



Wakefield District Sight Aid

35 Peterson Road, Wakefield WF1 4DU

01924 215555 – admin@wdsa.org.uk – www.wdsa.org.uk

President: The Lord St Oswald Company No. 7432897 Registered Charity No. 1140483

Hello everyone and welcome to our Summer 2024 newsletter!

As usual, it's been another jam-packed quarter, with our King's Award for Voluntary Service celebration event, our Annual General Meeting, a seaside trip to Bridlington, and the launch of our new Pontefract coffee morning! It has been lovely to see so many of you at these events, particularly our King's Award celebration in May, and we have included a double-page spread of photographs of the event on pages 6 and 7.

We are delighted to share that we have been successful in securing more funding for our Art Beyond Vision project, so if you are interested in taking part in fully accessible arts and crafts sessions, please see further details later in the newsletter. There's also information about our next fish and chip lunch, and a trip to the Abbey House Museum in Leeds.

We have recently changed the way we gather feedback from our members. We used to send an annual survey out with the Autumn newsletter, but we know this is difficult for many of you to complete, so we have started using a telephone survey to gather your thoughts on the services we offer. Your feedback is very important to us as it helps us to improve and develop our work, so if you receive a call from a member of our team, we'd really appreciate a few minutes of your time to answer a few short questions on your experiences of what we do. Thank you so much.

With warm wishes,

Hayley Grocock (CEO)



CEO Hayley holding our crystal King's Award for Voluntary Service.

What's on at Wakefield District Sight Aid

All our events up to the end of October 2024 are shown on the calendar on page 11. Here is a summary of what's coming up:



People enjoying our Ridings coffee morning.

The Ridings coffee morning 10.00 – 12.00 on the first Monday and third Wednesday of the month held at The Events Space, Middle Mall, The Ridings, Wakefield, WF1 1DS – outside M&S Food and Poundland. There is plentiful disabled parking at The Ridings, but it is not free of charge. Blue badges can be used on-street and in nearby Council car parks.

Horbury coffee morning 10.00 – 12.00 on the second Tuesday of the month (The Cluntergate Centre Café, Cluntergate, Horbury WF4 5DA). Our small but perfectly formed Horbury group is ready to welcome you!

Evening social group (ESG – formerly the younger members social group) 17.00 – 19.00 on the fourth Thursday of the month (held at Calder & Hops, 60 Northgate, Wakefield, WF1 3AP). This friendly and informal evening meet-up welcomes members of all ages and is looking forward to meeting new members!

NEW! Pontefract coffee morning! 10.00 – 12.00 on the fourth Thursday of the month at The Broken Bridge Wetherspoon, 5 Horse Fair, Pontefract, WF8 1PD.

Our brand-new social group for the Pontefract area is now up and running! Come and join us for a cuppa and a natter. Hot drinks are just £1.04 and are refillable for free all day. The Broken Bridge has step-free access and is very close to Pontefract bus station. You can find us towards the back of the pub, near to the toilets. If you are not familiar with The Broken Bridge, staff will be happy to help direct you to our area. The breakfast menu is available until 12.00 for anyone wanting a full English or veggie alternative!



People enjoying our Pontefract coffee morning.

Living Well with Sight Loss course (LWWSL)

Are you newly diagnosed, feeling nervous about navigating the world, or want to start getting out and about more? Feeling like you need a boost of confidence?



A group of people at a Living Well with Sight Loss course.

This free, informal, two-day course delivers:

- Practical advice and local information.
- Daily living skills and leisure activities.
- Wellbeing and emotional support.
- The opportunity to share experiences with others.

A recent course attendee said:

“The course was so useful – lots of information, well presented, and a chance to meet others with sight impairments.”

Living Well with Sight Loss is a partnership between WDSA and RNIB, made possible with the kind support of Wakefield Council. Our next course will provisionally be taking place on Monday 9th and Monday 16th September at Lightwaves Leisure Centre, Lower York Street, Wakefield WF1 3LJ (opposite Wakefield Bus Station). Access to Lightwaves is step-free. Places are limited, so please contact the office on 01924 215555 and we will be happy to give you further information.

