



Picture of our Christmas Cards – more information on Page 3

# INSIGHT

Winter 2021

Welcome to our last newsletter for 2021 and we hope you enjoy this edition. If you have any suggestions for future newsletters then please just get in touch.

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## INTRODUCTION

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.

Enclosed with this newsletter is a commemorative brochure marking our 160th Anniversary – more information on Page 4.

In the last newsletter Steve Hambleton, our General Manager for the last 21+ years, announced his forthcoming retirement at the end of this year so this is the last newsletter he is editing. Steve says “It has been a great honour and privilege to work for **SRSB** and I will miss everybody, trustees, staff, volunteers and most of all the clients. I leave with many happy memories but it is sad that due to COVID restrictions I will not be able to see very many clients before I leave. Hopefully, when COVID has eventually gone and our centres are back to some level of normality I will be able to call in and see you again.

## **CHRISTMAS ACTIVITIES**

Due to coronavirus our Christmas activities are a bit curtailed again this year but we still have a few things for you to join in with.

### **CHRISTMAS RAFFLE**

We are continuing with our own raffle again this year. There are some fantastic prizes including the first prize of £160 and 20 other prizes.

Unless you have requested otherwise, 2 books of tickets are enclosed for the Christmas Raffle. Tickets are £2.50 per book (£5 for two books). If you can sell them please put the money and the ticket counterfoils in the enclosed plastic bag and return to **SRSB** in the FREEPOST envelope no later than Monday 20th December 2021, ready for the draw on Wednesday 22nd December. Cheques should be made payable to "**SRSB**".

If you or your family are able to sell extra tickets please call **SRSB** as more tickets can always be provided.

If you prefer to make payment for the raffle tickets with a debit /credit card just give us a call on **0114 272 2757**, we can take your payment and enter tickets into the draw for you. It's simple and ALL proceeds will go to **SRSB**.

If you are not able to sell any tickets then don't worry as we appreciate that not everybody is a salesman but please **DO NOT** return the tickets to us as we do have to pay postage for the FREEPOST envelope if you use it. If you would prefer not to receive raffle tickets in future then please just give us a call.

Some people kindly put a postage stamp on the envelope to save us the postage cost which is very much appreciated. However, if you do that please ensure that you cross out the first line of the address on the envelope which starts "Freepost Plus" and the barcode immediately above it.

Please could you also ensure that any person buying raffle tickets is aged 16 or over.

### **CHRISTMAS QUIZ**

We will be holding a quiz via Zoom on Tuesday 14th December 2021 from 1pm to 3pm, with our resident quizmaster, Danny Wild.

If you would like to join us please email [info@srsb.org.uk](mailto:info@srsb.org.uk) using the email address you would like the Zoom invitation sent to.

### **FESTIVE FRIENDS**

Do you spend Christmas alone?

Christmas can be a very lonely time for many people, families may live away, and friends are often too busy, lunch clubs and day centres close over the festive period. This can often lead to people feeling quite isolated and down at a time when most are making merry and having a good time.

At **SRSB** we have looked at ways to combat this and a couple of years ago we came up with the idea of Festive Friends where we provided a meal out at The Old Queen's Head on Christmas Day itself, supported by volunteers and a number of our clients

who attended were very complimentary about this.

Unfortunately this year we're unable to run our 'Festive Friends' Christmas Day dinner however we know just how isolated some of our clients can feel over the festive period and especially on Christmas Day. We realise it's not just about the meal, it's about having some interaction with another person and some friendly chat. So, although we can't all get together, staff and volunteers at **SRSB** would like to give anyone who is spending Christmas Day alone, a phone call to share some Christmas cheer. Please let us know if you are spending the day alone and one of our lovely staff or volunteers will give you a call.

## **CHRISTMAS CARDS**

We are selling packs of Christmas cards for you to purchase. There are two designs in each pack of 10 cards, priced at £4 per pack or £5.50 if we post them out to you. A great opportunity to send a uniquely designed card to family and friends whilst supporting our services.

If you would like any of these cards just give us a call and we will arrange to have them delivered to you.

## **CHRISTMAS CARD LABELS**

For all the cards that you send, is it a struggle writing them now? If so we have a solution which is a nice festive silver label which reads "Merry Christmas from xxxxxxxxxxxx", with your own name inserted. We charge £3 for a sheet of 48 labels posted to you, £2 for every additional sheet

ordered at the same time. If you would like to order these from us please just give **SRSB** a call.

