



Rotherham Sight and Sound
See page 6 for details

INSIGHT

AUTUMN 2017

DIARY OF EVENTS

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

SEPTEMBER

| | | |
|------|-----------|--|
| 3rd | Sunday | Teddy Parachute Jump – Owls in the Park |
| 7th | Thursday | SRSB Race Night – 7pm to 9:30pm |
| 9th | Saturday | Culture Club - Beamish Living Museum of the North |
| 13th | Wednesday | Legal Advice Day |
| 14th | Thursday | Pub Quiz – The Old Queens Head, 7:30pm |
| 14th | Thursday | Culture Club – The Addams Family |
| 17th | Sunday | Skydive – Hibaldstow Airfield near Brigg |
| 22nd | Friday | SRSB Golf Day – Sickleholme Golf Club |
| 24th | Sunday | Asda Foundation Sheffield 10K |
| 28th | Thursday | Culture Club Lyceum, Around the World in 80 Days |
| 29th | Friday | Bill and Ed's Piano Recital – Victoria Hall, Sheffield |
| 29th | Friday | Beer, Wine and Food Evening |
| 30th | Saturday | Culture Club – Media City Tour |

OCTOBER

| | | |
|------|----------|---|
| 8th | Sunday | Sheffield 10Ten10 |
| 8th | Sunday | Birdsong Recital – H |
| 9th | Monday | O2 Guru Day |
| 12th | Thursday | Blind Drive – Norton Lightwood |
| 12th | Thursday | Culture Club Lyceum – The Band |
| 19th | Thursday | Culture Club Lyceum – The Kite Runner |
| 21st | Saturday | On The Shelf |
| 24th | Tuesday | Online Today |
| 31st | Tuesday | Halloween Firewalk – Hillsborough Arena |

NOVEMBER

| | | |
|-----|----------|------------------------------|
| 9th | Thursday | Culture Club – Crazy for You |
|-----|----------|------------------------------|

DECEMBER

| | | |
|-----|----------|--|
| 2nd | Saturday | Culture Club Lyceum – The Little Mermaid |
| 2nd | Saturday | Breakfast with Santa – Virgin Lounge |
| 7th | Thursday | Pub Quiz – The Old Queens Head |

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

Our apologies for this newsletter being a few weeks behind schedule but hopefully worth waiting for.

We have plenty of news for you including exciting developments in the expansion of our services to Rotherham - See page 6

HALLOWEEN FIREWALK

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

There will be lots of games and a family disco etc. and a fancy dress competition so plenty for the family to do whilst you take part in your training.

See Page 18 for more details



NEW MEMBER OF SRSB STAFF

We would like to welcome Tracy Wright to our team. She is our new Community Engagements Officer and she will be working closely with Liz Bowman in the Community Engagement Team. Tracy began working with **SRSB** on Monday, 7th August 2017, and she brings with her much experience of working within community organisations, most recently Rotherham Ethnic Minority Alliance.

SUMMER RAFFLE

As always you responded well to our appeal to sell raffle tickets resulting in ticket sales of £2,183 – A really big thank you and well done! All the lucky winners have been notified.

LEGAL ADVICE DAY

Wednesday, 13th September, 10am to 4pm

Following the success of our two previous Legal Advice Days, we have arranged another at our Mappin Street Centre with PM Law providing the advice.

Clients are invited to make an appointment by ringing **SRSB** and putting your name on the list to see the solicitor, with no obligation, with queries about matters such as Wills, Powers of Attorneys, Deceased Estates and Care Fees Planning or any other legal matter. You will be able to see the solicitor in a private room for an appointment of 30 to 45 minutes.

Appointments are free and there will be no obligation on your part to engage the solicitor in acting for you in the future. However, if you do wish to pursue your query, the solicitor will be able to give you an indication of cost and how to proceed.

ONLINE TODAY

October 24th and December 11th

SRSB is holding training sessions in conjunction with RNIB for people wanting to use a smart phone or tablet (Apple or Android).

There is a morning and an afternoon session taking place on Tuesday October 24th and Monday December 11th. The morning sessions run from 10 until 12 midday and the afternoon sessions are from 1 until 3pm. The morning session is primarily aimed at beginners who have not used a smartphone or tablet, but if you are feeling rusty, you are welcome to join this group to refresh your skills.

The afternoon session is primarily aimed at people who already use a smart device but would like to be able to expand their skills and use their device more effectively.

