

SOUTH LINCOLNSHIRE BLIND SOCIETY NEWSLETTER



REGISTERED CHARITY NO. 214140

WWW.blind-society.org.uk



South Lincolnshire Blind Society

Helpline: 01476 592775

Winter 2018

ISSUE 48

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NOTICE. Festive closing times

Please note that our offices will be closed from mid-day on the 20th December 2018 and re-opening on the 2nd January 2019 at 8-30 am.

A MESSAGE FROM THE EXECUTIVE COMMITTEE

To all of our service users, volunteers, supporters and staff a very merry Christmas and a prosperous, healthy New Year.

Thank you all for your continuing support.

FROM THE CEO.

At this time of the year, we turn our thoughts to those who, for a number of various reasons, find getting into the spirit of Christmas difficult and for many an emotional time of the year.

I would like to send my very warmest thoughts and greetings to everyone associated with South Lincolnshire Blind Society and hope that we can all enjoy a peaceful and enjoyable festive season.

I would particularly like to say a very happy Christmas and a prosperous new year to anyone of our service users, volunteers and supporters who will be unable to be with their family and loves ones through illness or other unforeseen circumstances. You will be in my and our thoughts and prayers, wishing you a speedy recovery.

As we come to the end of yet another year, it is a pleasure to be able to say a huge thank you to everyone, staff, **volunteers** and service users for the support you have all given to our Society during 2018.

As we move into a new year I hope that we can continue to serve our local community and as ever make a difference to the lives of people living with sight loss and I look forward to seeing as many of you as possible in 2019.

**Very best wishes,
Malcolm**

Future of our Audio recordings of SLBS Newsletters and information.

"We hope you appreciate and enjoy listening to the audio newsletter. You may have noticed that the voices reading it have changed recently. Behind the scenes, there are new technical volunteers involved in taking the workload off Malcolm's shoulders and improving production quality.

"We currently produce three types of media; Cassette tapes which have been used for decades; Compact Disc, which were intended to replace Cassette and have been in use for over 10 years and in 2018 we've added USB memory sticks.

"The Cassette and Compact Disc recording equipment is becoming unreliable and is extremely expensive to maintain or replace.

Duplicating is taking much longer than it used to because we have to quality-check each Cassette tape (many are wearing out), and two of our three Compact Disc duplicators are so unreliable we sometimes get more failed recordings than good.

"Overall the production process for these is becoming more challenging and expensive in time and materials. Typically, it can take more than eight hours to produce the newsletter you are listening to now.

"In contrast, using the new USB memory sticks, they are much more reliable, we can duplicate 20 times faster, and they are reusable (unlike Compact Discs). An added advantage is we can include more articles and entertainment; such as this newsletter where we've shared recordings from our Grantham's Got Talent choir event at St Wulfrum's church in Grantham.

"So, we'd like your help in switching to USB memory sticks where-ever possible.

"You may already have a playback device that can use USB memory sticks.

If not, it may be possible to obtain a loan device from the charity 'Wireless for the Blind' for those who are eligible. To find out if you are eligible please call our helpline on 01476 592775.

Alternatively we can advise you on purchasing a Sonic USB talking book player, prices are available from the office by calling 01476 592775.

"If you can help us be more efficient and keep cost down by changing to returnable USB and would like to switch to receiving the newsletter on USB memory stick please call the telephone help-line on 01476- 592775" Thank you your help is appreciated and please remember to return all the memory sticks and tapes by just popping them in a post box turning the address label over to show the charity address so that we can record the next newsletters on them.

Showcase concert "Grantham's got Talent 13 December 2018"

We are delighted to tell you that we had a good response for the Grantham's Got Talent concert that we held at the magnificent St Wulfram's Church in Grantham on the 13th December.

We estimated the number of participants were in excess of 300. We had over 150 performers on the night from the In Voice choir, the Grantham U3A choir and the Grantham Rock choir. Our star attraction was our very own Mr Barry Summerfield VIP who came and performed solo and with his granddaughter Kelly.

We also had a small market place showcasing some specialist craft stalls so during the interval people could do some last minute Christmas gift shopping.

Grantham Specsavers branch provided us with wine for the interval and some of their staff volunteered on the night as hostesses.

