



SOUTH LINCOLNSHIRE BLIND SOCIETY NEWSLETTER

REGISTERED CHARITY NO. 214140

WWW.blind-society.org.uk



Helpline: Grantham Office 01476 592775

SUMMER 2018

ISSUE 46

Welcome to the forty-sixth issue of the South Lincolnshire Blind Society Newsletter, inside this issue you will find;

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Press Release from South Kesteven District Council

Tell us about changes to your circumstances

Households in South Kesteven are being urged to tell the council if there are changes in their circumstances that affect their council tax discount.

SKDC gives a 25 per cent council tax discount to around 20,000 households where there is only one adult living at the property.

The council will shortly be comparing its council tax information with other databases to identify cases where more than one adult is living at an address and a discount is still being claimed.

SKDC's Cabinet Member for Finance, Councillor Adam Stokes, said: "We believe most council tax discounts are claimed honestly and legitimately, but we know there are times where a household's circumstances change and people forget to tell us their eligibility to a discount should be ended.

"However, it is a statutory requirement for council taxpayers to inform us within 28 days if they think they should no longer qualify for a discount.

"If you receive a discount you think you should not receive, this is your final chance to tell us, before we contact you."

Councillor Stokes said the council tax scheme is a form of tax, and the council is obliged to amend any incorrect records back to the date of the change.

This means that householders do not benefit from withholding information and it makes the system fair for everyone. It could mean some households have a considerable amount of council tax arrears to pay.

Cllr Stokes added: "While we are cracking down on the incorrect discounts granted, we are still keen to make sure that everyone gets the discounts they are entitled to. You should also contact us if you think you should qualify for any discounts and exemptions."

For more information about the available discounts and exemptions, details can be found at www.southkesteven.gov.uk

For media enquiries:

Email the SKDC communications team at pr@southkesteven.gov.uk or phone 01476 406498 or 406440

Fundraising

Hot Cross Bun Coffee Morning

Thank you to everyone who joined us for our Hot Cross Bun Coffee morning....the hot cross buns looked, smelled and tasted great! We held 3 raffles.... Susan and Virginia made two gorgeous chocolatey Easter cakes which we raffled as well as our Easter raffle. We raised a wonderful £132.58 in total on the day. Thank you all very much!!

Midsummer Centenary Raffle

Thank you all so very much for joining our Midsummer Centenary Raffle. We raised a fantastic £1348.00 towards our Centenary Target.

Many Congratulations to all our winners :

1st Prize – Capsule Coffee machine: Mr Alan Short

2nd Prize – Kodak Digital photoframe: Mr D Jackson

3rd Prize – Hoppers Jewellery Voucher: Mrs B Slater

4th Prize – Greetham Valley Golf for 4: Mrs Evans

5th Prize – Bottle of Whisky: Mrs P Wilson-Leary

200 Club Winners – 2017/18

March 2018

1 st prize	£100	Mary Kemp, Stamford
2 nd prize	£50	FW Gregory, Spalding
3 rd prize	£30	Doreen Newton, Boston

April 2018

1 st prize	£100	Theresa Lunch, Great Gonerby
2 nd prize	£50	Heather Taylor, Grantham
3 rd prize	£30	Neville Reed, Bourne

May 2018

1 st prize	£100	Frank Hughes, Barrowby
2 nd prize	£50	Ann Railton, Grantham
3 rd prize	£30	Constance Bainbridge, Sleaford

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

Fundraising Store Collections

We have been working hard at our various fundraising store collections and would like to say a Huge Thank You to everyone who has helped us during our collections and bag packing. We had our first collection of the year in March and have numerous more booked until December. If you would like to join and help us at any of our future dates that would be wonderful... the more the merrier.... Please give us a call on 01476 592775 and let us know.

Our collections so far:

Saturday 24th March – M & S, Grantham - £462.56

Thursday 26th April – Wm Morrisons, Pinchbeck - £67.15

Friday 18th May – Asda, Boston - £180.60

Our future collections are:

Friday 29th June – Isaac Newton Centre, Grantham

Friday 6th July – Tesco, Sleaford

Saturday 7th July – Asda, Grantham (Bagpacking)

Friday 10th August – Tesco, Boston

Friday 17th August – Downtown, Grantham

Fundraising

Capacity Building Ambassador

To mark our centenary year, we have created a brand new volunteering opportunity – the Capacity Building Ambassador. We are looking for enthusiastic, self-motivated individuals that can act as a beacon for the society in their community and help spread the word of the great work that the South Lincolnshire Blind Society are doing. The role will take up a couple hours a week to help us run events in your community. If you have an interest in becoming an ambassador then contact Jessica at jessicag@blind-society.org.uk or call 01476 592775.

