



Insight

April 2020

Sight Support Ryedale Newsletter

**Sight Support
Ryedale
Norton Hive,
Commercial Street
Norton
Malton
YO17 9ES**

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**Reg. Charity no:
1170013**

www.sightsupportryedale.org

Staff:

Julie Atkinson

Nicole Hingley

**Audio version
available soon**

Welcome to our April newsletter. As I write to you, we are experiencing the impact of the Corona Virus pandemic. Never before have we had such stringent restrictions on our movements or behaviours; it has made me realise how much we take for granted, such as the freedom to socialise with groups of friends and the ability to hop on an aeroplane and fly to the other side of the world.

Nicole, our wonderful volunteers and I miss seeing all our Sight Support Ryedale friends but be assured that we are all working, from our homes, to provide support services to you whilst in isolation.

If you need to speak with us, our office telephone calls are being diverted. If you leave a message we will return your call as soon as Possible. I hope we will see you all soon but, in the meantime, please stay safe and healthy.

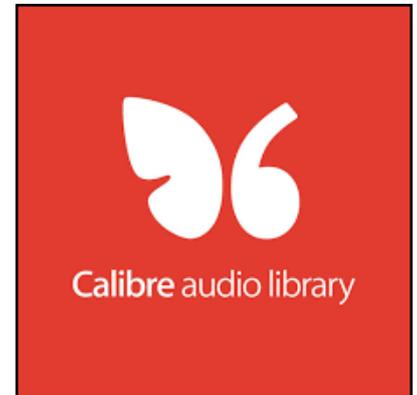
Julie



News in Brief

Free Audiobooks from Calibre Audio

Calibre Audio is a national charity that brings the joy of reading to those who, due to sight loss or other disabilities, find it difficult to read print. They are now offering a subscription free postal and streaming service of audiobooks, which are unabridged and read by professional narrators. Your choice of books are delivered, by post, on a USB stick or audio CD.



Alternatively, books can be streamed online on your mobile phone, tablet or personal computer. Calibre Audio have over 11,00 audiobooks to choose from so there will be something for everyone.

For more information or to join please visit www.calibreaudio.org or telephone: 01296 432339



New £20 Note now in circulation

The new polymer £20 note was introduced into circulation on February 20, 2020.

There is a tactile feature to help blind and partially sighted people identify the value of the note. On the front of the note (the side with raised print), there are three clusters of raised dots in the top left-hand corner. RNIB worked with the Bank of England regarding the use of tactile markings, to help make the notes easier to recognise.

News in Brief

New sign for the Sight Support Ryedale Office



Thanks to a very kind donation, by the family of one of our members, we now have a fantastic new sign outside the Sight Support Ryedale office.

Our old sign had seen better days, having been used at our Yorkersgate office, before joining us in Norton.

Provided by local company Big Boolies the sign now gives a clear indication to who and where we are.

Thank you to Direct Imaging Supplies

As we know, there has been a shortage of some items as people stocked up to self-isolate, an example being toilet rolls. Local company, Direct Imaging Supplies from whom we purchase office equipment, very kindly donated a small mountain of toilet rolls for us to distribute to our members. The company donated to many local charities, groups and individuals so we are sending a big thank you to them.

News in Brief

Accessible in-home Display for Smart Meters



If you are registered visually impaired, you can request a smart meter from your energy supplier, free of charge, with an accessible in-home display (AIHD) unit to be installed in your home.

The smart meter will show you how much energy you're using in real time and how much it is costing you for the month.

The AIHD has additional features to the regular smart meter such as

- Text to Speech for screen navigation
- Adjustable volume for text-to-speech function
- Six large buttons with vibration that confirm a button has been pressed
- 3 coloured LEDs for Electric usage
- LED push button to replay speech
- TFT screen with high contrast optimised for visual impairment and colour blindness

If you would like more information about accessible smart meters please contact your energy supplier.

TV Licence update

Due to the Covid-19 situation, the withdrawal of free TV Licences, for those aged 75+, has been delayed to 1 August 2020.

Fundraising

Did you know that it costs around £70,000 a year to maintain our support services for blind and partially sighted people living in Ryedale?

We receive NO contract funding from local or national government, and we are NOT affiliated to RNIB and receive NO monetary support from them at all.