This event took months to plan and organise and we are very grateful to all of the performers, stall holders, volunteers and staff who took part for giving up their time to come and support our Charity.

We also received donations towards the event from Grantham Estates, Community books an anonymous donor and Trish one of our service users.

The result of our efforts for the evening event raised a magnificent £1662.20p.

We would also like to thank Father Stuart and his team at the church for allowing us to take over the church for the whole day as we held the Grantham Christmas coffee morning in the church in the morning.

We were entertained by the superb choir from the national school and this was followed by the U3A Ukulele band who got everyone singing and joining in.

It was great and thank you to everyone who supported these events they are crucial to keep people connected and raise the profile of the work the charity does to help more people living with sight loss.

For those of you that use facebook you will be able to hear Barry singing with his Granddaughter Kelly and maybe see some of the photos from the evening.

Some of the feedback we received ,” we are looking forward to next year’s event, great to hear all the different choirs and groups, loved the poetry it added a poignant reminder about the cause which is important, loved the mince pies and would have liked mulled wine too, love all the craft stalls, fresh cakes and home made bakes from Lovely Loves and N&B cupcakes, well organised you should be proud, Barry Summerfield has a fabulous voice”.

It was great for the staff to have the support of the new Trustees who all attended and are great ambassadors for our Charity.

200 Club Winners

September

1 st prize	£100	Mrs Margaret Willerton, Boston
2 nd prize	£50	Mrs Vera Nichols, Long Sutton
3 rd prize	£30	Mr Sidney Bowell, Holbeach

October

1 st prize	£40	Mr L Shipston, Long Bennington
2 nd prize	£30	Mr & Mrs B Johnson, Spalding
3 rd prize	£20	Mrs S Hewitt, North Hykeham

November

1 st prize	£40	Mr Reginald Priestley, Boston
2 nd prize	£30	Mrs Angela Issitt, Spalding
3 rd prize	£20	Mr Colin Barnes, Stamford

Well done to all our winners and thank you for your support! JOIN US it's not too late you renew your 200 club application or purchase one for family or friends please call our helpline 01476 592775– it could be you.

Christmas Raffle Winners

A huge Thank You to everyone who bought raffle tickets, we raised a fantastic £2240.00 which will help us to continue providing services.

Many congratulations! The following people won the main prizes for our big Christmas Raffle:

1st prize £100 – J Clay, Boston

2nd prize £50 – S Cordon, Ruskington

3rd prize Hamper – Mrs M Goodacre, Grantham

4th prize Whisky - B Hall, Billinghamay

5th prize Christmas Cake – K Harrison, Sleaford

Further congratulations to the winners of all our other raffle prizes too.

LotterySK

South Lincolnshire Blind Society has joined!

LotterySK is an exciting weekly lottery that raises money for good causes in South Kesteven. All good causes supported by the lottery will benefit South Kesteven and its residents.

Play the lottery, support South Kesteven - it is that simple!

Tickets for the lottery cost just £1 per week. Each ticket has a **1 in 50** chance to win a prize each week, with a top prize of £25,000! That's a better chance of winning than the National Lottery or the Health Lottery!

Each ticket will consist of six numbers and each number will be between zero and nine. There will be a draw every Saturday night when a 6 digit winning combination will be picked. Prizes will be given to players with tickets that match the first or last 2-6 numbers from the winning combination. Match all six and you win the JACKPOT!

SLBS has joined the LotterySK, to start supporting us visit:
www.LotterySK.co.uk and search for: Blind Society

IF YOU REQUIRE ANY ASSISTANCE IN JOINING THE SKDC LOTTERY ONLINE PLEASE CONTACT SLBS HELPLINE 01476 592775 AND WE WILL HELP YOU.

50% of all tickets sold from our page go to us! Support us and win prizes. Good Luck!

FUNdraising and Awareness raising events

A huge thank you must be said to everyone who has helped us at our store collections, awareness raising events and bag packing events this year. With your help, we have raised an incredible £3600.47!

Raising funds is a big part of our work but equally important is the role of promoting the services that the charity provides to people who may be struggling with sight issues and don't know where to turn.

Our volunteers and particularly our service users who have volunteered to help us at these events are best placed to tell people what we do and we are very grateful to the growing numbers of you helping promote our work.

