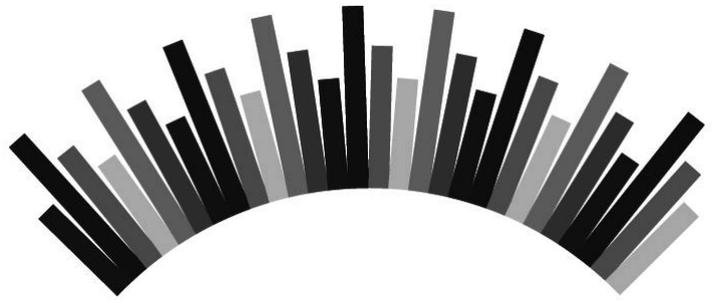
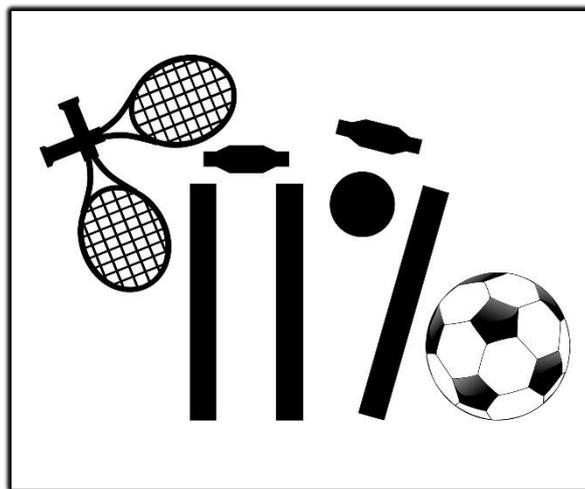


SRSB



**Rotherham
Sight & Sound**



RSS Friday Sports

See Page 7 for more details for RSS
See Page 6 for more details for SRSB

INSIGHT

SUMMER 2018

We have slightly changed the layout of this diary of events. We first have events which are not venue specific followed by **RSS** events and then **SRSB** Events. **RSS** and **SRSB** section are clearly titled as such.

DIARY OF EVENTS – NOT VENUE SPECIFIC

MAY

23rd	Wednesday	Staff Training Day – SRSB and RSS closed
25th	Friday	Swinton Lock Trip

JUNE

8th	Friday	Picnic in the Park
21st	Thursday	Pub Quiz, The Old Queens Head, 7pm
23rd	Saturday	Sherwood Forest
25th	Monday	Deadline for returning Raffle and Day Trip
30th till 8th July		Sheffield and Rotherham Stays In

JULY

4th	Wednesday	Bridlington Day Trip
8th	Sunday	Tandem Skydive, Hibaldstow Airfield
10th	Tuesday	Birmingham Sight Village
29th till 31st		Music in the Park, Botanical Gardens, Sheffield
31st	Tuesday	Children’s Day Trip

FURTHER AHEAD

12th August	Sunday	Teddy Parachute Jump, Lowedges Festival
17th August	Friday	Blind Drive Challenge, Norton Lightwood, Sheffield
28th September till 1st October		Scarborough Short Break

DIARY OF EVENTS – ROTHERHAM SIGHT & SOUND

25th May	Friday	Tinnitus Support Group
5th June	Tuesday	Optelec Exhibition
19th June	Tuesday	Orcam Demonstration Day
22nd June	Friday	Tinnitus Support Group
25th June	Monday	Carers Drop In
23rd July	Monday	Carers Drop In

DIARY OF EVENTS – SRSB

6th June	Wednesday	Optelec Exhibition
12th June	Tuesday	Orcam Demonstration Day
13th June	Wednesday	Afternoon Tea
14th June	Thursday	Mindfulness Session
9th July	Monday	African Drumming

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. 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.

We have some new staff that have started recently so please read about them in the staff update section on page 4

SUGGESTION BOX



You may be aware that we have a Suggestion Box at both our Mappin Street and Ship Hill Centres. Whilst people do have the option of remaining anonymous it would help us if people could put their name on the suggestions as very often the suggestions are very interesting and we would like the opportunity to discuss them further.