Sight Support Ryedale is 100% self-funded. We are reliant on income from our own fundraising activities,

donations from individuals and grants from charitable trusts & foundations.

If you have benefitted from our services or you enjoy receiving our newsletter, you can help us to continue to provide our valuable support to you, and others who are living with sight loss, by making a donation. There are several ways to do this:

Single donation

You can use our website to make a single donation to Sight Support Ryedale using your credit or debit card.

Access our website at www.sightsupportryedale.org and use our PayPal or Justgiving donation links to donate online. We can also accept your gift by cheque which should be sent to:

Sight Support Ryedale, Norton Hive Library, Commercial Street, Norton. YO17 9ES

Fundraising

Monthly Donation

If you would like to make a regular donation to Sight Support Ryedale, this can also be done by using PayPal or Justgiving and selecting the 'monthly donation' option.



Standing Order

If you prefer to donate by bank standing order, you can ask your bank to do this for you. Your bank will need the following details:

**Pay to:
Sight Support Ryedale
Bank: Yorkshire Bank
Account: 26393068
Sort Code: 05-03-43**

If you are a UK taxpayer, your donation will be worth 25% more if you complete our Gift Aid declaration. We can then claim an extra 25p for every £1 of your gift from HM Revenue &

Customs. Please contact us for a Gift Aid form.

We welcome every donation, no matter how small, and we guarantee that 100% of your donation will be used to support blind and partially sighted people living in Ryedale.

Please contact us on Tel: 01653 698860 if you would like to discuss the most appropriate way for you to make your donation.

Legacies—A gift you can leave behind



A legacy is a thoughtful way of leaving a gift to a charity in your will. However small, any legacy is gratefully received and can be written into your will at any time.

Your own solicitor can do this for you and you will know that you are leaving a valuable gift to blind and partially sighted people after your death.

Please ask your solicitor to include the following details in your legacy:

Sight Support Ryedale

Charity Registration: 1170013

Why does Sight Support Ryedale need a gift in my will ?

Sight Support Ryedale is the ONLY local charity, in the Ryedale area, delivering support services specifically for those who are blind or partially sighted. We receive no contract funding from national or local government and no monetary support from RNIB.

Legacies—A gift you can leave behind

One of the most common forms of sight loss is Age Related Macular Degeneration.

Ryedale is a popular retirement location, with an aging population, therefore the demand for our support services is growing and will continue to increase due to our rural location and the reduction of local authority services.

We need to secure a sustainable future for our services on which our clients depend.

Your gift will enable us to continue to deliver essential support to others who, like you, are experiencing the challenges of sight loss so that they can continue to live active and independent lives

Legacies are a welcome and thoughtful source of income which can make a huge difference to blind and partially sighted people.



Thank you to our recent supporters

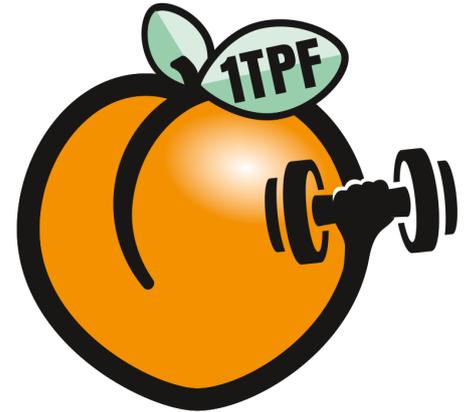
On behalf of all at Sight Support Ryedale, thank you to the following supporters who have raised or granted much needed funds, we are very grateful.



The Pears Family Trust	£5000
Maxwell Morrison Family Trust	£250
NYCC Stronger Communities	£18000
Brelms Trust	£5000
Duke of York Initiative	£1800
Royal Victoria Trust	£1788
Plate collection in memory of Jeannette Crookes, an original founder of Sight Support Ryedale.	£100
Sight Support Ryedale Craft Group sale of items	£86
Sun Inn, Pickering Charity Pub Quiz	£161
St Andrews Church, Rillington	£62
Rillington Soup and Pudding Club	£80
Ryedale Charities Together Will Week Campaign	£1000

Thank you to our current supporters

1Tuffpeach Fitness are currently supporting us and other charities through online fitness programmes and fundraising . For information and to join in with free fitness videos, find them on Facebook at www.facebook.com/1tuffpeachfitness.



