

YorView

The newsletter of MySight York

Autumn 2024



Join our Community Connect project and make York a Sight Loss Friendly City. See page 14.

MySight York

live well with sight loss

Reg. Charity No: 1159188

R N I B

Visibly Better

Employer



Visionary

Winner 2023



**COMMUNITY
FUND**

YorView **is the Newsletter of** **MySight York**

14 Merchants Place
Merchantgate
York, YO1 9TU

Tel. 01904 636269

Email: hello@mysightyork.org

www.mysightyork.org

Chief Executive: Scott Jobson



**[www.facebook.com/
mysightyork](http://www.facebook.com/mysightyork)**



[@mysightyork](https://twitter.com/mysightyork)



**[www.linkedin.com/
company/mysight-
york](http://www.linkedin.com/company/mysight-york)**

YorView is published quarterly.
It is available in large print,
braille, audio (USB or CD) and at
www.mysightyork.org

Editor: Barbara Fairs

From the Editor...

Hello and welcome to the Autumn newsletter, although the weather is definitely more Summer feeling at present.

In this edition of YorView we have news of many new activities and events being undertaken as part of our Lottery funded Community Connect project, including a trip to Sight Village North East. There is also a chance to have a go at Blind Golf and events specifically for children.

We are still looking for people to become involved to help us make York more "sight loss friendly" so if you like the sound of one of the events on pages 14/15, then please do get in touch.

John, our Chair, also updates us on this year's AGM and some changes we are proposing to make to our constitution, see page 16 for full details.

We are also welcoming our newest staff member, Bex, who tells us a bit about herself and some of the latest developments in the world of accessible technology, including the new Tech Selector tool.

And, of course, no newsletter is complete without Deb's round up of equipment and information.

We hope you enjoy!

Barbara

In this issue

4 From the Chief Executive

Scott Jobson shares the view from the Chief's office

5 Sensory Services Contract

Scott Jobson updates us on the tender for sensory services

6 News in Brief

- ◆ Work experience student
- ◆ Volunteering at MySight York
- ◆ Office Closure dates

7 News in Brief contd.

- ◆ Glaucoma patient forum
- ◆ Audio Described dates

8 Equipment and Information Update

Deb Wheller gives us a round up of the latest equipment and top tips for managing your sight loss

10 Hello to Bex Wood

Our new staff member, Bex, introduces herself

11 Tech Selector Tool

Bex Wood takes a look at the new Tech Selector Tool

12 Community Connect Shared Story

Jasmine explains how Shared

Story works and how you can get involved

13 Families Corner

An update on events and activities for children and families

14 Community Connect Events

Vicky gives us a round up of the many events and activities coming up as part of Community Connect

15 Regular Activities

16 AGM and Looking Forward

Chair, John Sole, gives us information on this year's AGM and looks to the future

18 National Eye Health Week

Top tips on looking after your eyes

19 Fundraising News

Louise Calpin brings news of upcoming fundraising events

20 Sight Village North East

Information on our visit to Sight Village North East

From the Chief Executive



Dear Member

I'd like to take this opportunity to update you on an important development regarding our premises.

Our move from the Merchantgate building, initially announced in the spring, is progressing smoothly but as you're undoubtedly aware, there are many legal complexities with tenancy contracts.

I want to assure you that we are actively engaged in discussions with multiple landlords about securing new premises that will better serve our community. Unashamedly, we have a comprehensive list of requirements to ensure that the new location meets all our needs and allows us to continue providing the high-quality services you expect from MySight York. Our criteria include accessibility, convenience and a welcoming environment that supports our mission.

This strategic decision will help us reduce costs while maintaining a central presence, ensuring that we can support even more people in the city.

We are committed to making this transition as smooth as possible and minimising any disruption to our services. The process of finding a suitable new location is well underway, and we anticipate moving to a new premise within the next few months. Rest assured, we will communicate all the details to you as soon as everything is finalised.

I would also like to take this opportunity to thank you for your patience, understanding, and invaluable feedback during this period. Your suggestions and support have been instrumental in guiding our decisions and ensuring that we consider all aspects of your needs and preferences.

Our commitment to providing expert service remains unwavering, and we are here to support you every step of the way. Should you have any questions or concerns during this transition period, please do not hesitate to reach out to us. Your feedback and engagement are crucial as we navigate this exciting journey together.

