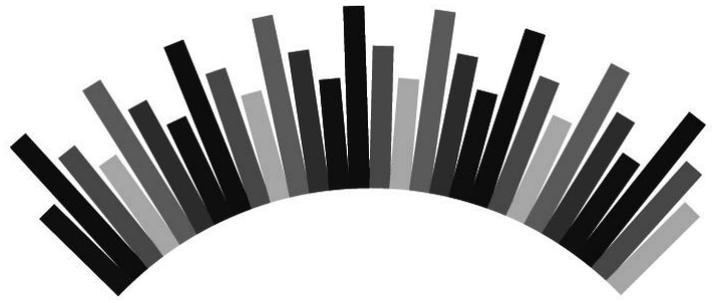


SRSB



**Rotherham
Sight & Sound**



Used Equipment Sale

Tuesday 1st October

See Page 4 for more details

INSIGHT

Autumn 2019

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

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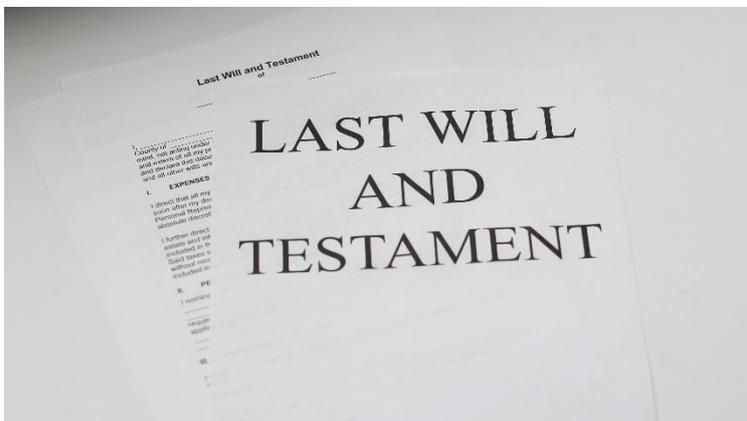
INTRODUCTION

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

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

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

FREE WILL WEEK



Take advantage of our Free Will Week and make provision for your loved ones.

For more information see Page 2

SUMMER RAFFLE

Thank you to everybody that sold raffle tickets for us and also to those people who included a donation to **SRSB**, it is very much appreciated.

We raised a total of £2,370, a great amount, up from £2,145 last year so thank you.

SCARBOROUGH DAY TRIP

We had a great time in Scarborough at the beginning of July with over 200 people from Sheffield and Rotherham enjoying the seaside, fish n chips etc.

HOLIDAYS

We have already had a number of short breaks this year to Scarbrough, and our weekend break to Llandudno in October is already fully booked.

We also have a Turkey & Tinsel break in Blackpool booked for 6th to 9th December with just one place remaining. If you would like to join us please give us a call.

We won't be organising any more holidays this year but if you would be interested in joining us on a holiday next year please let us know as they tend to get booked up very quickly. We will just enter you name on a register of people interested in a holiday, but no commitment from you until we publish full details.

STAFF CHANGES

Unfortunately Helen Chapman who joined us in April as a Cleaner had an accident away from work shortly after she started with us and was not able to

continue. Kate Dawson, who was one of our volunteers, took on the role and Kate has also been helping us out in the Activities Centre covering for staff holidays and sickness.

FREE WILL WEEK

Monday to Friday 7th to 11th October
SRSB's Mappin Street Centre

During the week we will be holding a free legal surgery with representatives from different local solicitors each day.

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 there will be no cost to you, subject to it being a basic straight forward will. 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 just a few months old and we have to be there to support her 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

THURSDAY ACTIVITIES

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

Our new Thursday activities are proving very popular and so far we've had gym sessions, ten pin bowling, swimming at Hathersage outdoor pool, a fish and chip picnic in the park, a pottery workshop and lots more. There's been plenty of laughter and some really positive feedback so why don't you come along and join in the fun. Here is a list of forthcoming events:

September 5th – DAWS accessible gym session, leaving Mappin Street at 11am. £2 per person

September 12th – Outdoor swim at Hathersage pool followed by lunch, leaving Mappin Street at 9:30am. £7 per person (not incl. lunch)

September 19th – Wellbeing walk round Wentworth followed by pub lunch, leaving **SRSB** at 10am and **RSS** at 10:30am. £3 per person (not incl. lunch)

September 26th – Follow up Pottery session at Aston Springs Farm, painting pots made at the previous

session. Departing **SRSB** and **RSS**, at 9:30am.

September 26th – Gripple Afternoon Tea at Glide House, departing Mappin Street 1:30pm.

We are delighted to announce another Afternoon Tea event hosted and supported by our friends at Gripple Ltd. This year Gripple will host this event at their Glide House at Attercliffe Common, a building that used to be a school, that now houses offices, meeting rooms and a social club. We will be treated to an amazing afternoon tea and be able to chat to staff from Gripple who volunteer to support this outing. An opportunity to wear a nice dress or suit if you wish!

