

## Insight Summer 2022

Page 11  
Introducing the Social Zone

Page 12  
Children's multi sports  
sessions

## Hello Everyone

I hope you're all enjoying the nice weather we've been having lately, it's so nice to see some sunshine.

We've had a lot happening during the last couple of months, throughout this issue of our Insight magazine you will be able to read more about our annual Scarborough Holiday (although this hasn't happened for the last two years due to COVID) so it has been even more well received than usual and a great time was had by all.

We also had some wonderful parties celebrating the Queens Platinum Jubilee. Our various SocialEYES activities are still going strong including the art group, singing as well as the walking groups, tennis and our new Wednesday Social Zone (see throughout this issue how you can get involved).

During the last few months we were also very honoured for our senior management team to be invited to one of the Buckingham Palace garden parties in

recognition of the work the charity did throughout the pandemic to support people with visual impairments. We recognise that this was a real team effort and wish we could have taken all staff but unfortunately invitations were limited.

We have also had our own celebration last month marking 20 years of service by our Driver/Activity Coordinator, Debbie McGurn (pictured below), who is now our longest serving member of staff. We can't thank Debbie enough for her long and loyal service and for all the care and support she provides to our service users. We hope she'll be here for many more years to come.



Sadly two members of our amazing team are moving on to pastures new: Kim Martin PA to myself and Services Manager Alison Stannard, and Vicky Thompson, Community Advice Officer for the Goole area. Although they will be greatly missed, we wish both ladies all the very best in their new roles.

We celebrated some of our very special funders and supporters recently, in the form of Carol Winter, who has been a volunteer fundraiser for 30 years and is also now a trustee . Carol recently organised her annual fundraising walk around Little Weighton.

Tom Skinner should also get a special mention, he has done various challenges to raise funds for us previously and his latest challenge was his hardest one to date; running 47 miles in 9 hours 45 minutes and raising over £600. Tom—you're an absolute star; thank you. The Sir James Reckitt Charity has also been, and continue to be, long standing supporters of Sight Support (and HERIB and the Blind

Institute prior to that). They recently celebrated their 100th anniversary and we congratulate them and offer our heartfelt thanks for all their support over the years.

Whilst we proactively fundraise using a wide range of methods, events and challenges, Sight Support receives no government funding towards any of our services so we are politely reminding everyone through this issue of how you might be able to support us either now or in the future. No gift is too small and any donation helps us deliver our services to those who need them and is very gratefully received.

Wishing you all a happy and healthy Summer.

Very Best Wishes

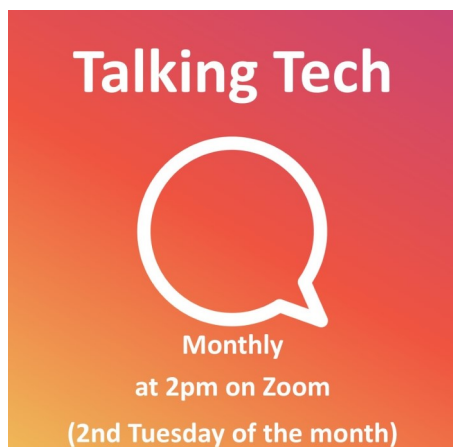
**Sandra Ackroyd**  
**Chief Executive**

### **Bank Holiday Closures**

**Please note Sight Support HEY will be closed on the following Bank Holiday:  
Monday 29th August**



## 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 Tuesdays at 2pm.**

Places are limited so you need to pre book by calling us on 01482 342297. 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**

9th August

13th September

11th October

## 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

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## 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.

## St Stephens Shopping Centre

Although there are plenty of signs about the following changes, to prevent any embarrassing incidents, we thought it might be useful to let people know about some changes to the facilities at St Stephen's Shopping Centre in Hull.

As part of ongoing refurbishments, the ladies toilets have been moved to what were previously the gents toilets. This refurb includes one toilet which is double in size and suitable for guide dog users.

The men's toilets are currently upstairs however these will also be moving downstairs to where the ladies were.

