



SRSB

Sheffield Royal Society for the Blind

INSIGHT

Winter 2012

MAKING A DIFFERENCE IN SHEFFIELD

INTRODUCTION

Welcome to our latest newsletter which we hope you enjoy. It's only the beginning of November but we are busy making arrangements for all the celebrations leading up to Christmas.

CHRISTMAS ACTIVITIES

Christmas Raffle

Unless you have requested otherwise, 2 books of tickets are enclosed for the Christmas Raffle. As in previous years, it is being run for us by Sheffield Vulcan Rotary Club. Tickets are £2.50 per book (£5 for two books) – If you can sell them please put the money and the ticket counterfoils in the enclosed plastic bag and return to us in the **FREEPOST** envelope by Monday 3rd December.

Please do **NOT** return your counterfoils or money to Gregory Fenton Ltd.

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 Social Evenings

These will be held on Tuesday 11th and Wednesday 12th December starting at 6:30pm and finishing at 9:30pm, held at our Mappin Street Centre. Please apply for your tickets on the enclosed application form (you

may bring one guest). This year the cost is £3.50 per person plus £1.50 if we provide transport – please note that transport is only available for people with a visual impairment. Your food and drink is all included in the price and we have great entertainment booked so get your dancing shoes out. The closing date for applications is Monday 3rd December 2012 but please apply as soon as possible.

Christmas Lunches

We will be serving Christmas Lunches on the following days: 17, 18, 19, 20 and 21 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 £3.50 for clients and £5 for guests.

Christmas Cards in the Activities Centre

We understand that our clients, staff and volunteers like to send Christmas Cards to each other which often can be very expensive and time consuming at a busy time of year. So again this year we are going to offer an alternative. We will place a giant Christmas poster for each day in the centre. Clients can add their Christmas greeting and make a donation to **SRSB** in lieu of Christmas cards. The messages will be read out during Christmas lunches. A great

idea as it means you don't have to buy loads of cards and you are helping to provide for next year's lunches.

Café VIPS – Service with a Smile

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

Christmas and New Year Holidays:

To give all our staff and volunteers a well-earned break over Christmas, our Mappin Street Centre will be closed after the Activity Centre on Friday 21st December and will re-open on Wednesday 2nd January 2012.

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 as well as staff are acknowledged with a staff and volunteers Christmas party.

Christmas Gifts & Gratuities

We understand that Christmas is a time of giving and that many of you like to express your appreciation of our services with a gift.

We need to draw your attention to our policy on gifts for staff and volunteers. Individual staff and volunteers are not allowed, under our rules, to accept gifts of any nature as it can lead to suggestions of favouritism or even taking advantage of people. Individual staff or volunteers could not do their job without support from all the

unsung back room support people. If you wish to show your appreciation it is a lot easier for us to manage if you could give something like a box of sweets or biscuits which can then be shared amongst everybody. Items such as cash or gift tokens cannot be accepted unless they are donated to **SRSB**. Please do not be offended if staff or volunteers refuse gifts as this is what they are instructed to do as otherwise they would be subject to disciplinary procedures.

SERVICES AND ACTIVITIES AT SRSB MAPPIN STREET CENTRE

Equipment Centre

Christmas News

We have a selection of children's novelty night lights which are selling well as Christmas presents, price £6.

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

If you have any Christmas cards that need braille then please bring them to the Equipment Centre where there will be someone who can do this for you. There is no charge for this service although a donation is always appreciated.

The 2013 large print diaries are available in 3 sizes and the **SRSB** 2013 calendars are also now in stock.

We currently have talking kitchen scales on special offer, reduced by £10 to £19.95 until December 17th.

If you are unable to get in to our centre then please give Jacqueline a call – she will be able to take your

order and post most items out to you or arrange for them to be delivered.

General News

The Synaptic software for android based smart phones and tablets is now available for demonstration in the Equipment Centre. This makes touch screen smart phones/tablets fully accessible with magnification or speech. Please contact Jacqueline to arrange a demonstration.

There is a new pebble mini handheld video magnifier for £195. We have one available to demonstrate if anyone is interested.

