



**MAKING A
DIFFERENCE IN
SHEFFIELD**



LONDON MARATHON

A great time had by all
See page 12 for details

INSIGHT

SUMMER 2017

DIARY OF EVENTS

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

MAY

10th Wednesday Glaucoma Support Group, 2:30pm

Thursday 18th May SRSB Mappin Street Centre closed for staff training day

23rd Tuesday Low Vision Demo Day, 10am to 3pm

26th Friday Longley Support Group Launch Event, 1pm to 3pm

JUNE

4th Sunday **SRSB** Plant Sale, Meersbrook Walled Garden

5th Monday Volunteer Recruitment Day, 10am to 3pm

5th Monday Volunteer Celebration Evening, 5pm to 7pm

15th Thursday Legal Advice Day, 10am to 4pm

17th Saturday Sheffield Round Walk organised by Sheffield Visually Impaired Walking Group

20th Tuesday Lunchtime Recital, Virgin Money Lounge, 12:30pm to 1:30pm

22nd Thursday Pub Quiz, The Old Queens Head, 7pm

26th Monday Last day for return of raffle tickets

JULY

1st to 9th Saturday to Sunday Sheffield Stays In

7th Friday Summer Day Trip to Cleethorpes

9th Sunday Tandem Skydive, Hibaldstow Airfield, near Scunthorpe, 9am

12th Wednesday RP Support Group, 2:30pm

15th Saturday Blind Drive Challenge, Norton Lightwood

AUGUST

13th Sunday Big Fun Run, Rother Valley Country Park, 11am

13th Sunday Teddy Parachute Jump, Greenhill Park, 12noon to 5pm

SEPTEMBER

14th Thursday Pub Quiz, The Old Queens Head, 7pm

22nd Friday **SRSB** Annual Charity Golf Day, Sickleholme Golf Club, Bamford, First tee off 9am

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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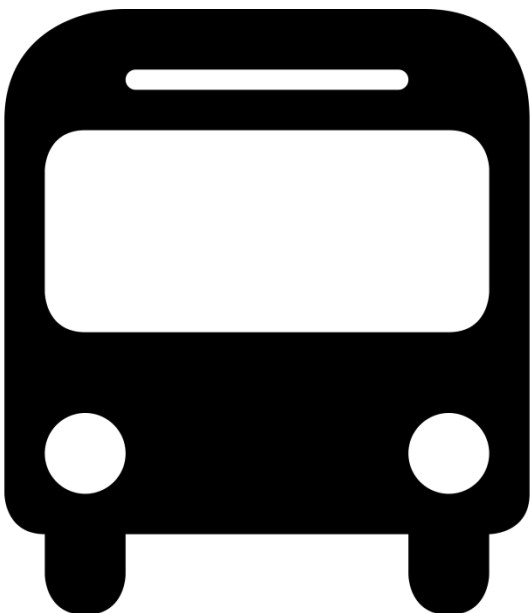
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INTRODUCTION

Well, here we are again with another newsletter packed full of what we hope is useful information, including some exciting news about the expansion of our services into the Rotherham area.

We frequently find that we now have news updates in between our quarterly newsletters. If you have an email address we can keep you up to date with the latest news this way so please let us know your email address if you have one. We can assure you that you will not be inundated with emails from us. The best way to let us know your email address is to send an email to info@srsb.org.uk

ARUNDEL GATE TEMPORARY BUS CHANGES



From 7th May, for approximately 10 weeks, there will be 6 bus routes disrupted by works on Arundel Gate. The affected bus services are: 1/1a, 7/8/8a and X1.

Sheffield Bus Partnership has worked together to redirect and allocate alternative city centre bus stops for all services that usually call at stops AG4 and AG5, located outside Arundel Gate Mini Interchange, to minimise disruption to passengers while the works take place.

If you require any further information you can visit www.travelsouthyorkshire.com or phone Traveline on **01709 51 51 51**

STAFF TRAINING DAY

Thursday 18th May 2017

There is one day each year that we set aside for staff training. This year it is on Thursday 18th May when our Mappin Street Centre will be closed all day and our telephones will not be answered, although the answer machine will be on.

Everything will return to normal on Friday 19th May when we re-open at 8:30am.

