

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

## Insight Winter 2022

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volunteers**

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**Your chance to win £200!**

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## Hello Everyone

I hope you're all keeping fit and well.

We've been very busy here during the last couple of months; I hope you will enjoy reading about some of the things we've been doing throughout this magazine.

We were delighted to receive a visit from our President Mr. J.L. Dick, OBE, HM Lord-Lieutenant of the East Riding of Yorkshire on 28th July.

The Lord Lieutenant was shown around our facilities and experienced how it felt to live with sight loss by being led around the building wearing simulation spectacles as well as receiving a demonstration on a variety of hardware and software and specialist equipment. He then had a look at an art display and spoke to members of our art group as well as speaking to members of the tandem club, the singing group and the day group. He was very impressed with the wide range of services we offered and the visit was a great success.

Welcome to new staff: Laura and Vanessa who have both joined us this month; Laura in a PA supporting role for myself and Alison Stannard and Vanessa who has joined the Community Advice Officer team; we look forward to having you both as part of our Sight Support family.

I'm very pleased to say that two of our fantastic volunteers received wonderful recognition this month.

Congratulations to Carol Winter; Trustee and long standing volunteer fundraiser, who was selected as a finalist in the Fundraiser category for the BBC Radio Humberside's Make a Difference Awards. In October Stacy Sheppard also won the Fundraising Category of the Time2Volunteer Awards hosted by the SMILE Foundation and Hull CVS which was amazing.

Congratulations to both ladies concerned and on receipt of their very well deserved awards and a huge thank you from all of us at Sight Support; your volunteering makes such a difference to us.

It was also wonderful to host the first of our ladies lunches fundraiser this month since before the pandemic. Thanks so much to volunteer Trustees Ann Massam and Carol Winter for all their hard work organising and to all the lovely looking ladies who attended for a wonderful afternoon; see page 15.

Following our feature in the last Insight magazine about one of our Trustees attending the 100th anniversary celebrations of the Sir James Reckitt Charity we were very grateful to receive a grant of £8760 from the Reckitts Centenary Award Fund following an application to support our art group provision well into next year. Thank you to the Reckitts charity for your ongoing support.

That just leaves me to send you all very best wishes for a Merry Christmas and a Very happy and healthy 2023 from all of us here at Sight Support.

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

## 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: 07503 371530

Goole: 01405 948831

## 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 Clive Skinner on 01482 654714



## Resource Centre

With the festive season just around the corner, gifts and presents can sometimes be a difficult task. If you're buying for someone who is blind or has with a visual impairment we have a few suggestions that may be of interest!

A talking watch is always a fantastic option. The watches from Cobolt Systems, are not only a great tactile accessory, but they also look great on your wrist! Most of the watches come in a small size for a lady or larger size for a gentleman, however, most of the watches are unisex.

### **W9 Gents/Ladies Talking Wrist Watch - £19.95**



Ladies Case Size – 33mm 1.29" diameter x 12mm 0.47 thick.

Mens Case Size – 36mm 1.41" diameter x 13mm 0.51 thick.

With this watch you could have either a silver expanding strap as pictured in the left column or a coloured strap.

### **W23 Gents/Ladies Gold Talking Calendar Alarm Watch - £34.95**



Gents Case size 38.9mm – 1.53" diameter x 14mm - 0.55" thick.

Ladies case size 33m - 1.30" diameter x 12mm - 0.50" thick.

This classic looking watch is available with either a black or brown strap or a gold bracelet.

## **W29 Square Faced Radio Controlled Watch - £36.95**



Case size 41mm 1.60" diameter x 12mm 0.47" thick.

This lightweight watch, has a square face with chrome surround and the case and strap are in a warm brushed silver.

We also have some fantastic demonstration days coming up that will be taking place in our Resource Centre in the next few months. Low Vision companies 'Sight and Sound' and 'Optelec', will be joining us over the next few months to showcase some of their newest and bestselling low vision aids, from digital magnifiers, CCTV machines, Wearable 'Seeing AI' Devices and phones. So if you're looking for something a bit more specific or if you just want

to see what's available in the field of visual aids, please don't hesitate to call the office on 01482 342 297 and speak with Resource Coordinator, Phil to book onto the sessions. There is no charge to attend.

