

Insight Winter 2020



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our Chief Executive

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Giving Tuesday appeal

Hello Everyone

I hope you're all keeping safe and well in these challenging times.

Well this will be the last Insight magazine for 2020 and what a year it's been.

I, for one, never anticipated when we first went into lockdown the first time, that we would still be working with these challenges as we come towards the end of 2020, but here we are again!

As I write this, the second lockdown for the full month of November has just been announced, which I know will be challenging for many of us. You will see throughout this magazine that Sight Support Hull and East Yorkshire have been continuing supporting people with sight loss throughout the pandemic and we will continue to do so.

As you would expect, unfortunately we have not been able to run many of our face to face services for many months now and we are missing seeing you all in person. However, we were successful in our application for

emergency government funding which has helped us provide a wide range of adapted services including using digital technology. You can read about more of these throughout the magazine. I know many of you have enjoyed some of the new Zoom sessions, Speakers Corner and Tech Talk sessions. Our building will be closed to the public during the lockdown period and most staff will be working from home, in line with the government guidelines, but I want to reassure you that we are here to continue to support anyone with a visual impairment, in whatever way we can and **OUR PHONE LINES WILL REMAIN OPEN.**

If you have any queries or need assistance with shopping or collecting prescriptions and medications, just want a chat or anything else we can help with, please do not hesitate to call us on **01482 342297. We are here to help.**

Our priority obviously remains to keep our service users, staff, volunteers and visitors safe and we will continue to follow government guidelines.

Like many charities the pandemic has had a significant impact on our income levels this year as we have been unable to carry out many of our usual fundraising activities and events and challenges have had to be cancelled. That's why, on page 14 of this magazine, you can read more about our special Giving Tuesday appeal and why we are asking for your support and that of your family and friends if at all possible.

Finally I would like to take this opportunity to thank all Sight Support staff for their hard work, dedication and understanding through this difficult year. As this is our last Insight magazine of 2020, I would also like to wish you a very Merry Christmas and hope that 2021 is a better one for all of us.

Stay safe and stay positive, we will all get through this together.

With Very Best Wishes

Sandra Ackroyd
Chief Executive

Holiday Closures

Sight Support HEY will close for the Christmas holidays at 4pm on Wednesday 23rd December 2020 and reopen at 9am on Monday 4th January 2021.

We wish you all a very Merry Christmas and a Happy New Year!

Resource Centre



Although our Resource Centre will be closed to the public throughout November due to lock down, if you are in need of a piece of equipment e.g. magnifier, talking watch or other such item, please get in touch and we will do our very best to accommodate your needs and requests.

Please call us on 01482 342297 or email info@sightsupport.org.

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 alternate Wednesday 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

November: 25th
December: 9th and 23rd
January: 13th and 27th
February: 10th and 24th

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

November: 24th
December: 8th and 22nd
January: 12th and 26th
February: 9th and 23rd

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.

Day Groups

Our regular weekly Day Groups have been unable to take place since lock down began in March, but in recent months, thanks to emergency government funding distributed by The National Lottery Community Fund (NLCF), we've been able to connect some of our Day Group members with each other using technology and online video calling.



The feedback from those who have taken part so far has been amazing! So much so that some of those who weren't initially interested in video calling are now looking forward to joining in having spoken to those who have participated.

"It's brilliant, it was like being in the same room, I am so impressed and can't wait to do it again." Elsie

"I really enjoyed it, this was my first contact with friends since March" Bob

"It was nothing like I expected. It was wonderful to see Sheila again and I felt very involved, it was a lot better than a telephone call."

Maisie



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

Loan to Learn

Like many of our Day Group members, some of you may have used technology for the first time or in new ways during the pandemic or you may be missing out on accessing a whole range of information and help, if you do not currently own your own computer/tablet, that's why we're introducing our **Loan to Learn** service. We now have equipment that we can loan out **FREE** of charge and provide the training and support to help you learn how to use it in the comfort of your own home. If you are interested in finding out more about Loan to Learn, please contact us on 01482 342297.

Telephone Befriending

Our telephone befriending service has become increasingly important during the Covid-19 outbreak whilst people became more isolated while having to stay indoors.

Our volunteer befrienders have continued to make their befriending calls from home, speaking to our sight impaired service users on a regular basis. Having someone to talk to and someone to listen can really make a difference. It could be that their befriender is the only person they speak to that day, or even that week.