Grimsthorpe Garden Day

On the 15th July Grimsthorpe Castle will be hosting a Garden day! There will be plenty of activities on offer including live music, food, and gardening demonstrations. We will have a space at the day to showcase gardening techniques for the visually impaired. We will be talking about different types of sensory plants and also demonstrating techniques on how to sow seeds. It would be great to see as many of you there to enjoy Grimsthorpe beautiful gardens.

We are also looking for some green fingered volunteers who can help us out on the day. We have a few different tasks that you can help us with:

- Talking to people about the work of the society
- Helping with the demonstration of sowing seeds

- Explaining to people about the different types of sensory plants that we have on show

Those that volunteer for the event will get free access into the garden for the event.

If you would like to come along and volunteer for this event, then give us a call on 01476 592775.

Address: Grimsthorpe Gardens, Grimsthorpe Castle, Bourne, PE10 0LZ

Fees for entrance to the gardens: Adult £7, Concession £6, Child (5-18) £3, Family (2Adults, 3 children) £17

Virginia has organised a mini bus from Spalding. Places are limited due to the size of the bus. Cost £10.00 per person this includes entry. Please call the office 01476 592775 and leave your name and number and Virginia will call you back.

We are always open to suggestions of fundraising events that you or a social group you attend might be interested in holding. Just contact us at jessicag@blind-society.org.uk or 01476 592775, and we can talk you about how we can support that event.

Postage Stamps

Don't forget we can raise money by collecting used postage stamps and stamp albums. Just send them to our offices at 14 Finkin Street, Grantham, Lincs, NG31 6QZ. Thank you.

Grantham Social'eyes' Afternoon Tea Lunch and VIP Target Shooting Taster Session

Would you like to join us at our Grantham Social'eyes' Afternoon Tea lunch followed by a try at target shooting for the Visually Impaired?

We are having an afternoon tea lunch where we will be enjoying sandwiches, crisps, cakes and plenty of tea or coffee followed by a short stroll across the road to Christchurch Methodist Church Hall for those who would like to have a try and learn about target shooting for Visually Impaired by Grantham Target Shooting Club and hear about the success of one of our service users who has already joined the club.

Why not come and join us on Thursday 2nd August at 14 Finkin Street, Grantham, NG31 6QZ.

Our Social'eyes' Afternoon tea lunch will be from 11am – 1pm and is £5 per person.

Shooting taster session will be 1pm – 3pm and is £3 per person.

Why not join us for both or only one if you prefer.....

Please book your place to join us by calling 01476 592775 and send payment by 26th July 2018 to 14 Finkin Street, Grantham, Lincs, NG31 6QZ.

Look forward to seeing you there!

SLBS Allotment

Just over two years ago your CEO Malcolm Swinburn took on a large derelict allotment at the back of Harlaxton Road in Grantham. This was overgrown with brambles, nettles, docks etc. I got involved at this time and the two of us started clearing the ground and pruning the fruit trees. During last year's summer most of the ground had been dug

over and some planting done. Two groups of student volunteers came and created a cleared area under the plum trees and laid a new path covered in bark chippings.

This year has seen the last of the major tidying, more grass sown, some flower beds and garden produce getting going. Two tunnel houses have tomatoes, peppers, cucumbers and lettuce growing in them.

We would like the opportunity to welcome Blind Society members to visit on Thursday 19th July from 10am – 12pm for tea, coffee and cakes and to have a look around, see what's growing and enjoy the sunshine (hopefully)...

Volunteers are welcome so as to further develop this amenity for members.

Thank you

Ted Dring

Partially Sighted Service User and volunteer

Technology

There's a world of technology out there that can support visually impaired people to live more independently. Here we're just going to focus on apps and have selected six of our favourites...

1. **Be My Eyes** is a relatively new app that connects blind people with sighted volunteers from around the world via live video chat. A visually impaired person requests assistance through the app with something they need help with, which could be anything from knowing the expiry date on the milk to navigating new surroundings.

2. **BeSpecular** is very new and works in a similar way to Be My Eyes by recruiting sighted volunteers but the visually impaired person takes a photo of what he or she needs help with and attaches a voice message.
3. **TapTapSee** is a mobile camera application for iOS users. The app uses the iDevice's camera and VoiceOver functions to photograph objects and identify them out loud for the user. From the app you simply double tap on the device's screen to photograph any two or three dimensional object at any angle and it will be analyzed, and defined within seconds.
4. **Overdrive** allows you to borrow eBooks, audiobooks, and more from your local public library anywhere, anytime.
5. **Wayfindr** explores the potential of audio wayfinding systems in various environments. They are currently working with London Underground to set up the system there but hope to work with all transport systems, venues, hospitals, shopping centres, etc,
6. **Aipoly** uses artificial intelligence to identify objects. You don't need to take pictures – the app constantly sees and thinks. It knows several hundred objects right off but can also learn new objects.