Thank you once again for your continued support and commitment to MySight York. We are excited about the opportunities that this move will bring and look forward to sharing more information with you soon.

Scott

Sensory Services Contract

An update on the tender for the Sensory Service Contract

Many of you responded to the City of York Council consultation on sensory services that resulted in a tender process. After careful consideration and an extensive strategic review, where we assessed our capabilities against the tender's requirements and goals, we have decided not to submit a bid for the statutory dual sensory tender.

This decision was not made lightly and was based on our highly regarded reputation as the leading sight loss organisation across the region, and commitment to aligning our resources with what best serves our community, and not solely meeting contractual obligations.

We realised that the specific requirements and scope of the tender would divert our focus and resources from other crucial services that directly benefit you and other members of our community.

With a laser-focused aim to continue delivering high-quality, tailored support that addresses your needs more directly and effectively, we believe this decision will allow us to better serve you. By prioritising our core services, we can ensure that our efforts remain aligned with our mission and that we continue to offer the best

possible support to people living with sight loss in York.

Furthermore, a decision to tender for the dual sensory contract is likely to have involved a change to our constitution and the need to utilise charitable funds, further referenced in this newsletter by our Chair John Sole.

By undertaking the analysis of the tender process, it has highlighted a pressing need for transformation into a more agile, dynamic, and responsive organisation with the ability to act swiftly and decisively in response to emerging needs and opportunities.

Everyone here at MySight York would like to express our deepest gratitude to all members who participated in the consultation process. Your feedback and contributions were invaluable in helping us make an informed and thought out decision.

Once again, thank you for your involvement, ongoing support, and trust. We are committed to keeping you informed and involved in all significant decisions that affect the services we offer. If you have any questions or need further information, please do not hesitate to reach out.

Scott

Thomas – Work Experience (Year 10)

My name is Thomas and I undertook a week's work experience at MySight York. During my placement, I attended a Visually Impaired Tennis session. The members of the VI Tennis group had lots of fun. I really enjoyed taking part and I was impressed at how good the group were at tennis. It was interesting to discover how the game is adapted, with each person figuring out where the ball was due to the noise it made.



VI Tennis takes place every Monday at the University of York Sports Centre Indoor Tennis Courts, Heslington Campus. If you are interested in joining VI Tennis, please contact Lydia on Lydia.wrightson@mysightyork.org or phone 01904 731 128.

Volunteering at MySight York

The first week in June is National Volunteers' Week, a time to celebrate our volunteers and the difference they make.

All volunteers whether they volunteer for 2 hours a week or 2 hours a year help make a difference to our clients and organisation. Without volunteers we would not be able to provide all the services that we do. Did you know that during 2023/2024 our volunteers have carried out over 726 befriending calls or visits giving up over 830 hours of their time and helped us run 368 activity sessions? That's amazing!

Louise, along with 2 volunteers Brenda and Glynis, had the privilege of being asked to attend York CVS's Volunteers' Week Celebrations, an afternoon dedicated to honouring York's volunteers

It is important to us that we say thank you so each year as part of National Volunteers' Week we hold a volunteer party. If you would like to join our team of volunteers please get in touch with Catherine to discuss what training you would need to undertake. We are looking for befrienders and volunteers to help transport and set up equipment for fundraising events.

Office Closure Dates:

Monday 26th and Tuesday 27th August—Bank Holiday

AGM Thursday 14th November

GLAUCOMA PATIENT FORUM

Your glaucoma questions answered

York Eye Clinic, York Hospital
12th September 2024
5pm-6pm

Light refreshments will be provided



Everyone welcome

If you would like to join us, please email:

yhs-tr.YorkGlaucomaForum@nhs.net or call 01904 725206

Scan the QR code to find out about
our eye department and services

Audio Described Dates

**The following performances will all
be audio described at York
theatres**

York Theatre Royal

Box Office 01904 623568

Little Women, Saturday 5th October,
2.30pm

Wonder Boy, Sat 2nd November
2.30pm

Aladdin, Sat 28th December at
2.30pm and 7.00pm

Grand Opera House

To book call 0333 009 5399 for
Accessibility Assistance

School of Rock, Sat 21st September
2.30pm

Awful Auntie, Sat 28th September
2.30pm

Only Fools and Horses the Musical,
Wed 16th October 2.30pm

The Rocky Horror Show, Wed 23rd
October 8pm

101 Dalmations the Musical, Sat 9th
November 2pm

Nativity, Sat 30th November 2.30pm

Beauty and the Beast, Fri 27th
December 5.30pm

Equipment and Information Update

Deb Wheller gives a round-up of the latest equipment

Greetings Cards

RNIB & Hallmark have come together to design a range of greeting cards which are both colourful and tactile. Printed on high quality cardboard they feature bold, clear, high contrast and tactile designs with simple and legible font with uncontracted braille on the front of the design.

