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Outwood
Wakefield WF1 2PN
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Hello everyone and welcome to our Summer newsletter!

Thank you to all who were able to attend our AGM last month. Following the presentation from one of our guest speakers, Wendy Jewitt, Library Officer: Information and Culture, we are pleased to enclose a leaflet regarding the many free services that Wakefield Libraries offer for visually impaired people.

Our 2017 Impact Report, which summarises what we do and the difference our work has made over the past year, is now available. I'm hugely proud to be part of a charity that achieves so much. If you'd like a copy, please do contact the office to arrange this in your chosen format.

I am pleased to announce that we have been awarded funding to help us pilot a brand new service, designed to support members with using the internet and assistive technology. Members are telling us they'd like to get online or explore options that would help them feel more connected to their families and the wider world (for example, using mobile phones and tablet computers), but they lack the skills and confidence to do so and feel confused by all the options available. I look forward to sharing more news about how this service will be delivered in due course.

In related news, we are in the process of working with an agency to build a new website, which will better reflect who we are as a modern sight support charity, so watch this space!

Wishing you all a lovely summer.

Hayley Grocock, Chief Executive Officer

Wakefield District Sight Aid – charity news

Update from Jo Brook, our Community Coordinator:

It has been a busy quarter, both with our own events and attending partner events. Huge thanks to our volunteers who have made it possible for us to deliver these successfully.

Rooks Nest Academy, our local primary school, has continued to provide wonderful buns for Demo Days and coffee mornings at Outwood. Nic and I have been into school assembly, to deliver a fun talk and interactive session with children from the school and nursery, and raise awareness of living with sight loss. The children have asked to meet people with guide dogs and a visit has been arranged.

The new Eastmoor lunch and friendship group has welcomed some new and familiar faces whilst providing opportunity for a low-cost lunch, and chance to become involved in some of the many other activities at the St. Swithun's Centre. This is a fantastic community hub and well worth a visit to find out what's available to try out in the local area. You can also find out more via their website: www.eastmoorcommunity.co.uk

Our befriending service has been very popular and we are conscious of managing our waiting list. If you have requested befriending, where a trained volunteer will call or visit you regularly, and have not yet been paired with anyone, please get back in touch with us so we can discuss your requirements and our current availability.

Being aware that our befriending service is volunteer-led and demand exceeds capacity, we are piloting another approach, designed to help our members connect with each other, called Friends on the Phone. With this self-running service, you agree to share your phone number with two other visually impaired people in our membership network and between you establish a friendship group. We are here to support you in the smooth running of this and all it requires is a completed written consent form, which is available on request. You can opt out at any time by letting the office know.

Please see below the dates for your diary section, which includes news of an exciting trip to Winthrop Gardens. Please also note that our Horbury coffee morning is taking a short break over the summer whilst vital

building work takes place at the Cluntergate Centre. We look forward to seeing you soon!

Update from Nic Ford, our Sight Loss Advisor:

Thank you to everyone who's provided such positive feedback on our revamped Demo Day. I look forward to seeing many of you at our next Demo Day on Monday 11th June. This time we will have a table where people can come and try out versions of popular board games and card games that have been designed with people with sight loss in mind.

With the warmer weather now finally upon us, we will have a selection of wraparound anti-glare sunglasses available for you to try and buy at super cheap prices! We are also really excited to have been loaned a brand new RNIB In Your Pocket reading device, designed to make accessing RNIB Newsagent and Talking Books simple. With voice control, In Your Pocket is easy to use, fuss-free and great for listening on-the-go. You can access the latest editions of newspapers, magazines and podcasts right away from wherever you are, without the need for a computer or downloads. Come along to Demo Day to try it out!

Over the last quarter, one of the things that's really struck me when I've been out visiting members is that little things - like Tactile Markers, Liquid Level Indicators and Talking Books – can really make a big difference in people's lives. If you think you might benefit from a home visit and a chat, please contact the office to arrange an appointment for me to come and see you.

Fundraising news

Without your donations and generous gifts left to us in Wills, we simply couldn't continue to operate. We are very grateful for the support of Wakefield Council, with whom we have a service agreement that partially funds the delivery of our home visiting service, but this only covers around 12% of our outgoings each year. The rest has to be made up by fundraising. In a typical year, our income only meets around 50% of our annual operating costs, meaning that the shortfall has to be made up from charitable reserves. At the moment, our reserves are reasonably healthy, due to a generous legacy received last year for which we are very grateful. However, such donations are sporadic and unpredictable.

