



**MAKING A  
DIFFERENCE IN  
SHEFFIELD**



## **ST GEORGE'S DAY CELEBRATION**

Wednesday 19th April

See page 3 for details

# **INSIGHT**

**SPRING 2017**

## DIARY OF EVENTS

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

### FEBRUARY

23rd	Thursday	Culture Club – Gaslight, Lyceum Theatre
27th	Monday	Online Today, 10am and 1pm
28th	Tuesday	Exhibition – Dolphin, Enhanced Vision & Calibre, 10am to 3pm
28th	Tuesday	Deadline for completion of <b>SRSB</b> Client Survey

### MARCH

11th	Saturday	Tea Dance
16th	Thursday	Legal Advice Day
23rd	Thursday	Pub Quiz – Old Queens Head, 7:30pm
28th	Tuesday	O2 Guru Day, 10:30am to 3:30pm
29th	Wednesday	RP Support Group, 2:30pm

### APRIL

1st	Saturday	Spring Fayre & Plantology Spring Flower Arranging, 2pm to 5pm
1st	Saturday	Culture Club – Casanova, Lyceum Theatre
9th	Sunday	Yorkshire Half Marathon, Sheffield City Centre
13th	Thursday	Culture Club – Fully Monty, Lyceum Theatre
19th	Wednesday	St George's Day Celebration, 7:30pm to 9:30pm
20th	Thursday	Culture Club – Jane Eyre, Lyceum Theatre
23rd	Sunday	London Virgin Marathon

### MAY

10th	Wednesday	Glaucoma Support Group, 2:30pm
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**Thursday 18th May SRSB Mappin Street Centre closed for staff training day**

### JUNE

10th	Saturday	Culture Club - RHS Chatsworth Flower Show
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### JULY

1st	Saturday	Culture Club – Tommy, Lyceum Theatre
1st to 9th	Saturday to Sunday	Sheffield Stays In

**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**

Sorry this newsletter is a few weeks later than usual but a number of staff who contribute to the newsletter have been off work ill due to colds/flu and stomach bugs. We hope that you have managed to avoid these sort of health problems.

A belated Happy New Year to everybody. We have plenty to tell you about so on with the news.

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## **100TH BIRTHDAY CELEBRATIONS**



Congratulations and happy birthday to the following people who have all recently celebrated their 100th birthdays:

Nellie Cotterill  
Jack Whitley  
Doris Hopkins  
Muriel Smith  
Hazel Gomersall

## **SRSB CLIENT SURVEY**

A few weeks ago we sent out details of a survey we are conducting regarding the quality and scope of our services. We are keen to know your views and opinions about our services and activities and this is your chance to tell us.

To all of our clients who have already taken the time to complete the survey, thank you very much.

We hope to have all surveys completed by the end of February so that we can analyse the results which will then inform the work of our Services Development Committee.

To complete the survey please visit: <http://digbig.com/5bmwap> or alternatively contact **SRSB** to arrange a time for one of our volunteers to complete the survey on your behalf via the telephone.

## **POLITE NOTICE**

Please could we ask our clients to let us know as soon as possible if you are not able to attend an appointment with your Community Advice Officer (CAO).

Please could we also remind clients who use **SRSB** minibuses to travel to Mappin Street for the Activities Centre, to let the office know as far in advance as possible if they will not be attending. You need to inform us at the office, not just tell your driver. If it is after 4:30pm, you can leave a message on the main phone number

and we will pick this up at 8:30am in the morning.

Thank you.

## **CHRISTMAS RAFFLE**

We raised a fantastic £1900 from the sale of our Christmas raffle tickets this year. We didn't quite match last year's sales so the challenge is on for next year! Thank you to everybody who helped us by selling tickets and also to those people who included a donation for **SRSB** which is very much appreciated.

## **CHRISTMAS CARDS**

A big thank you for the kind cards which many of you sent both to staff and to volunteers. Some of you even enclosed a donation to **SRSB** so thank you for that – it is really good to know that so many of you appreciate our services.