Let us know if you are using any others and we can share with everyone in the next newsletter.

What is your experience of using these Aps? Have they been helpful? Have they been easy to use? We are interested in your experience and would love to hear from you.

Accessible banking information from RNIB.

It is fast becoming a priority of the big high street bank branches to make their services more accessible for people who have specialist needs, such as sensory loss. But not all banks are created equal in terms of accessibility - and how do you know who provides the best services for you? Connect member Deanne O'Connor, who is deaf-blind, investigates some of the bigger banks.

“Banking is something we use on an everyday basis, either to pay our bills, or pay for our shopping, and have our salary/benefits paid into every week/fortnight/month depending on how often you receive your money. But how accessible are the different banks for blind and partially sighted people?

Well, we may be soon faced with less ‘real’ bank branches than ever. There has been the suggestion that if the UK are to leave the EU, it's not going to be beneficial for banks to stay in the UK; “Banking is probably more affected by Brexit than any other sector of the economy”, the head of the British Bankers' Association has warned. Now this will lead to uncertainty to where our banks are going to be based in future, so the question that needs to be asked, is our local branches going to be closed? As 2017 is set to be a record year for high street bank closures, the answer is probably yes.

Although online and mobile phone banking transactions have increased by more than 400 percent, sometimes it is still necessary to visit a real branch with accessible features.

I decided to research into accessibility at banks for blind and partially sighted customers, so I made visits to high street bank branches in my local area and wrote emails to relevant banks’ head offices about their accessibility. It would seem only certain banks serve limited amount of accessibility to a certain point and some won't go the extra mile to help us.”

Deanne's verdict on the most accessible banks

Barclays

In 2011 Barclays became the first major bank to sign up to our Make Money Talk campaign. Deanne says: “Barclays Bank informed me that there is accessibility assistance for anyone who needs help with

their banking needs, abled or disabled, so in a way I suppose they have been as inclusive as possible.”

Their accessible services include:

- **Audio cash machines**
- **Contactless Cash machines** (trial at the moment)
- **Braille, large print and audio communications**
- **Cheque, credit-slip and card-signing templates**
- **Large-print credit and cheque books**
- **Post office banking** – if you don't have a branch based near you
- **Signature stamp**
- **Telephone Banking** - They are offering voice biometrics within telephone banking using the customers' voice print which is unique to every customer as added security measure.
- **bPay**
- **Accessible online banking app** - independently accredited by Ability net for their accessibility. Touch ID is available on IOS compatible devices – its authentication within the app (using your unique fingerprint). This is useful because it means that you can pay for things without having to see a pin pad.
- **Android Mobile App** – tapping the NFC reader on kiosk to make withdrawals with the app with fully compatible Talk-Back for extra convenience, security and accessibility. This isn't available yet on Apple, but they are working tirelessly to bring the similar feature to the the Apple IOS smartphones at a later date.
- **Twitter – @BarclaysAccess.** There is a dedicated accessibility Twitter account for you to ask questions to according to accessibility, and what your banking needs that are there to help you. Barclays Twitter is @BarclaysAccess
- **bPay** is a pre-paid alternative to using your card. Deanne says: “It's contactless and very easy to use, you just top it up from your chosen bank account and it will load money on to a band or key

fob (you select your preferred method) to use. This means that when you go out, it's a safe, secure way of paying for items without the need to use your card, especially if you are struggling to use the chip and pin.”

- **High visibility card** Barclays has also designed a high-visibility so the card is more noticeable to those with low vision. The card is a high contrast combination of yellow and blue.

When Deanne asked for a statement, Barclays said:

“We take our accessibility commitments seriously and are actively consulting with a range of charities, customers and access consultants presently on new innovations, such as voice interfaces for banking, further cash machine personalisation options, and alternative formats for the digital age.” (Jo Higginson, Customer & Client Accessibility Strategic Transformation Barclays UK C&CE)

You can find out more about Barclay's accessibility policies on their website.

Natwest

NatWest provide accessibility almost like Barclays apart from the bPay service.

Their accessible services include:

- **Talking cash machines** (coming soon)
- **Accessible banking app** accredited by RNIB
- **Accessible debit card produced with RNIB**. The debit card has purple background, and a carved out notch on the side of the card, with raised dots, it has a contactless sign, with NatWest's logo and visa debit also stated on the card.
- Touch ID accessibility for their mobile app on IOS, and the Android mobile app with NFC.

