



# York Blind and Partially Sighted Society



**Painting with felt**

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## **Newsletter**

**(February, March and April 2016)**

**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.ybps.org](http://www.ybps.org)**

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

Hello, and welcome to our first newsletter of 2016. New Year is always a great time for thinking about what we might do differently and this year is no exception.

Our first new development is a very tangible one and you will find it attached to this newsletter. It is your YBPSS 'membership card'.

This card confirms that you are a member of York Blind and Partially Sighted Society, and if you keep it handy you will have our phone number whenever you need it. We can provide you with a brailled version if you would like one, just get in touch.

We hope this will remind you, and any friends or relatives, that we are here to provide

information, advice and support whenever it is needed, for as long as needed.

There is a space on the card for you to write your name, but if you would like us to send you one with your name already written on it, please give us a call.

Membership is entirely free, and it entitles you to receive our newsletter, get involved with activities and attend our Annual General Meeting. At the AGM we elect our Executive Committee which is the Governing body of the Society. As a member you can vote in the election, and you may also like to think about standing for election as we aim to ensure that 50% of our Executive Committee are people who have personal experience of living with sight loss.

**You can also get involved with shaping our services, and those provided by others.**

**In York, services for blind and partially sighted people are provided by a number of different organisations. Over the coming months there will be discussions about possible changes to the way those services are provided, hopefully making it easier for people to get the help they need. I hope that there will be opportunities to consult with you, our members, about those changes. If you would like to be involved in shaping services and facilities in York and use your experiences in a very positive way, please contact me, Diane Roworth on 731121 as soon as possible.**

**If you have any questions about membership, please give me a call.**

**The second new thing of the year is a new activity called Boccia. Boccia is a seated sport adapted for people with a visual impairment and all levels of ability. It is played in teams and has an element**

**of competition to it, which makes it great fun. We trialled it in January and it was so well received we will be running regular sessions every fortnight. See page 7 for more information.**

**The third new development is an improvement to our audio newsletter. We have just received a grant from the WG Edwards Charitable Foundation, to allow us to improve the audio version of our newsletter.**

**The grant will allow us to make a more professional recording, and send it out on a USB memory stick.**

**This means that if you are a subscriber to RNIB Talking Books, York Talking Newspaper and YBPSS audio newsletter, you will only need to have 1 player as all 3 are now on USB stick.**

**USB memory sticks have advantages over CD. The machine to play them is relatively small with few controls, and if you stop listening and remove the memory stick, when you resume listening it will start**

**to play from exactly where you stopped.**

**If you would like to have a demonstration of reading using a USB stick contact Deb or Deborah. They can enrol you as a member of RNIB Talking Books and York Talking Newspaper entirely free of charge giving you access to around 20,000 books recorded in audio format. We can also provide you with a USB player on long term loan if necessary.**

**Working in partnership with others helps us all to deliver more and better services. North Yorkshire Fire and Rescue Service is our latest partner and you will find a large print or audio version of the Home Fire Safety leaflet included with this newsletter. They are also offering a FREE Home Fire Safety Check, including the fitting of smoke alarms to any blind or partially sighted person, see page 18 for how you can apply.**

**Our Fundraising partners have been very generous, particularly those who did our Firewalk in February. They raised £3,500 with more**

**to come, which is absolutely brilliant. We have also had donations from individuals and organisations amounting to £13,884 in the last 3 months. Every donation is important to us – and gets us that bit closer to our annual target of £130,000, so a heartfelt thank you from all of us here to all of our fundraising partners.**

**Finally - are you one of our 1,080 members who has not yet started to use our service? If so, you might like to get in touch with Karen, our Optimeyes worker. Karen is running Coffee (or tea) and cake Information sessions every two months. These free sessions can help you find out more about what we, and many other organisations provide as well as meet staff and other members of YBPSS. See page 8 for information on this, and our new Boccia sessions.**

**As Chief Officer of YBPSS and editor of the newsletter, I welcome any comments you have about it and our services in general. Please do contact me and in particular, please get in**

touch if you are willing to come and help us shape services in future. Call me on 01904 731121 or email me on [diane.roworth@ybpss.org](mailto:diane.roworth@ybpss.org)

**Diane Roworth  
Chief Officer**

## **New in the Equipment and Information Centre By Deb and Deborah**

Please note the E&I Centre will be closed for Easter and stock-taking from 3pm on 24<sup>th</sup> March to 10am 1<sup>st</sup> April.

