

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.

- Introduction 2**
- Newsletter by Email? 3**
- SRSB & RSS News..... 3**
- Services 5**
- Cairn Home 15**
- Awareness 16**
- Feedback 19**
- Volunteering 21**
- Fundraising 22**

Introduction

We've been having another busy year so far at **SRSB/RSS** and **Cairn Home** with lots happening and lots of exciting developments.

One of our biggest projects has been the refurbishment at our Centre in Rotherham. The launch of Phase 1 of the refurbishment will improve accessibility and capacity by installing a lift, moving the main entrance and building a ramp, carrying out a full ground floor refurbishment including a new cafe, accessible toilets on the 1st & 2nd floors and carrying out a basic makeover of the rest of the building.

It's going well and we're hoping that it may be completed early Autumn.

We are very much looking forward to being able to expand our groups and activities in Rotherham.

We are beginning work on a new website for **SRSB/RSS** and **Cairn** soon and look forward to sharing more about this.

We continue to expand our range of groups and have a varied choice with something for everyone. One of the areas we are seeing expanding quite a lot is groups for research, feedback and consultations, giving our clients the chance to make a difference to subjects that affect their daily life.

We've also started regular drop in sessions around welfare rights queries, which have been popular.

Our fundraising activities have given us the ability to do so much more for various projects and we are continually grateful to the many individuals, trusts and organisations in our community who generously support our work.

Our volunteering activities are growing again and we have an amazing team who kindly donate their time and experience.

Cairn is continuing with the refurbishment of their en-suite bathrooms and they're looking great!

Our focus is always around empowering our clients with support when needed, this could be around benefits, emotional and wellbeing support, confidence building, opportunities and friendship. We want to make sure we are reaching anyone who needs us, and this could be occasional or ongoing support, so please don't hesitate to contact us if you want to know more. Please take a few minutes to fill in the attached questionnaire about issues that are important to you to help us shape our services.

Finally, a big thank you to all of our clients, volunteers, staff and supporters, without each and every one of you we wouldn't be able to do what we do.

Joanne Ardern

CEO of SRSB, RSS and Cairn

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

Our Impact:

We thought you might be interested to read a few statistics about our impact in Sheffield and Rotherham:

We currently have over 4,000 clients in Sheffield and over 2,000 clients in Rotherham and this number is growing all the time, and since the beginning of the year we have had 366 new clients.

In the first quarter of the year our Community Advice Officers (CAOs) carried out 326 visits, our Technology Trainer gave support to 45 clients and we issued 308 pieces of equipment. We're regularly running or supporting 23 different activity groups either weekly or fortnightly.

Our charity is there for your sight and/or hearing loss journey, providing day to day support to our clients to help you live your best life. From your initial registration we will be there to support you when you need us, and always in the background when you don't, ready to swing back into action if things change.

Questionnaire:

We have included a separate sheet for you to return by email to info@srsb.org.uk

We would really appreciate you taking a few minutes to fill this in. It asks about issues that are important to you and will help us gather information to shape our services. Many thanks.

If you would prefer to answer these questions over the phone, please call **0114 272 2757** and we'll add you to a list to call you back.

Meet the Team:

Jenny: "Hi my name is Jenny and I work at Cairn Home. I started in 1994 working in the kitchen as Kitchen Assistant, then progressed to Head Cook. In 2009 I went on maternity leave to have my son Sam. I returned to work in 2010 as Head Cook. After a while I wanted a new challenge and became Activities Coordinator for a number of years, which I really enjoyed, especially driving the minibus and taking our residents on various outings like Blackpool. On one occasion I had to flag down a passer-by to jump start the minibus due to a flat battery; the residents found this very amusing and wanted to stay in Blackpool!"

My role now is Utility Person which means I do a lot of maintenance around the home including maintaining the garden. I still drive the minibus for the residents to go on various outings. I've seen many changes over the years in the décor of the home, and the menus have changed a lot with much more choice. There have also been changes in the residents' care needs, but Cairn has continued to adapt to provide amazing care for them. Last year we started work on the en-suite bathrooms and are continuing the work on these throughout this year. We are also in the process of decorating other areas of the home. Last year I did the zip wire challenge in Wales with my son Sam, and we had a great time raising £475 for Cairn Home. I have nominated myself and Sam to do more challenges this year to raise more funds!"

