



Insight October 2019

Sight Support Ryedale Newsletter

**Sight Support
Ryedale**
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Newsletter
compiled by
Susan Balf



Welcome to our newsletter; I hope you had a pleasant summer. Although we didn't experience the heatwave, we had last year, I trust you were able to enjoy the sunshine when it did make

an appearance. We have had some very pleasant days out since our last newsletter which included our second outing with Wetwheels, Yorkshire and some lovely rambles around Ryedale villages; however, the weather has now turned autumnal and the daylight is noticeably shorter.

As the weeks become a little colder, perhaps you might like to try Sue's Chicken & Chorizo Jambalaya (page 21) which looks particularly tasty and warming. I hope you are enjoying this new addition to our newsletter and we'd love to hear from you if you have any of your own recipes that you would like to share.

Julie

Information

Changes to Free TV Licences for over 75's

From June 1st, 2020 you will only be eligible for a free TV licence if you are over 75 and receiving Pension Credit in addition to your State pension.

To find out if you might be eligible for Pension Credit, contact the **RNIB helpline on 0303 123 9999 and select option 7 to be put through to one of RNIB's sight loss advisers.** The helpline is open from Monday to Friday 8am to 8pm and Saturday 9am to 1pm.

There is a 50 % reduction on your TV Licence fee if you are registered blind (severely sight impaired)

Unfortunately, you are not entitled to this if you are registered as partially sighted (sight impaired).

The blind concession TV Licence covers anyone who lives with you, if the licence is in your name.

If your licence is in someone else's name, you can change this and then claim the reduction.

If you have any difficulties with your TV Licence application or would like more information, call TV Licensing on 0300 790 6117 or visit tvlicensing.co.uk/blind.

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Book News

Book news

In 2018 Sight Support Ryedale member, Greg Christie, published a biography of Eric Knight, the author of Lassie come home and other works.

The book – Knight, Yorkshireman, Storyteller, Spy is now available as an audio book through Amazon's Audible service at www.audible.co.uk/ep/free-audiobook

Audible offers a free 30-day trial* to new customers and costs £7.99 per month thereafter.

***free trial can be cancelled after 30 days**

2020 Diaries and Calendars

We are now accepting orders for 2020 diaries and calendars:

A4 Large Print Desk Diary	£10.00
A5 Midi Diary	£8.00
Pocket Diary	£6.00
A3 Portrait Wall Calendar	£8.00

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We also have a special package available which includes the following for £15.00

**A Small Pocket Diary
A Jotter Pad
A Thick Black Pen
Signature Guide
Credit Card Size Magnifier
6 Bump On Stickers**



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Please contact the office to order yours by the 31st October; payment will be required at the time of order.

Equipment



Glowmat Easily find your drink at night with this glow in the dark coaster; it uses daylight or artificial light to recharge itself for repetitive use. One of our best-selling items £5.99



Tactimark liquid plastic that sets hard, allowing you to create your own tactile marks using a fine pointed nozzle. Great for marking settings on appliances such as cookers, washing machines, thermostats etc. Available in black and orange. £3.99 per tube



Need extra light in an area without the need to call an electrician? These battery powered LED lights activate automatically when motion is detected.

Ceiling light detects motion within a 6 metre range £19.20

Universal light – with a 3-metre range, useful as a night light or inside cupboards £29.95 a pack of 3

Slim lights – ideal for a light under a kitchen cupboard or inside cupboards £21.95 for a pack of 2

Each use 4 AA batteries.

Summer Activities Review

In July a group of Sight Support Ryedale members ventured to Scarborough for a trip on the Wetwheels catamaran from Scarborough Marina. On a lovely sunny Yorkshire day, we sailed out into North and South Bay, with many members taking the helm; an exhilarating, if at times wet, trip was had by all. There was great excitement when one of the crew lost her hat overboard and then retrieved it with a long pole!



We also enjoyed a programme of Ramble and Chat walks throughout the summer. We visited Thornton le Dale, Hutton le Hole, Goathland, Helmsley and Danby Moors Centre.



Autumn Activities Diary

Social Meetings

Our popular fortnightly social meetings take place in Norton and Pickering. The 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. [We have recently had talks from Pickering Hedgehog Rescue and](#) a wonderful afternoon of singing with Ruth and Neil from 'Musical Memories'.

Music & Movement

Our gentle exercise session tailored to the needs of our sight impaired participants. Our current sessions will end on 15th October as we say goodbye to our Fitness tutor, Annie Wilkinson. Annie will be taking up her new Grandma duties, looking after her grandson.

We would like to say a very big thank you to Annie for her excellent exercise sessions and her friendship.

Look out for news of future gentle exercise sessions commencing in early 2020.

Craft group

This group is for people interested in getting involved in various craft activities, with the support of staff and volunteers. The group meets regularly, usually on Wednesday mornings, 10 – 12 noon. Contact Nicole, at our office, for more details.

Technology Sessions

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If you have any IT or technology questions, please call the office and we will look at ways to help you.

