



# York Blind and Partially Sighted Society



## Celebrating 25 Years of the Home Visiting Service

# Summer Newsletter

May, June, July 2015

York Blind and Partially Sighted Society, Rougier House, 5  
Rougier Street, York, YO1 6HZ (Charity Number 1159188)

Equipment and Information Centre open Monday  
to Friday 10am to 3pm

Telephone 01904 636269

This newsletter is available in 16 point bold print, on tape, CD,  
in Braille, via e-mail or on our website: [www.ybpss.org](http://www.ybpss.org)

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### **News Update from Diane Roworth, Chief Officer**

**Welcome to our Summer newsletter with a focus on celebration and activity.**

**We are delighted to be celebrating 25 years of our Volunteer Home Visiting Service, the success of our ECLO service and the start of our Optimeyes project.**

**At the same time, we are promoting just some of the activities and services open to visually impaired people, both in York and further afield.**

**If you have moved around the country, you will know**

**that the range of services available in each area can be quite different. Over the last 25 years YBPSS has grown from strength to strength.**

**In 1990 we were occupying office space donated by Hague and Dixon solicitors in Cumberland Street. It was then that Sue Ferguson and I joined YBPSS to set up the Home Visiting Service. This was the very first service we were able to offer and everything grew from there.**

**Today the service has between 60 and 70 volunteers, each of whom visit a visually impaired person to help them do**

**whatever it is they want to do. That may be shopping, reading, going out for a walk or sorting paperwork.**

**Harriet Bisson is our Volunteer Manager and through her great management, the service has attained Mentoring and Befriending Approved Provider Status.**

**1<sup>st</sup> to 7<sup>th</sup> June is Volunteer Week and we will be making sure that during that week, we will be saying a thank you to all our volunteers but especially those who provide the Volunteer Home Visiting Service which was started 25 years ago.**

**The second celebration is for the achievements of our Eye Clinic Information and Support Service. Vanessa Camp, our ECLO has written a lovely account of the visit by Julian Sturdy MP to the Eye Department where he met her and 5 of the people she has helped. See article on page 12.**

**The third celebration is for the start of our Optimeyes Project. This project will begin to identify people**

**who may be at risk of sight loss and develop ways of identifying people who have sight loss and are not receiving services. More about this project in the next newsletter.**

**And last, but not least, we are celebrating the fantastic achievements of our Firewalk challengers. They raised a massive £5,200 for YBPSS by walking over burning hot coals in their bare feet. It must have been an exhilarating experience, as most of them walked the coals three times! They all thoroughly enjoyed themselves and we really appreciate their enthusiasm and generosity – thank you to everyone. Our Supporters News is sent to you with this newsletter – read it to catch up with all our fundraising news.**

**Summer is a time for getting active and we have lots on offer. We have a new 6-week Art Therapy course, walks with afternoon tea, plus news on gardening, socialising, participating in inclusive sport and details of hotels particularly suited to people**

with sight loss. There is even an opportunity to get paid for participating in research (see page 17).

As always, your feedback on this newsletter is really appreciated. And if you would like to contribute an article – please send it to me, Diane Roworth, Chief Officer at [diane.roworth@ybpss.org](mailto:diane.roworth@ybpss.org) or call me on 01904 731121. I look forward to hearing from you.

**New in the Equipment and Information Centre  
By Deb and Deborah  
Glare protection,  
magnifiers, cassette recorder, one-cup water heater and phones**

As we approach the summer the sun is managing to break through the clouds and, as you know, glare can become more problematic than usual.

You can protect your eyes from glare and harmful light by wearing eye shields. Similar to sunglasses, eye shields are designed to

exclude harmful ultra violet (UV) and blue light which can damage the retina, while the different filter tints can sometimes increase contrast and definition. They are light and easy to wear and some can be worn over your existing prescription glasses. We have a range of styles, colours and prices starting from £5.80. You can try them out both indoors and outdoors to see which suits you the best.