The disabled toilets remain in the same position.

Thank you to Sight Support service user for calling in to update us on these changes so that we could share them with you.



## 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 application list, please contact us on 01482 342297.

## A Royal Occasion



Representatives from Sight Support attended not one, but two, Royal garden parties held in May at Buckingham Palace.

The charity was incredibly honoured to have been invited to the garden parties by The Lord Lieutenant on behalf of Her Majesty the Queen in recognition of the work the charity had undertaken to support blind and partially sighted people during the Covid-19 pandemic. The events were all the more special because of course it is Her Majesty's Platinum Jubilee.

Chief Executive Sandra Ackroyd and Fundraising Manager Angela Gregory (pictured above) attended the first garden party held since the start of lockdown which was attended by the Prince Charles, the Duchess of Cornwall,

Cornwall, Princess Anne and Prince Michael of Kent.

Services Manager Alison Stannard (pictured below) also attended a garden party in recognition of receiving a British Empire Medal in the Queen's Birthday Honours last year. The event was attended by Prince William and the Duchess of Cambridge.

Sandra Ackroyd said: "It was a wonderful honour and a real privilege to be invited to the Royal garden party. Of course, we would have loved to have invited everyone involved with the charity to join us but the numbers attending were limited. Nevertheless, it was a wonderful day and not even the British weather could dampen our spirits."





## 100th Anniversary



Representatives from Sight Support Hull & East Yorkshire were delighted to join the festivities as the Sir James Reckitt Charity celebrated its recent centenary at an event held in Reckitt's £105m Innovation Centre in Hull.

Founded by Hull industrialist Sir James Reckitt, the charity in his name has donated more than £30m to local good causes and Quaker charities across the city and East Yorkshire over the last century. In recent times, it has granted over £1m each year to individuals and organisations and the decision to increase donations is a welcome move as the cost-of-living crisis continues.

The charity's donations are part of the huge legacy created by Sir

James which includes the family business started in a humble starch mill in Hull in 1840. Today Reckitt is a world-leading health, hygiene and nutrition group employing more than 40,000 people in over 60 countries across the globe.

Sight Support HEY has been extremely fortunate to have benefitted from the charity's support since it was established in May 1921.

Sight Support's Chief Executive, Sandra Ackroyd said "Sir James had an enormous impact on Hull and the charity carrying his name ensures his legacy is still very visible in the city today."

"Sight Support's aim is to ensure that no one in Hull or East Yorkshire has to face sight loss alone. The generous support we receive from the Sir James Reckitt Charity helps us to do this."

For more information on The Sir James Reckitt Charity visit

[www.thesirjamesreckittcharity.org.uk](http://www.thesirjamesreckittcharity.org.uk)

## It's Good To Talk

Our telephone befriending service is a service for visually impaired people who find themselves requiring some extra friendship and support. A befriending call can make all the difference, particularly for those that are housebound and struggling with challenging times.

Our volunteer befrienders make regular calls to their befriendees, offering a friendly listening ear and chat about mutual interests which greatly helps to reduce the feeling of loneliness and isolation.

Many of our befrienders are visually impaired themselves and understand the hurdles and challenges you may face on a daily basis. They can also flag up any help or assistance requested from our other services, such as our Community Advice Officers or assistance with technology.

You may find this service helpful if you are not able to attend one of our Day Groups but would like to

talk to someone for a friendly chat, the conversation is guided by you, whatever you wish to talk about which may include the things you enjoy, such as TV, hobbies, the weather or just a chat in general, our volunteers are ready to listen.

Roy has been a telephone befriender here at Sight Support for 6 years. Roy said "it's a pleasure to come into Sight Support and I always look forward to my weekly visit. I enjoy making my calls and talking to my befriendees. These calls mean as much to me as they do to the people I speak to. I also attend the Sight Support Day Group and enjoy meeting people of all ages".

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.

For further information, please call us on 01482



## Resource Centre



We now have a wonderful new piece of equipment available for demonstration in our Resource Centre: the OrCam Read!

