



SRSB

Sheffield Royal Society for the Blind

INSIGHT

SUMMER 2016

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our latest newsletter which we hope you enjoy. Please note that our Mappin Street Centre will be closed on Tuesday 31st May 2016 for a staff training day.

SUMMER RAFFLE

Unless you have requested otherwise, 2 books of tickets are enclosed for the Summer Raffle. Tickets are £2.50 per book – if you can sell them please put the money and the ticket counterfoils in the enclosed plastic bag and return to us by Monday 20th June. If you or your family are able to sell extra tickets please call us, as 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. If you can't sell the tickets please **DO NOT** return unsold tickets to us as we have to pay postage for the FREEPOST envelope if you use it. Even just putting a stamp on the Freepost envelope will help us by saving us the postage costs. However, you must place your stamp over the "2" on the envelope and cross out the bar code and Freepost Code on the envelope or we will still be charged for the postage. Thank You.

HOLIDAYS AND TRIPS

Holidays

We have a holiday booked for August to Llandudno but bookings for this holiday are now closed.

Later there is the opportunity to join a three-day break in Blackpool from the 7th to the 9th October to see the Illuminations! You'd be staying at the Harlands Hotel which is situated on the Queens Promenade. The cost is £89,

including coach travel, but the single supplement is not yet determined. Please let Aletheia Gentle know, as soon as possible, if you are interested in booking for Blackpool as places are limited.

If you would like more information about this or other holidays in the future please do not hesitate to contact Aletheia.at **SRSB**

Annual Day Trip

Skegness, Friday 1st July.

Coaches leave at 8:30am prompt from the Pond Street Interchange (Stands E4, E5 and E6) and arrive back in Sheffield at approximately 7pm. You will need to make your own transport arrangements to and from the Interchange. There is a non-refundable booking fee of £5 per person, to be enclosed with your booking slip. These must be returned to us by Monday 20th June.

Please note all the conditions are detailed on the booking form enclosed with this newsletter. People on the trip must be able to go around independently or bring a guide with them. If you would like to go on the trip but don't have a guide then please let us know and we will use our best endeavours to find a volunteer to guide you, although we can't guarantee to do so.

Please note that we will not be posting out tickets for this trip.

Pie & Peas Cruise

We have a trip arranged for a Pie and Pea Cruise on Friday, 17th June leaving from the Victoria Quays at 11am and returning at 3pm. The cost is £27 per person and includes a pie and peas lunch.

You will need to arrange your own transport to and from Victoria Quays.

Please contact Aletheia Gentle if you would like further information or to book this trip – payment required at time of booking. There are limited places available.

AN EVENING OF SUMMER FUN

Celebrate summer here at our Mappin Street Centre. An evening of summer fun with a salmon and strawberry supper on Wednesday 1st June from 7:30pm until 9:30pm with entertainment. Please let us know if you'd like to attend – you can also bring one guest with you. The cost is £6 including transport. Please give us a call to book for this event.

STAFF

Staff Training Day – Tuesday, 31st May 2016

We have planned the first staff training day for quite some time and, as a result, the Mappin Street Centre will be closed to clients on this day. All of our phones will be on voicemail but all messages will be responded to as soon as possible the following day.

Retirement

David Morris, Assistant General Manager, may not be known to many of you as he is very much a “back office” person but he has been working

hard, managing the charity's finances for the last 8 years. David retires at the end of May although with accrued holiday his last day at work will be Monday 16th May. It will not be the last that we see of him however, as he will be returning in July/August for a few days to oversee the production of our annual accounts, ready for audit at the end of August.

We wish him well in his retirement.

NEWS NOTICES

Firth Park Support Group

SRSB are supporting the setting up of and the launch of a VI support group in Firth Park. This group will offer a venue within the park, refreshments, social inclusion, friendship, support and the opportunity for people to access support within a local setting for those who cannot access our Mappin Street Centre.

This new service is being facilitated by Brian Hepworth, **SRSB** volunteer, who is being supported by Debbie **SRSB's** Volunteer Co-ordinator.

Brian suggested the idea of a localised support group for VI people and **SRSB** would like to thank Brian for his commitment, time and imagination in getting this support project off the ground. Thank you Brian.

SRSB would also like to thank The Friends of Firth Park who have provided the venue for the group free of charge. Thank you so very much Maggie.

