

# **SRSB**

**Sheffield Royal Society for the Blind**

# **INSIGHT**

## **AUTUMN 2014**

**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 £2,547 – A really big thank you and Well Done!

### Audio/Talking Book Services

#### Calibre

As mentioned in the last newsletter Sheffield City Council Library Services have agreed to pay the membership fee for subscription to the Calibre Audio Library. This is a one-off payment and replaces the previous agreement to fund the annual subscription to RNIB Talking Books. This means people can continue to have access to an excellent range of audio books and at the same time Library Services will save a considerable amount of money in the long term.

Many people have already taken advantage of this and are now enjoying the Calibre audio books sent to them by post. New books are sent out as ones that have been read are returned.

#### Sheffield Talking News

Sheffield Talking News (STN) sends out by post a specially recorded version of the week's news as taken from The Star, as well as a monthly magazine. This can be played on a simple compact device called a

boombox (which also plays the books from Calibre and includes a radio).

The boombox is supplied free on loan by Sheffield Talking News. If you are interested in signing up for Talking News then please contact **SRSB**.

If you subscribe to STN as well as Calibre you need to be aware that their memory sticks are very similar especially to the sense of touch. If you have some sight you will notice that the Calibre memory sticks have a black bump-on, whereas the ones for Sheffield Talking News have an orange bump-on.

### RNIB Talking Book Service

A number of people have decided to subscribe to the RNIB Talking Book Service. If anyone else wants to keep using the RNIB service then they need to pay their subscription direct to RNIB. The annual subscription is £50 per annum, and users are responsible for any repairs that may be needed to their RNIB Talking Book machines. To find out more please contact RNIB on **0303 123 9999**.

If you previously used the RNIB service but do not wish to pay to continue, then you must return any player which was provided on loan. If you do not have the original packaging you can contact them on the number above and they will send packaging for you to send the player back by Freepost.

## **SRSB Newsletter – Audio version**

For those of you who prefer to listen to our newsletter in the audio version we are making plans for this to be available on a memory stick in the future, like Sheffield Talking News and Calibre Talking Books. If you would like to receive your audio version newsletter on a memory stick in future then please contact us to put your name on the waiting list.

## **Braille Course**

Our next Braille course for beginners starts in September. It will be every Thursday for 10 weeks, 9:30am to 11am commencing on either 11th or 18th September. A number of people are already signed up for this course but we have a few places left if you think you would like to learn braille. The course tutor is Alan Thorpe of Eyecan and he is available to provide more information for anybody considering the course. He can be contacted on **0114 220 7007**, **07961 406 739** or **Alan@eyecan.org.uk**

## **Mobile Information Unit**

We will very shortly have our new Mobile Information Unit operational. This is a van that is fitted out as a display vehicle to travel around Sheffield and South Yorkshire to raise awareness of Eye Health and the services that **SRSB** provides to support people with sight loss. We will be operating from places that have a good footfall of people such as shopping centres etc. This is a new venture for **SRSB** and is part of our

continued expansion and service development.

## **National Eye Health Week**

This runs from Monday 22nd September to Sunday 28th September and 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. The events we have planned are as follows:

- Awareness Stand in Orchard Square – Monday to Thursday
- Mobile Information Unit outside Town Hall – Saturday
- Scafell Pike Challenge – members of Sheffield Visually Impaired Walking Group are walking up Scafell Pike in the Lake District on either the Saturday or Sunday (weather dependant). There is also a competition to guess the time it will take – further info in Fundraising News or call **SRSB**
- We also have our annual Golf Day on the Friday and the Great Yorkshire Run on the Sunday both of which are fundraising events but we will also be promoting eye health. More info in Fundraising News.

## **Clive Egginton Photography Exhibition**

The Tactile Image, Castle House, Snig Hill, 18th to 28th September

Also running throughout National Eye Health Week is this special exhibition which is a Sheffield Project to make

photography accessible to people with a visual impairment. Clive aged 55 a senior lecturer in photography at Leeds Metropolitan University has been working with **SRSB** for a number of years. He has been compiling an overview of our charity visiting our Centre and support groups, obtaining pictures for The Sheffield Archive Project.

Further information in Fundraising News - It's well worth a visit.

### **John Lewis Exhibition**

“Place to Eat” – Tuesday 30th September to Monday 3rd November  
Immediately following National Eye Health Week **SRSB** have been invited to exhibit in the café/restaurant area at John Lewis. The theme of the exhibition will be about different types of sight loss. To demonstrate this we will be showing several copies of the same picture and each one will have a representation of how it would be seen through the eyes of people with different sight conditions.

