



York Blind and Partially Sighted Society



Our Dragon Boat Team

Autumn Newsletter

(August, September and October 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

Autumn is slowly approaching, bringing with it a different focus for the coming months; just as many of the articles in this newsletter do.

One thing I have learned in all my time at YBPSS (which is 26 years now), is that nothing stays the same forever. But change is not necessarily a bad thing. It makes us look at things differently and – just like learning to live with sight loss – challenges us to do things differently to get the result we want.

Someone who has had first-hand experience of this is Lesley Ann Alexander, Chief Executive of RNIB. During her time at RNIB we have

seen many changes within RNIB, and in the sight loss sector in general.

Some of you may remember that Lesley Ann attended our AGM not long after she became Chief Executive, and now, she will be attending our AGM in the month that she retires from RNIB. We are absolutely delighted that she will be our speaker and I hope she will reflect on her time at RNIB and give us an insight into how she sees the future for visually impaired people.

Our Chairman extends his personal invitation to you to come to our summer lunch and AGM at the Monk Bar Hotel on 15th September on page 7. Come and meet Lesley Anne and the YBPSS team and be part of our future by electing our

Trustee Board for the coming year.

From an external perspective, the City Council has decided that services for people with sight loss and those for people with hearing loss, will be provided differently in future. They are currently developing a tender document that will offer organisation such as YBPSS the opportunity to, as part of a consortium, deliver parts of the complete service.

Many of you responded to the questionnaire and came to the consultation meeting in May, where Adam Gray from the City Council sought your views. Thank you for your input, your comments have been noted and acted upon.

We know that the City Council wants to create a new joined up service that enables people with sensory impairments to get the support they need, when they need it, which is very reassuring.

I will update you on progress at the AGM and in

our next newsletter, and thanks again to all who participated in the consultation and focus group.

Another new external development is the introduction of the NHS Access to Information Standard, which is great news for visually impaired people. This new standard means that if you need large print, audio or braille information, in order to be able to read independently, then your GP and local hospital need to record your needs and act on them.

This is long overdue legislation and at YBPSS we are doing our bit to help it become a reality.

We want to work with our members, GPs and York Hospital to ensure that everyone who needs large print, audio and braille information, can receive it and the article on page 8 sets out how we hope to do that.

So what else is new? We are about to see more volunteers coming into

YBPSS thanks to our new Volunteer Manager, Trudi Jackson. We welcome Trudi to the team, read her intro on page 11.

Our new Boccia Group is taking part in Celebrating Ability Day on Wednesday 31st August, and we have a new Pilates class starting in September. If you have never participated in one of our classes before, and would like to sign up for a six week Pilates class, contact Karen Bentley on 731124.

Fundraising also has new developments, Helen is keeping old favourites and bringing in new ideas to fundraising to ensure we raise the amount of money we need. We had a marvellous team in the Dragon Boat race. Rowers from the Church and Army joined the immediate past Lord Mayor of York and her Sheriff's lady and the boat itself was sponsored for the first time by Riccall Care. A great day was had by all, and we hope it will raise around £2,000 and our thanks go to everyone who took part.

Ambiente Tapas in Fossgate have chosen us as their Charity of the Month and will be asking customers if they would like to donate £1 to YBPSS. They hope to raise around £1,000 and in exchange we have provided them with braille and large print menus at both York restaurants – so you may want to give them a visit!

The final new thing I want to mention regarding fundraising is that I will be writing an individual letter to you in autumn. Many of you already make a regular donation to us which results in nearly £10,000 of extremely valuable income to us. I know that charities have had very bad publicity recently in the 'hard sell' approach to the general public. Please be assured this will not be a hard sell, rather an opportunity to support us if you wish.

I hope to see you at our Summer Lunch and AGM on 15th September, and to update you on everything going on both inside and outside YBPSS. Best wishes for the rest of the Summer,

Diane Roworth, Chief Officer.

P.S. Congratulations to Anne Connett who, aged 93, has now knitted 90 twiddle muffs in our knit n natter group. Each one had 30 buttons attached, meaning a total of 2700 buttons were used!

Twiddle muffs are knitted in brightly coloured wools of different textures and decorated with bows and buttons of all sizes. They help people with Dementia to keep hands occupied in an interesting way and we either sell them or pass them onto organisation who can use them.

