



York Blind and Partially Sighted Society



Summer Newsletter

(May, June and July 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 USB, CD,
in Braille, via e-mail or on our website: www.ybps.org

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News Update from Diane Roworth, Chief Officer

Summer sunshine is with us at last. I am a real summer person, enjoying the long days and light nights, getting into the garden and generally feeling more cheerful and energetic.

On that theme, there is lots of 'get up and go' information here, as June seems to be the focus for so much activity.

Macular Week, Carers Week and Glaucoma Week are all in June along with the official celebrations of the Queens 90th birthday. We have our own take on each of these weeks, and our own way of celebrating Her Majesty's birthday – read on to find out more.

To further elaborate on the summer theme, we have hints for coping with bright sunshine, and preparing fresh fruit and salads so you can follow our eye health nutrition advice.

May was a really busy month for consultations. We had our own focus group of users who contributed to the design of our new website currently in the planning stages.

We also held a Bus User consultation group, where members spoke to Julian Ridge, City of York Council Programme Manager, Better Bus Project. The views and experiences given at the meeting will be used to help design the bus shelters in Rougier Street (and hopefully any new ones elsewhere) to make them as useable as possible by

people with a visual impairment. Great thanks go to Julian for listening to our views and experiences.

We also facilitated a consultation meeting with Adam Gray, City of York Council, about sensory impairment services in York. If you would like to pass on your views or complete a questionnaire please get in touch with us. Your views are important.

Did you know that, as from July, all hospitals and GP's must record your preferred method of communication and must provide you with information in a format you can read? Don't worry if you didn't know – not many people do, but it is a really important development as it will ensure you can read your own health information, including appointment letters.

We are holding an open meeting to help everyone understand their rights, and help York Hospital and GPs to meet your needs. We will tell you what you have to do to register your request, and also ask for your

experiences so far. Have you had difficulties or misunderstandings because you couldn't read information you have been given? Have you missed appointments or taken your medication wrongly? Come and find out how we hope to avoid that in future. Join us for an information session on Wednesday 20th July 1.30 to 3.00. Please let me know if you are coming, or if you would like to know more, but cannot make that day.

Please do read our enclosed fundraising newsletter, where you will find an introduction by Helen Slee, our new Fundraising and Marketing Manager. We are delighted to welcome Helen to the team, and look forward to working with her on many exciting fundraising events. I know she would love to hear from you if you have ideas for future fundraising opportunities, so give her a call on 731125 or pop in to see her at Rougier House.

I really hope you will come to our Health Information event, or some of our other activities. If not, enjoy the

rest of the summer, and do get in touch with me if you would like to pass on your views about anything in this newsletter.

Diane Roworth, Chief Officer
01904 731121 or email
diane.roworth@ybps.org

**Celebrate Her Majesty
Queen Elizabeth II
90th birthday with
Afternoon Tea
Tuesday 14th or Wednesday
15th June 1.30 to 3.30**

We are getting out the tablecloths, china tea sets and bread and butter plates in honour of Queen Elizabeth's 90th birthday. Our way of celebrating is by inviting you to come for Afternoon Tea complete with finger sandwiches, scones, jam and cream, a selection of music and fun quiz questions from the 90 years of Her Majesty's lifetime.

We would love you to dress for the occasion, be it your tea dance frock or suit or the red, white and blue of the Union Jack. Our knit n natter group are busy

making red, white and blue bunting, and we are collecting tea sets and tea pots for the day. If you have an old tea set or tea pot you would like to donate or perhaps you would like to make some scones – please get in touch.

Call Barbara on 636269 to book your afternoon tea – if we are oversubscribed, priority will be given to those who were born in the same decade as Her Majesty!

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

In the kitchen

Whether you are an aspiring Master Chef or want to prepare a picnic to enjoy in the good weather, there are many pieces of equipment and tips from other people that can help you to cook with confidence.

Preparing food

Use contrasting coloured kitchen items when preparing food. For

example, brightly coloured mixing bowls make it easier to see the contents, and are easier to spot on the worktop.

Coloured utensils stand out better in the kitchen drawer, so finding the potato peeler or can opener is easier if it is a bright colour.

