



SOUTH LINCOLNSHIRE BLIND SOCIETY NEWSLETTER

REGISTERED CHARITY NO. 214140

WWW. Blind-society.org.uk



Find us on

Facebook

Helpline: Grantham Office 01476 592775

Boston Office 01205 362654

SPRING 2017

ISSUE 41

**Welcome to the forty first issue of the South Lincolnshire
Blind Society Newsletter, inside this issue you will find;**

Page No:

- 2. Chairman's Chatter.**
 - 4. Help from your CAB in Sutton Bridge.**
 - 5. A message of Hope for anyone suffering from depression.**
 - 7. RNIB Library's talking books.**
 - 10. Blind Etiquette.**
 - 12. 200 Club Winners**
 - 12. For Private Sale.**
 - 13. Our Treasure – a poem by Mr Barry Summerfield.**
 - 14. RP Fighting blindness family conference.**
 - 15. Diabetes Support Group.**
 - 16. A scrumptious springtime pasta dish.**
 - 17. New day group in Spalding.**
 - 18. An update from North Hykeham Social Club.**
 - 19. Optimeyes news.**
 - 20. New social activities for you.**
 - 26. Messages from your community support workers**
 - 27. Fundraising Quiz at Retox Bar**
- And much more.....**

Welcome to the 41st Issue of the South Lincolnshire Blind Society's Newsletter.

Extending a warm welcome to the first issue of the South Lincolnshire Blind Society's Newsletter for 2017, our Centenary Year. I hope you all had a thoroughly enjoyable festive period and are looking forward, with positivity, to the year ahead.

We are exceptionally pleased and proud of the work carried out within our Sensory Services Contract during 2016 and are confident that this will continue to go from strength to strength over the coming months, particularly given we now also offer support for users with dual sensory loss. I would like to thank all involved for making this project such a success to date.

We have started the year organising several fundraising events in celebration of the Charity's 100th Birthday, with the first being a Quiz night held at Retox Bar, Grantham, organised by the lovely Andrea, which raised £112, with a team of service users being crowned champions! Amanda and Virginia have a whole list of activities that you can join in with and we would like to report a great turn out for the Valentines meal in Spalding and the Curry night in Boston. Further activities and events will be organised throughout the year, details of which will be given within future newsletters and mailshots, we hope many of you will join us.

Of course these events are a great way to generate funds for the charity but additionally, we appreciate the need and desire for social activities for our users and take this opportunity commend our fantastic Community Support Workers, Virginia and Amanda, to give praise to our Volunteer Co-ordinator Annie for her continued hard work and to once again give a massive thanks to our many volunteers who work tirelessly to give independence, strength and encouragement to our users.

Our Optimeyes project comes to an end on 31st March and I would like to thank Eve on behalf of the Board and staff for all of her help and hard work getting the message out in our community about the importance of looking after your eye sight. We wish her well in her future endeavours. Eve has worked enthusiastically on the project, has set up the swimming group that meets at Belton Woods Hotel and also the new shooting group that meets at the Hunting tower school, so she leaves us with a legacy and some very happy people who have had the opportunity to try new activities.

I hope you thoroughly enjoy this issue of our newsletter. We are always eager to receive new segments, stories or ideas, so if you would like to contribute to future issues, please feel free to contact us.

Finally, I would like to leave you all with an anecdote:

IT COULDN'T BE DONE

Somebody said that it couldn't be done,
But he with a chuckle replied
That maybe it couldn't, but he would be one
Who wouldn't say so "till he tried"?
So he buckled right in with the
Trace of a grin on his face.
If he worried at all, then he hid it.
He started to sing, as he tackled the thing
That couldn't be done, and he did it.

Somebody said "Oh, you'll never to that;
At least no one ever has done it".
But he took off his coat and took off his hat
And the first thing he knew he'd begun it.
With the lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing

That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle right in with a bit of a grin,
Then take off your coat and go to it;
Just start in to sing as you tackle the thing
That cannot be done, and you'll do it.

Edgar A. Guest

As always, with best wishes to you all

Sarah Carter

If you live in Sutton Bridge- help from your CAB

Are you unemployed or unable to work due to caring responsibilities and living in the Sutton Bridge or surrounding area?

Do you struggle with money skills and money management?