If you would like to know more about how you can come along and be a part of our fantastic team of Ambassadors please give the office a call on 01476 592775 to add your name to our list of volunteers.

Help needed at Future Store Collections;

Friday 18th January 2019 – Tesco, Sleaford

If you are able to get to Sleaford and can help us for a couple of hours at the collection, we would greatly appreciate your support. Please call the office on 01476 592775 and talk to one of our team.

A short story for Battery safety and storage

We were awoken to a fire in our kitchen last night (2:30 am) and thankfully, for the smoke alarms, we were able to get out in time. The

response crews were amazing and even gave the kids each a teddy because their stuff was smoky.

The fire started in the drawer in our kitchen island from 2 batteries that were touching at the male end. The batteries were in a drawer with dish towels, which ended up catching fire. We have always stored our batteries this way and didn't realize the danger. Please everyone check how your batteries are stored and ensure there are no flammable items close to them. The fire inspector told us batteries should be stored in a container and all standing upright. If your batteries are in packaging it's ok, it's when you have loose ones thrown together that they become a danger.

We are so thankful that we got out quick and the fire didn't spread. We can't even imagine if we weren't home or if the smoke alarms didn't wake us. Thank you to everyone who has offered to help and we really just want to use this experience to make sure you store your batteries in a safe way so this doesn't happen to anyone else!

RNIB and South Lincolnshire Blind Society Living with Sight Loss Course – Boston

Have you or a family member been diagnosed with sight loss? Share experiences with others in similar situations and find out about services available to you.

Our FREE two day, friendly, informal, community-based course, aims to help you adjust to your sight condition, increase your independence and boost your confidence.

Sessions include:

- Welfare rights
- Getting out and about
- Tips and gadgets for everyday living
- Assistive technology – computers, tablets, phones
- Eye health and Wellbeing
- Leisure, hobbies and interests

Where: The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB

When: On Thursday 14th & 21st March 2019, from 10.30am to 3.30pm

You are welcome to bring along a family member or friend with you.

Book your free place today!

Call us on 0300 123 3933

Email us at lwslenquiries@rnib.org.uk

Keeping you healthy if you live in North Kesteven?

Aged over 45 and looking to improve your health?

We are looking for 50 people to become part of a 12 month trial which will help us design programmes or activities that would help others live healthier, longer, happier lives.

All you need to do is commit to having your health statistics taken regularly, and be open to trying different techniques that might help them improve your health.

You would be part of the team that tries to crack the proverbial nut that prevents people from being healthier!

Interested? Contact us on 01529 308196 or email partnershipsteam@n-kesteven.gov.uk

Sent from my iPhone

Community Christmas

‘Community Christmas believes that no person in the UK should be alone on Christmas Day unless they want to be.’

Communities are encouraged to provide companionship to older people on Christmas Day by running a community Christmas Lunch event, joining up with others at a local pub or restaurant, popping round for tea and cake, perhaps organizing a film viewing or anything else that can be enjoyed by all those that take part.

This should be a chance to meet up with old friends and make new friends creating bonds in the community that last well beyond the single day.

We can do this thanks to our supporters and the local communities that take up the challenge to achieve our vision by increasing what is available or helping reach those that need to know about what is going on.'

Find out more about Community Christmas by contacting them on 0800 063 9285 or check out their website for your nearest event -

<https://communitychristmas.org.uk/map/>

Their site is updated weekly so it may be worth checking again if you can't find an event the first time.

I CAN'T SEE!! – By Charlie Beeston

Why do people just stand and stare,
Why do some people seem so unaware,
The white cane I hold in my hand is a bit of a clue,
If you stand too far away I can't see you.

I have a condition that reduces my vision,
I can't even see my own television,
I struggle on although it's hard,
And I always have to be on my guard.

The worst thing is when people think its fine,
To kick my cane or even worse stand in my line,
Just to see if I will move out the way,
It's just silly and trivial child's play,

I do not care for these trivial games,
Or when people just call me names,
It hurts when they do but I am strong,
And also determined to get along.

I cannot help the vision I have been given,
But believe me this, I am fully driven,
To go out and enjoy my life,
And maybe one day even get a wife.

