

Insight Winter 2019



Christmas gift ideas
Page 4

**Read about our amazing
award nominees**
Page 13

Hello Everyone

Well it's that time of year again when we're all tempted to put the heating on and hibernate but don't forget it's really good for your physical and mental health to get wrapped up and get out in the fresh air, so I would urge anyone who can to join our weekly fitness walking group. Find out more on page 9.

Following the feature in our last issue of Insight about our Community Advice Officer, Sandra Webster's retirement, it is with great sadness that I have to announce Sandra sadly passed away in September. Sandra worked in the Goole and surrounding areas for fourteen years and was passionate about supporting people with sight loss. She will be sadly missed by us all.

A big thank you to everyone who attended our recent Annual General Meeting (AGM) at which we announced that our current Charity President, The Hon. Dame Susan Cunliffe-Lister, DCVO, has stepped down from her role as

she prepares to also step down as Lord Lieutenant of East Riding in November.

We thank her enormously for her fourteen years of support during which time she has promoted our charity at every opportunity and also allowed us to host some wonderful fundraising events at her beautiful home; Burton Agnes Hall. We wish her every health and happiness for the future.



Mr James Dick OBE will take over as the new Lord Lieutenant and I am delighted to announce that he has most kindly agreed to also accept the role of President of Sight Support HEY, and we now look forward to working with him in the future.

At the AGM our Chair of Trustees, Hollie Haeney, also

stepped down after five years in the role and Trustee Debbie Rosenberg was voted in as our new Chair. I would like to personally thank Hollie (pictured below centre) for her tremendous support of the charity and I look forward to working with Debbie (pictured below right) in the coming years.



It's always great for us to be able to show our appreciation to our wonderful volunteers and even better when their efforts are recognised by the wider community, so I was delighted when two of our amazing volunteers were recently shortlisted for prestigious regional awards.

Check out page 13 to find out more and how Angie and Carol got on at a very special awards ceremony.

Finally I'd like to welcome our newest member of staff to the team. Phillip Dearman has joined us as our new Receptionist/Resource Coordinator. You can find out more about his role on page 4.

Wishing you all good health and happiness over the Winter months.

Sandra Ackroyd
Chief Executive

Holiday Closures

Sight Support HEY will close for the Christmas holidays at midday on Tuesday 24th December 2019 and reopen on Thursday 2nd January 2020. We apologise for any inconvenience this may cause and wish you all a very Merry Christmas and a Happy New Year!



Resource Centre



Hi everyone!

I'm Phillip Dearman (pictured above).

As the new Receptionist and Resource Coordinator here at Sight Support HEY I would love to invite anyone who needs help with their sight loss, or who knows someone who may need help, to come and see what support we can offer.

You never know, we may have just the thing that you need, whether it's a handheld magnifier, a talking watch or a set of talking weighing scales.

I'd like to ensure that anyone who comes through our door gets the best outcome from their visit and hopefully learns more about how they can manage their visual impairment, whatever their degree of sight loss.

Should you wish to make an appointment with me, simply give me a call on 01482 342 297. We're open from 9am to 4pm Monday to Friday. Alternately, if you find yourself in the area and fancy popping in, I'd be more than happy to help in any way I can. I understand that it may be hard at first to take that first initial step, but rest assured, you will receive a warm welcome and we are here to help.

Christmas Gift Ideas

Need some inspiration for a gift this Christmas? If you're stuck for a bit of inspiration for a gift for someone, RNIB and Cobolt may have some marvellous things that may spark your interest this Christmas!

Bananagrams



No matter how old you are and how many anagram games

you've played, Bananagrams is sure to drive you absolutely bananas - in the best way possible that is! Durable off-white plastic tiles with braille on clear labels, allowing the bold black print letters to be seen underneath so the game can be enjoyed by everyone of all ages.

Price: £21.99 (Ex VAT)

Chess



Check your mate and enjoy the ultimate game of strategy, with this tactile wooden chess board and pieces. Why not have some fun with friends and family and grab yourself one.

Price: £32.99 (ex VAT).

Ludo

This classical family board game Ludo, brought to you from Cobolt, is made with a beautiful traditional handmade wooden finish. You can play with up to four people and each set of pegs are shaped differently at the top for ease of play. The game

comes complete with instructions, two braille dice and a shaking cup.

Price: £39.95.