They come with a hallmark branded envelope and can be sent as standard post, they can also be sent through the Articles for the Blind scheme. With cards for sons, daughters, mothers, fathers, granddads and grandmas, friends, love and congratulations, all you have to do is remember the occasion!

Price £2.00



RNIB Thick-lined A4 coloured paper

Find your concentration colour. A new range of paper created to help you focus as well as making it easier for you to write and read back your own writing. Available in

five pastel colours – green, pink, orange, lilac and blue – each sheet is 80gsm paper, the lines are 0.2cm thick and 1.3cm apart.

Price per pack of 25 sheets £3.50

Price per pack of 50 sheets £4.00

Small, simple and affordable

Liquid Level Indicator £11.25

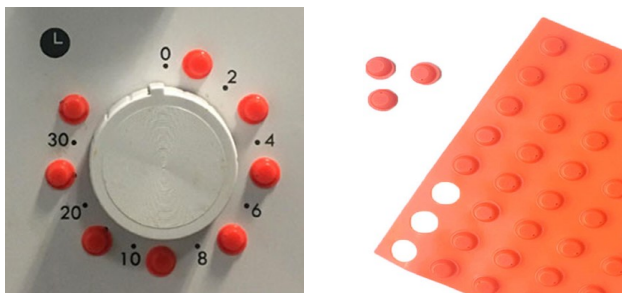
This compact, lightweight device helps you know when your cup or glass is full. It has three metal prongs which when hooked over the side of the cup indicate that you are nearing the top by triggering audible alerts. The first alerts you to stop pouring, the second tells you when the cup is near full.



Bumperstops (previously known as bump ons)

Finding the off/on, temperature or time positions on a cooker or washing machine can be frustrating and at times worrying, if you struggle there is a simple low cost solution.

Bumperstops are small raised, adhesive dots that can be used on different surfaces. For example you could place them on your favourite temperatures or settings and are ideal for marking equipment around your home, or office. 10p each



Dycem non slip one meter roll

Available in red, blue or yellow this roll enable you to create grippers, mats or shelf liners for your fridge and cupboards making them more visible. **Dycem jar openers** fit in the palm of your hand and increase your grip on stubborn lids.

Important Safety Notice

RNIB has recalled the wireless charging pad supplied with their Accord USB player (DH472) after discovering that in some instances it may overheat and cause a fire. The charging pad is a disc shape with a clear outer and black and red inner. **Please stop using this charger.**

The RNIB will provide a new safe replacement pad which works with the player and we have a supply here to swap with yours. Please get in touch if you have an Accord

player and would like some support to obtain the new charger or if you are concerned and want to discuss further.

In the meantime the Accord player is safe to use by charging it using the USB C port on top of the device but should NOT be charged using the pad.

Your “eureka moment”

Do you have a piece of equipment, or coping strategy that you’d like to share with others, something that has transformed how you carry out a task? Would you like to share your hints or tips with others? With over 1,500 people receiving the newsletter each quarter we’d love to hear from you and feature your suggestion so others can benefit from “your eureka moment”.

My difficulty

I was wasting toothpaste each time I tried to load my toothbrush with toothpaste. I kept missing and it was falling into the sink wasting time, creating frustration and wasting money.

The solution that worked for me

It was suggested to me that the toothbrush was only carrying the toothpaste into my mouth and why not pop the toothpaste straight into my mouth. I now use a toothpaste pump dispenser and press once into my mouth, I then use my toothbrush as normal. A simple and free solution—eureka!

Our new staff member, Bex Wood introduces herself

Hi, I am Bex, the Receptionist/Administrator at MySight York. I have used a number of the MySight York services over the years and have always found the team to be friendly, understanding and informative.

