



**Christmas Celebrations**  
See Page 2 for more details

# **INSIGHT**

**Winter 2019**

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

Please let us know if there is anything we can do to improve the newsletter. We are always open to suggestions.

As in previous newsletters we abbreviate Rotherham Sight & Sound to **RSS** in the same way we abbreviate Sheffield Royal Society for the Blind to **SRSB**.

Clients can access any services or events in Rotherham or Sheffield regardless of where they live.

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## 160th Anniversary Gala Dinner Friday 18th September 2020



Join us for a great night to celebrate our 160th Anniversary at the marvellous Weston Park Museum.

For full details and how to book please see Page 5

# 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 Friday 6th December 2019. Cheques should be made payable to "**SRSB**".

Please **DO NOT** return your counterfoils or money to the Rotary Club of Sheffield Vulcan or the Promoter, Alan Brown.

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.

Some people kindly put a postage stamp on the envelope to save us the postage cost which is very much appreciated. However, if you do that please ensure that you cross out the first line of the address on the envelope which starts "Freepost Plus" and the barcode immediately above it.

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

## FESTIVE FRIENDS

Do you spend Christmas alone?

Christmas can be a very lonely time for many people, families may live away, and friends are often too busy, lunch clubs and day centres close over the festive period. This can often lead to people feeling quite isolated and down at a time when most are making merry and having a good time.

At **SRSB** we are looking at ways to combat this and last year we came up with the idea of Festive Friends for which we have received funding from one of our corporate supporters. We will provide full Christmas lunch at The Old Queen's Head and provide transport by taxi to and from the venue.

We would like to hear from you if you would like to spend Christmas Day with others in a similar situation, enjoy a Christmas lunch and maybe even a little tippie or two.

If you are interested and would like more information then please call Joanne at **SRSB**. Places are limited so please contact us as soon as possible as we have to confirm numbers with the venue.

If you are a volunteer willing to spare some time on Christmas Day then we would like to hear from you too.

## **CHRISTMAS TREE LIGHTS**

### **SWITCH-ON**

**SRSB** Mappin Street Centre

Tuesday 3rd December, 1:30pm

Gerry Kersey of BBC Radio Sheffield fame will again be switching on the lights on our Christmas Tree.

Please call in if you wish as Gerry is always entertaining.

### **CHRISTMAS CARDS**

We are selling packs of Christmas cards for you to purchase. There are two 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, Jane or Claire 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** or **RSS**.

### **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 xxxxxxxxxxxxxx", 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 11th 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 £5 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 Friday 6th December.

## **CHRISTMAS LUNCHES**

**SRSB** will be serving Christmas Lunches on 17, 18, 19, 20 and 23 December. All clients are invited to join us and if you wish you may bring one guest.

We also invite a number of supporters who welcome the opportunity to meet some of the clients that their contributions support.

Lunch will be served at 12.30pm and you must book in advance by phoning **SRSB**. Lunch prices are £4 for clients and £6 for guests.

## **KIDS CHRISTMAS PARTY**

Our Christmas party will take place on the 8th December at Monkey Bizness, 7:15pm to 9:15pm. We usually get well over a hundred people attending and it's always one of the highlights of our year. The event is open to all our young clients and their families. Please give us a call at **SRSB** or **RSS** to book places.

## **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 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/RSS**.

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.

## **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 Tuesday 24th December and will re-open on Thursday 2nd January 2020.

## **160TH ANNIVERSARY**

Next year in 2020, 17th September to be precise, **SRSB** celebrates its 160th Anniversary. We are planning a whole range of events throughout the year to mark this momentous occasion but we wanted to let you, our clients, know in plenty of time about a gala dinner on the evening of Friday 18th September.

This dinner is being held at Weston Park Museum which is closely linked to our history as it was the home of the Harrison sisters who started our organisation 16 decades ago by opening the workshops on West Street employing blind people.

Further details will be available nearer the time but if you want to purchase tickets we have them on sale now, price £50 which will include a drink on arrival, a marvellous dinner and the opportunity to look around the museum.

