

Welcome to MySight York's Summer Volunteer Extra newsletter. Things have certainly changed since our last newsletter. Even though our offices are closed we are still offering support in the best way we can. Staff are working from home accessing emails and answering the main office number. The current situation has meant that our volunteering opportunities have changed; we are no longer running face-to-face activity groups or home visits and are unable to hold fundraising events. Our main volunteer roles at the moment are with the 'Keeping in Touch' project (see page 2) and on-line activity groups which we are trialling.

The first week in June is National Volunteers Week. Normally we hold a couple of events to celebrate all your hard work. Unfortunately we can't do that this year. Myself and all the team at MySight York would like to thank you for all your hard work this last year. Although we can't get together we are planning to hold some Zoom volunteer socials and conference calls, that way at least we can all have a bit of a natter. The first Volunteer Zoom Social is on **Wednesday 3rd June from 1pm to 2pm**. Please let me know if you want to 'attend' or if you're interested in future Zoom or telephone socials. Further dates will be arranged soon. Hopefully later in the year we can all meet in person.

**Catherine Bamford, Volunteer Manager**



## Keeping in Touch

Some of you have been helping with our 'Keeping in Touch' project where clients receive a call from a volunteer either weekly or fortnightly. This has made a massive difference to our clients and helped reduce isolation. It's not just clients that can benefit from a call so if you would like to receive a call from another volunteer, or help with the project, please get in touch with Catherine. So far over 360 calls have been made with volunteers donating over 175 hours of their time. This is an amazing achievement.



## Free On-line training

At times like this it is more important than ever to look after our mental health. Champion Health are offering free access to their 1-hour on-line mental health training. To access the course you will need to register on their website <https://training.championhealth.co.uk/> The code for registering is mysightyork.

City of York Council have some free on-line courses including

Safeguarding and Dementia Awareness. If you are interested in completing a course you will need to register on their training website <https://york.learningpool.com/login/index.php> When you register you will need to put Catherine Bamford as your line manager and MySight York as the organisation.

The council has a few dementia courses to choose from. The safeguarding course is called 'Safeguarding Adults: E-learning for those not in the Adults Social Care Workforce (30mins). Please let Catherine know if you have undertaken any of these courses.

## Contacts

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### Volunteering and Keeping in Touch

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# MySight York

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