



Christmas Celebrations

See page 4 for details

INSIGHT

Winter 2018

We first have events which are not venue specific followed by **RSS** events and then **SRSB** Events. **RSS** and **SRSB** section are clearly titled as such.

DIARY OF EVENTS – NOT VENUE SPECIFIC

NOVEMBER

16th	Friday	CBS Patient Day, Moorfields' Academy, London, 9am to 5pm
16th	Friday	Glass and Firewalk, Hillsborough Arena, 7pm
19th	Monday	Maltby Support Group, Edward Dunn Memorial Hall, 10:30am to 12:30pm
23rd to 26th	Friday to Monday	Short Break, "Turkey & Tinsel", Delmont Hotel, Scarborough

DECEMBER

1st	Saturday	Millhouses Festival, The Terminus, Millhouses, Sheffield, 11am to 3pm
6th	Thursday	RSS Walking Group
6th	Thursday	SRSB Pub Quiz at The Old Queens Head, 7:30pm
7th	Friday	Latest date for returning Christmas Social booking form and raffle tickets
8th	Saturday	Breakfast with Santa at Virgin Lounge, Fargate, Sheffield, 10:30am to 1pm
8th	Saturday	Kids Christmas Party at Monkey Bizness, 7:15pm
9th	Sunday	Millhouse Green Male Voice Choir Christmas Concert, St Saviour's Church, Thurlstone, 3pm
25th	Tuesday	Festive Friends, Christmas Day Lunch, venue to be advised.

JANUARY

2nd	Wednesday	SRSB Mappin Street & RSS Ship Hill reopen for the new year.
-----	-----------	--

DIARY OF EVENTS – RSS, SHIP HILL CENTRE

NOVEMBER

28th Wednesday Orcam Demo Day, 10am to 3pm

DECEMBER

14th Friday Christmas Party, 7:30pm to 10pm

22nd December 2018 to 1st January 2019

Closed for Christmas/New Year Break

DIARY OF EVENTS – SRSB, MAPPIN STREET CENTRE

NOVEMBER

26th to Monday to
30th Friday Free Will Week, 10am to 3pm

26th Monday Orcam Demo Day, 10am to 3pm

27th Tuesday Oxsight Demo Day, 11am to 4pm

27th Tuesday RP Support Group, 2pm to 4pm

DECEMBER

3rd Monday Christmas Tree Lights Switch On, 2pm

5th Wednesday Glaucoma Support Group, 2pm to 4pm

8th Saturday Christmas Afternoon Tea, 2pm to 4pm

12th Wednesday Christmas Social Evening, 6:30pm

17th Monday to
to 21st Friday Christmas Lunches, 12:30pm

22nd December 2018 to 1st January 2019

Closed for Christmas/New Year Break

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.

CONTENTS

Diary of events – Not Venue specific	1
Diary of events – RSS, Ship Hill Centre	2
Diary Of Events – SRSB, Mappin Street Centre	2
Introduction	3
Christmas activities	4
General News	7
Volunteering	10
SRSB	11
Rotherham Sight & Sound	12
Sheffield Groups and Clubs	14
Other News	18
Fundraising	19

INTRODUCTION

Welcome to the last newsletter of 2018 – where has the year gone? Time certainly flies when we're having fun!

There's lots of great news this time including a great write up by one of our clients who has invested in a narrowboat. See page 18.

Seasons Greetings to all our readers.

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 20 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 Friday 7th December 2018. 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 have come 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 a central pub/restaurant 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 book a venue and confirm numbers.

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

Monday 3rd December, 2pm

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 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, 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

xxxxxxxxxxxxx”, 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 12th 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 Friday 7th December.

CHRISTMAS LUNCHES

SRSB will be serving Christmas Lunches on 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 by phoning **SRSB** on **0114 272 2757**. 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 ring 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.

GENERAL NEWS

CLIENT SURVEY

At the beginning of October we sent out details of our survey so thank you to those people who have taken the time to complete it. The more people that complete the survey the more representative it will be – it will help us to improve our existing services and also let us know what other services we should be thinking about developing. So, if you haven't already completed the survey it would really help us and be appreciated if you could do so.

The survey can be accessed at www.surveymonkey.co.uk/r/SRSB2018

We appreciate that many of our readers will not be able to complete an online survey so if you don't have a family member or friend to help you please give us a call and we will arrange for an independent volunteer to call you back to go through the survey.

