



Insight

August 2018

Sight Support Ryedale Newsletter

**Sight Support
Ryedale**

**Norton Hive,
Commercial St.
Norton**

YO17 9ES

01653 698860

**Reg. Charity no:
1170013**

**An audio version
of the newsletter
is available on
our website:**

**[www.sightsupport
ryedale.org](http://www.sightsupport
ryedale.org)**

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**Newsletter
compiled by Cilla
Heath**



Welcome to our summer Insight and what a summer it is proving to be! This year must surely go down in memory as one of the warmest together with 1976 and 1983. As a result, we

have had some very successful outings where overcoats and umbrellas were not required; you can read about these later in the newsletter. We have been incredibly busy in the first half of this year and we have delivered 67 activities including In Touch meetings, Music and Movement sessions, IT support groups and other miscellaneous groups & outings. Nicole and I hope that you have enjoyed the varied selection of activities we have provided as a response to your requests for new and exciting things to do. We are looking forward to a quiet month in August so that we can catch up on our office tasks and plan more interesting events for our Autumn/Winter programme.

See you in September!

Julie

Information

In Your Pocket– a portable device for blind and partially sighted people, brought to you by RNIB, Real Thing and O2.

Designed for reading the latest newspapers, magazines and books, In Your Pocket is easy to use, fuss-free and great for listening on-the-go.

In Your Pocket features a Doro device with O2 connectivity and interactive speech software. With voice control, large buttons and a great speaker for quality sound, you can get reading right away without the need for a computer or downloads. You will always have access to the latest editions of newspapers and magazines, wherever and whenever you want to listen. It also comes with a subscription to RNIB Newsagent, access to RNIB Talking Books as well as podcasts, weather, and location information. The reading package is just £22 per month for a contract term of 24 months, or a one-off payment of £528.

With In Your Pocket, just say “Read me The Guardian”, or “Play me The Archers”, and In Your Pocket will oblige. You can also access other useful information, for example “What is the weather in York?” or asking, “Where am I?” tells you your current location, along with the nearest street intersection.

RNIB Newsagent provides daily, weekly and monthly newspapers and magazines, and the RNIB Library gives you access to over 25,000 Talking Books. You can access podcasts from BBC, RNIB, and much more.

To order, call the dedicated In Your Pocket Helpline on 0333 772 7708 or email: helpline@realsam.co.uk

Data Protection Changes

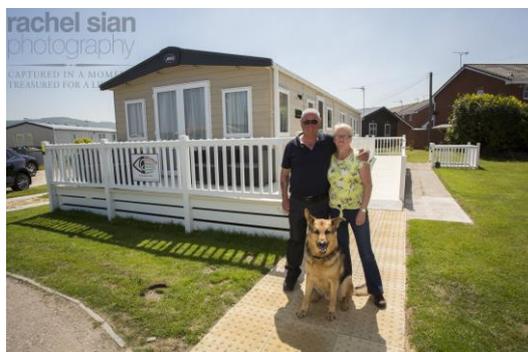
You have received this newsletter as you gave your details to us prior to the introduction of the General Data Protection Regulations 2018. We hope you find it useful and enjoy reading about our activities. However, if you no longer wish to receive future newsletters, please contact us on 01653 698860.

Caravan Hire

North Wales Accessible Holidays for Blind and Visually Impaired is a registered charity (No. 1171132). The organisation owns a 14ft X 42ft Beaumont 6 berth static caravan located at the Lido Beach Holiday Park, Prestatyn, North Wales.

The caravan is for the use of visually impaired people, and their family/carers. It has ramp access and other items of equipment such as a talking microwave, audio book reader and talking clocks. It is close to the beach with beautiful sea views, retail park and railway station. There is a fully fitted kitchen and en suite bathroom & shower.

Rents start at £200 per week in low season and £250.00 in high season. Contact: 01492 517823 for details. The criteria for booking a holiday is that one or more guests are registered blind or partially sighted.



Google to launch new Android app



Google has announced it is developing an app it hopes will help blind and visually impaired people become more independent.

The web giant said it is working on an Android app called Lookout, which gives users auditory cues as they encounter objects, text and people around them.

It is designed to be used on a lanyard around your neck, or in your shirt pocket, with the camera pointing away from your body. After opening the app, and selecting a mode, Lookout processes items of importance in your environment and shares information it believes to be relevant, such as text from a recipe book, or the location of a toilet, an exit sign, a chair or a person nearby. Lookout delivers spoken notifications and is designed to be used with minimal interaction, allowing people to stay engaged with their activity.

Lookout is the latest in a string of smartphone apps that have, in recent years, replaced expensive technologies. It follows in the footsteps of Microsoft's successful Seeing AI app, which is currently only available on Apple devices.

Lookout operates in four modes based on the user's current activity: Home, Work & Play, Scan and Experimental. After selecting a mode, the user will be told about objects the app senses around them, such as the location of a sofa at home.

The app's Scan feature can also read text, such as a recipe from a cookbook, while its Experimental mode allows users to try out features which are in development.

The app doesn't require an internet connection to operate and uses artificial intelligence (AI) to learn what people are interested in hearing about.

It is expected to be available in the Google Play Store later this year.

Sight Support Ryedale member, Greg Christie, tells us about his life as an author – both sighted and blind.

Lassie the 'Wonder' dog

“That’s what I did – wonder. I wondered why nobody had ever told the story behind Lassie. But when I started pulling at the thread that would take me around the world, to two university degrees, even to Buckingham Palace, I didn’t know it would take me twenty-one years to unravel and rebuild the life of the Yorkshire author Eric Knight. Eric created the Lassie legend around his own canine companion; I could not have written his life without mine, my guide dog Captain. A shaggy dog story? Judge for yourself – my book ‘Knight’ is out now...”



