

SOUTH LINCOLNSHIRE BLIND SOCIETY NEWSLETTER



REGISTERED CHARITY NO. 1182486

www.blind-society.org.uk



South Lincolnshire Blind Society CIO

Helpline: 01476 592775

Spring 2019

ISSUE 49

Welcome to the forty-ninth issue of the South Lincolnshire Blind Society Newsletter, inside this issue you will find:

| Page | Article |
|-------------|-----------------------------------|
| 2. | News from the Chief Executive |
| 3. | Your Vote Matters – from SKDC |
| 4. | Beware of Fraud |
| 7. | 200 Club Winners |
| 8. | FUNdraising and Awareness events |
| 9. | SLBS Choir – come and join us |
| 11. | Sleaford Social'eyes' group |
| 11. | Age Care Advice |
| 13. | Have you heard of SoundScape App? |
| 16. | Bourne CiCle Festival |
| 17. | The new Veterans ID cards |
| 19. | News from North Hykeham |

And much more.....

News from The Chief Executive

Following on from the Annual General Meeting last July I have been working hard on converting our unincorporated Charity into a Charitable Incorporated Organisation.

Following many meetings with advisors, solicitors and some of our volunteers along with many back and forth communications with the Charity Commission we have finally been informed that our new organisation has been given full approval and we now have a new Charity number: 1182486. I wonder how many people have noticed this in this newsletter publication.

My thanks to those individuals who have given me and the Society such valuable advice and support in making this change.

My thanks also must go to our staff team who have now begun the tedious task of ensuring every piece of correspondence has the correct charity number. How glad am I that we have one of the best small staff teams ever who are given such tremendous support from many willing volunteers.

Are you busy working or doing other things during the daytime?

I am interested in hearing from service users who find it difficult to attend some of our many activities which we hold during the daytime.

Would you like to be able to meet up for some social interaction outside of the normal working hours?

I, personally, would be prepared to support other activities providing that we have the number of people interested to make it a viable and workable possibility.

If you are at all interested in us exploring this idea please call the office on **01476 592775** and register your interest. Once I have enough people wishing for us to look at this I will organise a meeting here in Grantham to take the opportunity of discussing our options.

Kindest regards to everyone.

Malcolm

Some dates to remember:

15th June 2019 – Midsummer concert featuring the Belvoir Wassailers

12th December – Society Christmas Lunch at Woodys, Ancaster

14th December 2019 – Our 2nd Christmas Concert

Details of these and other events will be published in good time but please put these into your diaries so you don't miss out on having a good evening out with us.

South Lincolnshire Blind Society Presents:

Join us for our Midsummer Concert

Saturday June 15th @ 7.00pm at ChristChurch, Finkin Street, Grantham, NG31 6QZ featuring: Belvoir Wassailers (Male Voice Choir)

Refreshments and Raffle

FREE ENTRY

Retiring Collection with proceeds going to South Lincolnshire Blind Society

Come and Join Us for a wonderful evening of music!!

Your vote matters - don't lose it!

SKDC is encouraging anyone not yet registered to vote to go online and register if they want to have their say in the local elections in May.

Thursday 2 May is polling day for all 56 seats on South Kesteven District Council and 65 parish councils across the district.

Aidan Rave, Electoral Registration Officer for SKDC, said: "The good news is that the majority of our residents are registered but there are still those who have not yet done so.

“With the elections now just months away, we are encouraging residents to go online at www.gov.uk/register-to-vote and register, particularly those who have recently moved or will be 18 by 2 May.

“Some people wrongly assume that paying council tax means you are registered to vote. I am urging all those eligible to vote in South Kesteven to check that they are registered. Unless your name and address are correctly entered you could lose the right to have your say.”

It is really simple to do. You will be asked to provide your date of birth and National Insurance number in addition to the usual details of name, address, previous address and nationality.

Remember:

The registration deadline for the elections on 2nd May is 12th April.

If you don't think you're registered, register your details online at www.gov.uk/register-to-vote

If you need more information or want to check if you are registered call the elections team on 01476 40 60 80 or email elections@southkesteven.gov.uk

Beware of Fraud

This is a message forwarded to SLBS by Lillian Sentance sent by Lincolnshire Alert. This information has been sent on behalf of Action Fraud

HM Revenue and Customs Alert

What you need to know

Action Fraud has experienced an increase in the reporting of malicious calls, voicemails, text messages or emails to members of the public purporting to be from HMRC.

