



Insight Autumn 2016



Sight Support Ryedale Newsletter

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

**Newsletter compiled
by Christine Collins**

Welcome to our Autumn newsletter. Nicole and I hope you had a pleasant summer and that you managed to enjoy a little bit of sunshine.

Although we had some good weather over the summer period, it would seem that the rain saved itself for our two summer outings; our trip to Scarborough and our Garden Party! I think we got the whole summer's rainfall on those two days. It was fantastic that Lyndsay was able to save the garden party by securing the village hall at Kirby Misperton at such short notice so that the party could still go ahead. Hopefully, next year, we can have a 100% dry day...

**Nicole and I are busy preparing our programmes for 2017 which will include some joint Malton and Pickering meetings so that the two groups can come together more often and an extra shopping trip. Also in 2017 we are launching our new 100 club; you can find further details of this later in the newsletter.
Julie**

Member Profile



Picture shows Martin Baxter

Martin Baxter was born and raised in South East London attending Cray Valley Technical High School in Sidcup. His first experience of work was as an apprentice for 5 years at the British Aircraft Corporation factory in Weybridge, Surry, now, the Brooklands Racetrack Museum. After a 3 year Mechanical Engineering Degree he worked for ten years at Perkins Engines in Peterborough where he was also active in the local

amateur dramatic group. He then trained as a technology teacher and worked in Ipswich for four years before him and his wife Liz moved to Sinnington in 1993. He continued in teaching in North Yorkshire for a further 6 years before attending the University of York for a one year Master Degree in IT. Since then he has worked in data analysis with Liz working in research and evaluation of health and social care services. More recently, he has worked part time as a teaching assistant at Welburn Hall special school, working mainly with 16 to 19 year old students with learning difficulties.

In his spare time he enjoys cycling around Ryedale and helps Liz with her horses more often than he would choose.

In 1999 he was asked by Rachel Popham to join the committee of Malton and Norton In Touch Group and was immediately appointed

the chair. In early 2000 the group gained charity status and he became the chair of the trustee board. He has remained in that role as the group has been through a number of name changes and has overseen the appointments of two new organisers and assistant organisers. The role has had some challenging moments, particularly when funding appears to be drying up, but we have always pulled through and our teams of staff have always been excellent at providing the services our members want.

RNIB Campaign

Attendance Allowance is like Personal Independence Payment (PIP) – but for older people (65 and over). It helps to meet the extra costs of a disability and so helps people with disabilities to live as independent a life as possible – it's not just about paying for social care.

However, as part of its proposed changes to business rates, the Government is thinking about transferring the funding for Attendance Allowance from the Department for Work and Pensions to local councils.

We don't think they should do this. We're really worried that moving Attendance Allowance to cash-strapped local authorities could make it very difficult for people with sight loss to receive it as it would probably be means-tested and certainly rationed.

Ministers have said that existing claimants will be protected, although they have not said how. But that isn't the point – this is about the future, what will be available for older blind and partially sighted people in years to come.

Get involved – help save Attendance Allowance

We urgently need your support. Whether you're sighted, partially sighted or blind, receive Attendance Allowance or not, we need your MP to hear from you about why it should stay as it is. Three of our fantastic campaign supporters have helped make this really easy for you by each writing a letter for you to send to your MP, depending on your relationship to Attendance Allowance.

The MP for your area is Kevin Hollinrake. If you would like to help this campaign and send a letter to him contact Julie for a copy of the letter.

**Do you receive Attendance Allowance? We'd like to hear from you
To help us respond to the Government when their Attendance Allowance plans are released, we'd like to hear from you about why it's so important and how it helps you to live independently. By sharing**

your experiences, you'll be helping us to make the case for Attendance Allowance staying as it is.

If you live in England, please complete the short survey.

You can complete the survey by leaving your name and number on 0121 665 4255 (local rate) and one of our team will call you back for you to take part.

Ryecare Lifeline service

Who is the Lifeline alarm service for? The Lifeline Alarm and Pendant is specifically designed for the following users, anywhere in the UK:

- The elderly, frail or disabled**
- People living alone and at risk of falling or in need of reassurance**
- People suffering from dementia, epilepsy, heart disease or domestic violence.**

I recently turned on the wrong ring of my cooker

which had a stack of paper on it. I then went into another room; when I returned to the kitchen the paper was smouldering. My first thought was to move it, so I picked it up to move it to the sink and it burst into flames..... I was so shocked, I couldn't reach the taps because the flames were too high. I picked up a plate that was on the draining board and put it over the flames..... It was out. In the meantime the smoke alarms were going crazy but I could hear a voice calling in the background....

A few months earlier I fell during the night, it really scared me. I was advised that lifeline might be a useful thing to have in my home, for reassurance if nothing else. I must admit to a small amount of reluctance but agreed. Two weeks later I had the fire. I was fortunate not need the fire brigade and escaped with a small burn on my hand.

I now know that Lifeline works.

Christine

SSR receive a Community Fund Award from the Morrison Foundation

Have you ever wondered what supermarkets do with the money they get from each 5p carrier they sell?

Retailers can choose what to do with the proceeds of the charge, but they are expected, by the government, to donate it to good causes.

Over the next 10 years the government hopes the charge will raise £730m for such causes.

Morrisons supermarket donates all its carrier bag income, together with other charitable fundraising income, to local causes via the Morrison Foundation.

In August, the Morrison Foundation very generously

awarded Sight Support Ryedale £32,000 to continue to deliver our activities to sight impaired people living in Ryedale.

We greatly appreciate this award and thank Morrisons and all those people who have purchased carrier bags from their stores around the country. I just shows how a small amount can add up and be put to such a good use within local communities. So every time you need to buy a carrier, think of the good causes you are supporting!



