YorView the newsletter of MySight York

Spring 2023

The front cover shows an image of the logo for the Coronation of King Charles III with the words:

Come along and join us for Afternoon Tea to celebrate the Coronation of King Charles III on Friday 5th May.

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Editor: Barbara Fairs

From the Editor… Hello and welcome to the Spring edition of YorView, although it has to be said the temperature today isn’t really reflecting the season!

We have some exciting news to share about two new projects, the Community Connectors, funded by the National Lottery

Community Fund and an Employment Advisor, funded by Thomas Pocklington Trust Works for Me Project.

Vicky Smith has news of some courses for those new to sight loss and anyone who would like to ‘Learn to Listen’ to their computer.

We also hope you will join us to celebrate the Coronation of King Charles III with afternoon tea, some fun and plenty of bunting.

Sadly we are saying goodbye to Jade after nine months of internship. I’m sure those who have met Jade will join us in wishing her all the very best for the future.

And of course, we have our regular news of activities, equipment and fundraising which we hope you will enjoy.

Barbara

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# From the Chief Executive

Hello! Thank you for reading our quarterly newsletter.

Whilst the effects of the pandemic never seem too far away, the cost of living crisis continues to impact the lives of people with sight loss.

It is estimated that the everyday living costs of a pensioner with a severe sight impairment would be a staggering 73% higher than for

someone of the same age without sight loss. And this is rising as it is much more difficult for blind and partially sighted people to find the best money-saving deals, or choose the cheapest options.

Here at MySight York, we offer emotional and practical support to help people with sight loss deal with increasing societal pressures. We provide specialist advice and information and can also signpost to other dedicated organisations which can provide advice in the areas that matter to you.

RNIB has produced a cost of living factsheet and they can be reached via their helpline on 0303 123 9999, or by saying “Alexa, call RNIB Helpline” to an Alexa-enabled device.

MySight York currently Chair the Visionary Regional Group in

Yorkshire & Humber, made up of local sight loss charities across the whole of the county. This means that we are able to represent the interest and views of you, our members, as well as other visually impaired people across the entire region.

As a regional group, we work directly with national charities such as Blind Veterans UK, Glaucoma UK, Guide Dogs, Macular Society,

Retina UK, RNIB, Thomas

Pocklington Trust and Visionary, to feed into a national strategy that will lead to an improvement in the lives of blind and partially sighted people and those at risk of sight loss across the UK.

You can contact us at any time to let us know about any issues you currently face and experience as a result of your sight loss by contacting the office on 01904 636269 or emailing

hello@mysightyork.org

Please help us spread the word of what we do. Maybe a group would like us to give a talk, or perhaps a school or a business? Connect us together. We’re here for all blind and partially sighted people in York.

Scott

# News in Brief

# Celebrate the Coronation of His Majesty King Charles III

In the spirit of the Coronation Big Lunch themed celebrations happening across the country this year, we would like to invite you for afternoon tea at MySight York on Friday 5th May 2023, from 12.00 noon - 2.00pm.

Afternoon tea is the perfect way to commemorate the Coronation in style. You can also try your luck on our tombola. Please email or call us if you, your family members or friends are able to donate prizes for our tombola.

Booking is essential as numbers are limited. To book your place, please call 01904 636269 or email louise.railton@mysightyork.org

# Photo ID needed for first time at local elections in May

For the first time, York residents will be required by the Government to show photographic identity (ID) to vote at this year’s local elections. Residents are being urged to make sure they are ready to vote on 4th May by checking they have an accepted form of ID.

Accepted forms of ID include a UK, European Economic Area (EEA) or Commonwealth passport; a UK, EEA or Commonwealth driver’s licence; and some concessionary travel passes, such as an older person’s bus pass. Voters will be able to use expired ID if they are still recognisable from the photo.

If you do not have an accepted form of photo ID, you no longer look like the photo on your ID, or the name on your photo ID is different to your name on the electoral register, you can apply for a free voter authority certificate.

