

Insight Spring 2022

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New children's Multi Sports
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Introducing our new
SocialEYES Coordinator

Hello Everyone

Isn't it lovely having lighter days and even seeing a bit of sunshine every now and then; Spring is definitely nearly with us I'm pleased to say.

It's great news that all the COVID restrictions are finally starting to be lifted. I'm delighted to say that we are pretty much back to 'all normal services being resumed' and it is wonderful to see so many of you back in the building enjoying our face to face services again. We do continue to recommend hand sanitising on a regular basis and on entry to our premises.

I'm really pleased to see that many of our physical exercise activities continue to be popular with more and more visually impaired people benefitting from feeling fitter and healthier by engaging in some of the activities such as guided running and walking, 'Workout Wednesdays' and tennis. Participating in these sorts of activities really does contribute

towards improved health and wellbeing so I would encourage any of you to give it a go at one of our friendly activity groups. For more about our SocialEYES programme see page 11.

During the next few months we will be starting work on a much needed extension to our car park. During this time parking space will be limited so if you are planning on arriving at our centre by car for any of our events, please give us a call first to check out any short term parking restrictions. An exact start date is not yet confirmed but it is unlikely to be before the beginning of May.

Other exciting things over the next few months is we will be joined by our new SocialEYES Coordinator (see page 10) and we will also be celebrating the Queen's Platinum Jubilee in our own special way. So lots to look forward to here at Sight Support.

Enjoy the good weather and stay well.

Sandra Ackroyd
Chief Executive

Goodbye Ashley and Roy



In recent weeks we have sadly waved goodbye to two of our amazing colleagues.

Day Group Driver, Ashley Duke, pictured above right, has decided to take a well earned retirement (although we suspect he will be coming back occasionally in a voluntary capacity!). SocialEYES Coordinator, Roy Turnham, has moved on to continue his amazing Paralympic footballing career and to work with the Football Association mentoring up and coming visually impaired footballers. Both will be sorely missed by staff, volunteers and service users alike and everyone at the charity wishes them both all the very best for the future.



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.

We currently have vacancies within Beech Holme Court. If you would like more information about Beech Holme Court's facilities or to be considered for addition to the tenancy application list, please contact us on 01482 342297.

Low Vision Exhibition



We'd like to say a huge thank you to all the exhibitors who joined us to share their knowledge and expertise for our recent Low Vision Exhibition. The day was a huge success with more than 100 people attending to view demonstrations of some of the most up-to-date assistive technology available to help people with visual impairments. We received some wonderful feedback on the day:

“Sight Support have been excellent and if it wasn’t for them holding these types of exhibitions, I would not be able to physically see what’s available.” Mrs M Bucker

“The exhibition was very informative, the exhibitors were very pleasant and I thoroughly enjoyed it!”

Mrs E Crosland

Thank you also to our volunteers Carol and Liz for their support and to everyone who made the day such a huge success.

The exhibition may be over however our Resource Coordinator Phil is still available to offer assistance and guidance about aids and equipment. To make an appointment to discuss your needs simply give us a call on 01482 342297 or email 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. 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.

Children & Family Support



Are you a parent/carer looking after a child with a visual impairment?

Here at Sight Support, we can help with:

Benefits and advice, such as Blue Badges, DLA, Bus Passes, Housing and EHCP's.

Advice for young people and parents with children who have a visual impairment.

Supporting families at home and in educational settings.

Please contact Vicky Day, Children and Families Support Officer, on 01482 342297 for further information.

Children Multisport Sessions

Sight Support is delighted to introduce new monthly multi sports session for visually impaired children aged 6 to 16 years.

The sessions will take place at Woodford Leisure Centre in Hull from 10am to 12noon on the last Sunday of each month starting from Sunday 29th May.

Blind and partially sighted people, including children, are twice as likely to be inactive as sighted people. We want to ensure visually impaired children are given the same opportunities by making sports accessible and inclusive and to improve their life experiences. Activities will include football, goalball, boccia, tennis and more.

The aim is to allow children to access specialist equipment and to participate in a variety of different sports and to

engage in activities in a safe environment where they can have freedom of movement and expression.

Parents and carers are welcome to come along and spectate however places are limited and will be allocated on a first come first serve basis.

For more details or to book a place, contact Community Advice Officer Vicky Day on 01482 342297.

Volunteers Needed!

We are looking for volunteers to assist with these multisport sessions. We are looking for people who:

Are enthusiastic about sport and fitness and are able to encourage and inspire participants to feel the same.