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 Monday 24th December and will re-open on Wednesday 2nd January 2019.

The survey seems to be taking most people between 10 and 15 minutes to complete although for people using adaptive software such as a screenreader it may take a bit longer.

There is the option to complete the survey anonymously although we would appreciate you giving us your contact details, especially if you have answered some of the questions with "I would be interested in this" or you have given specific comments about anything. By giving us your contact details we will be able to respond to you if necessary.

UNIVERSAL CREDIT

Due to the time required to complete Universal Credit enquiries we would like to request that you contact **SRSB** or **RSS** to make an appointment to see a Community Advice Officer if you have a problem or need to make a claim. Please do not attend our

“drop in” sessions with Universal Credit enquiries.

As well as saving you sitting waiting to be seen this will also allow us to have initial contact with you on the telephone or via your chosen method of communication so you are aware of what information is required and what the application will involve.

The drop-in day will still run alternate weeks in Sheffield and Rotherham but this will be for other benefit related enquiries etc.

CHARLES BONNET SYNDROME DAY

Moorfields' Academy, London

Friday 16th November, 9am to 5pm

Esme's Umbrella are pleased to be hosting the first Charles Bonnet Syndrome (CBS) Day. The event is taking place on CBS Awareness Day on 16th November. Hosted by Judith Potts, founder of Esme's Umbrella, the day will be an informative look into some of the history of the condition as well as what the future might hold.

CBS Day will include talks from specialists and will show some of the current work to support, manage and treat those with the condition.

For more information or to book a place please contact

esmesumbrella@gmail.com or alternatively h.khan@ucl.ac.uk

ORCAM DEMO DAY

SRSB Mappin Street Centre

Monday 26th November, 10am to 3pm

RSS Ship Hill Centre

Wednesday 28th November, 10am to 3pm

Orcam are back with their latest technology which is now totally “wireless”, just a tiny unit that clips on the side of spectacles to read text, recognise faces, identify products and more.

Further information at www.orcam.com/gb/

OXSIGHT DEMO DAY

SRSB Mappin Street Centre

Tuesday 27th November from 11am

This is a new piece of technology developed for people with tunnel vision, the most typical eye condition being Retinitis Pigmentosa (RP).

There will be a talk at 11:15am followed by a demonstration at 11:30am.

There will be a further talk and demonstration in the afternoon as part of the RP Group meeting.

More information on these glasses at <https://www.oxsight.co.uk/>

SCARBOROUGH SHORT BREAK

At the end of September, we took a group of clients from **SRSB** and **RSS** to the Delmont Hotel at Scarborough for a long weekend; here's what they had to say about their break:

"Thoroughly enjoyable time. Lovely dog friendly hotel in a good location. Great staff, food, entertainment and 24/7 bar. Room was very clean with housekeeping coming in every day" - Steve and Guide Dog Evie

"Excellent knowledgeable staff who went above and beyond to assist all the VI guests when required. Exceptionally good home cooked food with a good variety each day and a lovely warm room" - Martin and Maria

"A lovely room with a great power shower and tea and coffee which was replenished daily. The staff were first class and the hotel bar was well stocked and open all the time. A great location with stunning views" - Kath

"Lots of peer support with plenty of laughter, good conversation and issue solving. The hotel had a friendly family feel, was well organised, had first rate staff and was real value for money" - Andy

"We had entertainment every evening and Friday night made a perfect start to the weekend. The entertainer sang and joked. He was so funny some of us were laughing so much we were crying. Other highlights of the weekend were a visit to Scarborough Fair, a ride on the open top bus and fish and chips, we all had a wonderful time." - Adrienne

We had such positive feedback we are soon off again for a Turkey and Tinsel weekend. We will be doing similar short breaks next year so please let us know if you would be interested in joining us.

LOOKING AHEAD

The Looking Ahead (formally known as Living with Sight Loss) course is going to be happening again in March at **SRSB** and May at **RSS**. The course offers people who have a wide range of sight issues a way to meet others going through their own journey, hints and tips about daily living and a chance to try out some of the technology that's available at both sites.

The course runs for 4 weeks, one 3 hour session a week and each week covers a different topic including daily living, technology, communication and access to information, mobility and information about the support available from **SRSB** and **RSS**.

There are specialist guest speakers for each topic.

Past participants have spoken about how much they enjoyed the course and the information they got out of it and several of them have also swapped numbers and now regularly meet up for a coffee and a chat!

