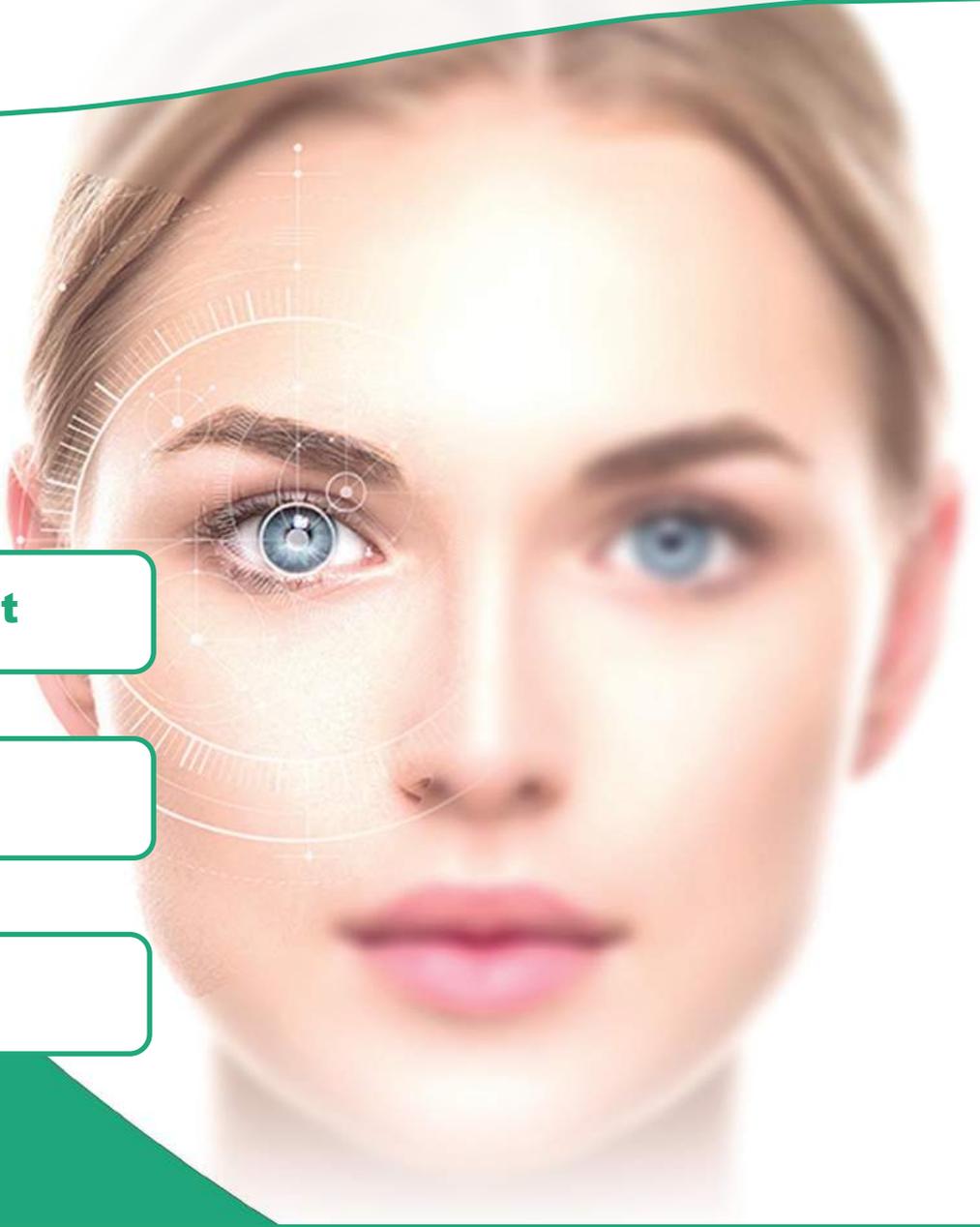


insight

Spring/Summer 2018



Outreach Mobile Unit

Race Night

New Tinnitus Group


Wilberforce
Making life better when sight is worse

YORSIGHT

 **YOR|SENSORY**
Providing support for sight and hearing loss

Welcome to our Spring Insight

Philippa Crowther - CEO



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The snow has now all disappeared thankfully, but last week I listened to Lucy Edwards who works for BBC Ouch explain how she dreads the snow. Lucy dreads it for different reasons to some of us who worry about travel disruption, getting out and about. Lucy dreads it because she is blind and Olga her dog has a much harder time keeping her safe (watch 2nd February BBC news) How inspirational she is at making us aware of these important difficulties.

