



SRSB Pub Quiz
Thursday 22nd March
See Page 24 for more details

INSIGHT
SPRING 2018

DIARY OF EVENTS – SRSB

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

FEBRUARY

13th	Tuesday	Show Some Love – Virgin Money Lounge, Fargate
22nd	Thursday	Funeral Planning Advice Day

MARCH

6th	Tuesday	Online Today
9th	Friday	Afternoon Tea with the Lord Mayor, Jameson's Tea Rooms
13th	Tuesday	SRSB Coffee Morning
15th	Thursday	Culture Club Trip – Frost / Nixon
17th	Saturday	Albinism Fellowship – St Thomas' Church, Crookes
19th	Monday	O2 Guru Day
22nd	Thursday	SRSB Pub Quiz @ The Old Queens Head
23rd	Friday	Race Night, Crookes Social Club
26th	Monday	Christine's Art Exhibition – The Montgomery, Sheffield (Runs until Thursday 29th March)

APRIL

8th	Sunday	Sheffield Half Marathon – Sheffield City Centre
11th	Wednesday	Job Club (week 1 of 8, every Wednesday)
14th	Saturday	Culture Club – Jane Eyre
20th	Friday	It Could Be Much Verse
28th	Saturday	Culture Club – The Workhouse, Southwell

DIARY OF EVENTS – ROTHERHAM SIGHT & SOUND

All events at **RSS**'s Ship Hill Centre unless otherwise stated.

FEBRUARY

16th	Friday	Wentworth Walk
24th	Saturday	Wakefield Rhubarb Festival
27th	Tuesday	Mother & Toddler group

MARCH

1st	Thursday	Walking Group
2nd	Friday	Hodsock Priory
5th	Monday	Online Today
9th	Friday	Sight Loss Conference

APRIL

13th	Friday	O2 Guru Day
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**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

Well, here we are again with the latest edition of Insight which is quite a bit longer than usual with lots of news including some staff changes, new service developments and an update on the survey we concluded a year ago.

Rotherham Sight & Sound continues to develop and expand both the range of services provided and the number of clients being supported. In this newsletter we abbreviate the name 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.

SUGGESTION BOX

Suggestions



We now have suggestion boxes at both **SRSB** and **RSS**. These suggestion boxes are for anyone (clients, volunteers and staff) to put forward ideas to improve and expand the services we offer.

For more information see Page 17

SRSB CHRISTMAS RAFFLE

We raised a fantastic £1,977.50 from the sale of our Christmas raffle tickets this year. We managed to surpass last year's amount by £77 which is excellent. Thank you to everybody who helped us by selling tickets and also to those people who included a donation for **SRSB**, it is very much appreciated.

STAFF CHANGES

At the board meeting last October approval was given to recruit an additional Community Advice Officer, taking that team to 7 staff. Tracy Robinson, who is a qualified Rehabilitation Officer, joined us on 22nd January and is settling in well.

On the same day, Sandra Cox joined us in the role of Business Support Officer to attend to much of the office administration work in relation to our clients, taking over that element of Patrick Slove's work. Patrick retired on 2nd February after originally joining **SRSB** as a volunteer in 2004 and then as a staff member in February 2005. Whilst Sandra has only had 2 weeks' handover from Patrick she has settled in to the role very well. We wish Sandra well in her role with us and Patrick all the very best for whatever he has planned for his retirement.

Joanne Ardern has just been appointed as Deputy General Manager to support Steve Hambleton in his role as General Manager. The post of Deputy General Manager has

been created as part of the charity's succession planning because whilst Steve is not likely to be retiring imminently he recognises that he can't go on forever and may be looking to retire in around 5 years or so. Joanne originally joined us as a Community Advice Officer in 2001, taking on the role of Team Leader in 2006 so she has a great wealth of knowledge to bring to the role.

Joanne's promotion from Community Advice Officer, Team Leader created a vacancy for a Team Leader which has been filled by Liz Gurler, another long serving member of the Community Advice Officer team.

Joanne's promotion also created a vacancy for a Community Advice Officer and we were very fortunate to have interviewed another person when we appointed Tracy Robinson so following a quick phone call Danny Wild accepted the position and joined us on 5th February.

UPCOMING APPOINTMENTS

At the January board meeting, approval was given for the recruitment of 2 further part time positions:

Children & Family Support Officer:

This will be to take charge of all our services supporting children and their families. Previously this service had primarily been developed by Joanne Ardern with support from Cheryle Swift but they had been so successful in developing the service as part of their

general Community Advice Officer role that the ever increasing demand for the service now justifies a dedicated member of staff.

Emotional Support Officer:

This is a service we have been looking to develop for a few years but thanks to Gripple and Barclays South Yorkshire selecting **SRSB** as their charity of the year in 2017 (see Page 17) and choosing this project as the one they want to fund, we are now able to offer this service.

This role will be to support people who in the main will be experiencing sight loss for the first time and struggling emotionally to come to terms with their loss but there may be other people not so new to sight loss who also require emotional support. This will not be just a counselling service although there will be some element of counselling.

Both roles will be covering our services in Sheffield and Rotherham. We will be advertising both roles very shortly and expect to be interviewing in mid March so by the time the next newsletter comes out in May we should be letting you know who is in these posts.

