

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

INSIGHT WINTER 2022

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.

Newsletter by Email?	3
SRSB & RSS News.....	3
Services	5
Cairn Home.....	14
Awareness	15
Feedback	17
Volunteering	18
Fundraising	20

Introduction

“I hope everyone is well and coping with the ever increasing challenges that we all seem to be facing at the moment.

“It seems hard to believe that it’s almost a year since I took on the role of CEO. It’s been a busy 11 months. Over that period we’ve restarted existing, and developed a range of new, groups and activities to complement our wide range of support services.

We’re offering something for everyone from Coffee Mornings and Creative Writing to Shooting and Snooker. We have more new activities planned for the New Year and are expecting delivery of our new ‘Showdown’ table any day now, so lots to look forward to for 2023.

“We have new support groups giving much needed information and peer support to clients. We’ve improved our wellbeing service offering both emotional support and counselling and we have just launched our exciting new Life Ahead project.

“During Jul/Aug/Sept we had just over 190 new client referrals and there’s been a waiting list to see our Community Advice Officers due to a backlog after the pandemic. We’re pleased to say that this list has come down significantly, so the wait will not be as long.

“Recently we said goodbye to three members of our team as they move on to pastures new, the feedback they gave us about their time at **SRSB/RSS** was lovely and we’re sad to see them go, but wish them all the best in their new roles.

“Finally, with Christmas around the corner we have lots of festive activities planned. I think we all need a bit of festive cheer so please come along and join us!”

Joanne Arden, CEO

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.

Covid: We ask that you do not attend our services if you've tested positive, have symptoms or suspect you have Covid to help us protect everyone.

SRSB & RSS News

SRSB, RSS Updates

For our new clients, but also as a reminder for our existing clients; **SRSB** and **RSS** are there for your sight and/or hearing loss journey. 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.

We're an independent local charity that provides day to day support to our clients to help them live their best life. So even if things seem overwhelming at the moment, you'll meet lots of people who want to encourage and empower you, this could be our staff, our clients, our volunteers or our supporters.

We've recently developed a new role and employed a Life Ahead Project Coordinator. Sarah Bennett who has lived experience as a client, and was also a volunteer and supporter, is now employed by **SRSB/RSS**. This service will be introduced to new clients and offered to existing clients as an option should you decide to take advantage of it. A questionnaire/discussion will help you take stock of your current situation and to identify some realistic outcomes, whether they are small steps or big ambitions. We'll

then be able to signpost you to the most relevant services or groups to help you grow your confidence and promote independence.

We'll 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. It will help us to ensure you are getting the right services, relevant information, and also review and develop our services, so it's a two-way street! It is a fluid, adaptable assessment of how you are doing and we look forward to joining you on your journey.

Please get in touch if you would like to find out more.

Staff Updates:

We said a fond farewell to Community Advice Officer Sarah Carr Brion who has moved down South and our Technology & Information Officer Taylor Collins who has a new job. We wish them all the very best for their new careers and thank them for their contribution to our work in Sheffield and Rotherham. Community Advice Officer Sophia Zubair has moved to a new job, but will still be supporting our Urdu Looking Ahead sessions. We've welcomed a new/old member of staff back to **SRSB/RSS** recently; many of you will remember Community Advice Officer Carolyn Green who has rejoined the team to replace Sarah. It's great to have her back. We also welcomed Sarah Bennett to the team as our new Life Ahead Project Co-ordinator and Connor Rawden who is new in post taking over from Taylor.

Meet the Team: Pamela: "I'm Pamela and I have been working at **SRSB** as Café Manager since May, having worked previously at a mental health and learning difficulties charity where I was Catering Supervisor. I heard about this job from **SRSB's** Helen as we have been friends for many years since our eldest boys

started school together, where we were members of the School Supporters Group amongst other activities.

“I also had a family member, a friend’s Mum and another good friend who have all been clients at **SRSB**. I enjoy cooking, reading, dancing, swimming, walking and meeting people. And I am just in love with the Guide Dogs who come in!”

Amanda: “My name’s Amanda, I’m the Manager at Cairn Home. I joined Cairn in 2009 as a Care Assistant then became a Senior then Assistant Manager. In Mar 2021 I was lucky enough to get the Manager’s position. I love my new role as Manager and get to work even more closely with the team at **SRSB**, so this has been a bonus for me.

“We’re a small home of 29 beds and this makes it special for the residents and the staff team. We’re one big happy family. The staff at Cairn are amazing people; they’re hardworking and dedicated to giving our residents outstanding care and support.”