The Sheffield course starts on Tuesday 5th March, 10am to 1pm and runs every Tuesday morning until 26th March. The Rotherham course starts on Wednesday 1st May 12noon to 3pm and runs on the following Wednesday afternoons: 8th, 22nd and 29th May.

A place on the course has to be booked so if you are interested please contact your Community Advice Officer or get in touch with **SRSB** or **RSS** and leave your details for Liz Bowman or Tracy Wright the Community Engagement Team.

Alternatively, you can email community@srsb.org.uk with your details.

STAFF

A few staff changes to make you aware of:

Carolyn Green, one of our Community Advice Officers left us in August as we mentioned in our last newsletter. We had hoped to have had a replacement in post by now but we have appointed Heather Weston, who is due to start on Monday 19th November.

Kyle Crossland is leaving us at the end of November and we are going to be recruiting somebody to replace him in the role of Information Officer which also includes IT Support for our staff and volunteers.

Kyle has been employed by us for 8 years and we wish him well for the future.

VOLUNTEERING

Firstly **SRSB/RSS** would like to say a huge **THANK YOU** to all our wonderful volunteers who have contributed so many hours, skills, experience, stories, laughs and a few tears over the past year; without your support and generosity we would not be able to provide the wonderful services that we do.

To all who volunteer out in the community, fundraising, awareness raising, events and celebrations “thank you” for keeping **SRSB** in the clear view of the Sheffield public and to the **RSS** volunteers “thank you” for putting **RSS** firmly in the hearts and minds of the Rotherham community.

SRSB/RSS would also like to let you know that we are providing the My Guide Service in partnership with The Guide Dogs Association across both our sites. Volunteers train to become 1-1 sighted guides for people with a visual impairment who have a target or objective that they are wanting to work towards. The service is designed to encourage and promote independence and independent living skills, for example an **SRSB** service user wants to learn how to cook a meal for his mum, his My Guide volunteer will work with him to help achieve this target, this will support both a new skill for the service user and a lovely thank you to his mum for her support.

For more information about the My Guide service please contact Debbie at **SRSB**.

SRSB/RSS are very lucky to have worked with 70 plus new volunteers this year and very lucky to work productively with Voluntary Action Sheffield, Voluntary Action Rotherham, Sheffield College, University of Sheffield, Sheffield Hallam University, and Sheffield Schools, providing work

placements, new learning opportunities, new skills and valuable experience for their students (some of whom return as volunteers after their placements have ended, thank you).

Volunteers are always needed, welcomed and valued. The ideas of our volunteers matter, different experiences matter and provides a truly diverse background for our services, allowing for conversations that are interesting, a source of learning, encouragement and mutually supportive.

SRSB/RSS are always requiring/recruiting volunteers to come and join our organisations. **SRSB/RSS** offer training, ongoing support, celebrations, new skills, new experiences and we welcome people from all parts of the community. Please do get in touch and come and have an informal chat and an introduction to our centres. Give Debbie a call or email volunteers@srsb.org.uk – You will receive a response within 7 days. You can also access information on our website at www.srsb.org.uk

SRSB

CHRISTMAS AFTERNOON **TEA**

Back in October we held a lovely Saturday afternoon Tea, everyone

enjoyed it so much we have decided to do a special Christmas themed one on the 8th December 2pm to 4pm at our Mappin Street centre. So come along and enjoy lots of tasty festive treats, listen to

some Christmas tunes and relax and enjoy a glass of mulled wine. Tickets £5 per person, friends and family welcome.

GLAUCOMA GROUP

We are holding a Christmas Glaucoma Support Group meeting on Wednesday 5th December 2pm to 4pm at our Mappin St centre. Come and enjoy a mince pie and a glass of mulled wine and learn a bit more about glaucoma.

ROTHERHAM SIGHT & SOUND

Hello from **RSS**

In September we were sad to say goodbye to Nicola Williams who had been with us from the very beginning as Receptionist but she became far more than a receptionist, looking after so many other aspects of **RSS**. She only left because, together with her partner, she was relocating to Whitby.

Nicola has been replaced by our new member of staff, Schani Cave. Schani's first day at **RSS** was 8th October and he is settling into his new role. He is working four days per week, his usual day off being Wednesday. He is already becoming a valued member of our team.

