

Improving and enriching the quality of life for local people with sight loss



## Insight Summer 2018

Join us for our Annual  
General Meeting

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Dates for our forthcoming  
Equipment Focus Days.

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01482 342297 | [info@sightsupport.org](mailto:info@sightsupport.org) | [www.sightsupport.org](http://www.sightsupport.org)

Sight Support, 466 Beverley Road, Hull, HU5 1NF Reg. Charity No. 223668

## Goodbye and Welcome

It's been a busy few months, as always, here at Sight Support. We have had very positive feedback about our rebrand and our new look and this is the first issue of our Insight magazine with the new design so I hope you like it.

We have had a number of changes to our staff team in recent months. We said a fond farewell to one of our longest serving members of staff when Jayne Goodhand, who had been with us almost nineteen years, left in May to help run a family business with her husband.

Jayne, pictured below centre, joined us originally as a Driver/Activity Co-ordinator in the Day Centres and then progressed to be a Community Advice Officer primarily working in the Hull area. We all wish Jayne well in her exciting new venture.



On a happier note, we welcomed back Lily Savage, our former receptionist/resource centre assistant, in a new role as Resources Coordinator. Lily, pictured above, will be keeping our Resource Centre up-to-date with all the latest equipment and gadgets to help people with sight loss and coordinating regular equipment focus days and exhibitions as well as delivering some of our community outreach information sessions.



We also welcomed Nicky Stevens (pictured above) to our team, as our new Services Team Leader overseeing our team of Community Advice

Officers and acting as Support Officer for our tenants at Beech Holme Court.

Nicky is a newbie to the area as she lived in Cheshire for 25 years and only moved to Yorkshire last August, so she is still finding her way round.

Nicky has come from another sight loss charity in Cheshire so brings a wide range of skills and knowledge to Sight Support and says she is looking forward to working with us.



We also bid a temporary farewell to Sinead Gravill, our Services PA, (pictured above) as she heads off on her maternity leave. She will be very much missed but we can't wait to welcome our first Sight Support baby into the world.

And finally, Maureen Wynne (pictured above right) has joined us to provide cover in Sinead's absence.



As our range of services continue to expand so does our need to add to our bank of wonderful Volunteers to support the work we do. We have a wide range of volunteering opportunities and would love to hear from anyone who has a few hours to spare either as a one off basis or on a more regular basis. Please help us spread the word and hopefully we can attract some more volunteers to join us, we greatly appreciate any support available.

Well, it's been a beautiful few days recently and it's been wonderful to see so much sunshine; long may it continue.

Wishing you good health and happiness over the Summer.

**Sandra Ackroyd**  
Chief Executive

**SAVE THE DATE**

## **Annual General Meeting**

Date: Tuesday 11th September

Time: 2.00pm

Venue: Sight Support

Our Annual General Meeting gives our service users, supporters and partners the chance to hear about the way that we work. We'll also tell you what's been happening over the last year, and fill you in on our latest news, campaigns and appeals.

It is also a chance for you to have your say and help shape the future of the charity. We are happy to respond to questions and are interested in hearing your views on the ways that we work.

### **Everyone is welcome!**

Anyone wishing to attend should RSVP by calling us on 01482 342297 or emailing [info@sightsupport.org](mailto:info@sightsupport.org) by no later than Monday 3rd September.

## **Glaucoma Society**

Want to find out more about living with Glaucoma?

The Glaucoma Group hosted at Sight Support meets bi-monthly and aims to provide advice, information and support to local people with glaucoma.

Meetings take place on the second Friday of alternate months between 11am to 1pm. Subscriptions are £1.50 per person. For more information please call Sight Support on 01482 342297.

## **Talking Newspapers**

The Talking Magazine produces a weekly talking newspaper including news and feature articles taken mainly from the local papers in Hull and East Yorkshire. Anyone with a visual impairment can receive the Talking Magazine. For more information please contact:

Hull : 01482 585822

Beverley : 01482 657073

Bridlington: 01262 677488

Goole: 01405 948831

## Aids and Equipment

Our Resource Centre offers you the opportunity to view aids and equipment that are available to help people with visual impairments.

Our Resources Coordinator, Lily Savage, can suggest equipment that may help with your specific eye condition or personal needs as well as demonstrate equipment and help you to order items.

Where possible, please book an appointment by calling 01482 342297 to arrange to discuss your needs.

Here are a few items currently available for demonstration:

### **Eschenbach Smartlux DIGITAL Electronic Magnifier**

This electronic magnifier makes reading and other daily living tasks much easier. It has a range of different magnification levels up to 12x magnification.

