

Insight Winter 2023

Page 6
Christmas gift ideas

Page 13
Two remarkable ladies

Hello Everyone

I hope you're all keeping safe and well.

We continue to be busy here at Sight Support providing our wide range of services.

The recent children's project has gone from strength to strength, the children are loving the range of activities provided and are gaining in skills and confidence from attending the sessions. See more info about this throughout the magazine.

We're aware that finances are tight for a lot of people and this can have an impact on what people are able to donate to charities such as ours. However our need is as great as ever with our running costs increasing year on year, that's why the efforts of some of our supporters and their fundraising efforts are really appreciated. You will see in this issue about some of the great fundraising activities that our supporters have been up to which is amazing—well done to everyone who raises funds on our behalf and a heartfelt thank you.

Our annual ladies lunch fundraiser was held in October with a great turn out and a lovely afternoon had by all. Next year we will be celebrating our 160th anniversary so we have a few surprises up our sleeve for that one—watch this space !

We were delighted to be nominated for an award by our long term partners from our insurance brokers; Hinks. We were thrilled to visit the Honourable Artillery Company in London where we gratefully received our award from Aviva the award sponsors.

As always I'd like to thank all our fantastic staff at Sight Support for all their hard work along with the amazing support we receive from our wonderful volunteers, we really couldn't do it without you.

Take care everyone—until next time.

Sandra Ackroyd
Chief Executive.

Goodbye Kel



Back in August we said a sad goodbye to Driver/Activity Coordinator Kel Howman (pictured above second right) who has taken early retirement. Always popular with our service users Kel will be greatly missed by everyone and we wish him a long and healthy retirement.

Christmas Closures

Please note Sight Support HEY will be closed from 5pm Friday 22nd December and will reopen at 9am on Tuesday 2nd January 2024.

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



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 Coffee Mornings take place 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.

SocialEYES

In addition to all our regular activities, this summer our SocialEYES members have been out and about enjoying themselves. Highlights have included: a walk and talk session around Barton Waters Edge Walk , a visit to John Bull Rock, a visit to Honeysuckle Farm , a walk and talk session around Hessle Country Park , a day out to Hornsea Inshore Lifeboat, a visit to the garden centre in Hornsea. Plus our singing group performed at the Hornsea Floral Hall by invitation of the Older Peoples Partnership and last but not least a visit to Ferens Art Gallery!



(A visit to Hornsea Inshore Lifeboat pictured above)



(Sheila and Pauline pictured above discovering a sculpture at the Ferens Art Gallery)

SocialEYES members pictured left with the Humber Bridge in the background. 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.

Audio Book Club



Monthly: Mondays

Time: 2.00pm - 3.00pm

Do you love audio books? Why not join our new audio book club?

Each month members will receive a chosen book from Calibre Audio books and at the end of that month, group members will come together on Zoom to discuss the book; the storyline, characters, plot twists etc.

It only costs £18 a year to become a member payable to Calibre Audio Books. That's just £1.50 per month!

The group is hosted on our telephone conference calling system (with the occasional face to face social get together), so all you need to be able to join in is a standard mobile or house phone.

For details of how to join in Zoom sessions please call (01482) 342297.

SocialEYES is funded by the National Lottery Community Fund.

Forthcoming Dates:

22nd January

26th February

25th March

22nd April



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.

Resource Centre

Need some inspiration for a Christmas gift this year?



Talking USB Player from Cobolt Systems - BEST SELLER! £19.95

Ever since Cobolt brought out this fantastic little USB player, they've proved to be very popular. For only £19.95, you get a Radio, Bluetooth and USB player all in one! Not to mention, the sound is great!



Stand Bright 2 (from Vision Aid) £105.00

Since having a display model in

the Resource Centre, this particular light has drawn a lot of attention. The Stand Bright 2 is a motion-sensing, adjustable brightness and colour temperature daylight floor standing lamp. Other features include: Energy-saving LED light, slim design with flexible head and gooseneck, convenient remote and motion control (batteries included) and diffuses for an even spread of natural light.