Go on, treat yourself or it would also make a marvellous Christmas/ Birthday gift.

To purchase your ticket just give us a call or book online at [www.shorturl.at/hzGKT](http://www.shorturl.at/hzGKT)

## **HOLIDAYS**

We have already had a number of short breaks this year to Scarborough and Llandudno which were enjoyed by everybody, and a big thank you to the staff that accompanied those holidays.

We also have a Turkey & Tinsel break in Blackpool booked for 6th to 9th December with just one place

remaining. If you would like to join us please give us a call.

We are currently planning holidays for next year and if you are interested in joining us on a holiday please let us know as they tend to get booked up very quickly. We will just enter your name on a register of people interested in a holiday, but no commitment from you until we publish full details.

## **FOCUS GROUPS**

In order to better inform our Services Development Committee when developing new services or changes to existing services, we are planning a number of Focus Groups for which we need you, our clients, to participate in.

The first focus group will be looking at Top Tips for People with Sight Loss and is likely to be taking place towards the end of January next year.

If you would like to be involved in this or any future focus groups then please speak to Joanne at **SRSB** or email [Joanne@srsb.org.uk](mailto:Joanne@srsb.org.uk)

## **FREE WILL WEEK**

This was in October and was well attended. It is where people see a solicitor for advice about making a will and if they choose to make a will, **SRSB** pay the solicitor for the cost of a straightforward, basic will. We would hope that you will consider making **SRSB** a beneficiary under the will but there is no obligation to do so.

We will be arranging another free will week in Spring 2020, further information in our next newsletter.

For further information and to receive a copy of our legacy leaflet please call our Legacy Officer, Sue Coggin or email [giftinwills@srsb.org.uk](mailto:giftinwills@srsb.org.uk)

## **STAFF CHANGES**

Rob Coggin, our Cook, left us in October for pastures new and we wish him well for the future. Our new Cook is Paul Halifax who has settled in very quickly and clients are enjoying his food.

## **THURSDAY ACTIVITIES**

The change of the way we operate on Thursdays seem to have gone very well. The clients who used to attend on Thursdays have settled in to their new days and the activities that we have run on Thursdays have been well attended.

Our new Thursday activities are proving very popular and so far we've had gym sessions, ten pin bowling, swimming at Hathersage outdoor pool, a fish and chip picnic in the park, a pottery workshop and lots more.

There's been plenty of laughter and some really positive feedback so why don't you come along and join in the fun. Here is a list of forthcoming events:

**21st November** – Dobbies Garden Centre and lunch, leaving **SRSB** at 10am and **RSS** at 10:30am. £3 (not incl. lunch)

**28th November** – Belly Dancing, 11am at our Mappin Street Centre, cost £4

**5th December** – Christmas Wreath Making, 11am at **SRSB**'s Mappin Street Centre. Cost £15 including all materials for a wreath you can take home.

**12th December** – Christmas lunch at The Drawbridge, Rotherham leaving **SRSB** at 11am and **RSS** at 11:30am. Cost £13 including transport.

**19th December** – nothing arranged as Christmas Lunch at **SRSB**'s Mappin Street Centre.

We are still finalising activities for 2020 but the ones currently booked are:

**9th January** – Healthy Eating Session, 11am at **SRSB**'s Mappin Street Centre. Cost £3.

**16th January** – Ten Pin Bowling and pub lunch – £5, lunch not included.

**23rd January** – Visit to Medina Mosque, Sheffield. Cost £3.

**30th January** – Audio Described Cinema Trip (Film and price to be confirmed).

**6th February** - Pottery Session at 11am at **SRSB**'s Mappin Street Centre plus fish and chips lunch (price to be confirmed).

**13th February** – National Science and Media Museum, Bradford plus curry. Cost £5, not including curry.

**20th February** – To be confirmed

**27th February** – Cadbury's World, times and price to be confirmed.

We are also planning a trip to Alpaca Therapy at Crosspool, date to be arranged.

If you are interested in any of the above and would like more information or would like to book then please just give us a call.

