



Newsletter

Winter 2026

As we head into winter, it's hard to believe how quickly my first few months at Sight Support Derbyshire have passed. One of the real pleasures has been meeting and getting to know more of you, whether through our groups and activities, our services, or simply having the chance for a chat. I've really valued hearing about your experiences and what matters to you.

The colder, darker months can bring a few extra challenges, so this is a good time of year to look after ourselves and each other. Keeping warm, staying connected and asking for a little help when we need it can all make a difference. Our team is here too, so please get in touch if there is anything we may be able to help with.

Looking after ourselves also means being a little cautious about unexpected calls, messages or visitors. Scams are something we all need to be aware of, particularly if someone is putting us under pressure to act quickly or give personal or financial information. If something doesn't feel quite right, take your time and check with someone you trust.

Please be assured that our staff and partner optometrists will never come to your door unannounced. You will always be told in advance who will be coming and when, and they will always have photo ID. If

you are ever unsure, ask the person to wait outside whilst you call our office, or your opticians, to confirm their identity.

Looking ahead to the new year, I'm excited about continuing to develop our services, strengthen our partnerships and make sure we are there for you when you need us.

Finally, I would like to wish you and your loved ones a very Merry Christmas and a happy and peaceful New Year. I hope you have a lovely festive season, however you choose to spend it.

Kathy

Would you prefer to receive this newsletter via email?

Some people find it easier to receive their newsletter by email – if this is you, let us know: enquiries@sightsupportderbyshire.org.uk

National Eye Health Week 2026

In September, we were busy promoting the importance of looking after our eyes during National Eye Health Week. As well as spreading good eye health advice at events and online, staff (and their pets!) took part in Dress Bright for Sight, wearing bright clothes to draw attention to our eye health 'QuEST': **Q** - **Q**uit smoking, **E** – **E**at healthily, **S** – wear **S**unglasses when it's bright outside, **T** – have regular eye **T**ests. Even Baa-rbara the sheep got in on the act, wearing a fetching pink scarf and shades whilst posing for a photo!

Social activities programme

If you would like the opportunity to get out of the house and meet other people living with a visual impairment, why not come along to one of our social activities? We run get togethers in Derby and across Derbyshire so hopefully there will be something happening not too far from you.

The latest calendar is on our website and can be found under 'How can we help?', 'Services' then 'Social & Leisure Services'.

'Big Give' a big success for Befriending Project

We would like to say a huge THANK YOU to everyone who supported our Big Give fundraising campaign in the summer. Every £1 donated by our supporters was doubled by the Big Give, thanks to players of the People's Postcode Lottery. In total the appeal raised a fantastic £2,911 which is all being used to support our Befriending Project.

The Befriending Project matches trained volunteers with older people living with a visual impairment who might be feeling isolated or lonely. We have seen some wonderful 'be-friendships' flourish and the project can make a big difference to how people feel. If you think you could benefit from regular contact with a Befriending Volunteer, call our team on 01332 292262 to find out more.

As one beneficiary says, "I can't put into words how much my befriending volunteer has changed my life. I feel I can speak openly and without judgement and I feel seen."

Feeling artistic?

Do you enjoy drawing, painting, design or photography? We are looking for festive images for our electronic Christmas Cards. Through <https://www.dontsendmeacard.com/> people can choose to send e-Christmas greetings whilst donating the money they would have spent on cards and stamps, to Sight Support Derbyshire. We would love to add some more designs to our range which is where we need your help. To have your design considered, please email it to fundraising@sightsupportderbyshire.org.uk or send in the post to our

Derby office. Ideally images should be square, or able to fit within a square. We look forward to seeing your creativity!

Fundraising Update

Winter Raffle

Can you imagine receiving a telephone call, in the depths of winter, to say you've won £250? If you enter our Winter Raffle we could be phoning you! There are lots of other great prizes too. Tickets enclosed or buy online here: <https://sightsupportderbyshire.org.uk/donate/enter-winter-raffle-2026-27/> The raffle will be drawn on 3rd February 2027.

Christmas shopping bonus with Easyfundraising

If you, or anyone you know shops online, please ask them to sign up to easyfundraising.org.uk/causes/sightsupport before starting Christmas shopping. Every time you shop via Easyfundraising with over 8,000 registered retailers, like John Lewis and Currys, they will make a small donation to Sight Support Derbyshire at absolutely no cost to you. So far, we've raised over £650 and it hasn't cost our supporters a penny!

Thank you

With costs increasing every year, we are very grateful to the companies who have helped support this newsletter and raffle: Humanware, Optelec Limited, Crystal Care Collection and Newmedica Barlborough.

Sight Support Derbyshire is here for you

Helpdesk: 01332 292262 or enquiries@sightsupportderbyshire.org.uk

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