It is simple to use with large operating buttons which are easy



easy to see and tactile. This stylish product also has a range of contrasting colours for example: yellow on black, or white on black.

It has a 5" LCD none reflective screen along with a 'screen shot' option, allowing you to take a photograph. This magnifier comes with a stand which can be stood at two different levels making it easier to sign paperwork and complete other written tasks. This high quality product is perfect for fitting in your bag and taking out and about e.g. to the supermarket, or to read small print and menu's etc.

Price: £499.00

**PLEASE NOTE: This product is only available for demonstration until early September 2018.**

## Amazon Echo

### (2nd Generation)

#### Smart speaker with Alexa

Amazon Echo is a hands - free speaker you control with your voice. The Echo connects to the Alexa voice service to play music, answer calls, send and receive messages, provide information, news, sports scores, weather and more. All you have to do is ask.



Alexa is also an expertly tuned speaker that can fill your room with immersive sound. It has seven microphones and beam – forming technology so it can hear you from across the room – even while music is playing. When you want to use Echo, just say the wake word, ‘Alexa’, and Echo lights up and responds

and responds to your request.

Price: £89.99

**PLEASE NOTE: This product is not in stock but is available for demonstration only. We are however happy to order this item for you.**

## Focus Days

### Friday 24th August

10.30am - 4.00pm

Amongst other items, ORCAM will be demonstrating their OrCam MyEye 2.0 wearable device with a lightweight smart camera designed to assist people with a visual impairment to read books, recognise faces, identify bank notes and colours, and much more.

### Friday 17th August

1.00pm - 3.00pm

Optelec will be demonstrating their latest products to increase independence to those with a visual impairment.

**For further information about either of the above events, please call 01482 342297.**

## Telephone Befriending

It is not unusual for someone with sight loss to feel isolated, especially if it is difficult to get out and about. Our Telephone Befriending service provides a regular phone call to our people who are limited either due to their reduced vision or poor mobility with the aim of reducing feelings of loneliness and isolation.

The service works by assigning each befriender with their own telephone befriender who calls for a chat on a regular basis.

Our befrienders are volunteers who enjoy listening, talking and getting to know people and who appreciate that a regular phone call can make all the difference.

To help keep up with demand for this service, we are looking for more volunteers.

Do you love to chat? Are you a good listener? Do you have a little bit of spare time to help make a huge difference? If yes, then you might be the perfect volunteer for our telephone befriending service.

To volunteer or to find out more about our telephone befriending service, please call our Telephone Befriending Co-ordinator on 01482 342297 or email [info@sightsupport.org](mailto:info@sightsupport.org).

**“Your calls make a difference and are very helpful while making me feel less lonely”**

**J.**



**Bank Holiday Closure:  
Sight Support will be closed  
on Monday 27th August 2018  
We apologise for any  
inconvenience this may  
cause.**

## 02 Guru Workshops

Sight Support continues to work closely with 02 Hull St Andrew's Quay to offer visually impaired people the opportunity to brush up their skills and to get the most out of their mobile phones and tablets.

The 02 Technology Guru service is available on a one-one basis for Android /Apple phones and tablets offering help with troubleshooting on devices, learning how to 'do more' with apps, overcoming potential tech barriers.

It is open to any visually impaired person who has their own device, although this does not have to be on the 02 network.

### **Forthcoming dates:**

Wednesday 15th August

Wednesday 19th September

For more information or to book your appointment for any of the above dates, please call us on 01482 342297.

## SocialEYES

Our SocialEYES activity programme aims to provide a selection of leisure opportunities for people with visual impairments. Opportunities that sighted people might take for granted.

Regular activities include: Singing, Walking, Football, Acoustic Shooting, Tenpin Bowling, Golf, Fitness Gym.

In addition, our monthly outings offer the opportunity to try our specialist activities e.g. archery, pottery making as well as touring local attractions.

**“Since I joined SocialEYES, I've made new friends, done things I never thought I would and I'm sure I'm in better health too.”**

**DW**

People must be able to travel to the group independently.

To find out more about SocialEYES, please call us on 01482 342297 or email [info@sightsupport.org](mailto:info@sightsupport.org).

## Telephone Surveys

Sight Support is continually seeking to develop and improve its services for blind and partially sighted people and as we receive no government funding, we often apply to trusts and foundations for funding and grants.

In order to make sure that our services are being developed in line with the requirements of visually impaired people and that our applications for funding reflect those views and are as strong as possible, it is extremely important for us to get direct feedback from our service users. This means that from time to time we will conduct market research by telephone and we often use volunteers to help us, so please don't be alarmed if a volunteer contacts you from Sight Support asking questions about either existing or potential new services.