Put white crockery on a dark surface or vice versa. Some people avoid using stemmed wine glasses, choosing instead to use smaller ones that are less easy to knock over.

Dartington Crystal makes stemless wine glasses, which are wine goblet shape, without the stem which make them much less likely to be knocked over.

Glasses are easier to use if they are stood on an easy to see coaster or are swapped for coloured glass versions.

Items in our Equipment Centre

Coloured chopping boards in red, green and black, can help you prepare food safely

when used to chop items of a contrasting colour. For example, orange carrots stand out well on a black board, while onions contrast well with red or black. Some people use green boards for all fruit and vegetables and red for all meat, to ensure there is no cross contamination between different food types. Boards are £7.79 each.

Non slip table mats and coasters can help prevent crockery and cutlery sliding on a table or tray, as well as providing colour contrast with background materials, glassware and crockery. A set of 6 mats and coasters costs £15.95.

They are made from non-slip, machine washable fabric, also available in rolls of red, yellow and blue colour. Use this to line cupboards, drawers or trays. Its mesh structure means that liquid will drain through, so that it maintains its non-slip nature even when wet, £8.95 per roll.

You could use Dycem non slip material at £11.95 a roll, to line glass and plastic

shelves in the fridge, which can be almost impossible to see. We have lined the fridge in our Equipment Centre in this way, so if you want to come and see it, please do.

A new non-spill insulated mug with detachable lid to help avoid spilling while on the move comes in three colours: pink, blue and white. It costs £14.95

No matter whether it is coffee, tea or gin and tonic, getting the right amount of liquid where you want it is important! A liquid level indicator (£8.99) will beep and vibrate to indicate when liquid nears the top of your mug or glass, so avoiding unwanted spills from overflowing cups and glasses. (A ping pong ball or cork will do the same!)

Come and see our range of kitchen items which includes easy to see and tactile measuring jugs, talking kitchen scales, easy to see kitchen timer, a grater with container to catch the food, talking microwave and bump-ons for marking the

dials of all sorts of kitchen equipment.

Call us if there are things you are struggling with – we might have the answer.

Computer keyboards

You can buy new keyboards that are specially made for visually impaired people, but you can also adapt existing ones. Stickers can be attached to standard keyboards with large print letters and function keys. They come in yellow on black, white on black and black on white and cost £7.99.

We also have self-adhesive Braille keyboard stickers. They are clear in colour, meaning that the same keyboard can be used by Braille readers and sighted users alike. (£20)

New talking watch

with round face 41mm in diameter and 12mm depth. The display is analogue with black numerals at the 12, 3, 6 and 9 o'clock positions on a white background. It is radio controlled, meaning it

will pick up the signal automatically when the hour changes or when you travel abroad. It also has a built-in backlight and comes with either a black leather strap or an expanding bracelet. (£39.95)

Eschenbach “Mobase” for Mobilux magnifiers

This is a stand to hold a Mobilux illuminated magnifier. It turns a hand held magnifier into a stand magnifier with ease. It slides smoothly across a page and holds the magnifier at an appropriate reading distance. It also allows for a small working space underneath enabling you to be able to write. £5.50

Round the neck illuminated magnifier

New from the RNIB a 4” hand free illuminated magnifier with super bright illumination. The main lens is 1.5x magnification with a 4.25x magnification spot. Uses 3AAA batteries and costs £20.00

See better on sunny days by choosing the right eye wear

As summer approaches, days are becoming longer and the sunlight stronger. This means that glare becomes more of a problem than it was before. To protect your eyes on sunny days you can wear eyeshields as they help with reducing glare, block ultra violet light and, in some cases, blue light, and increase contrast to improve visual comfort.

There are various types of UV eyeshields, some of which can also be worn over your existing prescription glasses.

Wrap-around design eyeshields provide additional side protection due to the style fitting close to the face. We have a range of colours and styles starting at £6.90.

There are also alternatives available, like sun visors that will block out sun over your eyes and clip-on anti-glare glasses that can be

used in conjunction with normal glasses.

Activities at YBPSS

Walking group, Singing for Fun

York Art Gallery

Boccia, Coffee and Information and PIP Tea Party

On-line Today and Computer Support

YBPSS Walking group, 3rd Monday of the month. Booking essential

Spring is here & it's time to think about getting out & getting fitter. Would you like to try out our walking group? We walk on the third Monday of the month in the afternoon. Escorts are provided if you need one. We use public transport to get to our starting point & walk about 2½ miles. We end the walk with afternoon tea at a café & will escort you back to your bus stop.

