



SRSB

Sheffield Royal Society for the Blind

INSIGHT

SUMMER 2014

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our latest newsletter which we hope you enjoy. We have been busy over the last few months with a number of issues arising from council funding cuts, especially the removal of local travel concessions and changes to the Talking Book Service – further information later in this newsletter.

NEWS AND NOTICES

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 23rd 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, but please do **NOT** return unsold tickets to us as we do have to pay postage for the FREEPOST envelope if you use it.

Even just putting a stamp on the Freepost envelope and crossing out "Freepost" will help us by saving us the postage costs.

Talking Book Service

For people who have been subscribed to the RNIB Talking Book Service you should have received a letter from us detailing the options available to you. This includes paying for your own subscription to the RNIB Talking Book Service and you should also have received a letter from RNIB offering you this at the discounted price of £35 for the first year. For people who do not wish to take advantage of this offer we have agreed with Sheffield City

Council Library Services for them to fund membership of Calibre Audio Library and for those people who need a player for this service this is available on free loan through a free subscription to Sheffield Talking News. If you have not already done so please return the form we sent you at the end of March so that we can make sure you still have access to audio books. If you have any questions about these changes please do not hesitate to telephone us on **0114 272 2757**

Another option for audio books is an Amazon Kindle which can display the text of the book on a screen and magnify the text to the size you prefer or read out the text. The different models cost from about £70 up to about £200. If you want to find out more about this option we can demonstrate this in our Equipment Centre. Please call in to see Rob McCann who will be happy to demonstrate it to you.

SRSB Insight Event

We held another successful Insight event at Sheffield Town Hall on Wednesday 9th April hosted by the Lord Mayor of Sheffield, Councillor Vickie Priestly and also attended by our Patron, The Earl of Scarborough who presented one of our long standing volunteers, June Lloyd, with a bouquet of flowers in recognition of many years supporting people through

her work with our Charles Bonnet Support Group and also as a Tele-Friend. Many of our services were showcased by our supporters, clients, volunteers and work experience placements with the afternoon concluding with afternoon tea. We hope those of you that joined us for the afternoon found it informative and enjoyable.

SRSB Audio Library

The library at our Mappin Street Centre has a large stock of audio books on cassette tape but very few people are using these now so we have decided to dispose of the books. If anybody would like some of these books they are available for collection from **SRSB** free of charge.

Flat at Crosspool

One of our flats at Crosspool is currently available for rent. This is an unfurnished, one bedroom, ground floor flat that is very conveniently located on Selborne Road, close to the shops and bus stops. This is for people able to live independently with no additional support being available.

All enquires to Olwen Greensides on **0114 272 2757**

My Guide

This is a service that we are developing in Sheffield in conjunction with Guide Dogs (the organisation, not the animals!). Volunteers will receive guiding training to enable them to guide people with a visual impairment with the aim of developing people's confidence and independence to go out again to do the things they enjoy.

If you are interested in finding out more about this service and how you might benefit from it we are holding a formal launch event here at our Mappin Street Centre on Wednesday 23rd July commencing at 11am with a buffet lunch provided.

Also, if you know of anybody that might be interested in becoming a volunteer guide there will be more information about how they can join the scheme and they are welcome to attend as well.

Places are strictly limited at the event so if you would like to attend please give us a call on **0114 272 2757**

Discussion Group

Boom and Bust: Austerity and Growth!

The discussion Group continues to be a success. At the first meeting we chatted about how we would run the group. We decided that we wanted everybody to have the chance to speak if they want to and that we would respect everybody's views even though we might not agree with them.

Anybody who wants to can lead the discussion and we can take it in turns to act as Chair.

We meet every month on the first Monday unless it's a Bank holiday and then it's the second Monday. The next meeting is on the 12th of May at 11am. Please come.

At the last meeting Alec Jenner (retired Professor of Psychiatry) talked about his life from the war years to his career in Sheffield. Memorable episodes included the time he sent a letter signed by many of his colleagues

asking to stop the Russian Authorities putting dissidents in hospital. He also talked about his influence from Freud, Stengal and later the Italians who believed in treating people in society. There were many anecdotes and memories about what it was like to live through that period in Sheffield and also what it was like to be a patient or worker at Middlewood hospital. The discussion moved on to the vast differences between the NHS and the American health system where people have to sell everything for major treatments.