If you're looking for something a bit fancier, how about a new watch for Christmas? RNIB and Cobolt also offer a wide range of great talking watches to take home for the perfect gift this Christmas.

Talking Large Faced Watches from Cobolt



These large easy to see watches have a clear analogue face measuring 36mm (diameter) and a female voice, which announces both the time and date at the touch of a button. It also has 3 alarm sounds, an optional hourly report and a count down function! You can choose between 12 hour or 24 hour clock. They're available in two amazing styles; silver casing and black face with white hands and numbers, or gold casing and white face with black hands and

numbers.

Both are available with either expanding bracelet or a leather strap. They're powered by 1 x CR2016 Lithium battery and 1 x SR626 Silver Oxide battery which is included. Grab one for yourself or someone else this Christmas.

Price: £34.95

Robin Small Talking Watch, available with pink or mint strap (RNIB)



Rock this Robin on your wrist and you'll never be late again, thanks to Acctim Autoset Technology and built-in speech. This is an incredibly easy-to-see talking watch, with mother-of-pearl face and a white strap. It has bold black numbers and hands that contrast with the clear mother of pearl face, which is complemented by a gold-coloured case and a white artificial leather strap.

Price: £34.95 (ex VAT).

Small talking watch with gold coloured expanding strap (RNIB)



This is a spectacular talking calendar watch, with a gold-coloured case and fitted with a gold coloured, stainless steel expanding bracelet strap. It has a white face with clear black numbers and hands. The English male voice and hands are automatically synchronised to help you set it up easily. This also includes an alarm feature and can be all yours for a great price

Price: £26.99 (Ex VAT)

For more personal advice about Christmas gift ideas, please contact our Resource Coordinator Phillip on 01482 342297 for advice or to make an appointment to view equipment and aids in our Resource Centre which may be appropriate.

Scarborough Holiday

Next year our annual Scarborough holiday will take place from Monday 29th June until Saturday 4th July and we will again be staying at the Delmont Hotel. Further details and information packs will be available in early Spring 2020 but as places book up very quickly, if you would like to add your name to the interest list, please contact Sinead or Leah on 01482 342297.

Joyce, (pictured below right) from East Hull attended the holiday for the first time this year. “I had an absolutely wonderful time, I would definitely recommend it. All the staff are so friendly and helpful. We had some lovely days out and I enjoyed every minute of it. I would encourage everyone to go and have the experiences that I did”.



Day Groups

Did you know that as well as our Day Groups based in Hull, we also hold Day Groups in Withernsea, Hornsea, Goole and Bridlington?



Ron Garnett (pictured above right) who has been attending the Withernsea Group since July, says, “I’ve made some very good friends since joining the group. When you live on your own you spend a lot of time alone; getting out each Monday has made a real difference to me, and being with people who are all in the same situation as me means such a lot. The staff all work hard to make sure we enjoy our day”. If you, or someone you know would benefit from attending one of our groups, why not give us a call on 01482 342297 for more information.

Telephone Befriending



Not having someone to talk to on a regular basis can be lonely and isolating, particularly if you've been used to sharing your home and time with others.

If you, or someone you know, finds it difficult to get out and about due to your sight loss and/or mobility issues, our Telephone Befrienders would love to chat and provide more conversation in your life. Whatever you want to talk about, the weather, TV, hobbies, interests or just conversation in general, the chat is guided by you.

Most of our Telephone Befrienders are themselves visually impaired and so understand the hurdles and challenges faced on a daily basis. You might also find it helpful to talk about your visual impairment and things you struggle with, or you may want to talk about anything but your eye condition.

Hopefully our calls will make a difference and leave you feeling less alone and isolated.

Our volunteer befrienders also enjoy their rewarding and worthwhile role. Julie, who has been a Telephone Befriender for over three years said "My befrienders sit by the phone waiting for their call and I love knowing I am making a positive difference to someone's day."

Sheila who receives a regular call from Julie said "From the very first call we got on like a house on fire, since then her weekly calls have been very welcomed and helpful to me. It has been nice to chat with Julie, and if I have a problem she's been there to talk it through with me."

If you or someone you know may benefit from receiving a regular friendly phone call, or if you love to chat and are a good listener, have some spare time and would like to make a difference, please don't hesitate to get in touch.