We are very excited to have this opportunity to work with John Lewis on raising awareness of sight loss. Please call in if you are in town.

### **World Sight Day**

This is on Thursday 9th 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 and as part of that we are holding a Food and Wine Tasting Evening on World Sight Day when part of the evening will be in darkness to help demonstrate the impact of sight loss.

When we held a similar event last year 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 from John Mitchell of Mitchells Wines – full details in Fundraising News.

### **Ofcom Consultation**

Do you find TV electronic programme guides difficult to use? Take a few moments to have your say!

Communications regulator Ofcom wants to know whether TV manufacturers should do more to make TVs accessible to blind and partially sighted people. If it finds that they should, Ofcom can help make that happen.

You can respond online, by email, post, fax or even telephone, and Ofcom will provide alternative formats of the consultation itself upon request. To obtain a copy of the consultation that also details how to respond, Ofcom asks you to call its Advisory Team from Monday to Friday between 9am and 5pm on **020 7981 3040**.

Responses need to be made by the closing date of 8th September 2014.

If you are deaf or speech-impaired, you can use Ofcom's textphone numbers, which is **020 7981 3043**. Ofcom says it will consider "all reasonable requests".

If you have any questions about this consultation, you can contact Ofcom at the number above.

There is a version of the document about Speaking TV Guides, which should be accessible to screen readers which is provided on the Ofcom website at <http://digbig.com/5bkeye>

There are three main ways to respond to the consultation:

#### 1) Online

You can respond online by completing the online consultation response form <http://digbig.com/5bkeyg>. This is ideal for people who have specific brief points to make and/or do not need to attach large documents to their response.

#### 2) By email

You can respond by email, and if so please email [jacopo.genovese@ofcom.org.uk](mailto:jacopo.genovese@ofcom.org.uk) attaching your response in Microsoft Word format, together with a consultation coversheet available at <http://digbig.com/5bkeyh>

#### 3) By post

Alternatively, you can write to Ofcom. Please address your response to Jacopo Genovese, Ofcom, Riverside House, 2A Southwark Bridge Road, London, SE1 9HA. Please enclose a consultation coversheet <http://digbig.com/5bkeyh> with your response.

Finally, if you are unable to respond in other ways, and would like to phone in your response, you can call Jacopo Genovese at Ofcom on **020 7981 3725**.

### Discussion Group

This group has been meeting on the 1st Monday of each month; due to its success the members have decided to meet on the 1st and the 3rd Monday of each month at **SRSB**, from 11am until 12.30 pm to discuss topical issues. You can come in earlier and enjoy a drink before you begin and/or enjoy lunch at our café after the group has finished. The topics are up to you to decide, or you might want to share some useful information. The group is facilitated by Anne Jenner; for further information please contact **SRSB**.

### Ravenscroft Group

In our last newsletter we referred to a new social group replacing the Ravenscroft Group. This was a misunderstanding and the Ravenscroft Group continues to meet every Tuesday. Our apologies for any confusion we may have caused.

As from Tuesday 2nd September the Ravenscroft Group will be relocated to the **SRSB** centre on Mappin Street. This group meets every Tuesday from 11am to 1 pm. Day trips and social outings are arranged by members.

New and old members are welcome. If you would like more information about the group please contact:

Alison Anthony (Rehabilitation Officer – Visual Impairment) **0114 273 4866**  
Graham Kirby **0770 761 9570**

Vic Breen

0790 688 8207

## **Support and Sharing Group**

Now we have successfully completed our first group sessions we are looking to begin again. Anyone who has problems dealing or coping with their sight loss or the implications of sight loss, is more than welcome to join our group. We meet in the afternoon from 2pm until 4pm every other week; the day to be decided.

In the group, people can talk openly and share their worries and concerns with others; or maybe hints and tips that they have found to help along the way. It won't be anything heavy, there will probably be some laughs as everyone gets to know each other and share things.

We are looking at beginning a new group towards the end of September beginning of October. This will be a time limited group which will enable group members to move on and new members to start.

If you would like to know more information please contact: Olwen, Dyane or Joanne at **SRSB**.

## **Retinitis Pigmentosa (RP) Support and Information Group**

We had a very successful meeting last month, we were very lucky to have Professor Rob Scott come along from Birmingham to talk about BrainPort, a form of artificial vision which he is developing.

Our next RP Group meeting is planned for November. We will let people know the exact date when it is confirmed nearer the time. If you think you might

be interested then please let us know so that we can make sure your name is on our list.