We have had such a great response from people offering to volunteer through this difficult and challenging time, offering to make calls and help reduce the feelings of loneliness and isolation to those that need it most. This has had such a positive impact on helping to cope with these strange times we are experiencing at present with calls being welcomed more than ever before.

It's always lovely to hear such positive feedback, such as;

"Calls going great with Jackie who is lovely to speak to and easy to get on with. I always enjoy our call. These calls were valued and welcomed more than ever during lockdown"

"I can talk to Julie who is lovely and we get on really well together, sometimes she is the only person I speak to all week"



A big thank you to all of our volunteer befrienders for the fantastic role you have been doing and continue to do.

Living with reduced sight can be lonely. For various reasons people can find themselves becoming increasingly isolated and unable to enjoy the same level of social interaction that they have

otherwise done.

Most of our 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.



We can match you with a friendly volunteer who will call at a time convenient to you, giving opportunity for you to have a conversation with someone who wants to listen, good company and likes to chat.

These regular calls allow you to enjoy general conversation on subjects of interest to you or you might just like to spend time putting the world to rights. A regular call, a real connection, now you're talking!

If you, or someone you know may benefit from receiving a regular friendly call, or if you're a good listener, like to chat and can spare some time on a regular basis, then this role could be perfect for you. We'll give you all the training and support you need and there will be opportunities to meet other volunteers too.

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

In Touch

In Touch is our monthly magazine currently delivered to our Day Group members. It's **FREE** and we know that many of you are missing getting together with your friends at Sight Support and taking part in your usual activities so we hope our monthly magazine with it's puzzles and activities, will help fill the gap a little bit until we can get back together again in person. If you are visually impaired and would like to receive In Touch, please call us on 01482 342297 or email info@sightsupport.org.

New Police Protocol



Humberside Police have launched a new protocol to help visually impaired people stay safe when reporting an emergency (call 999) or incident (call 101).

When reporting either an emergency or incident, please inform the police that you are visually impaired. You can then give a password which a police officer will use should they need to visit you at home. This way you will know that they are a genuine police officer.

If, when visiting you at home, the officer cannot give you the correct password, please ask them to call the Force Control Room for verification. If the visitor still cannot give you the correct password, call 999 to request police attendance as a possible bogus official.

Please stay safe!

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. (Our first book was *The Island* by Victoria Hislop).

We're offering a three month free trial after which if you want to join up, it will only cost £18 a year to become a member – 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. If you're interested in joining our exciting new group, why not call us on 01482 342297 for more information or email: info@sightsupport.org.

SocialEYES

It's been a busy few months for our SocialEYES programme.

In August, as lockdown continued to ease, we were able to restart some physical activities including weekly tennis sessions and an outdoor exercise group both of which could operate safely maintaining social distancing guidelines.

We were also fortunate to recruit a number of new volunteers to assist with these activities which have attracted new participants and received some very positive feedback including from new service user Nick who is not only visually impaired but also uses a wheelchair.



Gillian playing tennis pictured above.

“Since I received a call from Sight Support HEY, I have been made to feel welcome and offered some positive opportunities including tennis sessions. Being among people in a similar situation, and making new friends in such a short time, has made me feel normal, that to me is priceless. Hearing how other people have overcome different or very similar situations has given me enough confidence to now plan ahead and have the confidence that, from not going out at all, I go out at least three times a week. Sight Support have changed my outlook on life and now I see the opportunity not the negative.”

Nick

You can read more details about our current SocialEYES activities on the next page and new members are always very welcome.

Finally, a big thank you to our funders who enable us to provide these opportunities: the National Lottery Community Fund, Sport England and the Anna Maria Charitable Trust administered by the Two Ridings Community Foundation.

Virtual Quiz



Alternate Fridays

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.

For more information or to book your place, call us on 01482 342297 or email info@sightsupport.org. We will then give you instructions on how to join the quiz.

Tennis Sessions

Day: Mondays

Time: 10am - 12noon

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

Outdoor Exercise Group

Day: Fridays

Time: 10.00am - 11.30 am

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

HOW TO BOOK

All equipment is provided at the above sessions, however places 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.



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. If you're experiencing visual hallucinations, please feel free to join Esme's Friends - our new Charles Bonnet Syndrome (CBS) Support Group. 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.

Meetings take place via audio telephone calls. You can 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, by calling us on 01482 342297.

Forthcoming Dates:

Tuesday 10th November
Time: 11am

For more information or future dates, please contact us on 01482 342297.

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.