I have a disease called Stargardt's Disease, which is the juvenile form of Macular Degeneration. There is currently no cure. Over the years I have volunteered for some medical research studies to help aid research into eye diseases.

I am looking forward to being an integral part of the team here at MySight York, I am always more than happy to share my experiences regarding sight loss and talk with people about my own eye disease. I am a firm believer in the more people that know about hidden disabilities, the more change and acceptance will occur.

In my spare time I am a digital artist and illustrator, I am currently creating my own designs to print onto bags and clothing. I do most of my art using an iPad and Apple pencil as I find it to have great accessibility features. I also use the age old method of pen and pencil art with watercolor's using magnifiers to aid. Art is my method of self-care, it helps me relax and enjoy just making marks on a page. When I do this I also like to

play with other mediums and have dabbled in a number of art styles, which is always fun! In the future I hope to create some tactile art pieces.

I also enjoy hiking, I plan to do another of the Yorkshire 3 Peaks next year, the gym, swimming, films and TV and video games. I have volunteered to be part of the RNIB's Design For Every Gamer testing panel and forums to help make gaming more accessible in the future, another area which I am passionate about.

Over the coming weeks Bex will be researching accessible technology and reporting on new apps, software and hardware that is available to assist visually impaired people.

She will have a regular page in the newsletter with the latest information and she will be available for one to one appointments in the equipment and information centre to help you make the most of your existing phone or tablet or find out what products are available to help you make best use of your sight.

For tech advice or to make an appointment please call 01904 636269.

Tech Selector Tool

Bex Wood takes a look at the Tech Selector tool

Guide Dogs UK has recently launched a new web based tool to help people with visual impairments find the right piece of technology for their needs. Guide Dogs UK has worked with a wide range of sight loss sector partners as well as those with lived sight loss experience to find solutions for daily life problems.

Technology has become a vital part of most people's day to day lives, however, navigating the ever changing landscape of technology can be difficult. From knowing what the right piece of hardware is to deciding if an app is real or fake can be so difficult these days. There are so many things to choose from, and sometimes they are so expensive, you don't want to make the wrong choices.

The Tech Selector page has been put together with these things in mind. The technology and apps on this site have been tried and tested for you already and come with a handy and honest description of what they will be good for, and why they might not be useful. You can navigate the site easily by selecting what aspects of daily life you would like something to help with.

They include technology to help with getting out and about or being more independent at home, leisure,

health and wellbeing, reading, working, studying or staying in touch.

The site features a products ranging from free apps to the technology with all the bells and whistles on them. I decided to give some of the free apps a try and see how they compared to the apps I was already using. I specifically selected the option to view the free technology, which brought me a list of apps that have no initial cost. Some I already use but there were a couple I didn't, so I gave them a whirl.

All in all I found the Tech Selector site very useful, I now have a couple more apps in my toolkit at no extra cost. As far as hardware goes, Tech Selector gives you enough information to compare items and make an informed decision about products and hopefully make the right choices for you. A great site, lots of useful information and easy to navigate.

If you would like some help using the Tech Selector tool or general information on how to make your own phone or tablet more accessible then please contact us to arrange an appointment with Bex on 01904 636269 or email hello@mysightyork.org

Community Connect—Shared Story

by Jasmine from Shared Story CIC

I've always loved stories and in my teenage years, I was diagnosed with Best's disease, a form of macular degeneration. Last year I became one of the directors of Shared Story, a Community Interest Company. Shared Story was born from the belief that everyone has the right to read for pleasure and that books have the power to connect us as humans. In our 'Not a Book Club' groups, a facilitator reads aloud short stories, extracts from books and poems. There's time for the group to chat about what's been read but it's also fine just to listen and there's nothing to prepare beforehand.

Before our first group started, we got in touch with MySight York for advice on how to make what we were offering as accessible as possible to people living with sight loss. Louise told us about the Community Connect project which we enrolled in.

We were also invited to deliver a taster session at MySight York to get members feedback on this. It was Shared Story's first ever session and will feel special for a long time. I was so nervous but was immediately put at ease by the lovely people in the room. I remember really laughing as a lady told us about an old guide dog who had been accompanying her through the market. Unbeknownst

to her, he was also happily helping himself to all the pasties on display...