The Afternoon Tea will be a FREE event. Just give us a call or email info@srsb.org.uk book your place and enjoy a fabulous afternoon treat.

October 3rd – Tenpin Bowling followed by pub lunch afterwards, leaving Mappin Street at 10am, £5 per person (not incl. lunch)

October 10th – Axe Throwing. Come and release your inner Viking, join us for an axe throwing session. £20 per person at BattleAxe, Urban Axe Throwing, leaving **RSS** 3pm and **SRSB** 3:30pm, session starts at 4pm.

October 17th – National Holocaust Centre, leaving **SRSB** at 9:30am and **RSS** at 10am, £10 per person.

October 24th – Wellbeing walk around Newmiller Dam followed by pub lunch. £3 per person (not incl. lunch)

October 31st – Halloween baking session, join us at **SRSB** to make some terrifying treats for Halloween. 10:30am start, £2

November 7th – St James shopping centre, Norton followed by pub lunch, join us for a spot of retail therapy at the new St James Shopping Centre at Norton. Leaving **RSS** at 10am and **SRSB** 10:30am

November 14th – Pottery class. Come and join us at Aston Springs Farm, this time we will be making beautiful wall plaques painted in Annie Sloan paint. £25 per person, leaving from **SRSB** and **RSS**, times to be confirmed.

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

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

EMAILS AND MOBILES

It would help us to let you know about events and updates about things of interest to you, or to send your client newsletter, if we had your email address (this will also help us to reduce costs). Also, if you change your mobile or want us to add it to our database (we do not currently send text messages, but we may in the future) just let us know by emailing info@srsb.org.uk or giving us a call.

We do not pass on your email or any other contact information to other organisations without your permission.

You can view our Privacy Policy online at www.srsb.org.uk/Privacy/

FREE AUDIO BOOKS

As many of you will know, we have a selection of audio books and some music on CDs available at **SRSB** for people to borrow. We have decided that because people access talking books online now, that the space these CDs take up would be better used for something else. So we have lots of audio books that we would like to pass on to anyone who would like them and this is for FREE.

These are available in reception until they are all gone.

The CDs are free, but if you feel you would like to make a donation there will be a collection box.

USED EQUIPMENT SALE

Tuesday 1st October 2019, 9am to 2:30pm at our Mappin Street Centre

We know it's Autumn, but we're having a Spring clean! Better late than never.

We have some equipment that has been very kindly donated to help us raise funds.

Here is a list of what we have on offer, so just let us know if you would like us to put your name on any of them, or alternatively call in before the sale to see Rob in the Equipment Centre and grab yourself a bargain.

- Pamtrad TV Eye, Electronic Magnifier, connects to TV/Monitor £75
- Thiel Braille Printing Terminal – Braille Embosser in case £100

- Eclipse CCTV/Magnifier in a travel case with wheels £350
- Eclipse CCTV/Magnifier, touch screen £300
- Eye Pal Solo Scanner Reader £300. Complete with original box, appears to be unused.
- Eye Pal Solo Scanner Reader £200
- Magnilink Student CCTV/Magnifier, incl. case, for use with laptop £150
- CCTV plus TV Magnifier with spoken controls £50
- Humanware Scanner Reader £50
- Enhanced Vision Acrobat CCTV/Magnifier on flexible arm £100
- Sentry CCTV/Magnifier with flexible camera system £100

All of the above are tested and working but we are not able to offer any guarantees on these items. However, should the item fail within a short period of you purchasing one of these we will do our best to resolve the problem for you.

The following items come with 3 months warranty, thereafter should the item develop a fault we will do our best to resolve the problem for you.

- 2 Clearview+ CCTV/Magnifiers £550 each
- Clearview C CCTV/Magnifier £1,350
- Clearview Speech CCTV/Magnifier £1750

We also have a variety of monomouse and eeZee Readers etc which connect up to televisions to magnify anything

you wish to read and a few different handheld or portable video magnifiers. These are all available FREE.

We are still sorting through other products so by the time the sale comes round we will have other items as well so please call in to see us. You can also take advantage of our café whilst you are here.

EMOTIONAL SUPPORT COFFEE MORNINGS

Thursday 3rd October 2019, 10am to 12noon at our Mappin Street Centre

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

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

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

O2 GURU DAY

Monday 14th October 2019, 10:30am to 2:30pm at our Mappin Street Centre

Are you visually impaired? Would you like some help with your tech?

You are invited to pop in to our centre to speak to an O2 Guru

- Find out how your phone can talk back to you
- How to enlarge content on your screen
- You are invited to bring your phone/tablet in with you if you have questions about your own device
- Any other questions

You don't need to be an O2 customer to attend, it is for anybody with a smart phone/tablet or anybody considering purchasing one.

JOB CLUB

We have run 2 previous Job Clubs and 4 people who attended have been successful in gaining employment.

