



SRSB

Sheffield Royal Society for the Blind

INSIGHT

Summer 2013

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our latest newsletter with the weather at last starting to feel like summer is on its way. We would really like to hear from you on the type of articles you enjoy reading in this newsletter. Please give us a call to let us know.

NEWS AND NOTICES

Annual Meeting

On Tuesday 23rd April we held our second public annual meeting at Sheffield Town Hall, with over 160 people attending. This year we received an unprecedented number of people wanting to attend the event and unfortunately we could not accommodate everybody so please accept our apologies if that includes you. Next year we will be looking at how we can accommodate more people.

There were some really interesting presentations from clients, volunteers and partner organisations, some of which were quite emotional. From the feedback that we have received it seems that people enjoyed the format of the afternoon which concluded with a very nice afternoon tea, courtesy of the event sponsors, Investec and Grant Thornton.

We intend holding a similar event next year so if anybody who attended has suggestions for any improvements we can make, please give us a call.

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 Friday 14th 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.

Fancy Running Your Own Business?

Have you been looking for a job, whether for a short while or many years but become disillusioned that employers don't give you an opportunity? If so, then why not think about setting up your own business. What business could you do? Well it might be an idea you have had already, it might be linked to your skills or you might not have any idea but would like to think about it further and get some ideas.

If this is you then please come along to our Mappin Street Centre on Monday 3rd June when we will have an Enterprise Coach from Sheffield Enterprise Programme available to discuss ideas with you. For anybody who then wants to progress further with establishing their own business Sheffield Enterprise Programme then

have further courses available to guide you as well as other forms of support.

On 3rd June from 10am to 12:30pm there will be a group session or if you would prefer to talk to the Enterprise Coach in a one to one session then there will be half hour appointments available from 1:30pm to 4pm

To book your place on the group session or to make an appointment for a one to one session please call **SRSB**.

Cairn Home

We attended the Dignity in Care Awards at Sheffield Town Hall on 21st March and are delighted to announce that our residential care home, Cairn Home received an award! This was the first Dignity in Care event held by Sheffield City Council and it has been established to recognise the contribution that many local organisations are making within the care industry. Councillor Mary Lee spoke to the audience about dignity in care and how it is important to treat people in the way that we would want to be treated and how dignity should be a priority that underpins all care services. Staff from Cairn Home were thrilled to accept a Highly Commended Award in the Small Organisation Category in acknowledgment of their work.

It was great to be recognised alongside several other important organisations that were nominated for their contribution. Cairn Home was nominated by Anne Brown whose friend was a resident at the home, although sadly she has passed away

now. Anne felt that her friend had been given a high standard of care and had maintained her dignity throughout her time at Cairn Home, especially in the last few days of her life.

Given all the bad publicity that care homes generally seem to receive in the media it is great to have some good news and even more so when it is about Cairn Home of which everybody at **SRSB** is so proud.

We currently have a vacancy at Cairn Home which is our residential care home for elderly people with a visual impairment.

Following our last inspection by Care Quality Commission the home was rated as "Excellent." If you are considering residential care or this is something that you might require in the future and would like a look around then please contact the manager, Kevin McGrath, on **0114 266 1536**.

Volunteers

The great work done by our volunteers has also been recognised with awards. Nine of **SRSB's** volunteers received awards from Julie Kenny, The High Sheriff of South Yorkshire. She came to meet the volunteers, had lunch with them and presented their certificates in March, just before her term of office finished. The volunteers are June Lloyd, Andrea Stone, Colin Crapper, Margaret Tate, Graham Bell, Angela Sharrock, Les Culf, Tom Monaghan and Jean Gallivan. Well done to you all, thoroughly deserved! A further surprise was that **SRSB**, as an outstanding organisation, was

presented with The High Sheriff Award Certificate for all our volunteers, "in recognition and appreciation of valuable and devoted service to the community".

A big thank you and well done to all our marvellous volunteers – we couldn't achieve as much as we do without you.

Consultation Event

As part of the government's health reforms Sheffield City Council has now set up a Health & Wellbeing Board and they are developing a Joint Health and Wellbeing Strategy for Sheffield. This strategy is a plan to ensure the services in Sheffield meet the health and wellbeing needs of Sheffield people.