In August **RSS** celebrated our first anniversary. To celebrate we held a Hawaiian night complete with grass skirts. The Mayor of Rotherham Councillor Alan Buckley and Mayoress Sandra Buckley also attended and graciously donned a grass skirt. At the party he also unveiled the new minibus appeal

figure and we announced that the minibus had been ordered.

Another fundraising event was held at **RSS**, which was a Chintz Tea Party. This was the idea of Diane Matthews and with the help of her friends, they provided a variety of cakes, scones, biscuits, and raffle prizes. The morning raised a fantastic amount of £410.

ACTIVE ABILITY

Our Active Ability group have welcomed some new members. We recently visited Graves Tennis Club where the group had the use of the indoor tennis courts and their coaches. We have been invited back in 2019. Everyone enjoyed it so much they joined us at the indoor session at the Edward Dunn Memorial Hall on a Friday. Our next indoor tennis at the Edward Dunn Memorial Hall will be on Friday 16th November. Other activities have included an Old-Fashioned School Sports Day although sadly the rain brought this to a halt so we then held an indoor

bowls competition. We also enjoyed a fun session of VI cricket with the help of our VI Martin Wilson.

In 2019 we are looking into hopefully starting a crown green bowling team but this is still in the early stages. Watch this space for more information.

We also have a minibus which takes clients from Sheffield, leaving Mappin Street at 10:30am, returning approx. 1pm.

If you would like to join our Active Ability group please contact **RSS** or **SRSB** for more information.

TRIPS

The trips from **RSS** have included a visit to the Atherton Guide Dog training centre. The group were given an insight into the history of guide dogs and how guide dogs are trained. Although we were not allowed to have contact with the guide dogs who were in their early stages of training the trainers did allow people to be blindfolded and guided, by the harness which the guide dogs wear, around an obstacle course. We also had a tour of outside which had a working pelican crossing, different types of walking surfaces and even a metal bridge! We also saw the guide dogs having fun running through large tyres etc. Next year we are hoping to visit the Guide Dog Breeding Centre.

COFFEE MORNINGS

The coffee mornings are going from strength to strength. We have invited people from Cancer Safe, Students from Sheffield University regarding the new Tram Train, and a group from the NHS. The group have even had a taster session of basic British Sign Language. Our coffee mornings are every Thursday 10am to 12noon, please pop along.

WALKING GROUP

Our monthly walking group celebrated its first anniversary on Thursday 1st November. The group took part in a two mile walk and to celebrate tucked into an afternoon tea at Winthrop Gardens. If you would like to join us at our walk on Thursday 6th December, please contact **RSS**.

MALTBY SUPPORT GROUP

The Maltby Support Group will be held again at the Edward Dunn Memorial Hall on Monday 19th November 10:30am to 12:30pm. Come along for a chat and a cuppa.

CHRISTMAS PARTY

On Friday 14th December we will be enjoying the festive season with our Christmas Party at **RSS** from 7.30pm to 10pm. If you would like to join us please enquire at reception.

CHILDREN'S ACTIVITIES

Little Sparklers

As always, we continue to have a regular group of attendees at the sessions every week. We have been very busy planning our Sparklers Christmas party, which will take place on 12th December at **SRSB** with a special visit from Santa and his elf.

Youth Club

We had hoped to get the youth club back up and running last month but due to staff changes, this hasn't happened as quickly as we had anticipated. It's still something we are keen to get moving on as soon as possible. So if you are interested please contact us.

CULTURE CLUB

Back in September we had a lovely trip to Bolsover Castle. We have had several theatre trips over the last few months including Cilla, The Band and The Three Musketeers. Upcoming shows include The Messiah, Rock of Ages, Kiss Me Kate, Standing at the Sky's Edge, Benidorm Live, Blood Brothers, Doctor Dolittle, Saturday Night Fever, Calendar Girls and Kinky Boots. We are looking at booking one of the Christmas Concerts at

the Cathedral for December. We will also be having a Christmas 'catch up' in December to look at ideas for next year.

RP SUPPORT GROUP

We have our next meeting on Tuesday 27th November when we have Oxvision coming along to do a talk and demonstration on their new piece of technology that is specifically designed for people with tunnel vision such as in RP.

THE SRSB SINGERS

The Singing Group is a 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**

INBETWEENERS CLUB

The Inbetweeners club aims to offer activities later in the day for our clients aged 18+. It was started in May 2017 and has now been running for 18 months. In this time we have offered Pilates, French, Tai-chi, Italian and Yoga classes. All lessons were

specifically designed for Visually Impaired people.