If you are interested please contact Joanne at **SRSB** for more information. It always helps us enormously if you telephone us to let us know you will be attending.

## **Mappin Writers**

We were all saddened at the death of Tom Illingworth who passed away in May. He was a long-standing member of the Mappin Writers.

### Memories of Tom

My memories of Tom will always remain

Based upon his published book of poems fame

He showed in his work, of his great love for his wife

It was clear that in his marriage, there was no strife

Tom was an able poet, who had the quality of a Bard

For him, his poems flowed, for him it wasn't hard

He wrote his poems about his great love of family

His flow of prose, and poetry, based upon a homily

Tom was in all his ways, a true Yorkshire Gentleman

His attainment of a long life was indeed a great span

I personally, will always remember Tom as a great man

Tom, who never, ever, could be classed as an also ran

Respectfully

Mike the Scribe

## Off the Shelf

The Mappin Writers session for Off the Shelf Festival will be at **SRSB** on Friday 17th October, 1pm to 3pm, where members of the group will be reading some of their work. Please do come along to join us. More details of this and other Off the Shelf events will be available nearer the time or at <http://digbig.com/5bkewg>

## **Welfare Benefits**

There have been many changes to existing benefits and some 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 will gradually be replacing Disability Living Allowance for working age recipients. This is commencing next year onwards but people will be contacted by the DWP as they are affected. We would urge you to contact us before responding to any correspondence.

## **Drop in sessions**

From September we will be holding a drop in session every Monday. One of our Community Advice Officers will be around from 9.30am to 4pm 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.

## **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 7 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/from Hillsborough.

So if you can see your computer screen but this so easily, or it 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.

## **SRSB Technology Training**

**SRSB** also offers training on various technologies including computers with either magnification or speech, smart phones, tablets etc. The training is on a “one to one” basis and again there is no charge. For an informal chat please contact Darren at **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 Ticket Office on: - **0114 249 6000**.

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

October	Twelfth Night This is My Family Rock of Ages
November	Queen Coal
December	Anything Goes
January 2015	Dick Whittington Blood Brothers
June 2015	Shrek – The Musical

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 Muriel Etches and Jessie Jones, who all celebrated their 100th birthdays recently.

## Home Instead – Senior Snippets

### Fraud Protection

Welcome to Senior Snippets: the advisory column with the older members of our community in mind, brought to you by Bryn Evans of Home Instead Senior Care Sheffield.

In this instalment, I will be sharing some top tips for fighting fraud especially for older and more vulnerable people. Having partnered with national scam awareness charity, Think Jessica, Home Instead has

launched a public education programme to educate older people on how to protect themselves from falling victim to fraud.

Unfortunately, criminals who use email, telephone and post to steal their victims' life savings, personal banking information and other assets, often prey in particular on the elderly as they see them as easy targets. Working with older people in our local community, we know all too well the devastating effects this can have on them, both financially and emotionally.

Here are our top 5 fraud fighting tips:

1. Consider having a second set of eyes look over post and e-mails if you are unsure of the legitimacy of anything you receive.
2. Never divulge personal information or bank details in a call or e-mail which you did not expect or initiate – genuine callers, including your bank, will never ask for sensitive information over the phone or via e-mail.
3. Never send cash or money transfers to a stranger, even if it is to claim a 'free prize'. Remember, if it sounds too good to be true, it usually is!
4. Don't be afraid to stop a caller if they are trying to sell something that is not wanted. Use phrases like "I never buy anything over the phone" or simply "I'm sorry, I'm going to have to hang up."
5. A secure web address where you're asked to enter personal information should always start: <https://>. Websites which start <http://> (without the 's') are not secure.



For more information about our Senior Fraud Protection campaign, please write to me by email to **bryn.evans@homeinstead.co.uk** or by post to Home Instead Senior Care, Haywood House, Hydra Business Park, Nether Lane, Sheffield, S35 9ZX. Alternatively, you can also call me on **0114 246 9666**.

### Dementia Workshops

Home Instead Senior Care are currently hosting Alzheimer's and Dementia workshops in Sheffield for families to learn more about Dementia and also teach them techniques to manage those specialised areas of the disease. But more importantly these workshops are designed to get family carers talking about their experiences with people who are in the same situation. That is why we are always encouraging more and more family members to attend our workshops to really talk about what is going on at home.