The council want to consult with as many people as possible and are inviting individuals to respond with information available on the council website <http://tinyurl.com/d3vrv9d>. The consultation period closes on 21st June 2013.

However, if you would like to meet with other people to discuss the issues **SRSB** are holding a consultation event on Tuesday 18th June 2pm to 4pm, followed by afternoon tea. **SRSB** will then feedback to the council on behalf of the group.

To book a place at the consultation event please call **SRSB**.

100th Birthdays Congratulations

Many congratulations to Florence Hughes, Doris Reynolds, Frances Huber and Winifred Nott-Taylor who

all celebrated their 100th birthdays recently.

Tai Chi Needs You

The Tai Chi group which meets every Friday afternoon at our Mappin Street Centre has been very popular with participants over the last two years. People find it an excellent way to relax; it also increases circulation and improves balance. This class is suitable for people of all mobilities.

The group is funded by the Learning and Skill Council but we now need new members to make sure we can secure funding to run the group in the coming year. If you want to find out more or join the group then please contact **SRSB** as soon as possible.

Talking Cash Machines

RBS and NatWest have announced that they will be rolling out talking ATMs for blind and partially sighted customers from early 2014, as part of an upgrade of their ATM network.

80% of machines will be speech enabled by the end of 2015. This means that blind and partially sighted people are able to plug in their earphones to be verbally guided through their transactions.

Barclays, Lloyds, Nationwide, LINK, Co-operative, and VISA have already joined the Make Money Talk campaign and have many talking ATMs already installed or planned. More information can be found at

<http://tinyurl.com/cjk6geo> and <http://digbig.com/5bhfp>

However HSBC and Santander have still not committed to adding voice

assistance to their cash machines, so if you're a customer of one of these banks please take action and write to your bank asking them to make their cash machines accessible – for more information go to <http://digbig.com/5bhfpj>

Braille

Are you a braille user?

Do you teach braille?

Do you transcribe braille?

Or do you wish you could do some of these things?

If so we would like to invite you to enter the annual ONKYO braille essay competition. This year the competition is open to anyone who is interested in braille. The piece of writing can be creative or factual, just so long as it is about the role of braille or life with braille and is original and imaginative.

The competition takes place all over the world and is sponsored by a Japanese technology company, ONKYO. British entrants compete for the European Prize and should send their entries to RNIB who select the best 5 essays to represent the UK. The winning entry will receive \$2,000 and there is a further \$4,000 of prize money on offer in both junior and senior sections

The UK has been very fortunate to have had a number of winners over the years. Last year one of our younger braille users, Alexia Sloane (aged 11) won the 'fine works' prize in the junior section.

To read Alexia's essay and download the entry pack, go to

www.rnib.org.uk/essay or phone Sarah Martin on 01733 375154 for more details. The closing date is 20th May 2013.

Just to add – Frank from Sheffield was short listed last year so come on Frank, why not try again as well?

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 or call **0114 249 6000**.

More information about access performances can be found at <http://digbig.com/5bhemr>

May History Boys

June The Pitmen Painters
High Society
Rising Damp

July Evita

January 2014 Jack and the Beanstalk
Do bear in mind that our Culture Club is organising trips to some of these – further information later in the newsletter.

Bents Green School Reunion

Just a reminder that Jean Linton (nee Allsop) and Peter Bartholomew are planning a school reunion for people who were at the Partially Sighted Department prior to 1955. Please call Jean on **0114 243 7820**.

Streets Ahead with Amey

You will be pleased to learn that Sheffield is having all its roads, footpaths and street lights replaced over the next few years. There will be

public road shows before work begins. You can also find information at <http://digbig.com/5bherf> or call **0114 273 4567**

TRANSPORT

There are a number of initiatives that we are involved in which should enable blind and partially sighted people to travel with a greater level of independence.

Bus Travel – Mystery Shopping

Very recently Gail, one of our clients, (and Patrick who went as guide for Gail) went ‘mystery shopping’ with Ben who is Service Delivery Director (South & North Yorkshire) for First buses. Gail, who has no sight other than light perception, caught numerous buses to see how well the drivers responded to her visual impairment indicated by her long white cane. Drivers from both First and Stagecoach stopped when they saw her cane, many told her unprompted which number the bus was, or responded clearly when asked. All were helpful and clear ensuring Gail had a good journey. They waited for her to sit down before pulling away from the stop. When requested they let her know that she had reached her destination. The journeys took Gail into areas of Sheffield with which she was not familiar, and she said afterwards that the helpfulness of drivers had made her much more confident about travelling into ‘unknown territory.’