The next job club starts on Tuesday 22nd October, 5pm to 7pm for between 6 and 8 weeks. Full details currently being finalised.

If you are looking to get into work, or perhaps retain your employment then please contact us.

COMMUNITY ADVICE OFFICERS

SRSB has a team of seven Community Advice Officers (CAOs) together with a dedicated Children and Families Support Officer and an Emotional Support Officer who offer a comprehensive support service for our clients in Sheffield City Region. Their main responsibility is to visit visually impaired people in their own home. They provide a full needs assessment for newly registered blind or partially sighted people and/or deaf people in Rotherham, whilst offering support to

existing clients who require assistance with a variety of issues.

Our team will assess the requirement for equipment to help clients with everyday tasks and any other issues with the aim of enabling visually impaired people to live as full and complete a life as possible.

They also provide a comprehensive welfare rights service ensuring that our clients receive all the benefits they are entitled to, including Universal Credit which is a big topic at the moment. This includes completing the benefits application forms and where necessary accompanying the clients to any assessments, handling appeals etc.

We would urge anybody who receives any correspondence regarding their benefits to contact us immediately for advice.

Usually we allocate you a Community Advice Officer based on the area you live although at times, due to workload or holidays etc an alternative staff member may take on your case. If you are not sure who your CAO is then please just give us a call.

We also run a drop in service on alternate Mondays at **SRSB's** Mappin Street Centre in Sheffield and **RSS's** Ship Hill centre in Rotherham. Check the client events page on our website to find out when they are:
<http://www.srsb.org.uk/client-events.aspx>

LIP READING AWARENESS

WEEK – 9TH TO 14TH

SEPTEMBER

SRSB's Mappin Street Centre

Tuesday 10th September, 2pm to 4pm

During this week we are hosting a Lip Reading Taster Session.

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 at **SRSB** and **RSS** if you would like to attend this event and if you would like to find out more about classes available. Email Mandy at mandyrodgers100@btinternet.com

ACTIVITIES CENTRE

With the exception of Thursdays our Activities Centre remains a busy and lively place but we do have some places available on the other week days.

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

SEEING WELLBEING

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

Mindfulness

We recently ran an 8 week Mindfulness course; we had excellent feedback from the clients that attended and they all found it really beneficial, here's what one of our clients said:

“An opportunity arose for me to do a mindfulness course at the Sheffield Royal Society for the Blind. I hoped for techniques to help with my anxiety, I got a whole lot more than that. I met two instructors John and Lizzy who are amazing people. They helped in dealing with my confidence, focus, concentration, wellbeing and meditation. This helped me visualise and the tai chi helped me deal with pain in my lower back. Being part of a visually impaired group makes some of the aspects we covered challenging for everyone including John and Lizzy, they dealt with all these challenges really well.”

We would like to say a big thank you to Dr John Darwin and Elisabeth Marriott for running the course for us and giving up their time free of charge. We will hopefully be running another course later this year, if you are interested or would like more information please give us a call.

Gym/Sports sessions

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

Cycling

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

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

Pilates

We have been running a weekly pilates session every Wednesday, 5pm to 6pm but due to work commitments a few people have had to stop attending. We would really like to get this group going again so Lorna, the instructor, is holding a taster session on Wednesday 4th September here at our Mappin Street Centre, 5pm to 6pm. Please give us a call if you would like to attend.

Other Activities

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

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

SATURDAY AFTERNOON TEA

Our themed afternoon teas have been very popular, so the next one is on Saturday 26th October. This time the theme is "Halloween" so fancy dress optional.

The time is 2pm to 4pm and the cost is £5 which includes your tea and entertainment. You will need to arrange

your own transport to/from our Mappin Street Centre.

SHEFFIELD TALKING NEWS

UPDATE

News Alert!

Did you know that you can listen to Sheffield Talking News (STN) without a Boom Box?

Yes! You can listen to the weekly news, magazine and Out & About – all without buying a Boom Box!

Hear us in one of the following ways:

- Over the Telephone - Just dial **0114 383 0345** and follow the simple instructions using the keys on your telephone. Calls are at the local rate.
- Any Radio, CD Player or Television with a USB port – If you are not sure then get someone to check for you.
- On a Computer, but of course you will need the internet for this.
- On a British Wireless for the Blind (BWBF) device. You may be eligible to get this on free loan if you meet their criteria. Also, BWBF are about to release an app for a mobile phone.
- On ALEXA, again you need the internet. Once enabled just say 'Alexa, ask My Talking Newspaper to play Sheffield weekly talking newspaper'. It's just as easy to hear the Magazine or Out and About.

If you would like to try one of these but are not sure how, just give STN a call on Sheffield **0114 278 0440**. If it asks

you to leave a message just give us your name and telephone number and someone will get back to you.

Why not give it a try?

NEW! SUPPORT GROUP FOR VISUALLY IMPAIRED PARENTS

Coffee Mornings, 11am to 12:30pm at our Mappin Street Centre.

