

**Sheffield Royal Society for the Blind
Rotherham Sight & Sound
Cairn Home**

INSIGHT SPRING 2023

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.

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Introduction

We're excited to announce that we will begin a long-awaited refurbishment at our **Rotherham Sight & Sound (RSS)** Centre on Ship Hill Rotherham in March. The current Centre will close and staff will be located in temporary offices in Rotherham until Stage 1 of the refurb is complete.

The launch of Phase 1 of the refurb will improve accessibility and capacity by installing a lift, moving the main entrance and building a ramp, carrying out a full ground floor refurb including a new cafe, providing accessible toilets on the 1st & 2nd floors and a basic makeover of the rest of the building.

Joanne Ardern CEO of **SRSB** and **RSS** says "We're 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 and we've come up against some challenges such as the pandemic and the knock-on effects of this."

Steve Loane our Fundraising Manager explains further "We've worked hard to get our Rotherham lift and refurbishment back on track after some delays. The main issue had been the rising costs for construction and materials, which has meant we've had to approach the work in phases. We've also been waiting for planning permissions.

"We want to give our thanks to the people and organisations of Rotherham and the surrounding area for the incredible support they have shown so far."

We'll still be working in Rotherham throughout the refurb and will still be contactable on **01709 722 420** and

enquiries@rotherss.org.uk

The temporary offices will be located at **Suite 1, Offices 5 and 6, Thornbank, 38 Moorgate Road, Rotherham S60 2AG** and

occupied from Monday 6th March when the Ship Hill Centre temporarily closes.

The Hearing Aid repair service will continue from 9am to 12:45pm and will be at the temporary office.

Useful information about getting to our new **RSS** temporary office using the South Yorkshire Transport Journey Planner: Input your start point and end point, and it will calculate the best route you can take using public transport/walking. Put the new address (above) into your destination: **Journey planner link:**
<https://journeyplanner.travelsouthyorkshire.com/>

Newsletter by Email?

You could choose to receive our quarterly newsletter by email or memory stick to help us cut down on printing costs.

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 or by memory stick. We would really appreciate it. Thank you.

SRSB & RSS News

SRSB, RSS Updates

This newsletter is packed with lots of updates and information about existing and new services and groups, as well as relevant external information.

One area of our work in the community is raising awareness of sight and/or hearing loss and issues that our clients face. This has led to us being asked more and more to give feedback on a range of topics. This includes being involved in consultations, research and focus groups on a variety of issues (more about some of these in this newsletter).

We are trying to establish a mailing list for clients who are interested in being informed about this. Please get in touch to be

added to the list so that you will receive information as soon as we hear about any projects. More on this in the Awareness section of this newsletter.

We hope you enjoy reading our updates and please get in touch if you want to join us at the various groups, activities, and find out about other services. It's great to be looking forward to Spring knowing it is just around the corner!

Meet the Team:

Carolyn: "My name is Carolyn and I originally started working at **SRSB** as a Community Advice Officer back in 2005, with a particular interest in welfare benefits. I have recently returned to **SRSB/RSS** after four years with Derbyshire County Council's Welfare Rights Service where I have been able to build upon my knowledge base, and I intend to put that to full use! My role is quite diverse and no two days are the same, and I feel very lucky and privileged to be back working for this great local organisation. "I love the great outdoors, particularly the Peak District and Scotland, and I am passionate about animals, so the more Guide Dogs that we have visiting the Centre the better!"

Tony: "I joined **RSS** when it first opened five years ago, first as Technical Trainer and after the lockdown my role changed I became Deaf Services Co-ordinator.

"My role encompasses using British Sign Language (BSL) when working with our Deaf clients and working alongside our Community Advice Officers providing help and support on deaf issues. I also assess and issue equipment on behalf of Rotherham Council which means I visit clients in the home to assess their needs for hearing impairment equipment, something I enjoy.

"I also provide services to hearing aid users on behalf of Rotherham NHS Audiology services, such as retubing of hearing aids and help & support.

"Meeting new people means there's never a dull moment at **RSS!**

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 are welcome to access services in both Centres if they wish. Please note that services at **RSS** will be different during the refurb, so some information below has been amended temporarily until this project is complete.