Apply online: Apply for photo ID to vote (called a ‘Voter Authority

Certificate’) - GOV.UK (www.gov.uk)

Request a paper form to apply by post: by emailing the council at electoral.services@york.gov.uk, or phone 01904 551007

Postal vote

As an alternative, you can apply for a postal vote as identity checks take place at the time of registering and again when postal votes are verified, so voter ID or a voter authority certificate are not required.

# Charles Bonnet Study

Experiences of Charles Bonnet Syndrome (CBS) associated with physical activity

A PhD study is being carried out by Katharine Fisher at the University of Manchester. Katharine would like to talk to people living with CBS to find out if visual hallucinations cause any problems while carrying out physical activities.

You will be asked to take part in one telephone interview or, if you prefer, an interview on line. The interview will last approximately 30 minutes to 1 hour. If you do not want to take part in an interview, you can share your experiences in a different way such as writing an email, or audio recording your voice.

Katharine would love to hear from you if you:

• are aged 50 years or over;

• have been diagnosed with an eye condition;

• currently have CBS, or have had symptoms of CBS in the past.

If you are interested in taking part, you can contact Katharine by email:

Katharine.fisher@postgrad.manchester.ac.uk or telephone: 07762

932135

It is completely up to you whether you take part in this research.

If you do agree to take part, you are still free to withdraw from the study at any time, without detriment to yourself.

# MySight York’s Christmas Party

Thank you so much to everyone who attended the Christmas party. The afternoon was filled with fun and laughter. An additional thank you to Tom Beever (‘The Accordion Man’) for playing his accordion whilst we sang carols and to Jo Weston (MySight York’s regular Quiz-setter) for hosting the quiz!

# Glaucoma Patient Forum

York & Scarborough Teaching Hospitals NHS Foundation hosts a regular Glaucoma Patient Forum. The forum provides information about Glaucoma, support with medication and eye drops, information on the support available locally and nationally, and above all a friendly and welcoming environment to meet with others.

For more information contact Helen Flett (ECLO) on 01904 721858 or email helen.flett3@nhs.net

# St Chad’s Tea Concerts

There is a monthly Tea Concert held at St Chad’s on Campleshon Road, York where all are welcome.

The event is 45 minutes of classical music followed by tea and homemade cakes. Entry is free but donations are appreciated.

Upcoming concerts are:

16th March York Guitar Quartet

20th April Grace Harman and Isabel Thompson trumpets

25th May Flauti Felice flute ensemble

15th June Myrna Michelle and David Hammond soprano and

piano duet

There is disabled access via the hall, and a small car park or roadside parking is available nearby.

# Strictly Fun Dancing!

Come along and enjoy the fun. American-Style Barn Dances are being held at Acomb Methodist Church Main Hall, Front Street, Acomb, on the first and third Wednesdays of the month from 2.30-4.30pm (doors open at 2.15pm).

These are barn/ceilidh-style social dances so having a partner is not a requirement. No previous dancing experience is necessary and all ages are welcome. Refreshments are not available so bring a drink with you.

Some car parking is available at the front of the church. The cost is £3.00 which contributes towards the hire of the hall. Why not come dancing - it's good for your body, balance and brain! Alternatively, you could just come along, listen to the music and watch the fun.

For more information, phone Community Health Champion Phil Quin.on 01904 783029.

# Office Closure Dates

Our office will be closed on the following dates:

Closed for stocktaking Thursday 30th & Friday 31st March

Easter closure from 3.00pm on Thursday 6th April until 10.00am on Wednesday 12th April

Monday 1st May Bank Holiday

Monday 8th May King’s Coronation Bank Holiday

Monday 29th May Bank Holiday

# Update from the E&I Centre

Deb Wheller brings us the latest advice and information

Identifying banknotes and coins

With the introduction of polymer banknotes, some people have said that they are finding it harder to identify one note from another. The new banknotes do have accessibility features that may help you to spend your money independently.

Depending on the denomination of the banknote, some now have raised dots in a cluster at the top left hand corner of the note in the shape of a square to help you to distinguish between them.

