



# York Blind and Partially Sighted Society



**Pilates class**

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## Newsletter

**November, December and January 2017**

**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, appointments 3pm to 4pm**

**Telephone 01904 636269**

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

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

**Hello and welcome to our winter newsletter, packed with articles that I hope you will find interesting, informative and maybe even inspiring.**

**Winter is probably the worst season for people living with sight loss – the short days and low sun can make getting out and about harder than usual. Whilst I have the focus of work to get me out of the house, I know that many of you will be staying indoors more often than you would like to. I've found that using a long cane takes an enormous amount of stress away when out and about in the dark (it does get a bit tangled up with fallen leaves though!). If you feel**

**as though you're stuck indoors, and would like to learn new skills to help you get out, then give us a call and we can put you in touch with a mobility officer who can help you do that. It certainly extended my horizons.**

**If the low sun is a problem, we have a new range of UV shields, and if you want to get the most out of comfy nights in front of the TV, we have ideas to help make this more enjoyable too.**

**In terms of events, there are two new and exciting equipment demonstrations, our Christmas Party, Pilates and Creative Writing to tempt you.**

**If you feel really down and need someone to talk to, our Talking Space Counselling service is**

**available, or how about contributing to developing a Street Charter or helping York Hospital improve their PALS service?**

**All of this, and much more on page 3 onwards.**

**In my last news update, I advised that the City Council were considering putting their sensory impairment services out to tender. They have indeed done that but unfortunately we are not in a position to be able to put in a bid. The City Council have developed a specification that includes all sensory impairment services and as we do not have the resources to provide services for people who are deaf, we cannot deliver the whole service and therefore cannot tender.**

**We may not be able to deliver services for deaf people but we can and do deliver very valued and varied services for people living with sight loss from our premises in Rougier Street. Some of our services are supported by grants from the council, so**

**it is likely that we will lose those grants from April 2017 onwards. This is a very difficult position for us to be in which will mean that we will have to raise even more funds to ensure your services can continue to be provided.**

**We are always grateful when we receive gifts in whatever shape or form, but particularly now as we are facing losing our grants. In the last couple of months we have learned we are to receive 2 legacies from members of the Society. Mr David Harrison and Mrs Marion Riley have both left us generous gifts which will help us weather this particular storm, at least in the short term.**

**I want to reassure you that we are not cutting any of our services, despite losing our grants. We know that you value what we do, you value how accessible we are, and you value the great service you get from our team of skilled and experienced staff and volunteers, so we are developing plans to ensure we can continue to be here**

for you. If you would like to know more, please contact me on my direct line of 01904 731121.

I'd like to end our last newsletter of the year on a positive note by wishing you all the very best for Christmas and the New Year from me, the staff team and trustees of YBPSS. May 2017 bring something great for us all.

I hope to see you at the Christmas Party or one of our many consultations or open events in December. As always, I welcome your comments, suggestions and ideas, so do please get in touch.

Diane Roworth, Chief Officer

**Christmas Events**  
**Carol singing**  
**Christmas Lunch**  
**Christmas cards**

**Carol singing in  
Coppergate, 3<sup>rd</sup>  
December**

This is our biggest single collection event of the year.

Last year we raised nearly £1,000 – please come and help us beat that this year. Our choir is made up of volunteers, members and friends and we would love you to join us. No singing talent required – just enthusiasm, and if you prefer not to sing, you can be a collector instead.

We provide braille and large print song sheets and have a great time – please call either Diane or Barbara to let us know if you will be coming.

Please arrive by 10.45 for 11.00 start. Mulled wine and mince pies at 12.00 and finish by 1.00.

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**Christmas lunch at  
The Marriott Hotel,  
Tuesday 13<sup>th</sup> December, 12  
for 12.30, £16 per person**

Come and join us for our Annual Christmas Lunch in the lovely surroundings of the Marriott Hotel, Tadcaster Road, York.

