



Sheffield Royal Society for the Blind

Rotherham Sight & Sound

Cairn Home

Providing opportunity, support, friendship and services to people with sight and/or hearing loss in the Sheffield & Rotherham area, helping them to achieve whatever they wish to do and whatever they aspire to be.



Photo of the painting group



Photo of the walking group

INSIGHT

Summer 2022

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Introduction

As I write this the sun is shining and it's really beginning to feel like summer, our scaffolding has been removed completely now and our doors have finally reopened. It's lovely to see more and more clients returning to the Centre, be it to access activities, join in with groups or for appointments with one of the team.

It's been a tough couple of years for everyone, we've all had to take a step back from what was our 'normal' and re-evaluate things and we're no different here at **SRSB/ RSS**. We've developed a new way of working, that's safer, more structured, yet still enables us to be flexible and responsive to this ever-changing world we live in. As always, our clients remain at the heart of everything we do.

This new structure has enabled us to develop a wider range of activities,

that hopefully offers something for everyone. We've had really positive feedback so far, we've seen clients learn new skills, grow in confidence and build new and lasting connections and friendships. If there is something you are interested in that we're not offering please do let us know and remember all our activities are open to both our Sheffield and Rotherham clients. As well as our new activities, we have new groups, day trips, and an exciting new project, so lots to look forward to over the coming months.

We are all very pleased to see our Café reopening on the 23rd May and we've already sampled our new Café Manager Pamela's cakes, and I can tell you that you're in for a treat.

We continue to look at how we can develop our Insight quarterly newsletter and we always welcome your feedback, please do let us know what you think.

Joanne Ardern, CEO

Did You Know?

If you receive this quarterly newsletter in print format, you could help us to keep our printing costs down by choosing to receive it by email instead.

Please email marketing@srsb.org.uk from the email you would like us to use and let us know that you are happy to receive it in this way. We'd really appreciate it. Thank you.

SRSB & RSS News

SRSB, RSS Updates

Covid: We took a big step forward from 1st April when our Centres ceased testing for the services we provide. However, we still ask you not to visit our centres if you have any symptoms, have tested positive, or think that you may have Covid. Please continue to book for most groups and please wear masks on our minibuses.

SRSB/RSS Centres: We continue to work between 8:30am to 4:30pm Mon to Fri. The main doors at **SRSB** in Sheffield are open from 9:30am to 3pm, please press the buzzer outside of these times. Please press the buzzer at **RSS** in Rotherham to gain access to the centre.

RSS Refurbishment: We are very much looking forward to being able to get the refurb underway to enable us to expand our groups and activities in Rotherham, however as with many building projects, things can take time. We have had exploratory tests for the lift and anticipate that work will begin later this year.

Staff Updates: We said a fond farewell last month to Kate Taylor, one of our Eye Clinic Liaison Officers (ECLO) in Sheffield, and Liz Bowman, **SRSB/RSS** Training & Development Officer. Liz and Kate have both made a real difference to many clients in their roles. We wish Kate a long and happy retirement and Liz all the very best with her new job.

We have welcomed some new members of staff since our last newsletter: Clare Thornton as ECLO, Schani Cave as a Community Advice Officer (CAO), Andrea Stone as Befriending

Service Co-ordinator and Pamela Corkell as Cafe Manager. It's great to have them on board.

Staff Training: Our teams regularly attend training as appropriate and we have recently had First Aid Training and Equality, Diversity & Inclusion Training. Danny and Joy also discuss recent training in the CAO section of 'Our Services' below.

Meet the Team: Hannah:

"Hi everyone! If you haven't already met me, I am Hannah and I joined **SRSB/RSS** in September '21 as a Community Advice Officer. From March '22 I have been working as the Children and Families Support Officer for 3 days per week and a Community Advice Officer for the other 2 days.

In June '21 I completed my law degree at the University of Sheffield and loved the city so much that I decided to stay! I'm hoping to have

a career in the charity sector so being able to do this job everyday is a dream come true. I absolutely love the team I work with and I feel very proud of the work we do every day. I'm currently working to set up youth groups for children aged 10 to 17 years old at the Centre so I'm very excited to see this up and running! I cannot wait to continue learning from the **SRSB/RSS** team and from all the lovely clients I will have the opportunity to meet in this role."