Spring is arriving, we hope, and we start to look at all the things you love to do and get involved with. Gardens, holidays, garden parties to name just a few. Sue's article on her garden makes me want to plan to plant all those wonderful fragrant, silky petal flowers of summer.

The team of volunteers and fundraising folks have so much planned for fun, team spirit, challenges and entertainment that it's hard to keep up with them. Thank you to them all, raising the all-important funds to help us to provide those all-inclusive services for sensory loss.

The Mobile Sensory Unit, which I know is excitingly anticipated. Make sure you visit when it comes to your area.

The Connect Café for Sensory Loss Clients, with guest speakers, continues to welcome new and familiar friends to get involved with discussing important subjects and to share in the fun with the raffle and refreshments.

Mobile Unit Launches



On the 6th February we were joined by the Rt Hon the Lord Mayor of York, Councillor Barbara Boyce who launched our Yorsensory Outreach Unit at our hub in Huntington.

During the opening we conducted tours of the unit and of our Sensory Services Hub which opened last April.

The hub is a facility where people can come to receive support and information about living with sight loss, hearing loss or both. It is home to a state of the art equipment demonstration centre, regular support sessions and our team of professionals, community sensory advisors, rehabilitation and technology officers

The outreach unit is an extension of the hub and will enable us to help and support people within their communities. Taking the services from the Yorsensory hub out to people who these types of services are difficult to access.

Dates and venues will be posted once we have them. If you need advice and support in the meanwhile please call our Yorsensory team on 01904 202292

The babies and children sensory sessions continue to go from strength to strength and we are looking forward to designing potential new facilities as we outgrow the sensory class space. Let us hear your thoughts.

To all those organisations that are coming together with us to enhance the Sensory Services, three that stand out for this newsletter are;

The York Literature Festival for the accessible poetry event, partnerships like these make a real difference. So my thanks to the festival organisers in recognising accessibility for all and to the fundraisers for raising the sponsorship monies.

In partnership with the British Tinnitus Association, we are now a registered support group. I look forward to seeing many of you at the group meeting in May.

The Blind Veterans who can provide in depth expertise to ex Service Men and Women. See their website for Shaun, Simons and Rays stories and the difference Blind Veterans expertise and understanding of ex service personnel has made to their lives.

Thank you to everyone who is working with us to change peoples lives with Sensory Loss.

Enjoy spring

Philippa

Hub Opening Hours

The Yorsensory hub opening hours have changed.

The hub will be open Monday to Friday, however the hours have changed to suit the needs of our clients. The hub opening hours are now

10am – 3pm, Monday – Friday.

Yorsensory professionals can be contacted by phone and email 9am – 5pm, Monday to Friday for advice and support. The Yorsensory Mobile Unit will be making it's way into the community very soon.



Mobile Unit on the Move

Unfortunately due to the recent adverse weather the Yorsensory Outreach Mobile Unit was unable to make it's first visit out to West Offices.

This visit will be rescheduled and going forward the Yorsensory Outreach Mobile Unit will visit various locations, which will be available to view on our website once the dates are confirmed.

Our outreach professionals held a half day service, thank you to Oaken Grove Community Centre for hosting us. We hope to hold other sessions shortly. The team saw thirteen people helping with guidance, information and equipment demonstration.

The mobile unit has a soundproof consultation room, equipment demonstration and is staffed by our experienced team of advisors and volunteers.

Please keep checking the website for dates and venues and let us know if you have any suggestion of where this service would be welcomed



<http://yorsensory.org.uk/outreach-service/>

Visit our Resource Centre

We have worked hard to make our resource centre a place where you can get friendly and informative help. We have a range of devices for sight loss or hearing-impaired people to try. Over the last few months we have been building our collection of new technology products.