Cafe VIPs (SRSB): We're open Mon to Fri 10am to 3pm. It's great to see it so busy before and after groups and when clients pop in when they're in town or meeting friends. We're really looking forward to having a Cafe at **RSS** when the refurbishment is complete, more news on this as things progress.

CAOs (SRSB & RSS): Our team of 10 Community Advice Officers (CAOs) offer a comprehensive support and advice service to our clients in the local community often at a very difficult time of someone's sight or hearing loss journey. CAO Team Leader Sarah shares this information around the cost of living and utility bills: "Some utility companies offer grants and support for people who are falling behind with paying their bills. If you are struggling to keep up with payments due to the cost of living and would like to talk to someone about it please contact us and ask to speak to a Community Advice Officer." Recently our CAO Team had a very useful visit to St Luke's, Sheffield's Hospice Day Centre, for our Community Advice Officers Team to hear about their wonderful services. This was

following a visit from St Lukes to **SRSB** to hear about our services.

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

- **Benefits Advice:** SRSB & RSS
- **Little Sparklers Playgroup:** SRSB
- **Youth Group:** SRSB & RSS
- **Children's Activity Packs:** Postal
- **Theatre/Cinema Trips:** Various locations
- **Summer Day Trip:** Friday 11th August to Scarborough.

Hannah, our Children & Family Support Officer updates us: "We have now restarted our Youth Group sessions following the Christmas break. It is amazing to see everyone so involved in the activities we put on! Our most recent session was a clay making session and a 15 minute dance injury prevention class by Rationale Arts!

"The Youth Group is a monthly group available for any client aged 10 to 17 years old with sight and/or hearing loss who would like to meet different people and get involved in the activities and events we plan. Some plans for the future include visiting Sheffield Winter Gardens, exhibitions, cinema and eating many snacks and good foods! Check our social media and website for future announcements and do get in touch if you have any questions or ideas.

"We'll soon be sending out our Children's Activity Pack for the Easter holidays to our younger clients, so please let us know if you would like to receive these free packs for your child, or you are a client and would like to do these activities with your child. They're packed with quizzes, games, recipes, colouring, craft kits and sometimes a little treat in the form of chocolates/sweets! We have competitions and themed goodies

as prizes.”

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

VI Looking Ahead: Matt, our Training & Development Officer has been developing the Looking Ahead Groups that are open to newly registered vision impaired clients or clients who have experienced changes in their sight loss.

The sessions now run over 2 days covering: Day 1 Emotional Support and Daily Living. Day 2 Mobility and Technology.

Just contact Matt to register your interest in attending this group.

Culture Club (SRSB & RSS):

Dates for our group who enjoy a bit of theatre, museums and art: Theatre performances are audio described and signed and the group usually go for a bite to eat beforehand. Please get in touch with Liz for prices and availability:

- **Bury Market:** 24th Mar
- **Sister Act:** 13th Apr Sheffield Lyceum
- **MouseTrap:** 1st June Sheffield Lyceum
- **1940's Brighthouse:** 3rd June
- **Take That the Musical:** 16th June Sheffield Lyceum
- **Miss Saigon:** 27th July Sheffield Crucible

Other information: We've been asked by the Northern Ballet to let our clients know about an audio described performance and they have sent us this information:

Northern Ballet's production of The Great Gatsby tour to Sheffield Lyceum Theatre from 21st Mar to 25th Mar 2023. There will be an audio described performance of The Great Gatsby on Saturday 25th Mar at 2pm, with pre-show notes starting at 1:45pm.

A free Touch Tour Insight will take place at 11:45am on the same day.

More information here:

www.sheffieldtheatres.co.uk/events/the-great-gatsby

Our Book Club was invited to visit Sheffield Town Hall by the Lord Mayor of Sheffield Sioned-Mair Richards. What a fabulous afternoon we had! Huge thanks to the Lord Mayor for inviting us for tea in her Parlour to talk about all things books, and to review our last read for the Book Club.

ECLO's (Eye Clinic Liaison Officers)

Sharon and Clare share the post of Eye Clinic Liaison Officer, and are based at the Eye Clinic in the Royal Hallamshire Hospital. They're the first point of contact at the hospital and refer new clients to our services and provide information and advice at this critical point of diagnosis.

