



SRSB

Sheffield Royal Society for the Blind

INSIGHT

WINTER 2014-15

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our latest newsletter which we hope you enjoy. We are pleased to announce that we now have the audio version available on a 'USB Memory Stick.' People who already have Sheffield Talking News or Calibre Talking Books in this format will get their SRSB newsletter in this format from now on. Once you have listened to the newsletter please return the memory stick in the red mailing wallet. Over the next few months we will be contacting people who currently take our newsletter on audio cassette or CD to enquire whether they are able to transfer to memory stick but in the meantime if anyone wants to transfer to this format then please contact us.

It's only the beginning of November but we are busy making arrangements for all the celebrations leading up to Christmas so we hope that you will join us for the Christmas Social Evening and a Christmas Lunch.

CHRISTMAS ACTIVITIES

Christmas Lunches

We will be serving Christmas Lunches on the following days: 17, 18, 19, 22 and 23 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** on **0114 272 2757**. Lunch prices are £4 for clients and £6 for guests.

Christmas Social Evening

This will be held on Thursday 11th December starting at 6:30pm and finishing at 9:30pm, held at our Mappin Street Centre. Please apply for your tickets on the enclosed application form (you may bring one guest). This year the cost is £4 per person plus £2 if we provide transport – please note that transport is only available for people with a visual impairment. Your food and drink is all included in the price and we have great entertainment booked so get your dancing shoes out. The closing date for applications is

Monday 1st December 2014 but please apply as soon as possible.

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 us in the **FREEPOST** envelope by Monday 1st December 2014. 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 us as we can send you more, and we always need to sell more tickets.

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 us a call.

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.

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 and New Year Holidays

To give all our staff and volunteers a well-earned break over Christmas, our Mappin Street Centre will be closed **after** the Activity Centre on Tuesday 23rd December and will re-open on Monday 5th January 2015.

Volunteers

Could we thank all our volunteers for their continued support and help throughout the year; please don't

underestimate how much we value your continued support.

The efforts of volunteers are acknowledged with a volunteers Christmas party in December.

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.

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

Humanware Exhibition

On Wednesday 26th November 10am to 3pm Humanware will be demonstrating their range of specialist products including electronic video magnifiers, braille equipment,

accessibility computer software, GPS navigation devices and much more.

Equipment Centre

Christmas Cards

SRSB will be selling Christmas Cards this year. They are £3.50 for a pack of 10. There are 2 designs in a pack. The designs were chosen from a competition run for our Little Sparklers and Children's Group.

Christmas News

We have a small selection of tactile Christmas cards for sale as well as a number of other seasonal items.

The 2015 large print diaries are now available in 3 sizes: A6 Pocket Diary - £5, A5 Midi Diary - £6.75 and A4 Desk Diary - £8.50 and the **SRSB** 2015 large print calendars are also now available at £3.75. We also have various address and telephone books. 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 25p charge for packaging).

Used Equipment for Sale

We have various electronic video magnifiers for sale ranging in price from £50 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 trial.

Portable Reading Camera

On sale on behalf of a client: -
Brand New and unused READ DESK:
Portable Reading Camera.

£500 new – will sell for any reasonable offer around £275

Still in box complete with support disk and user manual.

Only unsuitable for the client as his school uses different system.

Contact Rob in our Equipment Centre.

Pac Mate Omni

This is a Braille notetaker with a Qwerty keyboard, 40 cell braille display. It has hardly been used, includes a braille manual, box and carrying case.

If you are interested or would like more details please contact Dawn on **07854 986 573** or email info@barrierstobridges.co.uk.

Activity Centre

Just to remind you we have a daily set of activities here in our centre, together with regular short outings, talks etc as well as a freshly cooked lunch.

We have a few spaces to accommodate more people on most days and door-to-door transport may be available on one of our minibuses or we can help arrange alternative transport. If you are interested in finding out more please contact Olwen at **SRSB**.