Call us on 01482 342297 or email volunteering@sightsupport.org

SocialEYES

I'm absolutely delighted to have received such positive feedback about our SocialEYES leisure and activity programme since joining the charity a few months ago. I have made an effort to attend as many activities as possible and many of you have been keen to put forward ideas of things you would like to try and places you might like to visit.

In particular, I was very keen to get our monthly outings back underway again as these had been put on hold during the absence of a programme coordinator. Our recent outings have included a tour around the museums of Hull, a day out to the Cleethorpes Festival of the Sky and a pottery making trip.

Our Lottery funded partnership with Fitmums and Friends has been incredibly positive so far. The Fitness Walking group meets at 9.15am on a Thursday morning at East Park with trained guides, who are very happy to lead any walkers (or runners!) around the route. Everyone who has joined to date says what a great

atmosphere there is at the sessions and some members have now progressed to running.



Gill (pictured above) said “ I really enjoy it. It makes me feel better in myself just talking to other people and having a laugh and a joke. It's taken me out of myself. When I'm alone and feeling a bit down, I can go into a downward spiral but coming here lifts me every time.” The sessions are open to everyone (not just Mums), for walkers/runners of all abilities and are currently free to anyone with a visual impairment thanks to the lottery funding.



Whilst our regular activities have continued, I would now like to begin to expand and develop more opportunities, such as music and sports, and also offer such activities both in the evenings and at weekends to ensure as many people as possible can join in.

Tennis is a game which may, to all intents and purposes, appear to be impossible for a visually impaired person to participate in, but in reality it can be one of the most inclusive. Thanks to the work of the Lawn Tennis Association, it is growing rapidly.

“I would love to see VI tennis in Hull. It was the first sport that I played with my sighted partner,” says Roy Turnham, SocialEYES Coordinator.

If you have any questions about activities, or are wondering about how you can still enjoy an activity that you did before your sight loss, please get in touch. Call Roy 01482 342297 or email info@sightsupport.org.

Roy Turnham
SocialEYES Coordinator

Fitmums Choir



As part of our partnership project with Fitmums & Friends, we also have ten free places on offer for anyone with a visual impairment who wishes to take part in their annual choir project. The choir is about bringing people together to enjoy the camaraderie of meeting up each week. It takes place in February and March next year.

Rehearsals take place at Cottingham Civic Hall on Sunday afternoons and will culminate in a special performance on 28th March 2020. It really is for everyone – it is truly inter-generational so everyone from children to older people are most welcome!

If you are interested in finding out more, please contact Roy on 01482 342297 or email info@sightsupport.org.

Musicians Wanted!

Are you visually impaired and play a musical instrument? We are looking to set up a new informal music group and would love to hear from you whatever your ability level. We would also like to hear from anyone who would like to learn to play an instrument. Call 01482 342297 or email info@sightsupport.org

Low Vision Exhibition

Friday 13th March 2020

Venue: Sight Support HEY

Time: 10am - 3pm

FREE ENTRY

Exhibitors from around the country will be on hand to showcase equipment and services, specifically designed for people with visual impairments, including optical and video magnifiers, accessible mobile phones and independent living aids. Representatives from other local and national organisations, such as the local Sensory Team, the Macular Society and Blind Veterans will also be attending.

Charles Bonnet Syndrome

Sight Support Hey is working closely with Esme's Umbrella (an organisation offering telephone support specifically for people who suffer with Charles Bonnet Syndrome (CBS)).

CBS is a condition which some people with sight loss experience when they start to see things which they know aren't real, sometimes called visual hallucinations.

Following the feature in our last edition of Insight, a number of people contacted us to express an interest in being involved in setting up a CBS support group. As a result we are intending to hold our first CBS Support Group meeting in December. The exact date is yet to be confirmed, however if you are interested in being involved in the group or finding out more, please contact Tracy at Sight Support on 01482 342297 or email info@sightsupport.org and we can contact you with more details nearer the time.

Information Days



Our Information Sessions are specifically aimed at people who have been newly registered by their Eye Consultant or Ophthalmologist as being Sight Impaired or Severely Sight Impaired. The session explains the process of registration and is aimed at helping people to cope with the emotional impact of being diagnosed with sight loss. It offers a relaxing and informal opportunity to meet others who are in a similar position.

Next Dates:

Tuesday 3rd December 2019

Tuesday 28th January 2020

Time: 10.30am -12noon

The course is FREE however donations are always welcome.

