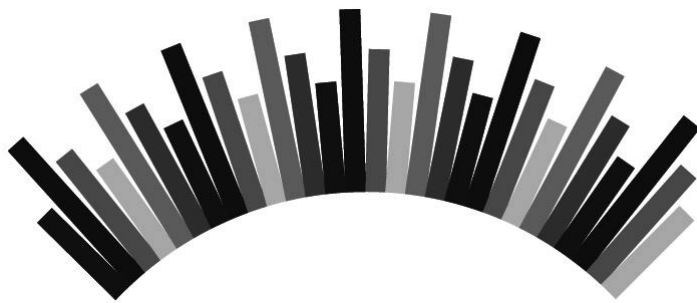


SRSB



Rotherham Sight & Sound



Picture of walking group out on a walk.

INSIGHT

SPRING 2022

Welcome to our first newsletter for 2022 and we hope you enjoy this edition. If you have any suggestions for future newsletters then please just get in touch.

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INTRODUCTION

Welcome to our first Insight of 2022. Although my first few weeks as CEO started in the midst of Omicron, thankfully things now seem to be improving and everything is starting to feel much more positive.

However, we realise some people are still feeling quite nervous and we are very mindful of keeping our clients, volunteers and staff safe. We are therefore still continuing with some COVID precautions in the short term. The Centres are still currently operating on an appointment only basis (including groups), and visitors are still required to take a lateral flow test until the end of March.

We continue to run services and support face to face, online, by telephone and telephone conferencing, as well as by post. We have adapted how we run our groups and instead of the previous Activity Centre model we will continue running lots of smaller groups and activities, with something for everyone.

In December, we said a fond farewell to our previous General Manager, Steve Hambleton who has given many years of dedicated service to our charity. We will miss Steve, however, we all wish him a long and happy retirement. I now want to build on Steve's work and carry the charity forward after the challenges of Covid.

I'm confident that our team will continue to deliver our charity's mission to provide opportunity, support, friendship and services to people with sight and/or hearing loss in Sheffield and Rotherham, helping them to achieve whatever they want to do and whatever they aspire to be... with some new opportunities, plans and developments ahead. We'll keep you posted!

We are really keen to develop and improve our newsletter and would welcome any suggestions. Please share your thoughts with us. What would you like to hear about? Do you like the format? Would you like photos? We have put some in this issue, let us know what you think. This is your newsletter and we want to hear what YOU want!

Joanne Ardern

*Chief Executive Officer of **SRSB/RSS***

Photo of Joanne



SRSB AND RSS NEWS

COVID

We have been working in the offices, running several small groups and seeing people by appointment for some time and we continue to work between 8:30am and 4:30pm. However, we are looking forward to the doors at both Centres being open from the end of March when Covid testing ceases. **Please continue to book appointments for our Community Advice Officers, for equipment and technology services, and book for groups where specified.** If anything changes with the Covid situation, we will follow the recommended guidelines and introduce any necessary precautions as required.

Following on from Covid and all the adaptations we have made, some of the services we have developed will still be offered online, on the phone and by post, as well as moving back to more in-person sessions.

We are delighted to be able to move the charity forward at a time when there is opportunity for change and progression, with lots of exciting things ahead.

SCAFFOLDING

As we put this newsletter together we are pleased to be seeing the scaffolding that has surrounded our Mappin Street Centre for many months, slowly coming down. It will be nice to have a much safer and accessible building back.

CAFÉ

We are aiming to reopen our café at **SRSB's** Mappin Street Centre by the **end of April** and clients will be able to drop in between 10am and 3pm or visit the café while accessing various groups, services and activities. We very much look forward to being able to offer this service again.

REFURB AT RSS

We have raised a significant amount towards the refurbishment at **Rotherham Sight & Sound** and hope to begin work in early summer. We will try to keep disruptions to a minimum and will keep you all updated of any changes to services during that time, but the long-term benefits of the refurb will be worth the wait.

STAFF UPDATES

We welcomed Helen Collins as our new Business Support Officer at **RSS**, taking over from Rosie Brown who has moved into the role of Finance Assistant.

We have had quite a few new staff members over the last few months so we've asked them all to do a little introduction for you and we'll share these over the next few newsletters. In this issue, we feature Sarah and Annette.

Sarah: I'm Sarah Carr-Brion and I'm the newest Community Advice Officer at **SRSB** and **RSS**! I started here in October 2021, and I'm so grateful to have joined such a hardworking, positive and inspiring team.

During my school years, I was in charge of fundraising for charity for my school house, and this was the start of my passion for charity work. I then went on to study sociology at the University of Sheffield. During my degree, I learnt a lot about equality and human rights, which strengthened my passion to work for a charity.

After graduating in summer 2021, coming to work for **SRSB/RSS** was everything I'd hoped it would be. No two days are the same, but every day is rewarding, and working in the community in clients' homes gives me a unique opportunity to really get to know the people I am helping. As someone with a hearing impairment myself, I really recognise the importance of what I do. I can't wait to see where this job takes me!

Photo of Sarah at SRSB



Annette: Hi, if you haven't met me so far, I am Annette and I joined in September 2021 as Activities and Groups Co-ordinator.

You may have come across me before as I did some fundraising for **SRSB** with the Prince's Trust at Sheffield College – but I was very pleased to join the team and have honestly enjoyed every day at work. I have been a teacher for 21 years in various places, and it's about time I was let out for mostly good behaviour!