Fish & chips, with cash prize bingo! Wetherby Whaler Empire Outwood, 12.00 – 15.00 (approx.) on Wednesday 4th September



Two ladies holding up a large print bingo card.

Join us for a fish & chip lunch at the Wetherby Whaler Empire Outwood, 550 Leeds Road, Outwood, Wakefield, WF1 2DX. After lunch there will be the option to play cash prize bingo (50p a book), followed by tea, coffee, and biscuits.

There is a one-course menu available at £12.25 or a three-course menu available at

£15.45. We will ask for your preferences at the time of booking, but payment will be taken on the day.

Starter options: homemade soup of the day **or** fruit juice.

Main course options: haddock, plaice or scampi and chips (chips may be substituted for a salad garnish if preferred).

Dessert options: ice cream **or** sweet of the day.

Mushy peas, beans or curry sauce are an extra £2.40 each. Soup may be substituted for mushy peas, beans, or curry sauce with your main course if preferred.

All main courses are served with Yorkshire tea or filter coffee. Please note that speciality coffees (e.g. latte, cappuccino), soft drinks and alcohol all incur additional charges.

There are vegetarian/vegan/gluten free options, and all dietary requirements can be catered for, so please let us know your needs when booking. Prices may vary for different options.

All are welcome, including sighted companions. Parking is plentiful and free, and the 110 bus from central Wakefield and Leeds stops very close by on Leeds Road. Places are limited and will be allocated on a first come, first served basis. Please ring the office on 01924 215555 to book your place!

Trip to the Abbey House Museum, Kirkstall, Leeds – 11.30am until 5pm (approx.) on Wednesday 2nd October



The Abbey House Museum

Join us on this trip and be transported back to the 19th century! Stroll the Victorian streets with the authentically recreated shops, pub and houses at the Abbey House Museum. The Museum has a new exhibition each year, which is inspired by a theme from its collection, along with exciting events running throughout the year.

We will be organising a coach, picking up in Wakefield (behind the bus station on Union Street/Providence Street) at 11.30am. We will travel to

Kirkstall and on arrival we will have lunch at the Kirkstall Abbey café, which is across the road from the Abbey House Museum.

At 2pm we will enjoy a touch tour of the museum, designed for people with sight loss and delivered by one of their specially trained volunteers. This will take about an hour, after which there will be about 90 minutes for you to explore the museum independently, before we rejoin our coach and return to Wakefield at 4.30pm. We aim to arrive back at Wakefield bus station just after 5pm.



Step back in time as you explore the museum.

The cost of the trip is just £20 per person which includes a contribution towards the cost of the transport, museum entry, and the touch tour. Please note that lunch is not included and will need to be paid for separately.

Carers get free entry to the museum, so the cost of the trip for them is £13.20. We encourage anyone who needs a sighted guide for the day to bring someone with them if possible. If you need a sighted guide and would like someone from WDSA to accompany you, please let us know when booking and we will do our utmost to ensure that a trained volunteer is available.

Places are limited and will be allocated on a first come, first served basis. We expect this trip to be very popular, so please ring the office on 01924 215555 and book your place today!

Future dates for your diary

Full details of these events will be in the Autumn newsletter:

- Equipment Demonstration and Advice Day – Monday 1st November, 10.00 – 13.00 at The Ridings. Large print diaries and calendars will be available to order at this event.
- Christmas Lunch – Monday 2nd December, 12.00 – 14.00 (approx.) at The Bridge Inn, Bridge Street, Wakefield, WF1 5RT.

The King's Award for Voluntary Service Celebration Event: Wednesday 15th May 2024 – Souvenir photograph pull-out section



People gathered at tables and stood in small groups, waiting for the ceremony to begin.



Ed Anderson CBE, HM Lord-Lieutenant of West Yorkshire, greets our guests.