The £5 note is distinguishable by the absence of the tactile feature.

The £10 note has four raised dots in a square pattern in the top left corner, occurring twice in a downward row.

The £20 note has the square of four raised dots occurring three times in a downward row.

The £50 note has the same square of four raised dots occurring four times in a downward row.

You can download Apps such as Cash Reader, useable on android phones, from the Google Play Store or on iPhones from the Apple Store, and the Seeing AI for the iPhone These can be very useful for identifying foreign currency while on holiday.

The Arthur Pearson Method uses your own hands to establish with practice which note is which and acts as a useful quick check. Simply slide the bank note down fully between your index and second finger. You will feel where each note sits in relation to the height of your fingers:

£5 level with top of index finger

£10 higher than index finger, lower than middle finger

£20 higher than middle finger Coming soon from the RNIB – the Accord Player

Although we are yet to see or try out the new player, the RNIB has worked to find a replacement for the Sonic and Sovereign players made by Kings Access Technology, who have unfortunately ceased trading. The Accord player will be a combination USB and blue tooth speaker with easy-to-use tactile controls, easy-to-locate ports, bookmarks, chapter skipping function, good sound quality, a jack for wired headphones and a lanyard for security when carrying it around.

RNIB Cricket Fixtures 2023

Looking forward to the sound of leather on willow again? Catch every ball from the domestic games and international matches, from County Championship fixtures to the fast-paced action of The Hundred series. Braille, DAISY audio CD and email are available for £3.13.

Both the Scottish and English Football fixture lists for 2022/2023 are still available from £1. 25.

Simple low-cost ideas

As someone said to me recently “You can’t beat a Bumpon when you want to find the right temperature on the cooker.”

Tactile labels known as Bumpons are self-adhesive raised plastic markers. They are just one of the ways that you can label items and objects to make them easier to understand, identify and use. Other methods include the following:

Loc dots are smaller and are useful for computer keyboards.

Tactimark is a liquid which can form shapes. Similar to toothpaste, it sets hard over 24 hours.

Rubber bands can be useful as a tactile way of identifying one item from another or to secure an easyto-see label to a product.

Dayglo tape can be put round so many things. The list is endless: from highlighting a small button to making a frame round a difficult-tofind plug.

Save the date:

Optelec Focus Day to be held on Tuesday 20th June, 10am-2pm

We are pleased to offer an open day where you can visit to explore the latest electronic handheld, compact and desktop magnification as well as text-to-speech products.

# New Courses

Vicky Smith updates us on courses to help those new to sight loss and those looking to upgrade their computer skills

Living Well with Sight Loss Courses

These courses are for anyone new to sight loss or experiencing recent vision changes. The course is over two afternoon sessions, which give you the opportunity to meet other people in similar circumstances, share experiences and learn.

You can listen to information about and discuss:

• registration;

• mobility and orientation;

• daily-living aids;

• travel and transport;

• benefits;

• social and leisure activities;

• your wellbeing.

Quotes from previous participants:

“I found it very informative and helpful. The interaction between people in mutual agreement and support was key. We felt that we didn’t feel forgotten about like

in other services.”

“I’m in a bad way but the Living Well with Sight Loss course was the best. It is the first step of the ladder and, in my opinion, a must. When you walk through the MySight York door, you start to feel that a weight has been lifted. Talking to other people got me to socialise and gave me confidence. It has also given me the ability to give back too. I would recommend the Living Well with Sight Loss Course to anyone.”

You are very welcome to bring someone with you as support. You’ll get practical advice, information and guidance on organisations, products and services. Tea, coffee and biscuits are available throughout the afternoon. The next Living Well with Sight Loss Course will take place on the Friday afternoons of 24th and 31st March 2023.

Learning to Listen to Your Computer Courses

Two new sessions for Windows users are coming up. Run by York Learning in collaboration with MySight York at Explore York Central Library, they will take place on two Friday afternoons: 12th and 26th May 2023, from 1.30-3.30pm.

