



Wakefield District Sight Aid

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

Hello everyone and a very Happy New Year to you all!

Welcome to our Winter newsletter, which this time is coming to you in January instead of December. We hope you all had a lovely Christmas.

You may have noticed that we were quite busy towards the end of the year! We went on a wonderful festive trip to Millstones, held our Christmas lunch here at Parkside at which we were joined by the fabulous Horbury Community Choir. We were also fortunate enough to have been supported by the fantastic Sandal Singers and the Skelmanthorpe Male Voice Choir, both of whom kindly decided to fundraise for us at their Christmas concerts. We are so grateful for their kind support and we are looking forward to letting you know the final amounts raised. Thank you to everyone who has joined us at our social groups, Demo Days, on trips out and at special events during 2019.

A huge thank you also must go to everyone who has supported us through one-off gifts, standing orders, collection boxes, or by buying raffle tickets and donating prizes. Our Christmas Prize Draw took place at our lunch on 10th December and we have tried to contact all the lucky winners. A full list of prizes and winning ticket numbers is included in this newsletter. It was our most successful raffle ever, with more prizes donated and more money raised than ever before! As you know, we are dependent on voluntary donations to keep doing what we do and your support is so important to us.

Looking forward to seeing you all over the coming months,

Hayley Grocock, Chief Executive Officer

Wakefield District Sight Aid charity news

Update from Nicola Ford, our Sight Loss Advisor

Happy New Year to you all! Reflecting on the last 12 months, it has been wonderful to meet lots of new faces and catch up with familiar ones. A total of 347 home visits were carried out, no wonder it felt like a busy year! It has been a pleasure spending time on my visits discussing requirements and trying to find solutions to maintain independence. I look forward to helping many more of you in the coming year.

We held four very successful demonstration days here at Outwood, and one at a new venue in Pontefract. The Charles Bonnet Syndrome Information morning in September was also very well supported and we received some really great feedback, so we are looking to run some more information mornings this year. Watch this space!

As we focus on the new year, I love this quote I read recently: "We all get the exact same 365 days. The only difference is what we do with them". And, because this year is a leap year, we have a whole extra day to be positive! Have a great 2020.

Christmas Prize Draw 2019

The total amount raised from ticket sales and donations was an amazing £1,910! This is the most we have ever raised from the raffle! Thank you to everyone who supported us by donating prizes or buying tickets. The full list of winners is below. Please get in touch with us if you have won a prize but not yet received it.

Christmas Hamper – ticket no. 10840 (P. Darrell)

Christmas Hamper – ticket no. 3132 (W. Farrar)

Christmas Hamper – ticket no. 10821 (C. Taylor)

Family ticket to the Jorvik Viking Centre – ticket no. 9310 (B. Hill)

Family travel voucher for the North Yorkshire Moors Railway – ticket no. 9489 (P. Turner)

2 x Open Club Tickets for Ripon Races – ticket no. 1442 (B. Birley)

£30 Love2Shop vouchers – ticket no. 10180 (H. Grocock)

£10 Sainsbury's gift card – ticket no. 9089 (D. Shillito)

Fererro Rocher Poinsettia – ticket no. 4193 (D. Harrison)

Festive biscuit collection – ticket no. 10698 (L. Parkin)

Pamper hamper – ticket no. 10162 (J. Parker)

Pamper hamper – ticket no. 9594 (M. Rehal)

Pamper hamper – ticket no. 6841 (M. Tilford)

Celebration bag (wine and chocolates) – ticket no. 10142 (S. Earnshaw)
Indulgence bag (wine, chocolates & Dove gift set) – ticket no. 10159 (E. Oldfield)
Indulgence bag (Bucks Fizz, chocolates, shortbread) – ticket no. 5917 (A. Blakeston)
Cosy evening bag (slipper socks, shortbread, toiletries and mug) – ticket no. 5870 (Milner)
Toiletry bag set – ticket no. 1266 (E. Calvert)
Fox doorstep – ticket no. 6941 (S. Purdie)
Royal Jelly bath set – ticket no. 3918 (J. Halstead)
WDSA pen and torch set – ticket no. 5076 (B. Inman)
Teddy bear – ticket no. 8760 (Slater)
Magnolia bath set – ticket no. 2083 (K. Guy)
Bayliss & Harding gift set – ticket no. 5308 (G. Walsh)
Lynx gift set – ticket no. 5974 (E. Lacey)
Bottle of Famous Grouse whisky – ticket no. 10219 (J. Reynolds)
Bottle of Grants whisky – ticket no. 10135 (W. Farrar)
Prosecco & reed diffuser – ticket no. 9567 (A. Peck)
Box of chocolates – ticket no. 0976 (B. Davies)
Bottle of red wine – ticket no. 10860 (J. Morris)
Bottle of white wine – ticket no. 9535 (A. Kaye)
Tin of biscuits – ticket no. 10742 (P. Randall)
Tin of biscuits – ticket no. 4865 (A. Cass)
Hand-made hat and gloves set – ticket no. 8758 (E. Douglas-Slater)
Hand-made hat and gloves set – ticket no. 6653 (K. Pitts)
Hand-made scarf – ticket no. 4351 (J. Clayton)
Box of Quality Street – ticket no. 9088 (D. Shillito)