Those attending these sessions are invited to bring their devices with them, and to book a place by phoning **SRSB**.

O2 GURU DAY

Monday 9th October 2017, 10:30am to 3:30pm

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

You are invited to pop in to our Mappin Street 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

CRAFT ROOM NEWS!

Gripple Ltd is one of the companies that we are Charity of the Year for in 2017 and they have been really actively involved in raising funds for our charity with lots of initiatives from Cake Sales, a Football Collection, Half Marathon, Around the World Lunch and

Walk to Work, to name a few.

However, they also work in a hands-on way with our organisation including an Afternoon Tea for our clients, and more recently they have provided a team to re-vamp our Craft Room at our Mappin Street Centre! The transformation is incredible and it looks fabulous! Everyone will be fighting over using that room now!!!

We really appreciate all the Gripple Team's hard work and dedication to this project. They have approached this as they have approached everything they have done with us, with fun, dedication and kindness. A HUGE thank you on behalf of all our clients, volunteers and staff who will all benefit from this transformation!



Photo of people from Gripple and **SRSB** in the newly refurbished Craft Room

RACE NIGHT

Join us for a special social at Mappin Street. We are holding a Race Night with a difference. The horses are wind-up and run on a specially designed course made by our clients Val and Ian Batty.

There are lots of fun ways to get involved,

- you have the chance to name a racehorse,
- be a jockey
- or even own a race horse and win bags of money whilst cheering your horse on at the track side.

There will be 5 races in all and we are running it as a Ascot day and inviting everyone to dress to impress. Your ticket will be an SRBS rosette to wear on your lapel just like the races.

Your entry will include pie n peas (yum yum) and you can bring your own drink.

Places are limited so do contact us to book your place or complete the application form in the newsletter.

First Race is at 7-15pm. Grandstand Ticket £5-00 (includes pie n peas)
Transport available (booking required) £2.

VOLUNTEERING

We periodically have a variety of students on placement with us. Natalie and Katie are two Occupational Therapy students at Sheffield Hallam

University who have recently spent eight weeks with us. Their input has been superb and we always learn so much ourselves here at the Centre from the students who are with us. What was so refreshing was their feedback to us; that they have acquired skills and knowledge that they would not normally have encountered but for the placement and will take this forward when developing their learning. Thank you to both of you!

We would like to say an enormous thank you to Nigel Robb, a very dedicated volunteer who has made, by a hand, a second set of larger dominoes. The new set measures 3" by 1 ³/₄" and has proved very popular. Thank you Nigel for taking the time to make the blanks and then drill by hand the 168 spots needed for the set.

And finally, a massive thank you to all the volunteers who have given up their free time this summer. We have been able to take clients from the Activity Centre on lots of short outings due to the support our volunteers have given. Not only are our clients grateful but all of us here at **SRSB** wish to say thank you for all you have done and continue doing.

If you are interested in volunteering for **SRSB** then please get in touch with Debra Smith at **SRSB** on **0114 272 2757** or email debra.smith@srsb.org.uk

ROTHERHAM SIGHT AND SOUND

1st August saw our new centre in Rotherham open for business. The new Centre is at 8 Ship Hill, Rotherham, S60 2HG, Tel: **01709 722 420** – it is within sight of the Town Hall and very close to the town centre, just a short walk from the bus interchange or railway station. For anybody wanting to access the centre we are open Monday to Friday 8:30am to 4:30pm.

We have been commissioned by Rotherham Council to provide services for people with a sensory impairment so that includes blind, partially sighted, deafblind, hard of hearing and profoundly deaf people.

The staff permanently based at Rotherham are:

Centre Co-ordinator – Sue Hill

Receptionist – Nicola Williams

Technology Trainer – Tony Atkin

Cleaner – Michelle McLaren

In addition they will be supported by a variety of staff who are based in Sheffield but will cover Rotherham as well. This includes the Community Advice Officers, the Community Engagement Team, Fundraising & Marketing and our Finance staff. As time goes on we may be recruiting additional staff in response to demand.

The services we are offering at our Rotherham Centre include an

Equipment Centre for people to "try before they buy" as well as Technology Training for people to use computers, smart phones, tablets and other technology.

