

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



## Insight Spring 2019



**Sight Support HEY leads way  
with regional conference**

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crafts group**

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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

## Hello Everyone

Once again, it's been a busy few months here at Sight Support HEY.

Unfortunately we had a very sad start to the new year with the sudden and sad passing of our much loved and respected colleague Andy Brown our SocialEYES Coordinator in January. Andy will be very much missed by all his colleagues and the many service users who knew him.

We are now in the process of recruiting for a new SocialEYES Coordinator who will continue the great work Andy started. Until then, we continue to provide as many of our SocialEYES activities as possible and I would like to thank all our staff for their continued hard work during this difficult time and for their flexibility in covering some activities during this difficult period.

Our many wonderful volunteers continue to provide a huge support to our organisation and we could not deliver all of our



services without their amazing support.

Our Volunteer Coordinator Fiona Skerrow left us before Christmas to explore new challenges and we are delighted to announce Lucas Meagor (pictured above) has joined us as her replacement.

We continue to look for new volunteers and have a variety of volunteer roles that people can help with from wrapping teddies for our fundraising tombola's to providing admin support in the office to telephone befriending, to name but a few. So if you would like to get more involved and have a few hours to spare please get in touch with Lucas who will be delighted to talk you through our range of opportunities.

I'm pleased to report that the refurbishment of the toilets in

the main hall is now almost complete. Our new facilities are much more accessible, not just for people with visual impairments, but everyone, who visits our centre. Thank you for your patience whilst this work was undertaken, hopefully you will agree that the improvements were worth the temporary inconvenience.

We are always keen to be at the forefront of research and learning about various sight conditions, so we are very proud to be working in partnership with another charity, Esme's Umbrella, to deliver an information day on Charles Bonnet Syndrome (CBS) in York on 25th April. CBS is a condition that can affect anyone with sight loss and causes vivid and silent hallucinations which can be very disturbing. Find out more on page 4.

I hope you all start to enjoy the lighter nights and hopefully a bit more sunshine in the coming months.

**Sandra Ackroyd**  
Chief Executive

## Holiday Closures

Sight Support HEY will be closed on the following days:

Good Friday 19th April

Easter Monday 22nd April

Bank Holiday Monday 6th May

Bank Holiday Monday 27th May

We apologise for any inconvenience this may cause.  
Thank you

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## Easter Service

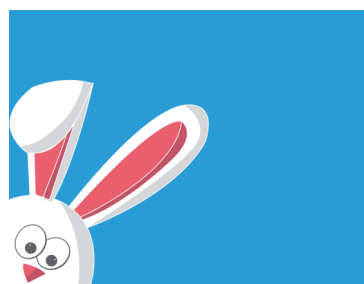
**Monday 15th April 2019**

Venue: Sight Support

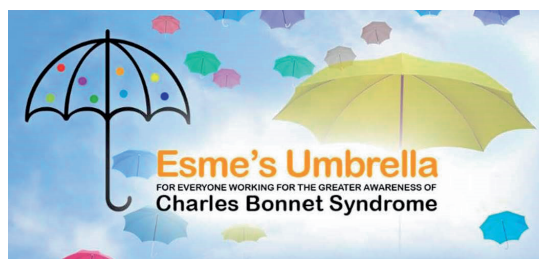
Time: 1.30pm - 2.30pm

We are delighted to invite you to join us at our Easter Service with Rev. John Tasker.

Admission FREE.  
Everyone welcome!



# Charles Bonnet Syndrome Conference



**Date: Thursday 25th April**

**Time: 9.30am—4pm**

**Venue: York College**

Sight Support HEY is delighted to be coordinating an Information Day about Charles Bonnet Syndrome (CBS).

The condition causes people to see images which are not real. These 'visual hallucinations' are caused by loss of sight, although not everyone with low vision develops the condition. For those who do, CBS can be frightening and debilitating, not least because it may be confused mistakenly with the onset of dementia. For this reason too many people suffer in silence.

The day will be an informative look into the nature of the condition, current research,

including the potential causes of Charles Bonnet Syndrome and it's over activity in the brain as well as what the future might hold. It will include talks from specialists and will show some of the current work to support, manage and treat those with the condition as well as hearing from those who have the condition themselves.

For more information about the event or how to book a place, please contact Tracy Atkinson at Sight Support HEY on 01482 342297 or email [info@sightsupport.org](mailto:info@sightsupport.org).

