



# **SOUTH LINCOLNSHIRE BLIND SOCIETY NEWSLETTER**

REGISTERED CHARITY NO. 214140

[WWW.blind-society.org.uk](http://WWW.blind-society.org.uk)



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**SUMMER 2017**

**ISSUE 42**

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Welcome to the 42nd Issue of the South Lincolnshire Blind Society's Newsletter.

Hello everyone the board of Trustees and myself hope that you are all enjoying some of this glorious summer weather and that you are in good health.

Here at SLBS we have been very busy all of our staff continue to give 200% of their time and commitment to making the lives of people with sight loss that little bit better and we know from feedback we receive that people are happy with the service we provide.

During Volunteers week this year we trained two new groups of Volunteers who are now actively engaged in helping people in eye clinics, home visiting, producing leaflets, helping us fundraise and raise the profile of the services we provide.

We are tremendously indebted to them for the commitment, energy and enthusiasm that they bring seeking no reward other than knowing they are helping someone.

I am sure you will join me in offering our sincere thanks to them, to us they are priceless.

Our partnership delivering Lincolnshire Sensory Service provision on behalf of Lincolnshire County Council is going from strength to strength in the first year our workers carried out 878 assessments for blind, deafblind and children with sight loss in Lincolnshire last year and 143 assessments for people with hearing loss.

During my time on the board and more recently as a mother of the sons I have been reading up on eye health and I have found some very interesting articles that have a solid research back ground to prove their efficacy.

What the researchers are saying is that the population must try and maintain good health for as long as they can by eating a healthy diet exercising as much as they can even if it's a daily gentle walk.

Cut down or stopping smoking is best for eye health as the new research shows how smoking damages the delicate structure of the eye and particularly the macular.

Fortunately most people now are cottoning on to the irreversible damage that smoking does and help is available from your GP if you want to quit.

Watching your alcohol intake seems equally important as too much alcohol can have an adverse effect on the eye by weakening the eye muscles and over time reducing its ability to focus. So moderate alcohol consumption is advised by the experts.

As ever research into us eating a healthy diet and the impact from us cooking using fresh ingredients is well proven. Fresh vegetables and rainbow coloured fruits and vegetables will mean our bodies can maximise the available vitamins and minerals.

If you don't like things like green vegetables a good way of including them in your diets is to pop a handful in soups and casseroles or extract the juice and use in smoothies with fruits.

Carrots, kale, spinach, brussels, avocados, tomatoes are some of the everyday superfoods that can help us keep our eyes healthy.

A little further in this newsletter you will see we have included a recipe for you to try.

It is great to see that some of our service users are including articles in this edition sharing what they have been up to we would really like to encourage you to give us a call, write or e mail us with your poems or just let us know what you are up to for future editions. This is your newsletter and we welcome all of your input.

Very best wishes for a glorious summer

Sarah Carter. Chairman.

## **South Lincolnshire Blind Society celebrates 100 years 2017.**

This year is our centenary year and we are planning a full days celebration to take place here in Grantham on Friday the 15<sup>th</sup> September from 10am to 4pm at the Urban hotel.

We would like as many service users to join us as possible as we walk through the past 100 years that have charted our charity. We will be writing to invite you all and our support workers are liaising with local transport providers to pick people up en route.

**If you would like to join us and require transport please ring the Helpline and we will ask either Amanda or Virginia to call you back.**

## **NEW opening hours Grantham office.**

Please note we have extended our telephone opening hours for the Grantham office and you can now call the helpline from 10am to 4pm Monday to Friday. The Grantham Resource Centre is open 9am to 5pm Monday to Friday.

## **Your help needed please.**

We would like your help to develop our services.

Since taking on the Lincolnshire Sensory Service contract with our partners in April 2016 we have been reviewing our range of services and we would really like your help and feedback on what we currently offer and your ideas for future service provision.

At the moment we offer a range of social activities through our regular clubs and then a huge variety of other social activities, lunch clubs, evening's out and social dining, quiz nights, strawberry teas visits to garden centres and most recently you will see further in this edition a mid-week holiday.

This year we have already held a number of technology and information events around our patch. We have been busy delivering training sessions through our partnership with RNIB called living with sight loss.

We have established a target shooting club here in Grantham that can cater specifically for people with sight loss by using acoustic rifles.