Also, people can give us suggestions by other means as well such as by phone, letter or email.

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 20th 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.

SRSB NEEDS YOUR VOTE

We desperately need a minibus to support our clients at Rotherham Sight and Sound and have launched an appeal to raise funds. To date we have raised over £18,000 towards the target of £50k. Steve Waller, a client at **RSS** has been doing a lot of work helping to fundraise for the minibus, he is a real star and we thank him for all his help.

Steve put an application into the Sheffield Mutual Charity Awards for

the Rotherham Minibus Appeal and we are delighted to have made it through to the final 10 public vote in the 2018 Charity Award. The first prize is for 5k and votes are invited from all members of the public. The voting closes on 31/07/2018 and the winner is announced in August.

Voting is done on line via:

<https://www.sheffieldmutual.com/Charity-Award-2018> and is under **SRSB**.

Please can you all vote for us and spread the word to family, friends, clients etc.

If you wish to make a donation to the appeal or know any company who would like to get involved please contact Sue or Jane on **0114 272 2757**

GDPR

GDPR stands for **General Data Protection Regulations** and comes into force on 25th May 2018.

This is intended to provide greater protection for individuals and we have been busy getting ready for it. Whilst it is another bureaucratic headache for us we are complying with the new regulations and in practice nothing much will change for you unless you receive this newsletter and other correspondence from us by email. If this applies to you then we need you to positively "opt in" to continue receiving the newsletter in this format – more information in the email enclosing this newsletter.

Please be assured that we never sell your data to anybody. We only share your data with other organisations in

order for them to be able to support you and we will always tell you when we are going to do this.

We have reviewed and updated our Privacy Policy which can be read at <http://srsb.org.uk/Privacy/> or a copy can be requested in a format of your choice by calling **SRSB** or email info@srsb.org.uk

ORCAM DEMONSTRATION DAY

Mappin Street, Sheffield Tuesday 12th June

Ship Hill, Rotherham Tuesday 19th June

Both dates are 9:30am to 4pm.

This is another opportunity to have a demonstration of Orcam which is a tiny camera that attaches to your spectacles and reads out anything you instruct it to with hand gestures. A more advanced model can even recognise faces.

These sessions are for “one to one” demonstrations so it is essential that you book an appointment. Please call either of our centres to book an appointment.

STAFF CHANGES

Two new appointments which we explained in our last newsletter have now been filled with the successful candidates commencing their employment with us in April. For both vacancies we were fortunate to have a very strong field of candidates. The people appointed are:

Emotional Support Officer – Hayley Martin who is settling in well and building up her case load. If you

are struggling coming to terms with your sight loss and think it might be useful to talk to somebody then please don't hesitate to contact Hayley who covers both Sheffield and Rotherham.

Children & Family Support

Officer – Kelly Ainsworth-Glaves who is also settling in well and taking over some of the work previously handled by Joanne, Cheryle and Liz. This includes running Little Sparklers, Children Activity Days, Youth Club and looking after Benefits claims for families.

SCARBOROUGH SHORT

BREAK

Come and join us from 28th September to 1st October for a long weekend in Scarborough. We will be travelling in our **SRSB** minibuses, then staying at the Delmont Hotel which boasts fantastic views over the North Bay and nightly entertainment. The special price includes full board, bed breakfast and evening meal, all for just £149. The price includes the support of two **SRSB** staff however they are not able to provide one to one support for individual clients as they are there to support the whole group. Should you require a guide/carer then an extra place would need to be booked. If you need help to find a guide then please talk to us as we may be able to help. Spaces are limited so please book by 31st May. To book a place please call Joanne on **0114 272 2757**.