Ed Anderson CBE, speaks into a microphone, with Luke Scholey (Chair of Trustees) to the left and CEO Hayley to the right.



Luke receives the crystal award from Ed Anderson, whilst Hayley holds the framed scroll.



Staff, volunteers, and partners pose for a group shot with Ed.



The crystal award, pictured on a black table with gold lights behind.

**The King's Award for Voluntary Service Celebration Event:
Wednesday 15th May 2024 – Souvenir photograph pull-out section**



L-R: volunteer Luke, volunteer Julie, Ed Anderson CBE, Lord St. Oswald DL.



L-R: Ed Anderson CBE, volunteer Mike holding the award, Hayley (CEO) holding the framed scroll.



L-R: Ed Anderson CBE, volunteer Catherine holding the award, Hayley holding the framed scroll.



WDSA members hold and look at the crystal award.



The framed scroll, which is signed by HM The King at top right.



WDSA members hold and look at the crystal award.

Art Beyond Vision

The next phase of our fully accessible creative programme, Art Beyond Vision, will be starting on Thursday 12th September and running for six weeks until Thursday 17th October. The sessions will run from 1pm to 3pm. The weekly workshops will be taking place in the Education Room at Wakefield Cathedral, Westmorland Street, Wakefield, WF1 1PJ. The venue is step-free and has accessible toilet facilities.



Facilitator Tom with course participant Jean [photo credit: David Lindsay, photosbydavid.co.uk]

Art Beyond Vision focuses on tactile techniques that can be used by anyone, irrespective of your level of usable vision. No experience is necessary, and all equipment and materials are provided. The course is run by a qualified teacher with support from a facilitator(s) with lived sight loss experience. Previous participants have said:

“I've thoroughly enjoyed the course and I'm so pleased it has given me the confidence to carry on being creative like I used to be.”

“I've looked forward to every Thursday as I live alone. Getting out regularly has been great, helping with my mental health. I've enjoyed learning new crafts and socialising with others.”



A group of people at one of our previous Art Beyond Vision classes.

Because the funding we have received does not cover the whole cost of delivering the project, we will be charging a nominal fee of £5 per class per participant. This will include all equipment, materials, tuition, and refreshments (tea, coffee, biscuits). If you would like to attend but the cost is difficult for you, please talk to us and we will see what we can do.

The technique being taught on the September course is called quilling. This is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. The paper

shape is manipulated to create designs on their own or to decorate other objects, such as bowls, coasters, greetings cards, or to make jewellery.

The next course after this will be starting on Thursday 7th November and running for six weeks until Thursday 12th December. The sessions will run from 1pm to 3pm. The technique being taught at this course is embossing. This is the art of producing raised patterns on paper. This can be done using hand tools or by creating a collaged embossing plate and running it through a press. The technique can be used to create greetings cards and paper-based art.

Places are very limited and will be allocated on a first-come, first-served basis. If you can't make it to either of these courses but would be interested in future courses, please let us know and we will be pleased to add your name to our waiting list.

Cost of living support



The rising cost of living is a big concern for everyone right now. Please don't struggle alone.

Thanks to some grant funding, we have a limited emergency fund available to help blind and partially sighted people who find themselves in financial hardship. We can help with unexpected expenses, sudden increases in bills, or one-off emergency costs.

For a confidential discussion about your situation, please contact Hayley on 01924 215555. We can also refer you to other organisations such as Citizens Advice, who can assist with issues such as welfare benefits checks, debt support and housing advice, to make sure you're receiving all the support available to you.

Newsletter format

The newsletter is available in large print, on audio CD or audio USB, in Braille, and via email. Please let us know if you would like to receive the newsletter in a different or additional format, or if you would like us to send one to a friend or family member. Audio USB subscribers, please remember to return your reusable mailing pouch to us promptly.

Partner news: Live Well Wakefield

Do you need support to attend healthcare appointments?

- Is anxiety stopping you from attending your appointments?
- Do you need support using public transport to get to your appointment?
- Is finding your way around the hospital causing you to avoid your appointments?
- Do you need support to attend an important health screening?
- Do you forget your appointments due to memory issues?