We started out with one swimming club and that has expanded into two clubs now.

Gardeners can now be catered for here in Grantham with the establishment of a very good sized allotment complete with veg plots, fruit trees and polly tunnels.

We would welcome more gardeners to come and join us in this activity, if you would like to come along please call the office and we will arrange for you to be introduced to our volunteer who is leading on this for us.

We continue to supply the full range of British Wireless for the Blind sets as we are their registered agent for this area.

Volunteers are being recruited and placed with our service users as befriender and Carer sitters.

We have desperate need for more people willing to be trained to become sighted guides and that's an area of development for us to continue our recruitment drive for more volunteers throughout our area.

We have delivered visual impairment awareness training to new groups of volunteers again this year and the feedback was great.

Book groups are well established and we have a few places left at some of them if you would like to join one please call the office. They meet monthly and all take a copy of the book home in CD format to listen to over the month. They then come to the next meeting and have a good natter about the book, did they like it, was a well written, what was the reader like etc. All of this is usually interspersed with tea or coffee and biscuits!!

Our Mobility officers engaged in our Lincolnshire Sensory service contract are being kept busy in all weathers across the county training

people how to use long canes safely and working with some clients in preparation for receiving a guide dog so we thank them for their hard work and we know from feedback that service users are very appreciative.

Our sight Impairment officers are busy carrying out home visits to many people and helping them maximize their independence and make the most of the sight they have left too.

Within our sensory partnership we have the skills from our specialist deafblind workers who are helping to make a huge difference to the lives of people with dual sensory loss.

The children in our area will be busy over the summer holidays being trained in how to use the long cane safely and develop their own independence skills in readiness for either nursery or schools and colleges that they will be going back to in September. We are grateful to Guide Dogs for the Blind for delivering this specialist Habilitation service for children and young people, it's so important that they are able to access early support so they don't lag behind their peers at school.

Having said all of this you may be wondering how you can help us develop services further.

Enclosed with this newsletter is a questionnaire with 12 questions and a space for your comments that we would really like you to complete and return to us in the pre-paid envelope provided.

If you would like help to complete the questionnaire please call our **Helpline on 01476 59277 which is now open longer hours Monday to Friday 10am to 4pm** and they will complete one over the phone for you. Your feedback and comment can make a real difference so please help us to do the best we can for everyone with the resources we have available.

## **An Update from Alan at the North Hykeham Club**

Wednesday 22<sup>nd</sup> February, we had no speaker at the club but we did have a visit from The Lincoln Ukulele Band who played and sang songs from the 50's, 60's and the 70's and they also played Happy Birthday to Jill.

Micky brought the sad news to the group that Margaret P had passed away.

On Wednesday 8<sup>th</sup> March, Dee started off the meeting by wishing Madge a Happy Birthday for the 17<sup>th</sup> and then she welcomed Anne and Geoff who are volunteers at the Lincolnshire and Nottingham Air Ambulance.

Anne and Geoff told us the Air Ambulance has been going for 27 years and is based at RAF Waddington. They are soon to be getting a new helicopter, one that is faster and has more room. It will cost about sixty thousand pounds each year to run. This money comes from donations from businesses, the general public and from their own lottery. They did approach the National Lottery for money but they were turned down. They also have several charity shops over Lincolnshire and Nottinghamshire.

Anne and Geoff told us that when the helicopter is called out it is up to the pilot whether they think the weather is suitable or not, it then takes three to five minutes to get airborne. They can cover all of Nottinghamshire and the coast of Lincolnshire within twenty minutes. They mostly attend road traffic accidents but also accidents in the home and countryside and farm workers. This was a most informative and interesting talk.

Our speakers on the 22<sup>nd</sup> March were Belinda and Les from Weirfield Wildlife Hospital. The hospital was started back in 1989 at 27 Rookery Lane in Lincoln. It quickly expanded taking over number 28 and 29. At first all they had were the garden sheds to keep the animals in.

Belinda told us that in the last year they had taken in over two thousand eight hundred animals and more than seven hundreds of them were hedgehogs. Most of the hedgehogs were very small and needed feeding every two hours. Some of the adult hedgehogs came to the hospital with streamer cuts and all were nursed back to health and released back into the wild again.