For more information or to book your place on the above courses, please contact Vicky Smith by calling 01904 731124 or email vicky.smith@mysightyork.org

New Projects at MySight York We are delighted to announce that we have been awarded funding from The National Lottery Community Fund, which we will receive over the next three years.

The funding will support our Community Connectors Project, which will launch in the Spring of 2023. One of the main ambitions is to build a city where people with sight loss can be active and involved in their community.

Community Connectors will work with collaborator organisations to transform activities and services so that they are more accessible to people with sight loss, which will improve wellbeing and reduce feelings of isolation.

The project also seeks to build enduring connections between MySight York and a range of community organisations working in:

• sports, health and wellbeing;

• arts, crafts and humanities;

• accessing information and communication technology;

• children and young people’s activities.

We will provide more news about the project, and ways to get involved, in our next newsletter.

Thank you to everyone who plays the National Lottery. Without your support, this funding simply wouldn’t be possible.

MySight York is partnering with Thomas Pocklington Trust and its Works For Me employment programme, becoming a pilot host.

From April 2023, blind and partially sighted jobseekers across Yorkshire and Humber will be able to access bespoke support through a new employment programme.

This is a free service for blind and partially sighted people who are seeking paid employment or plannng a career change. It supports people with a visual impairment to develop skills and offers advice to help them transition to the workplace, navigate the job market or further their careers.

The service includes a range of employment resources such as job search tips, advice for application forms, templates for CVs and mock interview practice.

Clients will also be able to access professional coaching and mentoring, with jobseekers being matched to real vacancies. We are extremely thrilled to be part of this new 18-month pilot.

# Smart Meters

Blind and partially sighted people can now request a free

Accessible In-Home Display (AIHD) from their energy supplier With energy prices increasing, it has never been more important to be able to keep track of how much your household is spending on gas and electricity.

Smart meter displays allow users to see near real-time information on how much energy is being used and find ways to reduce their energy consumption. Until now, energy suppliers have failed to take the needs of their blind and partially sighted customers into account when designing these displays. However, after working with RNIB, Energy UK (the trade association for the UK energy industry) and Geo (a leading energy technology business), an Accessible In-Home Display (AIHD) has been developed.

What is a smart meter? Smart meters replace your existing gas and electricity meters. They allow you to see how much energy is being used and where so you can take steps to reduce your consumption. They also tell your energy company how much gas and electricity you’re using so you don’t need to provide meter readings. They’re often described as the next generation of meters because they work in a more intuitive way. It’s a bit like the difference between an ordinary phone and a smartphone.

The government has asked energy companies to give smart meters to every home they provide energy to.

What are the benefits of a smart meter?

Having a smart meter in your home means that you will:

• No longer need to let meter readers into your house or provide a meter reading to your supplier;

• Receive bills based on actual rather than estimated meter readings.

Do I need a broadband connection in my home to have a smart meter? No. Smart meters use an entirely separate, bespoke wireless system. You don't need Wi-Fi in your home for it to work and it won't use your Wi-Fi if you have it. Your smart meter and in-home display communicate via a secure national network which is solely for smart meters. This works in the same way as other wireless systems like car remote keys or TVs, using radio waves.

How do accessible in-house displays differ from the standard smart meter displays? An Accessible In-Home Display (AIHD) has additional accessibility features such as:

• Text-to-speech functions for screen navigation;

• Adjustable volume for the textto-speech function;

• Six large printed buttons with tactile feedback that confirms a button has been pressed;

• Three coloured LED lights for indicating electricity usage;

• LED push buttons to replay speech;

• A large crisp typeface;

• A display screen with high contrast colour, optimised for sight loss and colour blindness.

How much does an accessible in-house display cost?

There is no cost to customers to have a smart meter or AIHD installed but unfortunately AIHDs are not yet available from every supplier.

How to claim your accessible in-house display

AIHDs can be requested by anyone who needs one from their energy supplier. If you or a family member have sight loss or other accessibility needs, contact your energy supplier to discuss the available options. Your supplier will be able to provide further information on smart meters, including the Accessible In-Home Display (AIHD). Alternatively, speak to your supplier about accessibility options when they contact you about installing a smart meter.

