



SOUTH LINCOLNSHIRE BLIND SOCIETY NEWSLETTER

REGISTERED CHARITY NO. 214140

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Autumn 2017

ISSUE 43

Welcome to the forty-third issue of the South Lincolnshire Blind Society Newsletter. Inside this issue you will find;
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How quickly the seasons go by. It is hard to think that our good old British Summer has been and gone and that we now find ourselves in the autumn, with that winter season fast approaching.

I hope that you all enjoyed the lovely days of sunshine we had over the past few months. I always think it is amazing how just a little sun makes you feel brighter.

Since our last newsletter, we are delighted to announce that 2 new members have joined our team on a job share basis, covering the administrative post, being Kirsty Smith and Stephanie Strickland and I am sure you will get to speak to them at some point. We all wish them a very happy time working with the rest of our staff members, volunteers and service users alike.

I am excited about our new activities and groups recently started, particularly the inspiring Social Eyes drop in sessions on a Thursday - both in the morning and again in the afternoon. This is a wonderful opportunity for you all to meet new people, listen to interesting speakers, have tea or coffee but most importantly, to enjoy the lovely social atmosphere it creates. Please bring your friends and family along, as they will be made most welcome.

Sadly, one of our Executive members, Shirley Waller, has recently had to go into a nursing home but having been visited by both Malcolm and Susan, it is clear that she is still the bright-minded person we all know and love. Shirley continues to give her support for the work we do and is always happy to give free advice when it comes to the views of a blind person.

I would also like to mention our Secretary Rob Clark who has been very poorly for some time now, but he is a hardy individual with lots of determination to enjoy life. On behalf of everyone I send him and his partner Sue every good wish and happiness.

As we make the approach to the festive season, I take this opportunity on behalf of the Executive Committee of wishing you and your loved ones a very merry Christmas and a happy & healthy 2018.

Sarah Carter - Chairman

News from North Hykeham – Alan Saunby

On 3rd May, there was a welcome return of the Lincoln Male Voice Choir. Dee welcomed a new member Jill and we celebrated Joyce C's birthday, she was given a birthday card and the choir sang happy birthday to her.

The choir sang the old songs, new ones and some of their favourites, too many to remember. We all liked the choir and I am sure they will come back again soon.

14th June was our favourite meeting the dreaded AGM. But as usual, things went well with the Chairman's report, Secretary's report and the Treasurer's report which were all read and signed by Alan S. All previous committee members were voted back on, beside the two members that have left because they are both now in residential homes. Gale also went around the room and collected our money for the next meeting – lunch at the Gateway; this is a new venue for us so we hope it will be ok.

We have three new members another Alan, who I think came to the last meeting on 17 May, Derrick and Liz. We then had a natter between ourselves until Micky gave us a couple of funny stories then Dee closed the meeting and reminded us to be ready an hour earlier next time.

On the 28th June, we had a lunch outing to the Gateway. We were picked up an hour earlier for lunch at 1pm and met at the Gateway

(Known as Brewster's) off Newark Road near Pennells Garden Centre.

We had a choice of smothered chicken, scampi, fish & chips, gammon with 2 fried eggs, gammon with pineapple and a vegetarian option with a choice of Betty's caramel apple tart, profiteroles or ice cream with tea or coffee, and a drink of our choice.

The meal was very nice, but with so much to choose from, the service was quite slow, but with about 48 members to serve, the meal was good.

12th July, Dee welcomed everyone to the meeting, Keith Smith played the keyboard, playing popular and old –time songs, and everyone enjoyed the music.

Dee then mentioned that Roy, who's 89 and one of our members, had an article about him in the North Kesteven Council magazine called "At Home". Roy was born with rickets and was in different hospitals; he was in Great Ormond Street and was in callipers for five years.

Roy was 1 of 16 children; he has 4 of his own, 15 grandchildren, 35 great-grandchildren and 4 great-great grandchildren. When he was a boy the doctor told him to either go walking or dancing. He chose dancing and has danced for the past 80 years. He served 27 years in the Air Force as a carpenter working on the Gypsy Moth. For his dancing he has many trophies and certificates. He used to go dancing at least 5 times a week, sometimes 6 times and is still going strong.