All such volunteers are briefed in data protection legislation and will treat your information with the confidentiality it deserves. They will never ask

deserves. They will never ask anything about your finances or bank details and will not ask your address nor do they have access to this information.

if you are concerned about any call from someone claiming to be from Sight Support, please feel free to call us on 014852 342297 to verify that the call is genuine and of course, you are under no obligation to answer any questions (although we would very much appreciate your feedback).

## Macular Society

The Macular Society (Hull) support group offers fellowship, information, support, social events and guest speakers.

The group meets at Sight Support on the third Friday of every month between 10.30am and 12.15pm.

New members are welcome and you can be assured of a warm welcome.

## Ladies Circle

Would you like to make new friends, have fun and try new experiences?

Why not join our group especially for ladies with visual impairment, a place for ladies to meet, chat and relax - we'll even supply tea and cake!

The meetings are held at 1.00pm until 2.30pm on the 1st Friday of every month and costs £3.00 per person.

Space is limited so please contact us 01482 342297 to book your place.



**Love music? Enjoy singing along? Why not join our singing group?**

**Thursdays 10am - 11am**

**Venue: Sight Support**

**Everyone welcome!**

**Cost: £3 per session**

## Supported Housing

When someone has sight difficulties some aspects of life can be difficult but living at Beech Holme Court you can still retain your independence secure in the knowledge that help is close by.

We currently have vacancies for one three bedroom and two single bedroom apartments within Beech Holme Court - a housing complex of 23 flats which provide individual homes for visually impaired people of all ages who wish to live independently and are able to care for themselves.

Our Services Team Leader Nicky Stevens provides support during the week from her base at our centre next door and organises regular social activities and outings for residents who are also able to join in with activities at Sight Support itself.

If you would like more information about Beech Holme Court's facilities or to be considered for addition to the tenancy waiting list, please contact us on 01482 342297.



## Garden Party

**Date: Tuesday 21st August**

Time: 12noon to 3pm

Venue: Beech Holme Court

The afternoon includes: cake stalls, music, BBQ lunch, tombola, bottle stall, "Ballissimo Delight" ice cream lady.

All proceeds to Sight Support's service user's Christmas Party Week.

## Harvest Festival

Monday 24th September

Venue: Sight Support

Time: 1.15pm - 2.00pm

We are delighted to invite you to join us at our Harvest Festival with Rev. John Tasker. Admission FREE. Everyone welcome!

## Beech Holme Tandem Club

The Beech Holme Tandem Club is based at Sight Support and was formed in about 1952 by a group of cyclists from the Cyclists Touring Club so that blind back riders could enjoy the pleasures of cycling through the countryside with sighted front riders.

The club meets each Wednesday evening and follows a set runs list to various East Riding villages, with back up provided by Sight Support minibus, and sighted members, of the club who do all they can to make your ride as safe and interesting as possible. Anybody who is interested, willing and able to help either as a rider, or to provide support and back up would be most welcome and should contact:

Robin Russell

01482 846246



## Spotlight on Volunteering

National Volunteers Week in June offers charities like Sight Support a great opportunity to celebrate, thank and recruit volunteers.

This year as part of this special week, we hosted a Volunteer's Fair in partnership with Hull CVS and a number of other health related charities. We also held our annual volunteers thank you party including a quiz, raffle buffet and live musical entertainment with plenty of laughter and dancing by one and all.

We are always seeking to recruit new volunteers to help us deliver our support services and raise both funds and awareness.

In particular, we would like to recruit additional telephone befrienders, like Vicky and



Justine, pictured above. Demand for this service is increasing and we have vacancies for volunteers on a Wednesday morning and Tuesday afternoon. This service involves calling isolated service users on a regular basis for a friendly chat. No experience is needed as training is provided.

With a busy summer events calendar we are also looking for volunteers to assist with our stalls and bucket collections to help raise much needed funds and awareness.

**For more information about volunteering opportunities with Sight Support, please:**

**Visit : [www.sightsupport.org](http://www.sightsupport.org)**

**Call: 01482 342297**

**Email : [Volunteering@sightsupport.org](mailto:Volunteering@sightsupport.org)**

## Cash for Trash

Sight Support has teamed up with Recycling for Good Causes to use your trash to raise cash.

The company started in 1996 and quickly became the leading specialist-recycling fundraising project operator for good causes in the UK. Now having raised millions for good causes, Recycling for Good Causes is the fundraising partner of choice for more than five thousand good causes, big and small.