ACTIVITY CENTRE

The Activity Centre has been very busy again over the festive season. We managed to have Christmas shopping trips for every day of the week with support from Prince's Trust volunteers and staff from Gripple. In October we celebrated a 100th birthday and some clients went for a very leisurely trip on the Ethel barge

on the canal from Thorne. The **SRSB** singers managed a couple of performances at Westfield Health and Gripple for which we were very thankful as both companies do a lot for **SRSB** and singing with them is a little way of showing our thanks. In the Activities Centre we have had table top games, armchair yoga, armchair exercise, skittles, curling, lots of dominoes and cards. Fridays are slowly becoming a good day for playing cards. If anyone wants to learn cribbage ask for me. I mustn't forget the regular Monday craft sessions as Margaret who runs them has been coming in for over 20 years supporting clients with knitting, sewing, card making, glass painting and many other craft activities. Many of the items made by Margaret are often sold to raise funds for **SRSB**. Thank you Margaret.

While I am thanking people, a special mention must be made of our drivers, who go out of their ways for **SRSB** and especially our clients. Our drivers Julie, David and Dennis take great care in getting our clients to and from their homes and if they ever have concerns they let us know so that we can speak with family and carers.

David Cox, Activities Centre Manager

EQUIPMENT CENTRE

We have had some Desktop CCTV's donated to us and these are for sale. Prices vary, but are under £1,000. We also have an Orcam MyEye on loan for you to try and practice on to let you make an informed decision as to whether or not to purchase one.

Along with that technology we can demonstrate some of the new and emerging Apps to help with reading and scene recognition.

We also carry a large range of standard products, from broad felt pens to aid writing and reading, through an extensive range of talking and tactile products as diverse as talking clocks and watches to talking blood pressure and talking thermometers.

If you have any question, no matter how trivial you might think it is, give Rob in the Equipment Centre a call.

FUNERAL PLAN ADVICE DAY

Thursday 22nd February, 10am to 4pm

Mappin Street Centre

It's not something we think and talk about with our family, our own funeral. But you may have ideas on what you would want at your funeral for example your favourite song? Do you want family to dress in your favourite colour? Plus funerals can be expensive. You can protect your loved ones from rising funeral costs and have your wishes recorded by having a funeral plan in place. We all want to do our best for our family and loved ones. A funeral plan can also help make things easier for your loved ones at a difficult time by fixing the price of your funeral director's services included in the plan at 2017 prices until 31st March 2018. There will be nothing more for your loved ones to pay for the funeral director's services that are included in your plan, giving

them peace of mind when it matters. A plan can be secured from as little as £12.87 per month. Persons who are under 50 can pay for their funeral plan over 30 years but fix the price at today's prices.

Mark McKeown of Design Your Funeral has offered to do a planning advice day at **SRSB** on Thursday 22nd February. He will explain to you the different options available. Mark is an approved agent for Golden Charter. His website is www.designyourfuneral.co.uk

If you wish to book a private appointment with Mark then please call **SRSB**.

CLIENT FEEDBACK SURVEY

You said... We will...

We launched an **SRSB** client survey last year and 140 people completed their survey and gave us their views about the services we provide. Although we hoped more people would complete the online survey, the results have given us some useful information so thank you to everyone who took the time to complete it.

The survey was rolled out before we opened Rotherham Sight and Sound so the results are only relevant to Mappin Street, but the next survey will include Rotherham. Here are the highlights...

- 90% of respondents rated the service received from our Community Advice Officers as either excellent or good. A really positive result!

- Half of respondents had received a call from a Telecontact Volunteer and 85% of these people rated their call as excellent or good. Another fabulous result! We are currently recruiting for more Telecontact Volunteers as we recognise how valuable this service is.
- A quarter of respondents said that they use the Mappin Street Activity Centre, of these 72% rate it as excellent or good. We want to continue to build on this positive feedback and in January we launched a five week rolling programme of activities for the centre offering some new activities and outings.
- 70% of respondents have used the Equipment Centre, of these over 89% rate it as excellent or good. We want to continue to make improvements to the Equipment Centre, including ensuring a member of the **SRSB** team is available to help at all times throughout the day and continuing to promote new products. The recent OrCam open day was a real success with clients benefiting from demonstrations and the offer of home visits to provide one to one information to help people decide if it is a product that could help them and we hope to offer more events like this in the future.
- 1 in 5 respondents have used the Technology Training Service, of these almost 70% rated it as excellent or good. The survey revealed that of those who haven't used the service 12% would be interested in doing so – if you are one of these people and would like support to see how technology could help you please do get in touch!
- Almost a quarter of respondents have been to a Culture Club event, of those 82% rated it as excellent or good. A quarter of respondents said they'd be interested in going to a future event. If you were one of these people please keep an eye on the newsletter for details of future outings or get in touch so we can ensure you have all the information you need and so you can join us at future outings.
- Over 90% of respondents read our newsletter Insight – 82% rated it as excellent or good. This is a fabulous result and shows us how useful this newsletter is to our clients. So please keep reading it! If you would prefer your copy to be sent to you in an alternative format please let us know – we can email it, send a paper copy or an audio copy on a memory stick.
- Over half of respondents have used the café, almost 80% rate it as excellent or very good. We are going to look at introducing some weekly or seasonal specials and having some special events like afternoon teas!

- There were several comments included in the survey around providing services linked to health and wellbeing and shopping trips. Our new 5 week rolling timetable in the Mappin Street Activity Centre includes some Armchair Yoga sessions and we will look to see if we can introduce some other services such as offering treatments like manicures. We have more volunteers from corporate organisations trained in visual impairment awareness who can support us taking clients on shopping trips following the recent success of the trip to Dobbies and Christmas shopping trips.

We plan to hold the next survey in the autumn for clients at both Sheffield and Rotherham and we will let you know when it is launched.

Remember your opinion counts and it's only by telling us what you think that we can make changes to ensure we meet your needs and that **SRSB** and **RSS** are the best they can be!