The next meeting will be led by Ray Sockett who will be talking about economics. It's called 'Boom and Bust – Austerity and Growth.' Do come and have a coffee and join in. We'd love to see you!

If you are interested just come along at 11am on 12th May or phone us on **07534 067 255** for a chat.

Anne and Alec Jenner.

After the meeting you might like to have lunch in our café and continue your discussions.

New Social Group

Our new Social Group meets every Monday, 10am to 12:30pm and more members are welcome to attend. On the second and fourth Monday the group meets at our Mappin Street Centre, on the other Mondays trips out are organised. If you are interested in attending please just call in on either the second or fourth Monday.

In our last newsletter we referred to this group replacing the Ravenscroft

Group. This was a misunderstanding and the Ravenscroft Group continues to meet every Tuesday at Smelterwood Drive, Stradbroke, full details in the enclosed Diary and Self-Help, Sports, Social And Leisure Groups. Our apologies for any confusion we may have caused.

Retinitis Pigmentosa (RP) Support and Information Group

We had another successful meeting last month with good numbers still attending. Mr Quhill, one of the consultants from the Eye Clinic came along to talk, he was very impressed with the group and has said he will try and attend every meeting along with Mr Acharya.

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

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

Glaucoma Support and Information Group

We have not had much response from people about the need for this group so for the time being we are suspending meetings. If people do want to start these meetings again please give us a call.

Age-Related Macular Degeneration (AMD) Day

Saturday 5th July 2014, London

This free one-day event provides an opportunity for people with AMD to

interact with charities, researchers and healthcare professionals. Patients will hear first-hand the progress being made in world-leading research into gene and stem cell therapies to treat different forms of macular degeneration and be able to discuss the future of our research to ensure it focuses on the aspects of AMD that are most important to people living with AMD.

If you are interested and would like to book your place for the day please go to <http://digbig.com/5bjxqp> .

Registration closes 5pm Monday 9th June 2014.

"Support and Sharing" Group

We all know that losing your sight isn't easy for anyone, but there are some people who find it really hard to cope with. The first "Support and Sharing" group started in March and is just about to hold its final 6th session.

Preliminary feedback from the participants has been very positive so we are looking for people to start a new group which we hope to start in June for 6 sessions. Sessions are on Tuesday afternoons, from 2 to 4 pm, held every 2 weeks.

The sessions, which are facilitated by Trish and Brian who are both registered blind themselves, are intended primarily for people who have recently started losing their sight but can also be of benefit to people who lost their sight a while ago but are struggling to come to terms with the challenges they encounter. Group members are encouraged to talk openly about their feelings about sight

loss and share their experiences with a small group of people going through a similar experience, knowing that anything they say is confidential.

If you would like more information about the group, please contact Olwen, Joanne or Dyane at **SRSB**

Welfare Benefits

Many benefits are in the process of change or may change over the next year or so. There are changes also to Housing Benefit which may reduce the amount some people are entitled to. If you are affected by any changes and would like advice then please do not hesitate to contact our Community Advice Officers. 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. This is particularly important if you are currently in receipt of Disability Living Allowance (DLA).

Prescription Costs

Low income scheme

People in receipt of income related benefits such as Income Support, Job Seekers Allowance and Guarantee Pension Credit automatically qualify for help with NHS charges, but we just wanted to remind people that there is also a scheme by the NHS Business Services Authority which provides help to people on low income. If your capital is £16,000 or less you may be eligible for help depending upon your income.

You can claim on form HC1 which is available from Jobcentre Plus offices and which may be available at some hospitals or GP surgeries, but we have been able to download the form if you don't have access on line.

If you would like to discuss any aspect of the scheme and/or eligibility please contact one of our Community Advice Officers at **SRSB**.