Steve: "My name's Steve, I'm the Fundraising Manager for **SRSB/RSS** and **Cairn**.

I joined in January 2021 and was two days into the job before another of the lockdowns happened!

I have over 30 years' experience of fundraising in the voluntary sector, including for homelessness, disability sports, overseas aid and healthcare charities.

During my first year, there was very little community fundraising or in-person contact with our clients and supporters due to the pandemic. As things have opened up, it has been fantastic to begin to meet so many inspirational people, and to put on more fundraising events and collections in which people can get involved. I look forward to us all building on this in the future. Thank you."

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 both sight and/or hearing loss unless specified. **SRSB/RSS** and **Cairn** 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. Please visit **www.srsb.org.uk/client-events.aspx** to see dates and times of Client Events.

Cafe VIPs (SRSB): We're open Mon to Fri 10am to 3pm at **SRSB** and are really looking forward to offering a cafe at **RSS** on completion of the refurbishment.

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 update: We're now offering Welfare Rights Drop-In sessions on alternate Tuesdays from 9:30am to 3pm, so if you have any questions relating to your benefits or would like a benefits check, please come to see Carolyn or Danny. You don't need to make an appointment but may need to wait a little while if we are busy. It would be helpful if you could have your national insurance number to hand, and any benefit award letters that you may have, but don't worry if not! Dates are listed on our website, or you can call us to check dates.

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've recently had some fantastic news that the Youth Group was successful in a bid for £2,500 from Westfield Health funding. The youth group is a monthly group available for any vision and/or hearing impaired client aged 10 to 17 years old who would like to meet different people and get involved in the activities and events we plan.

We kicked off the new and exciting plans for the group by going to the Treehouse boardgame café in April.

We've set the dates and some activities for this year:

- **Slime Workshop:** Sat 24th June
- **Graves Park Animal Farm:** Tues 25th July
- **Trip to Alton Towers:** Tues 29th Aug
- **Activity TBC:** Sat 30th Sept
- **Activity TBC:** Sat 28th Oct
- **Activity TBC:** Sat 25th Nov

We also continue to work with Rationale who deliver bboying (breakdance) classes for people with vision impairment as a means of injury prevention and to improve spatial awareness. This has not only been proven to be a valuable life skill for participants, but has improved their strength, coordination, fitness and overall confidence when dealing with day to day journeys. The next Children's Postal Activity Pack will be for the summer school holidays. 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. Please contact us if you would like to receive these free packs if your child is a client of **SRSB** or **RSS**, or you are a client and would like to do these activities with your child.

Check our social media and website for future info and do get in touch if you have any queries or ideas.

Courses (SRSB & RSS): This course, run over 2 sessions, offers an introduction to help and support for daily living, accessing information in print, magnifiers, mobility, how IT and mobile phones can help and a range of guest speakers from both within and beyond **SRSB** and **RSS**.

The latest group is due in June. Please contact Matt to find out more about future courses.

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:

- **1940's Brighthouse:** 3rd June Sat
- **Take That the Musical:** 16th June Fri Sheffield Lyceum
- **Wicker Weaving:** 22nd June Thurs Wentworth Woodhouse
- **Miss Saigon:** 27th July Thurs Sheffield Crucible
- **The Drifters:** 28th Sept Thurs Sheffield Lyceum
- **The Bodyguard the Musical:** 12th Oct Thurs Sheffield Lyceum
- **Beauty & the Beast:** 21st Dec Thurs Sheffield Lyceum

Other information: Our members of the Culture Club have enjoyed days out, a weekend away and numerous theatre trips since the last Insight newsletter.

Bury market was well attended with everybody looking for a bargain, and then 28 clients visited Blackpool for two nights taking in the show Funny Girls on the Saturday. A fantastic weekend was had by all. We hope to have another weekend away later in the year so please let us know if you are interested.