SUMMER RAFFLE

Unless you have requested otherwise, 2 books of tickets are enclosed for the Summer Raffle. Tickets are £2.50 per book – if you can sell them please put the money and the ticket counterfoils in the enclosed plastic bag and return to us by Monday 26th June. If you or your family are able to sell extra tickets please call us, as we always need to sell more tickets. If you are not able to sell any tickets then don't worry as we appreciate that not everybody is a salesman. If you can't sell the tickets please **DO NOT** return unsold tickets to us as we have to pay postage for the FREEPOST envelope if you use it.

Even just putting a stamp on the Freepost envelope will help us by saving us the postage costs. However, you must place your stamp over the "2" on the envelope and cross out the bar code and Freepost Code on the envelope or we will still be charged for the postage. Thank You.

ROTHERHAM

Last September we were approached by Rotherham council who had reviewed their service provision for people with a sensory impairment and wanted to partner with **SRSB** to develop their service provision across the Rotherham Metropolitan Borough Council area. We are therefore contracting with Rotherham council to deliver a range of services which includes us establishing a centre in Rotherham.

We have identified a suitable building on Ship Hill in Rotherham, which is very close to the Town Hall and within walking distance of the bus interchange. We anticipate that we will be opening this new centre in late June or early July. We intend that we will have a cafe, equipment centre and technology training. We also hope to provide a base for a variety of self-help, sports and leisure groups etc. Our team of Community Advice Officers will also be operating throughout Rotherham and using the Rotherham Centre as a base.

As this is a sensory service we will also be delivering services to deaf people, both hearing aid users and British Sign Language (BSL) users, as well as people with a dual sensory loss (deafblind).

We have already had the first meeting of a service user group with representatives from visual impairment, hearing impairment, BSL users and Deafblind groups already operating in Rotherham. This first meeting was very positive and they

have agreed the name for the service which is "Rotherham Sight and Sound".

We will keep you updated with developments.

SUMMER DAY TRIP

Our annual Day Trip this year is to Cleethorpes. It will take place on Friday, 7th July and will cost £5 per person (up to a maximum of 2 people per booking.)

The pick-up point is Pond Street Interchange, stands E4/E5/E6, with the coaches leaving at 8:30am. Coming back we will be leaving Cleethorpes at 4:30pm.

Please complete the enclosed booking form and return it to us no later than Monday 3rd July.

Please note that we no longer send you tickets through the post. If you require confirmation that we have received your booking please give us a call between Tuesday 4th July and Thursday 6th July.

LOW VISION DEMO DAY

Tuesday 23rd May, 10am to 3pm

Join us at our Mappin Street Centre to see products from Professional Vision Services and British Wireless for the Blind Fund.

Professional Vision Services will be demonstrating their latest products including video magnifiers (both desk based and portable), a video magnifier that will also read out the document, braille devices and scanner readers.

British Wireless for the Blind Fund (BWBF) will be demonstrating their

latest range of radios some of which also have CD players and/or usb memory stick players as well.

SRSB are the local agents for BWBF and we are able to issue radios on free loan to people subject to them meeting certain criteria.

ONLINE TODAY

Tuesday 30th May

In conjunction with RNIB we have two training sessions for people wanting to use a smartphone or tablet (Apple or Android).

The morning session is primarily aimed at beginners who have not used a smartphone or tablet and wish to find out how they might use one.

The afternoon session is primarily aimed at people who already have a device and want to find out how to use it more effectively. People attending this session are encouraged to bring their device with them.

STAFF NOTICES

We are sorry to report that our Mobile Information Officer, Julie Turnbull, will be leaving **SRSB** at the end of May. In the time that she has been with us she has brought some valuable and new projects to **SRSB** which have been a fusion between her past experience of lecturing and designing products for maximum accessibility. The Please Touch project with Sheffield Hallam University which directly involved members of the Reminiscence Group in working with two PhD students to create an interactive exhibition at the Old General Post Office in Fitzalan Square

is an example of this. Julie took over the running of **SRSB**'s Gardening Group from two student Occupational Therapists and worked alongside volunteers at Meersbrook Walled Garden to make a welcoming and inclusive place for some of our clients who have experienced sight loss as a result of brain injury.

As Mobile Information Officer, Julie has worked alongside many volunteers with the MIU, which has certainly been the most enjoyable and effective way to engage with people out at community events, whether summer or winter, inside or out in the elements. The main objective was to get people talking about their eyesight and inform them how they can keep their eyes healthy, and to emphasise how **SRSB** can support anyone experiencing sight loss.

