most Mondays and has enabled people to be seen more quickly than if they had to wait for an appointment. So if you have any queries, problems regarding benefits, housing, support, equipment etc or just want to have a look around our Centre,

then feel free to pop in or give us a ring to have a chat.

Please contact Joanne at **SRSB** for further information.

Audio Described Performances at Sheffield Theatres.

If you would like further information on audio described performances listed below or to make a booking, please contact the Ticket Office on: - **0114 249 6000.**

More information can be found at <http://digbig.com/5bgjet>

August Dirty Rotten Scoundrels The Musical

September East Is East
The Curious Incident of the Dog in the Night-Time

October Romeo & Juliet
Presumption
Jersey Boys
1984

November The Bodyguard
Lord of the Flies
The Distance
Rebecca

December Aladdin
59 Minutes to Save Christmas
Emergency Story Penguin

January Show Boat
An Inspector Calls

February Hairspray
March Gangsta Granny

July Chitty Chitty Bang Bang

Do bear in mind that our Culture Club is organising trips to some of these –

see later in the newsletter for more details.

100th Birthdays Congratulations

Many congratulations to Minnie Whitehead who celebrated her 100th birthday recently.

Paces

Paces' Personal Development Centre will be available from September 2015 to offer a range of new opportunities to adults and young people with various neurological conditions.

The Personal Development Centre aims to fill a life-enhancing gap in the provision of rehabilitation and progression services for: -

- People with Parkinson's;
- People with Multiple Sclerosis;
- People who have had a Stroke;
- People with Acquired Brain Injury.
- People with Cerebral Palsy;

Many people with an acquired neurological condition receive medical help and management at a point of crisis but regular therapy is available only for a relatively short time.

Paces' Personal Development Centre will therefore offer holistic and integrated rehabilitation services that are timely, preventative, outcomes-focused and targets the person as a whole.

They believe that the availability of adequate information, advice and support is vital from the point of diagnosis: -

- preventing social isolation
- paving the way to a quicker recovery, and/or

- delaying deterioration in the case of progressive conditions

The earlier adequate support is in place, the greater the potential for people to manage their condition and/or take charge of their own recovery.

Paces' Personal Development Centre will offer opportunities to learn fundamental strategies that: -

- promote self-reliance;
- nurture independence;
- foster a sense of well-being;
- improve quality of life;
- promote inclusivity;
- enable independence and equal citizenship;
- support life-long learning;
- encourage leisure and recreational activity.

To find out more about Paces' Personal Development Centre:

Website: www.pacessheffield.org

Phone: **0114 284 4488**

E-mail: info@pacessheffield.org.uk

Senior Insights

Thanks to Tony for passing on these humorous thoughts on ageing...

The biggest lie I tell myself is ..."I don't need to write that down, I'll remember it."

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

Last year I joined a support group for procrastinators. We haven't met yet!

I don't trip over things, I do random gravity checks!

Old age is coming at a really bad time!

I don't have white hair. I have 'wisdom highlights.' I'm just very wise.

My people skills are just fine. It's my tolerance to idiots that needs work.

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

I'm going to retire and live off of my savings. Not sure what I'll do that second week.

Of course I talk to myself, sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Chocolate comes from cocoa which is a tree ... that makes it a plant which means ... chocolate is Salad !!!

Senior Snippets: Communicating With People Living With Dementia

Welcome to the latest edition of Senior Snippets: the monthly advisory column from Home Instead Senior Care in Sheffield. We will be sharing some tips and ideas about how to communicate with people living with dementia. Our first instinct when we think about communicating with someone is through speech, but in fact there are times when communication consists of much more than just a verbal conversation. This is especially true when you are communicating with someone who is living with dementia; the most important thing to remember is that talking isn't always the most effective method. To help you understand and learn new ways of

communicating we have created a top tip list as shown below:

- Acknowledge what the person has said. Even if they don't answer your question, express that you've heard them and encourage them to say more about their answer. Try to ask open ended questions rather than closed questions.
- Using physical signs and body language can convey meaning and help get messages across, especially when speaking becomes more difficult. Also use gestures, movements and facial expressions.
- Use humour, laughing can help to bring you closer together and may relieve the pressure. Everyone's at their happiest when they are laughing with their loved ones.
- Being an active listener is very important, this may be something you have to learn along the journey. But this next step will help engagement with someone with dementia and will become a lot easier. Look for non-verbal cues like facial expressions and body language to try and understand what they are trying to tell you.
- Let the person express their feelings. This means if the person is feeling sad, do not try and persuade them away from that feeling. By showing you care through listening to them is sometimes the best method of communicating. Again, it comes down to speech, as this is not always the answer.
- To reassure someone physical contact may be the best method. Holding or patting the person's hand

or putting your arm around them might be all that is needed to let them know you are there for them.