I shared with the group an extract from 'Late Light' by Michael Malay about an old coal mine that has been reclaimed by nature. Group members along with Louise and Vicky gave a lot of practical advice on accessibility from setting up the room, to making people aware of different things in the environment to how the text could be clearer.

The session itself and the advice we were given following is something I think about and return to a lot so thank you to everyone who came - you were all so welcoming and supportive. Thank you also to Louise and Vicky for their guidance throughout the Community Connect project

Our next 'Not a Book Club' group starts on Thursday the 19th of September and will take place every Thursday for 12 weeks between 10.30-11.45 in the meeting room at Hungate Reading Cafe. The group is free but please get in touch to book your place - we're very friendly and would love to see you there!

For more information email hello@sharedstory.org.uk or call 07895702241.

Families Corner

An update on events and activities for children and families

Cycling for Children and Families



The specialist team for Visually Impaired children along with Toy Like Me, MySight York, Get Cycling and Everybody's Cycling, will be running September Cycling Sessions for Children and Families at York Sports Village Cycle Track using adapted bikes. Funding is provided by The National Lottery Community Fund, as part of the Community Connect Project, and Awards for All as part of Ride My Way.

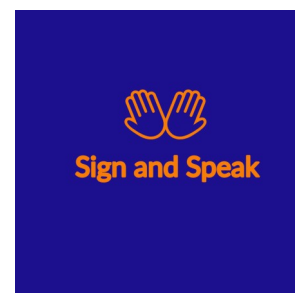
The sessions take place on Fridays in September after school, 4pm until 5.30pm on the following dates: 6th, 13th, 20th, 27th September. To be involved, please contact lydia.wrightson@mysightyork.org or call 01904 636 269

Sensory Story Sacks for Families

We are creating new Super Sensory Story Sacks, in conjunction with the specialist team for Visually Impaired children, Toy Like Me and Speak and Sign.

These will be available from MySight York premises or through the Specialist teaching team or Haxby Library. The sacks are funded by The National Lottery Community Fund, as part of the Community Connect Project and Awards for All, Play My Way.

Current Sensory Story Sacks are available to loan free of charge by going to your local library in York or by going to the Explore York Toy Library online and by typing MySight York in the search.



'Celebrating Abilities' organised by York City Council

Have a Go Experience of Sports for Children with Disabilities 27th Aug – 1st September 2024 at York Sport, University of York To find out more please contact: lydia.wrightson@mysightyork.org or call 01904 636 269



Community Connect Events



Community Connect enables you to participate in exciting events, either regularly or as a one-time experience, it gives you the chance to advise on accessibility and inclusivity for local venues and activities. As a consultant, you can innovate with us to help York evolve into a Sight Loss Friendly City.

6th Sept - Vision Tech York

Location: The Riverside Centre, 187-189 Huntington Road, York. YO31 9BP

Time: 10.00am until 3.00pm

VisionTech York enables visitors to find out more information about the latest technology, equipment and support services available to people who are blind or partially sighted.

13th Sept – Treasurer’s House Consultation Visit **Please book with MySight York**

Location: Minster Yard, York, North Yorkshire, YO1 7JL

Time: 10:30am – 1:00pm

This is an opportunity to consult on the ‘Touch Tour’ for the Treasurer’s

House. Please note, many stairs and dark environments to protect exhibits.

24th Sept – North East Sight Village

Please book coach with MySight York

Location: Royal Armouries, Royal Armouries, Leeds, LS10 1LT

Time: This is a full-day excursion. Meet for 9am, coach setting off at 9:30am from York, depart 3.30pm from Leeds.

Transport is free, but donations are welcome.

If you or a family member have sight loss, this could be a great opportunity for you to experience and discover the latest types of technology, equipment and support services available to people who are blind or partially sighted.

26th Sept – Sight Loss Saunter – St Anthony’s Garden Sensory Garden Consultation

Please book with MySight York

Location: St Anthony’s Garden, Peaseholme Green, York YO1 7PW

Time: 10:30am start.

Come experience the York Conservation Trust’s hidden sensory garden in the centre of York and comment on your experience over tea, coffee and cake.

11th Oct – Have a Go Day, Blind Golf Taster Session

Please book through MySight York

Times: to be confirmed
Come and join the England & Wales Blind Golf Charity to try out your drive.