## **SHEFFIELD CHARITY ADVENT CALENDAR**

Sheffield Charity Advent Calendar on Facebook encourages people, along with their friends and family, to donate £1 or £2 a day to a Sheffield-based charity throughout advent.

There are 24 Sheffield charities in total that have been selected and for the third year **SRSB** is one of the charities fortunate to have been selected by the organisers.

You can see all the chosen charities at [www.facebook.com/SheffieldCharityAdvent/](http://www.facebook.com/SheffieldCharityAdvent/) and each day from December 1st a different charity is featured.

## **CALENDARS AND DIARIES**

We have the following large print products available:

A3 Calendar £5

A6 Pocket Diary £6.30

A5 Midi Diary £8.30

A4 Desk Diary £10.30

Large print Address Books and Telephone Books are also available, just give Rob a call to discuss your requirements.

## **CHRISTMAS AND NEW YEAR HOLIDAYS**

To give all our staff and volunteers a well-earned break over Christmas, our Mappin Street and Ship Hill Centres will be closed from Friday 24th December, re-opening on Tuesday 4th January 2022.

## **160TH ANNIVERSARY**

Sadly due to COVID 19 regulations we had to postpone all the events we had planned last year to celebrate our 160th Anniversary but we decided that we still had to mark the occasion so we started with our Gala Dinner at Weston Park Museum on Friday 17th September. This was a grand affair with speeches by Steve Hambleton our General Manager, The Lord Mayor of Sheffield, Councillor Gail Smith, Former MP Richard Caborn and The Master Cutler Nicholas Williams followed by entertainment with singer Paul Pashley.

### **Heritage Lottery Funding**

To help us mark the occasion of our 160th Anniversary we have been successful in applying for lottery funding which will enable us to deliver a few projects:

#### **A Commemorative Brochure**

We have produced a brochure which summarises our history with photographs and text from the last 160 years. This brochure was handed to all our guests at the gala dinner and the lottery funding now enables us to let all of our clients have a copy. A print copy is enclosed but if you would prefer an audio or PDF version please just give us a call.

#### **The History of Sheffield Royal Society for the Blind**

The lottery funding will enable us to produce a book, a video and oral histories going into more detail about the history of our charity.

## **Exhibitions**

We will be holding various exhibitions throughout 2022 to mark the 160th Anniversary including a permanent exhibition in 4 display cabinets at the Crucible until the end of 2022.

## **Sensory Garden**

We are developing a sensory garden as part of the Rose Garden at Graves Park which will have plaques/notice boards commemorating our history.

## **Wellbeing Days**

We are looking at holding a series of wellbeing days in the new year, all with a different focus. The first one will be around the menopause, it will involve talks, tips and treats, if you are interested in attending or want more information please give us a call.

## **STAFF CHANGES**

Sarah Carr-Brion commenced work with us on 11th October joining our team of Community Advice Officers, Charley Fidler was re-deployed from Cairn Home to Mappin Street on 27th September as our Receptionist and Helen Lowry started with us on 22nd November as our Business Support Officer.

## **LOCAL TALKING**

### **NEWSPAPERS**

Talking Newspapers are a great source of information for people with a visual impairment and we are fortunate to have two really good ones in our area – Sheffield Talking

News (STN) and Rotherham Talking Newspaper (RTN).

Both STN and RTN are totally independent charities mainly run by volunteers. We have a particularly close working relationship with STN as they are based at our Mappin Street Centre.

Traditionally, talking newspapers have been delivered first on audio cassette tapes, then CD and now memory sticks but as technology moves on there are many other ways of accessing their recordings including over the telephone, streaming over the internet, and smart speakers such as Alexa and Google.

For further information about signing up for their services you can contact

## **CHILDREN & FAMILY SERVICES – SRSB & RSS**

Even though we haven't been able to run any activities for Children and Young People our Community Advice Officers are still supporting families with welfare benefits such as completing Disability Living Allowance claims, Family Fund applications etc. Please just get in touch with us if you require any support or advice.

## **SRSB AND RSS SERVICES**

### **LOOKING AHEAD COURSES**

Over the last year these courses have only been run on Zoom but we are now able to run them "face to face" at our Mappin Street Centre. For people who are unable to attend the sessions at Mappin Street we will

us or for more information then their contact details are as follows:

### **Sheffield Talking News:**

Tel: **0114 278 0440**

Email:

[stnmail@sheffielddtalkingnews.org.uk](mailto:stnmail@sheffielddtalkingnews.org.uk)

Website:

<https://www.sheffielddtalkingnews.org.uk>

### **Rotherham Talking News:**

Tel: **01709 522 429**

Email: [rothnewstalk@btconnect.com](mailto:rothnewstalk@btconnect.com)

Website: <https://rothnewstalk.co.uk>

For both STN and RTN the phones are not manned all the time but there is an answer machine so if you leave your name and number somebody will call you back.