## **ST GEORGE'S DAY CELEBRATION**

Wednesday 19th April, 7:30pm to 9:30pm at **SRSB's** Mappin Street Centre

We are holding a celebration of St George's Day with entertainment and supper. Whilst we will not be providing alcoholic refreshments you may bring your own of course. The cost is £5, plus £2 if you require door to door minibus transport. You may bring a guest with you and we will do our best to accommodate them on our transport although we cannot guarantee this. Please complete the

enclosed booking form and return it to us no later than Friday 31st March.

## **EYE CLINIC LIAISON OFFICER**

You may recall that two years ago in February 2015 we held a series of consultation events with our clients in relation to the support that people receive in the eye clinic at Royal Hallamshire Hospital.

We were inundated with people wanting to contribute to those events but unfortunately we couldn't accommodate everybody. However, the outcome from those events has been really positive. After those consultation events a report was compiled. The report concluded that the medical and clinical treatment was very good in the main, but there was little or no support or information available in terms of "what next". This report was submitted to the hospital and although decisions at the hospital can take a long time it was your experiences that convinced the hospital of the need for an Eye Clinic Liaison Officer.

The only obstacles to overcome at that point were:

1. The Sheffield Teaching Hospitals Foundation Trust had no money to fund the service and
2. There was no room to accommodate another staff member in the hospital eye department

Well, 2 years on from the original consultation events the money and the room has been found so we have a new staff member at **SRSB**, Kate Taylor, who has just started her

employment with us. She will be in post at the hospital eye department from late February or early March. The funding for the post is being shared between RNIB, **SRSB**, and Sheffield Teaching Hospitals Trust. This is a three year funded project with a view to the hospital trust taking on the full cost of the service after the end of that period, subject of course to satisfactory outcomes from the service.

We wish Kate well in her new role and look forward to hearing feedback from you if you happen to see her at the hospital.

## **TEA DANCE**

Saturday 11th March, 11:30am to 2pm at **SRSB's** Mappin Street Centre

Back by popular demand! This will be our third Tea Dance in conjunction with the University of Sheffield. Everyone who has attended before had a wonderful time dancing with the volunteers from Volunteering Sheffield. The volunteers are given Visual Impairment Awareness Training before the event and are so enthusiastic to give our guests a great time! When we have a breather, students who are part of different societies at the University, put on performances. We also provide refreshments and sandwiches at lunchtime too.

This event is FREE and is available exclusively for **SRSB's** clients and their guests, but please let us know if you would like to come so that there will be enough sandwiches for everyone!

## **NEW SRSB ACTIVITIES**

We will shortly be starting to hold evening activities at our Mappin Street Centre aimed at active clients who can travel independently to/from our centre. The activities will take place from 7pm to 9pm probably on a Thursday evening when our café will also be open.

We have already consulted with a group of clients to ensure that we offer a new range of activities that will be of interest to people and these will include things such as Pilates, learning a language, assertiveness training etc.

If you would like to be kept informed of developments please contact Aletheia at **SRSB**

## **ONLINE TODAY**

Monday 27th February, 10am and 1pm

Have you ever thought about using a smartphone or tablet but thought that your visual impairment would not let you? Well, many people with a visual impairment, including people with no sight at all, successfully use these devices.

In conjunction with Action for Blind People we have 2 workshops on the same day:

Beginner's session in the morning which is primarily for people that have never used a smartphone or tablet or people that have once of these devices and struggling to use it.

An advanced session in the afternoon which is for people who already have

a smartphone or tablet and can use it but want to learn how to use it more effectively.

To book on either of these courses please contact **SRSB**.

## **O2 GURU DAY**

Tuesday 28th March, 10:30am to 3:30pm at **SRSB's** Mappin Street Centre.

Another opportunity to find out more about smartphones and tablets with Mark Skelton and his team of gurus from O2.

Mark is one of our clients as well as working for an O2 franchise so he is really well placed to advise you on how to use your smartphone or tablet, what apps to download etc. Both Apple and Android devices will be demonstrated or bring your own as there will be no pressure to buy anything.