Christmas Labels: When you send cards is it a struggle writing them now? If so, we have a solution which is a nice festive silver label which reads “Merry Christmas from ...”, with your own name inserted. We charge £3.50 for a sheet of 48 labels posted to you. If you’d like to order some please just call us.

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 visit www.srsb.org.uk/client-events.aspx to see dates and times for Client Events.

Cafe VIPs (SRSB): We're open Mon to Fri 10am to 3pm. It's been great to see it so busy before and after various groups and when clients just pop in when they are in town or want to meet friends.

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 loss journey. They regularly do training on different aspects of our clients' needs and we heard about one of these from CAO Schani recently:

"I recently attended a two day online training called Benefits Maximisation for Older People run by Child Poverty Action Group. What initially sounds quite a dry course, with lots of benefits calculations and policy, turned out to be a well written and well delivered course. We learnt all about pension credit and other linked benefits. Most of the CAOs have now been on this training, so this knowledge will be rolled out on visits where appropriate."

Sarah, our Community Advice Officer Team Leader updates us about free Accessible In-Home Display (AIHD) smart meters that are available from energy suppliers. "The national charity RNIB and other organisations have been involved in the development of these smart meters so that everyone can access their energy consumption. You can contact your energy supplier to discuss the available options."

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
- **Christmas Parties:** Monkey Bizness on Sat 10th Dec.

Hannah, our Children & Family Support Officer updates us about one of the groups: "Our Youth Group is now up and running and we have had multiple sessions so far, including a Slime workshop, pizza making and art and crafts. This group is for children aged 10 to 17 years old who would like to spend some time together outside home and school. It was amazing to see everyone so involved in the activities we've put on so far!

Some plans for the future include bowling, theatres, cinema, theme parks and many other outings! So, keep checking for future announcements and do get in touch if you have any questions or ideas!

STARTING IN NOV: We'll be organising another group to join Rational Arts for injury prevention in the fun format of bboying (breakdance) classes for people with visual impairment as a means to improve spatial awareness. This has not only been proven to be a valuable life skill for participants, but it has improved their strength, coordination, fitness and overall confidence when dealing with day to day journeys. Let us know if you'd like to join the group which starts on Mon 7th Nov from 4:30pm to 5:30pm

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. We were delighted to host our first Urdu Group at **SRSB** in Oct with the support of Sophia.

The sessions now run over 2 days covering: Day 1 Emotional Support and Daily Living. Day 2 Mobility and Technology. We're are planning to hold 2 of the courses each month and also to hold sessions at **RSS**.

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:

- **The Beginning Christmas Light Show:** 30th Nov. Sheffield Cathedral
- **Neil Sands presents Christmas Memories:** 5th Dec. Sheffield City Hall
- **Jack and the Beanstalk:** 22nd Dec. Sheffield Lyceum.
- **Rocky Horror Show:** 26th Jan. Sheffield Lyceum
- **Mother Goose:** 16th Feb. Sheffield Lyceum
- **The Jersey Boys:** 2nd Mar. Sheffield Lyceum
- **Sister Act:** 13th Apr. Sheffield Lyceum

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): Our Emotional Support Officer Hayley has been developing Peer Support Groups and is facilitating a new group at **SRSB's** Mappin Street Centre aimed at anyone who has a visual impairment who looks after school age children. If anyone would like to put any ideas forward of peer support groups they would like to see developed Hayley would love to hear about them.

Jack, our Counsellor and Psychotherapist has increased his hours to offer more sessions at **SRSB/RSS** working 3 days a week.

Please get in touch to find out more about any of these services.

Equipment Advice (SRSB & RSS): Our Equipment Advisor Rob can advise on a wide range of products. For this newsletter we're looking at drinks and ways to make hot and cold drinks safely. "The national charity RNIB have a Liquid level indicator; a simple and effective way to make a hot or cold drink and not overfill the glass or cup. The device is about 1 inch cubed and incorporates a hook that is made up from 3 metal prongs in a row that hang over the edge of a cup on the inside of it, the outer two prongs are the same length and when the liquid reaches the two outer ones makes it beep and vibrates intermittently, if you were to carry on filling the cup and reach the inner shorter metal prong then it would be a constant beep and vibration.

“Even with a little device like this it is easy to get it wrong so as a backup I suggest putting the cup or glass on a small solid plastic tray that will catch any spills and make cleaning up easier if a mistake happens.

“The device has a pop out draw that contains the battery and these are easily available from shops when you need a new one. To store the device, you can stick it on the outside of a metal fridge as there are two small magnets in the rear, so it won’t get lost.”

