

Founded in 1869

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Tel 01924 215555



Parkside Centre  
Leeds Road  
Outwood  
Wakefield  
WF1 2PN

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## NEWSLETTER SUMMER 2009

**LEEDS 10k RUN – Well done Steve** who completed the run on Sunday 21<sup>st</sup> June in 52 minutes. This was a magnificent achievement by Steve and he has already raised over £800. A big “thank you” to everyone who has sponsored Steve and if you would still like to send in a donation, please send it to the office.

### **SIGHT AID OUTREACH DEMONSTRATION DAYS:**

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

20 July  
21 September  
19 October  
16 November  
14 December

**Castleford** – Trinity Methodist Church, Powell Street, Castleford WF10 1EL – **10.30am to 3.00pm** (normally the 1<sup>st</sup> Thursday of each month)

2 July  
6 August  
3 September  
1 October  
5 November  
3 December

**South Kirkby** – Langthwaite House Business Centre,  
Langthwaite Grange Ind. Estate, South Kirkby WF9 3AE  
**10.30am to 3.00pm**  
(normally 2<sup>nd</sup> Tuesday of each month)

14 July  
11 August  
8 September  
13 October  
10 November  
8 December

Caroline Barker (Outreach Worker) writes:- “The Sight Aid Outreach Project has now had two successful events in Castleford and South Kirkby. We hope to improve our services to visually impaired people and their carers across the whole Wakefield district.

We have a wide range of equipment on display and are on hand to offer information and advice. Equipment is available to purchase and order on the day. It is also a good opportunity to meet and chat with others over a cup of tea or coffee.

The dates for the events at Castleford and South Kirkby are listed above and we look forward to seeing you there.”

WRBA’s Chief Executive Officer, Pam Walters said “Wakefield NHS have been impressed by the way in which WRBA has got this project going and all credit to Caroline Barker and Margaret Dodd for the work they have put in to organise and run these events”.

## **Raffle 2009**

Once again, West Riding Blind Association is holding a raffle in 2009 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 10<sup>th</sup> November at Parkside Centre by our Chairman, Mr Doug Dale.

## **WRBA FUNDRAISING CONCERT**

**TIMBERWOLF** sing John Denver & More (with special guest Mark Robinson)

**Ossett Town Hall**

Saturday **24<sup>th</sup> October** 2009

**7pm** start (doors open 6.30pm)

Tickets **£9 adults** and **£5 OAPs**

Fully Licensed Bar

To purchase tickets ring **01924 828774** or **01924 215555**

Email: **tickets@timberwolf-studios.com**

Web site **www.timberwolf-studios.com**

All proceeds go to West Riding Blind Association

**LOFTHOUSE SECURITY SYSTEMS** held a Blues Brothers Fancy Dress & Auction Night on Saturday 2<sup>nd</sup> May 2009 to raise money for Martin House and West Riding Blind Association. The amount raised was £700 and this will be divided between the two charities.

They are also taking part in the 3 Peaks Charity Sponsored Walk on Saturday 18<sup>th</sup> July to raise money for Martin House and WRBA.

We extend our grateful thanks to Lofthouse Security for their magnificent fundraising efforts on our behalf.

## **TORCH TRUST**

This year the Christian charity Torch Trust is celebrating its fiftieth anniversary of working with blind and partially sighted people. Torch Trust offers **friendship, holidays and literature.**

**Friendship** – Torch Trust runs 130 Torch Fellowship Groups around the country. If you would like to find out if there's a group near you contact David Palmer on **01858 438260** or email **DavidP@torchtrust.org**

**Holidays** – Torch Trust runs holidays, houseparties and retreats specially for blind and partially sighted people. If you would like a copy of the latest holiday brochure, email **TorchHRC@torchtrust.org** or contact the Torch Holidays Leader Gail Millar on **01273 832282**

**Literature** – Torch Trust runs the largest Christian Braille and audio lending library in the country. It also produces for sale or for free distribution a range of Braille and giant print materials such as magazines. If you would like to know more about borrowing books or tapes, or more about magazines, email **info@torchtrust.org** or call **01858 438260**

**RNIB LARGE PRINT PROMOTION – FOCUS**, a nationwide campaign to make large print books readily available on the high street was launched on 2 April. A list of 53 titles will be available in large print through bookshops nationwide. Books are priced at either £12.99 for the paperback version or £16.99 for the hardback version.

If you would like to find out more, please phone Lindsey Chapman on **01733 375296** or email **lindsey.chapman@rnib.org.uk**

## **LARGE PRINT COOKERY BOOKS FOR EYE HEALTH**

The Macular Disease Society has published a second cookbook **Fruit for Vision** and reprinted **Vegetables for Vision**. Both are in large print (16 point). As well as containing inspiring but easy to use recipes, they are packed with nutritional information about eye health and are of huge interest to anyone concerned with looking after their eyes.

