

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



Insight Spring 2025



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news

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challenge yourself?

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Hello Everyone

As we move into spring, I'm delighted to reflect on what has been a truly significant year for our charity. This marks my first full year in post as Chief Executive, and it has been both a privilege and an inspiring journey. Together, we have made great strides in supporting those affected by sight loss, and I want to take this opportunity to share some exciting highlights.

One of our standout achievements this year has been the success of our children's project, which has had a profound impact on young people and their families. It's been heartening to see how this initiative has brought joy and essential support to so many.

We've also reached a major milestone with the completion of our car park extension, which will improve accessibility for all who visit us, ensuring a safer and more welcoming environment. (see front cover picture)

None of this would be possible without the incredible support of our staff and volunteers, whose dedication continues to be at the

heart of everything we do. I look forward to another year of working alongside such a passionate community as we continue to make positive change together.

I'd also like to extend my heartfelt thanks to everyone who has generously contributed to our fundraising efforts, particularly during these challenging financial times. Your support makes a world of difference and allows us to continue delivering vital services to those who need them most.

Warm regards

Alison Stannard
Chief Executive.

Bank Holiday Closures

Please note: Sight Support will be closed on the following Bank Holidays:

Easter Friday 18th April

Easter Monday 21st April

May Bank Holiday 5th May

Spring Bank Holiday 26th May

Beech Holme Court Vacancy



Owned by Places for People, tenants are encouraged to be independent and care for themselves. It is not intended to provide the facilities or care of a Residential Home.

If you would like further information and/or to apply for this accommodation, please contact Gill Wright, 01482

342297 or email info@sightsupport.org for an application form.

When someone has sight difficulties, some aspects of life can be difficult but, while 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.

Regular social activities are organised for tenants including coffee afternoons, quiz nights and outings.



SocialEYES

A Fun and Inclusive Leisure Programme!

At SocialEYES, we bring people with visual impairments together through a range of fun and engaging activities. From singing and arts and crafts to fitness and social outings, we create a vibrant and supportive community.

Whether you're looking to get active, socialise, or explore new places, there's something for everyone!

Fitness Fun – All Levels Welcome!

We're excited to offer two great workout sessions in partnership with Fitmums:

Workout Wednesday: A dynamic fitness class mixing various exercise techniques, led by a qualified instructor. It's perfect for all ages and fitness levels! Join us at Warners Leisure, Pickering Road for an energising session.

Friday Exercise Group: Enjoy walking, running or Nordic walking in a guided, supportive

environment at Costello Stadium. Whether you're a beginner or experienced, everyone is welcome!

Social EYES Upcoming Outings:

Join us for exciting trips to local attractions:

Elvington Air Museum – Tuesday, 29 April

Yorkshire Wildlife Park – Tuesday, 20 May

(charges apply and pre-booking is required)

Walk and Talks:

Enjoy a leisurely walk in company
Barton's Waters Edge – Tuesday, 6 May

How to Join SocialEYES:

All activities are available through a subsidised subscription scheme.

Interested? Call us today to find out more and reserve your spot! 01482 342297.



Audio Book Club



Do you love audio books? Why not join our 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 online and you will need an active email address to join in the monthly meeting which takes place on Zoom.

You will also need a speaker with a USB port to play the books as these are only available on USB.

Some of the books that we have read recently include:

- The Woman in Black
- Killing Floor
- Not all Tarts are Apple
- The Unlikely Pilgrimage of Harold Fry.

For more information or to join the club, please call us on 01482 342297 or email info@sightsupport.org.



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

Day Groups

Our Day Groups provide a welcoming environment to escape isolation, enjoy new experiences, and forge meaningful friendships. We host regular sessions across Hull and East Yorkshire and are always open to new guests. We offer convenient door-to-door transport, along with a delicious lunch and refreshments which are served throughout the afternoon. The activities at our Day Groups are varied and chosen by our service users themselves, ensuring there's something for everyone. Our activities include quizzes, bingo, music sessions, talks, and more.