If you need more information on this please contact Home Instead on **0114 246 9666** or email Bradley Maw **bradley.maw@homeinstead.co.uk**

### Part-time work

Home Instead are also looking for mature, positive minded, caring individuals to work for them. If you know someone who might could be the right person please let them know. They require people to provide care and support for clients in Sheffield, so they can remain independent at home. Call **0114 246 9666**

### **Identity Scams**

**SRSB** have recently been reminded about internet scams which fraudsters use to try to get people's bank account details, or details relating to other accounts. The fraudsters often start by sending you an email – and these can be very difficult to distinguish from genuine communications as they are made to look like a genuine communication.

We would stress that you should never disclose personal details responding to emails in this way, and certainly not passwords or PIN numbers. This would also apply if anyone rings you up asking for similar information. If in doubt contact your bank or whichever institution the person is claiming to come from and ascertain if the request is genuine.

### **Student Links**

**SRSB** always welcomes students as they are of great benefit to us, as well as taking with them a much deeper understanding of the issues affecting visually impaired people. Very soon we will have two medical students, Jenny Brocklebank and Ameena Majed, on placement with us until the beginning of October. Hopefully they will get to know some people in our centre as well as visiting some people at home. No doubt, they will be welcomed in the usual friendly way and will be of great benefit to us as well as broadening their experience.

### **In Memory**

This short piece has been written for the **SRSB** Newsletter by Julie A Kenny CBE DL, Chief Executive of

Rotherham based Pyronix Limited which manufactures electronic burglar alarms. Julie was honoured to be appointed High Sheriff of South Yorkshire in 2012-2013 and supported **SRSB** at some of our events during her term of office and continues to keep in touch since her High Sheriff role came to an end.

The article was born out of the sad loss of a recently retired employee. When looking back at our lives, what would be the most important part for you? That you enjoyed the time you spent with loved ones? That you enriched the lives of others? That you lived on after you were gone? These are all things Peter Hickman can attest to.

Peter worked as a Technical Support Engineer for Pyronix, helping installers to understand how to programme and install Pyronix intruder alarms. He is described by his colleagues as a “conscientious colleague who was never late, never ill and always the first to pick up the phone when it rang!” Whilst outwardly, Peter seemed a shy and introverted individual, he had an enormous passion for the things he loved and was an extremely interesting individual when he was talking about the things he enjoyed. He and his beloved wife, Janet, had 20 years of happiness, sharing many things together, including a love of Star Trek. Janet called Peter her Imzadi (‘Beloved soul mate’ in Star Trekese). They had a fantastic relationship.

Just three weeks into his retirement last year, Peter Hickman was

diagnosed with cancer of the oesophagus. Just as he and Janet were planning to spend this time enjoying life and enjoying their hobbies together, they couldn’t possibly have known how short this time would be. Sadly, Peter passed away earlier this year from the cancer he fought extremely hard to suppress right to the end.

However this is not the end of the story. Peter, throughout his life, had always said he wanted to leave his body to science following his death. Unfortunately, due to him having cancer, none of his organs could be used. His eyes, on the other hand, could be used. In May of this year Peter’s wife, Janet, received a letter to notify her that Pete’s eyes had been used for two transplants; one eye went into a 50 year old man, and the other went into a 45 year old man. Both these men can now see again, and Janet is over the moon, feeling not only that Pete now lives on through someone else’s eyes, but he has helped to change the lives of others, even after his own untimely death.

Pete will be missed dearly by Janet and by all who knew him. He enriched the lives of others, and he was a delight to know for the time I did. It’s fantastic to hear that his wishes were carried out and he has been able to help others after his passing.

To Pete.

Julie A Kenny CBE DL

## STAFF AND VOLUNTEERS

### Ben Shaw

We are delighted to welcome Ben Shaw onto our team. Ben is an apprentice and has quickly settled in to work in our Activity Centre. Ben will be with us for a year.

### Lesley Miles

We are delighted to welcome Lesley back to her work in the Activity Centre after her spell of illness.

Again a big Thank You to those volunteers who have done so much to help keep the Activity Centre running smoothly.

### Jane Peach

Finally we are delighted to congratulate Jane (previously Furness) on her recent marriage to Adam Peach. They had a wonderful ceremony in Whitby and romantic celebration near Robin Hood's Bay.

### **Volunteers Tele-contact**

We have a team of volunteers that regularly ring clients as a courtesy call; they check that you are ok and ask if there's anything that **SRSB** can help with, and finally they will ask you a few questions to enable us to have up to date information about you. Thank you for taking the time to talk to our volunteers, we do find it helpful to have up to date information and the opportunity to provide any help or support that you might need.

Our tele-contact volunteers are: Linda, Gail, Ken, Louise and Carol.

## SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

### **Library**

We are in the last stages of making changes to our library provision. As audio tapes are less and less popular and unreliable we have now passed on our stock to a Bradford based charity that supports work overseas. Our library still has a selection of audio CD's which are available for loan.

Our needs have also developed since we opened our new building over five years ago and we have more groups and activities taking place at our centre. As a result we are adapting the room to enable groups to use it as another meeting space.

### Information Centre

Kyle Crossland will be continuing in his role providing an Information Service but will be based in the main Reception area where he is more accessible.

### **Activities Centre**

The Activity Centre offers a freshly cooked lunch and a range of activities to get involved in. However, many people enjoy just socialising and making new friends.

If you would like to visit for a day to find out more about the Activity Centre please telephone either Debbie, Lesley, or Olwen on **0114 272 2757** and they will make the necessary arrangements.

### **Social Evenings**

On the third Thursday of every month we have a social evening from 7:30pm to 9:30pm with entertainment and

supper provided. We can usually offer minibus transport as well. The cost is £4 plus £2 if transport is provided. If you don't go out often and would like a night out in a safe environment where you will be looked after then please give Olwen a call on **0114 272 2757**

### **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.

We would particularly like to thank the family of Tom Illingworth who passed away recently. They have donated a very good electronic magnifier that Tom used to use along with a number of other pieces of useful equipment for us to use or resell.

We also have some used folding wheeled walkers for sale, both 3 wheeled and 4 wheeled. They are all

in good condition and around £25 each. If you are struggling with your mobility and think you might benefit from one of these please contact Olwen at **SRSB**.

## **EXHIBITIONS**

Please call in and visit the forthcoming exhibition at **SRSB**. Whilst here, you are also welcome to have a look around our centre, check out the Equipment Centre and get refreshments or lunch in our café.

### **Optelec**

4th September, 10am to 3pm

Optelec will be exhibiting a wide range of hand magnifiers as well as their electronic products. They are suppliers of portable and desktop video magnifiers, text readers, braille displays and computer access software.

### **Sight Village – Leeds**

25th September 2014, 10am to 4pm

We plan to take a minibus to this Sight Village exhibition in Leeds – with a wide range of exhibitors specialising in products and services for people with visual impairment. If you are interested in going to this please contact **SRSB** for more information and to book your place. Cost £5 per person.

## **CAMPAIGNS & ISSUES**

### **Transport – Changes to Local Travel Concessions (Bus Passes)**

We are sure you will be aware by now that South Yorkshire Integrated Transport Authority (SYITA) have restored the concessions for people

who have a mobility bus pass, including those for people with visual impairment. So people who have a mobility pass can travel by bus, tram or train at any time in South Yorkshire.

The national travel concessions of free travel on buses from 9:30am to 11pm are still in force for people with senior citizen passes.

We would like to thank all who responded to our appeals, supporting the protest and contacting their councillors. We can be proud of the eloquence with which people explained their difficulties to councillors who clearly had not understood the implications of what was being decided. This combined with the prospect of a judicial review has undoubtedly made them realise the obstacles faced by people with visual impairment.

We do expect that the situation will be kept under review and will continue to keep you informed but if you require any further information on travel concessions or mobility passes please contact Patrick Slowe at **SRSB** – [patrick@srsb.org.uk](mailto:patrick@srsb.org.uk) or Tel: **0114 272 2757**

### **Bus Travel Survey**

Last year **SRSB** partnered with RNIB to raise awareness with bus operators of the difficulties faced by blind and partially sighted people when using buses. RNIB are following up on this with a survey which you can complete online at <http://digbig.com/5bkeqj> to tell them about your recent bus journeys. The survey has been running since July and will continue

until 7 September. Having up to date information strengthens our argument for change with bus operators and the Department for Transport.

We campaign for bus travel to be accessible for everyone, wherever they live. As part of the campaign, we support the "We're on board" bus charter at <http://digbig.com/5bkeps> which we want bus companies to publicly commit to. The charter includes "asks", like drivers not pulling away from a bus stop before blind and partially sighted passengers have found a seat and bus companies exploring options for audio announcements. You can find out more about RNIB's bus campaign at <http://digbig.com/5bkept>

Thanks in advance to everyone who gets involved.

### **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 along West Street which has been affecting the Blue and Yellow routes beyond the Cathedral to both Middlewood and Malin Bridge have progressed far better than expected and by the time you read this bus services should be back to normal. However work will continue until mid-September on the tram tracks in the underpass at Brook Hill so the tram replacement buses will continue to operate to Middlewood and Malin Bridge. From 23rd August they will start to use West Street instead of Broad Lane when travelling out of town.

