

Insight Spring 2023

Page 6
New children's activity
programme

Page 12
How to make your Will for
FREE

Hello Everyone

I hope you're all keeping well and enjoying the lovely light nights we have now and hopefully a bit more sunshine; I'm sure it does us all good.

We've had some good news in the last few months with some very welcome funding applications being approved to help us deliver our services.

The Ideas Fund (run by the British Science Association and funded by the Wellcome Trust) has approved our application for funding to deliver a variety of creative activities for visually impaired children to enjoy. See page 6 for more information.

We are also delighted that the National Lottery Community Fund have agreed to fund our 'Revitalise with SocialEYES' programme of activities. This allows us to continue to deliver a full range of services to help to maintain good physical and mental health for people with visual impairments. See page 9 for more information. If you fancy increasing your fitness,

getting creative in our art group; having a regular singalong or simply having a chat with a few friends, why not come along to one of the sessions and see what it's all about—you'll be made to feel very welcome.

All activities are adapted to accommodate any level of sight loss; I'd encourage anyone to give them a go; simply give us a call for more details.

I'm sure everyone knows how much we like a party here at Sight Support so, it will be no surprise to know we are planning some Coronation Parties in May to celebrate the Kings Coronation; I'm sure there will be good times and lots of pictures to follow.

We realise times are hard for some people at the moment and our Charity is also feeling the pressure of increased costs and declining investments so, any support you can give in any way will be much appreciated. Please see Page 15 for some ideas of how you can support us.

Very best wishes until next time.

Sandra Ackroyd
Chief Executive

Pocklington Support Group

We are delighted to announce a new monthly coffee morning in Pocklington, where you can come and get guidance and support from Vanessa Long, your local Community Advice Officer.

It's also a great way to meet other people in your area with whom you can share ideas and get to know each other over a cuppa and a biscuit.

The group will be run in central Pocklington, at Scaife Garth Community Room just five minutes' walk from the bus station. (2nd left turn on Scaife Garth and the room is on the left)

It will take place on the 3rd Monday of every month from 10am to 12pm. The cost to attend is £2.

If you would like to attend, please contact Vanessa on 01482 342297. If you are having trouble getting there but would like to attend please also let us know. We would love to see you there!

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.

Message in a Bottle Scheme

Developed by the Lions Clubs, Message in a Bottle is a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency on a standard form and in a common location – the fridge.

Message in a Bottle helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication.

Paramedics, police, fire-fighters and social services support this Lions life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers supplied. The initiative provides peace of mind that prompt and appropriate medical assistance can be provided, and next of kin / emergency contacts can be notified.

Members of the public and other organisations can obtain a Message in a Bottle kit by contacting their local Lions club.

Clubs are able to provide Message in a Bottle within their local communities free of charge, thanks to fund-raising and generous donations from the public and businesses.

The Message in a Bottle kit includes a form, where personal and medical information is detailed. This is placed in the bottle (with its distinctive green branding), which is stored in the fridge. Two stickers are provided: one for the fridge door and the other for the inside of the front door of the premises.



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.

New Defibrillator



A Public Access Defibrillator (PAD) has been fitted on the wall outside Sight Support Hull and East Yorkshire's centre on Beverley Road in Hull, with a view to help save the life of anyone experiencing a cardiac arrest in the vicinity.

The latest installation has been made possible thanks to a grant from the Liz and Terry Bramall Foundation.

Automated External Defibrillators (AED) are designed to be used by anyone in an emergency when someone suffers a cardiac arrest. Public access defibrillators are available at a number of locations locally 24 hours a day, seven days a week with the majority located on the external walls of buildings.

Sandra Ackroyd, Chief Executive at Sight Support said: "Should someone have a cardiac arrest, calling 999 is crucial to get professional help on the way, and the ambulance service call handler will be able to let you know if there is a defibrillator nearby and the code if it is in a locked cabinet.

"For every minute that passes without early CPR and defibrillation, there is a 10 per cent drop in chances of survival. The sooner CPR and a defibrillator are used, the more effective medical staff can be when they arrive."