Dates for your Diary

**Wednesday 13th November Shopping trip
Monks Cross and Vanguard Centres in York
£8.50 per person**



**Thursday 5th December Christmas Lunch
The Forest and Vale Hotel, Pickering
£22.00 for two courses**



**Monday 9th December
Carol Service at Norton Trinity Church
£5.00**



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Volunteering News

During Volunteer Week in June, we held a Red Cross First Aid Refresher course for our volunteers. We learned about various emergency situations and how to deal with them.



If you would like to join our team of volunteers, please get in touch with us at 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, outings or driving our members to our activity groups.

Volunteer Profile

Maureen Roberts



Maureen has been volunteering with Sight Support Ryedale for the past 13 years. Back in 2006 she saw a letter in the local paper from Rachel Popham, who was then the Manager of the organisation, thanking local people for their support in a fundraising raffle. Maureen had recently moved from Wharfedale in West

Yorkshire to Ryedale and was looking for volunteering opportunities.

Maureen got in touch with Rachel and was asked to support the visually impaired reading group which was run by Pickering Library.

When asked about why she volunteers, she said that she has always done volunteer work throughout her working life. She was initially a Physiotherapist and later went on to work as a Practice Manager in a GP surgery. She has always been people orientated and likes to work as part of a team.

Maureen particularly likes to help people get access to the support they need at our Pickering group. She also volunteers at our Ramble & Chat group and outings. Maureen enjoys the shopping trips and helping members to find the items they are looking for when out shopping. Maureen also volunteers for Dementia Forward at their Wednesday lunch group.

Maureen had to confess that she has one addiction – knitting socks, an obsession she shares with another of our volunteers Judith Carr and our own manager Julie Atkinson.

Fundraising Activities

SOUNDS OF THE **SIXTIES!**

An evening of music from the decade
that changed the world

Featuring

A Touch of Blues - The Sundowners

Barleycorn and Pickering Pop Ukes

Fri 18th & Sat 19th OCT

PICKERING MEMORIAL HALL

Tickets £10 available from Television House, Market Place, Pickering
or Next Steps 7 Church St, Norton, Malton, (01653 690854)

7.30 - 10.30pm Doors open 6.45pm Sun Inn Bar



All proceeds in aid of Next Steps and Sight Support



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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 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

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Recent 100 Club Winners

MAY

1st Prize – A. Ruddick

2nd Prize – P. Atkinson 3rd Prize – G. Tidswell

JUNE

1st Prize – G. Oldfield

2nd Prize – R. Dunning 3rd Prize – P. Marr

JULY

1st Prize – C. Dobson

2nd Prize – H. Chaplow 3rd Prize – L. Midgley

AUGUST

1st Prize – V. Swift

2nd Prize – P. Kendal 3rd Prize – J. Atkinson

WELL DONE TO ALL OUR WINNERS!

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

Sue's Recipe Page

Chicken & Chorizo Jambalaya

Easy one pan dish

Serves 4, can halve the recipe if required

Prep time 10 mins, cooking 45 mins

Ingredients

1 tbsp olive oil

2 chicken breasts, chopped or 6 chicken thighs

1 onion, diced

1 red pepper, thinly sliced

2 garlic cloves, crushed

75g chorizo, sliced, remove any outer casing

1 tbsp Cajun seasoning or paprika

250g long grain rice

1 x 400g can plum tomatoes

350ml chicken stock made from a stock cube

Please ensure that you cool any remaining and put in the fridge immediately and when you reheat it ensure it is piping hot. If rice is not immediately stored in a fridge a toxin can develop that causes food poisoning, reheat to a high temperature to ensure safety.

Method

1.Heat 1 tbsp. olive oil in a large frying pan with a lid and brown the chicken for 5-8 mins until golden.

2.Remove the chicken from the pan onto a plate and set aside.

3.Tip in the 1 diced onion and cook for 3-4 mins until soft.

4.Add 1 thinly sliced red pepper, 2 crushed garlic cloves, 75g sliced chorizo and 1 tbsp. Cajun seasoning, and cook for 5 mins more.

5.Stir the chicken back in with 250g long grain rice, add the 400g can of tomatoes and 350ml chicken stock.

6.Cover and simmer for 20-25 mins until the rice is tender.



(Recipe from BBC Good Food Magazine April 2011 and online at bbcgoodfood.com)

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Next Steps Resource Centre in Norton is a charity that supports people with mental health issues and disabilities in Ryedale.

Their community cafe in Church Street, Norton has a warm friendly atmosphere where everyone is welcome.

The café is open Monday and Friday from 8am to 3pm, Tuesday, Wednesday and Thursday 8am to 8pm

There are craft groups, art classes and other activities at Norton.

There are also craft groups held in many rural villages throughout Ryedale:

Wintringham village hall on Monday 10 -12 fortnightly

Sherburn village hall on Tuesday 9.30 to 11.30 weekly

Pickering RVS building Thursday 9 to 3pm weekly

Kirkbymoorside bar and club Wednesday 9-12 weekly

Thrifty Thursday is every Thursday from 4 to 8 pm at Next Steps cafe where you can get a meal and drink for £3.50

Contact Next Steps on 01653 630854 for more information.

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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

We can also be contacted by email at:

enquiries@sightsupportryedale.org

Find us at: **www.sightsupportryedale.org**

**We will be closed for the Christmas break
from 12.30pm on Friday 20th December for 2 weeks
reopening on Monday 6th January at 9.30am**