Morrisons store manager presenting a cheque to Maureen Durkan, Ann Ruddick, Martin Baxter and Julie Atkinson

Charles Bonnet syndrome

In Charles Bonnet syndrome, a person whose vision has started to deteriorate sees things that aren't real (hallucinations).

The hallucinations may be simple patterns, or detailed images of events, people or places. They're only visual and don't involve hearing things or any other sensations.

It's important to be aware that hallucinations associated with Charles Bonnet syndrome are caused by failing eyesight. They're not caused by a mental health problem or dementia.

There are two main types of hallucination that people with Charles Bonnet syndrome tend to experience. They may see:

- simple repeated patterns**
- complex images of people, objects or landscapes**

Simple repeated patterns can take the form of grids, shapes or lines, which can appear in bright or vivid colours. The patterns may lay across or cover everything the person sees. More complex hallucinations can involve people, places, animals and insects...

The hallucinations aren't usually unpleasant or threatening, but they may be slightly frightening when first experienced.

The main cause of Charles Bonnet syndrome is thought to be vision loss and how the brain reacts to it. It's not clear how loss of vision leads to hallucinations, but research is beginning to help us better understand the relationship between the eyes and the brain.

When a person starts to lose their sight, their brain doesn't receive as much information as it used to. It's thought the brain sometimes responds by filling in the

gaps with fantasy patterns or images that it's stored. These stored images are experienced as hallucinations.

There's currently no cure for Charles Bonnet syndrome.

Simply understanding that the hallucinations are a normal consequence of vision loss, rather than a mental health problem, can be very reassuring.

Help and support

If you have Charles Bonnet syndrome, talking about your hallucinations and how they make you feel may help you cope better. You could try talking to your family, friends, GP, optician, or ophthalmologist.

Visiting Service for older people living alone

The visiting service provides companionship for older people living on their own.

The volunteer will provide the social and emotional support of a friend. The volunteer will visit for an hour or two every week or fortnight, depending on what you want, for a cup of tea and a chat. If the weather is nice and the volunteer has a car and the older person is mobile then the cup of tea and chat can be at a local tea room.

- All volunteers are interviewed, have references taken and are CRB checked to enhanced level.
- The volunteers do not do any personal care, nursing care or lifting. They are there as a friend.

- The volunteers' responsibility is to look after the older person, giving the same care as a relative or friend.
- Some volunteers choose to use their own cars to take people out, to do this we ensure that the volunteer has notified their car insurers to cover them for this type of activity.
- The volunteer does not replace the duties carried out by the statutory services.

For further information contact Ryedale Carers Support on 01751 432288

Smart Meters

Smart meters put consumers in control of their energy use, allowing them to adopt energy efficiency measures that can help save money on their energy bills and offset price increases

Smart meters are the next generation of gas and

electricity meters and offer a range of intelligent functions.

For example, they can tell you how much energy you are using through a display in your home. They can also communicate directly with your energy supplier meaning that no one will need to come and read your meter in future.

So, no more estimated bills!

Most of the smart meters that are being installed today use mobile phone-type signals to send meter readings to your supplier, and other wireless technologies to send information to the in-home display.

Smart Meters are provided and installed free by your energy provider.

Autumn

It is the season of mists and mellow fruitfulness, also it starts getting dark earlier then the clocks go back. So hope you didn't forget to change yours.

The RNIB have a good selection of clocks and watches including radio controlled ones. Why not have a look at their range, radio controlled clocks/watches update automatically so you don't have to do it.

Music and Movement

The numbers at our Aerobics class have been falling for some time now and during the past year, it has been difficult attracting new participants. It would seem that people think the name of the group indicates serious exercise and are therefore afraid to come along.

We hope that the new name of 'Music and Movement' is a more accurate reflection of the sessions, and that more people will join us. We have a great deal of fun, and everyone does as much or as little as they are able. Annie, who puts together a series of movements, describes very clearly what she would like us to do. We all have different levels of mobility and we are encouraged to adapt each set of movements to our own limitations. It is very good for us all to take part in physical exercise, whatever our age or ability, and after



an hour of moving to music, the group feels a great sense of achievement. We are never too tired though to gather around the table to enjoy a welcome cuppa, a delicious piece of cake and a friendly chat.

We would be delighted to welcome new members, ladies or gentlemen. Even if you aren't sure that movement to music is of benefit to you, please come along and try, and you'll be amazed how satisfying and fun each session is. We meet on Tuesday afternoons from 2.30 to 4 pm. If you would like to give it a go, please call Nicole or Julie at the office.

Out and about with Sight Support

We had lots of activities and outings during the summer this is just a flavour.



**Songs from the 'Rat Pack'.
Music event provided by
volunteering Matters and
Vale Radio.**

**GardenParty: Libby, Ann,
Sandra and Martin**





Visit to Helmsley walled garden on a very warm afternoon. Tea was provided by Volunteering matters. Judith, Peggy, Christine, Joyce, Doug, George, Sandra and Jeff and Betty

Sheila, Joan and Betty enjoy fish and chips on the North York Moors Railway



Coming soon!

Sight Support Ryedale 100 Club

Welcome to our 100 CLUB – a great way for you to support us whilst having a bit of a flutter! Here's how it works...

You buy a membership number for £2 per month (payable annually) which enters you into the monthly draw (a member may buy as many numbers as they wish). The draw will take place on the same date each month.

The prize money will be 50% of the membership fees that month, divided into 3 prizes. The remaining 50% goes to Sight Support Ryedale.

The 100 club is open to members, their families, volunteers and supporters of the organisation.

Application forms will be available in February with the first draw taking place April 2017.