Used Equipment for Sale

Video Magnifiers (CCTV's) – we have various video magnifiers for sale ranging in price from £25 to £900.

One of these has a flat screen that can also be used as a computer monitor, avoiding the need for 2 screens on the desk. 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.

We also have a Freedom Scientific Topaz XL CCTV with a 22 inch screen which we are selling on behalf of a client. It has never been used and originally cost £2,300, now available for £1,500

Optelec CleaReader – we have an ex-demo model for sale. This scans and reads out documents, letters, bills, etc. and has the option to save the text to a file on a USB pen drive to transfer documents to a computer.

The list price of this is £1695 which we have reduced to £900 including 12

months warranty. For a demonstration please contact Kyle Crossland in our Library.

If anybody thinks that this may be suitable we may be able to arrange a short loan period if you want to try one at home before deciding whether to purchase one.

Talking Microwave – we have a used Cobolt talking microwave for sale at £95. Brand new these are £215.

Other Equipment – we also have various other smaller items of used equipment such as big button phones available at bargain prices.

Please call in to our Mappin Street Centre to see if any of these might be suitable for you.

Exhibition

Visualeyes and Cobolt

On Wednesday 28th November from 10am to 3pm Visualeyes will be back with us demonstrating their range of electronic video magnifiers and other technology products. For possibly the first time we have Cobolt joining us, also on 28th November to demonstrate their range of products which includes talking watches, telephones and various household gadgets.

Please call in and have a look at these suppliers. 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.

Computer Skills

Are you afraid of "modern technology?"

Do the words "IT," "computer," "laptop," "website," and "desktop" send shivers down your spine? Is it the fear of the unknown?

I was like that until 2 years ago when I was persuaded to take a short, free "silver surfer" computer course. It was really a basic "taster." I had to use a magnifying glass to read the text on screen and I refused to buy my own until I knew whether I could do it.

Then my daughter and 11 year old granddaughter took me shopping. I bought a laptop and printer but still would not commit myself to a year's broadband contract so I bought myself a three month "dongle" to tide me over.

Next I found I could get free computer lessons at Mappin Street with Darren (who has the patience of a saint); the screen text could be enlarged to suit my needs and once I started going there just one hour a week I was hooked! I've been going ever since.

The web truly is worldwide and opens so many doors.

Some computers/laptops have audio facilities too if your eyesight is not good enough to read the text on screen.

With Darren's help I have learned how to use the internet, send and receive emails – no postage stamps to buy – to an old school friend in Australia; to a World War 11 navy veteran penfriend in London and family in Lancashire. We can also see and speak to each other by using SKYPE if we choose to.

With Facebook I keep in touch with friends and family news and even regained contact with old friends.

I transferred my TV/phone/broadband providers' details to my laptop – they advise when the monthly amount is due which saves a paper bill charge of £1.25 a month.

Additionally I managed to change my dual fuel tariff on line to a more advantageous one.

Personally I don't buy on line except for one supermarket where I can order all my groceries and have them delivered to my door when the weather is too bad to go out, but you can do your banking on line if you wish.

The list goes on – you can play endless games if that is your forte – Darren helped me put a General Knowledge Quiz on my laptop. You can play CDs, watch DVDs or use ITV and BBC Player to catch up on a missed film or programme wherever you are, so you don't have to sit in front of the TV set.

I use Google a lot too – to pick out news items I'm interested in without having to trawl the whole TV news programme. Recently I used it to look up information about Haworth Parsonage and the life of the Brontes before our visit there from Mappin Street. I use comparison sites to get the best price for intended purchases and browse major stores on line instead of having to walk round the shops.

There's also a Dictionary and Thesaurus facility in the Menu if you

are a crossword buff or just want to check a spelling.

You can view photographs and if you have the means you can put photos on yourself – but that's a lesson for me for another day!

I still feel I've only scratched the surface - there's so much going on out there – go for it!

If I can do it in my 70s so can you!

PS. I typed this report up on Word Pad, on my laptop. Pat Marshall

Hopefully Pat's article will give some of our readers the confidence to give computers a go – if so, then please contact Darren at **SRSB** to arrange an initial chat and demonstration of what is available.