Who can Live Well Wakefield support?

- Anyone aged 18+.
- Individuals struggling to attend their healthcare appointments.
- Those with a booked appointment.
- Wakefield district residents.
- Those able to finance their own travel to their appointments.

What support do they provide?

- Peer Support Volunteers to help people access healthcare appointments to improve their overall health.
- Social prescribers help people address their non-clinical needs, by linking them to local support options to improve their independence and wellbeing.

Contact Live Well Wakefield for more information or to refer:

Telephone: 01924 255363

www.livewellwakefield.nhs.uk/referrals/new

(Please let them know the date, time, and location of the appointment)

Volunteers

If you or anyone you know would be interested in joining our friendly team, please contact Nicola Ellis (Finance and Outreach Manager) on 01924 215555

or operations@wdsa.org.uk, for an informal chat or to find out more about the roles on offer and how you can help. We are particularly interested in hearing from people with living experience of sight loss to join our Board of Trustees/Directors, and sighted helpers for our Pontefract coffee morning.



Calendar of events July - October 2024

July	August	September	October
1 Mo Demo Day	1 Th	1 Su	1 Tu
2 Tu	2 Fr	2 Mo Ridings	2 We
3 We	3 Sa	3 Tu	3 Th*
4 Th	4 Su	4 We Fish & Chips	4 Fr
5 Fr	5 Mo Ridings	5 Th	5 Sa
6 Sa	6 Tu	6 Fr	6 Su
7 Su	7 We	7 Sa	7 Mo Ridings
8 Mo	8 Th	8 Su	8 Tu Horbury
9 Tu Horbury	9 Fr	9 Mo LWWSL	9 We
10 We	10 Sa	10 Tu Horbury	10 Th*
11 Th	11 Su	11 We	11 Fr
12 Fr	12 Mo	12 Th*	12 Sa
13 Sa	13 Tu Horbury	13 Fr	13 Su
14 Su	14 We	14 Sa	14 Mo
15 Mo	15 Th	15 Su	15 Tu
16 Tu	16 Fr	16 Mo LWWSL	16 We Ridings
17 We Ridings	17 Sa	17 Tu	17 Th*
18 Th	18 Su	18 We Ridings	18 Fr
19 Fr	19 Mo	19 Th*	19 Sa
20 Sa	20 Tu	20 Fr	20 Su
21 Su	21 We Ridings	21 Sa	21 Mo
22 Mo	22 Th Pont/ESG	22 Su	22 Tu
23 Tu	23 Fr	23 Mo	23 We
24 We	24 Sa	24 Tu	24 Th Pont/ESG
25 Th Pont/ESG	25 Su	25 We	25 Fr
26 Fr	26 Mo	26 Th */Pont/ESG	26 Sa
27 Sa	27 Tu	27 Fr	27 Su
28 Su	28 We	28 Sa	28 Mo
29 Mo	29 Th	29 Su	29 Tu
30 Tu	30 Fr	30 Mo	30 We
31 We	31 Sa		31 Th

* Art Beyond Vision class

NEW

OrCam Read 3.

enhanced
vision

Freedom
Scientific

Optelec

SCHWEIZER

Orcam **Read 3** is a highly sophisticated lightweight smart camera. Using AI technology, it instantly reads any printed or digital text from books, newspapers, smartphone screens, computers, and more. It is intuitively operated, with just the press of a button. Either listen via the mini speaker on the device or through headphones (wired or bluetooth). Orcam **Read 3** is the most efficient smart pen on the market, with Speed Reading and the only one with Full Page Capture. It is designed for all ages and does not require an internet connection.

Perfect for those at **home, work and school**. Great for those with moderate **low vision, reading difficulties, including dyslexia and reading fatigue**.



Sale Price: £1800

**Reads a full page
with one press!**

Simply point, press and listen!

Freephone: 0800 145 6115 For a FREE home demonstration or for more information.