I am setting up lots of activities for us, from running with clients, to football, painting classes, horse riding and bowling... and I am looking forward to a time when we can get in 'Rory the minibus' and go for a day out or two. Every day is different and I meet such wonderful people – thank you for making me so welcome. I have a reputation for being dog-obsessed, so expect a lot of photos of me being sat on, licked, covered in fur, loved and gazed at by guide dogs at various places. It's another reason I love my job!

I am training to run a 100km event for **SRSB/RSS** in May, so if anyone wants to sponsor me, let us know...

Hope to meet you soon!

Photo of Annette with 3 guide dogs



TRIBUTE TO PETER STANCIL

We were incredibly sad to hear that Pete Stancil, who used to be one of our Community Advice Officers, passed away recently. We want to pay tribute to Pete and our deepest sympathies go to his partner Carol, his family and his friends. Pete gave 22 dedicated years of service for our charity, and care and support for our clients. He was a well-known character at **SRSB** and will always be remembered for his sense of humour, and his ability to always make people laugh.

Every Valentine's Day, Pete's annual ritual would be to bring a red rose for each female member of staff. He also used to take roses to our care home, Cairn Home, too; just one demonstration of the caring side of his nature. Part of the fun side of his nature was that he used to love to dress up in fancy dress and was a regular in the **SRSB** Ellie Mascot costume! He was a regular at fundraising activities and was also instrumental in setting up some of our client activity groups. He will be remembered by many staff and volunteers, and of course by the many clients who he supported. He will be greatly missed.

160+ YEARS OF SHEFFIELD ROYAL SOCIETY FOR THE BLIND

Our last newsletter contained a brochure about our history, which we had funding for from the Heritage Lottery, with thanks to National Lottery Players. We'd love to hear what you thought about it.

The lottery funding will enable us to produce a book, a video and oral histories going into more detail about the history of our charity. Please get in touch with Jane if you are interested in contributing to this: marketing@srsb.org.uk or **0114 272 2757**

Exhibitions

We will be holding various exhibitions throughout 2022 to mark the 160th Anniversary at various locations in the city such as libraries, Centres, the theatre, the Winter Gardens etc.

Sensory Garden

The plans for the sensory garden as part of the Rose Garden at Graves Park are in progress. We also hope to re-establish the **SRSB** Gardening Group as part of this project. If you're interested, please get in touch.

BENEFITS UPDATE

There is a new pilot that went live on the 26th January, this invites customers who are making an application or renewal for PIP to do it online. This is not compulsory and is only offered to a small number of customers. This follows on

from the success of the Digital PIP 2 online process, where a customer is able to upload a PIP 2 online after making a new claim application.

Again, this is NOT compulsory, you are still able to apply via phone or mail and it is the customer's choice. Advisors should ask a customer if they have digital capability and if they want to proceed in a digital way or not. We would advise all clients to request a paper copy and contact a Community Advice Officer to assist in completion.

CBS LETTER FOR DOCTORS AND OPTICIANS

When we send this version of our Spring Newsletter to Doctors' Surgeries, we will include a letter that Esme's Umbrella has developed to share with doctors as part of their 'Wise Up' campaign. Their aim is, that the greater the awareness of, and education about, Charles Bonnet Syndrome, will lead to correct diagnosis and help where needed. You can also download this letter yourselves from **www.charlesbonnetsyndrome.uk** or ask us if you need help with this.

ONLINE SHOPPING STUDY

We recently did another study with a student from the University of Sheffield, who is researching the online shopping experience for visually impaired people, with the aim to develop software to improve this. Amnah would like to do another study with some more people, so if anyone is interested in finding out about this and taking part, please contact Jane on 0114 272 2757 or email **marketing@srsb.org.uk**

CHILDREN & FAMILY SERVICES – SRSB & RSS

We are delighted that we have a new Children & Family Support Officer. One of our Community Advice Officers (CAO), Hannah Khatib, is moving into the role at the end of March. Hannah will be working three days a week supporting families with welfare benefits, such as completing Disability Living Allowance claims, Family Fund applications etc. She will also be organising activity days throughout the year. Hannah will still continue in her CAO role 2 days per week. Please just get in touch with us if you require any support or advice.

It was great to welcome back Little Sparklers, our pre-school playgroup, to our Mappin Street Centre in September, even though we had another adjustment in January because of the high Covid numbers. We are delighted to be meeting back at **SRSB** again.

Our themed Activity Packs for children have been really popular and the next one will be an Easter theme. If your child is a client of **SRSB/RSS** or you are a

client and would like to do these activities with your child, please get in touch on **0114 272 2757** or email **info@srsb.org.uk** or **enquiries@rotherss.org.uk**

We currently have some FREE tickets to **Circus Starr**: Thursday 5th May at Hillsborough Arena. With two showings, at 4:45pm and 7pm. Please contact Liz G if you would like to book a ticket.

SRSB & RSS SERVICES

If you are a client of **SRSB** or **RSS** our activities are open to you at both of our Centres and out in the local community. Some are specific to people with vision impairment and some to people with hearing impairment (listed as **VI** or **HI**) otherwise they are open to all clients. So, if there is an event, group or service you are interested in please contact us at either of our Centres to find out more.