You can find out more about smart meters by visiting Smart Energy GB’s website at https:// www.smartenergygb.org This website also has more information about Accessible In-Home Displays (AIHDs).

RNIB Tried and Tested RNIB has accredited the manufacturer Geo with RNIB Tried and Tested, certifying that the Accessible In-Home Display (AIHD) meets the minimum accessibility requirements for blind and partially sighted people.

John Worsfold, RNIB’s Strategic Innovation Implementation Manager, said “We are delighted that this initiative has resulted in suppliers being able to support blind and partially sighted customers to experience the

benefits that smart meters can offer.”

Your feedback

Have you contacted your supplier about getting an Accessible InHome Display (AIHD)? Whether your experience was positive or negative, please tell RNIB about it by contacting their Helpline on 0303 123 9999.

Your feedback will enable RNIB to better monitor and support the rollout of the displays and help suppliers improve their services for people with sight loss.

# Goodbye to Jade

Many of you will have met or spoken to Jade Puckering (and Oliver her Guide Dog) during her internship with us.

Sadly, Jade has now come to the end of her time at MySight York but she wanted to write a few words to say goodbye.

Jade says:

“I have really appreciated my Get Set Progress Internship at MySight York, made possible by the funding from Thomas Pocklington Trust. I have learnt many useful skills that I can take to my future job prospects such as how to properly conduct a risk assessment. In my self development time, I have been able to partake in maths study, a time-management course, mobility training and sessions on assistive tech. These have all been very helpful, as they have supported the development of my skills and provided me with new ones.

Through working at MySight York, I have been able to build my confidence as being in the workplace has given me a purpose in life. I have been able to plan my future through my self development. I would like to continue working in the visual impairment sector. I have discovered that I have many skills and a lot of knowledge that I can share, and I would love to continue doing this in the future.

MySight York has helped me to become more comfortable with my eye condition. I have become more accepting of the small amount of sight I have. I am very grateful for this experience and being able to take part in this internship as it has allowed me to grow as a person. I have been able to achieve things that I thought would not have been possible, such as support clients to learn new things or help volunteers to do their role.

I will miss working at MySight York, as I have some fond memories of working here that I’ll never forget. I want to thank all of the members, staff and volunteers for making it a really memorable experience and wish everyone well for the future.

# Families Corner

Meet Jude who proves visual impairment is no barrier to creativity

MySight York met eight-year-old Jude during our Super Sensory Storytelling Sessions; and Jude met other children, listened and created art alongside his peers.

Jude is at his happiest when immersed in drawings and in creating. He lives in central York with his mum Candice, dad Ben and cat Rupert. He was born just short of three months early and has various visual impairments, including cerebral visual impairment, high myopia, astigmatism, ocular albinism and protanopia colour-blindness. However, that doesn’t stop Jude producing art; in fact, it’s positively encouraged!

“It was obvious there were various issues with Jude’s eyesight and that colour recognition was a problem for him from an early age,” says mum Candice, “so to find out that he was colour-blind was not a big surprise.” But when Jude was just six years old he began creating beautifully intricate, abstract monochrome pictures, using a black pen on white paper. His mum was so blown away by the detail in these black and white pictures that she created Instagram and Twitter accounts dedicated to Jude’s art work which are named ‘The Way I See It Art By Jude.R’.

Candice believes art is a form of therapy. “Visual impairments can bring many challenges and struggles to children” she says, “but the wonderful MySight York organisation is a great and valuable support to these youngsters, and to watch Jude’s confidence grow through his art just made me encourage his drawing further. Every piece of work he produces comes from his vivid and growing imagination.”

Jude has since raised £100 for charity by auctioning his ‘Paisley The Cat’ prints on line, and in Summer 2022 he ran his own art stall at the York River Art Market, selling his prints to locals and tourists. He loved every second and is now busy preparing for this year’s River Art Market, which returns in Summer 2023.

