

Insight

Autumn 2021



Page 9: An update about
our SocialEYES leisure and
activity programme

Page 16: A chance to win
big in our weekly lottery

Hello Everyone

I hope everyone is keeping safe and well. It has been really lovely gradually seeing more of you back in our building during the last few months. I'm delighted to report that our Day Groups are nearly back to normal and our Resource Centre is reopen and starting to get busy. We all know that sadly the pandemic hasn't gone away so we continue to be cautious in our approach to a 'return to normality'. You will notice that we are still asking visitors to the building to wear masks in communal areas as are all our staff. All our COVID secure measures remain in place with hand sanitising, social distancing and 'fogging' of all our minibuses after use. All our staff have now returned to our offices and it's wonderful all being back together.

Our new art group has started this month and are creating some fantastic pieces of work and are enjoying being together.

More of our SocialEYES groups are

also now reforming including some fantastic new groups such as 'Workout Wednesdays' at Warners Leisure Centre in Hull and a new walking group in Beverley. Please give us a call if you'd like to get involved, you will be made to feel very welcome.

Our Annual General Meeting (AGM) will be held this year on 28th September at 2pm. It will once again be held online via Zoom. Please contact us for log in details. Call 01482 342297 or email info@sightsupport.org.

Last but by no means least we offer our hearty congratulations to Alison Stannard, our Services Manager who has recently been named in the Queen's Birthday Honours List.

Alison has been recognised with a British Empire Medal for her dedication and compassion in overseeing the charity's services, particularly in response to the coronavirus pandemic. The award marks Alison's and Sight Support's commitment to supporting thousands of local blind and partially sighted people during

one of the most challenging times the charity has faced in its 157 year history. On receiving the award, Alison said: "I am honoured to be awarded a British Empire Medal in the Queen's Birthday Honours list for contribution to the coronavirus response. The award is a testament to all the staff and volunteers at Sight Support who have worked so hard to make this happen". Well done Alison!

Sandra Ackroyd

Chief Executive

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 free of charge. For more information please contact:

Hull : 01482 585822

Beverley : 01482 657073

Bridlington: 01262 677488

Goole: 01405 948831

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. Beech Holme Court is 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.

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.

Good News!

Nationwide Building Society has begun issuing 'dot and notch' embossed and recycled bank cards that have been certified by RNIB.

The cards are the first to carry RNIB's Tried and Tested logo, with the 'dot' feature enabling members with sight loss to distinguish between credit and debit cards. The 'notch' feature tells individuals which way around the card needs to be inserted into ATMs and card machines.

The cards, which are made from 85% recycled plastic, will be issued to all members, making them the rule rather than the exception.

Nationwide's ATMs already have audio functionality that can read out the information on screen to help guide those with sight loss.



Hull City FC



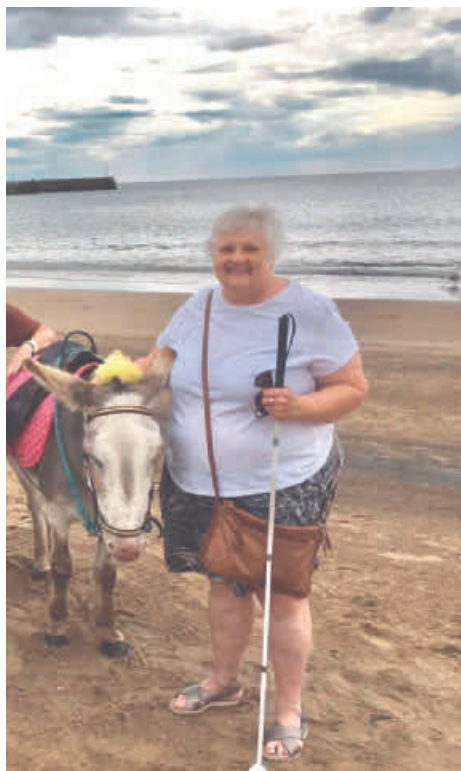
Did you know about the free match commentary service available at Hull City's home games?