"Defibrillators use a series of voice prompts and illustrations to give step-by-step guidance. It is impossible to give a shock to the heart of someone who does not need one."

"We of course hope that the defibrillator is never needed, but it's great to know that the community near our centre are now going to be more able to deal with a sudden cardiac arrest, should they ever have to."

Children & Family Support



Sight Support Hull & East Yorkshire is one of seven community projects across Hull that have been awarded £267,000 in grants from The Ideas Fund to work with researchers to develop and try out ideas that address problems related to mental wellbeing in their communities.

The Ideas Fund is a grants scheme, run by the British Science Association and funded by Wellcome, that brings together people who have an idea about how to improve the mental wellbeing of their local community, with researchers who can help turn their idea into a reality.

Sight Support HEY will use its £56,965 grant from The Ideas Fund to develop a project, in partnership with a researcher from the University of Hull, to improve the

mental wellbeing of local children affected by sight loss by enabling them to express their personal stories and experiences through creative activities, including arts, drama, music and nature based activities.

Alison Stannard, Operations Manager at Sight Support said: “We are delighted to have been awarded a grant from The Ideas Fund, which will help us expand upon the work we are doing here in Hull. This project will enable us to work closely with local visually impaired children and their family members to improve their mental wellbeing and help identify their specific support needs.”

For more information about The Ideas Fund, visit theideasfund.org or follow @TheIdeasFund on Twitter or @TheIdeasFund on Facebook.



SocialEYES

Sight Support is celebrating after being awarded £110,051 in funding from the National Lottery Community Fund, the largest funder of community activity in the UK.

We will use this funding over the next three years to provide leisure and social opportunities to hundreds of local blind and partially sighted people.

We hope that the funding will help make a difference in the lives of visually impaired people, by using activities and outings to help reduce social isolation and improve the physical and mental wellbeing of local people with sight loss.

National Lottery players raise over £30 million a week for good causes across the UK. The National Lottery Community Fund distributes a share of this to projects to support people and communities to prosper and thrive.

Sandra Ackroyd, Chief Executive at Sight Support said: “Thanks to National Lottery players, this grant

means that we can help improve the lives of individuals living with visual impairments through the “Revitalise with SocialEYES” programme and activities, by providing an inclusive environment where they can explore their creativity.” She added “We’re excited about what we have planned and we know from previous experience, that these activities will make a big difference to people’s lives.”

During the pandemic, in 2020 alone, The National Lottery Community Fund distributed almost £1 billion to charities and community organisations across the UK.

For further information, please visit
www.TNLCommunityFund.org.uk.



Telephone Befriending



Our telephone befriending service is designed to reduce feelings of loneliness and isolation to our service users who are less able to get out and about, this may be due to reduced vision and/or poor mobility. Being visually impaired can make someone far more likely to be socially isolated and we hate the idea of anyone feeling lonely!

We can match you with a volunteer befriender who will be able to call you each week (or however often works for you) to make sure you have someone to talk to on a regular basis. You may want to talk about the weather, current affairs, news, TV, your interests, putting the world to right or just a general

chat, the conversation is guided by you.

Our telephone befrienders are fully trained, demonstrate excellent listening and communication skills with the ability to understand and empathise with visual impairment while working within guidelines and following confidentiality policies and procedures.

“My volunteer befriending role is really lovely and rewarding. It’s great to make connections with people and build up good telephone friendships. My befriendees tell me they look forward to my call and it’s always nice for me to know that I am making 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

Resource Centre

Lighting can play an important part for anyone with a visual impairment. Whether you're new to sight loss or have been dealing with it for a while, the right kind of lighting can sometimes make a huge difference. We've recently managed to get a hold of some brilliant new lighting accessories to display and demonstrate on behalf of Vision Aid including:

StandBright2



This floor standing Energy-saving LED light is slim in its design, with a flexible head and gooseneck, ideal to have above an armchair. It comes with a convenient remote and motion control as well. It also diffuses for an even spread of natural light, not to mention it has 6 different levels of brightness and

5 selectable LED Colour temperatures.

