



SOUTH LINCOLNSHIRE BLIND SOCIETY NEWSLETTER

REGISTERED CHARITY NO. 214140

www.blind-society.org.uk

slbs@blind-society.org.uk



Helplines: Grantham Office 01476 592775

Boston Office 01205 362654

Winter 2017

ISSUE 44

Welcome to the forty-fourth issue of the South Lincolnshire Blind Society Newsletter. Inside this issue, you will find:

Page No:

- 2. Chairman's Chatter**
- 4. Christmas Raffle Winners**
- 5. Winter Wellbeing Scheme returns**
- 7. Fire Safety Tips**
- 8. Falls**
- 10. Carbon Monoxide**
- 12. Warm home discount and 200 club winners**
- 13. Best foods and Recipe of the month**
- 15. A New year.....a New Start**
- 16. Grantham Resource Centre**
- 17. Lilliput Lane**
- 18. Message from our Volunteer Co-ordinator**
- 19. Festive Activities**
- 20. Join our clubs**

And much more...

Chairman's Chatter.

Hello Everyone and Happy New Year to you. I hope that 2018 brings you all much luck, happiness and good health.

I talk on behalf of the Trustees and staff by saying I hope that you enjoyed the festive break and are looking forward to this year and all it will bring.

As I am sure you will be aware, the Blind Society staff and volunteers pulled out all the stops just before Christmas with a wide variety of events and activities across our area. We hope that you made the most of these and had fun in doing so.

The social activities are a great way of meeting others in the same boat who are experiencing sight loss too. I have attended some of the events myself when my work commitment allows and it's been amazing talking to some of our service users who are real beacons of hope for others who are recently coming to terms with their sight loss. I am very often inspired by stories from our service users.

As a board of trustees, we meet regularly to discuss activities and look at how we are managing services in this very turbulent economic environment.

We are aware of the cuts to local services and how it can leave some of our service users feeling vulnerable and isolated. This is one of the reasons we are trying to increase the opportunities for people to join in activities and events.

As a local charity we do not receive any government funding and have to continually rely on the goodwill of the people who have benefited from our services to help us by making donations where they can or leaving a legacy and remembering the Charity in their wills.

We are in uncharted waters but I would like to reassure you all that the Trustees are doing their very best to work with the staff and volunteers to make sure that we capitalize on the capacity we have available and to ensure we help people living with sight loss in South Lincolnshire to live as well as they can. To that end, we will

be organising lots of events and activities and we do hope that you will participate when and where you can.

At Christmas, we sadly bid farewell to Amanda who had been working in the Boston area and was based in the Boston office. We wish Amanda well in her new job and thank her for all her help over the years.

The trustees regularly take time to review our activities, resources and current finances and in light of the economic climate we have taken the decision (with much deliberation) to offer our Boston office to the rental market. Please be assured however that we will continue delivering our service in the community in that area and ensure that service users have access to staff, activities, home visits etc.

We are reassured that we have your support to manage the charity to best effect and efficiency for the benefit of all service users.

The Trustees and I will keep you posted on any changes as they occur and we thank you for your continued support and generosity.

Kindest regards

Sarah Carter

Chairman

Welcome to the winter edition of the newsletter and a brand new year!

You will find in this edition we have tried to focus on the activities and events we have coming up across our patch along with the regular section on social group meeting and book clubs too.

We had a very busy time in the run up to Christmas with all the Christmas lunches and various activities, which quite a lot of you joined in.

It is always lovely to see some new faces and it never ceases to amaze us how many folks reacquaint themselves with people they knew many years ago but had lost touch.

We hope that you are all keeping warm and have managed to claim your winter fuel allowance as this is being written we are in the throes of some very cold spells of only one or two degrees with a wind chill feeling much colder than that!

We hope that you enjoy this publication and please let us know if you would like us to feature anything specific that may be of interest to others too.

Amanda, our Community Support worker, has moved on to pastures new this Christmas. We would like to thank her for all her hard work and commitment over the last 11 years and wish her well in her new job.

Virginia Richardson will be taking on the area Amanda covered and we will be reorganising our services to build service capacity across our area. If you need any support as always, please call our helpline 01476 592775 from Monday to Friday 9am to 5pm.

Christmas Raffle Winners

Many congratulations! The following people won the main prizes for our big Christmas Raffle:

1st prize £100 – Mr R Turner, Grantham

2nd prize Specsavers voucher – L Thompson, Grantham

3rd prize Hamper – Mr R Underwood, Swinderby

4th prize Whisky – L Nesbit, Crowland

5th prize Christmas Cake – Mr Holgate, Deeping St James

Further congratulations to the winners of all our other raffle prizes too, ranging from biscuits, wine, chocolates, oven gloves, numerous vouchers and a Batemans T Shirt.