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/](http://www.travelsouthyorkshire.com/)

There are no other rail replacement works scheduled for 2014.

If you want to receive updates from **SRSB** about this and other important news please let us have 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 had a lovely day in Crich Tramway museum back in May. The sun shone all day and we had a fantastic time. A couple of new Culture Club members joined us which is good as we always like to see new faces. We had another sunny day in June when we visited Wentworth Woodhouse. The clients loved it; we had a brilliant guide who gave us a full and fascinating history of the house. We finished off with lunch in the Garden Centre and time for a bit of shopping. Adrienne sent us this report: -

“On Saturday 21st June the Culture Club organised a trip to Wentworth House and Garden Centre. We had a tour of the house lasting an hour and a half and the staff looked after us very well, with good verbal descriptions and encouragement to touch as many things as possible. There is no lift, so a lot of stairs to climb, but it was well worth the effort. Some rooms were very ornate with decorative floors,

ceilings and chandeliers, others much more practical. There was some exquisitely carved woodwork in one of the corridors. The tour concluded with a visit to the tea room in the house. We then went to the garden centre which also had a very good café. The journey home saw the mini bus filled with various bedding plants, herbs, shrubs etc. we had bought, and we all agreed it had been a great day out.”

Clients have already requested a return trip to Wentworth which has been booked for 6th September. We've also had a few theatre trips recently, back in May we went to see *Brassed Off* and *One Man Two Guvnors* at the Lyceum. We were back there in June to see Dawn French performing her very moving, funny and honest one woman show and in July it was the Beatles musical *Let it Be*, which had the clients up dancing. Also in July we once again visited the Tatton Park RHS show, as ever this is always a firm favourite with all the clients.

We are going to Kelham Island in October and have a number of theatre trip booked in for later this year and next year including *Twelfth Night*, *Anything Goes* and *Shrek*.

If you are interested in any of these events or wish to put your name on the Culture Club mailing list to ensure you don't miss out on future events please contact us at **SRSB**.

### **Tatton Park Trip**

We set off from the Penny Black ably organised as always by Olwen and Joanne.

It was a glorious sunny day and the bus journey was delightful, going through Hathersage, Castleton and Winnat's Pass.

We always get priority parking space right next to the main entrance using our Blue Badge. So we all split up to meet again at 4.30pm.

The floral marquee at Tatton Park is the number one place to visit as far as I am concerned. I've loved gardening and plants since I was ten years old and I am now sixty – my interest is 'worse' than it ever was!

The arts and craft tent is another must see, with some amazing art works displayed.

One artist I met was displaying photographs with such exquisite detail shown on them. He took very ordinary plants such as a snowdrop or teasel and by clever lighting magnified how amazing they are. For someone with limited sight it was like seeing 'artistic' magnification. I'll never look at a snowdrop or a teasel in the same way again.

There were lots of tents for the ladies with clothes and jewellery which my wife always enjoys!

We also attended a cookery demonstration class which was amusing and enjoyable. A British Asian woman made a curry which she gave us afterwards to taste. It was wonderful! The best curry ever tasted.

Altogether it was a brilliant day out and many thanks to Olwen, Joanne and the bus driver for all their hard work.

We would highly recommend this trip – I've been four times already – hope to see you there next year.

Bill Skipworth

## **HOLIDAYS AND TRIPS**

### **Royal Sandringham and the Norfolk Broads**

We left the Centre at 9am on the Sunday morning for a leisurely journey down. We arrived at the hotel in good time for dinner. The hotel staff were very helpful and the food was good with plenty of choice.

The next day we spent some time in Cromer and had a lovely boat trip on the Broads from Horning with a running commentary and refreshments. A singer provided evening entertainment.

Tuesday was a day of leisure in Yarmouth where some trawled the shops and market, others made for the sea front and yet others spent the day touring the many museums.

Sandringham was our destination on Wednesday where we had a tour of the house and spent time in the gardens, café and museum. That evening back at the hotel a country singer provided the entertainment.

The last full day was spent in Norwich and its environs.

We set off for home on the Friday shortly after breakfast. Again it was a leisurely trip with a break en route at a Farm Shop for lunch and any purchases we wished to make. We arrived back at the Centre mid-afternoon where, as ever, Olwen was waiting to greet us and order

transport home for those who required it.

Pat Marshall.

## **Llandudno and North Wales**

Monday 29th September to Friday 3rd October.

Always an old favourite holiday destination, it includes coach tours to Snowdonia, Chester and Llangollen. Entertainment every evening.