ONLINE TODAY

Tuesday 6th March at **SRSB's** Mappin Street Centre.

Find out how to use Smart Phones and Tablets on both Android and Apple devices.

RNIB are visiting to run two training sessions, 10am to 12noon and 1pm to 3pm. The morning session is aimed at people with no previous experience of smart phones and tablets whilst the afternoon session is aimed at people already using these devices.

Whichever session you attend, if you have a smart phone or tablet then please bring it along with you.

To book on this event please call **SRSB**.

O2 GURU DAY

Monday 19th March 2018 10:30am to 3:30pm

SRSB's Mappin Street Centre.

Are you visually impaired? Would you like some help with your tech? You are invited to drop in 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

This is a FREE event. Please let us know if you would like to attend by calling **SRSB** or email info@srsb.org.uk

COFFEE MORNING

Back in December we held our first coffee morning, it was a huge success and it was nice to see so many new faces in our centre. Our next one will be on Tuesday 13th March, 11am to 12:30pm, so put the date in your diary and come along and join us for tea and cakes.

ROTHERHAM SIGHT & SOUND

Welcome to Rotherham Sight and Sound from Nicola, Tony and myself, Sue.

The last few months have been very busy at **RSS**. The centre is growing from strength to strength with new groups now using our facilities and we have welcomed new volunteers who have joined the team from both the Visual Impaired community and the Hearing Impaired/Deaf community.

We have been involved with promoting **RSS** outside Rotherham Council Offices at Riverside House with the Mobile Information Unit staffed by Liz Bowman and Tracy Wright. The support from Stag Medical Centre at Wickersley has been tremendous – we have been able to have a stand at one of their Flu Jab days and I have also had a chat with the Patient Practise forum about our services.

Tony our Technology Trainer has been helping to refresh my British Sign Language (BSL) and Nicola has recently passed the first part of her level one in BSL.

We have added some items for children to our Equipment Centre, especially the sing and sign (BSL books), fruit scented pens and if you remember the Rubik's cube we have one that is tactile!

The activities in **RSS** are going from strength to strength. Our coffee morning is proving very successful. One week we played a game of Higher or Lower (Bruce Forsyth's Play your cards Right) it was a very noisy

morning but full of laughs, we also had a Christmas Quiz and the best Christmas Jumper competition. Recently, Simon Lewis who is a Volunteer Sighted Guide Runner, came in to chat to see if anyone would be interested in starting to train for a half marathon.

In the Arts & Crafts group they decided to make our own Christmas Tree out of paperchains and a coat stand. The comments we received from clients and visitors was lovely so we may have to make another one for Christmas 2018!!! We have also welcomed a new volunteer Zoe who will be coming up with ideas for the group.

December saw **RSS** invite Amy from Rotherham African Drummers with her different drums, the group started off a little dubiously but by the end of the two hour session the group were playing in time with one another and you could recognise a rhythm. We hopefully will be inviting Amy and her drums again.

Our monthly walking group have had their first walk in December and although it was a cold day the volunteers and clients enjoyed themselves. The hot soup and a sandwich in the café at Winthrop Gardens warmed everyone up. The next walk will be on 1st March if you would like to join the group please contact **RSS**.

In January the Northern Cochlear Implant Social Group held their first monthly meeting at **RSS**. The Lip

reading classes have now started. Other groups that now use the facilities at **RSS** are the Rotherham Macular Support Group and the Hard of Hearing group. If you would like to know more about any of these groups please contact **RSS**.

Every Monday at **RSS** we now have a drop in session for anybody requiring help with completing benefit/bus pass forms etc. and general advice with one of the Community Advice Officers. The third Friday of every month from 9am to 12 noon we also have a drop in session with a BSL interpreter specifically for our profoundly deaf clients.

Just starting are drop in sessions as follows:

Carers, when Mohammed Nawaz from Carers Corner will be available at our Ship Hill Centre on the last Monday of every month from 2pm to 4pm, commencing Monday 26th February.

Rehabilitation Officer, when Louise Fawcett will be available at our Ship Hill Centre every Wednesday, 12noon to 4pm to discuss mobility, daily living etc or issue equipment for people with a visual impairment.

Our Facebook page is now running and most days we update it with things that we think you may be interested in and with photographs of the different groups.

In January the Orcam technology came to **RSS**, the day was a huge success with many people coming along to see the demonstrations by

Nigel and Judy from Orcam. If you would like to look at the Orcam please contact Tony our Technology trainer who will gladly demonstrate the Orcam and answer any questions you may have.

Our CAO's are receiving Deaf Awareness training from Tony Atkin to assist them when supporting our clients with a hearing impairment.

Our CAO's working with clients in Rotherham are now able to issue sensory impairment equipment free of charge on behalf of Rotherham MBC, subject to meeting certain criteria.

Amongst the plans for 2018 for things we hope to be able to establish will be a website, a 6 week BSL taster session and a coffee shop.

We are also looking to set up a new Tinnitus group for Rotherham so if you would like to be involved in this group please contact us to have a chat.

Please pop in and meet the team at **RSS** and find out what else we have to offer and what else we are planning in 2018.

TECHNICAL TRAINING

Our technical training continues to gain momentum with the number of clients requesting technology help and advice increasing.

Being a multi-sensory centre our Deaf and hard of hearing clients requesting technology help and advice is also on the increase. Home visits to our housebound visually impaired clients are available by request from our Community Advice Officers (CAO's).

Feedback from technology service users has been positive, plus the help and advice with selection of assistance equipment for both vision and hearing impaired continues to be well received. Tony is tailoring assistive technology training to help them select the best equipment for each individual client.