Would you like help with getting back to work or finding training opportunities?

Citizens Advice now have a dedicated Money Mentor, Mike Doolan, working out of our office in the Curlew Centre offering FREE advice on:

- Household budgeting
- Saving money
- Benefit changes
- Loans and money management

- Searching for training
- Job searching
- Life planning

You can be supported for up to 6 months to help you achieve your goals.

For more information and to see if you qualify please contact Citizens Advice on 01775 766668 or 07599 058774 and ask for Mike.

A Message of Hope for anyone suffering from depression.

You might have heard about a man who goes by the name Stephen Hawking whether it be in the media or in your social circles, as he is one of the greatest minds of our time.

At the age of 21, Hawking started developing symptoms of ALS Amyotrophic Lateral Sclerosis, a disease that doctors claimed would take his life in about two and a half years. Now 74 years old, Hawking is a huge inspiration for those with disabilities, as he continues to teach, research and provide profound wisdoms for the rest of us to ponder.

After his diagnosis, Hawking says that he had absolutely no expectations for his life but he did not let it deter him from doing his best to live fully and passionately.

He has 12 honorary degrees and has built a life dedicated to the study of theoretical physics, including robust theories on creation, the Big Bang and the universe.

Depression is a subject that Hawking recently commented on at a lecture in London at the Royal Institute, likening the condition to a black hole.

“The message of this lecture is that black holes are not as black as they are painted. They are not the eternal prisons they were once thought. Things can get out of a black hole both on the outside and possibly to another universe. So if you feel you are in a black hole, don’t give up: there is a way out”

Furthermore when asked about his disabilities and the effect they have on his outlook on life, he responded beautifully:

“The victim should have the right to end his life, if he want. However, I think it would be a great mistake. **However bad life may see, there is always something you can do, and succeed at.** While there is life, there is hope”

He would further this sentiment with a heartfelt message for those with disabilities like himself:

“If you are disabled, it is probably not your fault, but it is no good blaming the world or expecting it to take pity on you. One has to have a positive attitude and must make the best of the situation that one find oneself in: if one is physically disabled one cannot afford to be psychologically disabled as well.

In my opinion, one should concentrate on activities in which one’s physical disability will not present a serious handicap. I am afraid The Olympic Games for the disabled do not appeal to me but it is easy for me to say that because I never liked athletics anyway. On the other hand, science is a very good for disabled people because it goes on mainly in the mind.

Of course most kinds of experimental work are probably ruled out for most such people, but theoretical work is almost ideal.

My disabilities have not been a significant handicap in my field, which is theoretical physics. Indeed, they have helped me in a way by shielding me from lecturing and administrative work that I would otherwise have been involved in. I have managed however, only because of the large amount of help I have received from my wife, children, colleagues and students. I find that people in general are very ready to help, but you should encourage them to feel that their efforts to aid you are worthwhile by doing as well as you possibly can”

It has been a whole year since RNIB Library’s Talking Book service went free, and what a year it has been!

As of 10th November 2016, RNIB Library added 11,028 new customers to the Talking Books Service – that is 30% growth in less than a year.

RNIB Talking Books are available in a variety of formats, including USB stick, digital download via RNIB Overdrive and DAISY CD. This agility, embracing of innovation, in tandem with excellent service and content, lies at the heart of our growth.

RNIB Talking Books is part of the largest library of its kind in Europe (for people with sight loss) and RNIB Library was shortlisted for Library of the Year at The British Book Industry Awards 2016.

What difference does this make to your Society?

We are working with Local Societies across the UK supporting them to make their services more accessible to local readers with sight loss. We have had great success supporting public library reading groups by supplying audio titles for eligible readers.

RNIB Library is in the unique position to supply an unlimited number of copies of its Talking Books concurrently – this means that individual customers and reading groups of any size (or multiple reading groups), can read the same title at the same time. Because of this ability to reproduce titles, there is never a waiting list for a Talking Book.

We are also working with public library home delivery services, by providing books for eligible readers and delivering them via their local home library service. In this way, your home readers retain that contact with the people who deliver your service, whilst having access to over 25,000 titles in our catalogue.

Who can join RNIB Talking Books?

If you live in the UK and are unable to comfortably read standard print with spectacles, then you are eligible to join. You do not need a doctor or other professional's verification.

