

# Wakefield District Sight Aid

35 Peterson Road, Wakefield WF1 4DU

01924 215555 – [admin@wdsa.org.uk](mailto:admin@wdsa.org.uk) – [www.wdsa.org.uk](http://www.wdsa.org.uk)

President: The Lord St Oswald Company No. 7432897 Registered Charity No. 1140483

## **Hello everyone and welcome to our November 2021 newsletter!**

It's been lovely to see so many of you over the past couple of months at our social groups and on our trip to Winthrop Gardens! We are making a few changes to our outreach programme over the winter period, so please find details later in the newsletter. Make sure you don't miss details of our Christmas lunch, which we are thrilled to be able to offer this year after not having been able to get together last year.

Included with the newsletter is our annual customer care survey, a book of raffle tickets for our Christmas prize draw, and a return envelope for your completed survey, payment and counterfoils for any raffle tickets you wish to purchase. More raffle tickets are available from the office.

Please do take the time to complete our survey if you are able. Your feedback is vital to helping us shape future services and serve you better. If the printed survey is tricky for you, please contact the office and we would be happy to go through it with you over the phone. You may remain anonymous if you wish.

We are delighted to be able to run our Christmas prize draw this year, and have had some wonderful prizes donated, including Christmas hampers and two tickets to *Beauty and the Beast* at the Theatre Royal on Sunday 2<sup>nd</sup> January at 7pm (oh, yes, we have!).

If we don't see you before, have a wonderful Christmas!

With warm wishes,

Hayley Grocock (CEO)

## Regular social groups – dates for your diary

Following feedback from members, and after seeing how people have responded to social groups starting again, we are making a few changes to our outreach programme over the winter period.

Due to reduced numbers of attendees, a shortage of volunteers, and rising costs, we have sadly taken the decision to suspend our Outwood coffee morning at Parkside Methodist Church after the event on 1<sup>st</sup> November. There will be no Outwood coffee morning in December. We will also be putting our Pontefract coffee morning on hold from December until after Easter. This means that our last Pontefract coffee morning for the winter period will be on Saturday 20<sup>th</sup> November (at the St. Giles Centre, Market Place, Pontefract WF8 1AT, 10.00 – 12.00). Please look out for news of the Pontefract group restarting in the Spring.

Our Horbury coffee morning on the second Tuesday of the month, and our coffee morning on the third Wednesday of the month at The Ridings are continuing and the dates for these are below. We will be starting a second coffee morning at The Ridings from February 2022, which will run on the first Monday of the month, as well as the third Wednesday of the month.



**Horbury 10.00 – 12.00 on the second Tuesday of the month** (held in the café at The Cluntergate Centre, Cluntergate, Horbury WF4 5DA): Tuesdays 9<sup>th</sup> November, 7<sup>th</sup> December (the December event is being held a week early due to our Christmas lunch on 14<sup>th</sup> December), 11<sup>th</sup> January, 8<sup>th</sup> February, 8<sup>th</sup> March.

**The Ridings 10.00 – 12.00 on the third Wednesday of the month AND (from February 2022) the first Monday of the month** (held in The Garden Kitchen, Upper Mall, The Ridings, Wakefield, WF1 1DS – opposite TKMaxx): Our monthly Wednesday meetings at The Ridings have been so successful that from February 2022 we will also be meeting there on the first Monday of the month! This means that the dates from now until the end of March 2022 are as follows:





Wednesday 17<sup>th</sup> November 2021

Wednesday 15<sup>th</sup> December 2021

Wednesday 19<sup>th</sup> January 2022

Monday 7<sup>th</sup> February 2022

Wednesday 16<sup>th</sup> February 2022

Monday 7<sup>th</sup> March 2022

Wednesday 16<sup>th</sup> March 2022

Please note that although there is plentiful disabled parking at The Ridings, it is not free of charge. There is on-street parking nearby where Blue Badges can be used. The nearby Council car parks also offer up to 2 hours free parking for non-Blue Badge holders.

**NEW LATER TIME! Younger members social group 17.00 – 19.00 on the fourth Thursday of the month** (held at Calder & Hops, 60 Northgate, Wakefield, WF1 3AP): Thursdays 25<sup>th</sup> November, 23<sup>rd</sup> December, 27<sup>th</sup> January, 24<sup>th</sup> February, 24<sup>th</sup> March.