I have learned to be strong and confident,
By the one person whom I can compliment,
Who has also struggled and overcome,
It is of course my wonderful Mum!

Shared with kind permission of Charlie Beeston – Lincoln.

We are always on the look out for poetry and stories that can be shared in our newsletter if you or someone you know would like to contribute please let us know by calling the helpline.

Help if you live in South Kesteven?

People with disabilities living in private housing could get free adaptations to their homes.

They can now apply for the full cost of stair lifts and modular access ramps (up to £7,000 of Government funding) to help them access their home. The change to the discretionary disabled facilities grants will run until April 1st.

South Kesteven District Council cabinet member for housing Councillor Nick Neilson said “ work like this can increase independence - help faster discharge from hospital, reduce the need for support from social care and health care services and also prevent further deterioration in people’s existing conditions. If someone has a referral from the occupational therapist for a stair lift or modular access ramp, they would have previously been means tested, which could mean they would have to make a contribution towards the cost of the work or they may not be eligible for any assistance. We know that people can fail the government set means test and yet still not have the money to pay for this work, which is why we are changing the way this works. For more details call 01476 406080.

Phone app allows volunteers to be eyes of visually impaired.

Video call help scheme has grown into a worldwide success, writes Faith Eckersall.

Imagine you are blind or partially sighted, and you need to choose a suit for a job interview. Or you want to check the use-by date on a pint of milk, but your eyesight is too poor to see the numbers properly.

You could wait for a friend to come and help – or you could make a video call using the Be My Eyes app, through which you'll ask a willing stranger to help you.

'Every day we hear of a different way that people are using the app'. Says Alexander Hauerslev Jenson, one of the team running Be My Eyes from its base in Denmark. The idea was sparked in 2012 by visually impaired craftsman Hans Jorgen Wiberg, who heard about blind and partially sighted people using video calls to connect to sighted family members. 'He thought it would be great if you could connect to a bunch of other people because there are things you don't always want to share with friends and family, and you have to decide who to disturb each time' says Jensen. Within 24 hours of its launch in January 2015, more than 10,000 people from 40 countries had volunteered to join the project. Now Be My Eyes is active in 150 countries, has more than 100,000 users and more than 1.6 million volunteers, who between them speak 185 languages.

Tasks that the app has been able to help with have ranged from guiding someone out of a tunnel to checking a bride's gown before she walked down the aisle.

One user is Santiago, Chile, was amazed when a man in Israel pulled his car over to help him find a lost document.

It works like this: sighted volunteers sign up and when a user calls, they answer if it's safe to do so – not while driving, for example – and try to help. A number of volunteers are contacted at once in case people are busy. And because there are volunteers in many time zones, there will almost certainly be someone to assist a user, even in the middle of the night, says Jensen.

'Every day we get emails, tweets and calls from our volunteers' he says. 'Some even cry because they have helped someone out with something very simple. 'It's gratifying to help someone like this, and I think this is why the app's gone viral, although one of our volunteers put it best when she said: " Be My Eyes is a good deed waiting to happen in your pocket."

- Many thanks to our Volunteer, Kate from Stamford for sending in this interesting and useful article.

Warming winter recipe.

Beef and Guinness Casserole.

Serves 4

Skill Effortless

Prepare 25 mins Cook 1 hour 30 minutes

Ingredients

- 2 tbsp oil
- 450g (1lb) stewing steak, cut into cubes
- 2 onions, sliced
- 1 tbsp plain flour
- 2.5cm (1in) piece of root ginger, grated
- 150ml (1/4pt) brown ale or Guinness
- 1 KNORR Beef stock Pot dissolved in 150ml (1/4pt) boiling water
- 400g can tomatoes or passata
- Bouquet garni
- 1 red pepper, sliced
- 1 orange, rind and juice

Method

1. Heat 1tbsp of oil in a pan over a medium heat and fry the meat until it has browned. Removed from the pan and put into a casserole dish.
 2. Heat the remaining oil and sauté the onion over a low heat until golden. Mix in the flour and ginger, cook for 1-2 minutes, then gradually stir in the ale, stock and tomatoes and cook until thickened. Add the bouquet gami, pepper and orange rind and pour into the casserole.
 3. Cook in a preheated oven 160⁰c/140⁰c fan/ Gas 3 for 1 ½ hours.
 4. Removed the bouquet garni, stir in the orange juice then serve.
- This casserole also makes a delicious pie. Place the cooked meat in a pie dish and cover with ready – rolled puff pastry.

