

SOUTH LINCOLNSHIRE BLIND SOCIETY NEWSLETTER



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www.blind-society.org.uk



South Lincolnshire Blind Society CIO

Helpline: 01476 592775

Summer 2019

ISSUE 50

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

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From The CEO.

Hello everyone, welcome to the summer edition of our newsletter bringing you articles of interest, news and information about upcoming activities. We would sincerely like to thank everyone who has responded to our request for voluntary subscriptions.

Your response to our call for help has been amazing. We have received a vast amount of notes and cards with the donations saying how grateful you are and that you know if you need any help, you can call us on our helpline.

We will be in touch with a few people to ask if you are able to complete a Gift Aid form for the donation so we can claim an extra tax incentive from HMRC.

This demonstration of your gratitude and support for the services we provide mean a great deal to our staff team and Trustees and we thank you very much for your contribution.

You will see in this edition that we are increasing our fundraising activities which brings our public profile to the fore, raises awareness of the services we provide and hopefully we can attract more volunteers to come and join us. If you can help us at any of these events it would be great even if it's just for an hour or so it all helps to spread the load and make a real difference locally.

I am pleased to report the recent concert we held at Finkin Street Methodist Church on the 15th June where we were entertained by the fabulous Belvoir Wassailers male voice choir and Ella Brooks guest soloist was a great success.

We had over 100 guests and we raised a fantastic £1,474.25p.

We are now getting ready for the Christmas event in St Wulframs church where we will be entertained by the Cranwell Military Wives choir, Invoice, Barry Summerfield, and The Grantham Preparatory School choirs.

All of these events are open to the public and are a great way to promote the great work our charity does locally.

You will notice in the events and activities section that we are spreading our geographic reach as far as we can.

We often hear people say that activities and events are not being run in their area and we do the very best we can with the small staff team we have and restricted resources to try and make sure everyone in our area can access face to face support.

It's not financially viable to provide resource centres in every town and village but what we can and do is provide regular coffee mornings/afternoons and Socialeyes groups so that you can drop in and speak to someone who can help you.

For people who are not physically able because of lack of accessible transport or physical incapacity we provide our Helpline service.

Last year we received over 3,500 calls to the helpline.

We have increased our volunteer base in Grantham we now have volunteers who regularly give service users a courtesy call, just to see how they are, tell them about activities in their area and see if they need any help or assistance.

This added service has been very well received by people who now tell us they look forward to a call and being able to have a chat with someone who has time to listen.

In a big rural county like Lincolnshire we have found that many people feel socially isolated and we know from national research that 40% of people living with sight loss can end up feeling lonely and depressed. So, it's nice to hear from a friendly volunteer every now and then, just to keep in touch.

We have been working with the forces benevolent charities and we have been asked to try and find out how many of you have taken part in any services area or carried out National Service for any length of time.

If you are a time served veteran of any of the forces or completed any length of National Service please call our Helpline 01476 592775 and leave your name and number.

We are looking into the possibility of providing our own specialist workers who can support ex service personnel so having a clear picture of numbers of people that might need that support is important.

We do hope you enjoy this edition of the newsletter and we hope to see you at some of the events this summer.

We would like to say a massive thank you to our stalwart volunteers who always go beyond the call of duty: without your help we could not achieve half of what we do.

Many thanks to you all for your continued support

Susan, staff and volunteers at SLBS.

