



Newsletter

April 2022

Spring is in the air

Welcome to the spring edition of our newsletter. With longer days and better weather, you may be turning your thoughts to getting out and about. In this edition we're enclosing a copy of the latest calendar of visually impaired people's information days - 'VIP Days'. The days are aimed at newly registered people, but anyone is welcome to attend to find out about services for visually impaired people.

As we start to get back to a more 'normal' life, we have recently recruited a new Social Activities Worker and will soon be resuming more of our face-to-face social activities. As soon as we have dates for the diary we'll be in touch to let you know. For those of you unable to attend in person, we hope to roll-out our online and telephone groups to more people soon.

For the first time, our Children and Young People's group will have the opportunity to enjoy a residential trip at Easter. This is something the children have talked about for a long time and thanks to the generosity of The Kentown Wizard Foundation we are now able to make it a reality. They will spend two days at Whitemoor Lakes Activity Centre and we have a feeling they will have a fantastic time!

Finally, just a reminder that our services are for anyone living with a visual impairment in Derby or Derbyshire. It may be a while since you've needed us, but if there is anything that you think we can help with, please do get in touch.

Sensory Tech day

In 2019 we held our very first, and very successful specialist technology event in Derbyshire. Covid then meant that we were unable to arrange another event until now.

We will be at The Post Mill Centre in South Normanton, on Wednesday 18th May, from 10.00am – 3.30pm. We're hosting a number of technology providers who will be bringing their equipment for you to try. So much changes so quickly in the world of technology for visually impaired people, so even if you visited last time, there is sure to be new things to see. Whether you're an I.T. whizz, or someone who feels quite nervous of new gadgets and just wants some advice on how to use your mobile phone, there really will be something for you. We are also having a variety of speakers and presentations throughout the day.

Please see the enclosed flier for further details about the day.

Living Well, Health and Well-Being at Home

Taster Sessions

As we get back to providing more face-to-face activities, we are planning some taster sessions to see what people will enjoy. Our first one will be Qigong (pronounced *chee-gong*). It is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. Qigong is easy to learn and enjoyable to do. The exercise can be performed in either a standing or sitting position.

The taster session will be held at our Derby office in our new, ground floor, Bradbury Community Room. No date has been set but we are inviting you to register your interest in order for us to plan ahead.

Weekly Phone Groups

Our weekly phone groups are proving to be popular. We discuss various topics, not necessarily related to sight loss, in small groups and facilitated by a staff member. Visually impaired people have found the discussions interesting and look forward to regular contact with other members of Sight Support Derbyshire.

If you would like further information about either of these Living Well activities, please contact Ann Cooper on 01332 292262.

Fundraising update

Ey Up Mi Duck!

Sadly, there will be no 'Ey Up Mi Duck Race' again this year. With uncertainty around the Omicron variant at the end of 2021, we just couldn't take the risk of making financial commitments to the event. However, we are pleased to announce that we will instead be holding the 'Ey Up Mi Duck Raffle' with a first prize of £250 kindly donated by Newmedica. So although your ticket will not enter a rubber duck into the river Derwent for you this year, it will still give you the chance to win some great prizes as well as raising vital funds so we can continue supporting people affected by sight loss. We know that times are tight for many people so please don't feel any pressure to buy them yourself. If you can pass them on to friends, family or neighbours and let them know about our charity we would really appreciate it!

You can go to the ball...

We are delighted that local company Belmayne Independent Chartered Financial Planners have chosen us to be one of the beneficiaries of their Charity Ball on 14th May 2022 at the Crowne Plaza Royal Victoria Hotel in Sheffield. It promises to

be a great night featuring renowned singer Stephen Bayliss who appeared on the BBC's 'Blackburn sings Christmas' with Gareth Malone in December 2021. Tickets are £50 per person and this includes a three course meal and half a bottle of wine. For more information or to reserve a ticket visit:

<https://www.belmayne-ifa.com/charity/2022-ball/>

Holding an event for us

We rely on fundraising to deliver many of our services to blind and visually impaired people in Derbyshire. Covid has got in the way of many of our fundraising activities and some things have changed for ever. Many people no longer carry cash, for example, so collections will become increasingly difficult.

One way that people can support us is by holding a fundraising activity themselves. In the past people have held coffee mornings, cake sales, fun days, or asked for donations to us instead of birthday gifts. There is information on our website about how you can help, and an online fundraising pack that you can download. Alternatively feel free to give us a call to discuss your ideas and how we can help.

<https://sightsupportderbyshire.org.uk/support-us/fundraise/>

We are always grateful for any help we receive and can assure you that every penny donated goes towards local services.

Sight Support Derbyshire is here for you!

Contact Us:

Helpdesk number: 01332 292262.

We are there from 9am to 4.30pm, Monday to Thursday.

Email: enquiries@sightsupportderbyshire.org.uk

Website: www.sightsupportderbyshire.org.uk

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