#### Scribolux Magnifier

This stand magnifier has 2.8x magnification with a 100 x 75mm lens that sits 8cm above the page so that you can write underneath it. It has an inbuilt LED light and is ideal for crosswords, writing shopping lists, cards, etc. Price £47.50

#### Optelec 24" HD Clear View C Magnifier

This new electronic, high definition, desktop video magnifier is designed to give you more working space under the camera. It has a unique C shaped monitor arm and the controls are located at the front of the reading table.

**You can enhance text, images and objects and view in your preferred colour combination making individual solutions for you. We have one on display here that is priced at £1,995 but the range starts at £1,495.**

#### **Portable cassette recorder**

**This cassette recorder has VAS – that is a Voice Activated System. This allows you to set it to automatically start recording when sound is detected and stop when the sound stops. It has a built-in microphone and speaker but you can also use an earphone, and it has a tape speed selector. It is not much bigger than a cassette and has a useful wrist strap. Price £29.95**

**This is a new addition to the range of equipment offered by Cobolt which includes talking watches, talking kitchen scales and healthcare products. Copies of their catalogue are in the E and I Centre, or call Cobolt 01493 700172.**

#### **Boil one cup of water at a time**

**If you struggle with filling, lifting and pouring from a kettle, then a one cup hot water dispenser may be worth trying.**

**The dispenser will deliver you one cup of boiling water in less than 60 seconds. Place the cup under the dispensing nozzle on the drip tray, press the large on/off switch and a few seconds later the water will fall into the cup and the machine will automatically switch off.**

**This means that you can fill the water heater with just one cup of water at a time, so avoiding overfilling your cup. It also makes it very economical to use.**

**We have one example in our Equipment Centre you can try out. It is made by Breville and costs £39 – but there are many other makes.**

**New Mobile phones - all on display in our Centre.**

**The Doro PhoneEasy 508 is a simple and relatively**

inexpensive mobile, for making calls and sending texts. The raised buttons are black with white numbers, slightly larger than a standard mobile. There are dedicated memory buttons, and speed dial numbers and it also has an SOS emergency button; that allows you to send a text message and call the first number on your contacts list in an emergency. It can be used on any network, but you need to provide a SIM card. From RNIB: £39.60

The Cobolt Easy to See Mobile is very similar but slightly larger in size. It has a colour screen with large, black lettering. There are three direct dial buttons and the phonebook will store up to 200 contacts. This phone is hearing aid compatible and has an extra loud ringer and loudspeaker. Cobalt £64.95

Doro PhoneEasy 624 is RNIB's top-of-the-range 3G mobile camera phone. It has a clamshell design, meaning that the screen flips shut on top of the keypad. White keypad

numbers on a black background, contrast with the white colour of the phone itself. The screen is full-colour LCD and the phone offers Bluetooth, camera and video recording, clear sound, FM radio, assistance button, a torch and calendar. Stored material can be backed up with cloud-based storage. RNIB: £115

### Hi Tech Open Day with Sight and Sound

Come and see a wide range of equipment and software to assist with reading and writing on Tuesday 16<sup>th</sup> June 2015. A flyer is inside the newsletter.

**Hi from Emily, our YBPSS Talking Space counsellor  
Sightline and other telephone help-lines**

Hello, my name is Emily and I am the counsellor working with YBPSS. I am writing to tell you a little about the counselling service offered by YBPSS – Talking Space.

**The service is designed for people with sight loss, or their family or friends, who may be finding it difficult to manage change or challenges in life. For example, if you are experiencing deteriorating vision, you may be concerned about how you are going to cope, the impact it is having on your sense of self or relationships with others, a feeling of anger or sadness, or maybe you are trying to come to terms with changes you will have to make.**

**Talking Space can help with any range of issues you feel you are facing. I can provide a warm, open and safe space for you to discuss any issues that are affecting you. Everything you bring is treated confidentially. All of the work we do together is led by you. You are the expert on you. We can then use the non-judgemental therapeutic relationship between us to explore the issues and set goals. This provides you with a chance to explore your own skills in dealing with challenges,**

**which you can then put into action.**

**Your first appointment will be an initial consultation where we can talk about your reason for seeking counselling and how the service and I work, then we can make a shared and informed decision as to whether counselling is right for you.**