Tigerfusion offer a commentary service on Hull City home games to people in the stadium.

The service has been running for many years with a team of volunteers who give a full commentary on the game. They have 10 sets of rechargeable headphones that are available to both home and away supporters and the commentary is available in all parts of the ground.

If anyone is interested can they please contact Hull City FC by calling 01482 504600 to ensure that they are able to collect the headphones which also need to be returned at the end of every game to ensure they are charged for the next match.

Scarborough Holiday



After a tough couple of years, our annual Scarborough Holiday is back with a bang and we'll be heading to Scarborough on Sunday 19th June 2022 for 5 nights of sun, sea and laughter!

The holiday is a great way to make new friends, but don't just take our word for it - Ann Kohler, pictured above who has been on the holiday several times said.

"The Scarborough Holiday is a great opportunity to take a break from your routine and get away to the seaside, enjoy the good company of friends, socialise, days out and experience new adventures

with the support of others. No cooking, cleaning or washing up just enjoy!"

There are places still available and if you are interested in joining us on our holiday, please contact Alison on 01482 342297.

Esme's Friends

Do you see things that are not there? Visual hallucinations, sometimes known as Charles Bonnet Syndrome (CBS), can be quite distressing and may be linked to sight loss. CBS is a condition which some people with sight loss experience when they start to see things which they know aren't real.

Esme's Friends is our CBS Support Group. Meetings take place via audio telephone calls. Places are limited, so you do need to book in advance, by calling us on 01482 342297.

Forthcoming Dates:

Time: 11am—12noon

Tuesdays 14th Sept, 12th Oct, 9th Nov and 14th Dec.

For more information or to book, please contact us on 01482 342297.

Resource Centre

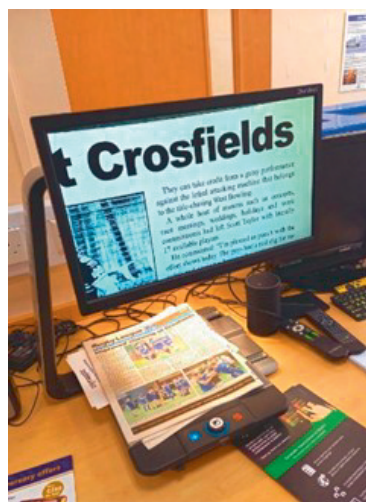
We're more excited than ever to announce that the Resource Centre will be now open 3 days a week on a Monday, Wednesday and Friday. This will continue on an appointment basis in order to restrict the amount of people within the Resource Centre at any given time with Covid-19 still in mind.

Appointments are 45 minutes long with a 15 minute clean down in between. Times are as follows: 10am, 11am, 1pm, 2pm and 3pm.

If you wish to book an appointment to see what's available to help you or a family member with their sight loss, whether it's a talking clock, talking watch or digital magnifier, we recommend that you give us a call and book in with Phil our Resource Centre Coordinator (pictured below).



Phil will be more than happy to help and advise you on any equipment you're in need of or are wanting to try. You can call on the usual telephone number: 01482 342297. Please note that 'Walk In' appointments are not guaranteed, so if you're out already and you wish to visit, please call first. We look forward to welcoming you back into the Resource Centre!



Do you know about CCTV Machines like the one pictured above? They can help at home with tasks like reading letters, magazines, books, viewing pictures, crosswords and word searches. Some people even use them to help them with hobbies like sewing and writing. Interested in finding out more? Please get in touch.

Speakers Corner

Our Speakers Corner events offer a chance to listen to a wide range of speakers offering advice, information and entertainment. They take place on alternate Wednesdays at 2pm. And the best bit? You don't have to leave the comfort of your armchair to join in!

You access the talks by simply calling 0330 336 0036. (Calls are charged at your local call rate. Please check with your supplier). Places are limited, so you do need to book in advance. We will then give you instructions and a password to join in, but don't worry it's very easy to join in.