ONLINE TODAY

Monday 5th March at **RSS's** Ship Hill Centre.

Find out how to use Smart Phones and Tablets on both Android and Apple devices.

RNIB are visiting to run two training sessions, 10am to 12noon and 1pm to 3pm. The morning session is aimed at people with no previous experience of smart phones and tablets whilst the afternoon session is aimed at people already using these devices.

Whichever session you attend, if you have a smart phone or tablet then please bring it along with you.

VOLUNTEERING

HAPPY NEW YEAR.

SRSB and **RSS** are happy to welcome on board new volunteers who are volunteering within both centres and the community.

Volunteers are continuing to bring their skills, knowledge and experience to **SRSB** and **RSS** service delivery. Providing both organisations with support to enable existing services to be delivered and to support and facilitate new service delivery.

To book on this event please call **RSS** on **01709 722 420**.

O2 GURU DAY

O2 Guru Day: Friday 13th April 2018
10am to 4pm

Rotherham Sight & Sound Centre,
Ship Hill, Rotherham. S60 2HG

Whether you are visually impaired or hearing impaired the O2 Gurus will be here to help with your tech for both Android and Apple smart phones or tablets.

Please call in to see an O2 Guru to:

- Find out how your phone can talk back to you
- How to enlarge content on your screen
- Any other questions

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

This is a FREE event. Please let us know if you would like to attend by contacting **RSS** on **01709 722420** or email enquiries@rotherss.org.uk

SRSB and **RSS** are currently working in partnership with both Sheffield and Rotherham colleges. Rotherham college IT students, Matt and Lee, are currently supporting a group of Visually Impaired and Hearing Impaired 18 to 30 year old clients to set up and establish a Blog aimed at connecting younger Visually Impaired and Hearing Impaired people with each other and the wider community. Please note that this is not a **SRSB/RSS** blog but just for our clients

to be able to blog. Many thanks to Matt and Lee.

Anyone wanting to get involved with the blog please get in touch with Debbie Smith, Volunteer Coordinator, for a chat and further information.

Danielle, a Rotherham College Health and Social Care student, is undertaking a placement at **RSS** supporting the many groups including Arts and Crafts, coffee and social mornings. Welcome and thanks to Danielle.

Firth Park Support Group will be restarting for the Spring/Summer 2018 on 4th April 2018 with the new times of 10am to 1pm at The Pavillion Building within Firth Park (bowling green). The group offers support, friendship, gentle walks in the park and will be meeting each week until September 2018.

Refreshments and cake will be available at no cost.

Anyone interested can either turn up on the day or contact Debbie at **SRSB** for further information.

SRSB and **RSS** require volunteers in all areas of service delivery but are requiring Volunteer Drivers with access to a car for both sites as a matter of urgency, this service supports people out of isolation by providing the transport that enables both visually impaired and hearing impaired people to access both centres and take part in social activities.

We are also recruiting volunteer Fundraisers for store collections/bucket collections please get in touch if you think you can help with fundraising activities for **SRSB** or **RSS**.

I would like to congratulate two **SRSB** and **RSS** volunteers, Paul and Mike, who after completing their training (ECLO training in London and The Royal Hallamshire Hospital Volunteer training) are now joining Kate Taylor ECLO at The Royal Hallamshire Eye Clinic.

SRSB and **RSS** continue to work in partnership with Voluntary Action Sheffield and Voluntary Action Rotherham in our recruitment and development of volunteers and volunteering opportunities.

Volunteers at **SRSB** and **RSS** continue to access free Induction Training, access to free Visual Impairment Awareness Training and a free Basic Deaf Awareness Course, ongoing support and supervision.

Volunteers receive travel and lunch expenses (if volunteering for 3 hours or more) and access to other identified training where appropriate.

To find out more about volunteering and volunteering opportunities at **SRSB** or **RSS** please contact Debbie Smith, Volunteer Co-ordinator by phone or email
Debra.smith@srsb.org.uk

THANK YOU TO ALL OUR VOLUNTEERS.

SHEFFIELD GROUPS AND CLUBS

NEW Job Club

If you're looking for work or if you have been unemployed for a while, then our exciting NEW Job Club will be perfect for you! **SRSB** recognises that unemployment can affect your confidence and wellbeing, and these sessions are aimed specifically at our visually impaired clients and their particular concerns.

We are currently in discussion with several organisations including Barclays, who have offered to support us with the Job Club. We have approached organisations we believe will be able to offer a wealth of experience in this area.

The Job Club will begin on Wednesday 11th April from 7pm to 9pm and will initially run for 8 weeks.

Specifically, we will be asking organisations/speakers to discuss the following areas with you:

Week 1 Finding out about jobs in the first instance. Where to search.

Week 2 Support with the creation of a CV or filling in Application Forms and identifying your strengths and skills

Week 3 Development of confidence, speaking and dress for your interview. Discussing disability rights in relation to your interview.

Week 4 Motivational stories – we will ask some of our clients who have had successes with

their careers to share their experiences so that you will feel inspired by their successes and have the chance to ask questions.

Week 5 Interview practice with professional interviewers.

Week 6 Feedback from CVs/Application Forms and interviews (this will be done privately).

Week 7 Discussion group about the previous weeks, Q&As and moving forward to employment.

Week 8 An opportunity if you are currently employed, to discuss career development within your organisation. Or to ask questions about maintaining employment and the technology available if you have just found out you have a sight condition.