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## Survey

Do you receive your Insight magazine as an audio copy? If so, we would like your feedback. We would like to know whether you would prefer to receive your Insight on a CD disk or a memory stick?

Please let us know your preferred option and help us to improve our service to you, by calling us on 01482 342297 or emailing us at [info@sightsupport.org](mailto:info@sightsupport.org).

Thank you.



## 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 your personal needs as well as demonstrate equipment and help you to order items. Where possible, please call 01482 342297 to book an appointment to ensure you have a designated time slot in order to have the assistance you require and deserve.

Here are a few items currently available for demonstration:

### Talking MedCenter Clock

Need a reminder to take your medication? Then this product may be of help.

It is a rectangular clock with



four optional, daily alarms to help remind you when it is time to take your medication.

It announces the time and date and two volume levels, loud and extra loud making it suitable for individuals with hearing loss.

It has large, colour coded operating buttons and a large 40mm digital display.

**Price: £35.99 (ex VAT)**

### Talking Watch

This gold coloured talking watch has a large crown, easy-to-see black numbers, wide hands and a genuine leather, white strap.



This watch announces the time and date and has a large crown, easy-to-see black numbers, wide hands and a genuine crocodile effect leather, white strap.

**Price: £34.95 (ex VAT)**

## Children's Tactile Watch

This children's watch has a stainless steel case, silver tone dial and is completed with a fun ocean theme strap.



It has a tactile mark indicating 12 o'clock, two dots to indicate 3, 6 and 9 o'clock and one dot to indicate each hour in-between; completed with the lid opening at the 6 o'clock position.

**Price: £24.99 (ex VAT)**

## Opus – DAB/DAB+/FM RDS/Bluetooth portable digital radio

More than just a radio.....

With Bluetooth audio streaming from a smart device, USB recording and playback, Opus also has a large easy-to-read LCD display with zoom function. It has 10 one-touch radio station pre-sets and built-in battery charging.



**Price: £210 (ex VAT)**

**To receive a radio from British Wireless for the Blind on free loan, you will need to fulfil all of the following criteria:**

Resident in the UK

Registered or registerable blind or partially sighted

Over the age of eight

**In receipt of a means-tested benefit** (or parent/guardian in receipt if under 18) ([external pdf](#)).

If you think you may qualify for a radio on free permanent loan from us, please contact your local agent who issue sets on our behalf.

## Talking Thermometer

Quickly and easily check your body temperature with this talking thermometer. Readings are displayed within two seconds in your choice of either Celsius or Fahrenheit .



body temperature with this talking thermometer. It can measure both ear and forehead temperature. With a large digital backlit display and built-in LED torch, it shows date, time and room temperature in normal mode. Storage stand supplied. Non-returnable due to hygiene reasons, unless faulty.

**Price: £29.99 (ex VAT)**

## Talking Blood Pressure Monitor



Fully automatic talking blood pressure monitor for the upper

arm with easy read display. The volume is adjustable with the ability to also turn off the speech function. It has a large, easy-to-see display with a blue LCD backlight.

**Price: £44.99 (ex VAT)**

## PillPress



The PillPress has been designed to help you remove pills and tablets from foil blister packaging. It is easy to use and lightweight. Once the pill has been pressed through the foil packaging it will drop into the well of the PillPress making it easier to locate.

Ideal for anyone with Arthritis or muscular weakness, visual impairment or who has had a Stroke Paralysis.

**Price: £1.99 (ex VAT)**

## Taptec Vision



In February we were approached by BAE Systems, who are developing a range of wearable, hand held assistive technology products to enable people with visual impairments to sense the environment around them.

The team from BAE Systems attended our SocialEYES meeting to discuss some of the products in development and to gain feedback on their effectiveness.

A working group has now been set up to continue this partnership with BAE Systems. The next meeting is on Friday 29th March 2019 at Sight Support HEY from 12:30pm - 1.30pm.

Anyone wishing to be involved with this project, should contact us on 01482 342297 or email [info@sightsupport.org](mailto:info@sightsupport.org).

## 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.

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## 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.



## New Arts and Crafts



**Day: Wednesdays**

**Time: 1pm—3pm**

**Venue: Sight Support HEY**

**Cost: FREE**

Creative Connections is a new, free programme of regular creative art and craft activities in a welcoming and friendly social group. No experience is necessary just a willingness to take part.