We already have a number of activities in the diary as follows:

TAI CHI

Wednesdays, 10am to 11am, commencing 13th September, Cost £5 per session

PILATES

Thursdays, 1:30pm to 2:30pm, commencing 7th September. Cost £5 per session

ARTS & CRAFTS

Last Tuesday of every month, 1:30pm to 3:30pm

Please book early for these sessions as places are already filling up very quickly. Just telephone us on **01709 722 420**.

As in Sheffield, our services and activities are available to anybody able to access the Rotherham Centre and we already have a number of clients accessing our services at both Ship Hill in Rotherham and Mappin Street in Sheffield so if Rotherham is more convenient for you to travel to we will be happy to see you there as well as in Sheffield

GROUPS AND CLUBS

SRSB'S INBETWEENERS CLUB

Our Inbetweeners Club (for clients who are independent travellers or who may work during the day) offers activities from 7 to 9pm every Wednesday evening at our Mappin Street centre. Sighted friends of our clients are welcome to join in the classes but will also need to pay. As numbers are limited priority will be given to **SRSB** clients.

Pilates operates every week and is taught by Lorna Nicholson and works to the eight basic principles of relaxation, concentration, co-ordination, centring, alignment, breathing, stamina and flowing movements. Note: This class is now full!

Generally, classes run in six week blocks and we have just finished Conversational French taught by Carol a fully qualified and experienced Modern Foreign Languages teacher.

We began our evening Tai Chi classes on Wednesday, 26th July. This is taught by fully qualified Tai Chi teacher – Sandra - who has much experience of working with visually impaired people. Again, classes are £5 each and are available on a first come, first served basis. Some believe that Tai Chi is perhaps the most effective way to develop balanced health for the body and the mind. Please ring **SRSB** to book your place on this course which finishes on 30th August.

Coming up in September: Have you always wanted to sing in a choir? We have a Gospel Choir starting on 6th

September. You don't need to be able to read music and no audition necessary. Experience the physical and mental health benefits of singing with other people. The choir will be led by an experienced musician. To book your place please call **SRSB** on **0114 272 2757**.

CHILDREN'S SERVICES

Little Sparklers

We've had several new referrals for our group over the last three months resulting in 5 additional new children attending weekly. It's always good to see the numbers grow. We have continued to tailor the sessions to the children's needs which in most cases are quite complex therefore we are building up our relationships with other professionals from Hearing Services, Occupational Therapy, Physio and Speech and Language and they are now utilising our group and popping in to see the children whilst at Sparklers and sharing advice and ideas with staff. We have also continued to develop links with Ryegate Children's Centre and we are now using their Sensory Room and Hydrotherapy Pool on our monthly 'away days'.

We enjoyed a lovely day at the Tropical Butterfly House at Anston in July for our Sparklers annual summer day trip. We were also joined by some of the younger school aged children who had previously attended Sparklers. This group of 5 children are more severely sight impaired youngsters, who have high input support. They have continued to access **SRSB** on a

monthly basis, coming in with teaching staff from the Vision Support Service to do cooking sessions in our Demonstration Kitchen. We are really keen to develop this as these are the children who will hopefully be using our centre their whole life and it's good to make it familiar and somewhere they feel comfortable.

Children's Activities

We had our annual day trip at the end of July which this year was to Scarborough. We also plan to do a family picnic at Rother Valley later in the holidays, this comes on the back of the Parent/Carer Afternoon Tea we ran back in June. The parents who attended thought this would be a good idea as they were all keen to meet up again.

We have a trip to the Circus Booked for October; once again we have secured a number of free tickets from the charity Circus Starr who do accessible performances around the country.

Youth Club

We still have a regular group of young people attending our Youth Club where we try and keep the sessions varied and have been getting outside whilst the weather has been good. At our last session we had a lady come in to speak to the group about a braille teaching aid she's developing. The group were fantastic giving her some really useful ideas and feedback.

The oldest member of the group is now starting to access other **SRSB** activities, which is exactly how we

hoped it would develop, as a stepping stone to adult services.

CULTURE CLUB

We had a brilliant day at the first RHS Chatsworth Flower Show back in June. I'm sure this will now become a regular on our events list. In early July we visited Rufford Abbey which the clients really enjoyed. We still have trips to Beamish and Media City planned for later in the year and will be looking at organising some Christmas events.