A Huge Thank You to everyone who bought raffle tickets!

Winter Wellbeing Scheme returns.

Good old-fashioned neighbourliness will spring into action this winter as North Kesteven District Council's Winter Wellbeing Scheme returns for its fourth year.

When the weather turns cold, there is ice or snow on the ground and barely anything left in the cupboards at home, those residents who are most isolated and unable to get to the shops can be comforted in the knowledge there is help out there.

In partnership with Lincolnshire Co-operative, the NK Partnerships team have once again formed the Winter Wellbeing Scheme which will be delivered by community volunteers across the district – who will be on hand to deliver the essentials for making healthy and nutritious hot food and drinks and pet food – to those in need.

The Winter Wellbeing programme will be triggered when temperatures fall to a consistent 3c or lower, or if there is snow and ice on the ground.

There is no age limit, although eligibility criteria does apply – relating to isolation, access to transport, physical ability to leave the house and safety in doing so, availability of friends or relations to shop on your behalf and urgency of need.

Any North Kesteven resident who considers themselves to be vulnerable and in need should call the Council on 01529 414155, make their request and answer a few questions.

Once a volunteer has been arranged to make the delivery, they would be called back, asked to make payment dependent on which pack is requested. Prices vary between £12 and £20.

The volunteer would go to their nearest Lincolnshire Co-operative store, collect the food parcel, drop it in either the same day or the next – between 8am and 5pm – and whilst there, ensure that the client is safe and well.

Councillor Sue Howe, executive board member with special interest in NK Partnerships said: “It is extremely important that we can support our residents with schemes like this, especially when the weather turns bad. We do not want people struggling to get by or going hungry, so please make use of this service if you need it. It is there to support you”.

Parcels will contain toilet rolls, bread, UHT milk, eggs, tinned beans and soup, sausages, cheese, jam, potatoes, biscuits and tea or coffee. Other packs suited to vegetarian, gluten-free and diabetic needs will be available.

Recipients of a food parcel can also request a cat or dog pet pack, which are priced around £4.

To make a request for a parcel, please call NKDC on 01529 414155.

If anyone would like to help the service and become a volunteer, please email Jeremy Green at the Riverside Church on jeremy.green@carres.uk or call NKDC for more information. All suitable training, safety and safeguarding measures will be taken.

Michelle Rose, Communications Officer, NK District Council

Fire Safety Tips for an Open Fire

Arrange a Community Fire Safety visit from your local fire brigade for help and advice - free service T: 0800 0731 999. Some handy tips to remember include:

Making sure, you have a carbon monoxide detector and remember to test it as per instructions

Ensure you have smoke or heat alarms and remember to test them as per instructions

Consider fitting a heat alarm in your kitchen

Always use a fireguard / spark guard, especially when the fire is unattended

Clean the chimney as recommended by your local fire brigade

Make sure the fire is out before going to bed

Use well-seasoned, air dried wood (preferably a minimum of 6 -12 months to dry out)

Avoid pine and horse chestnut wood and anything else that spits or has a lot of sap

Wear long welders' gauntlets; buy from any work wear shop

Use a fire resistant mat or rug for in front of the fire

When tending the fire, use a fire blanket to cover your legs and trunk and have the other end of the blanket on the hearth so any embers will roll onto the hearth

Extend the hearth to make it longer or add a lip

Empty and check the ash can every day

Always use a metal non-combustible ash can

Do not stack logs or place any other combustible materials immediately adjacent to the open fire

Do not burn paper or rubbish on fires in the grate

Spotlight on falls and how to prevent them

Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls are serious and costly.

- One out of five falls causes a serious injury such as broken bones or a head injury.
- Each year, 2.8 million older people are treated in emergency departments for fall injuries.
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.
- Falls are the most common cause of traumatic brain injuries.

What Can Happen After a Fall?

Many falls do not cause injuries. However, one out of five falls does cause a serious injury such as a broken bone or a head injury.

These injuries can make it hard for a person to get around, do everyday activities, or live on their own.

- Falls can cause broken bones, like wrist, arm, ankle and hip fractures.
- Falls can cause head injuries. These can be very serious; especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they do not have a brain injury.
- Many people, who fall, even if they are not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

What Conditions Make You More Likely to Fall?

Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness.
- Vitamin D deficiency (that is, not enough vitamin D in your system).
- Difficulties with walking and balance.
- Use of medicines, such as tranquilizers, sedatives or antidepressants. Even some over the counter medicines can affect balance and how steady you are on your feet.
- Vision problems.
- Foot pains or poor footwear.
- Home hazards or dangers such as broken or uneven steps, rugs or clutter that can be tripped over and no handrails along the stairs or in the bathroom.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.