### **Sight & Sound Demo Day**

With Regional Manager  
Sam Coulson

Location: Sight Support Resource  
Centre

Date: 22/11/22

Time: 10am – 3:30pm

### **Optelec Demo Day**

With Sales and Technology  
Consultant Mark Silver

Location: Sight Support Resource  
Centre

Date: 13/12/22

Time: 10am – 3:30pm

The demonstration days are very relaxed. They also give you the chance to get hands on experience with some of the best and newest low vision aids.

## 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.

## 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.

## Award Winning Artwork



Congratulations to award winning local sculptor Gail Hurst (pictured above) who placed 1st in the Beverley Open Art exhibition with her sculpture, The Times after Degas.

Gail is our Artist Facilitator who inspires our art groups every week, passing on her knowledge and creativity.

Her winning piece in the Open Art exhibition was inspired by seeing 'Little Dancer', by French Impressionist Edgar Degas, in Paris around 25 years ago, an experience she found very moving, and which inspired her love of sculpture.

The girl's body is made from copies of The Times newspaper, a publication which existed in Degas' time.

Her sculpture was built up in layers and took around six weeks to make, working every day. Gail made the body first and then added the 'clothes' and shoes on to it, even learning how to correctly tie ballet shoes.

If you would like to be inspired by Gail, why not join our art group? Simply give us a call on 01482 342297 for more information and to book your place.

### Art Group

**Wednesdays 1.00pm – 3.00pm**

Cost: £3 per week

Come along and enjoy a programme of regular creative art and craft activities in a welcoming and friendly social group.

Work with an artist-facilitator to try out different techniques and a range of creative projects. No experience is necessary just a willingness to take part. Bring your ideas and things you would like to try and the artist will try to make it happen.

These sessions are a collaboration with Artlink.



## It's Good To Talk

The aim of our telephone befriending service is to help prevent feelings of loneliness and isolation by providing a regular phone call from a volunteer to our blind/visually impaired service users. Living with reduced sight for many can be lonely, especially if you live alone and find you have become increasingly isolated and not able to enjoy the same level of social interaction you may have done previously.

We can match you with a friendly, reliable, trained telephone befriending volunteer who you will be able to hold a pleasant conversation with over the phone, and all from the comfort of your own home.

A befriending volunteer can make calls at a convenient time for you, enabling you to have a conversation with someone who wants to listen, is good company and likes to chat. These calls allow you to enjoy regular conversation on subjects of interest to you, or you might just want to spend time putting the world to rights.

One half hour call can seem really simple but having someone to talk to and someone to listen can really make a difference, it could be the only person you speak to that day or even that week.

Many of our volunteers are themselves visually impaired and understand the daily challenges you might experience. You may also find it helpful to talk about your visual impairment and the things you struggle with, or you may want to talk about anything but your eye condition.

We currently have 20 fabulous telephone befrienders who enjoy their role while knowing they have made a positive difference to someone's day.

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 342297 or email [volunteering@sightsupport.org](mailto:volunteering@sightsupport.org)



## Low Vision Exhibition



**Friday 17th March 2023**

Sight Support Main Hall

10am - 3pm

Our annual Low Vision Exhibition will feature exhibitors from around the country who will be on hand to showcase equipment and services, specifically designed for people with visual impairment including optical and video magnifiers, CCTV machines, assistive software, accessible mobile phones and independent living aids. There will also be representatives from other local and national organisations who offer support to people with visual

Impairments, such as local Sensory Team, the Macular Society and Blind Veterans.

**Entry is free.**

For further information, please contact Resources Coordinator Phil Dearman on 01482 342297.

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## Costello Fitness Group

**Fridays 10am - 11.30am**

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

Cost: £2.50

Want to get active? Why not join our outdoor exercise group? The group meets every Friday morning and enjoys some healthy 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](mailto: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. 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

Tuesdays

10th January

14th March

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

## 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**

13th December

10th January

14th February

14th March

11th April

## SocialEYES

As well as our many regular activities that form part of our SocialEYES leisure and activity programme, we also arrange outings to various local attractions and events.

One recent outing was to Hornsea Inshore Rescue where service users got the chance to get up close to touch and feel various equipment and clothing as well as hear more about the work the charity carries out. The small shop onsite also proved very popular!



