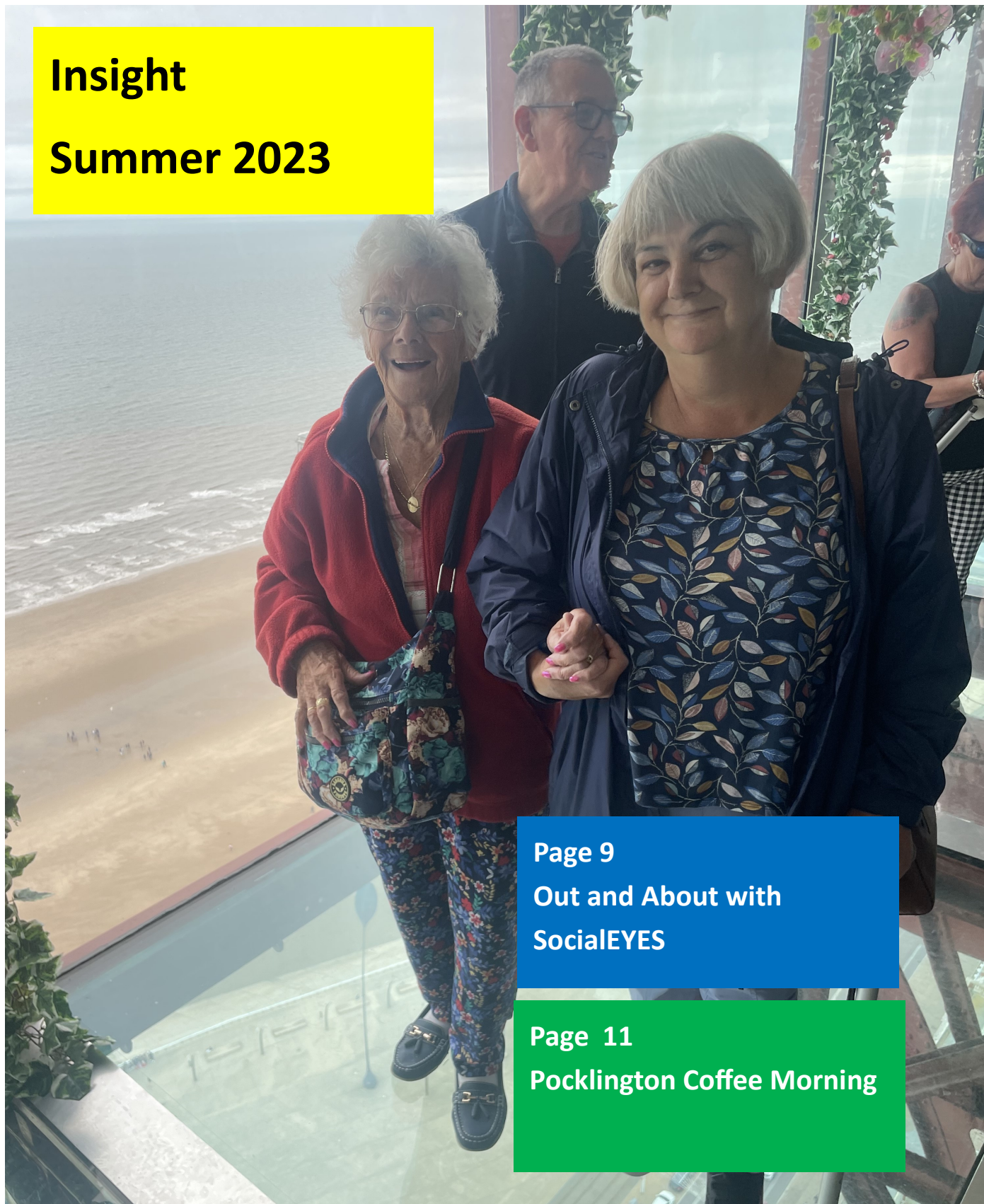


Insight Summer 2023



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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.

You will see throughout this magazine that we continue to be busy here at Sight Support delivering a wide range of services.

