

Old £1 coins

See page 6 for details

INSIGHT

WINTER 2017

DIARY OF EVENTS

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

NOVEMBER

- | | | |
|------|-----------|---|
| 29th | Wednesday | Legal Advice Day, 10am to 4pm |
| 30th | Thursday | SRSB Pub Quiz at The Old Queens Head, 7pm |

DECEMBER

- | | | |
|--------------|--------------------|--|
| 2nd | Saturday | Breakfast with Santa at Virgin Lounge |
| 6th | Wednesday | Latest date for returning Christmas Social booking form and raffle tickets |
| 11th | Monday | Online Today |
| 11th | Monday | Glaucoma Support Group, 2pm |
| 13th | Wednesday | RP Support Group, 2pm |
| 13th | Wednesday | Christmas Social Evening, 6:30pm |
| 15th to 21st | Friday to Thursday | Christmas Lunches, 12:30pm |
| 16th | Saturday | Kids Christmas Party at Monkey Bizness, 7:15pm |

22nd December 2017 to 2nd January 2018

SRSB Mappin Street Centre and Rotherham Sight & Sound Ship Hill Centre

Closed for Christmas/New Year Break

JANUARY

- | | | |
|------|-----------|--|
| 8th | Monday | Weekly Lip Reading classes start at Rotherham Sight & Sound, 12noon |
| 10th | Wednesday | Northern Cochlear Implant Social Group at Rotherham Sight & Sound, 11:30am |

FEBRUARY

- | | | |
|------|-----------|--|
| 14th | Wednesday | Northern Cochlear Implant Social Group at Rotherham Sight & Sound, 11:30am |
|------|-----------|--|

MARCH

- | | | |
|-----|---------|---|
| 5th | Monday | Dolphin Computer Access Demo Day – Rotherham Sight & Sound, 10am to 3pm |
| 6th | Tuesday | Dolphin Computer Access Demo Day |

Welcome to our latest newsletter. We hope you enjoy this edition. If you have any suggestions for future newsletters then please just get in touch.

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INTRODUCTION

Welcome to the last newsletter of 2017 – where has the year gone? Time certainly flies when we're having fun!

There's lots of great news this time including an extensive section on all the services, activities and groups operating at Rotherham Sight & Sound.

SRSB PUB QUIZ



Join us for the perfect Christmas night out at Sheffield's oldest pub. Come along and test the old brain cells. It's great fun.

Complimentary sandwiches and chips are provided at half time by the pub. Don't worry if you don't know anyone, there is always a friendly face with volunteers, staff, clients, and supporters taking part. There are prizes for the winning team too! See page 17 for more details.

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 **SRSB** in the FREEPOST envelope no later than Wednesday 6th December 2017. Cheques should be made payable to **SRSB**.

Please do **NOT** return your counterfoils or money to the Rotary Club of Sheffield Vulcan.

If you or your family are able to sell extra tickets please call **SRSB** as more tickets can always be provided.

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 **SRSB** a call.

Please could you also ensure that any person buying raffle tickets are aged 16 or over.

CHRISTMAS CARDS

We are selling packs of Christmas cards for you to purchase. There are two new designs in each pack of

10 cards, priced at £3.50 per pack. You can pick these up from Cairn Home, our Mappin Street Centre in Sheffield, or our Ship Hill Centre in Rotherham. A great opportunity to send a uniquely designed card to family and friends whilst supporting our services.

We will also be producing large versions of the Christmas card for companies or supporters who would like to collect donations in lieu of Christmas Cards during the festive season. Please contact Sue or Jane if you would like to support us in this way. We will supply the card and a collection box.

For further details please contact **SRSB** on **0114 272 2757** or Rotherham Sight & Sound on **01709 722 420**.

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, staff and volunteers 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.

CHRISTMAS CARD LABELS

For all the cards that you send, is it a struggle writing them now? If so we have a solution which is a nice festive silver label which reads "Merry Christmas from xxxxxxxxxxxx", with your own name inserted. We charge £2 for a sheet of 48 labels or £3 if we post them out to you. If you would like to order these from us please just give **SRSB** a call.