The new equipment in to the Centre this month, illustrates how using other senses can help to supplement vision. Using contrasting colours, often in layers, can help identify objects that might otherwise merge into each other. (e.g. a white cup on a white cloth will be difficult to see but change one or the other colour and you can immediately see them).

The blue non slip mats described below can help define the shower tray and floor of the bath by contrasting with white porcelain. So as well as

providing a non-slip area, they help to give greater confidence when using the bath or shower.

A new modern style, easy to see watch and a well-lit 10x magnifying mirror make maximum use of vision whilst a radio controlled talking watch and new talking bathroom scales are options if you prefer to use speech.

If you have visited our Equipment and Information Centre you will know that we have over 300 different aids and pieces of equipment on display. Deb Wheller and Deborah Cairns, our Sight Support Advisors, have many years experience in helping visitors find solutions to everyday difficulties and consider different ways of doing everyday tasks.

The Centre is open Monday to Friday 10am to 3pm on a drop-in basis, or you can book a 1 hour appointment from 3pm to 4pm each day if you would prefer.

You can look at lighting, reading using magnification and/or audio, electronic

reading aids, telephones, kitchen equipment, diaries and calendars, marking domestic equipment, labelling, transport, bus passes – the list is endless! Never hesitate to call in, or telephone them for advice and information.

Here is the latest equipment into the centre:-

### **Illuminated Mirror £39.95**

This mirror has 2 sides and each side is encircled by energy saving LED bulbs which help to enhance the magnification feature. One side is a normal mirror and the other has 10 times magnification, which is really useful if you want to check make up is applied properly or that a shave has been effective. It is 7 inches in diameter and 14 inches high with a good stable base and attractive metal finish.

### **New Easy-to-see watches £22.95**

This watch has a clear white face with bold black numbers and black hands. It comes in two versions.

The ladies version has a face of 34mm diameter and either a white crocodile skin effect strap or a stainless steel expanding bracelet.

The men's version has a face of 40.5mm in diameter and comes with an expanding stainless steel strap or a black crocodile effect strap.

### **Radio Controlled Talking Watch £24.95**

This new design rectangular, silver watch has an expanding stainless steel strap and is quite different from other talking or easy to see watches. The face is 44mm x 33mm It will announce the time, day and date in a clear male voice, by pressing the button on the face of the watch. Because it is radio controlled it will automatically change time in spring and autumn and will never be slow or fast. It is also available in black.

### **Bath and shower mats for extra safety**

These new slip-resistant mats could help make your bath or shower safe and

comfortable. The combination of lightly textured soft surface and strong grip suckers underneath will ensure a safe footing. The mats are incorporated with Silver Technology which gives them antimicrobial qualities and will prevent growth of bacteria or mould. The shower mat measures 508 x 508mm and costs £16.95 and the bath mat measures 430 x 900mm. Both have excellent drainage, dry quickly and are machine washable.

There is also a different type of mat that can be cut up and used around the house wherever you need a non slip surface, for example on a tray or table top costing £8.95. Available in blue, red or yellow.

### **New talking bathroom scales £29.95**

These talking bathroom scales will announce your weight in a natural English voice and will weigh in either metric or imperial units. There is also a LCD display with digits that are 3.5cm high. They can be

programmed to speak in English, French, German and Spanish and they have adjustable volume.

## **New Opportunities at YBPSS Boccia Coffee and Information Finding Your Feet**

Thanks to our Optimeyes Project, we now have a range of new opportunities to meet other people and try something new.