The children's activities we have been delivering have been very well received thanks to the funding from the Ideas Fund delivered by the British Science Association and funded by Wellcome. Art groups, music groups and educational trips out have really helped the children grow in confidence which is wonderful to see.

Our Revitalise with SocialEYES programme also continues to go from strength to strength, offering a wide range of activities and outings.

The Social Zone session on a Wednesday here at Sight Support, offers the perfect opportunity to drop in anytime between 10am and 3pm and have a chat with

others with visual impairments and our friendly staff team. Find out a bit more about our full range of activities including singing, art and walking and exercise sessions and how you can get involved. We're sure you'll be glad you did. We look forward to seeing you there, you'll be made to feel very welcome. If you'd like to know more give us a call and ask to speak to our SocialEYES Coordinator Wayne.

Elsewhere in this magazine you'll find some photos from our recent annual holiday, which was as successful as ever and enjoyed thoroughly by everyone who went.

Plans are already underway for next years trip—watch this space !

Also remember the wide range of equipment we have on display in our resource centre for you to 'try before you buy'. Why not make an appointment to come and have a look and spend some time with our Resources Coordinator Phil who will help you find the right equipment for you.

Also watch out for our special 'focus days' where suppliers are

invited in to demonstrate some of their latest aids and equipment.

Enjoy the warmth of the Summer sunshine.

Very best wishes until next time.

Sandra Ackroyd
Chief Executive

Kings Coronation



Our Operations Manager Alison Stannard (pictured above) was lucky enough to attend the recent coronation of their Majesties King Charles and Queen Camilla.

“It was a day to remember,” says Alison. “Being part of such an historic occasion is something I will always remember. I was delighted and proud to represent all the staff, volunteers and service users at Sight Support.”

Ladies Circle



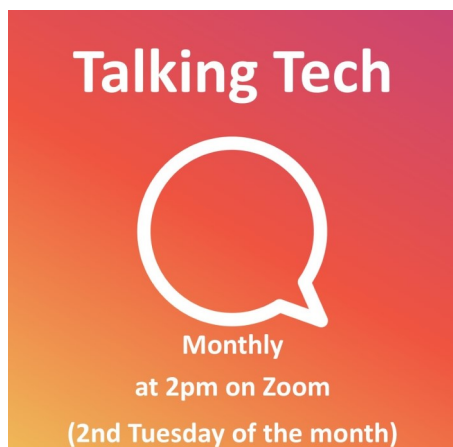
Would you like to make new friends, have fun and try new experiences? Why not join our group especially for ladies with visual impairment? A place for ladies to meet, chat and relax. We'll even supply tea and cake! With an occasional outing to a local venue or attraction.

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.

Bank Holiday Closures

Please note Sight Support HEY will be closed on the following Bank Holiday:
Monday 28th 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

8th August

12th September

10th 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: 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, please contact Regional Manager – Vicky Thompson on 07376 398 916 or vicky.thompson@macularsociety.

King's Coronation

We were delighted to celebrate the coronation of their Majesties, King Charles III and Queen Camilla with a series of parties in our Day Groups here at Sight Support. With entertainment and afternoon tea, our service users certainly got into the party spirit to celebrate this momentous occasion.

Dorothy, who attends our Tuesday group had a lovely time and said “It was great fun. The atmosphere was happy, and it was such a positive day. It gave me a new outlook that things could only get better. It was lovely to celebrate with all the friends I have made. It was such a successful day and I thank all the staff of Sight Support for preparing everything. The tables and the room looked wonderful”.



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.

Resource Centre

Following on from our recent Demonstration Day with Vision Aid, we now have some new pieces of equipment available for you to try before you buy.



Blindshell Classic 2

The BlindShell Classic 2 is a fully accessible mobile phone. It can be voice-controlled and has a comfortable tactile keypad too. It is compatible with WhatsApp and Facebook messenger, and you can even watch or listen to music on the YouTube app! It is full of fun and useful functions yet still simple to use!

Price £399



Zoomax Luna 8

The Luna 8 is a slim, light and stylish digital magnifier with an 8 inch matt screen. It is simple to use with large tactile buttons on either side. Its features include - Up to 19x magnification, high-definition image, auto focus camera, easy to use tactile buttons, reading lines and masks, distance viewing and reading stand.