You can join Talking Books online at www.rnib.org.uk/talking-books-service or via the Helpline on 0303 123 9999. Alternatively, we can send you a registration form in Braille, Clear Print or Audio CD, available from www.rniblibrary.com to complete and return to us.

What can you do to bring our support to your readers?

- I just wanted to share this news with you and to ask you to share it with others. There are still thousands of people who could benefit from RNIB talking books and who are eligible to do so but perhaps do not know about us! Please spread the word(s)

Whilst the recent growth in customer numbers is impressive, there are still thousands of visually, print-impaired people who could benefit from this free service and anything you can do to promote, and direct people to RNIB Library will make a big difference to their lives.

Let us support you and your members by offering an unparalleled collection of the highest quality Talking Books to your readers with sight loss.

Contact us to set up a visit to your service so we can demonstrate to your staff how to get the best for your readers from RNIB Library.

Demonstrate that your Local Society is working with us to provide the best possible service to your customers by signing up to our informal Partnership Agreement. If you have not signed up already, do get in touch.

Contact our Library Engagement Manager Julie Gibson at julie.gibson@rnib.org.uk to return your Partnership Agreement or to find out more about how we can help.

You can also call Julie on 01733 37 54 66 or 07787 89 18 50.

For general enquiries, contact LibraryServices@rnib.org.uk.

Yours faithfully,

Mark McCree
Senior Manager: Library and Heritage Services
RNIB (Royal National Institute of Blind People)
PO Box 173
Peterborough
Cambs. PE2 6WS

T: 01733 375461

M: 07789 774850

E: mark.mccree@rnib.org.uk

Blind etiquette: six ways to be gracious around people with visual impairments.

Whilst researching information for the newsletter the editor came across the article that you might like to share with your family or friends. **SLBS have been asked to arrange some sighted guide training for family and carer's so keep a look out for session dates near you in the New Year.**

STEFANIE CLOUTIER, COURTESY OF PERKINS SCHOOL FOR THE BLIND.

There is no “secret” to interacting with people who are blind. They just want to be treated like everybody else, with courtesy and respect. So relax and act naturally. Just be considerate of the fact that you can see and they cannot. Here are six suggestions that will make your next interaction with someone who is blind easier and more comfortable:

1. **If you think someone who is blind may need help navigating, ask first.** It is jarring for anyone to be unexpectedly grabbed or pulled, but especially so for someone who can't see who is doing the grabbing. By asking, you give the person a chance to say, “Yes please” or “no thank you.”
2. **If your help is accepted, allow him or her to grasp your arm just above the elbow.** That makes it easier for the person to feel your movements and follow on their own terms.
3. **If you see someone who is blind or visually impaired about to encounter danger, be calm and clear when you warn the person.** Use specific language such as “there's a curb right in front of you,” or “the door in front of you is closed” instead of “watch out!” Also, use directional language such as “to your left” or “directly behind you” rather than “it's over here.” Think

about what information you would want to know if you could not see.

4. **Identify yourself when approaching someone who is blind, or when entering a room with him or her.** Even if the person has met you before, he or she may not recognize you by your voice. In a group setting, address the person by name so they know when you are talking to them. In addition, inform the person when you depart, so they do not continue the conversation to an empty room.
5. **Do not pet or distract a working guide dog.** These dogs are busy directing their owners and keeping them safe. Distracting them makes them less effective and can put their owners in danger.
6. **Use “people first” language.** No one wants to be labeled by how they are different. It is kinder, and more accurate, to say "a person who is blind" rather than "a blind person." We are all people first.

A little understanding and sensitivity goes a long way. By following these suggestions, you will find that making a human connection is easy. It does not matter if one person can see and the other cannot

200 Club Winners

December 2016

1st prize £150.00 Joan Cook – Grantham
2nd prize £55.00 Barry Puttock – Grantham
3rd prize £30.00 Jennifer Chandler – Grantham

January 2017

1st prize £50.00 Nancy Jackson - Boston
2nd prize £30.00 Eric Motley – Grantham
3rd prize £20.00 Shirley Cope – Boston

February 2017

1st prize £50.00 Peter Skelton – Spalding
2nd prize £30.00 Margaret Hudson – Grantham
3rd prize £20.00 Noel McCarthy – Spalding

Well done to all our winners

For Private Sale.

