

YorView

The newsletter of MySight York

Autumn 2025



Members taking part in “Hands on History” as part of York Festival of Ideas. See page 15 for more details.

MySight York
live well with sight loss

Reg. Charity No: 1159188

R N I B
Visibly Better
Employer


Visionary
Supporting sight
loss organisations
Member
2025 - 2026

 **COMMUNITY
FUND**

YorView is the Newsletter of MySight York

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Editor: Barbara Fairs

From the Editor...

Hello and welcome to the Autumn newsletter.

As usual we have a packed schedule over the coming months, we hope you will be able to join us for at least some of these events.

Our AGM will be held on 22nd October at our office on Walmgate, please do let us know if you plan to attend to help with the catering numbers.

We are hosting an Open Day with Synapptic where you can get "hands on" with the latest tech. Bex also has some "quick wins" advice for your existing tach on page 18.

Vicky and Louise have lots of projects and activities in the coming months. Our regular activity update is on page 12, information on new groups is on page 13 and a chance to get involved in upcoming Community Connect Projects is on page 16.

We have fabulous news about Chris who is undertaking the Coast to Coast walk to raise funds for MySight York and an introduction to Ali, our new Income Generation Manager, on page 19.

And, as ever Deb and Bex run through the latest equipment on pages 10 and 11. Whatever, your interests, we hope you enjoy!

Barbara

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From the Chief Executive



Shaping Our Future – Together

This year marks the start of an exciting new chapter for all of us at MySight York. With your input, we have developed a new three-year strategy that will help us become more resilient, efficient, and effective, so we can continue meeting your needs now and in the future.

As part of this, we have made some important changes. One of these was ending our service at the York Community Stadium. The pilot there ran for a year and taught us something valuable: that people want to be met when it is right for them, in a place that is right for them.

Our “triangle of support” is still here for you. Two points will always stay the same: our Eye Clinic Liaison Officer (ECLO) service at York Hospital, and our welcoming HQ on Walmgate. The third point is flexible, moving to where you need us most, at venues within the community. This means we can give you the right help, in the right

place, at the right time.

We have also made some changes to our team. Three valued colleagues have moved on, and we are so grateful for everything they brought to MySight York.

At the same time, we are delighted to welcome two new team members, bringing fresh skills and energy to help us support you even better. Ali joined us as Income Generation Manager in July and Tanya will take on the Volunteer Coordinator role from September.

We have now fully settled into our new home, and we have been thrilled by your feedback. Many of you have told us how welcoming, accessible, and well equipped it feels; a space that really works for you and makes it easier for us to deliver our services.

Every change we make is about focusing our time and resources where they will make the biggest difference for you. Our commitment to expert, person centred support is as strong as ever. Together, we can make sure MySight York continues to grow and thrive over the next three years and beyond.

Thank you for being part of our community, you are at the heart of everything we do.

Scott
Chief Executive

Annual General Meeting 2025

Annual General Meeting

This year we will be hosting our Annual General Meeting on the first floor at our premises on Walmgate.

The AGM will be on **Wednesday 22nd October** and is free to attend. As usual, we will be offering light refreshments, so please let us know that you are coming to ensure we can cater for everyone. You can email us at hello@mysightyork.org or call us on 01904 63629 to book a place.

Agenda

10.00 Refreshments available
10.30 AGM
11.30 Question and Answer session
12.00 Light Refreshments
13.00 Close

The AGM is a chance to meet our Trustees and is an opportunity to hear about the work the organisation has been doing over the past year and our plans for the future and also for you to ask any questions you may have.

The current list of Trustees is as follows:

John Sole – Chair
Andrea Glover – Vice Chair
Caroline Clifford
Mike Crouch
Annette Gamston
Iain Mitchell
Beth O’Leary
Lisa Willcox

More information on the background of the Trustees can be found at <https://www.mysightyork.org/about/who-we-are/>

Consultation event

As advertised in our previous newsletter we ran four consultation events in June and July where the Board of Trustees shared their ideas for the future governance of the charity and those who attended were able to ask questions to gain a full understanding of the different models of governance.

Following on from feedback at these events, we are proposing to hold a further meeting online for anyone who was not able to attend earlier meetings or is unable to join us in person to ensure as many people as possible have the chance to take part in these discussions and ask any questions they may have.