Off the Shelf Literary Festival

On Friday 17th October the Mappin Writers held the annual reading of some of their work as part of the Sheffield Off the Shelf Festival. Clients already in the Day Centre were joined by visitors and we were pleased to welcome the author, Amanda Brooke, who told us about herself and the books she has written, including one

about a blind mother with the challenges this brings. She also read one of our items. Blackwells Bookshop also came with some copies of Amanda's books and took orders for copies in large print and on CD. Amanda signed books and spent time talking with participants and guests, promising a continuing interest in **SRSB** and her support wherever possible.

Amanda Brooke lives in Liverpool with her teenage daughter, Jessica. When her three-year-old son died from cancer, Amanda was determined that his legacy would be one of inspiration. One of Amanda's books "Where I found You" was based on Maggie Carter who is blind: newly married and expecting her first baby, Maggie has suddenly started to doubt her ability to cope. The book shares her experiences of motherhood and how, registered blind, she copes with motherhood. A great read.

This is the info from her blog :-

I was honoured to be invited along to **SRSB** as part of the Off the Shelf Festival recently and since it was my first ever trip to Sheffield, I didn't quite know what to expect.

I was met at the station by Julie Smith who gave me a whistle stop tour of the city – I can see now why it's described as one of, if not the greenest city in England. I love Tudor history so I was particularly interested to see Sheffield Manor Lodge where Mary Queen of Scots was imprisoned. After the tour we then set off for **SRSB** to join the Mappin Writers Group who shared

some of their beautiful, funny, touching, emotive, thought-provoking and incredible writing and poetry.

It was a very special event at **SRSB** and I felt privileged to be able to talk about my third book 'Where I Found You' and my heroine Maggie who is a visually impaired mum-to-be. I explained how challenging it was for me as an author to describe Maggie's world in a non-visual way, but then I had to have words with myself... What kind of challenge was that compared to living without sight?! I can only hope that my novel came somewhere close to doing justice to those real-life mums, some of whom I met, who haven't let their disability hold them back. All in all, I'm so glad I got to meet a remarkable group of people and to listen to their experiences coming through in their own writing.

Thank you to Sue Coggin for inviting me, to my fellow writers who made me feel so welcome and a special thanks to Julie Smith for the amazing poem she gave me. I would also like to thank **SRSB** for the flowers and the elephant – which I have now adopted and have a certificate to prove it. I think I've made some lovely friends in Sheffield and will have to go back there soon.

Thank you to all the writers and readers who contributed to this event.

Health and Beauty Centre

Just a reminder that we have a chiropodist, hairdresser and others who offer services in our Health and Beauty Centre. Please contact Carol on Reception at **SRSB** for more

information about which days the services are available.

STAFF

We have a few changes to advise you of: -

Mobile Information Officer:

We have employed Liz Bowman to take charge of our new Mobile Information Unit. Liz has a wealth of experience in a range of community based roles, most recently with Heeley City Farm and Heeley Development Trust.

Joint Activities Centre Co-ordinator

Debbie Weller has recently left us for pastures new and we wish her well for the future. We are currently recruiting for the position but in the meantime the centre continues as usual under the sole charge of Lesley Miles with the support of volunteers, including Serena France who we have employed on a temporary basis as an assistant.

NEWS AND NOTICES

Kennel Cough Outbreak

We have been made aware that there is an outbreak of Kennel Cough which Guide Dogs Association have identified as spreading especially amongst Guide dogs and probably originating in Sheffield. We understand that dogs can spread the disease while they are incubating it and even before they show any symptoms.

Please pass information to other people especially dog owners you know. Obviously people will take their own precautions and consult their vet if it becomes necessary. We are taking

precautions at our centre making sure that dogs do not share drinking bowls etc.

We would ask that for the time being people avoid bringing their dog into our centre as far as possible so that we can all reduce the contact between dogs and contain the spread of the disease.

The details below from the internet give a brief outline including symptoms.

Kennel cough is a very common and highly contagious respiratory disease in dogs. It is also known as Infectious Tracheobronchitis and as the name suggests, it is typified by inflammation of the trachea and bronchi. Kennel cough which is common all over the world will infect a very high percentage of dogs in their lifetime.