- Instead of using speech, use visual clues. This involves writing down your messages or by using objects or pictures to help the person understand could help alleviate a breakdown in communication.

Communication difficulties can be frustrating and upsetting for people with dementia as well as their carers and loved ones. Active listening, non-verbal communication, visual props and laughter are just a few ways to help alleviate some of the tensions you may experience when engaging with those living with dementia.

Home Instead Senior Care

Tel: **0114 246 9666**

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

Activities Centre

Do you live alone, or do you want a day away from your spouse or family? If so, why not try our Activities Centre. We can usually provide door to door transport with our minibuses, you will get refreshments, a home cooked lunch, a range of activities and most importantly, have some company with people, maybe even make some new friends. If you would like to try the Activities Centre please give us a call and we will arrange for one of our Community Advice Officers to visit you and provide more details.

Equipment Centre

We have a stock of items which are discontinued lines but still very functional products which are marked

down in price – for more information please contact Robert in the Equipment Centre.

As usual we have a wide range of other 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

We have a range of used equipment for sale including various electronic video magnifiers ranging in price from £100 to £800. If you are not sure whether you would make full use of one of these magnifiers then we can arrange for free loan equipment on a trial basis. Please call in to **SRSB** for a demonstration.

EXHIBITIONS

Sight Village

We took a minibus to this Sight Village exhibition in Birmingham on 15th July – with a wide range of exhibitors specialising in products and services for people with visual impairment.

Mike Salter writes of the event ...

Prompt at 9am with Liz as driver and Rob sat beside her, after being checked that we all had our seat belts on correctly, we set off for Sight Village. From the outset we were chattering with each other and laughing, a happy group, on an outing.

We were re-routed because of road works. Liz took all this in her stride, and we at last arrived safely at our destination.

At the entrance to the event we were met by a friendly member of staff, who

enquired where we were from, then we were given visitor badges, plus a goody bag, which also contained a large detailed guide to the layout of the event, we were also offered friendly guides, to those of us who required them.

Having checked the guide plan, I then visited the sites that interested me most. Having visited Sight Village on other occasions, it was interesting to note additional sites added to the event. I was able to knock on the counter of Jehovah's witnesses, instead of them knocking on my door!

Next I visited Living Paintings and I was interested to have explained to me how the moulds are made, for the tactile form of the actual paintings. Living Paintings is a charity that provides tactile forms of famous paintings accompanied by an audible description device. Following an application, they are provided on loan for both adults and children with visual impairment.

There was a golf course laid out, providing instruction and participation for Blind Golf. Unfortunately I stumbled upon the other end of this, and heard a voice asking me to please leave the golf course, I thought for a moment and then replied that I was looking for the nineteenth hole (the bar) this was met with laughter and I left the course.

Barclays bank were displaying the aids they have in place for VIP's. In 2012 they became the first high street bank in the UK to introduce the audio feature to cash machines. Over 80% of

them now have this feature, and they are working hard to make it 100%.

The introduction of this feature has helped blind and partially sighted people use their cash machines independently, in some cases for the first time in their lives, using their earphones to listen to instructions that are appearing on-screen.

2pm was the time we all agreed to leave the event, and we are on our happy way back, some a bit tired, and some clutching the products they bought. Roll on next year. On a personal note, I will stay away from blind golf!

PS I brought back plenty of info for **SRSB** Mobile Information Unit.

Mike Salter.

STAFF AND VOLUNTEERS

A few more changes which have happened or happening in the very near future:

Donna Crookes commenced working for **SRSB** as Finance Manager in July joining David Morris and David Ashforth looking after our money and paying the bills!

Norma Antcliffe, one of our two cleaners is retiring at the end of August and her place is being filled by Ian Pedley who joins us then.

The post of Services Manager has just been filled with Aletheia Gentle joining us in September.

Unfortunately we are losing Liz Bowman as our Mobile Information Officer who has set up such a good service for us so we will be recruiting for this role very soon.

Best wish to those leaving us and we welcome the new starters who we hope will quickly settle into their roles. Volunteers continue to make a great contribution to the running of **SRSB**, the services we provide and fundraising of course. All their work is highly valued and appreciated so **THANK YOU** to everybody that gives of their time so generously. We are always in need of more volunteers in most aspects of our work but at the moment our greatest need is for volunteers to help with store collections. If you can spare us a few hours occasionally or have a friend/relative that could help us please give Sue or Jane a call in our fundraising team.

