

Founded in 1869

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NEWSLETTER AUTUMN 2010

Welcome to our latest Autumn Newsletter and the first item is to inform you all of the tremendous response we had to our **3 PEAKS CHALLENGE** fundraising event.

Steve and his daughter Emma completed the challenge in just under 12 hours and raised the magnificent sum of almost **£2,500.**

A very big, **"thank you"** to everyone who sponsored the two of them.

Steve writes – "Well we managed it. Walking for 12 hours, or just under, over 25 miles of beautiful, but energy sapping terrain. My feet were blistered and my legs ached, but I managed it alongside my 15year old daughter. For her, it was a once in a life-time achievement, which is code for saying that there is no way she would do it again. But for me, I would gladly drag my ageing body over the course again, so intoxicated was I by the breathtaking views. To put it mildly, it was a difficult but rewarding experience, but not to be undertaken lightly. The sun came out and we both finished with pink faces, although it was into a murky and damp mist that we started out at 6.30am. We could see virtually nothing from Pen-y-Ghent, the first peak we ascended, apart from a few incredulous sheep who seemed to be thinking 'what the Dickens are those two doing up here at this time in a morning'!

It was a wonderful experience and I feel proud to have done it for such a great cause and such a great Association.

Thank you deeply for your magnificent support and thanks to Emma, my daughter, for a remarkable effort. I felt so proud of her.

Steve and Emma"

SIGHT AID OUTREACH DEMONSTRATION DAYS:

These Demonstration Days are open to visually impaired people, carers, families, professionals and the general public.

Outwood/Wakefield – Parkside Centre, Leeds Road, Outwood, Wakefield WF1 2PN – **10.30am to 3.00pm**
(normally the 3rd Monday of each month)

18 October

15 November

13 December

Castleford – Trinity Methodist Church, Powell Street, Castleford WF10 1EL – **10.30am to 2.30pm**
(normally the 1st Thursday of each month)

7 October

4 November

2 December

South Kirkby – Langthwaite House Business Centre, Langthwaite Grange Ind. Estate, South Kirkby WF9 3AE
10.30am to 3.00pm

(normally 2nd Tuesday of each month)

12 October

9 November

December - there will be no Demonstration Day in December
(please contact us should you require any equipment)

There will be a wide range of equipment on display, including specially adapted games, talking watches and clocks, kitchen equipment, reading and writing aids.

New equipment such as a full range of magnifiers, talking scales, talking phone, boomboxes and much more on display

2011 DIARIES AND CALENDARS

Large Print calendars and diaries for 2011 can now be ordered. If you would like one, just give Delia a ring, or send in a letter with your order on it, or if you can manage it, come to one of our Demonstration Events at Outwood, Castleford or South Kirkby. There are a number of different types, so try to ensure you describe exactly the one you would like.

Wall calendar (numbers only).....	£1.00p
A3 Large Print Calendar	£3.50p
A6 Large Print Pocket Diary (complete)....	£3.70p
A6 Large Print Pocket Diary (refill).....	£3.15p
A5 Large Print Midi Diary.....	£5.50p
Large Print Desk Diary.....	£6.50p

SPRING BULBS

Those of our members who live in Ossett and Horbury will know that Ossett Rotary and Horbury/Ossett Phoenix Rotary kindly deliver bowls of hyacinth bulbs in the spring. We will put details in our December issue, and will be asking you to let us know nearer springtime if you do **NOT** want any bulbs.

Raffle 2010

Once again, West Riding Blind Association is holding a raffle in 2010 and a book of tickets is enclosed with your Newsletter.

We are aware that some of our members may not wish to receive raffle tickets. If so, please ignore them and we apologise for sending them. Please do not feel under any obligation to purchase or to sell tickets. The annual raffle is one of our most important ways of raising funds. The demand for our services is increasing all the time and we rely almost exclusively on voluntary donations to finance our services, so all donations are very much appreciated.

The raffle will be drawn on 14th December at Parkside Centre by our Chairman, Mr Doug Dale.

West Yorkshire Police have asked us to make sure that all our members are aware of the telephone number they need to dial for non-emergency calls or to report a crime

08456 06 06 06.

Please ensure that this is the number you store in your telephone but, of course, still dial **999** for all emergencies.

DisabledGo provides online access guides to over 80,000 venues across the UK and Ireland. You can find detailed information about access to all kinds of places – cinemas, hotels, hospitals, colleges, restaurants, parks – the list goes on and on.

The website is free to use and you do not need to register, just go to **www.disabledgo.com**

Infosound – offers free, accessible, impartial and relevant information to blind and partially-sighted people across the UK on subjects that directly affect those who live with sight loss. In association with British Wireless for the Blind Fund, Infosound produces a weekly "Briefing", a 15 minute audio compilation of news and information which is broadcast on the BWBF Sonata Internet Audio Service. Infosound launched the new monthly CD service on 1st July 2010. The direct-to-door mat, monthly 'Despatch' CD service is for those individual blind and partially sighted people who do not have direct or indirect Internet access. It is an alternative or complementary service to the core weekly 'Briefing' and other web-based services that they provide. For further information ring BWBF on **01622 751725** or look on their website **www.blind.org.uk**

WRBA produces a new booklet

As part of our Sight Aid project, for which we received funding from Wakefield NHS, we made a commitment to help raise public awareness about the need for good eye care. We are now starting to distribute (to various GP's, Opticians, Health Centres, Libraries etc) our new booklet called "Eye Care: Do

You?”, which is aimed at the general public, and includes some comments from our members about the ups and downs of loss of sight. There is some basic information about some of the causes of loss of vision, and advice about protecting your eyes in different situations. Hopefully we can help make the public realise how important it is to look after your eyesight, having regular eye tests, and getting early treatment when something is wrong.