Belinda told us of the swan that had red paint thrown over it by some children and how they tried to wash it off and the swan ended up looking pink, and of the badger that got hit by a car and that while the badger was asleep, which is what animals do when they are ill or injured, it gave birth to its cub. It was then reared and put back where it had been found.

We then had a surprise when Belinda said she had forgotten Barnie and brought in a barn owl. Barnie had been found and brought into the hospital but because no one claimed him he stayed as a pet. He was very friendly and we all had chance to stroke him and we could hear him chuckling. For the rest of the talk he sat on Belinda's shoulder. It was a very interesting talk and it is such a shame the hospital has now closed down.

There was no speaker on the 5<sup>th</sup> April so after the introduction Dee and Brian went through the fire drill procedure of what to do in the event of a fire on the premises.

Everyone was to leave in an orderly procession out of the fire door and make their way to the far side of the car park, we were not to stop to collect coats handbags or any other belongings.

We then had an Easter quiz, the winning team got twelve and a half out of sixteen, followed by three teams who all got twelve, one that got ten, one that got eight and the last team with seven. We all had fun taking part.

On the 19<sup>th</sup> April our drivers picked us up and we went to the Elite Chip shop where we had a choice of what fish dishes we would like and then fruit pie with either cream, custard or ice cream for after. We

could also have tea, coffee or a soft drink or for a little extra an alcoholic drink.

The City of Lincoln Male Voice Choir visited on the 3<sup>rd</sup> May, they sang several old songs and a couple of fairly new ones too and as usual were very good.

Dee welcomed everyone to the club and welcomed our new member Jill, she also gave Joyce a card for her birthday on the 4<sup>th</sup>. As usual the members enjoyed the afternoon.

### **Do you like listening to the radio?**

Hi I am Clare Curtis. Do you like listening to the radio? Well if so, and you enjoy good music then why not give the West Anglian Radio a go. We are an internet based station with a good team of DJ's who have visual impairment or other disabilities such as learning difficulties who work well to bring you the best.

I do weekday shows for West Anglian radio and I am on air from 1pm to 4pm with my show called Clare's Compilations. I have been doing DJ voluntary work for a year now and I enjoy what I do. I would love for more listeners to get involved from around Lincolnshire and the surrounding areas. I work on a station called Wyrelite which is part of the West Anglian network so if you fancy giving me a listen the details are

[www.westanglianradio.co.uk](http://www.westanglianradio.co.uk)

Click on the box that says Wyrelite radio and follow the instructions on the website. If you have any further questions and would like to know more about the West Anglian Radio you can contact them on 0844 8844 531 or email [office@wyrelite.com](mailto:office@wyrelite.com) or you can send me an email directly at [onair@westanglianradio.co.uk](mailto:onair@westanglianradio.co.uk)

## **200 Club Winners**

### **March 2017**

1<sup>st</sup> prize £50.00 Joan Cook – Grantham  
2<sup>nd</sup> prize £30.00 Mrs Winterton – Spalding  
3<sup>rd</sup> prize £20.00 Heather Taylor – Grantham

### **April 2017**

1<sup>st</sup> prize £50.00 Mrs Margaret O’Callaghan - Grantham  
2<sup>nd</sup> prize £30.00 Mrs J Hobbs – Lincoln  
3<sup>rd</sup> prize £20.00 Mr Thomas Sanders – Boston

### **May 2017**

1<sup>st</sup> prize £50.00 Mrs Lena Clayton – Boston  
2<sup>nd</sup> prize £30.00 Gordon Leighton – Boston  
3<sup>rd</sup> prize £20.00 Mrs N.I Winterton – Spalding

### **June 2017**

1<sup>st</sup> prize £50.00 Mrs Jennifer Hardy - Grantham  
2<sup>nd</sup> prize £30.00 Mr Barry Summerfield - Grantham  
3<sup>rd</sup> prize £20.00 Mrs SM Jennings – Kirton

### **July 2017**

1<sup>st</sup> prize £50.00 Mrs A Creasey - Sleaford  
2<sup>nd</sup> prize £30.00 Mr Geoffrey Earth - Spalding  
3<sup>rd</sup> prize £20.00 Mrs Shirley Little – Grantham

**Well done to all our winners and thank you for your support!**

## **Connecting you with blind and partially sighted people in New Zealand**

South Lincolnshire Blind Society has made a connection with The Blind Foundation of New Zealand which is based in Christchurch.

