



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 May 2022 newsletter!

I hope this newsletter finds you keeping well and enjoying the sunshine! It has been lovely to see so many of you at our coffee mornings and at our fish and chip lunch, which was so successful we are pleased to be holding another one at the beginning of July – more details later!

We are very grateful to those who have been able to support our fundraising appeal so far. We have already had donations of more than £1,600 in response to our appeal, which is tremendous. We are still gratefully accepting donations and more information about how to donate is on the next page.

Speaking of fundraising, one of our amazing service users and Trustees Richard Doherty, is undertaking a fitness challenge to raise money for us. He has already raised over £1,000 which is fantastic! You can find out more about Richard's Blind Bloke Challenge on the back page of the newsletter.

I'm excited to share details of some new services with you later in the newsletter. We always welcome your ideas and feedback, so please get in touch if you have suggestions of how we can do things differently or better.

Please remember that the newsletter is available in large print, Braille, audio CD or USB stick, or by email. Please contact us to request a different format. If you receive the newsletter in an audio format, please don't forget to return the padded mailing envelope, and your USB stick (if you receive one) to us so we can use them again. You can unsubscribe at any time by contacting the office on 01924 215555 or admin@wdsa.org.uk.



With warm wishes,

Hayley Grocock (Chief Executive Officer)

Fundraising appeal

Once again, huge thanks to everyone who has donated to our fundraising appeal so far. For six of the last eight years it has cost us more to run the charity than we have received in income. We do not receive any funding from central Government, or from other sight loss charities. We rely entirely on voluntary funding to continue to operate.

Your money helps us to:

- Staff our telephone helpline
- Buy refreshments for our coffee mornings
- Pay for the petrol required for our Sight Loss Advisor's home visits
- Send this newsletter out in accessible formats to all our members
- Hold special events like Demo Days and our Christmas lunch

If you would like to make a regular gift, you can do so by standing order using our bank details below or by contacting the office for a standing order mandate to send to your bank. You can also make a one-off donation by cash, cheque or BACS. If you are a UK taxpayer, you can increase your donation to us by 25% at no extra cost to you, simply by completing a Gift Aid Declaration (available by contacting the office on 01924 215555).

Bank: Barclays Bank Plc

Account: Wakefield District Sight Aid

Sort code: 20-89-68

Account number: 73031519

If you would like to sponsor Richard for his Blind Bloke Challenge, you can do so using these bank details. Please quote reference "Blind Bloke Challenge". You may also donate to Richard's fundraising efforts safely and securely via the fundraising page set up on our Facebook page (100% of donations made via Facebook come directly to us): www.facebook.com/WDSightAid.

A gift in your Will is a wonderful way for your legacy to live on by ensuring we can support people living with sight loss for generations to come. We can send you more information about how to do this should you wish.

Thank you for your time and kind consideration of our fundraising appeal. Every penny really does count and we are so grateful for your support.

What's on at Wakefield District Sight Aid

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

Horbury coffee morning 10.00 – 12.00 on the second Tuesday of the month (held in the café at The Cluntergate Centre, Cluntergate, Horbury WF4 5DA).

NEW LOCATION: The Ridings coffee morning 10.00 – 12.00 on the first Monday and third Wednesday of the month (please note that from 6th June



our events at The Ridings will be moving from The Garden Kitchen area on the Upper Mall to The Zone, Lower Mall, The Ridings, Wakefield, WF1 1DS – opposite Morrisons, on the other side of the escalators). There is plentiful disabled parking at The Ridings, but it is not free of charge. Please use the Blue car park level 5 and take the glass lifts to the Lower Mall. There is on-street parking nearby where Blue Badges can be used. Nearby Council car parks offer up to 2 hours free parking for non-Blue Badge holders.

Younger members social group (YMSG) 17.00 – 19.00 on the fourth Thursday of the month (held at Calder & Hops, 60 Northgate, Wakefield, WF1 3AP). This friendly and informal meet-up is for anyone of working age, and new members are encouraged and welcomed!