CHRISTMAS SOCIAL EVENING

SRSB will be holding their annual Christmas Social on Wednesday 13th December starting at 6:30pm and finishing at 9:30pm, held at **SRSB's** Mappin Street Centre, with several special guests. This year the cost is £4 per person plus £2 if transport is provided. Your food and drink is all included in the price and there will be great entertainment booked so get your dancing shoes out.

Please complete the enclosed booking form and return it to us no later than Wednesday 6th December.

CHRISTMAS LUNCHES

SRSB will be serving Christmas Lunches on 15, 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 by phoning **SRSB** on **0114 272 2757**. Lunch prices are £4 for clients and £6 for guests.

KIDS CHRISTMAS PARTY

We have booked our Kids Christmas Party for 16th December. We are going to Monkey Bizness for 7:15pm. Please book your place by phoning Joanne on **0114 272 2757**.

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 and Ship Hill Centres will be closed from Friday 22nd December and will re-open on Tuesday 2nd January 2018.

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.

SRSB

ONLINE TODAY

Monday 11th December

SRSB is holding training sessions in conjunction with RNIB for people wanting to use a smart phone or tablet (Apple or Android). There is a morning (10am to 12noon) and an afternoon session (1pm to 3pm) taking place on Monday 11th December.

The morning session is primarily aimed at beginners who have not used a smartphone or tablet, but if you are feeling rusty, you are welcome to join this group to refresh your skills.

The afternoon session is primarily aimed at people who already use a smart device but would like to be able to expand their skills and use their device more effectively.

Those attending these sessions are invited to bring their devices with them.

To book a place please call **SRSB**.

LEGAL ADVICE DAY – WEDNESDAY, 29TH NOVEMBER

Following the success of our two previous Legal Advice Days, we have arranged another session at our Mappin Street Centre on Wednesday, 29th November, 10am to 4pm with PM Law providing the advice. The team at PM Law are committed to delivering exceptional service to all their clients whether that's helping to write a will, set up Lasting Power of Attorney or to buy or sell a property. They are a friendly bunch, always happy to answer any questions and can provide most documentation in a format to suit our clients.

Clients are invited to make an appointment by calling **SRSB** and putting your name on the list to see the solicitor, with no obligation. They will be able to answer queries about Wills, Powers of Attorneys, Deceased Estates and Care Fees Planning, or indeed any matter that you require a bit of advice on. You

will be able to see the solicitor in a private room for an appointment of 30 to 45 minutes.

Appointments are free and there will be no obligation on your part to engage the solicitor in acting for you in the future. However, if you do wish to pursue your query, the solicitor will be able to give you an indication of cost and how to proceed.

For further information please contact **SRSB** on **0114 272 2757**.

DONATE YOUR OLD £1 COINS AND SUPPORT SRSB.

On 15th October 2017 the old £1 coin stopped being legal tender, having been replaced by the new 12-sided £1 coin. The old design is no longer accepted, so why not donate them to **SRSB** who will be able to exchange them? You can drop your old £1 coins in to **SRSB** reception at Mappin Street or at Rotherham Sight & Sound, 8 Ship Hill, Rotherham. So raid those piggy banks, check those pockets and find your old £1 coins today and support our services.

ROTHERHAM SIGHT & SOUND

INTRODUCTION

Welcome to Rotherham Sight & Sound (**RSS**) from Nicola, Tony and myself, Sue.

It has been a busy time here at the Rotherham Centre since I joined Nicola and Tony on the 1st September. During this time we have been in contact with different groups from both the Visual Impaired community and the Hearing Impaired/Deaf community.

In the near future our coffee shop will be opening, more information on its opening date is to follow.

Please pop in and meet the team at **RSS** and find out what else we have to offer and what else we are planning in 2018.

AWARENESS RAISING

We have been involved with promoting **RSS** at the Rotherham

Minster, the central library at Riverside House and Stag Medical Centre at Wickersley. I teamed up with Liz Bowman and Tracy Wright to learn how they promote eye/deaf awareness in the community with the Mobile Information Unit and all the equipment it carries.