Emotional Support (SRSB & RSS): NEW: Our Emotional Support Officer Hayley and our Counsellor and Psychotherapist Jack are beginning some Mental Health workshop sessions. They are a safe space to share your experiences in a friendly group atmosphere. It's a chance to connect with others who may be going through something similar. You can tell your story about how your journey of sight loss has affected you, your loved ones and your world. We will also discuss how we look after ourselves when we struggle with mental health and learn techniques to make things a little bit easier.

Equipment Advice and Technology Support (SRSB & RSS):

Our Equipment Advisor Rob can advise on a wide range of products.

Our Technology Trainer Jake can help you with the latest assistive tech or to learn something new.

We are holding regular Tech Drop In Days at **SRSB** and the next session is on Wed 18th April at 1pm to 3pm. Rob and Jake will be

available to chat to you about your tech questions. We also have several donated CCTVs (Closed Circuit Television) or Video Magnifiers which provide low vision aid for people with a range of different sight loss conditions. They are available as desktop or hand held devices and we'll be passing on some used items for low prices starting at £50.

This is a drop in event, so just call in if you would like to find out more about the items or have any tech or equipment questions. 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's a list and the location, this includes changes due to the temporary closure of the **RSS** Centre in Rotherham during the refurb. **Just get in touch to find out more or view online here:**

www.srsb.org.uk/client-events.aspx or email activities@srsb.org.uk

Please remember that clients from **SRSB** or **RSS** can access our services at either Centre. Some of the groups offer a Zoom option too. For activities outside **SRSB/RSS** transport is sometimes available, so please check when enquiring:

Activity Packs: Postal

An Evening With...: SRSB

Archery: Sheffield

Baseball: Sheffield

Bingo: Moving to SRSB temporarily

Book Club: SRSB/RSS Zoom

Craft Groups: Moving to SRSB temporarily

Creative Writing: SRSB

Crown Green Bowling: Sheffield

Coffee Mornings: SRSB

Cycling: Sheffield

Horse Riding: Sheffield

Painting Group: SRSB

Rotherham Guided Walks: Rotherham

Sheffield Visually Impaired Walking Group (SVIWG): Various locations

Showdown: SRSB

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: SRSB

Yorkshire VI Cricket Club: Various locations

UPDATES: NEW. Therapeutic Yoga: We're setting up an in person Therapeutic Yoga Group at **SRSB** which will take place on Wednesdays from 2:30pm. First taster session on 8th March.

NEW: Showdown. Showdown is proving a great hit with our clients! It's a fast paced game that could be described as similar to air hockey and table tennis and its popularity is growing around the world.

Blind Sailing: Have you ever fancied trying sailing? We have some information about some different sailing events for visually

impaired people and can pass this on if you would like to find out more.

Health & Beauty Room: We have a range of visiting external suppliers, so if you fancy a new hairdo or a relaxing massage, this is for you. Why not combine it with lunch or a cuppa in the Café! Price lists available on request for each service, give us a call us to request one or ask at reception. Please book your appointment directly; contact numbers are listed below. Our visiting podiatrist finished at the end of February and we are currently looking for a new provider.

- **Aromatherapy Massage & Reflexology:** Tuesdays with Chris (female therapist). Tel: 07852 589258
- **Hairdressing:** Thursdays with Anne. Tel: 07939 201622
- **Sports Massage:** Fridays with Jordan. Tel: 07807 400952

Hearing Impairment Services: Our services include:

- **BSL Social Group:** On hold until RSS reopens
- **Sign Language Taster Sessions:** Demand led short courses
- **Hearing Aid Repair Service at RSS:** For tubing, batteries, domes, help and advice at **RSS** temporary offices on Moorgate Road.

● **Rotherham Hard of Hearing Group:** Monthly in Rotherham
Please get in touch with Tony to enquire or register your interest about any of these services.

One-Off Events: Booking is essential.

- **Optalec Demo Day** 2nd May 9:30am to 3pm (bookings every half hour)
- **Sight & Sound Demo Day** Tues 11th April 9:30am to 3pm (bookings every half hour)

Self Help & Support Groups: The following groups are either operated by **SRSB/RSS** or independently, with support from us.