Contact the Macular Disease Society, PO Box 1870, Andover SP10 9AD or tel: **01264 350551**

**HOLIDAYS – The Royal Blind Society** has a long and good history of promoting supportive holidays and short breaks. Members who may be missing the Henderson in Blackpool may find that contacting the Royal Blind Society could provide some good alternatives in Llandudno, West Sussex and a new development in progress in the Scarborough area – a static caravan!

Contact Head of Leisure Services Peter Hards on **01827 722574** or visit **[www.royalblindsociety.org](http://www.royalblindsociety.org)**

**William Merritt Disabled Living Centre & Mobility Service** – the Mobility Service provides impartial and independent advice for disabled children and adults of all ages. If you are experiencing difficulty getting into the passenger or driver's seat or getting your child into and out of a car, they can offer an assessment of your needs and impartial advice on possible solutions. **These assessments are free of charge.**

For more information tel: **0113 305 5288** or email **[mobility.service@nhs.net](mailto:mobility.service@nhs.net)**

**RNIB TECHNOLOGY HELPLINE – tel: 0845 900 0015 or 0207 391 2280**

**CONNECTIVITY** – to take your name and mobile telephone number out of the Directory for Mobile Phones that is now being compiled tel: **0800 138 6263**

**CASTLEFORD SOCIAL GROUP** will not be meeting throughout the month of **August**. The group will recommence meetings on **Thursday 3<sup>rd</sup> September**.

## **ANNUAL GENERAL MEETING 2009**

Pam Walters, Chief Executive Officer, writes " on May 19<sup>th</sup> we held our AGM, opened by our President, The Lord St Oswald and supported by the Lady Mayor of Wakefield and Mayor of Normanton.

This year our President spoke about the importance of working in partnership with others to deliver support and how pleased he was to see WRBA working closely with lots of other organisations.

Members were also given a presentation about the work of WRBA, how that has changed over the years and what we need to do for the future.

Our thanks to the Lord St Oswald for his generous support and kindness, and to the Catering Team of Parkside Methodist Church who put on excellent refreshments for us. We look forward to seeing some more members at our next AGM in 2010."

# Audio Description and Digital Switchover

By Jill Whitehead, RNIB.

Do you get frustrated when watching TV because the picture's too dark or the action's so fast you can't keep up with it? Do you have to sit really close to the TV in order to see what's going on? Do you find yourself asking others in the room what's going on? If any of this applies to you, then audio description (AD) may well provide the solution. Audio description is a free service that transforms the enjoyment of TV, Film, Theatre and sports events for people with sight problems. Like a narrator telling a story, an additional commentary describes body language, expressions and movements. AD is only available on digital TV, so if you ever needed a good reason to go digital, this is it!

The Yorkshire TV region is going digital in 2011. This means that the existing analogue TV signal (that's the one that gives you a maximum of five channels) will be switched off completely. So, if you want to continue watching TV you will have to buy something extra to enable you to keep watching via digital TV. There are a number of ways of getting digital TV, including through your TV aerial (Freeview), satellite dish (Sky or Freesat) or cable (Virgin Media).

If you have Freesat, Sky or Virgin Media you already have AD, you just need to switch it on. If you prefer the Freeview option, there are only three set-top boxes currently available offering AD - one is from Argos (catalogue no. 532/1849) and the others are only available from RNIB Customer Services on 0845 702 3153, or from the online shop at [www.rnib.org.uk/shop](http://www.rnib.org.uk/shop). If you'd rather just have a TV without a set-top box, you can buy an Integrated Digital TV instead. Many of these now have AD built in as standard, such as Panasonic, Sony, Toshiba and Philips.

For any further information about AD, Digital Switchover or the Help Scheme, please contact Jill Whitehead on 020 7391 2398 or you can send an email to [jill.whitehead@rnib.org.uk](mailto:jill.whitehead@rnib.org.uk). If you have access to the internet you can also have a look at the information on RNIB's website at [www.rnib.org.uk/audiodescription](http://www.rnib.org.uk/audiodescription).

## YOUR CORNER

To John Holt, MBE and his family, March 19<sup>th</sup> 2009 was a day to be remembered! The day he received his MBE from the Queen at Buckingham Palace.

He and his family travelled to London the day before, stayed in a hotel not far away from the Palace and then started the day with a "full English" – everything the "doctor says he shouldn't have" – quote! Having donned their "new attire" a short taxi ride and they were there.

John was not nervous of meeting the Queen, but he did have a problem worrying him – a fear of walking into things. He need not have worried as this had been taken care of. When inside the Palace, he was escorted to a room where a guide was waiting to look after him whilst there.

Mark, his guide, escorted him through the rooms in the Palace, describing them as they made their way to the Ballroom for the Investiture. This was it, John Holt was in conversation with Her Majesty the Queen who was pinning onto his lapel an MBE for Services to the Community of Featherstone.

The last comment of John – sorry John Holt MBE – in his account says – "like the song says, 'Memories are Made of This' !"

If you would like to read John's full account of his day at Buckingham Palace, please contact the office on 01924 215555