We are sorry to lose Julie but wish her all the very best for her next venture.

LEGAL ADVICE DAY

Following the success of our first Legal Advice Day we have arranged another at our Mappin Street Centre on Thursday 15th June, 10am to 4pm, with Best Solicitors providing the advice this time.

Clients are invited to make an appointment to see the solicitor, with no obligation, if they have queries about Wills, Powers of Attorneys, Deceased Estates, and Care Fees Planning. You will be able to see the solicitor in a private room for an appointment of 30 to 45 minutes.

If you would like to make an appointment, please call **SRSB** and

ask to have your name added to the list together with an indication of your enquiry.

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

100TH BIRTHDAY CELEBRATIONS

Congratulations and happy birthday to the following people who have both recently celebrated their 100th birthdays!!!

- Kathleen Mysberg
- Akluja Bibi

SRSB VOLUNTEER RECRUITMENT DAY

Monday 5th June, 10am to 3pm

Come and join us for a day of information, conversation and communication around volunteering opportunities at **SRSB**.

You will be able to meet **SRSB** staff and volunteers on the day, find out more about **SRSB**, the wide range of services we offer and the range of volunteer opportunities.

Please just drop in if you have time or pass this information on to anybody that you think might be interested in volunteering for us.

SRSB VOLUNTEERING CELEBRATION

Monday 5th June, 5pm to 7pm

Continuing with our recognition of volunteering during national volunteer week, **SRSB** is holding an event to celebrate volunteering. This is an opportunity to meet other volunteers and staff, enjoy food and refreshments, as well as helping **SRSB** in thanking the invaluable contributions of volunteers.

This event is solely for **SRSB** volunteers together with one guest.

If you would like more information on volunteering please contact our Volunteer Coordinator, Debra Smith by phone or email
debra.smith@srsb.org.uk

LONGLEY SUPPORT GROUP

Friday 26th May, 1pm to 3pm

SRSB are launching a Visual Impairment support group at Longley Four Greens Community Centre.

Refreshments will be available. **SRSB** staff will be there as well as other local groups and organisations who will be joining us for the launch.

This will be a weekly meeting – come along and find out about the group and the local area.

The group offers support, friendship, information, peer support as well as access to **SRSB** services.

GROUPS AND CLUBS

INBETWEENERS CLUB

The Inbetweeners Club is an exciting new addition to the activities currently offered to SRSB clients. It is a new club designed to meet the needs of some of our younger clients who may not be available during the day to attend the Mappin Street centre.

The Inbetweeners Club offers a range of new activities in 6 week blocks and will run from 7pm to 9pm every Wednesday evening.

Currently, we are holding Pilates classes until Wednesday, 7th June. After this date there will be a different activity for the following 6 weeks.

This is yet to be finalised but is likely to be learning to speak conversational French or Spanish. All classes cost £5 per person, per session. Places are strictly limited so please book as soon as possible.

If you are keen to know more about this new club please ring Aletheia at **SRSB**.

CHILDREN'S SERVICES

Little Sparklers

We still continue to get new faces attending and have a strong core group of regulars. We are having regular music sessions with Rhythm Time and we have also started to have use of the sensory room and hydrotherapy pool at Ryegate Children's Centre. We have a summer outing for Sparklers booked for July to Butterfly World.

Youth Club

We have had a range of sessions with our young people including a visit to The Climbing Works, a trip to Cleethorpes, a games evening and a visit from a Careers Coach. We now

have a regular group of young people attending. Forthcoming ideas include making a video about sight loss and a 'Come Dine With Me' style cooking session.

CULTURE CLUB

We've started the year with a number of theatre trips including Gaslight, Full Monty, Jane Eyre.

We also went to a fantastic production of Casanova by Northern Ballet. VocalEyes held a very informative pre show workshop which really enhanced the experience for our clients.

We have lots of shows coming up including Shirley Valentine, Dirty Dancing, Crazy for You, Dreamboats and Petticoats, The Wedding Singer, The Adam's Family and The Wizard of Oz. We are just about to make some bookings from the new season's shows including Mama Mia, Around the World in 80 Days and Little Mermaid.

By the time you read this we will have been on our first outing which was to Bishops House where we are having a private tour and talk. We then have trips booked to the Chatsworth RHS Flower Show (which has proved very popular), Media City, Rufford Abbey and Beamish.