200 Club Winners

March

1 st prize	£40 -	Mr Philip Mason, Branston, Lincoln
2 nd prize	£30 -	Mr Kenneth Harrison, Sleaford
3 rd prize	£20 -	Mr Leonard Nesbit, Crowland, Peterborough

April

1 st prize	£40 -	Mr David Watson, Great Gonerby
2 nd prize	£30 -	Mr Nigel Brocklebank, Grantham
3 rd prize	£20 -	Mrs Betty Barwell, Sleaford

May

1 st prize	£40 -	Mrs Audrey Rodgers, Spalding
2 nd prize	£30 -	Mrs Sarah Jennings, Kirton
3 rd prize	£20 -	Mrs Brenda McConaghey, 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. Our Total so far this year is £1070.79

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:

August 2nd - Tesco, Market Deeping

August 16th - Morrisons, Stamford

We have also been Fundraising through other schemes and have been successful in the following areas:

Asda Grantham Green Token Scheme - £500

Asda North Hykeham Green Token Scheme - £500

Tesco's Bags of Help Scheme, Holbeach – 1st Place – £4000

SLBS Raffle 'Summer Days out In Lincolnshire' .

Enjoy the glorious sunshine this summer, by spending a day out at a local attraction near you.

This Summer Days Out raffle prizes are:

1st Prize – Family ticket for Belton House

2nd Prize – Family ticket for Burghley House

3rd Prize – Family ticket for Belvoir Castle

4th Prize – Family ticket for Grimsthorpe Castle

5th Prize – Family ticket for Lincolnshire Aviation Centre

In addition, many more days out in Lincolnshire are available to win such as spa days, local cinema and arts centre shows, Peckover House in Wisbech, Elton Hall & Gardens and more!

Tickets are £1 each and will be drawn on the 1st August.

Please find enclosed some raffle tickets and we hope you will encourage family and friends to buy too and if you would like some more to sell please call the office on 01476 592775.

Please return completed raffle stubs and payment or unwanted raffle tickets in the envelope provided by 31st July 2019.

Thank you and good Luck!

If you receive this newsletter by audio or email format you will receive your raffle tickets separately.

LotterySK

Don't forget we are registered with LotterySK operated by South Kesteven district council.

50% of ticket sales comes to us.

Tickets only cost £1 per week.

Support us and you could WIN prizes of up to £25,000

To start supporting us visit WWW.LotterySK.co.uk and search for BLIND SOCIETY.

Thank you and Good Luck!!

SLBS and RNIB Technology Sessions

Do you have an Apple or Android or Synapptic phone or tablet? Would you like to learn how to get the most out of your device? We are holding three technology sessions with the RNIB to learn about each device separately so if you only have one device then feel free to join us for that particular session.

Wednesday 3rd July – Apple Devices

Tuesday 23rd July – Android Devices

Wednesday 24th July – Synapptic Devices

The sessions will be from 10am – 2pm with a break for lunch, please bring your own sandwiches, we will provide tea and coffee during the day. The sessions will be held at our offices in 14 Finkin Street, Grantham, NG31 6QZ.

If you would like to join us for any of the technology sessions please give us a call on 01476 592775 to reserve your place.

Join us for a delicious Strawberry Cream tea.

Come and join us for Strawberry Cream tea at the following venues:

Friday 19th July – Community Room, Clare Close, Stamford, PE9 2QA. We will be joined by Stamford Ukuele band and enjoy a gorgeous strawberry cream tea, there will also be a raffle. From 12.30pm – 2.30pm only £3.00 per person.

Monday 22nd July – The Curlew Centre, Bridge Road, Sutton Bridge, PE12 9SA. We will be having a gorgeous strawberry cream tea and a raffle. From 1pm – 3pm only £3.00 per person.

We would love to see you to enjoy lots of chatter and laughter. Please call the helpline on 01476 592775 to book your places.

Orcam MyEye

After the wonderful success of our first two drop in days for Orcam Myeye technology we have some future Drop in Days planned. Come and join us to find out more about this artificial vision device with a lightweight smart camera that instantly reads text aloud and recognizes faces, products and money notes. Our future days are:

Wednesday 31st July – Navenby Methodist Church Hall, **Navenby**, LN5 0EN from 10.30am – 3.30pm

Thursday 8th August – The Town Hall, Quayside House, Navigation Yard, **Sleaford**, NG34 7TW from 10.30am – 3.30pm

Friday 9th August – Hayley Stewart Football Ground, **Spalding**, PE11 1DA from 10.30am – 3.30pm

Wednesday 2nd October – Green School, Church Street, **Market Deeping**, PE6 8DA from 10am – 1pm

Low Vision Days

We have a wonderful opportunity to share some of the latest products and technologies available. We are holding a series of Low Vision Days within our area and will be joined by Dolphin, Enhanced Vision and others.