The party starts at 12.00 as we greet you with a glass of

**Bucks Fizz or fruit juice, followed by lunch.**

**The menu choices are turkey with chestnut and sage stuffing, baked sea bass with a tomato and caper dressing or fig and caramelised red onion tart with aged Feta. For dessert you can choose either dark chocolate and orange torte with vanilla sauce or traditional Christmas pudding and brandy sauce all rounded off with tea, coffee and mince pies.**

**Following lunch we will be entertained on the piano by Ron Ellor. Ron is a member of YBPSS and has been playing piano for over 60 years, he has even played for royalty! He will be playing lots of old favourites to join in with if you wish, as well as some Christmas songs to get us in the festive mood. There will be a raffle with proceeds to YBPSS, so maybe you will be lucky and win yourself an early Christmas present.**

**Do come and join us! Partners are welcome too, and if you would like to sit**

**on a table with people you know, please let us know when you book your place.**

**Booking is essential so please ring us as soon as possible on 636269 and don't forget to give us your menu choices.**

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## **Christmas Cards**

**We have our very popular Christmas cards, with a wide variety of designs created by our members and volunteers. The greeting inside each card says Merry Christmas and a Happy New Year and we can produce this in braille for you if you wish.**

**10 cards and cost £3.50 with all the proceeds going towards the services YBPSS provide.**

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

## **Cocoons Eye Shields**

**With winter upon us glare on sunny days becomes**

more of a problem than it was before. To protect your eyes we have got new UV eye shields available.

Low Vision Cocoons (£21) offer a full spectrum of contrast enhancing filters designed specifically for visually impaired people.

The patented frames feature Flex2Fit® temples and a unique Soft Touch® finish to enhance comfort during extended wear. They are extremely robust and very difficult to damage.

There are four colours of filters available:

Boysenberry is great for indoor and outdoor light absorption and reduces glare to provide improved visual acuity.

Hazelnut reduces glare and provides heightened contrast in outdoor and indoor applications.

Lemon maximizes brightness and enhances contrast in low light conditions to improve visual acuity.

Orange enhances contrast by intensifying backgrounds to improve object definition and clarity.

These are designed to be worn over your normal spectacles if you wear them and there are various sizes and styles available starting from Small Streamline (Fits over frames up to 128mm x 36mm) all the way up to X-Large Aviators (Fits over frames up to 142mm x 50mm).

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## Large Print Calendars and Diaries

Finding the right diary and calendar is not always easy. If you need lots of space to write in and big easy to see dates, then you need a different diary to those you can buy in the high street.

We have several designs of pocket and desk diaries, wall calendars and address books on display in the Equipment Centre and prices start at £4.50 for a diary and £6.50 for a calendar.

## **New Liquid Level Indicator**

Liquid level indicators give an audible and vibrating alert to stop you over filling your cup or mug. This new design is slightly smaller and has a simple rubberised flap to access the lithium battery, which makes it much easier to change. £7.50

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## **New antibacterial, flexible chopping boards set**

The set comprises of 2 lightweight boards in red and orange with flexible sides which bend easily to help with pouring food into pots and pans. The soft plastic material won't dull your knives and has an antibacterial coating. £9.95

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## **Oven gloves**

Heat resistant up to 350 degrees, soft and flexible and suitable for right or left hands, these gloves are available in two lengths to

cover forearm as well as hands. RNIB £23.95

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## **3 in 1 Safe T light**

This new light combines a rechargeable torch, a plug in power-cut light and night light. The 'safe T light' remains plugged into your power point at all times, so you always have a fully charged torch which automatically comes on in the event of a power cut. As a night light it automatically turns on at dusk and switches off at dawn. Using low energy LED it provides 4 hours of light when fully charged. RNIB £17.95

**Synaptic and OrCam, making life easier, demo afternoon at YBPSS  
12<sup>th</sup> December 12.00 to 3.00**

## **OrCam MyEye and MyReader**

Since the introduction of the OrCam wearable reading device last year, it has helped many visually impaired people to gain

access to a new independence.

The OrCam lightweight miniature camera and sound bar are mounted on a pair of spectacles; simply using the gesture of pointing your finger, the device reads text in view, be it the cooking instructions on a ready meal, a favourite book, the newspaper or even your daily post. It is so simple to use and doesn't require any further technology to make it the ideal companion around the home or out and about.

The OrCam MyEye will recognise and announce previously learnt faces and products when they come into view and will even tell you the time when you look at your wrist.