- **CBS (Charles Bonnet Syndrome) Support Group:** SRSB
- **DeafBlind Group:** SRSB
- **Peer Support Groups:** SRSB
- **Retinitis Pigmentosa Support Group:** SRSB
- **Sheffield Macular Group:** Sheffield
- **Stargardt's Support Group:** SRSB
- **Stroke Support Group:** RSS and SRSB
- **Rotherham Macular Group** Rotherham
- **Rotherham Hard of Hearing Group:** Rotherham

NEW: We're trying to establish a new Stargardts Group, so please come along to help us form what this group will become for our clients. Next session is on Tues 18th March at 10am.

Talking News: Sheffield Talking News and Rotherham Talking News have several different ways in which listeners can tune into their service, all of which are fully accessible. Some of the options are listening via Alexa, Google Home, USB memory stick, the website, the Talking Newspaper app plus more.

If you are interested in finding out more about your local Talking Newspaper please get in touch with us and ask to speak to a Community Advice Officer who can offer you support.

Maybe you have tried Talking Books but not Talking News or vice versa, both are such fantastic free services and worth considering giving them both a try.

Ask us for details or visit: www.sheffielddtalkingnews.org.uk and www.rothnewstalk.co.uk

Cairn Home

Staff Updates: We have a new Cook called Janet, and recently taken on 2 new carers called Ashia and Shakira.

Other Updates: We have begun the refurbishment of the en-suite bathrooms at Cairn Home and are delighted that one is now completed and the next one is underway!

Our lounge (with our very own bar) has had an upgrade and our residents love all the new details that have been added. We're having a visit from some miniature ponies and new Chair Yoga sessions on a Saturday.

If you'd like to find out more about Cairn, please get in touch:

0114 266 1536 or cairn@srsb.org.uk

Awareness

We work hard to raise awareness of issues that our clients face and also about our charity. This includes being involved in consultations and focus groups on a variety of issues.

If you're interested in being notified directly about any meetings, consultations or focus groups we take part in or other events, please contact us: info@srsb.org.uk

For example, we've recently held or supported groups about flooring at Rotherham Interchange, a **NEW** Discussion Group addressing different topics which will be held each month at **SRSB** and the February meeting discussed street lighting. A group visited the Graves Art Gallery in Sheffield to listen to an audio description of some artwork. Sharing information about access feedback on information from local organisations and also research requests from various organisations.

We have been grateful for the support of the Rotherham Advertiser and Radio Sheffield in helping us with stories about volunteering and our new Showdown game. We also recently worked with Working Win on a video where we had representatives talking from different perspectives about our

relationship with this fantastic organisation who support people back to (or to stay in) employment.

Representatives from the **Sheffield Royal Society for the Blind (SRSB)** and **Rotherham Sight & Sound (RSS)** were delighted to attend an event at the Houses of Parliament in November 2022 to mark Charles Bonnet Syndrome awareness day and 7 years since Esme's Umbrella began. Esme's Umbrella is a campaign group for everyone working towards a greater awareness of Charles Bonnet Syndrome and it was started by Judith Potts, whose mother Esme, had Charles Bonnet Syndrome.

Charles Bonnet Syndrome Study: Experiences of Charles Bonnet Syndrome associated with physical activity. A PhD study is being carried out by Katharine Fisher at the University of Manchester.

Katharine would like to talk to people living with CBS to find out if visual hallucinations cause any problems while carrying out physical activities.

You will be asked to take part in a one telephone interview or, if you prefer, an interview online. The interview will last approximately 30 minutes to 1 hour. If you do not want to take part in an interview, you can share your experiences in a different way such as writing an email, or audio recording your voice.

Katharine would love to hear from you if you:

are aged 50 years or over

have been diagnosed with an eye condition

currently have CBS, or have had symptoms of CBS in the past

If you're interested in taking part, you can contact Katharine by email: Katharine.fisher@postgrad.manchester.ac.uk or telephone: 07762 932135

It is completely up to you whether or not you take part in this research. If you do agree to take part, you are still free to withdraw from the study at any time, without detriment to yourself.

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.

We also run a Visual Impairment Awareness Training Group for friends and family members of our clients. Please get in touch with Matt to register interest.

Heritage Update: Most of the Heritage Awareness work last year was made possible thanks to National Lottery Players.

Heritage and Sensory Garden: Work on the garden at Graves Park continues with the raised bed and ground beds now completed.