We have a small group of clients involved in a Hull City of Culture project to create a sculpture which will be placed in the foyer at Hull's Eye Hospital – this is in conjunction with Hull & East Riding Institute for the Blind. The clients will be taking

part in a number of structured sessions to help create the art work using their experience to influence the design. A number of local blind societies are involved and a group trip to Yorkshire Sculpture Park has been arranged for later this month to hopefully give them some inspiration. The clients will then be attending the unveiling in October.

SHEFFIELD MACULAR SOCIETY

Degeneration of the macular results in loss of central vision. It is usually a result of ageing and is the most common 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 to begin at 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 on **0114 236 2251** or email: story.robin@yahoo.co.uk

RP SUPPORT GROUP

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

We had another successful meeting at the end of March which was very well attended with some new faces joining us. Kate Taylor, our new Eye Clinic Liaison Officer, came along to

talk about the new service and as always Mr Acharya, the consultant from the Eye Clinic came along to update everyone and answer any questions. Our next meeting is planned for 12th July at 2:30pm.

If you are interested in attending, please call Joanne at **SRSB**.

CHARLES BONNET SYNDROME (CBS) SUPPORT GROUP UPDATE

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

CBS or 'Phantom Visions' as the syndrome is often called, can be a very worrying side effect of sight loss, where the brain tries to compensate for not seeing by creating visual hallucinations or sees things which are not really there. They may be simple images such as grids and patterns, or elaborate, complex images of objects including animals, people or landscapes.

Charles Bonnet hallucinations are not a sign of dementia or any other sort of mental illness. They are a normal response of the brain to the loss of vision.

People who experience these hallucinations can benefit from attending our support group which takes place at the centre each month. You can speak freely with other people who understand and are

experiencing similar hallucinations. It is a huge relief for many people to be able to do this. Just contact **SRSB** if you would like to attend this support group which is facilitated by volunteer Bessie Goddard.

There is also a national website for a Campaign Group called Esme's Umbrella where there is lots of useful information about this condition and their aim is to work towards a greater awareness of Charles Bonnet Syndrome. They also have a very useful leaflet that you can download to take to your Doctor if you suspect that you may have Charles Bonnet Syndrome in case they have not yet encountered the condition. Please visit this site for more information: www.charlesbonnetsyndrome.uk

THE SRSB SINGERS

The Singing Group is an increasingly popular group. It was originally started by David Cox, **SRSB's** Activity Centre Manager, every Wednesday when he was on work experience placement with us a number of years ago. It is now led by Mike Harris, one of our long standing clients.

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**.

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 VISUALLY IMPAIRED WALKING GROUP

The group meet on the first Tuesday, second Wednesday and fourth Sunday of every month. It also meets once per month on a Thursday. Tuesday walks are shorter

and easier whilst Thursday walks are more challenging. Contact the Membership Secretary, Christine Hewitt, on **0114 236 6685**

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

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**

Three archers recently attended the National Indoor Championships at Lilleshall National Sports Centre. All came home with trophies, two Gold and one Silver with everyone achieving new National Records. John Bower 1st in the B1 class scored 440, Philip Tranter came 1st in the B2 class and scored 872 with Graham Walker came 2nd in the VI open, his score was 781. Well done team Sheffield, we can always rely on our archers to bring home the trophies.

SWIMMING

The swimming group meets at Uppertorpe Baths every Thursday. The minibus leaves our Mappin Street Centre at 11:30am, returning approximately 1:30pm. For further

information please contact Kathryn Greenwood on **0114 272 9885**

THE SHEFFIELD BLIND

BOWLERS CLUB

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

GARDENING GROUP (FOR VI PEOPLE LIVING WITH THE EFFECTS OF BRAIN TRAUMA)

The members of the gardening group are currently planning what to grow in the garden. They are shortly going to install some kindly donated raised beds, and the over-wintering seedlings are doing really well. There are some thriving pots of bulbs, and soon there will be some thornless blackberry plants potted up in hanging baskets.

David Cox in the Activities Centre has asked if the group could grow sweet peas to decorate the tables in the Activity Centre, and so they are on the list. Roll on summer! If you think this group might be of benefit to you please contact **SRSB**, or come and meet the group at Meersbrook Park Walled Garden on a Monday from 11am to 2pm.