Our Day Groups run at the following locations:

Hull: Monday, Tuesday, Thursday

Withernsea: Monday

Goole: Wednesday

Bridlington: Friday

Through our Better Together Project, we now offer a special opportunity for sighted individuals aged 40+ to join our Hull-based

groups on Mondays and Tuesdays, with transport provided by East Hull Community Transport.

If you would like to join us at any of our Day Groups, please give us a call on 01482 342297 - Please note, charges apply.

Resource Centre

If you're looking for low vision aids and accessories but aren't sure where to begin, we invite you to book an appointment at our Resource Centre. Our team will work with you to explore magnification options—whether you're looking for the right strength of magnifying glass or need something more advanced, we'll do our best to find the perfect solution for you.

Additionally, we can offer advice on living aids and talking devices that could enhance your daily life. To schedule your appointment, please don't hesitate to contact us on 01482 342297. We're here to help!

Community Advice Officers

We are excited to introduce our two new Community Advice Officers to the team. Rebecca Atkin and Alison Piper. Rebecca will be covering the Central Hull, West Hull Villages, and Goole areas, while Alison will focus on Bridlington, Hornsea, Driffield, and Beverley.

Our Community Advice Officers are here to support you in the comfort of your own home, offering personalised assistance with a range of services. This includes help with benefit applications, emotional support, and general guidance. We cover all of Hull and the East Riding. If you or someone you know needs assistance, please don't hesitate to get in touch. We're here to help!



Online Referrals



We're excited to announce that you can now easily refer someone who's struggling with sight loss through our new online referral form.

Do you know someone who could benefit from our support? With their permission, simply fill out the form, and they'll receive a call back from our friendly Community Advice Officers. We offer personalised support, including home visits to provide the help they need. You can find the link to the form

here: <https://www.sightsupport.org/make-a-referral/>

Contact Us

Telephone Befriending



Not having someone to talk to can be lonely and isolating, especially for those experiencing sight loss. Our Telephone Befriending Service offers a friendly, supportive chat with a trained volunteer who either has personal experience of sight loss or knowledge to help. Whether it's to share your thoughts, discuss everyday topics, or simply feel connected, our service is here to offer comfort and companionship when you need it most.

Reach out today and let us bring a friendly voice into your day. Call us on 01482 342297 for more information.

Better Together

Our Better Together project enables sighted people aged 40+ to attend our Day Group on a Monday or Tuesday, so come along meet new friends, enjoy a delicious lunch and take part in some fun activities*

Transport is provided by East Hull Community Transport.

For further information give us a call on 01482 342297, or visit our website where you can also find further information about qualifying criteria:

<https://www.sightsupport.org/better-together/>

*Charges apply



Children and Families



Our children and families have developed such a strong bond and a supportive network with each other sharing advice and joining in with all the fun activities.

We have welcomed some lovely new families and amazing new children to our services this year too!!

Our activities have included football, museum touch tours, gymnastics, visits to the beach, Yorkshire Wildlife Park, breakfast with Santa and an art exhibition on Pier Street which was attended by 800 visitors!

To find out more about our children's services, please call us on 01482 342297.

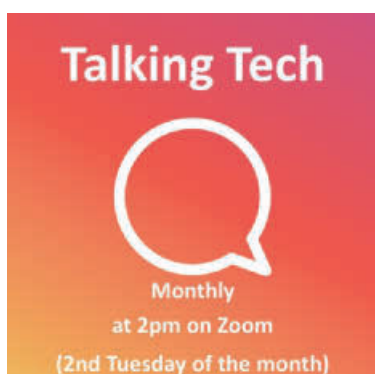
“These sessions have a positive impact on our sons wellbeing. These activities give him a safe space to be himself and try new things.”



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.org

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!

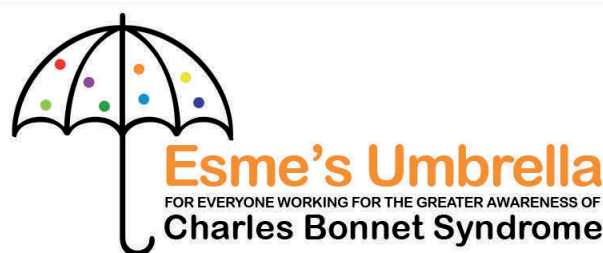
Forthcoming Dates

Tuesday May 13th 2pm-3pm.