Dee also said that there was another person in the magazine for his walking, but was not named. The picture was of my backpack and behind. I go walking three times a week with NK social walkers we meet at the Sports Centre in North Hykeham on Saturdays and Mondays and at Waddington doctors on Thursdays, It is a lot of fun and a laugh at times. On Sunday 16th July, I am walking from The Green in Coleby to Wellingore and back to Coleby on the Viking Way

a total of 7.7 miles. This is part of the NK walking Festival taking place over 14 days.

My walk on the 16th July was a nice walk along the Lincoln Edge; on the way back we were overlooking the Trent valley which was very good. The weather was not too hot, just right for walking. We had 20 walkers and I was a walk leader, there were 3 leaders in all. I took the middle lead. It was nice to get back to The Tempest Arms for a pint.

26th July was our last meeting before our summer break; we had a buffet tea with lots of sandwiches, beef, ham, cheese and onion, cheese and tomato, cheese and Branston, egg, salmon and cucumber, pork pie, sausage rolls, plum bread and cheese and an assortment of cakes followed by scones, cream and raspberries, cheese straws, sherry trifle and tea (but no chips). Thanks must go to the two ladies, Sally and Jean the wonderful caterers for a good feast and also to the volunteers of the club. Thank you all.

QFC Factory Shop Christmas Discount!

We sell a range of Sofas, Chairs, Sofa beds, Corner Sofas & Footstools. With sofa prices as low as £120.

£20 off any item over £99 from the QFC factory shop using the voucher code: WINTER20.

Simply make an appointment to see our huge range of stock. Please present this voucher prior to purchase. Terms and conditions apply, please see Facebook for details.

Opening times – by appointment only

| | |
|--|----------------------|
| Mon, Tue, Thurs | 08.00 – 16.00 |
| Wed | 08.00 – 18.30 |
| Fri | 08.00 – 11.00 |
| 1st Sat of every month | 08.00 – 11.00 |

No children allowed in the showroom, items sold as seen.

Email factoryshop@qfc.co.uk

Telephone 01476 514854.

Facebook - QFC Factory Shop

Alma Park Grantham NG31 9SE.

Charles Bonnet Syndrome.

Latest information on Charles Bonnet syndrome. Who is likely to experience it and how to manage the symptoms?

About Charles Bonnet Syndrome

Person will have low vision – i.e. lost 60% of eyesight - most usually through Macular Degeneration, Retinitis Pigmentosa, Glaucoma, an accident, or any of the rarer eye diseases.

The hallucinations will be sharp and clear, although the person's normal vision is blurred, hazy or partial.

The hallucinations are totally silent. If any of the other senses is involved – hearing, touching, smelling or tasting – it is not Charles Bonnet Syndrome.

Person may see:

- Patterns, trelliswork or words, which cover everything.
- People – either real size or tiny – often dressed in costume which resembles Edwardian or Victorian; sometimes faceless or with distorted faces. Gargoyle or gremlin-like creatures.
- Children – often a wandering child or baby.
- Animals – dogs are a common hallucination. Frogs, cats, snakes, worms, or insects feature too. Sometimes the person sees insects or worms on food and in glasses of water.

- Armies marching through the room or through the garden. Water – in lakes, streams or rivers – walls, furniture and buildings can also appear.

Sometimes the hallucination takes over the whole room and the person is transported to somewhere completely different.

If the person has no other signs of mental impairment, these hallucinations are not dementia.

The person should consult the GP, but take the printable explanatory leaflet from Esme's Umbrella's website:

www.charlesbonnetsyndrome.uk/the-charles-bonnet-syndromeleaflet.pdf - in case the doctor is not aware of the condition.

Coping Strategies for People with Charles Bonnet Syndrome

Dr Dominic Ffytche – Medical Adviser to Esme's Umbrella and the only researcher and acknowledged global expert on CBS – explains “We know that the hallucinations occur when people are in a state of quiet wakefulness, sitting in a chair and maybe listening to the radio or television or being driven in a car”.

These coping strategies will help to dispel the hallucination when it occurs. However, this is only a temporary measure. The hallucination may return. Everyone is different and you will probably find that some strategies work better than others.

It is very hard and extremely wearing to have your life disrupted constantly by hallucinations – particularly if it is not easy to decide whether or not the image is created by your brain or is real. If you are in unfamiliar surroundings, please check the area before you move – just in case the dog/cat/person is not an hallucination.