The simple controls make the OrCam suitable for people from 8 to 108 years old. The start of intuitive artificial sight is here at YBPSS for you to try out for yourself, do come.

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## **Synapptic's award-winning software 12.00 - 3.00**

Synapptic is a Northeast company which designs innovative and intuitive technology for people with sight loss, which works on mainstream Smartphones and Tablets (not iPads). Their mission is to keep things simple and encourage everyone to give technology a try.

They have recently won an Award for Excellence from the Macular Society, in the category of Best Technology Innovation.

They pride themselves on their customer service and all their products come with a lifetime of free technical support, so you'll never be left on your own if you need some help.

Ken Bridges would love to meet you when he visits YBPSS on 12<sup>th</sup> December. You can have a play with the phones and tablets and see how long it takes before you can text and browse the internet!

You can also see the new Eccentric Reading mode, where text can be scrolled automatically across a screen and you get to control the speed and size. That works well for people with MD. The Reading Machine feature lets you convert text to speech, so you can read menus and food labels, which can also be magnified onscreen.

Come and give the products a try and discover that using technology is simpler than you think! We have a Synaptic tablet in the Equipment Centre if you can't get to the demonstration, but it's always best to talk to the experts if you can.

**Television Tips**  
**Watching TV**  
**Programme Guides**  
**Remote Controls**  
**Audio Description**

With the nights drawing in and the TV companies rolling out their new schedules, many of us will be drawn to our televisions this Winter. But lots of things can make watching

TV more difficult, whether that's finding out what's on, using the remote control or seeing the screen clearly. We have suggestions that may help.

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## **TV remote controls**

We have 4 different TV remote controls that will work with most modern televisions but they may require sighted assistance to set up (which we could provide).

If you watch only a few channels, choose from:

Doro (£19.99) is the very simplest model with only 7 buttons: on/off, AV, channel up/down, and volume up/down.

EasyTV5 (£10) is very similar but can control two devices, for instance a TV and a DVD player.

If you watch many different channels and want to control more than one device, choose from:

**EasyTV10 (£10)** has a full standard keypad and you can use it to control 2 different devices (TV and DVD player for example).

**Lexibook ST400 (£19.95)** is a much larger model which offers all the functions of a standard remote control but with large clear keys. It can operate several devices **BUT** its size (10cm x 23cm) can make it unwieldy for some people.

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## **TV Programme Guides**

**RNIB** produce a weekly **Big Print TV and Radio** guide. This comes with their weekly **Big Print Newspaper** for an annual (£99.84) or six month (49.92) subscription, paid by direct debit.

A quarterly subscription, paid for by debit or credit card costs £24.98.

The newspaper includes 16 pages of news, sports, entertainment and leisure including a crossword.

The TV and Radio guide lists all **BBC1, BBC2, ITV,**

**Channel 4, Channel 5 and Radio 2, 3, 4, 5Live, 4Extra and Classic FM.**

There is also a separate **Big Print Freeview TV** guide for an annual subscription of £50. Both guides highlight programmes that include **Audio Description.**

**Braille TV and radio** programme guides are also available from **RNIB.**

We have sample copies of **Big Print** and can help you with further information on these or other publications from **RNIB's Newsagent.**

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## **Watching TV**

If the screen image is not clear, the first thing to try out is the distance away from the screen you sit. Some people find that sitting a couple of feet away from the screen really increases the clarity of the picture and their enjoyment of the programme. Make sure you are using the highest contrast settings on your TV screen. New televisions have more

options than older ones and HD programmes also offer that extra little bit of definition.

**TV glasses** are designed for watching TV. They can help if you need a little extra magnification but don't work for everyone. Some people find them too cumbersome, whilst others really benefit from them.

We can loan you a pair for a couple of weeks so that you can see if they work for you with your own television before buying (£36.20).

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## **Audio Description (AD).**

AD is a service built in to many television programmes by which a commentator describes aspects of the programme that are not audible. These may include body language, facial expressions and actions and this is particularly helpful for programmes with lots of different characters and locations. It is great,

regardless of your level of vision, so give it a try.

Most new dramas and soaps have AD. If you record a programme with AD, the AD will be recorded as well, but it is not available on catch up.