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

9th September- Special get together for munch and brunch – Please register interest before the 6th September so we have an idea regarding numbers.

The group will then run every 2 weeks, future dates being, 23rd September, 7th October, 21st October, 4th November, 18th November etc.

As part of this group you will also be able to discuss any issues with Kadie, our Children & Families Support Officer. Kadie offers home visits and practical support if appropriate. This support takes many forms but includes welfare benefits and housing, one-to-one support including pregnancy and birth, breastfeeding, slings, befriending, getting out and about and more.

YOUR BLINDLIFE BLOG

We are currently looking for contributions for the Blindlife Blog, which is an online space for you to share your stories about living with sight loss. The aim is to help others by writing about your experiences which may be similar to theirs, highlight some of the issues around some of the challenges that you have faced, or by passing on amusing stories that help us all to look at things with a sense of humour.

Not only does the blog help other visually impaired people, but as we have seen from other posts, it creates a better understanding from sighted people of the challenges that you may face in your day to day lives, and breaks down barriers to understanding sight loss. It helps to bring to life everyday scenarios, and it can be very powerful.

Please consider getting involved and get in touch with Amy and Jane via blog@srsb.org.uk or just give Jane a call. Amy is one of our clients who is also an active volunteer and supporter who has written several contributions to the blog about her sight loss journey and Jane is our Marketing Manager at **SRSB**. Both are happy to chat to you about the blog and receive your stories. If you need help in writing them, don't worry, they will also help with that! Amy is now interviewing people if you prefer to contribute your story in this way.

If you need a bit of inspiration, we look at upcoming awareness days to give us ideas.

ROTHERHAM SIGHT & SOUND

The last few months at **RSS** have been very busy.

In May, we welcomed a new staff member Claire as Receptionist on Wednesdays and she has already become a valued member of the team. On May 10th our new **RSS** minibus arrived. There was a group of clients queuing for a ride on it, so Steve Hambleton took us for a quick spin around town. The minibus has already taken us to Helmsley Walled Gardens, Ampleforth, Buxton, Crich Tramway Museum. Also in May Andy, Sarah, Georgia and Sue took part in the Abseil Challenge down the K2 building in Hull.

New Activities include the **RSS** Choir, which is facilitated by our very own Schani, this is on alternate Tuesdays 10:30am to 12noon. If you would like to join us, please contact us. This will hopefully lead to a Christmas Carol Concert with St Mary's Bolsterstone Bell ringers who came and demonstrated their bell ringing in July. More information on this concert will follow.

Our other new activity is Solo Fitness to Tango with Michaelangelo and Maureen. A group have been trying this over a six-week period and they are thoroughly enjoying it. Our aim is that in September we will start a new beginner's class. Places are limited so if you are interested in booking a place please give us a call at **RSS**.

To top it all, **RSS** has just celebrated its second anniversary with a hoe down at **SRSB**. A thoroughly enjoyable night

was had by all to toast the happy occasion.

EVENTS & ACTIVITIES

Weekly Groups/Activities

- Lip reading – Monday, 11:30am to 1:30pm
- Arts & Crafts – Tuesday, 1:30pm to 3:30pm
- Tai Chi – Wednesday, 10am to 11am
- Pilates – Thursday 1pm to 2pm
- Coffee Morning – Thursday 10am to 12noon

Fortnightly Groups/Activities

- **RSS** Choir – Alternate Tuesdays, 10:30am to 12noon

Monthly Groups/Activities

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

Other Events/Activities

Lip Reading Taster Session

Ship Hill Centre

Monday 2nd September, 11am to 1pm

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 at **SRSB** and **RSS** if you would like to attend this event and

if you would like to find out more about classes available. Email Mandy at mandyrodgers100@btinternet.com

RSS Choir

Ship Hill Centre

Tuesday 3rd September, 10:30am to 12noon

Everyone is enjoying the **RSS** choir and they want more! Why not come along and join Schani and the choir. The choir meets every 2 weeks on alternate Tuesdays so future dates are 17th September, 1st October, 15th October, 29th October etc.

Please contact us for further information.

Solo Fitness Tango

Ship Hill Centre

Wednesday 4th September, 1:30pm to 3pm

The Solo Fitness Tango has been a huge success so we will be starting a new beginner's class. If you would like to join Michaelangelo and Maureen please contact us. Places are limited but we will add your name to a reserve list once the initial session is fully booked.

Wellbeing Walk

Thrybergh Country Park

Thursday 5th September, 9:30am to 2pm

Enjoy a late summer walk around Winthrop Gardens and the surrounding area, followed by lunch in the café. We will endeavour to get a guide for anybody that needs one but this must

be requested when booking and cannot be guaranteed.

There will be a charge of £1:50 for the minibus, lunch not included.

Crown Green Bowling

Roundwood Bowling Club

Friday 6th September, 10am to 1pm

Would you like to try your hand at crown green bowling? There is a fee of £3, which is to be paid on the day to the bowling club. The next date is 20th September and further dates will be added later. Places are limited so please contact us to book.