As a result of the work done we now have two permanent classes at our Mappin Street Centre:

Pilates

These classes were the first offered and they have never really stopped. They will carry on at the new time of **5pm to 6pm** every **Wednesday**. Our Pilates practitioner has now taken charge of running the lessons for us and they are offered at £9 for waged and £7 concession per session paid directly to the teacher. Spaces are limited as there are regular students in this group so booking is essential. People who attend the class speak about the improvement that it has made to their posture, agility and general health.

Yoga

We are delighted to announce that we are able to offer **free yoga classes** for our clients in collaboration with YogaQuota a charity that aims to make yoga accessible and inclusive. We are very grateful that they are funding the teacher whilst we are offering the premises.

The classes run every **Thursday 4:30pm to 5:30 pm**. They are open to all but places are limited to 10 so booking is essential. No

previous yoga experience necessary and you can borrow a mat for your first session.

Please note that the Pilates and Yoga sessions are not suitable for children.

If you are interested in any of the classes above or would like more information, please give us a call or email inbetweeners@srsb.org.uk

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**.

SHEFFIELD MACULAR

GROUP

Degeneration of the macular results in loss of central vision. It is usually a result of ageing and is the most common 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.robins@yahoo.co.uk

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**

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.

South Yorkshire Goalball Club and also Goalball UK are always interested

For more information contact Kathryn Fielding on **07795 263 642**

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

The ten pin bowling group is currently not operating but hopes to be re-established early in the New Year – please check our next newsletter for further information.

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 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**

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 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, 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**

OTHER NEWS

One of our clients, Graham Straw, recently took the very brave step of buying a narrowboat to tour the canals and rivers. He has sent us this write up of the first few months:

At last I took delivery of my narrow boat "LASS STRAW" and it's amazing. I had been waiting 12 months for delivery which should have taken 6 months so I insisted that I should be allowed to take it out for the August bank holiday. So for that weekend and the weekend after, I, accompanied by my brother and three friends, took her out, the first time travelling from Shardlow to Willington and back on the Trent and Mersey canal and the following week to Loughborough and back via the river Soar, returning the boat back to the boatyard each time for them to complete some outstanding jobs.

On the 14th September I was officially handed the keys and we were off on our extended journey. This was me, my brother Malc and, for part of the time, my friend Chris.

We have visited some interesting places en-route, the first of which was Melbourne in Derbyshire which, after a walk away from the canal via a disused railway line, we discovered was a lovely quaint unspoiled village. This was followed by Burton on Trent,

Branston, and several days in the lovely village of Alrewas.

During this period I went home to Sheffield to attend the funeral of a close friend and my brother stayed on the boat.

At the funeral I was introduced to a couple who also own a narrow boat. He lives on the boat full time and she joins him, wherever he has moved the boat to, at the weekends, returning to Sheffield to go to work on Monday. What was extraordinary about this meeting was that when I told them I had left my boat at Alrewas, they were gobsmacked because they had left their boat there too. On my return I discovered that their boat was moored five boats away from mine.

Anyway, as you may know from my previous blogs, my brother and I are both visually impaired, with my brother's eyesight being a bit worse than mine so I thought I would keep you posted as to how we are getting on from the point of view of a VIP.

To be fair, although for the most part when we are on open canal my brother is fine, but he does struggle a bit when we are approaching things. It takes him a bit longer to work out what is happening but at 4mph not much can go wrong and we are both

thoroughly enjoying the whole experience.

The boat is 58 feet long which has meant two things:

At that length it is difficult to see an awful lot further than the front of the boat and I keep hearing my brother saying "it's a bloody long boat this".

We have largely overcome the problem by, while one of us is steering from the rear, the other, armed with a monocular, (which was issued to each of us by the low vision clinic at the Royal Hallamshire Hospital) sits on the front communicating forthcoming hazards to the steerer via a two way radio.

This is also useful at locks for the person at the lock to communicate to the people on the boat what the situation is eg "the lock is empty,

gates opening soon" or "boat going up in lock and one waiting to come in to come down" The crew then know whether to hold the boat for a few minutes or tie up for a longer period.

The other thing that the radio is often used for is to exclaim "BOOZER" when a pub is spotted and along the canal this is quite often.