Hannah pictured left and Helen right

Helen: "I'm Helen, the 'not so new' Business Support Officer at Mappin Street. I've been at **SRSB** since November '21 and straight away felt welcomed into a fantastic team. Sitting in a busy office as the 'new girl' I quickly learnt about the amazing work the Society does for clients young and old. I feel honoured to be part of a team who go above and beyond for vision impaired people and their families. My previous role was as Office Manager with a charity for homeless and vulnerable people and I had been there for 14 years, so I was a little nervous about being new to the team, however I couldn't be happier with my move. I am looking forward to continuing to support the fantastic work of **SRSB/RSS**."

Gifts Policy: We understand that many of you like to express your appreciation of our services with a gift. However, we need to draw your attention to our policy on gifts for staff and volunteers. Individual staff and volunteers are not allowed, under our rules, to accept gifts of any nature as it can lead to suggestions of favouritism or even taking advantage of people. Individual staff or volunteers could not do their job without support from all the unsung back room support people. If you wish to show your appreciation it is a lot easier for us to manage if you could give something like a box of sweets or biscuits which can then be shared amongst everybody. Items such as cash or gift tokens cannot be accepted unless they are donated to **SRSB/RSS**. Thank you for your understanding.

Services

For any of the services mentioned below, you can call us on Sheffield: **0114 272 2757**, Rotherham: **01709 722 420**, or email **info@srsb.org.uk** to find out more or to book. Most are available to our clients with sight and/or hearing loss unless specified. Our services that are specific to clients with hearing loss are listed in the 'Hearing Impairment Services' section.

SRSB/RSS clients can access services in both Centres if they wish. Please visit **www.srsb.org.uk/client-events.aspx** to see dates and times for Client Events.

Cafe (SRSB): We are delighted to let you know that our Café at Mappin Street Centre re-opens on Mon 23rd May. It is available for our clients and their guests from Mon to Fri and is open from 10am to 3pm. We're also having a little facelift with the furniture, and a lovely new menu.

CAOs (SRSB & RSS): Our team of Community Advice Officers (CAOs) are continuing with home visits and telephone appointments. They are busy assisting with benefits advice and initial assessments for newly registered clients, whilst offering support to existing clients who require assistance with a variety of issues.

The team keep up to date with training so that they are able to offer comprehensive support, and two of the team tell us about some recent training:

Danny: Over the last year legislation has changed within Universal Credit. To enable me to keep up with these changes, I attended a two-day training course for advanced practitioners. This will enable me to advise clients in receipt of Universal Credit of their rights and implement legislation in cases where a decision is not favourable and needs to be challenged.

Joy: "I, and some of the other CAOs, recently did some training in 'Maximising Income for Older People'. This included updates on state pension entitlements, disability benefits, pension credit and the additional benefits someone may be entitled to such as housing benefit or

council tax support. The big thing I learned is that everyone's situation is different so it can be worth knowing exactly what you've got coming in so that you can check if there's any additional support available. www.entitledto.co.uk or www.turn2us.org.uk/ are available free online."

Children & Young People Support (SRSB & RSS): We offer a range of activities and services for our young clients and their families

Benefits Advice: SRSB & RSS

Day Trip: Skegness, Wed 10th Aug

Activity Days: SRSB & RSS

Children's Activity Packs: Postal
Little Sparklers Playgroup: SRSB

Theatre Trips: Various locations

Christmas Parties: Various locations

Courses (SRSB & RSS): We run courses periodically and currently offer the following:

VI Looking Ahead: Open to vision impaired clients. The sessions can help reduce feelings of depression and isolation and make a positive difference to quality and enjoyment of life again.

Wellbeing Sessions: These sessions are themed around different subjects. Our first session was about wellbeing in the menopause and was really interesting providing lots of information on this subject. Thank you to all our speakers and to everyone who attended.

VI Job Club: Sessions are structured around the different

stages of the employment process and aimed at clients starting or changing their career, looking at self employment and further education.