Limbrick – Computer Course

Over the past 5 years there has been a computer course held in Hillsborough for visually impaired people: -

“Hi my name is Jayne. I teach IT at the Limbrick Centre every Tuesday between 12 and 2. I have been teaching the partially sighted group for approximately 8 years, and I must say it seems like only a couple, it's amazing how time flies when you are having fun. I teach a range of subjects from Word Processing, Desk Top Publishing, Spreadsheets, Database, PowerPoint to Internet and Email. For the complete beginners we start at the basic level and work through to Level 2. Most learners stay with me for a number of terms, working their way through all of the different subjects – but if you only wish to learn one subject then you are quite welcome to stay for just that one.

We are a friendly bunch and it's more fun than just learning, stopping mid-way for tea and biscuits. Last term we had a learner that baked each week for us, and she is back next term - so I can't wait!

If you think it sounds like the kind of group you would like to join give Alan a ring.

We hope to meet with you in the near future. Best Wishes, Jayne.

For more information contact Alan Thorpe on **0114 220 7007**. We are taking names now for people to start in September.”

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>

May	One Man Two Guvnors Boeing Boeing
June	Buddy Last of the Duty Free
July	West Side Story
October	Twelfth Night
December	Anything Goes
January 2015	Dick Whittington
June 2015	Shrek – The Musical

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

100th Birthdays Congratulations

Many congratulations to Annie Gillard, Barbara Byne, Gladys Borrowes and Edna Barnett-Jones, who all celebrated their 100th birthdays recently.

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.

Three medical students Alex, Ashy and Paru completed their placements with us shortly before Easter. They had quickly proved themselves popular and said they felt the experience had given them an insight into the day to day challenges of living with visual impairment.

We have also been fortunate to have two Occupational Therapy students, Kirsty and Matt who were with us until the beginning of May, they developed the cooking group and an art/craft group which we hope will now continue to run with the help of our volunteers.

University Research

We are regularly contacted by students at both Sheffield Hallam University and the University of Sheffield for support with their projects and research. Many of you are happy to get involved with these projects, which is of great help to the students so thank you. Regardless of the outcomes of the projects and research we hope that the students have a better understanding of sight loss which they will utilise in their future careers.

We currently have a research project due to start very soon and Nina Szymor from the University of Sheffield has submitted this request for assistance.

“Linguists from the School of Languages & Cultures at the University

of Sheffield are planning to conduct a study into how people find out what words mean. We are looking for 12 congenitally blind, native speakers of English. The study will be taking place this summer and we'll meet at a mutually convenient place. You will be paid £7.50 in compensation. If you'd like to take part, please contact Nina via e-mail: nsszymor1@sheffield.ac.uk. Thank you”

SRSB Teadance!

At the end of March we had the second Teadance at our Centre. The dancers needed no second invitation at the **SRSB** Tea Dance. As soon as the music started to play people found their partners and the floor came alive. Members of the Sheffield University Dancesport Team brought their youthful expertise to the event and were quick to find partners from around the room. They shared their passion for Latin and ballroom dancing with many of the **SRSB** regulars. And there was a mutual respect for dancing skills across the generations.

Marie and Stuart, both now in their 80s began dancing together when they met as teenagers. The student dancers were full of admiration for their footwork. And the couple, who've been married for 61 years, were soon leading the way in a sequence dance with a line of student couples following their steps. The speed with which the students picked up dances which were new to them impressed one of the couples who attended: -

"It's nice to see young people dancing as well, it's very encouraging and they

are like sponges, they just pick everything up so quickly."

The Dancesport team take part in University Dance competitions on a regular basis and practise their routines to perfection. So a social dance with the opportunity to dance with lots of different partners was a lot of fun for them.

"We all love ballroom dancing, so any chance we get we like to be practising," said their dance captain Lina. "Coming to an event like this and getting to dance with other partners, it's great practise for us. We came to **SRSB** last year and we were all very keen to come back again because we really enjoyed it."

Lunch and drinks were served by helpers from Sheffield Volunteering and they also impressed the tea dancers with their friendly attitude and willingness to help.

Great displays from talented dancers and musicians made for a fun-filled afternoon.