**If you are uncertain about anything involved then please contact Deb or Deborah in YBPSS Equipment and Information Centre, who will be happy to provide you with more information. The service is completely confidential.**

### **Emotional Support by telephone**

**If you would like to talk to someone about issues associated with sight loss, and would prefer to do this by phone, the following organisations can provide telephone support.**

**RNIB Talk and Support.** A free, safe and confidential peer support service  
0845 330 3723 or 020 7874 1303

**RP Fighting Blindness,** for people with retinitis pigmentosa  
0845 123 2354

**IGA Sightline,** for people with Glaucoma  
01233 648170

**Macular Society,** for people with Macular Disease  
0300 3030 111

**LOOK helpline,** for parents of children with a visual impairment  
0121 450 7754

**The Listening Eye,** peer support particularly for people living in rural areas  
0800 789 1979

**Sightline Vision**  
Visually impaired people can call free of charge and speak to a dedicated and friendly volunteer, who is also visually impaired.

They offer a sympathetic listening service as well as signposting to local

societies and support groups in their area. The line is open 7 days a week 365 days a year including Bank Holidays from 6pm to 10pm on 0800 587 2252.

**Activities at YBPSS**  
**Walking with afternoon tea**  
**Graduating from dish-cloths to a sweater**  
**Art Therapy session**

**YBPSS Walking group**

Spring is here and it's time to think about getting out and getting fitter. Would you like to try out our walking group? We walk once a month on a Wednesday afternoon. Escorts are provided if you need one. We use public transport to our starting point and walk about 2½ miles. We end the walk with afternoon tea at a café and make sure everyone gets back to their bus stop afterwards.

Our next walks are June 10<sup>th</sup>, July 1<sup>st</sup> & August 12<sup>th</sup>. If you are interested in joining us please ring Ann on 01904 731123. Please

leave a message if necessary and your call will be returned.

**Anne Connett – A Knit'n'Natter success story.**

I last knitted regularly in the late 70s. I didn't expect to be knitting again especially after being registered blind in 2007 as a result of macular degeneration. I came along to the knit'n'natter group about 6 years ago thinking I could have a go at knitting dishcloths. I started by trying to look at what I was doing but then I remembered that when I was knitting for my children I could knit & watch TV or read at the same time. I decided to try knitting just by feel. I progressed from squares to scarves, Easter chicks & Christmas decorations. I then went on to teddies & dolls & baby clothes & used CCTV to magnify the patterns to a size I could manage to see. Finally I have succeeded in knitting myself a pullover and I also managed to sew it up by feel. Here is the finished article.



**Love Arts Therapeutic Art Sessions at YBPSS**

I am Emma, an MA Art Therapy Student and I would like to invite you to join in with our therapeutic art sessions at YBPSS. The sessions will be on Mondays starting Monday 1st June and are for anyone who would like to join, though spaces are very limited.

The art sessions are not therapy, but will focus on encouraging participants to explore art materials, make artwork and be creative - to aid therapeutic benefits, such as feelings of relaxation, reduced stress, or easing of depression.

You do not need to be any good at art as it isn't about

the final image, but about the pleasure and experience of making it.

Art can be used therapeutically for a variety of reasons, including:

- \*Exploring creativity
- \*Reducing feelings of isolation
- \*Socialising
- \*Providing an alternative way of communicating
- \*Recalling important life events and memories
- \*Improving mood and increasing positive emotions and wellbeing

Joining in with these sessions could help you gain focus, and feel fully absorbed and engaged. If you are interested in joining the group, please contact YBPSS on 636269 or me, Emma Cooper: [emmacooperuk@mac.com](mailto:emmacooperuk@mac.com)

**Activities elsewhere**  
**Inclusive cycling and other accessible sports**  
**Greenshoots Gardening**  
**VISCY**  
**Visiting Historic Houses**