We have been introduced to the Regional Leader – South & Recreation Practice Leader Community, Volunteers and Recreation. Heather McGill by one of our very own visually impaired members and volunteer Ted Dring who has a home in New Zealand as well as here in Grantham. Just for interest Ted is our stalwart volunteer heading up our new gardening project in Grantham.

We will work on finding out exactly what the Foundation does for people with sight loss in New Zealand and see how we may learn and perhaps develop different services here.

It would be really good if we had some interested members of our Society with sight loss to make personal connections with like-minded people on the other side of the world. Perhaps to share experiences and discover how they manage and cope in their country. Perhaps this would be a very nice and therapeutic social activity many people may like to do from the comfort of their own homes.

For the many people I hope will want to do this here are the contact details:

Heather McGill

Christchurch Office

96 Bristol Street

St. Albans 8014 PO Box 1696

Christchurch 8140 New Zealand

e-mail: [hmcgill@blindfoundation.org.nz](mailto:hmcgill@blindfoundation.org.nz)

Web: [www.blindfoundation.org.nz](http://www.blindfoundation.org.nz)

Tel: 03 375 4327

Please be kind enough to let us know in the office if you make contact.

### **Police issue warning about “can you hear me”**

If you receive a phone call and somebody asks, “Can you hear me” don’t say anything and hang up the phone.

Police have sent out a warning about an elaborate phone scam involving this phrasing. The 'can you hear me' phone scam is brief and seems harmless on the surface, but has the potential to end in fraud. It involves a scammer calling a business or home number and once the person answers the scammer asks "can you hear me?" The caller may ask it several times, to which most people on the other end would reply with "yes". The scammer then records the "yes" response and ends the call.

That recording of the victim's voice can then be used to authorise payments or charges in the victim's name with voice recognition. Because it is the person's voice authorising transactions, it makes it hard to dispute later if a victim claims they have been scammed. If you receive a "can you hear me" call, hang up and do not respond. If you do respond with a "yes" contact your bank and monitor your accounts closely.

## **Lincolnshire Non- Emergency Patient Transport Service**

From 1 July 2017 TASL will be providing a quality, non-emergency patient transport service to people in Lincolnshire.

What is changing?

Your transport provider to and from healthcare appointments will change from NSL to TASL on 1 July 2017.

What do I have to do?

The number for making a booking is changing, if you would like to arrange a booking please call 0808 164 4586. From 19 June 2017, we are taking bookings for appointments that are for 1 July and beyond.

What do I need to make a booking?

When you first book a journey, you will need to provide your personal details including information about your GP. For each booking, we need to know the time and location of your appointment.

How will I be assessed?

Entitlement to transport depends on whether you meet the eligibility criteria set out by Lincolnshire NHS Clinical Commissioning Groups. When you book your transport, we will ask some questions, which will determine your eligibility to use non-emergency patient transport services. This is to guide us on whether or not you have a medical need to use the service. What happens next? If you have an eligible medical need for non - emergency patient transport, we will provide you with a unique booking reference and we will contact you prior to your journey.

When will I be collected?

We aim to collect you no more than one hour prior to your appointment for pre-booked journeys.

Who will collect me for my appointments?

Our friendly, fully trained staff will collect you from your place of residence. All of our team members wear ID badges and are there to listen to your needs during your journey with us.

What should I bring with me?

When travelling to a hospital, clinic or treatment centre please take the following:

- Any appointment information or referral letter
- Your medication
- House keys
- Money for refreshments
- A change of clothes if you're being admitted

Can I take my own wheelchair?

You can take your own wheelchair provided that it is designed to be securely and safely attached to the vehicle's securing mechanisms, in line with current vehicle safety regulations. Alternatively, we will provide one for you.

Can I take someone with me?

You may bring one escort with you, but only if:

- You need support on a regular basis

- You need your carer/assistant to support you
- You have communicative or sensory difficulty, such as visual Impairment, hearing loss or speech difficulties
- You are under 16 years of age.

Where do I wait when I am ready to go home?

Please report to the clinic reception area and inform them that you are ready to go home. Our crew will collect you from the waiting area to get you home safe and sound.

Can I be dropped off somewhere else?