Culture Club (SRSB & RSS):

Our group for those who enjoy a bit of theatre, museums and art:

The theatre performances we book are always on a Thursday evening and are audio described and signed, the group usually go for a bite to eat beforehand. Please get in touch for prices and availability:

Yorkshire Sculpture Park: 23rd May

Chicago: 7th July

Brodsworth Hall: 18th July

The Best Exotic Marigold Hotel: 15th Sept

The Commitments: 20th Oct

Mamma Mia: 3rd Nov

Jack and the Beanstalk: 22nd Dec

Emotional Support (SRSB & RSS):

Our Emotional Support Officer Hayley has been developing Peer Support Groups and tells us more: “The new peer support groups at both Centres have been running for 4 months now and are great safe environments to meet other people, share ideas and experiences, with a bit of fun thrown in. These are generally small groups and are friendly and welcoming. Participation can be as involved as you wish from listening, to sharing your own experiences and thoughts. As well as group emotional support, I am encouraging people to come to the centres for one to one informal chats, talking in a confidential space

helping to build up confidence and find out what is going on at the centres. Emotional support is also offered over the phone if this is preferred. Jack, a student counsellor is offering a more formal counselling service with a minimal waiting list at both centres, or other options may be discussed if preferred, including phone or zoom.”

Anyone wishing to access Emotional Support or the Peer Support Groups can ring the Centres and ask for a message to be passed on to Hayley.

Equipment Advice (SRSB & RSS):

Want to keep up to date with the latest assistive equipment or learn something new? Then our Equipment Advisor Rob can advise on a wide range of products. For this newsletter Rob is highlighting a new high contrast and tactile RNIB DAB/FM radio with a USB port for your audio books and talking news sticks. This is simple to use and is available for demonstration in the Equipment Centre at **SRSB/RSS**. Want to find out more about this or other products, or find a solution to a problem? Please get in touch.

Groups & Activities: Some are operated by **SRSB/RSS** but some are independent groups, with support from **SRSB/RSS**. Many are free, some have a small fee. Here is a list of the groups and activities that are currently running and their location.

Please remember that clients from **SRSB** or **RSS** can access our services at either Centre.

Some of the groups offer the opportunity to take part in person as well as online. For activities outside **SRSB/RSS** transport is sometimes available, please check about the group you are interested in:

Activity Packs: Postal
Archery: Sheffield
Baking Group: SRSB
Book Club: SRSB and RSS & Online/Zoom
Children's Activity Packs: Postal
Craft Groups: RSS
Creative Writing: SRSB
Coffee Mornings: SRSB
Culture Club: Various locations
Cycling: Sheffield
Day Trips: Various locations
Horse Riding: Rotherham
Meditation: Online/Zoom
Painting Group: SRSB
Rotherham Guided Walks: Rotherham
Sheffield Visually Impaired Walking Group (SVIWG): Various locations
Snooker: Sheffield
South Yorkshire Goalball Club: Sheffield
South Yorkshire VI Tennis Group: Sheffield
Swimming Group: Sheffield
Tai Chi: SRSB
Ten Pin Bowling: Rotherham
VI Football: Sheffield
VI Running with Sighted Guides: Sheffield and Rotherham
VI Shooting: Rotherham
Yoga: Online/Zoom
Yorkshire VI Cricket Club: Various locations
NEW! There are another couple of

groups in the pipeline too (baseball and crown green bowling) so we'll keep you posted with updates!

UPDATE! Following the success of our Coffee Mornings, we are planning to hold two a month from June, and on a different day, for those who can't make Thursdays.

Health & Beauty Room: Our Health & Beauty Room will be re-opening soon with visiting services provided by external suppliers with whom you can book your appointment directly. A price list is available on request for each service. The groups are as follows:
Aromatherapy Massage & Reflexology: Tuesdays with Chris
Hairdressing: Thursdays with Anne
Sports Massage: Fridays with Jordan
Chiropody: TBC
Manicures: TBC



Photo of the Health & Beauty Room

Hearing Impairment Services: Our services include:
BSL (British Sign Language)
Community Access Point: Each Friday at **RSS** for anyone who

doesn't have technology at home, enabling them to access a BSL Deaf advisor from Deaf Advice Sheffield.

BSL Taster Sessions: Demand led short courses at RSS.

Hear to Help Hearing Aid services at RSS: For tubing, batteries, domes, help and advice at RSS.