Installation of the benches is also scheduled for Spring, and ideas on the pergola and planting in the recess areas have been put forward to the Council's Parks Department. The sculptor Jason Thomson started preparing the stones for carving the Memory Poem Boulder for the garden and will begin work soon. The poem has been written by our Creative Writing Group at **SRSB**.

If you're interested in assisting with maintenance of the garden, please get in touch with Steve.

Displays: We've completed several of our Heritage Awareness events and since that last newsletter we'd like to thank Sheffield Hallam University, The Moor and Crystal Peaks Markets, Virgin Money Lounge for their support and have more planned around the city in 2023, including a potential display at Sheffield Cathedral.

Other Heritage Events: Our history book is nearing completion and we would like to thank our Chair of Trustees, Richard Frost, for all his hard work in bringing a lot of information together for what will be a very interesting read.

We will also be producing a history video this year.

We Need Your Stories!

We're 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 and record your recollections about things such as the school on Manchester Road, the old Centre on Mappin Street, the move to Darnall during refurbishment, Cairn Home, events and trips for example. It could be you or a family member who has experienced our services. Anything that you would like to share.

Other Information:

Cath Acons. Voyages Exhibition:

We are passing on this information about an exhibition in Sheffield that may be of interest to our clients, as visitors are invited to handle, touch and feel the artwork. It's at:

Exchange Place Studios, Exchange Street, Sheffield S2 5TR.

25th Feb to 26th Mar 2023

Tue to Thu, 10am to 5pm

Fri to Sun, 12pm to 5pm

Find out more: www.artspace.org.uk/articles/voyages/

Bloc Projects

Our thanks to Bloc Projects and Rian Treanor for the sound project, and resulting 'Cummulative Entanglement', an exhibition documenting the project and exploring its themes. This event was the cumulation of a year long series of workshops led by Rian Treanor with some of our **RSS** clients, Kathleen Allott, Anne Goss and Mick Gladwin. Unfortunately the workshop planned was cancelled because of illness, but we're hoping to rearrange at some point soon, so check our website and social media for any updates when we find out.

Home Library Service:

Sheffield Libraries have asked us to let our clients know about their Home Library Service. Do you struggle to get into your local library because of health or access problems? Do you know someone that would enjoy a regular home visit? The Library's friendly staff deliver books, talking books, DVDs and jigsaw puzzles directly to your home. More info here:

www.sheffield.gov.uk/libraries-archives/home-library-service

Feedback

It's great to hear from you about our services and we'll feature some feedback in each newsletter:

Fiona tells us about her experience of taking up our new

LIFE: Ahead service: "I worked with Sarah on the LIFE: Ahead project and it was a relaxed, informal, question-based discussion focused around what you did before sight loss and what you would like to do, get back doing and or miss doing. Then Sarah will sign post you in the right direction where possible for example groups, activities, courses etc to help you achieve the goals you set, although there's no pressure to complete your personal goal within a certain time frame. It's more to see if it's still what or where you want to be or heading in or if there's another path you want to look into or go down. To be honest it could potentially open your mind to many things you may not have even considered when you speak to your Community Advice Officer at first, as it's very overwhelming at that stage. Your emotions are all over the place and your thought process may not be as clear when you first become a client or even come back after a break as a client, as I did.

"I found it really useful. It's something that can be referred to at a later date to see what progress you've made or perhaps still need some friendly encouragement. It's nice to go over things to see if

anything's changed or improved or if you've thought of anything else along the way!

“Sarah followed up our meeting with an email containing a link and information for an online course we discussed. She's perfect for this role! Her warm, friendly, engaging personality is just what clients need. I've been a client a little over 7 years ago but wasn't an active client. Having someone like Sarah to go through some personal goals is just what I needed since I returned last summer. I found it really informative and encouraging without pressure.

“This and Looking Ahead are a perfect combination for information, guidance, confidence and encouragement! I've now got few more ideas running through my head, there won't be enough hours in a day!”

Mick shares a story about his sight loss journey:

Our client and volunteer Mick has achieved a huge amount after losing his sight in the last few years. He's learned how to navigate daily life and successfully taken on a lot of big new challenges. His aim in sharing his experiences is to inspire people with visual impairment, “to get out from the four walls.”