Ben wrote to us to thank Gail: -

“I was very impressed with what I saw in terms of the conduct of my drivers.

They showed courtesy and empathy towards Gail which was pleasing. There is always more to do though, but I shall be writing to the drivers of the 8 buses that we were on, plus a couple of others who stopped to check whether Gail wanted their bus, to thank them. This is important because word will get round the depot and ensure that the awareness of the right thing to do is shared with other drivers. I have also emailed my opposite number at Stagecoach because one of their drivers stopped to see if Gail wanted his bus and he was very good.

In terms of what we can do to help in the future, I am happy to provide some resource to travel with other blind customers who are less confident than Gail. If this helps promote mobility, it is well worth investing the time. I suggest that we do this on an ad hoc basis so just get in touch as appropriate.

Please pass on my thanks to Gail - she was a lovely lady and was very understanding of the pressures that our drivers face.”

We really like Ben’s suggestion that he uses his staff to give people the confidence to use buses. We would be interested to hear from anyone who would like to make use of the support being offered to boost their confidence while travelling by bus or if you don’t currently use buses we now have the offer of support to help you travel around with more independence.

The Sheffield Travel Buddy Scheme

The Travel Buddy scheme is something people might also like to consider to improve their confidence when travelling. While this is charged for it provides a person with the chance to improve their confidence by working with the same person over a period of time.

In 2010 the Sheffield City Council Travel Solutions Team was set up to look into options for travel, and to help train those who could learn to travel independently.

The scheme is in conjunction with Age UK and Sheffield Community Transport (SCT).

The scheme is open to anyone over the age of sixteen who requires this type of support.

Travel Buddies are people who are regular public transport users with experience of buses, trams and trains – who are also skilled in walking and supporting people to their destination.

The “buddy” will be a companion who provides support for as long as required to assist a person in mobilising.

Buddies have completed thorough training. Buddies are only to assist in a journey being undertaken or to remain in support if required to mobilise from place to place. However they do not get involved in any personal care or financial issues.

Once the buddies are proven to be competent, their skills are matched against the needs of a person

requiring support and where possible a geographical match.

If a buddy has their own travel pass then £9 per hour is charged for the support.

If a buddy does not have a travel pass, then £12 per hour is charged.

To have a buddy or not is very much a choice that people will make however the benefit of having the opportunity to build a relationship and have “same face” support is vitally important as it is to be in the community and to use public transport.

Buddies can also be utilised in regard to assisting with support in taxis should this be necessary.

For more details please contact the travel team on **0114 268 5271**

Announcements on Buses

We have mentioned previously in these pages the campaign led by Guide Dogs Association to spread the provision of talking buses. This is widespread in some parts of the country, especially in London where all buses are equipped with the system.

The system gives audio announcements to tell people the bus service number and destination before they board and alert them to each bus stop as the bus approaches it. This again gives a great boost to those people who are less confident, and/or cannot use the visual information provided for others.

We are very pleased to have learnt recently that South Yorkshire Passenger Transport Executive (SYPTTE) are at the early stages of

planning to pilot talking buses in Sheffield. This is likely to be on the 120 route in the first instance. We will let you know more as the plans develop.

SYPTE launches Braille and large print travel guides

SYPTE has launched unique guides containing Braille and large print text to help people with visual impairments make the most of local interchanges.

The portable guides, developed by Sheffield-based company TacMap, are produced on special raised-detail paper and are designed to help users understand the layout of a building by feeling the plan before or during a visit. Patricia Dieng has worked with people from **SRSB** for over six years developing tactile plans – these have been tested and evaluated by a number of our clients who have found this new approach very helpful as a way of getting a sense of a building's layout even before they visit.

They highlight essential facilities such as bus stands, entrances and exits, toilets and cash machines, as well as making users aware of the location of obstacles such as stairs and escalators.