However, it was great to welcome back Little Sparklers, our pre-school parent and toddler group, to our Mappin Street Centre in September.

We have also been doing a themed Activity Pack for children, the next one will be a Christmas theme. If your child hasn't been receiving these and would like the next one then please let us know.

be running a separate course via Zoom.

The course offers an introduction to help and support for daily living, accessing information in print, magnifiers, mobility, how technology and mobile phones can help and a

range of guest speakers from both within and beyond **SRSB** and **RSS**.

The course has been offered for the last six years and comments from past attendees have highlighted a growth in confidence, friendships formed during the course and increased knowledge about how to access support as well as what is available.

If you think you might benefit from signing up for one of these courses, please contact Liz Bowman.

### **EMOTIONAL SUPPORT**

Our Emotional Support Officer, Hayley Martin, is working albeit up to now all her consultations are being done over the phone, but if you wish to see Hayley in person either at home or in our centres then please do not hesitate to ask.

Hayley is currently looking at starting a peer support group so if you would like to join that please give us a call.

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

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

### **TECHNOLOGY & EQUIPMENT SUPPORT**

Jake and Rob continue to support people with advice and training on all types of technology and equipment. If you are struggling with anything tech

related or are considering purchasing something then please get in touch with Jake. Alternatively, for other equipment to help with your visual impairment please speak to Rob.

### **Synapptic Tablets and Phones**

We have received funding to loan out tablets and phones running Synapptic software which makes using tablets or smart phones very simple and accessible for people with a visually impairment, including using speech to tell it what you want to do. The phones or 12.4 inch tablets are loaned out on a 3 month “try before you buy” basis so that you can be confident you are going to use the equipment before making the commitment to buy it. You will also benefit from purchasing it at a discounted price. Full training on the tablet is included.

If you wish to register your interest in this please contact us. The take up so far has been very good but we still have some funding left to loan out a few more.

One of the first people to take a phone was Danny who sent us this feedback:

“After many attempts of trying to befriend technology and all its assistive capabilities, I never have yet managed to use a laptop, tablet or a touchscreen mobile phone successfully.

During August this year Steve Hambleton suggested that I try Synapptic, and he explained to me how this was software which was

loaded onto Samsung devices and designed for people with sight loss.

He kindly offered the loan of one of these products for me to try and see if this software was of any help to me. I then visited **SRSB** for a demonstration from Jake and decided that the phone was the best option for me.

I'll come now straight to the point. It is the only software that can even make a luddite like me sit up and listen. By this I mean that from never in my life being able to read and send emails, I have not only achieved this in less than two weeks but I have found that I can use video calls on WhatsApp quite easily.

The significance of this does not need much explaining, suffice to say, that my mother and sister live abroad. My mother is 92 and not well enough to travel to see me any more. Naturally COVID restrictions have prevented me from travelling and also my physical health has deteriorated to a level where I am unable to travel for some time yet. I have of course spoken to my mother and sister on several occasions by phone, but imagine what it meant not only to me but my mum to be able to speak and see me. The fact that I have no sight is irrelevant at this point.

The Synapptic software has enabled me to make a call which facilitates someone like my elderly mum to be able to see me.

The Synapptic feature is impressive and the support from the staff of Synapptic is equally so. By just

making a phone call they are always helpful and able to assist with any problems and questions.

There was one occasion when I rang them and a member of their team called Louis must have spent nearly half an hour on the phone with me and even sorted out my setting etc remotely.

An equal level of support by other members of the team, such as Kieran and Bret, is also always on hand.

The way Synapptic works in brief, is that it has made a device, such as a Samsung smartphone, much easier to operate for someone with no sight and who has no experience of using such technology.

I can only recommend that a very good introduction for someone interested in Synapptic is to listen to the 52 minute demonstration video on Youtube by Adrian of Synapptic. There are other demo videos, but this particular one is the simplest and easiest to follow.

I cannot thank Steve enough for suggesting to me that I try Synapptic and for providing the loan of a Samsung phone with this software installed.

There is much more for me to learn, but in professor Chris Whitty lingo "I'm not yet doing somersaults, but at least I've achieved a handstand".