This meeting will be held on **Tuesday 16th September 2025** at 10am and you will be able to join this meeting online via Teams.

To enable us to facilitate this please could you contact us on 01904 636269 to register your interest in this event so we can provide you with the Teams link to give you access to the meeting.

New Lipreading Classes commencing 16th September, hosted at MySight York

Do you or your family member or friend struggle to hear but haven't said much about it?

We know that when sight loss takes centre stage, hearing challenges can sometimes go unnoticed. That's why we're pleased to host a new **10-week lipreading course created and facilitated by Rachel Barber**, of Living for Moments.

These friendly sessions will help you:

- Recognise visible speech

patterns (lipshapes)

- Learn tips to manage hearing loss day to day
- Build confidence in communication

To find out more or register your interest, contact

rachel.barber@living4moments.co.uk or ring/WhatsApp 07379433707

As part of the **50+ Festival** there will be a taster session

Wednesday 24 September for lipreading and preceding this an open session from MySight York on sighted guiding skills for friends, family or supporters. Both of these events will take place at our premises on Walmgate.

Macular Disease Conference 2025



The Macular Society invites you to be part of its annual conference which is being held online on Saturday 13th September from 9.15am. It is free to attend; simply register in advance, and set yourself up on your laptop, tablet or smartphone on the day – you can even listen over your landline if you prefer.

Mr Luke Nicholson will be talking about new treatments for wet and dry age-related macular degeneration.

Associate Professor Winfried Amoaku will be running our My Macular and Me session for newly diagnosed people, their families, and friends/carers.

Dr Kenneth Fan will discuss the latest treatments and research into Stargardt disease.

To find out more about the programme or support to register contact the Macular Society on 0300 3030 111 or follow the link <https://www.macularsociety.org/support/events/conference/registration>

Changes to Telecare

If you or someone you know use the Telecare alarm system to call for help in an emergency then you are urged to contact your telecom provider ahead of the switch to digital landlines.

Telecom companies can offer support during the switchover, including sending engineers to help customers to carry out the switch and test connections of Telecare alarms to ensure it continues to work ahead of the move to a digital network.

Landline providers will also offer vulnerable customers a free battery back-up device so their landline can continue working in an outage.

Users of the Telecare system are urged to make themselves known to their provider, whether this be BT, Virgin Media, Talk Talk or one of the smaller providers, to ensure that nobody is overlooked.

With over 2 million people in the UK relying on Telecare it is vital that users of the system make contact with their provider to ensure their system continues to work.

Upcoming audio described performances

Grand Opera House

The Wizard of Oz, Sun 14 Sept
4pm

Inspector Morse: House of Ghosts, Sat 27 Sept 2.30pm

Six, Sat 18 Oct 2.30pm

Bugsy Malone, Sat 1 Nov 2.30pm

Sunny Afternoon, Wed 12 Nov
2.30pm

Cinderella, Mon 29 Dec 5.30pm

Access tickets can be booked by joining the Access Membership Scheme call 0333 009 5399 or visit atgtickets.com/access/contact-us

York Theatre Royal

Military Wives, Wed 24th Sept
7.30pm

Lost Atoms, Sat 11 Oct 2.30pm
Sleeping Beauty, Mon 29th Dec
5.30pm

For bookings and information call the access line on 01904 623568

Many performances are preceded by a touch tour which allows you to explore the set, props and costumes before an audio described performance to enhance your understanding of the performance. These must be booked in advance with the theatre.

Leeds Grand Theatre

Northern Ballet's production of Merlin will be audio described on Saturday 20th September at 2.30pm. For tickets or information call the access line on 0113 2053899.

Get more from your entertainment

Deb Wheller explains the various options available to enhance those trips out

Max Card

The RNIB are an approved partner of Max card – the UK's largest discount scheme for children with additional needs and can offer a free Max Card to any child or young person with vision impairment, giving access to discounted or free entry at hundreds of UK attractions. To order email the RNIB cypf@rnib.org.uk with Max card in the subject line or call 0303 123 9999.