These are FREE sessions and places are limited, so please register your interest at **SRSB** as soon as possible by phone or email info@srsb.org.uk and we will get in touch with you. You are welcome to come to all the sessions, or ones that are of particular interest, but please reserve your place. We hope to offer this group again in the future so your feedback is greatly appreciated.

CHILDREN SERVICES

Little Sparklers

We have a regular group of parents attending and new referrals weekly so the group continues to grow. We are also back doing regular away days once a month on the third Wednesday, visiting the hydrotherapy pool and sensory room at Ryegate and various play centres and parks.

We had a brilliant turn out for our Sparklers Christmas party, we had a festive themed music session and Father Christmas was also a very welcome visitor with presents for everyone.

We have just planned for the forthcoming term and sessions include a winter themed sensory session and a spring planting session. We work closely with the Vision Support Service and ensure we make the sessions accessible for all the children regardless of their level of need.

The high input, younger school aged children continue to use our centre for their 'out and about' sessions, coming in and doing regular cooking sessions in our Home Demo Kitchen, they always stay for lunch with the older clients which everyone seems to enjoy.

Youth Club

We took our Youth Club out for a Christmas treat; we had a bowling session followed by food which they all really enjoyed. We are planning to do some regular outings over the forthcoming months. Debra Smith (Volunteer Co-ordinator) continues to

develop the 'blogging' group with young people from both Sheffield and Rotherham.

Children and Families

We had a huge turnout at our annual Christmas party at Monkey Bizness, over a 100 children came along with their families. It's always very successful and we have received lots of good feedback about the event. Parents enjoy the fact that we private hire the centre giving the children more space to run around safely, it also gives them a great opportunity to meet up and chat to other parents. We are planning forthcoming theatre trips.

Rotherham Children's Services

We have already had two Mother and Toddler sessions at **RSS** for both visually and hearing impaired children, both have been a great success. We held a Christmas party too which was very popular where we had our very own signing Santa which went down really well. We have another session planned for Tuesday 27th February, 10am to 12noon and hope to do one initially every half term.

We are working well with the Vision Support Service in Rotherham and we are already starting to receive plenty of referrals from both them and the local hospitals so we are already doing plenty of advice/benefits work in the community with children and young people.

CULTURE CLUB

We enjoyed a trip to Media City in November and even managed to

squeeze in a quick trip across to the Lowry Gallery.

We held a coffee morning at **SRSB** just before Christmas which doubled up as catch-up for our Culture Club, we had some good suggestions and have now got a good range of outings planned for the year with a flyer just having gone out.

We have had several visits to the theatre including Crazy for You, Little Mermaid and Wizard of Oz, the latter two were both preceded by touch tours/workshops which the clients enjoy and find really useful, they give the clients the opportunity to feel the sets, props and costumes which then makes the performances much more accessible for them.

We have lots of shows already booked including Hairspray, Sunset Boulevard, Titanic The Musical, Jersey Boys, Frost/Nixon, Jane Eyre, The Rat Pack, Cinderella, Officer and a Gentleman and One Flew Over the Cuckoo's Nest.

Forthcoming trips include Bletchley Park, Eden Camp, Bolsover Castle and Southwell Workhouse.

INBETWEENERS CLUB

The Inbetweeners club runs on Wednesday evenings 7pm to 9pm at **SRSB**. The club is open to clients over 18 who can travel independently to and from our Mappin Street centre. The sessions are specifically designed for people with a Visual Impairment but you are very welcome to join the club with a sighted friend (however they will have to pay for the sessions

too). All sessions are £5 per person per week.

We now have a dedicated email address for this service inbetweeners@srsb.org.uk but you can also call us. Get in touch for more information or to book your place.

Pilates Sessions: These were the first sessions offered in the club last May and we have kept them going. There are a few spaces available and Lorna, our qualified practitioner, would be delighted to welcome you. Please book your place as space is limited.

YOGA: accessible Yoga sessions will start on Wednesday 21st February 7pm to 9pm and run for six weeks. The class is limited to 10 people so book as soon as possible if you are interested. Catherine, our practitioner, is part of Yoga Quota, a charity that wishes 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. Get in touch if you want us to purchase one on your behalf before the course starts.

COMING SOON: we are in the process of finalising dates for a Conversational Italian Course later in the spring. Watch this space and do get in touch to express an interest.

We would love to know what you would like us to put on so please get in touch!

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 Dorothy Martinez on **0114 234 3516** or Robin Story **0114 236 2251**, 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 are hoping to arrange a meeting for a Wednesday in March, commencing at 2:30pm, at our Mappin Street Centre – please contact us for the date as we are awaiting information from the ophthalmic consultant regarding his availability.

CHARLES BONNET

SYNDROME (CBS) SUPPORT GROUP

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 at **SRSB** 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** 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. Please visit the website for up-to-date contact information. <http://www.sviwg.co.uk/>

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 by minibus 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**

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, 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

SHEFFIELD AND ROTHERHAM

VI MULTI-SPORTS CLUB

Later this month, we will be starting a fortnightly multi-sports activity group for visually impaired clients in Sheffield and Rotherham. Sessions will include cricket, boccia, curling, tennis and lots more. It will be a great opportunity to get out, get fit and have fun. Sessions will run alternate Fridays and transport will be provided from **SRSB**. For more information please contact Liz Gurler at **SRSB**.

SHEFFIELD CITY COUNCIL AND WITHIN REACH CELEBRATION EVENT

We have limited spaces available at this multi-sport event taking place on Tuesday 27th March 9.30am to 2:30pm at English Institute for Sport. Activities will include dance, football, bowling, cricket, golf and athletics. To book a place please contact Liz Gurler at **SRSB**.

