

MySight York - Volunteering Extra

Autumn 2024

Welcome from Catherine

I always seem to start our newsletter by saying that lots has happened in the last few months, however this is exactly what has happened again. Volunteer training, a social, attendance at a volunteer celebration at York CVS, an increase in Talking Space sessions, activities, fundraising events and lots of befriending chats and visits. The world may seem uncertain at the moment but what I am certain about is that as a team of volunteers you will continue to make a big difference to our members.

Catherine Bamford, Volunteer and Befriending Service Manager

Befriending Update

The befriending service has gone from strength to strength over the last quarter with 4 new befriending relationships starting. We recruited 2 new befrienders in July, Dave and David who are hoping to be matched in the next few weeks. Our team of befrienders continue to provide an excellent service to their clients. Between April and June 2024, as a team, they have made over 80 visits, 130 calls and donated over 175 hours of their time. Thank You.

An Update From Vicky

On my return, you will find that I have a new name. I have now adopted the Italian surname of Colombi, meaning Doves. As well as helping at our regular activity events, volunteers have helped members take part in Aromalabs and a Starbucks Sensory Coffee Tasting workshop. Consultations of all our activities are taking place which will help shape future activities.

A special thank you goes out to our treasured volunteer, Jo for dedicating four years of volunteering service to our Telephone Quiz. For creatively taking the time to construct the questions, for mastering our telephone system and for leading the entertaining sessions on the last Friday of every month. A huge thank you Jo for the quiz and for all your other volunteering activities since you started in 2013.



(Jo making a special appearance at the Christmas Party)

Can You Help With Our Community Connect Events?

You may have read in the main newsletter that the Community Connect project has some upcoming events. The Community Connect project enables our members to participate in exciting events, either regularly or as a one-time experience and gives them the opportunity to advise on the accessibility and inclusivity of the activity and venue. We are looking for volunteers to support members to become involved in helping York evolve into a Sight Loss Friendly City. You will be most welcome to provide feedback from a supporters view point if you wish. If you have had sighted guiding training and would like to help out please contact Vicky. The events are:

13th Sept, 10:30am to 1:00pm, Treasurer's House Touch Tour Consultation Visit, Minster Yard, York, YO1 7JL.

24th Sept, 9am to 3.30pm, North East Sight Village, Royal Armouries, Leeds, LS10 1LT. This is a full day event, meeting in York at 9am to get the coach and return back to York on the coach that departs Leeds at 3.30pm

26th September, 10.30am, finish time to be confirmed, Sight Loss Saunter, St Anthony's Garden Sensory Garden, Peaseholme Green, York YO1 7PW.

11th October (York venue and times to be confirmed) Have a Go Day, Blind Golf Taster Session. No golfing experience is necessary.

If you are interested in helping at part or all of the event (North East Sight Village is a full day) or want more information please contact Vicky.

National Volunteers Week

In June we held our annual volunteer social to celebrate National Volunteers Week. The theme for the quiz was summer, a bad choice it turned out, as the weather did not reflect the theme. It was great to see volunteers enjoying the quiz and eating cake. We definitely have some competitive volunteers and of course a competitive Chief Executive Scott who always seems to be on the winning team.



Volunteers at our Thank You party

York CVS Volunteering Event an Update from Louise

During National Volunteers Week, Louise, along with long time volunteers Glynis (plus Guide Dog, Piers) and Brenda, represented MySight York at this celebration event at The Guildhall. The celebration brought together volunteers from various charities across the City to honour their invaluable contributions. The event opened with a talk from York CVS,

Accessible Arts and Media introduced their Hands and Voices choir, which supports adults with communication and learning difficulties to communicate through music and performance. Attendees were then treated to a delicious afternoon tea before the event concluded with a fun quiz, though we didn't score very highly.

Thank You From Louise

Much like Vicky, you may have noticed my name change as I also recently got married. I would like to extend my heartfelt gratitude to all of the volunteers who've offered their support, particularly over the past year whilst I was covering Vicky's maternity leave. We are deeply appreciative of the time, energy and passion you bring, whether this has been through supporting activities, fundraising stalls or initially through the beginning of the Community Connect project.

Calling All Fundraising Volunteers

If you have previously helped with fundraising or wish to start then Louise would love to hear from you. We have 2 remaining stalls already planned both at York Hospital; Friday 13th September from 9am to 2pm (help is still needed for 9am-12noon) and Friday 29th November, 9am – 2pm (help is still needed for 9am-12noon). If you can help with either of these stalls, or have any suggestions on further fundraising ideas please contact Louise.

Volunteer Spotlight - Heather

I started to volunteer at MySight York

in 2019 after visiting MySight York with my long-time friend who has sight loss. My friend had wanted someone to accompany her to the E&I centre and to activities. We now do lots together, going on coach trips, attend the Post Office Veterans and Associates groups and bingo. We are often mistaken for sisters (known as the Terrible Twins).

I have 2 daughters and I like gardening sewing, knitting and colouring in. Before retiring I was a Chef by trade and I was the Deputy Manageress at Theatre Royal.

My volunteering involves me helping with the 'Knit and Natter' group. During lockdown I volunteered with the Keeping in Touch project.



Heather (on the left) and her good friend Jean

Afternoon Tea

We would like to invite you all to our Volunteer Afternoon Tea on Thursday 7th November from 2pm to 3.30pm at Friargate Quaker Meeting House, Friargate, York, YO1 9RL. The first week in November is National Befriending Week and we like to use the opportunity to thank all our volunteers regardless of how they help. As this is an external venue it is essential that you book in advance. Contact Catherine to book a place.

A to Z of Conversation Starters

Our befrienders are great at conversations with their clients. Sometimes it can be difficult, especially at the beginning of a relationship, to find something to talk about. We are pulling together an A-Z of topics/questions to help the conversation get started. If you have any ideas (especially for XYZ) please let Catherine know.

Anniversaries

Since our last newsletter we have had some volunteers celebrating a 5 year anniversary. Heather Nelis celebrates 5 years and both Eleanor Tew and Jennifer Frost celebrate 10 years. Thank you!

Dates For Your Diary

7th November 2pm to 3.30pm
Volunteer Afternoon Tea, Friargate Meeting House, Friargate, York, YO1 9RL. Booking is essential.

Our offices will be closed for bank holiday on the 26th and 27th August and will reopen on Wednesday 28th August.

Contacts

Volunteering and Befriending Catherine Bamford

Volunteer and Befriending Service Manager
01904 731122
catherine.bamford@mysightyork.org
(Tuesday to Friday)

Community Connect/Activities

Vicky Colombi
Community Involvement Officer
01904 731124
Vicky.colombi@mysightyork.org
(Monday to Friday)

Fundraising

Louise Calpin

Community Engagement Officer
01904 731126
louise.calpin@mysightyork.org
(Monday to Friday)

Home Connections and Talking Space

Deb Wheller

Early Intervention and Sight Loss Advisor
01904 731125
deborah.wheller@mysightyork.org
(Monday to Friday)

Main Office

01904 636269
hello@mysightyork.org
14 Merchants Place, Merchantgate,
York, YO1 9TU

MySight York
live well with sight loss



Member 2024