Greg’s book, ‘Knight; Yorkshireman, Storyteller, Spy’, is available in bookshops and online in both print and audio versions

Greg and Captain



Equipment

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:



A modern table lamp with two slim independent shades with adjustable brightness. The flexible arm allows you to direct light where you need it and each light head can be moved separately to form a straight bar, a V-shape or to sit parallel to each other. DH421 £35.99 ex VAT



An ergonomic tin opener with a ratchet mechanism, alleviating the need to twist; making it easier for those with limited dexterity. DK170 £10.40 ex VAT



This small red non-slip chopping board has three raised edges to prevent your food from sliding off the board during preparation, while the non-slip ring on the base ensures that the board doesn't slide on your work surface. DK155 £15.99 ex VAT

Activities Round-Up

Cycling

We have 2 more cycling sessions planned on:

Tues 18th September

and

Thurs 11th October

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

Music & Movement

Our gentle exercise group, run by Annie, is 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. Sessions start again on Tuesday 11th September.

Boccia

This activity will restart on Friday 7th Sept 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.

Sight Village at Leeds

We have a limited number of places available for our visit to Sight Village on Wed 26th Sept. Visitors are able to find out more about the latest technology, equipment and support services available to people who are blind or partially-sighted. If you have a visual impairment you may find a visit to the show very helpful.

Please contact Julie or Nicole if you are interested in attending any of the above groups or visits.

Autumn Activities Diary

Wednesday 12th Sept – Craft Club, 10 – 12 noon

**Thursday 13th Sept – North Yorks Moors Railway Trip
(Malton Group)**

Tuesday 18th Sept – Cycling, 10 – 1.30pm

Wednesday 26th Sept – Sight Village, Leeds

Thursday 11th Oct - Cycling, 10 – 1.30pm

**Monday 22nd Oct – Autumn Get Together and AGM
Malton, 2 – 4 pm**

**Thursday 15th Nov – Shopping trip to Monks Cross &
Vanguard**

Monday 26th Nov – Christmas at Castle Howard

Wednesday 5th Dec – Christmas Lunch

Monday 10th Dec – Carol Service 2 – 4pm



Staff News

We look forward to welcoming a new member of staff to the Sight Support Ryedale on Tuesday 4th September.

Susan Balf will be taking on the role of Outreach and Support Assistant to raise awareness of our charity within the local community, support our activities & services and volunteer co-ordination. Susan, who has 30 years' experience in the voluntary sector, will work 18 hours per week, usually Tuesday, Thursday and Friday. Nicole and I know that you will give her a warm welcome to our Sight Support Family.

Volunteering News

Volunteer coffee morning

Our next volunteer coffee morning will be on Wednesday 5th September, 10 – 11.30. Venue to be confirmed.

As well as enjoying coffee and cake, this will be an excellent opportunity for us to share our plans for our Autumn programme, with our volunteers, and to reflect on the delivery of our summer activities. We very much value our volunteers, and the feedback they provide.



Volunteer Profile



Cilla has been a volunteer for Sight Support Ryedale for two years; you may have met her at our joint meetings or at one of our outings. Cilla has recently taken on the role of editing this newsletter in addition to also helping one of our members, Greg, with administration and research work in preparation for the publication of his first novel.

Cilla and her husband retired back to her home town of Helmsley in 2015 and have spent the past few years renovating her family home. Cilla is also a volunteer at the Helmsley Arts Centre and Helmsley Community Library, where she is a Trustee and Secretary to the Management Committee.

Previously Cilla worked as an administrator for The Royal College of Radiologists in central London and she still goes back occasionally to help with exam invigilation. Cilla became a Sight Support volunteer after seeing a vacancy for administrative help advertised on a volunteering website.

When not doing voluntary work Cilla likes to read, sew, garden (in warmer weather) and enjoys travelling.

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.

Summer Outing

On Tuesday 24th July, members and volunteers travelled to Scarborough to take a ride on the newly commissioned Wetwheels Yorkshire speedboat. The weather was perfect for a day at sea, and the trip was a great success. All the members, and some volunteers, had the chance to steer, as either a captain or a pirate, reaching speeds of 30 knots! We would like to thank the volunteers on board, Peter, Gill and Mark, for making it a day to remember.



FUTURE FUNDRAISING EVENTS



Saturday 6th October

We are holding a bucket collection at the Pride of Malton Awards ceremony in Malton

Sunday 2nd December

We will be holding a fundraising stall at Norton Hive Library as part of the Santa Run, 1.30 – 4.30 pm

**Look out for our Christmas Tombola which will be held at Morrison's Supermarket in Malton
Date to be confirmed**

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

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 (available from the Sight Support office) 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!

***Membership fees are due on 1st April each year. For members joining part way through the year, your first membership fee will be charged, pro rata, from the month of joining until the following 1st of April.**

Recent 100 Winners

APRIL

- 1st Prize – Alison Bates**
- 2nd Prize – Phylis Rounds**
- 3rd Prize – Stephen Ruddick**

MAY

- 1st Prize – Roger Dunning**
- 2nd Prize – Ann Ruddick**
- 3rd Prize – S.C.Edmond**

JUNE

- 1st Prize – Lyndsay Tidswell**
- 2nd Prize – Roger Mattingley**
- 3rd Prize – Greg Christie**

JULY

- 1st Prize – Henry Flintoft**
- 2nd Prize – Roger Dunning**
- 3rd Prize – K. Gardner**

**WELL DONE TO ALL OUR WINNERS!
COULD IT BE **YOU** NEXT MONTH....??**



Christmas Closure 2018

**Our Office will close at 4.30pm on
Thursday 20th December 2018
and
will re-open at 9.30am on
Thursday 3rd January 2019**

**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.**