Wakefield District Sight Aid Annual General Meeting (AGM)

12.30 – 14.00 on Wednesday 8th June at St. Andrew's Church, Peterson Road, Wakefield WF1 4DX (opposite the office)

All are welcome to join us for our AGM, which is an opportunity to meet and speak to staff and Trustees, and hear about the charity's progress and achievements over the past year. We are pleased to welcome guest speaker Rebecca Dunford, Services Manager at Live Well Wakefield, and will have service users sharing their stories, too. Tea, coffee and light refreshments will be available. The event is free, and we would love to see you there. Please let us know if you are planning to attend so we can cater accordingly!





**Fish & chip lunch outing, Wetherby Whaler
Empire Outwood, 12.00 – 14.00 on Wednesday
6th July**

Come and join us for a fish & chip lunch at the Wetherby Whaler Empire Outwood, 550 Leeds Road, Outwood, Wakefield, WF1 2DX!

Choose from the following options:

Main course only option £9.50	Two-course option £12.25	Three-course option £12.25
No starter	No starter	Homemade soup of the day or fruit juice
Haddock, plaice or scampi and chips (chips may be substituted for a salad garnish if preferred)	Haddock, plaice or scampi and chips (chips may be substituted for a salad garnish if preferred) plus your choice of mushy peas, beans or curry sauce	Haddock, plaice or scampi and chips (chips may be substituted for a salad garnish if preferred)
No dessert	Ice cream or sweet of the day	Ice cream or sweet of the day

All main courses are served with bread and butter and Yorkshire tea or filter coffee. Please note that speciality coffees (e.g. latte, cappuccino), soft drinks and alcohol will need to be paid for separately. Additional mushy peas, beans or curry sauce are charged at £2.05 each.

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, and we will advise you of prices at the time of confirming your booking.

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!

SPECIAL EVENT! Demo Day, with a difference!

Our next Demo Day will be held from **10.00 – 13.00 on Monday 27th June** (not 20th June as previously advertised) **in The Zone, Lower Mall, The Ridings, Wakefield, WF1 1DS** – opposite Morrisons, on the other side of the escalators.

This Demo Day is going to be a bit different! As well as the usual daily living equipment you are used to seeing at Demo Days, we are delighted to welcome Ella Dixon from Open Country, who will be demonstrating the joys of



tandem cycling and how you can join their activities to explore the outdoors in a safe, supported and fun way. We will also be holding a creative showcase where Sight Aid members will share with you the hobbies they enjoy and how their sight loss does not stop them from achieving their goals. Come along, hear their stories, and maybe even have a go yourself!

Next Demo Day after this one: Monday 14th November

NEW SERVICE: Emotional support in partnership with Gasped (Giving Advice and Support to People in Emotional Distress)

Being diagnosed with sight loss, or experiencing deterioration of an existing condition, can be a emotional rollercoaster, and we are here to provide the best possible holistic support to help people get through the anxious and difficult times. Thanks to a successful funding application to the Nova Community Mental Health Fund, we can now offer specialist emotional support by providing access to counselling.



This project is a collaborative partnership between Wakefield District Sight Aid and Gasped, a family support service that provides person-centred counselling through working with trained therapists used to working with people experiencing a variety of difficult situations. Gasped are affiliated to the British Association of Counselling and Psychotherapy (registration number 119935).

This is a self-referral service, separate from NHS mental health services. Please contact the office on 01924 215555 to find out more about how to access the service. All enquiries are treated in the strictest confidence.

NEW SERVICE: Tech Buddy with Dean Wilcox (and guide dog Lola!)

We are delighted to announce from Monday 13th June we are offering a new technology support service, run by volunteer Dean Wilcox. Dean has been blind since birth and has used technology all his life. He will be available on the **second and fourth Mondays of the month from 09.30 – 13.30, for in-person appointments at our office or to provide support over the phone** on all aspects of technology, including mobile phones, tablets and computers. Please ring the office to discuss your needs and make an appointment with Dean. Please note that Dean's session on Monday 27th June will be held at our Demo Day.



Living Well with Sight Loss course (LWWSL)

If you are newly diagnosed, feel nervous about navigating the world at the moment, or just feel that now is the right time for you to start getting out and about more, this course allows you to meet and share experiences with people in similar situations, aims to boost confidence and deliver practical advice and useful information and resources available across the Wakefield and Pontefract area.



Living Well with Sight Loss is a partnership between Wakefield District Sight Aid and RNIB, made possible with the kind support of Wakefield Council. Our next course will be running in July, so please contact the office on 01924 215555 and we will be happy to give you more information and register your place.