- **Audio Cash Machine** - Raised dot on the number 5, Coloured keys for 'entry' and 'error', A depression in the middle of the keys making the keys easier to press.
- **Accessible Correspondence** - Statements and general correspondence produced in Braille, large print or on audiotape, brochures produced in Braille, large print or on audiotape, PIN numbers provided in Braille
- **Signature stamps**
- **Cheque templates**
- **Accessible website features** - bigger buttons, easier to navigate

You can find out more about Natwest's accessibility policies on their [website](#).

What accessible services are available from other banks?

Deanne says: “I did visit Lloyds TSB, to ask them about their accessibility and it would seem that Lloyds TSB weren't very helpful really for blind and partially sighted people, as all they can provide is braille/audio statements.

They do have mobile banking and cash machines with headphone jacks on them, and bigger screens, but I can't tell if they have upgraded their machines recently from my own experience. When contacted about their online banking accessibility, they were unavailable for comment.

Halifax provides Touch ID for their Apple iOS Mobile Banking App. I also noticed that after my recent visit to Halifax they have invested in new cash machines, that have headphone jack for blind and partially sighted customers which are easy to use, but I have noticed the staff need to brush up on their accessibility skill set I think.

I think high street banks in general need to do more to be accessible and better support blind and partially sighted people through technology.”

VisionAid Drop In Days

We have some VisionAid equipment Drop In days booked, so why not come and join us for a cuppa or two and to see and try the latest magnifying and reading aids:

- 1) Thursday 2nd August from 10am -12pm at Edmonds Close Community Centre, Stamford, PE9 1XE
- 2) Wednesday 8th August from 10am – 12pm at Navenby Methodist Church Hall, Navenby, LN5 0EN
- 3) Monday 24th September from 10.30am – 2.30pm at Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB

9 things I've learnt about applying makeup with a visual impairment

Emily Davison is completely blind in one eye and has limited sight in the other, but that doesn't stop her from doing her makeup daily.

by EMILY DAVISON JUNE 4, 2018

Let's be honest. Who *hasn't* smudged their mascara or made their eyeliner too thick?

I love makeup, like a lot of people. But unlike many, the reason for my occasional slip-ups is because I can't actually see what I'm doing. I write a blog called Fashioneysta, which I created in 2012 as a place to talk fashion, beauty and living with a visual impairment.

I have a congenital condition called Septo Optic Dysplasia, and one of the things it impacts is my sight. I'm fully blind in my right eye and only have central vision in my left. I also have a condition called Nystagmus, which makes my eyes wobble involuntarily meaning I

have difficulty focusing... not the best combo when you're trying to apply liquid eyeliner!

There does seem to be a bit of a myth that people with visual impairments can't apply makeup, or "shouldn't" care about makeup just because we can't see. But tell *that* to my visually impaired followers who ask me for makeup advice, and post pictures of their makeup looks online before a night out.

I started wearing makeup at around 14 and now, at the age of 23, I've developed some useful hacks that may help if you also struggle to apply makeup.

1. It's all about the prep

When you live with sight loss, some of the more intricate things like applying mascara and doing your brows can prove to be a very painstaking task. So I make a point of getting my eyebrows tinted and threaded and my eyelashes tinted each month. It saves so much time and needless hassle in the mornings when I'm applying my makeup. Of course, I still add a touch of mascara for volume and length.

2. The most sacred tool

For me, the most useful and easy tool to have when you can't see is a blending sponge. They work well for blending in base products like foundation, concealer and other cream products. They also work well to correct mistakes and, unlike some brushes, you won't get streaks after using it. When you can't see intricate details, you need products that allow you to blend your makeup easily.

3. Creams over powders

If you have a visual impairment, cream or liquid products tend to be easier when you're just starting out. This is because you don't get any fallout, and you can apply them with your fingers. There are plenty on the market, including blushers, highlighters, bronzers and eyeshadows.

With eyeshadows, creams are especially easy to use; you can tap a little onto your eyelid and simply blend with your finger. Then, as you get more confident, add in some powder eyeshadow and get used to a new technique.

4. The camera on your smartphone makes a great magnifying mirror. It may sound strange, but actually using the camera on your smartphone to zoom in on intricate details works perfectly if you have limited eyesight.

This is a hack I developed after having a difficult time applying eyeliner to my "blind side". I got my phone, lined the camera up with my eye, put it on live video mode and zoomed in. Bingo! It worked!

