



Sight Support Ryedale News

Issue 1 2022

In this issue ,we are looking forward to Spring and returning to our usual services which are designed to offer practical support and advice together with social opportunities and friendship.



Photo shows SSR members enjoying an activity provided by North Yorkshire Music Therapy in October 2021

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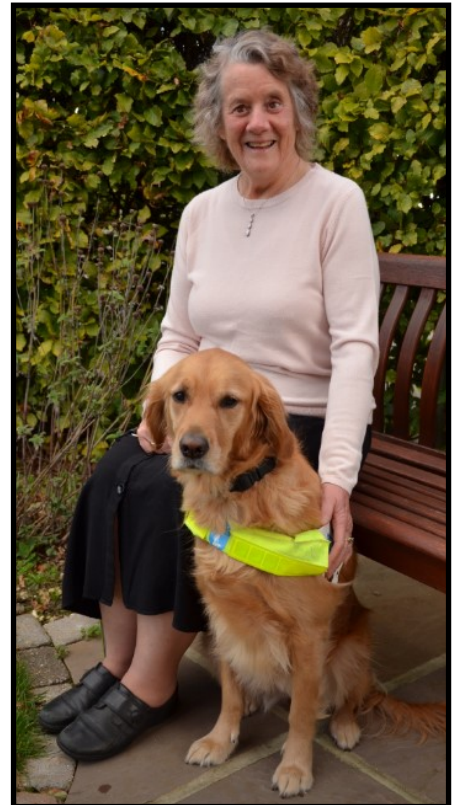
Reg. Charity no: 1170013

Welcome from Our Chair of Trustees

Hello everyone. Welcome to Sight Support Ryedale's Spring Newsletter 2022. There is so much information in the following pages, that I am sure you will have to read each section more than once before ringing the office to join activities, ask for assistance, or offer your help as a volunteer. The phone number appears several times, so I hope that it becomes as familiar to you as your own.

I believe that we are very fortunate to live in Ryedale, not only because it is a beautiful part of the country, but because, as sight impaired people, we are supported locally by a dedicated team of staff and volunteers. You might think I say this because I am Chair of the organisation, but I know that there are people around the country who envy our close-knit community where everyone feels welcome and valued.

I'd like to encourage you to read the following sections carefully, and then, either contact the Sight Support office, or get in touch with any of the other organisations mentioned, to seek advice or join activities. Getting out is good for our mental and physical health, so I look forward to meeting more people during the coming months.



With warmest wishes,
Ann Ruddick



Thank you to our Funders

We would to take this opportunity to thank the following donors and funders for their support:

Norton Town Council	£1000
Malton Town Council	£270
The Samuel Storey Family	
Charitable Trust	£700

We also wish to thank those members and supporters who make regular monthly donations via standing order, which together total around £150. Setting up a standing order or donation is a quick and easy process. If you would like more information on how to do so please see later on in this newsletter.

National Lottery Community Fund

We are delighted to have been awarded £136,000 from the National Lottery Community Fund over two years. This will be used to fund core costs such as salaries, rent and overheads of the charity. This will ensure that we continue to provide support and activities to Visually Impaired People living in Ryedale. The National Lottery uses money generated from its weekly lotteries to support many charities across the UK, and we appreciate their generous donation.



Crafty Hubbers Thornton Le Dale



Thank you to the Crafty Hubbers, Thornton Le Dale who raised £500 for SSR by making and selling beautiful handmade crafts in the local area.

The money raised will be used to provide two Wetwheels speedboat experiences in the

Summer. This fully accessible boat takes people out to sea off the Yorkshire Coast, often allowing passengers to take the wheel. If this is something you might be interested in doing please contact the Sight Support Office.

Christmas Fair Fundraisers

At the Norton Hive Library Christmas Fair, the Sight Support Ryedale stall raised £53.00. Many of the items sold were made by Visually Impaired people who attend the Pickering Crafty Chatters group and our thanks go to them.