Healthcare providers can help cut down a person's risk by reducing the fall risk factors listed above.

What you can do to prevent falls:

Falls can be prevented. These are some simple things you can do to keep yourself from falling.

Talk to Your Doctor

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements.

Do Strength and Balance Exercises

Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Carbon monoxide – the silent killer.

According to the Chief Medical Officer (CMO) for England (November 2013), Accidental (and therefore preventable) carbon monoxide poisoning results in recorded cases of around 40 deaths and 200 hospitalisations each year in England & Wales. Recent figures from the Department of Health indicate that there are 4,000 attendances at accident and emergency departments for treatment for CO poisoning each year in England - which can often lead to lasting neurological damage.

Many more people are likely to suffer unknowingly from CO poisoning, and the impact on health may well be underestimated. Those most at risk are the under 14s and the over 65s, with these age groups accounting for 31% and 25% of these hospital admissions respectively. Many more people are likely to suffer unknowingly from CO poisoning, and the impact on health may well be underestimated.

Such cases are caused by faulty or badly serviced gas and other fossil fuel-burning appliances and systems. Carbon monoxide (sometimes referred to by its chemical symbol CO) is known as the silent killer because you cannot see it, hear it, smell it or taste it. With a potentially cold winter ahead, there are concerns that there may be more deaths resulting from poorly maintained heating systems.

Carbon monoxide can be given off by all fossil fuels. You need to look out for:

- Boiler pilot light flames burning orange, instead of blue
- Sooty stains on or near appliances
- Excessive condensation in the room
- Coal or wood fires that burn slowly or go out
- Families suffering prolonged flu-like symptoms.

Take a few simple precautions to reduce your risk:

- Have your gas appliances serviced annually by a gas engineer who is registered with Gas Safe Register
- Use professionals to service any other fossil-fuel burning appliances such as oil or coal burning stoves annually
- Fix carbon monoxide detectors in your home; these can be purchased from most DIY-type stores
- Ensure that such detectors are maintained and replaced according to packaging instructions.

Financial Support – are you eligible for the Warm Home Discount?

There are national benefits and grants that can help you to lower your energy bills. Often they are available for a limited time, so it is worth checking regularly for new deals.

The warm home discount is a one off £140 discount on your electricity bill between September and March.

Eligibility

You qualify under the ‘core group’ if:

- Your electricity supplier is part of the scheme
- Your name (or your partner’s) is on the bill.
- You are getting the guarantee credit element of pension credit (even if you get savings credit as well).

You may qualify under the ‘broader group’ if:

- You are on a low income
- You get certain benefits and/or have a vulnerability in the home.

You can check with your supplier to see if you are eligible and how to apply for the scheme. For more information on how to claim the warm home discount scheme can be found at: www.gov.uk/the-warm-home-discount-scheme/what-youll-get. The Warm Home Discount Team can be contact by telephone on 0345 603 9439.

200 Club Winners – 2017

October 2017

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

November 2017

1 st prize	£50.00	Mrs Slater - Bourne
2 nd prize	£30.00	Mrs McSpaden - Boston
3 rd prize	£20.00	Mrs Polzin - Grantham

December 2017

1st prize £150.00 Mrs Johnson - Grantham
2nd prize £100.00 Mrs Hisee - Spalding
3rd prize £70.00 Mrs Wilson - Lincoln

Well done to all our winners and thank you for your continued support. The 200 club is still open to enter if you would like to purchase a ticket for a friend or relative please contact the helpline 01476 592775.

Best foods to eat for healthy eyes?

- Kale/Spinach (carotenoids – lutein and zeaxanthin)
- Celery (vitamin A)
- Whole grains (zinc and vitamin B)
- Avocados (zinc and vitamin B)
- Garlic (Sulphur)
- Soy (essential fatty acids)
- Papaya (beta carotene)
- Carrots (beta carotene)
- Onions (Sulphur)
- Eggs (cysteine and Sulphur)

Recipe of the Month – Cauliflower Curry.

Fed up of Christmas turkey and mince pies? This hearty vegetarian meal is flavoured with an Indian-inspired spice combination that will leave your kitchen smelling incredible. It is so simple to make, tasty and healthy.

Ingredients

- 3 tablespoons olive oil
- 1 teaspoon mustard seeds
- 2 shallots, chopped

- 1 clove of garlic, crushed
- 600g cauliflower florets
- 1 teaspoon turmeric
- 1 tablespoon curry powder
- ½ teaspoon ground ginger
- 250g tomato puree
- 30ml water
- 2 tablespoons soy sauce
- 150g natural yoghurt
- 1 teaspoon flour
- 1 tablespoon coriander, finely chopped
- 50g almonds

Instructions

1. Heat the oil in a frying pan and fry the mustard seeds for 1 minute. Add shallots, garlic, and fry for another minute.
2. In a separate pan, simmer cauliflower for 3 – 4 minutes. Drain; add the turmeric, curry powder, ginger, tomato puree, water and soy sauce. Mix and simmer for about 20 minutes.
3. Mix the flour and yoghurt together, and then stir into the curry. Garnish with coriander and almonds.

