



# York Blind and Partially Sighted Society



**Thank you to Tesco**

## Spring Newsletter 2017

March, April, May

**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, on USB, CD,  
in Braille, via e-mail or on our website: [www.ybps.org](http://www.ybps.org)**

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

**Welcome to our first newsletter of 2017, and I have to start with an enormous ‘thank you’.**

**I reluctantly sent out a letter to all of our 1200 members, explaining the loss of our long established funding from the City of York Council. The response was truly wonderful.**

**Within 3 weeks, we received £4,510 in one-off donations and £3,110 in regular donations. Not only that, we had lots of messages of thanks and support for the services we provide which is very affirming.**

**I want to reassure you that, the committee and staff understand how important YBPSS services are to you,**

**and that we will be doing everything we can to ensure they will continue.**

**The donations you have sent us, and the legacies we have received in February, from Mrs Marion Riley and Mr David Harrison, will ensure that, despite our loss of funding, we can continue to be here.**

**Despite this tricky time financially, we have much we can celebrate as we move into 2017.**

**Firstly, on the 1<sup>st</sup> February the city centre of York became an A Board free zone, which is absolute bliss! Walking through the street with a long cane is so easy now compared to a month ago when A Boards littered the streets.**

**The story was big news locally and nationally and,**

as a supporter of the ban, I was interviewed on Radio York, Radio 2 and BBC in Cumbria and Look North, and was even mentioned in the Times newspaper! All great publicity for YBPSS.

Being able to move around safely and independently is so important. Sometimes we may need assistance from another person to do that. Sometimes that assistance isn't quite what we hoped for. If this sounds familiar, then our Friends and Family Sighted Guiding session could be the answer – page 8.

The second thing to celebrate is the extension to our ECLO service. If you have met Vanessa Camp, our Eye Clinic Liaison Officer at York Hospital, you will know what a valuable service she provides. Being able to get support within the eye clinic is vital if you are faced with unwelcome news about your sight. We are now set to expand this service into the hospitals at Scarborough and Bridlington, so patients of York Teaching Hospitals NHS Foundation Trust can

receive the same quality of service regardless of which hospital they use. This is a joint project between YBPSS, Action for Blind People and York Hospital and we are all truly delighted it will start in March.

Thirdly, we want to make the most of Hull being the City of Culture for 2017 so are joining HERIB and other local societies to work with an artist to create a sculpture to be exhibited in the city - page 9.

Last but not least, we are celebrating the completion of a 2-year Optimeyes project, working to increase awareness of eye health and enable more people to get more services. This was funded by the Big Lottery fund, but we are committed to continuing the work we started as we know the fantastic results it has brought.

So we do have lots to celebrate, including welcoming Carolyn Blain, our new Community Fundraising Assistant to our team. We also have lots

more events coming up: On-Line Today, Mobile Technology Groups, an Optelec Open Day on 20<sup>th</sup> March (flyer enclosed) and a visit to Hull. So it's business as usual and, as usual, if you have comments or suggestions, please contact me Diane Roworth, Chief Officer on my direct line of 01904 731121, or email me on [diane.roworth@ybpps.org](mailto:diane.roworth@ybpps.org)

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

**PLEASE NOTE** the centre will be closed for stock taking on 3<sup>rd</sup> and 4<sup>th</sup> April, and for Easter from 14<sup>th</sup> to 19<sup>th</sup> April.

### **1. Easy-to-see mobile phone £29.95**

This basic mobile phone has clear big buttons with extra-large font and loud ringer. The SOS feature allows you to make quick contact in an emergency.

### **2. Easy to see phone and SOS bracelet**

This phone offers great security features. The SOS button on the back of the phone calls 5 emergency contacts when pressed, and the wireless SOS bracelet does the same thing. The phone also has an ICE function, which allows emergency services to access your next-of-Kin's contact details or gain crucial information in case of an emergency.

It includes talking caller ID, adjustable font size, 7 quick dial numbers and 300 phone book contacts.