**Christmas lunch – 12.00 – 14.00 Tuesday 14<sup>th</sup> December 2021**

We are thrilled to announce that our Christmas lunch will take place on Tuesday 14<sup>th</sup> December in the Walker Studio at Theatre Royal Wakefield, Drury Lane, Wakefield WF1 2TE!

The catering will be provided by the ever-popular Crocodile Sisters, who will be serving their seasonal turkey, leek and ham pie followed by a hot pudding. There will, of course, be vegetarian/vegan/gluten free options available and all dietary requirements can be catered for, so please let us know your needs when booking.



The wonderful Horbury Community Choir have kindly agreed to give their time again to entertain us on the day, with their mix of traditional Christmas classics with a few modern favourites.

The Walker Studio is a wonderful venue with step-free access, and this event is being made possible by the generous support of an anonymous donor who has covered the cost of the room hire.

All are welcome, including sighted companions. Places are limited and will be allocated on a first come, first served basis. We are asking for a donation of just £10 per person towards the food and other costs of the event. Please ring the office on 01924 215555 to book your place!

### **Equipment Demonstration and Advice Days – dates for your diary**

Our Demo Days for 2022 will be held from 10.30 until 14.00 on the following dates: Monday 14<sup>th</sup> March, Monday 20<sup>th</sup> June, Monday 14<sup>th</sup> November. All Demo Days will take place in the Garden Kitchen, Upper Mall, The Ridings, Wakefield, WF1 1DS – opposite TKMaxx.

### **Living Well With Sight Loss course**

If you are newly diagnosed, feel nervous about navigating the world at the moment, or just feel that now is the right time for you to start getting out and about more, this course allows you to meet and share experiences with people in similar situations, aims to boost confidence and deliver practical advice and useful information and resources available across the Wakefield and Pontefract area.



Our next course will run from **10.30 until 15.00** on **Thursday 18<sup>th</sup> November and Thursday 25<sup>th</sup> November**. Please contact the office on 01924 215555 and we will be happy to give you more information and register your place.

We are very grateful to our colleagues at RNIB and Wakefield Council for their support in helping us to bring this valuable opportunity to more local people and would love to share some feedback from recent attendees:

Richard said, "Living Well With Sight Loss provides a really valuable signpost to facing the future with positivity. The course is packed with information which has genuinely improved my life."

Jean said, "A huge big thanks. The course was so useful – lots of info, well presented, and a chance to meet others with sight impairment. I've followed up some of the other services and have attended a vision impairment self help group. Thanks for all you do."



## **OXSIGHT Clinics**



OXSIGHT Onyx is coming to Wakefield! We've teamed up with OXSIGHT to hold pop up clinics **every 4th Tuesday of the month**, and our next event is on **Tuesday 23<sup>rd</sup> November 2021**, from 09.30 – 14.00.

The clinics will give people from across West Yorkshire with central vision loss the chance to experience the benefits of OXSIGHT Onyx for themselves and learn more about the technology, guided by one of their expert consultants. Slots must be reserved in advance with OXSIGHT. To make an appointment or find out about future dates, please email [care@oxsight.co.uk](mailto:care@oxsight.co.uk) or call 01865 580255. Visit [www.oxsightglobal.com](http://www.oxsightglobal.com) for more information about the latest revolution in smart glasses for the low vision community.

## **Macular Society Wakefield Support Group**

We are delighted to share that the Macular Society Wakefield Support Group will be back up and running on **Tuesday 7<sup>th</sup> December** from **12.30 – 15.30** at **Wakefield Town Hall, Wood St, Wakefield WF1 2HQ**.

For more information, please contact Joan Talbot on 01924 826501.



## **Wakefield Visually Impaired Group**

Wakefield Visually Impaired Group is a self-help group which has just celebrated 20 years of providing information, support and friendship to people living with sight loss in Wakefield. They run raffles and fundraisers, and have a couple of Christmas events planned.

The group is run by Alan Rayner, who is registered blind himself and has a long history of involvement with Wakefield District Sight Aid and the wider visually impaired community locally. The next meeting is on Monday 15th November, and fortnightly thereafter, from 19.00 at The Red Shed (Wakefield Labour Club), 18 Vicarage Street, Wakefield WF1 1QX. For more information, please contact Alan on 01924 365357.

WDSA and Wakefield Visually Impaired Group are looking into whether there might be interest in running handicraft groups for people with sight loss. Please contact us in the office, or let Alan know directly if you'd be interested in such a group.