We have also participated in visual impairment and deaf awareness training and we are now aware of some of the needs of the VI and HI community. I am having a refresher in British Sign Language (BSL) from Tony and Nicola has started her level one in BSL so if you pop into **RSS** you may see us all practising!!

EQUIPMENT CENTRE

Our Equipment Centre is now fully operational and we have a variety of equipment ranging from talking,

large dial, or braille watches to hearing loop systems etc.

Please call in and “try before you buy”. We do have some used equipment for sale as well.

OFFICIAL OPENING

Our Patron, The Earl of Scarborough, conducted the official opening of our Ship Hill Centre on 16th October. The event was a huge success and was attended by the Mayor of Rotherham, Councillor Eve Keenan, **SRSB** Chairman Tony Cooper, Councillor David Roche, Cabinet Member for Public Health and Adult Social Care, Jacqui Clark Operational Commissioning Manager, Adult Care & Housing, Rotherham MBC. There were numerous other guests including blind, partially sighted, hearing impaired and deaf clients from **RSS** in addition to staff from **RSS** and **SRSB**. We even had a text from Tony, our Technology Trainer, all the way from Lanzarote to say good luck.

In the same week we opened our doors to the general public and other organisations and invited them to a coffee morning. This gave people the opportunity to see **RSS**, to meet people who use our service, ask questions about our service, enquire about the new activity groups that we are going to provide, visit our shop, chat with our Community Advice Officers, Liz and Joanne. I would also like to thank Liz Bowman, Tracy Wright, Debbie Smith, and Lily and

especially Nicola for their hard work on the day making everyone feel welcome and for making lots of tea and coffee!! The coffee morning was such a success we will be having a coffee morning every Thursday 10am to 12noon from the 9th November.

CURRENT GROUPS AND ACTIVITIES

We have a number of groups and activities which have started or due to start over the next few months. Most of these groups can cater for people with both a sight and/or a hearing difficulty.

Pilates:

Thursdays 1:30pm to 2:30pm, £5 per session, spaces limited, please book in advance.

Tai Chi:

Wednesdays 10am to 11am, £5 per session, spaces limited, please book in advance.

Art & Crafts:

Tuesdays fortnightly 1.30pm to 3.30pm, spaces limited, please book in advance.

Coffee Morning:

Thursdays 10am to 12noon, please come along and find out more about **RSS**.

Lip Reading Classes:

We have lip reading classes starting on Monday 8th January 2018 12noon to 2pm. Spaces are limited so please book in advance.

Benefits & General Advice

Drop-in:

Mondays 9am to 4pm, please call in to speak to one of our Community Advice Officers.

VI Social Group:

Fridays (various times) – activities include Cricket, Bowling, Quiz nights etc. Please call for more information.

Visual Impairment Awareness and Deaf Awareness Training:

We offer both visual impairment and deaf awareness training. This is delivered to staff, volunteers and other organisations. Please call/email for more information.

Northern Cochlear Implant Social Group:

We are pleased that the Northern Cochlear Implant Social Group will be holding a new monthly meeting at **RSS** where people can come and chat with other people who have had or are thinking about a cochlear implant.

The first meeting is on Wednesday 10th January 2018, 11:30am to 2:30pm. Future meetings will be at the same time on the 2nd Wednesday of every month.

Walking Group:

We are in the process of starting a new walking group with the help of the volunteers of Winthrop Gardens at Wickersley. This will probably start from February 2018 so please

contact us if you are interested in receiving more information.

We are also looking at starting further groups such as a Games Morning, Swimming Group and a Tinnitus Support Group. If there are any other activities you would like please let us know.

TECHNOLOGY TRAINING

If you are having problems with anything from your mobile phone through to a personal computer or you just want to learn how to use a Windows programme. Why not have trial sessions with Dolphin Supernova or Dolphin Guide before deciding if it meets your requirements? Want to try an App on your mobile or help setting up your phone? Then our technical trainer Tony Atkin will soon have you up and running.