The usual place to switch it on is in the 'settings' menu of your TV, more than likely under an 'accessibility' tab. Once turned on, you will be able to turn it on or off for individual programmes via the remote control.

York Cinemas City Screen and Vue have AD at every showing, and they provide a headset that relays the additional descriptions just to you.

We publicise AD Theatre performances at York Theatre Royal and the Grand Opera House in every newsletter.

Some sports venues, such as Lord's cricket ground and some football and rugby clubs also provide an audio description service so that you can enjoy the match live.

**Have Your Say  
Help plan safer streets  
York Hospital seeks your  
views  
Health Information  
update**

## **Safer Streets**

Maqsood Sheikh, the new RNIB Regional Campaigns Officer, will be coming to YBPSS on Thursday 8<sup>th</sup> December at 11:00 am. Following our successful campaign against 'A'-boards, he will help us draw up a Streets Charter. This means putting together a short list of things which would make life easier for blind and partially sighted people and getting the Council to sign up to it. This approach has worked well in other cities. We will probably not be able to complete the process at one meeting, but we can make a good start.

Maqsood will also tell us about some of the other RNIB campaigns and asking if we have any local campaigns with which RNIB could help.

I know December is often a busy month, but I do encourage you to come. Please call Caroline or Karen on 731124 to say you are coming, partly to give us an idea of numbers and partly so that we can contact you if we have to change the arrangements.

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## **York Hospital asks for your views**

Wednesday 30th November  
1:30pm – 3pm.

As a patient, relative or carer attending York Hospital, you may need to turn to someone for on the spot help, advice or support. The Patient Advice and Liaison Service (PALS) is there to help you sort out any concerns you may have about the care you have received, and guide you through the different services available.

York Hospital is currently developing their patient advice and liaison service, and would like to ensure that it is accessible for blind and partially sighted people. Hester Rowell, the

**Lead for Patient Experience, is inviting members to come and meet her at YBPSS on Wednesday the 30th of November from 1:30 – 3pm. She would like to hear your views on how to promote the service, and ensure that it is accessible to people who are blind and partially sighted. She is particularly looking for suggestions about how to make PALS easier to find within the hospital, and to make the process of leaving feedback easier.**

**Please call Karen or Caroline on 01904 731124 if you would like a place at the meeting, or have any suggestions that you would like us to pass on to Hester.**

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## **Access to Health Information Update- Tell us your news!**

**In July 2016, the NHS Accessible Information Standard came into force.**

**This means that you can ask for all healthcare providers to provide you with information in a format**

**you can read. Our Access to Information update meeting in August was attended by 19 members who updated us with the responses they'd received from their GP's.**

**17 members sent out our template letter to request their health information in an accessible format. 8 responses were positive with members receiving their next correspondence in the format of their choice, and 9 members had received no information or a negative response.**

**Maqsood Sheikh, the RNIB Regional Campaigns Manager who attended our meeting says:**

**"If you haven't been successful in getting your GP or hospital clinic to respond to your request you can call the RNIB Campaigns Hotline. We can do follow up letters to Practice Managers to chase them and help with other things like getting large print labels for your medication. Ring the RNIB hotline and their experts can help you get what you**

want. Calls that go through our helpline will also help us collect evidence to feedback to NHS England."

Contact the RNIB Campaigns Hotline on 020 7391 2123 or email [campaigns@rnib.org.uk](mailto:campaigns@rnib.org.uk)

If you haven't asked your GP practice to provide information to you in a format you can read, please use our template letter to do so. You can download a copy from our YBPSS website (under the 'Accessible Information' tab), or ring Caroline Robertson on 01904 731124 who will post or email you a copy. She can also tell you more about your rights.

It is essential that everyone can read information about their health – the NHS standard is designed to make sure this happens, so please make the most of this opportunity.

## **Have a go at something new Creative writing Pilates Finding Your Feet**

To book places on any of the following, call Caroline or Karen on 731124

### **Creative Writing, Wednesday 7<sup>th</sup> December**

This free creative writing taster session runs from 11am to 1pm. Places are limited and need to be booked by 26th November to ensure this activity goes ahead.

Anna Woodford is leading the workshop entitled "From Here to There".