New in the Equipment and Information Centre By Deb and Deborah

We have a number of new items from a company called Thoughtfully Designed. As the name implies, this company have put a lot of thought into the design of their products and we have been pleasantly surprised by their usability, as well as by the reasonable prices.

Easy to See Watch

This water resistant watch comes in ladies and gentlemens sizes (28mm and 42mm diameter), with a brushed metal casing and a black leather crocodile-effect strap. The winding crown is easy to grip and the numbers and hands are extra large. £11.65

Talking kitchen scale and easy-to-see measuring jug set

These modern scales speak in a clear English voice and measure weights or liquids. The easy-to-see measuring jug has an easy-grip handle and bold marking. The scales have a large LCD display and tactile buttons to make using them easier. Jug and scales £38, jug alone £8.35

Talking Button Clock

This has a high quality, loud, clear English male voice which will tell you the time and date at the press of a button. It has an alarm and because it has only two buttons setting the alarm or

changing the time is easy. It has a black round base and a big white button to press £10.35

Talking Keychain / Pocket Clock

This will announce the time and date in a very clear male voice. It is small (5cm x 5cm x 1cm) and easy to set, so great when you are out and about. It also has an alarm and costs £6.95.

Computer Keyboard

This new keyboard has large letters and numbers in a bold, white font that contrast well with the black background. It is spill-proof, so will keep working even if you accidentally knock a drink over it. It has 'feet' at the back which can tilt the keyboard for a more comfortable typing position and is only £13.35.

Fuss Free Phones

If you find it difficult or frustrating to use the telephone, Fuss Free Phones could make the process much simpler. The telephonists at their 24 hour

UK-based call centre can put you through to your telephone contacts, send text messages on your behalf and protect you from nuisance calls. You can call as many times as you want, and you can still use your telephone in the normal way. You can receive calls only from numbers on your contacts list, with the call centre answering any calls from unknown numbers.

The Fuss Free Phones system is available in conjunction with one of RNIB's mobile phones, the Doro 612 Phone Easy.

This is a clam shell mobile with a flip-up lid that houses the display. The keys are black with white numbers and are slightly raised to make them easier to find. There is a large button on the back of the handset that puts you straight through to the Fuss Free Phones call centre.

On its own this phone costs £66.67 (excluding VAT). With the Fuss Free Phones service included, it is available for £83.33 for the first month, and then £16.67,

or for 6 months, £165.67 then £99 and £245.67 for a year then £179 a year.

You get 600 minutes of call time and unlimited text messages each month. If you near your limit the company will warn you.

We have the Doro phone on display and can tell you more about Fuss Free Phones, which could be a good solution for anyone who really doesn't like mobiles, but feels they should have one.

Notice of Summer Lunch and Annual General Meeting
15th September 10.30 to 2.30, Monk Bar Hotel

Chairman's Message
Please come to the AGM

This is our notice of our Annual General Meeting, which I hope you will make every effort to attend. Last year's AGM at Bedern Hall was well attended by over 50 members, staff and trustees and I am hopeful we can have another good turnout this year. You will hear how

the Society has fared during the year, its financial standing, about our excellent staff and other matters. We are also fortunate to have Lesley Anne Alexander the CEO of RNIB as the principal speaker.

We need more Trustees.

The Society currently has excellent Trustees, many that have served for a number of years. Our constitution states that we can have between 8 and 15 and we already have 10 trustees that have indicated they wish to serve for the coming year.

However we continue to look for additional trustees, particularly with Human Resource, Health Service, Fundraising or General Business experience. Of course the Society requires that half the trustees are visually impaired and we currently comply with this. If you know anyone that is interested (fully or partially sighted) please email me in the first instance at jim.wallace@transdevplc.co.uk.

I look forward to seeing you at the AGM. Jim Wallace, Chair

Our AGM is a free event, but donations towards lunch are very welcome. To book your place, and transport if you need it, contact Barbara Fairs or any of the Equipment and Information Centre Staff on 636269.