Don't forget, we are a multi-sensory loss centre and we are deaf awareness trained plus BSL sign language for Deaf users, all available at our Technical Training Centre.

Remember there is no cost involved for our registered service users.

CONTACT DETAILS

For more information regarding any of our groups or activities please contact us by:

Telephone: **01709 722 420**

Textphone: **01709 722 437**

Email: enquiries@rotherss.org.uk

VOLUNTEERING OPPORTUNITIES

SRSB and **RSS** are currently recruiting volunteers to fill the following opportunities;

Drivers with their own vehicle – to provide transport for people wanting to access our services.

Mileage allowance is paid.

Café Bar assistant

Arts and Crafts assistant

Sporting activities; cricket, swimming, walking etc.

Social group volunteers/activities and events

Sighted guides - for trips/outings

Training is available for all volunteers including Visual Impairment and Deaf Awareness Training

Travel expenses are reimbursed
Lunch is provided / reimbursed if volunteering for 3 hours or more

Ongoing Support and supervision via Volunteer Coordinator.

SRSB / RSS continue to provide a wide range of volunteer opportunities that enhance and support the lives of Visually Impaired and Hearing Impaired people.

We would be delighted to meet and talk with anyone interested in volunteering.

For any further information please contact Debra Smith our Volunteer Co-ordinator on **0114 272 2757**.

SHEFFIELD GROUPS AND CLUBS

INBETWEENERS CLUB

Wednesday evenings 6.45-9pm

The Inbetweeners club was started in May this year to allow clients who cannot attend the Mappin Street centre during the day to take part in activities and classes that are specifically aimed at visually impaired people. All classes are offered at £5 per session per person. They are heavily subsidised by **SRSB** as we feel that this service is needed in the city centre after work hours. Clients are allowed to attend with a friend or partner if they want but each person attending needs to pay for their place as numbers are limited.

To be able to attend you need to travel to and from the centre independently as transport is not provided.

Our **Pilates** classes have proven so popular that they have kept going well past the original 6 week block planned and are still happening every week. The class had been fully booked but two places have recently become available. If you are interested please contact us as soon as possible as they are extremely popular. Call **0114 272 2757** to book your place!

In June we had a block of 6 weeks of Conversational French and then Tai-Chi classes in July and August.

We are planning more language lessons in the new year as well as a Gospel Choir. Please do get in touch to express your interest in future activities as numbers are limited: Language lessons, for example, can only accommodate a maximum of 7 students. **Booking is therefore essential.** If you would like updates about the Inbetweeners' future activities please ask to be put on our mailing list. Also get in touch if you have any suggestions. Email Inbetweeners@srsb.org.uk

CHILDREN'S SERVICES

Little Sparklers

The group continues to grow with several new attendees over the last few months.

We continue to utilise Ryegate Children's Centre accessing both their Sensory Room and their Hydrotherapy Pool. We also continue to use Sarah from Rhythm Time as the Music Sessions are really popular.

We have our Christmas Party booked for the 13th December and various themed winter and seasonal sessions planned over the next few months.

Children's Activities

We had a brilliant trip to Blackpool in October which a number of families attended. We have booked a trip to the theatre for the audio described performance of George's Marvellous Medicine for the New Year and we have our annual

Christmas Party booked at Monkey Bizness,

Youth Club

Unfortunately the Youth Club is not operating due to staff not being available on a Monday evening at the moment and the young people having other commitments on Wednesdays. We are working on getting the group up and running again.

CULTURE CLUB

We had a fantastic trip to Beamish back in September and have a trip to Media City in November. We are off to Brodsworth Hall for one of their Magical Christmas Evenings in December and we will be having our annual Christmas catch-up to look at plans for next year. We continue to have regular theatre trips, recent ones have included Addam's Family, Around the World in 80 Days, The Band and The Kite Runner. Forthcoming shows include Crazy for You, Little Mermaid, Wizard of Oz, Hairspray, Sunset Boulevard, Titanic the Musical and Jersey Boys. We are just in the process of booking for Fat Friends, Frost/Nixon, Jane Eyre, Art, The Rat Pack, Cinderella, and Officer and a Gentleman. We have been working closely with Sheffield Theatres and as a result they are putting on more and more accessible performances with Touch Tours now at many of the new shows.