Sight Support Ryedale is one of three chosen charities being supported through the Co Op Community Causes campaign. When you shop at the Co Op, and use your Co Op membership card, you can choose us to receive funds raised through their own brand purchases in store. If you haven't already, please sign up to select Sight Support Ryedale to receive the benefit of your purchases, at



www.membership.coop.co.uk/causes/3289896

Would you like to raise money for Sight Support Ryedale in the future? Can you organise a raffle, tombola or sponsored events? Perhaps you have an idea for online fundraising such as a quiz or virtual concert? Please contact Julie or Nicole at our office; we would be delighted to support you

Donations can also be made via:

JustGiving www.justgiving.com/sightsupportryedale
PayPal www.paypal.com easyfundraising.co.uk and via
smile. Amazon.co.uk when you shop online

Sight Support Ryedale 100 Club



You can support Sight Support Ryedale by joining our 100 Club.

Here's how it works... You complete and sign your 100 Club membership form 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, which takes 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

meetings, posted on our website and published, quarterly, in our newsletter.

The prize money will be 50% of the total membership fees for that month (split into 1st, 2nd and 3rd prizes).

The remaining 50% goes to Sight Support Ryedale to help fund activities and outings.

Recent 100 Club Winners

January 2020

1st Prize – E. Dobson

2nd Prize – A. Sedman 3rd Prize – J. Carr

February 2020

1st Prize – P. Kendall

2nd Prize – W. Oldfield 3rd Prize – L. Tidswell

March 2020

1st Prize – V. Swift

2nd Prize – S. Ruddick 3rd Prize – C. Dobson

Well done to all of our winners. Call the office to join the 100 Club, and next month it could be you!

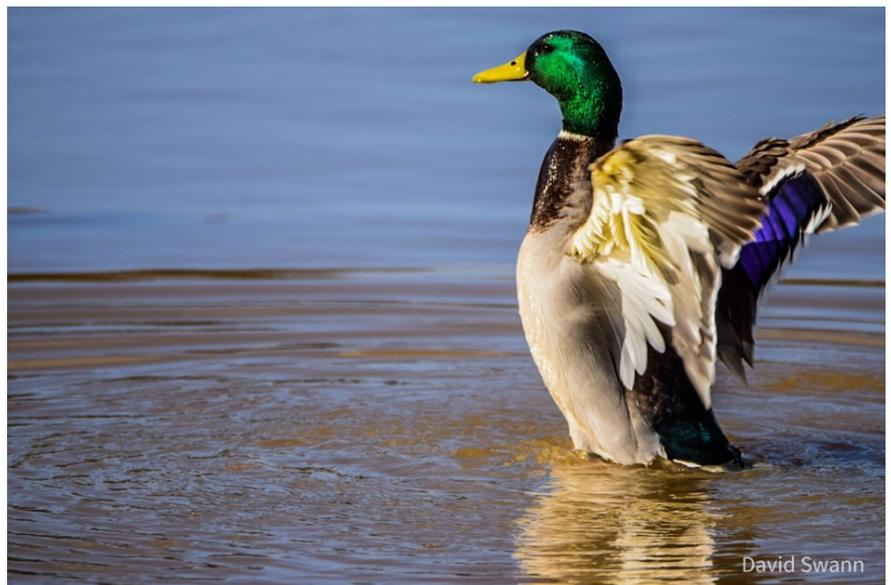
David Swann Photography

David Swann is no stranger to Sight Support Ryedale. He is a local musician who has entertained and supported us on many occasions over the years.

David's latest venture has been to focus more on his photography and he has given us kind permission to use some of his photographs in this newsletter. David sells greeting cards and has a book available featuring 50 of his favourite photographs. To see more photographs or to make a purchase please visit his website

www.davidswannphotography.weebly.com

**A Mallard Duck
Stretching his wings**



**The Cod & Lobster
across the harbour at
Staithes**

Assistive Technology

How Technology can help you.

Smart devices such as telephones and tablets have come a long way from just being a mobile phone. There are now inbuilt accessibility features specifically to assist Sight Impaired people with everyday living. There are also applications which can be downloaded to make your device work harder for you.