Unfortunately, no. We are only able to transport you between your home and the location of your appointment.

Please remember:

- To advise us of any additional needs
- You may have to share your journey with others
- To respect the no smoking and no vaping policy

What do I do if I need to cancel my transport?

Cancel transport by calling: 0808 164 4586. Don't forget to let the hospital or clinic know that you've cancelled your appointment

To receive this information in audio format or an alternative language, please call us on our Free phone number on 0808 164 4586 to speak to a member of our communications team.

What if I am not eligible for the service?

If you are not eligible for the medical transport service, you will need to make your own transport arrangements to get you to your appointment. If you are on low income, or in receipt of Income Support, Working Families Tax Credit or Income Based Job Seeker's Allowance, you may be able to claim back travel expenses through the Hospital Travel Claim Scheme (HTCS). The TASL Patient Experience Team can also be contacted at [pet@thamesgroupuk.com](mailto:pet@thamesgroupuk.com). NHS Lincolnshire CCG Patient Advice and Liaison Service is available if required on 0845 602 4385. Alternatively, you may email the service on [LHNT.LincsPALS@nhs.net](mailto:LHNT.LincsPALS@nhs.net).

## Feedback

We welcome feedback on any aspect of the service and your comments will help improve the quality of service we provide. TASL and Lincolnshire NHS CCGs work closely together ensuring that the dignity, safety and wellbeing of patients are our highest priorities.

A service tailored to you.

Patient transport services are for individuals who have a medical condition that prevents them from getting to their appointment. We determine eligibility for access to this service following a short confidential telephone assessment. Call us and we will guide you through an assessment. Our friendly and professional team are here to help.

Non-emergency patient transport is for patients who:

- have a medical condition that prevents them from travelling to hospital by other transport
- have treatment with side effects that requires the support of our specialist staff
- have a medical condition that might put them at risk from harm if they were to travel independently
- have health needs that require medical assistance during transport (for example, oxygen access)

Call our Contact Centre 0808 164 4586

## **CAN YOU HELP? Raising funds for Retinitis Pigmentosa.**

We have a service user called Celia Dawson who would like to ask if anybody would like to sponsor her for a 96 mile challenge to raise funds for Retinitis Pigmentosa

Celia is doing a remarkable walk of 96 miles which is a huge achievement for her as she herself has the condition which causes progressive deterioration of the retina leading to blindness, Celia said it will be a real challenge for her and she is hoping to gain a great sense of achievement and hopes it will build her confidence again as this has deteriorated over the years as her sight has deteriorated.

The walk is starting near Glasgow hiking along forest tracks , over moorlands and on the edge of Loch Lomond and finishing near Fort William on the foot of the hills of Ben Nevis averaging around 12-15 miler per day from 20<sup>th</sup> – 26<sup>th</sup> August. There is 20 people taking part which is a mix of visually impaired and abled body walkers.

If anybody would like to sponsor this amazing challenge, which will also help raise funds for continued support into the research of the eye condition, please do so by one of the following methods ...

- 1 [www.justgiving.com/Celia-Dawson](http://www.justgiving.com/Celia-Dawson)
- 2 Or text CELI96 £? To 70070
- 3 Or drop some cash into the Boston office where there is a sponsor form

### **Message from your community support workers**

Hi everyone, I do hope you are all enjoying this lovely sunshine that we are finally getting now. I love the summer months it makes it so much easier to get up in the morning listening to the birds singing outside and having the sun coming in through the window I have been very busy as usual and I am pleased to say that everything is running lovely in the areas I cover but as always, I would like to thank all the volunteers who help me to maintain the good service we offer. Their support is invaluable to me, as I could not do it without their support and loyalty so thank you everyone.

There is lots coming up over the summer months so get your diaries at the ready to pencil everything in. Please come and support these events as they are for you all and your families, everyone is so friendly so please don't worry that you will end up being sat on your own. Of course it goes without saying if you do need me for anything please do pop into the Boston office to see me. Enjoy the summer months and I will hopefully see you all soon. Love Amanda

Hello Everyone,

I have been very busy organising events and activities again this last quarter. I have seen lots of new service users as now part of my role is to work as a Sight Impairment Officer for the NEW Lincolnshire Sensory Service contract we are partners in. I have told them all about the groups we run and other activities and we should be seeing more new faces and this will be great for them to join established clubs and activities as they will be able to learn lots from you our service users.

