

SRSB

Sheffield Royal Society for the Blind

INSIGHT

WINTER 2015

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our last newsletter of 2015. We have had yet another very busy year with a number of staff changes but still many new services being developed. We are looking forward to lots of exciting things happening in 2016.

CHRISTMAS ACTIVITIES & NEWS

Christmas Lunches

We will be serving Christmas Lunches on the following days: 17, 18, 21, 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 Party

This will be held on Thursday 10th December starting at 6:30pm and finishing at 9:30pm, held at our Mappin Street Centre, with our special guest The Lord Mayor of Sheffield. 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. Your food and drink is all included in the price and we have great entertainment booked so get your dancing shoes out. As we need time to organise transport the closing date for applications is Thursday 3rd December 2015 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 no later than Thursday 3rd December 2015. 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.

SRSB Christmas Cards

We have packs of cards with 2 designs in each pack, having been designed by children from our Little Sparklers group. The cost is £3.50 per pack of 10 cards. They are available from our Mappin Street Centre or by post. However, we will have to charge postage if we send them out to you.

Christmas Card Labels

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

SRSB Stocking Fillers

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

Tote Bags: £3.50

Pens: £1

Memory Stick £5

Mugs: £5

Lanyards: £2

Glass Cloths: £2

Pin Badges: £2

T-Shirt: £12

Polo Shirt: £14

Sweat Shirt: £20

Hooded Top: £22

Showerproof Jacket: £25

Equipment Centre Christmas News

The **SRSB** 2016 large print calendars are also now available, price £4.

The 2016 large print diaries are also available in 3 sizes: A6 Pocket Diary – £5.15, A5 Midi Diary – £ 6.95 and A4 Desk Diary – £8.95.

We also have large print address and telephone books available in A5 size, £7.95 and the larger A4 size, £9.50.

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

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

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

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

Café VIPS – Service with a Smile

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

please call in for some Christmas cheer.

Christmas and New Year Holidays

To give all our staff and volunteers a well-earned break over Christmas, our Mappin Street Centre will be closed from 24th December and will re-open on Monday 4th January 2016.

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.

NEWS AND NOTICES

Mappin Writers, Off The Shelf

Saturday 17th October 2015

Off the Shelf – Mappin Writers

A couple of days before the event I was encouraged to be in the audience. I got to Mappin Street early so that I could find out more about the event and get a good seat.

I sat waiting as the room around me filled up. I hardly knew anyone in the audience and it became noisy very quickly. As the event began I was impressed with the way it was organised – the readers were clearly used to reading people's contributions and had rehearsed and spoke with very clear voices.

The level of writing was higher than I expected – there were stories and poems, from sadness to humour. It was up to date and I identified with some of the material. One of the stories was about internet dating which took me right back to when I was on the dating scene.

I laughed with the audience and felt very comfortable with the people around me. A large range of subjects were covered with twists along the way.

Afterwards it inspired me, I thought I was no writer but ideas came to me quickly. I felt that I needed help writing down my ideas and someone suggested that I go along to the group

and give it a try. So I decided there and then to go along at least to thank them for a great afternoon.

So the following Friday I went along and here I am with my first piece. Let's hope it's the first of many to be considered for next year's Off the Shelf event.

Thanks, Carol Forrester (Mappin Writer)

Mobile Information Unit

Our mobile unit has been busy throughout the summer at various events and venues, informing the general public about how to look after their eyesight and the support services available from **SRSB**. Liz Bowman who launched this service a year ago is having a slight change of role with **SRSB** but more of this later in the newsletter under the heading of "staff".

RP Support Group

Please note our next meeting has been rescheduled for Wednesday 9th December at 2pm. We will have a specialist coming along to talk about how glaucoma can affect people with RP.

Welfare Benefits

Winter payments

For winter 2015 to 2016 you could get £140 off your electricity bill through the Warm Home Discount Scheme and it is a one-off discount on your electricity bill, usually between September and March. The discount will not affect your Cold Weather Payment or Winter Fuel Payment if applicable.