Video Magnifier 2010 Price bought £2,095.00 for sale at £300 ono

Clear View Reader & Audio text reader 2011 price bought £1,795.50
for sale at £250 ono

Video Magnifier 2014 price bought £2,149.00 for sale at £400 ono
including trolley with wheels for easy maneuvering.

Please contact Mrs. Barbara Baker for further information on
01778 423538

Our Treasure

Folk spend time digging in holes underground
Hoping that treasures like diamonds are found,
They are cut and polished until they glisten like flame
The best of the diamonds are given a name.
They are given as presents to princes and kings,
Or set into bracelets, tiaras or rings.
But me I'm so lucky I don't have to dig I found me a diamond
It's not very big.
It shines and it glistens its perfect I swear
No money can buy a diamond so rare
I will cherish and show it,
To all that I see
It too has a name.
We called it Darcie

A lovely poem, we hope you agree. Written by a local member of the society Mr. Barry Summerfield, about how he feels towards his lovely Granddaughter Darcie

RP Fighting Blindness (RPFB) Family Conference
Saturday 6th May – Sunday 7th May 2017
The Hilton Hotel
Timbold Drive, Kents Hill Park
Milton Keynes
MK7 6HL

RP Fighting Blindness would like to invite you to attend our Family Conference.

This is a residential weekend for families who are living with an Inherited Retinal Dystrophy (IRD) and syndrome, including retinitis pigmentosa (RP) and Usher syndrome.

The event will be held at the Hilton Hotel in Milton Keynes.

The conference will officially start at **9am on Saturday 6th May**, with registration available from 8.30am and is due to finish at **2.30pm on Sunday 7th May**.

To allow for travel and to enable families to check into the hotel and settle in the day before, arrival times will start from **4pm onwards on Friday 5th May**. After dinner in the evening, there will be an 'icebreaker' session where families can get to know one another and mingle prior to the start of the conference.

We have a full weekend programme, which will include research updates, patient support, workshops on education, employment and access to services. There is a crèche for young children and activities for older children.

This is a great opportunity to find out more about your condition, speak to professionals regarding medical research, support services, your child's education, and to put your questions to the experts, meet other people, engage with other families, and make new friends.

As a result of the weekend we hope to take your experiences, views and needs, and deliver some outcomes which lead to new and improved services for families.

We have secured funding for 40 families, so we would ask that you register as soon as possible to avoid disappointment.

Funded places include accommodation for two nights, meals and activities and are open to families with a child/children affected by a retinal dystrophy.

Places are limited, so please do contact us to register your interest!

If you would like to attend the event or you have any questions, please contact the RPFb office for further details.

Telephone: 01280 821334

Email: info@rpfightingblindness.org.uk

Post: RPFb, P.O Box 350, Buckingham MK18 1GZ

Diabetes Support Group

The Lincolnshire Diabetic Support and Social group is held at The Len Medlock Centre, St Georges Road, Boston PE21 87B on the 2nd Thursday of each month at 7pm.

All diabetics and their family members are welcome.

A Scrumptious Springtime pasta dish

A delicious Pasta dish with Kale, Bacon and goats cheese!

Ingredients:

400g Penne Pasta

200g bag of shredded Kale

100g Streaky Bacon, chopped

1 medium red onion, finely sliced

100g soft mild goat's cheese

Grated Parmesan, to serve (optional)

Method:

1. Boil the pasta in salted water. Add the kale for the final 2 min, then drain, reserving a little of the cooking liquid.
2. Meanwhile, dry-fry the bacon in a non-stick pan until crisp. Remove from the pan and drain off most of the fat leaving behind about 1 tsp. Gently fry the onion in the fat for 2 -3 minutes until soft.
3. Tip the cooked pasta and Kale into the pa, then stir through the bacon and goats cheese. Add a little of the pasta cooking water if the mixture seems a bit dry. Serve in bowls scattered with grated Parmesan, if you like.

New Day Group in Spalding!

Lots of people have suggested that they would welcome a group to be set up that lasts longer than just the normal sessions of two hours so we are trialling this NEW ALL DAY group. We would welcome not just people with sight loss but their carers and friends too.