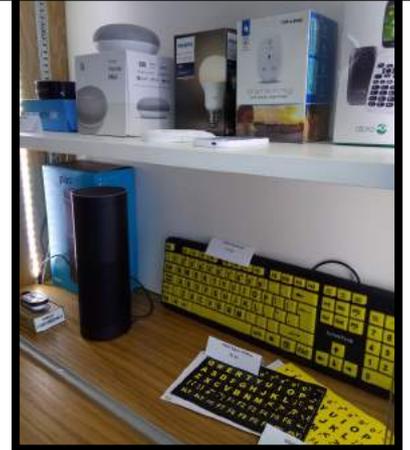
Technology can sometimes move very quickly.

Sometimes you may feel like it's passing you by and you feel a little lost. How do you know what might be useful? Is technology expensive? How can I learn how to use it? Here at the trust, we have many new and useful technology products for you to try. This way you don't need to buy something and worry that it may not be right for you or your home. We also have an expert in the field who can guide you in a friendly way to understand what different technologies can do.

Lately, we have been focusing on personal assistants and we have a large range of assistant style devices. Come in and ask Alexa something – what's the weather like or what's in the news. Or maybe you're curious about 'Ok Google'.

We can also demonstrate:

- how you can control a switch with your voice, to turn things on or off,
- 'dropping in' on a friend or family through the Dot
- advanced smartphone settings
- other specialist systems, synaptic
- doro phone
- keyboards
- headphones



FREE technology drop-ins: Monthly, First and Third Tuesdays
One-to-one sessions with our expert for exactly your needs: £20 per hour

Tinnitus Support Group

Tinnitus is a ringing or buzzing in the ears, that has no external source. It affects one in ten people in the UK.

The sounds you may hear can vary in degree from person to person, the noises can cover a range of sounds, the frequency and pitch can be at different levels and it can be disruptive or not. The sounds can manifest in one ear, or both. If you are concerned about a ringing in your ear you should talk to your GP.

(T)

**British Tinnitus
Association**

Registered Tinnitus
Support Group

“Tinnitus is very common and is reported in all age groups, even young children. About 30% of people will experience tinnitus at some point in their lives but the number of people who live with persistent tinnitus is approximately 10%. Tinnitus is more common in people who have hearing loss or other ear problems, but it can also be found in people with normal hearing.”

[Taken from the British Tinnitus website](#)

If you experience Tinnitus you may not know who to talk to. Friends and family may not understand what you are experiencing. We are pleased to be one of the British Tinnitus Association's registered support groups.

The group aims to offer support by meeting and sharing your story with people who understand because they've been there themselves.

In partnership with the British Tinnitus Association we will be holding a Tinnitus Support group on the 11th May, we hope to see you there.

To find out more information about the group please call Cathy Woodward on 01904 202292.

Connect Cafe

Connect Café returns on the 24th May. There is no confirmed speaker for this yet, but please keep an eye on the website and our social media accounts for further details.

As per previous cafes there will be a guest speaker, refreshments and a raffle.



York Literature Festival - Poetry for All

The Wilberforce Trust are very proud to be part of the superb York Literature Festival this year. We teamed up with the festival organisers to present an accessible poetry event, including a BSL interpreter.

Poetry for All – Accessible Poetry



New this year, we're offering poetry for everyone: A British Sign Language (BSL) interpreter, big screen projection of poems submitted in advance, assistive animals – including guide dogs and hearing dogs for the deaf – and carers welcome!

Featured poets: Raymond Antrobus, Donna Williams (DeafFirefly), and York's own Imogen Godwin!

Hosted by Fay Roberts & Rose Drew. Contact 07914271871 for information and to book a 3-4 min slot.

A limited number of FREE carer tickets are available to this event.



In association with 

Join us for our Race Night

On Sat 14 April 2018 the Wilberforce Trust will be holding its very own Charity Race Night ahead of the opening of the flat season at York Race Course in May.

Enjoy a night at our virtual races, with a pie and pea supper and welcome drink for just £12.50 per ticket.