I will still be your community support worker covering South Holland and South Kesteven alongside this new role so I will still be here to help you if you need anything.

You will see in this newsletter that a mid-week break is being planned and if you would like to join us please ring the helpline and leave your details with the staff and they will let me know you have done this and I will call put your name on the list and call you back.

I do hope that you will continue to support all the activities I have arranged as it makes it worthwhile for other service users to come and join us too and I don't feel like my energy and efforts have been wasted.

I hope you are all keeping well and enjoying some summer sunshine.

Very Best wishes

Virginia.

## **New 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.

### **July**

- Friday 21st                      Stamford Social Club, **NEW** venue Clare Close Community Centre Stamford PE9 2QA 1-3 pm
- Tuesday 25th                    Boston Luncheon club at Queen Spades £8.50 per person (Book with Amanda at Boston in advance please) 12- 2.30pm, all welcome.
- Wednesday 26th                Sutton Bridge Social Club Trinity Room at St Matthews Church Sutton Bridge 12- 4pm
- Monday 31<sup>st</sup>                      Spalding all day club at Hayley Stewart Football Ground 10 – 3pm.

### **August**

- Tuesday 1<sup>st</sup>                      Tate's fish night a very popular event so do ring Amanda to book your places as soon as possible. £7 per adult £3.50 child under 12.
- Tuesday 1<sup>st</sup>                      Grantham book group 10-11 am
- Monday 7th                      Sleaford Lunch Club 12 noon Barge and Bottle Sleaford
- Monday 7th                      Sleaford Social Club St Denys Parish Hall

Tuesday 8th	Boston craft club 10 – 12.30
Tuesday 15th	Boston Book Group
Friday 18th	New Stamford social group 1 - 3pm Clare Close Community Centre Stamford PE9 2QA
Thursday 24 <sup>th</sup>	Humanware demonstration of equipment and latest magnifiers. Boston Resource Centre 10 -12. Pop in for a coffee and chat.
Tuesday 29th	Lunch Club Boston 12 -2.30

### **Regular Social clubs**

All of our social groups are supported by our very valuable volunteers and we are extremely grateful for their time and commitment. If you have not joined one yet give us a call and we will arrange an introduction. You will be made very welcome indeed.

<b>Area</b>	<b>Meets</b>	<b>Frequency and time</b>
Grantham Wednesday Club	Grantham Princess Drive	Fortnightly from 2pm to 4pm
Grantham Monday Club	Sandon Road Grantham	Fortnightly 2pm to 4pm
Riverside Monday Club	Riverside Grantham	Opposite Monday to the Sandon Road club 2pm to 4pm

Bourne Social Club	Manor Court	Every week except for the first Wednesday of the month from 2pm to 4pm
North Hykeham Social club	Methodist Church Hall North Hykeham	Fortnightly on a Wednesday from 2pm to 4pm
Boston Social Club	Mayfield's Broad Street	First Wednesday of the month from 1pm to 3pm
Sutton Bridge Social group	Trinity Room St Matthews Church	Fourth Wednesday 2pm to 4pm
Grantham Swim Club	Belton Woods Hotel & Spa, Grantham.	Held Fortnightly. Please call the Grantham office if you would like to join us.
Spalding All Day Club	Hayley Stewart Football Ground, Spalding	Every first Monday of the month. 10am – 3pm.
Grantham Target Shooting Club	Christchurch Hall, Finkin Street, Grantham	Every Friday from 7.30 – 9.30 pm. Cost Adults £2.50 Juniors £1.50.
Stamford new club	Clare Community Centre Stamford PE9 2QA	1pm to 3pm. 21st July 2017 18th August 2017

## **Join us at the Historic Petwood Hotel Woodhall Spa.**

South Lincolnshire Blind Society brings you the opportunity to join us for a three-night mid-week break starting on **18<sup>th</sup> of September to 21<sup>st</sup> September 2017.**

We have negotiated a very special rate with the historic Petwood Hotel in Woodhall Spa for use of all facilities for the three nights we are there. On site they have beauty therapy services and across the road at Jubilee Park there is a swimming pool and leisure facility. All meals are included in the price but drinks will be charged separately.