The fraudsters state that as a result of their non-payment of tax or other duty, the victim is liable to prosecution or other legal proceedings such as repossession of belongings to settle the balance but can avoid this by arranging for payment to be made immediately by method such as bank transfer or by iTunes gift cards.

If the victim is hesitant or refuses to comply, the suspect makes a threat such as immediate arrest, bailiffs or in cases where the victim appears to be of overseas origin; deportation.

Often, the period for which the tax is allegedly due is distant enough to guarantee the victim will have little, if any, paperwork or ability to verify the claims. Once the money is paid the suspects sever all contact.

It is vital that the public exercise caution when receiving messages or telephone calls of this nature.

What you need to do

Always question unsolicited requests for your personal or financial information. Just because someone knows your basic details (such as your name and contact details), it doesn't mean they are genuine. Instead, contact the company directly using trusted methods such as a known email address or phone number.

Listen to your instincts. If something feels wrong then it is usually right to question it. No genuine organisation will ask you to pay taxes, bills or fees using iTunes Gift Cards, or any other type of voucher.

Don't be rushed or pressured into making a decision. Under no circumstances would a genuine bank or some other trusted organisation force you to make a financial transaction on the spot.

Report Phishing attempts. If you receive a call, text or email of this nature and have not lost money, report this as a phishing attempt to Action Fraud.

Lifeline Alarm Fraud

Message from Lincolnshire Police Headquarters, Engagement Team.

We have received a report of telephone fraud relating to the use of a lifeline alarm. An elderly Lincolnshire resident received a telephone call whereby a suspect claimed that their payment details had expired and that the victim needed to provide their card details again.

Please be aware that this is fraud — a legitimate organisation would never demand payment over the phone in this nature. Do not provide personal or bank details over the telephone. If you are unsure, then end the call immediately. For police support please call 101. For enquiries regarding your lifeline alarm please contact your local council directly.

Cold Calling – Intruder Alarms

We have been made aware by a concerned resident that an Alarm company is "cold calling" Lincolnshire residents, trying to sell them intruder alarm systems.

If you do get a sales call please be mindful of the information that you pass to them. When considering security systems for your home or business don't deal with cold callers or telesales enquiries and avoid doing doorstep or telephone business.

Many traders who call at your door are honest and genuine; however, some are not and can be extremely persuasive. If you have serious doubts about the legality or sales techniques being employed by this type of security company, or if they are using hard selling tactics which include unduly raising the fear of crime, pressure selling, unclear contracts and overpriced security systems, contact Citizens Advice about your consumer rights on 03454 04 05 06. They can also refer your complaint to Trading Standards officers who may then investigate on your behalf.

Be aware that not all costs may be shown and ask yourself, How much is:

- Installation costs, what am I getting?
- Servicing -- how much, how often?
- Have monitored upfront or monthly payments?
- How long will I pay for it, minimum 3-5 years?

Please be aware that all alarm companies that install systems in our county which promise a Police response to alarm activations must be registered with one of the two national inspectorate bodies which are the NSI and the SSAIB.

You can check if an alarm company is inspectorate approved by contacting the NSI on telephone number 01628 637 512 (website:

www.nsi.org.uk) and the SSAIB on telephone number 0191 296 3242
(website: www.ssaib.org)

For further information on intruder alarm advice for domestic properties please visit the following website: www.securedbydesign.com

For consumer rights please visit the following website: www.gov.uk/consumer-protection-rights

Community Safety & Crime Reduction advice can be found on Lincolnshire Police force website: www.lincs.police.uk

Fake TV Licensing emails

Action Fraud has received more than 5,000 reports about fake emails and texts purporting to be from TV Licensing. Although messages contain links to genuine-looking websites but are designed to steal personal and financial information.

Always question unsolicited requests for your personal or financial information in case it's a scam. Never automatically click on a link in an unexpected email or text.

Fake Calls regarding compromised phone lines

A service user who advised us of a phone call fraud has alerted us to the following. You may receive a message to say that your phone line has been compromised and to press 1 for BT and 2 for other suppliers. The service user contacted BT who informed her that it was not genuine and was a scam. So be aware.