Our large national partners, like RNIB and Guide Dogs, do excellent work across the country and are important advocates for visually impaired people. They have fundraising teams and are able to raise money country-wide, but do not deliver direct, free, community-based services to local people like we do. Therefore, for us, every donation really does count, and we are proud that every penny we receive is spent in Wakefield and improves the lives of local people.

We'd like to say a heartfelt thank you for your continued support of our work. Please do contact us in the office if you are interested in helping us in any of the following ways:

- Collecting boxes – we can supply these for your loose change at home, and for local businesses
- Setting up a standing order gift – however small, these regular gifts give us some degree of certainty over what our income might look like and really help us plan our future activities
- Fundraising through sponsored events

On that note, we are very excited to announce that Michael Reynolds (son of Jack and Pam who kindly put together the quizzes for this newsletter) is running the Yorkshire Marathon on 14th October to raise money for Wakefield District Sight Aid! If you would like to sponsor Michael, please contact the office. Big thanks to Michael for supporting us, and we wish him lots of luck with his training!

Did you know that you can collect FREE funds for us every time you shop online with hundreds of retailers, including Amazon and eBay? Visit the link below to start raising donations for us every time you shop online with over 3,300 retailers – it won't cost you a penny:

<https://www.easyfundraising.org.uk/causes/wdsa/>

We are also now an eligible organisation with AmazonSmile, a scheme by which Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisations selected by customers. It is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. Simply sign in to your Amazon account using the link www.smile.amazon.co.uk and select us from the list of charities.

Historical quotations quiz (with thanks to Jack and Pam Reynolds)

Complete the following quotations. Even if you don't know them, some are easy to guess.

1. I have nothing to offer but blood, tears, toil and _____. (Winston Churchill)
2. You can have any colour car you like so long as it's _____. (Henry Ford)
3. _____ are a grandmother! (Margaret Thatcher)
4. They [the Tsar's government] offer you war, poverty and starvation. We offer you peace, land and _____. (Lenin)
5. We will build homes fit for _____. (David Lloyd George)
6. Ask not what your _____ can do for you but what you can do for your _____. (JF Kennedy)
7. _____ first! (Donald Trump)
8. Peace in our _____. (Neville Chamberlain)
9. Every time I solve the Irish question, the Irish _____ _____. (Gladstone)
10. Dooby dooby _____. (Frank Sinatra)

The answers are at the end of the newsletter!

Sight loss news

Student to offer eyecare in Malawi

Netherton optometry student Emily Hancock (19) is embarking on a 'once in a lifetime opportunity' to provide free eye care for people in Malawi this summer. Emily, along with 11 other optometry students and three qualified supervisors, will spend a month providing free eye tests and suitable glasses to around 2,000 – 3,000 local people.

Emily is in the second year of her BSc in Optometry degree at Cardiff University. She also works as an optical assistant at Valli Opticians branches in Huddersfield during her Christmas, Easter and Summer breaks. After she graduates Emily will take up a post as a pre-registration optometrist at the Valli Opticians Wakefield branch.

For further information about the trip or how you could help fund this work visit <https://www.gofundme.com/btzt8r-malawi-project-2018>

Source: Wakefield Express, 27th April 2018

Blind customers locked out by bank web upgrades

HSBC, Metro Bank and Halifax have all admitted to failings after redesigning websites that made it hard for their blind or visually impaired customers to access full services online. Under the Equality Act, firms must not discriminate against anyone by failing to provide them with a service. And that includes banking services. Companies that don't comply could face a claim for damages.

Source: BBC Radio 4 Money Box, 6th May 2018 and BBC online (<http://www.bbc.co.uk/news/business-43968736>)

Disabled people face unacceptable barriers to independent living

The Women and Equalities Committee Chair reacts to findings of Equality and Human Rights Commission (EHRC) inquiry into housing for disabled people. Commenting on 'Housing and disabled people: Britain's hidden crisis', published by the EHRC, the Chair of the Women and Equalities Committee, Maria Miller MP, said that disabled people were left to face unacceptable barriers to independent living, often making them feel isolated and forgotten.

