



# Insight

January 2019

## *Sight Support Ryedale Newsletter*

**Sight Support  
Ryedale**

**Norton Hive,  
Commercial St.  
Norton**

**YO17 9ES**

**01653 698860**

**Reg. Charity no:  
1170013**

**An audio version  
of the newsletter  
is available on  
our website:**

**[www.sightsupport  
ryedale.org](http://www.sightsupportryedale.org)**

**Staff:**

**Julie Atkinson  
Nicole Hingley  
Susan Balf**

**Newsletter  
compiled by  
Susan Balf**



**Happy New Year to all our readers and listeners; how quickly the time goes by!**

**We have had another busy year of meetings, activity groups and excursions; we've even added a new Craft Group**

**to our regular programme.**

**We celebrated Christmas together at a different venue this year, the Mount Hotel in Malton. After lunch, we thanked 3 trustees who resigned at our AGM in October.**

**Martin Baxter, Roger Mattingley and Denny Hurst were each presented with a rose plant called 'Starry Eyed' which we thought was an appropriate reminder of their time with us. We were also delighted to welcome our volunteer, Judith Carr, to the board of trustees which means we still have 2 vacancies. We would welcome applications from anyone who would enjoy supporting our charity in this way and particularly a person with a financial background who would like to take on the role of Treasurer Trustee.**

*Julie*

## Information

### National Rail Travel Assistance

**Do you need any extra help travelling by train? Here is a quick guide of what you can expect from all train companies as a customer with a disability:**

#### **Helping you with your journey**

**You can book to get help at any station for any train journey.**

**The train company you're travelling with will organise assistance for your entire journey, even if you travel with someone else to complete the trip.**

**The train company can provide someone to:**

- meet you at the station entrance or meeting point, help you navigate around the station and accompany you to your train.**
- Help you onto the train and provide a ramp on and off if you need one.**
- meet you from your train and take you to your next train or the exit.**
- carry your bag (up to three items of luggage).**

**Booking assistance is simple. You only need to contact one train company and they will organise assistance for your whole journey.**

**Call free on 0800 022 3720, preferably 24 hours before your journey.**

## Data Protection Changes

You have received this newsletter as you gave your details to us prior to the introduction of the General Data Protection Regulations 2018. We hope you find it useful and enjoy reading about our activities. However, if you no longer wish to receive future newsletters, please contact us on 01653 698860.

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**Did you know that RNIB has a telephone helpline?**

RNIB understand how important it is to remain independent. Whether you need advice on keeping your job, technology to help you do everyday tasks or tips on how to keep doing the hobbies you love, they can help.

Contact them on: **0303 123 9999** or online at:

[www.rnib.org.uk/practical-help](http://www.rnib.org.uk/practical-help)

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## Welfare Benefits Advice Service in Ryedale

Whitby Disability Action Group are running an Outreach Service at Next Steps Wellbeing Centre in Norton, each Monday from 9.30am to 3pm.

They can help with new claims, renewals, appeals, benefits checks and support with applications for the following benefits:

- Personal Independence Payment (PIP)
- Attendance Allowance (AA)

- Carers Allowance
- Employment Support Allowance (ESA)
- Pension Credit
- Housing Benefit
- Council Tax Benefit
- Blue Badge

For enquiries and appointments with  
Outreach Worker Mary Harland contact DAG on

**01947 821001 or 07421 471083**

Or email [mary@whitbydag.org.uk](mailto:mary@whitbydag.org.uk)

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**VIP diaries** have large print crossword, sudoku, puzzle books which may interest some people, either contact the Sight Support Ryedale office to ask for an order to be placed or contact them direct on 01539 726613.



## Equipment

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 from RNIB or Edward Marcus Ltd. Many items are VAT exempt for those who have a Certificate of Visual Impairment.

These are some of the items available:



**DH337 Rechargeable, portable folding LED light**  
- Enjoy up to eight hours of bright white light anywhere with the RNIB portable light. Neatly folds down to fit into your bag or pocket  
**SALE PRICE: £30.55 inc VAT.**



**DH206 Pill press - blister pack opener**  
Remove pills from foil blister packaging with the Pill Press. Push out your medication into the container ensuring you don't drop the pill.  
**£1.99 inc VAT.**



**DH75 AutoDrop eye drop dispenser** **SALE PRICE £6.74 inc VAT.**

## Activities Round-Up



### Cycling

We are hoping to run more cycling sessions in the summer, if you are interested in joining us in Dalby Forest for some fully accessible biking fun, followed by coffee and cake, please contact Nicole on 01653 698860.