Coping Strategies

1. Reach out towards the hallucination, try and touch it or sweep your hand to brush away the image.

2. Try clapping your hands.
3. Shine a torch upwards from below your chin in front of your eyes (NOT INTO THE EYES).
4. If sitting, try standing up and walking round the room. If standing, try sitting.
5. Walk into another room or another part of the room.
6. Turn your head slowly to one side and then the other. Dip your head to each shoulder in turn.
7. Stare straight at the hallucination.
8. Change whatever it is you are doing at that moment – turn off/turn on the television/radio/music.
9. Change the light level in the room. It might be the dim light that is causing the hallucinations. If so, turn on a brighter light – or vice versa.
10. Blink your eyes once or twice or – Try Dr Ffytche's specific eye-movement exercise:

When the hallucination starts, look from left to right about once every second for 15 seconds without moving your head. If the hallucination continues, have a rest for a few seconds and then repeat the eye movements. You may need four or five repeats of the eye movements to have an effect but there is no point in continuing beyond this if there is no benefit.

If you find the hallucinations completely impossible to tolerate, please contact Esme's Umbrella or draw your GP's attention to our website.

If you have any coping strategies that you find successful, please email us on esmesumbrella@gmail.com or ring the Helpline on 0345 051 3925 (courtesy of the Help and Information Service) and leave a message. Someone will return your call.

We will add your suggestions to the website, where they will be of great help to other sufferers.

For more information about CBS and Esme's Umbrella log on to www.charlesbonnetsyndrome.uk

Helping people to live independently in the homes they love

Lincolnshire Home Independence Agency (LHIA) is an award-winning local charity, which helps people facing illness, disability and the effects of advancing age to live independently in the homes they love.

Home adaptations

If you have a visual impairment, a home adaptation can make a world of difference to your daily life. We can adapt homes to help people access kitchen and bathroom facilities, avoid tripping and slipping hazards and get on with their daily lives safely and with confidence. We can use such techniques as colour contrasting, strategic lighting, and BEAB Care Mark and RNIB approved products in our adaptations - all means by which we help visually impaired people retain their independence.

We have over 11 years' experience in delivering home adaptations, which include grab rails and stair lifts, access ramps and level access showers/wet rooms, and complex work such as property extensions and conversions.

We can manage the whole project on your behalf, taking care of planning permission, building regulations, surveys, plans, tendering and budgeting. We will seek to minimize disruption to your routine and use only Trusted Traders (contractors who have been independently vetted) to give you peace of mind.

Funding options

People with disabilities might qualify for a grant called the Disabled Facilities Grant (DFG), which covers a range of home adaptations.

Our customers include people in receipt of a DFG and people who pay for the adaptation themselves. If you are not sure whether you are eligible for a DFG or how best to meet the cost of an adaptation, call our free advice service. A member of our friendly team can look at your situation in detail and discuss key issues, including timescales and funding sources you might not even have considered.

We provide a full range of services to help people to live safely and independently. In addition to home adaptations, these include home improvements and repairs, and a new daily living aids online shop. For further information, call the friendly team on 01522 516300, email info@lincshia.org or visit www.lincshia.org

Be My Eyes app for smartphones

If you're blind there are times that may call for some vision e.g. reading a street sign, train timetables, recipes. The Be My Eyes (BME) app makes life easier by connecting sighted and blind users via video messaging. The project was invented by partially sighted Hans Jørgen Wiberg who wanted to create a simple way for blind people to seek help.

Blind users can use the app to request help from a sighted person. As soon as the first sighted user accepts the request for help a live audio-video connection will be set up between the two and the sighted user can tell the blind person what they see, when the blind user points their phone at something using the rear-facing camera. If a sighted user misses a call, the BME helper-network will find the next available sighted person.

You download from the App Store, then register your language and whether you are a helper or visually impaired user. This app is only available for Apple phones at the moment. An Android version is in

development and should be available soon. You can find out more by visiting the BME website at www.bemyeyes.com

200 Club Winners

August 2017

| | | |
|-----------------------|--------|-------------------------|
| 1 st prize | £50.00 | Mrs Flanagan – Grantham |
| 2 nd prize | £30.00 | Mr Saunby – Lincoln |
| 3 rd prize | £20.00 | Mrs Anthony – Spalding |

September 2017

| | | |
|-----------------------|--------|-----------------------|
| 1 st prize | £50.00 | Mrs Gilding – Boston |
| 2 nd prize | £30.00 | Mr Sanders – Grantham |
| 3 rd prize | £20.00 | Mr Lamb – Sleaford |

October 2017

| | | |
|-----------------------|--------|----------------------------|
| 1 st prize | £50.00 | Mrs Saddington - Boston |
| 2 nd prize | £30.00 | Mrs J M Mann - Spalding |
| 3 rd prize | £20.00 | Mr J D Fountain - Spalding |

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

Do you have a Co-op dividend card?

