



Newsletter

November 2020

Sight Support Derbyshire is here for you

Although we've had to change how we work in response to the Covid-19 pandemic, our commitment to doing our best to support visually impaired people in Derbyshire has not.

Our offices in Derby and Chesterfield have stayed open throughout, with a skeleton staff. With all other staff working from home, we have provided an essential help and advice line. We have provided telephone rehabilitation assessments where we can, and have sent essential equipment out by post, or made doorstep deliveries.

Back in March we had to suspend our social groups, which we sadly cannot resume yet. We also had to suspend our community information events and mobile resource centre activities. While most are still 'on hold', we have recently held our first information event, with measures in place to make it safe. This included a limit on the number of people who could attend. We hope to run more of these in the future.

Since mid-August we have also been able to re-start some home visits and some outdoor mobility training.

Our priority is to provide the best service to you that we can, while keeping you and our staff and volunteers as safe as we can. If you need any advice or support, get in touch and we will try our best to help. Our contact details are on the back page, and please find details of other useful agencies on page 3.

Top Tips for getting out and about during the pandemic

Getting out and about with social distancing can be challenging. Our rehabilitation team have come up with some suggestions to help. More of these are on www.sightsupportderbyshire.org.uk.

- Try not to be put off letting people know you have a visual impairment. It can make a real difference.
- Plan your journey. If you are using public transport, ring and book assistance if possible. Ask how the layout of rail and bus stations has changed.
- Always make sure you have enough money to get a taxi home in case you can't get back using public transport.
- With social distancing, if you think someone is too close, tell them you have a visual impairment and ask them whether they are at the correct distance. This will also help you gauge the distance required.
- Some shops and venues, including major supermarkets, use the Sunflower Lanyard to identify hidden disabilities. Ask at customer service desks to see if they are available. See the RNIB website at www.rnib.org.uk for information.
- If you wish you can also make yourself more visible by wearing a high visibility vest or sash.
- If you have a cane, use it and keep it in view at all times. Take it with you even if you are with someone; hold it to the side and make it obvious you are being guided. Carry hand wipes or sanitiser with you to disinfect the handle of your cane.
- If you use a long cane, make the sweep obvious and make sure your arc is wide. If using either 2 or 3 point touch, make it noisy so people know you are there.
- Keep to the inner shoreline, away from the kerb, and let others step around you.

Useful information for during the pandemic

This is by no means an exhaustive list. If you need a service which isn't here, call us on **01332 292262**. We will update our website with this information, and more.

Talking Newspapers – currently available in Derby, Buxton, Glossop, and Long Eaton. Call us for their details.

Audio Books - Home library services have now resumed but may be operating differently.

Derbyshire County Council Home Library: 01629 533444

Derby City Council Home Library: 01332 640666

Voluntary Organisations

These organisations are offering support during Covid-19, such as telephone befriending and food bank information. Call them to find out what is available in your area.

Amber Valley CVS: 01773 512076.

High Peak CVS: 01663 735350

Erewash Voluntary Action: 0115 946 6740

South Derbyshire CVS: 07458 304316

RVS (all areas): 0808 196 364. Help with shopping, prescription collection, hospital transport and telephone befriending.

Supermarkets / Food

Morrisons: Doorstep delivery service for vulnerable/elderly people. Choose from a list of essential foods. 0345 611 6111. Press option 5.

Sainsburys: Telephone shopping service for vulnerable people 0800 917 8557. Press option 1.

Amber Valley Meals on Wheels: Plated hot meals delivered daily. Call 01773 384120 to order.

Fundraising Update

We have received some fantastic support over the past few difficult months. Thank you if you've made a donation, or if you're a regular giver. If you entered our Duck Raffle when we couldn't hold the Duck Race, or raised money by any other means, thank you.



Our Winter Raffle is going ahead, with some great prizes. Please find some tickets enclosed to sell on our behalf, if you can. You can also buy tickets online from our website. Scan the QR code above or type this into your browser to go to the page: <https://sightsupportderbyshire.org.uk/donate/enter-winter-raffle-2021>. Please return all ticket stubs, cheques and unsold tickets by Tuesday 26th January 2021, to Sight Support Derbyshire, Suite 2.2 – 2.10, Litchurch Plaza, Litchurch Lane, Derby DE24 8AA. The raffle will be drawn on Wednesday 27th January.

Finally, thank you to these charitable trusts who have supported us to keep doing what we do: The Julia and Hans Rausing Trust; The Postcode Community Trust; BBC Children in Need; The Boshier-Hinton Foundation; The Miss Kathleen Beryl Sleigh Memorial Trust; Tesco Bags of Help Covid Communities Fund; The National Lottery Coronavirus Community Support Fund and Independent Age.

Contact Us:

While our offices in Derby and Chesterfield are closed to the public, please call our **Helpdesk number on 01332 292262**.

We are there from 9am to 5pm, Monday to Thursday.

Email: enquiries@sightsupportderbyshire.org.uk

Website: www.sightsupportderbyshire.org.uk

Search **@SightSupDerbys** to find us on Facebook and Twitter.