Agenda

10.30 Refreshments

11.00 AGM

12.00 Keynote speaker

1.00 Lunch

2.30 close

**Access to Health Information
Template letter and open meeting
25th August 2016 1.30**

We know from experience, and a very successful information event we held recently, that many blind and partially sighted people cannot read the information they get from the GP. We can easily get large print and braille bank statements and utility bills, but not personal health information that is extremely important!

Thankfully, this is about to change because of a new mandatory NHS Accessible Information Standard. From 31st July, NHS health providers have to record your communication needs on your records, and be able to meet them.

Do you like large print, if so what size? Do you prefer audio, or do you prefer braille? Your GP practice needs to know this in order to be able to meet your needs.

To make it as easy as possible, we have developed a template letter, which you can fill in and send to your GP, to tell them what format you would like them to use in future.

You can download a copy from our website www.ybpss.org, we can email or post you a copy, or you can get one from the Equipment Centre, please do get one, we can help you to fill it in and send it to your GP.

We would like to invite you to our next Access to Health

Information event on 25th August.

Have you had difficult experiences at York Hospital or your GP surgery, because your health professional did not know how to meet your needs?

For example, have you been given medication instructions you cannot read, have you had difficult times as an in-patient or out-patient?

Would you be willing to share your experiences to help the NHS understand and develop plans to avoid these things in future?

Margaret Millburn, Equality and Diversity Facilitator at York Hospital will be joining us, and is very keen to hear your examples of where things may not have gone quite right.

We can also fill in a template letter for your GP at the same time if you wish.

Please join us on Thursday 25th August, for what will be an extremely interesting meeting. Transport can be provided if you need it.

Call Karen on 731124 to book a place.

YBPSS Contact List

Would you like to know about events that take place at YBPSS that may not feature in our newsletter? For example, we recently held focus groups on Audio Description, Accessible Health Information, Bus Transport and Services for Visually Impaired People.

We are developing a Contact List of people who would like to be advised about this type of event, so that they can choose to come or not.

If you would like to be on our Contact List, for an email alert, or telephone call, please call us on 01904 636269 or send an email to Karen.Bentley@ybpss.org.

**Boccia Team Success
31st August
Coffee and Information
8th September**

Our Boccia team have been invited to showcase their talents at the 'Celebrating

Ability' event at York St John.

This is a marvellous achievement for all of our players, please come along and support them, and join in if you have not tried the game before. I will be organising transport for anyone that needs it.

Barbara Capaldi, one of our regular players says 'I enjoy the all-inclusive nature of it, the social interaction and the competition.'

Regular sessions at YBPSS start again on Friday 9th September at 10am, and will be fortnightly after that, new players very welcome!

This is part of two days of Celebrating Ability, organised by the City of York Council. You can go to Energise in Acomb on Tuesday 30th August and try over 50s walking, football, cycling, swimming, climbing, archery, tennis, cricket and wheelchair basketball.

On Wednesday the 31st of August at York St. John there are visually impaired accessible sessions in

tennis, cricket, a sensory session, and our own boccia team giving demonstrations.

For more information, contact: Hannah Higginson or Glyn Newberry, CYC Disability Sports on 553377

Coffee and information sessions

If you are new to the society, or think you don't know much about us, and would like to find out more, come along and join us for a cup of tea and a chat on Thursday 8th September 1 to 2.30pm. Find out about the services that may be available to you from YBPSS and other organisations and talk to other members of YBPSS, in a very informal setting. We can arrange transport if you need it.

Call Karen on 01904 731124 for Boccia or Coffee and Information sessions.

**Road Safety – a chance to air your concerns
12th Sept 10.30 to 12.00**

Have you ever had a near miss with a cyclist? Have

you ever walked into a car parked on the pavement and wanted to complain to somebody? Do you know your rights on a zebra crossing? Do you find it difficult to look in three directions at once when crossing a side street? The Social Inclusion Group invites you to a meeting to discuss road safety with Mike Durkin from City of York Council and Steve Burrell from the police.

The meeting will be held at YBPSS. If you would like to come, or submit questions in advance call Karen or Caroline on 731124.

Hello from Trudi, our new Volunteer Manager

I took up the post of Volunteer Manager with YBPSS in June.

Previously I worked in Museum Education for several years, enjoying the contact with individuals and communities. This led me to working with volunteers and older people at Student Community Action, local branches of Alzheimer's

Society, Age UK and Mind charities.