Come along and join us at the following venues to see and try the latest products and technologies.

Monday 2nd September – Hayley Stewart Football Ground, **Spalding**, PE11 1DA, from 10am – 1pm

Wednesday 4th September – Navenby Methodist Church Hall, **Navenby**, LN5 0EN from 10am – 1pm

Thursday 5th September – ChristChurch, Shephard Church Hall, Finkin Street, **Grantham**, NG31 6QZ from 1pm – 4pm

Wednesday 25th September – The Len Medlock Voluntary Centre, St Georges Road, **Boston**, PE21 8YB from 10am – 1pm

Thursday 26th September – Sleaford Town Hall, Navigation Yard, **Sleaford**, NG34 7TW from 1pm – 4pm

Wednesday 2nd October – Green School, Church Street, **Market Deeping**, PE6 8DA from 10am – 1pm

Come join us at one of our Social'eyes' clubs

Our Social'eyes' clubs are a wonderful way to meet new people and make new friends, share experiences with sight loss, enjoy guest speakers, drink lots of tea or coffee and on many occasions eat some wonderful cakes! We have Social'eyes' groups in Boston, Grantham, Sleaford, Spalding and Stamford. Only £3.00 per person to help cover the running costs of the groups. If you would like to receive a leaflet for a particular Social'eyes' group with the dates and times please call our office on 01476 592775 and we'll happily send you one.

We look forward to seeing you, your friends or family there!

Out and about- need to spend a penny?

Do you know about the RADAR keys for use in accessible toilets? Also known as the National Key scheme (NKS).

At a recent meeting at the Boston Social'eyes' group some of the members were discussing accessible public toilets and one of the other members explained to everyone the benefits of having a RADAR key.

The RADAR key fits all the accessible toilets as part of the national accessible toilet and changing places scheme.

RADAR keys are available to purchase on line or from your local authority for a small charge and are well worth the investment when out and about.

Official Radar keys cost about £5, including postage and packing. These can be bought from participating local authorities or the Disability Rights UK shop. Some councils give them away for free.

A National Key Scheme guide is produced for purchase each year, which lists the location of every Radar loo on record. A smartphone app is also available, with added walking and driving directions. Both are £5.

As well as public convenience toilets, toilets for disabled people provided by a wide range of other public, voluntary and commercial organisations have been fitted with the NKS lock. This means you can now use an NKS key in shopping centers, country parks, railway and bus stations, bars, motorway service areas and sports venues.

Fix my Street.

Did you know you can report issues to the Council using this on line form? www.fixmystreet.com.

Fixmystreet .com is web page that you can use to report local issues to the Council and they will be logged and acted upon.

What can you report?

Well looking at the website almost anything from overhanging trees and bushes – often a real problem when you are out walking.

Potholes – you might not be a driver but if potholes appear in roads you regularly cross you could trip and damage ankles or legs.

Uneven pavements - these need reporting, as they are a real hazard in some places.

Cars parked illegally, loose curbstones, street lighting, graffiti, fly tipping well almost anything that you notice is a hazard or could cause an accident.

So if you are out and you or your family members spot a potential hazard use this on line form to report the issue you never know you may save someone from having an accident.

Editors note: I have just road tested this on line form that was easy to use to report a dangerous pothole that has appeared outside the Grantham office I can see from the website that they have received over 8,000 reports in the last week. Looks like they will be busy.

Have a Go Activity Weekend

Free for young people aged 13 to 17 with a visual impairment

The Royal National College for the Blind (RNC)

Saturday 26 and Sunday 27 October 2019

Join us for a fun weekend!