### **3. Big button talking clamshell phone £64.95**

This phone has a clear, large font keypad that also speaks the numbers in a clear, English voice as you dial them, as well as a spoken caller ID for up to 10 contact numbers. It is particularly suitable for people with hearing loss as you can make the ringer extra-loud and alter the volume and tone of calls. A call can be answered simply by opening the phone and ended by closing it.

The phone also has an SOS button and the ICE feature and is very easy to use even if you have little experience.

## **Daylight Lamps**

Increasing the amount of light shining on the objects you want to see can greatly enhance your vision.

Daylight bulbs give a quality of light nearest to natural daylight, are low heat so even if you touch the shade or tube you will be safe, and last around 8000 hours. A 20 watt daylight bulb is roughly equivalent to a 100 watt ordinary bulb.

## **Daylight white light with EasyTwist™ head and magnifier £97.95**

The head of this light is easy to position where you want it, so you can get the maximum amount of light shining onto your object. It has an 18 watt daylight bulb and is also fitted with a 1.75X magnification lens on a flexible arm. This is good if you need a little extra magnification to thread a

needle or look at something in closer detail.

## **Daylight silver floor standing light £97.95**

This stylish floor standing light has a 20 watt Daylight bulb and is height adjustable.

## **Bright LED Floor Standing Lamp £85**

This new lamp offers 3 stage illumination and has a fully adjustable head. The lamp has a super bright 10W LED which does not get hot and provides an even spread of light. It is easily assembled and consists of 3 parts so you can make it shorter if necessary. Its slim design is foldable, so it does not take much space.

## **Time and date digital clock with a difference RNIB £59.95**

This new easy to see digital clock has an 8" screen with excellent quality white on black background display. It offers 2 modes, the first is as a normal digital clock displaying the date and

time. The second mode is particularly suitable for people with poor memory or dementia, as it displays the date in a conversational way - 'It's now Sunday morning'. It is mains powered, but due to the excellent quality of its display, costs £59.95.

### **Audio Bible £40**

The Torch Trust has brought out a new audio player loaded with a recording of the complete New International Version of the Bible, read by David Suchet. The player is small and lightweight, only 4" by 2". It has a number of useful functions to make it easy to navigate through the Bible. One button will skip between large sections, another set of buttons will skip from Book to Book, while a third set skips by Chapter. You can also skip forward or back by 10 seconds, making it relatively easy to find an exact verse. Although the keypad for all these functions is small, each button is slightly raised. If you pause or stop listening, it will always start

again at the place where you stopped.

The player charges using a USB charger, or by solar power, taking 6 to 8 hours bright sunlight or under a bright lightbulb.

### **Easy to see and use pepper mill £14.95 and can opener £12.95**

These bright red kitchen utensils are great if you have difficulty twisting a pepper mill or opening cans. They are fitted with ratchet handles which require very little grip or pressure, making grinding any spices or opening cans or ring pulls, easy to do. The bright red colour makes them easy to spot in the kitchen too.

### **Optelec Focus Day 20<sup>th</sup> March 10-2**

Come along to see and try a range of electronic magnifiers. More details in the enclosed flyer.

**Free directory enquiries  
Call Blockers  
New mobile phones**

## **Free Directory enquiries**

If you are unable to read or hold a telephone directory because of your sight loss or other disability you can apply for free directory enquiries and you can use the service whether or not BT is your telephone line provider. Once you have signed up you simply dial 195 and speak to an operator who will find the number you require and connect you for free. Call us on 636269 to arrange.

## **Managing nuisance calls**

Nuisance phone calls are plaguing many people's lives, and increasing numbers of home phones now come with some call blocking technology, some better than others. Here are some suggestions.

## **BT Phones with 'call guardian'**

These new phones have a dedicated call blocking button they call the 'call guardian' feature. By filtering all the calls coming in it creates an allowed list of numbers and a blocked list where the caller will hear a message stating that the call is being screened, please hang up. Some sighted assistance may be required to set this up. We have two call blocking phones from BT on display.

BT Decor 2600 Corded telephone (white) approx. £29.95 or BT 4600 cordless phone (silver) approx. cost £39.99 single or £64.99 twin.