Cocoon Antiglare Glasses £29.50

If you're after a pair of anti-glare glasses that not only look great, but are also comfortable, the Cocoon's are for you. Whether you need a pair to help you manage a bright day, or a pair to help you navigate through a downcast day, there will be a tint that will help. If

you're unsure about what tint you're looking for, you are more than welcome to come into the Resource Centre to try them on. They also come in different sizes.

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.

Low Vision Exhibition

We're excited to announce that our annual Low Vision Exhibition will be taking place on Friday 22nd March in our Main Hall.

Equipment companies from around the country will be attending to showcase their new and most popular low vision aids and accessories. The event is completely free and takes place from 10am – 3pm here at Sight Support.

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

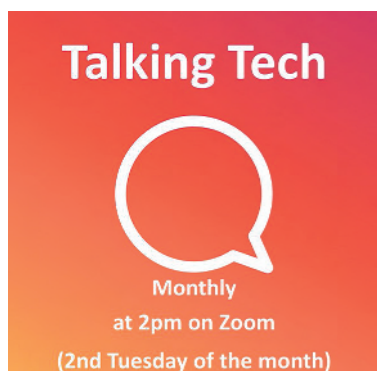
Bridlington: 07503 371530

Goole: 01405 948831



Low Vision Exhibition 2023
pictured above.

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 23/24

12th December

9th January

13th February

12th March

9th April

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

Costello Fitness Group

Fridays 10am - 11.30am

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

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.

A Day in the Life of.....



I'm Phil Dearman and I'm the Receptionist and Resources Coordinator here at Sight Support. Some of our regular service users refer to me as the 'chap with the equipment'. This is because one of the main parts of my job, is to help and advise people on current and new low vision aids and equipment. I'm more than happy to demonstrate how things work and suggest things that could benefit your quality of life. Every so often, I arrange and plan small demonstration days in the Resource Centre with some of the equipment companies who showcase some of their newest pieces of equipment. In addition I organise our annual Low Vision Exhibition.

I enjoy keeping up-to-date with and learning what's new out there.

As a receptionist, I also welcome everyone into the building and if you've telephoned us, you will have very likely spoken to me, as I answer the phone a lot too. If I'm not at my desk, I'm usually running round trying to track someone down with a message or I'm lending myself to a task with a strict deadline to meet.

Outside of work, I enjoy a good bike ride, swimming and a good book. I'm also a very keen amateur actor. Being a singer, I enjoy acting in musicals as well as plays. One of my last productions was back in June at Cottingham Civic Hall, where I played 'Buck Barrow' in Bonnie & Clyde: The Musical. As well as singing I play guitar and enjoy creating my own graphic art and illustrations too.



It's Good To Talk

Not having someone to talk to on a regular basis can make your day seem long, boring, lonely and isolating, especially if you live alone, have been used to sharing your home with others or are not able to get out and about as have done previously either due to reduced vision and/or poor mobility.

Our telephone befriending service aims to reduce feelings of loneliness and isolation by providing a regular phone call from a friendly, trustworthy, empathetic trained volunteer.

We can match you with a friendly, dedicated telephone befriender who will be able to give you a regular call at a time convenient for you. You can enjoy chatting with someone on the phone and all from the comfort of your own home, the conversation is guided by you, whatever you wish to talk about, it could be the things you enjoy, such as TV, hobbies, the weather or just a chat in general.

Our volunteers are ready to listen and all you need is to have access to a telephone.

Our telephone befriending service has helped create lots of new telephone friendships, with many befriendees telling us their calls are always looked forward to and is the highlight of their week.

We currently have 24 valued and fabulous telephone befrienders of which some are visually impaired themselves and express that it's very rewarding to give something back in appreciation for all the help and support they receive from us.

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

Day Groups



Sight loss can often mean isolation and spending long hours alone at home, but it doesn't have to, our Day Groups can get you out and about, making new friends and new memories. Transport is provided door to door and a lunch is available at a nominal cost. Joan, pictured above, who has been attending the Day Group since earlier this year said "I joined the Day Group because it can be lonely living on your own, even when you have a supportive family nearby. I really enjoy it and look forward to coming each week. Everyone is so kind and the staff are marvellous. I would recommend the Day Groups to anyone wanting to get out of the house and meet new people".