If you would like to get out for a bit longer in the day time you might enjoy joining us at our NEW ALL Day Club which starts on Monday 6th March from 10 am – 3pm. And will follow on every first Monday of the month.

The group will meet at the **Kitchen Restaurant Springfield's Retail Centre, Camel Gate, Spalding, Lincs PE12 6EU**

This new club is aimed at providing information and support from South Lincolnshire Blind Society and guest speakers along with a variety of activities such as arts and craft, exercise and relaxation. There will also be the opportunity for those who want to visit the shops or gardens within Springfield's to be accompanied by one of our volunteers.

There will be an hour for lunch, making use of The Kitchen restaurant. The cost for the day is £5.00 per person and you can purchase your lunch from the lovely selection offered in the Kitchen restaurant.

Places are limited therefore if you would like to attend this All Day group please contact the Helpline on 01476 592277 and we will take your details

An update from Alan Saunby at the North Hykeham Social Club

A welcome to 2017

It was our 25th Birthday on the 15th January and we still have 2 people Alan who is a member and Maureen who is a volunteer who are still with the club.

Alan turned 71 years young on the 13th January, the youngest member. And Edith shares the same birthday but is a different age.

The club started with just 15 members and 7 helpers and we met in the youth club on Middle Street in North Hykeham. Later we moved to our current venue in the Chapel. We did go to the village hall at Waddington, this was a lot larger but was in fact too large so the club went back to North Hykeham.

We now have 32 members and 10 helpers, some of which are our drivers also.

We are a very well run club, we had a brilliant Christmas Party with lots of sandwiches and rolls, pork pies, sausage rolls, cakes, trifle and tea. We each got a present too.

On our first meeting back we had a speaker from the NHS called Kevin and he came with Susan from Grantham. Kevin asked us what we thought about how and what the government could do to improve the NHS. We will be getting a questionnaire to fill in and return and Kevin and Susan will be coming back later in the year and discuss with us what will happen.

On the 25th January Vanessa Cowling from Age UK came to tell us about what Age UK could do for people of a certain age and how they could be contacted and their prices. Age UK can help with all kinds of

things like help with household chores, washing, ironing, bathing, gardening, benefits, will writing and money matters.

This was a good and interesting meeting and I think several members will ask for help with things that will help them live a lifestyle they need with help and support from people in the know.

Also on this day Micky told the group of the sad news that Lynn who was first Chairman when the club started back in 1992, had passed away. Also Cyril would not be returning to the club as after his bad fall his family were wanting to take him back to Birmingham to be with them.

On the 8th February meeting we had a few members missing. Micky told the club that Lucy's daughter Linda had given a donation of £77 after Lucy's passing late last year. Micky then welcomed a new member, Rosie and her husband to the club.

There was no speaker this week but Ann Rust attended with her movement to music. We sat down lifting up our arms and legs and using pompoms in time to the music. It was good fun and it keeps the muscles moving.

OPTIMEYES News

I am delighted to report that the Optimeyes project, which has been running for almost 2 years, has proved to be extremely successful, creating new Clubs, such as the Target Shooting Club in Grantham and the Belton Woods Hotel Swimming Club.

Across South Lincolnshire, we have presented to over 2,000 people, signed up 10 Optimeyes volunteers and registered many new service users to South Lincolnshire Blind Society. We have developed over 20 new partnerships with local organisations and businesses, been

featured in the Grantham Journal, BBC Radio Lincolnshire and Gravity, FM.

You may have seen the Optimeyes team out and about in the community promoting free eye checks and offering help and advice to those who need support living with sight loss. Our outreach has been phenomenal, mainly due to the help and support of our Optimeyes volunteers who have worked tirelessly to support the service offered through Optimeyes. A BIG thank you to you all.

The Optimeyes project will end next month, but the activities and outreach the project has generated will continue, through South Lincolnshire Blind Society's dedicated team.

Thanks everyone and I look forward to keeping in touch.