SIGHT VILLAGE

We are running our annual trip to Sight Village. The exhibition which takes place at Cranmore Park Conference and Events Centre, Birmingham, showcases the latest technology, support and services for visually impaired people of all ages. We will be going on Tuesday 10th July and there is a non-refundable booking fee of £6. Transport will be leaving **Rotherham** at 8:30am (Outside Mecca Bingo on Corporation Street) and **Sheffield** at 9am (Outside the Penny Black on Pond Hill). For further details and to book please contact **SRSB** on **0114 272 2757** or **RSS** on **01709 722 420**

BRIDLINGTON DAY TRIP

Come along and join us for some seaside fun, this year we're off to Bridlington on 4th July. Take a dip in the sea, enjoy some fish and chips, have a game of bingo or just enjoy a

SRSB

MINDFULNESS SESSION

Improve your mental wellbeing by learning mindfulness. This 2 hour workshop will teach you techniques which you can use to pay more attention to the world around you, to be 'in the present moment', for those seeking inner peace.

The session takes place at **SRSB** on Thursday 14th June 2:30pm to 4:30pm and costs £4 per person. As this is Carer's week we would like to invite along any carers/parents who feel they would like to find out more about Mindfulness. Please contact

relaxing stroll along the prom, there's something for everyone. There is a non-refundable booking fee of £5 per person. Please complete the enclosed booking form and return it to us no later than Monday 25th June. To accommodate all clients, we will be picking up in Rotherham at 8am (Outside Mecca Bingo on Corporation Street) and Sheffield at 8:30am (Stands E5/E6 at Sheffield Interchange, Pond Square)

CHILDREN'S DAY TRIP

This year we are going to Skegness on 31st July, so come along and start the school holidays off with some family fun in the sun. We will be picking up in Sheffield and Rotherham. A non-refundable booking fee of £5 per person applies, under two's free. Further information and booking forms will be sent out separately.

Joanne on **0114 272 2757** to book a place.

AFTERNOON TEA

Come and join us for a cream tea, to celebrate Carer's week. We are inviting clients and/or carers to join us for a complimentary cream tea on Wednesday 13th June 1:30pm to 3pm at **SRSB**.

AFRICAN DRUMMING

Fancy trying something a little bit different, come and join us for an African Drumming session. Lots of fun and a chance to meet some new

people. Monday 9th July 2:30pm to 3:30pm at **SRSB**, £5 per person.

FRIDAY SPORTS

On Fridays we now have a sports activity group in Rotherham but with Sheffield clients transported on our minibus, leaving Mappin Street at

ROTHERHAM SIGHT & SOUND

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

Hello again from **RSS**. Our centre again has been very busy.

Nicola and myself are still receiving help with our BSL from Tony which we are able to put into practice when we have BSL clients who pop in.

COFFEE MORNINGS

Our coffee morning is proving very successful. Over the last few weeks we have had up to 34 people attend in one morning and it is nice to see that we have a mixture of visual impaired, hearing impaired and BSL users. We would like to thank everyone that attends the coffee mornings as they have been participating in our Raffles and Auctions we have had. I would like to say a big thank you to Hayley for the Chocolate hamper which she donated and for Kath who knitted a fantastic rabbit complete with a back pack and Easter egg. We decided to hold an auction on the morning and raised a whopping £70 from the two donations which has been added to our Minibus appeal. Another huge thank you to our Volunteers, Jane, Lisa, Claire as well as Danielle who is on a placement with us from

10:30am, returning to Sheffield for 1pm. Please see detailed information under the Rotherham section on page 7 If you are interested in joining this group please contact us for further information.

Rotherham College, for helping out to make the drinks and chat with everyone.

TINNITUS SUPPORT GROUP

In February we held a Tinnitus Awareness morning during Tinnitus awareness week. From this we found that there was a need for a new Tinnitus Support Group in Rotherham. With the help of The British Tinnitus Association, Tony, Pete, and myself, the first group meeting was held in March and was very successful. The name of the group is Rotherham Central Tinnitus Support Group and it will be for people to come along and chat with fellow sufferers of Tinnitus. The next meetings are 25th May and 22nd June – if you would like more information please contact **RSS**.

ARTS AND CRAFTS GROUP

The Arts & Crafts group has grown in numbers but there are still places available if you would like to join. From Tuesday 15th May the group will be every Tuesday 1:30pm to 3:30pm. For the last few weeks the group have been making a large tactile Rotherham Sight & Sound logo which will have pride of place on our stairs at **RSS**. Everyone that has seen it has commented on how good it is; if you

would like to see any photographs please look on our Facebook page where you can follow the progress. The group are now looking at holding a craft stall in Rotherham to sell items that they are going to make over the next couple of months. The proceeds from this will go towards the Minibus appeal.