200 Club Winners

December

1st prize £100 - Mr A Saunby, Lincoln
2nd prize £80 - Mr D Watson, Great Gonerby
3rd prize £40 - Mr N Brocklebank, Grantham

January

1st prize £40 - Mr R Evans, Sutton Bridge
2nd prize £30 - Mr & Mrs B Johnson, Spalding
3rd prize £20 - Mrs S Jennings, Kirton

February

- 1st prize £40 - Mrs M Hinman, Navenby
2nd prize £30 - Mrs P Wilson-Leary, Quadring
3rd prize £20 - Mrs J Cook, Grantham

It's not too late to join our 200 club. Please call the helpline on 01476 592775 and we will complete the forms with you.
Remember... "It Could Be You!"

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 last year. We are now starting all over again... so let's see if we can beat last year's fantastic total.

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 26th April - Downtown Superstore, Grantham

Friday 10th May - Tesco, Holbeach

Friday 17th May - Morrisons, Stamford

Friday 21st June - Asda, Grantham

Friday 28th June - Isaac Newton Centre, Grantham

Tesco's Bags of Help

Bags of Help is Tesco's exciting local community grant scheme where the money raised by the sale of carrier bags is being used to fund thousands of local projects in communities right across the UK. Projects that bring benefit to their community will get the green light – these range from improving community buildings and outdoor spaces to buying new equipment, training coaches or volunteers and hosting community events.

We have been successful!!

We have applied for a project in the Holbeach area and have been chosen to go forward to a vote in Tesco Supermarket in Holbeach where customers will decide the outcome by voting for their favourite project each time they shop.

The voting for SLBS is taking place from Friday 1st March to Tuesday 30th April.

The project with the highest number of votes could receive £4,000, second £2,000 and third £1,000.

Please help us!.... if you or your friends and family shop at Tesco in Holbeach or are passing by, make a purchase and choose South Lincolnshire Blind Society as your favourite project... we could receive £4,000 to help us with our project of Combating Isolation for Blind and Partially Sighted people.

Thank you!

SLBS Choir: come and join us

After the wonderful success of our "Grantham's Got Talent" Christmas concert held at St. Wulfram's Church, Grantham in December we are already planning this year's Christmas Concert which we hope to, again, hold in St. Wulfram's Church and be joined by various choirs. The star of our concert was Barry Summerfield, one of our service users, and we would love to involve more of you.

We are hoping to create our very own SLBS Service User Choir..... Can you sing or simply enjoy singing?... you don't have to be another Pavarotti or Katherine Jenkins! Would you like to be part of our Choir?

Rehearsals will usually be on a Friday at our offices in Grantham for an hour from 2pm... so why not come and join us?

Two rehearsal sessions have now taken place and everyone attending has had a great time with lots of laughter mixed in with the singing; this really is great fun.

We would love to hear from you, please call us on 01476 592775 to find out more and the dates of our rehearsals.

Do you enjoy a good read?

Bourne and Granthams VIP Talking book groups have some spaces for new members.

Both groups meets once a month for just over an hour and over cups of tea and coffee they discuss the previous month's book and put the world to rights!

Book group members then take home the next book to listen to and review the following month.

If you would like to join either of these book groups, meet new people and make new friends, please call our help line

01476 592775 to find out more.

Bourne Book Group meet at Manor Court, Bourne and Grantham Book Group meet at SLBS offices in Grantham.

Transport is available from Call Connect in Bourne too.

Sleaford Social'eyes' Group

Please Note: Change of day and time

After having a few sessions of our new Sleaford Social'eyes' group it has been decided that an afternoon session would work better for our service users. As from April we are changing the day and time of our Social'eyes' group although it will still be held at The Town Hall, Navigation Yard, Sleaford, NG34 7TW and cost £3.00 per person for teas/coffees and biscuits. Our new times will be from 1pm until 3pm and will be held on a Thursday. We hope you will be able to join us as the more the merrier. The new dates and guest speakers joining us are:

Thursday 11th April – RNIB, apps, mobiles & tablets

Thursday 16th May - Oxsight

Thursday 13th June – Guest to be confirmed.