Lip Reading Group: At RSS Mondays and SRSB Tuesdays

Rotherham Hard of Hearing Group: Monthly at RSS

NEW! Hearing Aid User Course:

Tony at **RSS**, with the approval of Rotherham NHS Audiology, has put together a short course for hearing aid users struggling to adapt to their hearing aids. The course is designed to help overcome the initial period of adjustment to hearing sounds again, getting the best from hearing aids, looking after and caring for them, hygiene, re tubing and assistive equipment plus lots more tips. Contact us for more information.

LIFE: Ahead (SRSB & RSS):

COMING SOON! We are excited to let you know about a new service that we've been busy planning in the background, and we recently held focus groups with clients to obtain feedback, which was very encouraging and useful.

LIFE: Ahead is a questionnaire and will be introduced to clients at our Looking Ahead courses, but will be available to other new and existing clients on request. It will assist you to take stock of your current situation and help you

identify some goals, small or large (eg learning something new, learn how technology can assist you, be more healthy, change career, go on holiday, meet new friends, improve confidence etc). We will then review it after an agreed time. It will help us to ensure you are getting the right services, relevant information, and also help us review and develop our services, so it's a two way street! More information soon.

One-Off Events: We hold occasional one-off events:

Vision Aid at SRSB: Thurs 26th May. Staff will be available to chat to our clients about their products at this drop-in event from 9am to 3pm.

60+ Lifewise Event, Rotherham: Tues 19th July 10am to 3pm. We are looking to book a trip to this event which is a day of crime prevention and safety advice.

Have a Go Day, York: We're planning a trip to this event from British Blind Sport Sun 11th Dec.

Motivational Speaker Session: At **SRSB** or via Zoom). Part of the Job Club, but open to anyone. Guest VI speakers talk about their careers.

Self Help and Support

Groups: The following groups are either operated by **SRSB/RSS** or independent groups, with support from **SRSB/RSS**.

CBS (Charles Bonnet Syndrome) Support Group: SRSB

DeafBlind Group: SRSB

Peer Support Groups: Sheffield and Rotherham

Retinitis Pigmentosa Support

Group: SRSB

Sheffield Macular Group: Sheffield

Rotherham Macular Group: RSS

Rotherham Hard of Hearing

Group: RSS

Talking News: Sheffield Talking News and Rotherham Talking News are separate charitable organisations to **SRSB/RSS** but provide their service to our clients on request.

They both record local news stories which you can listen to online, via an app or by a postal service.

Ask us for contact details or visit:

www.sheffielddtalkingnews.org.uk

and **www.rothnewstalk.co.uk**

Technology Support:

Want to keep on top of the latest assistive tech or learn something new? Our Technology Trainer Jake can help. For this newsletter Jake is highlighting the NaviLens app, which is barcode technology used to empower vision impaired people.

Want to find out more about this or other apps, or expand your tech knowledge? Then please get in touch to book an appointment. You can try out different software or equipment or learn new skills to help you with accessibility.

Seaside Trips: We're finally able to arrange our annual trip to the seaside and it will take place on 15th June. We've got 2 coaches booked to Bridlington. Tickets are £10 per person.

Cairn Home

We're very proud of how our care home in Crosspool managed throughout all the restrictions and want to say a huge thank you to all of the team.

They are now looking forward to a summer packed with special activities for their residents (and the public) alongside the other activities they already provide on a regular basis. If you would like to find out more about Cairn, please get in touch: **0114 266 1536** or **cairn@srsb.org.uk**:

Queen's Jubilee 4th June:

A celebration for our residents and their families.

Open Garden 25th June 10am to 4pm: As part of Crosspool Open Gardens, open to the public.

Open Day 20th August 10am to 4pm: If you are thinking about residential care you can drop in, have a chat and be shown around to find out more.

There are currently some rooms available for permanent residents. In other news, we are also planning bathroom upgrades for our residents rooms very soon.

Awareness

We work hard to raise awareness of issues that our clients face and also to raise awareness about our charity, so we'll bring you some examples in this section of the newsletter.

If you want to find out more about any of the below, please contact us at: **marketing@srsb.org.uk**

Visual Impairment Awareness

Training: This service is available to any organisation including businesses, public bodies, charities. **SRSB/RSS** staff and volunteers also benefit from this training.

Heritage Update:

Many of the Heritage Awareness work this year was made possible thanks to National Lottery Players.