## **EXHIBITION**

Tuesday 28th February at **SRSB's** Mappin Street Centre

Dolphin, Enhanced Vision and Calibre will be here to demonstrate their products.

- Dolphin specialise in computer software to make computers accessible to blind and partially sighted people
- Enhanced Vision specialise in electronic video magnifiers both desk based and hand held.
- Calibre are an audio book library which many of you probably are already members of but for those that aren't this is your opportunity

to find out a bit more and for those that are members it is your opportunity to let them know how they are doing and what else would help you.

## **CLIENT HOLIDAY**

We are in the process of provisionally booking client holidays. So far, we have one provisional booking for Southport from 4th to 8th September. The cost is £290 and you will be staying at the Royal Clifton Hotel. There is a maximum limit of 12 people for this holiday. We are also looking at holidays in St Anne's and Llandudno.

If you would like to know more details, please contact Aletheia at **SRSB**.

## **NEW FREE LEGAL ADVICE DAY**

Thursday, 16th March 2017

From March 2017, **SRSB** will be holding a regular legal advice service. John Fawcett, Principal Lawyer and Solicitor with law firm Slater and Gordon, has generously offered to give his advice and expertise to **SRSB**. Clients are invited to make an appointment to see John, with no obligation, if they have queries about Wills, Powers of Attorneys, deceased estates, and care fees planning – which are John's areas of particular expertise. You will be able to see

John in a private room near to the reception area at **SRSB**.

If you would like to make an appointment, please call Aletheia at **SRSB** and she will put your name, and an indication of your enquiry, on the list for John. Appointments will be for 45 minutes and are free, and there will be no obligation on your part to engage in asking John to act for you in the future. However, should you wish to pursue your issue with John, he will be able to give you an indication of cost and how to proceed.

## **ACCESS NOW**

The Access Now brochure is produced twice a year by Sheffield Caption Support Group. It is a regional guide to sensory access shows at theatres. Copies are mailed out to organisations to distribute, and you can also download the Access Now PDF.

It is a great resource that signposts people to audio described performances and touch tours, captioned, signed, relaxed and dementia friendly performances.

The latest Access Now brochure is available to download from the Accessible Information section of our website. This brochure contains dates and times of performances at regional theatres. This issue covers February 2017 to June 2017.

<http://www.SRSB.org.uk/Access-Now/>

### CHILDREN'S SERVICES

#### **Little Sparklers**

We had our Sparklers Party on the 14th December and we started back in the New Year on the 11th January. We had a few new faces which is good news. We have some exciting sessions planned which are more suited to our current group like baby massage, sensory room and music sessions. We have had a lot of new referrals so the group continues to grow.

If you would like any more information on this then please contact Joanne or Cheryle at **SRSB**.

#### **Youth Club**

We had a lovely evening out at Sugar Dessert Bar on London Road with our youth club as a Christmas Treat. We had our first session of the New Year last month where we had a group planning session. The young people have come up with some excellent suggestions including a trip to the climbing wall, a debating session and various ideas for fundraising.

If you are interested in joining in or would just like some more information then please get in touch with Joanne or Cheryle at **SRSB**.

#### **Children's Activities**

We had around 100 children attend our Christmas Party at Monkey Bizness and as always it was a huge success with some fantastic feedback. We also took a group of

children up to the Xcape at Castleford for Actionnaires Sledging party.

A few weeks ago we took a group of children from Sheffield and Rotherham up to West Yorkshire Playhouse for Action for Blind People's regional theatre event. The children had a fantastic time so much so they have asked if we can look at organising more theatre trips throughout the year.

### CULTURE CLUB

We've had a busy few months at the theatre; we've seen some fantastic productions including The Commitments, Shawshank Redemption, Annie Get Your Gun and Sister Act and we've already got many more booked for the forthcoming months including Full Monty, Jane Eyre, Gaslight and Casanova. We also visited the City Hall to see the Black Dyke Band and Sheffield Philharmonic Chorus in their Christmas show. Just before Christmas we had a catch-up at **SRSB** over a glass of mulled wine and a mince pie. Everyone who was there came up with some fantastic ideas for the future.