The OrCam Read is a first-of-its-kind handheld device, with a smart camera that seamlessly reads text from any printed surface or digital screen out to you. It enables you to enjoy reading things such as the morning paper, a book, and even read anything on your computer or smartphone screen. You may have seen the OrCam Read advertised on the TV!

We also have the OrCam My Eye 2, which is a wearable voice-activated, device. It can instantly read text from any book and screen and it has the brilliant function of recognizing faces of

family & friends. It can also accurately identify products & more - all communicated to you in real time.

If you're looking for something a bit more advanced that could help you with your sight loss, then the OrCam aids could be just the thing for you. If you would like to ask any questions or would like a demonstration of either piece of equipment, please don't hesitate to give us a call on 01482 342297 to book an appointment with our Resources Coordinator Phil.

### **Resource Centre Opening Hours Mon—Friday 9am—4pm**

Please book an appointment in advance to avoid unnecessary delays or waiting times.



## Platinum Jubilee Parties



In June, along with the rest of the country, we celebrated Her Majesty the Queen's Platinum Jubilee, with four parties held here at Sight Support in Hull, attended by our Day and SocialEYES groups.

With entertainment, food, plenty of singing and flag waving and a visit from a very special guest!, we had a whale of a time.

Lenny (pictured above) who attended the Thursday party said "I love attending the Sight Support Day Group and I really enjoyed the Jubilee Party, the music was brilliant and I even got to have my photograph taken with the Queen herself, it was only a cut out but

it made my day!

I love everything about Sight Support, the people, the socialising. I met my best friend at the group and it means the world to me".

Thanks go to Sight Support trustees Carol Winter, Ann Massam and friends (pictured below) for helping to make sure the parties were such a success and of course, Karen our amazing cook and our team of Driver/ Activity Coordinators.



## Social Zone



We're delighted to tell you about the Social Zone: our new activity session here at Sight Support every Wednesday between 10am and 3pm. Feel free to drop in, stay for as long or as little as you choose, sit back and have a chat with others over a tea or coffee and/or join in with some of the activities on offer, such as Boccia, Kurling and Pool!

If you fancy some lunch, we have a new menu of hot and cold food available too. It is the perfect opportunity to make new friends and try new activities. All service users welcome!

The Social Zone only costs £2.00 to attend and no booking is needed simply turn up!

For more information, please contact Wayne on 01482 342297.

## 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. CBS is a condition which some people with sight loss experience when they start to see things which they know aren't real.

If you're experiencing visual hallucinations, please feel free to come along to our Esme's Friends support group for further information.

### **Forthcoming Meetings:**

Time: 11am - 12noon

Tuesday 13th Sept

For more information or to book a place, please call Sight Support on 01482 342297.



## Children's Multisports



Our children's multisport session is now up and running and is held at Woodford Leisure Centre on the last Sunday of every month. The sessions are for visually impaired children aged between 6 and 16 years old and will be delivered by GB Paralympic footballer Roy Turnham.

The sessions aim to allow children to access specialist equipment and to participate in a variety of different sports and to help them to engage in activities in a safe environment where they can have freedom of movement and expression.

Parents and carers will need to stay on site during the session and

where there is a separate viewing area available. Please note: Places are limited and will be allocated on a first come first served basis, so please book early to avoid disappointment.

Roy said "I have experienced first-hand what incredible opportunities sport can bring to your life as a visually impaired person, not just competitive sport but meeting new friends and learning new skills which are useful in everyday life. I'm really excited to get started and share these experiences with the group".

The sessions take place on the last Sunday of every month from 10am – 12 noon at Woodford Leisure Centre in Hull and cost just £2 to attend. Please contact Vicky Day on 01482 342297 for more information or to book a place. Please note, there will be no session in August due to the summer holidays.