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. 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

Archery: Sheffield

Baseball: Sheffield

Bingo: RSS

Book Club: SRSB/RSS Online/Zoom

Craft Groups: RSS

Creative Writing: SRSB

Crown Green Bowling: Sheffield

Coffee Mornings: SRSB

Cycling: Sheffield

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

UPDATE: Annette, our Activities Coordinator, accompanied two of our clients on a visit to Italy in Oct on a British Blind Baseball athletes Knowledge Exchange Programme. They had a great experience and learnt lots while they were there and made some fantastic friendships! You can read about their experience in the 'Client Feedback' section.

NEW: We are planning to develop some Tech and Equipment drop-in days soon, more details to follow.

Also, if you use Apple products, let us know if you'd be interested in a session at the Apple store in Meadowhall.

Health & Beauty Room: We have a range of visiting external suppliers, so if you fancy a new hairdo, a relaxing massage or a treat for your feet, 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.

- **Podiatrist:** Last Monday of month with Emma. Tel: 07865 998 022
- **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

Jordan is offering a **FREE** sports massage taster session on Fri 4th Nov (booking essential).

Hearing Impairment Services: Our services include:

- **BSL (British Sign Language) Community Access Point:** First Friday of every month at **RSS** for anyone who doesn't have technology at home, enabling them to access a BSL Deaf advisor from Deaf Advice Sheffield.
- **BSL Social Group:** RSS monthly on Thursdays.
- **Sign Language Taster Sessions:** Demand led short courses at RSS.
- **Hearing Aid Repair Service 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

One-Off Events: Booking is essential.

An Evening with Alan Turner: Fri 11th Nov. **SRSB** Mappin Street Centre. 7pm to 9pm. £10. Join us for a fab evening of music from the previous X Factor contestant, with refreshments included.

Trip to Bury Christmas Market. Thurs 24th Nov £6. Please contact us for details.

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

Christmas Lunches: Mon 12th to Fri 16th Dec. **SRSB's** Mappin Street Centre. We're delighted to be able to host our first Christmas Lunch week since the pandemic and look forward to welcoming you all back to our festive celebrations. We'll be offering plated turkey sandwiches, with a side of roast potatoes, followed by Christmas pudding and drinks along with entertainment each day.

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:** Sheffield and Rotherham
- **Retinitis Pigmentosa Support Group:** SRSB
- **Sheffield Macular Group:** Sheffield
- **Stargardt's Support Group:** SRSB
- **Stroke Support Group:** RSS and SRSB
- **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 details or visit:
www.sheffielddtalkingnews.org.uk and
www.rothnewstalk.co.uk

Technology Support: Our Technology Trainer Jake can help you with the latest assistive tech or to learn something new. For this newsletter, he's chosen to highlight the 'Dolphin Easy Reader' app, a free reading app that enables people who are blind, vision impaired or dyslexic to read text and audio books in ways to suit their vision and preferred reading style, giving convenient access to your accessible book libraries and talking newspaper stands in one place.

Want to find out more about this or other apps, or expand your tech knowledge? Then get in touch to book an appointment.

Cairn Home

We have a new cook called Nick. Carol who used to work in the kitchen is now doing activities and doing a brilliant job. The teams are looking forward to implementing some great ideas for Halloween and Christmas! We also have a new Team Leader, Paige, who has been with us since Aug.

Other Updates: Unfortunately, the team had to contend with some cases of Covid for both residents and staff and had to lockdown again in Sept, but the team coped really well managing to cover shifts. The main thing is that everyone is OK.

In other news, the first bathroom upgrade has been completed and looks very nice! Doing one more this year then will start again next year to get the rest of them done.

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 Jane on 0114 272 2757:

marketing@srsb.org.uk

For example, we have recently held or supported groups about suggestions for local GP Hubs, worked on consultations with NFBUK and local media about 'Ensuring Safety, Accessibility & Independence in Active Travel Street Designs for Blind & Visually Impaired Pedestrians & Bus Passengers', carried out research groups about a Sound Project with Bloc Projects art gallery in Sheffield, a group about tactile street designs as well as a group visiting Wagama's to give feedback on their accessible menus.

Home Office Survey: We have been asked to let our clients know about this survey from the Home Office: The Home Office need people who are blind or have visual impairments to test their digital services, like websites, before these are used by the wider public. Here is a short two minute video about what they do:
youtu.be/g-LSetKngZE

As a thank you for your time, the Home Office will be issuing participants with £80 shopping vouchers for research sessions

they have taken part in. If you are interested, please fill in the 5 to 10 min survey:

www.homeofficesurveys.homeoffice.gov.uk/s/MU8AZL/

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.