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

### 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](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.

We had a successful meeting in December which was predominantly a social event with mince pies etc. The next meeting is on Wednesday 29th March at 2:30pm – Please let us know if you intend to come to this meeting so that we can plan accordingly.

### **GLAUCOMA SUPPORT GROUP**

We have had requests for this group to be started again so we have another meeting scheduled at our Mappin Street Centre on Wednesday 10th May at 2:30pm. We will have a consultant from the Eye Department at the Royal Hallamshire Hospital to talk about treatments, care regimes etc and answer any questions.

Refreshments will be provided so please let us know if you plan to attend so that we can make the necessary catering arrangements.

### **FIRTH PARK SUPPORT GROUP**

This group offers a venue within the park, refreshments, social inclusion, friendship, support and the opportunity for people to access support within a local setting for those who cannot access our Mappin Street Centre.

This service is facilitated by Brian Hepworth, **SRSB** volunteer, who is being supported by Debbie, **SRSB's** Volunteer Co-ordinator.

For more information contact Debbie at **SRSB** or Brian on **07710 014 573**

### **CHARLES BONNET**

### **SYNDROME (CBS) SUPPORT GROUP UPDATE**

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.

CBS or 'Phantom Visions' as the syndrome is often called, can be a very worrying side effect of sight loss, where the brain tries to compensate for not seeing by creating visual hallucinations or sees things which are not really there. They may be simple images such as grids and patterns, or elaborate, complex images of objects including animals, people or landscapes.

Charles Bonnet hallucinations are not a sign of dementia or any other sort of mental illness. They are a normal

response of the brain to the loss of vision.

People who experience these hallucinations can benefit from attending our support group which takes place at the centre each month. You can speak freely with other people who understand and are experiencing similar hallucinations. It is a huge relief for many people to be able to do this. Just contact us on **0114 272 2757** if you would like to attend this support group which is facilitated by volunteer Bessie Goddard.

There is also a national website for a Campaign Group called Esme's Umbrella where there is lots of useful information about this condition, and their aim is work towards a greater awareness of Charles Bonnet Syndrome. They also have a very useful leaflet that you can download to take to your Doctor if you suspect that you may have Charles Bonnet Syndrome in case they have not yet encountered the condition. Please visit this site for more information: [www.charlesbonnetsyndrome.uk](http://www.charlesbonnetsyndrome.uk)

### **THE SRSB SINGERS**

The Singing Group is an increasingly popular group. It was originally started by David Cox, **SRSB's** Activity Centre Manager every Wednesday when he was on work experience placement with us a number of years ago. It is now led by Mike Harris, one of our long standing clients.

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 VISUALLY IMPAIRED SPORTS CLUB**

We have recently been working with South Yorkshire Goalball Club to set up a multi sports club. The aim is to

let visually impaired people enjoy the sports and not worry about administration. At the moment the club currently offers Goalball training on a fortnightly basis and football training once per month. For more information contact Kyle on

**0114 272 2757**

or email [kyle@visport.org.uk](mailto: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** or email [kyle.crossland@SRSB.org.uk](mailto: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. Contact the Membership Secretary, Christine Hewitt, on **0114 236 6685**

## **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 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**

## **GARDENING GROUP (FOR VI PEOPLE LIVING WITH THE EFFECTS OF BRAIN TRAUMA)**

The members of the gardening group are currently planning what to grow in the garden. They are shortly going to install some kindly donated raised beds, and the over-wintering seedlings are doing really well. There are some thriving pots of bulbs, and soon there will be some thornless blackberry plants potted up in hanging baskets.