**Singing for Fun–
Tuesday June 21st at
10.00am**

On May 17th we sang songs from the Mikado & South Pacific, and in June we will be singing Guys & Dolls and Carousel. Words are provided in Braille & very large print, so do come and join us.

Other YBPSS groups

You may also be interested in YBPSS Book group, Games morning, Discussion Time, or Knit'n'Natter.

Sensory tour - York Art Gallery

Sunday June 12th, 12.30 – 1.15pm. Booking essential

Find out more about the art & artists on display by listening to the music that influenced them.

The event is FREE & you will be able to spend extra time looking around the art gallery afterwards (Normally entrance is £7.50). You will have the option of joining

the group for lunch in the Art Gallery café.

If you are interested in joining any of the above, or have ideas of things you would like to do, please ring Ann on 01904 731123.

Please leave a message if necessary & your call will be returned.

Boccia Update

Hannah Higginson from City of York Council joined us at our regular Boccia session on Friday April the 29th to present us with a cheque for £270. Thanks to this we now have our own Boccia equipment for our regular Friday sessions. Boccia is a seated sport, similar to carpet bowls, played in teams with an element of competition, and is great fun. New players are very welcome; everyone can do it so no experience necessary!

Friday June 3rd 10.30am then every two weeks.

Coffee and Cake information sharing session

Friday 8th July 10.30 to 12.00

How much do you know about the services you are entitled to? If it's not much, come and join us for a cup of tea or coffee at our informal information sessions. 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.

PIP Tea Party Event

Monday 4th July 1.00 to 3.30

The tea party is for anyone in receipt of DLA who will have to apply for PIP at some time. Over a cuppa and a slice of cake we can help you understand the PIP application process and help you prepare to complete the form when you are asked to. Ring Deb on 636269 to book a place.

Technology help with Online Today

Wednesday 13th July, 10am – 1pm (beginners) and 12 noon – 3pm (advanced, or have been before)

Do you need help with your accessibility settings on a mobile phone or tablet? Do you think you might like to buy an iPhone or tablet? Glen from Action for Blind people will be joining us again for an Online Today session. A selection of mobile devices including a mobile phone, tablet, iPad, iPhone and Kindle will be available for you to try. Or bring along your own devices and practice with others. A free eye-healthy lunch is included in this session.

Computing Support

If you need some support with your computer, contact the RNIB Tech. Squad on 0303 1239999. They have volunteers who can come to your home to help with many different aspects of computing, including loading new software, troubleshooting problems and basic instructions on using different programmes. They will talk to you about

your difficulties, and allocate the most appropriate volunteer in your area.

The Wilberforce Trust at Huntington is also offering 1 to 1 support with computing. Contact them on 760037 to book a free session with them.

For more details about any of these sessions, and to book your free place, call Karen on 01904 731124.

Neighbours, everyone needs good neighbours and there are plenty in York!

York Neighbours is a local charity that aims to reduce social isolation for people over the age of 65 years in York, and to support them to retain their independence. They do this in three ways:

1. They help with small practical 'one-off' household tasks e.g. changing a lightbulb, taking down curtains to be washed and put back, securing a loose stair rail or door handle or

shopping during a time of illness or injury.

2. They can make a regular phone call to you for a chat and to make sure all is okay.

3. They have individual and group outings using volunteers' private cars.

Anyone wishing to use their service needs to register first, so we encourage you to register with them even if you don't need anything at the moment. This means that if you wake up to 6 inches of snow, or your carer suddenly becomes ill or you have a fall, you can ring for help and a volunteer can call in to help with an emergency shop or other small tasks.

There is no charge for services unless you are taken out in a volunteer's car when they ask for a donation of 30p per mile, and for small jobs, they ask you to pay for materials.

All volunteers undergo a DBS (police) check, and attend an initial induction session.

Please get in touch if you would like any further information or a service leaflet: You can ask for this service for yourself, or for some-one else, as long as you have their permission.