Mick's story is an inspiration but he's not telling it to be boastful.

“If my story gets across to just one person and helps them to get out and not just be lonely at home then I will be really pleased,” he said.

A career in the steel industry ended when Mick suddenly lost vision in his right eye. Mick could cope well before that happened, he was even able to drive. But he then faced many more difficulties.

He made contact with **Rotherham Sight & Sound (RSS)** and that's when things started to change.

“From that day on so many doors opened it was brilliant. People were there to help with things I didn't know about, I was just coming up to brick walls. I can understand why people get depressed.”

He got help with the practicalities such as sorting out benefits and doing cane training. A turning point was also joining our Looking Ahead course. At first Mick thought that hearing about the problems other people were facing would not be for him but actually listening to the shared experiences and getting to know people was a big help.

Mick was really keen to learn cane training because he wanted to get back to some sort of normal life. “I want just to carry on with life. I don’t want to think about losing my senses, I want to try to do things to the best of my ability.”

Long cane training gave him the confidence to get on a bus alone and make his way across Rotherham town centre to meet his teacher Tracy, one of our Community Advice Officers, at an event. She hailed him as her “star pupil”. Mick modestly thought he probably didn’t deserve such praise but it did give him a feeling of satisfaction that he had made the journey by himself.

That willingness to try something new has served Mick well and it’s still less than 2 years since his sight went. He’d enjoyed playing sport in the past so when any new activity was suggested at **SRSB/RSS** he would always say, “Put my name down for it.”

He’s joined the VI Walking Group, tried tenpin bowling, tennis, archery, and shooting. But his biggest success and the sport he really took to was baseball. Mick had only ever seen one baseball match in his life and that was on holiday in Canada.

You can read Mick’s story in full here: www.srsb.org.uk/Mick/

Volunteering

A message from Andrea to our volunteers: “On behalf of **SRSB/RSS** I would like to say a big thank you to all our fantastic and dedicated volunteers who continue to give their time and energy for the benefit of our clients. Our team are truly thankful for that time, for without it our service would not be as full or varied for all who benefit from your efforts.

“Our My Guide service is developing. The aim of our My Guide service is to match a sighted guide volunteer with one of our clients to help build confidence and independence, and to achieve personal goals that they have identified. It is a service we deliver in partnership with Guide Dogs UK.

“We are still looking for support at our varied and exciting activities, however many of our clients cannot access these activities without the assistance of a sighted guide, if you feel you’d like to be part of our growing team of volunteers.

“Our Tele-Befriending Service continues to grow and we continue to welcome new volunteers to the team, many who are clients of **SRSB** and **RSS** find being a Befriender gives them purpose and is mutually beneficial, when trying to combat loneliness and isolation, or just need a bit of cheering up.

“Our Tele-Befriending Coffee Morning in January introduced Hayley and Jack (our emotional support team) to the Befriending volunteers to talk about their Emotional Support and Counselling & Psychotherapy services, giving an insight in to mental health, signposting and safeguarding, so that this can be passed on to clients as appropriate.”

Trustees: David Shepherd Retirement: We’d like to say a huge thank you to one of our longstanding Trustees, David Shepherd who has retired from our Board, and who has made a real difference to our charity over the years in this voluntary role. He became involved in 1989 at the behest of Don Earl who was chairman at the time.

David, a local lad, was educated at Ecclesall C of E, High Storrs and then at Manchester UMIST, before practicing Optics in the family business throughout his professional career.

He was secretary of the Local Optical Committee for twenty years and involved in the inception of the Sheffield Diabetic Screening Project and other shared care ventures, also serving on the Low Vision Consultative Committee.

We have been very lucky to benefit from David's enthusiasm, connections and experience over the years. He has been a very active Trustee who has supported many areas of our charity and been involved with our clients over the years, and we will miss him very much, although we know he will still be involved on a more informal basis. Thank you David.

Gary Smith: We welcomed a new Board member this year, when Gary Smith joined as a Trustee. Gary is a Deputy Headteacher. Having studied at The University of Hull and undertaking a PGCE at the University of Sheffield, Gary has taught within secondary schools for over 25 years and now works at a Sheffield school. He is a keen sportsman and walker and will often either be on a squash court or in the Peak District in his spare time.