To be kept informed of Thursday activities between newsletters please ask to be put on our Thursday Activities mailing list. We would prefer to email you if you have an email address but we will send information by post if you prefer.

## **BLIND BOWLING GROUP**

Our blind bowling group meets at Hillsborough Park in the summer and Concorde Sports Centre in the winter.

Graham Draycott who runs the group has sent in this write up which was done a couple of months ago.

“As the summer session of the crown green bowling closes for 2019 we look forward to a winter’s session at Concord Sport Centre until the new outdoor season begins in April 2020. The year saw us missing one or two sessions due to the wet conditions but thanks to Hillsborough Bowling Club we are able to have a dry place to have a chat and a place to have some refreshments.

Indoors at Concord we are also able to make a social as well as a sporting hour, after which we are brought back to the city centre for 1 o’clock or stay on the bus back to Mappin Street for lunch.”

This group is a very friendly group, always looking for new members to join them, just £1.50 whenever you attend and this includes tea & biscuits. Previous experience of crown green

bowling is not necessary as many of the group had never played until they joined this group.

Whilst this group meets in Sheffield, people from Rotherham, or indeed anywhere else, are very welcome to join us at any time. Just catch a bus, tram or train to Sheffield Centre and then a tram to Hillsborough for the summer season or for the winter season meet up at the central collection point in the city centre and **SRSB**’s minibus will transport you to Concord Sports Centre.

For further information please contact Graham Draycott on **0114 286 4121**

## **LOOKING AHEAD COURSES**

Two courses are organised for the New Year:

### **SRSB:**

Tuesday February 25th, 10:30am to 12 noon: Coffee and Information Morning for new people on the course.

Tuesday 3rd March 10am to 1pm:  
Week 1

Tuesday 10th March Week (later start/finish time) 11am to 2:30pm

Tuesday 17th March 10am to 1pm  
Week 3

Tuesday 24th March 10am to 1pm  
Week 4

Tuesday 31st March 10am to 1:45pm  
Evaluation week and trip to **RSS**

### **RSS:**

Tuesday 21st April 10am to 1pm

Tuesday 28th April 10am to 1pm

Tuesday 12th May 10am to 1pm



Tuesday 19th May 10am to 1pm

Tuesday 26th May 10am to 12 noon

The course offers an introduction to help and support for daily living, accessing information in print, magnifiers, mobility, how IT and mobile phones can help and a range of guest speakers from both within and beyond **SRSB** and **RSS**.

The course has been offered for the last four years and comments from past attendees have highlighted a growth in confidence, friendships formed during the course and increased knowledge about how to access support as well as what is available.

Here are some comments from previous clients after completing the course.

- “We have been given the tools on the Looking Ahead course and now it’s up to us to use them” (Vicky)
- “It has boosted my energy levels to deal with everyday problems knowing I am not the only person and mum having to cope with this” (Alex)
- “It’s been such a relief just talking to people without having to explain about my sight loss every time” (Vicky)
- “I can translate the information back to people who are helping me adapt to life with sight loss” (Bob)
- “I have got my disabled travel pass in the process of being sorted out thanks to this course” (Mary)

If you think you might benefit from signing up for the course, please

contact Liz Bowman or Tracy Wright for a friendly chat and more information. There is a £10 deposit to secure your place, refundable on completion of the course.

## **EMOTIONAL SUPPORT** **COFFEE MORNINGS**

Monday 2nd December 2019, 10am to 12noon at our Mappin Street Centre and then the first Monday of every month commencing February 2020.

Our Emotional Support Officer, Hayley, has been working with several of our clients who need emotional support at different stages, for example when adjusting to sudden sight loss, or adapting to a worsening condition.

Peer support is often really beneficial and we would like to invite clients who have benefited from the Emotional Support service, or anyone who would just like to find out more about the service.

Please call to let us know if you would like to come along so that we know how many cakes we need! This is open to both **SRSB** and **RSS** clients and is now a regular monthly event on the first Thursday of every month.

## **JOB CLUB**

We currently have a Job Club in progress but if you are looking to get into work or retain your existing job please contact us. We will be able to book you onto our next Job Club, likely to be held Spring next year and if necessary offer other support in the meantime.