SUGGESTION BOX AT SRSB AND RSS

Both **SRSB** and Rotherham Sight and Sound centres have a suggestion box.

The Suggestion Box at Mappin Street is a red post box located along the corridor opposite the Gents, at Ship Hill the box is located at reception.

The suggestion boxes are for everybody: clients, visitors, volunteers and staff. We respond and act on suggestions as quickly as possible and keep a record of them. The suggestions can be anonymous or you can write your name so that we can respond directly to you. When a suggestion is anonymous, if appropriate, we will give you our response through the Newsletter.

One recent suggestion was that staff should wear name badges. Whilst for a few people this might be of assistance, for the majority of our clients in Sheffield this would not be of any benefit due to their sight difficulties and therefore we encourage staff and volunteers to introduce themselves to people, thereby engaging people in conversation.

UPDATE FROM OUR YEAR WORKING WITH GRIPPLE LTD

We have been absolutely blown away by the incredible amount that Grapple Ltd raised for our charity in 2017, when we were their Charity of the Year. An amazing total of £10,863.65!!

We really appreciate their support. From lovely small gestures like someone donating money that they found on the floor, to bigger projects such as the Craft Room, to all the brilliant things in between!

The amount they have raised will help us to develop emotional support for our clients.

Not only are we hugely grateful for the funds raised, but their teams have been a delight to work with and been so caring and thoughtful in everything that they have done... and you can't put a value on that, however, we all know how much it has meant to our clients.

Thank you Grapple! We look forward to seeing you all again soon, even though not as official Charity of the Year, but as official friends of **SRSB**!

UPDATE ABOUT OUR YEAR WORKING WITH BARCLAYS SOUTH YORKSHIRE CORPORATE AND BUSINESS BANKING

We have had a fantastic year with the Barclays team who have raised a total of £8,512.65. They became involved in so many things over the year, from runners in the Half Marathon, to Golf Days and also the involvement with the branch on Pinstone Street where we have held awareness events and

collections over the year. We have been working on developing a Job Club for our clients and the Barclays team have been involved in discussions about that from the beginning and will be supporting these new sessions when they begin in April. Their support is much appreciated as we realise how busy everyone is with their day to day jobs, and the teams have been great to work with.

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.

The CET also delivers Visual Impairment Awareness training and organises the Living with Sight Loss courses.

Here are the upcoming events and courses for winter and early spring 2018:

Tuesday 6th February: Health and Wellbeing Event, **SRSB** Eye Health and Information Stall – 10am to 2pm Ponds Forge, open to the public

Friday 9th February: MIU Event 10am to 2pm – Outside Riverside

House, Main Street, Rotherham S60 1QY

Monday 12th February: Vision Screening at Sheffield Cathedral Archer Project, 11:30am to 1:30pm

Tuesday 13th February: Vision Screening and Eye Health Information stand, 11am to 1pm – Elim Centre, Effingham Street, Rotherham, S65 1BL

Wednesday 28th February: Living with Sight Loss course Week 1 of 4 – 12:30pm to 3:30pm, Craft Room, **SRSB** Mappin Street Centre.

Wednesday 7th March: Living with Sight Loss Course, week 2 of 4 – 12:30pm to 3:30pm, Craft Room, **SRSB** Mappin Street Centre.

Friday 9th March: MIU Event 10am to 2pm – Outside Riverside House, Main Street, Rotherham S60 1QY

Monday 12th March: Vision Screening at Sheffield Cathedral Archer Project, 11:30am to 1:30pm

Tuesday 13th March – Two events:

1. Vision Screening and Eye Health Information stand, 11am to 1pm – Elim Centre, Effingham Street, Rotherham, S65 1BL

2. Over 60's Safer Driving Partnership (Doncaster residents) Eye Health Talk and Information stand (Talk 11:40am to 12noon, Stall 12noon to 1pm) - SYFR Training Centre, Beaver Hill Road, Sheffield, S13 9QA

Wednesday 14th March: Living with Sight Loss Course, Week 3 of 4 –

12:30pm to 3:30pm, Craft Room, **SRSB** Mappin Street Centre.

Wednesday 21st March: Living with Sight Loss course, Week 4 of 4 – 12:30pm to 3:30pm, Craft Room, **SRSB** Mappin Street Centre.

Tuesday 27th March: Talk to Rotherham Pensioners Action Group, 11am to 12:30pm – ‘Myplace’, St Ann’s Road, Rotherham, S65 1PH

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.

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 Simspegs.

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 to 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.

VISION SCREENING AND EYE HEALTH ADVICE SESSIONS AT THE BRITISH RED CROSS

The British Red Cross runs sessions every week in Rotherham to offer help and support to asylum seekers and refugees at the Elim Centre on Effingham Street. They cover a range of activities including integration sessions, benefits help and advice, immigration help and English sessions. They also offer arts and crafts activities, music sessions and cultural celebrations. They have regular guest speakers that cover a wide range of subjects at the request of the service users.

Rotherham Sight and Sound has been working with the British Red Cross since October 2017 to offer eye health advice and vision screening to asylum seekers and refugees once a month. Many of the service users are not aware that they can access free eye tests at any opticians if they are eligible for NHS treatment and most have never had an eye test and don't know what to expect. They like to see the equipment that's taken along and talk about their own experiences in their country about eye healthcare and treatment. **RSS** also takes along a range of technology that supports people with hearing conditions, no one (as yet) has asked about how to get a hearing check but the information is there if needed.

As a result of working with the Red Cross we now have the **RSS** services leaflet translated into Arabic and Persian to offer bilingual information and several of the service users have had visits to the opticians.