Are confident engaging with children of varying ages and abilities.

Have strong communication skills – particularly verbal.

For more information or to enquire about becoming a sports volunteer, please call us on 01482 342297

Part of our family support service is also aimed at supporting visually impaired parents. Establishing support networks is a crucial part of this work as so we are delighted to have been able to introduce Ashyeh and Doroto (pictured below) to each other.



Our Community Advice Officer Alisha McDonnell arranged for the ladies to attend a baby session at the Hull Central Library. She organised transport, and was assisted by fellow CAO Vicky Day to help with guiding the ladies.

Ashyeh and Doroto were able to share their sight loss experiences, their struggles, and their children were able to meet other babies at the session – something that has been really hard for them to do due to their sight loss.

Both ladies said they really enjoyed going, were so grateful for the help and look forward to going again.

If you are a visually impaired parent looking for support, please get in touch. Call us on 01482 342297 or email info@sightsupport.org. We are here to help.

Resource Centre

We have a wide variety of equipment and aids on show and available for demonstration in our Resource Centre. One of our most popular being a range of talking watches. Suitable for both men and women, they come in different styles, they're very easy to use and look great too!

Visitors are welcome to come along and try a variety of styles before they buy. We can help you order your chosen watch for you to collect from Sight Support or to be delivered directly to you.

We can also help if you already have a talking watch that has stopped working, needs a new battery or seems to be faulty, by sending them off for repair.

Service users Ann and Joyce (pictured below) have both recently purchased new talking watches with an expanding metallic strap from Cobolt Systems and both of them are very happy with their purchases.

If you would like to find out more about talking watches or have one that needs repair, please don't hesitate to call 01482 342 297 to make an appointment with Phil in our Resource Centre.



Resource Centre Opening Hours

Monday to Friday
9am to 4pm

Telephone Befriending

Our telephone befriending service continues to go from strength to strength supporting our visually impaired service users. We can help if you're feeling lonely or isolated by matching you with a friendly volunteer who will call on a regular basis, offer a friendly listening ear and chat with you.

We currently have a team of 23 fabulous volunteers making an average of 265 befriending calls each month and making a positive difference to their befriendees.



Pam (pictured above) is one of our valued and lovely befriending volunteers who has been a telephone befriender here at Sight Support for five and a half years.

Pam initially travelled from Hornsea on public transport every Thursday afternoon to Sight Support to make these weekly calls to her befriendees and then the return trip home. When this journey became a little more challenging for Pam we put things in place for Pam to make her calls from the comfort of her own home.

"I feel so privileged to do my voluntary role because I get to speak to some lovely, charming people," says Pam. "My befriender Beulah who I call every week is always a joy to speak with, we have so many things in common. I always look forward to and love doing my Thursday volunteering."

Beulah says "My calls from Pam are always very much looked forward to. Pam is lovely and it's always nice to hear her voice, especially when you're lonely and on your own. We both have lots in common, a very welcomed weekly call which means so much to me. I also come to the Sight Support day centre every week and I'm very grateful for all the support I receive

from everyone there.”

The befriending service has helped to create many telephone friendships and it's always great to hear the positive difference we make to the lives of both befriendees and befrienders.

Our telephone befriending service is for our blind/ partially sighted service users who would like to talk to someone. You don't necessarily need to live alone to feel lonely. Please get in touch, we'd like to help.

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.



Day Groups

We've made a few changes to our Day Groups recently.

Our Goole Group now meets on a Wednesday and our Tuesday and Wednesday Hull Groups have now combined and meet on a Tuesday. Although some of the days have changed, the fun remains the same.

“I love coming to the Day Group each Monday; I've met some really lovely people and made lots of friends,” says Val who is pictured on the front cover of this edition of Insight. “The staff are very kind and are always happy to help if I have a problem. I really like the activities we do and the food is lovely. I'd recommend the day group to anyone, it's a very happy community and such a great atmosphere. I always go home happy”.

Transport is provided to the Day Groups on our minibuses and a lunch is available at a nominal cost. With a range of activities from quizzes to musical entertainment, there's something for everyone. To find out more call us on 01482 342297



Sight Support Hull and East Yorkshire (HEY) is delighted to announce Wayne Johnson (pictured above) has joined the charity as its new SocialEYES Coordinator.

Hull born and bred, Wayne is well known within the local business community from his previous positions within the paper and print industry and also has over 20 years of personal experience of charitable fundraising supporting local children with disabilities.