We are now moored at Stone in Staffordshire for a few days while my brother is back in Sheffield attending to some business. We will then be going from the Trent and Mersey canal on to the Caldon canal to visit Leek and Frogall and all places in between.

I can't wait!

Graham Straw

FUNDRAISING

A warm welcome to the final fundraising news of 2018. 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 give us a call, book online at www.srsb.org.uk or email fundraising@srsb.org.uk

GLASS AND FIREWALK

Hillsborough Arena

Friday 16th November, 7pm

There is still time for you to join us for our Glass and Firewalk. You can take part in a Firewalk, a Glass Walk OR both. For the Firewalk you walk across 20 foot of wood embers burning at 1236 degrees Fahrenheit, its tremendous fun! You will feel the ultimate adrenalin buzz and have a great night 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. This is the perfect experience to share with a group of friends or colleagues. Full training will be given, no experience is necessary, just the ability to have fun.

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

So come on do something special and finish 2018 on a high!!

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 6th December, 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 and clients taking part. There are prizes for the winning team too!

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

MILLHOUSES FESTIVAL

The Terminus, Millhouses

Saturday 1st 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 8th 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, assuming of course that they have been good 😊.

MILLHOUSE GREEN MALE VOICE CHOIR CHRISTMAS CONCERT

St Saviour's Church, Thurlstone

Sunday 9th December, 3pm

This is a joint concert with Thurlstone Brass Band and St John's Choir. Millhouse Green Male Voice Choir is a well-established local choir with about 40 actively singing members, associated to the National Association of Choirs. They are based in Millhouse Green, a small village on the edge of the Pennine moors of South Yorkshire. Do come along and join in with the festive spirit.

Tickets for the concert are available from the Concert Secretary Keith Raynor on 01226 763754

Ticket Price £5

All proceeds to **SRSB**.

Refreshment will be available.

CHRISTMAS GIFT IDEAS

On the Shelf

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?

I was Blind, I was Deaf, Audio book, Author Bill Skipworth

Colin and Niloc live in two very different worlds. One thinks he is blind the other is deaf. They are suddenly thrust into each other's worlds, with illuminating consequences...

A great story which would make a great Christmas present. All sales of the book are donated to **SRSB** thank you Bill.

Suggested Minimum donation
£5.99

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.

FREE WILL WEEK

SRSB Mappin Street Centre

26th to 30th November, 10am to 3pm

Due to demand we are running another free will week at **SRSB**. During the week we will be holding a free legal surgery with representatives from different local firms of solicitors each day, Monday to Friday

This is an open surgery so you can just turn up and have a chat at any time, or if you would like a private appointment just give us a call. During the week, if you book an appointment and you decide to make a will we have arranged with these solicitors to fund a basic will and all we ask is that you consider making a donation or leaving a gift in your will to **SRSB** to help us provide a future for our clients and maintain the services we provide. Our youngest client is 3 months old and we have to be there to support him for life.

The question is often asked why I need to make a will. Well it is advisable that if you are over 18 and you want to ensure that your assets are given as you wish them to be, you should make a will.

It is only natural that you want to make sure that the people that you care about are provided for, but after you have thought about family

and friends please consider including a gift to **SRSB**.

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

RAFFLE PRIZES

Can you help us by donating items for our fundraising raffles and tombola's? We need new and unused items to help us to raise funds to support **SRSB**. We can use toiletries and gifts sets, bottles from wine to whisky, from sauce to shampoo. Wrapped sweets, unopened DVDs or anything else suitable. Please drop your donations in at **SRSB**.

RECYCLE

Cash for your trash! Recycle and raise funds for **SRSB**

We are working with "Recycling for Good Causes" who will pick all unwanted items up from **SRSB**. So we can recycle your jewellery, currency (coins or banknotes), stamps and small gadgets such as mobile phones, cameras, sat navs etc. If you require any further information on what we can take then please contact **SRSB** for clarification.

XMAS COLLECTIONS

We have managed to book a number of store collections in December at major supermarkets in Sheffield and Rotherham. If you can spare a few hours to collect please contact Claire at **SRSB**.

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 2019 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, Jane and Claire, Fundraising and Marketing Team at SRSB.

And finally, 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



5 Mappin Street, Sheffield, S1 4DT | Registered Charity No: 1047257

TEL: 0114 272 2757 | Email:info@SRSB.org.uk | www.SRSB.org.uk