Gary and his family have been involved with **SRSB** since 2008 as a result of his son's visual impairment and throughout this time **SRSB** has offered targeted support, advice, guidance and activities for them all.

Anne Murphy: We would like to pay tribute to Cllr Anne Murphy, who sadly passed away before Christmas. She was a former Lord Mayor of Sheffield and an Ambassador of **SRSB** and **RSS**. Anne supported us as one of her Charities of the Year when she was in post as Lord Mayor in 2017/18.

We were so pleased that she decided to remain involved after that and support us as an **SRSB/RSS** Ambassador. Anne was a very active supporter, attending many events for our clients, our volunteers and at fundraising events. She was a caring person, who was always interested in everyone else and she always brightened up the room when she visited us.

Anne was herself visually impaired, so she had a real passion and understanding of the challenges that our clients face every day. She will be missed very much and our thoughts are with her family and friends. Thank you Anne for your friendship.

Fundraising

Steve updates us: A huge thank you to everyone who was able to support us in 2022. Your donations really do make a difference. We're already well into 2023, so the good news is that we've had plenty of time to plan lots of exciting fundraising events for this year!

Our first event is the Pub Quiz at the Old Queen's Head on Thursday 23rd March, with 3 further dates booked in later in the year. We're repeating our Take on 160+ challenge, with the opportunity to abseil 160ft again at Sheffield Hallam, and take part in the Infinity Bridge walk in the stunning Lake District for the first time. In July a Robbie Williams tribute will 'entertain you'. Our annual golf day takes place in September and our popular Wine & Cheese event will return in December. We're also hoping to run a further trip to the world's fastest zipline in the autumn. We also have gin tasting and a Christmas afternoon tea in the pipeline. As usual, we'll support any individual fundraising challenges or events you plan.

Of course, there are other ways to support us too. You can join our lottery, take part in our summer and/or winter raffles, have a home collection box, make a regular or one-off donation or consider supporting us in your will. Whatever you decide to do, your help as always is much needed, and very much appreciated. Further information on most of these events is below. 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

Rotherham Appeal – We Need You!

Some fantastic news! The building work at Rotherham Sight and Sound began on Monday 6th March, but we still need to fundraise to cover the costs (we have found a temporary base in Rotherham as detailed earlier).

So far, we've raised £90,000 or just over half thanks to Westfield Health, The Wolfson Foundation, Nationwide Building Society Rotherham, The Screwfix Foundation and general donations. But we still need to find another £85,000, so any help you can provide would really be appreciated.

To donate please call us or visit

www.justgiving.com/campaign/RSS-GiveUsALiftAppeal

Take On 160+

As part of our charity's delayed 160th anniversary in 2022 we challenged individuals or groups to aim to raise £160+ each during the year to support people with sight loss in Sheffield and Rotherham. A fantastic 41 people successfully completed the challenge last year and collectively raised an amazing £14,375 to support our local sight and hearing loss services.

To celebrate we held a special event on the morning of Saturday 28th January where the Deputy Lord Mayor of Sheffield, Cllr Colin Ross, presented our brilliant fundraisers with a commemorative T shirt, and we had some group photos taken. Thank you to everyone who took part and all who supported them...a brilliant all-round effort.

Take On 160+ 2023

Due to last year's success, we're running Take on 160+ again in 2023. So why not choose your challenge: Get Active? Get Creative? Give Something Up? Get Involved! It could be as simple as:

- Having a home or elephant collection box,
- Setting up a regular donation,
- Taking part in an **SRSB/RSS** event (abseil, zipline, high wire)
- Organising your own fundraiser

Can you help us smash that £14,375 target in 2023? If you or anyone you know is interested in getting involved please get in touch with Steve.

Sheffield Hallam 160FT Abseil

Daredevils can abseil 160ft again in 2023, thanks to providers EightPointTwo, who will be running the event at the Owen Building on Saturday 15th July 2023. Entry is £50 per person and you then fundraise what you want. Anyone raising £110 or more will qualify for our Take on 160+ challenge. To register please contact Steve.

World's Fastest Zip Line

2nd September 2023

Calling all adrenaline junkies! We're repeating the popular Velocity 2, the world's fastest zip line set in the Penrhyn Quarry, near Snowdonia in North Wales again in 2023 (date tbc).