NEW! We're beginning 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: Many of the Heritage Awareness work this year was made possible thanks to National Lottery Players.

Heritage and Sensory Garden: Work on the garden at Graves Park continues to progress with completion of the raised herb bed and other sensory planting due to start soon. Installation of the benches is also scheduled before Winter. We've also secured a grant from the Covid-19 Community Memorial Fund for a Memory Poem Boulder for the garden. The poem which will reflect some of our clients thoughts on the pandemic, will be written by our Creative Writing Group that meets every Friday morning 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 want to thank the Winter Gardens, Sheffield Central Library, Walkley Library, Darnall Library, Ecclesall Library, Firth Park Library, Woodseats Library for their support.

Other Heritage Events: Big thanks to everyone who took part in and visited our Heritage Open Days event in Sept.

Some of our visitors were volunteers from the Ken Hawley Trust (based at Kelham Island Museum) who are attempting to find ex Moore & Wright employees who may have used a Braille micrometer. Their collection has one of these which they plan to exhibit next year and they're wanting to bring its story to life by finding someone who used to use one. Please get in touch if you can help.

Thanks also to Alan from EyeCan for bringing some samples of Braille machines from over the years.

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.

Feedback

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

Jordan tells us about the recent Knowledge Exchange programme trip to Italy: "In October, 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.”

Mick tells us about the recent Knowledge Exchange

programme trip to Italy: “Wow! What an experience I had. It was an honour to pull on a GB shirt and play some top Italian sides.

“We were with others from different places in the UK and all the different groups were really accepting of newcomers and we soon became friends. In the end it felt like we’d known each other for years.

“We did lots of training and were taught techniques such as: batting, pitching, fielding, running and the points system. Annette (**SRSB/RSS** Activities Coordinator) did Coaching the Coach. We’re now all able to pass on what we learnt to others.

“It was all baseball, eat, sleep, repeat! I came back exhausted, but happy!”

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.

“Many of our clients are unable to leave their homes without assistance and miss out on so many small pleasures in life, for example a simple walk down to the local shop, or a browse round the Garden Centre, or local Market. Our dedicated team have now completed their My Guide training and are ready to offer this

training free to sighted volunteers across Sheffield and Rotherham. So if you know anyone who would like to get involved (perhaps a family member or a friend), potential volunteers are welcome to visit the Centre and have a chat to find out more about the training and how to get involved.

“Our wonderful Activities Coordinator Annette continues to organise many 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, free training will be available from Nov, more details to follow.

“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 Mornings continue to be well attended and will hopefully benefit from our varied expert speakers who have been invited to come along and speak with volunteers over the coming months.

“We look forward to welcoming our volunteers to our Volunteer Christmas Party which will be held at our Mappin Street Centre in Sheffield, 2pm to 4pm on Dec 8th, please keep an eye out for your personal invitation which will be in the post soon, please come and say hi and meet others in the volunteer team as well as staff.”

Fundraising

Steve updates us: “We hope all is good with you and you’re keeping well wrapped up with the arrival of the longer, colder nights.

“We’re organising several Christmas themed fundraising events to get you in the festive mood and hopefully lift the spirits, including our Pub Quiz, Wine & Cheese tasting and a special Christmas Afternoon Tea with entertainment. There are also other ways you can support us during the festive period such as buying tickets for our Christmas Raffle and/or choosing some of the online ways you can help. Or you could volunteer your time to help at a collection.

“We’ve continued to have some success with our Trust and Foundation approaches, including a £20,000 grant from the Peter Harrison Foundation and £10,000 from the National Lottery Awards for All, both to help fund and develop our client activities.

“We have a new operator for the **SRSB/RSS** Lottery. The Weather Lottery has been taken over by Unity, who are in the process of contacting all Lottery players. The good news is that it offers more prizes and we receive more funds from them.

“Some progress has been made with our Rotherham Sight & Sound lift and refurbishment project, but we’re now having to do the work in phases due to rising building and material costs. We have a new appeal target to reflect this and hope work will start very soon.

“Our Take on 160+ challenge is going well with some very inspiring fundraising, including Wing Walking, swimming and zip liners!”

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 or Ben on **0114 272 2757** or email fundraising@srsb.org.uk

Christmas Raffle: Thank you so much to everyone who supports our raffles. The first prize is again £250 and will also be giving away a further 20 fantastic prizes.