The guides are available on a trial basis from the Customer Service Desk in Sheffield Pond Street and Meadowhall interchanges, as well as at **SRSB**. They can be borrowed free of charge at the interchanges and **SRSB** or bought directly from TacMap.

For more information visit travelsouthyorkshire.com

To buy a guide visit www.tacmap.co.uk or contact Patricia on **0754 042 8654**

Railway Station Plan

Also, there is a new, fixed, tactile plan of Sheffield Rail Station in the main concourse area, between the two main entrance doors. It shows the layout of the station and is marked up in both braille and large tactile print.

Sean Leonard who is partially sighted works at the railway station and is working with the Station Manager, Jason Cocker, to identify the problems that blind and partially sighted people encounter at the station. We are currently putting together a group of people to provide feedback on the challenges at the railway station so if you would like to be involved in this or have any feedback about accessibility at the station please get in touch with us.

Taxis

Working with Sheffield City Council and other interested groups, taxi firms have developed new guidance for drivers on how they can best help travellers with disabilities including sensory losses.

All drivers in Sheffield are expected to follow this guidance and new drivers are required to undergo training which includes disability awareness before they can obtain a taxi driver licence.

SUPPORT GROUPS

RP Support and Information Group

Retinitis Pigmentosa (RP) is the name given to a group of hereditary eye disorders that affect the retina. We've

had great feedback from people attending the group and many friendships have been formed. The group is open to anyone, of any age, with RP, their families and friends.

At the latest meeting in March we had an interesting and inspiring talk from a lady climber who has RP.

The next meeting will be on 19th June, 2pm at our Mappin Street Centre.

Glaucoma Support Group

We held our second Glaucoma meeting in April where we had an informative talk from David Harris from International Glaucoma Association.

At our next meeting on 18th September we have booked a specialist in Glaucoma research to speak to us.

For further information please contact Joanne at **SRSB**.

Hemianopia Support Group

I am a client of **SRSB**. I have had Left-sided Hemianopia for 10 years. Are there any Left or Right sided Hemianopia sufferers out there who would be interested in coming to a support group for companionship and share experiences? I am not suggesting an internet based group as I cannot use a computer and in any case would prefer to meet people.

I have met other Hemianopia sufferers but currently have no contact with any. Recently another sufferer began talking to me in a public café having seen my white stick. Clearly he was pleased to share experiences, although he has no contact with **SRSB**, and despite having suffered

the condition for 20 years or so, only recently came across a description of symptoms. Maybe there are **SRSB** clients out there who would welcome meeting up? I would suggest that we meet at the **SRSB's** Mappin Street Centre.

Lesley James

If you are interested please contact **SRSB** so that we can put you in touch with Lesley.

RECYCLING

Did you know that **SRSB** collect your old mobile phones (with chargers where possible), used cartridges, stamps and jewellery for recycling? So if you have got a new phone and don't know what to do with your old one then please drop it in to our centre at Mappin Street. Also if you are having a spring clean and have any unwanted or broken jewellery then we can use that to raise funds for **SRSB**. To date we have raised over £1,700 from clients donating jewellery and £1,500 from stamps, phones and cartridges.

Every penny makes a difference and helps the environment as well. Thank you for your support.

Bras for Africa

In cooperation with Karen Dolling of the Eye Department at Royal Hallamshire Hospital we are also appealing for bras which are no longer required. These will be used to send to Africa.

If you can help please bring your bras to our centre.

WELFARE REFORM

As part of the government's welfare reforms there are various benefit changes being phased in over the next few years. We would advise you to contact us if you receive any letters about benefits from DWP, Jobcentre Plus, Pensions Service, Sheffield City Council or any other organisation. Please do not ignore any letters you receive.

It is always better if you seek advice straight away and do not complete any forms or make appointments with any of the benefits agencies until you have discussed your situation with one of our Community Advice Officers.

CHILDREN'S ACTIVITIES

In February we held a tactile art activity day. It was a huge success, we had over 20 children attend, lots of new faces which was great. The aim of the day was to produce some pieces for the Children's Art Festival held at the beginning of May at Ponds Forge; fortunately the children did some excellent pieces and we found it really difficult to narrow the selection to just 12 pictures.