A Facebook Local Online Christmas Fair which ran from October until the end of January and featured many local businesses and crafters. We send our thanks to them and their customers who raised £220 for SSR.

We are always grateful to people who organise fundraisers for us and happy to help where we can. If you wish to support us please contact the office on 01653 698860.

Activities and Events

We are planning a programme of Spring and Summer events, including days out and shopping trips. We always welcome your suggestions for activities and excursions.

Dates for our regular social meetings are as follows:

Malton Social Meetings

April 25th
May 9th and 23rd
June 6th and 20th
July 4th and 18th

Pickering Social Meetings

April 14th
May 5th and 19th
June 16th and 30th
July 14th and 28th

Kirkham Henry Dance Sessions

These dance sessions are designed specifically for people with sight loss and are adapted for all abilities. They take place fortnightly at Kirkham Henry Performing Arts School in Malton. Participants are fully supported by volunteers and staff from both SSR and Kirkham Henry.



If you are interested in joining us at social meetings or dancing, please call the office on 01653 698860, or email nicole@sightsupportryedale.org

In order to keep our members, volunteers and staff safe please do not attend any of our activities if you are feeling unwell or exhibiting any of the Covid 19 symptoms.

Boccia is Back in Ryedale

Scarbooccia is an established sports club and they are bringing weekly Boccia sessions to Ryedale. Every



Wednesday from 11am to 1pm the sessions will take place at the Hungate Centre in Pickering.

Boccia is a form of indoor seated bowls and is currently the fastest growing disability sport in the world. It is a fun and competitive game and suitable for everyone.

Scarbooccia is an inclusive club where anyone, with or without a disability, can join in. If you would like more information contact Nicole on 01653 698860.

Coastline Sight and Hearing

Coastline Sight and Hearing is a non profit organisation supporting people living with sight and hearing loss. The group is Scarborough based and welcome any Sight Support Ryedale members who may wish to join in with their activities. If you are interested in finding out more please contact them on 07751428131.



Living With Sight Loss Course

This year, Sight Support Ryedale is planning to deliver Living with Sight Loss Courses.

If you have recently been diagnosed with Sight Loss, are nervous about interacting with the world, or simply believe that now is the time to start getting out and about more, these sessions allow you to meet and share experiences with people in similar situations. The course aims to boost confidence, provides practical advice and useful information

If you are interested in attending a course or would like more information please call the office on 01653 698860

Visit by High Sheriff of North Yorkshire

We recently had a special visitor to the SSR office.

Venetia Wrigley, High Sherriff of North Yorkshire came along to meet with Julie, Ann and of course, Millie Ann's Guide Dog. Venetia wanted to find out more about how Sight Support Ryedale supports its members. Following the visit Venetia wrote on her Instagram page "It is so hard for the sighted to imagine what it must be like to be unable to see. All the things we take for granted like independence and freedom ." She continued by saying "Support from Sight Support Ryedale such as the social meetings are a vital life line to members."



Volunteering at Sight Support Ryedale

Do you or your friends have a few hours each month to spare? Are you looking for a flexible volunteering opportunity? If so, Sight Support Ryedale would love to hear from you. We are looking for people to help with our social groups and other activities including fundraising, crafts, driving, gentle exercise, walking, technology, day trips, telephone befriending and shopping.

Experience is not necessary as training will be given. A friendly nature, empathy and an interest in people is essential. In return we can offer you friendship, a sense of community and some fabulous days out. If you are interested in finding out more please contact the office on 01653 698860.

What our Volunteers Do

Volunteers at Sight Support Ryedale are very important to us. They are considered vital members of the charity. Without them SSR could not deliver its activities and services. When a person enquires about volunteering, as well as explaining the



opportunities available, we like to find out about their skills and how we can adapt the roles to fit them. Volunteers choose how much time they wish to donate and can join in on excursions, and activities on a regular or occasional basis. We are currently looking for volunteer telephone befrienders, a Trustee Treasurer and occasional individual support for our members. Call the office on 01653 698860 for more information.