Rotherham Show

Clifton Park

Saturday and Sunday, 7th and 8th September, 10am to 5:30pm

Come along and visit the Mobile Information Unit to meet the staff and volunteers. Tell your friends and family to pop along.

Prize Bingo

Ship Hill Centre

Tuesday 10th September, 1:30pm to 3:30pm

Its Prize Bingo time again at **RSS**. 50p a game, come along win a prize, you are sure to have fun.

Charles Bonnet Group

Ship Hill Centre

Wednesday 11th September, 11am to 1pm

The Charles Bonnet Support Group will be visiting **RSS**. If you would like to know more about Charles Bonnet

Syndrome or join the group please contact us for more information.

Fox Valley Retail Centre

Friday 13th September, 10am to 1:30pm

Visit the Fox Valley Retail Centre followed by lunch at The Wentworth Pub. Come along and have a leisurely walk around the shops, have a coffee, then lunch. The cost of the minibus is £3.

We will endeavour to get a guide for anybody that needs one but this must be requested when booking and cannot be guaranteed.

Burnby Hall Gardens & Museum

Sunday 22nd September, 9am to 5pm

A haven of peace and tranquillity on the edge of the Yorkshire Wolds. Walk around the lovely gardens and visit the museum. The cost is £10 which includes entry and minibus. Places are limited.

We will endeavour to get a guide for anybody that needs one but this must be requested when booking and cannot be guaranteed.

RSS Quiz

Ship Hill Centre

Tuesday 24th September, 1pm to 3pm

Come along and try your hand at our **RSS** Quiz. Test your general knowledge, music and film knowledge. Who will be crowned the champion? £2 per person, which includes refreshments.

Living with Vision Impairment Roadshow

Ship Hill Centre

Friday 27th September, 10am to 2pm

Join us for our roadshow of exhibitors showcasing their services available to the visually impaired community in Rotherham. Exhibitors include Rotherham Macular Group, Blind Veterans, Rotherham & Barnsley Local Optical Committee, RMBC Visual Impairment Services, RMBC Children's Services, Charles Bonnet Support Group, Deafblind UK.

Matlock Bath Illuminations

Saturday 12th October, 3pm to 8pm

Spend the afternoon in Matlock Bath at your leisure; see the Illuminated boats on the river followed by a Firework Display. The cost for the trip is £10 including entry ticket and minibus.

O2 Guru Day

Ship Hill Centre

Monday 28th October 2019, 10:30am to 2:30pm

Are you visually impaired? Would you like some help with your tech?

You are invited to pop in to our centre to speak to an O2 Guru

Find out how your phone can talk back to you

How to enlarge content on your screen

You are invited to bring your phone/tablet in with you if you have questions about your own device

Any other questions

You don't need to be an O2 customer to attend, it is for anybody with a smart

phone/tablet or anybody considering purchasing one.

CHILDREN & FAMILY SERVICES – SRSB & RSS

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

Little Sparklers @ SRSB

We continue to get a good number of attendees every week. We have had many new faces and the group continues to grow and develop. We are looking forward to the start of the new term.

Little Stars @ RSS

Our Newly revamped preschool group in Rotherham for Children with a hearing or vision impairment aged 0-5 years old (and siblings) got off to a steady start with a small number of children attending weekly. In order for this group to continue please register interest before the 9th September 2019 before any future dates and activities are arranged.

Family Support Group

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

After a busy summer holidays our next meeting will be on Saturday 19th October, 2pm to 4pm. Multi Sports for children with a visual impairment with our very own Martin Wilson at Sheffield Hallam University City Campus Sports Hall, Norfolk Building, Pond Street Entrance, Sheffield, S1 2LP

Due to the location of the hall within the building a member of staff will be present at the Pond Street entrance to direct you.

Youth Club

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

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

For our youth club to be successful it is vital we know how many young people are expected in order that we can arrange the activities. Please let us know by the 16th September 2019 which activity(s) you would like to attend. Staff and Volunteers are available to support the youth club if they attend without a parent/carer.

Friday 6th September, 4pm to 5:30pm – Pizza Making and Welcome back after the summer holidays at **SRSB**. There is a charge of £2 towards the cost of ingredients.

Saturday 14th September – Gym Taster. Venue, times and costs to be finalised when numbers interested are known,

Wednesday 30th October – Blackpool Lights. Depart **SRSB** at 2pm. There is a charge of £5 towards the cost of the minibus transport.

Saturday 30th November – Kingswood Adventure Activity Day, Penistone. Times and costs to be finalised when numbers interested in attending are known.

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

SRSB Halloween Party

Mappin Street Centre

Thursday 31st October, 4:30pm to 6:30pm

This party is open for children aged 0 to 18 and their families. Booking is essential in order that we can plan the catering.

Any b-Boys/b-Girls Out There?

Breakdancing Training Coming Soon. Start date to be confirmed, but likely end of Sept.

