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| **Vision NewsThe newsletter for people with sight loss in Swansea.Working in partnership with RNIB, VIWG and CIB.** |
| **No. 6, April 2019** |

**Contact us: RNIB in Swansea, Swansea Vale Resource Centre, Ffordd Tregof, Swansea SA7 0AL 01792 776360. Email:** **Anita.Davies@rnib.org.uk**



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| Vision Impairment West Glamorgan logoRNIB Cymru logo  |

Photograph of members cooking; Left to Right Kathryn Lawson; Angharad Grifiths; Huw Williams; Ian Blundell; Craig Harries; Richard Baker; Josh Davies; Joan King



Registered Charity Numbers: RNIB Cymru 226227
CIB 214131 VIWG 504736

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**Hello and Welcome**

This newsletter is for blind and partially sighted people living in the Swansea area. We hope this will give you some useful information and advice on the services we run.

Under the General Data Protection Regulation we are required to request your consent to contact you.

We send this newsletter out in large print, audio and electronic formats. Please let us know at the office if you would like to change the format you receive our newsletter in.

Although we send out newsletters, we also contact members via the phone or email. This is because for many people it is the preferred method of informing them of new services. If this is not the case with you, and you would prefer not to have phone calls or emails then please let us know when we contact you.

We would love to receive your articles or any other useful information for future newsletters. Please contact the office. We also welcome any feedback you have on the newsletter.

**A Personal Story**

My name is Craig, I worked for Matalan for 11 years and then I had to give up work as I was finding it difficult to read codes on the items. At first, I hid it, but then I went to the opticians and they sent me to Singleton Hospital.

I got in touch with RNIB and asked them if they could send out the Vision News. Through the RNIB services I found the bowls group and since joining the group my social life has changed, given me more confidence and independence. I have played single tournaments twice, and the second time I played in Weston where I got to meet new people and socialise with people I’ve not met before. I also played 2 tournaments in Cardiff, the first time I was runner up and the second time I won.

I love to cook and a couple of years ago I didn’t know what to get for my mum and dad’s anniversary. I decided to cook them a meal and since then I have carried on. I have done a cooking course through the RNIB, and I am now going to be supporting other visually impaired people to cook.

Another activity that I thought I would never take part in is Yoga. If someone had asked me to do Yoga, I would have turned my nose up, but I have recently found it quite relaxing.

Since losing my sight I have struggled with walking, but I have taken part in two sponsored walks. One was when I walked up Pen y Fan and the other was a walk along Mumbles. I have also found the social groups useful, meeting people in the same position and making new friends. I hope to pass on what I have learnt to others, and let people know no matter how young you are, you can achieve things.

**News and Events**

**Get Smart with technology and become more independent.**

**Peer Support Group for Phone and Tablets**

There will be a workshop on Understanding What Technology can do for you in everyday life at the Grand Theatre Swansea on 2nd May 2019 10.30am-12.30pm

Please ring the office on 01792 776360 if you would like to attend any of these events.

Following the two successful digital inclusion events, we will be having small group sessions in local libraries around the themes of voice over, shopping online, how to use iPad and Alexa.

These will start in the central library in Swansea from 12.30 to 2pm on Monday 13th May - get to know your Ipad and Iphone.

Wednesday, 15th May - online shopping.

**Get with technology**

We will be running a get to know your IPad, tablet, and mobile phone session at Bont Elim on Thursday 16th May, 10.30 until 12.30. This will also be an opportunity for members to meet and have a social activity where you can meet new friends and decide how you would like to take the social group forward.

The group will continue to meet on the 20th June and 18th July.

**Peer Support Groups**

**Building Independence**

At each of our social support groups there will be talks on Money and Shopping; Travel and Leisure; Lighting and Contrast; being safe at home; Health and Wellbeing. If you are interested in any of the topics please phone the office on 01792 776360.