Health and Beauty Centre

Holistic Massage and Aromatherapy

For a while now Sarah has been doing regular massage and aromatherapy sessions for people at **SRSB** – these are proving increasingly popular.

For more information, please phone Sarah on **07949 654779** or email her at - sarah@sbholistic.co.uk

Other Health and Beauty Services

Just a reminder that we have a chiropodist, hairdresser and others who offer services in our Health and Beauty Centre. Please contact Carol on Reception at **SRSB** for more information about which days the service is available.

Tai Chi

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.

If you want to find out more or join the group then please contact **SRSB** as soon as possible.

Activities Centre

Our Activities Centre operates every day, Monday to Friday with people arriving from 10am onwards, going home again at 2:30pm. There are a range of activities and occasional short outings as well as a cooked lunch available. We may be able to offer minibus transport for a door to door service. This is an opportunity to get out of the house one day per week and make some new friends. You will also have the opportunity to access other facilities in our centre such as our Equipment Centre, Library, Computer Training, Health & Beauty Room, Café etc.

Helen, Sheila and Ralph have recently been on a training course so that we can run chair exercise sessions which help to keep people a little more active without too much strenuous exercise.

We currently have vacancies in the centre on some days. If anyone is interested in attending to find out if it would be suitable for you then please contact Olwen at **SRSB** to arrange for a look around.

NEWS AND NOTICES

Fundraising

Please have a read of the enclosed Fundraising News as there are some

interesting articles in there. Just a couple of things we would draw your attention to:

Glass and Fire Walk

By the time you read this we will have held our first Glass Walk and Fire Walk. We have managed to persuade the Lord Mayor, Councillor John Campbell, to do this with us, together with a number of staff including Steve Hambleton our General Manager, Kyle in the Library, David from Accounts, Debbie from the Café, Carol from Reception and Sue our Funraising Manager. We also have a number of clients, volunteers and other supporters taking part so thank you for all your support and to the people who have sponsored them – We'll let you know how they got on in the next newsletter.

Mobile Information Unit

We have launched an appeal to raise £50,000 to fund the purchase of a mobile information unit so that we can promote good eye health to the general public to encourage people to look after their eyes so that they do not lose their sight later in life – sadly over 50% of sight loss in the UK is still believed to be avoidable. For people that are losing their sight we will also be providing information about the services and support that is available for them. We are extremely grateful to one client who has donated £1,000 to start the appeal. If you know anybody or any business that might be able to help us please ask them to contact us.

Door Step Selling – Beware

Sheffield City Council and the Office of Fair Trading are trying to raise awareness of how to deal with people who try to sell you something on your doorstep. We have a leaflet available “Ten Top Tips – Buy Wisely and Safely on your Doorstep.” If you would like a copy please contact us.

Limbrick Computer Course

The Limbrick Centre continues to serve visually impaired people in Sheffield. This is an introductory course for visually impaired people with some sight.

We have two vacancies for new learners on a Tuesday over lunch to learn how to use computers.

If this is something you might like to try please call Alan Thorpe on

0114 220 7007

Braille

This is just a quick update about the Braille creative writing competition held earlier this year.

Unfortunately none of the UK entries won first prize but one of the writers did get a placing on her second time of entering.

This is great in a world competition especially as she is only a young writer and has to still do all her school home work!

if you would like to receive information for next year's contest please contact Alan Thorpe on **0114 220 7007** and he will inform you of the guidelines when they are made available.

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 Incapacity Benefit or Employment Support Allowance (ESA).

Doctors Surgeries

We have been working very closely with some doctor's surgeries and medical centres in Sheffield in providing some basic sensory impairment awareness for staff, reception staff in particular as they are usually the first person that a patient will meet.