A group visited the Graves Art Gallery in Sheffield for a second time to listen to an audio description of some artwork and enjoyed a tactile session about a sculpture. We'll be visiting again on 11th July, so if you're interested in joining this, let us know.

Travelling Theatre visit to SRSB later this year: We are organising a theatre performance at our Mappin Street Centre by a travelling theatre called Mickron Theatre who produce accessible shows

They will be performing 'Twitchers': nest(le) down with Mikron in this flight through RSPB history, feathered with birdsong and laughter. You'll be giggling from heron in and you won't 'egret coming!

Put the date in your diaries, more info soon: Weds 20th Sept, 1 to 3pm.

Day Trips: Each year we have an annual trip to the seaside, open to clients of **SRSB** and **RSS** a family member or friend.

Day trip to Bridlington £10 per person: 21st July Fri

ECLO's (Eye Clinic Liaison Officers): Our ECLOs are the first point of contact at the hospital and refer new clients to our services, providing information and advice at this critical point of diagnosis. Many of our referrals are via them.

Emotional Wellbeing (SRSB & RSS): Our Emotional Support Officer Hayley and our Counsellor and Psychotherapist Jack update us:

Emotional Support is available for anyone wanting an informal chat to share thoughts and feelings on coping with sight loss. This would take place at the Centre and is not limited to one session. Support and encouragement given to access other services if needed or just use the time and space to talk and share your story. If further long-term support is required, a referral to our

counselling services can be discussed. Please contact us and ask for Hayley Martin, our Emotional Support Officer.

Our Counselling and Psychotherapy service with Jack is a place to talk about sight loss, bereavement or any issues affecting your mental health. 10 free sessions in person, online or over the phone. Please contact Hayley for a referral.

NEW: We'll be running group sessions called 'Feel Good Tuesdays' for anyone wanting to improve their mental and overall health. These will be themed and hopefully include some professional input on the chosen theme. Some of the themes we'll cover are: healthy eating, exercise, alternative therapy, how to improve how you feel.

Any ideas or suggestions you would like to provide please let us know.

The first session will be on Tues 25th July 10am to 12pm with Chris the Aromatherapist & Reflexologist who will be bringing oils in for us to smell and talking about the benefits of massage.

If anyone has any skills they can offer who would like to come along and help host a session you would be most welcome.

Please get in touch via the Centre with Hayley Martin (Emotional Support Officer) or Jack Silveroak (Counsellor) who will be co-running the sessions.

We also have some free samples that have been kindly donated by Lush Meadowhall for attendees at the session in July.

NEW: Life Ahead service. This service is now up and running and Sarah is our Life Ahead Project Coordinator. This service is available for **SRSB/RSS/Cairn's** clients.

Assess: Your current situation. Adapt: Plan your journey.

Achieve: Realise your goals.

Life Ahead is based around a questionnaire designed to make the link between your identified goals (small or large) and helping you to get there by referring you appropriately to our range of services or those of other organisations.

The questionnaire is designed to help you take stock of your current situation and to identify some realistic outcomes, whether

they are small steps or big ambitions. We will then be able to signpost you to the most relevant services or groups to help you grow your confidence and promote independence.

We will come back to this form at an agreed time with you and review whether you achieved your outcomes or whether your requirements and goals have changed.

Our charity is there for your sight and/or hearing loss journey providing day to day support to our clients to help you live your best life. From your initial registration we will be there to support you when you need us, and always in the background when you don't, ready to swing back into action if things change.

Even if things seem overwhelming at the moment, you will meet lots of people who want to encourage and empower you, that could be our staff, our clients, our volunteers or our supporters. We have seen incredible change, reinvention and growth with so many of our clients and it is our goal to help you adapt to a new life or to changes or challenges that you are experiencing. We've heard so many people say that their life has taken a different turn and by accepting our support they have been able to grow, gain confidence, learn new skills, meet new people and experience things they had never thought of before (such as doing skydives and abseils!). They've found out about support they didn't know was there, equipment and technology to enhance their life, mix with others in a similar situation, made contacts with people who they may not have met previously and also made friends for life (we've even had some romances!!!).