Tuesday June 10th 2pm-3pm.

Tuesday July 8th 2pm-3pm.

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:

Tuesday May 20th 11am-12.30pm

Tuesday July 8th 11am -12.30pm

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

Volunteering

We have a fantastic team of volunteers here at Sight Support and we really do appreciate the significant role they play. Each month our volunteers donate in excess of 350 hours of their time.

Sophie started as a fundraising volunteer in October 2024 and says that volunteering provides her with a sense of fulfilment and a chance to make a positive impact in her local community.

The fundraising role includes teddy wrapping, organising tombola's, selling raffle tickets and bucket collections.

Sophie says “ I would recommend volunteering, it is so rewarding and you meet amazing people. At the end of the day you go home feeling like you have done something worthwhile and you have made a difference. I love spending time with Sol, the Guide Dog, as well”.



Sophie pictured above with Guide Dog Sol.

Whatever your interests, whatever your experience, we will probably have a volunteering opportunity that will suit you. You can give as little or as much time as you are able, so if you are thinking about volunteering, please get in touch with Anna on 01482 342297 or volunteering@sightsupport.org . We'd love to hear from you.

87%
**OF VOLUNTEERS WOULD
RECOMMEND BEING A
VOLUNTEER TO OTHERS**

Challenge Yourself!

Personal challenges are not only a meaningful way to push yourself physically or mentally, but they also offer a platform to raise awareness and funds for a cause close to your heart. Whether you're lacing up your trainers for a marathon, conquering a skydive, embarking on a long-distance cycle ride, or setting yourself a creative task, the impact goes far beyond your individual achievement.

The beauty of a personal challenge is that it is exactly that – personal. It should reflect your interests, abilities, and goals. Here are just a couple of challenges our supporters have taken on recently.

Earlier this year our wonderful friend Tom Skinner took on his latest challenge to raise funds for Sight Support: the 496 Challenge.

If you run 1km on the first of the month, 2km on the 2nd of the month and so on. Eventually (on a month with 31 days) you'll run a total of 496km.

It's that simple.



Tom (pictured above) opted to undertake a tombola version meaning each day he covered a different distance until he had run all 31 days in distance. He raised £170 which is being matched by his employer Halifax Building Society taking his total to a fabulous £340!

For most of us, communication is an essential part of everyday life – whether chatting with friends, making phone calls, or simply greeting a stranger. But for one of our service users, a sponsored silence became a powerful statement of support for those living with sight loss.

Ann Kohler, who is well known for being one of our most sociable and chattiest service users took on a 160 minute sponsored silence to celebrate the charity's 160th anniversary and to raise funds for

Sight Support Hull & East Yorkshire. By giving up her voice, she also hoped to shine a light on the communication challenges many people with visual impairments face daily.



“Most people rely on eye contact, facial expressions, and body language in conversations, but for those with sight loss, these visual cues aren’t always available,” she explains. “Staying silent highlights the communication barriers people with visual impairments encounter as well as raising funds to help Sight Support HEY continue their vital work.”

Ann (pictured above) said keeping quiet was the hardest thing she’d done but she received incredible support from friends, family, and colleagues, and raised a staggering £924!

Are you ready to push your limits and make a difference? Whether you’re walking, running, climbing, or creating, your challenge could transform lives.

Pick a challenge that excites you and aligns with your abilities. Make it personal and meaningful – this will keep you motivated.

Give up chocolate, caffeine, or social media for a month and ask friends and family to sponsor your willpower.

Or perhaps you could walk a mile every day in May?

Sight Support Hull & East Yorkshire is ready to support you every step of the way.

For more information on how to get involved or to learn more about the charity’s work, visit www.sightsupport.org or call the charity on 01482 342297 to discuss how we can support your efforts.

Together, we can create a more inclusive and supportive community – one challenge at a time.