CEA card

The CEA card is a national card scheme for UK cinemas that enables a person over the age of 5 to receive a complimentary ticket for someone to accompany them to the cinema free of charge if it is difficult to attend the cinema without being accompanied. To apply you will need proof of eligibility & a photo. It costs £6.50 per year and you can choose to apply or renew online or by post. To check your eligibility visit <https://www.ceacard.co.uk/eligibility> Email info@ceacard.co.uk or ring 01244 52 6016

VocalEyes For listings of audio described performances and events at theatre and heritage site around the UK visit <https://vocaleyeyes.co.uk/whats-on>

VocalEyes provide Audio Description (AD) & Touch Tours performances at theatres across the UK. Audio Description (AD) is described as additional spoken commentary between dialogue to describe what is happening. AD offers you a live verbal commentary that gives you more understanding of what is happening on the stage. It adds to your understanding of the visual elements such as body language, expressions, character appearance and movement by describing what's happening on stage. The commentary is broadcast by accredited Audio describers through individual headsets, making it completely unnoticed by other audience members, they are free to use and are picked up at the box office before the start of the performance.

The **MobileConnect** system at ATG theatres is an assistive listening application that streams audio over WiFi to smartphones or tablets. Audience members who are connected to the app will hear a live feed of the onstage performance on stage, with audio description if attending an audio described performance, through a head set or your digital hearing aids. For more information visit atgtickets.com/access

Assisted Travel Support

Train operator Northern has launched a new service to provide information and guidance for anyone who needs a helping hand when travelling by train.

The service will be run by a new team - many of whom have lived experience of travelling with disabilities. Open to anybody who needs help, the team will be able to help with a wide range of queries and are able to provide real time assistance to help resolve any unexpected situations.

Available through WhatsApp on **07779 914800** from 6am to 11pm, seven days a week, the dedicated travel support team is on hand to assist customers with everything from journey planning and disruption updates, to resolving issues with pre-booked assistance.

Northern's Assisted Travel Support team can help with:

- Passenger assistance: booking support before travel, and explaining what to expect at each stage of the journey
- Disruption alerts: changes which affect planned journeys, such as train cancellations or station faults
- Help during the journey: locating assistance at stations or on board trains
- Complaints and feedback: investigating, sharing feedback and offering resolutions

Alex Hornby, commercial and customer director at Northern said: "We are on a mission to ensure our railway is accessible and as easy to use as possible. Through our commitment to continually innovate, and to listen to what our customers want, we are doing all we can to take the stress out of travelling by train by offering help at every step of the way.

"Our new Assisted Travel Support team are really excited to get started and their main purpose is to ensure all customers feel confident and supported during their journey. Whether you have a disability, feel anxious, or simply need some help or advice, our new team and this new service is here for anybody who needs it."

The launch of the new service follows a trial of new priority seating areas onboard trains with clearer markings and another trial in Lancashire which aims to bring confidence to older and disabled people by allowing them to alert the conductor on board in advance where they need assistance. The service has been developed and tested in partnership with Northern's Accessibility User Group (NAUG). Customers without a smartphone can access the Assisted Travel Service by calling **0800 138 5560**. More details can be found at <https://www.northernrailway.co.uk/help/assisted-travel-support>.

Deb and Bex give us an update on new equipment

We have several new pieces of equipment from Synapptic who will also be joining us for an Open Day on 15th October—see page 20. If you would like to explore any of these items further then please come along to the Open Day or make an appointment with Deb or Bex on 01904 636269.

Synapptic USB speaker V3

This new USB speaker from Synapptic features high contrast, yellow on black, tactile buttons. Simple button layout. Basic features include skipping a track forward and back, volume up and down and play/ pause. The difference between the new V3 and the previous versions is that this has the ability to fast forward and backwards through a track. This is also able to be used with headphones. This model has an upgrade to the buttons; the play / pause button now has a handy red tactile bump on it, so it stands out from the other buttons. With great sound quality you will hear prompts for actions taken, including telling you when the device has low battery.

The device will bookmark where you play and pause your audio, even if you turn the power off mid-sentence. If you are not enjoying your current book, you are easily able to press a button and cycle through the available books,

giving you the freedom to navigate to the book of your choice.

Price £51



Synapptic Large Print Bluetooth Keyboard, £65

This high contrast versatile keyboard can be used with any PC, laptop, tablet, iPad or even a phone with Bluetooth connectivity. The Keyboard is compatible with Mac OS, IOS, Android and Windows. Its slim and compact design means it is easily portable and light weight, suitable to carry with your portable devices. Its dimensions are: 284 x 122 x 6mm. The keyboard uses 2x AAA batteries and has a good battery life, so there is no need for recharge cables.