If you would like to find out more about this service you can call Sarah for an informal chat with no commitment. The feedback we have had so far is that people have found it really useful, helped them to think things through and focus their thoughts on their Life Ahead.

Equipment Advice and Technology Support (SRSB & RSS): Our Equipment Advisor Rob can advise on a wide range

of products: For this issue's focus on equipment, we are going to discuss some new UV Shields that we have at **SRSB/RSS**. These are from a company called Associated Optical. They come in a range of styles, frame colours and filter colours. All are UV safe and most are polarised. There are different sizes, as well as fit over and close-fitting wrap around styles. If you wish to look at them and try them on please contact Rob and make an appointment, he will be happy to explain what variations are available and the pricing.

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

For this issue Jake has chosen to highlight the RNIB new Bluetooth and USB player. More info by following this link:

<https://youtu.be/x-gaWuZnYYg>

We are holding a regular Tech Social drop in at **SRSB** and the next session is on 27th June from 10am to 12pm. Rob and Jake will be available to chat to you about your tech questions or just to share information about products.

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.

We recently had visiting organisations Sight & Sound Technology and Optelec providing drop in days at our Centre in Sheffield, so please keep checking our website or social media for the latest events.

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
- **Shooting:** Rotherham
- **Showdown:** SRSB
- **Snooker:** Sheffield
- **South Yorkshire Goalball Club:** Sheffield
- **South Yorkshire VI Tennis Group:** Sheffield
- **Swimming Group:** Sheffield
- **Tai Chi:** SRSB
- **Tap Dancing:** Sheffield
- **Ten Pin Bowling:** Rotherham
- **VI Football:** Sheffield
- **VI Running with Sighted Guides:** Sheffield and Rotherham
- **Yoga:** SRSB
- **Yorkshire VI Cricket Club:** Various locations

UPDATE: Tap Dancing: Have you ever fancied learning to tap dance? We are providing transport from **SRSB** to classes at City Limits in Sheffield on a Monday afternoon. Read the 'Hear about it from our clients' section if you'd like to read Gloria's feedback about these sessions and contact us if you'd like to take part.

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 to request one or ask at reception. Please book your appointment directly; contact numbers are listed below:

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

Hearing Impairment Services: Our services include:

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 at Rotherham to enquire or register your interest about any of these services.

One-Off Events: Booking is essential.

We will be visiting Sight Village in Birmingham on Tues 18th July. Booking is essential. Please contact us if you are interested.

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
- **Feelgood Tuesdays:** 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

Talking News: Sheffield Talking News and Rotherham Talking News are fantastic free services locally and it is really worth considering giving them a try. If you want to find out more you can ask one of our Community Advice Officers.

www.sheffielddtalkingnews.org.uk and
www.rothnewstalk.co.uk

Cairn Home

An update from Amanda, Cairn Home's Manager: "Hi everyone, just a quick update on what has been happening at Cairn

Our bathroom refurbishment continues and we've completed two more.

Michelle has been working hard on decorating bedrooms and other areas of the home.

Jenny and James continue to work on the garden, James has started growing vegetables which are coming on nicely and we're wanting to get some plants on the front of the building as it needs a bit of colour.

We had a party for the King's Coronation which was very nice. We had a singer, quiz and buffet. We have two dates for our Garden Parties, the first on the 17th June which is a Hawaiian theme, and one on the 19th August which is a BBQ party. We are also having an open day on the 16th September. We're going to be doing an 'Employee of the Month' where the staff team and residents vote for a member of staff who has performed exceptional work over the month."

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 and challenges that our clients face, sharing information relevant to them from various organisations and also about the work of our charity. This includes being involved in consultations and focus groups on a variety of issues.

One of the most recent research groups was about hospital in-patient experience with The University of Sheffield and was very productive. There will be more sessions on this subject, so just get in touch if you'd like to be involved.

We also held a session around voting accessibility ahead of the local elections.

The newly established Discussion Group addresses a variety of topics and at their last meeting they discussed street clutter.

We were very grateful to BBC Radio Sheffield for visiting us to interview one of our My Sighted Guide volunteers and the client she is supporting. They then invited us to the studio to talk about the Simulation Specs that we use in training, where Toby Foster tried them on and discussed the impact they had on him while live on air.