Try sports such as Goalball and VI football

Art, music and drama

Bowling, golf and lots more

Free overnight accommodation for accompanying adults/siblings

“We love this place, it is so empowering for the young people. The support mixed with the encouragement to be independent and try new things is unique and very special” Dawn, mother from Sheffield

For more information and to request a booking form:

Call 01432 376 621

Email info@rnc.ac.uk

Do you know about the Research Institute for Disabled Consumers?

UK research charity working with disabled and older people run by disabled people for disabled people.

Prize draw open for disabled people who join our consumer research panel now. Remember to add Mail@ridc.org.uk to your address book.

Our news.

We have launched a new RiDC phone line. Its great for people who aren't online or who find reading stuff on a screen a bore.

Now you can listen to RiDC's latest research over the phone.

The RiDC Infoline - a non-digital option - has audio information from our website for you to listen to at your leisure and it:

- costs usual landline phone rates
- gives you the ability to move through the audio by using your phone keypad
- allows you to easily leave a phone message to give your views
- has audio of this newsletter plus the top ten easy-to-use washing machine for blind or partially sighted people

Please ring the RiDC Infoline now on 0330 223 53 55.

Why not leave a message and tell us what you think of it?

Heating controls- are they easy to use?

Please tells us your experiences of using different types of central heating controls in your home. The results will help us update our consumer [guidance about choosing controls](#). The survey will take about 10 minutes to complete. There's a prize draw to win high street shopping vouchers: one £100 prize and two £50s. To get the survey in print or large print, or to give your answers over the phone, please contact Talia by email taliacoroniti@ridc.org.uk or by phone on 020 7427 2464.

The closing date for this survey is 14 July 2019 at 5pm.

Washing machines – new spin.

We're in a bit of a whirl about our washing machine research funded by [Thomas Pocklington Trust](#) (TPT). Why? Because we believe that it's a UK-first in listing ease of use features **specifically for blind and partially sighted people** on current washing machine models. The data is there; but it's often lost in the advertising spin. Thanks to TPT and to our research team for cleansing the data. [Find the top 10 washing machines that are easy to use](#) but also wash your smalls cleanly.

If you would like a copy of the TPT research paper contact SLBS helpline 01476 592775 and we will be happy to print one off for you.

Forget carrots – eat eggs to keep your eyesight healthy !

Eating eggs regularly could protect against age –related macular degeneration (AMD) – the most common cause of blindness among the over 50s- reports the Journal of Clinical Nutrition.

Australian researchers monitored 3,654 people over 15 years and found that those who reported eating two to four eggs a week had a 49 percent reduced risk of ‘Incident late AMD’ compared to those who ate less than one egg a week.

Eggs are a naturally rich source of the carotenoids lutein and zeaxanthin which could modify AMD progression.

Boston disability Forum Train campaign.

For a number of years, the Boston Disability Forum has been campaigning to improve facilities and services at the stations and on the trains run currently by East Midlands Trains.

The Forum has met with various people from East Midlands Trains to discuss the problems faced by disabled passengers at Boston station, in particular the lack of access to the waiting room and the disabled toilet. There is a very heavy door to the waiting room which is impossible for someone in a wheelchair to push open from the platform or pull open from inside the waiting room. The door to the toilet is also heavy and difficult for someone in a wheelchair. The Forum was promised in 2013 that this would be sorted out and that powered doors would be installed – we are still waiting.

In 2018, the Forum met with someone from Stagecoach, the current operators of the franchise, regarding the needs of people with disabilities.

We have also discussed problems faced at different stations due to lack of staff. As an example of this, the Passenger Assistance person at Boston finishes at 12 noon and the station at Sleaford is unmanned from 1 p m onwards. This is a particular concern at Sleaford which is a junction

and where people have to either walk across the lines or over the bridge to change trains.

The Forum is currently attempting to contact the new holders of the franchise from August 2019, a Dutch company called Abellio. As part of our efforts with this, we have enlisted the support of the MP for Boston and Skegness, Matt Warman, with whom we have a good working relationship.

