



SELBY DISTRICT VISION

OUTREACH

Spring 2018

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Equipment-Information-Resource

Parking Space. Easy Access. Disabled Facilities

**Unit 12, The Prospect Centre,
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Independent Registered Charity number 1149391

Happy New Year to you all and welcome to your Spring 2018 issue of The Outreach News. 2017 was a great year for SDV, with lots of exciting opportunities happening and continued support throughout the district for those living with a visual impairment.

The coming year is set to be just as exciting and as we look ahead, we continue to be grateful for all of the encouragement and support we receive, which helps to keep our activities and services running.

Selby District Vision Website

Our website has had a facelift and is now able to provide you all with more information than ever. Do check it out at:
www.selbydistrictvision.co.uk.

SDV Easter Closing Dates

The office will be closed on Friday 30th March and Monday 2nd April for the Easter bank holiday weekend.

♪♪♪ The Selby District Vision Charity Concert at Selby Abbey ♪♪♪

**The Otley Brass Band, supported by the Selby Music Centre
Saturday 10th March, starts 7:30pm
(doors open at 6:30pm)**

The 'Chairman's Charity Concert', organised by John Cattnach in March 2015, as part of his work as Selby District Council Chairman, was a wonderful and incredibly successful event. Now, as Chairman of Selby District Vision, John has been busy again, making it possible for this extraordinary event to happen once more.

The Otley Brass Band has welcomed the opportunity to perform again at the Abbey, a wonderfully historical setting, with fantastic acoustics, to raise funds for Selby District Vision. Supporting them will be the Selby Music Centre, a centre for musical excellence in the Selby area, giving us the opportunity to experience

our local musical talent performing live.

Tickets are just £6 each

With a concessionary price available at just £4 (for over 65s, under 16s and those with a disability)

Every penny from ticket sales will come to Selby District Vision and aid us in our work. In addition, there will be a raffle on the night, with an excellent number of quality prizes.

Selby Abbey will be providing refreshments - wine, tea and coffee; proceeds of which will support the Abbey's invaluable work.

We would love to see as many of you there as possible. If you would like to purchase tickets for this exciting opportunity, please do pop into the office or call us on: 01757 709800.

Tickets are also available from the Selby Abbey shop and via the Otley Brass Band for those in that area.

Fundraising

We are in need of volunteers to be a part of our fundraising group. The group is informal and fun, meeting to plan community fundraising events and opportunities throughout the year.

If you would be interested in helping by joining the group, please contact Michelle on 01757 709800.

Collection Success.

Our thanks to Selby Tesco and everyone who volunteered to help us at our collection day before Christmas. We raised a brilliant £175

We are always in need of donations towards our regular tombolas and raffles. Any contributions would be gratefully received. If you are unable to deliver to our office, please let us know and we may be able to collect. Many thanks.

Join Our 100 Club

We will soon be entering a new year for our popular 100 Club and have some numbers spare. As part of our fundraising efforts we

run the club, with two cash prizes each month. The year runs from April 2018 to March 2019 and for just £12 a year you could win our monthly cash prize of: £20.00 1st prize or £10.00 2nd prize. If you or anyone you know would like to join please contact us to find out which numbers are still available on 01757 709800. You've got to be in it to win it!

100 Club winners:

November

L Heseltine

C Pearman

December

J Brooksbank

M Wolforth

January

C Pearman

N Sutcliffe

A Helpful Tip

If you're struggling to see things more closely whilst in the bathroom, for example when putting makeup on, try using a magnification mirror. These can be very helpful and are available from most chemists. Do you have any tips you would like to share? If so, please let us know:- on 01757 709800.

Our Resource Centre

We have a wide selection of daily living equipment on display in our Resource Centre, at the Prospect Centre, Prospect Way, Selby (near the new big Home Bargains). Do feel free to pop in and see us or ideally give us a call to make an appointment to come in and we can ensure that someone is available to assist you: 01757 709800.

IT4VIPs Support Group

Information technology for visually impaired people

Our touchscreen technology support group is a fantastic opportunity for an informal and social meeting, to share ideas, hints and tips on IT.

The sessions will be starting again this year on Thursday 8th March, and will run once a month between - 10.30am – 12.30pm at the Prospect Centre.

Due to limited space, if you are interested in coming along, please contact us as soon as possible to book a place. Each session costs just £3.

More information can be found on our website, simply go to:

www.selbydistrictvision.co.uk
and visit the 'IT4VIPs' page, found under 'About Us'.

Individual Training

Our fantastic IT Volunteer is also our dedicated computer trainer, who can offer one-to-one sessions, with laptop and desktop software training, working with you at your own pace using software specifically designed for visually impaired computer users.

If you would be interested in finding out more about any of our IT opportunities, please contact us on – 01757 709800.

Calling All Gardeners! WE NEED YOU

We have an established and award-winning community garden on site at The Prospect Centre. As part of our 'Optimeyes' project, a team of visually impaired gardeners took a strip of council wasteland and transformed it into a flourishing community garden.

With spring finally on its way, the gardening group are hoping to get the garden underway once more and to start meeting regularly again to work on vegetable patches, flower pots and hanging baskets.

They would love to hear from anyone interested in gardening who would like to get involved. This is a wonderful opportunity to meet with friendly people and be part of a positive and rewarding project. The group would welcome anyone interested in joining in. Please call for details on 01757 709800.