To be entitled to the discount the electricity bill has to be in either your

name or your partner's and you have to be receiving either Guarantee Pension Credit, income related Employment and Support Allowance or Job Seeker's Allowance, or Income Support. Most providers are part of the Scheme.

As the providers can access details from the DWP in relation to the Scheme it should be awarded automatically; you should receive a letter by 24 December 2015 either confirming this, or inviting you to apply by 29 January 2016. If you do not get a letter but think that you may be eligible you can contact the Warm Home Discount Team on **0345 603 9439**.

Benefits changes

There have been many changes to existing benefits and more are anticipated in the future so if you have any queries, or particularly if you have any forms that require completion, please do not hesitate to contact us so that we can arrange for a Community Advice Officer to speak with you. Personal Independence Payment is gradually replacing Disability Living Allowance for working age recipients. This has already started and people are being contacted by the DWP; over the coming months everyone will gradually be transferred to the new benefit. You will be contacted by the DWP and given instructions on what you need to do and the process involved. We would strongly urge you to contact us before responding to any correspondence.

Drop in sessions

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

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

Audio Described Performances at Sheffield Theatres.

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

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

November

The Bodyguard
Lord of the Flies
The Distance
Rebecca

December

Aladdin
59 Minutes to Save Christmas
Emergency Story Penguin

January

Show Boat
An Inspector Calls
Annie

February

Hairspray
A Raisin in the Sun
King Charles III
Waiting for Godot
The 39 Steps

March

Gangsta Granny
Swan Lake

April

Single Spies

June

Flowers for Mrs Harris
The Government Inspector

July

Chitty Chitty Bang Bang
Contractions
A Dream

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

It is also encouraging that more performances at the studio in the Crucible are being audio described at the moment.

Juiced Music Night

On the 4th of December KyleCrossland is organising a night for like-minded individuals who would like to listen to live music at a local bar/venue. We are hoping this can turn into a regular event and the music will vary each time. Money will be required for drinks and dependent upon the venue, their entry fee. If you are interested in this and future nights please contact Kyle at **SRSB**.

Cairn Home

SRSB owns and operates Cairn Home at Crosspool. It is a residential care home which specialises in care for elderly people with a visual impairment. It always receives excellent reviews when inspected by the Care Quality Commission, Sheffield City Council etc but the nicest review we have seen was done by Healthwatch Sheffield, an independent watchdog. Their report can be read at <http://goo.gl/SNO9vm>

If you are considering residential care before winter is upon us please visit Cairn Home for a look around. If you want to stay for a few nights to find out what it is like that is fine as well. You can turn up at any time without an appointment if you want to but we would advise contacting the manager, Kevin McGrath, to ensure that there is somebody who can spend some time with you when you visit. Please telephone Kevin on **0114 266 1536**.

Contact the Elderly

This is a charity which changes the lives of people aged 75 and over who live alone and cannot get out on their own. They are solely dedicated to tackling loneliness and social isolation among older people.

Supported by a network of volunteers, the charity organises monthly Sunday afternoon tea parties for small groups of older people, aged 75 and over, who live alone, offering a regular and vital friendship link every month.

Each older person is collected from their home by a volunteer driver and taken to a volunteer host's home for

the afternoon. The group is warmly welcomed by a different host each month, but the drivers remain the same which means that over the months and years, acquaintances turn into friends and loneliness is replaced by companionship.

Their tea parties are a real lifeline of friendship for their older guests who have little or no contact with family or friends. They bring people of all ages together, develop fulfilling friendships and support networks, and give everyone involved something to look forward to each month.

For further information you can contact Carolyn at **SRSB** or the South Yorkshire and Derbyshire Regional Development Officer, Angela Handforth, on **0114 230 2343** or by email to angela.handforth@contact-the-elderly.org.uk. More information on the organisation is available online at www.contact-the-elderly.org.uk

EYECAN PROJECT UPDATE

Computer Training

As usual we are offering a computer class for visually impaired people, however this course is for people that have some useful sight remaining. This takes place at the Limbrick Centre in Hillsborough.

This is because there is no specialist technology available.