Wayne originally found out about Sight Support when his father began to lose his sight some years ago and since then has been a long standing supporter of the charity's work including raising funds to sponsor

our annual children's outing to the pantomime.

Sandra Ackroyd, Chief Executive at Sight Support said:

"We are absolutely delighted to welcome Wayne on-board. One of the many reasons we appointed him was his enthusiasm and passion for supporting other people."

Wayne will be overseeing Sight Support HEY's existing leisure and activity programme which includes activities such as singing, walking, arts and crafts, tenpin bowling and regular outings to local events and attractions.

Wayne said of his appointment:

"I'm looking forward to working with the amazing team at Sight Support and working closely with the service users to continue the great work that has already been done within the SocialEYES leisure and activity programme. I can't wait to build on the existing success and hopefully encourage even more local people with sight loss to get involved."

For further information on SocialEYES, please contact Sight Support HEY on 01482 342297 or email info@sightsupport.org.

Beverley Fitness Walk



Tuesdays 11.15am for 11.30am start

Meeting Point: Main Reception,
Beverley Leisure Centre, Flemingate,
Beverley, HU17 0LT

Cost: FREE

Visually impaired and want to get fit? Come along and join our fun cardiovascular walking workout around Beverley town centre and the surrounding countryside.

Whether you are looking for encouragement and support to get fitter or if you would like some social fun, then our Fitness Walks may be just the thing for you.

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

In partnership with Fitmums and Friends

Hull Truck Theatre

One of our most recent SocialEYES outings was a trip to see an audio described performance of 71 Coltman Street at Hull Truck Theatre (pictured below).

“I really enjoyed the performance. It was my very first visit to Hull Truck and it won’t be my last,” said Keith. “Usually when watching TV or performances, I miss a lot of what is going on, however with the audio description I could follow everything completely. I was really impressed. I’d definitely recommend audio described performances and look forward to going again”.

Other recent outings included an audio described tour of the Freedom Festival’s The Awakening.

To find out about future outings, give us a call on 01482 342297 or email info@sightsupport.org.



Make A Will Month



Sight Support is launching its first ever Make A Will Month this May thanks to a new partnership with Bequeathed.

We all want to make sure that our loved ones are taken care of in the future. By writing a will, you can make sure that your money, property and possessions go to the people and causes that you care about after you die. But it's one of those things we often put off.

That's why Sight Support has teamed up with Bequeathed to offer our supporters a free, professionally drafted Will For Good.

Bequeathed is a free, convenient service that allows you to make the right will for your needs in the way that suits you best. You can get started straight away by visiting www.bequeathed.org/ sightsupport.org and following three simple steps:

1. Take the online will interview, with support and guidance available throughout the process. Bequeathed transfer your answers, as well as the will our system creates from them, to your chosen legal firm.
2. Attend a 30-minute appointment, via telephone or video call, at-home or in-office. The firm will discuss your situation and your wishes and confirm the will fully caters for your needs.
3. Receive your free Will For Good in the post, sign it in front of witnesses and return it to the legal firm. They will check it has been executed correctly and securely store it for you, also at no cost.

Angela Gregory Fundraising Manager at Sight Support said: "We are delighted to have partnered with Bequeathed to offer our supporters this free will writing service. Modern life is busy and hectic and writing a will can feel like a task that's never top of

the to-do list, no matter how important we may feel that it is. Thanks to Bequeathed, we are able to offer our supporters the chance to write their will in a straightforward manner, for free, which makes the process as easy as possible.”

Sight Support can provide you with a handy checklist for making your Will For Good and a template for everything you need to know when you are getting ready to make your Will. Simply give us a call on 01482 342297 or email us at fundraising@sightsupport.org.

Once you are ready to get started , go to www.bequeathed.org/sightsupport to register and start making your free Will For Good.

If you are visually impaired and need assistance to access this online service, please contact us on 01482 342297 to discuss how we may be able to help.

Income from gifts in Wills makes up around one quarter of our total income each year so makes a huge difference to the number of people we are able to support.

Volunteering



Stacy, pictured above, is one of our more recent volunteer recruits. From prepping prizes for tombolas stalls to office admin, she has helped with a variety of support tasks and become a vital member of our volunteer team.

“When I started volunteering I was worried I wouldn’t like it but I feel like this is a place where everyone can fit in, it’s age appropriate for everyone!” said Stacy. “I love coming here because it’s calm and jolly at the same time”.