YOUTH CLUB

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

DEAFBLIND GROUP

People who have both hearing loss and sight loss are referred to as deafblind. They are potentially even more isolated than people with just sight loss and have complex communication needs. Some people find it difficult to meet in large groups so **SRSB** operates a deafblind group. They meet every Thursday at our Mappin Street Centre from 10:30am to 2:30pm which provides an opportunity for up to 11 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 support from volunteers. They ensure that the members of the group enjoy a range of activities and outings.

For further information please contact **SRSB**.

OTHER NEWS

AUDIO DESCRIBED **PERFORMANCES AT** **SHEFFIELD THEATRES.**

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

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

May

- Fantastic Mr Fox
- Curious Incident of the Dog in the Night-Time

June

- Julius Caesar
- Dirty Dancing
- The Who's Tommy
- Out of Order
- Dreamboats & Petticoats

July

- Tribes
- The Who's Tommy
- The Wedding Singer

August

- Our House

September

- The Addams Family
- Grease
- Around the World in 80 Days

October

- The Band

Do bear in mind that the Culture Club will be organising trips to some of

these performances – see page 7 for more details on the Culture Club.

£5 NOTES

Just a reminder that the old £5 note is no longer legal tender. However, don't worry if you still have some because, whilst you won't be able to spend them in shops etc, you can take them to a bank and they will exchange them for you.

AUDIO DESCRIBED & **CAPTIONED SHOW OF** **BEAUTIFUL - THE CAROL** **KING MUSICAL**

Royal Theatre Nottingham

Thursday 19th October, 7.30pm.

Sheffield Caption Support Group (SCSG) have kindly offered our clients the opportunity to join a trip to this event. They plan to travel by Andrew's coaches and pick up from the Sheffield Interchange E5/E6 at 12 noon, The Factory Shop on Woodseats at 12.20pm and The Norton Pub at Meadowhead at 12.30pm. They will arrive in Nottingham and have the afternoon there before making their way to the theatre for 7.30pm. There is also a touch tour available at the theatre from about 6pm. Numbers for people wanting to attend the touch tour will need to be confirmed with Emily Noakes at the theatre beforehand. The coach will pick up at 10.30pm from the theatre.

As a winding down process of SCSG they are paying for the coach so tickets for the show will be £20 each. They have 40 tickets.

Please note that this is not an **SRSB** event and **SRSB** staff will not be attending. Please contact Joanne at **SRSB** if you would like to go and she can co-ordinate with SCSG.

LONDON MARATHON

SRSB were fortunate this year to be awarded 4 places for the Virgin Money London Marathon on Sunday 23rd April. So who was to run for us? Well the team comprised of our client Nicky Gardner and her guide Craig Rush. Many of you may remember Nicky from her time working in our Equipment Centre. The other “volunteers” who came forward were **SRSB** volunteer Steve Hartley and supporters Sam Chu and Richard Stuart. So then the hard work begins; hours of training ahead in all weathers, lots of aches and pains and “I can’t do it”. Nicky had never run outside before, she joined a gym as she didn’t think she could do it being blind which is where personal trainer Craig stepped in with his support. Another hurdle was that prior to taking on this challenge Nicky had only run in a 10k race so to jump to 42.2 kilometres was some challenge!

The team have had an amazing journey leading up to the marathon; they have worked so well together fundraising for **SRSB**. They organised a joint fundraising event at Virgin Money Lounge, store collections and bag packs plus lots more. The team set themselves a target of £10,000, a fantastic amount.

So the day dawned – the aim was for us all to meet at Cannon Street station at 7:30am; not good for supporter and Fundraising Manager Sue who is definitely not a morning person! We had a few hitches including Sam who got on the wrong train! we had countless visits to the toilet as the nerves were kicking in. It was an amazing experience as thousands of runners boarded the trains; we saw Mr Men, Monkeys, Rhinos you name it we saw it - how on earth people could run in fancy dress! It’s unbelievable the lengths people put themselves through to help others.

Like a Mother Hen, Sue got all the runners to the Green Start at Greenwich with time for another visit to the toilet before the start. The atmosphere was electric there was a smell of rubbing oils and suntan in the air as the sun shone through. The band played as the starting gun banged and they were on their way.

There was a special app set up for the race which allowed us to follow all the runners during the race. It meant we could hop on the tube/train and cheer our runners on at various parts of the routes. So armed with jelly babies and **SRSB** balloons the cheering began. Craig, always the joker, was leading the singing whilst running! Poor Richard hit “the wall” at 23 miles he said his head knew what it wanted to do but his legs weren’t listening! But with knees folding he ran on and we are delighted to tell you that all our

runners completed the race with a smile on their face.