Sensory Garden: Work is progressing nicely on our new heritage and sensory garden at Graves Park, but we need volunteers to help, so if you fancy getting involved or know someone who would like to help please get in touch with Steve at **SRSB/RSS**.

Central Library Exhibition:

We have a Heritage Awareness Display at Sheffield Central Library throughout May, featuring history boards about our charity's history with Sheffield over the last 162 years.

We are also holding a **Heritage Awareness Talk** on Wed 25th May 10:30am in the Carpenter Room if you would like to attend.

Other Heritage Awareness Displays:

Winter Gardens Sheffield: This will take place from 16th to 22nd May.

Firth Park Library: 4th to 11th June.

Darnall Library: 4th to 18th July.

We Need Your Stories!:

We are going to put together some oral history recollections from

our clients to mark our heritage celebrations. Please get in touch if you would like to take part.

Research with students:

We continue to arrange research with our clients for several students and have recently worked on digital packs for our clients, chair exercises, online shopping, a swimming project, tactile art, as well as students from journalism courses. If you're interested in getting involved in these kind of projects, please let us know.

Tapton Mount Reunion:

A message from one of our clients Carol who is planning this: "Did you attend Tapton Mount School for the Blind in Sheffield? Do you know someone who was connected with the school in any way? We are in the very early stages of planning a reunion and would love to hear from you. We already have a WhatsApp group which is proving to be very popular but, you do not have to join the WhatsApp group. If you are interested or you know someone who is please let us know."

You can call **SRSB** and leave your name if you would like to be added to a mailing list about the event.

Feedback

Hear about it from our clients:

It's great for you to hear about our activities and services from other clients, so we'll share some feedback each newsletter.

Jenny tells us about horse riding:

"I had always wanted to do horse

riding before, and always used to make a beeline for the donkeys at the seaside when I was younger. However, I wasn't very confident about going, and it always seemed so expensive. Going with the group from **SRSB/RSS** gave me the confidence and I have loved it! The staff at the stables are great and really patient, and Annette is very supportive. I have met new people and it has given me a real boost!"

Tina tells us about the free Circus Starr tickets we were able to pass on to clients and their families: "I

don't know who was more excited about going to the circus, myself, my hubby or my son. Never been before, didn't know what to expect and all I can say is wow! It was amazing, from really nice friendly staff/crew, well organised, to amazing performers. My son thought the clown and acrobatic people were the best and so did I. There were plenty of oooo's and ahhhh's when they were performing their daredevil stunts. Everyone joined in with the clapping and singing, it was a real good, feel good, fun afternoon had by all. First thing I wanted to do the next morning was ring **SRSB/RSS** to let them know how much we thoroughly enjoyed it. We came away with happiness in our hearts and big smiles on our faces. So a very BIG thank you for your kindness in sending us our free tickets. It was very much appreciated. Thank you from Tina and family xx"

A big thank you from **SRSB/RSS** to Circus Starr for helping us put a smile on many people's faces.

Kevin tells us about the VI snooker sessions that he attends:

"I am really enjoying the sessions, it's enabling me to get lots of practice in and even my grandson has commented that I am improving! I feel I can ask questions about what I am doing wrong and the staff are great - they can't do enough for you. The social side of it is fun too, we're a like-minded group of people who have a laugh together!"



Photo of Kevin playing snooker

Volunteering

A message from Andrea to our volunteers: "As your new Befriending Service Co-ordinator, on behalf of all your Tele Friends (**SRSB/RSS** clients) with whom you talk, listen to, support, and care about, "Thank You". What you give is a valuable gift and is very much appreciated by all our clients that I have spoken to.

We all need someone to talk to even if it's only sometimes, to share our thoughts with, our experiences, our news, or sometimes our feelings, it's good to talk and many of our clients become Befrienders and find it a very positive and mutually beneficial

experience. So if you do feel a bit lonely sometimes and would like someone to talk to, or feel you could offer support and friendship to another please get in touch. Or do you feel you could offer support on a more 1 to 1 basis, chat face to face, go for a walk, help with the small practical things, like opening and reading a letter, writing, or help with an activity outside their home? I'd love to hear from you. I'll be holding my first Befrienders Coffee Morning meet and greet event on the 17th May at **SRSB** and I am very much looking forward to meeting you all, if you haven't received an invite yet please get in touch I do want to meet everyone. With your support, this will be a regular event that I hope grows into a strong and supportive group that has fun, shares knowledge and experience, offers support, guidance, and encouragement to those less experienced, enabling them to learn and grow in confidence. If you would like to come in and have a chat about the Befriending Service or any of our many Volunteering Opportunities and how to get involved I am at our Mappin Street Centre Mon to Fri 9am to 2pm, I'd love to meet you."