Forthcoming Dates

22nd Sept: Richard Shepherdson
High Sheriff of East Riding

6th October: Paul Schofield Local
Historian

20th October: Award winning local
author Val Wood

Talking Tech

Talking Tech is our regular online informal group session where you can get news and updates about latest apps and technology to help you keep connected with the wider community.

Talking Tech is available online via Zoom on alternate Tuesdays at 2pm.

Places are limited so you need to pre book. You will then be sent a link to log in to the session. And, don't forget, if there's anything in particular you'd like help with, please get in touch!

Forthcoming Dates

Sept: 21st

Oct: 5th and 19th

Nov: 2nd, 11th and 30th

For more information about forthcoming dates, guest speakers or to book your place for our Speakers Corner or Talking Tech activities, please call us on 01482 342297 or email us at info@sightsupport.org.

Telephone Befriending

The main aim of our telephone befriending service is to reduce feelings of loneliness and isolation by providing a friendly phone call on a regular basis from one of our dedicated and trained befriending volunteers.

These calls have been even more welcomed during the pandemic as many of our befriendees found themselves more isolated than ever under lockdown restrictions, unable to see friends and family or get out and about.

Our volunteers have been making befriending calls from the comfort of their own home and offering a friendly listening ear. The calls are looked forward to by both befriender and befriender. There's an opportunity to chat about many different subjects, including family, the weather, TV, current affairs, hobbies and much more.

The service has had a positive impact helping to maintain positive mental health and wellbeing.

Sheila who receives a weekly befriending call said "I haven't been able to see my family throughout the pandemic which has been dreadful. My weekly befriending calls have kept me going, not only on the day of the call but for the whole week. I have the highest opinion of my befriender who is wonderful and keeps me sane. It's so lovely to be able to talk to someone else with a visual impairment who understands everything I am going through. My befriender has answered several questions about things I have found helpful and referred requests of help to Sight Support who dealt with these straightaway."

If you would like to receive a regular call like Sheila, we can match you up with a befriender who is keen to chat. Simply get in touch by calling Sight Support on 01482 342297.



SocialEYES

We are delighted that so many of our activities have finally been able to resume after such a long break because of Covid. Now along with our audio book club, tennis sessions and exercise group at Costello Stadium in Hull, you can once again enjoy singing, ten pin bowling and our monthly Ladies Circle. Our arts and crafts group is also back however there is currently a waiting list for this activity.

Even more exciting is the launch of two new activities; a new fitness group based at Warner's Leisure centre in Hull called "Workout Wednesdays" and we're delighted to be expanding our activities into the East Riding with a new fitness walking group in Beverley in partnership with Fitmums and Friends.

Beverley Fitness Walk

Day: Tuesdays

Time: 11.15am for 11.30am start

Venue: Main Reception, Beverley Leisure Centre, Flemingate, Beverley, HU17 0LT

Cost: FREE

Come along and join our fun cardiovascular walking workout around Beverley town centre and the surrounding countryside. Whether you are looking for encouragement & support to get fitter or if you would like some social fun, then our Fitness Walks may be just the thing for you.

Workout Wednesdays

Day: Wednesdays

Time: 11.15am - 12.15pm

Venue: Warners Leisure Centre, 80-86 Pickering Rd, Hull, HU4 6TE

Cost: FREE

Enjoy a general fitness class using a range of exercise techniques under the supervision of a qualified fitness instructor. Suitable for all ages and all fitness levels.

FREE places are available for both these new activities. For further information or to book your place, please call 01482 342297 or email info@sightsupport.org.

Audio Book Club

Do you love audio books? Why not join our new audio book club?

Each month members will receive a chosen book from Calibre Audio books and at the end of that month, group members will come together (by phone at first but hopefully in person when we can all meet up again) to discuss the book; the storyline, characters, plot twists etc. It only costs £18 a year to become a member payable to Calibre Audio Books. That's just £1.50 per month! Books will be sent out on memory stick or CD and there are no postage costs to send back.

The group is hosted on our telephone conference calling system (with the occasional face to face social get together), so all you need to be able to join in is a standard mobile or house phone.

For details of how to join in sessions please call 01482 342297. Please note, calls to join sessions may incur a cost, please check with your telephone provider.

