



Newsletter

November 2024

Welcome to the winter edition of our newsletter.

Here at Sight Support Derbyshire we've had a busy few months. Our befriending service has gone from strength to strength with new matches being made over the summer and new volunteers being recruited all of the time. The feedback we've been getting is great from service users and from the volunteers.

Volunteer Susan: *"Mary is a joy to visit! I am going to ask if I can go to her a bit earlier so that I can spend more time there as we both said the time goes too quickly".*

Service User Mary: *"Susan brings the outside in. I feel connected to the outside world again and I hope her visits never stop. It is going great!"*

In this edition we tell you more about the work we've been doing, what's been inspiring us, and we're giving you the chance to win some great prizes in our winter raffle. We're also providing a Christmas card ordering service, see the back page for your order form.

Speaking of Christmas, if you're stuck on what to ask Santa Claus for, you might want to think about a new electronic magnifier. We've got some great deals on top of the range models, saving you anything from £100 to £400! Call us for more information!

All things Energy

With darker nights and colder weather it is inevitable that our energy costs go up over the winter months. If you want to find out more information about how to reduce costs, or about help that is available if you're struggling to pay your energy bills you can contact National Energy Action. They are a registered charity working to end fuel poverty

across the U.K. they can be contacted via their website:
<https://www.nea.org.uk/> or by telephone: 0191 2615677.

National Energy Action usually set up a stall at our regular VIP information sessions, so you could always pop along and talk to them there. The next VIP session is in Bolsover on 14th November 2024 and then in Ripley and Dronfield early in the New Year. Contact us for further information.

Update on 110 Givers: Celebrating 110 Years of Support

A huge thank you to all those who signed up to be one of our '110 Givers' following the last newsletter. We are so grateful for your support which will allow us to continue our work around Derbyshire. However much you can give, be it £5, £10 or £20 a month, it can make a huge difference. The good news is, it's not too late to sign up. Find out more: <https://sightsupportderbyshire.org.uk/110-givers/> or give us a call. You can read all about us and our 110 year celebrations in the September issue of Derbyshire Life magazine.

Stepping out

As we approach the end of 2024, it's a good time to reflect on some of the inspirational examples we have witnessed of people with a visual impairment stepping out of their comfort zone this year.

Like us, you may have enjoyed watching visually impaired comedian Chris McCausland on BBC Strictly Come Dancing. With the right guidance from his professional dance partner, Dianne Buswell, Chris, a self-professed non-dancer, wowed audiences by confidently giving it his all on the dancefloor in front of millions of viewers!

Meanwhile the Paris Paralympics in the summer provided a wonderful platform for talented athletes to demonstrate just what is possible. Local visually impaired triathlete, Dave Ellis from Heanor, won the gold medal together with his sighted guide, Luke Pollard. After the race Dave said, **"It's absolutely unreal ... I had an awesome race today"** whilst his sighted guide Luke said, **"He's the hardest working bloke I know, a pleasure to work with him – it's what gets me up every day."**

It can be hard to step out of our comfort zones but the rewards can be amazing. We can't all be on 'Strictly' or win medals but even making small changes can make a big difference. Can we help you to take that step as we move into a New Year? Perhaps our Rehabilitation team

could help improve your independence? Or maybe our 'Living Well, Help at Home' service could support you if you have sight loss and another long term health condition? Or perhaps you could attend one of our Social and Leisure activities? (You can find the latest calendar here: <https://sightsupportderbyshire.org.uk/how-can-we-help/services/sports-leisure-service/>) As one attendee told us, **“It’s opened up a new world. I’ve made friends and feel like a new person.”** Remember we are here to help you so why not, give us a call, and take that first step?

Fundraising Update

Winter Raffle

Roll up roll up! It’s time for the annual Winter Raffle! With great prizes including an Amazon Echo Show 8 and a beautiful Denby Dinner Service, there’s something for everyone. Plus, all money raised will help us to continue supporting local adults and children living with a visual impairment. It’s a win win! Please return ticket stubs and payment to our Derby Office by Monday 27th January 2025, or buy on our website here: <https://sightsupportderbyshire.org.uk/donate/winter-raffle-2024-25/>

Christmas Cards – Reduced to clear!

We have some lovely Christmas Cards available at the bargain price of just £2 a pack (including p&p), with 10 cards of one design per pack. You can choose from Feathered and Furry Friends themed, Snowmen and Santa themed or Lucky Dip where we will choose cards for you from Santa’s sack here at the office! Simply complete and return the form overleaf with your payment by Tuesday 3rd December at the latest. You can view examples of the cards here:

www.sightsupportderbyshire.org.uk/christmas-cards-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

Website: www.sightsupportderbyshire.org.uk

Facebook and X (Twitter): @SightSupDerbys

Christmas Card Order Form



Please complete this form and return to our Derby Office or phone 01332 292262 to order by credit/debit card. Each pack of 10 cards costs just £2 including postage and packing.

Theme	Number of packs of 10 cards (£2 per pack)	Cost
<i>E.g. Feathered & Furry Friends</i>	3	£6
Feathered & Furry Friends		
Snowmen & Santa		
Lucky Dip! (we will chose packs for you based on availability)		
Total		

Your Name:

Your Address:

.....

Your phone number (in case of queries):

I enclose a cheque for £..... made payable to:

Sight Support Derbyshire