



Insight December 2017

Sight Support Ryedale Newsletter

**Sight Support
Ryedale**

**Norton Hive,
Commercial St.
Norton**

YO17 9ES

01653 698860

www.sightsupportryedale.org

**Reg. Charity no:
1170013**

Staff:

**Julie Atkinson
Nicole Hingley**

If you would like an audio version of the newsletter, please let us know.



It has been a while since our last newsletter at the beginning of this year and a lot has happened since our last publication.

2017 has been a very busy year at Sight Support Ryedale. We have continued to deliver

our regular In Touch social meetings with the introduction of occasional joint meetings, where Malton and Pickering members come together to make new friendships, and we have taken part in some interesting activities and excursions throughout the year, you can read about some of them later in this newsletter.

We also organised a short break holiday at Harrogate and a small group of members enjoyed their stay at Nidd Hall with a full and varied programme of activities and shows to keep them busy; some of them enjoyed the luxury of the hotel's indoor heated swimming pool – I certainly did!

In September, we relocated our office premises to the Norton Hive Library and Community Hub. This was a very exciting but challenging time with lots of packing up and moving of furniture. Our new office is

on the ground floor of the library with our own separate entrance. The relocation has given us greater visibility and makes us more accessible to visitors. The volunteers at the library have made us very welcome and have plans to include Sight Support Ryedale in their future community events.

At present, Nicole and I are planning our 2018 programme and we want our programme and this newsletter to represent you and to become the 'voice' of the charity. Please do get in touch with comments or suggestions and let us know if you would like to contribute an article yourself.

Finally, on behalf of everyone at Sight Support Ryedale may I wish you a very Happy Christmas and a peaceful New Year 2018!

Julie



News in brief

Change of opening hours

The opening hours at our new office are:

Monday–Friday 9.30 – 12.30

Afternoons by appointment, to make an appointment, call us on 01653 698860

The change does not affect any other groups or activities, which will continue to run as normal.

Sight Support Website

We were delighted to launch our new website earlier this year. You can find us at:

www.sightsupportryedale.org

The site contains information about all the services we offer as well as all our latest news, activities and events.

You can also find links to other websites with lots of

information and tips on sight loss and eye conditions.

Scarborough Hospital ECLO

The Sight Support Service at Scarborough Hospital has a new Eye Clinic Liaison Officer. Yvonne Gilling, who also works at Bridlington Hospital, has an appointment system alongside the Eye Clinic staff to support and provide information to those visiting the hospital for consultant appointments.

NYCC Sensory Team

There have been some changes within the Visual Impairment Rehab Service. As you may know Alison Bowes, who used to be Rehabilitation Officer for the Ryedale area, moved to a new position with Blind Veterans. Her replacement, in Ryedale, is Claire Somerville. If you feel you

need the services of the Sensory Team, for advice or a home assessment, you can do this by calling NYCC on 01609 780780.

Data Protection Changes

In May 2018 there will be a change in the data protection laws when the General Data Protection Regulation will come into force.

To ensure that we are ready to comply with this law, we will be carrying out a full review of our data and how we store it. Anyone who receives this newsletter is already recorded on our database. If you would prefer not to receive the newsletter any longer, or if you have changed address, telephone number or any other personal details, please call the office on 01653 698860 so that we can update our records.

Norton Hive Library and Community Hub

The library is managed and operated by community volunteers working in partnership with North Yorkshire County Council. The library is on the main street in Norton, just opposite the zebra crossing. There are two Coastliner bus stops very near to the entrance of the library and a car park.

Library opening hours

Monday, closed

Tuesday, 9am to 12 noon and 3pm to 7pm

Wednesday, closed

Thursday, 9am to 12 noon and 3pm to 6pm

Friday, 9am to 12 noon and 3pm to 6pm

Saturday, 10am to 1pm

Sunday, closed

Equipment and Information

As our new office does not have the space at present for a resource centre, we can only stock small items.

If you need information about daily living aids or you wish to order an item, please contact us at the office: 01653 698860.

We can order any item in the RNIB shop and many of these are VAT exempt for those who have a sight impairment.