### **Online Shopping**

We have recently taken part in some preliminary research with a student from the University of Sheffield around the subject of online shopping



for visually impaired people. We like to support these kind of studies where we can so that their gained knowledge will hopefully improve accessibility when they begin their careers.

Early in 2022 Amnah would like to expand her research to talk to groups of clients who are interested in taking part and it is proposed that this will take place on Zoom. Participants will need to be able to share their screen so Amnah can watch and take notes.

If you would like to take part in this research or require further information then please give Jane Peach a call.

## **KNOWLEDGE HUB SECTION ON OUR WEBSITE**

We are continuing to populate this section of the website where we share information, stories and videos about equipment and technology relevant to our clients with sight and/or hearing loss. These are not recommendations, just a sharing of information.

Visit <https://srsb.org.uk/Our-Services/Knowledge-Hub/>

### **Equipment Videos**

Information videos about different assistive equipment available for our visually impaired and/or hearing impaired clients.

### **Client Reviews**

Reviews from our clients about products and equipment that they use, and want to share information about with others

### **TechKnowledge**

A space to share links to various technology products.

### **Tomorrow's Tech**

A space where we share interesting ideas being developed.

If you would like to tell us about a product or would like to write a review about a product, please just contact Jane on [marketing@srsb.org.uk](mailto:marketing@srsb.org.uk)

## **JOB CLUB**

The current situation may not be ideal for people looking to get into work but if you are considering looking for work or to retain your existing job then our job club may be for you.

We are currently planning on starting another 8 weeks course in the new year and this will be available to people to join "face to face" or online video conferencing.

If you think you might benefit from joining us for some or all of the sessions then please get in touch with Joanne.

## **COMMUNITY ADVICE**

### **SERVICES**

Our Community Advice Officers are now able to visit people at home subject to the household we are visiting having had both doses of the vaccine. When the CAO speaks to you to arrange a visit they have a risk assessment questionnaire that they need to complete.

If you require any help, support or advice please do not hesitate to contact us.

## **HEARING IMPAIRMENT SERVICES**

### **Hearing Aid Repairs**

We are able to service hearing aids at both Rotherham and Sheffield or if we can't carry out any aspect we can contact the audiology department on your behalf. If you require batteries, tubing or anything else regarding your hearing aids then please get in touch with us. An appointment for hearing aid repairs is essential at both Rotherham and Sheffield, just give us a call.

### **New Hearing Aid Users**

Tony Atkin has also produced a really helpful guide to people just starting with hearing aids. It can be found on our website at <https://srsb.org.uk/Client-Reviews/> or if you can't access it that way just give us a call and we'll send you a copy.

### **British Sign Language (BSL)**

With more BSL interpreters being seen on TV the interest in sign language has increased. We are currently taking names for a future BSL taster course in the new year, date to be confirmed so please contact Tony at **RSS** if you are interested. In the meantime there are free sign language apps available and we recommend the Signbsl app available on both Google Play store and Apple App store for those that want to try learning a few signs.

### **Smart TV's and Hearing Loops**

The increase in new smart TV's has led to problems with personal

listeners and hearing loops no longer working, this is due to the way the loop is connected to the TV and not a fault of the equipment. This can be sorted by connecting the aid to the TV a different way. Please contact Tony Atkin at **RSS** for any assistance.

### **Deaf Awareness Course**

We are currently putting together a Deaf Awareness course which is primarily aimed at domiciliary care agencies and care homes but will also be of benefit to informal carers such as family members of people who are losing their hearing. Please contact Tony at **RSS** for further information.

## **TELE-CONTACT AND TEL-FRIENDS**

### **Tele-Contact**

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

### **Tele-Friends**

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

## **OTHER ACTIVITIES**

Annette Parker, our Activities and Groups Co-ordinator, has made a great start with us and now has numerous groups running on a regular basis.

For groups meeting in our centre we still have COVID precautions in place which include wearing masks on arrival and having to take a lateral flow test. If you are able to carry out lateral flow tests yourself then we can supply these to you so you can do a test just prior to travelling to our centre and bring the test result with you. If you are not able to do a test yourself then please arrive 30 minutes before the group start time shown here.

All the groups are free except where a cost is stated under each group.

If you would like to join any of these groups please just give Annette a call.

### **Meditation**

Every Tuesday via Zoom from 8:30am to 9am

These sessions are delivered by Catherine, who used to run yoga sessions at our centre in Sheffield prior to the first lockdown.

### **Creative Writing Group**

This group has resumed their weekly meeting at our Mappin Street Centre, Fridays, 11am to 1pm. If anybody is unable to attend in person but can use Zoom then we can link you up with the group that way.