We continue to do our regular theatre trips, over recent months we've seen Shirley Valentine, Dirty Dancing, Dreamboats and Petticoats and The Wedding Singer. We've got a really good variety booked for the coming months including Crazy for You, The Adams Family, The Kite Runner, Little Mermaid, Around the World in 80 days, The Band, Hairspray, Sunset Boulevard, Titanic the Musical and the Jersey Boys. We are also going to see The Wizard of Oz for which we have around 40 people booked as Sheffield Theatres have kindly organised us a Touch Tour, a back stage tour, a singing workshop and the opportunity to meet the cast. We are all really excited about this event as, if it proves to be a success, the plan is to develop it more for future productions.

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

SHEFFIELD MACULAR

SOCIETY

Degeneration of the macular results in loss of central vision. It is usually a

result of ageing and is the commonest form of sight loss in older people. This group, which is a branch of the national Macular Society, meets on the first Thursday of each month (except January and August) at 1:30pm for 2pm in the Central United Reformed Church Café off Norfolk Street. New members are most welcome, just come along.

For more information please contact Dorothy Martinez on **0114 234 3516** or Robin Story **0114 236 2251** or email: story.robin@yahoo.co.uk

RP SUPPORT GROUP

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

We held a very busy RP meeting in July and numbers continue to grow with several new faces. We talked about mobility, guide dogs and also discussed lighting. Our next meeting is planned for early October with another around Christmas time.

FIRTH PARK SUPPORT GROUP

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

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

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

CHARLES BONNET SYNDROME

(CBS) SUPPORT GROUP

UPDATE

Charles Bonnet Syndrome is not a cause of sight loss, more a result of sight loss, but this worrying condition causes hallucinations, resulting in people, or their family/friends, wrongly believing that they may have mental health problems.

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

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

THE SRSB SINGERS

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

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

CRAFTY LADIES

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

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

Contact:

Karen Swann on **0114 273 4917** or Ali Anthony on **0114 273 4866**

MAPPIN WRITERS

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

REMINISCENCE GROUP

The group meets every Monday at our Mappin Street Centre, from 11am to 12noon providing an opportunity to join in with this successful group which covers a range of topics. For further information please contact **SRSB**.

SOUTH YORKSHIRE GOALBALL CLUB

Goalball training on a fortnightly basis, alternate Mondays, 5pm to 6:30pm at All Saints Sports Centre, Norfolk Park Road, Sheffield.

For more information contact Kyle on **0114 272 2757** or email kyle@visport.org.uk

TAI CHI

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

SHEFFIELD VI TEN PIN

BOWLING

We meet once a fortnight on Tuesdays at the MFA in Firth Park at around 6:45pm to start playing at 7pm. We

are always looking for new players of all ages and skill levels. Contact Kyle at **SRSB** on **0114 272 2757** or email kyle.crossland@srsb.org.uk

SHEFFIELD VISUALLY

IMPAIRED WALKING GROUP

The group meet on the first Tuesday, second Wednesday and fourth Sunday of every month. It also meets once per month on a Thursday. Tuesday walks are shorter and easier whilst Thursday walks are more challenging. Contact the Membership Secretary, Christine Hewitt, on **0114 236 6685**

ARCHERY

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

SWIMMING

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

THE SHEFFIELD BLIND

BOWLERS CLUB

The bowlers meet at 10am every Wednesday at Hillsborough Park for the summer season and 11am at Concord Sports Centre for the winter season with transport available from the city centre for the winter season. For further information please contact Graham Draycott on **0114 286 4121**

YOUTH CLUB

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

DEAFBLIND GROUP

People who have both hearing loss and sight loss are referred to as 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 provides an opportunity for up to 12 deafblind people to meet on a social basis in an environment that takes account of their specialist communication needs.

The group is run by Rachel Kelly, a trained guide communicator with signing skills, with support from volunteers. They ensure that the members of the group enjoy a range of activities and outings.

Refreshments are served and there is no charge for attending. A two course lunch, cooked in our own kitchen, is available at the subsidised price of £4.

For further information please contact **SRSB**.

OTHER NEWS

AUDIO DESCRIBED

PERFORMANCES AT SHEFFIELD THEATRES.

If you would like further information on audio described performances listed below or to make a booking, please contact the Theatre Ticket Office on **0114 249 6000**.

More information can be found at <http://digbig.com/5bgjet> - Select the link near the bottom of the page for "Accessible Performances" to bring up details of dates and times of performances.