Price: £105.00

Travel Bright 3



This very handy light has 8 - 200 hour battery life and is rechargeable. It is extremely bright and customisable with 5 brightness levels. It has 3 adjustable colour temperatures: daylight to warm. It is stylishly compact, as you can fold it flat, tilt and adjust the height. It is very easy to charge with included magnetic cable. It also works as a power bank to charge mobile devices.

Price £35.00

FlexiBright



This is a stylish, energy saving daylight LED table lamp with an integrated USB charger socket, ideal for charging your phone. It also has fully adjustable brightness via illuminated tactile touch sensitive slider.

Price: £41.67

If you would like to know more about how specialist lighting can help with your visual impairment or would like to have a look at the items mentioned, please don't hesitate to call us on 01482 342297 and ask to speak with Phil.

USB Player from Cobolt



For anyone looking for a handy, rechargeable USB player and radio, look no further. For only £19.95, this small 5cm x 5cm player is lightweight, simple to use and has a super clear and powerful sound for, both a Bluetooth connection and all your USB talking book and music needs.

Price: £19.95

VisionAid
Restoring Independence Since 1996

If you missed our recent Low Vision Exhibition, please don't worry as we're excited to invite Jason from Vision Aid back to do a smaller Demonstration Day on their most popular items of vision aid equipment and accessories, on Wednesday 3rd May in the Resource Centre from 10am to 3pm. For more details please call 01482 342 297.

Happy 90th Birthday



Long time volunteer and good friend of Sight Support, Rene James, celebrated her 90th Birthday in February.

Over the years, Rene has raised thousands of pounds for local charities including Sight Support.

This year she made a birthday cake which was served at an open house birthday get together with friends, neighbours and family, who called in throughout the day. In her typical selfless fashion, instead of presents, Rene asked for donations to be made to the Yorkshire Air Ambulance, with £500 raised.

Happy birthday Rene from everyone here at Sight Support and many thanks for all your continued kind support over so many years.

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

Workout Wednesdays

Wednesdays 11.15am - 12.15pm

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

Cost: £1.50

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

Make A Will Week

Monday 5th to Sunday 11th June

Our Free Will Week allows anyone over 18 years of age to easily write or update a simple Will for free.

Whether you would like to write your Will in person, online or over the phone, we partner with some of the best local solicitors and Will-writing providers to give you expert support.

Solicitors and will writing experts will be on hand at our centre on Beverley Road from Monday 5th to Thursday 8th June between 11am to 3pm where you have the chance to ask for advice about making a will.

If you decide to make one, Sight Support HEY will pay the cost of a straightforward, basic will. We would hope that you will consider making us a beneficiary under the will but there is no obligation to do so.

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.

A gift to Sight Support HEY in your will is an incredible way to support visually impaired people and make a lasting difference to the future of blind and partially sighted people in Hull and East Yorkshire. More than a quarter of our support services are only possible due to the kindness of people leaving gifts to us in their wills.

For further information or to book an appointment, please call our Legacy Officer, Angela Gregory on 01482 342297 or email fundraising@sightsupport.org



Volunteering



If you've been in to our centre on Beverley Road recently, you may have spotted a new face amongst our staff. Meet Amarachi our new Marketing Intern.

As a current Masters student at the University of Hull, Amarachi Ilechukwu is pursuing a degree in Marketing and aims to use her skills to give back to the community. She will be working closely with the marketing team to promote awareness of its Leisure and Activity programme, SocialEYES by ensuring consistent branding and messaging across its communication platforms.

"We are excited to have Amarachi on board," said Angela Gregory, Fundraising and Marketing Manager at Sight Support. "Her skills and enthusiasm are an invaluable asset to the team and we're looking

Forward to working with her to reach more people who may benefit from our services."

Amarachi has a passion for helping others and making a positive impact on her community which led her to apply for the internship with Sight Support. "I am super pleased to have the opportunity to work with such a talented and dedicated team", she said. "I am eager to learn as much as possible during my time at Sight Support HEY and make a meaningful contribution to their marketing efforts."