The first meeting of the group takes place on Wednesday 9th May from 11am to 3pm and it is hoped that it will become a weekly group.

If you are interested in taking part in this new group or want to find out more information please contact either **SRSB's** Volunteer Co-ordinator Debbie or Brian Hepworth **SRSB** Volunteer.

Debbie Tel: **0114 267 7742**;

Brian Tel: **0771 001 4573**

If you like the idea of a local support group but can't get to Firth Park and want help in setting one up in your own area please do get in touch with Debbie.

RP Group

The RP Group met again in April. We discussed the recent changes in benefits, everyone found it interesting and it was good to share experiences. Our next meeting will be the 21st September, and we will also be looking at having a social gathering around Christmas. If you want to receive further information about the group's meetings please let us know so we can add your name to the list.

Charles Bonnet Group

The Charles Bonnet Group continues to meet regularly at our Mappin Street centre on the third Wednesday of each month. For more information please give us a call.

Cairn Home

Cairn Home, our residential care home at Crosspool, enjoys high levels of occupancy but we do currently have a vacancy and other 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 are very welcome to have a look around at any time. For further information please contact Kevin McGrath, Manager at Cairn Home, on **0114 266 1536**.

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**.

May

Priscilla Queen of the Desert

June

Flowers for Mrs Harris
Chicago

The Government Inspector
Rocky Horror Show

July

Chitty Chitty Bang Bang
Contractions
A Dream
Cuttin' It

August

No Man's Land

September

Operation Crucible
Relatively Speaking
Romeo and Juliet
Million Dollar Quartet

October

Lady Chatterley's Lover
Cats

November

The Commitments

Do bear in mind that our Culture Club is organising trips to some of these – see later in the newsletter for more details.

Chesterfield Theatres

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

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

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

100th Birthdays Congratulations

Many congratulations to Lily Bunyan, William Wild, and Arthur Bradshaw who have all celebrated their 100th birthdays recently.

Library

We reported on the electronic book service Sheffield Libraries introduced some time ago. This includes the opportunity to download audio books, ebooks and emagazines via the internet. Over time the range of titles available has gradually expanded, and provides a valuable complement to the audio book services run by Calibre and RNIB. More information about registration can be found at their website www.sheffield.gov.uk/elibrary

If you have any comments or questions about the service, contact;

Beverley Richards,
Library and Information Officer
Central Library, Surrey Street
Sheffield, S1 1XZ

Tel: **0114 273 6942**

Email: bev.richards@sheffield.gov.uk

Welfare Benefits

Please do not forget to contact us if you receive any communication relating to your benefits. We are still coming across people who come to us for advice very late in the day and sometimes are losing out on their entitlement because of this.

Delays to PIP awards – can you help?

Personal Independence Payments (PIP) are now steadily replacing DLA in our area.

We are looking into the length of time that it is taking the DWP to make decisions on new PIP applications, applications from people NOT already receiving DLA.

If you have received an award of PIP but have experienced a delay in getting the decision of six months or longer please contact Carolyn Green on **0114 272 2757**

Support 55

Support 55 is a free service within South Yorkshire Housing Association (SYHA), operating in the North and West of Sheffield. They offer floating support to customers over 55 within their homes with one to one sessions with a named Key Worker or Wellbeing Facilitator. Below are just a few examples of what support is available:-

- Maximising income through benefit, debt management, mortgage arrears, facing eviction, applying for grants, and employment.
- Assisting in decluttering properties and hoarding

- Helping customers move properties and rehousing
- Signposting to social groups such as lunch clubs and community events

Support 55 can offer immediate support and they don't have a waiting list. If you come across anyone who you think could benefit from our service please give them a call on **0114 290 8359**.

South Yorkshire Housing Association
www.syha.co.uk

Update from Alan Thorpe of EyeCan Zest Computer Course

This has taken place at the Limbrick Centre in Hillsborough for the last seven years but with the impending closure of their computer training room a new venue was required.

So considerable work was undertaken to find a new place. After a few site visits we ended up at Zest. This is part of the library and swimming centre at Upperthorpe.

I have not yet visited personally but hope to get there once my timetable allows.