## **ACTIVITIES CENTRE**

With the exception of Thursdays where we have changed the way we operate, our Activities Centre remains a busy and lively place but we do have some places available every day.

We provide door to door minibus transport to/from our centre and a cooked lunch is available as well. If you think this might be of interest then please contact us and we will arrange for one of our Community Advice Officers to come out to see you and discuss further.

## **SEEING WELLBEING**

The range of activities to help improve wellbeing continue. Some of them are included as part of our Thursday Activities but in addition we have:

### **Mindfulness**

We recently ran an 8 week Mindfulness course; we had excellent feedback from the clients that attended and they all found it really beneficial so we are hoping to arrange another course early next year.

Please contact us to let us know if you are interested in attending..

### **Gym/Sports sessions**

We have run sports/gym taster sessions with Disability Awareness with Sport (DAWS). These are fun sessions doing a range of activities in a safe, accessible environment. Details are still being finalised, including dates, times and costs.

## **Cycling**

After positive feedback from all who attended the preliminary sessions we now have a regular monthly session taking place on the first Wednesday of every month (except January when it is on 8th January) at Hillsborough Park. The cost is £5 per person per session.

We meet at **SRSB** for the Sheffield clients and **RSS** for Rotherham clients and travel to Hillsborough on the tram/tram train.

## **Other Activities**

Also on the theme of Wellbeing we have our weekly Pilates, Yoga and Tai Chi sessions.

For further information or to book any of these Wellbeing activities please give us a call.

## **SATURDAY AFTERNOON TEA**

Our themed afternoon teas have continued to be very popular, so the next one is on Saturday 15th February 2020 when the theme is "Valentine's Day".

The time is 2pm to 4pm and the cost is £5 which includes your tea and entertainment. You will need to arrange your own transport to/from our Mappin Street Centre. Please contact us to book your place.

## **SUPPORT GROUP FOR VISUALLY IMPAIRED PARENTS**

Coffee Mornings, 11am to 12:30pm at our Mappin Street Centre, 3rd Monday of every month.

This is a relatively new group that connects visually impaired parents

from Sheffield and surrounding areas so they can share information and support one another. All parents welcome and if you have a pre-school child then they can have a play with our various toys and activities. We will also have trips out throughout the year for families.

As part of this group you will also be able to discuss any issues with Kadie,

## **ROTHERHAM SIGHT & SOUND**

The last few months at **RSS** have been very busy yet again with new clients virtually every day and we have just gone over 1,200 clients which is a great achievement in just over 2 years. However, there are many times this number who would benefit from our services, so our Community Engagement Team continues to promote our services in Rotherham and the surrounding towns/villages which form part of Rotherham MBC.

**SRSB** has demonstrated its commitment to Rotherham with the purchase of the Ship Hill property which was completed at the end of August. We are now investigating whether we can incorporate a lift to make the building more accessible, enabling us to run more activities.

Unfortunately Schani Cave, Assistant Centre Co-ordinator, has left us for pastures new but we wish him well in his new role. We are currently advertising for a replacement.

## **EVENTS & ACTIVITIES**

### **Weekly Groups/Activities**

- Lip reading – Monday, 11:30am to 1:30pm

our Children & Families Support Officer. Kadie offers home visits and practical support if appropriate. This support takes many forms but includes welfare benefits and housing, one-to-one support including pregnancy and birth, breastfeeding, slings, befriending, getting out and about and more.

- Arts & Crafts – Likely to be on Wednesday afternoons, final arrangements for starting in the New Year to be confirmed. Call for further information.
- Tai Chi – Wednesday, 10am to 11am
- Pilates – Thursday 1pm to 2pm
- Coffee Morning – Thursday 10am to 12noon

### **Fortnightly Groups/Activities**

- **RSS** Choir – Alternate Tuesdays, 10:30am to 12noon
- Solo Fitness Tango – Alternate Wednesdays, 12noon to 2pm

### **Monthly Groups/Activities**

- Hard of Hearing Group – 3rd Monday of each month, 10am to 11am
- Macular Society Group – 3rd Wednesday of every month, 1pm to 3pm
- Tinnitus Group – 2nd Friday of each month, 10:30am to 12:30pm

### **Other Events/Activities**

#### **Indoor Bowling**

Friday 29th November, 10:30am to 2pm

Following the success of our Crown Green Bowling during the summer we are going to try our hand at indoor flat green bowling. The cost is £3.50 so if you would like to give it a try please contact us. No previous experience of bowls is required.