Disability Sport & Physical Activity News from Glynn

Newbury, Disability Sport co-ordinator, York 553385

### Inclusive Cycling Club

The Inclusive Cycling Club has started up again. Come and try out specialised bikes for disabled people in a traffic-free, safe environment. Ages 11+. Every Wednesday 5-6.30pm, Thursday 2-4pm and Sunday 3-5pm. York Sport Village, Lakeside Way, York, YO10 5FG. Cost: £5 per hour. For more information contact Glyn Newberry on 01904 553377 or email [glyn.newberry@york.gov.uk](mailto:glyn.newberry@york.gov.uk)

British Cycling are also offering coaching sessions for disabled riders who want to keep fit, have fun and improve performance through regular interaction with British Cycling Qualified Coaches. These sessions also take place at York Sport Village and cost £5. The next session is Sunday 21<sup>st</sup> June 11.30 to 1pm and then monthly from July to December. Call 0161 274 2070 or [www.britishcycling.org.uk/disabilityhubs](http://www.britishcycling.org.uk/disabilityhubs)

## Inclusive Walks

The next inclusive walk is on Wednesday 20th May. The walk is around 1 hour, covering 2 miles and is wheelchair accessible. Meet at 11am at Askham Bar Park and Ride Visitor Centre. Contact Thomas Jackson 07554 334835.

## Tandem Cycling Club

Experience quiet country lanes and cycle paths around York riding a bicycle made for two. Weekly session on Tuesdays at 6pm, £4 per night for rear riders, front riders provided. First two sessions free. Meet at Askham Bog car park, off A64, contact David Shaftoe on 01423 507227 or email [info@opencountry.org.uk](mailto:info@opencountry.org.uk)

## Greenshoots - Gardening Club for visually impaired people, York

Are you interested in gardening? If so Greenshoots invite you to join them. They are a local group that meet on the third Monday of the month at an allotment behind Acomb Library, from 11am to 1pm.

To find out more and speak to someone who is a member of this friendly group call Judy Shaw on 330711 or Sue Quinn on 789216.

For tips on Gardening for people with sight loss, contact THRIVE, a national gardening charity visit [www.thrive.org.uk](http://www.thrive.org.uk)

Our Equipment and Information Centre has created a fact sheet using some of their hints and tips. Call 636269 if you would like a copy in print, braille or audio.

## VISCY- Visual Impaired Social Club York

VISCY are welcoming new members to join their club. They meet once a fortnight on Friday morning between 10am and 12.30pm at Lawrence Street Church Hall. They enjoy the company of others, chat and refreshments, and trips out to the coast and garden centres. They also go out for meals and have a Christmas get together. The group has use of a mini bus and for £3.00 you can

request a lift from home and back. If you are interested in knowing more contact Betty Brough on 635362 or Sue Quinn on 789216.

### Visiting Historic Houses

With lighter nights and sunny days, going for a day out becomes more appealing.

Getting the most from visiting any attraction often means having someone beside you to explain what you might not be able to see or touch.

One of our volunteers has researched many of the historic houses around York, and all of them say they will allow a carer/supporter to accompany you **FREE OF CHARGE**. This can be a substantial saving on the normal entry fee.

She has produced an excellent information sheet with contact details, bus info, access features, items to touch etc.

Sadly, most of them are difficult to get to by public

transport, apart from Castle Howard, Burton Agnes Hall and Lotherton Hall.

Call 0845 6045460 for up to date bus information.

If you would like one of these new factsheets, call YBPSS on 636269.

### **MP Julian Sturdy visits our Eye Clinic Information and Support Service**

In November 2014, RNIB launched a national campaign called 'Being there when it matters'. The purpose of the campaign is to ensure there is a dedicated professional sight loss adviser in every eye department, so no-one faces sight loss alone.

