



Newsletter

March 2024

Welcome to the spring edition of our newsletter.

In this edition, we're enclosing a copy of the 2024/25 calendar of visually impaired people's information days - 'VIP Days'. There will be one nearby for you to attend. The days are targeted at people who have been newly registered as sight impaired, but others are very welcome to attend to find out about services for visually impaired people. Our annual Sense-Tech day is being held on 15th May 2024 and provides an opportunity for you to come and see the latest technology available for people with sight loss. It really is one not to be missed...! Details are on the VIP Day calendar.

With the longer days and better weather just around the corner, we wanted to let you know that our new programme of social activities is now out. So, whether it's a walk in the park, gentle exercise, craft activities, or just a coffee and catch up there is something for you! We've included more information inside.

As a Registered Charity, we always appreciate any donations we receive, and fundraising has to be a big part in what we do to keep our services running. So there is more information about how you, your families and friends can help on our fundraising page.

Finally, a big thank you to Optelec Ltd who stepped in fairly last minute to sponsor this edition. It's a costly job to send out 5,000 newsletters, and we couldn't do it without support from a sponsor and from the volunteers who come in to stuff the envelopes. Optelec provide some of the equipment we use in our low vision service and they regularly come to demonstrate and sell their equipment at our VIP days. We've included one of their fliers about equipment with the newsletter. Their website is also packed with useful information and it's worth taking a look <https://lowvisionshop.co.uk/>

Enjoy the newsletter, and please feel free to contact us if there is anything you feel we could help you with.

Living Well, Health & Wellbeing at Home

The service has been running since 2017 and supports visually impaired people to maintain their independence, improve their health and well-being, and increase their options for social activity.

“I didn’t know that so much help was out there!” (Past Living Well service user).

We’ve recently taken on a new project worker for the service, Julie Campbell:

‘I’m the new Living Well Project Worker based at the Derby Office. After three decades in the teaching profession, it’s really interesting to be embarking on a new career where I’m involved in providing early intervention and self-help for people living with a visual impairment.

Being in post for just a few weeks, I’ve already noticed many similarities with my previous job, mainly the people centred aspects, with lots of opportunities to talk! I’m also learning a tremendous amount of new information and different ways of working but thankfully getting lots of fabulous support from my new colleagues. I’m looking forward to all these new challenges’.

The Living Well service provides help in some key areas:

- Identify needs and aspirations.
- Living safely and well at home.
- The importance of exercise, movement and eating well.
- Combating social isolation and promoting wellbeing.
- How to access help and advice now and in the future.

Priority will be given to people who meet the following service criteria:

- Registered as severely sight impaired or sight impaired.
- Have additional long-term health conditions.
- Live alone or spend large parts of the day alone.
- Have very little or no family/carers support.

If you would like to get further information, just get in touch (details on the back page) and ask about ‘Living Well’.

Social & Leisure Activities

We are excited to announce that the new Spring/Summer social activity programme has a real mix of activity throughout Derbyshire, in areas including: Derby city, Chesterfield, Belper, Darley Dale and Swadlincote. These events range from: crafting, café meet ups, spring/park walks and the cinema.

Highlights are:

- 30th April - Café meet up, park walk at the Whitworth Hotel, Darley Dale – morning meet up.
- 19th May - 42nd Street – The musical on the big screen at The Quad cinema - afternoon showing.
- 22nd May - Eyam museum & café – morning meet up.
- 4th June - Bowling at the Derbion.

Please read about our full programme dates here:

<https://sightsupportderbyshire.org.uk/social-and-leisure-activity-programme-spring-summer-2024/>

Or to enquire/book an event please contact our Social & Leisure Project Worker, Victoria, on 01332 292262 or email:

Victoria.gallimore@sightsupportderbyshire.org.uk

Fundraising Update

Spring Raffle

We are pleased to enclose with this newsletter tickets for our Spring Raffle. There are once again some great prizes to be won including £250 kindly donated by our friends at Lubrizol, a beautiful 12 piece tableware set once again kindly given by Denby Pottery and a unique, personally signed copy of “Chatsworth: The gardens and the people who made them” by Alan Titchmarsh, kindly donated by our patron the Duke of Devonshire.

Tickets are still just £1 each and the odds of winning are much higher than the National Lottery! Please return all ticket stubs and payment to our Derby Office by Monday 20th May 2024 ready for the draw on Wednesday 22nd May. Tickets can also be bought online here:

https://sightsupportderbyshire.org.uk/donate/spring_affle_2024/

Local people raising funds for local charity

We are so grateful to those people who raise funds for Sight Support Derbyshire to enable us to continue helping local people affected by sight loss. Over the past few months, a number of groups and individuals have raised funds in a variety of ways.

Staff at Specsavers in Glossop held a Charity Secret Santa and raised £65 whilst staff at the Chesterfield Eye Clinic raised £67 from their Christmas Jumper Day. Meanwhile, one supporter kindly organises a hamper raffle each year in memory of her nana and over the past four years has raised over £900, which is an incredible achievement! There are so many ways to fundraise and some employers will even match what is raised. Ten-year-old Caitlin and her mum Sarah organised a cake sale for all their friends and neighbours, as Caitlin's grandpa has been diagnosed with a sight condition and she wanted to do something to help. They raised a fantastic £325 and everyone was thrilled when Sarah's employer, NatWest bank, kindly match funded the donation making a total of £650 raised!

If you or a family member would like to raise funds for Sight Support Derbyshire, we would love to hear from you and are happy to offer any support or advice to help you do this. You can contact us at fundraising@sightsupportderbyshire.org.uk or phone the office.

Stop Press! Popular challenge 'Take on 250' is coming soon – find out more here: <https://sightsupportderbyshire.org.uk/take-on-250-2024/>

Sight Support Derbyshire is here for you

Helpdesk number: 01332 292262

Email: enquiries@sightsupportderbyshire.org.uk

Address: 2a Wentworth House, Vernon Gate, Derby, DE1 1UR

With limited space, we can only tell you so much in our newsletter. There is a lot more information on our website and Social Media platforms, so why don't you take a look:

Website: www.sightsupportderbyshire.org.uk

Facebook and X (Twitter): @SightSupDerbys