We hope you tries this delicious curry!

This recipe is full of goodness:

- Excellent source of Vitamin C and antioxidants
- Loaded with healthy vitamins and minerals
- Rich in dietary fibre
- Ultra rich in immunity boosting nutrients, cauliflower is great for strengthening the immune system and its resistance to viruses such as cold and flu.

A NEW YEAR... A NEW START?

As we've said 'Goodbye' to 2017 and a Big 'Hello' to 2018...

We start to think about having a clear out to make space for the coming year and get rid of things that we no longer need.

If you are having a clear out and have been given gifts that you know you won't use and you would like to donate them to a charity please think of us this year.

We can use unwanted gifts in our raffles and fundraising events to raise vital funds that will be used to provide services that make a real difference to the quality of life of the local people we support in Lincolnshire.

Contact our helpline if you have gifts that will be used to make a difference.

Thank you in anticipation and Happy New Year!

Do you have any used postage stamps?

We are collecting used postage stamps at our Grantham office, which we can trade in for cash! So please feel free to save all your used postage stamps and send them into us at the Grantham Office, 14 Finkin Street, Grantham, NG31 6QZ

Old ink and toner cartridges can be recycled!

Did you know that we are recycling ink cartridges and toner cartridges? If you or someone you know works in an office or factory that has used cartridges please let us know we will be happy to have them donated to us so we can recycle them.

If you would like to know more about our recycling schemes please call our help line 01476 592775 or email stephanies@blind-society.org.uk

Thank you

GRANTHAM RESOURCE CENTRE

Opening times Monday to Friday 10am to 4pm.

Our Resource Centre holds an extensive collection of goods for supporting people with sight loss.

Did you know that we stock watches, clocks, magnifiers, stationery, games, kitchen equipment and aids, lights, light bulbs, canes, shields and if we do not have an item in stock, we can get it for you.

We also have demonstration equipment such as readers, magnifiers, video specs, big button telephones – just ask and we can help you.

We have a large range of ex demonstration and nearly new donated items for sale.

Make us an offer on the following donated items – you might get a bargain!

Cobalt Speechmaster Talking Calendar Clock

Cobalt Speechmaster T19 Talking Travel Alarm Clock

Mighty Bright Clip on Readers Light

Fire Angel Cold Alarm from -10C to 40C

Metal Writing Frame 19.5cm x 25cm

Various hand magnifiers

Box of dominoes

Playing cards Giant size playing cards

Giant Number playing cards (normal size cards)

Set of four Playing Card Holders

Books Large Print Word Search

Big Print Puzzle Book

Large Print Brain Training Puzzles

Watches Pendant Watch on a chain

(We have a large collection of wristwatches and can offer discounts on some ex-display models)

Talking Voice/Alarm Clock with temperature

Computer keyboards with big keys – require a cheap adaptor to convert to USB connection.

Big button telephones

Bierley Handheld electronic magnifier mono mouse (our normal price is £92.11)

Please note batteries may be required for some of the items listed above at a small extra cost.

Do you collect or do you know someone who collects Lilliput Lane?

Lilliput Lane started in 1982 and became known for its extensive range of realistic miniature handmade models of real English and Welsh cottages and scenes. It has produced models ranging from The Tower of London and Tower Bridge to small fisherman's bothies.

We have very kindly been donated a selection of Lilliput Lane models which are available to buy. We have split the models into groups of small, medium, large and extra-large and would like donations for each model please of at least:

£10 – Small

£15 – Medium

£20 – Large

£25 – Extra Large

Please find below the lists of models in each group:

SMALL

Tree Tops (3 models available), Dream Catchers, Ice to Meet You

MEDIUM

Chatterbox Corner, Langdale Cottage, Farthing Lodge, Runswich House, Wash Day, Penny's Post, All Saint's Watermill Lock, Mother's Garden, Make a Wish (2 models available), Borrowdale School, The Toy Shop, The Dog House, Strawberry Fields, St Govans Chapel, The Bakers Shop, Marigold Meadow

LARGE

St Lawrence Church, The Old Mill at Dunster, The Star inn, Christmas Lights At the Bell Inn, Windy Mill, Sweets & Treats

EXTRA LARGE

Flatford lock, Full Steam Ahead

All of the models are in their original boxes; excellent condition and majority of them have their original deeds too. They can be viewed before buying. Please feel free to call us at the Grantham Office 01476 592775 if you fancy treating yourself or someone else.