Although we are particularly interested in problems faced by people with disabilities from the Boston area, we would welcome any information from anyone who uses the trains and stations run under the East Midlands franchise.

We can be contacted by telephone on 01205 359032 or mobile 07969 203030, or by email: roger.fixter@gmail.com

Torch Trust celebrates its 60th birthday.

Update from Becky Davies, Torch Representative

This year Torch Trust celebrates it's 60th anniversary. Over the past 60 years Torch Trust has been committed to helping people with sight loss to grow in faith and thrive in Christian communities. And we still continue to do that today through services like Christian literature in accessible formats, holidays and retreats that are just right for people with sight loss, as well as a weekly radio programme focusing on faith and disability in today's world.

However, because we believe that people with sight loss have an equal and valuable part to play in Christian communities, this year we are delighted to be launching our Sight Loss Friendly Church initiative. We are looking to connect with 50,000 churches across the United Kingdom to equip them with resources and expert advice. We would love to give every person living with sight loss the opportunity to grow in faith and thrive in Christian Communities. So, we are inviting churches to become part of our network of Sight Loss Friendly Churches. It's completely free and enables churches to access a wealth of expertise and support from Torch, including training and workshops. Many people with sight loss go unnoticed in church and those whose sight deteriorates can feel really left out of church life. By connecting with churches, we hope we can reach out to many more people with sight loss.

If you would like to know more about Sight Loss Friendly Church please do visit our new website www.sightlossfriendlychurch.org.uk. If you would like to find out more about what Torch can offer you, you can contact client services on 01858 438260 or email info@torchtrust.org.

Ask me another! Lincolnshire question and answer

Question:

Grantham and Stamford used to be numbered amongst only twelve towns in England to have something called an Eleanor Cross. What was this?

Answer:

In 1290 Queen Eleanor, the beloved wife of King Edward I, died near Lincoln. Her body was taken to London for burial and King Edward arranged for 12 beautifully decorated stone crosses to be erected on the places along the route where the funeral cortege had stopped for the night. Two of these places were Grantham and Stamford, both of which lost their Eleanor Crosses during the Civil War of the 17th century, destroyed by Parliamentarian soldiers. Grantham's Eleanor Cross was located at the southern end of town, probably where the Tollemache Statue stands today. The cross at Stamford is believed to have stood at Scotgate, near the present-day Clock House, but all that has survived is one small marble fragment, a carved rose, which can be seen in the Stamford Museum. A modern sculpture inspired by the lost Eleanor Cross was erected in Stamford's Sheep Market in 2008.

News from North Hykeham by Alan Saunby- In his own words.

20th March – Fish & Chips

We met at Lincoln's Elite for Fish & Chips and had a choice of Cod, Haddock, mushy or garden peas £1.50 extra, bread and butter with tea, coffee or a cold drink with apple pie and custard or ice cream and ice cream on its own. As usual it was very good but I didn't like the yellow chips.

3rd April – Golding, Young Auctioneers

Today we had a member from Golding, Young Auctioneers join us and he brought several things to show us. Some items were legal to sell and others you are not which were Ivory, Tortoiseshell made after 1947 and a Tigers head mounted on a plinth. There was a Chinese Bowl which was over 100 years old but not worth more than £80 as well as some porcelain figures also not worth a lot. He also brought some Gold and Silver. This was very interesting and we learnt that even if something is old it is not always valuable.

17th April – Easter Eggcitement

Today for our Easter meeting we had Guess The Weight of a Cake, made by one of our members Joyce who also made some cakes for the members, Name the Bunny and Guess What Square The Chicken was In? I was told about this as I was off with a cold I had picked up on holiday in Scotland.

1st May – Over the Hill Band

Dee gave out 4 Birthday cards to Joanne and Angela. Ann and Mary who were 90 a few days later.