Having said that the staff are great and we are able to produce the work books in large print.

If you are able to read this newsletter in 16 point print format you should be able to take part in these classes.

The classes run for 10 weeks and each session lasts for 2 hours. You need to be able to get to Hillsborough as this is where the classes are held.

Pottery Class

In the last issue we asked for people to contact us if you have an interest in attending a pottery class.

A number of people contacted me which allowed me to talk with the hosts and tutor of these classes.

I have not been able to contact every one as I had problems with my emails for a while so here is an update.

The art studio is in the city centre, accessible by public transport. There have been many discussions with people interested in a pottery class which is now being planned for April next year. However due to the cost of hiring the art studio and the tutor we need to ensure that we have enough participants to share the costs and also a commitment to attend regularly.

The course will consist of 8 weekly sessions of 2 hours duration with a cost of £15 per person for each session a total cost for the course of £120.

Once the art studio and tutor is booked I am committed to paying for the full 8 weeks so I will therefore be asking for payment in full before the course starts. If you would like to start paying by instalments please do not hesitate to contact me.

Anybody wanting to register for the course should contact me.

For further information on the computer training or pottery class

please call Alan on **0114 220 7007** or **07961 406739** or email Alan@eyecan.org.uk

BIRTHDAY CELEBRATIONS

100th Birthday Congratulations

Many congratulations to Vera Crompton, Mabel Wilkinson and Edna Robinson who celebrated their 100th birthdays recently.

80th Birthday Party

Betsy Wilson, who many of you may know, celebrated her 80th birthday in October with a big party held at **SRSB** on a Friday evening. Betsy organised and paid for the party herself and quite appropriately there were 80 guests present, many from the Sheffield Visually Impaired Walking Group and other contacts through **SRSB**. We all had a fantastic time enjoying the food, drink and great company with music provided by Bill Skipworth on the piano. Thank you for a great party Betsy and thank you for holding it at **SRSB**.

Morecambe Bay Walk

In September, Sheffield Visually Impaired Walking Group held a walk across Morecambe Bay as a fundraising event and to date the proceeds total just over £2,200, a fantastic effort so thank you to everyone involved.

Special thanks to Cedric Robinson MBE, the Queen's Guide to the Sands, for seeing everyone across the bay safely.

Art Exhibition

Congratulations to Christine Smith, one of our clients, who during October

held an exhibition of her paintings and drawings at Cotie Gallery in Rotherham.

When Christine was recuperating from surgery for a brain tumour, she was introduced to an artist who encouraged her to draw. Little did she realise at the time, how this rekindled passion would develop into a prolific collection of drawings and lead to exhibitions of her work.

Surgeons removed Christine's left eye and rebuilt her face, and she now has no sense of smell or taste.

"My art keeps me going," she explained. I am passionate about art and about animals, and drawing them has helped me to rebuild my life."

CAMPAIGNS & ISSUES

Tactile Paving Consultation

The Department of Transport are currently considering changing their guidance on the use of tactile paving in certain situations and currently are in the consultation phase. In order that we can give them an informed response from as many blind and partially sighted people as possible we are holding our own consultation event on Tuesday 24th November 2015, 2pm at our Mappin Street Centre. If you would like to attend please give us a call to let us know.

If you would like to read the consultation document in advance of our meeting it is available online at <https://goo.gl/RqqcNH> Please note that the consultation document includes a number of diagrams of tactile paving layouts – we will have

tactile versions of these plans available at our consultation event.

Bus Route changes

By the time you are reading this you will have found out that there are many changes to bus routes.

People from the passenger transport executive held two information days about these changes at our Mappin Street Centre. These were very helpful to the participants. We had a route by route discussion to the changes.

We only had a few people attend which was a bit disappointing because of how many people use the buses, but having said that for the eight or so people that did attend we were able to ask questions about our own routes. If many more people had come it would have taken so much more time, the meeting was planned for an hour and a half, but after two hours we drew the meeting to a close.

So a big thank you to Paula and Mike from South Yorkshire Passenger Transport Executive (SYPTTE) the latter of whom has an excellent knowledge of the bus network in the South Yorkshire area.