Price (£645)



Handy Reader HD

This great value versatile 3.5" magnifier is a fantastic choice for

when you're out and about, the small, lightweight design easily fits into a pocket or bag. It's features include - Up to 32x magnification, great to use while shopping etc., freeze frame, Reading & writing guides and it can also be connected to your TV.

Price (£150)

If you would like to look at and have a demonstration of these fantastic new pieces, please don't hesitate to contact Phil in the Resource Centre on 01482 342 297.

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

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

Call 01482 342297 or email info@sightsupport.org.



Demonstration Day



Our next Demonstration Day is on Tuesday 15th August, in Sight Support's Resource Centre, with Phil Ward from Seeing Solutions. Phil will be showcasing and demonstrating some of Seeing Solutions' most recent and popular products. With a mix of accessories and equipment from digital magnifiers to text to speech devices, there is always a good range. The event is free to attend and will be running from 10am – 3pm. An appointment needs to be made. Please call 01482 342 297 for more information or to book an appointment.



It's Good To Talk

Our telephone befriending service has been making befriending calls for 8 years. In this time the service has gone from strength to strength and continues to do so.

We offer over the phone befriending calls from a trained, reliable and trustworthy volunteer who call on a regular basis offering a friendly listening ear and all from the comfort of your own home, all you need is access to a telephone. These calls can help make a huge difference to someone's happiness and wellbeing whilst cheering up their day.

We currently have 24 telephone befrienders who make a positive difference and always brighten up someone's day with their calls which are always very welcomed. Colin, who has been a volunteer telephone befriender since the service began said "I felt like I had hit a brick wall when I started to lose my sight and wasn't sure what the future would hold for me. Sight Support helped me

through this difficult time and continues to do so. It's always reassuring to know I can contact Sight Support for help, advice and further support when needed. I became a volunteer befriender in order to give something back for all the help and support I received with my sight loss journey. I always have a good natter with my befriendees, we talk about many different subjects with some finding it helps to speak to someone who also has a visual impairment. This volunteer role is very rewarding and I get to speak to some lovely people whom I have built up a great telephone friendship with."

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



As well as our regular weekly activities, our SocialEYES programme also offers monthly outings to local attractions and events.

We recently enjoyed a fantastic day visiting John Bull Rock. Everyone got the chance to roll their own rock and to take home a large stick of rock.

A huge thanks to Albert for the tour of the factory visiting the biscuit section and then the chocolate and fudge department. Our SocialEYES members enjoyed eating all the samples along the way. And let's not forget a visit to the shop to buy lots of gifts, sticks of rock, biscuits and many more different types of sweets. Thanks again to Team John Bull for the super tour and looking after us so well.

Forthcoming Outings

Honeysuckle Farm

Tuesday 15th August

Hornsea Inshore Lifeboat

Tuesday 12th September

For more information or to book a place for any of our SocialEYES outings, please contact our SocialEYES Coordinator, Wayne Johnson, on 07884 583748 or email waynej@sightsupport.org.



Children's Services

Thanks to funding from the Ideas Fund, our Children's Project has been off to a flying start with the children experiencing lots of fun activities including, arts and crafts, gymnastics, multisport sessions, nature based activities, a soft play family event and music sessions.

Here are some pictures of the children taking part in these exciting activities.



There are many more exciting events and activities to come this year including a trip to Sundown Adventure, more fun sports sessions, breakfast with Santa and Frozen and our annual trip to the pantomime.

The feedback from the children and their families so far has been very positive and the children have formed some great friendships which will hopefully be lifelong.

For further info about our children's support services and /or to book for any of the activities, please contact our Children and Family Support Officer, Vicky Day, on 07990 043614 or email vickyd@sightsupport.org.



Pocklington Coffee Morning



Sight Support hosts a monthly coffee morning in Pocklington on a Monday from 10 am– 12 pm, where you can come and get guidance and support from a Community Advice Officer, see equipment demos and meet other people in your local area with whom you can share ideas and get to know each other over a cuppa and a biscuit!

Our next Coffee Morning will be on Monday 14th August at Scaife Garth Community Room, Scaife Garth, Pocklington YO42 2RB .