Dee then welcomed the band Over The Hill, 4 men and a younger lady. They played 50s, 60s and some more modern songs. It was a bit loud but very good and we had a singsong, they also played Happy Birthday to the Birthday Girls.

15th May – Social Bingo with dominoes

Today we had a few drivers and members missing. Dee welcomed a new member called Thora and gave a Birthday card to Liz. We then had a trial run of the bingo, we have not played it for a number of years and some were confused but we got there in the end. It is played with a master pack of dominoes, each player gets 6 dominoes, the caller calls a domino and if you have it you push it forward, the first person to have no dominoes left Wins. It's quite easy and we had a good laugh.

HOW IS THE GARDEN GROWING?

From Malcolm Swinburn.

I thought it would be a good time to give everyone an update on how we are doing on the Society allotment.

Having erected the two large poly tunnels we are now beginning to see our first crops growing. We have planted a number of different varieties of tomatoes, cucumbers, butternut squash, courgette, melon, pepper, chili, lettuce, aubergine and even some strawberries in a hanging basket. So, we look forward to seeing how they all grow over the coming weeks. Outside in the growing beds we are now seeing runner beans, cabbage, cauliflower, onion, sweetcorn, potatoes, leeks, marrow all beginning to show some good growth.

I, Tj and Ted Dring have worked very hard over the past few weeks in preparing the ground for the delivery of our summer house which should be sometime in the very near future. Once the building is erected, we will complete the groundwork outside to ensure it is trip free for our visually impaired people.

A large raised bed has also been completed and is being filled with earth as we speak along with a new floral feature, which has different types of plant in it.

We continue to work on the site to try and ensure we can give maximum pleasure to any visually impaired person who may like to come along and enjoy the garden.

It is the intention that once the major work is completed we will be holding another open day as we did last year so you can all have an opportunity of coming along and experiencing what we have done and what we will continue to do.

I need to give thanks to a number of individuals and organisations who have and continue to give me the support needed to ensure our garden project is a success. They are:

Tj, Ted Dring, Nigel & Carolyn Brocklebank, Susan Swinburn, Tesco Bags for Help, Build Base Grantham, Alex Harris, Geoffrey & Maureen Caunt, Barry Summerfield and the Huntingtower Road Allotment Association.

Anyone interested in giving help for or on the garden please contact the office on 01476 592775 and they will put you in touch with me to discuss how you can help.

Looking forward to seeing lots of you at the next open day.

Month	Venue - Activity
July	
Monday 1st	Spalding All Day Social'eyes Club; Hayley Stewart Football Grounds, PE11 1DA 10am – 3pm
Tuesday 2nd	Grantham Book Group 10am – 11am 14 Finkin Street, Grantham, NG31 6QZ
Wednesday 3 rd	RNIB technology Session, SLBS offices, 14 Finkin Street, Grantham, NG31 6QZ. 10am – 2pm. Apple Devices.
Thursday 4th	Grantham Social'eyes 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ. Guest – Councillor Jacky Smith
Friday 5 th	SLBS Choir Practice 2pm – 3pm, 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
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 speaker – Fr Phillip, St Denys Church
Friday 12th	SLBS Choir Practice 2pm – 3pm, 14 Finkin Street, Grantham, NG31 6QZ
Monday 15th	Spalding Social club, Hayley Stewart Football Grounds, PE11 1DA 12pm – 2pm
Tuesday 16th	Grantham Craft Club 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ
Wednesday 17 th	RNIB technology Session, SLBS offices, 14 Finkin Street, Grantham, NG31 6QZ. 10am – 2pm. Synaptic Devices.
Thursday 18 th	Grantham Social'eyes 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ. Guest speaker – Belton House
Friday 19th	Stamford Social'eyes Club, Community Room, Clare Close, Stamford, PE9 2QA. Strawberry Cream tea and Stamford Ukuele Band. 12.30pm – 2.30 pm. Only £3.00 per person.