Phone: 01904 891627
9-5pm Monday-Thursday
and 9-4pm on Friday.

Website

www.yorkneighbours.org.uk

York Rail Station staff happy to help

York Rail Station is now managed by Virgin Trains. If you need assistance to make your journey easier, Virgin Staff are happy to help.

Buying Tickets

Above each booth in the ticket office, there is an illuminated number indicating which booth is which. When a booth is free, the number flashes and is announced.

If you find this is not the case, please mention it to station staff, who will ensure that facility is switched on.

If you find it difficult, and you would like a member of staff to help you buy your ticket, please call at the Virgin Trains helpdesk, situated on the left of WH Smith in the main foyer. A member of staff can accompany you to the ticket office and provide whatever assistance you need, regardless of whether it is because of sight or hearing difficulties.

If you cannot read the overhead display for train time information, a member of staff at the Virgin Helpdesk will tell you what time your train is due, which platform it goes from and anything else you need to know.

They can also accompany you to the platform and ensure you get on the right train. They would love to help you find your seat when on the train, but this is generally not possible because of the very limited amount of time the train spends on the station.

If you would like assistance when you arrive at your destination, they can ring ahead and book it for you.

However, it is usually better if you can book this in advance so that the train company can ensure they have sufficient staff present when you need help.

The Virgin Trains Team Leader is Tomasz and he can be contacted on 07710079226.

tomasz.robakowski@virgintrainseastcoast.com

**Macular Week 27th
June to 3rd July
Tips to help with daily living
Nutrition, latest research**

Macular week is designed to focus attention on the help and support available through the Macular Society and other organisations.

The following tips come from the Macular Society leaflet – Daily Living. You can read the full leaflet, or listen to a spoken version by visiting their website www.macularsociety.org.

Many of these tips apply to anyone living with sight loss, regardless of the

condition. They all focus on helping you to make the most of the vision you have.

At home, have good overall lighting with extra lighting for doing detailed work.

Make the most of natural light by painting walls and ceilings pale colours.

Follow the suggestions in our In The Kitchen section on page 4, and make the most of colour contrast.

Brightly coloured tape on the handles of garden tools makes them easier to see.

Use pegs to keep pairs of shoes together, so you don't go out with one black and one brown shoe.

Use black felt tip pens for making your own notes, and increase the size of your writing. You could try yellow paper instead of white – some people prefer this.

In general, tell people that you have MD. That way, when you walk past them without recognizing them, they will understand why.

For masses of information about living with Macular disease, visit the Macular Society website or call their helpline on 0300 3030 111.

We have supplies of their leaflets in our Equipment and Information Centre, together with liquid level indicators, orange adhesive tape and over 300 other items to help you live successfully with impaired sight.

Nutrition advice

We are often asked whether supplements can help to preserve sight, but as we are not experts, we are reluctant to give advice.

However, we are delighted that Dr Hannah Bartlett has written the following article which will be of interest to anyone wanting to know the latest research.



Aston University

**NUTRITION FOR AMD:
UPDATE (APRIL 2016)**

HANNAH BARTLETT

Interest has been raised in the role of diet and antioxidants for age-related macular disease (AMD) for various reasons. Firstly, the eye is particularly prone to oxidative damage because it is highly metabolically active, it is exposed to light, it contains lots of polyunsaturated fatty acids and processes that take place within certain retinal cells produce lots of reactive oxygen species. In addition to that, studies on monkeys identified that particular nutrients, called carotenoids, are selectively absorbed within the central part of the retina. The central part of the retina is also known as the macula, and is where the light sensitive cells, or photoreceptors, are most densely packed. This area of the retina is very important because it gives rise to our finest, most detailed vision.

The carotenoids that are of most interest are called lutein and zeaxanthin. They are not produced within the body but are found in foods that we eat. Foods that contain highest levels of lutein and zeaxanthin

include spinach, kale and eggs.

Many small studies have shown that eating foods or taking supplements that contain lutein and zeaxanthin can increase the amount of these nutrients within the eye. The lutein and zeaxanthin that is present within the retina is also known as macular pigment.