STAFF AND VOLUNTEERS

As reported in our last newsletter Robert McCann has been appointed to manage our Equipment Centre. He has quickly established himself as a friendly helpful addition to our staff, and is keen to further improve the service we offer helping people to select the most suitable equipment for their needs. See below for more details of the Equipment Centre.

Those of you who attend our Centre will be aware that Lesley Miles, Joint Activities Centre Co-ordinator, has

been off work ill since early February. She is starting to make a recovery now and we wish her well, looking forward to her return although we are still unsure when this will be. In her absence Debbie Weller, Joint Activities Centre Co-ordinator, has coped admirably with marvellous support from her team of Activity Centre Volunteers, some of whom have been able to attend extra days and give Debbie the occasional day off – A big Thank You to those volunteers from Debbie and everybody at **SRSB**.

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

Activities Centre

Recently, Activity Sheffield have been visiting our centre on a Thursday delivering Chairobics sessions each morning for about 45 minutes. These were very popular and following the conclusion of the 8 week session, Activity Sheffield have started another 8 week session on Wednesdays which is also proving popular with everybody.

With Chairobics being so popular we are now investigating how we can fund sessions Monday to Friday on an ongoing basis.

With the summer months ahead and hopefully some nice weather we are currently planning some short trips out to parks, garden centres etc.

The Activity Centre provides an opportunity for people to come out 1 day per week with door to door transport provided as well as a freshly cooked lunch and a range of activities to get involved in. However, most

people enjoy just socialising and making new friends.

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

Social Evenings

On the third Thursday of every month we have a social evening from 7:30pm to 9:30pm with entertainment and supper provided. We can usually offer minibus transport as well. The cost is £4 plus £2 if transport is provided. If you don't go out often and would like a night out in a safe environment where you will be looked after then please give Debbie or Olwen a call on **0114 272 2757**

Technology Training at SRSB

This is available at our Mappin Street Centre whether it is using Windows based computers with the inbuilt magnification aids or you require more specialised magnification/ speech packages. We can also advise and demonstrate tablets and smart phones, both Apple and Android based devices. Please contact Darren at **SRSB** to arrange an initial chat and demonstration of what is available as well as free training in computer use.

Equipment Centre

We have a small stock of this year's Calendars. **SRSB** large print calendars are now reduced to £3, These are going fast so do drop in or let us know if you need one as we will not be able to get more.

We also have some stock items which are discontinued lines – these are well marked down in price – for more information please contact Robert in the Equipment Centre.

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

Used Equipment for Sale

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

We also have some used folding wheeled walkers for sale, some 3 wheeled and one 4 wheeled with a seat. They are all in good condition and just £25 each. If you are struggling with your mobility and think you might benefit from one of these please call in at our Mappin Street Centre or if this is difficult for you give us a call and we will bring one out to you to try.

Health and Beauty Centre

The services provided by our fully trained and insured visiting professionals continue to prove extremely popular: -

Jenny our chiropodist comes regularly on a different day each week and is usually booked up well in advance.

Linda and Jo, our hairdressers are regular visitors and can usually be booked at shorter notice. You can book to see our chiropodist and hairdressers by ringing our main number **0114 272 2757**

Dr Sarah Bryan, whose treatments featured recently in the Star, Yorkshire Post and Telegraph has been offering massage therapy at **SRSB** for nearly two years as well as at her other centres, one in Hillsborough and the other in Sheffield centre behind the Cathedral. She offers holistic therapeutic massage, holistic sports and remedial massage, hands free deep tissue massage and aromatherapy. She integrates all of these approaches in each treatment session, to address specific areas of pain, tension and injury. She is a registered member of the Massage Training Institute (MTI), an associate member of the International Federation of Professional Aromatherapists (IFPA) and is registered for massage therapy with the Complementary and Natural Healthcare Council (CNHC).

Sarah continues to attend regularly, though sadly her loyal guide dog Quannie (otherwise known affectionately as "Beanbag!") has now retired with a long service medal so Sarah is waiting for a replacement and currently getting back into the swing of travelling with a long cane.