September

- The Addams Family
- Deathtrap
- Of Kith and Kin
- Grease

- Around the World in 80 Days

October

- The Band
- Desire Under the Elm
- The Kite Runner
- Uncle Vanya

November

- Legally Blonde
- Crazy for You
- Nativity! The Musical

December

- Northern Ballet's The little mermaid

Do bear in mind that the Culture Club will be organising trips to some of these performances – see page 8 for more details on the Culture Club.

ACCESS CARD MEETING

Sheffield Caption Support Group were joined by the Development & Engagement Worker from Disability Sheffield for a recent meeting at our centre to talk about Access Cards.

These cards gain access to information, opportunities, offers and discounts from CredAble providers at the same time as evidencing your needs as a disabled person.

It was a great opportunity to find out how to apply and ask questions etc. The speaker brought forms to pass on to attendees. If you would like to apply, please visit the Disability Sheffield website: <http://digbig.com/5bmxcj>

AUDIO PINSENTRY

We recently heard about an audio PINsentry card reader that is available for Barclays customers. This is designed to help if you have difficulty with sight or reading. Here is a link to their website <http://digbig.com/5bmxch> with information about how to use their audio PINsentry card reader and you can request one by calling **0345 600 2323**

SEEING AI APP

We are passing on this information about a free app for visually impaired people. It isn't available in the UK yet. It is available in the US, Canada, India, Hong Kong, New Zealand, Singapore, but will be coming to more countries.

Here is a story in the Telegraph about it: <http://digbig.com/5bmxcf>

And a link to the information on Microsoft: <http://digbig.com/5bmxcg>

SENIOR SNIPPETS

Tips for Sleeping Well

Welcome to the latest edition of Senior Snippets: the monthly advisory column with the older members of our community in mind, brought to you by Bryn Evans of Home Instead Senior Care in Sheffield.

As we age we often experience normal changes in our sleeping patterns, such as becoming sleepy earlier, waking up earlier, or enjoying less deep sleep. Sleep is just as important to our physical and emotional health as it was when we were younger.

These tips can help you overcome age-related sleep problems and get a good night's rest.

Maintain a consistent sleep schedule. Go to bed and wake up at the same times every day, even on weekends.

Keep busy. Social activities, seeing the family, volunteering or learning something new can all help exercise the mind and tire it out for the night.

Don't watch TV or look at a tablet or computer for an hour before bedtime. Doing these activities can suppress melatonin levels and affect subsequent sleep.

Use diet and exercise to improve sleep. Two of the daytime habits that most affect sleep are diet and exercise. As well as eating a healthy diet during the day, it's particularly important to watch what you put in your body in the hours before bedtime.

Develop soothing bedtime rituals. Taking a bath, playing music, or practicing a relaxation technique such

as meditation or deep breathing can help you wind down.

Limit caffeine late in the day. Avoid caffeine (from coffee, tea, soda, and chocolate) late in the day.

Minimize liquid intake before sleep. Limit what you drink within the hour and a half before bedtime.

Get out into the sunshine. Sunshine regulates melatonin levels and hence affects sleep cycles. Try to get outside for a little while every day. When at home, open the curtains during the day and move your chair into a sunny spot of the room.

It is important to remember that just because you are sleeping less, it doesn't necessarily mean you have sleep 'problems'. However, if you are not sleeping well, having to get up frequently at night, or not waking up feeling refreshed, consider visiting the doctor for more advice and information.

To make a suggestion for a future topic, please write to me at Bryn.evans@homeinstead.co.uk or alternatively, you can also call me on **0114 246 9666**.

Bryn Evans.

MY TIME AT COMPUTER CLASS

My name is Maya and I am partially sighted as well as profoundly deaf. I have attended the computer class for partially sighted for some time now, the only one to my knowledge available in Sheffield. All the courses are free.

Also, the course documents are printed according to students' needs, in my case it is black on yellow background and large print.

I have learnt new skills using various programmes such as Spreadsheets, Database, PowerPoint, Word, Desktop Publishing, Internet and Email are also offered. There is no pressure to complete but each week we follow a booklet according to the subject we are studying. If certificates are required that is an option that can be discussed.

I have also learnt how to adapt the computer to my personnel needs. The learning is set in an enjoyable and relaxed atmosphere with other partially sighted people. We all learn at our own pace with support available at all times and with a brilliant tutor and support worker!