Focus on Telephone Befriending

Although the government's Covid 19 restrictions have been lifted, some of our sight impaired members are still unsure about leaving their homes especially if they have existing health issues. As a result, they often feel isolated and sometimes, lonely. Regular telephone calls by volunteer befrienders have proved to be an important service.

Mrs H, received regular phone calls from our volunteer, J. The ladies spoke regularly, usually on the same day each week, at the same time.

This is what Mrs H told us:

"I was asked by Sight Support Ryedale if I would be interested in having regular chats with a volunteer. I live in a rural area and getting out is not easy for me, especially during Covid. J sounded like a lovely lady and always had something positive to chat to me about. She told me that she also had an eye condition and that she understood my difficulties. She has called me every week to talk with me about all kinds of things; we never get stuck for things to say and the time goes by so fast. J's support has been very helpful to me both mentally and socially. She has helped to restore my confidence and made me feel so much better about everything. I look forward to her weekly calls."

J said that:

" I look forward to chatting with Mrs H, and I will continue to call her, even when things get back to normal. I love chatting to people about all types of things and when they tell me what a difference I've made, it makes it all worthwhile."

If you would like to receive a regular telephone call from one of our volunteers, or you are interested in becoming one of our telephone befrienders, please contact the office for further information.

Amazon Alexa and The RNIB

Amazon Alexa and the RNIB have joined forces to provide information and entertainment for people living with sight loss.

Alexa users can instantly access RNIB information using voice commands such as: “Alexa, how do I register as sight impaired or severely sight impaired?”; “Alexa, what assistive technology do blind people use?”; and “Alexa, what should I do if I think I’m losing my sight?”

This collaboration allows Alexa to provide information directly from RNIB’s Sight Loss Advice Service, which improves accessibility of online information for more than two million people across the UK, who are living with sight loss.

Alexa users can also access RNIB talking books via their device when it is linked to their RNIB account. This allows users to simply ask the device to open their chosen book and stop and start listening at their convenience.

Alexa can also be used to access RNIB Connect Radio, along with other local and national radio stations. It can also be used to access news; play music and games; set alarms and reminders; create shopping lists and access information online.

If you would like to find out more about Alexa, or need assistance in setting up your device, or linking it to your RNIB Talking Books account, please contact the Sight Support Ryedale office on 01653 698860.



Next Steps Across Ryedale

Next Steps Wellbeing Centre supports people with mental health problems, wellbeing issues and preventing isolation and loneliness in Ryedale. They provide drop-in centre, activities and outreach groups in Pickering, Kirkbymoorside and Helmsley. Some of SSR Visually Impaired members attend activities provided by Next Steps and value the opportunity to make new friends.

Details of their current activities and locations are:

Norton Hub, Monday –Saturday 8am-2pm (Thursday late opening until 6pm). Community café, support, volunteering, IT Courses, gardening, baking/cooking classes and bingo

Kirkbymoorside Methodist Church, Market place, Wednesdays, 9am - 3pm Walking Group 10 - 12pm. Crafts 10 am -12 .30pm. Games such as bingo, and dominoes. Men in sheds 12.30 - 2.30pm.

Pickering Methodist Church, Potter Hill. Thursdays, 9 am till 6pm. Crafts 10am - 12pm. Games 1pm - 3pm. Men in sheds 10am - 12.30pm. Tea Club which will include variety of activities 2pm - 6 pm.

Helmsley Town Hall Fridays 12pm - 3.30pm. Talks, Bingo, scrabble, walks, crafts. Hot Drinks and Snacks are also available.

For more information about Next Steps please contact them on 01653 690854.



Morrisons Groceries Doorstep Delivery

Morrisons, Malton provide a dedicated telesales shopping service to ensure vulnerable and elderly people can get the groceries they need.



To place an order, call 0345 611 6111 (option 5) between 8am and 5:30pm.