Some of our most popular items:

Sovereign USB Player: Easy to use MP3 player will play content such as audio books, music and talking newspapers directly from a USB stick. £35.00

Bumpons: £1.00 for 12

Liquid Level Indicator:
Never overfill a cup again
£9.00

Easy to See Wall Clock:
£13.50

Radio Controlled Talking Calendar Clock: £35.00

Talking Watches: Various prices from £27.50

Big Print Address Book:
£7.50

Big Print Diaries: Various prices from £5.50

Eyeshields: Protective eye wear to protect against sunshine, bright fluorescent lights and reduce glare. Various prices from £20.00

Walking Sticks, Long Canes and White Symbol Canes:
Various prices according to type.

Activities Round-Up

Music & Movement

Our gentle exercise group, run by Annie, is still very popular. The group is held on alternate Tuesdays at Hallgarth Parish Hall, Pickering from 2.30 – 4 pm. It is a fun group and when we have exercised off some calories, we finish with tea and cake to put them all on again! Places are still available if you would like to join us.

Walking Group

We had some interesting walks this year including Thornton le Dale, Rosedale Abbey, Terrington, Helmsley Walled Garden Hovingham and Ampleforth. At Helmsley Walled Garden we had a delicious afternoon tea which was kindly provided by our friends at 'Volunteering Matters'.



Picture shows Ann on a tandem with Rob from SRCC

Cycling

We were able to have two half day cycling sessions with Scarborough and Ryedale Cycling Club.

We enjoyed the sea air in August as we rode along the promenade at Scarborough; the weather was perfect.

“We all tried riding different types of bikes; some we shared with a volunteer and

if we felt confident, we could ride a single person bike with a volunteer running beside us, giving directions. It was great fun and we found out which volunteers were fit, and which ones weren't.....”

We managed to squeeze in a second session in September at Dalby Forest. It was lovely to cycle along the forest paths and was quite a different experience to Scarborough.

We would not have been able to do either of these sessions without the support of SRCC and their fantastic volunteers.

“They are all so patient and nothing is too much trouble for them; I didn't think I would ever get on a bike again but with their encouragement, I felt confident to give it a try; it was lovely and brought back many memories of my younger days.....”

We will be running some more cycling sessions in 2018. If you are interested in joining us, please let Julie or Nicole know.

Our thanks to Rob, Peter and all the SRCC volunteers.

Picture shows Pat and Sandra on a side-by-side tandem



Shopping Trips

Our shopping venues this year were

- McArthur Glen Outlet, York
- Northallerton
- Monk Cross & Vanguard

We responded to our members' requests to visit a market town and our first visit to Northallerton was a success.

North Yorkshire Moors Railway

NYMR very generously donated a day out to Whitby in October, travelling on a steam train. We had just over 2 hours to spend in Whitby, on a beautiful autumn day, before travelling back to Pickering. We all enjoyed a Fish 'n' Chip lunch whilst there!

Picture shows members in front of the Wurlitzer Theatre Organ at Scarborough Fair

Summer Outing to Scarborough Fair

In response to members' requests we had a return visit to Scarborough Fair. It had been 4 years since our last visit and several members had told Nicole and I about the lovely horses' carousel ride and about the fun Pat had on the Dodgem cars! How could we possibly refuse...? The visit didn't disappoint. We had a great time riding the carousel, the ghost train and the other rides; we played the penny slot machines and listened to the Wurlitzer theatre organs.

We completed our day with a delicious afternoon tea at which we celebrated Jean's birthday.



Volunteering News

We believe that volunteers make a massive difference to Sight Support Ryedale and our service would not be the same without their help.

Our volunteers come from all different backgrounds and with them, they bring a wealth of experience and knowledge. It doesn't matter if a person wants to volunteer for one hour a month or several hours a week, we welcome everyone and having a sight loss is not a barrier to joining us as a volunteer.

We would like to have a dedicated area of our newsletter for volunteer news and information and we would welcome any articles, suggestions, ideas, information etc from our volunteers to be included. If you are a volunteer and have anything to submit to the next newsletter, please contact Julie or Nicole.

If you would like to join our team of volunteers, please get in touch with us on 01653 698860 or via our website. We would particularly love to hear from you if you are interested in helping us with our fundraising events and outings.

If you use a mobile device and would like to share information and offer support to our sight impaired users, then our IT group may be for you. We meet on the third Wednesday each month at Norton Hive Library from 2 – 4 pm.