This project is a collaboration between Artlink, Danny's Dream, Hull Deaf Centre and Sight Support.

For further information, or to book a place, please call us on 01482 342297.

Creative Connections is funded by The People's Postcode Lottery and Arts Council England.

## Scarborough Holiday

**Monday 8th – 13th July 2019**

Each year, Sight Support HEY organises a holiday to Scarborough for visually impaired people and their companions to enable them to enjoy a relaxing and stress free holiday on the East Yorkshire coast. Staying at the Delmont Hotel on a dinner, bed and breakfast basis, the holiday includes a number of excursions such as Whitby, Thorton Le Dale and Pickering, as well as the seafront and shopping areas of Scarborough itself.

If you are interested in attending, or would like more information to help you decide, please contact Alison on 01482 342297 or email [info@sightsupport.org](mailto:info@sightsupport.org)

N.B Although Sight Support staff will be in attendance, we cannot provide one to one or personal care.



## Telephone Befriending



Does your visual impairment stop you getting out and about? Or do you have mobility issues in addition to your sight loss that affect your ability to leave the house? Are you feeling isolated and lonely?

Perhaps you would like to receive a regular call from one of our trained dedicated, reliable and trustworthy volunteers?

What you talk about is up to you. Perhaps it may be things you enjoy, such as TV, hobbies, the weather or just a chat in general - our volunteers are ready to listen.

Most of our telephone befrienders are also visually impaired and understand many of the problems and issues you may be facing and they can also refer you to any of our other support services if you wish.

Jenny who joined Sight Support as an active and valued member of our SocialEYES group has grown in confidence and is now one of our telephone befriending volunteers. Jenny said "I get a lot of pleasure out of my telephone befriending role, it makes a big difference to me knowing I have had a positive impact on someone's day."

Barbara, who receives a regular call from Jenny said "Jenny helps me to feel better about myself and is a lovely friendly lady. I enjoy my calls, we have a nice chat and a laugh together and sometimes we just talk about the silly things. We've built up a good telephone friendship together"

If you, or someone you know may benefit from receiving a regular friendly phone call like Barbara or if you love to chat, are a good listener, have a bit of time to spare and would like to make a difference like Jenny then you may be the perfect volunteer. Please don't hesitate to get in touch. Call us on 01482 342297 today.

## SocialEYES

Following the very sudden and tragic death of Andy Brown, our SocialEYES Coordinator, we have been able to continue to run most of the group's activities as normal. We have now begun the process of recruiting a new coordinator to continue the great work Andy started and we hope to be back to full strength very soon.

For further information on SocialEYES and the activities available, please contact us on 01482 342297 or email [info@sightsupport.org](mailto:info@sightsupport.org).

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### Crafty Passions

**Thursdays 1pm - 3pm**

Bring your craft project to our weekly sessions and join us for a cuppa and a chat and lots of creativity. If you want to learn how to do a particular craft just pop along and we are sure someone will be able to help. We are a small friendly group with lots of skills such as knitting, crochet, sewing, painting, card making, paper crafts and much more.

The group is part of the Hull

Timebank community and will be happy to help you learn new skills, bring old skills back to life and learn skills from you.

Everyone is 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 per person. Space is limited so please contact us to book.

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### Ten Pin Bowling

Enjoy socialising and making new friends? Why not come along to our ten pin bowling group?

Tuesdays 11am – 12pm

Cost: £3 per game

We meet on alternate Tuesdays at Superbowl in Princes Quay Shopping Centre followed by lunch at a local venue (at additional cost).

## Volunteering

We are delighted to introduce Lucas Meagor as our new Volunteer Coordinator. Lucas is very well known in and around Hull as he is also the Race Director of the Hull Marathon and as such has a wealth of experience in working with volunteers.

### Focus on.....

#### Charity Champions



We are lucky to have the support of some wonderful volunteers, not least of all the amazing Tina Whitely (pictured above) who works at the Eye Hospital in Hull

and has been raising funds for the charity for many years through her book stall and regular raffles. This year, with the support of staff helping to sell raffle tickets and donations from patients, Tina has raised another fantastic £1,300!

If you have passion for helping others, are friendly and outgoing, good at organisation and work for a charitably minded company, you could be our next Charity Champion.