It comes in a range of 4 different colours to suit your high contrast choices:

Yellow on Black
Black on Yellow
White on Black
Black on White

The keyboard connects via Bluetooth, once connected you can seamlessly switch between using the Bluetooth keyboard and the onscreen keyboard. If you struggle to use the touchscreen keyboard, this device may be worth exploring. Or if you simply prefer typing on a physical keyboard, this may be the device for you.

Synapptic watch

Synapptic has designed the first ever fully accessible smartwatch, designed specifically for people with sight loss. Available in two versions, LITE and PLUS. Both versions are high contrast, speaking watches which will help you stay independent. The two versions are:

The LITE is a basic version which has high contrast, large text and speaks out what is on the face. It will tell the time/date, set alarms and timers and is customisable. You can customise the colour schemes on the watch also has different strap colours available. £149

The PLUS has all the basic features of the LITE, with the addition of the ability to monitor steps, heart rate, calories burned and the ability to make and receive calls and messages. Create voice memos and check the weather. This requires a SIM card but not a separate phone. The PLUS version also has a handy SOS feature, allowing you to set up an emergency call to access at your fingertips. £299

Just as with the LITE, the PLUS is customizable, and you can buy additional strap colours.



Optima Go2 LED pocket magnifier

The GO2 Pocket Magnifier is a new compact, easy-to-use magnifier. Ideal for outdoor use, it's perfect for reading prices, menus, and information on the go. Its discreet design easily fits into your pocket or bag, making it a functional and subtle companion for shopping, travel, or daily errands.

The simple sliding mechanism allows automatic on/off illumination when you expose the lens and protects the lens from scratching or damage when out and about. The magnifier has a soft carry case and a handy lanyard for added portability. Magnification available in 2.5x, 4x, 6x Price £21.99



Regular Activities

By Louise Calpin

Louise provides us with a round-up of the current regular activities.

Connecting with others is key to living well with sight loss. At MySight York, we offer a variety of groups and activities to bring people together, provide support, and share experiences. Whether you prefer meeting in person or by phone, we have something for everyone.

Support with MySight - If you're new to sight loss, or simply need a supportive space, this group is for you. Meets every other month on the first Monday afternoon. In person.

Hybrid Discussion Group or Telephone Discussion - Topics often include a thread connecting back to lived experience with sight loss. On the second Wednesday morning, of every other month, alternating with each other. Upon occasion, guest speakers are invited.

Accessible Board Games - Accessible dominos, cards, scrabble and much more. Monday, weekly.

Knit and Natter - A friendly group for those who love to knit (and natter). Twice a month.

Audio Book Group - The group discusses a different book each session. Monthly.

Telephone Quiz - An enjoyable way to spend time with friends, old and new. Last Friday of the month.

Chair Exercise - run by Xercise Haxby at MySight York premises. Weekly.

Chair Tai Chi - run by UK Tai Chi via Zoom, at MySight York premises. Weekly.

VI Tennis - run by a York Disability Tennis Network qualified coach, held at the University of York, York Sports Centre. Supported by MySight York volunteers. Weekly.

VI Golf – Hosted at York Golf Club, players follow the same rules as all golfers, with a few minor adjustments. Booking is essential. Monthly.

Cuppa and a Chorus – Hosted at The National Centre for Early Music. Booking is essential. Monthly.

If you are interested in joining any of our groups, or require further information, please contact Louise louise.calpin@mysightyork.org or call 01904 636269.

New Groups and Projects

Louise Calpin brings us news of potential new activities, projects and support groups for you to get involved with at MySight York.

Knit and Natter

Our Knit and Natter group has been hard at work on two exciting projects for the upcoming Christmas season. The group is once again creating decorations for a Christmas tree to be displayed on MySight York's tree at the annual Christmas Tree Festival at York Minster. The sight loss related theme the group have chosen for this year's tree is "Bigger, Brighter, Bolder," and the group are already busy creating a wonderful array of decorations to fit the theme.

In addition to our tree at York Minster, the group are also working with Treasurer's House. This year, they will be decorating one of the rooms at the historic house for Christmas, adding their special, handmade touch to the festive decor.