Some of you may remember Nathan Gearing who visited our Youth Club once when his team did a breakdancing demonstration. He is still working on delivering breakdancing sessions with visually impaired people, not only for the enjoyment of the dance, music and exercise, but as a means of injury prevention for people with sight loss. In many cases people

with visual impairment lose their balance and fall in unfamiliar spaces. A lot of injuries are sustained on impact with the floor, which is the result of momentum abruptly stopping.

Through breakdance you will learn to sustain your momentum when falling, therefore allowing the force of the impact to dissipate through your body resulting in a greatly reduced risk of injury through falling. You will also receive increased balance and spatial awareness through simple standing and floor based movements that are fun and exciting to learn. If you could benefit from becoming more familiar with how to use your body in safe ways that will increase confidence when a fall cannot be avoided then this 8 week course is ideal for you.

We are gauging interest in these sessions and you can give us a call to be added to the list and we'll let you know when we have arranged the dates. These sessions are FREE! Just contact **SRSB** or email info@srsb.org.uk to join the fun!

The age group we are aiming at is 11 to 19 year olds, however, we are saying a min age of 8, and anyone above the age of 19 is welcome.

SHEFFIELD GROUPS AND CLUBS

CULTURE CLUB

Over the last few months we have visited Lotherton Hall where we had a lovely day exploring the house and bird gardens. We also spent a day at the beautiful RHS Harlow Carr, the rain didn't stop us having a fantastic time, we came home with a bus full of plants! Our next outing is to the

National Arboretum which is in September.

We have also had several theatre trips including Annie, Kinky Boots, Girl on the Train and Educating Rita. We have lots more planned for the forthcoming months including Northern Ballet's Cinderella, Woman in Black, Joseph and the Technicolor Dreamcoat,

Motown the Musical and Everybody's Talking About Jamie.

If you would like to be kept informed of future events and trips please just contact us and ask to be added to the Culture Club mailing list which you can receive by either post or email.

PILATES

This group is run by Lorna, a qualified practitioner, and will meet every Wednesday at our Mappin Street Centre, 5pm to 6pm if sufficient people sign up for the group after the taster session on Wednesday 4th September.

YOGA

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

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

TAI CHI

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

SHEFFIELD MACULAR GROUP

Degeneration of the macular results in loss of central vision. It is usually a result of ageing and is the commonest form of sight loss in older people. This group, which is a branch of the national Macular Society, meets on the first Thursday of each month (except

January and August) at 1:30pm for 2pm in the Central United Reformed Church Café off Norfolk Street. New members are most welcome, just come along.

For more information please contact Nick Woodford on **0114 236 8971** or Robin Story **0114 236 2251**, email: story.rob@yaho.co.uk

RP SUPPORT GROUP

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

Our next meeting is on Tuesday 26th November, 2pm to 4pm at our Mappin Street Centre when we will be joined by Mr Acharya, ophthalmic consultant at Royal Hallamshire Hospital.

CHARLES BONNET SYNDROME (CBS) SUPPORT GROUP

Are you experiencing vivid, silent visual hallucinations?

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

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

information and support. In July we visited another CBS Support Group in Liverpool which was really interesting and we hope to be inviting them back to see us in Sheffield at some point.

On Wednesday 11th September the group will be meeting at **RSS**.

If you fancy joining us or would like more information please give us a call at **SRSB**.

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

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

THE SRSB SINGERS

The Singing Group is an increasingly popular group which meets every Wednesday, originally organised by David Cox, **SRSB's** Activity Centre Manager but now facilitated by Mike Harris, one of the singers and a volunteer with **SRSB**.

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

CRAFTY LADIES

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

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

Contact:

Karen Swann on **0114 273 4917** or

Ali Anthony on **0114 273 4866**

SOUTH YORKSHIRE GOALBALL CLUB

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

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

For more information please contact Kathryn Fielding by telephone on 07795 263642 or email Kathryn@achievepotentials.co.uk

MAPPIN WRITERS

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

SHEFFIELD VI TEN PIN

BOWLING

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

SHEFFIELD VISUALLY

IMPAIRED WALKING GROUP

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

SHEFFIELD BLIND ARCHERY GROUP

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

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**

SWIMMING

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

YORKSHIRE VISUALLY

IMPAIRED CRICKET CLUB

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

For further information please contact John Garbett on **07769 909 906** or email garbett.j@sky.com.

DEAFBLIND GROUP

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

The group is run by Rachel Kelly, a trained guide communicator with signing skills, supported by some excellent, well trained volunteers who ensure that the members of the group enjoy a range of activities and outings. Refreshments are served and there is no charge for attending. A two course lunch, cooked in our own kitchen, is available at the subsidised price of £4. For further information please contact **SRSB**

COMMUNITY ENGAGEMENT EVENTS

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

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

The CET also delivers Visual Impairment Awareness training and organises the “Looking Ahead” courses.

VISUAL IMPAIRMENT AWARENESS TRAINING

The Community Engagement Team, Liz Bowman and Tracy Wright, also deliver Visual Impairment Awareness Training to a wide range of organisations and groups as part of their roles.