5. Eyeliner hacks

One of the most commonly asked questions I get from my followers is: "How do you do your eyeliner when you can't see?"

If you practice enough it does become second nature. But there are some hacks I swear by:

- Begin by using an eyeliner pencil. This gives you more control when you're holding it, and if you make a mistake you can always smudge it in to create a smokey look.
- When applying your eyeliner, try to look downwards. This helps to keep your eye muscles taut (especially if you have Nystagmus).
- Hold the eyeliner stick horizontally along the lash line. By doing this you get as close to the lash line as possible and it's easier to glide the eyeliner along.
- If you want to do a winged liner, use tape as a guide. It's a trick I learned on Instagram. You take a piece of tape and place it from the outer corner of your eye going up diagonally towards the end of your brow, then apply your eyeliner along the line of the tape.

This trick works so well because the tape acts as a stencil for where to apply the eyeliner, even if you can't see it.

6. Avoiding mascara mishaps

To prevent my mascara from smudging, I fashion my own "mascara shield". I simply take a cotton pad, fold it in half, and place it underneath my eyes to do the bottom lashes. Then I place it lightly on my eyelid when working on the top lashes. It acts as a guard to help prevent your mascara smudging while you apply it.

7. What to do if you go overkill

Not sure if you applied too much contour or blush? Lightly blend over the area with the same applicator you used to apply your foundation or concealer. Any excess product on the brush will help you to blend everything seamlessly.

8. Use a lip brush to apply lipstick

When I apply a lip product I always apply it bit by bit with a lip brush. It makes it easier to blend and outline my lips without going over the lip line or using too much. I start from the centre and blend it out to the outline of my lips.

9. Ask for help

You can watch [YouTube videos](#), or you can ask advice. But sometimes the best way to learn the technique of applying makeup is to actually have someone apply the makeup for you, and explain what they're using and how they're applying it. This way you really get to tangibly feel where the makeup is being applied. There are lots of [beauty counters](#) where you can get free consultations, or you could ask your friends to make an evening of it where you all practice on each other.

Those are some of my tips for how to do your makeup when you have a visual impairment. One thing I've learnt about living with a disability is that you become very good at problem solving and getting around

obstacles. Makeup is and should be something for everyone to enjoy - regardless of whether you can see or not. We all deserve to look and feel our best.

Subscribe to Emily's videos on [Youtube](#) or follow her on [Instagram](#).

Ladies and Gentleman..

Would you like to feel a little pampered?????

We are having a pamper day, there will be advise about skincare, makeup, painting your nails.....

We will be joined by some ladies from Boots to show us and talk us through looking after our skin and nails. They will be offering to paint your nails and maybe do your makeup Oohh to be spoilt for a while

We will also be having a cuppa or two, plenty of chatter and some lovely cakes.

So why not come and join us:

Wednesday 18th July between 10am – 12pm

At 14 Finkin Street, Grantham, NG31 6QZ

Only £3.00 per person.

Payment will be on the day.

Please call our office on 01476 592775 to book your place by Friday 13th July.

Fancy listening to a new radio station??

Hi I'm Clare Curtis. Do you enjoy a good radio show in an afternoon? Well if so, and you enjoy good music, and some great tunes to brighten up your day, why not give the West Anglian Radio a go. We

are an Internet radio station, and have a great team of presenters who have visual impairment, and learning difficulties, and we work well to bring you the best shows. I do shows on Puresounds Radio, which is a station within the network, three days a week, such as Mondays, Wednesdays and Thursdays from two o' clock in the afternoons until four. I do a show called The Afternoon Break. I enjoy what I do, and I would love for more listeners to get involved from around the Lincolnshire area. so if you fancy giving me a listen, the details are below.

<http://www.puresoundsradio.co.uk>

Click on the listen live tab below the station's name

Or, if you would like to send me any messages or requests, email me at

studio@puresoundsradio.co.uk

Phone 01480 26 00 65

Text 07786 206955

Grantham Social'eyes' Group

Fancy a good old natter, cuppa and cakes?? Come and join us every Thursday at our Grantham office between 10am – 12pm. We have been having some great guest speakers and have more booked for the future:

Thursday 12th July – Lincolnshire Police Friends against Scams

Thursday 9th August – Woodland Trust

Thursday 30th August – British Wireless for the Blind

Thursday 13th September – Royal British Legion

Look forward to seeing you!!

Sleaford Lunch club and Social'eyes' group

Fancy a good lunch?? Come and join our lunch club at The Barge & Bottle, Carre Street, Sleaford every first Monday of the month

between 12pm – 1pm. There is a choice from 9 main meals and only £6.50 per person. For more information or to book your place and choose your meal just call the Grantham office on 01476 592775.