Eve Farley, MBE, SLBS - Grantham office, 01476 592 775

New Social Activities that have been arranged for you to join us:

So what do we have coming up in the next few months here is a list for you to put in your diaries:

March

- | | |
|------------------------|--|
| Monday 6 th | Sleaford Book Club 11- 12
Sleaford Library |
| Monday 6 th | Lunch Club Barge & Bottle
Sleaford 12-1.30pm |
| Monday 6 th | The new all day club at
Hayley Stewart Football
ground Spalding PE11 1DA
10am – 3pm |

- Monday 6th Sleaford Social Group, St Deny's Parish Church Hall
2- 4pm. £3.00 per person.
- Tuesday 7th Vision Aid and Synaptic Demo Day at Boston Resource Centre 10 - 2pm
please just pop in to Look at equipment.
- Wednesday 8th Lincolnshire Sensory Services for Hearing Impaired at Boston Office 10-3
- Wednesday 8th Vision Aid and Synaptic Demonstration at the Danish Invader Stamford PE92SX.
Refreshments available
- Thursday 9th Vision Aid and Synaptic demonstration at 14 Finkin Street Grantham from 10-2pm.
- Friday 10th Vision Aid and Synaptic Demonstration at the Royal Legion Long Sutton PE12 9BN from 10am-1pm.
Refreshments available.
- Friday 17th Stamford Social Club Barn Hill Methodist Church 1-3pm
- Monday 20th Ruskington Coffee Morning at Shoulder Of Mutton 10-12
£2pp All welcome.

Monday 20 th	Spalding Social Club at Hayley Stewart Football Ground Spalding PE11 1DA
Tuesday 21 st	Book club in Boston resource centre, 10.30-11.30. Spaces available.
Wednesday 22 nd	Lincolnshire Sensory Services for Hearing Impaired at Boston Office 10-3pm
Wednesday 22 nd	Sutton Bridge Social Club Trinity Room St Matthews Church 2 -4 pm
Tuesday 28 th	Boston Luncheon Club at Queen of Spades 12.30- 2pm Spaces are available. £8.50 and Booking is essential.
Tuesday 28 th	Afternoon tea and Bingo at Trinity Court Albion Street Crowland PE60EA

April

Monday 3 rd	Sleaford Book Group 11- 12 Sleaford Library
Monday 3 rd	Sleaford Lunch Club 12- 1.30 Barge and Bottle
Monday 3 rd	Sleaford Social Club 2-4pm all welcome

Monday 3 rd	All Day Club Hayley Stewart Football Ground Spalding10 – 3pm
Tuesday 11 th	NEW Craft Club Boston Office 10-12.30 £3.00
Tuesday 11 th	Easter carvery at The Ship Albion Spalding PE112AJ
Wednesday 12 th	Boston Resource Centre Easter Coffee Morning 10 -12 £2.00pp bring a friend!
Thursday 13 th	Hot Cross Bun morning and afternoon 14 Finkin Street Grantham. 10 -12 and 1-3pm
Thursday 13 th	Easter Lunch at the Barge and Bottle Carre Street Sleaford 12pm. Booking essential with Amanda before 6 th April
Tuesday 18 th	Boston Book Group 10.30- 11.30 at Boston Resource centre.
Friday 21 st	Stamford Social Club Barn Hill Methodist Church 1- 3pm
Monday 24 th	Spalding Social Club Hayley Stewart Football ground12 -2 pm

Monday 24th

Spring lunch at Toby Carvery
Lincoln 12 noon. Please book
in with Amanda before 12th
April

Tuesday 25th

Boston Lunch Club at Queen
of Spades 12.30 – 2.30
£8.50pp. All welcome,
booking in advance.

Wednesday 26th

Sutton Bridge Social Club 2-
4pm Trinity Room St
Matthews Church.

Wednesday 26th

Coffee Morning with Thelma
Blackburn 14 Finkin Street
Grantham. Come along and
learn about eccentric viewing,
a really useful technique for
people who have macular
degeneration.

May

Tuesday 2nd

Please note day change due
to the Bank Holiday Monday –
book club, lunch club and
Social club.

Monday 8th

Spalding all day club at
Hayley Stewart Football
Ground.

Monday 15 th	Spalding all day club at Hayley Stewart Football ground.
Tuesday 16 th	Boston Book Group 10.30-11.30 Resource Centre.
Friday 19 th	Stamford Social Club Barn Hill Methodist Church 1-3pm.
Wednesday 24 th	Sutton Bridge Social Club Trinity rooms St Matthews Church 2 – 4pm.
Tuesday 30 th	Boston Lunch Club Queen of Spades Wellington Road Boston.

