



Insight

March 2018

Sight Support Ryedale Newsletter

**Sight Support
Ryedale**

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01653 698860

**www.sightsupport
ryedale.org**

**Reg. Charity no:
1170013**

Staff:

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



Welcome to our Spring newsletter. I hope that the 'Beast from the East' did not disrupt you too much and that everyone managed to remain warm. I managed to miss the dreadful weather as I and my husband, were visiting our

daughter in France which was very cold but snow-free.

Despite the weather we have only had to cancel one In Touch meeting and one Music and Movement session, all our other groups continued as normal. Our fundraising day at Spice 4U was a success and we managed to pick a sunny day for a Go Ape zip wire experience; you can read more about these later.

Nicole and I hope you will enjoy our Spring/Summer programme of activities; we have booked more Cycling sessions and chosen locations for our new walking group, 'Ramble and Chat'. You will find details of these on pages 5 and 6.

Let's hope that the weather improves from now on.

Julie

News in brief

RNIB Connect

In addition to being a member of Sight Support Ryedale, you may also wish to join a nationwide community for sight impaired people, called RNIB Connect.

As an RNIB Connect community member, you can meet others with similar experiences in this helpful, welcoming and supportive community.

Share your thoughts online with blogs and discussions or chat over the phone; listen to news and features on RNIB Connect Radio and podcasts, get the latest news on your community in Connect magazine and enews.

The community will be led by blind and partially sighted people overseen by a volunteer community team, supported by RNIB staff.

With input from the Connect community, RNIB produce Connect magazine every month.

Connect magazine shares voices, experiences, stories and tips from the sight impaired community.

You can receive this in your chosen format every month and there are other great ways to connect too. To get started, speak with the RNIB Connect team today:

email connect@rnib.org.uk or call them on 0303 1234 555.

Please note that this is a service delivered by RNIB. If you would like further details, please contact Julie or Nicole.

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.

Traveleyes

Traveleyes are the world's first commercial tour operator providing independent travel for people who are blind or partially sighted. Blind travellers choose a holiday from their fully accessible website or audio brochure, then just book, and go! Those who travel solo no longer must depend on family members or friends to accompany them.

Sighted travellers join each holiday too. They help in making the world a more accessible place by guiding and describing the sights to blind travellers. Each holiday itinerary is carefully designed by the Traveleyes expert team, with a focus on stimulating all five senses. This guarantees a truly unique and multi-sensory travel experience for visually impaired people. Traveleyes offer holiday destinations worldwide and are divided into Discovery Tours, City Breaks, Activity Breaks, Sun, Sea & Sand and UK Breaks.

For more information visit www.traveleyes-international.com or call them on 0113 834 6094 quoting '5%2018' for 5% discount on a holiday.

Equipment and Information

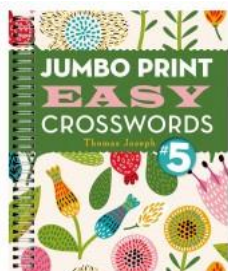
If you need information about daily living aids or you wish to order an item, please contact us at the office: 01653 698860.

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

These are some of the items available:



Brightly coloured tactile bands to help you identify objects around the home such as bottles and cleaning products. Each pack contains 10 flexible bands; two of each design. £12.95



Large print easy crosswords puzzle book 5, offering 125 puzzles with answers available in the back. Certain to keep your brain active without eye strain. This puzzle book has a minimum font size of 16pt. font. £10.20 ex VAT



This ladies watch announces the time and date in a clear male, American accented, English voice. The watch case is gold coloured metal with a large crown, easy-to-see black numbers, wide hands and a pink crocodile effect leather strap. £34.95



A classic chrome talking watch with black leather strap, which announces both time and date. It has a white face with clear black numbers and hands. Radio controlled so it automatically sets the time and date for you. £49.95 ex VAT

Activities Round-Up

Cycling

We are running some cycling sessions at various venues in 2018. The dates are:

Thurs 26th April – Dalby

Tues 29th May - Scarborough

Tues 26th June – Dalby

Weds 25th July – Dalby

If you are interested in joining us, please let Julie or Nicole know.

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.