Our main children's trip this summer will be to Skegness on Friday 26th July. Little Sparkler's will be doing a separate trip to Butterfly World on the 17th July.

Sparklers continues to grow and we have lots of new faces. As well as our usual sessions we've also enjoyed a few away days to local play centres and have had 'music days' with singers/musicians Julia and Mooney who the children love.

We have planned a couple of Activity Days for the summer holidays linking in with the children from Actionnaires, as the club won't be running during the holidays. The activities will include a cycling day/picnic at Rother Valley.

We are also holding a second Parents' meeting on the 19th June, 5pm to 8pm, in conjunction with the Schools Vision Support Service and the Low Vision Service from both Royal Hallamshire Hospital and Sheffield Children's Hospital.

If you are a parent of a child of any age with a visual impairment we would strongly recommend that you attend this event. Please contact Joanne or Cheryle at **SRSB** for further information.

Actionnaires

Sheffield Actionnaires continues to be popular. It is a free multi-sports club for visually impaired children aged 4 to 16.

Each session includes 2 hours 'dry' sport/activity followed by swimming.

SRSB staff are actively involved with Sheffield Actionnaires linking in some of our Activity Days with their parents' meetings. Further information from Joanne Ardern at **SRSB**.

CULTURE CLUB

We've had four trips so far this year to the theatre. In February we were at the Lyceum for a fantastic audio described performance of Full Monty. The clients loved it and laughed from beginning to end. March we were back there for Acorn Antiques and earlier this month 39 Steps.

Forthcoming theatre trips include History Boys, High Society, Rising Damp, Evita and Dirty Dancing. We are also attending the City Hall in May for the Musical Spectacular.

As the weather warms up we have a number of outings planned and recently visited Wentworth Castle Gardens. We had a lovely day and enjoyed a very informative tour of the grounds. Forthcoming trips include Hardwick Hall in June, Tatton Park and Music in the Gardens in July, Shugborough Estate in September and Chatsworth in October.

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**.

Book Group

This is a group that meets monthly with people who really enjoy coming along to discuss the monthly book and much, much more! Everybody reads the same book in either print or audio format. For further information please contact Joanne at **SRSB**.

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.

Some of you will have met Khai Fam, a medical student who was with us a few months ago. He wrote about his experience: -

I am a medical student on my third year. I applied to the Sheffield Royal

Society for the Blind, mainly to get to know how a volunteer organisation works in delivering its services to the general public.

I was not expecting much when I first went in, but I have to say that I had an amazing experience throughout the period that I was there. The staff were incredibly helpful and supportive in terms of explaining and teaching me about the things they do and how they do them. I had the opportunity to get a taste of what most people in the organisation do which was helpful in giving me a picture of how it all ties in together.

I had the opportunity to visit patients in the community as well as volunteer in the centre itself. I am amazed by the extensive variety of services made available to support the sight impaired in the community. One of the club activities that were available is archery which was an eye opener for me. During the period that I was there, the centre also organised a fire and glass walk to raise money which was a great success.

In a nutshell, I had a great time and I have learnt a lot thanks to the lovely clients and supportive staff. So if you are in for volunteering, to serve those in need or just want to experience the workings of a volunteer organisation first-hand, **COME JOIN SRSB TODAY!!**

Since our last newsletter 3 medical students, Patrick King, Jamie Staniforth and Jack Harrison have just completed their placements with us

and they all found the placements very rewarding and informative.

Two Occupational Therapy students, Shivani Maynard and Alison Goeminne have also just finished their placements which has broadened the range of activities available in the Activities centre. They said: -

“Our time here at **SRSB** has been one of our best placements. The clients and staff have been really welcoming and friendly. We have been made to feel part of **SRSB’s** team which has been fantastic.

“The enthusiasm and energy clients have shown in the dancing, exercise and baking groups has been really appreciated. During the 13 weeks we have been here the support we have received while running our groups has been uncanny and really encouraged us to do the best job possible.

Singing Group

The primary aim of the groups is to enjoy the company and the benefits that singing can bring. I am a qualified Occupational Therapist and the groups do have a therapeutic aspect but the primary aim is for people to enjoy themselves singing songs such as Jerusalem, The Last Waltz and My Blue Heaven with others who share an enthusiasm for music and singing. I do believe it true that laughter and music are among the best remedies.