All attendees have seen their confidence using the computer grow on a weekly basis. The two hour sessions run for 10 weeks each term and challenge our minds in new directions which I understand is crucial to our general well-being.

I cannot recommend highly enough to anyone to join and learn or improve on their PC skills! You will not be disappointed. So, what are you waiting for? Looking forward to seeing you next term. – Best Wishes, Maya

For more details contact Alan Thorpe on **0114 220 7007**

FUNDRAISING

We have had a fantastic summer with lots of news to tell you about what has happened and what is to come over the next few months.

So good we're doing them twice!: Our first Teddy Parachute has just taken place at Lowedges Festival, but if you missed that one don't worry, we have another at Owls in the Park in September. Our first Blind Driving event was in July and we are holding another in October. And our first Skydive happened in July, with another taking place in September. Check out the list below for more details or visit our website Fundraising Events page: <http://digbig.com/5bmxcc>

Thanks to everyone who did, or is still going to do their Sheffield Stays In event to raise funds for **SRSB**. It's not too late to hold one yet, so get in touch if you would like a fundraising pack. And don't forget the deadline for the competition is Friday 3rd November, so get your photos in before that date!

There are so many people to thank for lots of different ways that they have supported recently us:

- The Sheffield Visually Impaired Walking Group for their sponsored Sheffield Round Walk
- All the supermarkets who have allowed us to collect and our volunteers who have manned the collections
- The Lunchtime Recital where supporter Elizabeth sang to raise funds for us at a Recital
- Gripple Ltd who have had lots of fundraising initiatives for us as

well as projects with our clients including recently re-vamping our Craft Room (mentioned in the main news section)

- Virgin Money Lounge who have supported our London Marathon and lots of events at their Money Lounge
- Barclays Corporate and Business Banking South Yorkshire who recently held a Golf Day for us and who we are hoping will support a new Job Club for our clients
- the Queen's Head who continue to support us with our Pub Quiz
- The couple who recently asked their wedding guests to make donations in lieu of presents to **SRSB**.

We are so lucky to have so many supporters who help our charity in all these different ways! It is impossible to include everyone here but thank you to everyone who chooses to get involved with **SRSB**. We have had a fantastic year so far working with you all.

Here are our remaining events for 2017, however there may be more added, so keep checking our website.

We would love you to join us and our fundraising events are open to anyone: our clients, volunteers, staff and the general public. So come along and have fun whilst helping us to raise funds for the vital work that we do in Sheffield and now in Rotherham too!

TEDDY PARACHUTE JUMP

Sunday 3rd September 2017, 12:30pm to 8:30pm

Owls in the Park, Hillsborough Park, Sheffield

Enter your teddy bear into our Teddy Bear Parachute Jump in Hillsborough Park to raise funds for **SRSB**.

All bears receive a bravery certificate following their jump from the top of a 100ft crane!

All owners receive a gift of Teddy Bear sweets as a thank you for bringing your teddies along.

Teddy Registration Fee: £3 (Book online or pay on the day)

You can register online, call us on **0114 272 2757** or email fundraising@srsb.org.uk

If you wish to raise sponsorship for your jump and raise over £50 you receive a mini Teddy Friend! Highest sponsorship wins a Bear Factory Teddy.

Big thanks to Yellow Box Storage for providing free safe storage for our teddies and toys until the event!

CHARITY PUB QUIZ

Thursday 14th September 2017, 7:30pm to 10pm

The Old Queens Head, Pond Hill, Sheffield.

Fancy putting those brain cells to the test? Then we have just the thing for you... our regular Pub Quiz at the Old Queens Head Pub (the oldest domestic building in Sheffield) is a great night out.

Sandwiches are kindly provided at half time by the pub. There are prizes for the winning team, so come along, test your knowledge and have some fun.

£2 per person (Maximum of 4 people per team).

You can book your place online, call Jane or Sue on **0114 272 2757** or email fundraising@srsb.org.uk

Please let us know if you would like to take part as we need to let the pub know numbers for catering.

SKYDIVE

Sunday 17th September 2017

Hibaldstow Airfield, Hibaldstow (near Brigg), North Lincolnshire, DN20 9NN

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

We are planning another day at Hibaldstow again this year and it will be a fantastic day out. However, if this date does not suit you then we can arrange another day.

This is the only airfield which does a skydive from 15,000 feet and is an incredible experience.