The 4600 has an answering machine with slow-play option. You can also record and listen to conversations.

## **RNIB call blocker**

If you don't want to buy a new home phone, you can buy a separate call blocker to plug into your phone.

**This new big button RNIB call blocker will work on any home phone line (even with additional handsets and broadband) although you do need to be registered with Caller ID. It is easy to set up and use and lets you decide who you want to speak to. It comes pre-programmed with 200 numbers which are deemed as 'known nuisance caller numbers' and you can block a further 1,000 numbers or area codes. By touching the red "Block Now Button" you can block unwanted callers as they are calling you, the number is placed in the memory and the number is then permanently blocked. There are other blocking options, such as skype/internet callers, spoof callers and area codes. Price £59.95**

### **Optimeyes successfully reaches 941 older people**

**Our 2-year National Lottery funded project, where we have worked alongside local societies in Hull, Ryedale, Selby, Sheffield, Lincoln and RNIB officially closes at the end of March.**

**The project had two key elements – to promote eye health and thus avoid unnecessary sight loss, and to reach out to people with sight loss, but not receiving services. Both elements have more than met their targets.**

**761 people have had a chance to find out how they can look after their vision, the latest talk being to the U3A where over 100 people found out about eye health and also YBPSS services,**

**The Optimeyes project has provided opportunities for people to come to YBPSS to find out more about us and the services, or to participate in an activity such as a Finding Your Feet course, Boccia, Pilates, or creative writing.**

**We are delighted to have achieved so much through our Optimeyes staff, and are planning to continue with many of these activities - watch this space!**

## **Friends and Family Guiding with YBPSS and Guide Dogs for the Blind**

Getting other people to understand how sight loss affects you, and how they can best help is not always easy.

For sighted people, guiding someone with sight loss can be a daunting prospect, just as being guided badly can be stressful and frightening. If you recognise these situations, then our Friends and Family Guiding session could be just the right thing.

The training will consist of a basic introduction to sight loss awareness and sighted guide techniques. The session will be delivered by staff from Guide Dogs for the Blind and YBPSS.

Follow up one to one sessions in your own home can be provided if appropriate.

Rebecca (who participated in a previous session) needed her family and friends to adapt around her.

"I needed them to stop being so 'sighted' around me. Saying things like "over there" and pointing or walking off in busy places. The Friends and Family training from Guide Dogs has given them more confidence to be able to be open about issues. It gave me a greater sense that people understand what I was going through. Losing your vision is much easier when those around you are aware and have the confidence to tackle issues with you."

The course will run on Friday 7<sup>th</sup> April, to book call Caroline on 01904 636269.

**Hull is the UK City of Culture, here's your chance to be involved.**

## **Sight to Behold Sculpture Workshop, 23<sup>rd</sup> March**

We have an exciting opportunity to work alongside HERIB (Hull and East Riding Institute for the Blind) and other local societies, to create a unique sculpture for Hull.

**Members of each society will create elements of the sculpture which will potentially be joined to create the final thing.**

**This ambitious process will be led by Jemma, a local artist funded by Hull City of Culture and HERIB.**

**We are holding an initial meeting in York on 23<sup>rd</sup> March at YBPSS at 2.30pm, where Jemma will talk to us about how we can be involved 'hands – on' and the mediums available to use and find out what we would want to see in a sculpture. Once the sculpture has been decided, Jemma will draw up a lesson plan for the group to follow.**

**We need you to come and join us for this unique opportunity to create a sculpture, which will be a 'Sight to Behold' which you will ultimately be able to visit in Hull.**

**Have fun exploring your creative side, with no previous experience necessary, and all materials provided. Call Caroline or**

**Fiona on 636269 to book your place on the 'meet the artist' event on 23<sup>rd</sup> March.**

**If having a go at sculpture is not quite your thing, and you would like to participate in other art or craft activities, please get in touch to say what you would like to do.**

## **A Visit to the City of Culture Mon. 24<sup>th</sup> April**

**Elizabeth Atkinson, a YBPSS member, is planning a trip to Hull to take in all the sights that the City of Culture 2017 has to offer. Our group will travel by East Yorkshire Bus, which will be free if you have a bus pass, leaving York at 10am. The group will be met by a local Guide and first stop will be lunch at Holy Trinity Church. After lunch will be a Discover Hull guided tour with tea, coffee and biscuits at the end.**

**There will then be some free time in the Museums Quarter to visit any of the many free museums (The Hull and East Riding Museum, the Streetlife Museum and The**

Wilberforce Museum) or the recently refurbished Art Gallery or walk to the underwater experience, The Deep. Return to York will be at 6pm.