### **Singing Group**

Mondays, 10:30am to 12:30pm

Our singing group has resumed their meetings at our Mappin Street Centre. No experience required, just a desire to enjoy singing with other people. New members very welcome.

### **Cycling**

Wednesdays, 12:30pm to 1:30pm, Hillsborough Park

These weekly sessions have now restarted so if you would like to join the group please get in touch with Annette. You will need to make your own way to Hillsborough Park.

The cost is £4 per person per session.

### **Running with Sighted Guides**

Wednesday, 1:45pm, Hillsborough Park

These sessions follow on from the cycling so come along and see how you get on.

### **Swimming**

Thursdays, 10:30am to 11:45am, Zest, Upperthorpe Pool

Our weekly swimming sessions have now resumed but at a slightly earlier time. Minibus transport from our Mappin Street Centre may be available but please check first.

People will require a Zest Card, cost £3 per annum and then each session costs £3.20

### **Yoga**

Every Thursday via Zoom, 9am to 10am

These sessions are delivered by Catherine, who used to run the yoga

sessions at our centre in Sheffield prior to the first lockdown.

### **Tai Chi**

Fridays, 2:30pm to 3:30pm

This group has now gone back to Zoom until March 2022 when the situation will be reviewed.

Sandra has been working with our visually impaired clients for over 10 years, so you are in experienced hands. She will give step by step instructions to the practice and also set practice exercises for the group.

New starters are welcome to join these sessions, so don't worry if you don't have any experience.

### **Baking Group**

Tuesdays, fortnightly, 1pm to 3pm

Our baking group has now resumed sessions at our Mappin Street Centre. Come along to bake your favourite cakes or biscuits with the support of a volunteer. The aroma in our centre is always lovely on Tuesday afternoons.

### **Book Club**

We are re-starting our Book Club where everybody gets the same book from Calibre Audio Library and then meets to discuss it. Meetings will be monthly at our Mappin Street Centre. Please contact Annette Parker or Liz Gurler if you are interested in joining the group.

### **Craft Group**

Mondays, 10am to 12noon

Fridays, 10am to 12noon and 1:30pm to 3:30pm

All at Rotherham Sight & Sound

This group has resumed its meetings at our Ship Hill Centre. There's usually lots of laughter as well as making things such as cards and, at the moment, Christmas decorations.

### **Activity Packs**

Our Activity Packs continue to be popular every week now going out to almost 250 clients. Each pack contains a large print Word Search, Crossword, Quiz Questions, Colouring Page and Sudoko with the solutions sent out the following week. For people that struggle with large print we will endeavour to identify alternative solutions.

The packs are themed to keep things interesting and feedback from you about different subjects is always welcome.

If you would like to try an activity pack then please just give us a call.

### **Telephone Conference Groups**

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

### **Charles Bonnet Support Group**

2nd Tuesday of every month

This group is now meeting via telephone conferencing. If you would like to join this group then please just get in touch with us.

## **Taster Sessions**

We have recently run or will very soon be running taster sessions for a few other activities. If you are interested in any of these please contact Annette and she will let you know when there are more taster sessions or regular groups starting for these activities.

### Tennis

This was at Hallamshire Tennis Club and was very successful.

Sessions will be monthly starting in the new year on 22nd January, 26th February, 26th March and 23rd April.

Some transport is available from **SRSB** and **RSS**

### Ten Pin Bowling

This was at Superbowl, Rotherham and was enjoyed by everybody that attended.

Sessions will be monthly at a cost of £7 for 2 games, usually followed by a pub lunch.

### Snooker

This will be at Stephen Harrison Centre in Sheffield with professional coaching sessions, costs to be decided.

### Visually Impaired Rifle Shooting

These are at Rotherham & Chantry Rifle Club. We have held two taster sessions already and we have received really good feedback. The shooting is done with a .22 air rifle with audio feedback rather than optical sights. We will be holding more taster sessions and looking at

how we can establish a regular group.

We provide minibus transport from both our Mappin Street and Ship Hill Centres to/from the rifle club, cost £5 per session.

If you would like to try future taster sessions please contact us.

### Showdown

This is a new (to the UK anyway) sport for visually impaired people that is very popular in Eastern Europe, it's a hybrid of table tennis and air hockey. We have secured funding for the table with associated equipment and we have a young client who is keen to get involved with running a weekly session. A video of the sport can be viewed on YouTube at <https://www.youtube.com/watch?app=desktop&v=Vh13ES8FXdo>.