For more information please contact Joanne on **0114 272 2757**.

SRSB send out regular Culture Club updates – If you would like to be added to the mailing list please contact us.

SHEFFIELD MACULAR SOCIETY

Degeneration of the macular results in loss of central vision. It is usually a result of ageing and is the commonest form of sight loss in older people. This group, which is a branch of the national Macular Society, meets on the first Thursday of each month (except January and August) at 1:30pm for 2pm in the Central United Reformed Church Café off Norfolk Street. New members are most welcome, just come along.

For more information please contact Dorothy Martinez on **0114 234 3516** or Robin Story **0114 236 2251** or email: story.rob@yaho.co.uk

RP SUPPORT GROUP

RP (Retinitis Pigmentosa) is an eye condition affecting the retina usually affecting peripheral vision first and in time central vision as well. It is usually inherited.

Our next meeting is on Wednesday 13th December 2017, commencing 2pm – all welcome but please give us a call to let us know you plan to attend.

CHARLES BONNET SYNDROME (CBS) SUPPORT GROUP

Charles Bonnet Syndrome is not a cause of sight loss, more a result of sight loss, but this worrying condition causes hallucinations, resulting in people, or their family/friends, wrongly believing that they may have mental health problems.

The group meets once a month on the third Wednesday of every month at **SRSB's** Mappin Street Centre.

If you think this might be a group you would be interested in attending then please contact **SRSB**.

GLAUCOMA MEETING

Monday 11th December, 2pm at our Mappin Street Centre.

We continue to work with Graham Auger, Consultant from the Royal Hallamshire Hospital, who specialises in Glaucoma. We also work with the International Glaucoma Association to provide the best support we can. If you are interested in learning more about the Glaucoma Group or attending then please get in touch with Cheryle on **0114 272 2757**.

THE SRSB SINGERS

The Singing Group is an increasingly popular group which meets every Wednesday, originally organised by David Cox, **SRSB's** Activity Centre Manager but now

facilitated by Mike Harris, one of the singers and a volunteer with **SRSB**.

It is a chance to meet socially as well as enjoying singing together with a wide range of songs. For more information contact **SRSB**

CRAFTY LADIES

This is an art and craft group, currently comprised entirely of women, which meets alternate Fridays at the Ravenscroft Resource Centre Bungalow in Handsworth. This is an informal group and the atmosphere is relaxed. If you fancy getting involved in this kind of creativity, in spite of failing sight, then give the group a try.

They are also keen to encourage men to have a go but this may necessitate a change of name for the group!

Contact:

Karen Swann on **0114 273 4917** or Ali Anthony on **0114 273 4866**

MAPPIN WRITERS

This creative writing group meets every Friday at our Mappin Street Centre, from 11am to 12:30pm. For further information please contact **SRSB**

REMINISCENCE GROUP

The group meets every Monday at our Mappin Street Centre, from 11am to 12noon providing an opportunity to join in with this successful group which covers a range of topics. For further information please contact **SRSB**.

SOUTH YORKSHIRE

GOALBALL CLUB

Goalball training on a fortnightly basis, alternate Mondays, 5pm to 6:30pm at All Saints Sports Centre, Norfolk Park Road, Sheffield.

For more information contact Kyle on **0114 272 2757** or email kyle@visport.org.uk

TAI CHI

Regular sessions every Friday from 2:30pm to 3:30pm at our Mappin Street Centre. If you are interested please contact **SRSB**.