We will help you along the way with fundraising.

No experience is required as full training is given on the day.

Contact Sue or Jane to find out more on **0114 272 2757** or email fundraising@srsb.org.uk

CHARITY GOLF DAY

Friday 22nd Sept 2017

Sickleholme Golf Club, Bamford,
S33 0BN. First tee off 9am

This year **SRSB** returns to Sickleholme Golf Club. This excellent, challenging course is set in beautiful Derbyshire scenery, just outside Sheffield.

Ticket price 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 and Longest Drive
Fantastic 2 course meal
Commemorative photograph

Team of four: £220 or £55 per person

Please book your place by contacting
Sue or Jane at **SRSB** on
0114 272 2757 or by email to
fundraising@srsb.org.uk

ASDA FOUNDATION SHEFFIELD

10K

Sunday 24th September 2017

Following the debut of this 10K in 2016, the race is returning in September 2017. It has a fantastic course right at the heart of Sheffield city centre.

Entry fee: £26

If you are taking part or would like to take to raise funds for **SRSB**, book your place online at the Sheffield 10k website <http://digbig.com/5bmxcd> then get in touch with Jane or Sue on **0114 272 2757** or email fundraising@srsb.org.uk and we will send you our supporters pack including

a sponsor form and fundraising advice. We also offer an **SRSB** T-shirt if you pledge to raise over £50.

BEER, WINE & FOOD EVENING

Friday 29th September 2017, 7pm
SRSB's Mappin Street Centre

Join us for an evening of good old British 'Beer or Wine n Food' Tasting with John Mitchell of Hop House Brewing.

The evening to include the 5 beers produced by Hop House or 5 wines to match the food.

Miniature traditional pub grub to accompany the drinks.

John Mitchell to talk about his new brewery "Hop House Brewing" and the process of brewing his beers.

Evening will include a quiz.

Tickets are £20. Your ticket for the evening includes 5 glasses of wine or beer with canapés to complement each one.

BILL & ED'S PIANO RECITAL

Friday 29th September, 1:15pm to 3:15pm

Victoria Hall, Norfolk Street, Sheffield, S1 2JB

Join us for Bill and Ed's joint Piano Recital in 2017, this has become an annual favourite in support of **SRSB** and this year it will be a new venue, the beautiful Victoria Hall.

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

Bill & Ed will be joined by a special guest this year: Diana Smith Harris. Diana has been performing for over 30 years as a lead singer, with various bands including, Jazz and Soul.

Diana has an extensive repertoire, and her current band is a Steelband playing a fusion of Caribbean, Western, Reggae and Latin sounds. They play at weddings, parties, fairs and other special events in the U.K.

This is a FREE event, but donations are welcome.

Tea and coffee available to purchase.

If you have any queries, please contact Jane or Sue at **SRSB**

Tel: **0114 272 2757** or email fundraising@srsb.org.uk

SHEFFIELD 10TEN10

Sunday 8th October 2017, 10am
Endcliffe Park

Are you taking part in the Sheffield Ten10Ten this year? Would you like to? We'd love you to join our team!

If you would like to take part to raise sponsorship for **SRSB**, book your place online at the Ten10Ten website <http://digbig.com/5bmxcd>, then get in touch with Jane or Sue on **0114 272 2757** or email fundraising@srsb.org.uk and we will send you our supporters pack including a sponsor form and fundraising advice. We also offer an **SRSB** T-shirt if you pledge to raise over £50.

A fantastic run in this beautiful park!

BIRDSONG RECITAL

Sunday 8th October 2017, 4pm

St John the Evangelist Church,
Hoylandswaine

Join us for this special event featuring Soprano Elizabeth Charlesworth, who will be accompanied by local pianist Hugh Finnigan.

Free entry, open to all. Donations to **SRSB**

Ian will introduce a variety of birds and Elizabeth will match the birds with songs. There will be everything from Handel, As When the Dove from Acis and Galatea, to Vera Lynne and Bluebirds Over the White Cliffs of Dover.

Ian 'Bertie' Batty is a septuagenarian whose passion is bird watching. A member of RSPB for over 40 years he doesn't consider himself a twitcher. Ian prefers to sit and watch a bird, look at the habitat, study the bird call, take a photo and share his knowledge of birds with others. Ian's wife Val is a client of **SRSB** and both are active supporters of our charity.