Did you know you could help us raise funds by registering your Co-op Dividend card to support us by their Community Champion Central List?

The Central List is a great way of raising extra funds for us simply by doing your everyday shopping at Lincolnshire Co-op.

Funds raised are based on how many supporters have registered to support us and how much dividend they collect during the year.

If you would like any further information please contact The Community Team on 01522 544632 or email **community@lincolnshire.coop**

Did you know that RNIB has a Tax Advice Service?

RNIB has a small team of friendly advisers who offer help and support to people with sight loss with issues related to income tax, tax credits, VAT relief and other HMRC issues.

They can check if you are eligible for extra tax allowances that can reduce your tax bill or be transferred to your partner to reduce their tax and they can help you to claim these easily over the phone. For example, the Blind Person's Allowance and the Marriage Allowance. These extra tax allowances are not paid automatically - so make sure you claim them to ensure you are not paying too much tax.

Perhaps you need help with completing a tax form or to register as self-employed. You may want to check if you are eligible for Tax Credits, inform Her Majesty's Revenue and Customs (HMRC) about a change in your circumstances, check your tax code is correct or receive correspondence from HMRC in an alternative format.

RNIB works with HMRC's Extra Support Service, where a team of specially trained advisers can offer a more personalised service to help vulnerable individuals manage their tax and benefit affairs.

You do not have to wait until there is a problem to get in touch – indeed, advising HMRC early could prevent problems arising.

Call RNIB's Tax Advice Service on 0345 330 4897. They are ready to take your call Monday to Friday, 8.45am to 5pm or email tax@rnib.org.uk

Handy tip.

If you're struggling to find a small item you've dropped on the floor, such as an earring, use your Hoover attachment with a thin sock or stocking over the end and Hoover the area. You should find the item stuck at the end of the attachment.

Five things to think about before you move house

Patsy Southwell, Macular Society Counsellor

I have been a counsellor for people with sight loss for over 10 years. One topic that comes up quite often is moving house to be nearer to family - usually at the suggestion of grown-up children, who are naturally concerned about how their parent will cope.

When a sight problem is diagnosed, many people are alarmed and upset. I think this is when the suggestion to move closer to the family can seem an appealing way to deal with feeling vulnerable. However, there are a few important considerations to make before you decide what is best for you.

1. Navigating your home

In your home, you know where everything is, and can locate what you want easily. Moving to a new place means re-learning all this, which can be a challenge with sight loss.

2. Your support network

Research shows that for older people, more support comes from friends than from family. It's not that family don't care, but as many people tell me, they are usually at the busiest stage of their own lives, and so have a lot less free time than friends who are retired.

3. Familiar habits and medical care

Over the years you will probably have found local groups and activities you enjoy - you know how to get there, and you know the people there. You will also have a familiar GP, optician and ophthalmologist. These services can differ a lot between areas, and it often takes time and energy to sort this out in a new location.

4. Feeling self-sufficient

For some people it is a pleasure to know and trust a local shop where they know you. It is not always so easy to develop all these links when you are older and sight impaired.

5. Take your time

Try not to make a snap decision – speaking to family and friends, advisers, and even a counsellor can help you work out what is best for you.

Blind Mums Connect - supporting visually impaired mums across the UK

All our services are completely free and offered by our dedicated team of volunteers, all of whom have a visual impairment themselves. We never turn down enquiries from dads, family members, friends or professionals and will help in whatever way we can, whether you need an occasional question answering, or want everything we can give you. We support first-time mums to be through to great grandparents, and our lively community sees a constant flow of questions, information and stories from our members.