You can select any Morrisons products currently in store to be delivered the next day (10am - 6pm).

Delivery charges: Elderly & Vulnerable people: Optional £1.50 contribution. Standard: £4.50.

**For more information visit the Morrisons website.
www.groceries.morrisons.com**

Community One Stop Events

Community One Stop events are an opportunity to talk to many local charities and organisations, find out more about the support they can offer and to refer yourself into one of the services.

Pickering Methodist Church hosts a one stop event on the first Monday of every month, 10am - 12pm. Followed by entertainment or a speaker until 2.30pm.

Helmsley Town Hall hosts a one stop shop on the last Friday of every month, 12– 2pm.

Wherever possible, Sight Support Ryedale will attend the One Stop Events in Pickering and Helmsley. If you would like to make an appointment for advice and information please call the office on 01653 698860.

York Hospital Eye Clinic News



Helen Flett, is the new Eye Clinic Liaison Officer (ECLO) based at York Hospital.

By offering dedicated individual care, the ECLO can talk to you about your worries and give you advice on how to lessen the impact your eye condition may have on your life. They act as an important bridge between health and social services and are central to the support and

wellbeing of patients in eye clinics. They also prevent avoidable sight loss, by talking through treatment and helping people to understand their medication. Make an appointment with Helen at your next Eye Clinic appointment.

Be My Eyes

Be My Eyes is a free mobile app that connects users with visual impairments to sighted volunteers for visual assistance through a live video call. Assistance might be given for anything from reading labels on food products, to distinguishing colours, or navigating unfamiliar surroundings. You can also connect with customer representatives for efficient and accessible support. The app functions as a tool for people with a visual impairment and is available at any time, in any place. Having immediate access to a volunteer eliminates waiting for, or relying on, a sighted person for visual assistance. The app is available in the Apple App Store and Google Play Store.



**be my
eyes**

How we use your Information

You are receiving this newsletter because Sight Support Ryedale has your contact details on our secure database. In line with data protection regulations we only use your personal information to contact you regarding our services. We would not use your details for any other purpose without your consent.



Our newsletter is produced in a large print format, however if you prefer to receive it in an alternative format such as audio or as an electronic document via email please contact the office on 01653 698860 or email nicole@sightsupportryedale.org

Disabled Parking Blue Badges



You may be aware that you are no longer able to apply or renew Disabled Parking Blue Badges at your local library. This process now has to be completed online via the North Yorkshire County Council website at www.northyorks.gov.uk.

David Swann Photography

David Swann is a local photographer and friend of Sight Support Ryedale. He has kindly given us permission to share his photographs below.

Chaffinch



Blue Tit



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?

Did you guess that the 9 letter word in the last edition was 'CONFIDENT'?

F	E	O
P	L	T
O	W	R

Fundraising

It costs around £70,000 a year to maintain our support services for blind and partially sighted people living in Ryedale

Sight Support Ryedale is 100% self-funded. We are reliant on income from our own fundraising activities, donations and grants from charitable trusts & foundations.

By making a donation, YOU can help us to continue to provide valuable support to you and others who are living with sight loss.

You can make a single donation to us by credit or debit card via our website at www.sightsupportryedale.org.

We can also accept cheques - made payable to Sight Support Ryedale— posted to our address on the front of this newsletter.

Prefer to donate by a bank transfer or set up a regular monthly standing order? These are the details you will need:

**Sight Support Ryedale
Bank: Virgin Money
Account: 26393068
Sort Code: 05-03-43**

If you are a UK taxpayer you can Gift Aid your donation which means we can claim an extra 25% of your donation from HMRC. To do this, contact us on 01653 698860

Sight Support Ryedale is NOT affiliated to RNIB and receives NO monetary support from them at all

Fundraising

Did you know that you can donate to Sight Support Ryedale in many ways? In addition to single or monthly direct donations, you help us through any of the following fundraising platforms.

If you would like more information please contact the office on 01653 698860.

Thank you for your continued support.

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