CAMPAIGNS & ISSUES

Sight Loss Advisor

You will no doubt recall that back in February we held some Focus Group sessions regarding your experiences of visiting the Royal Hallamshire Hospital Eye Department. Following these focus groups a report of the findings was compiled and submitted to the hospital. A very brief summary of the report is that most people were extremely satisfied with the medical/clinical treatment they received but almost everybody would have benefitted from additional advice and support about how they would cope with their loss of sight. A copy of the full report with all the findings is available upon request in the format of your choice

We are pleased to advise you that at a recent meeting with Mr Chris Brand,

Consultant Ophthalmologist at the hospital there is now an agreement in principle for a Sight Loss Advisor (sometimes referred to as Eye Clinic Liaison Officer – ECLO) to be appointed. It was the report from the focus groups which you contributed to that provided the hard evidence to persuade the hospital so a really big thank you to everybody involved.

Whilst we have the agreement in principle there are still many details to be worked out so it is likely to be many months before anybody is appointed to the role but after many years of working on this issue it is nice to have real progress to report.

Supertram Works and tickets

Just to keep you up to date on developments relating to Supertram.

We are pleased to let you know that the rail replacement work in the city centre progressed far better than expected and services in this area are back to normal. However rail replacement work is continuing between Gleadless Townend and Spring Lane until the end of August.

The yellow route between Meadowhall and Middlewood is running normally.

The purple route is suspended and replaced by buses.

The blue route is operating from Halfway to Gleadless Townend. The blue route is linked by replacement buses. The blue route tram will also operate between the railway station and Malin Bridge.

More information is available at <http://digbig.com/5bjxqr>

If you need up to date advice at any time please call the Traveline on **01709 51 51 51** or go to

www.travelsouthyorkshire.com/

There are no other rail replacement works scheduled for 2015.

Bus Route changes

A consultation meeting with South Yorkshire Transport was held at **SRSB**. Two representatives from the bus consultation group and some visually impaired people attended to exchange information and concerns about the proposed changes to the services and routes in Sheffield.

Visually impaired people were able to ask questions about how the changes would affect their routes and offer their concerns as to how the changes would affect them.

There were too many specific questions about bus numbers to mention them all here.

But what I would like to say is that we have had the opportunity to voice our concerns about the proposal, we were told that some changes have been made already through this process to try and ensure people can still get to the places they need to.

With the changes it does mean we may have to find new ways of getting to our destination but we should still be able to get there.

As part of the meeting we have been told that the transport staff will return and talk us through the changes once they have looked at all the feedback and update us to the changes that will be going forward.

Without wanting to start any panicking or upset I would like to add that almost every bus route in the Sheffield area will be affected in one way or another.

This could be the timetabling, routes being extended or slight diversions to allow parts of estates to have a service they have not had in the past.

And just as a note, the plan is to introduce the changes soon after the half term school break in November.

Not the best time for us as nights are drawing in and the cold, wet winter is starting to bite when stood at bus stops in the rain and the bus time has been changed.

We have asked for consideration to be given as to how this information is made available to visually impaired people as to be directed to a website is not the best way to get this for visually impaired people.

I hope to bring you more news as the changes come closer.

Alan Thorpe.

If you want to receive updates from **SRSB** about this and other important news please let us have your current email address – we can also send out weekly information about things such as cinema film times with audio description and other events.

CULTURE CLUB

We've had a busy few months with the Culture Club, back in May we visited Holmfirth Vineyard for a tour and tasting session. July saw us off on our annual visit to RHS Tatton Park Flower Show, despite torrential rain all day we still had a great time. Next month we

are off to Haddon Hall for a tour of the house and gardens and we are just in the process of booking to see the Christmas lights at Chatsworth House in November.

We've had a number of theatre trips including Shrek, Mousetrap and Oklahoma. Forthcoming ones include Dirty Rotten Scoundrels, The Curious Incident of the Dog in the Night-Time, Jersey Boys, Bodyguard and Showboat.

For further information on any trips or to be added to our mailing list for Culture Club outings please contact Joanne Arden at **SRSB**.

HOLIDAYS AND TRIPS

Holidays

On 6th July a group of clients went away on holiday to Morecambe for 5 days with GeeVee Travel, a company recommended to us by one of our clients.

We will soon be starting to think about holidays for next year so if you have any suggestions as to where you would like to go please do get in touch.