Other dates also arranged for the New Year, see Diary of Events.

### **Reflexology Taster**

Monday 25th November, 9:30am to 3pm

We have invited Wendy to let clients pamper themselves by having a 30 minute reflexology taster treat. £10 per person. Places are limited so please contact us to book.

### **Christmas Decorations**

Tuesday 3rd, 10th & 17th December, 1pm to 3:30pm

It's the run up to Christmas, time to trim your house up. Join Pauline who will show you how to make a Christmas Wreath (£10), flower arrangement (£6) & Christmas Centre Piece (£8). The prices include all the materials required. Please contact us to book your place.

### **RSS Choir**

Everyone is enjoying the **RSS** choir and whilst they usually meet every 2 weeks on alternate Tuesdays during November and December they are meeting more frequently as they are practicing for the carol concert on 11th December.

Please contact us for further information.

### **Wellbeing Walk**

Winthrop Gardens, Thursday 5th December, 9:30am to 2pm

Our last walk of 2019 around Winthrop and the surrounding area. Wrap up warm and enjoy a walk followed by lunch in the café at Winthrop. Contact us to book your place.

There is a charge of £1.50 for the minibus, lunch not included.

### **Christmas Carol Concert**

Wednesday 11th December, 1pm to 3pm

It's nearly Christmas time, start your celebration with the **RSS** choir and St Mary Bolsterstone Hand Bell Ringers Carol Concert. Tickets are £5, refreshments and raffle on the day. Tickets are limited so book early.

### **Christmas Jumper Coffee Morning**

Thursday 12th December, 10am to 12noon

Put on your Christmas jumpers for our Thursday Coffee Morning and have your photo taken in front of our Christmas back drop. You will be able to purchase the photos from Monday 16th December, cost £1 each, all proceeds to **RSS**.

### **Christmas Lunch**

Dam Inn, Newmillerdam, Friday 13th December, 10am to 2pm

A three course Christmas set menu Places are limited so please book early. Cost including the meal is £16.

### **Christmas Afternoon Tea**

Monday 16th December, 1pm to 3pm

Join us at our Christmas Afternoon Tea. Enjoy a cup of tea, sandwiches, mince pies and cake. Secret Santa gift maximum spend £5, Christmas raffle and music. Tickets are £5, just contact us to book.

### **Prize Bingo**

Friday 20th December, 12noon to 3pm

Christmas Bingo Bonanza. Have fun enjoy a game or two of Bingo with a Christmas theme. Tickets £1 per game.

### **Last Working Day before Christmas break**

Monday 23rd December, 12noon to 3pm

It's our last day before Christmas so why not come and join us for a mince pie and a cuppa.

### **First Day back in the New Year**

We re-open at 8:30am on Thursday 2<sup>nd</sup> January 2020. Happy New Year!

### **Cannon Hall**

Friday 17th January, 10am to 1pm

Blow away the cobwebs with a short walk at Cannon Hall or visit the garden centre followed by lunch in the café. Cost of minibus £2.

### **Wentworth Woodhouse**

Friday 31st January, 10:30am to 2pm

Have you been to Wentworth Woodhouse for a private tour? Why not join us for a tour of the house at 11am followed by a pub lunch. Cost £22 plus your lunch. This can be booked from Friday 3rd January. Deposit of £5 on booking.

### **Wellbeing Walk**

Thursday 6th February, 9:30am to 2pm

Our first winter walk of 2020 around Winthrop and the surrounding area. Wrap up warm and enjoy a walk followed by lunch in the café at Winthrop. We leave **RSS** at 9.30 and return for 2pm. Contact us to book your place.