The Abbeys and Priors of Yorkshire: an exhibition of photographic work by Brian Goodall (in partnership with The Art House)

Wednesday 22nd January to Monday 3rd February 2020 at Wakefield Cathedral, with a celebration event as part of Artwalk Wakefield at 7.15pm on Wednesday 29th January

Brian Goodall is a member of Wakefield District Sight Aid, Blind Veterans UK, the Royal Photographic Society – History and Heritage Group, the Macular Society, and Royal National Institute for the Blind. He was first diagnosed as severely sight impaired (blind) in 2008. This exhibition of his work showing the Abbeys and Priors of Yorkshire is one of the many ways in which Brian proves that a disability is little more than a distraction and not something to put a stop to what you want to achieve.

This exhibition consists of 26 photographs, taken over a period of two years. The idea first came to him after visiting the cathedral Notre-Dame de Paris, and it was suggested that he and a friend go on to explore the other seven major cathedrals in Europe, which they did. The Abbeys and Pories of Yorkshire are often seen as the founders of the great cathedrals and thus the idea was born.

Wakefield Cathedral is open 9am - 3pm daily (and 5pm - 9pm for the Artwalk on Wednesday 29th January). Other events may affect opening times so we advise visitors to ring the office on 01924 373923 or check the website (www.wakefieldcathedral.org.uk) for exact opening times. Brian will be available on the night of the Artwalk to answer questions and will be giving a 20 minute talk about the work at 7.15pm.

Winter Warmer trip to Millstones – Wednesday 11th March 2020

We are thrilled to invite you to join us for a return visit to Millstones for their fabulous Winter Warmer event! We will arrive at the Millstones at approx 11.15am for tea, coffee and homemade biscuits. A two course lunch will then be served at approx 12pm. Choose from:

Main: Homemade Meat & Potato Pie; Homemade Fish Pie (Haddock, Salmon & Smoked Haddock); or Vegetarian Quiche with Salad.
All served with Roast Potatoes, Carrot & Peas.

Dessert: Spotted Dick & Custard; Traditional Sherry Trifle; or
Vanilla Ice Cream

After lunch there will be time to relax and browse the Farm & Gift Shops. An hour of Music, Sing-a-longs & Dancing will start at 1.45pm. Tea, coffee and cake will be served at 2.45pm followed by a game of cash prize Bingo. We will set off for home at 3.30pm.

We have a grant to cover the cost of the coach hire, so all we are asking is £17.50 per person. Our last trip booked up in less than a week, so book early to avoid disappointment! Call the office today to reserve your place!

Leeds United v Wigan – Saturday 1st February 2020 at 3pm

We have been lucky enough to have been offered a spare ticket for the Leeds United v Wigan match at Elland Road on Saturday 1st February. The person donating the ticket works as a tour guide at Elland Road and is offering the ticket free of charge for a visually impaired person to enjoy

the atmosphere of the game. He will be happy to be your companion for the day and provide a running commentary throughout. This is a wonderful opportunity, as tickets for home games are hard to come by at the moment. You will need to be able to get to Elland Road for the start of the match, but your companion for the day will be happy to drop you home again afterwards. If more than one person is interested in attending the match, we will allocate the ticket via a random ballot on Wednesday 29th January. For more information, and to put your name forward, please contact the office.

Funding

Our sincere thanks to everyone who has signed up to donate a regular gift to us by standing order. If you would like to set up a regular gift or make a one-off donation, our bank details are below (we can also accept cheques). 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).

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

Quiz (with thanks to Jack and Pam Reynolds)

1. Who wrote the poem "The Pied Piper of Hamelin"?
2. Which monster was discovered on Skull Island?
3. In which country is Verdi's opera "Aida" set?
4. Where did Moses receive the 10 Commandments?
5. What breed of animal is a Herdwick?
6. Who was the mother of Queen Elizabeth I?
7. What was the name given to the medieval trade route connecting China and Italy?
8. Which English physicist wrote "A Brief History of Time"?
9. Who are the current rugby union 6 Nations champions?
10. In Thomas Hardy's novel, how does Tess of the d'Urbervilles die?

Dates for your diary – Sight Aid regular events

Younger members social group – this mixed, friendly group of working age members now meets on the **third Thursday of the month** between

4pm and 6pm at Calder & Hops, 60 Northgate, Wakefield, WF1 3AP (with the option to stay later if people want to). All are welcome, including sighted companions. Please see our website or Facebook page for more information, or contact the office.