Andrea is developing the My Sighted Guide service and integrating this into her work, training and supporting volunteers through the process then utilising this service, enabling our clients to access **SRSB/RSS** activities, as well as achieving their own personal goals.

Volunteer Week. A Time to Say Thanks: Volunteer Week runs from 1st to 7th June and we are so pleased that we'll be able to hold our Volunteer Appreciation event again this year. This will take place on Wed 1st June in the afternoon at **SRSB** and a minibus will be available to bring volunteers from **RSS**.

Appeal for Walking Guides: Sheffield Visually Impaired Walking Group (SVIWG) are appealing for new sighted guides, due to an increase in visually impaired members. The only qualifications needed are a love of walking and a good level of fitness. Training will be given. A friendly personality and a sense of humour would be a bonus. Don't be shy, the group are all very approachable and helpful.
www.sviwg.co.uk

New Trustee: We're really pleased to welcome Daljit Kaur to our Board of Trustees, and she brings with her a wealth of experience. She currently works as Senior Lecturer in Human Resource Management at Coventry University and is also vision impaired, so brings her lived experience to our board too.

New Ambassador: Mark Skelton has been a long standing supporter of **SRSB/RSS**. He is vision impaired and is passionate about raising awareness of sight loss. In his work, he was instrumental in setting up the iCare project supported by his employers at Talk Direct/O2. He

has supported us with events, talks, technology Guru Days, our Job Club and fundraising. We are delighted that he has agreed to take on the role of **SRSB/RSS** Ambassador.

Fundraising

Steve updates us “We hope you are keeping safe and well, and looking forward to the warmer weather and longer summer days. Thank you to everyone who has supported our work. We’ve had a good start to the year with a number of trusts and foundations supporting our work. We’ve also had help from a number of companies, groups and associations. Our community fundraising is starting to improve and we’re being offered more in-store collections, although struggling to find enough volunteers to fill them! On Sat 14th May over 30 people will have abseiled 160 feet from the Owen Building at Sheffield Hallam to support our work! Thank you! We’ve other events in the pipeline, including our regular quarterly Pub Quiz, and we’re planning a trip to the world’s fastest zipline.”

Further information on most of these events is below or available at www.srsb.org.uk To join us at any event or find out about any of the fundraising mentioned below you can book online at www.srsb.org.uk/fundraising-events.aspx call Steve on **0114 272 2757** or email fundraising@srsb.org.uk

Summer Raffle: Thank you so much to everyone who supported our last raffle in Dec. This year we

have increased the first prize to £250 and will also be giving away a further 20 fantastic prizes as well. 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 **SRSB** in the FREEPOST envelope no later than Monday 18th July (to be drawn on Wed 20th July). Cheques should be made payable to “**SRSB**”.

If you or your family can sell extra tickets please call **SRSB/RSS**.

If you prefer pay to for the raffle tickets by debit /credit please call us and we can take your payment and enter tickets into the draw for you. It’s simple and ALL proceeds will go to **SRSB**. We realise selling tickets is not for everyone, so don’t worry but please DO NOT return the tickets to us as we do have to pay postage for the FREEPOST envelope if you use it. If you would prefer not to receive raffle tickets in future then please just give us a call.

If you are able to help us save costs by putting a postage stamp on the envelope, please ensure that you cross out the first line of the address on the envelope which starts “Freepost Plus” and the barcode immediately above it. We’ll be charged otherwise.

Please could you also ensure that any persons buying raffle tickets are aged 16 or over.

Can You Take On 160+ for SRSB? A huge thank you to

everyone who has already signed up the Take On 160+ for **SRSB** challenge. We've got people busking, line dancing, abseiling, selling art, organising garden parties and coffee mornings and much more. If you are interested in taking part then you can sign up at any time this year.