Remember, to book treatment with Sarah, you do need to contact her direct: -

Telephone: **0114 233 9693**
or Email sarah@sbholistic.co.uk

Holistic Therapists

Joanne Mason and Chris Hancock have recently become a welcome addition to our Health and Beauty team – you should contact them direct on their numbers below – these are their introductions: -

“My name is Joanne Mason; I am a qualified Nail Technician, Beauty Therapist and Complementary Therapy Practitioner with 8 years’ experience. I am a member of the Federation of Holistic Therapists (FHT). I offer a range of treatments and therapies. Please feel free to contact me to discuss any treatments or therapies that you may be interested in receiving at **SRSB**. Please contact me on **07949 106 061**, I look forward to speaking with you.”

“Hello everyone,

My name is Chris and I am a fully qualified and insured therapist, registered with the FHT. My treatments include: massage, aromatherapy, reflexology, Indian head massage and facials. Prices range from £6 to £33, depending on the treatment selected by the client. I am visually impaired myself and a guide dog owner, so I am aware of the problems faced by people with little or no sight, visiting a large salon. I work at Firth Park, where I rent a room in a hair salon and most of my clients visit me there. I also work at Cairn Home one morning per week and fortnightly at a residential home for adults with learning disabilities at Woodhouse. I have been visiting both of these homes for twelve years and have got to know

some of the residents really well. I have been a volunteer at **SRSB** for around fourteen years now, mainly assisting Dyane with visual impairment awareness training for medical students and other groups of staff in different workplace settings. I have recently volunteered to do some one-to-one support with people who are new to sight loss. I would welcome any clients, staff and volunteers of **SRSB** to try out one of my treatments, either at the salon or at the Mappin Street Centre, if you prefer. Please contact me if you would like any further information or to book an appointment and I will be happy to help. My contact details are:

Telephone – **0785 258 9258**

Email - arm.chris.h@gmail.com”

Braille Books need a good home

One of our clients, Mick Beck has a large and varied collection of Braille books which he would like to give to a good home.

If you are at all interested then please contact him directly on **0114 258 4999** or by email at mick.beck1@btinternet.com.

Picture Framing

Graham Straw, a client and volunteer, has his own business, Bank Street Framing. He makes and hand finishes bespoke picture frames, box frames, mirrors and chalkboards etc. to order. From Monday 22nd June to Friday 27th June 2014, he will be setting up a stall at Mappin Street in the library from 11am to 1pm. As well as having some ready framed items for sale he will have samples of mount board and

mouldings to choose from and will be available to offer free quotes for framing any items you wish to bring in. For every purchase made and every order taken that week Graham will make a donation to **SRSB**.

Please come along and support him.

EXHIBITIONS

Sight Village

This annual exhibition of specialist products and services for blind people, held in Birmingham each year, is always a popular event. This year we are organising a trip there on Tuesday 15th July 2014. Transport will cost £5, payable at the time of booking. To book please telephone **SRSB** as places are limited.

SRSB

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

Optelec

4th September, 10am to 3pm

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

CAMPAIGNS & ISSUES

Accessible Health Information

Our work with surgeries across Sheffield continues as our staff visit more surgeries training staff on

awareness of the needs of people with visual impairment. If you want more information please contact our volunteer co-ordinator Dyane Midgley. We are waiting to see the advice which the NHS intends to publish – we understand this is currently in the stage of being drafted and trialled (updates can be found at www.england.nhs.uk/accessibleinfo). We will keep you posted as things develop – in the meantime RNIB has published its own advice for professionals which can be seen on their website: - <http://digbig.com/5bjwfx>

As ever we would still encourage people to always ask for information in a format which is accessible to them so they do not have to ask someone else to read for them. Many surgeries have introduced computer systems for you to book in and these are often not accessible. If you have trouble using anything like this, then do not hesitate to ask for help from staff.

Accessible Information

Accessible information is important for all of us in all aspects of our lives. We understand the DWP is also under pressure to provide information to people by email as well as offering large print and braille.

This is equally important whether we are dealing with bank statements or bills from utility companies, phone and mobile companies. All organisations should be providing you with information in the format which you request. Please contact us if you need assistance in this.