Larger scale clinical trials have shown that taking a nutritional supplement can slow down the progression of AMD in some patients. The first large trial to look at this was the Age-Related Eye Disease Study. Investigators found that taking a supplement containing vitamins C and E, beta-carotene and zinc reduced the risk of progression of AMD by around 25% in some patients. The AREDS trial started before the lutein and zeaxanthin were available for inclusion into nutritional supplements. In order to investigate the impact of lutein and zeaxanthin on progression of AMD, a second AREDS trial (AREDS2) was run.

The results of the AREDS2 trial showed that including lutein and zeaxanthin instead of beta-carotene did not reduce the effectiveness of the supplement. Also, for some people, using lutein and zeaxanthin instead of beta-carotene actually reduced the risk of progressing by another 18% compared with the original AREDS formulation.

These findings are important as, since the start of the first AREDS trial, beta-carotene has been linked with an increased risk of lung cancer in people who smoke.

At Aston we are working on ways to ensure that both patients and health professionals understand the impact of the AREDS results. If you are an AMD patient, it is important that you ask your eye care professional whether you might benefit from taking an AREDS supplement. If this is the case, then it is a good idea to speak with your GP before taking the supplement, as some of the ingredients can interact with prescribed medication.

If you have very early stages of AMD, or are considered to be at risk of developing AMD, you may want to consider increasing your intake of foods that contain lutein and zeaxanthin. The foods most likely to increase retinal levels of lutein and zeaxanthin are spinach and kale.

Glaucoma Awareness Week 6th-12th June Family Foresight

In the UK, Glaucoma is the most common cause of preventable sight loss.

Many people are unaware that Glaucoma has no symptoms in the early stages. Quite often sight can be lost, without a person knowing.

Every year the IGA (International Glaucoma Association) run an awareness week.

This year's campaign is focusing on the need for regular eye health checks (sight tests) for everyone, but particularly the relatives of anyone with glaucoma.

Close relatives are 4 times more likely to develop the condition than people without a history of Glaucoma in the family, so it is essential they are closely monitored and have regular sight checks. If they are over 40, they qualify for a free sight test.

The IGA have a wide range of leaflets covering many different subjects related to Glaucoma such as driving, different treatments, and eye drops and dispensing aids. You can order these from their website.

<http://www.glaucoma-association.com/>

Or call 01233 648170

**Fundraising News
Coffee morning by York Learning raises £100 £474 from a head shave and many thanks**

We were delighted to be invited to a coffee morning run by students at York Learning – upstairs in Rougier House. This article was written by one of the students involved.

“As an organisation we decided to run a coffee morning to raise money for York Blind and Partially Sighted Society to show our respect for what they do for others.

We made chocolates by melting milk chocolate and white chocolate into different shaped moulds. Some people experimented with biscuits and marshmallows in their shaped treats. When all the moulds were filled, we placed them in the fridge to set.

The Coffee Morning

On the day of the coffee morning we set up the tables and chairs and placed all the chocolates neatly in the decorated boxes that some students had made and designed in an Easter theme. Staff also made cakes and buns which included lemon drizzle, chocolate cake and rice crisp buns to help the students raise more money.

Our first guests arrived; they were offered tea or coffee with a bun for £1.50.

They had the opportunity to buy a raffle ticket to win different Easter treats. As the morning went on more and more people came which increased the money we raised.

After the coffee morning had finished we drew the raffle. The winner's prizes were delivered to them by students whilst others counted the money that had been collected; it came to a total of £100.

We are thankful for everyone who came and helped us raise money for YBPSS and we hope this money helps.'

(Note from editor – the £100 will help very much, thank you, the cakes and chocolates were delicious).

Since our last newsletter we have received donations of £600 from Yorkshire Countrywomen's Association Acaster Malbis who chose us as their charity for the year.

Donations in memory of David Robinson, £155.73

and Lawrence Coates, £199.74

£200 from Mr & Mrs Williamson in lieu of their Diamond wedding anniversary.

£474 raised in a sponsored head shave by Geoff Greig and Ben Booth

£190 from a sponsored bike ride by York Bike Belles

£563 Benefice of Harton Lent lunches

A million thanks to everyone for their generosity – with £130,000 to raise every year, everyone's efforts are really appreciated.

See our Fundraising Newsletter for news about up and coming events..