I am employed by YBPSS as the sight loss advisor (Eye Clinic Liaison Officer) at York Hospital. I have been in post for six years, and was delighted to be asked to be part of the RNIB campaign. Our service is well respected and is seen as a good example of the sort of service that should

**be available in all eye clinics.**

**On Friday 27th March, Julian Sturdy, the MP for outer York, visited our service , meeting Directorate Manager, David Pullen, lead consultant Nicola Topping and the former Matron, now nurse manager, Katrina Swires.**

**I led the group on a short tour of the department and Mr Sturdy expressed his surprise at its size. He, like many, was unaware of the variety of conditions that can affect eye sight and the number of patients seen in the eye clinic each year.**

**Tracy Dearing, RNIB Regional Campaigns Coordinator invited five patients I had supported to be part of the event. They kindly shared their stories with everyone, which was an incredibly moving and emotional experience, showing great courage on their part. Each person's story truly demonstrated how important the opportunity to speak to an ECLO was to them.**

**I found it particularly touching to hear how I had been able to help each person regain control and find new ways of leading independent and fulfilling lives. I usually see people at the beginning of their journey and it is very rare for me to have the pleasure of hearing the amazing progress they make.**

**Perhaps more importantly, Mr Sturdy was both moved and truly interested in what each person had to say. Diane Roworth YBPSS Chief Officer was there, and she asked Julian Sturdy if he would be an ambassador for the ECLO role. We were all delighted when he willingly agreed, offering to promote and support the York service, and endorse RNIB's ideal of an ECLO in every eye hospital in the country.**

**What we have in York is pretty special. I have been privileged to expand the service over the last 6 years thanks to the support of the Eye Clinic staff, who now regard me as part of their team.**

I hope that we are successful in securing long-term funding for the service from the CCG and York Hospital so that it can continue to grow and develop, and meet the needs of all those experiencing sight loss in the coming years.

Vanessa Camp, YBPSS Eye Clinic Liaison Officer

## **Non-24-Hour Sleep-Wake Disorder prevalence among people who are virtually or totally blind**

Do you have a hard time sleeping at night and a strong urge to nap during the day?

Are you feeling restless, overtired, or frustrated, and feel your sleep patterns are different from others?

If you answer yes, and you're blind, you may have Non-24-Hour Sleep-Wake Disorder (Non-24). Non-24 is a circadian rhythm disorder.

Your circadian rhythms are controlled by your

master body clock and tell you when to sleep, when to wake, when to eat etc. In most people, the master body clock runs slightly longer than 24 hours. What this means is that rather than cycle on a 24-hour day, most people's natural rhythms actually cycle a bit longer. Whether the cycle runs two minutes or 30 minutes longer, if you have Non-24 these minutes add up day after day, eventually causing a noticeable change in when your body expects to sleep and expects to be awake.

Though Non-24 may appear to be a sleep disorder, it isn't. It's actually a chronic circadian rhythm disorder very common in people who are totally blind.

There are 1.3 million people who are legally blind in the United States. 130,000 have no light perception (i.e. totally blind) and as many as 70% suffer from Non-24.

Non-24 brings about two significant symptoms.

First is a profound inability to sleep or to stay asleep at night, and the second is an overwhelming urge to sleep during the day. Both changes are caused by the timing of the release of the hormones, melatonin and cortisol. Melatonin controls sleep, and cortisol controls when to wake up and when to eat. Cortisol also controls your metabolism, cardiovascular function, immune system, and appetite. Because the release of melatonin and cortisol shifts continually, not all nights are the same. Some are sleepless, others are normal.

For unknown reasons, most people's body clock runs a little longer than 24 hours, which means most people could have Non-24 to some degree. The difference is that for sighted people, environmental light cues signal the brain to reset the master body clock every day to 24 hours.

For people who are totally blind, the master body clock runs its natural

course. This means that if your body clock runs on a 24.5-hour schedule, today you're 30 minutes behind and tomorrow your body clock will be an hour behind. The next day will be 90 minutes, and so on.

Living with Non-24 may make you feel as though no one understands what you're going through, and this only makes the effects feel that much worse. To find out more about Non-24, visit the website <http://www.non-24.com> There is an audio visual presentation which gives more information.

**Services for the over 50s**  
**Housing Advice**  
**First Call 50+**  
**Age UK Benefits Advice**

60+ Housing advice sessions

Thinking of moving? Want to feel safer in your own home? Interested in extra care properties? Thinking of care options?