## **Open Country**

Our friends at Open Country are very pleased to tell you that they have recently secured funding from NHS Charities Together to work with partners Wakefield Wellbeing & Recovery College and Vibe Fitness to provide a wide range of virtual classes over the next year.

You do not need to live in Wakefield district to access these FREE classes. Last year they had participants from across the north of England and hope the same for this project, so please spread the word far and wide!

The classes on offer are listed below. Feel free to enroll and join in for as long as you like during the year. They have a limited supply of fold-up exercise bikes, trampettes, yoga mats and wildlife packs to loan out so that everyone can enjoy these sessions from home. They also have a limited supply of tablets and pre-paid internet dongles for those who need them.

Wildlife Social (chatting about nature, wildlife and our local environment)  
- Every Monday 11.00 – 12.30

Capoeira (Brazilian Martial Arts) – Every Monday evening 17.30 – 18.45

On 'Yer Bike (on an exercise bike which Open Country can supply if you don't have one at home) – Every Tuesday evening 18.30 – 19.30

Boogie Bounce (using an indoor trampette with a handlebar that Open Country provide) – Every Wednesday morning 10.00 – 10.50

Yoga – Every Friday morning 10.00 – 10.50

All sessions will run on Zoom and they will send out the link, meeting codes and passwords just before the sessions start. The classes will start on different dates, between the end of October and early November.

There are still places left for all activities, which must be booked in advance, so please ring the College on 01924 316946 to reserve your place. Please leave a message with your phone number if you don't reach anyone. Alternatively, you can register your interest online at:

<https://www.wakefieldrecoverycollege.nhs.uk/courses/online-courses/>

To find out more, please contact Ella at Open Country on 07426 716677.

### **Large print diaries and calendars for 2022**

These are now available to order from VIP Diaries via the office. Please call us on 01924 215555 to place an order or find out more about the range available. Orders can also be taken at any of our social groups.

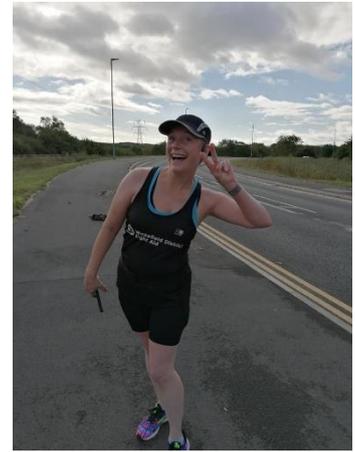
### **Fundraising**

We are a small, local, independent charity, providing on-the-ground support for all people with sight loss across Wakefield. We are independent of all national charities, and receive no funding from central government or large charities such as RNIB or Guide Dogs.

Now, more than ever, we are so thankful for the generosity of people who donate to us. If you would like to set up a regular gift or make a one-off donation, our bank details are below. If you are a UK taxpayer, you can increase your donation to us by 25% at no extra cost to you, simply by completing a Gift Aid Declaration (available by contacting the office).

We can also support you if you'd like to do a sponsored event for us – get in touch!

Bank: Barclays Bank Plc  
Account: Wakefield District Sight Aid  
Sort code: 20-89-68  
Account number: 73031519



### **Newsletter**

The newsletter is available in large print, Braille, audio CD or USB stick, or by email. Please contact us to request a different format. If you receive the newsletter in an audio format, please don't forget to return the padded mailing envelope, and your USB stick (if you receive one) to us so we can use them again. You can unsubscribe at any time by contacting the office on 01924 215555 or [admin@wdsa.org.uk](mailto:admin@wdsa.org.uk).

### **Volunteering**

We are always happy to hear from people who are interested in volunteering with us. We are particularly in need of telephone befrienders and helpers at our outreach events. Please contact Nicola Ellis (01924 215555 or [support@wdsa.org.uk](mailto:support@wdsa.org.uk)) to find out more.

### **Office availability**

We are happy to welcome visitors to our office but, to keep everyone safe, we are doing this by prior appointment only. Please contact the office to discuss your needs and make an appointment.

Our telephone helpline is open 09.30 – 13.30 Monday – Thursday, so if you need anything, please call us on 01924 215555. We have an answerphone service operating outside of those hours and for when the line is busy, so please leave a message and one of the team will get back to you as soon as we can. You can also find us on Facebook and Twitter.

**Please don't forget to complete your survey and return the counterfoils of any raffle tickets you wish to purchase, along with payment, in the envelope provided! Thank you so much.**