There is a charge of £1.50 for the minibus, lunch not included.

### **Valentine's Day Party**

Friday 14th February, 6:30pm to 9:30pm

It's Valentine's Day! Enjoy an evening of music and party games. £5 per ticket, all you need to bring is your own drink. Tickets will be available from 6th January.

## **CHILDREN & FAMILY SERVICES – SRSB & RSS**

For further information on any of the following services or events, including booking, please contact Kadie by phone or email [CYP@srsb.org.uk](mailto:CYP@srsb.org.uk)

### **Little Sparklers @ SRSB**

We continue to get a good number of attendees every week. We have had

many new faces and the group continues to grow and develop.

## Family Support Group

This is a group aimed at families with visually impaired children aged between 5 to 11 years old. These sessions will take place in school holidays.

## Youth Club

**SRSB's** Monthly Youth Club, based at our Mappin Street Centre for 11 to 18 year old visually impaired young people. HAVE FUN, MEET FRIENDS, GET INVOLVED!

## VOLUNTEERS

### SRSB AND RSS VOLUNTEERS IN THE SPOTLIGHT

We would not be able to deliver the level of services for our clients without the support of our amazing volunteers. Their impact on the lives of our clients is huge, so to see them being recognised outside our charity is fantastic.

Graham Bell is 93 and has volunteered for **SRSB** for over 15 years in a variety of roles. We nominated Graham for the

Expect a variety of activities including: Escape Room, Gym Tasters, Boxercise/Fitness, Arts and Crafts, Dance, Music Workshops and much much more.

**Friday 13th December**, 4pm to 6:30pm – Christmas treat at Sundaes Gelato. A charge of £3 applies.

**Saturday 14th December**, 7:15pm to 9:15pm – Annual Christmas Party at Monkey Bizness, booking essential.

national Charity Today Awards and at the awards ceremony in September he received a “Special Recognition Award”. We were so proud! Thank you Graham.

One of our youngest volunteers, Kion, volunteers at **RSS** and we have nominated him for “Young Volunteer” in Voluntary Action Rotherham’s annual awards. He has been shortlisted so we have our fingers crossed for the awards ceremony on 22nd November. Good luck Kion.

## SHEFFIELD GROUPS AND CLUBS

### CULTURE CLUB

We had our last outing of the year back in September when we visited the National Arboretum; the trip was a huge success with 30 people attending.

We have had plenty of theatre trips over the last few months including Educating Rita, Northern Ballet’s Cinderella and Woman in Black. We have many more booked in for the forthcoming year including Joseph and

the Technicolor Dreamcoat, Motown the

Musical, Everybody’s Talking About Jamie, Guys and Dolls, Northern Ballet’s Geisha, Ghost Stories, Once, Oliver Twist, Matthew Bourne’s Red Shoes, Heathers and 9 to 5.

We have our annual Christmas Catch Up on Monday 2nd December at 3:30pm where we invite clients to enjoy a festive mince pie and mulled wine and share ideas and suggestions for next year’s Culture Club outings.

## PILATES

This group is run by Lorna, a qualified practitioner, meets every Wednesday at our Mappin Street Centre, 5pm to 6pm. New people always welcome, just contact **SRSB**.

## YOGA

This group meets every Thursday at our Mappin Street Centre, 4:30pm to 5:30pm and is run by Yoga Quota, a charity whose mission is to make yoga accessible to all.

You will need to come with your own yoga mat and wear comfortable loose clothing. If you do not have a yoga mat Decathlon sell reasonable priced ones starting at £1.99. If you are interested please contact **SRSB**.

## TAI CHI

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

## SHEFFIELD MACULAR GROUP

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 Nick Woodford on **0114 236 8971** or

Robin Story **0114 236 2251**, email: [story.rob@yaho.co.uk](mailto: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 Tuesday 26th November, 2pm to 4pm at our Mappin Street Centre when we will be joined by Mr Acharya, ophthalmic consultant at Royal Hallamshire Hospital.