Website: www.blindmumsconnect.org.uk

Free, confidential membership form so we can provide the correct support quickly and efficiently:

www.blindmumsconnect.org.uk/membership tel: 01905886252

(answering machine service, we aim to return your call within 48 hours, often sooner), Or E-Mail: info@blindmumsconnect.org.uk

For members (Visually impaired mums or mums-to-be), we provide:

- One-to-one peer support including pregnancy and birth, breastfeeding, slings, befriending, getting out and about and more
- Home visits and practical support if appropriate
- Qualified sling consultants and breastfeeding supporters
- A closed Facebook group and email list:
www.facebook.com/groups/blindmumsconnect
- Support to find out what is available in your local area
- Information on local and national services, including direct payments, Homestart, etc.
- Find-A-Mum: be linked up with someone nearby whether for chats or meetups
- Regional meet-ups - some running monthly
- Monthly Skype groups, covering topics such as bumps and babes, toddlers, cooking, primary school, teenage years and general chat
- The opportunity for members to join our team and support others in various roles for others (dads, Professionals and family) we provide:
- Open Facebook page for professionals, friends and family to like:
www.facebook.com/blindmumsconnect
- The circulation of research opportunities, information about other relevant organisations and events etc.
- Someone to talk to you about the differing needs of visually impaired parents.

We have helped many professionals so far including midwives, social workers, rehab workers, guide dog trainers and documentary researchers

RNIB Letter from Santa

Do you know a blind or partially sighted child who would like to write to Santa and receive a letter back in their preferred reading format? RNIB is, once again, helping out with these requests.

You can send letters to Santa to the following address: Santa Claus, RNIB, Midgate House, Midgate, Peterborough PE1 1TN. Letters must be received by Friday, 1 December 2017.

Please ensure the following information is included:

- your name and delivery address
- A contact telephone number (in case one of our elves has a query)
- Whether you would like your reply in English or Welsh
- What format you require. Choose from uncontracted braille (grade 1), contracted braille (grade 2), large print (please specify the font size) or audio CD (please note we can only supply one alternative format copy).

Alternatively, you can send your letter by email and receive an email reply. Contact Santa at santa@rnib.org.uk. Email letter requests must be received by Friday, 15 December 2017.

On-line housing guide for blind and visually impaired people looking for a new home.

Sight loss charity Thomas Pocklington Trust has developed an online housing guide designed to assist younger adults find a new home. The guide provides information and advice for people who are looking for a new home, seeking to live independently for the first time or experiencing problems in their current accommodation. Visit their website for the guide www.pocklington-trust.org.uk

Recipe of the month – Ginger and Rhubarb Crumble.

Ingredients for 3 servings

450g (1lb) rhubarb, chopped
1 piece preserved ginger, finely chopped
¼-teaspoon ground cinnamon
2 tablespoons golden granulated sugar
50g (1¾ oz) plain flour
25g (1oz) butter or polyunsaturated margarine
2 tablespoons desiccated coconut
2 tablespoons rolled oats

Instructions

- Preheat the oven to 180°C/350°F gas mark 4.
- Place the rhubarb, ginger, cinnamon and half the sugar in a pan with 2 tablespoons of water, cover, and simmer for 10 minutes until the rhubarb is tender.
- Transfer to an ovenproof dish. Meanwhile, with your fingertips, rub together the flour, butter (or margarine) and remaining sugar, stir through the coconut and oats, then sprinkle over the rhubarb and press down lightly.
- Bake for 25–30 minutes until golden and bubbling.
- Serve with custard or cream.

2018 Large Print Calendar and diaries.

It's time to put in your orders for the 2018 large print black on yellow SLBS Calendar, this year we have halved the price at £3.50. We are also taking orders for the Large Print pocket diary £5.49, Large Print A5 desk diary for £7.79 and the A4 Large Print diary at £6.49

If you are interested please call our helpline on **01476 592775** and leave your name, telephone number and your order and once stock is in we will dispatch your goods hopefully in good time to avoid the Christmas post rush!

Christmas Raffle tickets.

In this mailing you will find a couple of books of raffle tickets along with an envelope to return the completed stubs and cheque or postal order made payable to South Lincolnshire Blind Society for the Christmas prize draw. There are some great prizes again this year:

First prize-£100

Second prize-£99.00 voucher for glasses from Specsavers, Grantham

Third Prize-Hamper of Christmas goodies.

Fourth Prize-Bottle of Whisky

Fifth Prize-Deluxe Christmas Cake

Plus lots more bottles and gifts

Tickets will be drawn on Monday the 18th December 2017

We are very grateful for your help and every penny will be ploughed back in to providing actives and services we know make a difference to people's lives.