Showdown is one of the sports included in the 2023 International Blind Sports Association's World Games being held in Birmingham in 2023 so there is even an opportunity to represent your country.

We have placed an order for the table and are still waiting for a delivery date. If you are interested in trying this new activity then please get in touch with us.

### **Other Groups Being Planned** **Self Defence Classes**

Annette is looking for a few clients to help her develop a programme which is VI friendly.

Annette is also investigating starting groups for Painting and Crafts

(Mappin Street Centre) so if you are interested in joining these groups if they start up then please contact Annette.

Annette is also looking for ideas for other groups so again, if there is something you are interested in please just let Annette know and she will investigate the feasibility of running a group.

## **CULTURE CLUB**

We're so looking forward to getting back to the theatre with our Culture Club, we've already got some dates booked for accessible performances in the new year:

### **9 to 5 The Musical**

Lyceum Theatre, Sheffield, Thursday  
10th February 2022, 7:45pm

Cost £33 per person

This is a 2008 musical based on the 1980's film of the same name, with music and lyrics by Dolly Parton.

### **The Play What I Wrote**

Lyceum Theatre, Sheffield, Thursday  
3rd March 2022, 7:30pm

Cost £26 per person

This is a comedy play written by Hamish McColl, Sean Foley and Eddie Braben, starring Foley and McColl (the double act The Right Size, playing characters named "Sean" and "Hamish"), with Toby Jones, directed by Kenneth Branagh and produced in its original production by David Pugh and Dafydd Rogers.

### **Everybody's Talking About Jamie**

Lyceum Theatre, Sheffield, Thursday  
14th April 2022, 7:45pm

Cost £22 per person

The smash hit musical set in Sheffield- please note tickets for this show are in the stalls so it is not suitable for anybody with mobility problems

### **Bat Out of Hell The Musical**

Lyceum Theatre, Sheffield, Thursday  
5th May 2022, 7:45pm

Cost £32 per person

Bringing to life the legendary anthems of Jim Steinman and Meat Loaf, this critically acclaimed production uniquely combines the magic and excitement of a musical with the immense energy of rock 'n' roll.

### **Chicago**

Lyceum Theatre, Sheffield, Thursday  
7th July 2022, 7:45pm

Cost £32 per person

Set in Chicago in the jazz age, the musical is based on a 1926 play of the same title

If you are interested in joining us at any of these productions then please give us a call.

We will be looking to make further bookings when they become available and also we will be looking at other trips to museums, stately homes and gardens etc once we consider it safe to do so.

## **CAIRN HOME**

Huge thanks to our friends at Gripple Limited for their support at our care home, Cairn Home, in Crosspool. They've upgraded some outdoor space for both our residents and their visitors, with a sitting area with plants, storage and painting, and a small area for visiting children to play.

## **GROUPS AND CLUBS**

### **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, has now resumed their "face to face" meetings on the first Thursday of each month at Central United Reformed Church Cafe, junction of Chapel Walk and Norfolk Street. The doors open at 1:30pm with cups of tea or coffee served before the meeting starts at 2pm running for approximately 1 hour.

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

### **RP SUPPORT GROUP**

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

Our next meeting is Wednesday 8th December, 2pm to 4pm, which will be a mixture of a "face to face" meeting at our Mappin Street Centre for those

We currently have vacancies for new residents at Cairn Home so if you would like to find out more about the home please just call and speak to any of the management team on **0114 266 1536**.

people comfortable coming into our centre but also available via Zoom for people unable to attend in person.

Please book your place for attendance in person or via Zoom by giving us a call.

### **SHEFFIELD VISUALLY IMPAIRED WALKING GROUP**

#### **(SVIWG)**

This group has resumed its walks now.

SVIWG offers visually impaired people the opportunity to go walking regularly, assisted by trained volunteer guides. They have walks of different lengths to suit people of differing abilities.

If you would like more information about SVIWG or may be interested in joining our group as a visually impaired person or a guide please contact Sue Hill on **07970 311 329** or email [Susanmaryhill56@icloud.com](mailto:Susanmaryhill56@icloud.com)

### **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

## **VOLUNTEERS**

We are currently looking for volunteers to support the following activities:

Tele-Conferencing

Tele-Friends

Tele-Contact

Cooking Group

Showdown

Book Group

Store Collections

Administration

### **A Tribute to Peter Lee, CBE DL**

We were very sorry to hear that one of our Trustees and former Chair, Peter Lee CBE DL, has passed away and we want to express our deepest condolences to his family.

very disturbing and can impact negatively on your daily life.