To take part in our Super Sensory Storytelling Sessions as a family, and meet other families just like Jude and Candice, please contact Vicky Smith via email at vicky.smith@mysightyork.org

# Tech Tips

A round-up of some of the latest useful Apps from Emily Smith

TapTapSee

TapTapSee is a free App available on IOS and Android devices which is designed to help those who are partially sighted and severely sight impaired to identify objects by utilising your device’s camera. When VoiceOver (IOS) or TalkBack (Android) are activated, it will speak the identification out loud. For example, I took a photo on the TapTapSee App of two items on my desk. It identified these and spoke out loud, “Picture 1 is a black and silver click pen beside a black stapler”. TapTapSee can identify photos uploaded on your camera roll, save them with the attached identification, and repeat the last identification.

Dolphin EasyReader

Dolphin EasyReader is a free App available on IOS, Android devices, Amazon Appstore and Windows PC, making reading more accessible for those who are visually impaired and/or have dyslexia. With your talking books account, it will display the text, which can be magnified, have the colours changed and can be synchronised with speech. This App is handy for those who wish to read for pleasure or study.

Cash Reader

Cash Reader Bill Identifier is a free money reading App available on IOS and Android devices. It has been designed for those who are sight impaired and severely sight impaired. This App has been optimised for VoiceOver (IOS), TalkBack (Android) and large text.

The free version of Cash Reader is limited to identifying £5 notes.

The full version of Cash Reader can identify all Bank of England notes and will also identify other banknotes from around the world.

There is a lifetime purchase price of £28.99. Subscriptions are also available: £1.79 per month, £10.99 per year, or you can the buy the full version for one month, which will go back to the free version once it has ended, for £2.99.

There is also a 14-day free trial so you can explore all of the features.

# Update from YorSensory

Lauren Talbot, YorSensory Business Manager, updates us on their move to new premises

It’s been a hectic 6 months for the YorSensory Team. We officially moved into our new base in Wilberforce House at the end of July and it’s been all go since then!

Having worked through the effects of the pandemic, the service continues to see a rise in the level of enquiries and support required. We are continuing an upward course of completing Sensory Impairment Assessments and Rehabilitation appointments; and we have also designed, reviewed and expanded the requirements of our brand-new Demonstration Hub.

With many pieces of equipment being discontinued or updated since our old Hub in Huntington closed; we have taken the opportunity to update many items, including our selection of telephones, tinnitus relieving devices, daily living aids, technology and much more.

Our Hub officially opened to the public on 20th February 2023. The Hub will be open Monday – Friday,10am-3pm, except on the last Wednesday of each month, when we will be open 9am-1pm.

We will be closed in the afternoon to ensure our team are able to complete training and contribute to team meetings, etc.

In addition to the above, in the last six months the service has dealt with 247 enquires, of which 62% were related to visual impairment; and completed 50 Community Sensory Assessments, 37 Specialist Rehabilitation Assessments, 40 Sight Registrations and given out 761 pieces of advice or information.

We look forward to welcoming all enquiries in person again, at our new Hub.

# Fundraising News

From Louise Railton, Fundraising and Marketing Officer

Thank you

A giant thank you to everyone for your support and donations of time and money over the Christmas period.

In total, we raised £1,655.71 in the 2022 Big Give Christmas Challenge. An enormous thank you to everyone who supported, pledged or donated. Although we didn’t reach our target, we are proud and grateful for the amount raised. In future, we won’t be taking part in the Big Give Christmas Challenge. Watch this space for what we will do instead!

MySight York benefits from the support of many Trusts and Foundations who recognise the huge benefits we provide to our members. We’ve received £7,800 thanks to the businesses, Trusts and Foundations that continue to support our work, including the Feeofees of St Michael’s Spurriergate, Asda Foundation (via the Green Token scheme), Skipton Building Society and York Racecourse.

We’d also like to thank our ad-hoc and regular donors who gave monthly or weekly throughout 2022. These donations allow us to plan and develop our services and reach as many people with sight loss in York, as possible.