We also have vacancies for new members at our Stamford and Long Sutton book groups our New Sleaford book group is now full but if you are interested in joining do let us know we can always set up more in a particular area.

Area	Meets	Frequency and time
Grantham Wednesday Club	Grantham Princess Drive	Fortnightly from 2pm to 4pm
Grantham Monday Club	Sandon Road Grantham	Fortnightly 2pm to 4pm
		Opposite Monday to the

Riverside Monday Club	Riverside Grantham	Sandon road club 2pm to 4pm
Bourne Social Club	Manor Court	Every week except for the first Wednesday of the month from 2pm to 4pm
Crowland social club	Royal British Legion	Second Monday of the month from 2pm to 4pm
North Hykeham Social club	Methodist Church Hall North Hykeham	Fortnightly on a Wednesday from 2pm to 4pm
Boston Social Club	Mayfield's Broad Street	First Wednesday of the month from 1pm to 3pm
Spalding Social Club	Village Hall Pinchbeck	Fourth Thursday of the month from 2pm to 4pm.
Sutton Bridge Social group	Trinity Room St Matthews Church	Fourth Wednesday 2pm to 4pm

Messages from your Community Support Workers

Hello to everyone,
I am sure you will agree that after reading what social activities are on offer there is plenty for you to think about, please do come along and support these events, we organise them for YOU it helps to keep you busy and stops isolation to help ensure you have a fulfilled life and gives you the opportunity to meet new people along the way.

Hope to see you all soon
Until then take care and keep smiling Amanda xx

I hope everyone is keeping well and looking forward to the better weather. We have a new all day club starting on the 6th March which you are probably aware of. Due to the popular demand we have had to change the venue. It will now be held at The Hayley Stewart Football Ground Spalding. If you would like to come along to this please contact 01476 592775. Hot meals will be available therefore we need to know if you require one. I look forward to seeing you at some of our upcoming events.

Love Virginia x

Fundraising quiz night at Retox Bar

Thursday 2nd February saw us hold our first fundraising event kindly organised and held at Retox Bar – A brand new coffee by day and bar by night recently opened in Grantham.

A fun night was had by all with over £100 raised for the charity. Our very own Vice Chairman Colin Dust came first with his team closely followed by the ladies from the Blind Society, Susan Swinburn, Andrea Parish and Ciara Atkinson.

Retox Coffee bar can be found at 3A Westgate in Grantham. They offer a wonderful selection of cakes and scones teas and coffee in a lovely relaxed setting with very helpful friendly staff.

WE ARE HERE TO HELP If you want to call us or visit our Resource Centres which are located at:

Grantham Office/ Resource Centre opening times are:

Tuesday to Thursday from 10am to 4pm

14, Finkin Street

Grantham

NG31 6QZ

Boston Office/Resource Centre opening

Tuesday to Thursday from 9.30am – 12- 30pm

17 George Street

Boston

PE21 8XF

HAPPY GARDENERS WANTED IN GRANTHAM

The Society has taken on a gardening project at the Huntingtower Road allotments so we are now looking for visually impaired people and volunteers to come along and help us to put some much needed TLC into what is a lovely plot.

Anyone interested in having some outdoor fun and relaxation and perhaps benefitting from your labours please contact the helpline on 01476 592775.

We are:

Mr Malcolm Swinburn
Mrs Susan Swinburn
Andrea Parish
Annie Larocque

Chief Executive
Operations Manager
Service Administrator
Volunteer & Community Development
Officer
Administration Apprentice
Community Support Worker
Community Support Worker
Administration Assistant
Optimeyes Project Worker
Senior Rehabilitation Officer
Senior Sight Impairment Officer
Sight Impairment Officer

Ciara Atkinson
Virginia Richardson
Amanda Stait
Mrs Marie Scoffield
Mrs Eve Farley MBE
Allison Williams
Joanne Slack
Stephanie Hutson

DISCLAIMER

We make every effort to ensure that all the information we pass on to you through this Newsletter is accurate. Where benefits, concessions and allowances etc., are mentioned, we wish to point out that it is up to the individual to make the relevant enquiries, as each case is judged independently.

Service providers and products are featured from time to time for information purposes; again it is up to the individual to make the necessary enquiries with regard to their suitability.