LIVING WITH SIGHT LOSS COURSES WINTER AND SPRING 2018

SRSB are pleased to be offering two Living with Sight Loss Courses in February/March and April/May at Mappin Street. The courses will run on Wednesday afternoons between 12:30pm to 3:30pm 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 course will be delivered by Alison Anthony and Karen Swann who are rehabilitation officers from Sheffield City Council. They will be assisted in this by Liz Bowman and Tracy Wright, who are also responsible for recruitment and organising guest speakers.

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 LWSL 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 Living with Sight Loss course or want to find out more, please call Liz Bowman or Tracy Wright at **SRSB** or email: community@srsb.org.uk.

ALBINISM EVENT

One of our families is hosting an event in Sheffield on behalf of The Albinism Fellowship. This will be taking place on Saturday 17th March, 2pm to 4pm at St Thomas’s Church in Crookes, S10 1UL. It’s a ‘bring and share’ afternoon tea event. Drinks will be provided. There will be toys and activities for children and there is some outdoor space if the weather is nice enough. One of the trustees from the Albinism Fellowship will be there and will be bringing along information and literature. **SRSB** will also be present with plenty of information about our services. The event is open to people across the region and is for anyone with albinism, adults, children and their families.

Please book a place by calling Joanne at **SRSB**.

CALIBRE AUDIO LIBRARY APP

Calibre Audio Library has released a new app for smart phones.

Their new app lets you listen to thousands of audio books straight from your mobile phone.

Calibre Audio Library is very proud to announce a brand new award-winning app-based download service. The service is the first of its kind in the UK that has been designed especially for visually impaired people to be able to download and listen to books on mobile devices, such as smart phones or tablets.

The app is available on iOS and Android devices and is free to download though you need to be a member of Calibre to use the app. This will complement their current postal services available on USB memory sticks or CDs.

USEFUL PHONE APPS

The Macular Society has kindly put together a list of useful smart phone apps for visually impaired people.

The list covers a large number of apps but there will always be more out there. Please visit the following website to view the list.

<https://www.macularsociety.org/best-apps-people-visual-impairment>

If you would like to know more about smart phone apps then you could get in touch with Darren at **SRSB** or Tony at **RSS**.

IT COULD BE MUCH VERSE: POETRY READING AND BOOK SIGNING

Friday 20th April. 11:30am to 12:30pm
SRSB's Mappin Street Centre.

We are delighted to welcome Ray Lawrence back to our creative writing group the Mappin Writers. This time Ray and his wife Kath will be reading from his latest poetry book 'This is Much Verse', a follow on from his previous 'It Could be Verse'. The book features funny poems, with illustrations by Alan Peach.

Ray has kindly donated some of his books to **SRSB** to raise funds for our charity. These are available at a suggested minimum donation £4.99. The number of books is limited so make sure you get there!

Ray will be available after the readings to sign his book. All funds will be donated to **SRSB**.

This is a FREE event but space is limited. If you would like to attend, please call **SRSB** to book your place or email fundraising@srsb.org.uk

TOP TIPS ON HEALTHY EATING

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

Feeling like you may have overindulged this Christmas? Don't panic, we've all been there. January marks a great time to kick start a healthy eating plan.

No matter what age you are, or what you're eating habits are like, it's never too late to change your diet and improve how you feel.

Healthy eating includes consuming high-quality proteins, carbohydrates,

vitamins, and minerals in the foods you take in while minimising processed foods, saturated fats and alcohol. Eating in this manner helps you maintain your body's everyday functions, promotes optimal body weight and can assist in disease prevention.

Healthy fats

Rather than cut out fat from your diet completely, choose healthy unsaturated fats which can improve blood cholesterol levels, lower your risk of heart disease, and benefit insulin levels and blood sugar. Look out for Omega-3 fats, which can benefit your brain and your mood, they're typically found in fish, nuts and seeds.

Exercise

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

Less sugar

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

Fibre

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

To make a suggestion for a future topic, please write to me at bryn.evans@homeinstead.co.uk or by post to Home Instead Senior Care, Haywood House, Hydra Business Park, Nether Lane, Ecclesfield, Sheffield, S35 9ZX. Alternatively, you can also call me on **0114 246 9666**.

Bryn Evans

VISION ENGLAND RESIDENTIALS

Vision England is an exciting residential programme for young people aged 14 to 17 with visual impairment, in partnership with the Field Studies Council (FSC). Young people are supported to play a leading role in changing their communities and the environment for the better.

With three fun filled residential spread over the year, supported by an amazing team of staff, the young people have the opportunity to gain a John Muir Award certificate. Activities include bush craft, hiking, camping, wildlife walks and tree planting. The residential will take place at beautiful Castle Head in Grange-over-Sands, Cumbria during April, August and October. **SRSB** are able to provide

and fund transport to and from the venue and fund the cost of the three residential.

FUNDRAISING

Happy New Year to you all hope you had a great Christmas and New Year. We have been busy planning events for 2018 and do hope you can join us and have some fun! To join us at any event you can book online at www.srsb.org.uk, give us a call at **SRSB** or email fundraising@srsb.org.uk

CHRISTINE'S ART EXHIBITION

The Gallery, The Montgomery, Surrey Street

Monday 26th February to Thursday 29th March 2018

Mon-Fri only 9am – 4pm

Christine is a client and supporter at **SRSB** and is a prolific artist, working mostly in coloured pencil and pastel. She can turn her hand to producing pictures of animals, people, flowers and scenery.

We are delighted to work with The Gallery at The Montgomery on Surrey Street to display a range of her art, a selection from both past and present work.