It is a wonderful opportunity for us to form links with surgeries, working alongside them to provide a better service for patients who have a sensory impairment. Whilst we have visited some there are still many that we have yet to visit; hopefully we will get more requests in the near future. If you visit your surgery and find that you encounter any difficulties due to your sight loss e.g. not being guided to your destination; not being able to

book in using a touch screen, not being able to read your new appointment as the print is too small; please inform the reception staff that you have a sight impairment and contact **SRSB** with the problem that you've encountered. We will then contact the surgery to offer some basic awareness, which should hopefully help you and them in the future.

The Seeing Ear

The Seeing Ear is a registered charity which provides an online library for visually impaired and print disabled people in the UK. This unique service is available 24 hours a day, 7 days a week and is completely free to its members! Teachers, parents and carers can join on behalf of somebody with a visual impairment or print disability.

It hosts a fiction section for both children and adults, a non-fiction section, and caters for schools. We have over 300 schools using our library and this is increasing consistently.

The electronic books are available in plain text or MS word files ensuring accessibility for all, which can be downloaded and enjoyed using the members preferred device and/or method, including large print, synthetic speech, and braille. More books are being uploaded daily and we have been providing this library since 2005. Our website provides all the information needed to help people to join our service, and should there be any issues we are always more than

happy to help. You can also find us on Facebook and Twitter – just search for The Seeingear. We are also part of the Right to Read Alliance.

<http://www.seeingear.org/>

Royal Mail – Delivery to Neighbours

Royal Mail have introduced a new system to help when you are not at home. If they cannot deliver a package they will try to deliver it to one of your neighbours, then they will leave a postcard for you telling you what they have done.

If you would prefer Royal Mail not to deliver any of your mail to a neighbour or attempt to deliver any of your neighbours' items to you, you can choose to opt out of the Delivery to Neighbour service. Simply telephone **08456 113 420** and request an “opt out” sticker which will be sent to you so that you can put it on your door near the letterbox. If you choose to opt out then any mail which they can't deliver will be taken back to the Sorting Office and you will have to collect it, just as happens now.

If you want more information about the scheme go to <http://digbig.com/5bgras> or telephone Royal Mail on **08456 113 420**

RP Support and Information Group

Our RP Support Group met again in September when we had a gentleman come along to talk about what it's like living with sight loss in Zimbabwe. It made everyone appreciate the excellent service they receive here in Sheffield. Hendrik Coetzee was visiting Sheffield for his daughter's

wedding. Hendrik asked if he could be placed on our database to receive our newsletter, making him our most distant client!! We're hoping to keep in touch and the group are very keen to help and support him and his wife in whatever way they can. We have a pre-Christmas meeting planned for the 5th December so please come along. It is at our Mappin Street Centre, starting at 2pm

If you are interested please contact Joanne at **SRSB**.

Glaucoma Support and Information Group

Last month we held our first Glaucoma Group meeting. This was a huge success with nearly 30 attendees. Simon Longstaff, ophthalmic consultant from Royal Hallamshire Hospital, spoke at length to the group and he happily answered all the questions our clients had ready for him.

David Harris from International Glaucoma Support also gave a presentation on driving and glaucoma. We have scheduled the second meeting for 2pm on Wednesday 16th January at our Mappin Street Centre.

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

TacMap™

TacMap™, making spaces accessible to visually impaired people.

Patricia, Director of the Sheffield company has given us a braille version and a large print version of the design for our centre at Mappin Street.

If you would like to see one of these they are available in our Equipment Centre where Jacqueline will explain how to use them.

Patricia has also recently produced tactile plans of the Olympic Park in London which are being used there to help to make the site accessible to visually impaired people.

For more information about TacMap and the services offered please visit www.tacmap.co.uk.

Sewing Required

One of our volunteers, Pat Roe takes in sewing for a small charge. Thanks to the generosity of one client she now has a nearly new sewing machine and looks forward to being able to do yet more sewing jobs for you.

Recycle

You can all help the planet and help us to raise funds at the same time. If you have

- old mobile phones and/or chargers
- used printer cartridges
- used stamps

Bring them to us and we can recycle them and raise money for **SRSB**.