Alice Walker, the City of York 60+ housing specialist will be holding open sessions where advice is

available to all, regardless of whether you are a home owner or tenant.

Date Thursday 11<sup>th</sup> of June and Thursday 9<sup>th</sup> July 10am until 12 noon at Auden House, Cemetery Road, York, YO10 5FD.

Or you can call Alice Walker on 01904 554095.

### First Call 50+ An Age UK York Service

Do you have a question that you need answering, but don't know where to find the answer? If you are over 50, try First Call 50+. They can provide a wide range of information on a huge range of topics from benefits to home repairs healthcare and social services, community activities, home security and support for carers. Call them on 01904 634061.

Age UK also has a benefits advice service, and can arrange to visit you in your own home to do a benefits check, or apply for benefits like Attendance Allowance, Pension Credit, Blind Persons Tax Allowance (an extra tax allowance of £2,290 a year which can be transferred to a partner if

you don't pay tax). Call them on 01904 627995.

### **Vision Hotels offer great breaks,+ 10% discount. Betty gives her opinion of one Vision Hotel**

Vision Hotels offer relaxing or active holidays and short breaks. They have three hotels, in superb country or coastal settings. Cliffden Hotel in Teignmouth, Lauriston Hotel in Weston-super-Mare and Windermere Manor in the Lake District.

Vision Hotels aim to make their hotels accessible to everyone – particularly guests who are visually impaired.

Thanks to Big Lottery funding, they can offer free and subsidised activities for guests who are blind or partially sighted, including walking, sailing, theatre and shopping trips (depending on which hotel).

Call them direct to book on 0845 603 0051 and get a

**10% discount on their Best Available Rates.**

**My stay at the Vision Hotel, Weston Super-Mare by Betty Williams**

On arrival, first impressions were good. There was a ramp and railings to the entrance and rails throughout the hotel. Even though I was 3 hours late the staff were waiting for me. They took me by lift to my room which was clean and the double bed comfortable. After a quick brush up I went to the dining room, which was large, well lit and carpeted. The tables had white linen cloths and napkins giving the room an inviting and warm feel.

The menu had many choices and everything was well cooked with fresh and varied vegetables. Breakfast was excellent with choices from cereals to kippers to continental. The standard of food and comfort is very high and this did not waver during my stay. Their ham & mustard sandwich for lunch were lovely with thick slices

of ham (off the joint) and fresh bread (yum yum)!

The staff were stars, very professional and attentive and the location of the hotel was 50 yards from the promenade & beach. The town, shops, coffee bars and pier are about 10-15 minute walk away and there are plenty of seats in the main high street.

To summarise, although the hotel is a little old fashioned it is extremely comfortable and the staff are very attentive and understanding. I would go back anytime. Betty.

**Researchers wanted, and you could earn up to £100**

Do you like online shopping, and have a bit of spare time?

At Research Helper, we help companies make their websites more accessible. We are looking for people who are blind or partially-sighted to register to take part in future projects.

Our research involves using a website on a desktop computer, mobile or tablet, with your preferred assistive technology. A researcher will sit with you and ask for your opinion. We'll give you some cash for your time and trouble, which could be up to £100 for 90 minutes.

It's an opportunity to earn some money for something that is easy and the kind of thing you might be doing anyway, like buying groceries or booking a holiday online.

To begin with, all you need to do is sign up using our online form (which should work with a screen reader and can also be enlarged). <http://www.research-helper.co.uk/take-part/join-our-market-research-panel/>

Jennifer, our Recruitment Manager, will then contact you when opportunities come up.

It's really relaxed and simple. Our Leeds offices are easy to get to and accessible. Carers and

support animals are welcome.

If you have any questions, you can email us at [info@research-helper.co.uk](mailto:info@research-helper.co.uk)

Alternatively, if you would like to talk to someone, then feel free to call. Our number is 0113 350 1767, ask for Jennifer.

**Fundraising – see separate insert for all our fundraising news**

We have received "In Memoriam" donations totalling £1,305.30 from the families and friends of the following members: Marjorie Lambart, Nancy Rippon, Doreen Catton, Doris Silman, Dorothy Forrester and George Crabb. Many thanks to all who donated.