CLIENT TRIPS

Over the last few months clients have been able to participate in various activities such as a visit to the National Railway Museum, tea & cakes with the Mayor, Cllr Eve Keenan, which included a tour around the Town Hall and an insight to how the meetings are held as well as the history of the Mayor's ceremonial chain and mace. We have also had a visit to the Wakefield Rhubarb festival and held a Valentine's Disco and St Patrick's night. In May and June, we are visiting Swinton Lock to go on a barge trip, Graves Park and to Sherwood Forest.

SUGGESTION BOX

The following are suggestions from service users via the suggestion box:

- A meal out in the evenings every three months
- A pie & peas night
- A movie night at **RSS**

If anyone would be interested in any of the following events over the coming months please contact us.

FRIDAY SPORTS

From May we are having an indoor activity at United Reform Church Hall, and an outdoor activity at

Herringthorpe sports stadium. The next outdoor session will be on 18th May. For other dates please contact **RSS**. Fancy trying your hand at sensory cricket, walking football, boccia or a gentle form of indoor tennis? There will also be other activities and if you have suggestions for other sports to try then please let us know. Please come along and try and support the VI volunteers Martin and Andy and meet other people from **RSS**.

DEAF AWARENESS WEEK

Deaf Awareness week is 14th to 18th May. There will be a chance to test your hearing by using a telephone in our centre in conjunction with Action on Hearing Loss which will be available throughout the week. We will also have various leaflets available.

TAI CHI AND PILATES

Every Wednesday why not come and join Sandra for a Tai Chi class 10am to 11am or come and try our Pilates class with Lorna on Thursdays, 1.30pm to 2.30pm. There is a charge of £5 per session for both classes.

WALKING GROUP

Our monthly walking group has proven to be a little bit difficult due to the weather!!! We were unable to hold the February walk due to the snow and we also thought we would have to cancel the March walk due to the amount of rain. Thankfully Glenna from Rotherham Metro's rambblers was able to provide a walk where we did not get knee deep in mud!!! And believe it or

not it was a lovely sunny day and when we arrived back at Winthrop Gardens for lunch some people sat outside enjoying the beautiful sunshine. Our next walking group dates are 7th June, 5th July – if you would like to participate please contact **RSS**.

TECHONOLGY NEWS

The technology day with Mark from O2 and his O2 gurus was held on Friday 13th April and clients that attended found their help was invaluable. In June there will be another Orcam day with Nigel and Judy.

SUPPORT GROUPS

There are various groups that use the facilities at **RSS**.

Rotherham Macular Support Group have recently had a craft class with Zoe and made paper flowers which they thoroughly enjoyed, they also held an Easter Egg raffle and I was lucky enough to win one!! The group next meet on 16th May and 20th June. On the 28th June the Macular group are going to join our Coffee morning to raise funds for Macular Awareness Day.

Northern Cochlear Implant Social Group hold their monthly meetings with us; if you are thinking of having a Cochlear implant and would like to chat with people who have successfully gone through the process the next meeting is 13th June at **RSS**.

Lip Reading Classes are being well attended.

Rotherham Hard of Hearing group hold their monthly meetings with us and discuss a range of issues.

Rotherham Central Tinnitus Support Group meet with us as detailed earlier in this section

If you would like to know more about any of these groups please contact **RSS**.

HEAR 2 HELP

New to **RSS** is the service for people of Rotherham who wear hearing aids. We can now provide batteries, change tubes and domes. This service is available Monday to Friday 9:30am to 3:30pm.

DROP INS

Clients

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. These are for both visually impaired and hearing impaired clients but if a BSL interpreter is required then we have a dedicated session with a BSL interpreter available on the third Friday of every month from 9am to 12noon.

CARERS

A new drop in service is now available with staff from Carers Corner who will be at **RSS** one Monday afternoon a month 2pm to 4pm; the dates are 25th June, 23rd July and 20th August. If you are a carer and require advice please pop in and see Nawaz from Carers Corner.