Source: Women and Equalities Committee, 11th May 2018 (<https://bit.ly/2r15bJK>)

Tech guru with an eye for accessibility

Robin Spinks, who has limited sight due to albinism, has spent his career dedicated to technology. Robin spoke to RNIB Connect about how tech will enable positive change.

Source: RNIB website, 12th April 2018 (<https://bit.ly/2rJnNc8>)

Dates for your diary

Our next **Equipment Demonstration and Advice Day** runs from 10.30am – 2pm on **Monday 11th June** at the Parkside Centre, Outwood. We will be joined by colleagues from Wakefield & District Society for Deaf People, Healthwatch Wakefield, and Dinos Constantinou, an Assistive Technology Coordinator with RNIB, so do come along and have a chat with them about the support they offer. As at our last Demo Day, there will be a Clearance table and a "free to a good home" table at this event so have a rummage through the equipment on offer and grab a bargain!

Forthcoming Demo Day: Monday 22nd October.

Outing to Winthrop Gardens, Rotheram: Tuesday 26th June 2018

We will provide minibus travel from central pick-up points in Pontefract and Wakefield. You will get tea/coffee and biscuits on arrival, a garden tour, and a buffet lunch. With the kind support of our friends at Winthrop Gardens and by heavily subsidising the cost of the transport ourselves, we are able to offer this trip at the fantastic price of £12.50 per person (payable within 7 days of booking). This is non-refundable, but in the event that you cannot attend, if we can re-sell your place(s) we will of course reimburse you.

Places are allocated on a first come, first served basis. If you need to bring a sighted helper along with you, or if you'd like to join us and need us to provide a sighted helper, please let us know at the time of booking.

Approximate timings: pick-up from 11am, drop-off around 4.30pm

Coffee mornings:

Parkside Centre, Outwood: Mondays 2nd July, 6th August, 3rd September

Cluntergate Centre, Horbury: Tuesdays 12th June, 11th September

St. Giles' Centre, Pontefract: Saturdays 16th June, 21st July, 18th August, 15th September

NEW! Eastmoor lunch and friendship group: Mondays 18th June, 16th July, 20th August, 17th September 11.30am – 1.30pm at the Café on the Moor, St. Swithun's Centre, Arncliffe Road, Wakefield WF1 4RR. Join us for a low cost lunch, with the option of joining in with other activities at the Centre afterwards.

Other groups, schemes and events of interest

Yorkshire Cancer Patient Forum

This is a group of people who have been directly affected by cancer and those working with or within cancer services. Their aim is to enable the views and experiences of cancer patients, families and friends to be heard and used to improve the quality of cancer care in the Yorkshire and Humber area. The Forum is supported by Macmillan Cancer Support and Healthwatch Wakefield. For more information, please contact:

Telephone: 01924 787371 / 07715 217845

Email: info@yorkshirecancerpatientforum.co.uk

Website: www.yorkshirecancerpatientforum.co.uk

Wild About Wakefield

Wild About Wakefield is a local project run by disability charity Open Country, and offers walks, conservation work and weekend trips. They have just started running evening tandem bike rides suitable for visually impaired people, which take place at 6pm on Wednesdays with specially trained bike pilots to help you explore the Wakefield countryside as a group. Please contact Ella Dixon, Project Officer, on 01423 507227 or email her on wakefield@opencountry.org.uk to find out more.

Office availability

Our office is open Monday to Thursday 9.30am to 1.30pm (telephone contact only on Thursdays, please). If possible, please get in touch before dropping into the office so we can make sure someone is available to help you. You can call us on 01924 215555 or email admin@wdsa.org.uk.

Data Protection – the information we hold about you

The General Data Protection Regulation (GDPR) came into force on 25th May 2018 and updates the law on data privacy. To enable us to send this newsletter to you, and if you have received other services from us in the past, we hold certain personal details about you. You have the right to know what details we hold for you, and to ask for any of your information to be removed from our database at any time. Please get in touch if you would like to discuss the information we hold.

Quiz answers

1. sweat
2. black
3. We
4. bread
5. heroes
6. country
7. America
8. time
9. change the question
10. doo