There will be an **SRSB** plant sale on 4th June at the Meersbrook Walled Garden Party alongside an **SRSB** awareness stall, so the group are getting organised with setting seeds and taking cuttings to have strong

plants ready for the day, and there will be additional plants supplied by other keen gardeners linked to **SRSB**. David Cox in the Activities Centre has asked if the group could grow sweet peas to decorate the tables in the Activity Centre, and so they are on the list. Roll on summer! If you think this group might be of benefit to you please contact Julie Turnbull at **SRSB**, or come and meet the group at Meersbrook Park Walled Garden on a Monday from 11am-2pm.

### **YOUTH CLUB**

Alternate Mondays, term time only, 4:15pm to 6:15pm at **SRSB** for 11 to 19 year olds; siblings and friends are welcome. There are a range of activities including arts and crafts, dance, music workshops, games and much, much more. For further information please contact Joanne at **SRSB**.

### **DEAFBLIND GROUP**

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

## **OTHER NEWS**

### **BUS PASS RENEWALS**

#### **Senior Citizen Passes**

These will be renewed automatically this year and sent to people by post – if you have moved since the original pass was issued you need to make sure that you have informed SYPTE of your new address.

Ring Traveline for further advice on **01709 51 51 51**

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 which provides an opportunity for up to 11 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 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**.

#### **Disabled person's pass with the Visually Impaired logo**

If you already have a bus pass with the visually impaired logo you can request a renewal by ringing Traveline on **01709 51 51 51**.

If you have been registered visually impaired and you do not have a disabled person's bus pass please contact **SRSB** so that we can arrange for a CAO to visit you and make the necessary arrangements. A Disabled Person's bus pass has additional

concessions compared to the Senior Citizen's pass and if you are registered as blind or partially sighted you have automatic entitlement for the disabled pass.

## **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.

### **February**

- Everybody's Talking about Jamie
- The Play that Goes Wrong
- Gaslight

### **March**

- A Passionate Woman
- Running Wild
- Dr Frankenstein

### **April**

- Casanova – Northern Ballet
- The Full Monty
- Jane Eyre
- Shirley Valentine

### **May**

- Fantastic Mr Fox
- Curious Incident of the Dog in the Night-Time
- La Strada

### **June**

- Julius Caesar

- Dirty Dancing
- The Who's Tommy

### **July**

- Tribes
- The Wedding Singer

Do bear in mind that the Culture Club will be organising trips to some of these performances – see page 7 for more details on the Culture Club.

## **HOME INSTEAD**

### **Top tips on healthy eating**

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.

A healthy diet can be the key to maintaining a positive outlook on life whilst keeping your mind and body fit and well. No matter what age you are, or what your eating habits are like, it's never too late to change your diet and improve how you feel.

Healthy eating includes consuming high-quality proteins, carbohydrates, vitamins, and minerals in the foods you take in while minimising processed foods, saturated fats and alcohol. Eating in this manner helps you maintain your body's everyday functions, promotes optimal body weight and can assist in disease prevention.

### **Healthy fats**

Rather than cut out fat from your diet completely, choose healthy unsaturated fats which can improve blood cholesterol levels, lower your risk of heart disease, and benefit

insulin levels and blood sugar. Look out for Omega-3 fats, which can benefit your brain and your mood, they're typically found in fish, nuts and seeds.

### **Exercise**

Regular exercise can help you stay healthy, independent and energetic as you get older. Exercise is anything that gets your body moving, and an average of 150 minutes a week is recommended. Walking rather than driving is a small change which gradually introduces exercise into your daily routine.

### **Less sugar**

Slowly reduce the amount of sugar in your diet, there are hidden sugars in a variety of foods such as ready meals, tinned goods and pasta sauces. Consider using natural foods, herbs and spices to flavour your food, and give your taste buds time to get used to the new flavours.

### **Fibre**

As we age our digestion can become less efficient, so it's important to include more fibre in your diet. An easy way to incorporate fibre into your everyday routine, is to start your morning with a high fibre cereal. The best source of fibre are whole grains, wheat cereals, barley, oatmeal, beans, nuts, vegetables and fruit.