Forthcoming dates (all Thursdays): 20th February, 19th March, 16th April, 21st May, 18th June, 16th July, 20th August, 17th September, 15th October, 19th November, 17th December.

FREE! Equipment Demonstration and Advice Days (10.30am until 2pm at the Parkside Centre, Outwood)

Our next Demo Day is on Monday 3rd February. We are hoping to be joined by colleagues from Sight and Sound Technology, Deafblind UK, Oxsight, and Healthwatch. Our last Demo Day was absolutely fantastic and we look forward to seeing you all there!

Forthcoming Demo Day dates: Monday 4th May (please note, May Day Bank Holiday has changed to Friday 8th May 2020 as part of the 75th VE Day Commemorations), Monday 2nd November. Please remember that we can always arrange appointments for you to come and look at equipment at any time during our normal office hours, and we will also have a selected range of equipment available for demonstration at our Outwood coffee morning on Monday 3rd August (see below).

FREE! Coffee mornings (all 10am until 12 noon)

Parkside Centre, Outwood

Held on the first Monday of the month: 2nd March, 6th April, 1st June, 6th July, 3rd August (a selection of demo equipment will be available for you to look at and try), 7th September, 5th October.

Please note there will be no coffee mornings at Outwood in February, May and November due to Demo Days, so please join us at those instead! There will also be no coffee morning in December due to our Christmas Lunch, so watch out for dates nearer the time!

Cluntergate Centre, Horbury

Held on the second Tuesday of the month: 14th January, 11th February, 10th March, 14th April, 12th May, 9th June, 14th July, 11th August, 8th September, 13th October, 10th November (no December coffee morning due to Christmas lunch at Outwood).

St. Giles' Centre, Pontefract

Held on the third Saturday of the month: 18th January, 15th February, 21st March, 18th April, 16th May, 20th June, 18th July, 15th August, 19th September, 17th October, 21st November, 19th December.

NEW! OXSIGHT clinics here at Parkside! Held on the fourth Thursday of the month from 9.30am until 1.30pm

OXSIGHT glasses can enhance your remaining sight make a real difference to your day-to-day life. Their current glasses can help with conditions that cause tunnel vision, for example Glaucoma, Diabetic Retinopathy, Retinitis Pigmentosa, Myopic Degeneration, Retinopathy of Prematurity and other degenerative eye diseases. They have also helped people with a visual impairment caused following a stroke, such as homonymous hemianopia. OXSIGHT are also launching glasses that can benefit those with central vision loss. Pop along to the clinic and meet Michelle to find out more about the product.

Be aware of your surroundings:

- Gain awareness of surroundings. Locate obstacles with ease.
- Edge enhancement – helps you define objects and doorways.

Socialise:

- See faces of family and friends. Enjoy and be a part of the conversation.
- High contrast improves your ability to recognise faces and define objects.

Reading:

- Text Mode – Helps you read text, signs and handwriting.

For work and hobbies:

- Feel confident in the office, outdoors or in the garden.
- Live video mode to enhance your field of view without causing motion sickness.

Enhanced colour:

- See signs, choose clothes, select food and identify money.

Comfortable:

- Adjustable and light for long-term wear.

OXSIGHT will be holding clinics every month at Wakefield District Sight Aid to showcase and demonstrate their low vision smart glasses.

Confirmed dates (all Thursdays): 23rd January, 27th February, 26th March, 23rd April, 28th May, 25th June. Michelle will be here from 9:30am to 1:30pm, but availability is limited. Please call OXSIGHT on 01865 580255 for more information or to book a free private demonstration.

Useful information

Changes to TV Licensing – don't forget that from June 2020, the automatic entitlement to a free TV licence for over-75s is coming to an end and will be restricted to over-75s on Pension Credit. The annual cost for a colour TV licence is £154.50. If you are registered blind (severely sight impaired) and can provide the appropriate evidence, you are eligible to apply for a 50% concession. Your licence will also cover anyone who lives with you. If you are partially sighted (sight impaired) you are not eligible. You can call TV Licensing on 0300 790 6130 or visit www.tvlicensing.co.uk for more information.

2020 date format - it is common practice when dating documents to simply use the last two numbers of the year (for example, 30/12/19 meaning 30 December 2019). However, in 2020, this abbreviation could mean that extra numbers could be added to manipulate the date to a previous or future year, such as 2019 or 2021. Whilst there have not been any official statements from the police or anti-fraud agencies about this, it might be good practice to write the date in full when completing official forms and documents.

Newsletter format

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. Thank you.

Quiz answers

1. Robert Browning
2. King Kong
3. Egypt
4. Mount Sinai
5. Sheep
6. Anne Boleyn
7. The Silk Road
8. Stephen Hawking
9. Wales
10. She was hanged for murder