Does the name William Moon Mean anything to you ?

Article by Rev. Barrie Hirst from Sleaford.

If you are anything like the ninety or so people I have asked within the last few days, you will probably say "No why should it?"

When he reached the age of four years, he suffered from scarlet fever, which left him with impaired vision and by the age of twenty-one years, he had become totally blind in both eyes. This devastating situation meant that he would not be able to fulfil his life's ambition to become a non-conformist Minister. What could he do? His prospects must have seemed very dark. However, as a man of faith he poured out his troubles and disappointment to God in prayer. This eventually had a wonderfully calming effect on him. Eventually he began to realise that God had entrusted him with a new talent which he could accept and offer for the blessing of other blind and partially sighted people. So it became his prayer that God would use his TALENT OF BLINDNESS.

During the dark time he was passing through following the discovery that he would never see again, an unknown lady called upon him to invite him to her home for lessons to read (by touch) by a system of raised type invented by a person named Freear. William was delighted and gladly accepted her offer. As he mastered this new skill, he also began to gain experience of other methods of reading by touch. He became aware that other blind and partially sighted people had struggled and given up on them,

whereas he had discovered and overcome their inherent difficulties. This led to his own invention of a new embossed alphabet based on Roman script. He began teaching his own system to sight impaired people who were greatly helped through a school he had set up.

Next he aimed at producing Scripture portions and other literature for the blind. This was followed by the complete Bible in Moon script. He now produced similar work in numerous other languages including Chinese, Indian, Egyptian, West African, and others. Thousands of people throughout the world now began to benefit from his Vision.

Whereas at that time, to be blind rendered a person as almost useless, and many regarded them as a nuisance. Their ability to read gave them an entirely new potential.

William Moon's response to his God given Talent of Blindness resulted in thousands of people throughout the world who would otherwise be placed on life's scrap heap were given the dignity and respect which should be the birthright of every human being. Perhaps a reason why so few people

seem to know about William Moon at the present time is because he would always say "To God be the glory" when anyone praised him for any of his achievements.

His birthdate was 18.12.1818 which means that 18.12 2018 is the bicentenary of his birth certainly, "To God be the glory!" As we draw near to his bicentenary, Let us give thanks to God for what He accomplished through William's talent and offer our own talent(s) to him in gratitude. "To God be the Glory!"

Boston & South Holland Talking Newspaper

c/o Len Medlock Voluntary Centre
St Georges Road, Boston
PE21 8YB

We provide a free weekly audio recording of local news on a memory stick, dispatched free post to visually impaired people under Articles for the Blind Legislation.

A variety of news is drawn from the Boston Standard or Target and Lincolnshire Free Press. From time to time we include recordings on useful topics available free to all T.N's by Info-Sound and regularly read notices about monthly meetings of local Macular Groups, the local Disability Forum and notices from South Lincs Blind Society if they provide us with items of interest.

The memory sticks can be played on any device with a USB slot – could be a Wireless for the Blind, other radio – CD player, modern TV or PC. Simple to use players may be available, free of charge to those who are eligible.

We cannot provide a player if you live outside of our area, although we are happy to send recordings if you are interested in news from our area.

Recordings are made on a Thursday morning and dispatched the same day, usually reaching our listeners on Friday. We plan to continue this free service for as long as there is a demand.

For further information contact us or ask a friend or relative to contact us by email on: enquiries@bashtn.org.uk

Or: through the Contact form on our website: www.bashtn.org.uk

Or send a note addressed to us at the LMVC – remember to provide a telephone number and contact name

Sleaford and District Talking Newspaper

Our newspaper has been informing local blind and partially sighted people for over 35 years. We can thank enthusiastic members of the Sleaford Rotary Club for our birth. They advertised locally for interested people to come forward as readers and technicians.

Radio Lincolnshire provided training for the would-be readers. Adverts were also placed for redundant tape players and tapes.