For the first night we will meet in the Garden room where we will privately dine and get to know each other and discuss the rest of our stay and the activities we might like to do either separately or together. We have double rooms or twin rooms available for those who wish to bring a friend or carer.

On site in the Petwood they have a history room with lots of fascinating memorabilia and we are hoping to have a guest speaker come and talk to us to bring the artifacts to life!

If you are interested in finding out more about this superb opportunity to have a short mid-week break please contact Virginia on the help line 01476 592775.

## **Recipe of the month.**

Baked Chicken with Kale & Tomatoes.

Ingredients

- 800g pack chicken thighs
- 500g plum tomatoes
- 60g pitted green olives
- 150ml chicken stock
- 2 tbsp sun-dried tomato paste

- 250g pack kale

## Instructions

1. Preheat the oven to 200oC, gas mark 6.
2. Place the thighs in a roasting tin with the tomatoes and olives. Mix the stock with tomato paste and pour over the chicken. Bake for 20 minutes
3. Meanwhile, cook the kale in boiling water for 3 minutes, drain. Stir into the chicken and bake for a further 15 minutes until the chicken is cooked throughout.

This recipe has been tried by staff in the office who found it very tasty and the kale and tomatoes are excellent sources of nutrients for eye heath. So tuck in to some good food that's doing some good!

## **Service user finally gets his book published!**

Many of you may know or have heard of Mr David Genever he and his lovely wife Gail are avid supporters of South Lincs Blind Society and they attend as many of our groups and events as they can. Finally David has written his life story and I have been reading a copy that was very kindly given to the Blind Society for the staff to read and share. I must say what an interesting life David has and journey too after losing his sight in an accident on his farm. I would highly recommend it as a must read for inspiration in the face of adversity. David writes with warmth and wit of his experience and I am sure that many of our service users will know some of the local characters in the book.

Thank you David for sharing this with us and our service users we hope that many people buy the book and enjoy reading about your story.

### **David's Country Life**

On the morning of 17<sup>th</sup> November 2004 I had been ploughing, starting in a 45 acre field. The going was verging on too wet and when it started to rain at lunchtime I knocked off and returned the outfit to the yard and had my lunch. On returning to the yard later my brother was preparing to straighten the bent tubular leg on an 8 foot by 4 foot cattle feeder, bent by cattle the previous March and still plugged with muck and straw. He cleared the straw and working with an acetylene blow torch began to warm the bent steel leg. I bent over the leg to wind rope around it when it was red hot. The next thing I remember is being in Peterborough hospital after Christmas, I was there until the 7<sup>th</sup> January 2005. When I was allowed home totally blind and with a nil by mouth feeding system.

After a couple of months, we were contacted by Stamford College to see if I would like to enrol in a computer-training course for the disabled. I went there once a week for the next nine terms. At the end of the course I was asked to type a short story, this went alright. I then thought about it and filled the rest of my life story around it. This was arranged into a book by Kevin Troop and passed on to Spiegl Press of Stamford who then, after a few alterations, published it just before Easter 2017. I have had some very complimentary comments. If you are interested in purchasing my book for £8.95 please contact South Lincolnshire Blind Society on 01476 592775 who will pass on your details to me.

**WE ARE HERE TO HELP** If you want to call us or visit our Resource Centres which are located at:

Grantham Resource Centre opening times are:

Monday to Friday from 9am to 5pm

14, Finkin Street

Grantham

NG31 6QZ

Helpline: Monday to Friday 10am to 4pm

Boston Office/Resource Centre opening

Tuesday to Thursday from 9.30am – 12- 30pm

17 George Street

Boston

PE21 8XF

We are:

Mr Malcolm Swinburn

Mrs Susan Swinburn

Ciara Atkinson

Virginia Richardson

Amanda Stait

Mrs Marie Scoffield

Mrs Eve Farley MBE

Allison Williams

Sue Finch

Stephanie Hutson

Chief Executive

Operations Manager/

Emotional Support Officer

Administration Apprentice

Community Support Worker/SIO

Community Support Worker/SIO

Administration Assistant

Volunteer Development Worker

Senior Rehabilitation Officer

Rehabilitation Officer

Sight Impairment Officer /SIO

DISCLAIMER

We make every effort to ensure that all the information we pass on to you through this Newsletter is accurate. Where benefits, concessions and allowances 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.