### **Boccia Sessions**

Boccia is a seated sport, similar to carpet bowls, adapted to be played by people with a visual impairment. It's played in teams with an element of competition to it, and is great fun. We held taster sessions last month, and this is what participants said about it:-

“I've never played bowls before, it was Fun”, “ I enjoyed the social interaction and competition”, “I had a good laugh, it was a happy session.”

If you'd like to come and try Boccia, our sessions are:

10:30am –12 noon or  
1pm – 2.30pm

Fridays 4<sup>th</sup> and 18<sup>th</sup> March  
Friday 15<sup>th</sup> April

## **Online Today and eye-healthy lunch**

Wondering what all this 'on-line' means and if it's for you? Come along and meet Glen, the online today tutor from Action for Blind people. He will have a selection of mobile devices including a mobile phone, tablet, an iPad, iPhone and kindle for you to try. Or bring your own along and practice with others. An eye-healthy lunch is included in the session.

Wednesday March 16<sup>th</sup>  
10am-1pm, or  
12 noon – 3pm.

## **Coffee/tea and cake information sessions**

Come and join us for a cup of tea/coffee at our informal information sessions. You will have the opportunity to

meet others experiencing changes in their vision, ask any questions you may have, and find out about the services and support that we and other organisations can offer you. For example, equipment, benefits, reading skills, lighting, coping with glare, travel concessions plus lots more.

Thursday March 31<sup>st</sup>  
10-12 noon  
Thursday 7<sup>th</sup> April 1-3  
Wednesday 4<sup>th</sup> May  
10-12 noon.

## **Finding Your Feet** - a confidence building course

18<sup>th</sup> and 25<sup>th</sup> April,  
3<sup>rd</sup> and 9<sup>th</sup> May

There is an enormous amount of information, services, advice and guidance for people with sight loss, but finding the right thing, at the right time is not always easy.

This NEW 4 day course brings together a small group of visually impaired people and, if they wish, their supporters, to find out about things like: Benefits and entitlements, gadgets

and technology to make life easier, how to get out and about safely, tips and techniques other people like to use and looking after yourself.

There will be a variety of guest speakers and it will be a friendly and supportive experience, facilitated by staff from YBPSS and Action for Blind People.

The course is free including lunch each day. We can also help with the costs of transport for each session.

For details of all these sessions, and to book your place on any of them, please ring Karen or Caroline on 01904 731124.

## **Focus on Macular Degeneration, the biggest cause of sight loss in the UK**

Macular degeneration affects central vision, causing objects you are looking at to 'disappear' from view. Things like recognising faces, reading and doing detailed work become much harder. However, peripheral

vision can be used quite effectively for getting out and about, and most people find themselves naturally using peripheral vision when they can.

For example, looking 'off centre' when watching TV or watching for the approaching bus, or reading print near and far.

**Seeing Skills** is the name given to peer support training which can help you learn to use your peripheral vision to best effect.

Many people have found that seeing skills training has helped them to make the best use of their vision, but not everyone benefits.

If you would like to try Seeing Skills call Deb or Deborah at YBPSS who can tell you more about it.

**Meet other people with MD and find out how they manage.**  
By member, Gwyneth Doble

It was quite a shock when I was first diagnosed with MD,

and I wondered how I would cope with life, friends, family and the future.

Then I decided to go to a meeting of the YBPSS Macular Support Group at Rougier House. There I met many friendly people who had had MD for many years, and were able to share ideas and to lead healthy and active lives. This group meets on the second Monday of every other month.

About thirty people come to meet friends and to listen to some interesting talks, varying from consultants explaining research, police, a fireman, travel help, and, recently “Mindfulness.” We have also had sessions on care in the home, how to cope with banking, and how to look after oneself. A quiz at Christmas was great fun.

It's good to be with others who share this disability, and to give one another determination to live life to the full!