If you need to find out details about the changes please ring Traveline on **01709 51 51 51**. We were also told that new staff have also been employed to help with the increased volume of calls to this service.

Bus Concessions

SYPTTE have recently carried out a further consultation about their services and the local benefits for people with bus passes. **SRSB** held

our own consultation events over 3 days with 52 people participating and we had some great feedback from you so thank you to everybody that made time to attend. Whilst many of you have submitted your own responses to the consultation **SRSB also** made a submission on behalf of all the people present at our events.

We are now awaiting SYPTe's proposals following the consultation. Hopefully there will not be any proposal to change local travel concessions but if there are any such proposals we will be contacting people again to consider how we should campaign to retain the concessions which are so vital in enabling people to maintain their independence.

Orange Wallets for VI Bus Passes

We had been getting reports that people were not getting an orange wallet issued with their visually impaired bus pass. There has been a gap while SYPTe reviewed their use.

As drivers have been trained to recognise that if a person holds out an orange wallet – then they should recognise that the person is visually impaired and give appropriate assistance. Because they are so useful to drivers and visually impaired travellers SYPTe have now ordered new wallets which should be available in the near future.

NHS Complaints Advocacy

VoiceAbility is a new service which exists to help people who need to make a complaint about healthcare in Sheffield.

While most people are confident enough to make complaints for themselves some people including children and young may not feel they are able to or may feel that they are not being listened to. They could also support visually impaired people with writing letters and attending meetings. VoiceAbility can appoint an independent advocate who can guide you through the process and discuss the different options with you.

VoiceAbility can be contacted on their helpline **0114 4070 081**.

Get Involved in Adult Social Care – Quality Improvement Network

Sheffield City Council's Adult Social Care services highly value the views of people who use their services and their family carers. They also welcome the views of those who arrange and pay for their own care and support (self-funders). They want to work with you to make improvements to services and the information we provide.

There are various ways that you can choose to get involved and have your say when you join the Quality Improvement Network. These include:

- Joining one of the Service Improvement Forums where along with senior managers you'll check up on the quality of services and work with the council officers to set priorities and plan for the future. They have forums for :
- Carers
- Disabled adults and older people
- People with a learning disability
- People with a mental health condition

If you have an eye for detail you can help the council improve their information at our friendly and informal Readers Group – adjustments are made for people with visual impairments.

Or you can simply receive a briefing paper and get in touch if you have views on what's happening. This is available in large print, audio CD and Braille.

The council will provide support and adjustments for you to attend including paying out of pocket expenses for things like travel and personal assistants. For more information or to get involved please contact:

Christina Shipley on **0114 293 0037** or Mel Rice on **0114 273 5299** or email involvement@sheffield.gov.uk

www.sheffield.gov.uk/gettinginvolved

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

Activities Centre

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

Minibus

For passengers on Dennis' minibus, which is now over 12 years old, we have some good news. We have been fortunate to receive funding from Department of Transport for a brand new minibus to replace Dennis' bus which is nearing the end of its economic life. We placed the order for the new minibus in October but by the time the van has been delivered from Germany and then gone to the firm that converts it to a minibus it is likely to be March/April 2016 before we take delivery of it. Fingers crossed that the old bus lasts that long!

Equipment Centre

One of the popular products is RNIB's Penfriend which is an audio labelling device and which came out a few years ago. This has just been upgraded to Penfriend 2 which we have in stock for demonstration and sale – price is £74.99.

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 £1500. If you are not sure

whether you would make full use of one of these magnifiers then we can arrange for free loan equipment on a trial basis. Please call in to **SRSB** for a demonstration.

EXHIBITIONS

VisionAid Exhibition

VisionAid are a company specialising in a range of technological aids to enable visually impaired people to use mobile phones, computers, electronic magnifiers and reading machines.

They will be holding an exhibition at our centre from 10am to 2pm on Thursday 26 November. They will be displaying a range of handheld magnifiers, desktop magnifiers, reading machines, computers with easy access software, as well as mobile phone software to enlarge your screen and read out text.