MySight York's Living Well with Sight Loss Sessions.

Date: 18th Oct and 25th Oct
Time and Location: tbc

Our 2 Free consecutive 'Living Well with Sight Loss' sessions offer you the opportunity to meet other people who may be new to sight loss or experiencing recent changes.

You'll get practical advice, information and guidance on organisations, products and services.

Contact
vicky.colombi@mysightyork.org or
call 01904 636 269 to get involved in
Community Connect Activities.

Regular Activities

Below is a list of the regular groups and sessions

Coffee Morning Discussion Group:
Face to face (with telephone option),
Wednesdays alternate months

Audio Book Group, face to face
and Zoom, Tuesday, monthly

Support with MySight, face to face
with telephone option, Mondays
alternate months

Telephone Speakers Group,
Mondays alternate months

Visually Impaired Tennis at
University of York Sports Centre,
Mondays, weekly

Esme's Friends (Charles Bonnet
Support group), face to face with
telephone option, Tuesdays, monthly

Chair based **Tai Chi**, alternate
Mondays

Accessible board games,
alternate Mondays

Chair exercise run by Xercise
Fitness of Haxby, Thursdays, weekly

Knit and Natter face to face group,
Tuesdays twice a month

Call Lydia on 01904 636269 for
more information.

AGM and Looking Forward

By John Sole, Chair of MySight York

Dear Members and Supporters,

Since I wrote to you last autumn outlining our Urgent Appeal, your support, and generosity, along with funding from Trusts and Foundations and some substantial legacies has helped our team to work miracles to bring MySight York into a financially stable position and now we can plan for the future.

No stone has been left unturned to ensure a sustainable future, including looking at our governance arrangements. MySight York is governed by its articles of association registered with the Charity Commission. The articles describe who we can support, where we operate and how we must make decisions including the number of Trustees.

After a thorough review, we are proposing to change MySight York Charitable Incorporated Organisation from an Associate model to a Foundation model.

The difference is who can make changes to the articles.

Why are we proposing this?

Under the current Associate model, any change must be proposed and voted on at a general meeting by the voting membership. Any change being made under an

Associate model or a Foundation model, must also be agreed by the Charity Commission before coming into force.

The current articles have served us well, however times are changing and we need to be able to quickly react to opportunities, as mentioned in Scott's article on page 5 which discusses our decision on the tender for York's sensory services. This has highlighted the need to change to a Foundation Model. As this was a Dual Sensory Contract we would have needed to change our articles to include Hearing Loss to be able to submit a Tender. To hold consultations with our Membership, arrange and hold a general meeting and then wait for authorisation from the Charity Commission meant that the time this would take was greater than the time available to submit the tender.

What is the proposed change?

Our aim is to move from decisions being made by the membership at an Annual General Meeting, to one where the Trustees make the decision in the best interest of MySight York as is their duty, whenever opportunities arise.

The benefits:

The foundation model will enable MySight York to react more effectively to opportunities to deliver services, on our own or in partnership, and to secure the necessary funding and contracts to provide comprehensive support to those who need it most. Adopting this new model, with its streamlined governance and potential for stronger financial stability, positions charities like ours to meet the rigorous demands of funders.

Transitioning to a foundation model will allow us to centralise decision-making processes, making them more efficient and responsive to the needs of our beneficiaries. This model also facilitates stronger partnerships with local authorities and other stakeholders, enhancing our capacity to deliver high-quality, impactful services.

We understand that this change might raise questions and concerns among our members. Therefore, we are committed to maintaining open lines of communication throughout this process. We will be hosting an information session and Q&A forum to discuss the benefits and implications of this transition in detail in October. If you would like to attend then please call on 01904 636269 to book your place.

At this year's AGM, being held at the Quaker Friends Meeting House, Friargate on Thursday 14th November. We will be putting

forward a motion to change from an associate model to a foundation model. This will be by an open vote of members present and the outcome will be determined by the majority vote.

Your continued support and engagement are vital as we embark on this transformative journey. Together, we can build a stronger, more resilient MySight York, ready to meet the future's challenges and opportunities head-on.

Warm regards,
John

Annual General Meeting

As mentioned, we will be holding our AGM on **Thursday 14th November** at the Quaker Friends Meeting House, Friargate.