To make a suggestion for a future topic, please write to me at [bryn.evans@homeinstead.co.uk](mailto: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 Bryn Evans on 0114 446 9055.

### **CAREGiver**

Home Instead Senior Care Sheffield was recently applauded by The Guardian Newspaper for employing older people and for valuing their skills. Kathy Markwick, Community Development Officer, said "June Shepherd is our oldest CAREGiver and she is 81... June actually looks after some clients who are younger than her... The role of CAREGiver is ideally suited for those who want to pick and choose the hours they work, those who are retired and people who only want to work for a couple of hours a week. If anyone is interested in a role, please do give the office a call on **0114 446 9055.**"

### **ZEST COMPUTER CLASS**

Here are a few words from Graham Straw who attends Zest computer classes.

"I have been attending this course for a few years now (first at the Limbrick centre and now at Zest) and I have enjoyed every minute of it. I learn something new every week. The subjects I have learnt about include, word processing, internet access and emails, spreadsheets, desk top publishing, database and presentation software. I know I won't use everything that I have learned but by learning about all aspects of computing it gives me greater confidence and a greater understanding of what can be achieved.

The classes, which are expertly run by Jayne Waller assisted by Paul, are run in a very friendly atmosphere and are attended by partially sighted people of varying ability. This year I have moved on to learn word processing level two. I have to concentrate more at this level but it is great fun learning new stuff. Zest is located a short walk from the Infirmary Road tram stop which makes it easy for most people to access.

My brother Malcolm joined the class about a year ago with virtually no

## **FUNDRAISING**

Happy New Year to you all hope you are all well and we look forward to seeing you at our events in 2017. We have been busy planning for the year and are delighted to offer you a mixture of new and enjoyed repeat events. Our events are open to all so do please feel free to pass on this information to colleagues, family and friends.

To join us at any event you can book online at [www.SRSB.org.uk](http://www.SRSB.org.uk) or give us a call – Do come and join in the fun:

### **SRSB PUB QUIZ**

Thursday 23rd March 7:30pm at The Old Queens Head, Pond Hill

Join us for the perfect fun 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

computing experience and he says it has been very useful gaining not only computing knowledge but confidence to use the computer he has now got at home.

Anyone thinking about learning about using a computer should give it a go. You won't regret it."

To find out more about and if this course may help you contact Alan Thorpe from EYECAN on **0114 220 7007** or email [alan@eyecan.org.uk](mailto:alan@eyecan.org.uk)

taking part. There are prizes for the winning team too!

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

### **SPRING FAYRE WITH FLOWER ARRANGING BY PLANTOLOGY**

Saturday 1st April, 2pm to 5pm at **SRSB's** Mappin Street Centre

New for 2017 we will be holding a mini spring fayre at **SRSB**. There will stalls selling plants, pottery, crafts and jewellery and the opportunity to indulge in afternoon tea. Go on treat yourself! Also Jill from Plantology on Division Street will be holding a flower arranging event in the main hall and demonstrate how to create three wonderful and exciting new arrangements for spring. Bring a bit of colour into your life and smell the fantastic fragrant spring flowers. After the demonstrations, the floral arrangements will be raffled with other prizes.

Entry to the Spring Fayre only is free but with afternoon tea available to purchase on the day.

Flower Arranging Tickets are priced at £10 which includes Tea/Coffee and a cake.

## **YORKSHIRE HALF MARATHON**

Sunday 9th April 9:30am, Sheffield City Centre

The fantastic Yorkshire Half Marathon will be returning to the city centre of Sheffield in April.

You can find out more about the race via the organisers website at <https://goo.gl/55mCOF>

If you or anyone you know would like to run to raise funds and awareness for **SRSB**, we offer fundraising support. We are also offering a special package for teams of 4 or more runners. Please do get in touch and we can explain the options.

## **VIRGIN LONDON MARATHON**

Team **SRSB** Virgin London Marathon

Sunday 23rd April 2017 London

We are delighted to have 4 runners taking part in the Virgin London Marathon 2017 for **SRSB**. The team consists of our client Nicky Gardner and her guide runner Craig Rush, our volunteer Steve Hartley and our supporters Richard Stuart and Sam Chu. Team **SRSB** are running 26 gruelling miles to raise funds and awareness for our charity!