Unless you have requested otherwise, 2 books of tickets are enclosed for the Christmas 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 16th Dec (to be drawn on Wed 21st Dec 2022). 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 are aged 16 or over.

Can You Take On 160+ for SRSB? Thanks to everyone who has supported this fundraising project, we have been blown away by all of your ideas! Just to mention a few, Emma did a month long sponsored swimathon in Sept raising over £1,000, Val and Ian did a Bottle Bag fundraiser, raising over £600 and Joe raised over £900 by doing a Wing Walk! Some challenges are still taking place, like Lesley's sponsored Line Dancing! Everyone raising £160 or over will receive a special commemorative T-shirt for completing a Take on 160+ challenge as part of our delayed anniversary celebrations.

Charity Pub Quiz: The Old Queens Head, Pond Hill

Thurs 1st Dec 7:30pm

Why not join us for our final pub quiz of the year on Thurs 1st December? For the cost of a pint, glass of wine or coffee, you get a great evening's entertainment, including sandwiches and chips at half time. There are prizes for the top team on the night and in our raffle too!

£4 per person or £16 per team (maximum of 4 per team).

Wine & Cheese Tasting: SRSB Mappin Street Centre (Zoom option available) Fri 2nd Dec, 6:30pm (7pm start) to 9:30pm

Join us for this popular evening of cheese and wine pairings hosted by local bespoke off-licence Starmore Boss, with cheese supplied by Porter Brook Deli.

£25 per person

Afternoon Tea: Our Lady & St. Thomas RC Church, Parish Rooms, Meadowhead. Mon 19th Dec 1pm to 3pm.

Join us for this festive treat! A selection of Christmas sandwiches and cakes with tea or coffee. Live entertainment with choir, pianist and violinist.

Ticket price £20 per person

Golf Day: A huge thank you to Dore & Totley Golf Club and all the companies and individuals who supported our annual golf day in Sept. A special mention to our main event sponsors Thompson & Richardson Insurance Brokers and Halfway House sponsors Investec Wealth & Investment, and also to DAF Trucks and Gripple/Loadhog for entering multiple teams. The event was a great success and raised over £4,200, amazing! The 2023 event will again be held at Dore & Totley on Fri 15th Sept.

Online Giving: There are lots of online ways to support **SRSB/RSS** during the festive period including:

GiveAsYouLive: An online platform where purchases from over 6,000 stores raises funds for **SRSB/RSS**. From holidays and travel, to clothing and gifts, you can raise hundreds of pounds from your everyday shopping, all at no extra cost to you.

Amazon Smile: If you shop on Amazon then why not turn those purchases into pennies and pounds?

dontsendmeacard.com: Why not choose the greener option and send an e-card with a donation instead?

Legacy Update. Free Wills Weeks: We're reviewing our Free Will Weeks and hope to come back to you with an even better offer in 2023. In the meantime, a number of local solicitors are happy to continue offering **SRSB/RSS** a discounted service for clients. Alternatively, you can use our Guardian Angel online service which provides a simple will for free, that would usually cost £90. It 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. For further details please call Steve or email:

giftinwills@srsb.org.uk

Community Support: We're delighted that Nether Edge Christmas Market in Sheffield has chosen to support us on Sun 26th Nov along with Roundabout and Easy Street Theatre.

Zip Slide: A brave group of clients and staff travelled to Wales to do the Fastest Zip line in the world and everyone completed it! Some were screaming, some silent and one client singing 'Fly Me to the Moon!' Everyone said it was an amazing experience and felt like you were flying at great speed. Huge thanks to everyone for helping to raise just over £3,000!

RSS Appeal: We've been working hard to get our Rotherham lift and refurbishment back on track after some delays. The main issue has been planning permissions and rising costs for construction and materials, which has meant we've had to approach the work in phases and unfortunately increase the budget! We're now launching Phase 1 which will include a disabled ramp, lift installation, accessible toilets, full ground floor refurbishment and building redecoration. Our appeal total has now increased to £175,000. If you are able to help or know anyone else who can, please visit

www.justgiving.com/campaign/RSS-GiveUsALiftAppeal

Collection Volunteers Needed!

We also have a number of volunteering opportunities if you can spare an hour or two:

ASDA Drakehouse: Thurs 24th and Fri 25th Nov

Crystal Peaks Shopping Centre: Fri 9th Dec

THANK YOU

A really big thank you and best wishes for the Festive Season from Ben, me and everyone at **SRSB/RSS** and for everything you

do. If you're able to help in any way, or just want ideas on how you can get involved, just get in touch. In the meantime, take care and continue to stay safe.

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