Kennel Cough Symptoms

- Dry hacking cough is the most common symptom
- Cough may sound like honking
- Retching (to make efforts to vomit)
- Watery nasal discharge
- In mild cases, dogs would likely be active and eating normally
- In severe cases, symptoms progress and can include pneumonia, inappetence, fever, lethargy and even death
- Unvaccinated puppies and young dogs, or immunocompromised dogs might experience the most severe symptoms of the disease.

Wanted – Old Braille Machines

Any old braille machines wanted.

Since the RNIB have stopped servicing Perkins Brailers I am having lots of work to service these machines, however finding parts is getting very difficult.

If anyone has an old not working machine and you would like to get a few pounds for it please give me a call.

I am also interested in any other sort of braille writer. If you have one for sale please contact me. Dependent on the work needed on them will impact on how much I pay. In reasonable condition I would buy them for between £50 and £80. After renovation I would usually sell a braille machine for £100.

Alan Thorpe, Eyecan

Tel: **0114 220 7007** or **07961 406739**.

Mobile Information Unit

We have now taken delivery of our Mobile Information Unit. 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. If you have any suggestions as to where we might exhibit please do let us know.

Our Mobile Information Officer, Liz Bowman, commences work on 10th November and initially she will be obtaining bookings for the unit as well as ensuring that the vehicle is fully stocked and equipped.

The vehicle has already had a few outings including at our Charity Golf Day at Abbeydale Golf Club on 26th September and at Fargate on 9th October, World Sight Day where it was officially launched by Graham Moore, Chairman of Westfield Health, one of the major funders of this vehicle.

Reading Group

Hello Olwen, please can you let people know about this Visually Impaired Reading Group? We meet the third Wednesday of every month at the Central Library Surrey Street 2pm until 3:30pm. We discuss the books we have listened to and the librarian also selects audio books for us to take home. We can usually borrow them for as long as it takes to listen to them.

We are a different reading group as we do not all read the same book every month and this expands our reading knowledge of different authors.

We are currently looking for new members so if this might be of interest to you please contact me for further information on **0114 266 7764**.

Many thanks, Gail

SRSB Book Club

We continue to have a regular group of clients attending our monthly book club.

If you would like to attend a meeting of the book club to find out whether it might be suitable for you please contact Joanne at **SRSB**.

Country Boy – A Biography of Albert Lee

This is a book written by Derek Watts but now available as a 3 CD audio

book in Daisy format. Albert Lee was born in the UK and is now one of America's foremost Country music guitarists and having just reached the age of 70 has had an incredible career spanning the 1960's through to the present day having performed with many of the musical greats of popular music including the Everly Brothers and Eric Clapton.

This audio version has been produced by Ian Rattray of Clear Voice Media (www.clearvoicemedia.co.uk), the inspiration for the audio version having come from a friend of his, Malcolm Hutton. Malcolm was blind himself and a lifelong fan of Albert Lee – unfortunately Malcolm passed away earlier this year before the audio book project was finished. In his memory, Ian Rattray is now making the audio book available to blind and partially sighted people, cost £10 including post and packing. To order the book you can either order online at <http://www.clearvoicemedia.co.uk/audiobook.html> or if you are not able to order online please contact **SRSB**. For anybody that does not have a Daisy player but would still like the audio version of the book Ian Rattray will copy the mp3 files to a USB memory stick that you supply to him – further information on this from **SRSB**.

Digital Talking Books

RNIB have launched their download service for talking books called RNIB Overdrive. More info at <http://digbig.com/5bkhyr> or from their helpline **03031 239 999**. The cost is

£50 per year if any clients are interested.

Welfare Benefits

Attendance Allowance (AA) is a benefit for people aged 65 or over who need help with personal care. You may qualify for AA if you need help to do things, like choosing clothes, reading and replying to mail, walking around safely and taking part in social activities.

AA is paid at two different weekly rates: - the lower rate (£54.45) and the higher rate (£81.30). The amount of personal care the person needs determines whether they are eligible for AA and the rate they're paid.

AA is not means-tested so it doesn't matter how much other income or savings you have. You can get AA even if you live alone and don't have anyone looking after you; it is your need for the help that is important.