## CHARLES BONNET SYNDROME (CBS) SUPPORT GROUP

Are you experiencing vivid, silent visual hallucinations?

If so you are not alone, you may be suffering from a condition called Charles Bonnet Syndrome that affects many people of all ages who are having problems with their vision. The onset of these hallucinations are not due to mental health but are caused by loss of sight. They can be very disturbing and can impact negatively on your daily life.

We run a monthly CBS support group because we know it helps to talk and share experiences. It is a friendly, relaxed group where we try to mix relaxing, enjoyable activities alongside information and support.

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

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

### **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**

### **SHEFFIELD VI TEN PIN**

#### **BOWLING**

Currently this group is not meeting but it is hoped that it will start up again soon.

### **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. [www.sviwg.co.uk/](http://www.sviwg.co.uk/)

### **SOUTH YORKSHIRE**

#### **GOALBALL CLUB**

We train on alternate Tuesdays from 5pm to 7pm at the English Institute of Sport, Coleridge Road, Sheffield, S9 5DA – players can be met (on request) at Arena/Don Valley tram stop at 4.45pm.

Sessions are open to players aged over 11, no previous experience is required. Sighted family and friends are also welcome.

For more information please contact Kathryn Fielding by telephone on 07795 263642 or email [Kathryn@achievepotentials.co.uk](mailto:Kathryn@achievepotentials.co.uk)

### **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**

## **SHEFFIELD BLIND ARCHERY GROUP**

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 Janet Culf on **0114 246 5515**

## **SWIMMING**

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

## **YORKSHIRE VISUALLY IMPAIRED CRICKET CLUB**

Friendly cricket sessions for visually impaired people. The group soon hopes to branch out into football and other VI sports.

For further information please contact John Garbett on **07769 909 906** or email [garbett.j@sky.com](mailto:garbett.j@sky.com).

## **OTHER NEWS**

### **HIDDEN DISABILITY**

### **SUNFLOWER LANYARDS**

The sunflower design is now recognised by a number of organisations across the UK and was initially adopted by Gatwick Airport as a way of alerting staff to people with a hidden disability who might require additional assistance.

## **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 this 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, supported by some excellent, well trained volunteers who 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**

Companies such as Sainsbury's, Argos and Marks & Spencer now have the lanyards available and some of our clients are using them. A number of other airports and other retailers are implementing the scheme as well.

If you feel that you might benefit from having one of the lanyards then just enquire at Customer Services in the store.

## **TALKING NEWS APP**

A new app for smart phones and tablets is now available for both Apple and Android devices which allows you to listen to over 200 local and regional talking newspapers from around the UK, including Sheffield Talking News. Why not give it a try – the app is just called “Talking News” if you search for it in the Apple store or Play store.

## **COMMUNITY ENGAGEMENT EVENTS**

The Community Engagement Team (CET) travel across Sheffield and Rotherham booking and attending events and groups with a portable information and equipment stand giving advice about keeping your eyes healthy and the support services available at **SRSB** and **RSS**. The Mobile Information Unit (MIU) service is also up and running again, and is available to book, free of charge, subject to a suitable flat site to operate on.

If you would like to book an eye health talk, vision screening session or information stand to visit your group, organisation or event, please email: [community@srsb.org.uk](mailto:community@srsb.org.uk) or call **SRSB** and ask for Liz Bowman or Tracy Wright. There is no charge for these services although donations are always gratefully received.

The CET also delivers Visual Impairment Awareness training and

organises the “Looking Ahead” courses.

## **IT CLASSES**

St Thomas More Community Centre and Catholic Church, Parson Cross Community Development Forum, 56 Margetson Crescent, Sheffield S5 9NB

Tuesdays from 11:30am

These are starting for Partially Sighted learners with a wide variety of accredited and non-accredited computer applications from E3 up to Level 2.

They offer Word Processing, Spreadsheets, Desktop Publishing, Presentation Software, Databases, internet, and email.

You may feel a little nervous about returning to learning, but they are a friendly organisation who will make your experience an enjoyable one, so come along and learn new skills and gain qualifications with practical help and guidance.