For more information or to reserve your place, please call us on 01482 342297 or email info@sightsupport.org

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 from 11am to 1pm. Subscriptions are £1.50 per person. For more information please call Sight Support on 01482 342297.

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.

Cost: £2 per person.

Volunteering



Sight Support is always appreciative of the significant role played by volunteers. Each month in excess of 350 hours in time are given by those who support the charity, which is a huge contribution.

This summer we had staff from Jelf Insurance spend a day clearing the Beech Holme Court garden area and planting new flowers, along with several volunteers helping at the Garden Party in August.

Staff from Sainsbury's Local Jameson Street, along with members of the Tandem Club, supported some of our fundraising days, and Fitmums and Friends have been greatly involved in our new fitness walking groups each Thursday. This is alongside our ongoing telephone befriending, day

groups, fundraising and SocialEYES activities. This support not only enhances the experience for our service users, it often also offers opportunities for volunteers themselves to develop new skills and benefit socially from the satisfaction gained by giving something back to others.



We were absolutely delighted when two of our amazing volunteers were recently shortlisted for prestigious regional awards. Angie Casey (pictured above right) was nominated in the Community Volunteer Award category and Carol Winter (pictured above left) in the Trustee Award category of the Proud to BEE a Volunteer Awards organised by the HEY SMILE Foundation and partners; Nisa Local's charity Making a Difference Locally, and

East Riding of Yorkshire Council. Angie has volunteered with us for more than fifteen years helping in our Day Groups. Although visually impaired herself with glaucoma and cataracts, she works tirelessly to ensure other service users enjoy their day out and nothing is ever too much trouble. Her efforts ensure that visitors to our Day Groups enjoy their time socially with others in a relaxed and friendly environment.

Carol has been a phenomenal fundraiser and supporter of Sight Support HEY for more than twenty five years, and now also helps guide the charity's work having joined the Board of Trustees eight years ago.

“We are very lucky to have people like Angie and Carol helping us to guide, deliver and raise funds for our support services which are helping to change lives of thousands of local people with sight loss,” said Sandra Ackroyd, the charity's Chief Executive.

The ladies enjoyed the red carpet treatment at a special

awards ceremony, but sadly neither picked up an award although they are both winners in our eyes, and we are also proud of the contribution made by all our volunteers.

We are always looking for more volunteers to join our team and if you would like to get involved check our website for more details or contact us on 01482 342297 or email volunteering@sightsupport.org.

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

Fundraising Diary

We have some fabulous events taking place in the coming months. Here are just a few to tempt you. For more information about all our forthcoming fundraising activities, please visit our website at:
www.sightsupport.org



David Bowie Tribute

Sunday 2nd February 2020

Venue: PAVE, Princes Ave, Hull

Time: 8pm

Tickets: £7 in advance from www.hullboxoffice.com

Local acts pay tribute to the music of the legendary David Bowie including musicians from the Turn and Face the Strange theatre show.

80's/90's Nostalgia Night

Sunday 8th December 2019

Venue: O'Rileys, 83 Beverley Road, Hull.

Time: 7.30pm

Tickets: £5 in advance from www.skiddle.com

Over a dozen local bands will be performing covers of alternative/indie bands from the 1980s and 1990's such as The Smiths or Sisters of Mercy .

Ladies Luncheon

Tuesday 19th May 2020

Venue: Tickton Grange Hotel

Time: 12noon

Tickets: £28

Our always popular luncheon with a special guest speaker.

Easter Fayre

Saturday 28th March 2020

Venue: Cottingham Civic Hall

Time: 10am - 3pm

More than 30 stalls selling a wide variety of gifts and treats for Easter plus lots of prizes to be won on our tombola and a café full of goodies. Fun for all the family!

Be a Star this Christmas!



2019 is coming to an end, but there is still time to do something amazing, and your support could ensure that we are there to respond to the next request for help, and make a difference to the life of another local person with sight loss. Our festive fundraising pack has a few ideas and, of course, you can also organise your own activity or event in your community or your workplace. To receive a copy of our Be a Star fundraising pack, please get in touch using the details below or visit our website at www.sightsupport.org.

Cash not Cards



Jolly Jumper Day



Santa Run



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.

01482 342297 | info@sightsupport.org | www.sightsupport.org

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