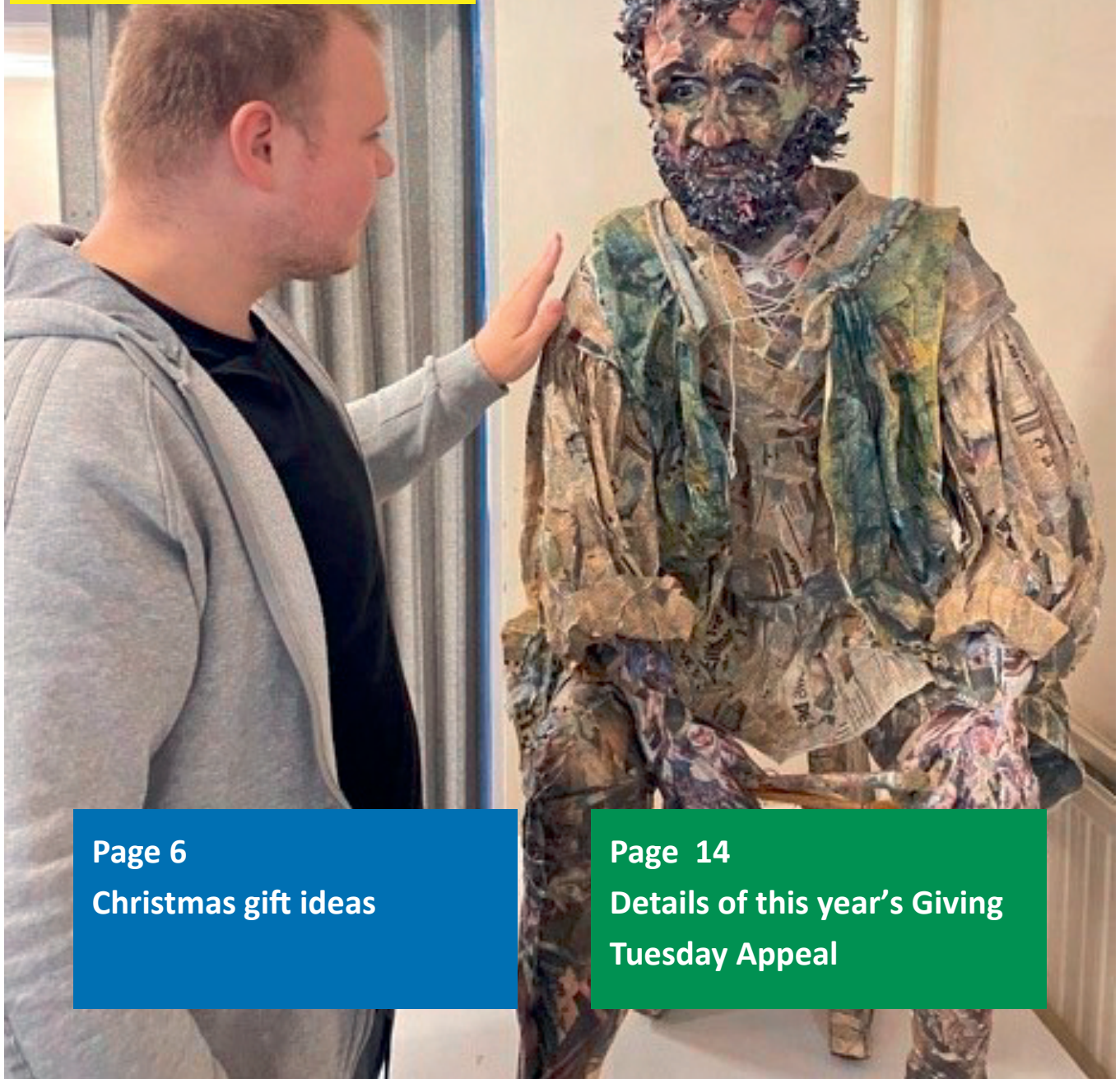


Insight Winter 2021



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Christmas gift ideas

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Details of this year's Giving
Tuesday Appeal

Hello Everyone

I hope everyone is keeping safe and well and enjoying being out and about a bit more freely during the last few months.

A lot of our groups are now just about back to normal whilst we continue to return to normal services with some cautionary measures in relation to COVID 19.

Our art group is proving to be a success with some fantastic pieces of art being made. We have also been fortunate enough to temporarily host an amazing sculpture of Michelangelo in our main hall, thanks to our Art Tutor Gail Hurst who created the piece which won first prize in the Ferens Art Gallery Open Exhibition.