We are looking forward to welcoming back Radio Sheffield reporter Arzu, who will be visiting our next Charles Bonnet Syndrome Group to help us raise awareness of this condition.

We get involved with students doing a variety of courses and have recently organised interviews with our clients around several subjects, most recently with some students interviewing and filming a client navigating the city.

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

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: We are very grateful that most of the Heritage Awareness work was made possible thanks to National Lottery Players.

Heritage and Sensory Garden: Progress since the last newsletter includes installation of a trellis on the pillars and the metal pergola framework on top. Carving has started on the Covid Memorial Poem boulder by sculptor Jason Turpin-Thomson. Final planting, including the recess areas, was scheduled for the end of May. Anyone interested in joining a small gardening group to help with future maintenance and upkeep should contact Steve in fundraising.

Displays: We've continued to hold the awareness displays at various locations in Sheffield including recent ones at Hillsborough, Crystal Peaks, Parson's Cross and Chapeltown Libraries, we'll be holding one at Sheffield Cathedral from 7th to 21st August too.

Other Heritage Events: Our history book will be complete within the next few weeks and we are now beginning work on producing a history video.

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:

IBSA World Games

British Blind Sport have asked us to pass on this information: The IBSA World Games will be held in venues across Birmingham from 18th to 27th August 2023. The World Games is the largest sporting opportunity for VI athletes, outside the Paralympics. Over 1,700 blind and partially sighted athletes will travel from across the world to compete in 10 sports ranging from powerlifting, chess, showdown and archery. Football, goalball and judo events will also serve as qualifying tournaments for the 2024 Paralympic Games in Paris.

Read more: www.ibsagames2023.co.uk/

Tapton Mount Reunion: A message from one of our clients, Carol, who's 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 planning a reunion and would love to hear from you. If you're interested, or you know someone who is, please let us know."

The event is taking place on Sat 2nd Sept 2023 at **SRSB's** Mappin Street Centre. Please book via **SRSB**.

Feedback

Hear about it from our clients:

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

Gloria tells us about her experience of the weekly

Tapdancing sessions: I go to the Tap Dancing sessions at City Limits every Monday afternoon with a group on the minibus from **SRSB's** Mappin St Centre. I really enjoy the exercise and using your brain as there is a lot of work around memory of the steps and coordination. Being part of a group activity is great fun and dancing to the music is great!

I didn't realise that I would be learning to tap dance at 70-something! But I love it and would encourage anyone who is thinking about it to give it a go.

Katie who teaches us is very patient and gives clear descriptions of the steps. Every week I say to her, 'Thanks, I know I'm rubbish, but I've enjoyed it!'

(Editor's note – Gloria isn't rubbish!)

Jordan shares his story

Sport has played a big part in the life of our client Jordan both before and since he lost most of his sight. And now it has the potential to help unlock a whole new career for him – as a sports massage therapist.

Jordan gained his sports therapy qualification after a comprehensive training course. His original plan had been to become a post 16 sports tutor when he qualified as a teacher several years ago. But the deterioration in his sight (his vision became blurry when he was playing football in his student days) meant that ambition had to go on hold. "It just came out of the blue. I went to the optician and then the eye hospital and after

checks I was told I had Leber's Optic Hereditary Neuropathy (LOHN). Within four months I had almost completely lost my left eye. I still had a bit of vision in my right but not much."

Jordan was determined though to complete his PGCE teaching qualification and although he did that after studying for another year, he eventually decided it wasn't the route he wanted to take and changed direction to sports massage therapy.

"I like to help people and the work is mostly done by touch so sight isn't as important. It's something I enjoy and I'm not putting as much pressure on myself as I would be standing in front of a classroom," said Jordan. And as a keen sportsman himself, he has a lot of understanding of the issues involved.

He is now seeing clients at two different venues. He is at **SRSB's** Mappin Street Centre offering appointments every Friday to clients and members of the public, and also has a room in the Nuffield Gym on Napier Street off Ecclesall Road.