We are also looking for people to help coordinate our regular store and supermarket collections. We need people willing to help transport and support our visually impaired collectors.

If you are interested in these roles or finding out about other volunteering opportunities at Sight Support HEY, please get in touch, we'd love to hear from you.

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

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

**Call: 01482 342297**

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



## Fundraising Diary



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

Forthcoming dates include:

### **Morrisons Brough:**

Sun. 28th April

### **Hull Street Food Festival:**

Thurs 2nd May (evening)

### **Hessle Flag Day**

Sat 25th May

### **Race the Waves Bridlington:**

Sat 1st & Sun 2nd June

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](mailto:fundraising@sightsupport.org).

## Folk Music Evening

### **Tuesday 14th May**

Venue: St Cuthberts Church,  
164 Marlborough Avenue, Hull,  
HU5 3JX

Time 7.00pm

Tickets: £5

The Hull Folk Collective are to perform a fundraiser for Sight Support Hull & East Yorkshire. Keep your Gansey Dry will return to songs from Hull's maritime heritage and there will be an evening of seas shanties, folk songs, readings and moving images.

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## Ladies Luncheon

### **Tuesday 21st May 2019**

Venue: Tickton Grange  
Starts 12noon

**Tickets: £27.50**

Enjoy a delicious two course lunch with tea/ coffee plus there will also be a range of fabulous raffle prizes up for grabs and a guest speaker.

What a fabulous excuse to dress up and get together with friends.

## Thank you

Sight Support HEY relies on donations and bequests to fund the support services you have read about in this magazine. Each and every donation or hour of time 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 the things that our supporters have been doing recently:



A huge thank you to Rachel and all the team at Humberside Offshore Training Academy for choosing us as the recipient charity for their annual Dunker Day. Pictured above are players from Hull FC who took part in this scary, simulated helicopter crash into water. We are pleased to say that not only did everyone survive the

challenge, but together they raised a whopping £1,470!



Congratulations to Darren Palmer from Hull (pictured above) who was the lucky winner of the unique B-Rude Union Jack spider web hat signed by International singing superstar Boy George and his Culture Club band mates. A huge thank you to hat designer, and brother of George, Kevin O'Dowd for donating this unique raffle prize which raised just over £800! We are over the moon!

Thank you to Bernard McHugh who is selling copies of his book "The World's Richest Man" in aid of Sight Support HEY. So far he has raised £90!



A huge thank you to St John's (Newland) Beavers for collecting soft toys for us to use at our forthcoming fundraising tombolas. Ruth, Ben and Isaac called in to drop off their donation to us. Thanks also to Kirkella Primary School and Biggin Hill Primary School who have also collected hundreds of soft toys for us to use. What a wonderful bunch!

If your school or group would also like to organise a teddy collection for us, we would love to hear from you. Call 01482 342297 or email [fundraising@sightsupport.org](mailto:fundraising@sightsupport.org).

Special thanks to Simon at Minster Records in Beverley who used his annual Christmas draw to raise a wonderful £262 for us.

Our wonderful friends at Sainsbury's Jameson St, Hull and Cottingham continue with

their fabulous fundraising efforts this year including book sales, store collections and kindly donating goodies for the café at both our recent craft fayres.



Members of the East Riding and Hull Rock Choir (pictured above) put on a fantastic performance at St Mary's Church in Beverley along with a special appearance by Sammy the Sight Support Bear and support from James Piekos from Radio Humberside. Not only was it a highly enjoyable and successful evening raising £1,191 but a further £450 was raised by the Rock Choir for us as part of their annual Christmas Jumper Day. A huge thank to everyone involved.

## Take the Challenge



Whether you're an adventure-seeker or an adrenaline-junkie, now is the time to channel your inner superhero and test your nerve as we offer you some amazing opportunities to Take the Challenge in 2019.

### **Abseil**

Sunday 12th May  
Venue: K2 Building, Hull.

### **Blind Driving**

Friday 19th July  
Venue: Norton Lightwood  
Driving Track, Sheffield

### **Skydive**

Saturday 3rd August  
Venue: Hibaldstow Airfield

### **Great North Run**

Sunday 8th September  
Venue: Newcastle/South  
Shields

For more information about any of our challenges, please call us on 01482 342297 or email [fundraising@sightsupport.org](mailto:fundraising@sightsupport.org).

**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 support you.**

**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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