Retinitis Pigmentosa Support Group

A number of our members, who have the eye condition Retinitis Pigmentosa, have set up a support group, for anyone living with retina related eye conditions.

The 2018 dates for this group will be:

**26th February, 21st May,
20th August and
26th November
1pm – 2:30pm, at the
Prospect Centre**

If you would be interested in being involved, please do come along to any of the sessions. If you would like to find out more or to discuss any transport issues, please call us on 01757 709800.

Selby Parkrun

The end of December saw the launch of Selby Parkrun, which is a free, timed 5K run, held every Saturday morning at Burn Airfield. These events are completely free to attend, and although they're called "runs", participants can run, jog or walk at whatever speed they wish, as long as they can finish the course under their own steam.

One of the key principles of parkrun is to make it as accessible to as many people as possible. To that end, organisers would like our readers and members to know, that amongst some of their regular participants, are a number of England Athletics Guide Runners - people who have undergone training and checks through England Athletics to allow them to act as guides to the visually impaired.

Therefore, if any blind or partially sighted people in the Selby area are interested in going along to run or walk the course, they would be delighted welcome you. If you are interested, or would like more information, please go to <https://www.facebook.com/selbyparkrun> or email selbyoffice@parkrun.com. If you would like to run with a guide, please let the parkrun team know in advance, then they can be sure that a guide will be available for you.

Autumn 17 - Three Quick Puzzles – Answers

- What has a head and a tail, but no body?

A Coin

- What gets wetter and wetter the more it dries?

A Towel

- What kind of room has no doors or windows?

A Mushroom

We try to ensure that all details are correct, but can accept no responsibility for changes and inaccuracies.

SDV Activities Programme

We offer a range of recreational activities across the Selby District, all supported by a fantastic team of volunteers. We currently have space for new members on all of the activities listed below.

We may also be able to help with transport - at a cost of just £5 for a return trip. Or we can help you to access the Selby Community Transport Scheme, if we have no volunteer drivers available.

Please get in touch if you would like more information about any of our activities.

Contact the office: 01757 709800 (info@selbydistrictvision.co.uk)

February 2018

What	When	Where
Craft Club	5 th Feb, 1.30 - 3.30pm	The Prospect Centre, SDV
Selby Audio Book Club	6 th Feb, 2 - 3.30pm	Selby Library, Micklegate (subject to library refurb)
Bowls Club	22 nd Feb, 2.30 - 4.30pm	Brayton Bowling Club, Baffam Lane, Brayton
Coffee Morning	24 th Feb, 10 - 11.30am	King's Church, New Lane, Selby
RP Support Group	26 th Feb, 1 - 2.30pm	The Prospect Centre, SDV
Vision Fit	27 th Feb, 12.15 - 2.15pm	Selby College, Abbot's Road
Friday Club	Weekly, 10.30am - 12.30pm	The Prospect Centre, SDV
Garden Group	As arranged weekly	The Prospect Centre, SDV

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March 2018

What	When	Where
Craft Club	12 th March, 1.30 – 3.30pm	The Prospect Centre, SDV
Selby Audio Book Club	6 th March, 2 – 3.30pm	Selby Library, Micklegate (subject to library refurb)
IT4VIPs	8 th March, 10.30am – 12.30pm	The Prospect Centre, SDV
Charity Concert	10 th March, 7.30pm	Selby Abbey
Macular Support Group	13 th March, 1 – 2.30pm	King's Church, New Ln, Selby
Coffee Morning	24 th March, 10 – 11.30am	King's Church, New Ln, Selby
Vision Fit	27 th March, 12.15 – 2.15pm	Selby College, Abbots Road
Bowls Club	29 th March, 2.30 – 4.30pm	Brayton Bowling Club, Baffam Lane, Brayton
Friday Club	Weekly, 10.30am – 12.30pm	The Prospect Centre, SDV
Garden Group	As arranged weekly	The Prospect Centre, SDV

April 2018

What	When	Where
Craft Club	9 th April, 1.30 – 3.30pm	The Prospect Centre, SDV
Selby Audio Book Club	3 rd April, 1.30 – 3.30pm	Selby Library, Micklegate (subject to library refurb)
IT4VIPs	12 th April, 10.30am – 12.30pm	The Prospect Centre, SDV
Vision Fit	24 th April, 12.15 – 2.15	Selby College, Abbots Road
Bowls Club	26 th April, 2.30 - 4.30pm	Brayton Bowling Club, Baffam Lane, Brayton
Coffee Morning	28 th April, 10 - 11.30am	King's Church, New Ln, Selby
Craft Club	30 th April, 1.30 - 3.30pm	The Prospect Centre, SDV
Friday Club	Weekly, 10.30am – 12.30pm	The Prospect Centre, SDV
Garden Group	As arranged weekly	The Prospect Centre, SDV



Selby District Vision

CHARITY CONCERT

at Selby Abbey

The Otley Brass Band will be supported by the Selby Music Centre



7.30 pm on Saturday
10th March 2016
The doors will open at 6.30 pm

Tickets:
Adults £6
Concessions £4

Tickets can be purchased from
The Selby Abbey Shop
The Selby District Vision office
or via Otley Brass Band



 Selby District Vision
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