**Mumbles, Swansea and Gorseinon Social Support Groups**

Join one of our friendly social and support groups. Build your confidence by bringing friends or family. Enjoy a cup of tea or coffee, make new friends and listen to a guest speaker.

**Gorseinon Group at Gorseinon Institute**

Wednesday, 3rd April, 10am-12 noon

Wednesday, 1st May, 10am-12 noon

Wednesday, 5th June, 10am-12 noon

Wednesday, 3rd July, 10am-12 noon

**Mumbles Group at the Methodist Church**

Monday, 15th April, 11am-1pm

Monday, 20th May, 11am-1pm

Monday, 17th June, 11am-1pm

Monday, 15th July, 11am-1pm

**City Centre Group at Grand Theatre, Swansea**

Monday, 8th April, 10am-12noon

Monday, 13th May, 10am-12noon

Monday, 10th June, 10am-12noon

Monday, 8th July, 10am-12noon

**Pontarddulais Social group**

On Saturday 16th March we started the Pontarddulais social group. Twenty four people turned up to listen to speakers from the local area. Everyone enjoyed the opportunity to meet one another, have a cuppa and learn about what goes on not only at the centre but in their local community.

The next group meeting will be:

6th April at Bont Elim

From 11am to 1.30pm

Come and join us for tea and coffee, take part in activities such as lane walking, some gentle indoor exercise, a tour of the building and making soup and bread. At 12.30 we will have homemade soup and bread for lunch before heading home.

We need to know numbers so please contact the office to book.

**Hobbies and Interests**

**Reading Group** -Share books and stories

**Knitting –** Share tips on making knitted items

**Knitting Social Group at Grand Theatre Conservatory**

Thursday, 11th April, 11am -1pm

Thursday, 9th May, 11am -1pm

Thursday, 13th June, 11am -1pm

Thursday, 11th July, 11am -1pm

**Reading Group at Swansea Central Library**

Wednesday, 17th April, 11am-12pm

Wednesday, 15th May, 11am-12pm

Wednesday, 19th June, 11am-12pm

Wednesday, 17th July, 11am-12pm

**The Swansea & Gower Talking Magazine** records items of Swansea news from the Evening Post each month, and other information of interest to those with sight loss. Local history books have also been recorded. It is produced on Memory

Sticks and CDs each month and posted free. Please contact Jean Kirkwood on 01792 202679.

**Cooking at Bont Elim**

There will be a cooking class for those interested in learning about food and nutrition, and quick and easy ways of cooking either for one or on a budget. Come and join our 4 week course on: Saturday 4th, 18th, 25th May and 6th June between 11am to 1pm. There is charge of £5 per week per person. This is non-refundable and must be paid before the course starts. For four weeks this would be £20.00. Places are limited so please phone the office to book by Monday 22nd April.

**Arts and Crafts**

Join the Glynn Vivian’s learning team to explore the exhibitions, try different materials and techniques in this creative monthly workshop, specifically tailored for those with a visual impairment. For further information or to book a place, please contact Charlotte Phillips at Charlotte.Phillips@rnib.org.uk.

**Musical Memories Choir**

This choir runs every Tuesday from 11am to 1pm, at Christwell Church, Manselton, Swansea. The choir is aimed at all older people in the community and those living with dementia or other conditions. You don’t need to be able to sing - just join in and enjoy good company and music, free of charge

**Recreational, Leisure and Sports Activities**

**Want to meet new people and have fun?**

Come along to one of our groups which support people to continue with interests or to enjoy a new hobby.

**Roll and Stroll** – Every Tuesday 10am - 12 noon, meeting at the Civic Centre, Swansea

**Swimming –** Lane swimming is available at Penlan Leisure Centre. Please ring them to arrange this on 01792 588079.

**Bikeability - Tandem Cycling –** Every Tuesday 11am -12.30pm, at Dunvant Rugby Club.

**Bowls –** Tuesday 12 noon-2pm at Beaufort Indoor Bowls, Landore. Ring Julie Thomas, Secretary of West Glamorgan VI Bowls club, for details on 07823771471.