Our next meeting is on April 11 at 10.00 am in the meeting room at Rougier House,

Rougier Street. Do come and join us.

See also page 15 for an article about group members' holiday to Devon.

## **Activities at YBPSS from Ann Mattam**

### **Decorative Felt Making**

**Wednesday March 30<sup>th</sup>  
10.30am – 12.30pm  
(Booking essential)**

York-based, partially sighted textile artist, Jacqueline James will run this felt making workshop. Participants will use coloured and processed fleece and pre-felted material to cut out and “paint with wool” to create their own tactile and felted fabric.

Layers of fleece are laid out and the pre-felt is cut out into shapes and added on top. The whole piece is then wetted and rolled to produce a square of felt material. All materials are provided & no previous experience is necessary.

At the beginning of the workshop Jacqueline will give a brief introduction and demonstration about the process of making felt.  
Cost £3 including coffee / tea & biscuits

## **Gentle exercise class**

**Wednesdays 1.30pm.  
(Booking essential)**

There are a few places available if you would like to do some gentle, mostly chair based, exercises every week. We exercise for three quarters of an hour followed by tea or coffee & a chat.  
Cost £3 per session including coffee / tea and biscuits

To book a place please ring Ann on 01904 731123.  
(Please leave a message if necessary).

## **Singing for Fun**

**Wednesday March 16<sup>th</sup> at  
10.30am**

Nick, our keyboard accompanist & director, returns from his world travels to play for us again

on March 16<sup>th</sup>. We will be singing some Ivor Novello and songs from A Chorus Line and Aspects of Love. Words are provided in large print and braille.

The session ends with tea/ coffee and biscuits and a chat.

Please let us know if you are coming and what format of words you will need on 01904 731123.

## **Discussion Time**

**Wednesdays February 17<sup>th</sup>  
& March 16<sup>th</sup>  
10.30 am – 12 noon**

Have you some views to air? Join our discussion group and talk about the issues that interest you including visual impairment matters, what's in the news (local and national) and how times have changed.

No need to book, you can just turn up or ring Ann on 01904 731123 for further information.

## **Activities in the Community**

### **Tactile Sculptures: Sensory Tour at the York Art Gallery**

**Wednesday March 23<sup>rd</sup>**

**12.30 – 1.15pm**

**Find out more about the tactile sculptures by Harold Gosney & Martin Jenkins. The event is especially suitable for blind & partially sighted adults.**

**This is a free event with a YMT\* card but booking is essential. Call the Art Gallery on 01904 697979.**

### **Art for Well being at York Art Gallery**

**Sunday March 27<sup>th</sup>**

**Sunday April 24<sup>th</sup>**

**12.30 – 3pm**

**Informal practical sessions for adults, just drop in and release your creative energy in the company of others with gentle guidance on hand.**

**£5 per session with a YMT\* card. No need to book.**

**\*YMT - York Museums Trust card costs £11 with a York card or free if in receipt of most benefits. Available from the art gallery. York cards available from York Explore Library.**

### **David Campbell opens his studio**

**Thursday April 22<sup>nd</sup>**

**2.30pm**

**David Campbell is a local artist living at 22 St. Mary's, Bootham, YO30 7DD. He would like to welcome a group of YBPSS visitors to his studio on Thursday April 22<sup>nd</sup> at 2.30. This will be between the two Open Studio weekends that are held in York each year to promote the work of local artists. You can find more information about Open Studios on [www.yorkopenstudios.co.uk](http://www.yorkopenstudios.co.uk)**

**David has a great number of small interesting objects which he uses in his art, which we can handle. He will also show and describe his pictures, which are large and fairly clear! Tea will be included but contributions are welcome.**

Please let Anna Baldwin on 637196 know if you would like to come.

Anna is a local historian who has recently published a book.

**City Screen Cinema audio description, carers card and Silver Screen showings**

**York Museums and Galleries, free entry**

Nearly every new film released, now has audio description to enhance its enjoyment by blind and partially sighted people.