All for £325 per person including Dinner, Bed and Breakfast.

This holiday still has some places left so contact Olwen immediately if you are interested.

## **Vision Hotels**

Action for Blind People manage three hotels variously in South Devon, North Somerset and Lake Windermere.

These have always proved popular for people with visual impairments.

For more information please contact: -

**0845 603 0051** or by email:

**enquiries@visionhotels.co.uk**

**www.visionhotels.co.uk**

## **The day outing to Bridlington**

On Monday 7 July we all congregated at the interchange on platform E at 8:30am as instructed. Unfortunately there were no signs of the two Gordons' coaches hired to transport us to Bridlington. Eventually they arrived backed up by the **SRSB** minibus. After loading we eventually set off at just before 9am.

Unfortunately an hour into the journey our coach pulled to one side as one of the passengers fell ill. The paramedics were summoned and eventually they

advised that the remaining passengers should disembark to a café a hundred or so metres along the road while the lady received treatment. The other two vehicles carried on their journey to the East Coast.

Around half an hour or so later we were called back to the coach to continue our journey but on crossing the road, another unfortunate lady tripped on the kerb banging her head as she fell, leading to a further delay.

It was decided by the emergency crew that the lady who initially became ill should be transferred to the hospital in Doncaster.

Our coach eventually arrived on the sea front at 12:15 to everyone's relief especially our courier Debbie who was marvellous throughout the somewhat stressful ordeal.

The weather was dry but cloudy throughout our four and a half hour stay. My friend Steph and our 2 guides Chris and Steve walked along the promenade investigating a possible stretch of beach where both guide dogs could have a run and burn off some steam. Eventually a spot was located and both Barley and Hatty galloped around rolling in the sands, swimming in the sea then returning shaking themselves all over us.

Secondly, we walked back to the harbour where there were numerous cafes to choose from. The four of us agreed to try one of them ordering fish and chips which proved an excellent choice.

We then strolled around a bit of a pleasure beach before encountering a



sign at the harbour advertising a speed boat ride. Both Steph and I decided we would be adventurous and pay the £4 each for a five minute thrill. It proved awkward negotiating our way down the steps, along a wooden plank and into the boat but both Chris and the operator were brilliant guiding the two of us. Once settled the pleasure commenced travelling at break neck speed, going up and down over the waves, being buffeted by the wind but not getting wet even from the spray.

On returning to dry land we decided to continue our adventurous mood and paid to go on the bouncing frog which proved enjoyable although according to our guides, both dogs were very concerned as they looked on to see us up in the air being tossed around. We received an exciting and affectionate greeting on returning to them.

Following an ice cream, there proved only sufficient time to walk back along the promenade to the same spot on the sands where dogs are allowed to go during the summer months for a final frolic before returning to the coach for our return back to Sheffield which proved trouble free arriving at the interchange 2 hours later. Everyone participating seemed to have enjoyed themselves despite the problems encountered during the outward journey.

Ken Bower

## **CHILDREN'S ACTIVITIES**

We had a lovely morning at the Children's Art Exhibition in May. We took along one of our young clients Joe who accepted the award for all the

work the **SRSB** children submitted. We continued with the art theme earlier this month when we started work with some of the older children on a piece of tactile artwork. The picture is to be displayed at an exhibition for Clive Eggington, a photographer, who has worked with **SRSB** in the past. Clive has been unwell and has lost his vision so lots of people he had worked with have got together to organise a tactile art exhibition using some of his work for inspiration.

We had our Little Sparklers trip to Yorkshire Wildlife Park back in July. It was a glorious day, we had a lovely stroll around and then had a fantastic hands on session when the children had the opportunity to touch, feel and hold various things including a giraffe skull, an Emu's egg, a giant snail and a snake! The children (and adults) loved it. We then had a brilliant time on our annual children's trip which this year went to Scarborough.

We continue to work closely with Actionnaires, at present they are on their Summer break but we have organised a trip with them to Skegness later this month. The multi-sport and activity club will start back at Westfield sports centre in September. For more information on forthcoming activities contact Joanne.

## **Scarborough Day Trip**

No one minded the early start because the sun was shining and we were off to the seaside. As soon as we arrived we headed for the beach but just had time first to grab a quick drink when we introduced Khalil to the delights of

soda floats! The idea of scoops of ice cream in a glass of coke seemed appealing and it went down well so we were all ready to hit the beach. We made an 'epic' sandcastle with Joseph and even braved the sea for a paddle, which was surprisingly very warm for Scarborough! We spotted Jordan, Linda and crew soaking up the sun and then had a quick catch up with Sophie, Erin and Dawn in the slots. Next stop was the Lifeboat station, we had a good look around before heading off for fish and chips. Liz's bright idea to sit out in the sun didn't go down too well when the seagulls pinched Joseph's chips! Next stop was the speed boat, Cheryle managed to talk Khalil in to it and they sped out to sea. After all that excitement it was time for a gentle stroll before it was time to head home. Everybody exhausted after a fun day.