Jordan credits the opportunities he has had to take part in sport for helping to build his confidence to take a new career path. He's tried VI Tennis, shooting and baseball as well as football.

He is pleased that **SRSB/RSS** has signposted him to new activities for younger people but wishes he had taken part when he first experienced sight loss eight years ago. "It has helped me now, but back then it would have helped me and helped my confidence, it all seemed unattainable at the time. It's very difficult to meet people of my age with VI. In fact, I did think at one time of setting up my own group to help people under 40 to get together and meet people."

He has a lot on his hands building his new work life and balancing that with bringing up his young daughter. However, in 2022

Jordan managed to find time to join a British Blind Sport Knowledge Exchange programme trip to Italy and says "I was fortunate to have the opportunity to go to Italy to play blind baseball as part of a GB developmental team.

The adaptation of the popular game of baseball gives the VI community the opportunity to play a fast and exciting game.

Myself and others involved enjoyed the experience. The quality of the coaching was at a really high standard and we learnt a lot from the trip. I would recommend anyone from our VI or blind community to give it a go.”

He hasn't given up on his original ambition to work with young people. He's still planning on doing youth work with visually impaired youngsters in the future.

Jordan is currently involved in establishing a VI multi sports group with our support.

Volunteering

A message from Andrea to our volunteers: “We have a fantastic team of dedicated volunteers who have been with us for many years and we can't thank them enough for all their continued support, time, and effort which benefits our clients enormously. We have a growing team of new volunteers in all areas at **SRSB/RSS** which increases our ability to provide a full, friendly, varied and accessible service.

Our Befriending Coffee Mornings continue to be well attended and our clients increasingly benefit from having a team of well-informed volunteers. We are continuing to grow our Befriending Services, and our Telephone Befriending Service remains a popular point of contact to **SRSB/RSS** services. We do still require volunteers of all ages and backgrounds so please spread the word amongst family and friends to get in touch if they want to find out more about the training and how to get involved.

We are also pleased that our My Sighted Guide Service has three new matches ready to begin their agreed goals and we wish them all well.”

Feedback from one of our My Sighted Guide volunteers, Janette: “I used to volunteer for **SRSB** a few years ago as a Befriender then I helped out at fundraising events both of which I

really enjoyed. I like to volunteer in person, so after the restrictions during Covid I got in touch to find out about My Guide. I was matched with one of **SRSB's** clients who just wanted to visit the shops and have someone with her to help build her confidence. We hit it off straight away and have been having a great time together. It is very rewarding to help someone else.”

A Tribute to Margaret: We were very sorry to hear that one of our volunteers, Margaret, had passed away earlier this year and we want to express our deepest condolences to her friends and family. She was one of **SRSB's** longstanding volunteers.

Amongst other roles, she worked with our Craft Group for many years, hardly ever missing a session. More recently she took on the role of a Tele-Friend keeping in touch with a group of clients who may be at risk of becoming socially isolated.

Over the past 30 years she has made a huge difference to many people with sight loss in Sheffield, and all in her own modest way. She will be missed, and her support and kindness has meant a lot to many people. Thank you Margaret.

Fundraising

Steve updates us: A huge thank you to everyone who has already supported us in 2023. It's been great to see things get back a bit closer to 'normal' this year after the pandemic.

We've had some great support from Trusts and in the community since the last newsletter. The West Riding Masonic Charities provided a grant of £34,500 to purchase the new lift at **RSS** and we received a further £10,000 towards the appeal from the Bernard Sunley Foundation. Barnsley Morris Minor Owners Club nominated **SRSB** for support from their annual car show at Graves Park and Sheffield Freemasons chose us to benefit from their annual walk around Dam Flask Reservoir on 21st May. Over 40 people attended our first **SRSB** pub quiz of the year in March. The next quiz is scheduled for June. In July, a Robbie

Williams tribute will 'entertain you', Sheffield Lego Users Group host an event at Mappin Street in August, our Annual Golf Day takes place in September, as does our Indian Summer Soul event at Mappin Street. We're also planning Blind Drive in September or October to round off what will be a very busy autumn.