We enjoyed some lovely 'welcome back' Day Group parties in September and October thanks to the hard work and fundraising efforts of our wonderful Trustee Carol Winter. Carol raised all the funds so that the parties were free for everyone to attend and a free meal provided and a good time was had by all with one of our

service users describing it as "just the tonic I needed."

We are currently planning for our annual pantomime trip for visually impaired children and their families.

This outing allows children to meet the cast and experience a 'touch tour' of all the costumes and props which helps bring the performance to life. If you would like to support this very special events, please consider donating to our Giving Tuesday fundraising appeal on 30th November where all funds raised will go towards this pantomime outing. See page 14 for more details.

As we approach the end of the year I would like to thank all our wonderful staff for their hard work this year and would also specifically like to thank our volunteers without whom we would struggle to deliver all our services.

So whether you're a trustee (who are all volunteers), a fundraiser, money counter, teddy wrapper or day group support we couldn't do it without you and we thank you from the bottom of our hearts.

Here's to a happier and healthier 2022 for everyone where we can all continue to go from strength to strength.

I look forward to seeing more of you within our Centre and enjoying many of our services.

With love and very best wishes to everyone for a very Happy Christmas.

Sandra Ackroyd

Chief Executive

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! With an occasional outing to a local venue or attraction.

The meetings are held at 1.00pm until 2.30pm on the 1st Friday of every month and costs £3 per person (Refreshments included). Space is limited so please contact us to book.

Holiday Closures

Sight Support HEY will close for the Christmas holidays at 5pm on Thursday 23rd December 2021 and reopen at 9am on Monday 3rd January 2022.

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

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

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 monthly on 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

December: 1st
January: 19th
February: 16th
March 16th

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: 30th
December: 7th and 14th
January: 11th
February: 8th

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 telephone befriending service has helped create lots of new telephone friendships, with many befriendees telling us their calls are always looked forward to and is the highlight of their week.

The aim of the befriending service is to alleviate the feeling of loneliness and isolation by providing a regular phone call from a volunteer befriender in order to help you to feel less isolated and disconnected.

We can match you with a friendly, dedicated and trained telephone befriender to give you a regular call. You can enjoy chatting with someone on the phone from the comfort of your own home, the conversation is guided by you, whatever you wish to talk about, it could be the things you enjoy, such as TV, hobbies, the weather or just a chat in general, our volunteers are ready to listen.

We currently have 22 fantastic befriending volunteers collectively making around 265 calls per month.



Jane who receives a regular call from one of our befriending volunteers said “I get on really well with Jackie my befriender, we always talk about so many different things on our call. Jackie is doing such a great job in her volunteer role and I never want our call to end.”

If you, or someone you know is missing the joy of regular conversation and 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

Low Vision Clinic

Monday 29th November

10am - 4pm

Admission FREE.

Booking required

Phil Ward from Pamtrad Seeing Solutions will be joining us in our Resource Centre to host a Low Vision Clinic, showcasing some of their remarkable low vision aids and equipment.

Seeing Solutions have a fantastic range of products suited from anyone with low vision, to no vision at all.

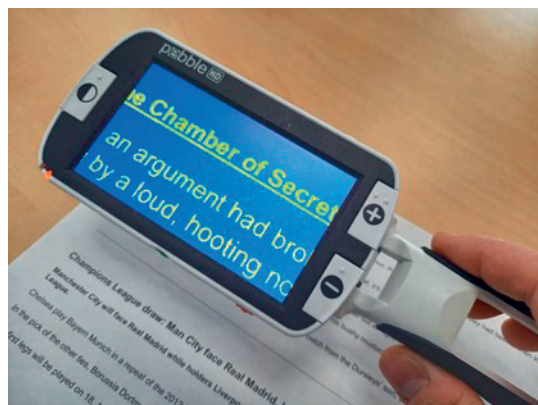
Entry to the clinic is free but by appointment only with limited places available. If you would like further details or to book a place, please don't hesitate to call us on 01482 342 297 and ask for Phil our Resource Centre Coordinator.



Resource Centre



With Christmas on its way, we're all trying to think of that perfect ideal gift. Well, look no further! Here are some recommendations from the Sight Support staff and members to give you some inspiration!



Phil Dearman our Resource Centre Coordinator recommends the Pebble HD Video Magnifier from Enhanced Vision £485 (pictured above).

"Whenever I have a customer who is interested in looking for that next step up from a normal handheld magnifying glass, I show them

the Pebble. With its 4.3” screen, it’s compact and easy to carry around. With its fold out handle, you can even hold it on its side like a magnifying glass and prop it up at any angle. It even has a button that will speak the time and date for you, as well as the various colour contrast options. Another great feature is the Snapshot, where you can take a quick picture of what you’re viewing, whether it’s part of a recipe, a paragraph in magazine or even a price label in a shop and view it for as long as you need.”