The cost is £12.50 (if you have a free bus pass). Call us on 636269 to book your place, by 8<sup>th</sup> April.

### **BBC Radio 4 In Touch and RNIB Connect Radio news for and by visually impaired people**

#### **BBC Radio 4 In Touch**

93.7FM or 198 Long Wave, DAB digital radio or TV Tuesdays at 8.40pm. Presented by Peter White, who is himself blind, In Touch presents news and views on topics of interest to blind and partially sighted people. Recent articles have included an interview with the acting head of RNIB, a report on the proposed closure of the Cliffden Hotel and a crowdfunding initiative to keep it open, and an article on managing issues of personal safety as a visually impaired person.

Our own Diane Roworth is a regular contributor!

If you find it tricky to tune your radio, it may help to use station pre-set buttons. These allow you to store different stations in your radio, so that you don't have to retune each time. You can make your radio easier to use by putting brightly coloured adhesive tape or a sticky bump-on on key buttons, to make them easier to find. Or you can buy a radio that has easy to use pre-set stations.

#### **The British Wireless for the Blind Fund**

provides specially adapted radios on free loan to people who are struggling to use the radio because of their sight. You have to be registered as either sight impaired or severely sight impaired, and in receipt of a means-tested benefit. There are a number of products to choose from, ranging from a simple portable radio to a device that can play radio, CDs, USB sticks, SD cards and cassettes. All of these players are adapted make them easier to use; for

example, with large yellow tactile buttons. They can all also be purchased direct from British Wireless, <http://www.blind.org.uk> for more details.

Do call in to our Equipment and Information Centre to try these players out.

## Listening on computer or tablet

You can also listen online at [www.bbc.co.uk/radio4](http://www.bbc.co.uk/radio4). Most programmes are also available to listen to later via BBC's iPlayer Radio service

([www.bbc.co.uk/radio](http://www.bbc.co.uk/radio)), and if you want to listen while on the move, the iPlayer app can be downloaded onto your mobile Apple, Android or Amazon device.

## RNIB Connect Radio

On Freeview channel 730 and online at <http://www.insightradio.co.uk/>

Connect Radio (previously Insight Radio) was Europe's first radio station for blind and partially sighted listeners. Most of the

presenters are blind or visually impaired, and it broadcasts 24 hours a day.

There are a huge range of programmes, from Blind Yoga (with detailed instructions on how to carry out poses), Tech Talk (about technology for visually impaired people), talking books (including children's books) and music. 'The Weekly Connect' programme invites members of the public to discuss 'the good, the bad and the ugly' of life with a visual impairment.

Many programmes can be listened to whenever you want. As with In Touch, Connect Radio also produces a wide range of podcasts, available via the following link:

<http://www.insightradio.co.uk/Podcasts.html>

**Mobile Technology support  
Thursday 6<sup>th</sup> April  
10am to 12pm**

If podcasts, apps and downloading, tapping, swiping and pinching, are

double dutch to you, then you might find help at our mobile technology support meetings. Also, if you are a competent user, and would be happy to work alongside a newbie – these may be for you too.

Our meetings are on the 1<sup>st</sup> Thursday of each month, come along and try us out.

### **Begin Your Online**

**Journey Is** a publication from RNIB that explores, in simple terms, the world of mobile technology. From being able to change the screen to make it more visible to you, to using speech to read what is on screen, or send emails or find directions.

Pick up one from YBPSS.