MOBILE INFORMATION UNIT

The MIU has been out and about promoting **RSS** on a Tuesday in the square on Market Day and outside Rotherham Council Offices Riverside House with our Community Engagement team of Liz Bowman and Tracy Wright together with our valuable Volunteers.

SHEFFIELD GROUPS AND CLUBS

INBETWEENERS CLUB NEWS

We are reviewing the timings of the Inbetweeners club following suggestions from some clients.

The Inbetweeners Club runs on Wednesday evenings from 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 are going to offer some sessions on different days of the week at the end of the working day rather than later on in the evening.

We have a dedicated email address for the Inbetweeners Club inbetweeners@srsb.org.uk you can also call us on **0114 272 2757**.

Pilates Classes – These very popular classes will continue to be on every Wednesday 7pm to 8.30 pm. There is one place available for this class. Get in touch if you want to join the sessions.

FACEBOOK

Our Facebook page is updated every day with information and photographs of the activities at **RSS** along with other items you may be interested in.

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.

Yoga Classes – We have accessible Yoga sessions at a revised day and time which started on Thursday, 3 May 4:30pm to 5:30 pm and will run for six weeks. The class is limited to 10 people, the group is nearly full so get in touch if you want to join. Catherine, our practitioner, is part of Yoga Quota, a charity that wishes to make Yoga accessible to all.

Italian Conversation classes – We have already had a few enquiries about these classes and some people have already signed up.

We are offering two different days/times to see which one is most popular.

Tuesdays 4:30pm to 5:30 pm or
Wednesdays 7:15pm to 8:15pm

The classes are limited to 10 students and will run for 6 weeks. We may decide to run both days if the uptake is sufficient.

If you are interested in any of the classes above or would like more information, please contact us on **0114 272 2757** or email inbetweeners@srsb.org.uk

LITTLE SPARKLERS

We continue to thrive as many new faces join us on Wednesday mornings. Once a month we have mornings out to such places as a hydrotherapy pool and also the sensory room at Concorde Sports Centre. If you would like more information on Little Sparklers, please contact Kelly or Joanne on **0114 272 2757**

CULTURE CLUB

We have had several trips to the theatre already this year including Hairspray, Jane Eyre. Frost/Nixon, Sunset Boulevard and The Rat Pack. We have many more booked for the forthcoming months including, Titanic the Musical, Jersey Boys, Matthew Bourne's Cinderella, One Flew Over the Cuckoo's Nest and Officer and a Gentleman. We've also just booked a number of shows for the new season including Dusty, Cilla, The Band, Three Musketeers, The Messiah, Macbeth, Rock of Ages, Kiss Me Kate and Standing at The Sky's Edge, a separate flyer with further details on all these shows will be out shortly.

We had our first day out last month when we visited The Workhouse at Southwell. Despite the awful weather we had a brilliant day, the guide was very informative and we all learnt a lot. We have various trips booked in for the coming months, all of which are proving very popular. They include visits to Bletchley Park, Eden Camp, Bolsover Castle and Tatton Park Flower Show. If you would like more information or would like to be placed

on the Culture Club mailing list then please contact Joanne on **0114 272 2757**

SHEFFIELD MACULAR GROUP

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 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 had a good meeting in March when Simon Wheatcroft spoke about how he used technology to run without using a guide runner.

Our next meeting is Tuesday 17th July, 2:30pm at **SRSB**

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**

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.

South Yorkshire Goalball Club and also Goalball UK are always interested

For more information contact Kathryn Fielding on **07795 263 642**

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**

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**.

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**

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.