The Blindshell Classic Mobile Phone £299.95 from Cobolt. Recommended by severely sight impaired service user Sheila Dent.

“The phone is very easy to use. It has big enough buttons that are easy to

navigate and the voice command feature is brilliant for when wanting to dictate a text message to someone or to quickly call one of your contacts. The games on it are fun, especially the hangman game! The internet radio on it is very good and the phone is very easy to update when necessary. It even has an option that shows you how to operate it, which helped me learn how to use it very quickly!”



Talking Watches from Cobolt Systems. Recommended by Angela Beaumont, Sight Support Service Team Leader.

“A talking watch is definitely something I would recommend getting when it comes to low vision

aids. It provides you easy access to the time by the simple push of a button whilst looking fashionable at the same time! Cobolt have a brilliant range of both men's, women's and unisex style talking watches to choose from and at very honourable prices."

If you would like to find out about any of the products mentioned or wish to come in and have a look, please call us on 01482 342 297 to book an appointment.

East Yorkshire Buses



Do you use public transport?
East Yorkshire Buses have sent us this useful information about some of the ways in which they can help visually impaired people to access their services.

East Yorkshire's BusLine call centre can be contacted 7am-7pm Mon-Fri, 8am-6pm Sat, for bus information, times, stops, fares etc. You can also contact them to ask for printed or large print timetables to be posted to you.

Their website at www.Eastyorkshirebuses.co.uk is compatible with various screen readers, including VoiceOver on Mac.

The East Yorkshire Buses app and website have real-time bus tracking, which many visually impaired users find useful as it can let you know which buses are coming up to your stop. This means that as well as knowing when your bus is going to arrive, you can see if a different bus to the one you want may be coming, without having to try to read the destination on the front of the bus. The East Yorkshire Buses app is available for free on the App Store or Google Play.

Day Groups



We'd like to say a huge thank you to Carol Winter, Sight Support Trustee and long time fundraiser for raising just under £1000 to throw four Welcome Back parties for our Day Group members. Carol was joined by volunteers Ann, Vicky, Rene and Yvonne (all pictured above) who helped to make the parties such a success. Thank you ladies for making such a difference to our service users.



We're absolutely delighted that local artist Gail Hurst temporarily displayed her winning entry in this years Ferens Open Exhibition here at Sight Support. Gail's sculpture of Michelangelo, made of Hull Daily Mail newspapers, Browse Magazines and Hull Minster Sistine Chapel programmes, proved very popular with our service users who were able to get up close to touch and feel the figure. Our front cover of this edition of Insight features Day Group member Lenny taking the opportunity to examine the sculpture .

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. Cost: £2.00.

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

For more information about the group and or membership, please call Chairman Bernard Messingham on 01482 860381.

SocialEYES

Arguably we could all do with a release. Something which absorbs us so much that for a while, we forget all the stresses and challenges of day-to-day life.

Doris Wiles, 93, believes that in the SocialEYES art classes, she has found hers.

“I just can’t wait for Thursday to come round. I never thought I’d be able to do the clay moulding and other techniques.”

During the pandemic, Doris had been taking part in the home-based “Artbox” project, where her kitchen table became her studio. people were stunned by her own compositions from the monthly boxes she has since brought in to share with the group.

“I enjoy meeting people there. We have a good natter, but when we start working it’s so relaxing. I get so stuck into things that when the session ends I don’t want to go home.”

The group meet at Sight Support



every Thursday between 1pm and 3pm and are all flourishing under the tutelage of art teacher Gail Hurst.

“We are all very different, but Gail makes sure there is something for everyone. When she talks to you she makes you feel like you are the only person in the room”

If you too are looking for a hobby and an opportunity to meet new friends.

The SocialEYES program has a variety of activities available for you to join in. For more information please contact Sight Support on 01482 342297 or email info@sightsupport.org.

Costello Fitness Group



Fridays 10am - 11.30am

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

Cost: FREE

Want to get active? Why not join our
outdoor exercise group?

The group meets every Friday
morning and enjoys some healthy
socially distanced exercise with the
help of qualified trainers.

Please note: Places are limited and
must be booked in advance. For
more information and/or to book
your place, please contact us on
01482 342297 or by email
at info@sightsupport.org.

Both these sessions are kindly
funded by National Lottery
Community Fund.