Come and see what they have to offer. They will also arrange free demonstrations of equipment in your own home.

STAFF AND VOLUNTEERS

Services Manager – Aletheia Gentle joined us at the end of September and is currently learning about everything that we do – a steep learning curve because we do so much but she is settling in well. If anybody would like to discuss any of our services Aletheia would be happy to discuss them with you.

Mobile Information Officer – Julie Turnbull has just joined us in this role at the beginning of November. She has replaced Liz Bowman who is taking on a new role with **SRSB**.

Community Engagement Officer –

This is a new role which Liz Bowman is taking on from the beginning of December. The purpose of this role is to build closer links with community groups across the city to promote eye health and raise awareness of the services **SRSB** provides to support people with sight problems. Particular emphasis will be on engaging with disenfranchised or disengaged groups, including groups from BME communities.

Both Julie Turnbull and Liz Bowman will also be delivering visual impairment awareness training to external organisations as well as internally to trustees, staff and volunteers.

Activities Centre Manager – David Cox is joining us in this role from the beginning of December. Some of you will know David from his work running our singing group on Mondays and Wednesdays. David will be managing the Activities Centre with Lesley Miles continuing in her role as Activities Centre Co-ordinator.

Finance Manager – Donna Crookes who started with us in July and had settled in very well, unfortunately had to leave at the end of September due to personal circumstances so we are currently recruiting for a replacement.;

Cleaner – Norman Antcliffe retired from this role at the end of August and her replacement who has just joined us at the beginning of November is Kathleen Goodison.

We are also currently recruiting for a part-time Volunteer Co-ordinator and

hope to have this post filled over the next month or so.

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

CULTURE CLUB

Once again we've had a busy few months. In September we had a fantastic day at Haddon Hall, the tour was really informative, staff were extremely helpful and it was a very hands on experience that the whole group enjoyed. In October we visited Yorkshire Sculpture Park to see the Poppies 'Wave' sculpture. Again everyone really enjoyed themselves. We have Chatsworth House already booked up for 7th November, when we're off to see their Christmas lights, which this year, are themed around Wind in the Willows. We've also had several trips to the theatre including Dirty Rotten Scoundrels, The Curious Incident of the Dog in the Night Time and Jersey Boys. We have more booked in for the rest of the year. By the time you read this we will have been to see The Bodyguard, and into

the next year Rebecca, Showboat, Hairspray and Chitty Chitty Bang Bang.

We have a Christmas catch-up on 7th December to look at ideas for next year. Hope you can join us.

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

Book Club

We are currently looking at recruiting new members for the group. This meets on a monthly basis, usually on a Monday evening from 5pm. If you would like more information please contact Joanne at **SRSB**.

HOLIDAYS AND TRIPS

We are starting to think about holidays for 2016. In recent years we have only been organising holidays within the UK but in the past we have organised holidays to places like Spain and Turkey. If you have any suggestions of possible places to go on holiday then please let us know.

We will also be thinking about the annual day trip – should it still be to the traditional seaside resorts or somewhere different? Would you also like a trip to see Blackpool Illuminations next autumn?

Please let us have your thoughts on all these ideas by contacting Aletheia at **SRSB**.

LEISURE EVENTS AND SPORT

Sports and Leisure groups

There are a wide range of sports and leisure activity groups for visually impaired people in Sheffield.

Most of these groups have been running for many years but as some of the older members are no longer able to take part in the activities the groups are always looking for new members to join them so that the activities can continue. In particular, the groups currently looking for new members are the Visually Impaired Walking Group, the Bowling Group, Ten Pin Bowling Group and the Macular Group. The Bowling Group are also currently wanting some sighted volunteers to help them.

Why not try something different – as well as the group activity you have the opportunity to make some new friends.

For further information please get in touch with the named contact on the enclosed list of self-help, sports, and leisure groups. Alternatively please get in touch with **SRSB**.

Tandem Cycling

Unfortunately the start of the tandem group has been delayed due to difficulties sourcing a suitable trailer to transport the tandems. We are continuing to work on this and hope to be able to get a trailer sorted so that the tandem cycling can start in the spring.