You can visit our website at www.sightsupport.org to find more information about all our volunteering opportunities or give us a call on 01482 342297 and we’d be happy to have a chat.

Ladies Luncheon

Tuesday 28th June

MKM Stadium, Hull

From 12noon - 3pm

Tickets £25

Guests will be treated to 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. A great excuse to dress up and enjoy lunch with a few friends or work colleagues.

Punk/New Wave Night

Saturday 7th May

The Adelphi, 24 De Grey St, Hull,

HU5 2SA

From 7.00pm

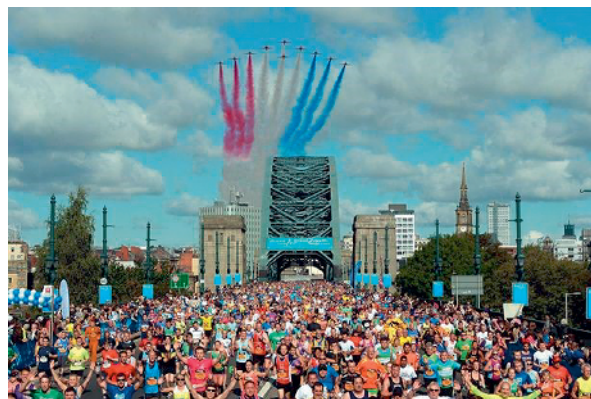
Tickets £5.80

(available online via Eventbrite)

Local acts perform their unique covers of songs from the late seventies and early eighties.

A big thank you to Quiet Riot Gigs for organising this event in aid of Sight Support.

Great North Run



Sunday 13th September

Take on the world's greatest half marathon in aid of Sight Support.

Starting in Newcastle, the course crosses iconic Tyne Bridge, passes through Gateshead and its famous international athletics stadium before finishing on the coast in South Shields.

Sight Support has a limited number of guaranteed places available for this year's race.

The registration fee is £50 and we simply ask that you commit to raising £300 to help us continue to provide our life enhancing support services.

For more information or to register your place with us, please call us 01482 342297 or email fundraising@sightsupport.org.

Thank you

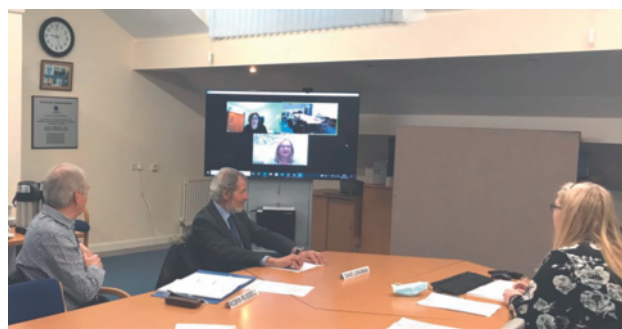
Sight Support HEY relies on donations and gifts in wills to fund the support services you read about in this magazine. Each and every donation or hour of time given really can help us to make a difference to the lives of local people with sight loss. We cannot possibly mention everyone, however here are just a few of the things that our supporters have been doing recently:



A huge congratulations to Jean and Bill Cornforth (pictured above) who celebrated their 70th wedding anniversary in March and an even bigger thank you for choosing to ask for donations to Sight Support in lieu of gifts raising a fantastic £230. We feel truly grateful for your amazing support.



We would like to pass on our condolences to the friends and family of the late Neville Ellis (pictured above) and to say a special thank you for the £129 they raised from a collection in lieu of flowers at his funeral.



A huge thank you to our friends at Ability IT for donating some fabulous technology including a large television screen complete with computer system to enable us to more effectively host online meetings and deliver training to our staff and volunteers.



A big thank you to the dynamic duo Elaine Cornforth and Michelle Cooke, pictured above, who hosted a tombola raising a fantastic £174 to be shared between ourselves and Age UK. Thank you also to ASDA Mount Pleasant for their kind support and to all their customers and staff who kindly contributed on the day.



We are thrilled that the ROAB Hull and District have chosen us to be

their Charity of the Year in 2022. The fundraising will kick off with a fantastic evening of entertainment featuring Dave Norman at the Willows Social Club from 7.30pm on Friday 13th May. Tickets are £2 and available from Sight Support.

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.

Holiday Closures

Please note Sight Support HEY will be closed on the following Bank Holidays:

**Monday 2nd May,
Thursday 2nd June
Friday 3rd June.**

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.