It is still easily accessed from the tram with a short walk; Jayne is still teaching so there is no loss of experience. So thank you to Jayne, the learners, and volunteers for making this happen.

If you are interested in joining this course then please contact Alan Thorpe on **0114 2207 007** or **07961 406 739** for more information.

Other work from EyeCan

We have been working on a large project at York Minster.

The Minster was awarded a lottery grant to make the building more accessible. So we have been undertaking lots of work.

We have delivered disability training for staff and volunteers. There has been an audio tactile guided walk and new audio recordings to complement the 3-D model of the Minster.

We have also been working with TACMAP to develop a tactile portable map for the main floor of the Minster. This uses the TACMAP design with audio description and large print to be used by both sighted and non-sighted visitors.

We are still working on some smaller sections of this work that has extended from the original contract. We have enabled the Minster to access braille books of service, given thoughts and ideas for making hymn sheets available on tablets, which are back lit and have built in magnification, so should help many visitors.

The Minster is a massive building and well worth a visit.

Training with your Guide dog

Alan has been training with his new guide dog Velvet. He has been keeping a daily diary about the experience. The diary is both humorous and informative.

If you want an insight into what it is like learning to work with your new guide dog then go to www.eyecan.org.uk/guidedog

Northwood Foods

Jamie Oliver we certainly don't claim to be, but Cassie and David of Northwood Foods certainly share the same values of nutrition and health for all ages.

Northwood Foods specialise in the preparation and delivery of nutritious and delicious frozen foods to those who may have problems themselves with shopping, food preparation or simply prefer a tasty meal in stock in their freezer for when they fancy.

"No added salt, no added sugar, no preservatives and a healthy balanced diet has been proven countless times to have a huge impact on health and wellbeing of all age groups, and with my personal experiences of nursing both my father and mother through ill health and old age I can certainly vouch for the benefits of proper healthy eating.

Northwood Foods can be contacted on **01724 856 344** or through the website www.northwoodfoods.co.uk

In the near future we hope to arrange for Northwood Foods to come to our Activities Centre to talk to everyone there.

Senior Snippets: Healthy Eating

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

As we age, our digestive and immune systems become less efficient. It is important to eat well and nutritiously to get the most out of the food we eat.

Healthy eating includes consuming high-quality proteins, carbohydrates, vitamins, and minerals in the foods you take in while minimizing processed foods, saturated fats and alcohol. Eating in this manner helps you maintain your body's everyday functions, promotes optimal body weight and can assist in disease prevention.

If you are not used to eating a healthy diet, making gradual changes can help you improve the way you eat in the long run. You can replace high-calorie, sugary drinks with water, for example, and switch from full-fat to low-fat dairy products. Select lean meats instead of fatty cuts and whole-wheat grains instead of refined grains. Snacking on fresh fruits and vegetables like carrots, apples and cucumber slices is healthier than snacking on crisps or chips.

Here are the main reasons why healthy eating is important for each and every one of us.

- **Improves Mood:** Doing right by your body pays off for your mind as well. Eating a healthy diet as well as exercising help boost your confidence and self-esteem.
- **Combats Diseases:** Healthy habits can help prevent certain health conditions such as heart disease, stroke, and high blood pressure, by boosting high-density lipoprotein (HDL), or "good," cholesterol and decreasing unhealthy triglycerides. This combination keeps your blood flowing smoothly, decreasing your risk of cardiovascular diseases.

- **Boosts Energy:** We've all experienced the energy drop that comes from eating foods high in sugar and saturated fats. When you eat a balanced diet including whole grains, lean meats, low-fat dairy products, and fruits and vegetables, your body has the fuel that it needs to manage your energy levels.
- **Improves Longevity:** When you practice healthy habits, you boost your chances of a longer life.
- **Controls Weight:** Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy weight.

I welcome any suggestions for future topics from you all. All you have to do is write to me at bryn.evans@homeinstead.co.uk or by post to Haywood House, Hydra Business Park, Nether Lane, Ecclesfield, Sheffield, S35 9ZX

The Accessible Friends Network (TAFN)

TAFN is a UK based internet charity set up to bring VI people together via the world wide web. It is run by and for blind and VI people.

As well as offering a comprehensive website, our jewel in the crown is our fully accessible chat client which allows our members to speak with each other in chatrooms we host on the site. On our communicator, we hold everything from information events through to just plain chatting and entertainment events such as quizzes etc.