Want to contribute or join our knitting group?

If you'd like to get involved and contribute to these wonderful projects, please contact Louise for more information.

Email:

Louise.Calpin@mysightyork.org

Telephone: 01904 636269

Tactile Treasures (working title!) Potential Crafting Group

Do you enjoy the satisfaction of creating something yourself?

We are considering starting a new craft group for our members, and we want to hear from you! The crafts don't have to be tactile, we want our group to be about what works best for you. Examples could be painting or creative writing.

We'd love to hear from you! If you're interested in joining a craft group, please email Louise.Calpin@mysightyork.org or call 01904 636269 to let me know.

Be sure to mention what kind of crafts you're interested in. Your feedback will help to shape this group!

Esme's Friends

Esme's is our peer-support group for anyone who experiences visual hallucinations as a result of sight loss (also known as Charles Bonnet Syndrome). This group is hybrid (in person or telephone option) and will be on the second Tuesday of every month.

If you are interested in joining, please contact Louise on 01904 636269.

Community Connect—Heritage Projects

Vicky Colombi gives us a round-up of recent heritage projects

Our Community Connect Project, which is funded by the National Lottery Reaching Communities Fund, allows us to consult with members about access requirements at local venues and leisure facilities.

Access to museums and heritage experiences was high on the agenda during the consultation process and as a result, we have worked with many local organisations and their heritage projects this summer while they work to achieve their Sight Loss Friendly in York status.

Consultation group tours and experiences have taken place with the follow organisations,

Battle of Stamford Bridge Tapestry 1066 Project Museum

This was a unique opportunity to immerse ourselves in the stories and artistry of these historical pieces and comment on the museum's accessible adjustments made as result of our working together. We'd also like to thank the talented volunteer embroiderers and museum curators.

One participant commented, "Through the accessible efforts made by the museum, I could

almost travel through time and hear the clinking of the swords."

Sight Loss Saunter, St Anthony's Garden,

We were grateful to be hosted by York Conservation Trust for an exploration of the sensory gardens at St Anthony Hall. Tenants of the surrounding historic buildings generously opened their doors, offering our group a rare opportunity to experience and consult upon these unique spaces.

Participants thoroughly enjoyed the day with one saying, "These experiences open up your life, open new doors."



Highlights included, a visit to Thin Ice Press, a University of York initiative preserving traditional printmaking. A relaxed lunch in the garden, where members independently explored and assessed accessibility. A live

performance by Vanessa Simmons from Trinity Church, who composed a piece especially for the occasion with one person commenting, "The music was a lovely addition."

And to close, a fascinating tour of York Ghosts Dispensary, home the iconic 8cm cast ghost ornaments. "I've been here 30 years and have never experienced this oasis of calm in the city."

Hands on History, York Festival of Ideas

This workshop, led by archaeologist and broadcaster, Julian Richards, was a powerful reminder of how history can be made accessible and immersive. From tactile timelines made of knotted string to feel for points in history, to the sounds of flint being struck, echoing ancient techniques unheard for millennia - every element was crafted to bring the past to life through touch and sound. A heartfelt thank you to York Festival of Ideas for their commitment to inclusion, and to Julian for his thoughtful, passionate delivery and infectious enthusiasm.

Those who took part found the experience both enjoyable and interesting. One said, "It was lovely to feel the craftwork and tools, the skill that had gone into their creation - you couldn't get over it. Julian made it so interesting."

Indoor Dig for children and young people, York Festival of Ideas. Led, once again, by Julian and supported by CYC Specialist Teaching Team. This hands-on session transformed an imagined archaeological site into a fully accessible, tactile learning experience. Carefully adapted to meet the haptic needs of participants, the workshop offered a unique opportunity to explore history through touch and imagination.

"At first, I wondered how such a seemingly academic subject could hold my child's attention for the duration of the session. It was then that I discovered that the workshop engaged my child throughout and enabled him to fully participate."



In every instance, we have been thanked for our feedback and informed that any advice from participants would be taken on-board. All organisations will be providing information on the adjustments to their service or experience as part of their, soon to be attained, 'Sight Loss Friendly' status.

Upcoming Community Connect Projects

As part of the Community Connect Project, funded by the National Lottery Reaching Communities Fund, we will be running the following one-off events.