This is sure to be a great night, dress up, bring you friends and come along and have some fun.

Fifty percent of all bets from the evening go to our charity with the remaining going to the those who have placed the bets

Tickets are available from the Wilberforce Trust reception (01904 760037), Huntington Working Men's Club, who are hosting the event, and very soon also at "Visit York" in Museum Street.



Call for Cyclists

Do you love cycling? Are you keen for a challenge?

Could you ride the Prudential RideLondon London-Surrey 100. Prudential RideLondon is the world's greatest festival of cycling, with more than 100,000 cyclists expected to participate during the weekend of weekend of 27-29 July 2018.

We have secured a place to take part in the ride.

If you are interested in riding or know someone who would be then please contact Anne Parkinson **01904 760037**.

Find out more about the ride on the Prudential London website

<https://www.prudentialridelondon.co.uk/>



Please donate as you shop

Do you shop online? You can raise money for the Wilberforce Trust every time you buy just by shopping through our easyfundraising page, and it's completely free!

Easyfundraising is the simplest way to raise money for the Wilberforce Trust. Shop with any of over 3,300 well-known retailers via the easyfundraising website and a percentage of what you spend is passed to us to help local people with sight and hearing loss at no additional cost to you.

Retailers include Amazon, M&S, Vodafone, eBay, Tesco, Viking and many more.

Please register to support us today

<https://www.easyfundraising.org.uk/causes/wilberforcetrust/>



Great North Run

The Great North Run was first staged in 1981 and this annual UK half marathon is now officially the biggest in the world.

This year we're very excited about the Simplyhealth Great North Run as three fabulous members of our staff team have places and will be raising money for the Wilberforce Trust. Jane, Martin and Emma from our Yorsensory team will be taking up the challenge in Newcastle with 57,000 other runners.

As they start training we'll be wishing them well and providing plenty of moral support to get them through the days ahead. It may not be easy but it will certainly be worth it.

We'll be setting up fundraising pages through Virgin Money Giving for them nearer the time so you can sponsor them and help raise money for local people with sight and hearing loss.

The 2018 Simplyhealth Great North Run takes place on Sunday 9 September.



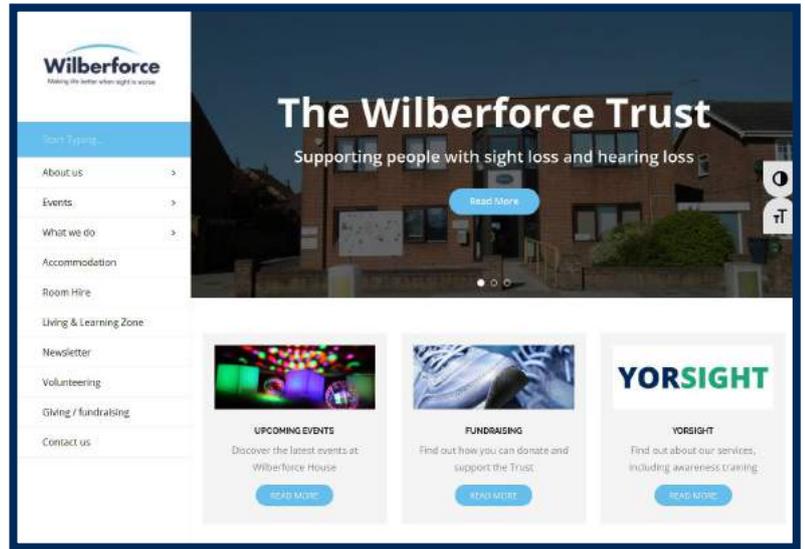
New look website for 2018

With the coming of the Yorsensory Mobile Unit we thought it was time to update and refresh our logo.

The new logo takes elements of the old and has brought it forward for a new generation. Keeping our distinctive blue colour and tag line.

Alongside this we have updated our websites with a new look for 2018.

The new look is set to simplify and freshen up the website.



If you see any issues, or have any concerns please let us know.