City Screen Cinema in Coney Street, can now provide audio description for every film released with audio description, no matter which screen it is showing on. To use the audio description, ask the member of staff who gives you your ticket, and they will loan you the headset and give instructions on how to use it.

Audio description can make a huge difference to understanding the film, by

telling you who characters are, describing scene changes, actions etc. Do give it a go.

## **Carers Card**

If you need someone with you when going to the cinema, you can apply for a Carers Card, which entitles them to a free ticket.

Showing the card when you book means you don't have to explain your situation every time.

To apply for an annual Carers Card, visit City Screen Cinema, or call 0871 902 5747, or email [customerservice@picturehouses.co.uk](mailto:customerservice@picturehouses.co.uk)

## **Silver Screen Club For the over-60s**

Membership is free and members enjoy a free tea or coffee and biscuits at the weekly Silver Screen film shows, which cost £5.50. Non-members are also welcome but will pay the normal ticket prices. Ask at the Box Office about joining the Silver Screen Club.

## **York Museums Card**

In June last year, Yorkshire Museums Trust launched the YMT Card scheme which gives 12 months unlimited free admission to York Castle Museum, the Yorkshire Museum and York Art Gallery, as well as 10% discount in all of the Museum Trust's shops and cafes, to York residents who have a YorkCard.

The YMT Card costs £11, but if you have a YorkCard and are either aged 17-24 or in receipt of Pension Credit, Income related Employment and Support Allowance, Income based Job Seeker's Allowance or Income Support you can have one free.

The YMT Card will also allow you to attend exclusive advance viewings of new exhibits.

To get a free YMT Card visit the front desk of the Castle Museum, Yorkshire Museum or the Art Gallery with your YorkCard or ring the membership office on 01904 650345.

If you are blind or partially sighted, you are entitled to take a supporter in with you, free of charge, just ask when you buy your ticket.

See page 12 for details of sessions for visually impaired people at York Art Gallery.

## **Holiday Options Trip to the Vision Hotel in Devon Traveleyes Sailing with East**

Vision Hotels offer relaxing breaks at good prices for visually impaired people. Their facilities include things like large print and braille menus and they welcome Guide Dogs and pet dogs.

They have hotels in South Devon (01626 770052), North Somerset (01934 620758) and Lake Windermere (01539 44 5801).

Contact your chosen hotel directly, or visit their website [www.visionhotels.co.uk](http://www.visionhotels.co.uk)

Teresa Mikola, one of the facilitators of our MD Group

has personal experience of using the Vision Hotel in Devon. She writes:-

## **Our first trip to Devon**

A year ago, Glynis and I came up with the idea of a holiday for members of YBPSS MD Support Group. A member had remarked "I don't always want to go away with family, but have no-one else to travel with", and we knew there were others thinking the same, so decided to arrange a holiday to the Vision Hotels in Devon.

Below is my memory of that holiday. It was such a success we will be repeating it again this year, so if you think you might join us, please get in touch.

Back in June, 7 of us boarded the Cross Country train for our eagerly awaited holiday.

We had pre-booked assisted travel for the journey and it was faultless, we were so impressed by Exeter's efforts making us feel like

celebrities with our own carriage to Teignmouth!

The Cliffden Hotel is spacious and all of our rooms had ensuite facilities. It overlooks beautiful gardens and there is a bus stop right outside, so getting out and about is easy. The staff were efficient, helpful and friendly, and really understood how to look after us. We all had different things we wanted to get out of the holiday, which meant we packed an awful lot into such a short space of time. It was great.

Our hilltop location was perfect for a breath of energy boosting sea air. Elizabeth rose early to make sure she could fit in a morning swim in the hotel pool, and still leave time for an early evening hike along the coastal paths!

Sometimes we used the hotel minibus with wonderful Dave as our driver and guide suggesting exciting places to visit.

On Sunday, Sheila was pleased to attend the local church service, after which

we boarded a train for a visit to Exeter Cathedral.