We previously supported her with an exhibition of her art at the Coterie Gallery in Rotherham back in 2015 and are pleased that we can work with her again on this exhibition.

When Christine Smith was recuperating from surgery for a brain tumour, she was introduced to an artist who encouraged her to draw. Little did

If you would like more information please contact Joanne at **SRSB**.

she realise at the time, how this rekindled passion would develop into a prolific collection of drawings and lead to exhibitions of her work.

Surgeons had to remove Christine's left eye and rebuild her face, and she has been left with no sense of smell or taste. "My art keeps me going," she explains. "I am passionate about art and drawing has helped me to rebuild my life"

"I would like to donate the profits from the sales to the Sheffield Royal Society for the Blind (**SRSB**) and Macmillan, as both organisations have given me a great deal of support", says Christine.

Graham Straw, who is a volunteer at **SRSB**, has supported Christine throughout the last few years. He ran a picture framing business and has mounted many pieces of her art. "We are all so pleased that Christine's work has been recognised again, it will mean a great deal to her and encourage her talent."

Please note that disabled access is not yet available at this venue.

Entry is free and anyone is welcome to visit to view Christine's work or to purchase a picture. Profits from the sales will be split between **SRSB** and Macmillan.

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 22nd March 7:30pm

Join us for a great night out at Sheffield's oldest surviving domestic building. 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 too!

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

SHEFFIELD HALF MARATHON

Sheffield City Centre

Sunday 8th April 9:30am

The fantastic half marathon will be returning to the streets of Sheffield again this year. So pull on those trainers and get running for **SRSB** in 2018.

Join the **SRSB** team and we will provide fundraising support for all runners. Why not run with family and friends or work colleagues! We offer a special package for teams of 4 or more runners.

Do something amazing in 2018 and help raise awareness and funds for our services.

SHEFFIELD STAYS IN

Saturday 30th June to Sunday 8th July 2018

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

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

There are great prizes for:

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

Some ideas are:

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

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

Invitations to send to your family, friends or colleagues.

SRSB balloons for use at your event.

Collection box to collect donations.

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

LORD MAYORS CHARITY

EVENTS

Show Some Love

Virgin Money Lounge

Tuesday 13th February, 6pm to 8pm

Looking for love then join The Lord Mayor for her pre Valentine Day singles night. You will receive a glass

of fizz on arrival with “love food” nibbles. You will be serenaded with live music and there will be plenty of games and a love quiz! Limited tickets available so early booking recommended. There will be a bar should you wish to purchase additional drinks.

Ticket price £5.00 includes drink on arrival.

Afternoon Tea with the Lord Mayor

Jameson's Tea Rooms, Abbeydale Road

Friday 9th March, 2pm to 4pm

A unique opportunity to have afternoon tea with the Lord Mayor in the fantastic surroundings of the charming Jameson's Tea Rooms in Sheffield. This would make a perfect present for Mother's Day, a birthday.

Ticket Price £15

Race Night

Crookes Social Club

Friday 23rd March, 7:30pm

Join the Lord Mayor for a night of fun and you might even win a bob or two! She is holding a Race Night at Crookes Social Club all proceeds will go to The Lord Mayors Charites of which we are one. First race is at 7:30pm. Ticket price includes entry and homemade pie and peas.(There is a vegetarian option available.)

Tickets £10

FUNDRAISING DAY TRIPS

Gill Dalton, one of supporters, annually organises a number of trips

as a fundraiser for **SRSB**. Anyone is welcome to book on to the trips the details are below:

Deep Aquarium Hull, Barton upon Humber and Brigg Garden Centre.

Tuesday 17th April. £27.50 includes coach fare and entrance to the Deep. Afternoon tea optional £9.95

Black Country Living Museum and Canal Trip

Thursday 17th May. £31 includes coach fare and entry fee.

£6.35 optional for canal trip.

Pocklington, Burnby Hall and Breezy Knees Gardens

Wednesday 20th June. £28.60 includes coach and entry fees.

Samlesbury Hall, Whalley and Clitheroe

Monday 16th July. £26 includes coach and guided tour.

York Christmas Market and Castleford Outlet

Friday 16th November. £18 coach.

All Trips

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

To book please contact Gill on **07811 559496**

COLLECTIONS

2017 was a great year for collections raising a fantastic £3,712 which was

over £300 up on 2016. We have already got a number of collections booked in for 2018 in a variety of stores and venues. However we are desperate for collection volunteers to support the dates. Please if you or someone you know could spare a few hours to help then do get in touch. We are holding a collection volunteers party at **SRSB** on Tuesday 6th March from 4pm to 6pm. This is a great opportunity to find out a bit more about what is involved and meet other collectors. This is open to all volunteers and you are welcome to bring along anyone you know who may be interested in collecting for **SRSB**.

Graham Straw who has been supporting **SRSB** at collections in Sheffield for over 5 years says “The reason I volunteer is that I have seen first-hand, the fantastic services that **SRSB** offer to visually impaired people and I have also seen the benefit these people get from being cared for by the wonderful staff at **SRSB**.

All the volunteers, staff and clients at **SRSB** are lovely so if you can spare

an occasional few hours please come and join us and do your bit to help **SRSB** and make new friends as well.”

HOME COLLECTION BOXES

Don't forget **SRSB** have a home collection box for you! Your small change could make a big difference to the lives of blind and partially sighted people across the Sheffield City region. If you or a friend would like a home collection box please get in touch. We will send you a thank you letter and receipt when a full box has been counted.

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

Our next newsletter will be arriving with you in May.



SRSB is a Visionary organisation
linking local sight loss charities