Richard said, "Living Well With Sight Loss provides a really valuable signpost to facing the future with positivity. The course is packed with information which has genuinely improved my life."

RNIB 'Focus on' sessions

Our colleagues at RNIB offer a range of 'Focus on' courses which are dedicated to specific topics. These courses are ideal for anyone who has attended one of our Living Well with Sight Loss courses and would like to get more information on a particular issue, or for anyone who would like a taster of the type of subjects covered on a LWWSL course if they've never been to one before.

These free, informal courses are currently being run by RNIB via phone or video call. Particularly popular at the moment is the health and wellbeing course, which is dedicated to living well and feeling great. The course looks at what health and wellbeing means to participants and how sight loss might affect their ability to carry out day-to-day activities.

Other courses include:

- Money Matters, which aims to help you shop independently and to manage your money.
- Family and friends, for adults of all ages who are friends, family members or anyone close to someone with a visual impairment.
- Technology, an introductory level course that aims to improve your knowledge on accessible technologies and to give you the confidence to start using technology on a day-to-day basis or alternatively to build on any existing knowledge you already have.
- Confident living, which is all about increasing independence and confidence indoors and outdoors.

To find out what courses are available, and to book your place, call 0303 123 9999 or you can check out RNIB's online course calendar here:

www.rnib.org.uk/LivingWellWithSightLoss

Wakefield Visually Impaired Group



This friendly group has been running fortnightly on a Monday evening for over twenty years. It starts at 19.00 at The Red Shed (Wakefield Labour Club), 18 Vicarage Street, Wakefield WF1 1QX. The next meetings are on Monday 30th May and Monday 13th June (fortnightly thereafter). For more information, please contact Alan Rayner on 01924 365357.

Wakefield Libraries

Wakefield Libraries

Vibrant, accessible, inspiring

Everyone can use and enjoy their library. There are many free services available to people who have a visual impairment and we are delighted to share the following information from our colleagues at Wakefield Libraries:

- There is a huge range of books both in large print and audio which you can borrow. You can also download audiobooks, magazines, newspapers and e-books, all for free
- Readers Groups meet throughout the District to chat about books and audio books
- If you find it difficult to visit your local library due to illness, age or disability, you can apply for the Home Library Service to visit your home
- The Mobile Library has regular stops throughout the District
- Many of our local libraries run regular events for adults such as Chill and Chat, crafting, Knit and Natter and author events
- All Wakefield libraries have computers that are free to use (you just pay for printing) and they also have free WiFi

Joining the Library is easy. You don't need to show any ID and they now no longer charge fines if you forget to bring your books back on time.

For further information telephone 0345 8 506 506 or
<http://www.wakefield.gov.uk/libraries-and-local-history>

Artwalk Wakefield

On 30th March, we were proud to take part in Artwalk Wakefield. Artwalk is a bi-monthly evening of art, performance, music, heritage and socialising. These free events are hosted across a variety of independent venues in Wakefield City Centre and are open for all to enjoy. They also give the creative community of Wakefield a vital opportunity to share their work, meet fellow artists and connect with audiences.

On Artwalk night, Wakefield District Sight Aid members exhibited their work and talked to visitors about their creative journey alongside their sight loss journey.

Joining us on the night were:



Alan, who is registered blind and who established the Wakefield Visually Impaired Group which has been meeting fortnightly on Monday evenings at The Red Shed for over 20 years. Alan creates stone and wood carvings.

Ania, who had 20% vision until she was 7, and then lost her remaining sight, brims with positivity and aims to spread joy through a variety of creative work. Ania creates artwork from 2mm glass beads, including sculptures, ornaments, jewellery, lamps and frequently uses LED lights in her work.



Tomas, who lost his sight in his early 30s in an horrific doorstep acid attack in 2017. Having previously been a hairdresser and no longer able to practice in that field, he subsequently launched Crafting in the Dark, a bespoke arts and crafts company that also runs workshops to encourage others to pick up a paint brush, knitting or sewing needles.

All our exhibitors proved that disability is little more than a distraction and not something to put a stop to what you want to achieve.

Are you an artist, maker or creator? We are looking for WDSA members who would like the opportunity to exhibit their work at the July Artwalk in central Wakefield (date tbc but it's usually the last Wednesday of the month from 6pm until 9pm). If you are interested in taking part, please contact Hayley Grocock (CEO) on 01924 215555 or ceo@wdsa.org.uk.