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 2023/24:

Time: 11am - 12noon

Tuesday 9th January

Tuesday 12th March

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

Children's Services



We have had a fun filled summer with our children and their families including, a family trip to Sundown Adventureland, fun with ReWilding, Aspire gymnastics sessions and Arty Crafty Kids workshops followed by an exhibition on Humber Street in Hull.

Our summer trip took place to Sundown Adventure Land, on one of the hottest days of the year. With free transport and tickets into the park, the children enjoyed a fun filled day with their friends and families. With over 20 rides and many other activities the children got to explore the smells and

sounds of the park . A fun day was enjoyed by all.

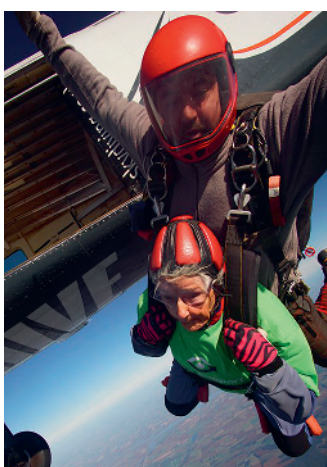


After teaming up with Artlink on our Arty Craft Kids project we held an exhibition to celebrate the work made by children who are blind and partially sighted. Their artwork is bright, bold, colourful and fun and the children had so much fun sharing their pieces with their families and the public. With over 600 people attending the exhibition, it was a great success.

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.

Thank you

We appreciate the support of everyone who donates or raises money for the charity however we think these two lovely ladies deserve a special mention for their remarkable fundraising efforts.



Ann Hall, a remarkable 90-year-old, took on an exhilarating skydiving adventure to celebrate her 90th birthday to raise funds for Sight Support, proving that there is no barrier when it comes to pursuing one's passions and making a meaningful difference in the lives of others.

"Sight Support has been really good to me since I partially lost my sight and I'm excited to do this jump to raise funds to support the great work they do," says Ann who raised a wonderful £1,097!



We are delighted to announce that the exhibition of artwork by Leslie Kirkby, pictured above, who passed away in April, raised a whopping £1,132 for Sight Support. Organised by his daughter Carol Brooks as a tribute to Leslie, the exhibition of over 100 paintings was held in The Space, Prospect Centre throughout August. Leslie's painting are now proudly hanging on walls throughout the country and as far afield as Spain and the Netherlands. Sight Support Operations Manager, Alison Stannard said "I'd like to thank Leslie's family and everyone involved in organising the exhibition. Leslie was a much loved and respected member of our Art Groups and to see his paintings exhibited made me very proud".

Gifts in Wills



If you leave a gift in your Will to Sight Support, you'll be helping to improve the lives of thousands of local visually impaired people. In an average year, more than half of our funding comes from such donations so any gift you give, whatever size, will make a big difference to people affected by sight loss.

By remembering Sight Support in your Will, you'll ensure that we can be here for even more people for many more years to come. The legacies left from by those who care about our work have been vital to our charity for many years. These donations have transformed 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.

As donations from wills are so important to our charity, we offer a free will writing service, to make it easier and encourage more people to write a will.

Free Will Writing Service

We have partnered with Bequeathed to offer an accessible and inclusive service where every supporters can make a free online Will For Good. We can also provide technological support anyone who needs help to use this service.

Of course, you may prefer to use a local solicitor to assist you with writing your Will. 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.

Christmas Fayre



Saturday 11th November

Cottingham Civic Hall

10am—3pm

Thank you to everyone who attended our recent Christmas Fayre at Cottingham Civic Hall. Together we raised a fantastic £1,085. A special thank you to all our volunteers without whom this event would not be possible.

Text Giving

This Christmas you can donate to us 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.

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 Monday 18th December 2023.

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!

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:



Eric Whitehurst ran the Great North Run half marathon in September and raised a fantastic £412.

Thank you to everyone who came along to our Casino Night which raised a wonderful £1,064. Special

thanks to Napoleons Casino for their continued support, Nathan Major who provided the musical entertainment on the night and SMILE Foundation for the loan of pa equipment from the Vault.

Thank you also to all the lovely ladies who supported our recent luncheon event at the MKM Stadium, which raised £2,062. Special thanks to Gemma Wardell our inspirational speaker and Carol Winter and Ann Massam who helped to organise the day.



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.

PDF- Acceptance