In this friendly informal creative writing workshop we will be looking at themes of travel and writing about everyday and out of the ordinary journeys. The workshop is suitable for complete beginners or more experienced writers. Bring your sense of adventure

and tell us what support you need to participate.

You can bring your own pen and paper, iPad or recording equipment, or we can provide a Perkins braille, a CCTV or a volunteer to be your scribe. Please let us know what will make it easy for you to join in and get your creative juices flowing!

Note - Anna Woodford is a published poet and writer in residence at York University's Co-Motion research centre.

[www.annawoodford.co.uk](http://www.annawoodford.co.uk)

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## **Pilates 6 week course**

Our last set of free Pilates sessions will begin on 5th January 2017 and will run every Thursday from 1.30pm to 2.30pm.

This is the third 6 week course we have run, and participants of the previous 2 really enjoyed taking part and are feeling the benefit already.

## **New Community Pilates class**

Our Pilates tutor, Ali Jones, has agreed to start a class exclusively for people living with a visual impairment. This will take place at St Olaves Church Hall Marygate, York, YO30 7BJ, on a Thursday 10am to 11am and cost £7 per session.

Contact Ali on 07716335396 if you would like more information or book a place.

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## **Finding Your Feet, 23<sup>rd</sup> and 30<sup>th</sup> January 2017**

This 2 day course is for anyone who would like to find out more about living successfully with sight loss. YBPSS staff and guest speakers present interactive workshops covering everyday topics like getting out and about, benefits, emotional well-being, hi and low tech equipment, eating well, plus lots more. You get to meet people who have done the

course already and you are welcome to bring a partner or supporter too. These are very popular courses and participants say that afterwards they feel much better informed, more confident and less isolated. A free and lunch is provided each day.

Contact Karen or Caroline on 731124 if you would like to book a place, and we can provide transport if you need it.

**Money Matters**  
**Talking Cash machines**  
**New bank notes**  
**Tips for managing money**

Using cash machines (ATMs) is not always easy if you have low vision.

Soon it will be easier for blind and partially sighted people to withdraw cash from Post Office ATMs.

The Post Office is launching talking cash machines as part of an upgrade to its ATM network.

The speech enabled machines will allow you to

plug earphones into the machines and be verbally guided through your transactions. The upgrade will take place over the next nine months.

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## **Co-operative Bank Talking ATMS in York**

It's great that the Post Office are introducing talking cash machines, but the Co-operative Bank already have them. These are located at the convenience stores in

**Acomb, 10 Regent  
Buildings**

**Heworth, 75-77 East Parade**

**143-145 Tang Hall Lane**

**103-4 Hull Road**

**46 Broadway, Fulford**

You will need to take your own headphones with you to ensure no-one else hears your information.

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## **New Bank Notes**

**Bank notes are changing, you may already have seen the new £5 note that was released in September.**

**The new notes are made of polymer, a thin and flexible plastic which lasts 2.5 times longer than paper notes, which is one of the reasons the Bank of England has decided to change our notes.**

**To help visually impaired people distinguish between denominations, the new polymer notes will have the same features as the current paper notes.**

**The new notes will be smaller than existing ones, but they will still be tiered in size, that is the larger the note, the larger the value. The colours remain more or less the same as do the bold numerals. All notes feature a clear plastic panel that makes them look a little bit like toy money!**

**New £10 notes will be released in summer 2017 and the new £20 note in**

**2020. The polymer £10 and £20 notes will each have tactile feature created by a series of raised dots and the £5 note will be distinguishable by the absence of a feature.**

**There will also be a new £1 coin released in March 2017 and existing coins will be withdrawn roughly 6 months after that.**

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## **Tips for managing your money**

**Fold each denomination of notes in a different way, for example, don't fold your £5 notes, fold your £10 in half and your £20 in half and half again. Or you can measure the depth of each denomination of bank note between your index and middle finger. One of them is likely to be the same size as your middle finger so you have an instant way of knowing what it is.**

**Sort your money before you go out and as you shop put your change in a different place ready to sort when you get home.**

Leave coins you find it difficult to distinguish at home – for example if you confuse 20p and 1p – leave the 1p at home.

Keep your £1 coins separate from all your other change.

Choose a contrasting colour or textured purse to your handbag, to make it easier to find.