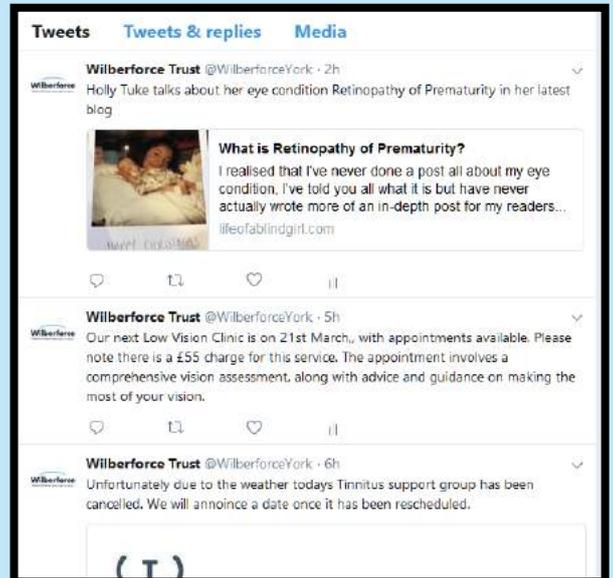
Thanks to all our followers

We would like to say a huge thank you to all our followers on facebook and twitter.

If you would like to keep in touch with what we are up to, join in with our activities or stay informed on changes in the world of sight and hearing loss then find us on twitter and facebook.

<https://twitter.com/WilberforceYork>

<https://www.facebook.com/TheWilberforceTrust/>



How lovely to have a garden!



An article from Sue....

I live in a house with a garden and it is a big garden. We have a back garden and a front garden. In the back garden I planted some strawberries and in the front garden we have an apple tree. In the back garden we have a big table and all around the garden there is flowers and herbs in pots. We have rhubarb in the front garden as well. So there is a couple of things that we have.

We have gardeners coming around to take care of the garden. They cut the grass, they tidy up and they try and pick the weeds out. When it's summer we water the garden and then when it's winter the rain waters them. We only water plants in summer after the sun goes down though.

I like lavender in my garden because it makes it smell nice. I also like roses in the garden. We have herbs in our garden, sometimes we use them for cooking, we have: rosemary and thyme (just like the movie!). We have apples in the front garden and they are healthy and good for your teeth. We also use apples to make an apple cake or apple sauce. You can mix apple sauce with yoghurt and have a healthy pudding. We also have rhubarb in the front garden and we use it for cakes as well.

We use a big table at the back for when we have picnics. It is lovely to eat outside but not in winter weather! Only in summer when it's warm. We sometimes just sit outside there in the sunshine. That's good for you because you can get your vitamin D – and you have it for free as you don't have to pay for sunshine! Remember to put sunscreen on before you go out in the sun.

We got some nice singing birds in the garden. I like listening to birds singing, my favourite bird is Blue-tit. We are planning to get a birdfeeder to try and help the birds to make it through the winter.

It's lovely to have a garden and enjoy it. It takes a bit of work but having a garden is totally worth it!

If you would like to send something in to be included in Insight then please talk to the teams in the houses or email b.spence@wilberforcetrust.org.uk

You could feature in the next edition so get telling those stories!

Sensory Sessions at Wilberforce

We run regular sensory sessions for adults, children and babies with sight loss and multiple disabilities including autism and learning difficulties.

Adult Sensory

Inclusive sensory sessions for all adults to appreciate the sights, sounds, smells and tactile nature of the multi-sensory room. Alternate Tuesdays 10am – 12 noon & 1pm – 3pm.

Active Sensory

This unique exercise class combines the atmosphere of the sensory room with music & movement and the fun of interactive games. Alternate Wednesdays 1.30pm - 2.45pm

Children Sensory

Inclusive sensory sessions for all children to appreciate the sights, sounds, smells and tactile nature of the multi-sensory room. Relax and unwind in the peaceful surroundings or interact with the specialist equipment. Alternate Saturdays, 10am – noon

Baby and Infant Sensory

Inclusive sensory sessions for all babies and infants (from birth to 3 years). **Dates vary for these sessions, please check the website**



The sensory room is also able to book for private sessions.

**Please contact Bob for more information, 01904 760037,
mobile 07939 964230 or email
b.mitchell@wilberforcetrust.org.uk**