A huge thank you to the Hull Seahawks Ice Hockey team for their recent hospitality. Everyone loved the excitement and atmosphere at the game although, in spite of all the noise and loud music, Polly the guide dog remained calm and professional



A fun day out was had at Beverley races where we even enjoyed a winning bet or two.



To find out about forthcoming outings, please contact our SocialEYES Coordinator, Wayne.  
01482 342297



## 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.

Cost: £1.50

For further information or to book your place, please call 01482 342297 or email [info@sightsupport.org](mailto:info@sightsupport.org).



## Annual Holiday

### **Blackpool and the Lakes**

**Monday 26th to Friday 30th June 2023**

Sight Support has teamed up with CAB Travel to offer a new destination for our annual holiday in 2023.

Travelling on an executive coach to the AA rated 3 star Carousel Hotel in Blackpool and with excursions to Lytham St Anns, Lake Windermere and Bowness (including a ride on the Lakeside and Haverthwaite Railway and a boat trip on Lake Windermere itself).

The all inclusive cost of the holiday is £365 per person (£425 single supplement) and includes 4 nights dinner, bed and breakfast, entertainment each night and all excursions, including the cost of the train and boat ride!

Places are booking quickly and are now limited, so if you are interested please contact our Services Manager, Alison Stannard, on 01482 342297 to avoid disappointment.

## Volunteers

Congratulations to our wonderful volunteer Stacey Sheppard (pictured below) who won the Fundraiser Volunteer Award sponsored by Reckitt, at the recent Time2Volunteer Awards.

Mum-of-four Stacey began volunteering for the charity because one of her children has a visual impairment. Stacey has shone in many ways, but particularly when it comes to fundraising. She prepares and sends out the newsletter, contacts supermarkets to arrange donations, knocks on doors for raffle prizes, and works with schools to collect unwanted teddy bears. Thank you for all your hard work Stacey.



We would like to say just how very proud we are of our very own Trustee and volunteer fundraiser Carol Winter (pictured above left) for getting into the final four in the Fundraising Category of the BBC Radio Humberside 'Make A Difference' Awards.

Carol has been fundraising for over 30 years and has raised in excess of £100,000 during that time. She continues to carry out absolutely amazing fundraising events for us. Whether it's a charity walk, lunch or party, we know that Carol will always do a good job! Thank you Carol for all that you do.

If you are interested in joining our amazing team of volunteers, please have a look at our website or contact Anna Zacharias for a chat on 01482 342297.

## 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 9th December 2022.

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!**

## Amazon SMILE



With Christmas fast approaching, 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](https://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!**



## Thank you

Sight Support HEY relies on donations and gifts in wills to fund the support services you read about in this magazine. We cannot possibly mention everyone, however here are just a few of the things that our supporters have been doing recently:

We would like to say a big thank you to Carol Winter and Ann Massam pictured below for arranging and hosting a Ladies Lunch the Blue Bell Pub in Cottingham and raising a fantastic £1,158. Thanks also to our guest speaker Val Wood and also to Paul, the Landlord of the Blue Bell, and his staff for their wonderful hospitality.



An enormous thank you to the Elstronwick Friendship Group and Burton Pidsea Pop-in-Cafe who raised an incredible £325 for Sight Support Hull and East Yorkshire.



A huge thank you to our incredibly talented service user Bethan Jones, along with William Grosvenor Neil and Matthew Jones who performed at the 'Changing Altitudes' concert at the Hull University Chapel raising a wonderful £274.



## Thank you

Sight Support HEY has been fortunate to receive the support of a number of Trusts and Foundations in recent months. We would like to thank:

- The National Lottery Community Fund Awards for All programme for their grant of £10,000 towards the role of our SocialEYES Coordinator.
- The Sir James Reckitt Charity for their continued support of our work including a general grant of £10,000 and a further grant of £8,760 from their Centenary Fund towards our Arts & Crafts group.
- Hull Activity Grants from the Rank Foundation for a grant of £768 towards our monthly SocialEYES outings.

## Christmas Closures

**Please note Sight Support HEY will be closed from 5pm Friday 23rd December and will reopen at 9am on Tuesday 3rd January 2023.**

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

- The Joseph and Annie Cattle trust for their ongoing support and general grant £1,500.
- Sport England Together Fund for a grant of £6,435 towards our SocialEYES fitness sessions.

## 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 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.**