Sheffield: **0114 272 2757** or email **info@srsb.org.uk**

Rotherham: **01709 722 420** **enquiries@rotherss.org.uk**

GROUPS AND ACTIVITIES

We are delighted that we have many groups and activities taking place as we adapt back to 'living with Covid'. Some are operated by **SRSB/RSS** but some are independent groups run by vision impaired people with support from **SRSB/RSS**. Some are free, some have a small fee.

Please visit **www.srsb.org.uk/client-events.aspx** to see dates and times

Here is a list of the groups and activities that are currently running and in what format. Some of the groups offer the opportunity to take part in person as well as online. For activities outside **SRSB** and **RSS** transport is sometimes available, please check about the group you are interested in:

Sports and Leisure:

Activity Packs: Postal

Archery: Sheffield

Baking Group: SRSB

Book Club: SRSB and RSS & Online/Zoom

Children's Activity Packs: Postal

Craft Groups: RSS

Creative Writing: SRSB

Coffee Mornings: SRSB

Culture Club: Various locations

Cycling: Sheffield

Day Trips: Various locations

Horse Riding: Rotherham

Meditation: Online/Zoom

Painting Group: SRSB

Rotherham Guided Walks: Rotherham

Sheffield Visually Impaired Walking Group (SVIWG): Various locations

Snooker: Sheffield

South Yorkshire Goalball Club: Sheffield

South Yorkshire VI Tennis Group: Sheffield

Swimming Group: Sheffield

Tai Chi: SRSB

Ten Pin Bowling: Rotherham

VI Football: Sheffield

VI Running with Sighted Guides: Sheffield and Rotherham

VI Shooting: Rotherham

VI Tennis: Sheffield

Yoga: Online/Zoom

Yorkshire VI Cricket Club: Various locations

NEW Opportunities

FA VI Football

A new football opportunity for youth and adult players of all genders and abilities, on outdoor pitches at Tapton School from Saturday 19th March. Coached session from 1:30pm to 2:30pm with some initial transport support if needed. This is the only Football Association VI session in Yorkshire and Humberside and we are keen to make it a success for clients. There will be a small session fee.

Horse Riding and activities with the Riding for the Disabled (RDA)

High Hopes stables at Aughton. Fortnightly 2 hour sessions, 1pm to 3pm from Tuesday 22nd March. Transport available from **SRSB** and **RSS**. £10 contribution for two hours – a bargain on normal prices! There is a weight restriction of 11st 7lbs at the moment, but we are expecting larger horses soon.

Activities include learning to ride, but also engaging tasks for non-riders including grooming and caring for horses, feeding, caring for tack and heavier tasks such as loading hay nets if you are feeling strong! 8 horses available.

Picture of someone riding a horse



Book Club

We have got off to a great start with our Book Club and are now on book number 3.

Our group meets once a month to discuss the chosen book and give it a rating and will decide on the **SRSB/RSS** 'Book of the Year' in December. We aim to read different genres and all the group collectively decide on what the next book we read will be.

The book can be read in the format you prefer and there are staff available to help you set up an RNIB talking books account if you do not already have one.

If you enjoy reading and are interested in joining, please contact Liz G.

Peer Support Group

These groups aim to put people in touch with others with similar interests. The meetings are an informal chat and sharing of relevant information. Let us know if you would like to find out more and we will ask Hayley to contact you to arrange for you to join one of the groups.

Coffee Mornings

We are going to hold monthly Coffee Mornings at **SRSB**, open to clients of all ages to come along and meet friends old or new! Refreshments will be provided and booking is essential. Please get in touch to book your place.

The first Coffee Morning is on 14th April from 10am to 12noon.

Support Groups

Charles Bonnet Syndrome Support Group: SRSB

DeafBlindGroup: SRSB

Peer Support Groups: Sheffield and Rotherham

Retinitis Pigmentosa Support Group: SRSB

Sheffield Macular Group: Sheffield

Rotherham Macular Group: RSS

Rotherham Hard of Hearing Group: RSS

SERVICES

Community Advice Services

Our Community Advice Officers visit people in their own home or by appointment at **SRSB** or **RSS**. They provide a full needs assessment for newly registered clients with sight and/or hearing loss, whilst offering support to existing clients who require assistance with a variety of issues.

Emotional Support

Our Emotional Support Officer, Hayley, is booking appointments either by phone or in person.

Hayley is currently being supported by Jack Silveroak, an Integrative Counselling and Psychotherapy student on a university placement with us, so we have a little more capacity for emotional support:

“Hi, I’m Jack, I offer counselling at **SRSB/RSS**. In my role, I offer a safe space for people who are experiencing a difficult time to talk about how they are feeling. I work to build a supportive relationship so that people have the strength to face painful emotions or make tough choices in their life.

Mental health can be affected by anything, and it can be hard to know how to deal with it. I can offer a space to help with:

- Stress
- Anxiety
- Depression
- Bereavement
- Addiction
- Trauma
- Life change

Whatever it is, we can figure it out.”

If you, a carer, or a family member are interested in counselling, please, contact the **SRSB** main office on 0114 272 2757

If you feel that you might benefit and would like an informal chat with Hayley or Jack just give us a call.

Equipment Support at SRSB/RSS

Rob offers advice on an extensive range of products, all designed to help people with sight loss maintain their independence, such as lighting, talking clocks and watches, magnifiers, accessible phones, and lots of other assistive equipment. You can book an appointment to visit the Centres, or speak to Rob for advice over the phone.