### Music & Movement

Our gentle exercise group at Hallgarth Church Rooms in Pickering. Led by Annie, they run fortnightly on Tuesdays from 2.30 to 4pm. These are fun sessions with exercises which can be done seated or standing for those who are more mobile. We always end the session with a cup of tea and a piece of cake, putting on the pounds you have just worked off!

### Technology Group

Our peer-led group of visually impaired members, supported by Sight Support staff and volunteers, meet at our office on the last Wednesday of the month from 2 to 4pm. If you have a smartphone, iPad or Android device and need assistance, have a query or would like to learn how to use Apps, why not come along? It's fun and informative.

### Craft group

Craft group is for people interested in getting involved in various craft activities with the support of staff and volunteers on a Wednesday, every 2 weeks at our offices from 10am to 12 noon.

## Spring Activities Diary

### In Touch Groups

Our popular social meetings take place fortnightly in Norton and Pickering. These meetings give members the opportunity to catch up with friends and receive support and information. We invite guest speakers and musicians to entertain us from time to time. For further details and dates, contact our office on 01653 698860.

### Dates for your diary:

- |                                |  |
|--------------------------------|--|
| Thursday 21st March            | Our first shopping trip of the year to Scarborough and Market Hall, more details later.                      |
| Thursday 16 <sup>th</sup> May  | Summer shopping trip to a venue to be decided.   |
| Thursday 13 <sup>th</sup> June | Summer Outing.   |
| Thursday 27 <sup>th</sup> June | Ramble and Chat, our gentle walking group will commence and run fortnightly until 5 <sup>th</sup> September. |

### Book Group

We are looking at the possibility of starting an Audio Book group, if you are interested in being involved in this, please let Nicole know on the number above.

## **Volunteering News**

### **Volunteer coffee morning**

**Our next volunteer coffee morning will be on**

**Wednesday 6<sup>th</sup> February 10 – 11.30**

**at The Tea Shop, Hungate, Pickering**

**As well as enjoying coffee and cake, this will be an excellent opportunity for us to share our plans for our Spring programme with our volunteers and to reflect on the delivery of our recent activities. We very much value our volunteers, and the feedback they provide.**



**If you know anyone who would like to join our team of volunteers, please get in touch with us at 01653 698860 or via our website [www.sightsupportryedale.org](http://www.sightsupportryedale.org)**

**We would particularly love to hear from you if you are interested in helping us with our fundraising events and outings.**



## Staff Profile



**Sue started working for Sight Support Ryedale in September 2018 as their Outreach and Support Worker, having worked in the voluntary sector for the past 30 years.**

**Sue has previously worked for several organisations supporting older people and carers in the Harrogate, Scarborough and Ryedale areas.**

**In her early days living in Croydon she pursued a career in catering, working in the catering industry in hotels, industrial catering and the NHS. She saw the light in April 1978 and moved North.**

**Sue has continued her love of working with food by being an Adult Learning Tutor for North Yorkshire over the past 5 years teaching people with learning disabilities, parents and young children cooking skills. She said, “I have taught children as young as 3 to cut up vegetables and all have gone away from the session with all of their fingers!”**

**When not working Sue enjoys reading, doing some gardening and is an avid watcher of any cookery programme to keep up her interest in all things food.**

**“I am really pleased to be working back in the Ryedale area and working for such a dynamic organisation supporting people in Ryedale.**

**I would like to thank the members and volunteers for giving me such a warm welcome”.**

## **Fundraising news**

### **Recent Fundraising Events**

**Pride of Malton Awards - Saturday 6<sup>th</sup> October**

**£1100**

**Christmas Tombola, Morrisons - Friday 23<sup>rd</sup> November**

**£828**

**Norton Hive Christmas Fair - Sunday 2<sup>nd</sup> December**

**£150**

**ACS Performance Gym Sponsored Cycle**

**£200**



**Look out for our Spring Tombola  
in Morrisons.**

**Donations of prizes are very welcome - Please support us  
if you can.**

## Christmas at Castle Howard

**Sight Support Ryedale members and volunteers joined the 51,500 visitors who visited Castle Howard during the twelve days of Christmas festival marking the busiest ever festive opening for the stately home.**