If you would like to set up a regular donation, you can do so here: mysightyork.enthuse.com or you can scan our QR code (above).

Examples of what your donations can mean for our work include:

• £10 funds a trained volunteer to attend a community event to raise awareness of the causes of sight loss.

• £25 funds a consultation with our Eye Clinic Liaison Officer at York Hospital for someone who has been newly diagnosed with sight loss.

• £50 funds a one-to-one reading assessment for someone with low vision to find ways that they can enjoy reading again.

MySight York’s Christmas Party raffle

In December 2022, we hosted MySight York’s Christmas Party for our members! Thank you to individuals and local businesses, including Yorkshire Wolds Apple Juice and Bruks Cafe York, for their donations towards the hampers which were raffle prizes. We raised over £70 from the raffle!

AmazonSmile alternatives Amazon recently announced that it is closing AmazonSmile. This means that you are no longer able to support us via AmazonSmile. We have two other “shop to support us” options currently:

Give as you Live - When you shop at over 6,000 stores, including John Lewis, Marks & Spencer and Currys via Give As You Live Online, they'll turn a percentage of your spend into free funds which are donated to us.

Sign up via: www.giveasyoulive.com/charity/ mysightyork or download the App here: www.giveasyoulive.com/app Easyfundraising - This is a simple way to donate a small amount while you shop, and there’s no extra cost to donate! There are over 7,000 brands on board ready to make a donation – including eBay, Argos, John Lewis, ASOS, Booking.com and M&S. You can also download the Easyfundraising App at: www.easyfundraising.org.uk/easyfundraising-app

All you need to do is go to www.easyfundraising.org.uk/causes/mysightyork and join for free. Then select MySight York as your chosen charity.

Every time you shop online, go to Easyfundraising first to find the site you want and start shopping. After you’ve checked out, the brand will make a donation to MySight York at no extra cost to you whatsoever!

York Golf Club

We’re delighted to announce that MySight York have been selected as York Golf Club’s Charity of the Year! There are some exciting plans in place and we can’t wait to be able to share them.

If you have fundraising ideas or are aware of fundraising opportunities (for example, nominating us to be the Charity of the Year with a company), please don’t hesitate to get in touch: by emailing me via louise.railton@mysightyork.org or calling 01904 731126.

# Regular Activities

Vicky Smith gives us a run-down of all the activity groups available at MySight York

We have a number of different inhouse and off-site activities and support groups that run on a regular basis.

Coffee Morning / Discussion

Group: Face-to-face on the second Wednesday of the month with a telephone option; Telephone only on the fourth Wednesday of the month. Both at 10.30-11.30am

Audio Book Group: Face-to-face with a Zoom option; first Tuesday of the month. 10.30-11.30am

Support with MySight: Telephone: last Thursday of the month. Face-to -face with a dial-in option, on the first Monday of every other month.

2.15-3.15pm

Telephone Speakers Group:

Once every two months. 2.153.15pm

Esme's Friends: Face-to-face with telephone option on the second Tuesday of the month. 11.00am- 12.00 noon

Knit Natter: Twice per month on the last two Tuesdays. 10.30am12.00 noon

Telephone Quiz Group: Last

Friday of the month. 3.00-4.00pm

Chair-based Tai Chi: Monday once a fortnight. 11.00am-12.30pm Accessible Board Games Group:

Monday once a fortnight. 11.00am12.30pm

Balance and Chair Exercise: run by Xercise Haxby, weekly on Thursdays. 10.30am-12.00 noon

Boccia and Indoor Green Bowling, held at York District

Indoor Bowls Club: weekly on Wednesdays. 1.00-2.00pm

Indoor VI Tennis run by the York Disability Tennis Network (with a qualified coach), held at the University of York, York Sports Centre: weekly on Mondays. 11.30am-12.30pm

If you would like more information or would like to join any of these groups, then please contact Vicky on 01904 731124 or email vicky.smith@mysightyork.org