Tennis Sessions

Day: Mondays

Time: 10.30am - 11.30am

Venue: Nuffield Health Centre, Kingston Park, Hull, HU1 2TX

Cost: £3.00 per week

Costello Stadium

Exercise Group

Day: Fridays

Time: 10.00am - 11.30 am

Venue: Costello Stadium, Anlaby Park Rd North, Hull, HU4 6XG

Cost: FREE

Singing Group

Day: Thursdays

Time: 10.00am - 11.30am

Venue: Sight Support

Cost: £3.00 per week.

Refreshments included

Love music? Enjoy singing along? Why not come along to our singing group?

The sessions are open to anyone with a visual impairment and or their friends/family.

Tenpin Bowling

Day: Alternate Tuesdays

Time: 10.30am for 11.00am start

Venue: Superbowl, Princes Quay Shopping Centre

Cost: £3.50 per game payable to Superbowl

The group meets on alternate Tuesdays and enjoys a game of bowling at Superbowl in Princes Quay Shopping Centre followed by lunch at a local venue (at additional cost).

Ladies Circle

Day: 1st Friday of each month

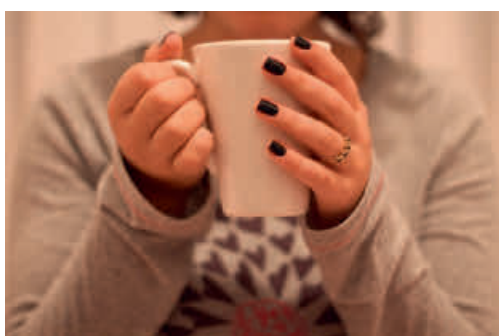
Time: 1.00pm - 3.00pm

Venue: Sight Support

Cost: £3.00 per week.

Refreshments included

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



Virtual Quiz



2nd Friday of each month

Time: 3pm

Love quizzing? Are you an avid fan of Pointless, The Chase or even Mastermind? Fancy putting those brain cells to the test? Then we have just the thing for you... our VIRTUAL Quiz!

Rounds include multiple choice, true or false, and a connections round where all answers have a connecting theme to be figured out.

The quiz is hosted on our telephone conference calling system, so all you need to be able to join in is a standard mobile or house phone.

Participants have commented on how nice it has been to keep in touch with friends and also meet new ones, in spite of not being able to meet face to face. New members are always welcome.

Outings

With the re-opening of the hospitality sector, we are planning to restart our monthly outings to local attractions and events. Over the coming months we hope to include trips to the Ferens Art Gallery Open Exhibition, a pottery making visit to Make and Take Ceramics and a Christmas trip to a local garden centre.

If you would like to receive details of the above trips once they are confirmed, please let us know. Call Roy on 01482 342297 or email info@sightsupport.org.

HOW TO BOOK

Places for all activities are limited and MUST be booked in advance. For more information or to book your place, please contact us on 01482 342297 or by email at info@sightsupport.org.



In Their Own Words



“The tennis has given me such a boost. Before speaking to Vicky and Roy I thought I didn’t have a future. I believe I have a future now and that’s down to Sight Support”

“I tried the quiz just to see what it was like. I didn’t really know anyone, but I was made to feel really welcome. I’m going to sign up for the book club as well”.

“I really enjoy the art. I do it every day. My kitchen table is now my studio. This month I’ve learned about cubism. My daughter is always telling me off for how messy the kitchen table is. I just tell her, “quiet! There’s an artist at work”.

Sight Support remains grateful for the ongoing support of the National Lottery Community Fund for our SocialEYES leisure and activity programme.

Telephone Scam Alert



A number of our service users have asked us to warn others about a scam telephone call that they have received.

Victims reported receiving an automated telephone call telling them their "National Insurance number has been compromised".

Everyone in the UK is sent a National Insurance number automatically just before their 16th birthday if their parents or guardians are receiving Child Benefit for their care.

This number helps identify you on UK and Scottish Government systems, including HM Revenue and Customs (HMRC), the Department for Work and Pensions (DWP).