Please call for more information.

Fundraising News

Thornton le Dale Ukulele Concert

On 2nd November, the Thornton le Dale Ukulele Band held a fundraising concert at the Kirk Theatre in Pickering.

Sight Support Ryedale and York Against Cancer were chosen as beneficiaries of the concert with all proceeds being distributed to each charity equally.

David Swann and John Scoble performed their own songs in the first half of the concert and the Ukulele band played tunes we could all sing along to. We were even given tambourines to play!

It was great to see some of our members playing in the band. Alison Bates, Christine Collins, Maureen Durkan, Judith Hillarby and Allan Monkhouse all learnt to play at the Sight Support Ryedale Ukulele Group and are now all so proficient that they take part in regular Ukulele concerts across the Ryedale area.

It was a wonderful evening with a full house at the theatre and the event raised a total of £4,000.

Our thanks go to John, David and all the members of the band.



Fundraising News

Spice 4 U

Pickering and District Rotary Club are having a Sunday afternoon meal at the Spice 4 U restaurant to raise money for Sight Support Ryedale.

Come and join us on **Sunday 4th February 2018 at either:**

12.30 or 15.30

Tickets Cost just £20 for a 3-course meal

Tickets are available from any Rotarian, Sight Support Ryedale, Spice 4 U or by calling 07927 906709

**This is what Trip Advisor said about Spice 4 U:
*“The best Indian restaurant I have ever been to by far”***

If you do not like curry, there are English dishes available too.

Rotary will be running a raffle with all proceeds going to Sight Support Ryedale. In addition, Spice 4 U have also advised that they will donate their profits to the charity too.

Come and have a great afternoon out and help us raise some money

Fundraising News

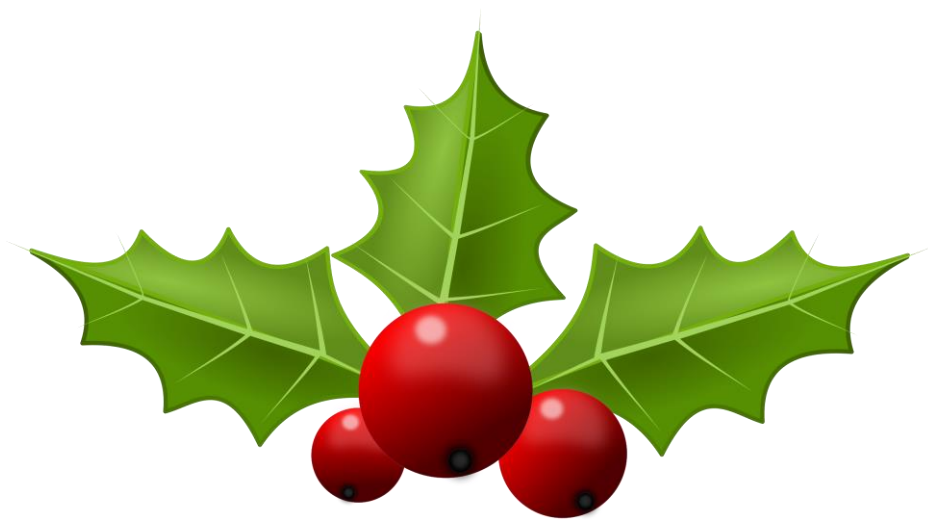
Have you got your 2018 Calendar?

**Sight Support Ryedale
Assistance Dogs Calendar
2018**

£5.00 each

Available from Julie or Nicole





Christmas Closure

Our Office will close at:

**12:30pm on
Wednesday 20th December**

And

Will re-open at:

**9.30 am on
Tuesday 2nd January 2018**

Dates for your Diary

Tuesday 9th January

**Music & Movement
2.30 – 4.00 pm**

Thursday 11th January

**In Touch – Pickering
2.00 – 4.00 pm**

Monday 15th January

**In Touch – Malton
2.00 – 4.00 pm**

Tuesday 23rd January

**Music & Movement
2.30 – 4 pm**

Thursday 25th January

**In Touch – Pickering
2.00 – 4.00 pm**

Monday 29th January

**In Touch – Malton
2.00 – 4.00 pm**

Wednesday 21st February

IT Group recommences