Please show your support and enter the Guess the Time competition. All you have to do is guess the overall

team running time to win one of three fabulous prizes!

First Prize: 3 Hour Party at Virgin Money Lounge (RRP £150)

Second Prize: Overnight stay with breakfast for two at The Copthorne Hotel Sheffield

Third Prize: Meal for 2 at Nando's on West Street

Ticket price: £2 for one guess. £5 for 3

Please get your entries to **SRSB** by Friday 21st April 2017 – Tickets available from **SRSB**. Alternatively if you wish to sponsor Nicky then feel free to send or drop any donations to **SRSB** or donate on line at: - <http://uk.virginmoneygiving.com/NicolaGardner3>

## **SHEFFIELD STAYS IN**

Saturday 1st to Sunday 9th July 2017

This is our annual event where we ask the people of Sheffield to 'Stay In' and hold their own event for **SRSB**.

Just invite friends, family and colleagues around, ask them for a donation to attend and have fun while raising funds and awareness. You could hold your event at home, in your local pub or at work. It could be at night or during the day.

There are great prizes for:

- Most funds raised (by an individual)
- Most funds raised (by a corporate group)
- Best Photo
- Most innovative event

Some ideas are:

Barbeque, Cheese and Wine Party, Pie & Peas Night, Quiz or Games Night, Coffee Morning the list is endless.

We will provide you with the following to support your event:

Invitations to send to your family, friends or colleagues.

**SRSB** balloons for use at your event.

Collection box to collect donations.

You will receive a thank you letter and certificate after the event to acknowledge how much you raised.

## **TANDEM SKYDIVE**

Sunday 9th July - Hibaldstow Airfield, Hibaldstow (near Brigg), North Lincolnshire

Is Skydiving on your bucket list? Have you always wanted to Skydive from a plane? Then make it happen in 2017! Here's your chance of a lifetime with **SRSB**.

We are planning another exciting day at Hibaldstow again this year and we will join other local blind charities from across Yorkshire to make it a fantastic group day out. This is the only airfield which does a skydive from 15,000 feet, it's an incredible experience. If you are interested, do get in touch and we can go through the event with you. No experience is necessary full training will be given on the day. We will help you along the way with fundraising.

Here is a quote from Ruth who did a Skydive for **SRSB**:

Ruth: "The Skydive was an absolutely amazing and unforgettable experience; I would highly recommend giving it a go! I chose to do the skydive to challenge myself to try something different and to raise money for **SRSB**. I would be lying if I said I wasn't nervous on the way up but it was totally worth it for the adrenaline rush on the way down – it makes you want to do it again! I am really pleased that I did it and would definitely recommend others giving it a go!"

## **GOOD NEWS - CHARITY OF THE YEAR**

We are delighted to have been announced as Charity of the Year 2017 for the following companies:-

Gripple Ltd is an innovative local manufacturing company who we have had a great relationship with **SRSB** over the last six years. They have supported us by working on lots of different projects.

The Sheffield Charities Team already has a great rapport with our clients as they have supported us with many different projects including an Afternoon Tea, Assisted Shopping, donating to our Little Sparklers Playgroup, to name just a few. This relationship has been very rewarding for both our clients and the team at Gripple. We can't wait to work with them as their official Charity of the Year in 2017.

Barclays South Yorkshire Corporate and Business Banking team have also chosen to support **SRSB** in 2017.

We are really looking forward to working with Barclays staff on several projects, including events, awareness and also around access to work and emotional support.

We will be keeping you up to date with all the latest news about our work with both companies over the coming year both in our newsletter, on our website and in local and social media.