Members Column A life on the ocean wave

Over a long weekend Friday 13th to Monday 16th of May Sue Hogge spent the weekend sailing off the coast of Suffolk in a 40 foot

yacht together with 5 other yachts.

This was possible because of the East Anglian Sailing Trust (EAST), and you too can try this, even if you've never set foot on a boat before.

You sleep onboard and it's great fun. The next weekend is 3-5 June and will be attended for their first time by 4 more members of YBPSS. If you're interested call Sue (visually impaired sailor) on 07767 717440 or Anne (organiser) on 07868 226604.

Find A Guide and Keep Fit

York 10k walk/run with guide provided

Only 11.8% of adults with a visual impairment take part in sport once a week compared to 39.3% of non-disabled adults. Here are a couple of suggestions that may encourage you to start doing something.

British Blind Sport and England Athletics have launched ['Find a Guide'](#), a

national guide runner database to support more people with a visual impairment to run.

The database is an online tool for anyone aged 18 years or older with a visual impairment, whether you have never run before, are a gym-goer looking to take your running outdoors or a seasoned runner looking for a new guide.

The search function allows users to search for a guide runner in their local area. They are licenced which means they are DBS checked and have attended an England Athletics 'Sight Loss Awareness and Guide Running' workshop.

To find a guide runner visit: <http://www.britishblindsport.org.uk/find-a-guide>

Join us on the Jane Tomlinson 10k run/walk, 7th August

Last year 4 members of YBPSS had a fantastic time participating in this local event, with guides provided by Garbutt and Elliott.

We are looking for new people to join in the fun. You can run or walk, it doesn't matter – what matters is that you take part.

If you can, we would like you to use this as an opportunity to raise some money for YBPSS by asking your friends to sponsor you. In advance of the day, we will match you with a guide, and you may want to meet them to do some practice before the event.

Please get in touch with me – Diane, if you would like to know more about this fantastic event, which takes us through the heart of York to the applause of everyone lining the street. You will feel immensely proud of yourself when you finish – honestly!

Audio Description in York

Cinemas and Theatres in York offer audio described performances for visually impaired people.

Most showing of films at City Screen are audio described, but as theatre

performances are live, there are limited opportunities. At the Theatre, there is 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 which really brings the show to life.

This is a free service, and users get reduced price tickets for themselves and a guide/escort. Do check prices each time you book.

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

**York Theatre Royal
Booking Office 623568. Ask to be put on their mailing list for a large print or audio seasonal brochure.**

**Sherlock Holmes and the Hound of the Baskervilles
The greatest ever Sherlock Holmes mystery is turned into a fun-filled family show.**

Saturday 27th August at 2.30 and 7.30pm.

Diary Dates

Y indicates event takes place at YBPSS offices

<u>June</u>		
Thurs 2	Y	Exercise Group 10-12 then weekly
Fri 3	Y	Boccia 10.30-3 then fortnightly
Tues 7	Y	Book Group 10-12 then monthly
Fri 10	Y	Optelec Focus Day 10-2
11 & 12		Collection at Wyevale Garden Centre
Sun 12		Sensory Tour at York Art Gallery 12.30-1.15
Mon 13	Y	M.D. Group Meeting 10-12
Mon 13	Y	Stuart McKay RNIB 10-3
Tues 14	Y	Knitting 10-12 the fortnightly
Tues 14	Y	Queen's 90th Birthday Tea Party 1.30 to 3.30
Wed 15	Y	Games 10-12 then monthly
Wed 15	Y	Queen's 90th Birthday Tea Party 1.30 to 3.30
Tues 21	Y	Singing Group 10-12 then monthly
Thurs 23		Hospital Fundraising stall
<u>July</u>		
Mon 4	Y	PIP Tea Party 1-3.30
Fri 8	Y	Coffee and Information Session 10.30-12
Sun 10		Dragon Boat Race, River Ouse
Wed 13	Y	Online Today 10-13 & 12-15
Wed 20	Y	Need it to read it Open Meeting 1.30-3
Fri 29		Zip Wire
Sun 31		London Surrey Ride 100
<u>August</u>		
Sun 7		Jane Tomlinson 10k walk/run, Knavesmire
Mon 8	Y	M.D. Group Meeting 10-12
Tues 9		Morrisons Bag Packing