In these early days recordings were made on a reel to reel recorder and then transferred to a small tape to be sent to our listeners. The tapes were returned free of charge by the Royal Mail and then had to be cleaned prior to the next week's recording. By the late 80s we were sending tapes to over 100 listeners.

The system was relatively slow and inflexible so we moved into the computer age in 2008. We considered using compact discs but made a bigger leap straight to a computerised system, which transferred our recordings onto a master USB (memory) stick.

This is then copied onto individual memory sticks and sent to our listeners.

The new system has no constraints re the length of recordings and allows the listener to select individual items to listen to rather than having to forward or reverse the tape. Our outlay of £5000 was possible due to a very generous legacy from one of our founder members.

We bought memory stick players for every listener and delivered them so we could teach them how to operate the new equipment. They all very quickly adapted. Recordings are done on the Wednesday the two local papers are published, and the copying and posting on Thursday.

Today our numbers have dwindled to less than 50. We don't know for sure why this is. We suspect it is a combination of more local news on radio and TV, potential listeners moving into the area and not interested in local news;

some listeners, particularly younger ones, access news via the internet due to computers now developed for the blind or partially sighted. We would also love to believe that these days there are fewer sufferers.

We have around 40 volunteers who belong to 5 recording teams and one admin/copying team. We recently surveyed our listeners and had a positive response re their ongoing need for our service.

Finally we welcome new listeners and are grateful to SLBS who often supply us with local people requiring our service. If you know of anyone who would like a weekly recording, or be willing to help as a reader or technician

(approximately 12 times a year), please contact our Chairman Howard Sanders on 01529 414047 or howardjsanders@yahoo.com.

SLBS Activities and events for the next three months.

Regular reader and listeners will know and do appreciate a roundup of activities for the next quarter so please find below a selection of activities and events that you are all welcome to attend, you can bring a friend or carer too everyone is welcome.

Social opportunities are really important and if you are able to attend it will increase your social network, you might learn a thing or two about living with sight loss or more importantly you might be able to share some tips for living well with new group members.

We always aim to have a mix of social time and information or activity sharing time at the events and we know from the feedback received that attendees really value this mix of opportunity.

If you require support accessing transport please ring the helpline we will be able to advise you about joining, the call connect service or if there is a local community transport scheme in your area.

This year again we will be continuing our Living Well with Sight Loss sessions through our local groups and activities in bite sized format as feedback we have received tells us that people find it easier to digest rather than taking a whole day out with too much information to take on board.

Thank you for your continued support and we look forward to seeing you in the New Year.

January 2019	Venue - Activity
Thursday 3rd	Grantham Social'eyes' 10am – 12pm.
Monday 7th	Spalding All Day Social'eyes Club; Hayley Stewart Football Grounds 10am – 3pm.
Tuesday 8th	Grantham Book Group 10am – 11am
Wednesday 9th	Boston Social'eye's, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB.
Thursday 10th	Grantham Social'eyes 10am – 12pm. Guest – Carers First
Monday 14th	Sleaford Social'eye's, 10am – 12pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest – Chatterton Solicitors, Wills and Power of Attorney
Tuesday 15th	Grantham Craft Club 10am – 12pm
Thursday 17th	Grantham Social'eyes 10am – 12pm. Guest – Kirsty from Holistic Hearing aids.
Monday 21st	Spalding Social club, Hayley Stewart Football Grounds 12pm – 2pm
Wednesday 23rd	Boston Social'eyes, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guests – Wellbeing Services
Thursday 24th	Grantham Social'eyes' 10am – 12pm.
Monday 28th	Sleaford Social'eyes, 10am – 12pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest – Sleaford Talking Newspaper
Tuesday 29th	Boston Lunch Club at the Queen of spades, 12.30pm – 2.30pm. Please call 01476 592775 to book a place and menu choices a week in advance.
Thursday 31st	Grantham Social'eyes' 10am – 12pm. Guest – Lincs Community Services
February	
Monday 4th	Spalding All Day Social'eyes Club; Hayley Stewart Football Grounds 10am – 3pm.