Volunteering



Sight Support HEY was delighted that four of its volunteers were recently shortlisted for prestigious regional awards in recognition of their longstanding support of local people with sight loss.

Ann Massam and Robin Russell were both nominated in the Trustee category, Elaine Cornforth in the Fundraiser category and Chris Walker (pictured above) in the Behind the Scenes category of the regional 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.

The winners of the Volunteer of the Year awards were announced at a special virtual celebration event which took place on 8th October. Although none of our nominees won (Chris was highly commended)

and, in our eyes, they are all winners and we remain grateful for the support of each and everyone of our amazing volunteers.

If you are interested in volunteering with Sight Support HEY, there are many ways you can get involved. Please get in touch by calling us on 01482 342297 or emailing volunteering@sightsupport.org for more information.

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

Tom Skinner



Our fabulous friend, Tom Skinner, has completed his toughest challenge yet by running 1,000 miles in 2020 to raise funds for us.

Tom is registered as partially sighted due to a sight condition called Nystagmus which he has had since birth as well been shorted sighted. Married with a young family and a full time job with the Halifax Bank, Tom has undertaken many challenges over recent years including cycling, running and swimming. He's also taken part in an abseil down the K2 building in Hull, a simulated helicopter crash into water and the Three Peaks Challenge.

In 2020 he took on his biggest challenge to date: to run 1,000 miles.

“My plan was to run 15 races, complete Manchester Marathon and the GNR and enjoy some weekends away with the Mrs”, says Tom. “But as you can imagine the races didn’t go to plan and I now have a lot of deferred runs to next year but fortunately I’ve kept fit and been able to rack up the miles.”

Instead, by running about 35 miles a week, Tom was able to coincide completing his 1,000 miles with the Virtual Great North Run on Sunday 13th September.

Sight Support’s Fundraising Manager, Angela Gregory says:

“We are so grateful for Tom’s continued hard work and support. He is such an inspirational role model for anyone with sight loss. We’d also like to thank the Halifax Bank who often kindly match Tom’s fundraising efforts through the company’s Matched Giving Scheme.

With so many of our usual fundraising activities and events cancelled due to Covid-19, Tom's support has never mattered more".

Giving Tuesday



Giving Tuesday is an international day of donating, volunteering and other forms of giving. It is a chance to give back to causes that are close to your heart.

This year Giving Tuesday is on Tuesday 1st December 2020.

On this very special day, we are hoping to raise enough donations to fund our telephone lines for a whole year, so we can continue to be there for anyone who needs our support in 2021.

"I was so grateful when you called. You are genuinely the only people who have contacted us to offer help and I feel that I now have got someone out there to support me and Michael in our hour of need. I feel so much better after talking to your Community Advice Officer, she has been my saviour. Thank you for being there".

Jean

Please consider making a donation to Sight Support HEY this Giving Tuesday.

Your donation of just £8 could keep our telephone lines open for one whole day.

You can:

Text to Donate by texting PHONE to 70085 to donate £8.

Donate online at www.justgiving.com/campaign/GivingTuesdayPhoneLineAppeal.

Donate by Post by sending a cheque made payable to Sight Support Hull and East Yorkshire to Sight Support, 466 Beverley Road, Hull, HU5 1NF).

Please make a date in your diary and help us change lives this Giving Tuesday!

Thank you again - every donation we receive makes a real difference to local people with sight loss.

**Text PHONE
to 70085**



to donate £8

Amazon SMILE



With Christmas fast approaching and lockdown here again, many of us will be planning to purchase Christmas presents for our loved ones online.

If you are using Amazon to buy your gifts, you can raise funds for Sight Support at no extra cost to yourself. Amazon automatically donates 0.5% of the purchase price of eligible products to your chosen charity – Sight Support HEY, when you shop on smile.amazon.co.uk. The great news is, shopping with Amazon Smile doesn't cost you, or us, any extra.

How do I get Amazon Smile?

If you already have an Amazon account, you can begin shopping instantly. All you need to do to get started is to visit:

www.smile.amazon.co.uk.

Log in to your Amazon account and search Sight Support Hull and East Yorkshire in the 'Pick your own charity' search bar.

Select Sight Support Hull and East Yorkshire.

You'll receive an email from Amazon and you're ready to shop, shop, shop!

Fill your basket as you normally would, knowing each purchase you make is also making a huge difference to the lives of local people with sight loss.

Happy Shopping!

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.

Merry Christmas