We believe that enabling VI people to speak live with each other greatly

helps to cut down the social isolation felt by many.

All members need to participate is internet access plus either a microphone and speakers or a headset.

We charge a membership fee of £12 per year to cover admin costs and for that, members get everything we have to offer, be it coming in for a chat or technical support.

Please take a look at our site at: www.tafn.org.uk

A month's free trial is available allowing guests to sample our offerings before deciding whether or not to join

Contact us: greg@tafn.org.uk

The Accessible Friends Network
BCM TAFN

London, WC1N 3XX

Tel: - **0203 290 9254**

COMMUNITY ENGAGEMENT TEAM

Liz and Julie will be out and about visiting all kinds of people and places, such as Dementia Cafés, Carers' Cafés, lunch clubs, community health groups, South Yorkshire Police, Over 60's Lifewise days, and Brunswick Gardens and White Willows Retirement Villages, as well as community events with the Mobile Information Unit – details below: -

Mobile Information Unit (MIU)

The MIU will get its first spring airing after all the wind and rain on Sunday 22nd May at Weston Park from 11am to 5pm. It will also be at:

- Hillsborough Park on 25/26 June, as part of **SRSB's** contribution to the Sheffield on Show weekend.

- Ruskin Park on 2nd July for Walkley Festival Fun Day.
- Hallam Community Hall, Hallam Grange Crescent on 9th July for Hallam Community and Youth Association Community Fete.

Sensory Walks: Mappin Street and Walkley

Julie, our Mobile Information Officer, is working on developing two sensory walks – one around Mappin Street as a means of raising awareness around vision loss – offering people who are sighted the opportunity to look with fresh eyes (and ears, noses, fingertips and tastebuds and a sense of humour!) at the spaces and places around Mappin Street, and also to offer VIPs the opportunity to explore aspects of the local area relating to the centre by being able to tap into other sensory aspects and with a new level of insight into the history and current use of the buildings and spaces.

The other walk is to support the Walkley Festival called Make Sense of Walkley, when the MIU will be at Ruskin Park on 2nd July. The walk is being developed to encourage community activity and sensory awareness of the Walkley area.

Please Touch Project

Caroline Claisse and Amelia Knowlson are two PhD students from Sheffield Hallam University who are inviting **SRSB** clients and staff to contribute to a tactile objects project to be developed in conjunction with Museums Sheffield. Workshop activities with small groups will generate material for a pop-up

exhibition in October at Sheffield Institute for the Arts new gallery which is now in the old Fitzalan Square post office building. One of the main aims is: -

“To empower the blind/partially-sighted community by becoming a partner in the making process and by promoting tactile interaction in a predominantly visual environment.”

There will be more information to follow about how to get involved.

Optimeyes Project

Optimeyes is a partnership of six local blind charities in Yorkshire and Lincolnshire together with RNIB who obtained Big Lottery funding and manage the project. **SRSB** is one of the local blind societies benefiting from this funding.

The aims of the project are to educate the general public about the importance of looking after their eyes, identifying more people with sight loss and ensuring that they receive appropriate support. As a result of this project we have strengthened our partnership with South Yorkshire Fire & Rescue Service who, through their Home Safety Check officers, hand out our “Keeping Eyes Healthy” leaflet and where they identify somebody experiencing sight problems they refer them directly to us.

FUNDRAISING

We have plenty of events planned over the coming months, details of which are in the accompanying Fundraising News but we will just highlight a few community events you might like to get involved with.

Weston Park May Fayre

Sunday 22nd May, 11am to 5pm

Our Mobile Information Unit will take part in this event at Weston Park. It is a great family event. Enjoy live traditional and contemporary music from the restored bandstand, classic and vintage cars, arts, and crafts and lots of other games. Entry is free. Please come along and say hello to our staff and volunteers on the unit.

Sheffield on Show

Saturday 25th June 10:30am to 6:30pm and Sunday 26th June 10:30am to 5:30pm

We are showcasing the Sheffield Royal Society for the Blind (**SRSB**) at this event in 2016. Join us to find out about the work that we do.

One of the city's most popular outdoor events of recent years is set to be revived this summer. Sheffield on Show is set to take a lead from the Sheffield Show and is aiming to be an annual showcase for the Steel City.