Leave a Lasting Legacy

For many of us, the ability to see and experience the world visually is something we take for granted. But for the estimated 30,000 people living with sight loss in Hull and East Yorkshire, the reality is very different. Daily tasks like reading a book, cooking a meal or navigating the local streets can become overwhelming challenges. That's where Sight Support Hull & East Yorkshire steps in – providing essential services, support, and companionship to help people with sight loss live full and independent lives.

What many people don't realise however, is that much of this vital support is made possible by gifts left in wills. These legacy donations—large or small—play a critical role in ensuring we can continue our life-changing work long into the future.

You may not think of yourself as wealthy or imagine that your will could have a significant impact. But even a modest gift can make an enormous difference.

Whether it's £100 or £10,000, your donation helps provide:

Emotional support and social groups— combating isolation and providing community.

Technology and equipment – offering access to specialist aids and devices.

Practical advice and advocacy – ensuring those with sight loss receive the support they are entitled to.

Legacy gifts allow us to plan ahead, expand our services, and support future generations.

Including a charity in your will is a simple process. After providing for your loved ones, you can specify a fixed sum or a percentage of your estate, to be donated to Sight Support Hull & East Yorkshire. It's a way to leave a lasting impact, even when you're no longer here.

By leaving a legacy gift, you help fund services that provide hope, dignity, and independence to those with sight loss. It's a powerful way to ensure your values and compassion continue to make a difference.

If you're considering leaving a gift in your will, please get in touch and we can assist you through the process and answer any questions you might have.

Your legacy could mean a newly diagnosed individual receives emotional support during a difficult time. It could mean a visually impaired person gains access to life-changing assistive technology. It could mean a lonely individual finds friendship through a support group.

By remembering Sight Support Hull & East Yorkshire in your will, you give the gift of sight, independence, and hope for years to come.

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.

A big thank you to all the local stores and venues who have allowed us to host fundraising collections in recent weeks including, Chris McCausland and the team at Bridlington Spa, ASDA Hessle Road, Tesco Market Weighton, Morrisons Goole, Morrisons Anlaby and Tesco Bridlington. Together these collections raised a fantastic £1,532. Thank you also to our amazing volunteers who so generously give their time to help us raise these vital funds.

Thank you to our volunteer Carol Lawson pictured below second from right who organised a raffle at our recent Low Vision Exhibition which raised a wonderful £82.



Thank you also to Hollym WI who raised a fabulous £300 from their coffee morning.

Ten Pin Challenge

Tuesday 10th June 2025

Superbowl, Princes Quay, Hull

Start: 7pm

Whether you're a bowling pro, a casual player, or just looking for a fun way to give back, this event is perfect for everyone. Join us for an unforgettable evening of strikes, spares, and smiles, all in aid of a life-changing cause.

Includes:

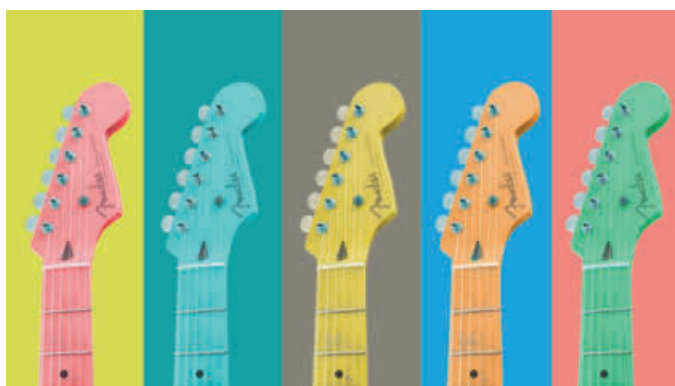
Two games of bowling

Teams of four plus visually impaired guest team member

This fantastic event aims to raise vital funds to support local people living with visual impairments.

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

Music Evening



Saturday 17th May 2025

Time: 7pm – 11pm

Venue: Croft Park, 55 Rowley Road, Little Weighton, HU20 3XJ

Tickets: £15.00 per person includes pie and pea supper

Come along and party with us at this special night. Enjoy musical entertainment plus a delicious pie and pea supper and hopefully win a prize in the raffle!

With grateful thanks to Sight Support Trustee Carol Winter for organising this event.

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.