Volunteers

We are looking for volunteers to join our team to help to run our outreach events! These events are central to the support we offer to people living with sight loss and their families and carers. We are looking for people who would be suited to a role where they will:



- Welcome every guest with a smile, in a warm and friendly manner, ensuring everyone leaves feeling like they have been supported and have made new friends.
- Engage with guests, ensuring people visiting on their own are introduced to others and made to feel part of the group (some guiding may be required).
- Assist in the organisation, preparation and serving of refreshments (hot drinks and biscuits in the main) and being responsible for setting up before events and clearing up afterwards.
- Ensure the area we are using is kept clean and free of hazards, with plenty of room for people using mobility aids (e.g. long cane, Guide Dog) to move around freely.
- Complete referral paperwork for people who require additional support or who would like to access other services (e.g. home visits, specialist equipment demonstration) and returning this paperwork to the office/staff team (full training on this will be given).

About you:

No prior experience of sight loss or working with people with sight loss is required, as full training and support will be given. We do need people who can commit regularly to the same day/time each month, please.

Expenses policy:

Travel to and from the outreach events to a maximum of 25 miles radius is claimable. Mileage is payable at a rate of 45p per mile for cars and vans, 24p for motorcycles and 20p for use of a pedal bike, or full reimbursement of public transport costs.

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.

Opening hours

Our phone number is 01924 215555. The office is open 09.30 – 13.30 Monday – Thursday (answerphone operational outside of these hours).

Calendar of events June - September 2022

June	July	August	September
1 We	1 Fr	1 Mo Ridings	1 Th
2 Th Bank Hol.	2 Sa	2 Tu	2 Fr
3 Fr Bank Hol.	3 Su	3 We	3 Sa
4 Sa	4 Mo Ridings	4 Th	4 Su
5 Su	5 Tu	5 Fr	5 Mo Ridings
6 Mo Ridings	6 We Fish & Chips	6 Sa	6 Tu
7 Tu	7 Th	7 Su	7 We
8 We AGM	8 Fr	8 Mo Tech	8 Th
9 Th	9 Sa	9 Tu Horbury	9 Fr
10 Fr	10 Su	10 We	10 Sa
11 Sa	11 Mo Tech	11 Th	11 Su
12 Su	12 Tu Horbury	12 Fr	12 Mo Tech
13 Mo Tech	13 We	13 Sa	13 Tu Horbury
14 Tu Horbury	14 Th	14 Su	14 We
15 We	15 Fr	15 Mo	15 Th
16 Th	16 Sa	16 Tu	16 Fr
17 Fr	17 Su	17 We Ridings	17 Sa
18 Sa	18 Mo	18 Th	18 Su
19 Su	19 Tu	19 Fr	19 Mo
20 Mo	20 We Ridings	20 Sa	20 Tu
21 Tu	21 Th	21 Su	21 We Ridings
22 We Ridings	22 Fr	22 Mo Tech	22 Th
23 Th	23 Sa	23 Tu	23 Fr
24 Fr	24 Su	24 We	24 Sa
25 Sa	25 Mo Tech	25 Th YMSG	25 Su
26 Su	26 Tu	26 Fr	26 Mo Tech
27 Mo Demo	27 We	27 Sa	27 Tu
28 Tu	28 Th YMSG	28 Su	28 We
29 We	29 Fr	29 Mo Bank Hol.	29 Th YMSG
30 Th YMSG	30 Sa	30 Tu	30 Fr
	31 Su	31 We	

HELP ME MAKE A DIFFERENCE

BLIND BLOKE CHALLENGE



**Wakefield District
Sight Aid**

17,500 calories in 7 days

My name is Richard Doherty and I am registered blind. I have Choroideremia, a rare condition which affects my peripheral vision.

My challenge is to burn 2,500 calories per day for a week through exercising at my local gym.

I'm raising funds for my local sight loss charity who help and support people like me with visual impairments.

16th - 22nd May 2022



35 Peterson Road
Wakefield WF1 4DU
Tel: 01924 215555
www.wdsa.org.uk
Reg. charity no. 1140483

To donate search "Blind Bloke Challenge" on Facebook or go to facebook.com/WDSightAid

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