Then afterwards, at The Barge & Bottle, we hold our Sleaford Social'eyes' group from 1pm – 2.30pm for only £3.00 per person which includes a hot drink. We have some guest speakers booked to join us:

Monday 2nd July – Healthwatch Lincolnshire

Monday 6th August – A lovely lady called Nettie and her guide dog

Look forward to seeing you!!

Boston Lunch Club

How do you fancy a Main meal, Dessert and hot drink for only £8.50?? Come and join our Boston Lunch Club at The Queen of Spades, Wellington Road, Boston between 12.30 – 2.30pm every last Tuesday of the Month. For more information, find out the choice of main meals and to book your place please call Grantham office 01476 592775 by the Friday before each date.

See you there!!

Spalding Clubs

Come along and join our Spalding Social Clubs....

We have two Spalding Clubs, both are held at Hayley Stewart Football Ground, Spalding, PE11 1DA.

Spalding All Day Club: is monthly from 10am – 3pm. We have plenty of chatter, laughter and guest speakers. So come and join us to meet new people. Our next All day club is Monday 2nd July.

Spalding Social Club: if you don't fancy our All day club why not join our social club for chatter and meeting new people which is held monthly from 12pm – 2pm. Our next Social club is Monday 16th July.

Our Spalding clubs alternate every fortnight so why not try both or just one if you prefer.

We look forward to meeting you!!

Stamford Social club

We have a monthly social club at The Community Room, Clare close, Stamford, PE9 2QA from 12.30pm – 2.30pm. Come and meet new people, enjoy lots of chat and laughter, raffles and guest speakers. Our next Stamford Social club is Friday 20th July.

See you there!!

Did you know about shared reading in Boston?

Shared Reading is all about sharing the experience of reading together, short stories and poems. No-one has to read out loud, they can just listen. For anyone with sight problems, text can be increased in size, as appropriate. We pause during the reading to talk about what we have read, do we like it? do we like the characters? Shared Reading can encourage discussion and is of course, a great social activity, enjoyed over a cup of tea etc.

Currently, I run groups at Boston Library, Boston Stump and Boston Centenary Church. Anyone who would like to know more can call me on 07895153865 or my email brook_tennyson@hotmail.co.uk.

News from North Hykeham

21st March Lunch outing – Fish n Chips

We met at The Elite in Lincoln for fish n chips, we could have tea, coffee or cold drink but not the hard stuff (hick) unless we paid for it

ourselves. We had Pensioners portion of Fish n Chips, bread & butter, mushy or garden peas and apple pie with custard or ice cream or ice cream on its own. The waitress asked if we had enjoyed it. I said yes but the yellow chips were a bit bitter but I don't think she knew what I meant because she said nothing. A nice meal as usual (the pint was good as well).

4th April City of Lincoln Male Voice Choir

Around the room intro was difficult because we had the Lincoln Male Voice Choir. Dee welcomed a new member, Mary, some members were missing though illness and visitors. She then welcomed Crauford, the conductor, and Heather, who plays the keyboard, they sang for about an hour, some old classics and one or two more modern songs and as usual very good. I asked some members how many were here and how many is a full complement, we had 20 here and due to work another 4 make up to company. I think we all enjoyed the choir, I did.

18th April Social

No speaker today, so after the intro Dee told us some sad news that Roy who was 90 and still dancing until a few weeks ago had died after a short illness, we had a few missing today members and helpers.

A few members and a helper told us of a special thing they had done in the past. I started off with the time I spent at Riseholme, I took the two cups I had been presented with: the first was for Outstanding Contribution in Horticulture 1992/93, the second was for Best Student 1994/95. Jennifer told us of how she went up a windmill stairs and onto a gallery. Jennifer who is blind and has an ear implant, because she is totally deaf, and her husband Keith had a look around the windmill then went up to the top even though it was a long way up and it was breath taking. To come back down they had to do it backwards! Eileen, Jill and Lucy had been nurses at different times and told us

stories from when they were nursing. Eileen said her days were very strict, Jill told us she had met several well known celebrities. Len, one of our drivers, told us about when he was in the RAF Medical Department and some of the bad things they had to do after plane crashes.

No one else had anything so I told them of my trip on a tall sailing ship The Lord Nelson. The ship is designed for handicapped people to sail alongside able-bodied people. I went on the ship after we had a talk from The Jubilee Sailing Trust about what it does. Dennis (a driver at the time) and myself were asked if we would like to go on "A voyage of a lifetime", we went from 10 until 15 October and sailed from Southampton to Alderney then onto St Marlo on the Brittany coast. I was asked would I go again...No thank you.