SHEFFIELD VI TEN PIN

BOWLING

We meet once a fortnight on Tuesdays at the MFA in Firth Park at around 6:45pm to start playing at 7pm. We are always looking for new players of all ages and skill levels. Contact Kyle at **SRSB** on **0114 272 2757** or email kyle.crossland@srsb.org.uk

SHEFFIELD VISUALLY

IMPAIRED WALKING GROUP

The group meet on the first Tuesday, second Wednesday and fourth Sunday of every month. It also meets once per month on a Thursday. Tuesday walks are shorter and easier whilst Thursday walks are more challenging. Please visit the website for up-to-date contact information.

<http://www.sviwg.co.uk/>

ARCHERY

This takes place 10am to 2pm every Wednesday at the Northern General Hospital Spinal Injuries Unit sports hall. Visually impaired people with a spotter are welcome. Contact Les Culf on **0114 246 5515**

SWIMMING

The swimming group meets at Uppertorpe Baths every Thursday. They leave our Mappin Street Centre at 11:30am, returning approximately 1:30pm. For further information please contact Kathryn Greenwood on **0114 272 9885**

THE SHEFFIELD BLIND

BOWLERS CLUB

The bowlers meet at 10am every Wednesday at Hillsborough Park for the summer season and 11am at Concord Sports Centre for the winter season with transport available from the city centre for the winter season. For further information please contact Graham Draycott on **0114 286 4121**

DEAFBLIND GROUP

People who have both hearing loss and sight loss are referred to as

DeafBlind. They are potentially even more isolated than people with just sight loss and have complex communication needs. Some people find it difficult to meet in large groups so **SRSB** operates a DeafBlind Group. They meet every Thursday at our Mappin Street Centre from 10:30am to 2:30pm and provides an opportunity for up to 12 deafblind people to meet on a social basis in an environment that takes account of their specialist communication needs.

The group is run by Rachel Kelly, a trained guide communicator with signing skills, with support from volunteers. They ensure that the members of the group enjoy a range of activities and outings.

Refreshments are served and there is no charge for attending. A two course lunch, cooked in our own kitchen, is available at the subsidised price of £4.

For further information please contact **SRSB**

ORCAM

From the New Year we are very pleased to announce that we will be selling the OrCam in our Equipment Centres in both our Sheffield and Rotherham Centres. OrCam is a portable, artificial vision device that allows visually impaired people to read text, identify objects and recognize faces. We will be launching the product on the 8th January in Sheffield and the 15th January in Rotherham. Come along and try the device, staff will be available to show you how to use the product and illustrate just how OrCam can increase independence for blind and partially sighted people.

LOW VISION SERVICES

Do you have Low Vision?

Are you struggling to read? Is your magnifier working as well as it was? Visit the Low Vision clinic to see if we can help you with your reading, we have different magnifiers of different strengths that may help make the most of your vision.

How do you access the low vision clinic?

If you have been to the clinic before, please call **0114 271 1581** and we can book you another low vision appointment.

If you have not been before ask any eye clinician at the Royal Hallamshire Hospital for a referral to the Low Vision Clinic.

If you are not under the eye department you can ask your optician or GP to refer to the eye clinic.

Please bring your glasses (reading and distance) and any low vision aids with you for your appointment.

Where is the Low Vision Service?

The clinic is held in the Low Vision Suite in the Ophthalmology Department at the Royal Hallamshire Hospital.

The Ophthalmology department is located on A Floor of the Outpatients building opposite the hospital's multi-storey car park. The reception staff will be happy to show you to the Low Vision Suite when you arrive.

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 Theatre Ticket Office on **0114 249 6000**.

More information can be found at <http://digbig.com/5bgjet> - Select the link near the bottom of the page for "Accessible Performances" to bring up details of dates and times of performances.

November

- Nativity! The Musical

December

- Northern Ballet's The Little Mermaid
- Mother Goose

January 2018

- The Wizard of Oz
- Strangers on a Train

February

- Hairspray
- Beautiful: The Carol King Musical

March

- MAMMA MIA!

April

- Shrek: The Musical
- Sunset Boulevard

Do bear in mind that the Culture Club will be organising trips to some of these performances – see page 10 for more details on the Culture Club.