Thank you.

A message from our Volunteer Co-ordinator.

I am excited to tell you that we have new volunteers registering with us all the time and numbers are growing! This is great news as I receive new requests every day from you all for the "Volunteer Befriending service" we provide. Those of you who have a volunteer home visit say this visit is often the highlight of the week and enjoy the company immensely. If you feel you would benefit from a home visit, please let us know.

Volunteers support our work across the county, with social events clubs, store collections and more...and give their time freely. Tell us if you have a story about one of our volunteers giving you support,

and how it has helped you. Everyone likes “a pat on the back” and to feel appreciated and needed sometimes.

2018 brings new ideas and avenues to explore and we are working towards more volunteer training sessions, group get-togethers to share best practice and generally getting to know each other. We want to aim for the best well-informed, well-equipped volunteers and continue to encourage more to sign up with our Society.

Happy New Year to you all and all the good things that 2018 brings for you.

Eve Farley, MBE,
Volunteer Development Officer

An insight into our latest festive activities.

Fundraising.

During November and December we have been very busy doing some store collection fundraising with the help from some of our wonderful volunteers and service users. We had collections at Downtown Superstore, Sainsbury's Supermarket, Asda Supermarket and Morrison's Isaac Newton Centre. We were joined by a couple of service users with their guide dogs, a Storm Trooper and some of our ladies from our Grantham Craft Club who sold items they had made.

We really appreciate all the help and support we have had to do these collections and we collected a brilliant £798 in total!

A huge thank you to you all!

Christmas Carol Coffee Morning

We had a wonderful Christmas Carol coffee morning at Finkin Street Methodist Church Hall in Grantham on Tuesday 5th

December 2017. The local National Junior School choir, who beautifully sang many festive songs, joined us and Santa came to say thank you to them. All our service users who joined us had a lovely time and many joined in with the singing. Everyone enjoyed mince pies, which were kindly donated by Co-op Funeralcare of Grantham. We also had a raffle and the first prize was two panto tickets.... We were all definitely put into the festive mood! We also raised a wonderful £205.71. Thank you to all who joined us!

Christmas Wreath making at Grantham Office

Sue Hodgson from Flowers by Holland came to our Grantham Office and very kindly donated her expertise, materials and time to help some of our service users build their own Christmas Wreaths. Oh, what a wonderful time was had! The wreaths looked wonderful, the smell of pine filled the room..., and it has already been decided to make a date for next year! Sue also very kindly donated her fee to us so £70 was raised. Thank you Sue!

Have you served in our armed forces?

Call to join our VIP Veterans club

We are going to be starting a monthly coffee morning for ex-service men and womenIs that you?

If you have served in any of our armed forces, no matter how short or long your service, would you like to join us and meet other ex-service men and women? Have a good chat; share your experiences and laughs... You never know maybe you served with someone and didn't realise it... have a cuppa or two at the same time.

If you have served your time! and would like to join us at our VIP Veterans clubs please call us **01476 592775** and register your interest our first Veterans coffee morning will be held at the Grantham office on the 12th February from 10 am to 12 noon and the 12th of March 10 am to 12 noon too.

We look forward to seeing you there.

Are you a shooting star?

As many of you will be aware, we have supported the establishment of the Grantham Target Shooting club and they have now kindly offered to bring the air rifles including the acoustic ones to a daytime coffee morning to be held at the Finkin Street Methodist Church Grantham.

We have had quite a bit of interest from people and would like to extend the invitation to everyone regardless of whether you have ever shot an air rifle or not.

Since the Grantham Target Shooting club started one of our lovely service users, Pat Turner from Grantham, who some of you may know started to go to the group.

Pat had never shot an air rifle before but was interested and with some support from the instructors has now mastered the rifle so much that they are entering her in competitions.

Pat uses the acoustic rifle and really enjoys the sessions. She will be at the daytime event and we would like to invite you to come along and have a cuppa and some cake and try your hand at target shooting. Who knows we may have our very own VIP Sheriffs club in now time!

Please let us know if you are interested in coming along to a daytime event and we will get that organised for Feb/March time.

Call our helpline **01476 592775** and register your interest.

Bourne Book Group

Bourne VIP Book Group is pleased to be able to accommodate new members in 2018.

We run on the first Wednesday of every month from 2pm until 4pm at Manor Court in Bourne.

Each member receives an audiobook, supplied by Calibre, to listen to. We then return the book and review it the following month. We are a friendly bunch, we like a good chat about the books and current affairs over tea and biscuits or cake.