Technology Support at SRSB/RSS

Jake can support clients with most aspects of tech, including Windows computers, iPads, iPhones, Android phones/tablets, JAWS and NVDA screen reading software, etc. You can book an appointment to discuss your requirements and book sessions if required or speak to Jake over the phone for advice.

He is also looking to develop groups for coding and 3d printing etc as well as using Raspberry Pi/Arduinos.

Telephone Services

Telephone Conference Groups

For clients who can't manage Zoom video conferencing we have a number of telephone conference groups for people who used to attend our Mappin Street Activities Centre, but anybody can join these groups, and we can start new groups, so if there is a particular subject that you would like covering, just let us know.

Tele-Contact

We have a team of volunteers who call clients that we haven't had any contact with for a while, just to check that they are OK and that we still have the correct information on our database. If you receive such a call please do not be alarmed, but if you are unsure then just give us a call at **SRSB/RSS** and we will be able to check if a call is scheduled to be made.

Tele-Friends

We also have a team of volunteers who call the same people every week as a befriender. This is predominantly for people that live alone and don't get out very much. If you would like to receive this type of call please let us know.

Hearing Impairment Services

Hear to Help Hearing Aid services at RSS

Tony can help with:

- Replacement tubing
- New domes
- Batteries
- Help and advice

British Sign Language (BSL)

We periodically run taster sessions for BSL and are currently taking names for a new course coming soon, so please contact Tony at **RSS** if you are interested. In the meantime there are free sign language apps available and we recommend the Signbsl app available on both Google Play store and Apple App store for those that want to try learning a few signs.

Rotherham Hard of Hearing Group: Do you have difficulty hearing what people say?

If you would like to meet people who have similar experiences, then Rotherham Hard of Hearing Group has restarted activities at **RSS**. The group will meet monthly. Please contact Tony to book your place.

Cyber Security Talk:

Coming Soon! We are arranging a talk at **RSS**, please check our website client events for the date or call us to find out more.

Lip Reading:

Returning to **RSS** on Mondays and **SRSB** on Tuesdays from the week commencing 25th April. Deafness can be one of the most isolating disabilities, and classes in lip reading are for anyone who struggles to hear. Please contact Mandy who runs the lip reading classes if you would like to attend or would like

to find out more: Call 07876 582494 or text (but please do not leave a voicemail).

COURSES

VI Looking Ahead

This course is open to anyone who would like to find out more about how to begin to rebuild confidence and independence after a diagnosis of sight loss, which is always a challenging and emotional time at whatever age or stage of life it happens. It's also a chance to meet others who are going through the same experience at this point in their lives, as well as find out about how to get involved with other support services, groups and activities within and beyond **SRSB** and **RSS**. It can help reduce feelings of depression and isolation and make a positive difference to quality and enjoyment of life again. Please contact Liz B to enquire about these courses.

VI Job Club

Our next Job Club sessions will begin at **SRSB** on Monday May 9th 2pm and run for 8 weeks.

We offer this Job Club for our vision impaired clients and the sessions are structured around the different stages of the employment process, for example, how and where to look for jobs, creating CVs, confidence, mock interview practice and Access to Work. We always have a session from motivational speakers which is very popular where people with vision impairment talk about their careers. The Motivational Speaker session will be open to anyone to join (either at **SRSB** or via Zoom) and it will be listed on the client events on our website and promoted on social media.

Participants are supported and encouraged to explore the full range of their knowledge, skills and abilities in order to broaden their work horizons and potential. We hope that **SRSB/RSS** Job Club will provide people with an opportunity to take stock of themselves and their situation and to plan actions that are realistic and achievable.

Wellbeing Sessions

We are busy planning some regular Wellbeing sessions over the coming months at **SRSB/RSS**. The sessions will be themed around different topics.

April Session at SRSB. 1:30pm. (Date to be confirmed). The Menopause

This will cover nutrition, discussed by Clare Shepherd, the Temple Spa range

with Amy Rollitt, and Chris Hancock will talk about the benefits of massage and offer some taster sessions.

Other themes we are proposing are:

- Healthy eating and wellbeing
- Men's wellbeing
- Digital wellbeing
- Exercise and wellbeing
- Motivational speakers
- Learn something new
- Give to others
- Wellbeing and confidence
- Financial wellbeing. Being on top of your finances
- Mindfulness

If you would like to join one or more of these sessions, please let us know. All attendees will receive a goody bag appropriate to the session.

Visual Impairment Awareness Training

This training is offered to all new staff, volunteers and Trustees at **SRSB** and **RSS** as well as a wide range of outside groups and organisations.

Deaf Awareness Training

These courses are aimed primarily at domiciliary care agencies and care homes but will also be of benefit to informal carers such as family members of people who are losing their hearing. Please contact Tony at **RSS** for further information.

OTHER ACTIVITIES

Culture Club

How lovely it has been to be able to get back to the theatre. Members of the Culture Club have already attended two audio described performances recently, 'Sleeping Beauty' and '9 to 5'.

We aim to attend a performance once a month, so check the newsletter, website or social media for upcoming performances.

Many of the group have been meeting to have a bite to eat before the show, so if you are interested in joining for food please let us know when you are booking your ticket.

To book any of the shows or trips contact Liz G on **0114 272 2757** or email **info@srsb.org.uk**

Please visit www.srsb.org.uk/client-events.aspx to see dates and times of the latest bookings.