My grandmother developed Macular Degeneration in her late 70s so I have some understanding of how sight loss can affect peoples' lives.

I am keen to support people at risk of social isolation and to enable volunteers to grow in confidence and skills. I spent several years myself as a volunteer while my children were young and this helped me grow in confidence.

I am looking forward to meeting all our volunteers over the coming months and to recruiting new ones for our Home Visiting Service.

Call me on 731122 or email volunteermanager@ybps.org

My Story by Anne Jenner, Socialeyes Group

My Dad was blind by the time he died. He was 87. He was an amazing man who had a fabulous life,

travelling around the world and living life to the full. He developed glaucoma around the age of 60 (my age now) and I guess I inherited it from him.

My mum had sjogrens (dry eyes and mouth), though she still has good sight and only has a dry mouth at 89. Anyway, what do I do? Yes, that's right, I got that one from her!

I am now totally blind in my right eye and have approximately 25% vision in my left! And to top it all, the specialists say that I will be totally blind within 20 years! Luckily for me, these conditions have not yet stopped me enjoying life to the full! That could mean most of another 20 years partying too, so I intend to make the most of it!

When I moved here, nearly 2 years ago, I had no friends in York! 'Billy-no-mates' as they say in the North-east, where I moved from. So, I decided to start a social group (Socialeyes), with help from the team at YBPSS.

Since then, I have had so much fun and made many new and dear friends, sailed, cycled, played Boccia, tennis, been to the theatre and cinema, meals with some of the loveliest people I have ever met.

We have also had days out and been involved in all kinds of training sessions, from IT to how to use a cane and participated in fundraising events and programmes to develop audio description and museum access. Most Wednesdays we can be found in the Cross Keys pub!

I can't say that I'm glad that my sight has deteriorated, but I can say that I now know that, thanks to all my new friends and the staff at YBPSS, my life is full of fun and new adventures!

If you feel like joining us in any of these activities – read on to the next article.

Socialeyes

Invite you to socialise

Socialeyes is an ever expanding group of 'working age' visually impaired and blind people who like to have fun!

Our meetings are held at YBPSS at Rougier Street, on the third Monday of the month at 11.30 (not August).

This is where we talk about what we would like to get involved in, like those in the above article. We support each other when we can and consider everyone's ideas as equally important.

One of the great things we can do is share our stories and experiences. While going blind is no laughing matter, we thought we'd share some funny experiences with you.

Anne noticed a beautiful dress on a mannequin. She was just lifting the material to see what it felt like before deciding whether to try it on when a loud 'ouch' made her jump! She was feeling the outfit on a fellow shopper!

Anna was in the Greengrocers one day. She picked a nice big cauliflower up, only to discover that what she had thought was a cauliflower was actually the white perm on top of a fellow shopper's head!

You have to laugh don't you!

Do come and join us. We are a very friendly and inclusive bunch. You can contact me, Anne Jenner by email ajenner@yorkat.co.uk

SightPad re-energized my ability to play music

by Anna Baldwin

I have recently had my ability to play music re-energized – indeed saved from an early death – by the SightPad made by a Lancashire company called Sight-read Ltd. (sightread.co.uk).

This is a flat, A3-sized computer which sits on a music stand and displays a musical score on a screen at the size one needs in the colour and format one needs. The pages are turned by pressing a pedal.

I have two staves to a page in white on black, and at this colossal size I can actually see where those pesky little dots sit on the five lines and four spaces which have notated music since the twelfth century (and are well overdue for an update).

I am no longer trapped inside a telescope fitted to my glasses, but can move and respond to the music, and when in an orchestra I can almost see the conductor (though we violas don't generally bother with that).

It's wonderful to still be part of the music crashing around one and to feel with some confidence that one is playing the right notes.

I will happily demonstrate the SightPad to any musician interested in using it. It is the only such digital music stand developed for the use of visually impaired people, and so it is quite expensive, and requires some skill with formatting the music. This however can be provided by the RNIB (or by a friend, as in my case) and one can learn to do it.

The drive to make music is a very strong one.

Follow Holly's blog Life of a Blind Girl

<https://lifeofablindgirl.wordpress.com>

In this blog Holly Tuke talks about her experience as a blind student studying children, young people and families at York St John University.