Day Trip

On Tuesday 14th July we had our annual day trip which this year was to Scarborough and 140 people enjoyed a great day out. The weather forecast the day before did not look very promising and in fact a few people cancelled the trip because of that, but we were fortunate as it stayed dry for us.

June Swift, one of our clients has sent in this piece about her day out: -

A Day Out at the Seaside

I've been a bit of a recluse since I lost my husband. So I decided to get myself out a bit more. I got a walker with a seat and when the chance came to go with the blind group to Scarborough for the day I booked to go.

I sat with John who is in the writing group the same as me. Then when we arrived we spent the day together calling at a couple of cafés. One for coffee and one for a bit of lunch. We then went to a shop on the sea front for some rock and a few postcards. Then I walked on the prom, had a couple of sit downs, one looking out to sea. Then we found some seats and watched a small boat rigged up like a pirate ship, taking customers on short trips. We took our time but it made a nice change especially for me. The weather was kind to us. I might do it again. June Swift

LEISURE EVENTS AND SPORT

There are a wide range of sports and leisure activity groups for visually impaired people in Sheffield. These are all detailed in the enclosed list of self-help, sports, and leisure groups.

Tandem Cycling

Update on the tandems – We have three tandems at present and are hoping to purchase two more very soon, the trailer is on order and should be with us soon. People have said that they have friends who are willing to be pilots for the tandems but we need names and telephone numbers to get in touch with these people, we need people who are reliable and

committed to helping visually impaired people, so anyone interested please call Peter Stancill at **SRSB**. We hope for an initial run out in September, probably in Clumber Park

CHILDREN AND YOUNG PEOPLE'S ACTIVITIES

We had our Little Sparklers summer day trip to Wentworth Family Farm, the kids loved the 'animal encounter' that we had organised, holding snakes, chameleons, rabbits, chicks and numerous other creatures was a real experience for the children. The group continues to grow and we continually get excellent feedback from visitors.

At the time of writing this newsletter our annual children's outing will be taking place, this year to Bridlington so there will be a write up about the day out in our next newsletter.

Our Youth club also goes from strength to strength, Samantha White, who was previously volunteering with the group, has now taken on the role of Youth Group Co-ordinator. The group runs regularly during term time on a Monday evening and we have also arranged a couple of outings for the school holidays. Last week we visited Wentworth Garden Centre, the young people enjoyed the hands on experience with the animals but also loved exploring the historic gardens and maze. Later on this month they are off to see an audio described film at the cinema. A number of the group are also attending a three day residential course organised by Action

for Blind People later this month which we are also involved with. We have some fantastic sessions planned for the new school year and already have a couple of 'inspirational' people lined up to come in and talk to the young people.

For more information on forthcoming activities please contact Joanne at **SRSB**.

NEWSLETTER

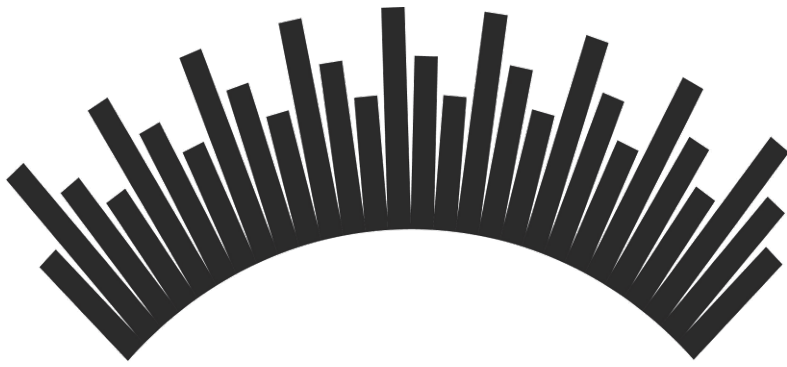
We would be delighted to hear from you with articles for inclusion in our newsletter or ideas for topics we could cover in future editions.

This newsletter is available in a variety of formats. If you are struggling to read this newsletter, then please contact us to discuss other formats. The formats currently available are:

- 16 point print on yellow paper
- Print at a font size to suit you on a variety of different coloured paper
- Braille
- Audio, currently on memory stick, CD, or Cassette Tape. Cassette tapes will be phased out after the current newsletter and eventually the only audio version will be on memory stick
- Email

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

Sheffield Royal Society for the Blind

Making a Difference in Sheffield



5 Mappin Street, Sheffield, S1 4DT | Registered Charity No: 1047257
TEL: 0114 272 2757 | FAX: 0870 706 5171 | Email: info@srsb.org.uk | www.srsb.org.uk