**Goalball** is being developed in the South Wales area. There will be opportunities for practice sessions and coaching. If you would like to learn more please contact the office.

**Darts Night**

Try something new – Glantawe Lions are holding a monthly Darts Night at the Travellers Well Pub, Carmarthen Road, Swansea. A free finger buffet and raffle will be provided. This activity is open to all ages and levels of sight loss.

Thursday April 18th 7pm – 9pm

Thursday May 9th 7pm – 9pm

**Yoga Classes**

Yoga classes will be run from 2pm-3pm every Monday at the YMCA in Swansea. If you are interested please contact Emma on 07741254468.

**Ten Pin Bowling**

We have set up a Ten Pin Bowling Group which takes place on the first Friday of each month between 2pm-3pm at Parc Tawe. Side rails are raised, lighting is improved and you don’t need bowling shoes.

Booking is essential. If you are interested please contact the office on 01792 776360.

Friday, 5th April, 2pm-3pm

Friday, 3rd May, 2pm-3pm

Friday, 7th June, 2pm-3pm

Friday, 5th July, 2pm-3pm

**Bob Cook Games**

The Bob Cook Games will be held on 11th August 2019 at Swindon Athletics ground. Bob Cook was a charter president of Chippenham Lions Club and the games are held in his memory.

Last year there were 200 entrants from 15 clubs along with helpers. Events include walking and running races, wheelchair races, discus, javelin, shot putt, welly waggling and boules.

There are events for all abilities and the objective is for participating groups or individuals to have a funique day out.

Glantawe Lions attend this event each year, this year we would like to take a team with us.

Transport, lunch and team t-shirt will be provided. Friends and family are welcome to come along and support.

If you are interested please ring the office on 01792 776360 by May 17th.

**Days Out**

**VIWG Wellbeing Marina SA1 Walk**

Members of VIWG are arranging a Sensory Walk and litter pick from County Hall on 25th April 2019, meeting at 10.30am.

From County Hall we will walk towards the West pier along the Prom, stopping at the West pier Deli cafe for a coffee etc. Then to the Barrage bridge over on the SA1 river side walk over Sail Bridge and heading towards the Maritime Museum and Flyover bridge for the City centre or more refreshments.

Everyone is welcome. This is a great opportunity to make new friends and get active.

**Dyffryn Gardens**

St Nicholas, Vale of Glamorgan, CF5 6SU

22nd May 2019

Dyffryn Gardens are an exceptional example of Edwardian garden design. Covering more than 55 acres, they feature a stunning collection of intimate garden rooms, a large glasshouse, statuary collection, and an arboretum featuring trees from all over the world.

There will be a free Sensory Garden Tour at 12.00 noon for half an hour during your tour of Duffryn Gardens.

Leaving 9.45am;Swansea;10.05am Neath

Lunch will be at 1pm, returning at 3pm.

Cost £16 per person. **Please book by 3rd May**.

**Cream Tea and Entertainment**

You are invited to a Cream Tea at the Dragon Hotel on Tuesday 16th July, from 2.00 to 4.00 pm.

The Cream Tea will consist of sandwiches, sweet treats, tea and coffee. If you’d like to upgrade to a Prosecco Cream Tea, a glass of Prosecco will also be included.

There will be entertainment at the event, so why don’t you come and take a trip down Memory Lane and sing along to your favourite golden oldies? The cost will be £18.00 per person (£23.00 per person for the Prosecco Cream Tea) and we will need to have payment and numbers by **3 June 2019**. Please telephone the office on 01792 776360 to book.

**Tour of Garw Valley**

The Garw Valley is a blind valley with stunning views stepped in not only industrial but ancient history. You will have a tour of the Garw Valley by a local resident who will give you a personal interpretation of the valley. This will be followed by a meal at the Llangeinor Arms.