If you would like further information, or would like to pop along to the next session on Wednesday 7th February, please contact Grantham office on **01476 592775**.

Come Dine With Me - Sleaford Lunch Club.

Do you fancy lunch and company once a month?

SLBS host our Come Dine with me Sleaford Lunch Club that is held on the 1st Monday of the Month at The Barge & Bottle, Carre Street, Sleaford, NG34 7TW between 12 – 2pm.

The menu is any two meals for £12.99 with a choice of Homemade Cottage Pie, Quiche, Ham Egg & Chips, 5oz Gammon Steak, 5oz Haddock, Fish Francais, Sausage & Mash, Pan Fried Chicken Breast and All Day Brunch...DECISIONS...DECISIONS!!!!

Why not come and join us for a delicious meal, lovely company, plenty of chatter and a relaxing lunch.

Our next lunch is on Monday 5th February 2018 from 12pm – 2pm.

If you would like to come dine with us and bring a friend, please call the Grantham Office 01476 592775 for more information and to reserve your seat at the table.

We are looking at booking future lunches, so why not join us.

Please call to let us know if you are interested in future lunch dates.

Sleaford Social'Eyes' Group.

Notice: Change of date and venue.

We would like to invite you and your partners, friends, carers to join our Sleaford Social Group, where you can make new friends, enjoy a coffee & chat, and we will be booking guest speakers to tell us about the latest technology and services available to support you to live well with sight loss.

We will be holding this group on the 2nd Monday of the month between 2pm – 4pm.

The cost will be £3 per person, which includes some refreshments.

We are looking at different venues to hold our social group but it will be within Sleaford Town Centre.

Once we have an idea of how many wish to join us we will be able to let you know of the venue.

Please call Grantham office 01476 592775 as soon as possible to let us know if you are interested in joining.

Come Dine With Me - Boston Lunch Club.

Join our Come Dine with Me lunch Club that meets in Boston.

It is held on the last Tuesday of the Month at Queen of Spades, Wellington Road, Boston, PE21 0NX between 12.30pm – 2.30pm. The menu provides a various selection each month with a choice from two different main meals, dessert and includes tea or coffee. The cost is £8.50 per person.

Our next luncheon date is 27th February 2018 and the meal choices are Scampi, chips, peas and side salad or Roast Beef Dinner plus dessert and coffee or tea.

To book your place and place your meal order please call our Grantham office on 01476 592775

We look forward to seeing you!

Social 'Eyes' Group - Grantham

Please note change of times.

Come and join our Social'eyes' group at the Grantham office to meet new people, listen to guest speakers and enjoy demonstrations of the latest technology.

The group is held every Thursday between 10am and 12 noon where we have a good old chinwag and coffee or two and sometimes homemade cakes!

We have had a couple of amazing guests in the past of couple months; we were joined by a lovely lady called Netty and her guide dog Zola for an inspirational talk and have also held equipment demonstrations by Humanware.

If you would like to make any suggestions for us to arrange speakers or demonstrations, please let us know.

We have some future guests booked to join us:

8th February 2018 – Red Cross for Everyday First Aid

15th February 2018 – Citizen Advice – Energy Saving

22nd February 2018 – Synapptic tablet technology

1st March 2018 – Grantham Talking Newspapers

8th March 2018 – Lives – Save a Life Campaign CPR

15th March 2018 – VisionAid- up to date low vision aids

19th April 2018 – Calibre Book service

26th April 2018 – Enhanced Vision technology equipment.

Please note: There will be no Social'Eyes' group on Thursday 29th March as we are holding a Hot Cross Bun Coffee Morning

10am – 12pm £2.00 per person.....why not join us for this instead??

New, additional 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**.

January 2018

Tuesday 30th Boston office coffee morning – join us for cake, coffee and the chance to meet your local Eye Clinic Liaison officer - Andrew Pinder for only £2 per person at the Boston Office 10-12.

February 2018

Monday 5th Sleaford Come Dine With Me Lunch Club at the Barge and Bottle 12 -2pm.

Tuesday 6th Grantham Book Group at the Grantham Office 10 – 11 am.

Thursday 8th Grantham Social 'Eyes Group 10am – 12pm. Guest speaker – Red Cross Every Day First Aid.

Monday 12th VIP Veterans coffee morning Grantham office 10am -12 noon

Tuesday 13th Boston Craft Club 10am – 12.30 at Boston Office.

Wednesday 14th **Valentines Coffee morning** at 14 Finkin Street 10am -12pm. £2.00 per person. Please call the office to book a place. We will also be having a raffle please donate a prize if you can.

Wednesday 14th **Valentines Afternoon Tea** at The Moorings, Albion Street, Spalding at 2.30pm for only £8.95. Please call to book a place by the 9th February. Payment is to be made on the day.