Sincere Apologies

Over the last few weeks a number of home collection box receipts have been sent out in plain envelopes rather than freepost “articles for the blind” in error. This has resulted in clients having to collect the post from their local post office depot and in some cases pay £1.69. Please accept our sincere apologies for any inconvenience caused. Measures

have been put in place to prevent this from happening again. Every penny you collect really does make a difference. A refund is available if required for the postage – please contact Sue or Jane with your proof of payment for a full refund.

Free Spa Sessions for Carers

Spa 1877

The Carers Centre has entered into an exciting partnership with Spa 1877 on Victoria Street (off Glossop Road) to offer free 3-hour sessions for carers on their mailing list.

The Spa will be offering ten free places in the Spa Experience per day, five days a week for the next four years

This means 10,000 carers in our city can experience a free 3 hour escape, a chance to refresh and relax.

Spa 1877 have launched this new charity initiative to ‘give something back’ to carers in Sheffield after Spa director Steve Wilkinson discovered that several of the staff there have experience of caring for an ill, disabled or frail relative.

The Victorian Turkish Baths at Spa 1877 are the oldest in the world and have two centuries of history of caring for people in Sheffield.

Any carer in Sheffield can get a free spa place by ringing the Carers Centre on **0114 278 8942**. You will be issued with a voucher for a free spa session; you can then contact the Spa to book the date and time of your session.

We hope that lots of you will take up this generous offer from Spa 1877, and take the opportunity to visit **SRSB's** centre nearby on Mappin Street.

Cairn Home

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

Which Bus Is That?

In the last newsletter we asked for feedback about the signs on the front of buses. Many thanks to those of you who took the time to get in touch. We have passed on your comments to South Yorkshire Transport and they are now carrying out further research. If you have any concerns about bus travel in South Yorkshire please contact Patrick at **SRSB** by telephone or email patrick@srsb.org.uk

Mappin Writers – Off the Shelf

The Mappin Writers welcomed a large and enthusiastic audience on Saturday 27th October to their annual Off the Shelf event.

The audience was warmed up by the amusing anecdotes from our guest speaker Bob Jackson who you may remember from his days with Radio Sheffield.

The pieces they shared were varied in content and produced reactions of great empathy on the one hand and laughter on the other.

Members of Sheffield Talking News assisted in the reading of some pieces whilst many were read by the writers themselves.

Many thanks to everyone who helped to make this such a special day again.

Blindlife Blog

We have launched our new Blindlife Blog online. This is a space for blind and partially sighted people to share stories about living with sight loss. By focusing on day to day life, often with a dash of humour, we hope to raise awareness of the issues faced by visually impaired people.

Some of the stories on the blog have already generated lots of lively conversation and since we set it up it's been viewed by people in the UK, USA, Russia, Germany, France, Ireland and Australia!

We are looking for new stories to put on the Blog, so please get in touch if you have any anecdotes or tales you would like to share. Ideally they would be about 1,000 words or less.

Have a look at www.srsb-blindlife.blogspot.co.uk/ to read the existing stories, and if you would like to contribute a story, please email: blog@srsb.org.uk

100th Birthdays Congratulations

Many congratulations to Wilfred Evans and John Collett, who both celebrated their 100th birthdays recently.

Top tips to keep warm and well this winter

- To keep warm and well, the room where you sit should be 21°C and your bedroom should be 18°C.
- Don't let the cold catch you out – check the weather forecast each day in winter.
- Hot meals will help keep you warm – make sure you have tinned, dried and frozen foods in the house.
- Have plenty of hot drinks. Only boil the amount of water you need or fill a flask to save money.
- Make sure you have enough of your prescription medicines.
- Wear a few layers of clothes rather than one thick layer. Socks and hats are great too!
- Cover yourself with a blanket or shawl and put your feet up if you can.
- Close curtains at dusk and tuck them behind radiators – keep the cold out and the heat in.
- Keep moving if you can – try not to sit for more than one hour.
- Keep doors closed between heated and unheated areas.
- Turn lights off when they're not being used. Don't leave appliances on standby.