Elizabeth Charlesworth, soprano, studied music at Newcastle and Sheffield universities. Early singing studies were with John Dethick, then Jean Allister. Elizabeth has performed in masterclasses with Paul Hamburger in Oxford and Vienna.

John Bashforth learned the organ with Philip Marshall at Lincoln Cathedral and Hubert Stafford at Sheffield Cathedral. He is musical director of the St John's Singers and organist at St John the Baptist Church at Cudworth.

SRSB BLIND DRIVE CHALLENGE

Thursday 12th October 2017 (in recognition of World Sight Day)
Norton Lightwood, Norton Avenue,
Sheffield, S8 8BG

Are you up for a challenge? Then drive a car blindfolded in aid of **SRSB** at Norton Lightwood Driving track. Participants will get the chance to drive 3 miles (2 laps of the course) in a dual control car whilst receiving instructions from a qualified driving instructor. This event is open to all whether you are blind, visually impaired or sighted from 11 years of age (blind and visually impaired drivers would not be required to wear a blindfold). This event is organised in conjunction with Safety 1st Driving Academy.

The second lap will be timed in our very own "Top Gear" Time Lap Challenge with a prize for the fastest time over the 2 challenges.

Registration fee: £10 Please book in advance to reserve your slot. Minimum suggested sponsorship £50.

You can register online below or contact Sue or Jane on: Tel: **0114 272 2757** or email fundraising@srsb.org.uk

ON THE SHELF!

Saturday 21st October 2017, 2pm to 4pm.

SRSB's Mappin Street Centre.

This year we are holding an event for the Mappin Writers creative writing group. It will take place at the same time as the Off the Shelf Festival, which is an annual literary festival in Sheffield. We are calling this year's

event 'On the Shelf' in recognition of the event.

Mappin Writers would like to invite you all to our On the Shelf event of dedicated writers bursting with creativity and authenticity.

We would love you to join us.

This is a FREE event, but donations are welcome.

Refreshments will be available to purchase in the interval.

Join Us On the Shelf

by Dorothy Turner

Roll Up! Roll Up! Why not lend an ear To words of joy, sorrow and event cheer

Mappin Writers need your help

To join us On the Shelf

Where will this be?

Why, at **SRSB**

Therefore, make a note that is clear 2017 is the year

Saturday 21st October is the date

And to meet you, we cannot wait!

HALLOWEEN FIREWALK

Tuesday 31st October 2017, 7pm
Hillsborough Arena.

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

Full training will be given, no experience is necessary; just the ability to have fun. There will be lots of games and a family disco etc. and a fancy dress competition so plenty for the family to do whilst you take part in your training.

This is the 5th Firewalk we have done and it is such a buzz! You are on such a high when you have done it, we would recommend it to anyone to have a go.

Minimum Sponsorship £50.00 to include a registration fee of £10.00

BREAKFAST WITH SANTA

Saturday 2nd December 2017

Join us for our second Breakfast with Santa at the fab Virgin Lounge. After breakfast there will be lots to do with a special Christmas film showing, Christmas activities and the chance to have a game of ten pin bowling. Each child will receive a present from Santa. Ticket price £5

HOME COLLECTION BOXES

Did you know every penny does make a difference to **SRSB**?

Last year we raised over £4,000 from our home collection boxes and that's down to you! Thank you so much for supporting us in this way!

If you would like a box or any of your family and friends will take one then please do get in touch. We send a thank you letter and receipt to all who donate.

LEGACY LEAFLET

Just a reminder that we have produced a brand new information leaflet on legacies. Did you know that if after you have supported your family and friends you leave a gift in your will to charity you will live longer apparently! If you



would like a copy of the leaflet then please get in touch with our Legacy Officer, Sue Coggin.

OUR VOLUNTEERS

Our fundraising team is Sue and Jane and they would like to say a HUGE thank you to all of our fundraising volunteers for all their support. We are a small team of staff and without the help from our volunteers we just wouldn't be able to carry out the events and raise the funds that we do.

SOCIAL MEDIA

We have a very active Facebook and Twitter page where we feed back on our events and fundraising work, so please follow us on <http://digbig.com/5bmxce> and [@SRSBCharity](https://twitter.com/SRSBCharity) for all the latest news. And don't forget to keep checking our website for the current fundraising events. You can book your place online for most of them too!

For further information or to book your place at an event please call Sue or Jane 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**,

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