Everybody's Talking about Jamie: Thursday 14th April £22 per person

Bat Out of Hell: Thursday 5th May £32 per person

Chicago: Thursday 7th July £32 per person

The Best Exotic Marigold Hotel: Thursday 15th September £25 per person

The Commitments: Thursday 20th October £20 per person

Mamma Mia: Thursday 3rd November £34.50 per person

Panto: Jack and the Beanstalk Thursday 22nd December £9 per person.

Yorkshire Sculpture Park: Monday 23rd May £10 pp including transport from **SRSB/RSS** and entry.

Brodsworth Hall: Monday 18th July £10 pp including transport from **SRSB/RSS** and entry.

Birdsong Talk:

Monday 21st March 2022. 2 to 3pm. **SRSB's** Mappin Street Centre.

Join us for a talk about experiencing and identifying the sounds of birdsong through the seasons.

Mike was a long standing guide with the **Sheffield Visually Impaired Walking Group** and is an experienced bird watcher. He will share his knowledge about this subject with our vision impaired clients to help people recognise and identify different calls. He will also talk about his history with the group and how listening to a variety of calls can enhance being outdoors with nature.

Please get in touch on **0114 272 2757** or email: info@srsb.org.uk if you would like to register to attend this event.

Vision Aid Demo Day at SRSB

Vision Aid will be visiting our Sheffield Centre in May to chat to our clients about their products. This will be a drop-in event between 9am and 3pm.

Annual Day Trip

We are looking forward to our annual day trip to the seaside resuming this year and have booked two coaches to go to Bridlington on Wednesday 15th June, there will be pick-ups in Rotherham at the Old Mecca Bingo site and in Sheffield on Pond Hill outside the Penny Black Pub.

The cost is £10 per person and spaces are limited. Any Covid precautions to be confirmed nearer the time.

Please ring Liz Gurler on **0114 272 2757** or **01709 722420** to book your place or email **info@srsb.org.uk**

NEW! HEAR ABOUT IT FROM OUR CLIENTS

VI Looking Ahead Courses

Since February, the course is now taking place in small, face-to-face groups again for the first time in almost two years. We meet at **SRSB**'s Mappin Street Centre once a week on Tuesday mornings for three hours over a six-week period. Nine new clients joined the most recent course, getting together to discuss a range of different topics that may help make adjusting to sight loss a bit easier, as well as eating cake and biscuits! Session topics include: emotional health and wellbeing, making daily living and reading and writing easier, an introduction to Apps and technology for blind and vision impaired people and rebuilding skills and confidence in outdoor mobility and travel. Everyone got to know each other quickly and made new friends, as well as meeting the different staff and client volunteers who kindly shared their knowledge and experience to assist with delivering various sessions each week.

Throughout the course, there are lots of opportunities to ask questions, try out equipment, talk to client volunteers who share their experiences of moving on with their lives after sight loss and how getting more involved with **SRSB** and **RSS** has often helped them in this process.

The course is as much about friendship and connecting with others again, as well as gaining new ideas and information, and this is often highlighted in the evaluation comments from clients:

Mick: "The most memorable thing about the Looking Ahead course for me was meeting everybody; staff, client volunteers and the other new clients. It really helped listening to how others had coped emotionally with sight loss and to know that I wasn't alone. All the sessions were helpful. A huge thanks to Liz and everybody for all your help and support."

The Looking Ahead course has also been successfully adapted to be delivered on Zoom during the last fifteen months, to continue to provide an opportunity for a total of 31 new clients to take part in six separate courses, accessing support, friendship and information, when the Covid pandemic and restrictions made meeting together in person impossible. It is a testimony to everyone who joined these Zoom courses and, in many cases, learnt how to use the online technology from scratch, that where there is a will, there is a way! We learnt together along the way and the groups have continued to meet on a monthly basis on Zoom calls to catch up and keep in touch with each other, as well as join other support groups, activities and groups, or access further IT training.

Last year, a total of 42 Zoom Looking Ahead course sessions were delivered and attended with many participants keeping in touch at 22 separate follow up meetings.

Here are comments from two clients who completed the Zoom courses during lockdown:

Ann: “It’s been a lifesaver to me at the moment, to be honest. I have really looked forward to logging into the sessions after I had got over my first weeks’ nerves. The sessions were relevant to things I wanted to find out about and hearing the client volunteers’ experiences and how things had been for them compared to where they are now, helped me to feel better about the future. I enjoyed learning from other people who really knew and understood what I was going through. I also feel less alone and isolated.”

Smickey: “The first 4 sessions were most helpful to me because there were elements in each of these sessions that I felt I could immediately use to make my life easier. The gadgets and assistive technology were probably the most standout from the first four sessions.”

Although there is a similar format to each course, an important aim is to tailor each session around what client participants want to know, checking each person’s starting point and varying levels of experience of equipment, technology and the stage of acceptance in the process of rebuilding life after sight loss. So, no two courses or sessions are ever the same. A lot of peer learning and support takes place, too, with special thanks to both members of each group for sharing tips and ideas with each other, and the invaluable contributions of nine different client volunteers during the last year. We would also like to thank the Eye Clinic Liaison Officers, and the Community Advice Officers and Sheffield City Council Sensory Impairment Teams, for referring people to the course and without whose help, the ‘Looking Ahead’ programme could not have been made available to so many people during the Covid pandemic at the height of restrictions.” So, if reading this article has made you think that it may be worth trying out the Looking Ahead course yourself, either on Zoom or in-person at one of the Centres, please get in touch with either your Community Advice Officer, or Liz Bowman, Training and Development Officer or email: info@srsb.org.uk You can also ring either of the main Centre numbers at **SRSB** or **RSS** for more information and to express interest in the course. We look forward to hearing from you.