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 Woman in Black A Taste of Honey Joseph The Rise and Fall of Little Voice
January	Cinderella My Fair Lady Blood Brothers
February	The Full Monty

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

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 Ruth, Kathryn, and Raf have just finished a six week placement with us. They wanted us to pass on our thanks to everybody in our centre and to all the people they visited. Some of you will have met them in the centre or may have been lucky enough to be one of the people visited by them. They commented on how friendly and supportive people had been.

A fourth student, Khai has just started his placement and is looking forward to meeting as many people as he can.

PARALYMPIC GAMES

The Olympics and Paralympics in London have given a great boost to the image of people with disabilities and inspired us all to do more. At our Activity Centre at Mappin Street we rose to the challenge and had our own

Olympics, maybe not as energetic as any of the athletes but everyone gave it their all.

We had carpet bowls, curling and much more. It was a marvellous week and went down a treat with everyone. We all had a good go and sometimes a good laugh!

My proud moment was when I won a gold medal which I wore with pride.

Thank you to everyone for such a good week. Roy Osborne

CULTURE CLUB

We continue to have a great response to our Culture Club trips.

In September we had a lovely day at Haworth. The sun shone and everyone enjoyed a leisurely day exploring the lovely village. A few clients visited the Old Parsonage Museum, some did a bit of souvenir shopping and some explored a couple of local taverns!!

Following a quiet month in August (theatre shut down period and holiday time) we've had a few theatre visits in September and October. We went to see a fantastic audio described performance of Macbeth. We have also been to see Chicago and Ladykillers. We have a number of trips coming up including The Woman in Black, Rise and Fall of Little Voice, My Fair Lady and Full Monty.

We've attended a recent meeting with staff and volunteers at Sheffield Theatres, and they are keen to improve their audio-described service. They have recently installed a new system in the Lyceum and are holding

a fund raising event to raise money for additional headsets to hopefully open up the access performances to a wider audience. They are also keen to re-introduce the touch tours, starting with My Fair Lady in January.

We have booked tickets for the Christmas Cavalcade at the City Hall in December. We've also organised a 'Christmas Get-together', at **SRSB**. A chance for all members of the Culture Club to meet up, have a glass of mulled wine and give us some feedback and ideas for next year's events and activities. Claire Parkinson, one of the Duty Managers from Sheffield Theatres is also popping along so as to enable members to give them feedback on our theatre visits.

If you are interested in any of these events or wish to put your name on the Culture Club mailing list to ensure you don't miss out on future events please contact us at **SRSB**.

CHILDREN'S ACTIVITIES

We have a few children and family events planned for the coming months. On 21st November we are hosting an early evening event for parents in conjunction with the VI Service and Low vision Services and Children's Hospital (Sight Support Sheffield Paediatric group) looking at mobility and independence. Please remember to book your place if you are the parent of a child with a visual impairment.

We have a trip to the Lyceum to see an audio described performance of the panto Cinderella. We are also

doing a trip in January to West Yorkshire Playhouse in Leeds to see *Wind in the Willows*. This is the annual Action for Blind People event that is open to all visually impaired children across the region. The children get the opportunity to meet the cast, try on the costumes and explore the sets and props.

We recently had meetings with a lady who runs outdoor activities and we are trying to incorporate sessions into Little Sparklers and into our Activity Days. We also have a meeting organised with Green Top Circus to look at holding a workshop for older children. We are also finalising details for the Christmas Party.

Little Sparklers

Little Sparklers continues to grow, we had a lovely article in the Parent Carers Forum Magazine earlier this month. We have already had two new babies come along in the last month. We meet weekly every Wednesday at **SRSB** and once a month we visit the hydrotherapy pool at Norfolk Park School.

Actionnaires

As always we are still working closely with Actionnaires and we are assisting with their Christmas trip to The Escape at Leeds, for a day sledging and tobogganing on the dry ski slope, by providing transport and extra staff. Further information from Joanne Ardern at **SRSB**.

LEISURE EVENTS AND SPORT

There are a wide range of sports and leisure activity groups for visually

impaired people in Sheffield. Please contact us for further information on any of the groups which include archery, ten pin bowling, crown green bowling, walking, swimming, cricket, goalball and Tai Chi.