Gladys enjoyed our trip to Buckfast Abbey, where we saw the dazzling stained glass windows, before moving on to the model village in Babbacombe.

Janet and Glynis's request was for a boat ride up the river Dart. This resulted in a most enjoyable cruise on the 'Dart Explorer' where the entertaining commentary told us all about the area. Later we enjoyed a delicious ice-cream whilst listened to Al playing his classical Spanish guitar in the rose garden. What a day that was.

We sampled fish and chips in Brixham and cream teas in Torquay and Dawlish, then giggled our way back over the hills of Devon on the local bus.

The hotel provides dinner every evening, after which we often retired to the lounge/bar for our entertainment. Lilian proved to be our star contributor for the "in house" quiz.

We had so much fun that we have decided to go back for a second trip. We plan on going on 6<sup>th</sup> June for 5 nights and the cost will be £60 per person per night which includes dinner, bed and breakfast. Rail fare will be in addition.

If you are interested in joining us, please contact me, Teresa Mikola on 01904 709037 as soon as possible.

## **Independent travel with help when you need it – Traveleyes**

Traveleyes invites you to join them "in an exploration for all of the senses: smell the aromas, taste the flavours, hear the music, feel the breeze, share the sights".

Traveleyes offer holidays for blind and partially sighted travellers where you can go on exotic holidays accompanied by sighted people, so if you don't have your own guide, that is not a problem.

Their groups provide a safe, comfortable and fun way for any blind or sighted person

to travel solo, as a couple or a family.

Visit their website  
<http://traveleyes-international.com/>

Or call 0113 887 4275

We have brochures for both the above at the Equipment Centre in Rougier Street.

## **Sailing with EAST**

Sailing is an activity holiday that many visually impaired people enjoy. The following has been written by Sue Hogge, a member of YBPSS.

I love sailing, but only started doing it at age fifty. I sail with an organisation called EAST – East Anglian Sailing Trust, and I would encourage anyone to have a go – you’ve nothing to lose.

I’ve been sailing with them for 9 years and can highly recommend them. They are a group of people based in Suffolk who own beautiful yachts and would like to share them with visually impaired people who want to have a go at sailing.

You don’t need any experience and there are lots of opportunities to see if you like it. This year you can choose from Friday 13<sup>th</sup> May to Monday 16<sup>th</sup> May and Friday 2<sup>nd</sup> June to Monday 5<sup>th</sup> June. If you really like it there is a Flotilla holiday from Friday 9<sup>th</sup> to Sunday 18<sup>th</sup> September. The taster weekends cost £25 per night per person which includes food on board, but not what you choose to spend in the pub!

If you are interested, please call me, Sue Hogge on 654701 and I can tell you more about it, or you can call the co-ordinator of EAST, Anne Williams, on 07868226604.

## **Alzheimer’s Society Caring and Coping course York and Selby**

Are you caring for someone with Dementia? Dementia is a group of illnesses that cause a decline in the ability to remember, to learn, to think and to reason. The Alzheimers Society exists to support people with Dementia and their carers.

They offer many different opportunities, including a 6 week Caring and Coping course with weekly guest speakers. It will be held on Thursdays from 10.00am to 12.15pm at New Earswick Folk Hall, Hawthorn Terrace, New Earswick, York. The course starts 25<sup>th</sup> February and ends 7<sup>th</sup> April, but don't worry if you miss the first one. Contact the Alzheimers Society if you would like to attend, or if you need help with any aspect of care or coping.

Call 01904 567701 or email [yorkservices@alzheimers.org.uk](mailto:yorkservices@alzheimers.org.uk)/york

**Free Home Fire Safety checks and smoke alarms from North Yorkshire Fire and Rescue Service**

North Yorkshire Fire and Rescue Service has identified elderly and vulnerable people as a top priority for action. In order to help people to be as safe as possible in their own home, they will carry out a free home safety visit which can

include providing and fitting smoke alarms.