Congratulations

We would like to send HUGE congratulations to Mr Niall Patrick

Guite, Grandson of one of our clients Mrs Brenda Tomlinson.

Niall was not only selected to represent Great Britain in the Basketball team for the 14th Special Olympics World Summer Games in Los Angeles in July, but the team won Gold!!!

Well done Niall...we are all exceptionally proud of you!

CHILDREN AND YOUNG PEOPLE'S ACTIVITIES

Little Sparklers

We had several of our long term regulars move on to full time nursery and school in September and we will miss them but it's nice to see some new faces coming along to the group. We continue to get good feedback and regularly get families from all over the region attending.

Youth Club

Our Youth Club continues to grow and we have a good group of enthusiastic regulars attending every week. We took five of the young people along to the Action for Blind People (Action) residential activity session in Burnley at the end of August. They all had a fantastic time and are still talking about their experience. We also took some of them along to the regional Actionnaires athletics event at the EIS in Sheffield, again they had a brilliant time and all did really well. We have some exciting sessions planned for the forthcoming weeks.

Trips

We have just sent out information for the annual theatre trip to West

Yorkshire Playhouse. This regional event, organised by Action, always proves very popular with the children and their families. This year it is Chitty Chitty Bang Bang; it is an audio described performance which involves a brilliant touch tour and children get the opportunity to try on costumes. It's a very interactive, accessible experience for all the children whatever their level of vision. We are also just in the process of organising our Christmas parties. The main children's party is at Monkey Bizness on 19th December, 7:15pm to 9:15pm. For more information on forthcoming activities please contact Joanne at **SRSB**.

SHEFFIELD TALKING NEWS

Sheffield Talking News (STN) produce a weekly newspaper and also a bi-monthly magazine, both in audio format. STN is an independent charity from **SRSB**, managed and run solely by volunteers. They are still based at our Mappin Street Centre where they have their own recording studio. STN also record the audio version of our newsletter which we are very grateful for.

If you would like to try the weekly newspaper which consists of interesting articles from The Star and other local publications plus other useful local information then please let us know and we can arrange for a demonstration. There is no charge for this service and STN will also provide a player on free loan.

NEWSLETTER

This is Maya Moudnani.

I get the newsletter and I have just finished reading the autumn edition.

I would just like to compliment the team for putting together such comprehensive information, news, tips, gossip (if I may call it that!) and so on.

The newsletter is done with such clarity and care that I personally feel very grateful and humbled by all the effort you put in to keep us up to date.

Many, many thanks, Maya

Thanks to Maya for this lovely message. It makes compiling the newsletter so worthwhile when people let us know they enjoy it.

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

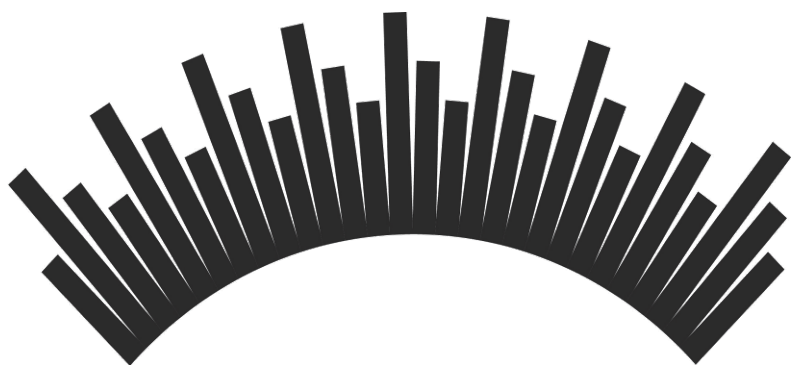
This newsletter is available in a variety of formats. If you are struggling to read this newsletter, then please contact us to discuss other formats. The formats currently available are:

- 16 point print on yellow paper
- Print at a font size to suit you on a variety of different coloured paper
- Braille
- Audio in MP3 format on a USB 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

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