Goalball

South Yorkshire goalball team

Who knows we may soon have Great Britain players – the sky's the limit – something to aim for at the 2016 Paralympic Games in Rio de Janeiro?

For further information please contact Kyle Crossland at **SRSB** or the coach Kathryn Fielding,
kathryn@achievepotentials.co.uk

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 an alternative format.

CONCLUSION

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

Making a Difference in Sheffield

This is the last newsletter for 2012 so we would like to wish all our readers a Merry Christmas and Happy New Year. Our next newsletter will be arriving with you in early February next year.

SRSB DIARY OF EVENTS 2012-3

All events at SRSB's Mappin Street Centre unless otherwise stated.

NOVEMBER 2012

8th	Thursday	Culture Club – Lyceum, Woman In Black
15h	Thursday	Culture Club – Lyceum, A Taste of Honey
15th	Thursday	Social Evening – 7:30pm to 9:30pm
21st	Wednesday	Charles Bonnet Syndrome Support Group
21st	Wednesday	Parents' Evening – 5pm to 8pm
23rd	Friday	Store Collection, Asda Hillsborough
24th	Saturday	Store Collection, Asda Hillsborough
28th	Wednesday	Exhibition, Visualeytes and Cobolt Systems 10am to 3pm
29th	Thursday	Culture Club – Lyceum, The Rise and Fall of Little Voice
30th	Friday	'A Dickens of an Evening' presented by Mike Gardiner – 7-10:30pm.

**Friday 30th November to Wednesday 2nd January 2013
Christmas Tree Festival – Tapton Hall**

DECEMBER 2012

5th	Wednesday	RP Support Group Meeting, 2pm to 4pm
8th	Saturday	Store Collection, Tesco Hillsborough
9th	Sunday	Culture Club – City Hall, Christmas Musical Cavalcade
10th	Monday	Store Collection, Tesco Abbeydale
11th	Tuesday	Christmas Social Evening – 6:30pm to 9:30pm
12th	Wednesday	Christmas Social Evening – 6:30pm to 9:30pm
15th	Saturday	Culture Club 'Get Together' – 11am to 1pm
17th-21st	Monday to Friday	Christmas Lunch – 12:30pm
19th	Wednesday	Charles Bonnet Syndrome Support Group
21st	Friday	Carol Concert, Paradise Square – 12 noon – 1pm

**Monday 24th December 2012 to Tuesday 1st January 2013 inclusive
Mappin Street Centre Closed**

**Friday 30th November to Wednesday 2nd January 2013
Christmas Tree Festival – Tapton Hall**

SRSB DIARY OF EVENTS 2012-3

All events at SRSB's Mappin Street Centre unless otherwise stated.

JANUARY 2013

2nd	Wednesday	SRSB Mappin Street Centre re-opens
3rd	Thursday	Children's Trip – Lyceum, Cinderella
10th	Thursday	Culture Club – Lyceum, My Fair Lady
16th	Wednesday	Charles Bonnet Syndrome Support Group
16th	Wednesday	Glaucoma Support Group 2pm to 4pm
17th	Thursday	Children's Trip – Leeds Playhouse
17th	Thursday	Social Evening – 7:30pm to 9:30pm
19th	Saturday	SWFC Collection, Hillsborough

FEBRUARY 2013

7th	Thursday	Culture Club – Lyceum, Full Monty
16th	Saturday	Stars in their Eyes – Manor Social Club – 7pm
20th	Wednesday	Charles Bonnet Syndrome Support Group
21st	Thursday	Social Evening – 7:30pm
27th	Wednesday	Exhibition, Dolphin and Enhanced Vision 10am to 3pm

MARCH 2013

20th	Wednesday	Charles Bonnet Syndrome Support Group
21st	Thursday	Social Evening – 7:30pm to 9:30pm

APRIL 2013

18th	Thursday	Social Evening – 7:30pm to 9:30pm
20th	Saturday	Brass Band Concert, Victoria Hall
27th	Saturday	Store Collection, Tesco Hillsborough

MAY 2013

12th	Sunday	Sheffield Half Marathon and Fun Run, Don Valley Stadium
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SRSB is a Visionary organisation