Transport – Changes to Local Travel Concessions (Bus Passes)

South Yorkshire Integrated Transport Authority (SYITA) have removed most local travel concessions with effect from 31st March, despite much opposition from **SRSB** and numerous protests by various groups including one organised by **SRSB** outside Sheffield Town Hall on 8th March. We would like to thank everybody that attended the protest or contacted their MP/Councillors objecting to these changes – your support is very much appreciated.

The travel concessions that have been removed for both Senior pass holders and Mobility pass holders are free travel on buses and trams before 9:30am and after 11pm and free travel on trains in South Yorkshire at any time.

The national travel concessions of free travel on buses from 9:30am to 11pm are still in force.

Judicial Review

SRSB has worked closely with Douglas Johnson, a legal adviser at Sheffield Citizens' Advice and Law Centre on checking whether SYITA had complied with its legal obligations, especially under Equality Legislation. The advice was that SYITA had failed to take due account of the impact on disabled people and with two disabled people, including one blind person, having been granted legal aid the papers seeking a judicial review challenging the decision by SYITA were filed with the High Court just before Easter. We are now awaiting

the SYITA response following which the courts will decide if a full Judicial Review will take place. We will keep you informed of progress in our next newsletter.

In the event that a full judicial review is granted it will help if we have evidence from people who have been affected by the changes. If the removal of the travel concessions is affecting you please can you let us how it is affecting you by contacting Patrick Slowe – Patrick@srsb.org.uk or Tel: **0114 272 2757**

Bus Drivers

Steve Hambleton, General Manager at **SRSB**, was recently invited to a Unite union meeting where bus drivers expressed their concern about the changes to the travel concessions, especially the impact upon blind and partially sighted passengers. Steve explained the judicial review process to them and they are very supportive of our campaign to have the travel concessions restored. In the meantime many bus drivers are not collecting fares from blind and partially sighted people who show their VI Mobility Pass so we suggest that if you are travelling before 9:30am that you show your pass and it is likely that you will not have to pay, although if asked you will have to pay your fare.

Special pass for young people

However we can confirm that young people with mobility bus passes (including people with visual impairments) in Sheffield can obtain an Additional Mobility pass for use before 9:30am for school/college travel. This

will also apply to young people with a +C (with carer) pass.

To obtain a pass people in Sheffield should contact the Town Hall on **0114 273 4567** – then select option 4. The pass will need to be used in conjunction with the usual mobility pass, and will only be valid at present until the end of July.

The scheme only applies in Sheffield and it is not clear if it will continue again in September, or how it will be managed.

Bus Travel

If you travel by bus and experience any really good service from staff then please do let us know the details so we can pass on compliments to our contacts at First and Stagecoach – if you can give us exact details of the location, date and time and the bus service number they will be able to pass on your compliments to the staff and commend them. Equally though, but becoming more rare, if you experience problems then do let us know so that they can address any issues with staff.

Supertram Works and tickets

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

The rail replacement works have recently recommenced. Work in the Hillsborough area affecting the blue and yellow routes should be finished by the time you read this newsletter.

The next phase is affecting trams between White Lane and Halfway from late April until early May. Trams are not running beyond Herdings Park. On

the blue route you will need to change to the bus at Gleadless Townend for stops to Halfway.

From late May to June rail replacement will close the yellow tram between Hyde Park and Wood Burn Road. The replacement buses will operate between Castle Square and Meadowhall.

From July to mid-September the lines between City Hall and both Middlewood and Malin Bridge will be closed. A replacement bus service will operate.

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

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

<http://www.travelsouthyorkshire.com/>

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

HOLIDAYS AND TRIPS

Royal Sandringham and the Norfolk Broads

Sunday 15th to Friday 20th June 2014.

Includes coach tours to Norwich and the Norfolk Broads, Steam Boat Trip, entrance to Royal Sandringham House and Gardens. Entertainment every evening.

This holiday is now nearly fully booked so contact Olwen very soon if you are interested.