Holly has been blind since birth and writes about her experiences as a blind person in the sighted world. She blogs about all things disability, assistive technology, lifestyle and beauty to name a few. Go to the webpage above to read her illuminating articles.

A blog is a personal on-line journal, frequently updated for those of you who are new to the jargon!

Trading Standards helps York Residents postal scam victims.

Officers from City of York trading standards have been

working with the National Trading Standards Scams Team since August 2014 to tackle scams and to investigate and disrupt the activities of these fraudsters on a national level.

Postal Scams come in many forms – including fake lotteries and prize draws, letters from clairvoyants and psychics promising good luck, or warning of dire consequences unless a fee is paid.

The people responsible for the letters are unscrupulous scammers who have no intention of giving anything in return.

If you (or a relative or friend) are concerned about the number or nature of any letters you are receiving or need help to find out if an item of mail is genuine then please contact the Citizens Advice consumer helpline on 03454 04 05 06.

Trading Standards aims to protect the consumer rights of residents of the City of York. It works to seek out those who use pressure selling or otherwise make

false and misleading claims about their products to vulnerable residents. Often they use cold calling at their victims home to pressure them into buying unnecessary products. Controlled zones have been set up to help reduce cold-calling anyone bothered by cold callers can report them to the Trading Standards on 03454 040506.

Home Services Directory of trusted tradespeople

This directory offers a list of traders vetted by the police, City of York Trading Standards and Age UK York to protect householders from bogus traders. It includes details of many different traders including builders and joiners, cleaning services, computer services, decorators, drainage workers, driveway cleaners and repairers, electricians, gardeners, glaziers, handypersons, light removals and storage, plumbers, roofers, security system installers, adapted living and mobile hairdressers.

The Home Services Directory is updated several times a year as details may change. Please check with Traders that you have their latest details.

Download a copy of the latest Home Services Directory from the City of York Council website www.york.gov.uk

Or if you cannot download a copy, call Age UK York 627995 or YBPSS we can help you get hold of the information.

Free Yorkshire Post and Yorkshire Evening Standard

The Yorkshire Post and the Yorkshire Evening Standard are available for free in an email text format from RNIB Newsagent. The simple text files are great for use with screenreaders, refreshable braille displays, magnifiers and tablet and mobile devices.

RNIB Newsagent also offers a download website for other text titles, including daily national papers and a range of magazines in braille

as well as a large print newspaper. Audio magazines and weekly national newspaper digests come in CD, USB and on a download website with all our main audio titles.

To sign up for local Yorkshire titles by email for free, or for prices on other magazines and newspapers, please call the RNIB Helpline on 0303 123 9999.

Where to get help with your tax queries

Many people find tax matters confusing, but RNIB has a team who support people with sight loss with income tax issues. The service, supported by HM Revenue and Customs (HMRC), provides information about tax allowances such as the Blind Person's Allowance and the Marriage Allowance which can reduce your tax bill.

RNIB can help you with queries related to income tax, tax-free savings, VAT-free products and tax credits. The team can also

contact HMRC to help with resolving problems and to arrange support with completing tax forms and self-assessment tax returns.

What is the Blind Person's Allowance?

People registered as blind or severely sight impaired can claim the Blind Person's Allowance. The allowance is £2,290. This can reduce tax by £458 this year. You can backdate the allowance to the previous 4 years. You can also transfer the allowance to your husband, wife or civil partner.

What is the Marriage Allowance?

The Government introduced the Marriage Allowance tax-break in 2015. It lets you and your partner share part of your tax-free Personal Allowance to help lower your overall tax bill. In 2016/17 you can transfer £1,100 of your Personal Allowance to your partner to save up to £220 in tax.

To apply for the Marriage Allowance you need to be

married or in a civil partnership. Both partners need to be born on or after 6 April 1935. One partner needs to be a non-taxpayer, and the other partner has to be a basic rate taxpayer.

RNIB want to make sure anyone who is eligible receives these tax allowances and the team can help you with claiming them. In most cases it can be done easily over the phone, with no forms to complete.