This two day event on 25th & 26th June will run from 10:30am to 6:30pm on Saturday and 10:30am to 5:30pm on Sunday and will take over most of Hillsborough Park.

A Central Arena will play host to many Sheffield Groups delivering entertainment to the crowds with a particular Sheffield slant.

A Live Music stage will profile the talented unsigned musicians we have in the city. Spot the next "Big Thing" and remember where you saw them first. Also, a couple of secret performances to look out for.

The overall event will consist of various hubs such as: -

Sheffield Cares, hosted by The Cavendish Centre and Sheffield Royal Society for the Blind **SRSB**, learn more about what they do and get involved, whilst also visiting various healthcare providers who will be giving health checks and advice over the weekend.

Sheffield Heritage, where local history groups rub shoulders with vintage fairground rides and old Sheffield buses, come and have a go at scarecrow making.

Sheffield Shines, hosted by Woskow Brown Foundation, this will be celebrating the great business talent we have in the City, with many new businesses showcasing their ideas.

Sporting Sheffield, we all know that the City hosts a great wealth of sporting achievements, come along and find out more and have a go.

The Tramlines Foundation will be hosting the bar and Twisted Burger Company will be there, some great tunes from the decks within the specially designed Upper West Street bar. Along with many quirky local traders and street food outlets to tempt your taste buds. Come along with empty stomachs and you will not be disappointed.

All of this topped off with Farrar's Famous Funfair. A great attraction in itself, and proud to have been part of Sheffield's event scene for over 100 years.

Come along and visit our stand we have lots of fun activities and schedule of showcases.

A full list of our fundraising events is available in the enclosed Fundraising News so please do take a look. All proceeds from the events fund the services we provide for you so please join us if you can.

Crosspool Festival Street Market

Sunday 26th June, 12noon to 4pm

Join us for an afternoon of fun and games at Cairn Home as part of the Crosspool Festival Street Market.

There will be games and stalls at Cairn Home plus live music and afternoon tea as part of the street market. Entry is free, so bring your family and friends for a lovely summer afternoon. We need your help with the event we are looking for donations of gift bottle bags (we all have them in the cupboard!) and any new bottles that we can use for a game on the day. This can be anything from wine, whisky, even bubble bath and tomato ketchup! So if you have any unwanted new gifts we can use them. Everyone is welcome to join us at the party so do come along. Any donations can be brought to the reception at **SRSB** or left at Cairn Home.

CAMPAIGNS & ISSUES

Need It to Read It

After years of campaigning, from July this year, all healthcare providers in England must provide information in a format their patients can read.

This will enable blind and partially sighted people to manage their own health with the same levels of privacy and independence that sighted people may take for granted.

If you require information in an alternative format, or know someone who does, the GP should be officially notified about which format is required.

Formats that should be available include large print as well as braille, audio versions (CD or tape), or email.

We are supporting the campaign launched by RNIB called 'Need it to Read it.' This helps make the process easier, and ensure NHS organisations deliver the standard as fast as possible.

What is expected and by when

- By 1 April 2016, healthcare providers must identify and record how their patients need to be communicated with. Whether they are visiting for the first time, or a regular user of the service.
- By 31 July 2016, these records must be in place and all healthcare providers must provide information in a format their patients can read.

You can find more information at <http://digbig.com/5bmqrm>.

RNIB also have a template for a letter for people to send to their doctor which can be downloaded from the address above.

If you cannot access the internet or do not have a printer then please contact us for assistance and speak to either Patrick or Kyle.

VOLUNTEERING

Welcomes and recruitment;

SRSB would like to offer a warm welcome and a big thank you to all our new volunteers. **THANK YOU.**

The new volunteers are working in all areas of **SRSB** both in our Mappin Street Centre and out in the community. These volunteering opportunities cover everything from supporting the activities centre, befriending, tele friending, admin support, catering support, youth club, sports and much more. Without the support and commitment of our volunteers these services would not be available to clients of **SRSB**.

SRSB would also like to say a huge **THANK YOU** to all our existing volunteers who continue to support and facilitate our services for the benefit of **SRSB** clients.