Cost is £2 to cover refreshments.

If you want to join us in the Pocklington area, please don't hesitate to call us on 01482 342 297.

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 12th Sept.

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

Volunteering



Here at Sight Support HEY we celebrated National Volunteers Week by inviting our volunteers to a party to say thank you for all they do. We also entered all our volunteers into a raffle which was held by Hull CVS and five of our volunteers won.

A very big well done to Elaine Cornforth – fundraising volunteer, Richard McAlpin- Children's Project volunteer, Steve Moore- fundraising volunteer, Pam Porter – telephone befriender and Chris Walker – Day Centre Volunteer.

Of course, we think all our volunteers are winners. They are involved in all aspects of our work, we couldn't support the thousands of blind and partially sighted people we do without their assistance.

Sight Support HEY holds a number of fundraising events throughout the year which raise vital funds for the charity and awareness of the support we provide.

Upcoming events include:

28th August 10am—4 pm

Party In The Park, Brantingham Park, Brough.

23rd September 10am -4pm

St Stephens, Hull.

30th September 10am -4 pm

Morrisons, Beverley

11th November, 10 am—4pm

Christmas Fayre, Cottingham Civic Hall

If you can spare a few hours to help at any of these events, or if you would be willing to hold a collection at your local supermarket, please contact Anna on 01482 342297 or email volunteering@sightsupport.org



Volunteering Opportunities



Are you 5 foot 8 or taller? Do you like having fun and dressing up? Do you have a few hours to spare to become our Sight Support Mascot, Sidney Bear? Sidney is popular with children and adults alike and always attracts a crowd and donations at any of our events.

Do you like gardening and have a few hours a week to spare? If so we would love to hear from you. We are looking for gardeners to help maintain the garden areas at both our centre and Beech Holme Court.

If either of these volunteering opportunities are of interest, please contact our Volunteer Coordinator, Anna, on 01482 342297 or email volunteering@sightsupport.org.

Blackpool holiday



For our annual service user holiday this year, we headed to Blackpool and the Lakes and whilst the weather wasn't always the best, we had an amazing time with lots of new experiences. From challenging ourselves at the top of Blackpool Tower to a beautiful lake cruise and steam train ride in the Lake District, our services users enjoyed every minute of our week away. We're already making plans for another exciting trip for 2024 so watch this space!



Gifts in Wills

Thank you to everyone who took part in our recent Make a Will Week and to local companies Lawcomm and James Legal for supporting our campaign.

Over a quarter of our work is funded through donations left to us in wills so these donations really do change lives.

If you are thinking of writing or updating your will, then please consider leaving a donation to Sight Support in it. Even a donation of just 1% of your estate can make a real difference.

The key information you will need to include in your will to identify our charity as a beneficiary is our charity's name which is Sight Support Hull and East Yorkshire and our registered charity number which is 223668.

You may also wish to include our postal address which is 466 Beverley Road, Hull, HU5 1NF.

Free Online Will Writing Service

As donations from wills are so important to our charity, we offer

a free online will writing service, to make it easier and encourage more people to write a will. If you are interested in this then please visit

<https://www.bequeathed.org/sightsupportthey>.

If you need assistance to use this service, please call us on 01482 342297 and we can arrange technical support.

A gift in your Will can help deliver vital support services such as the Community Advice Officers (CAO's). It can be really distressing when you're told you are losing your sight. Sight Support HEY's CAO's provide crucial emotional and practical support at such a critical time. They talk through concerns, give information about help available, and most importantly they listen.



Casino Night



Wednesday 25th October

Napoleons Casino

7pm until late

Tickets £17

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 £17 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.

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

Christmas Fayre



Saturday 11th 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

A huge thank you to everyone who completed the recent Little Weighton 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!



Carol is pictured above handing over a cheque to Sight Support Chief Executive Sandra Ackroyd.



A huge thank you to all the members of RAOB - Hull and District for their kind donation of £700 and amazing hard work raising funds for Sight Support over the last year. What a fabulous bunch you all are!



A big thank you to Andy Parsons who raised a fabulous £110 by running the Hull half marathon .

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.