If you would like to take part in any of the events then please book via vicky.colombi@mysightyork.org or call 01904 731124.

We encourage those that participate to become consultants for the project and comment upon the accessibility of venues, services and activities that we visit.

4th, 11th, 18th, 25th Sept 4:00 – 5:30pm – **After School Adapted Cycling** for children and young people with a vision impairment and their families. This event is run in collaboration with 'Get Cycling' and 'Pathways to Pedals' at York Sport Village.

10th Sept, 12:30pm -1:30pm **Holy Trinity Church Tour. Join us for a** consultation as part of Churches Conservation Trust, Open Heritage Days. The focus group will be on offer before opening for public tours on the 19th and 20th September. For more information, please read the article on page 17.

24th Sept, 12 noon – 1pm **Sighted Guide Training for Friends and Family** of people with Sight Loss as part of the 50+ Festival at MySight York office in Wamlgate. Discover practical tips to

confidently guide a friend or loved one with sight loss, enhancing their independence in everyday settings, perfect for those needing occasional support in changing light or diverse environments. Please note: "Living 4 Moments" **Lipreading Taster** for the 50+ Festival will follow in the same venue 2-3pm

30th Sept **Try the Train with TransPennine Express** plus consultation. This is an opportunity to travel together, at no cost, in a small group to experience booking assistance 20 minutes before a train journey at York Train Station and then take a trip to Malton Station 'Whistle Stop Café' to enjoy a light lunch and discuss the experience and feedback with your comments to the TransPennine Express team.

17th and 23rd October 10:30 – 2pm. **Living Well with Sight Loss.** Have you or a family member been diagnosed with sight loss? Share experiences with others in similar situations and get practical advice and information. These free, informal courses aim to help you increase your independence, boost your confidence and connect with others to share experiences.

Through our sessions you'll get practical advice, information and guidance on our services and those available in the wider community. Free lunch provided.

Holy Trinity Church

MySight York was recently approached by Gemma, the Site Coordinator at Holy Trinity Church on Goodramgate, to work with them to improve accessibility at the church.

Gemma said:

“When a partially sighted member of the audience who had come to one of our carol concerts first pointed out how good our venue could be for those with sight loss, it was a little bit difficult to believe. Our floors are uneven and light levels are low with most of the illumination being provided by candles.

However, we also have high-sided box pews which house seating that faces every which way. These place the focus squarely on listening rather than seeing. In fact, they can cause problems with sightlines. Was there something here that was worth exploring further? Could we work together with those with sight loss to make Holy Trinity Goodramgate not only a more welcoming place, but to actually learn how to make a virtue out of one of our largest issues as a venue?

That is exactly what we will be working with MySight York to achieve. The first phase will be to create a sensory tour to be reviewed by MySight York consultant volunteers which will allow our visitors to experience this

unique place in a whole new way. This will take place on 10th September (see page 16).

For Heritage Open Days, on 19 and 20 September, we will present a tour that engages your senses of hearing, touch and smell. The hope is that this will make for a more sight loss friendly and immersive trip around our 800 year old building - smelling the incense and herbs which will take you back to the building's foundation, hearing about the beauty and history of the East Window through audio description and holding real archaeological discoveries made on site. The tour will be open to everyone (those with sight and those without) and can be booked now:

www.heritageopendays.org.uk/submission-event/making-sense-sensory-tour-of-holy-trinity-goodramgate-york.html

Looking ahead, we are hoping to work over the next few years to update the information that we provide at Holy Trinity. We would like to use the lessons from preparing this tour, as well as the training that we will be receiving from MySight York through working towards their ‘Sight Loss Friendly in York’ status programme, to improve our social media and guiding skills. We are striving to ensure that our welcome is more inclusive and welcoming for years to come.”

Bex Wood gives us some hints, tips and quick wins


Everyday technology, like smartphones and tablets, can offer quick wins for people who are struggling with sight loss. Often just a few simple changes to settings or even the exploration of a new app can make a big difference. The following are a couple of simple changes that can be made to make the use of your device more comfortable for you, whether it be an Android or Apple device:

Making the wallpaper simple and contrasting.


Having a photo of loved ones on your screen can be nice but it can also be distracting, and make your icons difficult to see. Simply changing this to a solid contrasting colour, such as black, can make a big difference.