Thursday 27th June – Holistic Hearing (talk about hearing aids and hearing tests)

Age Care Advice

Age Care's team of Care Coordinators offer an individually tailored service that adds benefit and reassurance to the lives of the people we work with. We commit to a service that you or your loved ones can access from:

- 8am until 8pm
- Monday to Sunday
- 52 weeks of a year

Our highly skilled, knowledgeable and personable Care Coordinators can help in a range of ways and our services are so varied, depending on what is important to each person. For example, we could support with:

- help with accessing free or paid for services
- set up social care packages or monitor the quality of existing carer support
- speak with health and/or social care professionals on the persons behalf
- accompany to health or social care appointments/meetings

- support applications for the blue badge scheme and/or review benefits being received
- open mail and help respond to post
- future planning (Wills, LPA's, funeral plans, end of life, etc.)
- this list is in no way exhaustive, so please contact us if you have specific ideas of the type of support you'd like from Age Care Advice.

We are able to apply our service with any adult over the age of 18yrs of age, irrespective of type of disability or impairment.

Age Care Advice work in partnership with some wonderful Companions.

These are experienced workers who specialise in helping to reduce loneliness and isolation for the people that they are connected with.

You can find out more about us at www.agecareadvice.co.uk or find us on Facebook, Age Care Advice. Or why not call us on 07772 992732/01476 552137 for a free telephone or face to face consultation.

New Treeline Dental Care – Lincoln & Sleaford.

Offering NHS and private dental care to everyone.

Award winning dental care

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Brand new, state of the art practices

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Opening 8am – 8pm, 365 days a year!

361/362 High Street

Lincoln

LN5 7RL

86a Southgate

Sleaford

NG34 7RL

Register your interest at treelinedental.co.uk

Call 0300 303 40 45

Do you know about the Soundscape App?

Have you used it? Would you recommend it to others?

Soundscape app calls out landmarks to help people who are blind get where they need to go.

Advancements in technology can play a deep and meaningful role in the independent mobility of people who are blind or have low vision. That is why we created Soundscape, a free app available today on iOS and iPhone in the UK.

Soundscape empowers more people to explore the world around them through a 3D audio experience. The app enriches your perception of surroundings as you walk, helping you get where you want to go. Rushing between classes, going for coffee with a friend or touring a new city with the family are all common experiences that could be more rewarding and cause less anxiety for nearly 300 million people with sight loss worldwide.

Microsoft's technology enables you to set audio beacons at familiar destinations and landmarks, and then use 3D audio cues to improve your ambient awareness as you make your way to the destination. By simply connecting a stereo headset, you can explore the outdoor world with more independence. With 3D audio, the sounds are perceived as coming from the point of interest, so the user can build a mental image of what's around from the sounds in the environment and the Soundscape app.

Shona Black, a guide dog owner, said: "I use My Location in Soundscape, which tells me what's around me. It's amazing, it tells me all the street names that I didn't know before. One of the most useful things is that you can put in points of interest. I've put in a tower that is at the end of my street, which is really handy, and that's where I head towards for home."

Soundscape has several useful features, including the ability to run in the background while you use other programs, and was designed to be used in addition to other navigation support methods such as guide dogs and canes. As you walk, Soundscape will help you stay aware of where you are by calling out roads and landmarks as you pass them. If at any point you're unsure of where you are or which road to choose, hold the phone flat in your hand with the top edge facing the direction of interest and use the buttons at the bottom of the screen to locate nearby roads, orientate yourself to familiar landmarks and explore the places ahead of you.

Tom Wright, Chief Executive of the charity Guide Dogs, said: “If you’re living with sight loss, getting around towns and cities can be daunting.

Choosing where to go and what to do is an impossible dream. Soundscape will change this for many people.

“We worked with Microsoft to put people with sight loss at the heart of the development of Soundscape.

This close collaboration has resulted in an app that makes exploring towns and cities a more enjoyable experience for those with sight loss, enabling people to make spontaneous choices about where they go and what they do.”

The project began in 2014 when Amos Miller, a Microsoft product strategist and researcher in the Microsoft Research Enable team, felt that independent mobility for visually impaired people could be greatly improved with technology.