Date: 28th August 2019

Cost: £12 for the bus, plus the cost of the meal

Leaving Swansea at 9.45am;10.05am Neath

Please telephone the office on 01792 776360 to book.

To book please ring the office by **19th July** on 01792 776360.

**Holiday**

We are hoping to organise a holiday to Amsterdam in September 2019. The holiday will be run by Seable, an award winning tour operator that organises accessible holidays for the visually impaired. It will include a number of excursions and activities.

If anyone is interested in coming on this holiday, please contact the office by **18th April** to express an interest, so that we can finalise the details and confirm the booking.

**Theatre trip**

You are invited to join us in the Grand Theatre for the Roy Orbison Story, an evening of solid gold 60s hits which will celebrate the musical legacy of The Big O. It will be on Friday 21st June at 7.30 pm and will cost £13.00 per person. We will need names and payment by **25th April at the latest**. Please phone the office on 01792 776360 to book your place.

**County Steering Group Meetings run by Vision Impaired West Glamorgan
at Civic Centre, Swansea**

The County Steering Group is made up of people with sight loss who represent the views of blind and partially sighted people in the Swansea area. The group campaigns locally to improve services, whether this is around transport, access to the City Centre and shops or any other barriers people face in day to day life. Group members sit on a variety of forums relating to disability, health and local authority services. The group is friendly and is always looking for new members. Come along and find out more.

Wednesday, 24th April, 11am-1pm
Wednesday, 29th May, 11am-1pm

Wednesday, 26th June, 11am-1pm

Wednesday, 31st July, 11am-1pm

Does it concern you that people are making decisions about your everyday life without asking you first?

Here at RNIB in Swansea and VIWG we want to make sure that your views count when new services are being developed and existing services are being changed.

**Community Coordinator**

We have received Big Lottery funding to hire a Community Coordinator, Charlotte Phillips. Charlotte’s role is to support our members who want to take part in various sport and leisure activities within their local community.

Another area of Charlotte’s role is to encourage people with sight loss and give information and advice on how to organise their own activities. Having sight loss can sometimes make it more difficult to access services. Similarly, some service providers can be unsure about how to react to someone with sight loss who wants to use their service.

The Community Coordinator is here to help build understanding, and to show ways in which both parties can support one another.

If you live in the Swansea area and want to access some local community, sports or leisure groups but aren’t feeling very confident, then why not give us a call on

**Useful Telephone Numbers**

Age Cymru 01792 648866

Care & Repair 01792 798599

Community Transport St Johns Day Service 01792 456593

Deaf Blind UK 0800 132320

Foodshed food delivery (covers Swansea area) 01656 722506

Macular Society Swansea Support Group 01792 401450

Morriston Hospital 01792 702222

Oakhouse Foods 01792 709232

RNIB Office Swansea 01792 776360

RNIB Helpline 0303 123 9999

Sensory Services Team 01792 315969

Singleton Hospital 01792 205666

Sue Neale, ECLO Swansea 01792 200390

Swansea & Gower Talking Magazine 01792 202679

Swansea Civic Centre 01792 636000

Swansea Council for Voluntary Services 01792 544000

**We provide other services to support individuals such as:**

**Braille**

These workshops are to assist people who would like to learn Braille. Booking is essential. Please ring the office 01792 776360.

**Telebefriending –** a regular weekly, fortnightly or monthly call from one of our volunteers.

**Annual Welfare Call (Contact Line) –** a volunteer will ring each member at least once a year.

**Confidence Building –** A service to support people to get out and about: for example shopping, gym and leisure activities, as well as using services available within their local community.

This newsletter has been printed by Wales Council of the Blind.

If you would like to change the format you receive our newsletter in please let us know at the office. We provide large print, audio, email, braille.

I look forward to hearing from you.

Anita Davies, Locality Development Manager, RNIB

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