To do this:

Android:

Go to Settings  → Wallpapers and Style → Change Wallpapers → Gallery (to access camera photos) or Colours (for block colours).

Apple:

Go to Settings  → Wallpaper → Add new wallpaper → Colour → select the desired colour → click Set in the top right corner.

Light or dark theme

Do you find reading black writing on a white background hurts your eyes? Does it make the screen


glare to an uncomfortable level to read? A simple change that can be made is to change the phones settings to change the theme of your phone. You can have your phone set to Light mode, which is black text on a white background, or Dark theme, white text on a black background.

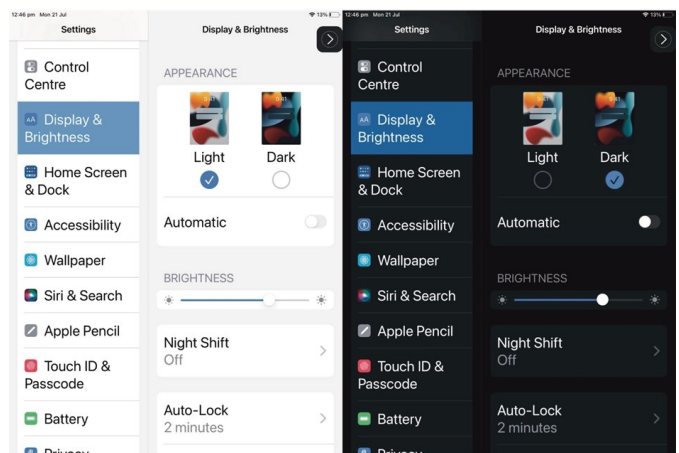
To do this:

Android:

Go to Settings  → Display → the simply select Light or Dark mode

Apple:

Go to Settings  → Display and Brightness → select Dark or Light mode to switch On



If you would like to explore more quick wins, accessibility settings or apps which may be helpful, please call Bex on 01904 636 269 to book an appointment. Friday is a dedicated Tech support day where Bex will be available, by appointment, to support you in exploring your device and your needs.

Fundraising News

Fundraising thank yous and a new face on the team...

Louise wishes to extend a huge thank you to everyone who supported MySight York's teddy tombolas at the York Dragon Boat Race and York Pride! Whether this was through the donation of soft toys or for our volunteers who supported the running of our stalls. Your generosity helps us continue our vital work. An extra special thank you goes to Gareth and Kaizen Car Care for their fantastic raffle, which was also held at York Pride and raised much-needed funds for our charity. £323 was raised in total across all of these stalls.



Louise is wearing a high vis vest stood next to Gareth holding a MySight York donation bucket.

Introducing our new Income Generation Manager

In early July, Ali joined us as our new Income Generation Manager. Ali has worked in fundraising for nearly a decade, with eight of those years working for disability charities. Born and raised in York, Ali will be using her local

knowledge to make connections with the community and local businesses as well as organising some fantastic events for everyone to get stuck into.

Watch out for the opportunity to take part in new fundraising events.

Chris' Coast to Coast

MySight York member, Chris, took on a mammoth challenge to raise money for MySight York. On the 9th August he set off from St Bees on the west coast of Cumberland, and walked all the way to Robin Hoods Bay near Whitby. Chris has been fundraising both on his own and at events for a few months. From an auction to model train shows, his fundraising efforts so far have raised over £5,000! If you would like to support Chris go to <https://www.justgiving.com/page/coops-c2c>

A huge well done and an even bigger thank you to you, Chris!



Chris's son on top a very tall hill

Synapptic Open Day



Open Day 15th October

10am – 3 pm at MySight York offices on Walmgate

Come and join us for another Tech Day where you can explore and try out a range of products from Synapptic. For more information on some of their products see page 10 of this newsletter

Synapptic are a company based in the North East and have technology which is available across a wide range of devices, including smartwatches, phones and tablets. For phones and tablets, they also offer software only – ready to download to an existing device.

Devices such as:

A portable USB speaker for your talking books

High contrast large button Bluetooth keyboards for your devices

Software to make your mobile or tablet easier to use by making the interface simpler, bigger and bolder. These devices will also speak aloud your actions.

Synapptic's New fully accessible smartwatch which comes in 2 models.