Photo of Rob demonstrating equipment to a group



Client feedback about the new shooting and tennis sessions

Kath: “I have really enjoyed both sessions (shooting and tennis). Fantastic! Loved it. Would love to go again.”

Jackie: “Loved the target shooting. I’ll go again if available. Made me feel really comfortable even though I found it difficult seeing the target. They are very patient.”

Mick: “Love the shooting and I enjoyed my day at the tennis. Not sure if tennis is for me but I enjoyed it anyway!”

Klaudia: “I have enjoyed both activities. I wanted to try the shooting since I found out about it. It is very accessible for people with sight problems. The VI tennis is great fun for me. Although I do not plan to play professionally, it gives me the opportunity to meet new people and helps to build up my confidence.”

Andy: “It’s been brill from the start and now it will be more often. Coaches and volunteers are amazing. Meeting others with VI helps a lot and we have social time at tennis too.”

Nomaan: “Great team! Lots of fun. Very welcoming bunch. Never felt out of place. Great vibes. And most of all the unity between everyone was amazing! John (volunteer) really boosted my confidence and helped me to extend my ability to play. Very big thanks to him. Annette and Janiece – you are both marvellous! Keep it up!”

Tennis Feedback

What a day at the LTA Tennis World February Tournament in Middlesbrough. A week-long tournament ending with VI tennis on the Sunday. Nomaan (one of our clients) played four matches and won two!

Matches were the best out of 3 sets, with each set consisting of 4 games.

Nomaan was categorised as a B2 player. The first game was against an equivalent B2 player, who had vastly more experience than him. Nomaan held his own during the games but was eventually beaten by the more experienced player by two sets to love. Then his next challenge was against a B4 player (much more vision than his) who happened to be a national champion. Nomaan battled hard, holding the B4 player to deuce on a few occasions, but was eventually beaten by two sets to love.

He gathered himself for the next two games, tactically improved and won both by two sets, beating equivalent B2 players without losing a game!

Finally, he was invited to play some informal games of doubles. We're pleased to say, that Nomaan and his teammates were triumphant. Well done.

Nomaan should be super proud of his achievement. He has been inspired and learnt so much from this experience.

The day ended with a celebratory meal. Janiece, who is facilitator of the Tennis Group said "It was a pleasure supporting him and hopefully, this will be the first of many tournaments that players from SYVITC will be entering and enjoying."

Picture of Nomaan playing tennis



CAIRN HOME

Our care home in Crosspool has continued to cope well with all the challenges that Covid has brought and is looking forward to more settled year. They recently held a Valentine's Day meal with a restaurant theme for residents recently and this was a huge success and lots of fun.

We currently have vacancies for new residents at Cairn Home so if you would

Photo of Cairn Home garden



like to find out more about the home please just call and speak to any of the management team on **0114 266 1536**.

VOLUNTEERS

NEW VOLUNTEERS REQUIRED

We are currently looking for volunteers to support the following activities. Please get in touch on **0114 272 2757** or email **info@srsb.org.uk** if you would like to find out more:

- Tele-Conferencing
- Tele-Friends
- Tele-Contact
- Sports and Social Groups
- Book Group
- Store Collections

OUR THANKS TO BRIAN CAMPBELL

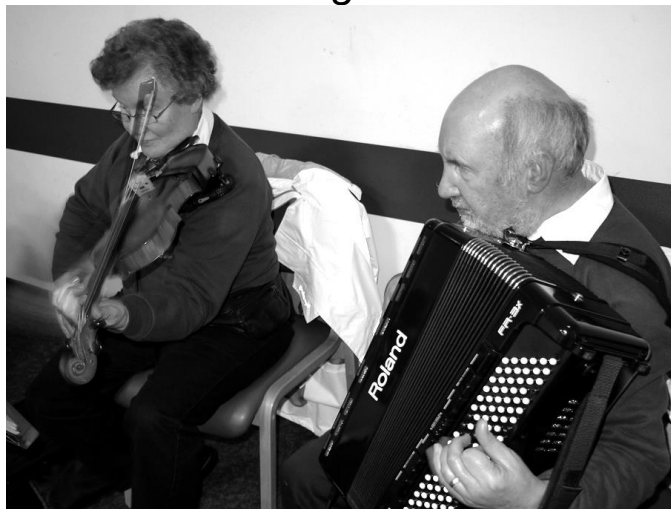
Brian first became a Trustee (which is a voluntary role) at **SRSB** in 1995 and after many years of supporting our charity, he has retired from the Board at the beginning of this year. We would like to thank him for his years of dedication. He will be missed as a Trustee, but he will still be involved with our work. Brian has been registered blind from childhood. He studied politics at Sheffield University and went on to undertake social work training at Edinburgh and Sheffield Universities. He later obtained a Diploma in Psychotherapy at Sheffield University.