Llandudno and North Wales

Monday 29th September to Friday 3rd October.

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

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

Please contact Olwen at **SRSB** as soon as possible if you are interested as we are sure this holiday will book up very quickly. If you have ideas for other places for our holiday trips then please call Olwen to put forward your suggestions.

Day Trip

This year we have a day trip arranged to Bridlington on Monday 7th July.

Coaches leave at 8:30am prompt from the Pond Street Interchange and return 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 23rd June.

Please note all the conditions 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.

CULTURE CLUB

We have started the year with a number of theatre trips. In March we saw Grease at the Lyceum and also a fantastic performance of Fiddler on the Roof. In April we were back again to

watch Fame and Dirty Dancing, both again were amazing shows. We have a number of shows coming up over the next year including, Brassed Off, Let it Be, One Man Two Guvnors, Dawn French, Twelfth Night, Anything Goes and Shrek. We are really pleased that two of the performances, Twelfth Night and Anything Goes, have Touch Tours giving the clients a more hands on experience.

Next month we start our trips out with a visit to Crich Tramway Village, this is followed with Wentworth Woodhouse, Tatton Park and Kelham Island. We have now cancelled our trip to The Deep due to lack of interest so we have added a second trip to Wentworth Woodhouse as this has proved to be very popular and was oversubscribed

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**.

Visually Impaired Women's Library Group

This group of about eight women meets once a month at the Central Library to discuss books we have read and to pass around books brought to us by the librarian who works with us. Books may be in large print or on audio CD discs. This is a great way to increase our knowledge of authors and their books.

We meet on the first Wednesday of each month in the entrance hall by 11am. We are then guided by the librarian to a room in the library. If you

are interested just turn up by 11am or ring Betsy on **0114 234 1271**.

CHILDREN'S ACTIVITIES

During February half term we held a couple of activities for children. We had a tactile art day with a seaside theme. The children did a great range of artwork which will now be displayed at The Children's Art Festival at Ponds Forge later this year. The event is organised by the Rotary Club and **SRSB** have a special display each year.

We also held a Pamper/Beauty Day which was really successful. The girls who attended really got a lot out of it and it was a real boost to their confidence.

We held the launch of the Reality Productions project on the 11th March. This is an exciting music project for children and young adults. All the families attending the event signed up to be part of the project.

We also linked in with Fable, a charity for children with Epilepsy, who ran a football camp at SWFC training ground during the Easter holidays.

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

LEISURE EVENTS AND SPORT

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

In our last newsletter we mentioned that we were looking at possible new sports and leisure activities in conjunction with SIV which operates

the former council leisure centres including Ponds Forge, Hillsborough and Concord. We didn't get much feedback from you about this so we are now working with SIV to put on some multi-sport taster days. More details in our next newsletter.

Fitness Unlimited

Fitness Unlimited has seven centres all over Sheffield including gyms, swimming pools, tennis, sauna and classes at some centres. They have plenty of opportunities for visually impaired people. You can find out more about them all by calling **0114 22 33 419** or at www.fitnessunlimited.co.uk. Here is what Betsy has to say about the great opportunities: -

“Some of us already attend the gym at Ponds Forge. We first joined the centre at their regular prices (some discounts for over 60s). Then we made an appointment at the gym to work out with one of their staff what programmes of exercise we wished to do.

We are accompanied by one of their staff each time we attend the gym, providing we have arranged dates with them. Their staff members accompany us throughout our booked period, usually an hour, setting the equipment and guiding us from machine to machine. The staff are great fun. People can also go swimming or attend special classes if the instructor

is willing to include visually impaired people. What a great opportunity to get fit and keep fit!” Betsy Wilson.

Archery

Two of our members attended The National Championship at Lilleshall National Sports Centre in April.

Les Culf came second with a total score of 785 and one of our newer archers, Graham Walker came second in the novice class with a very good score of 379. It's always a great weekend socially meeting up and enjoying a drink and the Saturday Night quiz with good friends we don't see very often. Janet Culf

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. If you are struggling to read this newsletter, then please contact us to discuss other 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. Do let us have things which you think would be of interest to others