RNIB's Tax Advice team

0345 330 4897 or 0151 702 5721 or email: tax@rnib.org.uk

Equipment for sale by YBPSS member

White 11 watt daylight fluorescent Task Lamp £20.00 . Quicklook Zoom Autofocus Pocket Electronic magnifier £125.00. Eclipse Electronic Magnifier (cctv) £250.00.

Contact Teresa Mikola, 01904 709037, who can explain each item to you.

Fundraising thanks, and Sight Loss Awareness Day from Helen Slee

Please see our supporters news for more great news.

The thanks begin with Jess. She will be leaving her post as Fundraising Assistant at the end of August. I want to thank her for all the hard work that she has put in over the last nine months and I wish her all the best for the future.

The next thanks go to the Friends of Dunnington who put on an art exhibition in the village hall, raising a fantastic £330 and Heworth Methodist Church who chose us as their Charity of the Year and have just sent us £600. Finally, the South Bank Singers put on a show of 'Midsummer Spirituals' at the Unitarian Church in July and raised £353 for us. A big thank you to Susan Saunders and Jean Haywood who nominated us, and to Bob and Evelyn for attending and speaking at the interval.

We have received in memoriam donations of £212 from the friends and relatives of Janet Redshaw, Ivan Addison and Joyce Metcalfe and other donations of £415 including £300 from Minster Lions.

We thank everyone for thinking about us, and appreciate every donation, whatever its size.

On the 3rd September, Trudi our Volunteer Manager, and I will be hosting a sight loss awareness day at Rowntree Park. It is going to be a family friendly event which includes information on YBPSS and fun sensory games. If you would like to help on the day, please get in touch with Helen on 636269 or email helen.slee@ybpss.org

Audio Description at York Theatres

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

Most showings 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 important visual information which 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. Join their mailing list for a large print or audio brochure.

Sherlock Holmes and the Hound of the Baskervilles

The greatest ever Sherlock Holmes mystery is turned into a fun-filled family show. Sir Charles Baskerville is found dead with suspicious

paw prints next to his body. Has the demon hound struck again? Saturday 27 August at 2.30 and 7.30pm.

Grand Opera House
Booking office (Access tickets) 678703

Gangsta Granny

David Walliam's brilliant book is brought to life on stage. Ben hates staying with his boring Granny until he discovers her amazing secret and they embark on a daring adventure together. Saturday 24th September at 2.30pm.

Blood Brothers

Willy Russell's moving tale of twins, separated at birth, who grow up on opposite sides of the track but meet again with fateful consequences. Monday 7th November at 2.30pm

Diary Dates

indicates event takes place at YBPSS offices

| | | |
|-----------------------|----------|---|
| <u>August</u> | | |
| Tues 23 | Y | Knitting 10.30-12 the fortnightly |
| Thurs 25 | Y | Exercise Group 10.30-12 then weekly |
| Thurs 25 | Y | Access to Health Information 1.30-3.30 |
| Fri 26 | Y | Boccia 10.30-12 then fortnightly |
| Sat 27 | | Hound of the Baskervilles, Theatre Royal 2.30 and 7.30 |
| Mon 29 | | YBPSS closed for Bank Holiday |
| Tues 30 | | YBPSS closed for Bank Holiday |
| Wed 31 | Y | Discussion Time 10.30-12 |
| <u>Sept</u> | | |
| Thurs 1 | Y | Pilates 1.30-3.30 then weekly |
| Sat 3 | | Rowntree Park event |
| Tues 6 | Y | Book Group 10.30-12 then monthly |
| Thurs 8 | Y | Coffee and Information session 1-3 |
| Fri 9 | | Collection Tesco, Clifton Moor |
| Wed 14 | Y | Games 10.30-12 then monthly |
| Thurs 15 | | AGM Monkbar Hotel – YBPSS offices closed |
| Fri 16 | Y | Dolphin Open Day 10-2 |
| Tues 20 | Y | Singing Group 10.30-12 then monthly |
| Thurs 22 | | City Centre Collection |
| Sat 24 | | Gangsta Granny – Grand Opera House 2.30 |
| Tues 27 | | St Crux |
| <u>October</u> | | |
| Mon 10 | Y | M.D. Group Meeting 10-12 |
| 13-15 | | Collection at York Railway Station |
| <u>Nov</u> | | |
| Mon 7 | | Blood Brothers – Grand Opera House 2.30 |