We can't possibly imagine the pain they went through for **SRSB**, running 26 miles in the heat. And for Nicky without her Guide Dog, tethered to Craig, not able to see but just hearing the surrounding noise and the pounding of feet around her, WOW! But we do know we are extremely proud of them all for what they have achieved and very grateful for the amount they raised for **SRSB**.

We know running is not for everyone but as this newsletter goes to print their fundraising total is just over £9,000 so they are getting very close to their target of £10,000. There is still time to sponsor them for all their hard work – the online fundraising link is <https://virg.in/SRSB> or you can phone **SRSB** or drop any donation into the centre. We are so proud of what Nicky, Craig, Sam, Steve and Richard have achieved – it is a lifetime ambition fulfilled for them and at the moment they are saying “never again” but who knows!

PENFRIEND TIP

By Graham Marshall

Graham Marshall's tip on how to avoid problems using a penfriend label reader.

I was one of the early buyers of this fantastic talking label system and although it is very good, over a long period there can be unexpected problems when you need to buy more labels once the supplied ones are in use or have been discarded.

I was already aware that when buying more labels you **MUST** buy a different set than the ones you have already bought a year or so earlier. This is because it would be easy to put say a new label on a tin of beans not realising that a label with the exact same number on it is already stuck on a CD or Cassette in your music collection. The result would be that you would find the tin of beans OK, but much later when looking for a particular CD, on touching the label, instead of it saying Abba's greatest hits, it would say 'baked beans'. This happened to me and I had been aware of the potential problem right from the start. So even though I thought I had it licked, I had made this very mistake. I found a number of other CDs that had also turned into drawer labels and other stuff.

If you need to buy more labels, **ALWAYS** buy a different set i.e. if you have just used your last 'Set A' ones make sure you buy a 'Set B' and so on.

Ultimately, if you do make a mistake, don't worry! From then on, to avoid over-writing messages unwittingly, just try reading every new label before use. If it is silent, you know you are alright. If the label unexpectedly says a message back to you, simply throw it away **WITHOUT** deleting or changing it. – Stick to this and you will be alright.

DISABLED ACCESS DAY AT BARCLAYS IN SHEFFIELD

Here is a quick note from Gail Fagan who attended the event.

“On Friday 10th March Jane and I went to Barclays Bank on the corner of Pinstone Street and Barkers Pool as part of their Disabled Access Day. We were warmly greeted by Stuart, the Manager, who introduced us to several members of staff. After an introduction by Jane she told them about **SRSB** and their role in supporting people with sight problems. I then spoke about what **SRSB** meant to me as a client.

The staff then all tried on the "Sim Specs" and asked lots of questions. All the staff were very friendly and the atmosphere was very relaxed.

Next, Jane set up the **SRSB** stall, I volunteered for balloon blowing and Jane had also taken some equipment from the shop at **SRSB**.

Stuart spoke about their talking cash machines and as I have never tried one I quickly volunteered in trying this out; after a brief orientation of the cash machine Stuart handed me a pair of headphones and I was ready to start. After plugging the

headphones in I was asked to press 5 to begin, asked to put my pin number in then asked to press 1 for a receipt or 2 if not needed, then asked to press 1 for £10, 2 for £20 etc. After pressing the amount required to my great amazement the money popped out. I have not used a cash machine for 30 years and it was quite exhilarating.

This simple task that sighted people take for granted really does seem like a great mystery to myself as a blind person. I now feel confident in using this branch, taking along my headphones and drawing out cash independently.”

DOMICILIARY OPTICIAN

Ian Truelove is a Domiciliary Optician who is based in Dore but he does cover the whole of Sheffield. So if you struggle to attend the opticians you could give him a call.

We would also appreciate you letting us know how you found the service. For more information contact Ian Truelove on **0114 262 0123** or **07941 151 111**

FUNDRAISING

Welcome to the Spring Fundraising News Update. Yep it's official it's spring; the daffodils are out and the lambs are jumping in the fields so it makes you feel much better! We have had a fab start to the year with lots of events from a lovely spring flower arranging event to over 20 runners taking part in the Yorkshire Half Marathon for SRSB. If you fancy "springing" into action for SRSB then we have lots of new events for you.