Tuesday 5th	Grantham Book Group 10am – 11am
Thursday 7th	Grantham Social'eyes 10am – 12pm. Guest – Specsavers
Monday 11th	Sleaford Social'eyes, 10am – 12pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest – Lincolnshire Police, Friends against Scams
Wednesday 13th	Boston Social'eyes, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest – Chattertons Solicitors – Wills and Power of Attorneys
Thursday 14th	Grantham Social'eyes 10am – 12pm. Valentines Day
Friday 15th	Stamford Social'eyes Club, Clare Close Community Centre 12.30pm – 2.30 pm.
Monday 18th	Spalding Social club, Hayley Stewart Football Grounds 12pm – 2pm
Tuesday 19th	Grantham Craft Club 10am – 12pm
Thursday 21st	Grantham Social'eyes 10am – 12pm
Monday 25th	Sleaford Social'eyes, 10am – 12pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest – Wellbeing Services
Tuesday 26th	Boston Lunch Club at the Queen of spades, 12.30pm – 2.30pm. Please call 01476 592775 to book a place and choices a week in advance.
Wednesday 27th	Boston Social'eyes, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest – Carers First
Thursday 28th	Grantham Social'eyes 10am – 12pm. Guest – Wyndham Park Forum
March	
Monday 4th	Spalding All Day Social Club; Hayley Stewart Football Grounds 10am – 3pm.
Monday 4th	NEW VIP Veterans support Group 14 Finkin Street Grantham NG31 6QZ Guest- Michelle Woolman-Lane. Armed Forces Officer Lincolnshire and Rutland.
Tuesday 5th	Grantham Book Group 10am – 11am
Thursday 7th	Grantham Social'eyes' 10am – 12pm.

Monday 11th	Sleaford Social'eyes, 10am – 12pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest – Volunteers Pat Pearson and Jean Martin seated Tia Chi and Falls prevention.
Wednesday 13th	Boston Social'eyes, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest – Rev'd Ally Buxton
Thursday 14th	Grantham Social'eye's 10am – 12pm. Guest - Synapptic
Friday 15th	Stamford Social Club, Clare Close Community Centre 12.30pm – 2.30 pm.
Monday 18th	Spalding Social club, Hayley Stewart Football Grounds 12pm – 2pm
Tuesday 19th	Grantham Craft Club 10am – 12pm
Thursday 21st	Grantham Social'eye's 10am – 12pm. Guest – Carolyn Brocklebank – poetry and more
Monday 25 th	Sleaford Social'eye's, 10am – 12pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest – Synapptic
Tuesday 26 th	Boston Lunch Club at the Queen of spades, 12.30pm – 2.30pm. Please call 01476 592775 to book a place and menu choices please book a week in advance.
Thursday 28th	Grantham Social'eyes 10am – 12pm

If you would like to know more about any of the additional activities listed above, please contact the helpline 01476 592775.

Regular Social clubs

Our very valuable volunteers support all of our social groups and we are extremely grateful for their time and commitment. If you have not joined, one yet give us a call on our helpline 01476 592775 and we will arrange an introduction.

All the clubs offer companionship activities such as quizzes, outings and guest speakers etc. You will receive a very warm welcome indeed.

Area	Meets	Frequency and time
Grantham Wednesday Club	Harrowby Lane Methodist Church, Grantham, NG31 9LN	Fortnightly from 2pm to 4pm
Grantham Monday Club	Sandon Road Community Centre Grantham NG31 9AX	Fortnightly from 2pm to 4 pm
Grantham Target Social Club	Harrowby Lane Methodist Church, Grantham, NG31 9LN	Every Friday from 7.30pm to 9.30pm
Grantham Swim Club	Belton Woods Hotel Belton, Grantham, NG32 2LN	Every fortnight 12 noon until 2 pm Coffee and pastries afterwards
Grantham Social'eye's	14 Finkin Street Grantham Lincs NG31 6QZ	Every Thursday 10am to 12 noon
Grantham Craft Club	14 Finkin Street, Grantham, Lincs, NG31 6QZ	Third Tuesday of the Month 10am – 12pm
Grantham Book Club	14 Finkin Street, Grantham, Lincs, NG31 6QZ	First Tuesday of the Month 10am – 11am
Spalding all day club	Hayley Stewart Football Ground, Spalding PE12 1DA	First Monday of the month 10 am to 3pm
Spalding Monday Social Club	Hayley Stewart Football Ground, Spalding PE12 1DA	Third Monday of the Month 12 – 2pm