**We enjoyed looking at, and in some cases touching, Charlotte Lloyd Webber's Twelve days of Christmas themed displays placed throughout the house. Open fires, candle light, music and aromas evoked all that we love about this special time of year. The iconic 25-foot traditional Christmas tree, adorned with over 3000 baubles, provided a breath-taking highlight in the Great Hall.**

**We completed our visit with a coffee and mince pie in the café and time to do some Christmas gift buying in the shop.**



## **Sight Support 100 Club**

**The purpose of the 100 Club is to raise funds to enable Sight Support Ryedale to offer social groups and activities to sight impaired people living in Ryedale**

**It's also a great way for you, your family and friends, to support us whilst having a bit of a flutter! Here's how it works...**

**You complete and sign your 100 Club membership form (attached) and pay \*£24 for one year (all participants must be over 16).**

**This buys you one membership number which we will allocate. Your number is entered into each monthly draw.**

**The draw will take place on 28th of each month.**

**If you win, a cheque will be posted to your home address and the name of the winners will be announced at our In-Touch meetings, posted on our website and published, quarterly, in our newsletter.**

**The prize money will be 50% of the membership fee for that month (split into 1st, 2nd and 3rd prizes). The remaining 50% goes to Sight Support Ryedale to help fund activities and outings.**

**JOIN OUR 100 CLUB TODAY AND YOU COULD BE OUR NEXT WINNER**

**\*Membership fees are due on 1st April each year. For members joining part way through the year, your first membership fee will be charged, pro rata, from the month of joining until the following 1st of April.**

**Recent 100 Winners**

**AUGUST**

**1st Prize – S.Rowe**

**2nd Prize – M. Patterson    3rd Prize – M. Baxter**

**SEPTEMBER**

**1st Prize – H. Jackson**

**2nd Prize – P. Marr    3rd Prize – D. Hewish**

**OCTOBER**

**1st Prize – L. Midgley**

**2nd Prize – J. Belsom    3rd Prize – R. Mattingley**

**NOVEMBER**

**1st Prize – A. Place**

**2nd Prize – E. Sedman    3rd Prize – C. Rawlins**

**DECEMBER**

**1<sup>st</sup> Prize – SC.Edmund**

**2<sup>nd</sup> Prize - S. Spencer    3<sup>rd</sup> Prize – H. Chaplow**

**WELL DONE TO ALL OUR WINNERS!**

**COULD IT BE **YOU** NEXT MONTH....??**

**Sue's Recipe Page**

**Pork and parsnip tray bake – serves 4  
Total cooking time 40 minutes**

**Ingredients**

**4 large parsnips (about 500g/1lb 3oz), peeled and cut lengthways into 6  
2 red onions, each cut into 8 wedges  
2½ tbsp olive oil  
1½ tbsp wholegrain mustard  
4 pork chops, fat trimmed  
1½ tbsp clear honey  
small handful sage leaves**

**Method**

**Heat the oven to 220C / 200C fan / gas 7.**

**Put the vegetables in a roasting tin, season with salt and pepper and toss with 2 tbsp oil and 1 tbsp mustard, roast for 20 minutes.**

**In a frying pan over a high heat in a small amount of oil, season the pork chops and brown them on all sides – just for 1 minute per side.**

**Take the vegetables out of the oven and give them a stir.**

**Place the chops on top rubbed with the mustard and add sage.**

**Roast for 15 minutes.**

**Serve with the juices from the roasting tin.**



**(Recipe from BBC Good Food Magazine 2015)**



The opening hours at our office are:

**Mon–Fri 9.30am–12.30pm**  
**Afternoons by appointment**

We are often out in the afternoons running activity groups

To make an appointment call us on 01653 698860

We can also be contacted by email at:

**Julie – [julie@sightsupportryedale.org](mailto:julie@sightsupportryedale.org)**

**Nicole – [nicole@sightsupportryedale.org](mailto:nicole@sightsupportryedale.org)**

**Susan – [susan@sightsupportryedale.org](mailto:susan@sightsupportryedale.org)**

You can also find us at: [www.sightsupportryedale.org](http://www.sightsupportryedale.org) The site contains information about all the services we offer as well as all our latest news, activities and events.