If you feel you may qualify and would like more information you can contact us and we will arrange for one of our CAO's to visit you at home, alternatively you can call in to our drop in sessions that run every Monday at our Mappin Street Centre.

It is important that if you receive any communication about your benefits from DWP, Jobcentre Plus, Pensions Service, Sheffield City Council etc that you contact us straight away to avoid losing benefits or being put on the wrong benefit.

Drop-In Sessions

From September we have been holding a drop-in session every

Monday. One of our Community Advice Officers is around from 9:30am to 4pm so if you have any queries or 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.

Sheffield Macular Group

The group meets on the first Thursday of the month (except January and August) and its Committee three or four times a year. For further details contact: -

Robin Story - **0114 236 2251** or
Christine Roe - **0114 266 5473**.

Home Support

If you or someone you know needs extra care at home it is worth searching around. Prices can vary but the quality of care is many people's priority. You can find more information on www.sheffieldhelpyourself.org.uk/

Home Alternative Ltd

Home Alternative specialises in dementia care (including adults with dementia and early onset dementia). Provides a 24 hour home care service enabling people to stay in their own home, tailoring care to clients individual needs. Home Alternative always tries to match staff to service users by considering personalities, listening to the client, hobbies etc and always carry out a follow up service. The needs and preferences of minority ethnic groups, social / cultural or

religious groups are catered for and will be met in full.

Services are available in S2, 7, 8,10,11 and 17.

Home Alternative can be contacted on **0114 266 6180**.

Inspire (UK) Care

Inspire (UK) Care is a high quality domiciliary care provider which aims to empower and enable users to be more independent in their own home using independent living skills.

Support provision is available to individuals with physical impairments and/or sensory impairments, people with learning disabilities, older people, people with Alzheimer's or dementia, people with mental health issues and those with a long-term health condition. They also provide End Of Life Care (EOLC), which is what they initially started with. Services can be provided 24 hours a day, including weekends, evenings and bank holidays.

They match the care worker to each client on an individual basis. Inspire offer a culturally sensitive service and can provide carers who are bilingual in order to meet the cultural and linguistic needs of service users from BME communities.

Inspire UK can be contacted on **0114 232 3333**.

Home Instead – Senior Snippets

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

Bryn Evans of Home Instead Senior Care in Sheffield.

In this instalment, I will be providing you with some self-help tips that will help you to combat some of the most common ailments experienced by older people in a bid to keep the doctor away.

Of course, I'm not advocating that you shouldn't visit the doctor whenever you feel unwell or need advice, or that you should ever change or reduce any medication you are taking without first consulting your doctor. Still, here are some common medical conditions and some steps that you can take which you will hopefully feel some benefit from:

- **Arthritis:** weight loss and exercise will certainly help reduce the pain of arthritis whilst improving your mobility. It might feel like the last thing you want to do but keep active and watch your diet to help reduce joint pain from arthritis.
- **Cholesterol:** Look out for saturated fats, they are the enemy that causes high cholesterol. Eliminating them from your diet could reduce your LDL by as much as 5%. Further benefit can be achieved by increasing your intake of soluble fibre and switching to margarines fortified with sterols.
- **Osteoporosis:** Extra vitamin D and calcium are on the menu to combat osteoporosis. Plus, regular weight bearing exercises help strengthen your bone tissue fending off the onset of the disease.

- **High Blood Pressure:** Reduce the amount of salt in your diet and (yet again) increasing your level of exercise will work wonders for your blood pressure.
- **Cognitive decline:** Sudoku, the crossword, reading a book, watching Countdown are all excellent ways of exercising the grey matter and keeping your mind sharp.
- **Diabetes:** We all know that Type 2 diabetes is diet-related so watch your sugar intake. Again, exercise helps encourage insulin to pull more sugar in from the blood stream.
- **Depression:** Regular exercise is the best self-help anti-depressant, closely followed by socialising, so try to meet up regularly with friends for a walk and a laugh, it is guaranteed to give you a tonic.