The caller then told them to fix it and get a new number, the victim needs to "press one on their handset to be connected to the caller".

Once connected to the "caller", victims are then pressured into handing over their personal details in order to receive a new National Insurance number.

But in reality, the victim has instead been connected to a criminal.

Worryingly, they can then use the personal details to commit fraud. We advise you to remain vigilant and be cautious of any automated calls you receive mentioning your National Insurance number becoming compromised.

If you're contacted out the blue by someone asking for your personal or financial details, this could be a scam.

Even confirming personal details, such as your email address, date of birth or mother's maiden name, can be used by criminals to commit fraud.

If you have any doubts about what is being asked of you, hang up the phone.

Thank You

Sight Support HEY relies on donations and bequests to fund our support services and your support has never mattered more than during the pandemic.

Each and every donation given really can help us to make a difference to the lives of local people with sight loss. We cannot possibly mention everyone, however here are just a few of you who have helped recently.



A huge thank you to our amazing and incredibly brave team who took on our recent abseil challenge. Ann, pictured above, along with Leah, Liz, Bel, Jane and Lee, all braved a windy and wet

morning to descend 200ft down the K2 building and between them have raised over £3,200.

Thank you also to our wonderful volunteers Danielle, Katie, Nicky and Stefan from Smith and Nephew who helped the day to run so smoothly and of course the staff and management of the K2 building for being such wonderful hosts.

A big thank you to Marion Hastings for hosting a coffee morning and garden party and raising a fantastic £550 and of course, thank you to everyone who supported her event.

Another big thank you to our friends at the Rotary Club of Humberside for their recent donation of £300. We are extra grateful for their continued support.



Christmas Fayre

Our fundraising income has seen a very significant reduction over the last 18 months with almost all our events and challenges cancelled due to Covid-19 and we are not expecting our income to recover to pre-COVID levels for some time.

We now hope to restart our regular shop and street collections as well as hosting fundraising tombolas at venues across the region. We would welcome donations of prizes and or soft toys to use at these events. Donations can be dropped off at our centre on Beverley Road between 9am - 4pm Mon - Fri.

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 us on 01482 342297 or email fundraising@sightsupport.org. Or to receive more information about upcoming events, please sign up to our e-newsletter by emailing us at fundraising@sightsupport.org.

Christmas Fayre



Saturday 13th November

Venue: Cottingham Civic Hall

Our always popular Christmas Fayre is back!

A wide selection of craft and gift stalls with a stunning array of fabulous gift ideas for everyone on your Christmas gift list.

Everything from food, crafts, clothing, toys and much more! Plus tombola & refreshments. Fun for all the family!

Admission 50p adults, children FREE. (All proceeds to support local people with sight loss).

We are seeking volunteers to help at this event including serving refreshments and selling tombola tickets. If you can spare the time to help, please contact us on 01482 342297 or email volunteering@sightsupport.org.

Join Our Lottery

You could win a huge £25,000 in our weekly lottery!

Play today for the chance to win big, and, for as little as £1 a week, help us to improve the lives of thousands of people with sight loss in Hull and East Yorkshire.

This exciting new way to support us is hosted by Unity Lottery and we receive at least 50p of every £1 entry. You'll be automatically allocated your own unique 6-digit number and the draw takes place every Friday.

How to win:

- Match 3 win 5 free entries into the next week's draw.
- Match 4 win £25
- Match 5 win £1,000
- Match 6 win the £25,000 jackpot!



It is easy to sign up securely online just visit: [https://](https://www.unitylottery.co.uk/causes/sight-support-hull-east-yorkshire)

www.unitylottery.co.uk/causes/sight-support-hull-east-yorkshire

Or call our Fundraising dept. on 01482 342297 and we'll send you a sign up form that you can post back to Unity Lottery using a FREEPOST address.

Every Friday, the lucky winners are sent their prizes automatically, so there is no need for you to claim. You must be 18 or over to enter.

Thank you and GOOD LUCK!

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 or call us on 01482 342297.