- Thursday 15th Grantham Social' Eyes' Group 10am -12pm. Guest Speaker – Citizens Advice – Energy Saving
- Friday 16th Stamford Social Club at the Community room, Clare Close, PE9 2QA.
- Tuesday 20th Grantham Craft Club 10 -12 at the Grantham Office.
- Thursday 22nd Grantham Social 'Eyes' Group 10am -12pm. Guest speaker – Synapptic Tablet technology
- Tuesday 27th Boston Come Dine with Me Lunch Club at the Queen of Spades 12.30 – 2.30. Please call 01476 592775 to book a place and for menu choices.

March 2018

- Thursday 1st Grantham Social 'Eyes' Group 10am -12pm. Guest speaker – Talking Newspaper.
- Monday 5th Sleaford Come Dine With Me Lunch Club at the Barge and Bottle 12 -2pm.
- Monday 5th Magnification Demonstration Drop in Day with Associated Optical at the Hayley Stewart Football ground, Spalding 10 – 3pm.
- Tuesday 6th Grantham Book Group at the Grantham Office 10 – 11 am.
- Thursday 8th Grantham Social'Eyes' Group 10am -12pm at the Grantham Office. Talk and demonstration by LIVES
- Monday 12th VIP Veterans Coffee morning Grantham office 10am – 12 noon

- Tuesday 13th Boston Craft Club 10 -12.30am at the Boston Office.
- Thursday 15th Grantham Social'Eyes' Group 10am -12pm. Guest speaker – Vision aid.
- Friday 16th Stamford Social Club at the Community room, Clare Close, PE9 2QA.
- Tuesday 20th Grantham Craft Club 10 -12 at the Grantham Office.
- Thursday 22nd Grantham Social'Eyes' Group 10am -12pm.
- Tuesday 27th Boston Come Dine with Me Lunch Club at the Queen of Spades 12.30 – 2.30. Please call 01476 592775 to book a place and for menu choices.
- Tuesday 27th **Easter Flower Making** with Sue Hodgson, Flowers from Holland. Bring your own flowers – Daffodils, Tulips or other flowers. Sue will be bringing decorated eggs to add. 10am – 12pm £5 per person. We will also have coffee and cake £2 per person. Please call Grantham office for more details.
- Thursday 29th **HOT CROSS BUN COFFEE MORNING**
- We would like to invite you, your family or friends to a **Hot Cross Bun Coffee morning** on Thursday 29th March between 10am – 12pm, at our Grantham office. Only £2.00 per person.
- We will have lovely Hot Cross Buns, plenty of tea or coffee and a good old chatter.
- We will also be holding a raffle.
- Please call 01476 592775 to book your place to help us with catering.

Regular Social clubs

Our very valuable volunteers support all of our social groups 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.

All the clubs offer companionship activities such as quizzes, outings and guest speakers etc. 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
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.
Grantham Swim Club	Belton Woods & Spa, Belton, Grantham, NG32 2LN	Fortnightly 12.00 – 2.00pm.

News from North Hykeham Social Club– Alan Saunby in his own words.

6 September – Social Club.

Our first meeting after our usual August break, had our round the room calling of names and then Dee said we had several people missing, she also gave Margaret her birthday card for her 93rd birthday. Dee then introduced Kevin from NHS he had been earlier in the year and gave us an update on what could be the closing of the drop-in centre on Monks Road in Lincoln, but that at the moment it is staying open, for how long he didn't know. He went on to answer several questions about the NHS. We also had another visitor (HO WHO WAS IT?) Ho yes! It was Susan Swinburn - she told us about the Centenary Event at The Urban Hotel on the 15th September.

I told Susan about my volunteering for Dementia and Alzheimer's Societies. Kesteven runs two groups one at Metheringham and

another at Whisby Nature Park near North Hykeham. NK are starting a new group at the sports centre at North Hykeham. We had a meeting on the 5th September, it went well and we will meet on the first Tuesday of the month. The members play games, paint and colour in drawings. We had a go at carpet curling and we had a lot of fun. I am also a walk leader and help with walks, two in North Hykeham Saturday and Monday and another at Waddington. The walks are usually about one hour long and at a gentle pace.

20 September Ann Rust - Movement to Music.

Micky welcomed Ann again. Micky gave out two birthday cards to Nelly and Derrick, Nelly will be 90 on Sunday 24 September and Derrick 89 on the same day. She reminded us to bring something for the table for the Harvest Festival.

Movement to Music - Ann plays music to lift arms to, then legs and polishing windows and table tops (imaginary) playing the piano, turning our wrists and feet. She uses pom-poms made out of plastic shopping bags, which were fun to use.