SRSB PLANT SALE

Meersbrook Walled Garden

Sunday 4th June, 1pm to 5pm

SRSB's Gardening Group are holding a plant sale and Visual Impairment Awareness stall alongside lots of other stalls and activities at the Meersbrook Garden Party. Supporters of SRSB are also holding a plant sale to raise funds for our charity.

This community event will have Music, Dancing, Tea and Cakes, Plant Sales, Children's games and crafts. There will be a display of Weaving and Spinning by the Hallamshire Guild at Bishops House. Sheffield Round Walk

SHEFFIELD ROUND WALK

Saturday 17th June

In past years Sheffield Visually Impaired Walking Group (SVIWG) has climbed Kinder Scout, Ben Nevis and Scafell Pike and tramped across Morecombe Bay - all to raise funds for SRSB and SVIWG. This year on a

band of some 20 walkers, visually impaired and their guides, will tackle the 14½ miles of the Sheffield Round Walk.

This will be a tough challenge for the Group. Not only is the distance twice what they would normally walk in a day, it is also tough going in places because of the hilly nature of Sheffield's terrain. Those participating will be seeking sponsorship for the challenge. Please be generous in this very worthy cause. You can sponsor individual walkers or you can donate online at: <http://digbig.com/5bmwkm>

LUNCHTIME RECITAL

Virgin Money Lounge, Fargate

Tuesday 20th June, 12:30pm to 1:30pm

Join us for this first amazing event for SRSB. Soprano Elizabeth Charlesworth will be accompanied by local pianist Hugh Finnigan for this special event. Elizabeth Charlesworth, studied music at Newcastle and Sheffield universities. Early singing studies were with John Dethink, then Jean Allister. She has performed in masterclasses with Paul Hamburger in Oxford and Vienna.

Hugh Finnigan trained in Manchester before returning to his native Sheffield to teach. He was associated with several amateur musical theatre companies as chorus member, principal, chorus master, accompanist and musical director. He has been the organist at the Cathedral Church of St. Marie (Sheffield) since 1975.

Free entry, open to all

Donations to **SRSB**

A raffle will be held at the event.

PUB QUIZ

The Old Queens Head, Pond Street

Thursday 22nd June 2017 and 14th September, 7:30pm to 10pm

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

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

£2 per person (Maximum of 4 per team)

SHEFFIELD STAYS IN 2017

Saturday 1st to Sunday 9th July 2017

This is our annual event where we ask the people of Sheffield to 'Stay In' and hold their own event for **SRSB**. Just invite some friends, family, or colleagues around, ask them for a donation to attend and have fun while raising funds and awareness for **SRSB**! Our dream is that there will be hundreds, if not thousands, of people across the city taking part in this event and helping us to raise funds and awareness for our charity. We focus around one week in July, but if this date isn't appropriate, then please choose another to suit you.

Great prizes for:

Most funds raised (by an individual)

Most funds raised (by a corporate group)

Best Photo

Most innovative event

You could hold your event at home, in your local pub or at work. It could be at night or during the day. Some ideas are:

Barbeque

Cheese and Wine Party

'Come Dine with me' type of evening in for your friends

Pie & Peas Night

Coffee Morning

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

- Invitation 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.

TANDEM SKYDIVE

Hibaldstow Airfield, Hibaldstow (near Brigg)

Sunday 9th July, 9am

Take part in the Highest Tandem Skydive in the UK at Skydive Hibaldstow jumping from 15,000 feet. Tick it off the bucket list and make it happen in 2017! Here's your chance of a lifetime with the support of **SRSB**.

This is a joint event – we will be joined by other local blind societies to make it a fantastic group day out. However, if this date does not suit you then we can arrange another day during 2017.

We will help you along the way with fundraising. Absolutely no experience is required as full training is given on the day.

Raise the minimum sponsorship and you jump at no cost to yourself – amazing.....

Supporter Leah Truman actually did the tandem Skydive last Saturday for **SRSB**. She was due to do the jump last year when she discovered she was pregnant. We are delighted to announce she has a gorgeous five month old son and she had a fantastic time doing the jump – she phoned us when just had finished “Wohooooo I have just landed; I loved it and want to do it again, it was amazing!” Congratulations Leah from all at **SRSB** and thanks for your support!