World's Fastest Zip Line anyone? Calling all adrenaline junkies! We're asking for expressions of interest for a small group (Oct) to Velocity 2, the world's fastest zip line set in the Penrhyn Quarry, near Snowdonia in North Wales. Participants fly 500m above the bright blue quarry lake, reaching speeds of up to 118mph! The Zip will cost around £74 per person, and we'll also need to cover travel and maybe accommodation, should an overnight stay be included. Interested? Contact Steve as places will go quickly.

Rotherham Appeal Update: We've successfully exceeded our first appeal target of £70,000. So, a huge thank you to everyone who helped make this possible. Despite this success, like many other things during the pandemic, building and material costs have gone up significantly, and an architect's scheme of work has identified several snagging issues! So, we have had to increase the appeal target to £150,000. If you would like to support the appeal either through your own event, taking part in a **SRSB/RSS**

event or providing a donation, it would be great to hear from you. To donate please visit www.justgiving.com/campaign/RSS-GiveUsALiftAppeal

Charity Pub Quiz: Pub Quiz at The Old Queens Head, Pond Hill Thurs 16th June, 7:30pm start Why not join us for our second pub quiz of the year? For the price of a pint or glass of wine, you get a great evening's entertainment, including sandwiches and chips at half time thanks to Zuzana and Mike from the pub. Don't worry if you don't know anyone, we'll match you up with other players, if that is what you want. There are prizes for the top team on the night and the chance to win prizes in our raffle too! £4 per person (max of 4 per team)

Sheffield and Rotherham Stays In: Sat 9th to Sun 17th July. Why not sign up for our annual event where we ask the people of Sheffield and Rotherham to 'Stay In' and hold their own event for **SRSB/RSS**. You can hold your event at home, in your local pub or at work. It could be at night or during the day. We offer prizes for best fundraising individual and group, best photo and 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. You will receive a fundraising pack, thank you letter and certificate after the event to acknowledge how much you raised.

Legacy Update. Free Wills

Weeks: We are planning two Free Will Weeks in 2022 on various days at either our Rotherham and Sheffield Centres. For the first time this will include a BSL day at Rotherham on Tues 27th June, subject to demand.

Week 1: 26th June to 1st July

Week 2: 10th to 14th Oct

The weeks are where people get the chance to see a solicitor for advice about making a will, and if they decide to make a will, **SRSB/RSS** will pay the cost of a straightforward, basic will. We would hope that you will consider making **SRSB/RSS** a beneficiary under the will and/or making a small donation, but there is no obligation to do so. Meetings can be arranged either in our Centres, at the solicitor's office or in certain circumstances at home.

Guardian Angel online service:

We recently started a new relationship with Guardian Angel to provide a simple will for free, that would usually cost £90, that can be produced online or over the phone, and give you peace of mind. This service is available at any date to suit during the year.

By leaving a gift in your will to **SRSB/RSS**, you will help ensure our valuable work continues for many more years to come.

SRSB/RSS Weather Lottery:

Why not join our £1 weekly Weather Lottery with the chance to win £25,000? Prizes are also given when 3, 4 and 5 numbers match.

When you join you receive a unique

6-digit lucky number for each £1 entry to be entered in a weekly draw. The results are calculated using the last 6 digits of Fahrenheit temperatures from 6 popular European destinations.

Collection Volunteers Urgently Needed!

As things start to open up after the pandemic, we're being offered more in-store collection opportunities. We urgently need people to help at the following:

Morrisons Catcliffe: Thurs 26th and Fri 27th May

Tesco Extra, Rotherham: Thurs 9th and Fri 10th June

Atkinsons: Fri 17th and Sat 18th June

Asda Drakehouse: Thurs 28th and Fri 29th July

Atkinsons: Fri 7th and Sat 8th Oct

Asda Drakehouse: Thurs 24th and Fri 25th Nov

Other Events:

SRSB/RSS Golf Day, Dore & Topley Golf Club. Fri 16th Sept

World's Fastest Zip Line: Penryn Quarry. Fri 7th to Sat 8th Oct

Skydive: Hilbaldstow Airfield, Lincs. Dates to suit in 2022

Wing Walk: Wickenby, Lincs. Dates to suit in 2022

Thank You! A really big thank you from Steve and everyone at **SRSB/RSS** for everything you do to help with fundraising. If you're able to help in any way, or just want ideas on how you can get involved, we're here to help – just get in touch. Have a great summer!

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