The AGM is a free event and 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
10.00 AGM
11.30 Question and Answer session
12.00 Light Refreshments
12.45 Close

We hope to see you there.

National Eye Health Week

Vision Matters—Monday 23rd—Sunday 29th September

This year National Eye Health Week will take place from 23-29 September and it is a timely reminder of the importance of good eye health and regular eye tests for everyone.

Regular sight checks

Did you know that there are around 2 million people in the UK living with sight loss severe enough to impact their daily lives and half of this sight loss is preventable?

A sight test does not just check if your vision needs to be corrected with glasses or contact lenses, it can also detect signs of certain eye conditions as well as health conditions such as high blood pressure and diabetes.

You are entitled to a free eye test if you are under 18 and still in full-time education, over 60, registered blind or partially sighted, if you have been advised you are at risk of glaucoma or if you are in receipt of certain benefits. If you are eligible for a free NHS sight test but are unable to leave your home unaccompanied because of a physical or mental illness or disability, you may be entitled to an NHS funded sight test at home.

Looking after your eyes

As well as having your eyes checked, it is important to take care of your eyes to keep them as

healthy as possible.

Diet

Studies show that anti-oxidants can help to prevent retinal damage so for good eye health the following foods are recommended:

- Broad leaf greens like kale or spinach
- Brightly coloured fruit and veg like carrots, peppers and oranges
- Oily fish like salmon, tuna or mackerel
- Broccoli
- Eggs

Exercise

Exercise is an important factor in helping to reduce the risk of sight loss, particularly for people over the age of 60.

Alcohol

Excessive alcohol consumption can lead to serious health conditions and have a detrimental effect on eye health.

Smoking

After ageing, smoking is the biggest risk for developing macular degeneration and increased risk of cataracts.

The Sun

Protect your eyes from the sun by wearing sunglasses and never look directly at the sun.

Fundraising News

By Louise Calpin (Community Engagement Officer)

Thank You!

Firstly, I would like to begin by saying a huge thank you to our supporters who donated so many lovely teddy bears and soft toys for the Teddy Tombola at the North Bank Gala (Dragon Boat Race). An additional thank you to Tesco Clifton Moor who asked their local community to donate to the teddy appeal. I'm pleased to report we raised £138.07 from the Teddy Tombola, which is great considering the weather on the day.



York Minster's Christmas Tree Festival 2024

We are delighted that MySight York has been invited to participate at this year's Christmas Tree Festival, at York Minster. Our knitting group, members and volunteers really enjoyed creating knitted decorations last year, so we've chosen the same theme. As we like to be friendly to the environment, we will be re-using some of the decorations from last year. If you

wish to make some more for this year, for the tree or for stalls in the lead up to Christmas, please do so! Your help and support is greatly appreciated.

Fundraising Volunteers—we need you!

As I'm settling back into Community Fundraising, I will be contacting our existing fundraising volunteers but we are always looking for more people to join us. Could you help with finding homes for or collecting money from our Pink Elephant collection tins, help at store collections, or fundraising stalls in the community? If so please get in touch.

Upcoming Stalls

York Hospital, on Friday 13th September (information stall and knitting sale) 9am—2pm

York Hospital, on Friday 29th November (information stall and Christmas themed kitting/handmade cards), 9am—2pm

If you have any questions, queries or fundraising ideas, please contact Louise on 01904 636269 or email

louise.calpin@mysightyork.org

Coach Trip to Sight Village North East

MySight York are arranging a coach trip to Sight Village North East as a part of York 50+ Festival 2024



Date: Tuesday 24 September 2024

Venue: Royal Armouries, Royal Armouries, Leeds, LS10 1LT

This is a full-day excursion.

Meet for 9am, coach setting off at 9:30am from York, departing from Leeds at 3.30pm.

Transport is free, but donations are welcome.

Booking is essential! For meeting point location and to book a space on the coach, please call: 010904 636269

Email: lydia.wrightson@mysightyork.org

Admission: FREE

If you or a family member have sight loss, this could be a great opportunity for you to experience and discover the latest types of technology, equipment and support services available to people who are blind or partially sighted.

You are welcome to bring a family member or friend, or we can provide a sighted guide if required.

Individuals are welcome to pre-book and independently make their own way. Sight Village is open from 9.30am to 3.30pm.