Our Country's Good
12th to 19th May

Touch Tour on 16th and 19th May
at 6pm

Matthew Bourne's Cinderella

17th May 7:45pm, Touch Tour at
6:15pm

Titanic The Musical

24th May 7:45pm, Touch Tour at
6:15pm

This House

31st May 7:45pm, Touch Tour at
6:15pm

An Officer and a Gentleman

7th June 7.45pm, Touch Tour at
6:15pm

One Flew Over the Cuckoo's Nest

16th June 2:30pm, Touch Tour at
1pm

Jersey Boys

21st June 7:45pm, Touch Tour at
6:15pm

Love and Information

12th July 7:45pm, Touch Tour at
6:15pm

DUSTY

12th July 7:45pm, Touch Tour at
6:15pm

Thriller! Live

19th July 7:45pm, Touch Tour at
6:15pm

Songs From The Seven Hills

20th July 7:15pm, Touch Tour at
6pm

The Play That Goes Wrong

2nd August 7:45pm, Touch Tour at
6:15pm

Flashdance The Musical

9th August 7:45pm, Touch Tour at
6:15pm

Do bear in mind that the Culture Club will be organising trips to some of these performances – see page 10 for more details on the Culture Club.

HOME INSTEAD

Reduce your risk of hospitalisation

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.

A British Red Cross report last week revealed a startling increase in the level of hospital readmissions. Figures showed a 22.8% increase since last year with the number of people being readmitted to hospital within 48 hours accounting for one in five emergency readmissions.

It is often the case that vulnerable people reach a crisis point before they receive support and this is something we at Home Instead want to help prevent. We want to help older people to live well at home for longer and reduce the risk of them being hospitalised.

Here, we offer FIVE ways to help keep your loved one out of hospital.

Get a good GP

Having an excellent GP is essential but equally important is making sure that older people follow their GP's direction. Our CAREGivers are trained

to spot 'red flag' changes in health such as worsening chronic conditions or unused medication, and can act to remedy this. They can also assist with transportation to appointments and help with medication management.

Keep physically and mentally active

Encourage your relative to keep active where possible. Walking for just five or 10 minutes at a time several days each week is a great way to begin. Keeping the brain active through activities such as drawing, doing a puzzle or learning something new are great ways to stimulate the connections between nerve cells.

Maintain a healthy diet

Often our appetite diminishes as we age but maintaining a balanced diet is essential. Encourage your loved ones to eat a diet containing plenty of fresh fruit and vegetables, oily fish and starchy foods such as wholegrain bread, pasta and rice. Extra vitamin D and calcium should be on the menu to combat osteoporosis

Keep hydrated!

It is important that your family member stays hydrated, even if they say they're not thirsty. It is advisable to drink 6-8 glasses of water a day.

Companionship

Research shows that loneliness and social isolation are harmful to our

health so it's important to encourage social activities such as attending a lunch club or memory café or joining a social club. Home care such as Home Instead can help you with all of the above – from companionship visits to preparing healthy meals – so that your family member can live life well and reduce the risk of going into hospital.

We believe that with the right care, the number of unnecessary hospital admissions can be reduced.

For further information or 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

DOC/FEST

The 2018 Sheffield Doc/Fest Programme is now live. Doc/Fest is committed to providing a positive and inclusive experience for all festival audiences, to enable attendees to discover documentary, including those with disabilities and other access requirements.

If you would like more information then please visit

<http://www.sheffdocfest.com>

FUNDRAISING

Welcome to our second edition of the fundraising news for 2018. Its official, Spring has arrived the daffodils are out and it's time to have some fun at one of our events. Full information on all our current events are below.

To join us at any event you can book online at www.srsb.org.uk or you can give us a call on **0114 272 2757** or if you prefer email fundraising@srsb.org.uk

SRSB PUB QUIZ

The Old Queens Head, Pond Hill

Thursday 21st June, 7:30pm

Thursday 13th September, 7:30pm

Join us for a great night out at Sheffield's oldest Pub. 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.

MUSIC IN THE GARDENS

Sheffield Botanical Gardens

Friday 29th June

Ultimate Bowie Tribute Show and Michael Jackson the Legacy

Saturday 30th June

The Magic of Mowtown

Sunday 1st July

Musicals in the Gardens

SRSB are delighted to be one of the beneficiary charities for the Music in the Gardens. As such we are selling tickets for the event at **SRSB** Reception. We will be selling them without any booking fee! If you are wanting to go then pop down as you save £10 a ticket by buying in advance. We will be holding a bucket collection on the Friday night so if you are going do come and say hello it's a Thriller !