The training is very interactive and aims to give participants an idea of

what it is like to complete everyday tasks like reading and writing or making a drink, with a visual impairment by using Simspecs.

It also includes an introduction to Sighted Guiding and the opportunity to experience a blindfold walk outdoors whilst being guided.

Common eye conditions that lead to sight loss are also discussed with the focus on how to best offer assistance to people who are blind or visually impaired. We are usually assisted by a visually impaired volunteer and this lends another personal dimension to the training.

Finally, we cover the range of support services and activities offered at our two centres in Sheffield and Rotherham.

Training is usually delivered to groups of between 10 and 12 people, although bigger groups can be accommodated if necessary. We work with people of all ages and can adapt the training to suit the particular needs of an organisation or group. Price on application.

Please call Liz or Tracy at **SRSB** or email: community@srsb.org.uk if you are interested in organising a training session.

LOOKING AHEAD COURSE

SRSB are pleased to be offering the next Looking Ahead Course (formerly called “Living with Sight Loss”) starting in September at our Mappin Street Centre. The courses will run on Tuesday mornings for four weeks (12

hours in total). The courses are free to attend and numbers are limited to 8 per course. Transport and lunch is not provided for these courses.

The dates are:

- Tuesday 10th September, 10am to 1pm
- Tuesday 17th September, 11am to 2:30pm
- Tuesday 1st October, 10am to 1pm
- Tuesday 8th October, 10am to 1pm

We also have a course scheduled for Rotherham, at **RSS**, in November, dates as follows:

- Tuesday 5th November, 10am to 1pm
- Tuesday 12th November, 10am to 1pm
- Tuesday 19th November, 10am to 1pm
- Tuesday 26th November, 10am to 1pm

The course is aimed at both people who have recently had a diagnosis of sight loss and those who may have lived with an eye condition for a number of years but feel that they may benefit.

Topics covered include: communication and access to information; low vision aids, talking books and library services, technology, including computers, phones and CCTV readers, activities of daily living; mobility and guide dogs; support services and activities at **SRSB** and meet the staff team. The course is designed to give plenty of opportunities

to ask questions and discuss issues around sight loss, including the emotional impact. This is why numbers are limited to 8 to create a safe space to talk and share experience with other people in a similar situation.

Here are some comments from past course participants:

“The practical tips to make daily activities easier have been very useful” (Susan)

“I’ve made many new friends from doing this course and that is helping me to live with my sight loss” (Alan)

“I’ve learnt things I didn’t even know I needed to know” (Sylvia)

“I learnt a lot of small things that will make a big difference” (Chris)

“Realising that I am not the only one doing this on my own” (Rose)

“Being with other people who understand me and my situation” (Viv)

If you are interested in signing up for a Looking Ahead course or want to find out more, please call Liz Bowman or Tracy Wright at **SRSB** or email community@srsb.org.uk.

IT CLASSES

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

Tuesdays from 11:30am

These are starting for Partially Sighted learners with a wide variety of accredited and non-accredited

computer applications from E3 up to Level 2.

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

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

FUNDRAISING

We still have a number of events coming up over the next few months which might be of interest to you.

To join us at any event you can book online at www.srsb.org.uk, email fundraising@srsb.org.uk or just give Sue or Claire a call.

WING WALK

Wickenby Aerodrome, Lincolnshire

Saturday 7th September

Calling all adrenalin junkies! Join us for our first ever wing walk. Have the ultimate experience, take to the skies for a spot of daredevil wing walking!

Participants are provided with a comprehensive ground and safety briefing before they are strapped into a secure five point harness and take off on their amazing experience, including zooms and climbs at speeds up to 130mph and passes near to friends and family on the ground below.

Wing walkers must be no heavier than 13st 5lbs and aged between 18 and 65.

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

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

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

Tick one off the bucket list for 2019 and do something you never thought you could do! Take on the challenge for yourself and help us to help you.

There is a £50 registration fee for the event and participants are also asked to raise at least an additional £600 for **SRSB/RSS**.

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 12th September, 7:30pm

Join us for a great night out at Sheffield's oldest Pub. A very popular event; 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 and there is a raffle on the night too. Make friends, enjoy yourself and have a laugh all whilst raising money for **SRSB** and **RSS**!

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

SRSB/RSS CHARITY GOLF DAY

Rotherham Golf Club

Thursday 19th September, from 9am

Calling All Golfers!!

There is still time to take part in this event we have a few tee offs available so please spread the word to all golfers.

The day includes:

- Coffee and bacon roll on arrival
- 4 Ball Am Am Stapleford competition
- 3/4 handicap (max: men 28 women 36)
- Complimentary refreshments at Halfway House
- Prizes for 1st, 2nd and 3rd place, Nearest the Pin & Nearest the Line
- Fantastic 2 course meal
- Commemorative photograph

Price: £55 per person

BILL AND ED'S PIANO RECITAL

Victoria Hall, Norfolk Street, Sheffield. S1 2JB

Friday 27th September, 2pm to 5pm

Join us for Bill and Ed's joint Piano Recital. This has become an annual favourite in support of **SRSB** and this year it will be returning to the beautiful Victoria Hall.