Bourne Social Club	Manor Court West Street, Bourne, PE11 9PP	Every week on Wednesday except for the first Wednesday of the month from 2pm to 4 pm.
Bourne Book Club	Manor Court West Street, Bourne, PE11 9PP	First Wednesday of the month from 2pm to 4pm
Stamford Social'eye's club	Clare Close Community Centre Stamford, PE9 2QA	Third Friday of the month from 12.30 to 2.30pm
Sleaford Social'eyes Club	The Town Hall, Quayside House, Navigation Yard, NG34 7TW	Every other Monday from 10am to 12pm
Boston Luncheon Club	Queen of Spades, Wellington Road, Boston, PE21 0NX	Last Tuesday of the Month 12.30 – 2.30pm
Boston Social'eyes' Club	Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB	Every other Wednesday from 10am to 12pm
North Hykeham Social Club	Methodist Church, 3 Chapel Lane North Hykeham Lincoln, LN6 9QZ	Fortnightly on a Wednesday from 2pm to 4pm

New year new you.

Join us on Saturday the 12th January 2019 from 1pm to 4pm at Grantham museum, St Peters Hill Grantham for a Wellness Fair organized by writer and health ambassador Roger Smith.

Roger will be talking to us about staying well and healthy he will talk about

- Nutrition, food and mood
- Overcoming addictions
- Yoga, better sleep
- Reversing diabetes
- Improving Memory
- Healing through fasting
- Detox, looking good and much more.

The event is free to attend everyone is welcome and you can bring a friend or two!

International Women's Day 8th March 2019

Celebrating women's achievements throughout history

South Lincolnshire Blind Society are seeking to support International Women's Day 2019, by collecting and sending toiletries and sanitary products to DODOWA MIDDLE SCHOOL in GHANA, West Africa.

There is lack of opportunity in this area, for young females to achieve and maintain clean and healthy standards of hygiene due to lack of basic hygiene resources.

We would be most grateful for any contributions such as shampoo, soap, sanitary products, toothpaste, toothbrushes etc. that can be donated to South Lincolnshire Blind Society up until the 8th of March 2019.

We hope you feel that this is a cause in which you would like to support and look forward to hearing from you either by Telephoning us at South Lincolnshire Blind Society on **01476 592775** or by e-mail to slbs@blind-society.org.uk.

Donations can be dropped off at any of the venues listed were we are holding activities. We would like to thank you for kindly supporting Women in other parts of the world who may not have the opportunities we do.

Lincolnshire County Council Transport Line.

Need help and advice about transport for your appointments?

We'll help you find your transport solution, call 01522 550129.

Free and friendly information regarding transport in Lincolnshire.

Monday to Friday 10am to 5pm

Saturday 10am to 1pm.

And finally,

We hope you all have a fabulous festive break and we would like to thank you for your support in 2018. We would like to say a massive thank you to our Volunteers who have always rallied to the call to action without them we could not deliver the services demanded upon us.

We are looking forward to 2019 with new zest and with some planned exciting changes to take the charity into the next 100 years and beyond. If you, your family or friends have any unwanted gifts this Christmas don't forget you can always donate them to SLBS and we can make good use of them throughout the year in our various raffles, many thanks for think of us.

WE ARE HERE TO HELP if you need support, advice or information please call our Helpline **01476 592775** which is open Monday to Friday 9am to 5pm

YOU ARE WELCOME to visit our Resource Centre at 14, Finkin Street, Grantham, which is open Monday to Friday from 9am to 4pm.

Visits to the Boston Resource centre can be made by calling the helpline.

We are:

Mr Malcolm Swinburn

Chief Executive

Mrs Susan Swinburn

Operations Manager

Virginia Richardson

Community Support Worker/SIO

Kirsty Smith

Services Administrator

Ciara Atkinson

Office Administrator

Mrs Marie Scoffield

Administration Assistant

DISCLAIMER

We make every effort to ensure that all the information we pass on to you through this newsletter is accurate. Where benefits, concessions 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. By receiving this newsletter you are not obliged to act on any of the information enclosed unless you choose to do so.