They use large print booklets in a variety of colours, enlarge the computer screen, mouse pointer, and use large keypads.

The classes for 10 weeks each term and are free of charge. Classes start September, January and April each year.

If you would like any further information then please get in touch with Alan Thorpe on **07961 406739** or the tutor, Jayne Waller, on **0114 327 9727** or **07968 091032**

## **FUNDRAISING**

Well what a year we have had with some fantastic fundraising events ranging from walks, runs, bike rides, golf day, skydive and 2 new challenges a wing walk and the I-fly indoor parachuting challenge.

We have had some great times, met some amazing people and created lots of happy memories. It's not too late for you to be involved we still have plenty of things for you to do and to have some fun, so go on have a go!

Full information on all our current events are below. To join us at any event you can book online, give us a call or email [fundraising@srsb.org.uk](mailto:fundraising@srsb.org.uk)

Coming up:–

### **SRSB CHRISTMAS PUB QUIZ**

The Old Queens Head, Pond Hill  
Thursday 5th December, 7:30pm

Join us for a great night out at Sheffield's oldest Pub. Come along and test the old brain cells. It's great fun and will be Christmas themed, a great way to start the Festive Season. 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 and clients taking part. There are prizes for the winning team too!

Team Entry £12 (Maximum of 4 per team) or £3 per person.

### **GLASS AND FIREWALK**

Hillsborough Arena

Sunday 24th November, 2pm to 5:30pm

Calling all adrenalin junkies! There is still time for you to do something amazing in 2019 and support **SRSB**. Take part in our Fire walk, our Glass Walk OR both. For the Firewalk you walk across 20 foot of wood embers burning at 1236 degrees Fahrenheit. You will feel the ultimate adrenalin buzz and have a great day out! The Glass walk is a calmer relaxed experience as you glide over 100s of smashed wine bottles and experience the thrill of completing the challenge.

Full training will be given, no experience is necessary; just the ability to have fun. Go on have a go you know you can!!!!!!

Minimum sponsorship £50 to include a registration fee of £10.

### **BREAKFAST WITH SANTA**

Virgin Money Lounge, Fargate, Sheffield

Saturday 7th December, 10:30am to 1pm

All welcome bring along your children and grandchildren to our annual Breakfast with Santa at the fab Virgin Lounge. This is a great family event. After breakfast there will be lots to do with a special Christmas film showing, 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. Ticket price £7

## **MILLHOUSES XMAS FAYRE**

Terminus Road, Millhouses, (Opposite Wagon & Horses Pub)

Saturday 7th December, 10am to 3pm

A great opportunity to do your Christmas Shopping with many local independent traders selling handmade gifts. Victoria Smith Opticians runs a stall with proceeds going to **SRSB**. Do go along and support her; there is free mulled wine and mince pies! Our Community Engagement team will be there with our Mobile Information Unit so do pop on and say hello. Other entertainment includes Carol Singers, Artisan Crafts, Food Stalls and Live Music.

## **DECEMBER STORE COLLECTIONS**

We have a number of collections booked for December and due to retirement etc. we have a shortage of volunteers to help with these collections. If you or anyone you know can spare just a few hours and would like to join our amazing team of volunteers then do please get in touch. It is great fun and raises funds and awareness for **SRSB**. We always ensure you are not on your own you

will work in pairs so it's a great way to meet new people.

We have collections booked at Atkinson's, Tesco at Wath and Abbeydale as well as Sainsbury's Crystal Peaks, dates are in the **SRSB** Diary.

Anyone interested in joining the team please contact Claire or Sue email [fundraising@srsb.org.uk](mailto:fundraising@srsb.org.uk)

We would like to thank everyone who has supported us in 2019 from our amazing volunteers to supporters who have gone that extra mile for **SRSB** we are so proud of you all.

**A Very Merry Christmas and a Happy New Year from Jane, Claire and Sue, Fundraising and Marketing Team at SRSB.**

## **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** or **RSS**.**

**Always Making a Difference in Sheffield and now Rotherham.**

**Our next newsletter will be arriving with you in February**