## **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.

### **Sheffield Cycling 4 All**

August saw the return of Sheffield Cycling 4 All in Hillsborough Park. Open sessions run from 10am until 3pm on Thursdays and will cost £5 per participant per session. There are a wide range of bikes available to suit a wide range of abilities including trikes to help with balance problems, hand crank bikes, a trike tandem for accompanied bike rides for blind or visually impaired people, and Velo

Plus wheelchair transporters. The cycling takes place on the basketball pitches at the bottom of the park near the entrance to Sheffield Wednesday football ground. For further details contact Emily Morton at Disability Sheffield on **0114 253 6747** or email **Emily.morton@disabilitysheffield.org.uk**

### **Visually Impaired Tennis**

We have recently heard about a new initiative to enable people with visual impairments to play tennis; this is open to beginners as well as experienced players. If you are interested in trying this out please contact Isobel Dunn whose contact details are below

The initiative is available at the Hallamshire Tennis Club, which is situated very near Hunters' Bar on Ecclesall Road, with easy access by public transport or by car.

One of our clients brought this to our attention. He wrote: -

"As a tennis player all my adult life it was a shock to have to "hang up my racquets" at the "young" age of 81 last year, because of the onset of age related macular degeneration (wet) in both eyes.

I also gave up other appointments, jobs and other activities for the same reason, but I really missed the competition and camaraderie of playing tennis at my club.

It was with interest, therefore, that I read of VI tennis in the Macular Society Sideview magazine last winter edition. The article said that it was available in the South, but should soon become available countrywide.

I contacted the manager at Hallamshire Tennis Club, who said that it should (hopefully) arrive this year. AND IT HAS.

I attended the first session last week, as the only attendee, and had a long chat with Isobel Dunn (coach and course organiser). It became evident that the marketing campaign was just starting so I offered to help by making first contact with appropriate organisations (Macular Society and **SRSB**) where I already had some existing contact, and could speak as someone involved on the tennis scene in Sheffield over many years.

I enjoyed my session, and I am sure that it will become a vibrant group when word gets around.”

The organiser Isobel Dunn has contacted us as follows: -

Yes, myself and the Hallamshire Tennis and Squash Club have recently been working with the Yorkshire LTA and the Tennis Foundation to try and create opportunities for people to get involved, get active and provide a social environment. This is a new initiative for the club (and I believe in Sheffield for tennis) and we would be really grateful if you could let people know of the sessions we are running. For Visually Impaired Tennis we currently have one session each week on a Thursday 10am to 12pm. The session involves coaching, so people who have never played tennis a chance to learn the game and for those who have a chance to improve their game. The cost of the session is

£6 for the two hours and follows the format of 10 to – 1130am being coached then 11.30 to 12noon a chance to put everything into practice in some free play (the coach still being on court)

Many Thanks, Isobel

Tel: **07894 904 503**

Email: **isobel@academytennis.co.uk**

## **NEWSLETTER**

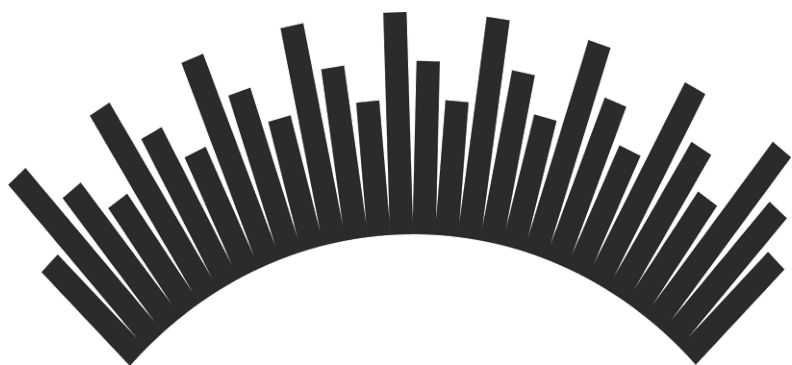
We would be delighted to hear from you with articles for inclusion in our newsletter or ideas for topics we could cover in future editions.

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 CD or Cassette Tape but moving over to 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**



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