**RNIB On-line Today** sessions are an opportunity to try out different types of mobile technology if you are curious to know what it's all about. For example, if you wanted to listen to In Touch or Connect radio at a time and place to suit you. The morning session is for anyone totally new, the

afternoon session is for anyone who would like to expand their knowledge. Contact Caroline for details of our next On-line Today session.

Call us on 636269 to book places on these events.

### **Sight loss from an 18 year olds perspective and RNC College**

Hello, my name is Michal and I'm currently enjoying my work experience at York Blind & Partially Sighted Society. I'm 18 years old and have an eye condition called Stargardt's Disease, a form of macular dystrophy that usually develops in the teen years. High school and the first college I went to were very difficult for me because of my deteriorating vision so I would often dread going and became demotivated.

I'm now studying at The Royal National College For The Blind, with a new-found confidence which has allowed me to take on more subjects than before, and my grades are better than

ever. The college is amazing and is the best place for young people to build independence and take control of their sight loss. I have had support with mobility, independent living skills, learning how to use speech software on computers as well as 3 A levels. I'm now also enjoying going to the gym regularly and learning judo at college. It was a really hard step for me to take initially because I had to move over 200 miles from home, but it was completely worth it, and I'd recommend the RNC for any young people or adults who want to learn and develop essential skills.

Gradually losing my vision has been difficult for me in various aspects of my life, but after taking the steps to get support, I've realised it's me who controls whether it affects me or not. Of course there are things that are harder to do or simply not possible if you are visually impaired or blind, but living around many young people who have no vision has made me realise that we can achieve the same

things that fully sighted people can if we put our minds to it.

If you are feeling overwhelmed and incapable because of your visual impairment, I want to encourage you to take action and seek support, because amazing charities and organisations such as York Blind and Partially Sighted Society are there to help you to take control over your life and stop sight loss being a barrier to enjoying your life.

Here are some helpful websites:

Blind sports:

<http://www.britishblindsport.org.uk>

RNC 01432 265 725

<http://www.rnc.ac.uk>

## **Tennis and Pilates for Visually Impaired People**

On Saturday 25<sup>th</sup> March there will be a VI awareness Tennis day to raise funds for the Regional VI Tournament in York on 8<sup>th</sup> and 9<sup>th</sup> April. The taster day will be at Energise, open to

everyone, a family orientated fundraising event to everyone to experience VI Tennis for a low cost of £2. Come and try whenever you want between 11-4pm.

You can contact me if you are interested in any type of inclusive sport or fitness, Hannah Higginson Public Health Wellbeing Officer  
t: 01904 551431  
[hannah.higginson@york.gov.uk](mailto:hannah.higginson@york.gov.uk)

**Weekly Pilates classes** exclusively for visually impaired people take place at St Olave's Church Hall on Thursdays 10-11am. It costs £7.50 and is a small class so you will receive great tuition. The classes run for 6 weeks at a time but you can try the first session before you commit. Call Caroline on 636269 for more information.

## **Holiday Options Adventure in Learning TravelEyes**

**Addventure in Learning** is a charity providing residential

courses for sight-impaired adults.

The courses are held in different parts of the country. Each sight-impaired person is assisted by a sighted guide and guide dogs are welcome. Accommodation varies but all venues are close to a railway station.

Courses include talks, outings and field trips as well time to socialise. The 2017 programme includes

‘The Making of the Isle of Wight’ 15-19<sup>th</sup> May. This course looks at aspects of ecology, the ever changing coast, dinosaurs, and Carisbrook Castle. Staying in holiday chalets the price is £250 for visually impaired people and £160 for guides.

From 14-18th August the subject is Shakespeare, staying in university accommodation on the South Bank in London. It will include a visit to The Globe Theatre and costs £375 for visually impaired people and £271 sighted guides.

October 16-20<sup>th</sup> is a more general course staying at a hotel in Folkestone.

If you are interested in joining a course, or in becoming a member and receiving their newsletter, visit <http://www.add-ventureinlearning.org.uk/> You can watch a short film of a previous course to get an idea of what is involved.

Or call Isobell (course administrator) on 07731 867931 who would love to hear from you.