The Wednesday singing group is going strong, and on 1st May we entertained the residents and staff at Cairn Home. The Monday group has space for more singers to share in the enjoyment; when there are enough

people we plan to find audiences and sing to them too.

I am more than happy to run singing groups on other days if there is demand. If you are interested in joining a singing group contact **SRSB**.

David Cox, HCPC registered Occupational Therapist

HOLIDAYS, TRIPS AND OUTINGS

Day Trip

This year we have a day trip arranged to Skegness on Monday 1st 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 Friday 14th 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.

Creative Travel

We regularly have holidays organised with Creative Travel. A group of people is going to Teignmouth in June, although this holiday is now fully booked.

We are planning two breaks later this year: -

Autumn Break – Weston Super Mare

Monday 16th to Friday 20th

September. £318 including insurance.

Staying at the Lauriston Hotel. See the new pier and promenade, entertainment, and coach tours.

Turkey and Tinsel – St Annes-on-Sea

Monday 28th October to Friday 1st November. £268 including insurance.

Includes sherry reception, mince pies, afternoon tea and scones, full Xmas dinner with a glass of bubbly.

Entertainment including cabaret, tours each day including lakes and mountains, Victorian holiday resort of Southport, all on the flat and ancient Cleveley by the sea

If you are interested in the holidays then please contact Olwen at **SRSB** to discuss the options.

Belmont Hotel, Llandudno

A number of people from **SRSB** have used the Belmont Hotel in Llandudno and found it an excellent base for a holiday. They are offering special reductions for the breaks below: -

15th to 22nd May – £249 per person

29th May to 7th June – £290 per person.

If you are interested please contact the hotel direct on **01492 877770**.

Please note you will need to make your own travel arrangements.

EXHIBITONS

Sensory Awareness Day – 10th May, 10am to 3pm, at The Source

On Friday 10th May there will be a Sensory Awareness Event at The Source Conference Centre, 2 Surrey Place, formally Sheffield Deaf Club which is opposite the main door of the City Library.

There will be lots of information there for people with a sight or a hearing impairment including; Deaf Advice, Sheffield Deaf Children Society, Sheffield Visually Impaired Walking Group and **SRSB**, so please do come and join us. It starts at 10am and will finish at 3pm. Refreshments are available; however, there will be a charge for these.

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 16th July 2013. 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 and Synapptic – 24th May, 10am to 3pm

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

Synapptic will also be here exhibiting their smartphones and tablets which are accessible for people with little or no sight.

Pamtrad – 26 June, 10am to 3pm

Pamtrad will be exhibiting their products at our centre. They provide visually impaired aids such as: Optical Hand Magnifiers, Reading Machines, Electronic Magnifiers and tailor made TV glasses, Braille Note-takers etc.

COMPUTER TRAINING

Technology Taster Day

I am sure that there are many of you who wonder whether you could use a computer, iPhone, mobile phone, smartphone, tablet, iPad, iPod, CCTV video magnifier, GPS pedestrian SatNav, Internet, Email, Facebook, Twitter etc etc. Or maybe you would just like to find out what all these things are and what they can do.

If so please come along to **SRSB** on 12th June anytime between 10am and 4pm. We will have staff who use this equipment available to explain and demonstrate all the items. We will also have a range of used items for sale or available on free loan for anybody who would like to try something but is unsure about buying it.

Limbric computer course

Open day – Wednesday 5th June.

Over the past 5 years there has been a computer course held in Hillsborough for visually impaired people who have enough sight to see the screen without any assistive software, just using the standard accessibility features within Windows.

If you wondered whether this course might be for you we are holding an

open day so you can come and meet the teacher and former students.

We are looking for a new group of learners for the start in September. We must find 7 new learners to ensure that we keep the funding for future classes. The course has been such a great opportunity for visually impaired learners that it would be a great shame for it to end as there are no other classes like this held in the city.

To find out more about the course and open day contact: -

Alan Thorpe **0114 220 7007**

We are happy to meet you at the tram stop to ensure you know where to go.

Computer Training at SRSB

For people who find it easier to attend our Mappin Street Centre for computer training or for those who need additional magnification or speech packages to enable them to use a computer then please contact **SRSB**.