## Scarborough Holiday



After a break of two years due to the pandemic, we were delighted to be able to hold our annual service user holiday in June, once again staying in the lovely North Yorkshire seaside resort of Scarborough. With beautiful weather the whole time we were away, everyone had an amazing holiday. We visited Goathland, taking in a trip on the North Yorkshire Moors Railway, Woldies Lavender Farm, the Scarborough Fair collection, beautiful Thornton Le Dale and everyone's favourite, Whitby!

Pat Taylor, who attended the holiday for the first time said "I was worried I was going to feel left out as I didn't know many people but I had a lovely time. I really

enjoyed the trips and I liked getting to know everyone. It's the first holiday I have had for years and I really enjoyed it; I would recommend it to everyone".

Names are now being added to an interest list for next year's holiday and as soon as we have details, we will send them out to those on the list. (Please note, being on the interest list does not guarantee you a place on the holiday).

If you are interested, please contact us on (01482) 342297.

## 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.

## Gifts in Wills

Making a will is perhaps one of the most important things you will ever do. It is the only way to be sure that your family, friends, favourite charities and others are provided for as you wish after your death.

By leaving a gift in your will to Sight Support, you will help ensure our valuable work continues for many more years to come.

Gifts in Wills are vitally important to us. In fact, did you know that a quarter of our work is made possible thanks to the generosity of people who choose to remember Sight Support in their Will.

Even a gift of just 1% of your estate can make a huge difference.

You can of course specify in your will whether you would like your support to go to help our work in general or for a specific area of our work, perhaps our Home Visiting service or our children's and family support services.

## Free Online Will Writing Service

You can write your will for free using Bequeathed. Simply visit:

[Www.bequeathed.org/sightsupportthey](http://Www.bequeathed.org/sightsupportthey)

All Wills are checked by a fully qualified solicitor. It is a simple online form to work through. Bequeathed work with hundreds of different charities across the UK and are approved by the Fundraising Regulator.

## Local solicitors

Sight Support can also provide details of a number of local law firms who can help our supporters to make or update their will.

Whichever option you choose, the key information you will need to include in your will to identify our charity as a beneficiary is our Registered Charity Number which is 223668.

To request a copy of our Will making checklist and our Will planner template, or if you would like to speak with us about leaving a gift to Sight Support, please contact Angela Gregory on 01482 342297 or email [angelag@sightsupport.org](mailto:angelag@sightsupport.org).



## Casino Night



**Wednesday 28th September**

**Napoleons Casino**

**7pm until late**

Tickets £15

Join us for a fundraising evening at Napoleon's Casino on Wednesday 28th September.

The evening includes live entertainment, a two course meal and a £5 bet per person. All winnings from this bet will be donated to Sight Support and the person who wins the highest amount will also win a meal for four people at Napoleon's Restaurant.

Tickets are priced at £15 and includes entry into the charity raffle with some fantastic prizes to be won.

Please note that numbers are limited and tickets are expected to sell out so book early! Places will be allocated on a first come, first served basis.

Please note: This event is open to over 18's only (U21's may require ID).

If you would like further information or would like to book tickets, please contact us on 01482 342297 or email [fundraising@sightsupport.org](mailto:fundraising@sightsupport.org).

**Sight Support would like to thank Napoleons Casino for their kind support of this evening.**

## Christmas Fayre



**Saturday 12th November**

**Cottingham Civic Hall**

**10am—3pm**

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

## 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 couple of the things that our supporters have been doing recently:

A huge thank you to everyone who completed the recent Little Weigh-ton Walk and thank you for your wonderful support. Special thanks also to Carol Winter for once again organising this annual event and all her volunteers for their help in making the day possible. The event raised a fabulous £235. What a wonderful bunch of people you all are!



Congratulations and thank you to the incredible Tom Skinner who ran for 9 hours and 45 minutes to complete a 47 mile ultra marathon and raise a wonderful £600 for Sight Support including match funding from the Halifax Bank. We are in total awe and thrilled to benefit from your continued support!

Thank you to Quiet Riot Gigs who raised another £210 at their recent Punk Music evening. Thank you also to all the musicians who so kindly supported the evening.

**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.**