## See the world with TravelEyes

TravelEyes brings together visually impaired and sighted people to enjoy the same holiday experience.

Sighted travelers pay a lower price for the holiday, on the understanding that they will act as a sighted guide, which is a winning combination and leads to everyone getting much more out of the experience.

Destinations on offer include the UK, China,

Texas, Thailand and Europe to name a few.

The company was set up by Amar Latif, who began to lose his sight as a teenager. After discovering the difficulties of exploring the world on his own, he set up this unique company that offers holidays that appeal to all 5 senses. He is 'the blind man who wants to show you the world.'

Contact TravelEyes  
0113 887 4275 or  
[www.traveleyes-international.com](http://www.traveleyes-international.com)

## Members Column Report on Road Safety meeting by Eleanor Tew

On 19 October 2016 there was a lively meeting of 20 YBPSS members and Mike Durkin from City of York Council and Steve Burrell of North Yorkshire Police. The subject was road safety.

The first question was: "When a car is parked on the pavement, such that a pedestrian must go round it, to whom should the

pedestrian complain, is it the police or the council?"

Steve answered:

"Parking is decriminalised in York. There are no traffic wardens and CoYC are responsible for car parking, enforcing bus waiting areas and double yellow lines. Parking on a footpath is not an offence per se. The offence that could be considered is 'an unnecessary obstruction'. Does the car obstruct the footway? Is there a reasonable way round it? Every case has to be looked at individually. Our towns were not built with the motor car in mind, and if every car was parked on the roadway correctly, there could be a problem with access for emergency vehicles and rubbish collections. It is a real balancing act, very frustrating for the authorities. Any car parked on the pavement, by definition, is causing an obstruction. If you walk into it, it is an injury-accident.

I know that this is a big deal for you if you have sight

loss. If you have a problem with persistent parking on the pavement, ring 101, the non emergency number and the police will try to come up with a long term solution."

An edited transcript of the rest of the meeting can be obtained from YBPSS. If you have a road safety issue you think the Council can help with, contact [mike.durkin@york.gov.uk](mailto:mike.durkin@york.gov.uk)

Day-to-day non urgent issues should be phoned in to the police on 101.

## **Fundraising Events and thanks**

### **St Crux Bric a Brac and Refreshments Wed 26<sup>th</sup> April**

Hi, I am Carolyn, the new Community Fundraising Assistant at YBPSS. I am organising St Crux which is a great way of raising awareness, as well as money for YBPSS.

Do you have good quality unwanted bric a brac you can donate to our St Crux

event? We can't take clothes or electrical goods or furniture, but would love to receive books, DVD's ornaments, handbags, children's toys – just about anything.

We could also do with some help on the day. Can you bake cakes, serve on a stall or in the café?

Contact me on 731125 or 636269. I work Monday, Thursday and Friday

## **Thank you to our wonderful donors**

We are very lucky to have received donations in memory of Alan Clarke, Mrs Manley and Ruth Seville amounting to £976.75 since December last year.

We have also received many other gifts from individuals and local organisations. It is always wonderful when a group or individual chooses to support YBPSS, and we appreciate every donation we receive.

All of the money given to us, stays in York, and is spent on keeping our services running. We recently spent a £5,000 legacy, left to us by Ken Cameron, on a new Braille printer. This means that we can produce accurate, easy to read braille for anyone who needs it, and is a real example of how gifts can be put to good use.

## **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 actions, facial expressions and important visual information which really brings the show to life.

This is a free service, and if you ask for the Blind Concession, you will get reduced prices for you and a guide/escort. 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.

#### Cyrano

Cyrano de Bergerac, a brilliant poet and swordsman, is in love with the beautiful Roxane, but could she love a man with such an enormous nose? AD Sat. 5<sup>th</sup> April at 2.30pm.

A group from YBPSS will be attending this, join them for the touch tour at 1.30 or in the bar at 2.00.

#### The Tenant of Wildfell Hall

Anne Bronte's passionate tale of a young widow trying to leave the past behind her. AD Thurs. 4<sup>th</sup> May at 7.30 and Sat. 6<sup>th</sup> May at 2.30.