SRSB are currently and actively recruiting volunteers for all roles, specifically: - Volunteer Drivers, to cover holidays and illness; and Community Volunteers for **SRSB** Befriending Service. Travel expenses are reimbursed (contact Debbie our Volunteer Co-ordinator for details).

SRSB is also recruiting volunteers to support **SRSB** Gardening Project and to help maintain the project for development. If anyone is interested in these roles or wants to find out more information please do get in touch with Debbie. Tel: **0114 267 7742** or email Debra.Smith@srsb.org.uk

Upcoming Events

SRSB will be hosting a Celebration of Volunteering Event at our Mappin Street Centre during National Volunteering Week on Wednesday 1st June 2016 from 5pm to 7pm. All **SRSB** volunteers are invited to attend; food will be available as will the opportunity to meet other **SRSB** Volunteers, Trustees and Staff

Anyone interested in Volunteering at **SRSB** can also join us and find out more about **SRSB** Volunteering Opportunities.

SRSB Creative Writing Group, **SRSB** Reminiscence Group and other **SRSB** Volunteer enabled groups will be creating pieces of work, articles and other contributions to the event. Thank you everyone.

This event coincides with our "Evening of Summer Fun" for clients which starts at 7:30pm and volunteers are welcome to stay and take part in this event which continues until 9:30pm.

STUDENT LINKS

SRSB always welcomes students as they are of great benefit to us as well as helping them to gain an understanding of the needs of people with visual impairment.

We have been lucky to have Ella Battye, a social work student who has worked in our activity centre as well as visiting a number of you at home. Ella will be with us until late June

Gardening Project;

Two occupational therapy students: Helen Baron and Adele McCrory will soon come to the end of their

placements where they have been responsible for setting up a brand new Gardening Group / project. This was launched on April 4th and takes place at The Walled Garden, Derbyshire Lane, Sheffield every Monday.

The group is hoping to become established and enable the gardening group to continue after the OT students have finished their placements, providing a lovely green space for **SRSB** clients to enjoy and undertake gardening and gentle exercise. Please go along to the sessions and enjoy this lovely green space with its peaceful and beautiful environment.

A big Thank you to Helen, Adele and Ella for sharing with **SRSB** their commitment, imagination, enthusiasm and knowledge. Thank you so very much.

EXHIBITIONS

Optelec

Monday 23rd May, 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.

O2 Guru day

Monday 6th June, 10:30am to 3:30pm
Smartphone and Tablet advice – learn how you can make your phone talk to you and much more.

Sight Village

This annual exhibition of specialist products and services for blind people,

held in Birmingham at New Bingley Hall each year, is always a popular event. This year we are organising a trip there on Tuesday 19th July. Transport will cost £5, payable at the time of booking. To book please telephone **SRSB** as places are limited.

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

Activities Centre:

Can we thank all of the placement students, volunteers and staff who put in so much effort to make the Activity Centre run smoothly with all of the activities that happen in it. You support the clients and each other with great care and attention to detail and nothing is ever too much it would seem. Your support is invaluable and you are definitely missed when you are not here.

The Wednesday Singing Group has some new faces and we have already been out to Burnt Tree Croft care home singing; our next trip out is to be finalised; it should be at the end of May. The Baking Groups that run across the week are very popular with our clients very keen to have their turn in the kitchen, thank you to everyone that leads and assists in these highly enjoyable and sociable groups.

Our clients are enjoying hand massage and manicures from Adele and Helen our occupational therapy students, who have also begun a Gardening Group at Meersbrook Park Walled Garden, which, again, seems to be very popular. We have begun decorating our dining room to make it more colourful and once we have

finished in there we will move on to other rooms.

Equipment Centre

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

Used Equipment for Sale

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

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

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

CULTURE CLUB

We've had a busy few months with the Culture Club, we've had several trips to the theatre to see a fantastic range of shows including Hairspray; Thriller Live; Tom - A story of Tom Jones; Guys and Dolls. However the highlight was definitely the trip to see Swan Lake. We would never have considered going to watch a ballet as it's so visual but we had heard such good reports about the audio

description and touch tour that took place at Northern Ballet's previous performance that we decided to give it a try. The Touch Tour provided by VocalEyes really gave our clients a fantastic insight into the moves and positions; they were able to feel the costumes and really brought the show to life.