I'd love to hear from you! To make a suggestion for a future topic, please write to me at bryn.evans@homeinstead.co.uk or by post to Home Instead Senior Care, Haywood House, Hydra Business Park, Nether Lane, Ecclesfield, Sheffield, S35 9ZX. Alternatively, you can also call me on **0114 246 9666**.

Retinitis Pigmentosa (RP) Support and Information Group

Our next RP Group meeting is planned for Wednesday 26th November so please come along. It is at our Mappin Street Centre, starting at 2:30pm

If you are interested in attending or require further information please contact Joanne at **SRSB**.

In Touch

One of our clients has sent us this reminder: -

“I am always looking out for interesting and informative things for visually impaired people. I came across this one on Radio 4. It is called In Touch and is broadcast on Tuesdays at 8:40pm. It is presented by Peter White who is visually impaired himself. I have found it very interesting, and I am sure some people will have heard of it. In case you haven't I thought you might like to give it a try.”

Bessie Goddard

In Touch is a programme of news, views and information for people who are blind or visually impaired. You can find more information and listen online via <http://digbig.com/5bkhyq>.

Limbrick – Computer Course

Hello readers, I would like to tell you about the Limbrick computer classes.

They have been running now for some 7-8 years, taking place at the Limbrick Centre in Hillsborough.

They are held over a lunch time session between 11:15am and 1.15pm

These times have been selected to avoid dark mornings and avoid the school time rush.

We have had quite a number of learners on these courses where we have space for 7 learners.

Finding our learners is quite a challenge because they must have some useful sight as the computers that are available do not have any specialist technology installed on them.

They are however set up to use the accessibility options found in Windows, just like your computer at home.

So for some guidance to start with:

If you are able to read this newsletter you will probably be able to see the workbooks.

So if you can see your computer at home, and if you would like to do a computer course where the tutor has experience of working with learners that have poor sight, and want to learn more about your computer please contact Alan to talk over your options to see if you can benefit from taking part in a 10 week course.

For more information contact Alan Thorpe on **0114 220 7007**

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>

December	Anything Goes
January	Dick Whittington Blood Brothers To Kill a Mockingbird
February	Sound of Music The Absence of War Jeeves and Wooster
March	Top Hat Playing for Time
April	Barnum The King's Speech Jesus Christ Superstar
May	The Full Monty

June 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 Jessie Jones and Vera Evans who celebrated their 100th birthdays recently.

We would also like to send our best wishes to Vera McDonagh who celebrates her 100th birthday on 20th December and whose family have requested we do this in advance.

Cairn Home

Cairn Home, our residential care home at Crosspool, enjoys high levels of occupancy but vacancies do occur from time to time. For anybody thinking about residential care but who is a little unsure what a residential care home is like then why not book into our Respite Room which is available for short term bookings of just a few nights. Alternatively you can have a look around at any time. For further information please contact Kevin McGrath, Manager at Cairn Home, on **0114 266 1536**.

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.

Ameena and Jenny two medical students have just finished a six week placement with us. They quickly settled in and become invaluable members of our team. They were a

great help to us both in the Activity Centre and in visiting clients. They really enjoyed their placement and wanted us to pass on their thanks to everybody in our centre and to all the people they visited. We would like to wish them the very best for the future.

TacMap

TacMap, a Sheffield based Company, has been working with us and in conjunction with EyeCan and Sheffield Hallam University for almost nine years now to develop tactile and visual plans and maps for visually impaired as well as for sighted people.

The TacMap Director, Patricia Dieng says: 'Inclusivity and accessibility are becoming more and more important for public spaces. Our new TacMap system has been designed to dramatically improve accessibility for visually impaired people whilst also improving signage and orientation for sighted visitors. Supported by the Access Liaison Group at Sheffield City Council, our system is acclaimed as a step-change in accessibility. Our tactile plans and maps are now available for a number of venues which includes the London Olympic Park, as well as hotels, **SRSB**, Tapton School, the Sheffield and Meadowhall Interchanges and many more places.'