SENIOR SNIPPETS

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

In this instalment, I will be sharing some tips that will keep you warm and protect your home from the inevitable cold days of winter. Although it may seem like summer has just ended, the days are getting shorter and colder and it's time to

start thinking about ways to winter proof your home.

Get your boilers looked at: A poorly maintained boiler wastes energy and creates added costs. It also runs the risk of leaking carbon monoxide. So, it's a good idea to service your boiler every year. As everyone starts to switch on their central heating, the surge in gas consumption can lead to a big increase in boiler breakdowns.

Bleed the radiators: A great way to warm up your home is to bleed your radiators. This releases any trapped air, allowing hot water to fill every part of your radiator and warm your home more efficiently.

Guttering: As leaves start falling, gutters and drainpipes will start to get filled with loose foliage. Once the blockage becomes too much, water will start to back up in the guttering and leak into the roof and down the walls of the house. Make sure your gutters are completely free from grime and dirt to minimise water blockage.

No entry for draughts: Those chilly winters will try everything they can to slip through the nooks and crannies of your home. Check the edges of your doors and windows for draughts, and you can either seal these gaps with self-adhesive draught strips, or get one of those funny draught excluders shaped like a snake or a dog.

Keep your pipes warm: Burst pipes are common during winter due to rapid freezing and thawing,

potentially causing massive damage. The best way to stop this from happening is to keep your pipes warm with their own foam cardigan (called lagging), which will reduce the heat lost and insulate the pipes to stop them from freezing.

Sweep your chimneys: If your chimneys are in use, make sure that they get swept every year. This will remove the build-up of dirt and grime from your chimney walls.

Bonus tip: Stock up on hot chocolate and other warm drinks. It doesn't matter if it's pouring down with freezing cold rain, in the middle of a blizzard or gale force winds, sitting down on the sofa with a mug

of hot chocolate in winter is one of the best feelings ever.

We know it can be tough to keep everything in your home running smoothly during the colder months, but hopefully some of these tips will help and it is always best to start preparing your home for the winter months early. To make a suggestion for a future topic, please write to me at bryn.evans@homeinstead.co.uk or by post to Home Instead Senior Care, Haywood House, Hydra Business Park, Nether Lane, Ecclesfield, Sheffield, S35 9ZX. Alternatively, you can also call me on **0114 246 9666**.

Bryn Evans

FUNDRAISING

A warm welcome to the final fundraising news of 2017; what a great year we have had. We would like to send the year out in style and have planned a few events for you to enjoy in December so please do come along and join us – there is something for everyone. To join us at any event you can book online at www.srsb.org.uk

Give us a call on **0114 272 2757** or email fundraising@srsb.org.uk

CHRISTMAS TREE FESTIVAL

Tapton Masonic Hall

Thursday 30th November 2017 to

Wednesday 3rd January 2017

SRSB are delighted to be part of the Christmas Tree Festival again at

Tapton. This annual event is home to over 30 Christmas Trees decorated by various national and local charities. Each tree has a collection tin and visitors are encouraged to make a donation to the charities of their choice. Supervised by our volunteer Margaret Tate, our clients have been busy making some fab decorations for our tree in all the colours of the **SRSB** logo – they are stunning. The festival is open every day other than Christmas Day. Entrance is free and it is well worth a visit, the perfect way to start the festive Christmas period. Thank you to all our clients who worked so hard making the decorations.

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 30th November 7:30pm

Join us for the perfect Christmas night out at Sheffield's oldest Pub. Come along and test the old brain cells. It's great fun.

Complimentary sandwiches and chips are provided at half time by the pub. Don't worry if you don't know anyone, there is always a friendly face with volunteers, staff, clients, and supporters taking part. There are prizes for the winning team too!

Team Entry £8 (Maximum of 4 per team) or £2 per person.

MILLHOUSES FESTIVAL

The Terminus, Millhouses

Saturday 2nd December, 11am to 3pm

Annually, the Millhouses Traders Association organise a Christmas Fair with stalls selling lots of Christmas goodies scattered on the streets of Millhouses. **SRSB** will be present with a stall in conjunction with local optician, Victoria J Smith. There will be complimentary mulled wine and plenty of opportunity to do a little Christmas shopping at some fab local shops. You can even have a go on the tombola and other Christmas games. It's well worth a visit. Bus number 97 and 98 will take you straight to the event.