**Audio Description at York Theatres**

Audio described performances have a free touch tour of the set, costumes and props, 1 hour before the show. During the performance, you will

receive, via a set of headphones, a description of actions, facial expressions and important visual information (this does not interfere with the dialogue of the play itself). This is a free service, and users get reduced price tickets – do check each time you book, asking for the blind concession.

Headsets and touch tours should be booked 48 hours in advance.

**York Theatre Royal**  
Booking Office 623568

York Theatre Royal is closed for major refurbishment, and during this period the National Railway Museum will house a purpose-built, 1,000 seat tent to show theatre productions.

**In Fog and Snow** – a dramatic re-telling of the story of the building of the East Coast rail network. The audience will move through the Railway Museum collections and end up in the new theatre. Audio

described on Friday 10<sup>th</sup> July at 7.30pm.

**The Railway Children.** This stunning adaptation of E. Nesbit's classic novel returns this Summer, housed in the new purpose built theatre at the Railway Museum. Audio described on Saturday 29<sup>th</sup> August at 2.30 and 7.30pm.

**Grand Opera House**  
Booking office Access Line, 678730

**The History Boys** - Alan Bennett's comic drama about a group of adolescent schoolboys striving for a place at University Saturday 13<sup>th</sup> June at 2.30pm.

**East is East** - this delightful British comedy is audio described Saturday 8<sup>th</sup> August 2.30pm.

**Love Me Tender**, a new musical featuring the songs of Elvis Presley. Audio Described Saturday 22<sup>nd</sup> August 2.30pm.

## Diary Dates

Y indicates event takes place at YBPSS offices

<b><u>June</u></b>		
<b>Mon 1</b>	<b>Y</b>	<b>Love Arts Course begins 10-12</b>
<b>Tues 2</b>	<b>Y</b>	<b>Knit n Natter Group 10-12 then fortnightly</b>
<b>Thurs 4</b>	<b>Y</b>	<b>Exercise Class 10-12 then weekly</b>
<b>Mon 8</b>		<b>M.D. Support Group, Friends Meeting House, Friargate, 10am</b>
<b>Tues 9</b>	<b>Y</b>	<b>Book Group 10-12 then monthly</b>
<b>Wed 10</b>	<b>Y</b>	<b>Walking Group 1pm</b>
<b>Thurs 11</b>		<b>60+ Housing Advice Session see page 15</b>
<b>Sat 13</b>		<b>The History Boys, Grand Opera House, 2.30</b>
<b>Tues 16</b>	<b>Y</b>	<b>Sight and Sound Focus Day 10-3 see flyer</b>
<b>Wed 17</b>	<b>Y</b>	<b>Games Group 10-12 then monthly</b>
<b>Sat 20</b>		<b>Sheriff Hutton Jumble Sale 2-4pm</b>
<b>Tues 23</b>	<b>Y</b>	<b>Singing Group 10-12 then monthly</b>
<b>Mon 29</b>	<b>Y</b>	<b>Social Inclusion Group 2.30pm – new members welcome to attend</b>
<b><u>July</u></b>		
<b>Wed 1</b>	<b>Y</b>	<b>Walking Group 1pm</b>
<b>Thurs 9</b>		<b>60+ Housing Advice Session see page 15</b>
<b>Fri 15</b>		<b>In Fog and Snow, Railway Museum 7.30pm</b>
<b><u>August</u></b>		
<b>Sat 8</b>		<b>East is East, Grand Opera House, 2.30pm</b>
<b>Mon 10</b>	<b>Y</b>	<b>M.D. Group Meeting 10am</b>
<b>Wed 12</b>	<b>Y</b>	<b>Walking Group 1pm</b>
<b>Sat 22</b>		<b>Love Me Tender, Grand Opera House, 2.30pm</b>
<b>Sat 29</b>		<b>The Railway Children, Railway Museum, 2.30 and 7.30</b>
<b>Mon 31 &amp; Tues 1</b>		<b>YBPSS closed for Bank Holiday</b>