“We’re thrilled to link up with Recycling for Good Causes”, says Angela Gregory, Sight Support’s Fundraising Manager. “They offer us a reliable, high quality service with which to raise funds from risk-free, cost-free and effortless recycling projects. “

The following items are suitable to be donated:

Stamps (Loose, single, albums, first day covers, presentation packs, collections, postcard collections)



Jewellery & Watches (in any material even if damaged or broken)

Currency – Any coins or banknotes, UK & foreign (even if out of circulation)

Mobile Phones

Cameras (old film, digital and video)

Gadgets (Sat-Navs, Ipods, MP3 players, games consoles, games & accessories, Laptops & Tablet Computers).

Simply drop your unwanted items in to the recycling box in our centre on Beverley Road. Look out for the leaflet in this magazine to find out more.



## Fundraising Diary

Sight Support holds a number of bucket collections throughout the year which raise both awareness and vital funds for the charity. Forthcoming dates include:

Hedon Flag Day:  
Wed. 15th Aug.

Waitrose Willerby Collection:  
Sat. 18th Aug.

Cottingham Flag Day:  
Thurs. 27th Sept.

Morrisons Beverley Collection:  
Mon. 22nd & Wed 24th Oct.

If you can spare even an hour or two to help on any of these dates, or if you would be willing to hold a collection at your local supermarket, please contact our Volunteer Coordinator on 01482 342297 or email [volunteering@sightsupport.org](mailto:volunteering@sightsupport.org).



## Team Sight Support

We are once again delighted to be entering a team in this year's Simplyhealth Great North Run. Our six fundraising superstars will take on the world's greatest half marathon on Sunday 9th September so a huge thank you to:

Barrie Kitching  
Jaimie Kitching  
Andrew Stannard  
Tom Skinner  
Kelly Robinson  
Elaine Cornforth

If you would like to support the team, please send your donations to us at the usual address and mark your envelope "Great North Run".

**Good luck everyone!**

**We are happy to offer advice and assistance to supporters who wish to host their own events or take on their own challenges.**

**Call us on 01482 342297 or email [fundraising@sightsupport.org](mailto:fundraising@sightsupport.org) to find out how we can help.**

## Society of MICE Concert

**Thursday 18th October**

Venue: Ryder Club, Coltman St

Time: 8pm—11pm

**Tickets: £3.00**

Enjoy an evening of musical entertainment from the club land legends, the Men In Charitable Endeavour (MICE).

Tickets available now from Sight Support or the Ryder Club. Limited availability on the evening

## Your Support

A huge thank you to everyone who has made a donation, fund-raised or volunteered for us since our last edition of Insight. As always we are extremely grateful for your kind support. Here are just a few of the things you have been doing:

Thank you to everyone who supported our recent ladies Luncheon event which raised over £2,000 with special thanks to our guest speaker award

winning business woman Sheila Granger.



A huge thank you to Darren Ackroyd (pictured above) who completed the Hull 10k and raised a fabulous £200.

Thank you to the Anna Maria Charitable Trust who have donated £10,000 to help fund our SocialEYES leisure and activity programme and to the Inman Charity for donating £2,500 to our Hull Day Group-programme.



Thanks to Hull KR for inviting us to join them at their recent family fun day (pictured above).



The incredible Elaine Cornforth and Tom Skinner (pictured above) are both undertaking running challenges for us this year.

Elaine, who fundraises in memory of her visually impaired Ida Lydia Rose, recently completed the Humber half and Hull half marathons and is aiming to run a total 100 miles culminating with the Hull Marathon in September.

Tom is taking on a treble challenge of three half marathons finishing with the

ABP Coastal race in September. Tom will also be attempting to cycle the equivalent of Beverley to Newcastle (100 miles!) on his turbo trainer bike at Halifax Bank in Beverley on Monday 13th August. Please pop along to cheer him on and, if you can spare, throw a donation in the bucket!

## **Tombola Prizes**

With a busy summer events calendar ahead, we're running low on prizes for our tombolas. If you can donate an item or two, you can be sure that we will put them to good use. Soft toys, toiletry gift sets, wrapped sweets, unopened DVDs - all welcome!

**We hope that you enjoy reading this magazine and we would like to continue to keep you updated about how we are helping local people with sight loss, our fundraising appeals and how you can support us. We will not sell your data and we promise to keep your details safe and secure. If at any time you no longer wish to receive our mailings, please email [info@sightsupport.org](mailto:info@sightsupport.org) or call us on 01482 342297.**

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