We are pleased to tell you that TacMap has launched a couple of months ago 'Larger Scale 3D Maps', used in public buildings. As with the 'portable maps' they are equally accessible to people with sight as well as to people with visual impairments as they show information in large

raised print, tactile, Braille and contrasted colours.

Exhibited for the first time in April 2014 at 'Naidex Birmingham', the largest independent living exhibition in the UK, one of these Large Scale 3D Maps is now installed at the Kelham Island Industrial Museum. This static map is complemented by portable maps which include audio descriptions of the exhibits by the ingenious use of the 'Penfriend.'

Most recently large scale maps have also been installed at the Moor Market (a little way inside the entrance from the Moor on the left), and at our Mappin Street Centre just inside our main entrance. Portable maps will also be available in both places.

Please visit these places and make use of these fantastic new facilities. It would be very welcome if people could give us or Patricia feedback, especially with a view to refining their design and improving their products.

Patricia says: 'We offer our services to organisations such as Museums, Theatres, Parks, Cinemas, Hotels, Schools, Universities, Public Transport Places, Leisure and Shopping Centres, in fact any public spaces can take the advantage of our products to make their places more accessible and welcoming to all their visitors.

Displaying our 3D maps inside their entrances is a great way for building managers to introduce to their visitors/customers what facilities are made available to them, to show where they can find the different areas and rooms and also to recommend the

most accessible route to take to access the lifts, access ramps and accessible toilets for people on wheelchair for instance. Our products aim to give people more independence, confidence and extra safety to everybody and to help organisations to improve their services.'

Please visit the TacMap website www.tacmap.co.uk and don't hesitate to contact Patricia if you need more information at patricia@tacmap.co.uk or on **0754 042 8654**.

TRANSPORT

Sheffield Children's Hospital - Parking

Please note that for the next year there will be no parking available at Sheffield Children's Hospital due to major construction work. Car access will be limited to drop off and pick up only.

They have arranged for discounted parking to be available at Q-Park which is on Broad Lane by Park Square. A free shuttle bus will operate between the car park and the Children's Hospital between 8am and 5:30pm

More info can be found at <http://digbig.com/5bkjnf> or by ringing Q-Park on **0114 275 9281**.

Alternatively people can use the 51 and 52 buses which run very frequently, stopping outside the hospital. For more information on buses please ring Traveline on **01709 51 51 51**

Bus Consultation Meeting

Back in September we had a meeting at **SRSB** to discuss the consultation that South Yorkshire Passenger Transport Executive (SYPTe) have undertaken which they hope will help them find where savings can be made after all the funding cuts.

We have been assured that there are no plans to cut the use of our mobility passes this time but savings have to be made in other places.

Some of the options that have been asked for comment were: -

The availability of print time tables, and customer information points. Many of the attendees did say that they used the travel line number to get information but not so many were able to read time tables.

Cleaning and maintenance was also a subject for comment. As for the cleaning of bus stops comments were made about discarded food which guide dogs eat and which makes them ill.

One person said that she was concerned about her young child that could be picking up things, and as mum is blind, how would she know that things were there that might be eaten.

Overall, a well-attended meeting from the four regions in the South Yorkshire area which each had at least one representative, with a far reaching range of needs present.

We will now have to wait and see where the passenger executive propose any further cuts and be

prepared to challenge them if necessary.

Some of the issues raised at the meeting related to the bus operators rather than SYPTe including buses not stopping, buses not being able to pull up to the stop because of parked cars and driver training. These issues were not part of the consultation paper but we will be raising these issues with the bus operators. However, following the driver awareness work we did last year we were not aware that these problems still existed. Please can we remind you that if you have any issues to raise, or indeed examples of good practice where drivers should be complimented, please let us know by contacting Patrick on **0114 272 2757** or **Patrick@srsb.org.uk**. He will then raise the matter with the relevant bus operator.

Supertram Works

Just to keep you up to date on developments relating to Supertram. The current round of rail replacement work has now finished along West Street. On the whole the bus replacement service and the help given seems to have worked very well and people have been pleased with the extra help being given. We'd love to hear any further feedback about this, it's great to be able to tell Stagecoach the good things but we will also pass on details of any problems or issues to make sure service is even better when future works take place next year. We will of course keep you posted about future works.