He worked as a social worker in Sheffield for 32 years, working in both the voluntary and statutory sectors and with a range of client groups including families, older people, hospital patients and, latterly, disabled children and their families. He also did a small amount of private psychotherapy practice and supervised trainees on the Sheffield University Psychotherapy Course. After retiring from work in 2006, he continued his work on **SRSB**'s Trustee Board and became a member of **SRSB**'s Service Development Committee. He also became involved with Sheffield Churches Council for Community Care, where he was a Trustee for approximately 7 years.

Brian is a keen musician and has a Diploma in Music from the Open University. He plays accordion in a local ceilidh band and, along with his wife, is a resident musician for a Scottish dance demonstration team. He also plays oboe and cor anglais in The Endcliffe Orchestra and sings in a church choir.

He has always been very supportive of our fundraising activities such as our food and wine/beer tasting events and our Blind Driving event a few years ago. Thank you Brian!

Photo of Brian and Clare providing the musical entertainment at an SRSB food tasting event



BEFRIENDING SERVICE

We would like to send a big Thank You to our wonderful volunteers who have made regular telephone calls to **SRSB** and **RSS** clients through the pandemic, the phone calls have been a lifeline to some, especially those who were isolated due to being clinically vulnerable or living alone. As well as befriending calls we have also had volunteers ringing clients who used to attend the Activities Centre every week and weekly conference calls to keep clients in touch.

Being able to hear a friendly voice once or twice a week when you are lonely can be a life saver and we are always looking for new volunteers who would like to make these calls.

If you would like to make a difference to somebody and can offer a couple of hours a week please get in touch to discuss the roles available. We are currently recruiting a Befriending Co-ordinator to develop this service further enabling us to offer more support. We will be introducing you to the new member of our team in our next newsletter.

FUNDRAISING

We hope everyone has had a good start to 2022 and you are all keeping safe and well. Despite a challenging fundraising year, we ended 2021 with some great news:

the National Lottery Heritage Fund kindly provided £31,376 to help **SRSB** promote our 160+ anniversary in 2022 and create a new sensory and heritage garden in The Rose Garden at Graves Park.

The Wolfson Foundation are donating a fantastic £31,000 towards our Rotherham appeal to install a lift and refurbish our **Rotherham Sight & Sound** Centre. This helped us hit our original £70,000 target, but more is still needed, so we have extended the appeal until Summer 2022, when it is hoped building work can start.

Our main fundraising challenge in 2022 is to get as many of you involved in our 160th anniversary celebrations as we can. There are lots of ways you can help: Take on 160+, Abseil 160ft, join the reformed **SRSB** Gardening Group or share your story. We also need you to spread the word and ask family, friends and work colleagues. Whatever you or they do, we'll be here to support you every step of the way.

Further information on most of these events is below. To join us at any event you can call **0114 272 2757** or email fundraising@srsb.org.uk or check out the latest event dates and book online at: www.srsb.org.uk/fundraising-events.aspx

RAFFLES

We run two raffles a year, our Summer Raffle and our Christmas Raffle. Huge thanks to everyone who took part in, or helped us sell tickets for our Christmas Raffle helping us to raise over £2,800! Our Summer raffle tickets will arrive with our next newsletter Summer edition.

TAKE ON 160+ FOR SRSB

To celebrate our charity's 160th anniversary we are looking for 160+ individuals or groups to aim to raise £160+ each to support people with sight loss in Sheffield and Rotherham. So why not choose your challenge for 2022?: Get Active! Get Creative! Give Something Up! Get Involved!

It could be as simple as having a home or elephant collection box, setting up a regular donation, taking part in an **SRSB** event or organising your own fundraiser. Our fundraising pack provides lots of ideas.

SRSB 160FT ABSEIL

Want an exciting challenge for 2022? How about abseiling down Sheffield Hallam's Owen Building (opposite Sheffield Train Station) to raise sponsorship for our charity as part of our 160+ years of **SRSB** awareness events this year? You will abseil 160ft along with lots of other brave supporters!

The event takes place on Saturday 14th May (& Sunday 15th subject to demand) and is being run by experienced adventure events company EightPointTwo. We are asking for a £20 entry fee which helps cover our costs and for anyone taking part to aim to raise a minimum of £100 in sponsorship. Raise £160 or more and you'll get a FREE 160th anniversary T-shirt. Too scared

to do it? Then we're sure there is at least one daredevil you know who will give it a go! We want to recruit up to 90 people to take part.

Picture of some of our staff who are doing the abseil, Steve, Sarah, Helen and Rob



ROTHERHAM APPEAL UPDATE

Some fantastic news for the start of the New Year! Thanks to the donation from The Wolfson Foundation we hit our original £70,000 target for the Rotherham 'Give us a Lift' appeal. The appeal has also been supported by Westfield Health who donated £30,000 and The Screwfix Foundation who donated £5,000. The remainder was provided by community and public donations - including many from you, your families and friends. So a huge thank you to everyone for your support!

Despite this success, like many other things during the pandemic, building and material costs have gone up, and an architect's scheme of work has identified several snagging issues! So, we have had to increase the appeal target. Any surplus we raise will be used to buy new furniture equipment. For further details or to donate please visit www.justgiving.com/campaign/RSS-GiveUsALiftAppeal

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 24th March, 7pm (7:30pm start). Thank you to everyone who made it to our last pub quiz of 2021 at The Old Queens Head. It was great to see everyone again and a huge thank you to Zuzana and her team for their continued flexibility and hospitality during these very challenging times. So why not join us for a laugh on the night and get that grey matter really working? A great evening's entertainment for less than the price of a pint or glass of wine!