Just a few Irish jokes, I don't want anyone to take a fence at these jokes....take a gate instead they are easier to carry....

Paddy's wife gave birth to triplets: he's still looking for the other two men....

Paddy kidnapped the Prime Minister, sent him home with a ransom note....

Paddy had a pair of water skies bought him for Christmas and is looking for a downhill lake....

Alan from North Hykeham

Grantham Resource Centre

Open Monday to Friday 10am – 4pm

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

Did you know that we stock partially sighted badges, 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, videospecs, 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 our donated items, we have games, Lilliput models, magnifiers, big button telephones – you might get a bargain!

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	
Monday 2nd	Sleaford Lunch Club at the Barge & Bottle, 12pm - 1pm for only £6.50. Please call 01476 592775 to book a place and see the menu choices.
Monday 2nd	Sleaford Social'eyes' at the Barge & Bottle, 1pm – 2.30pm. We will have plenty of chatter, laughs and a quiz. £3 per person, which includes a hot drink. Guest Speaker – Healthwatch Lincolnshire
Monday 2nd	Spalding All Day Social Club; Hayley Stewart Football Grounds 10am – 3pm.
Tuesday 3rd	Grantham Book Club 10am -11am.
Thursday 5 th	Grantham Social'eyes' 10am -12pm
Tuesday 10th	Boston Craft Club 10am – 12.30pm
Thursday 12th	Grantham Social'eyes' 10am -12pm. Guest speaker is Lincolnshire Police – Friends against Scams.
Monday 16th	Spalding Social club, Hayley Stewart Football

	Grounds 12pm – 2pm
Tuesday 17th	Boston Book Group 10.30am – 11.30am
Tuesday 17 th	Grantham Craft Group 10am -12pm.
Wednesday 18th	Pamper Day 10am – 12pm, 14 Finkin Street, Grantham £3 per person
Thursday 19th	Grantham Social'eyes' 10am -12pm. Trip to SLBS Allotment in Grantham.
Friday 20th	Stamford Social Club, Clare Close Community Centre 12.30pm – 2.30 pm.
Thursday 26th	Grantham Social 'eyes' 10am – 12pm
Monday 30th	Spalding All Day Group; Hayley Stewart Football Grounds, 10am – 3pm.
Tuesday 31st	Boston Lunch Club at the Queen of spades, 12.30pm – 2.30pm. Please call 01476 592775 to book a place and see the menu choices.
August	
Thursday 2nd	Grantham Social'eyes' Afternoon Tea Lunch followed by Target Shooting Taster Day. Lunch 11am – 1pm, Shooting 1pm – 3pm. £5 for Lunch, £3 for shooting
Thursday 2nd	VisionAid Drop in Coffee Morning. Edmonds Close, Community Centre, Stamford, PE9 1XE, 10am -12pm
Monday 6th	Sleaford Lunch Club at the Barge & Bottle, 12pm - 1pm for only £6.50. Please call 01476 592775 to book a place and see the menu choices.
Monday 6 th	Sleaford Social'eyes at the Barge & Bottle, 1pm – 2.30pm. £3 per person, which includes a hot drink. Guest Speaker: Lovely Lady called Netty with her guide dog.
Tuesday 7th	Grantham Book Club 10am – 11am
Wednesday 8th	VisionAid Drop in Coffee Morning. Navenby Methodist Church Hall, Navenby, LN5 0EN. 10am – 12pm
Thursday 9th	Grantham Social'eyes' 10am -12pm. Guest speaker – Woodland Trust

Tuesday 14th	Boston Craft Club 10am – 12.30pm
Thursday 16th	Grantham Social'eyes' 10am -12pm
Friday 17th	Stamford Social Club, Clare Close Community Centre 12.30pm – 2.30 pm.
Monday 20 th	Spalding Social club, Hayley Stewart Football Grounds 12pm – 2pm
Tuesday 21st	Boston Book Group 10.30am – 11.30am
Tuesday 21st	Grantham Craft Club 10am -12.00pm
Thursday 23rd	Grantham Social'eyes' 10am-12pm.
Tuesday 28th	Boston Lunch Club at the Queen of spades, 12.30pm – 2.30pm. Please call 01476 592775 to book a place and see the menu choices.
Thursday 30th	Grantham Social'eyes' 10am-12pm. Guest speaker – British Wireless for the Blind.
September	
Monday 3rd	Sleaford Lunch Club at the Barge & Bottle, 12pm - 1pm for only £6.50. Please call 01476 592775 to book a place and see the menu choices.
Monday 3rd	Sleaford Social'eyes at the Barge & Bottle, 1pm – 2.30pm. £3 per person, which includes a hot drink.
Monday 3rd	Spalding All Day Group; Hayley Stewart Football Grounds, 10am – 3pm.
Tuesday 4th	Grantham Book Club 10am – 11am
Thursday 6th	Grantham Social 'eyes' 10am – 12pm
Tuesday 11th	Boston Craft Club 10am – 12.30pm
Thursday 13th	Grantham Social 'eyes' 10am – 12pm. Guest speaker: Royal British Legion.
Monday 17th	Spalding Social club, Hayley Stewart Football Grounds 12pm – 2pm
Tuesday 18 th	Boston Book Group 10.30am – 11.30am
Tuesday 18th	Grantham Craft Club 10am -12.00pm
Thursday 20 th	Grantham Social 'eyes' 10am – 12pm.
Friday 21st	Stamford Social Club, Clare Close Community Centre 12.30pm – 2.30 pm.