### Grand Opera House

Booking office (Access tickets) 678703

#### Thoroughly Modern Millie

A delightful comedy set in New York in 1922, features spectacular dance routines and great songs. AD

Saturday 4<sup>th</sup> March at 2.30.

#### Evita

The smash hit musical telling the story of Eva Peron, featuring iconic songs such as "Don't Cry for me Argentina." AD Saturday 1<sup>st</sup> April at 2.30.

#### Dreamboats and Petticoats

A sing-a-long, feelgood show featuring some of the greatest rock 'n' roll hits. AD Sat. 22<sup>nd</sup> April at 2.30.

#### Footloose

Based on the 1980's hit film, this musical sizzles with the spirit of youth, rebellion and romance. AD Saturday 6<sup>th</sup> May at 2.30.

#### Jane Eyre

Charlotte Bronte's classic tale of a young woman fighting for freedom and fulfilment. AD Saturday 27<sup>th</sup> May at 2.30.

## Diary Dates

Y indicates event takes place at YBPSS offices

<b>March</b>		<b>Event</b>
<b>Tues 7<sup>th</sup></b>	<b>Y</b>	<b>Book Group 10.30-12 then monthly</b>
<b>Thurs 9<sup>th</sup></b>	<b>Y</b>	<b>Exercise 10.30-12 then weekly</b>
<b>Tues 14<sup>th</sup></b>	<b>Y</b>	<b>Knitting 10.30-12 then fortnightly</b>
<b>Wed 15<sup>th</sup></b>	<b>Y</b>	<b>Games 10.30-12 then monthly</b>
<b>Wed 15<sup>th</sup></b>	<b>Y</b>	<b>Coffee and Information 1.30-3.00</b>
<b>Fri 17<sup>th</sup></b>	<b>Y</b>	<b>Boccia 10.30-12 then fortnightly</b>
<b>Mon 20<sup>th</sup></b>	<b>Y</b>	<b>Optelec Focus Day 10-2</b>
<b>Tues 21<sup>st</sup></b>	<b>Y</b>	<b>Singing 10.30-12 then monthly</b>
<b>Thurs 23<sup>rd</sup></b>	<b>Y</b>	<b>Sculpture Session 2.30</b>
<b>April</b>		
<b>Sat 1<sup>st</sup></b>		<b>Evita, Grand Opera House 2.30</b>
<b>Mon 3<sup>rd</sup></b>		<b>YBPSS closed for stock taking</b>
<b>Tues 4<sup>th</sup></b>		<b>YBPSS closed for stock taking</b>
<b>Thurs 6<sup>th</sup></b>	<b>Y</b>	<b>Mobile Technology Support Group 10-12</b>
<b>Mon 10<sup>th</sup></b>	<b>Y</b>	<b>M.D. Group Meeting 10-12</b>
<b>Thurs 13<sup>th</sup></b>		<b>YBPSS closes at 3pm and re-opens 10am Wed 19<sup>th</sup></b>
<b>Sat 15<sup>th</sup></b>		<b>Cyrano, Theatre Royal 2.30</b>
<b>Sat 22<sup>nd</sup></b>		<b>Dreamboats and Petticoats, Grand Opera House 2.30</b>
<b>Mon 24<sup>th</sup></b>		<b>Trip to Hull</b>
<b>Wed 26<sup>th</sup></b>		<b>St Crux</b>
<b>May</b>		
<b>Thurs 4<sup>th</sup></b>	<b>Y</b>	<b>Mobile Technology Support Group 10-12</b>
<b>Thurs 4<sup>th</sup></b>		<b>Tenant of Wildfell Hall, Theatre Royal 7.30</b>
<b>Sat 6<sup>th</sup></b>		<b>Tenant of Wildfell Hall, Theatre Royal 2.30</b>
<b>Sat 6<sup>th</sup></b>		<b>Footloose, Grand Opera House 2.30</b>
<b>Sat 27<sup>th</sup></b>		<b>Jane Eyre, Grand Opera House, 2.30</b>