He was born with a genetic eye disease that later led to complete sight loss. Inspired by fatherhood, he sought to understand how the sense of independence, presence and empowerment might be heightened and thereby motivate many more people who are blind or have low vision to leave their home on their own.

“When someone can relate to their environment in a natural and intuitive way, it changes their relationship with their world,” said Miller. “It is that relationship that brings about a sense of meaning and connection, which is so important in life.”

To explore the problem, he brought together Microsoft researchers with experts from Guide Dogs UK, who help thousands of people who are blind or have low vision by providing them with specially trained dogs and mobility training.

With growing support, the Soundscape research project was established, and we began to re-imagine how technology could enhance independence and mobility.

Chris_Yates, a Lead Mobility Instructor at Guide Dogs UK, worked closely with the team on implementing Soundscape. Yates noted: “While cities have a long way to go to become truly accessible for everyone, technology helps play a significant role for people with disabilities.

Soundscape helps add more insight and information in addition to traditional mobility resources, like guide dogs and walking canes, that can help people gain confidence in how they get around their city.”

For each step in the development process, gaining feedback has helped bring the research project to life.

In San Francisco, we began working with LightHouse for the Blind, a non-profit organization that promotes independence, equality and self-reliance of people who are blind or have low vision.

Soundscape was designed to be used in addition to other navigation support methods such as guide dogs and canes.

“Obstacle avoidance is not the problem, we have a dog, a cane and our blindness skills for that,” said Erin Lauridsen, Access Technology Director at LightHouse for the Blind. “The gap is knowing where things are and being able to decide what’s of interest.

“At LightHouse, we know that accessible technology can play a huge role in helping more people be productive, gain confidence and become self-reliant. Soundscape addresses a crucial need – a tool for efficiently exploring your surroundings. That is a game-changer.”

At Microsoft, we are on a journey to empower people with disabilities. We are focused on learning from our customers, partners and the community to continually improve our products and services. Your input and commitment to help us think about the role technology can play to empower more people has been an amazing and rewarding experience.

As we make Soundscape available to the public, we want to hear from our customers about your experiences. Visit the Soundscape project web-site for more information at <https://www.microsoft.com/en-us/research/product/soundscape/>

SLBS Chief Executive Malcolm Swinburn is linked to Lighthouse for the Blind in America through Facebook and recommends looking at their website.

GOOD HOME NEEDED

Optelec clear view/speech 24 inch screen desk top magnifier

For Sale, a pre-loved desk top magnifier, this machine is about 3 years old and in excellent condition and the retail price is around £3,000. We are open to ANY offers.

We have been asked to offer this item for private sale and if you are interested please call our office on 01476 592775 for further details.

New website showcases Bourne CiCLE Festival

A new website has launched for Bourne's first CiCLE Festival later this year.

As activity builds towards the festival, organised by South Kesteven District Council, the web site - www.bourneciclefestival.com - will be constantly updated.

It carries detail on the four major cycling events taking place over the weekend (31 August - 1 September) - men's and women's elite races, a time trial and an amateur riders' sportive.

Cllr Nick Robins, SKDC Cabinet Member for Visitor Economy said: "The momentum for this event is starting to build amongst residents, businesses and the cycling community and now we have the website live to add to that.

"It's even got suggestions for how people can get involved with what promises to be an amazing event.

"We would love to see communities along the route arranging events to celebrate what's happening on their doorstep, perhaps a village BBQ, race bunting, painted or even knitted cycles along the route".

Cycling route plans are now online, with timings, car parking, and activities in Bourne over the weekend and ideas for community events along the race route.

Most of the UK's professional teams have indicated an interest in participating, with entries opening on 5 April, and the website will carry profiles on riders and teams taking part.

The sportive, run by Bourne's cycling club the Bourne Wheelers, takes place over three different distances and can be booked via an online link.

There will also be full details of events in the town, from BMX cycling displays to heritage cycles.

www.bournecyclefestival.com

New veterans ID cards rolled out to service leavers

All service leavers will receive a new ID card to mark their time in the armed forces.

A new ID card for armed forces veterans, which will help them access specialist support and services, has started to be issued to service leavers.

After February 18th any personnel who have left the military since December 2018 will automatically be given one of the new ID cards, which will allow them to maintain a tangible link to their career in the forces.