Message from your Community Support Workers.

Hi everybody,

I hope you have all had a lovely summer and made the most of the days of sunshine we had.

Well, as the nights draw in and weather changes I have got lots of nice events coming up for you all to enjoy, so it would be lovely if you can come along and make new friends whilst also supporting SLBS. So get your diaries ready, as there is plenty to keep you all occupied in the winter months. I do hope to see you at these events as they are put on for you, to help you socialize and not feel alone.

As always, if you need me for anything please do ring the Boston Office and leave a message. If there is no reply and I will get back to you as soon as possible.

Hope to see you all soon
Amanda

Hello everyone,

Earlier this year SLBS were invited by Herib, Hull's Blind Society, to participate in creating a sculpture for the eye department at the Hull Royal Infirmary. This was part of the City of Culture Project, and five societies worked together. They produced a colourful tactile sculpture, with every individual's piece of work culminated into the final piece. Those who worked on this were all invited to the grand unveiling on the 10th October which was a very special and emotional event for all those involved. We are waiting for their work to come back, which will then be on display in our social room.

Well done to all of those who took part in this.

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.

November 2017

Thursday 23rd NEW Social'eyes' Group pop in between 10-12 or 1-3 at the Grantham Office.

Tuesday 28th Lunch Club at Queen of Spades, Wellington Road Boston at 12 noon. All welcome. Please book your place with Amanda beforehand.

Thursday 30th NEW Social'eyes' Group pop in between 10-12 or 1-3 at the Grantham Office.

December 2017

Monday 4th Christmas Lunch at Barge and Bottle Sleaford at 12 noon please book your place with Amanda before 27th Nov.

Tuesday 5th Christmas Carol Coffee Morning 10am – 12Noon at Christchurch Methodist Church Hall, Finkin Street, Grantham, NG31 6QZ. Please call the helpline to book your seat.

Tuesday 5th Grantham Book Group 10 - 12

Thursday 7th NEW Social'eyes' Group pop in between 10-12 or 1-3 at the Grantham Office. Humanware equipment demonstrations.

Thursday 7th Christmas Lunch at Queen of Spades Boston at 1pm Please book your place with Amanda before.

- Friday 8th Christmas coffee Morning at Manor Court in Bourne.
10am – 12pm
- Tuesday 12th Christmas coffee morning 10 -12 Boston office £2 per
person includes coffee and cake.
- Tuesday 12th Boston Craft Club
- Thursday 14th Christmas lunches at Queen of Spades at 1pm,
Please book your place with Amanda before.
- Thursday 14th NEW Social'eyes' Group pop in between 10-12 or 1-3
at the Grantham Office.
- Thursday 14th Christmas Lunch at The Kitchen, Springfields,
Spalding at 12.30. To book and choose your meal
please call the Grantham Office. A £5 deposit is
required by the 01.12.17. The cost for 2 courses is
£15.95 (Balance to be paid on the day)
- Friday 15th Stamford Social Club, Community Room, Clare
Close, Stamford. PE9 2QA 12.30-2.30
- Monday 18th Spalding Craft Club; Broad Street, Methodist Church,
Spalding.
- Monday 18th Christmas lunches at Toby Carvery, Lincoln £13.99
per person for 3 course lunch. Please book your
place with Amanda, £5 deposit is required by the
20/11/17.
- Tuesday 19th Grantham Craft Club 10-12

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.

| Area | Meets | Frequency and time |
|------------------------------|--|---|
| 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 |

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|-------------------------------|--|---|
| Sutton Bridge Social Group | Trinity Room St Matthews Church | Fourth Wednesday 2pm to 4pm |
| 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 | 12.30pm to 2.30pm. |

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 to 12-30pm

17 George Street

Boston

PE21 8XF

We are:

Mr Malcolm Swinburn

Mrs Susan Swinburn

Virginia Richardson

Amanda Stait

Stephanie Strickland

Kirsty Smith

Ciara Atkinson

Mrs Marie Scoffield

Mrs Eve Farley MBE

Allison Williams

Sue Finch

Stephanie Hutson

Chief Executive

Operations Manager/Emotional Support
Officer

Community Support Worker/SIO

Community Support Worker/SIO

Services Administrator

Services Administrator

Administration Apprentice

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.