Don't worry if you don't know anyone, we'll match you up with other players, if that is what you want. There are prizes for the top team, and the chance to win prizes in our raffle too! Team Entry £16 (Maximum of 4 per team) or £4 per person.

REGULAR GIVING AND LEGACIES

We're always talking about the importance of regular gifts in fundraising and they really do make a big difference, including helping us to plan ahead. Here are just some of the options available:

Standing Order or Direct Debit

Many of you already choose to give monthly, quarterly or annually by standing order or direct debit, thank you. Committing to give the equivalent of the cost of one cup of coffee, pint of beer or glass of wine each month can make a huge difference to us. It's 'Cheers' from us if you choose to help in this way!

Consider a gift in your will

Making a will is perhaps one of the most important things you will ever do. It is the only way to be sure that your family, friends, favourite charities and others are provided for as you wish after your death. By leaving a gift in your will to **SRSB** or **RSS**, you will help ensure our valuable work continues for many more years to come.

We will be organising our usual Will Writing Promotion Weeks later this year in June and October, but if you want any further information on legacies please contact Steve.

SRSB WEATHER LOTTERY

Why not join our £1 weekly lottery with the chance to win £25,000 and other prizes? When you join you receive a unique 6-digit lucky number to be entered in a weekly draw. The results are calculated using the last 6 digits of Fahrenheit temperatures from 6 popular European destinations. If you choose more than one entry you are given a separate lucky number for each entry.

As well as the weekly £25,000 draw, prizes are also given when 3, 4 and 5 numbers match.

COLLECTIONS THANK YOU & NEW FOR 2022

A big thank you to all our volunteers who helped at the Tesco Christmas collections in Rotherham town centre, and at Savile St and Abbeydale Road and for helping to collectively raise almost £1,000. Your support was very much appreciated.

We are already starting to get some dates in for 2022:

Atkinsons: Friday 8th and Saturday 9th April

Morrisons Ecclesfield: Thursday 28th April

Morrisons Catcliffe: Thursday 26th and Friday 27th May
Atkinsons: Friday 17th and Saturday 18th June
Crystal Peaks Centre: Saturday 16th and Sunday 17th July
Atkinsons: Friday 7th and Saturday 8th October

OTHER EVENTS

Sheffield Half Marathon: Sunday 27th March. If you or someone you know can run for us please contact us.

SRSB 160ft Abseil: Sheffield Hallam University Owen Building. Saturday 14th May (and Sunday 15th subject to demand).

Sheffield and Rotherham Stays In: 9th to 17th July.

Sheffield 10k: Sunday 25th September.

SRSB and RSS Golf Day: Dore & Totley Golf Club. 16th September

Skydive: Hilbaldstow Airfield, Lincs. Dates to suit in 2022

Wing Walk: Wickenby, Lincs. Dates to suit in 2022.

Best wishes for 2022 everyone from Steve and Jane, the Fundraising and Marketing Team at SRSB/RSS.

THANK YOU

We are still finalising details for some 2022 activities. If you are able to help or can volunteer at future events, please let us know. We will continue to add new events to the website and update you in future editions of Insight.

A really big thank you from Jane, me and everyone at **SRSB/RSS** for everything you do. I look forward to meeting you in person when our Centres open. In the meantime, take care and continue to stay safe.

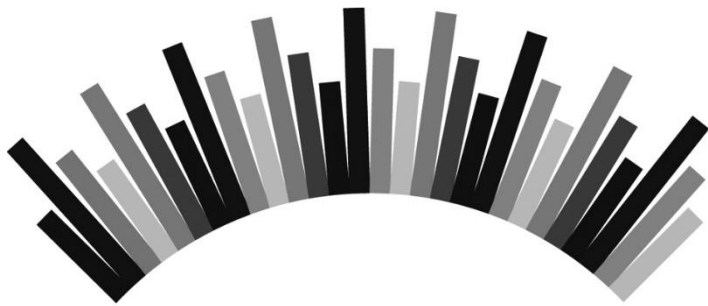
Steve Loane, Fundraising Manager

CONCLUSION

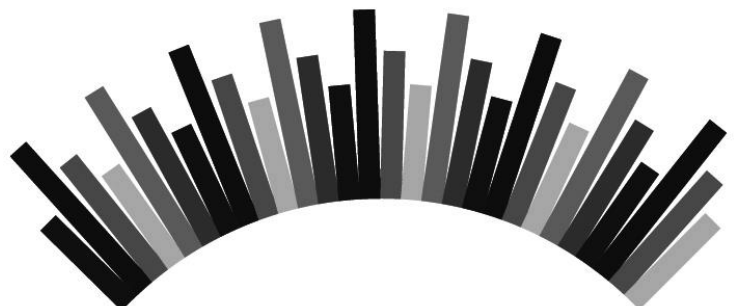
Don't forget, we are here to help you. If we can't do something ourselves we almost certainly know somebody who can – Just contact us at SRSB or RSS.

Always Making a Difference in Sheffield and Rotherham.

Our next newsletter should be arriving with you in June



SRSB



Rotherham Sight & Sound

Making a Difference across Sheffield City Region



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