Monday 24 th	VisionAid Drop in Coffee Day. Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. 10.30am – 2.30pm.
Tuesday 25 th	Boston Lunch Club at the Queen of spades, 12.30pm – 2.30pm. Please call 01476 592775 to book a place and see the menu choices.
Thursday 27 th	Grantham Social ‘eyes’ 10am – 12pm.

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 on our helpline **01476 592775** and **we will arrange an introduction.**

All the clubs offer companionship activities such as quizzes, outings and guest speakers etc. You will receive a very warm welcome indeed.

Area	Meets	Frequency and time
Grantham Wednesday Club	Harrowby Lane Methodist Church, Grantham,NG31 9LN	Fortnightly from 2pm to 4pm
Grantham Monday Club	Sandon Road Community Centre Grantham NG31 9AX	Fortnightly from 2pm to 4 pm
Grantham Riverside Monday Club	Riverside Community Centre Welham Street, Grantham NG31 6QS	Opposite Monday to the Sandon Road club from 2pm to 4 pm
Grantham Target Social Club	Harrowby Lane Methodist Church, Grantham	Every Friday from 7.30pm to 9.30pm

Grantham Swim Club	Belton Woods Hotel Belton, Grantham, NG32 2LN	Every fortnight 12 noon until 1 pm Coffee and pastries afterwards
Grantham Social'eye's	14 Finkin Street Grantham Lincs NG31 6QZ	Every Thursday 10am to 12 noon
Grantham Craft Club	14 Finkin Street, Grantham, Lincs, NG31 6QZ	Third Tuesday of the Month 10am – 12pm
Grantham Book Club	14 Finkin Street, Grantham, Lincs, NG31 6QZ	First Tuesday of the Month 10am – 11am
Spalding all day club	Hayley Stewart Football Ground, Spalding PE12 1DA	First Monday of the month 10 am to 3pm
Spalding Monday Social Club	Hayley Stewart Football Ground, Spalding PE12 1DA	Third Monday of the Month 12 – 2pm
Bourne Social Club	Manor Court West Street, Bourne, PE11 9PP	Every week on Wednesday except for the first Wednesday of the month from 2pm to 4 pm.
Bourne Book Club	Manor Court West Street, Bourne, PE11 9PP	First Wednesday of the month from 2pm to 4pm

Stamford Social'eye's club	Clare Close Community Centre Stamford, PE9 2QA	Third Friday of the month from 12.30 to 2.30pm
Sleaford Lunch club	Barge and Bottle Pub Carre Street, Sleaford, NG34 7TW	First Monday of the Month from 12 until 1pm except for Bank Holidays.
Sleaford Social'eye's	Barge and Bottle Pub Carre Street, Sleaford, NG34 7TW	First Monday of the Month from 1pm until 2.30pm except for Bank Holidays.
Boston Luncheon Club	Queen of Spades, Wellington Road, Boston, PE21 0NX	Last Tuesday of the Month 12.30 – 2.30pm
North Hykeham Social Club	Methodist Church, 3 Chapel Lane North Hykeham Lincoln, LN6 9QZ	Fortnightly on a Wednesday from 2pm to 4pm

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 WELCOME to visit our Resource Centre at 14, Finkin Street, Grantham, which is open Monday to Friday from 10am to 4pm

We are:

Mr Malcolm Swinburn

Chief Executive

Mrs Susan Swinburn	Operations Manager/Emotional Support Officer
Virginia Richardson	Community Support Worker/SIO
Kirsty Smith	Services Administrator
Ciara Atkinson	Administration Apprentice
Jessica Ginnelly	Fundraising Officer
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.