We're repeating our Take on 160+ challenge in 2023, with the opportunity to abseil 160ft again at Sheffield Hallam on the 15th July. We've two client/staff trips booked for the Infinity Bridge walk in the Lake District in July and the World's fastest zipline in September – both of which are already full.

Of course, there are other ways to support us – such as our Summer raffle, our lottery, having a home collection box, making a regular or one-off donation or by 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

Summer Raffle: Thank you so much to everyone who helped raise almost £2,500 after costs from our Christmas raffle 2022. We've got some great prizes in our Summer Raffle including £250 first prize, and a further 20 other prizes such as a coach trip for two courtesy of Maxfield Coaches.

Unless otherwise stated, 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/RSS** in the FREEPOST envelope no later than Fri 14th July 2023 (to be drawn on Wed 19th July 2023). Cheques should be made payable to "**SRSB**".

If you or your family can sell extra tickets please call us. We realise selling tickets is not for everyone. 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 prefer to pay 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/RSS**. Thank you if you can save us costs by putting a postage stamp on the envelope but 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 will be charged otherwise. Please could you also ensure that any person buying raffle tickets is aged 16 or over.

Rotherham Appeal - Final Push:

At the time of writing, work on the lift, access ramp and refurbishment at **RSS** is well underway and making great progress. We've secured in total £134,500 of the overall £175,000 appeal target, but still need to raise a final £40,500, 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+ 2023: Due to our 2022 success, we're running Take on 160+ again in 2023. So why not help us smash the £14,375 raised in 2022 this year? If you or anyone you know is interested in getting involved please contact Steve

Sheffield Hallam 160FT Abseil: If you missed this event in 2022, or would like to do it again, you can thanks to providers EightPointTwo! They 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 can be part of our Take on 160+ challenge. To take part please contact Steve or register online.

Indian Summer Soul: Mappin Street, Friday 22nd September, 6.30pm (7pm start to 10pm)

The sounds of Soul, Motown and Northern Soul courtesy of our very own DJ Matt Pollard. A curry night with pay bar on the night, all for just £10 per person. Tickets available from Liz or Steve.

Charity Pub Quiz

The Old Queens Head, Pond Hill

Thursday 15th June, 7pm (7:30pm start).

For the price of a pint or glass of wine you can enter our quarterly pub quiz. The pub even puts on some sandwiches and chips at half time! It's 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!

Future dates include: 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 online, from Liz or Steve, or from the venue.

Lego Event

Mappin Street Centre

Saturday 26th August 2023 (10am to 4pm).

Sheffield Lego Users group are planning to hold an event for us at our Centre in Sheffield which will include lego displays, trade stalls, fun lego activities and play brick competitions. Our café will also be open. Entry £3

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 is from 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'll be organising our usual Free Will Writing Weeks in June and October. Please get in touch with Steve if you are interested.

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 have some upcoming dates and need volunteers to help us:

- **ASDA Handsworth:** Thurs 8th and Fri 9th June
- **Atkinsons Sheffield:** Fri 23rd and Sat 24th June

Other dates to be announced soon.

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

Other Events

- **SRSB and RSS Golf Day:** Dore & Totley Golf Club. Fri 15th Sept 2023
- **Sheffield 10k:** Sun 24th Sept 2023
- **Skydive:** Hilbaldstow Airfield, Lincs. Dates to suit in 2023
- **Wing Walk:** Wickenby, Lincs. Dates to suit in 2023

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 the Blind Drive, which we know was very popular pre-pandemic.

Thank You

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**.

Sheffield Royal Society for the Blind (SRSB)

5 Mappin Street

Sheffield S1 4DT

Tel: 0114 272 2757

E: info@srsb.org.uk

Web: www.srsb.org.uk

Cairn Home

58 Selborne Road

Crosspool

Sheffield S10 5ND

Tel: 0114 266 1536

E: cairn@srsb.org.uk

Web: www.cairnhome.org.uk

Rotherham Sight & Sound

8 Ship Hill

Rotherham S60 2HG

Tel: 01709 722420

E: enquiries@rotherss.org.uk

Web: www.RotherSS.org.uk

Registered charity number 1047257