The cards allow veterans to easily verify their service to the NHS, their local authority, and charities, helping them to access support and services where needed.

All other veterans will be able to apply for a new ID card by the end of this year, to mark their time in the armed forces.

Minister for Defense People and Veterans Tobias Ellwood said:

“We owe a huge debt of gratitude to the ex-forces community, and we are working hard to ensure they receive the support they deserve.

These new cards celebrate the great commitment and dedication of those who have served this country, and I hope they can provide a further link to ex-personnel and the incredible community around them.”

Veterans UK - which manages pensions and compensation payments for the armed forces - local authorities, service charities, NHS and GPs will also benefit from the change, as they will not have to conduct time-consuming checks to identify individual veterans.

The new ID card is one of three that are available to service leavers. Personnel leaving the armed forces are also able to keep their military IDs, known as the MOD Form 90, allowing them to maintain their emotional connection with their service. Additionally, veterans can access a range of discounts through the Defense Discount Service, the official MOD-endorsed service for the armed forces. All relevant Government departments have a responsibility to ensure that the military community is treated fairly, and not disadvantaged by their service, as part of the Armed Forces Covenant.

The new ID cards will ensure the process of validating service is as straightforward as possible, so that ex-forces personnel can access support for issues related to their service quickly, where needed.

The cards will complement the NHS' commitment to providing specialist health support for veterans in every part of the health service, enabling ex-service personnel in England, Scotland and Wales to access treatment where they have been affected by their service.

Last year, NHS England announced that dedicated mental healthcare services are up and running in every part of the country, backed by £10 million of investment, with increasing numbers of GPs and hospitals becoming 'Veteran Aware', in order to fully address the needs of those who have served.

Any veteran in need of support can contact the Veterans' Gateway – the 24 hour service which signposts ex-forces personnel to the wide range of support available to them, including housing and financial advice, career guidance, and medical care from the NHS.

Since being set up in 2017, the Veterans' Gateway has already received over 20,000 contacts, advising ex-forces personnel and their families.

<https://www.veteransgateway.org.uk/>

News from North Hykeham by Alan Saunby

9 January: Lincoln Ukulele Band

Dee welcomed us all back and hoped that we had a Happy Christmas and hoped that we would have a peaceful New Year.

We have two birthdays; both are called Alan and we have the same initials. Our first day back after the break we had the Ukulele Band which numbered about ten, from small to a large bass ukulele. They played and sang songs from oldies to some from the 90s, including one of my favourites: "Amazing Grace".

The leader thanked us for joining in with the singing and told us they all enjoy coming; some of the places they go the residents fall asleep!

23 January: Social Quiz what's in the bag

Dee gave out a birthday card to Pat; she had one last year too.

We had teams of four with a sighted person to take down the answer. Karen gave out two bags to each group and we had to guess what was in them. We had things like: a battery fan, lipstick holder, a pack of blue tack, a tube of face cream (not Poly-filla), a portable CD player and more – fourteen in all. Most of the teams won with nine correct.

Well done Joyce as she has made up the bags several times and each time they are different; well done again. At our tea break we had chocolate and plain Swiss roll given by our local news agent; he often gives us things throughout the year and they are very welcome.

Karen took orders for our fish and chip 'do' in February which will cost £6 with a soft drink and a cup of tea/coffee; any other drink we will have to pay for ourselves.

Joke: A man went on a blind-date. Afterwards he said to his friend (who set him up): "You didn't tell me that she did not have any hair, one arm, and one eye, did you?". "No, and she only had one leg, too", said his friend.

6 February: Hearts and Valentine Quiz Dee welcomed a new member: Marjory There were a few missing this week through illness or other commitments. We split up into groups, Dee read out twenty-four questions about Hearts and Valentine (as it was soon to be Valentine's Day). Some of

the questions: “who made the chocolate hearts a few year ago?” It was Cadbury's. “What was the building that was built to represent the love for his wife?” The Taj Mahal.

There were many more; one team won with nineteen correct and most had sixteen. I also told the club about my lucky cheque of £100 in the 200+ club draw.

20 February: Discussion

We had a few missing due to illness and other problems. Eileen, one of our longer serving members, was too ill to come back.