SHEFFIELD AND ROTHERHAM STAYS IN

Saturday 30th June to Sunday 8th July 2018

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

It's a great opportunity to catch up with friends, family and colleagues, 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:

Garden party, cheese and wine party, pie & peas night, quiz or watch a film night, coffee and cake 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/RSS** 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 8th 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 2018! 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 2018.

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.....

Clients Steve and Sarah took part in a Skydive to raise funds for the Rotherham Sight and Sound Minibus Appeal. They said "it was the best thing ever."

SRSB BLIND DRIVE CHALLENGE

Norton Lightwood, Sheffield

Friday 17th August

Back by popular demand the **SRSB** Blind Drive Challenge. 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 popular driving event 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)

TEDDY PARACHUTE JUMP

Lowedges Festival, Greenhill Park,
Sheffield

Sunday 12th August 2017, 12noon to
5pm

If you go down to the park on the
12th August you will be sure of a big
surprise, when teddy bears will be
flying high 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: £3

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 raised 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 of this event. All toys can be
dropped off at **SRSB** reception.

Please note we will also be doing a
teddy bear parachute event at Owls
in the Park. Date to be announced.

SRSB CHARITY GOLF DAY

Friday 21st September 2018, 9am to
2pm

Abbeydale Golf Club

This year we are holding our annual
charity golf day at Abbeydale. It is
recognised as one of the district's
finest Golf Clubs and boasts some of
the best views of the Derbyshire
countryside to be seen anywhere
from Sheffield. The day includes:

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

This event is open to all so please do
pass the invite to anyone you know
who plays golf. We are delighted that
Bob Jackson, known as the voice of
Praise or Grumble, will be coming out
of retirement to be our official starter
on the day so don't be late!

Price: £55 per person

ASDA FOUNDATION

SHEFFIELD 10K

Sunday 23rd September 9:30am

The Sheffield 10k race is returning in
September 2018. It has a fantastic
course right at the heart of Sheffield

city centre. If you are taking part or would like to take to raise funds for **SRSB**, book your place online at the Sheffield 10k website then get in touch with Jane or Sue 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.

Entry fee: £26

LORD MAYORS CHARITY OF THE YEAR

As this newsletter goes to print our year as one of the Lord Mayor's Charities comes to an end. What a year it has been we have held a number of events from a Charity Dinner, Afternoon Tea, Love Sheffield night to rattling a bucket at SWFC, SUFC and the Railway Station. It has been an amazing adventure and we would like to say a BIG thank you to the Lord Mayor, Councillor Anne Murphy, who has given so much of her time to support **SRSB**. She has attended every event we have invited her to and invited clients to join her for tea in the Town Hall Parlour. We will let you know how much we have raised in the next newsletter when we expect to have received the information.

FUNDRAISING DAY TRIPS

There are just a few places left on the following trips organised by our supporter Gill Dalton :-

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.

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 559 496**

A GIFT IN YOUR WILL

The question that is often asked is "why do I need to make a will"? Well it is advisable that if you are over 18 and you want to ensure that your assets are given as you wish them to be, you should make a will.

It is only natural that you want to make sure that the people that you care about are provided for, but after you have thought about family and friends please consider including a gift to **SRSB**.

Making a will is easier than you think and if you would like to support us in this way, then please get in touch.

We are working with a panel of solicitors in Sheffield to offer independent advice to you at a discounted price.

In addition to offering a discounted will service we will shortly be offering a FREE will service via the same panel of solicitors. For further information and to receive a copy of

our new legacy leaflet please get in touch with our Legacy Officer, Sue Coggin, on **0114 272 2757** or email gifitinwills@srsb.org.uk

DATES FOR THE DIARY

Full details of the following events will be in the Autumn newsletter but do put the date in your diary:

Bill n Ed's Piano Recital Friday 28th September

On the Shelf Saturday 27th October

Gin and Food Pairing Event Friday 19th October

Glass and Firewalk Friday 16th November

Hope to see you at one of our events have a great summer – enjoy the sunshine!

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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