Ask your bank to provide you with large print bank statements. They are legally obliged to provide you with information in a format you can access. You should also be able to get audio and braille bank statements.

If using ATMs in the dark, carry a small torch in your bag so that you can light up the keypad if you need it.

## **Members column, Anna invites you to join in**

**Burns Night 21 Jan 7.00 at York Theatre Royal**

**An evening of Scottish dancing in the De Grey**

rooms, tickets are half price, £8.50 for you and a companion. You are welcome to join our group. Book through the Theatre (623568) and look out for the table with white sticks on it!

## **Strictly Ballroom the musical, audio described**

The English premiere of this stage musical takes place at the West Yorkshire Playhouse, Leeds, audio described on 14th Jan 1.30pm, with optional touch tour. It tells the story of an unknown dancers rise to acceptance and fame, and contains music that will make you want to get up and dance. £32 for VIP and free ticket for helper. The bus to Leeds leaves from Rougier St at about 10.30 to be there in time for the touch tour

Let Anna Baldwin (637196) know by Nov 20<sup>th</sup> if you would like any of the 10 front row tickets she has reserved, or if you want to know more about Burns night.

## **Fundraising Thanks**

A great big thank you goes to everyone who helped at St Crux in September. We raised £705.37 but we could not do it without our wonderful volunteers who bake, collect bric-a-brac and stand in the cold for hours to make it a success.

In memoriam donations of £1,282 have been received since September. We are so grateful to the families and friends for thinking about us at this sad time.

Please join us for Carol Singing in Coppergate on Saturday 3<sup>rd</sup> December. We need singers and collectors so everyone is welcome.

## **Audio Description at York Theatres**

Audio described performances, with a touch tour of the set, costumes and props, 1 hour before the show, are listed below. Audio description is a free service, and users get reduced price tickets, usually for you and your escort - do ask each time

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

York Theatre Royal  
Booking Office 623568  
Theatre Dates

### Night Must Fall

A tense, psychological thriller where the audience must decide if the smooth-talking Dan is all he seems and what is his connection to a missing woman? AD Sat. 19 November 2.30pm.

### The Mischief Before Christmas

A Christmas tale of magic and mischief especially for children aged 3 to 7 (and their grown-ups)! AD Tuesday 20 December.

### Cinderella

Berwick Kaler brings his madcap pantomime back where it belongs – to the brand new stage at the Theatre Royal. AD Thursday 19 January at 7.30 and Saturday 21<sup>st</sup> January at 2.30.

## Diary Dates

Y indicates event takes place at YBPSS offices

<u>November</u>		Event
Thurs 24	Y	Exercise 10.30 – 12 then weekly
Tues 29	Y	RNIB Equipment Demo 9 - 11.30
Wed 30	Y	Accessible Health Information 1.30 - 3.00
<u>December</u>		
Thurs 1	Y	Pilates 1.30 - 2.30
Thurs 1	Y	Mobile Technology Group 10 – 12
Thurs 1	Y	Volunteers' Christmas get together 3pm
Fri 2	Y	Boccia 10.30 – 12 then fortnightly
Sat 3		Carol Singing at Coppergate 11 -1
Tues 6	Y	Book Group 10.30 – 12 then monthly
Wed 7	Y	Creative Writing Group 11-1
Thurs 8	Y	Safer Streets Meeting 11 – 1
Mon 12	Y	M.D. Group Meeting 10 – 12
Mon 12	Y	Synapptic & ORCAM Focus Day 12.00 – 3.00
Tues 13		Christmas Lunch Marriott Hotel 12.00
Wed 14	Y	Singing Group 10.30 – 12 then monthly
Mon 19	Y	Socialeyes 11 – 12.30
Tues 20	Y	Knitting Group 10.30 – 12 then fortnightly
Wed 21	Y	Games 10.30 – 12 then monthly
Fri 23		YBPSS closes at 3pm and will re-open at 10am on Tuesday 3 <sup>rd</sup> January
<u>January</u>		
Tues 3	Y	Book Group 10.30 – 12 then monthly
Thurs 5	Y	Mobile Technology Group 10 – 12
Thurs 5	Y	Pilates 1.30 – 2.30 then weekly