Dee then introduced the speaker, Nicky. She runs articles in the local magazine for North Hykeham and is putting in one about the club and how it is run. The discussion was about what we thought about things going on at the moment in the world.

Nicky interviewed several of the helpers and myself (as I am the longest serving member) and Maureen (who is also one of the originals). The club started on January 15 1992. Maureen was the Treasurer at that time. We told Nicky that we need drivers to keep the club running so she will put an article in the next issue.

Very interesting afternoon but too many things to report on.

6 March: Dick Drage, singer

Our entertainment was singer Dick Drage. He came last year and again was very good. Dick plays guitar, saxophone and clarinet and is accompanied with recorded tracks.

He sang several songs from the 60s and 70s and some very old favourites and during these went around with a microphone for some members to sing along; we had a good laugh and a sing song.

Social Activities and Clubs at the Friendship hub in Sleaford

Do you know about the Friendship Hub and other groups that meet at the National Centre for Art and Design in Sleaford?

Friendship Hub

Thu 18 April, 16 May, 20 Jun & 18 Jul 2019

1 - 3pm.

These creative activity sessions are open to everyone, suitable for all

abilities, including those feeling isolated or living with conditions such as Parkinson's or Dementia and their carers.

Free, drop in session

Reflections

Fri 12 Apr, 10 May, 12 Jul

12 - 4pm

Our local glass club runs monthly meetings and welcomes new members. Learn glass cutting and a range of glass fusing decorative techniques to design and create your own glass fused pieces.

£5 per person

Dance for Parkinson's

Every Monday 11am - 12pm

Term time only

This relaxed dance focuses on posture, strength, co-ordination and balance for people living with Parkinson's their family and carers.

Free, this event is kindly supported by Sleaford and District Lions Club & Sleaford Parkinson's Support Group.

The Nettles Volunteer Group

Every second Monday of the month

10am - 3pm

A local voluntary group that meets monthly to maintain The Nettles, a natural outdoor space situated along the river Sleas next to Sleaford Leisure Centre, is on the lookout for volunteers.

For more details visit:

[facebook.com/NettlesVolunteerGroup](https://www.facebook.com/NettlesVolunteerGroup)

For more information about these and other activities at the National Centre for Craft and Design, contact:

Sarah Elliott

Learning & Development Co-ordinator

The National Centre for Craft & Design

Navigation Wharf, Carre Street, Sleaford, Lincs, NG34 7TW Telephone:

01529 308718. Website: nccd.org.uk

Join us for a delightful Afternoon Tea in Spalding

After the success of the Christmas afternoon tea and by popular demand, Virginia has arranged another Afternoon Tea at the South Holland Centre, Market Place, Spalding, PE11 1SS on Friday 26th April at 1pm.

A selection of fresh homemade sandwiches delicious cakes and fresh cream scones and plenty of tea and coffee too.

Cost £11.50 per person. Please call the helpline 01476 592775 and book your place by the by Friday 19th April.

Spring Coffee Morning at Crowland Library community hub.

Join us at Crowland library Hall Street PE6 0EW on the 7 May from 10am to 12 noon for coffee and cake and a raffle.

£3.00 per person bring a raffle prize join us for good company make new friends.

See you there - Virginia

New, additional social activities that have been arranged for you to join us:

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

| April | Venue - Activity |
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| Monday 1st | Spalding All Day Social'eyes Club; Hayley Stewart Football Grounds 10am – 3pm. |
| Monday 1st | VIP Veterans Support Club, SLBS offices, 14 Finkin St, Grantham 10am – 12pm |
| Tuesday 2nd | Grantham Book Group 10am – 11am 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 4th | Grantham Social'eyes 10am – 12pm. Guest – Nigel Brocklebank, songs from Musical Theatre on Trumpet 14 Finkin Street, Grantham, NG31 6QZ |
| Friday 5th | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |
| Wednesday 10th | Boston Social'eye's, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest – RNIB, Apps, Tablets & Mobiles |
| Thursday 11th | Grantham Social'eyes 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 11th | Sleaford Social'eye's, 1pm – 3pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest – RNIB, Apps, tablets & Mobiles |
| Monday 15th | Spalding Social club, Hayley Stewart Football Grounds 12pm – 2pm |
| Tuesday 16th | Grantham Craft Club 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 18th | Grantham Social'eyes' 10am – 12pm. Hot Cross Buns & Easter Quiz. - £3.00 per person 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 25th | Grantham Social'eyes' 10am – 12pm. Guest – Malcolm Campbell, Ultra Runner 14 Finkin Street, Grantham, NG31 6QZ |
| Friday 26th | Afternoon Tea at 1pm in Spalding South Holland Centre, Market Place, Spalding, PE11 1SS. Cost £11.50 per person. Please call the helpline 01476 592775 and book your place by Friday 19th April. |
| Friday 26th | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |

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| Tuesday 30th | 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. |
| May | |
| Thursday 2nd | Grantham Social'eyes 10am – 12pm. Guest RNIB, Apps, tablets & mobiles 14 Finkin Street, Grantham, NG31 6QZ |
| Friday 3rd | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |
| Tuesday 7th | Grantham Book Group 10am – 11am At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |
| Tuesday 7th | Join us at Crowland library Hall Street PE6 0EW on the 7th May from 10am to 12 noon for coffee and cake and a raffle. £3.00 per person bring a raffle prize join us for good company make new friends. |
| Wednesday 8th | Boston Social'eye's, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. |
| Thursday 9th | Grantham Social'eyes 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ |
| Friday 10th | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 16th | Grantham Social'eyes 10am – 12pm. Guest – John Manterfield, Grantham Civic Society 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 16th | Sleaford Social'eye's, 1pm – 3pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest - Oxsight |
| Friday 17th | Stamford Social'eyes Club, Clare Close Community Centre 12.30pm – 2.30 pm. |
| Friday 17th | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |
| Monday 20th | Spalding Social club, Hayley Stewart Football Grounds 12pm – 2pm |

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| Tuesday 21st | Grantham Craft Club 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ |
| Wednesday 22nd | Boston Social'eyes, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest - Oxsight |
| Thursday 23rd | Grantham Social'eyes 10am – 12pm. Guest – Oxsight 14 Finkin Street, Grantham, NG31 6QZ |
| Friday 24th | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |
| Tuesday 28th | 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. |
| Thursday 30th | Grantham Social'eyes 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ |
| June | |
| Monday 3rd | Spalding All Day Social Club; Hayley Stewart Football Grounds 10am – 3pm. |
| Monday 3rd | VIP Veterans support Group 14 Finkin Street Grantham NG31 6QZ |
| Tuesday 4th | Grantham Book Group 10am – 11am |
| Thursday 6th | Grantham Social'eyes' 10am – 12pm. Guest – Lincolnshire police, Friends against Scams. |
| Friday 7th | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |
| Wednesday 12th | Boston Social'eyes, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest – Lincolnshire Police, Friends against Scams |
| Thursday 13th | Grantham Social'eye's 10am – 12pm. Guest – Synaptic 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 13th | Sleaford Social'eye's, 1pm – 3pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. |
| Friday 14th | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |

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| Monday 17th | Spalding Social club, Hayley Stewart Football Grounds 12pm – 2pm |
| Tuesday 18th | Grantham Craft Club 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 20th | Grantham Social'eye's 10am – 12pm. Guest – VisionAid 14 Finkin Street, Grantham, NG31 6QZ |
| Friday 21st | Stamford Social Club, Clare Close Community Centre 12.30pm – 2.30 pm. |
| Friday 21st | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |
| Tuesday 25th | 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. |
| Wednesday 26th | Boston Social'eye's, 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest – Lincolnshire Fire & Safety |
| Thursday 27th | Grantham Social'eyes 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ |
| Thursday 27 th | Sleaford Social'eye's, 1pm – 3pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest – Holistic Hearing (hearing aids and tests) |
| Friday 28th | SLBS choir Practice 2pm – 3pm. At SLBS offices 14 Finkin Street, Grantham, NG31 6QZ |

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 |
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| 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. |

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| 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 |

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 arranged by calling the helpline 01476 592775.

We are:

Mr Malcolm Swinburn
Mrs Susan Swinburn
Virginia Richardson
Kirsty Smith
Ciara Atkinson
Mrs Marie Scoffield

Chief Executive
Operations Manager
Community Support Worker/SIO
Services Administrator
Office Administrator
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.