Gale went round taking money for our Christmas lunch at The Bentley, South Hykeham £7 for a two course lunch from traditional turkey and all the trimmings (no not the tinsel type), sea bass with herb sauce, Christmas pudding with brandy sauce or cheesecake, tea or coffee with a mint.

4 October - Harvest Festival.

Several missing today through illness and other appointments. Micky welcomed two new members, Sue and Ray, we did the round the room introduction and we had two hymns, We plough the fields and Come ye thankful people come. A thank you must go to Maureen for playing the piano.

For our Harvest Festival each member brings something and places it on the table, a playing card is placed against the article

and another pack of cards is sold for £1 each card and that card corresponds with the one on the table, this year we had a large hamper of about 21 items this was auctioned off and made £22.25.

The overall money was made up to £75 and will go to a new local charity; the charity is a Dementia group, which meets every first Tuesday in the month at the North Kesteven Sports Centre. The council set up the group but the money will go to buy other equipment that is needed. The group play games to stimulate the mind and get it active. They also have movement to music, which they love. Although I am visually impaired, I help with setting up the room, I love to paint, and I hope to get some of them doing the same.

18 October – Ringtons.

Dee opened the meeting by welcoming 2 new members Angela and Jean plus 2 new drivers Mel and Nigel, and she told them what we do before our meetings start so we started with our around the room introduction.

Dee then introduced the people from Ringtons; Luna and Chris. Sam Smith and Mr Titrington started Ringtons in 1907, and the name became Ringtons. Their headquarters are in Newcastle; their warehouse is in Market Rasen. The business covers most of Lincolnshire, part of Nottinghamshire and South Yorkshire. We were told how to make a good cup of tea, by not letting the water boil and if made in a tea pot to put the milk in first, if made in a mug pour the water on the teabag remove the bag and put the milk in, but do not stir or press the bag.

Ringtons sell from vans that go round each week; they sell tea, coffee, and all kinds of biscuits, chocolates and gift boxes for Christmas. It was very interesting to learn about the firm. I'm off now to open my marshmallows, chocolate wafers and have a cuppa.

1 November Amanda - VisionAid.

Dee welcomed everyone to the club and two new drivers, Chris and Ian. Amanda from the Boston Office told us about several items that could help us around the home, kitchen and shopping, a hand-held magnifier, and she told us about a new radio, CD, and MP3 player that can be loaned to us from the Society, it sounds a very good unit. She also introduced Peter who helps at the Boston Office. Micky went round collecting monies for the calendars and diaries for 2018 and Dee went round with poppies if anyone wanted one. We enjoyed the afternoon and were told to be ready 1 hour earlier next time for our Christmas lunch at the Bentley, yum, yum.

15 November - Christmas Lunch at The Bentley.

We had to be ready one hour earlier to be sat down for 1 o'clock lunch. We had a choice of traditional roast turkey with sprouts, carrots, roast and mashed potatoes, sea bass and vegetable lasagne followed by Christmas pudding with brandy sauce or cheesecake with cream and half a strawberry and a raspberry. Also, tea or coffee with a free drink to start. I think we all had a good feed, with good service from the staff, Giovanni the headwaiter as usual full of fun with us all.

13 December - Christmas Party

For our last meeting for 2017 we had a party at the club, with sandwiches provided by the volunteers, they had made several different sandwiches, plum bread with cheese, jam and lemon curd tarts with mince pies and a proper sherry trifle and cups of tea. We also received a present from the club.

Dee gave out some sad news that Micky and Gay had to resign because of ill health, Micky's mother would not be coming, and she too was not well. Dee wished us all well and to enjoy a good Christmas. Our next meeting would be on 10 January 2018, weather permitting.

WE ARE HERE TO HELP If you need support, advice or information please call our Helpline 01476 592775 which is open Monday to Friday 9am to 5pm

You are very welcome to visit our resource centre in Grantham which is open,

Monday to Friday from 10am -4pm.
14, Finkin Street
Grantham
NG31 6QZ

We are:

Mr Malcolm Swinburn	Chief Executive
Mrs Susan Swinburn	Operations Manager/Emotional Support Officer
Virginia Richardson	Community Support Worker/SIO
Stephanie Strickland	Services Administrator
Kirsty Smith	Services Administrator
Ciara Atkinson	Administration Apprentice
Mrs Marie Scoffield	Administration Assistant
Mrs Eve Farley MBE	Volunteer Development Worker

DISCLAIMER

We make every effort to ensure that all the information we pass on to you through this Newsletter is accurate. Where benefits, concessions etc., are mentioned, we wish to point out that it is up to the individual to make the relevant enquiries, as each case is judged independently.

Service providers and products are featured from time to time for information purposes; again, it is up to the individual to make the necessary enquiries with regard to their suitability.