The visit involves fire service staff coming your home to give you tailored advice on fire safety, including spotting hazards and discussing actions you can take to reduce the risk of fire and identifying escape routes should a fire happen.

Existing fire alarms can be checked, and replaced if needed.

Please take advantage of this offer, and book your free fire safety visit by completing the form enclosed with this newsletter or on their website or ring Deb or Deborah if you need help with the form. Alternatively, you can contact the Fire Safety Advice Line on 01609 788545.

<http://www.northyorksfire.gov.uk/communitysafety/fire-safety-visit>

A variety of leaflets are available in alternative formats covering fire safety in the Home, Outdoors, and Caravan and Boat Safety. Please take advantage of this offer to ensure you your

family and your home are protected – you have nothing to lose and everything to gain.

## **Fundraising – A Big Thank You!**

We have been very fortunate to receive many lovely donations since our last newsletter, including a total of £890.85 in memory of William Illing, Audrey Thornton and Arthur Kell, £260 from Eileen Somers collected at her 90<sup>th</sup> birthday party and a total of £2,120 from York Racecourse, Heworth Methodist Church and New Earswick Quaker Meeting. We also received numerous donations from individual members and received great support for our Carol Singing and Firewalk events, so a huge thank you to everyone who donated time or money, it is greatly appreciated.

## **Audio Description at York Theatres**

The following performances are audio described with 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 for themselves and their escort, but do check when booking. Book Headsets and touch tours 48 hours in advance.

York Theatre Royal  
Booking Office 623568

Brideshead Revisited  
In Evelyn Waugh's much loved tale, Charles Ryder recalls his heady days at Brideshead Castle and all of its eccentric inhabitants. Audio Described Saturday April 30<sup>th</sup> 2.30 and 7.30.

The Merry Wives  
Shakespeare's wickedly entertaining comedy about Sir John Falstaff's attempts to seduce a couple of well-to-do wives who are wise to his plans. Audio Described Saturday 21<sup>st</sup> May 2.30 and 7.30.

## Diary Dates

Y indicates event takes place at YBPSS offices

<b><u>March</u></b>		
Tues 1	Y	Book Group 10.30-12 then monthly
Wed 2	Y	Games Group 10.30-12 then monthly
Wed 2	Y	Exercise group 1.30-3 then weekly
Thurs 3	Y	Exercise Group 10.30-12 then weekly
Fri 4	Y	Boccia 10.30-12 and 1-2.30
Tues 8	Y	Knit 'n' Natter Group 10.30-12 then fortnightly
Sat 12		Swan Lake at Leeds Grand Theatre 2.30
Tues 15	Y	Singing Group 10.30-12 then monthly
Wed 16	Y	Discussion Time 10.30-12 then monthly
Wed 16	Y	Online Today 10-1 and 12-3
Fri 18	Y	Boccia 10.30-12 and 1-2.30
Mon 21	Y	Socialeyes Group 11-12.30
25/3 -1/4		YBPSS closed for Easter and stocktake
Wed 30	Y	Felting craft session 10-12.30
Thurs 31	Y	Usher Group
Thurs 31	Y	Coffee and Information session 10-12
<b><u>April</u></b>		
Mon 4	Y	Felting craft session 10-12.30
Thurs 7	Y	Coffee and Information session 1-3
Mon 11	Y	M.D. Group Meeting 10-12
Fri 15	Y	Boccia 10.30-12
Mon 18	Y	Socialeyes 11-12.30
Mon 18	Y	Finding Your Feet 10-4 then weekly
Sat 25th		Brideshead Revisited, Theatre Royal 2.30 and 7.30
<b><u>May</u></b>		
Mon 2		YBPSS closed – May Day
Wed 4	Y	Coffee and Information session 10-12
Fri 6	Y	Boccia 10.30-12
Mon 16	Y	Socialeyes 11-12.30
Sat 21st		The Merry Wives, Theatre Royal, 2.30 & 7.30