Boccia

This activity will restart on Friday 23rd March 9.45am – 12pm. It takes place every other week at Malton Leisure Centre, Broughton Road.

Technology

The technology group meets on the third Wednesday each month at Norton Hive Library from 2 – 4 pm.

Walking

Our gentle ‘Ramble and Chats’ will commence on Thursday 24th May. They take place from 2pm – 4pm on the first and third Thursdays in June and July and are followed by refreshments.

Please contact Julie or Nicole if you are interested in joining any of the above groups.
Tel: 01653 698860

Spring and Summer Activities Diary

Thursday 26th April – Cycling in Dalby Forest

Thursday 10th May – Shopping Trip to Northallerton

Thursday 24th May – Ramble and Chat

Tuesday 29th May – Cycling, North Bay, Scarborough

Thursday 7th June - Ramble and Chat

**Thursday 14th June – North Yorkshire Moors Railway
(Pickering Members)**

Thursday 21st June - Ramble and Chat

Tuesday 26th June - Cycling in Dalby Forest

Thursday 5th July – Ramble and Chat

Thursday 19th July – Ramble and Chat

Wednesday 25th July – Cycling in Dalby Forest



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 bringing a wealth of experience and knowledge and having a sight loss is not a barrier to joining us as a volunteer.

We welcome any articles, suggestions, ideas, information etc from our volunteers. 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 (www.sightsupportryedale.org). 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 Technology group may be for you.

Volunteer coffee morning

Nicole and I hosted a volunteer's coffee morning on Wednesday 14th March at YO Bakehouse in Malton.

As well as enjoying excellent coffee and cakes, this was a chance for us to thank our volunteers for their commitment to Sight Support Ryedale and to share, with them, the 2018

programme of activities which we have arranged for our members.

We very much value our volunteers and it is staggering to think that, when we add the number of years each person has volunteered with us, we can boast over 80 years' worth of commitment from our 20 regular volunteers.

It was a great opportunity for our volunteers to meet in one place and to share their experiences of their time at Sight Support with each other; it was also the perfect occasion for them to meet each other as often we don't have everyone together at the same time, in the same place!

The feedback we received from the volunteers was very positive and we will continue to offer similar coffee mornings at regular intervals throughout the year.

Our next volunteer meetings are:

Wednesday 18th April - venue in Pickering TBC

Wednesday 13th June - Norton Library



Fundraising news

Spice 4 U

Pickering and District Rotary Club held a Sunday afternoon meal at the Spice 4 U restaurant to raise money for Sight Support Ryedale on Sunday 4th February 2018. Rotary also ran a raffle with proceeds going to Sight Support Ryedale and Spice 4 U also donated their profits to our charity. In total we raised an amazing £2,000. Many thanks to all our Members and volunteers who came along.



**Nicole and Julie with Rotary members
who ran the raffle at Spice 4 U**

Go Ape

On Tuesday 20th February several members and volunteers enjoyed a morning zipping on wires through Dalby Forest whilst others went for a gentle three mile walk around the Forest. We were very fortunate with the weather as the pictures below show.

Go Ape generously donated £1,300 to Sight Support Ryedale.



Pictures show the walkers meeting The Gruffalo in the woods, Go Ape Manager Nick Mallett presenting Julie with a cheque, and Doug getting ready to go down the zip wire.

FUTURE FUNDRAISING EVENTS



Friday 11th May

We are holding a tombola and charity collection at Morrisons supermarket in Malton, 10am – 3 pm

Saturday 16th June

Norton Trinity Methodist Church has chosen Sight Support Ryedale as their charity beneficiary for their summer fair.

We will be having a stall and Julie has been invited to open the fair

Saturday 18th August and Sunday 19th August

We will be having a bucket collection at the Castle Howard Summer Proms and UB40 concerts

Volunteers are required for all these events – please contact Julie or Nicole if you can help.



Easter Closure 2018

**Our Office will close at 4.30pm on
Thursday 29th March
and
will re-open at 9.30am on
Tuesday 3rd April**

**The office will also be closed on
Monday 7th May and Monday 28th May**

The opening hours at our office are: Mon–Fri 9.30am–12.30pm
Afternoons by appointment.

To make an appointment call us on **01653 698860**.

You can also 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.