We know that there is increasing concern about Diabetes, but not so many people know of the eye problems that are often associated with it. Or of the link there seems to be between smoking and visual impairment. We hope that our booklet will contribute to better eye care in Wakefield District.

If you would like a copy, or copies of the booklet, please ring Delia at the office on **01924 215555**

The Macular Disease Society focus on the need for Eye Examinations in the Winter edition of their magazine Side View. They point out that eye examinations can often pinpoint early signs of eye problems and some general health conditions too, including Glaucoma, Diabetes, raised blood pressure etc. They also list the criteria for having free tests, which include being over 60 years old, having diabetes or glaucoma, and if you are on certain benefits.

If you would like this list, give us a ring and we will send you a copy of the article. The magazine also has an article about nutrition and eye care, with special emphasis on Lutein and anti-oxidants. If you are especially interested in this, let us know and we will send you a copy.

The Macular Disease Society produce some very good material, so if you fancy joining, we can send you details.

Sight Aid Project.

Our sight Aid project is entering the last few months of operation (it was funded until December). We don't know yet how the national finance cuts will affect the NHS (and therefore us), but we hope there may be some funding for

projects such as ours to continue the work. If not, you can be sure that we will work hard to try to continue putting on the equipment demonstration events, even if these are fewer in number. We know how valuable these are proving to be, for new and existing users, so this will be a priority for us. We will keep you informed how this develops.

The Hepworth Wakefield Needs You!

The Hepworth Wakefield is Yorkshire's major new art gallery opening in Spring 2011. Designed by award-winning British architect, David Chipperfield, The Hepworth Wakefield will show for the first time a unique collection of sculptures by Barbara Hepworth – one of the most important sculptors of the 20th Century, who was born and raised in Wakefield. Its bold, modern architecture will be a fitting home for an outstanding collection of British art, featuring work by some of the UK's best-known artists

As one of the largest and finest galleries outside of London, The Hepworth Wakefield will bring international contemporary art and historical exhibitions to Yorkshire. Visitors will also be able to experience art, architecture and design through a varied programme of talks, tours, film-screenings and workshops, or simply relax in the stylish restaurant and café.

The Learning Team and Exhibitions and Collections Team have recently held some small consultation groups to discuss the size of labels we use when describing the works of art on display, the style of the font we use and some of the printed material we will produce to support visitors when they come to the gallery. This has been extremely helpful, however we feel that we need to consult with a wider community and we hope that readers of this newsletter will want to get involved.

We would like to set up some early evening consultation groups at the new gallery starting on Wednesday 6 October, 5pm-7pm. This session will look at the height and positioning of the text labels and also the size of the font used on both the text panels and wall labels.

Additional consultation sessions (dates to be confirmed) will look at the requirements for the gallery's access guide, large print leaflets, audio descriptions, Braille requirements and staff led descriptive tours. Travel costs including travel by taxi to and from the gallery will be covered for all consultation sessions.

If you would like to be involved in this consultation process (either on 6th October or a future session) and enjoy a sneak preview of the gallery before the doors open to the public (May 2011) please contact Victoria Boome, Non-Formal Learning Coordinator on 01924 305779.

Goodmans Smart Talk® TV set top box

This revolutionary TV set top box announces all on-screen information, including programme guides and menus, using synthetic speech. Designed and developed in conjunction with RNIB to provide full access to Freeview® digital TV and radio services for blind and partially sighted people.

- fully talking Electronic Programme Guide (EPG)
- access programmes with audio description (AD)
- talking menus enable you to customise all settings
- easy-to-see menus and programme guides
- ergonomic remote control with raised and well spaced buttons
- remote control button presses are spoken to confirm your choice dedicated button to stop the speech once you have the information you need
- easy to set up with your existing TV with the supplied SCART cable.

Price: £85.10 ex VAT, £99.99 inc VAT

Call RNIB on 0303 123 9999

Shop online at rnib.org.uk/shop

Or visit your local resource centre

Talking EPG (Electronic Programme Guide) and menu

- increase or decrease the speech speed

- choose the level of detail you want to be read out when using the talking features.

High contrast EPG and menu

- large on-screen font sizes
- choice of three contrasting colours.

Easy-to-use remote control

- simple layout raised buttons in different shapes to help identification
- dedicated buttons for talking features and audio description.

Audio Description

TV narration for people with sight problems

Audio description (AD) is a free service that can transform TV viewing for people who have difficulty seeing what's happening on the screen. Like a narrator telling a story, an additional commentary describes body language, expressions and movements, making the story clear through sound.

Audio Description at West Yorkshire Playhouse, Leeds

Audio Described performances are designed to improve the experience of visually impaired and blind attendees. As well as listening to the dialogue on stage, the customer can wear a headset and listen to a live description of the action on stage. The description only happens in between dialogue and supplements the voices of the performers in explaining the emotions and action of each scene.

West Yorkshire Playhouse has been Audio Describing performances for almost 18 years and has a dedicated team of trained volunteers to make your visit as easy and enjoyable as possible. They are happy to accommodate Guide Dogs.

To use the service simply ask the Box Office to book you a headset when you book your tickets for any of the Audio described shows.

For more information ring the Box Office on **0113 213 7700**