Workout Wednesdays

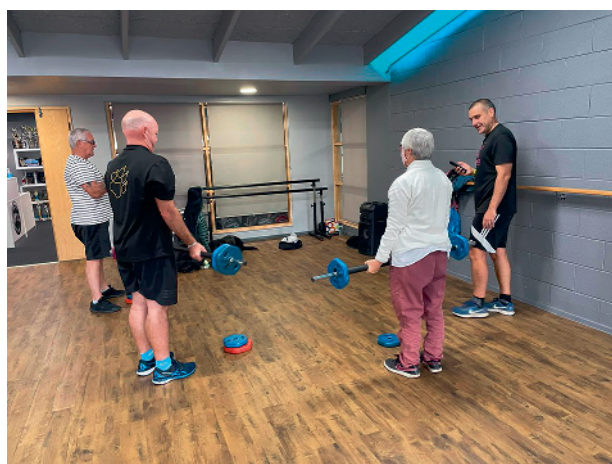
Wednesdays 11.15am - 12.15pm

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

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.

Booking essential.

FREE PLACES AVAILABLE. For further
information or to book your place,
please call 01482 342297 or
email info@sightsupport.org.



Esme's Friends

Join us for the next Esme's Friends Charles Bonnet Syndrome support session. This group is a support space, and attendees have the opportunity to share their experiences with others who also experience similar hallucinations. Friends and family are also more than welcome to join these meetings, which are friendly and informative.

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:

Tuesdays at 11am

December 14th

January 11th

March 8th

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



From wrapping teddies to chatting on the telephone, serving refreshments to administrative support, prepping up tombolas to putting up posters at venues, our volunteers have been super busy in recent weeks and we are incredibly grateful for their wonderful support. Whether you simply have some free time and want to “give something back” or you are looking for a change of direction, are seeking work experience or simply want to have fun, we have plenty of volunteering opportunities from which to choose including fundraising, driving, helping with our Day Groups, assisting with our SocialEYES group outings and much more. Call 01482 342297 for more information or email volunteering@sightsupport.org.

Drivers Needed

Mobility is one of the biggest problems faced by people with visual impairments so our volunteer casual drivers play a critical role in helping us to deliver Sight Support’s services.

The role involved transporting service users to various venues and return them home safely. Assisting service users to safely access vehicles and venues and assisting service users within venues.

You need to be at least 25 years old (for insurance purposes), hold a valid C1 and D1 Driving licence and have at least 2 years driving experience.

We’re looking for friendly, outgoing people with good communication skills.

Get in touch today if you would like to join our amazing team of volunteers.



Giving Tuesday

GIVING TUESDAY

Having opportunities to make and sustain friendships is important for all children especially those living with sight loss.

That's why this Giving Tuesday (30th November 2021) we need your help!

Every year at Christmas we take a group of visually impaired children and their families to the pantomime at Hull New Theatre. A magical fairy tale is brought to life from page to stage, complete with stunning sets, beautiful costumes and lots of comedy. Part of this outing includes meeting the cast as well as the chance to touch and feel all the fantastic costumes and props before the show.

This Giving Tuesday our aim is to raise enough money to fund a trip to the pantomime for up to 100 visually impaired children and their families.

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

Your donation of just £20 could fund a trip to the pantomime for a visually impaired child.

You can:

Text to Donate by texting SNOWWHITE to 70085 to donate £20.

Donate online at <https://www.justgiving.com/campaign/PantoPledge2021>

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 to make this Christmas extra special for local children with sight loss.



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

Happy Shopping!

Tales from the Riverbank

Another way of supporting us is to purchase one of the Tales from the Riverbank CD's. A compilation album featuring 38 tracks from some of the best local acts across Hull and the Humber.

The CD can be downloaded from Bandcamp for £7 (plus additional fees) at

<https://tales-fromtheriverbank.bandcamp.com>

We would like to thank all the local musicians who gave their time freely to create this compilation and agreed to donate all proceeds to us and to our fabulous friend Chris Warkup at Quiet Riot Arts for coordinating this wonderful fundraiser.



Christmas Draw



We want to make sure that anyone who is visually impaired in Hull and East Yorkshire gets the support they need and you can help us to do just that by entering our Christmas Draw.

We have some fabulous prizes up for grabs including:

A first prize of £200 cash!

Luxury hamper

Plus many more

The draw will take place on
Friday 10th December 2021.

This year, with your help in selling tickets to your friends, family and work colleagues, we are hoping to raise more funds than ever. If you would like to help, simply call us on 01482 342297 and we will supply you with the tickets.

Thankyou and Good Luck!

Your Support

A huge thank you to everyone who has made a donation, fundraised or volunteered for us since our last edition of Insight. As always we are extremely grateful for your kind support.

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



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.