At Sight Support Ryedale we are able to provide you with some basic training on how to use your device and the many Apps available for those with sight loss.

If you are already using accessibility features, we are always looking for Digital Support Volunteers, if you have IT knowledge or would like to learn how to help, we would love to hear from you.

Hopefully, we will soon be offering our IT support sessions again where we can guide you through the maze of jargon that surrounds technology. In the meantime, here is a glossary of some terminology to help you:

Wi-fi – this is a system by which you can access the internet without using any internal cables. The internet enters your home or a building via a cable which plugs into a central box called a router or hub. This sends out a signal (similar to how a radio works) to any compatible devices in the building which enables them to connect to the internet. You will need Wi-Fi to make the most of your smart phone, tablet or computer.

Assistive Technology

Tablet – a handheld computer that comes in different sizes. They can do similar things as a smartphone, including in some cases making telephone calls.

Home Assistant Device – these are devices which connect to the internet in your home. They are completely voice activated, so you can ask it to perform tasks for you such as, tell you the time, play your local radio station and set alarms or reminders for appointments. We look at these in more depth in the product in Focus section of this newsletter.

iOS – a type of operating system used only on Apple products, i.e. Iphone & Ipad. Unlike Android devices, Apple are the only company that can use the iOS operating system.

Android – a type of operating system that tablets and smartphones use. Android is used by various different companies such as Samsung and Nokia.

Apps - short for Applications. These are programs that you can download on to a phone or tablet. They range from games, email, maps and Apps created specifically for people with sight loss.

Bluetooth – a wireless system of connecting devices to each other. For example, Bluetooth can connect a mobile phone to a car's speaker system.

For those of you who are already users of Apple technology, **Applevis.com** is a community-powered website for blind and low-vision users of Apple's range of devices. It seeks to encourage and support people to explore the ways in which Apple products can offer opportunities for personal independence and empowerment.

Product in Focus

Home Assistant Technology

Home assistant devices (also called smart speakers) are voice-activated and hands-free. You can ask them questions or give them commands. The devices can handle many tasks on their own.

The current most popular Home assistant devices are the **Amazon Alexa** and the **Google Home**.



By simply asking your device, you are able to access a number of functions and the device will reply to your request. You can ask the time and date, set alarms and

reminders, access your online calendars and set timers for tasks such as cooking and exercise. You can ask your device to give you the news headlines or sports results, play your favourite radio station or access your online music library. You can play games, ask spelling or maths questions, search for information on the internet, listen to audiobooks, access bus and train timetables, create shopping lists and much more.

By synching to other Wi-fi devices such as smart TVs and your mobile phone, it is also possible to use your home assistant to change TV channels and make phone calls. There are even Wi-fi plugs and lights so you can ask your device to turn those on wherever you are in your house.

Activities & Planning



Although we have had to postpone all of our regular social gatherings and activities, we are still busy planning for later in the year. At the moment we are unable to give you any dates but we will be looking at delivering all of our usual activities, excursions, walking, shopping trips, craft and technology sessions when we no longer have to live in isolation.

Before we had to cease all activities, we had started a new gentle dance session with Kirkham Henry Performing Arts School in Malton.



Those that attended, enjoyed gentle exercise in a safe environment. Lots of fun was had and everyone left smiling. There are still spaces available at these sessions so contact the office if you would like to join in.

Activities & Planning

Boccia sessions, in Pickering, will recommence later this year. Boccia is an inclusive Paralympic sport that is similar to bowls but using a softer ball; anyone can play regardless of age or disability. The sessions held at Pickering are run by 'Scarboccia' who are based in Scarborough and who play all over the country. They were regional champions in

2019. The Pickering sessions are delivered by Boccia England accredited coaches. If you are interested and would like to know when the sessions start again, please call Nicole at our office.



Although we hope to see you in the Summer for walking, social meetings and days out; we are also planning as far ahead as our Christmas Shopping in York and Christmas Lunch at the Forest and Vale. We miss you all and we are looking forward to making many more memories with you soon.



Boredom Buster

How many words can you find?

Find as many words as you can using the letters in the grid below. Words must be at least 3 letters long. Can you find the 9 letter word?

O	S	N
I	A	T
S	E	N