We already have a number of theatre trips coming up including Chitty Chitty Bang Bang and Rocky Horror Show. We are just in the process of advertising for the new season's shows including Chicago, Million Dollar Quartet, Romeo and Juliet, Lady Chatterley's Lover, The Commitments and Annie Get Your Gun.

We have also taken our first day trip to Ripley Castle, we had a fantastic day, we had organised a private group tour which was extremely interesting and informative. We have some great trips planned, soon we're visiting Normanby Hall, in July we are off to Castle Howard and in September we're at Kirkstall Abbey and the Abbey House Museum. In June we are taking our group to see the Sheffield Philharmonic Chorus at the City Hall for their Celebration concert.

To be kept up to date with all the outings and theatre trips please give us a call and ask to be added to the Culture Club mailing list.

Book Club

We are still looking to recruit new members for our Book Club which meets on a Monday evening each month. The same book, supplied in audio format, is read by each member

of the group and the book then discussed at the following meeting. Please contact Joanne Ardern for further information.

SOUTH YORKSHIRE VISUALLY IMPAIRED SPORTS CLUB

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

Football

We held our first football session in April and it was a lot of fun with great people. Our next football sessions will be Saturday 14th May and Saturday 18th June, both sessions 11am to 1pm at All Saints School, Norfolk Park, Sheffield. We then have a break in July after which the football sessions will be the first Saturday of every month.

We are looking to develop both under 16s and adult teams and we are open to all levels of sight and abilities.

For further information on either Goalball or Football please contact Kyle on **0114 272 2757** or email kyle@visport.org.uk

NATIONAL GUIDE RUNNER DATABASE

British Blind Sport and England Athletics have recently launched 'Find a Guide,' a national guide runner database to support more people with a visual impairment to run.

The database is a simple online search function for anyone who is 18 years or older. It is aimed at any visually impaired adult – whether they are new to running or already running and looking for a new guide.

The service is easy to use, safe, screen reader friendly and will allow individuals to connect online with Guide Runners to plan and organise running opportunities which suit individual needs. You can access the database through www.britishblindsport.org.uk/find-a-guide

All guides on the database are trained and licenced – and we have high proportion of licenced guides in Yorkshire

For more information see the **SRSB's** website <http://digbig.com/5bmqjw>

SRSB YOUTH CLUB

We have had some interesting sessions with our Youth Club recently; we had a visit from Jonathan Heenan, one of the British Blind Football Team who the children found really interesting and inspiring. We had a street dance group, who are doing some research with visually impaired people, who came in to dance for the children which they really enjoyed, we are hoping to do a 12 week course with them later this year. They have previously run the sessions in Rotherham and had really good feedback. We've had a discussion group with Orthoptic students which the young people enjoyed. Over the forthcoming weeks we have 'Come Dine With Me' sessions, an evening

playing rounders at Endcliffe Park, a meal out and a number of other exciting things planned.

We also linked in with Action for Blind People who are working with the John Muir Trust, they have organised three residential courses over the forthcoming year. We took the young people along to the first session in Grange-Over-Sands last month; they had a fantastic time, over the next few months they will be doing various tasks and activities that will eventually lead to an award.

Further info from Joanne at **SRSB** or email info@srsb.org.uk

CHILDREN'S ACTIVITIES

Back in January we had a fantastic day out at West Yorkshire Playhouse to watch Chitty Chitty Bang Bang, the event organised by Action for Blind. Visually impaired children from all over the region attend so it's a great opportunity for families to meet up. We had a lovely touch tour and met the cast members.

We are once again involved in The Children's Art Festival organised by the Rotary Club, every year we have our own display of artwork made by the children from our various groups.

We have also organised our annual children's day trip for Friday 5th August, this year we are off to

Skegness so we're hoping for some sunshine.

Little Sparklers

We continue to get new faces at our Sparkler's. We have started to have regular music sessions with Rhythm Time which the children love. We have also organised a day trip to Cannon Hall Farm on Wednesday 6th July.

Further info from Joanne at **SRSB**.

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.

Newsletter Formats

Our newsletter is available in various formats – Audio as MP3 files on a USB memory stick; Large Print – usually 16 point on yellow paper but we can do custom sizes/colours if required; Braille; Email.

Please let us know if you would like a sample in one of these formats.

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

Our next newsletter will be arriving with you in August.