Monday 22nd	Strawberry Cream Tea. The Curlew Centre, Bridge Road, Sutton Bridge, PE12 9SA. 1pm – 3pm only £3.00 per person.
Tuesday 23rd	RNIB technology Session, SLBS offices, 14 Finkin Street, Grantham, NG31 6QZ. 10am – 2pm. Android Devices.
Wednesday 24th	Boston Social'eyes', 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest speaker - VisionAid
Thursday 25th	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ
Thursday 25th	Sleaford Social'eyes', 1pm – 3pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest speaker - VisionAid
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
Wednesday 31st	Orcam Demonstration Day. Navenby Methodist Church Hall, Navenby, LN5 0EN. 10.30am – 3.30pm
August	
Thursday 1st	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ. Guest speaker – Wellbeing Services
Monday 5 th	Spalding All Day Social'eyes' Club; Hayley Stewart Football Grounds, Spalding, PE11 1DA 10am – 3pm
Tuesday 6th	Grantham Book Group 10am – 11am 14 Finkin Street, Grantham, NG31 6QZ
Thursday 8th	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ.
Thursday 8th	Orcam Demonstration Day. The Town Hall, Quayside House, Navigation Yard, Sleaford, NG34 7TW. 10.30am – 3.30pm
Friday 9th	Orcam Demonstration Day. Hayley Stewart Football Ground, Spalding, PE11 1DA. 10.30am – 3.30pm

Wednesday 14 th	Boston Social'eyes', 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB
Thursday 15 th	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ. Guest speaker – Humanware Equipment
Thursday 15 th	Sleaford Social'eyes', 1pm – 3pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest speaker – Lincolnshire Fire and Safety
Friday 16 th	Stamford Social'eyes' Club, Clare Close Community Centre, Spalding, PE9 2QA. 12.30pm – 2.30 pm.
Monday 19th	Spalding Social club, Hayley Stewart Football Grounds, Spalding, PE11 1DA. 12pm – 2pm
Tuesday 20th	Grantham Craft Club 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ
Thursday 22nd	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ
Tuesday 27 th	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 28th	Boston Social'eyes', 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest speaker – Humanware Equipment
Thursday 29th	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ
September	
Monday 2nd	Spalding All Day Social'eyes' Club. Hayley Stewart Football Grounds, Spalding, PE11 1DA 10am – 3pm Low Vision day from 10am – 1pm.
Tuesday 3rd	Low Vision Day. Navenby Methodist Church Hall, Navenby, LN5 0EN, 10am – 1pm
Thursday 5th	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ
Thursday 5th	Low Vision Day. Shephard Hall, ChristChurch Church Hall, Finkin Street, NG31 6QZ. 1pm – 4pm

Wednesday 11th	Boston Social'eyes', 10am – 12pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest speaker – Wellbeing Services
Thursday 12th	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ. Guest – Belvoir Castle
Thursday 12th	Sleaford Social'eyes', 1pm – 3pm. The Community Room, Sleaford Town Hall, Sleaford, NG34 7TW. Guest speaker - Humanware
Monday 16th	Spalding Social club, Hayley Stewart Football Grounds, Spalding, PE11 1DA. 12pm – 2pm
Tuesday 17th	Grantham Craft Club 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ
Thursday 19th	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ. Guest – Grantham Ukulele Band
Friday 20th	Stamford Social'eyes' Club, Clare Close Community Centre, Stamford, PE9 2QA. 12.30pm – 2.30 pm
Tuesday 24th	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 25th	Low Vision day from 10am – 1pm. The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB
Thursday 26th	Grantham Social'eyes' 10am – 12pm. 14 Finkin Street, Grantham, NG31 6QZ
Thursday 26 th	Low Vision day from 1pm – 4pm. The Community Room, Sleaford Town Hall, Navigation Yard, Sleaford, NG34 7TW

Regular Group meeting schedule.

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 Thursday 1pm to 3pm
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 Tuesday to Friday 9am to 5pm

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

We are:

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

Chief Executive
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.