Listen to a variety of pieces to include Jazz, Folk, Romantic, and Boogie... there's something for everyone, a great afternoon treat. Special guests

Mo and her choir Melody Moments, and saxophonist Mark Lambert.

Ticket price: This is a FREE event, but donations are welcome.

Tea and coffee available to purchase.

I-FLY INDOOR SKYDIVING

i-Fly, Stretford, Manchester. M41 7JA.

Monday 14th October

Indoor skydiving is the simulation of true free-fall conditions in a vertical wind tunnel. It's where the dream of flight becomes a reality and every flyer has a chance to earn their 'Wings'. Flyers from 3 to 103 years can experience the thrill of indoor skydiving at i-FLY.

£75 minimum sponsorship (to include £10 registration which you can pay online)

For further information, please contact Sue or Claire at **SRSB**

Transport available from £5. Limited places.

FOOD AND DRINK PAIRING EVENING

SRSB's Mappin Street Centre

Friday 25th October, 7:30pm

Our popular tasting evening features a Gin & Food Pairing in 2019. Join us for a great night out!

We will have a gin masterclass by local independent trader Starmore Boss.

There will be five delicious small courses all paired with a different complimentary gin.

Tickets: £25 per person

FIRE AND GLASS WALK

Hillsborough Arena

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

Always a popular event, you can choose between a Glass Walk OR a Firewalk or just go ahead and do both.

Firewalk: Walk across 20ft of wood embers burning at 1236 degrees Fahrenheit, it's tremendous fun! Feel the ultimate adrenalin buzz and have a great night out.

Glasswalk: the glass walk is calmer and more relaxed.

Experience the thrill of completing this challenge whilst raising sponsorship for **SRSB/RSS**. This is a 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 for both Fire & Glass Walk £100, including registration fee of £10 (or min £75 sponsorship for just one of the walks). Please get in touch with Sue or Claire to register or for further information.

CHRISTMAS MARKET

SRSB's Mappin Street Centre

Saturday 30th November, 11am to 3pm

An opportunity to see a wide selection of Christmas fare for all those presents you need to buy. Our café will also be open for refreshments including some seasonal delights.

More details in our next newsletter.

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 5th December, 7:30pm

Join us for a great night out at Sheffield's oldest Pub. A very popular event; 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 and there is a raffle on the night too. Make friends, enjoy yourself and have a laugh all whilst raising money for **SRSB** and **RSS**!

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

FUNDRAISING DAY TRIPS

Our supporter Gill Dalton who arranges a number of trips every year to raise funds for **SRSB** has these trips left for 2019:

World of Wedgwood and Trentham Gardens

Friday 4th October

Coach £20 and £8 entrance to Wedgwood, including refreshments.

York and McArthur Glen Outlet

Wednesday 20th November

Coach £18

There are 2 pickup points available for all the trips:

- St Andrews Church, Dronfield Woodhouse
- Tesco, Abbeydale Road

Driver's tip is included in the price.

To book please contact Gill on **07811 559496** or email gandgdalton@talktalk.net

RECYCLING

Help us to turn your unwanted items into valuable funds for **SRSB/RSS** and help the environment at the same time. We have arrangements with recycling companies to pay us for the following:-

Gadgets- such as mobile phones, cameras, sat navs, MP3 players and games consoles.

Jewellery - anything from costume jewellery, watches to broken gold or silver chains and odd earrings.

Unwanted Banknotes – Any old and new UK and foreign banknotes.

Stamps – used stamps and stamp collections.

As the saying goes where there's muck there's brass and last year we raised over £500 from your donations so please keep the donations coming. Our preference is for you to drop them in to our Mappin Street Centre or post them to us but we can sometimes arrange collection in Sheffield.

RAFFLE/TOMBOLA PRIZES

If you receive lots of duplicate or unwanted gifts at Christmas or birthdays then don't despair, please donate them to **SRSB/RSS** – we can

use them for our tombolas and raffles at events and in the centre helping us to raise those vital funds for **SRSB/RSS**.

WE ARE SRSB

Next year we celebrate our 160th Birthday and yet there are still many people who don't realise that **SRSB** is a totally independent local charity. We are in no way linked to any of the national blind charities such as RNIB, Guide Dogs etc. Yet we still receive cheques/legacies etc payable for example to RNIB Sheffield or Royal Institute for the Blind which we can't cash. Please spread the word that we are local, we are Sheffield and proud to be! It's so easy and any donations can be made payable to **SRSB**.

For further information or to book your place at an event please call Sue or Claire or email 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 or RSS**.

Always Making a Difference in Sheffield and now Rotherham.

Our next newsletter will be arriving with you in November



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

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