LEISURE EVENTS AND SPORT

Monthly Social Evenings

Every month, usually on the third Thursday from 7:30pm to 9:30pm with entertainment and supper provided. Transport is usually available. To book your place, please contact Olwen at **SRSB**. There is a charge of £3.50 per person to attend the social plus £1.50 if we are able provide transport.

Archery

Three **SRSB** members attended the British Blind Sport National Indoor Championships at Lilleshall in April. It was a very successful weekend with all three coming first in their individual

classes – Les Culf in the VI open, Dennis Cook in the Barebow and John Bower in the B1.

Sunday morning saw John coming second in the B1 blackout round with Les coming second in the handicapped round.

Both Archers and their spotter enjoyed the weekend meeting up with friends we don't see very often. Janet Culf

Inclusive Sport Sheffield Launch

Friday 31st May – 10am to 12:30pm at English Institute of Sport, Coleridge Road, S9 5DA.

And at Ice Sheffield – 1pm to 3pm Inclusive Sport Sheffield invites you to celebrate the launch of their new project for people aged 14+ with disabilities and additional needs.

Get involved with all the family on this free fun filled day of activities including a variety of sports, dance and ice-skating!

Meet Robbie the Rhino and find out more about the sport and dance activities you can get involved in within your local area.

There will be a variety of activities all led by experienced and fully qualified instructors

For more information and to register your interest call **0114 273 4266** or email activity.sheffield@sheffield.gov.uk

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

Equipment Centre

We continue to add new products to the Equipment Centre. The range of

products is too large to list here so for further information please telephone us or call in any weekday between 8:30am and 4:30pm.

If you have any suggestions of products that you would like us to stock then please let us know.

Used Equipment for Sale

Video Magnifiers (CCTV's)

We have various video magnifiers for sale ranging in price from £25 to £700. 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 our Mappin Street Centre to see if any of these might be suitable for you.

Other Equipment

We also have various other smaller items of used equipment such as big button phones available at bargain prices. Please enquire in our Equipment Centre.

SRSB Library and Information Centre

Just a reminder that we have a library well stocked with audio books as well as a few braille or large print books for loan. Some of the audio books are available on CD but the majority are still on cassette tape although we are trying to change over to CD as quickly as we can. If you have any audio books on CD that you don't need any more we would be very grateful for any donations. Please contact Kyle at **SRSB**.

Sheffield City Library

Sheffield City Library has over 7,600 talking books on CD, over 5,500 talking books on tape, and nearly 15,600 books in large print books.

You can find general info which includes info on how to join the library at: <http://digbig.com/5bhdsj>.

You can find the catalogue and search for books by title or author at <http://digbig.com/5bhdsh>.

If you select the Power search on the catalogue page you can also specify the type of book, e.g. Talking Book CD, Talking Book Tape, or Large Print

You can order books for delivery to your local library, and they will notify you by letter or by email when they are ready for collection. If you want to order books over the internet you will need to take your library card to a library and ask them to give you a PIN number.

e-Audio Books at Sheffield Library

If you enjoy listening to audio books then this new free service offers 24/7 access to over 1,000 audiobook titles including some of the most popular authors and titles which you can download onto your smartphone, MP3 player, iPod or PC.

Choose which book you want to download and after 3 weeks, the audiobooks are automatically returned and will no longer be accessible. If you haven't finished it you are welcome to download it again.

New best-selling titles are added every month.

For more information about signing up for this service go to <http://digbig.com/5bhfaw> or to check the books currently available go to <http://digbig.com/5bhfaw>

We have had very good reports of about this new service and we would be interested in getting your feedback on how you find it.

Health and Beauty Centre

Just a reminder that we have a chiropodist, hairdressers and masseuse who visit our Health and Beauty Centre.

Please contact Carol on Reception at **SRSB** for more information or to book an appointment.

NEWSLETTER

This newsletter is available in a variety of formats including audio format on CD, braille, by email, or print in the font size of your choice on a variety of different coloured paper. If you are struggling to read this newsletter then please contact us to discuss an alternative format.

CONCLUSION

Don't forget, we are **here to help you**. If we can't do something ourselves we almost certainly know somebody who can – Just contact us at **SRSB**, Making a Difference in Sheffield.