Participants fly 500m above the bright blue quarry lake, reaching speeds of over 100mph!

The Zip will cost around £80 per person, and we may also need to cover travel and accommodation for two nights (1st & 2nd).

Interested? Places will be limited but please contact fundraising

Infinity Bridge, Lake District

We're also planning a weekend trip to the Infinity Bridge at the Honister Pass in the Lake District (15th July). Aptly named because you can't see one end from the other, the bridge is the longest high-wire bridge in Europe, boasts stunning views and will take you 1000 ft above sea level. The event will cost £25 per person, plus travel and one or two night's accommodation. Places will again be limited. Further details from fundraising.

Charity Pub Quiz

The Old Queens Head, Pond Hill, Sheffield. Thursday 23rd March, 7pm (7:30pm start)

Thanks to everyone who made it to our last pub quiz at The Old Queens Head. It was our most successful one since before the pandemic with 54 people attending and a fantastic £338 raised on the night.

Our first quiz of 2023 is on Thursday 23rd March. It's a great evening's entertainment for less than the price of a pint or glass of wine, and the pub even puts on some sandwiches and chips at half time! So why not join us for a great value evening out and the chance to really get your grey matter working?

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, and the chance to win prizes in our raffle too!

Later dates include: 15th June, 21st Sept and 30th Nov.

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

Robbie Williams Tribute Night

Beighton Welfare Recreation Ground, Saturday 1st July

An evening with Dann Budd, the UK's number one Robbie Williams impersonator and one of the best tribute acts on the circuit today. Described by Robbie Williams dad as being 'the closest thing to the real thing.' Tickets £10 available from fundraising.

Regular Giving and Legacies

Regular gifts are an important source of income for us. They really do make a big difference and help us to plan ahead. Here are just some of the options available:

Standing Order or Direct Debit

Many of you already choose to give monthly, quarterly or annually by standing order or direct debit – thank you. Committing to give the equivalent of the cost of one cup of coffee, pint of beer or glass of wine each month can make a huge difference to us. It's 'Cheers' from us if you choose to help in this way!

SRSB/RSS Lottery

Our weekly lottery moved last year from the Weather Lottery to Unity, the largest charity lottery provider in the UK. Players are issued with a six-digit number and the draw is made every Friday.

You can enter for as little as £1 a week - so why not give it a go with the chance to win £25,000 and other prizes?

Consider leaving a gift in your will

Making a will is perhaps one of the most important things you will ever do. It is the only way to be sure that your family, friends, favourite charities and others are provided for as you wish after your death.

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

We will be organising our usual Free Will Writing Weeks later this year in June and October.

Guardian Angel: online service

We're continuing our relationship with Guardian Angel to provide a simple will for free, that would usually cost £90. Wills are mainly produced online, but can also be done over the phone or in person, and give you peace of mind. This service is available at any date to suit during the year.

For further information on legacies please contact Steve.

Collections Thank You & New Dates for 2023

A big thank you to all our volunteers who helped at our end of year collections. Your support was very much appreciated.

We are already starting to get some dates in for 2023.

- **Morrisons Catcliffe:** Fri 24th Mar
- **Atkinsons Sheffield:** Fri 21st and Sat 22nd Apr
- **ASDA Handsworth:** Thurs 8th and Fri 9th June
- **Atkinsons Sheffield:** Fri 23rd and Sat 24th June

If you can spare a few hours to help please call Ben or email fundraising@srsb.org.uk

Other Events

- **Sheffield Half Marathon:** Sun 26th March.
- If you or someone you know is taking part and can run for us please get in touch.
- **SRSB and RSS Golf Day:** Dore & Totley Golf Club
- 15th Sept 2022
- **Sheffield 10k:** Sunday 24th September
- **Skydive:** Hilbaldstow Airfield, Lincs. Dates to suit in 2023
- **Wing Walk:** Wickenby, Lincs. Dates to suit in 2023

Thank You

We are still finalising details for some 2023 activities. We expect to add a few smaller events, some extra in-store collections and are working hard to re-instate Blind Drive, which we know was very popular pre-pandemic. We know these are very challenging times for everyone, so any help you provide is very much appreciated.

Best wishes to everyone for 2023 from Steve and Ben, the Fundraising Team at **SRSB** and **RSS**.

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