BREAKFAST WITH SANTA

Virgin Lounge, Fargate Sheffield

Saturday 2nd December, 10:30am to 1pm, Ticket price £5.

Do join us for our Breakfast with Santa at the fab Virgin Lounge on Fargate. After breakfast there will be lots to do with a special Christmas film showing, Christmas activities and the chance to have a game of ten pin bowling. Each child will receive a present from Santa if they have been good.

LORD MAYORS CHARITY

EVENTS

We are delighted to be one of the Lord Mayors Charities of the year for 2017 / 2018 with Artworks, Sheffield Young Carers, Sheffield Hospitals Charity Renal Unit and Dementia Action Alliance. The Lord Mayor has organised the following events which you are all invited to attend:

M&Co Style Party

Fox Valley Shopping Centre, Stocksbridge.

Wednesday 22nd November 7pm

M&Co are holding a style party with plenty of ideas of what to wear for the festive period.

Tickets £5 includes tea and coffee

Art Sale

Sheffield Town Hall

Saturday 16th December 10am to 5pm

Free entry with lots of stalls exhibiting the work of local artists. Great for Christmas Shopping ideas.

Band Night

Crookes Social Club

Wednesday 29th December

7:30 to 11pm

A great opportunity to dance the night away to local band Red Back.

Ticket Price £10 includes supper

CHRISTMAS GIFT IDEAS

In September we held a piano recital at The Victoria Hall with client Bill Skipworth, his good friend Ed Dawes, and their guest Diana Smith. It was amazing and after numerous requests Bill and Ed have put together a . This is available to purchase from **SRSB** for £5.

Also, the Mappin Writers creative writing group held an 'On the Shelf' event in October where they showcased their work to the public. They made a recording of a selection of their work, and this is available on CD for £3.

They will make a great Christmas present, or why not just treat yourself?

DONATIONS IN LIEU OF CHRISTMAS CARDS

As an alternative for those who would prefer not to send Christmas Cards, **SRSB** can provide (free of charge) a large Christmas card and flat packed donation box.

The Christmas card can be put up in an area such as a canteen, office, recreation room or community hall. Participants can then write festive

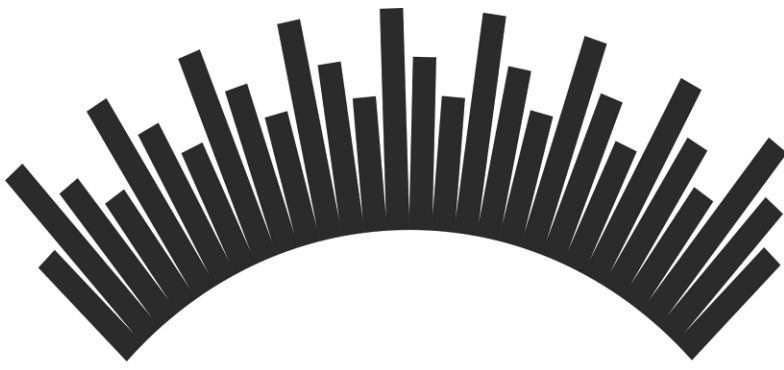
greetings to each other on the card, putting some of the money they have saved on purchasing cards into the donation box. If any of your family and friends would like to support **SRSB** in this way at their place of work etc. then please get in touch.

THANK YOU

We would like to say a big thank you to all our fantastic volunteers and supporters who have helped us this year. There is no way we could have done all our fundraising events and collections without your help.

We are currently planning our diary of events for 2018 a full list of which will be in the next newsletter. If there is anything you wish to do off your bucket list for **SRSB** then please do get in touch!

A very Merry Christmas and a Happy New Year from Sue and Jane, Fundraising Team at SRSB.



SRSB

Sheffield Royal Society for the Blind

Making a Difference in Sheffield



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