As a marketing intern, Amarachi will assist with creating and implementing marketing campaigns, managing the charity's social media presence, and raising awareness of the charity's support services to attract new service users.

For more information about SocialEYES, our leisure and activity programme, please contact Sight Support HEY on 01482 342297 or email info@sightsupport.org.

Digital Switchover



You may have heard there's major change coming to the way we make landline phone calls in the UK.

Right now, the chances are, if you use a landline your call still travels up and down an old copper phone line. But not for much longer.

Across the UK, there are plans to replace and upgrade old copper phone networks with new fibre networks. In most of the country, BT is replacing its old copper networks with modern fibre, but here in Hull and East Yorkshire KCOM is pioneering the way and will be the first to replace its old cables with a state-of-the-art fibre. Don't worry, your phone number won't change and we won't be digging up your street. In fact, once you're switched to fibre you shouldn't notice any change at all

in your service.

From April 2023 KCOM is beginning the process of replacing and upgrading the copper phone lines to 170,000 homes and businesses across the region.

In most cases, switching your phone line from the copper network to the fibre one is easy and involves plugging an adapter into your internet connection box on the wall. This is called the Optical Network Terminal (or ONT for short) and is the same box that your internet router plugs into. Then plug your existing phone into the adapter and it's job done. It's as simple as that.

For anyone with visual impairments or difficulty seeing, KCOM will send an engineer to your home to help make the switch. And they won't leave until your service and landline are working as before. This includes extra services used by vulnerable or elderly people such as Lifeline pendants. If you feel that you could benefit from an engineer visit to help you switch then please call 01482 602151 and speak to a KCOM advisor.

Weekly Lottery



You could win a huge £25,000 in the Sight Support HEY weekly lottery!

Play today for the chance to win big, and, for as little as £1 a week, help us to improve the lives of thousands of people with sight loss in Hull and East Yorkshire.

This exciting new way to support us is hosted by Unity Lottery and we receive at least 50p of every £1 entry. You'll be automatically allocated your own unique 6-digit number and the draw takes place every Friday.

It is easy to sign up securely online just visit: [https://](https://www.unitylottery.co.uk/causes/sight-support-hull-east-yorkshire/)

www.unitylottery.co.uk/causes/sight-support-hull-east-yorkshire/

Or call us on 01482 342297 and we will send you out a postal form for you to register.

Thank you and Good Luck!

Home boxes

Our home boxes help to raise vital funds every year thanks to the generous support of our clients and other supporters who have a collection box in their home to save spare loose change.

If you would like to have a collection box at your home, simply give us a call on 01482 342297.

Virtual Bucket Collection

Can't get to one of our bucket collections but would still like to donate?

You can donate from the comfort of your armchair by using your mobile phone!

Simply Text SSHEY to 70085 to donate £5

Texts cost £5 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS.

If you'd like to give £5 but do not wish to receive marketing communications, text SSHEYNOINFO to 70085.

Tribute to David Pratt



It is with great sadness that we announce the death of Dave Pratt on the 9th March after a long illness at the age of 83.

Dave was well known to the visually impaired of Hull and East Riding for his work with the Sight Support HEY (as a Trustee), the residents of Beech Holme Court and Rockcliffe House, The Hull City Council Disability Group and the Beech Holme Tandem Club.

Dave had been involved with Beech Holme Tandem Club for over 60 years following in the footsteps of

his uncle, Cliff Pratt (the well known cycling retailer) who had founded the Club in October 1950.

Dave had been a tandem rider, mechanic, mini bus driver and general dog's body over the years and finally became the President of the Beech Holme Tandem Club in 2010.

Without the work that Dave put in over the years it is doubtful whether the Tandem Club would be the success it is today.

Dave was a true gentleman, always going that extra mile to support the visually impaired and we all will miss him.

Bank Holiday Closures

Please note we will be closed on the following days:

Monday 1st May,

Monday 8th May

Monday 29th May

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.