The group is currently meeting monthly by telephone conference but we will consider running a “face to face” group later in the year if people want that.

Peter first became involved with **SRSB** in 1974 and became Chairman in 1998 before standing down as Chair in 2015, although he still remained an active member of the board as a Trustee. Peter was very supportive of the staff, clients and volunteers at **SRSB** and was regularly involved at our events.

He had a long career in the Steel and Engineering Industries as the head of a large family business. He has served as Deputy Lord Lieutenant, High Sheriff and Master Cutler.

Peter was at our recent 160th Anniversary celebration and had a wonderful evening with us. He will be missed very much by us all at **SRSB** and **RSS**, and his many years of service and support are very much appreciated.

## **FUNDRAISING**

Well what a mixed year it has been. With lockdown at the start of the year and limitations on our normal fundraising, income has unsurprisingly been down. Yet in spite of everything we have had some great successes.

Many of you supported us regularly by direct debit or via the **SRSB** Weather

Lottery which helps us plan ahead – thank you.

Our Will Writing promotion weeks in June and October were well supported. The team of solicitors helping were kind enough to see people in their offices or arrange home visits. We're grateful to them and everyone who booked an appointment.



We also appreciate all of you who donated, bought raffle tickets or took part in one of our events. Our Annual Golf Day at Wath Golf Club in September was a great success, raising £3,060. Next year we're at Dore and Topley on the 16th September. If you or anyone you know is interested please contact us.

Our 160th Anniversary Dinner at Weston Park Museum raised over £4,000. Although the event was a year late, it was well worth the wait, and a fantastic night to remember for everyone who attended.

Bill & Ed's Musical Extravaganza at the Victoria Hall on the 16th October was exactly that - a great afternoon with six acts performing and over £475 raised.

### **Wing walk and head shaves!**

Some individuals go over and beyond to support our work. We would like to single out two intrepid fundraising challenges for a special mention. Former employee Heather Weston who raised £1,043 by wing walking on the 16th September - and Lisa Fleming and Ann Whittaker, volunteers from the Deaf Blind Group, raised an amazing £912 by having their heads shaved at our Mappin Street Centre on the 1st July. Top fundraising all round ladies!

Our fundraising calendar for 2022 is already starting to fill up, so hopefully we'll see a closer return to normal next year - and as always, we're here to support you with whatever you decide to do.

Further information on most of these events is below. To join us at any event you can book online via our website, call on **0114 272 2757** or email [fundraising@srsb.org.uk](mailto:fundraising@srsb.org.uk)

### **VIRTUAL CHRISTMAS WINE TASTING**

Friday 3rd December, 7pm via Zoom

Hosted by local bespoke off-licence Starmore Boss, with cheese supplied by Porter Brook Deli.

Last year's event was so well received we've decided to repeat it this year in the lead up to Christmas. It's a great opportunity to sample 4 new wines and a sherry, and a range of complimentary cheeses before the festive season. All you need is access to the internet and to book your place.

On the night Barry from Starmore Boss will join you in your living room via Zoom and explain all about the drink, the grapes, the history, the vineyard and the choice of cheese to go with it. Do join us for this special event.

Ticket Price £25 per person

### **SRSB PUB QUIZ**

Thursday 9th December, 7:30pm, The Old Queens Head, Pond Hill

We've missed our regular pub quizzes at The Old Queens Head, so it was great to return at the end of September. We had a warm welcome as always from Zuzanna and her team, and it was lovely to see everyone again and to meet new people. Our next event is on Thursday 9th December, so why not get that

grey matter really working and join us for a laugh on the night?

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. We'll match you up with other players if that is what you want. There are prizes for the winning team, and the chance to pick up other prizes in our raffle too!

Team Entry £16 (Maximum of 4 per team) or £4 per person.

## **SHEFFIELD HALF MARATHON**

Sunday 27th March 2022

If you or someone you know can run for us please put them in touch

## **SRSB 160FT ABSEIL**

Sheffield Hallam University Owen Building – Saturday 14th May 2022 (and Sunday 15th subject to demand)

## **SHEFFIELD AND ROTHERHAM STAYS IN**

9th to 17th July 2022

## **SHEFFIELD 10K**

Sunday 25th September 2022

## **SRSB AND RSS GOLF DAY**

Dore & Totley Golf Club, 16th September 2022

## **SKYDIVE**

Hilbaldstow Airfield, Lincolnshire  
Dates to suit in 2022

## **WING WALK**

Wickenby, Lincolnshire

Dates to suit in 2022

## **OTHER FUNDRAISING ACTIVITIES**

### **Store Collections**

We have been offered a number of Tesco collections in the lead up to Christmas. Various dates, mainly Thursdays and Fridays in December.