### **FUNDRAISING DAY TRIPS**

Gill Dalton, one of supporters, annually organises a number of trips as a Fundraiser for **SRSB**. Anyone is welcome to book on to the trips the details are below:

#### **Harrogate Flower Show**

Thursday 20th April

£33.50 includes coach fare and entrance to Flower Show

#### **Welbeck and Newstead Abbey**

Tuesday 23rd May

£26 includes coach fare and entry fee

#### **Newark, Boat Cruise, Cream Tea at Southwell Garden Centre with a 9 acre Swan Sanctuary**

Thursday 15th June

Coach £16

Additional costs available to pay on the day:

Boat trip £9

Cream Tea £5

Swan Sanctuary £2.50

#### **Whitby via Thornton Le Dale**

Monday 10th July

Coach £20

#### **Castleford Shopping Outlet and Nostell Priory**

Friday 22nd September

£25.50 includes coach and entry fee to Nostell Priory

#### **York & McArthur Glen Outlet**

Tuesday 14th November

Coach £17

There are 2 pickup points available for all the trips - St Andrews Church Dronfield Woodhouse or Tesco Abbeydale Road. Drivers tip is included in the price.

To book please contact Gill on:-

07811 559496

### **EASTER GIFTS**

Can you believe that Easter eggs are already in the shop?! With Easter early this year we need to start thinking of any gifts we wish to buy. But don't worry we have the answer for you. Purchase an **SRSB** mug, gift wrapped with chocolate mini eggs inside. They look amazing and the good thing is after the eggs have been eaten everyone has a useful gift to keep all for the bargain price of £5. The Easter mugs are available to buy in our Equipment Centre.

## **SRSB NEEDS YOU**

We are delighted to have been allocated lots of collections this year in at many new venues. However this means we have a shortage of volunteers to help us with these collections at supermarkets and outdoor venues. 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 a good way to meet new people.

Anyone interested in joining the team is welcome to join us at our Fundraising Volunteers Party on Wednesday 8th March, 4pm at **SRSB**. **Please confirm your attendance for catering numbers.**

## **LEAVING A GIFT IN YOUR WILL**

**SRSB** has been around for over 155 years offering support, advice and friendship to people with a visual impairment across Sheffield City Region. We have to make sure that we will be here for future generations and your legacy will help us to do this.

We have just produced a new leaflet about leaving a gift in your will and we have a panel of solicitors who will

prepare your will at a discounted price.

We will also be having a “Free Wills” month later in the year to formally launch our new legacy promotion work. There will not be any requirement to leave a gift in your will to **SRSB** although it would be very much appreciated if you do so.

If you would like a copy of our new leaflet, if you would like to find out more about leaving a gift in your will or our discounted will service then please contact our Legacy Officer, Sue Coggin, at **SRSB**.

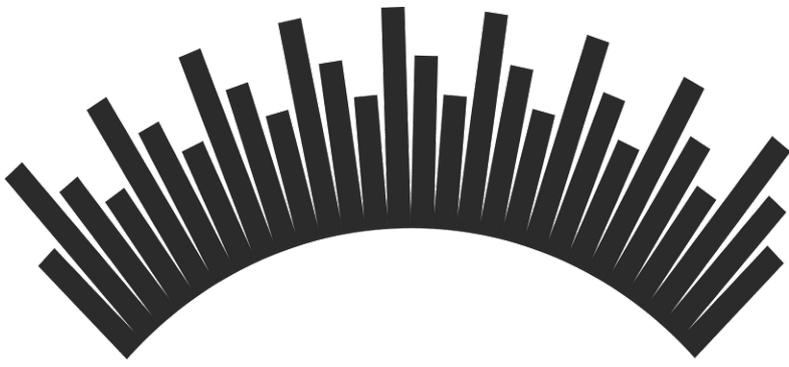
For further information or to book your place at an event please call Sue or Jane or email [fundraising@SRSB.org.uk](mailto:fundraising@SRSB.org.uk)

## **CONCLUSION**

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

**Making a Difference in Sheffield**

Our next newsletter will be arriving with you in May.



# SRSB

Sheffield Royal Society for the Blind

**Making a Difference in Sheffield**



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