CULTURE CLUB

In September we returned to Wentworth Village, despite pouring rain we all enjoyed our tour of Wentworth Woodhouse and still had plenty of time for a stroll round the Garden Centre. Everybody really enjoyed the opportunity to do a bit of fresh food shopping at the farm shop and the greengrocers.

We have a Christmas trip to Chatsworth House booked to see the fantastic festive decorations. This year's theme is based on the Lewis Carroll classic Alice in Wonderland.

Last month we have started back with our theatre trips following the Summer break, our first visit was to see the audio described performance of Twelfth Night, everyone enjoyed it and the touch tour before the show really added to the whole experience.

Having the chance to feel the costumes and props really brought the show to life.

We have more theatre trips booked for the coming months including Anything Goes, Shrek, Blood Brothers, Barnum, The Kings Speech and Oklahoma.

We are already starting to gather ideas for next year and we will be holding a get together at Christmas on the 15th December to get feedback and suggestions from our members.

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**.

CHILDREN AND YOUNG PEOPLE'S SERVICES

We had a busy Summer enjoying a number of trips and activities. We visited Yorkshire Wildlife Park with our Little Sparklers where we had a fantastic hands on session enabling the children to hold and feel various things including snakes, giant snails, zebra skull and emu eggs. It was a fantastic experience especially as we had three children with total sight loss.

The Scarborough trip was for all our children. Again it was a fantastic day, the sun shone which meant most of the families were able to spend all day on the beach and in the sea.

We also took the Actionnaires children to Skegness for the day. They all had great fun and we have already planned another trip with them to Blackpool later in the year.

We linked in with FABLE, a charity that supports children with epilepsy, to run a football workshop at Sheffield Wednesday's Training Ground. The staff there were brilliant and the children really got a lot out of it. Sue Coggin also arranged for the kids to meet one of the players which they loved.

We also ran an activity day where we continued to work on our tactile artwork. The piece went on display at Clive Eggington's exhibition which was part of the Festival of the Mind event at Castle House. We have also been very busy making Christmas cards which have been entered in to the competition that our Fundraising Team organised. Two winning designs from

Nyah Noton-Hume (aged 3) and Samuel Harding (aged 2) were chosen and these have been made into **SRSB** Christmas cards.

Youth Club

Our Youth Club started earlier this month, it is running every Monday 4:30pm to 6:15pm at **SRSB** for 11 to 19 year olds; siblings and friends are welcome. Youth Workers Jemma and Jo are running the sessions. They will be doing a range of activities including arts and crafts, dance, music workshops, games and much much more. So come along, relax, have fun, meet friends and get involved!

We've had a lovely summer with plenty of sunny days out and about

LEISURE EVENTS AND SPORT

There are a wide range of sports and leisure activity groups for visually impaired people in Sheffield. Please contact us for further information on any of the groups which include archery, ten pin bowling, crown green bowling, walking, swimming, cricket, goalball and Tai Chi.

We are always looking at possible new sports and leisure activities and we are currently working with SIV which operates the former council leisure centres including Ponds Forge, Hillsborough and Concord. Possible activities might include visually impaired Tennis, Yoga, Football or anything else you think you would like to try. Please let us know what sport or activity you would like to try.

Goalball

Goalball is a fun, fast paced sport for visually impaired and sighted people aged 14+. We hold training sessions on a fortnightly basis at City College, Granville Road, S2 2RL. If you would like any more information please contact Kyle Crossland at **SRSB**.

Bowls

If anyone is interested in joining the Bowls group please call me, Graham Draycott so that I can get you a seat on the bus. After we have played we enjoy tea and biscuits and a natter. My phone number is **0114 286 4121** and I look forward to speaking to you.

NEWSLETTER

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

This newsletter is available in a variety of formats, including the new addition of USB memory stick. If you are struggling to read this newsletter then please contact us to discuss an alternative format.

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

This is the last newsletter for 2014 so we would like to wish all our readers a Merry Christmas and Happy New Year.