If you can spare a few hours to collect either then or during 2022 please give us a call.

### **SRSB Take on 160**

We're celebrating our 160th birthday a year late with various fundraising activities through the year which we started with our gala dinner at Weston Park Museum on 17th September.

The **SRSB** Take on 160 is aiming to recruit 160+ individuals or groups who will pledge to raise £160+ during the year to support our work. It could be something as simple as having a home or elephant collection box. Or you may want to organise your own 160 themed event or take part in one of the special events we're planning, such as the 160ft abseil at Sheffield Hallam University next May! If you're interested in getting involved please get in touch.

### **SRSB Weather Lottery**

Fancy a flutter and the chance to win up to £25,000 per week whilst supporting **SRSB & RSS**? Then we have just the thing for you. Why not join the **SRSB** Weather Lottery? When

you join you are given a unique 6-digit lucky number to be entered into the weekly draw with the chance to win up to the £25,000 and other prizes. If you choose more than one entry you are given a separate lucky number for each entry. The Weather Lottery result is based on the last digit of the Fahrenheit temperature from 6 popular European destinations hence the name. It costs just £1 a week per entry and prizes are given when 3,4,5 and 6 numbers match.

If you're interested in taking part or in other ways of regular giving please email [fundraising@srsb.org.uk](mailto:fundraising@srsb.org.uk)

### **ROTHERHAM APPEAL**

Our Rotherham 'Give us a Lift' appeal has raised almost £40,000 thanks to a fantastic donation of £30,000 from Westfield Health. The company announced their support just before our 160th Anniversary Dinner. The appeal has also been supported by The Screwfix Foundation who donated £5,000. The good news is that thanks to their help and the generosity of our clients and supporters, we are well over halfway towards our £70,000 target.

The appeal aims to buy and install a new lift at our three-storey building on Ship Hill as well as other improvements at the same time, including refurbishing the toilet facilities and better lighting throughout

the building, all of which will make it safer and more accessible for clients.

For further details or to make a donation please visit <https://www.justgiving.com/campaign/RSS-GiveUsALiftAppeal>

### **THANK YOU**

We are currently planning our 2022 activities, including store collections for next year, COVID permitting. If you are able to help or can volunteer at future events, please let us know. We will continue to add new events to the website and update you in future editions of Insight.

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

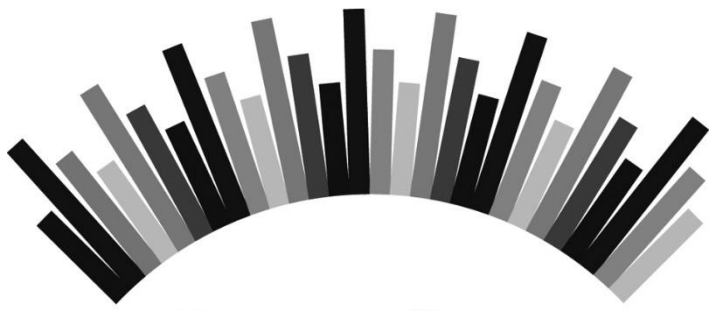
Steve Loane, Fundraising Manager

### **CONCLUSION**

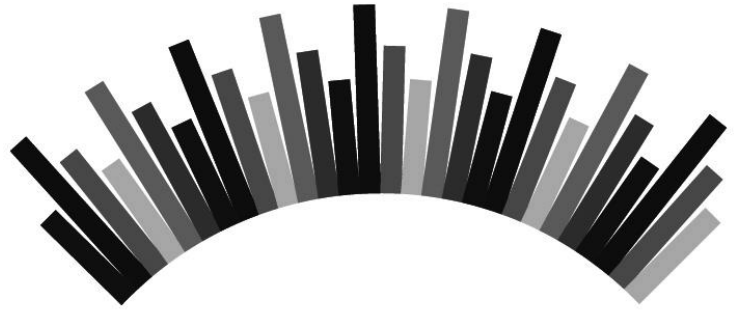
Don't forget, we are **here to help you**. If we can't do something ourselves we almost certainly know somebody who can – Just contact us at **SRSB or RSS**.

**Always Making a Difference in Sheffield and Rotherham.**

Our next newsletter should be arriving with you in February.



# SRSB



# Rotherham Sight & Sound

**Making a Difference across Sheffield City Region**



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