SRSB BLIND DRIVE CHALLENGE

Norton Lightwood, Sheffield

Saturday 15th July and Thursday 12th October

Have you ever wondered what it is like to drive a car or have you driven before you lost your sight and want to experience the buzz again. Then join us for our first ever driving event in aid of Sheffield Royal Society for the Blind (**SRSB**) at Norton Lightwood Driving track. Participants will get the chance to drive 3 miles (2 laps of the

course) in a dual control car whilst receiving instructions from a qualified driving instructor. This event is open to all clients, supporters’ family and friends from 11 years of age . Sighted participants will be asked to wear a blindfold and experience what it is like for clients who are taking part. This event is organised in conjunction with Safety 1st Driving Academy.

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

Entrance Fee £10

Minimum sponsorship £50 (will help **SRSB** to continue with our vital services)

You will have the chance to compete against our very own **SRSB** Minibus Drivers and General Manager.

Dennis, Ian and Julie as well as Steve Hambleton are accepting the challenge and putting on the blindfold for **SRSB**! So come on guys, get on those driving gloves and race against your driver the clock is ticking.

If driving is not for you then you can always support the event and sponsor your driver or Steve. We have challenged them to see who gets the most sponsorship and does the fastest lap! To sponsor them please call Sue or Jane or email fundraising@srsb.org.uk

BIG FUN RUN

Rother Valley Country Park

Sunday 13th August 2017, 11am

Returning to Rother Valley Country Park in 2017. The Big Fun Run 5K is all about fun and the dress code is fun, so you can wear whatever you like, even fancy dress, but be sure to wear comfy trainers! The event isn't timed, so there is no need to rush around.

There is a Big Warm Up just before the run and all participants can take part in that. You will also receive a finishers' medal, and a goody bag!

Entry Fee is just £12.99 for adults and £10.99 for children. If you would like to take part to raise sponsorship for **SRSB**, book your place online at the Big Fun Run website. Then get in touch with Jane or Sue at **SRSB** or email fundraising@srsb.org.uk and we will send you our supporters pack including a sponsor form and fundraising advice.

We also offer an **SRSB** T-shirt if you pledge to raise over £50. Why not get a group together and have a great day out in this lovely park!

TEDDY PARACHUTE JUMP

Lowedges Festival, Greenhill Park, Sheffield

Sunday 13th August 2017, 12noon to 5pm

If you go down to the park on the 13th August you will see for the first time teddy bears flying through the sky at Lowedges as they take part in the **SRSB** teddy parachute jump. Enter

your teddy bear if it is brave enough! And raise funds for **SRSB**.

Lowedges Festival is a family festival, with reggae music, big top, funfair, classic cars/bikes, dance arena, dog show, re- enactment and hot/cold food, plenty of stalls.

All bears receive a bravery certificate following their jump from over 100ft! All owners receive a gift of Teddy Bear sweets as a thank you for bringing your teddies along.

Teddy Registration Fee: £5

You can register online via our website, call us on **0114 272 2757** or email fundraising@srsb.org.uk. If you wish to raise sponsorship for your jump and raise over £50 you receive a mini Teddy Friend!

Highest sponsorship wins a Bear Factory Teddy.

We are asking for donations of any new unwanted teddies and cuddly toys for a teddy tombola run in support this event. All toys can be dropped off at **SRSB** reception.

SRSB ANNUAL CHARITY GOLF DAY

Sickleholme Golf Club, Bamford,

Friday 22nd September, First tee off 9am

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

Ticket price includes:

- Coffee and bacon roll on arrival

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

Team of four: £220 or £55 per person. This event is open to all golfers so please pass the info on to family and friends.

HOME COLLECTION BOXES

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

Last year we raised over £4,000 from our home collection boxes and it's a Big Thank you to you all who have contributed – every penny really does make a difference. This equates to hours of care at **SRSB**.

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

LEGACY LEAFLET

Just a reminder that we have produced a brand new information leaflet on legacies. Did you know that if after you have supported your family and friends you leave a gift in your will to charity you will live longer apparently! If you would like a copy of the leaflet then please get in touch with our Legacy Officer, Sue Coggin. Also we are holding a free legal advice drop in on Thursday 15th June at **SRSB** – full details on page 5.

For further information or to book your place at an event please call Sue or Jane or email fundraising@srsb.org.uk.

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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**
Enjoy the summer, hopefully with good weather and our next newsletter will be arriving with you in August.



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