

SVIWG NEWSLETTER JANUARY 2024

www.sviwg.co.uk

**CHAIR; Sue Hill; susanmaryhill56@icloud.com
mobile;07970311329**

Walk coordinator; EILEEN INGHAM; 07952241775; 01142814414

From time to time we take photos to update our web site and also SRSB's web site. If anyone does not wish to appear on group photos please make it clear at the beginning of the walk.

Whilst every effort is taken by walk leaders, members attending do so at their own risk. All members are required to wear good walking boots and bring their own rucksack food and drink as well as waterproofs.

Contents; Walks, Member news, Sighted Guide Training, Walk Program correction, Retina and RP meeting notice, Under the Edge magazine, Training videos.

Important notice; Please only contact Sue Hill by email as she will be away until the 22nd February and is happy to still be contacted that way - email address at the top of this newsletter.

WALKS...

Thursday 18th January. Meet Queen's Head Pub Pond Hill 9.15 to travel by mini bus which leaves at 9.30 to travel to Fairholmes where walk will start 10am. Route; to be decided on the day due to weather conditions, Distance; 8 miles approx, Terrain; some good but steep inclines sometimes tricky underfoot some good paths, Leaders; Peak Park Rangers (07502547221 any walk enquiries).

Please let Martin know if you wish to join this walk by Friday 12th January letting him know where you will be meeting the group so we know we have guides at the start of the walk 07747443812

mrmartinwing@gmail.com

Sunday 28th January. Meet Sheffield Interchange (main foyer) 9.30 to catch the 9.51 no 272 bus to Parkhead arrives 10.15. Route; The walk is basically a wander around Ecclesall Woods- mainly some of the lesser known parts but will include around the bird sanctuary. We will then finish walking through Millhouses Park and past the Park Cafe for those who want to make use of it. Distance; 4.1/2 miles. Terrain; good paths some tree roots. Leader; Judy Gathercole (07557272559 any walk enquiries)

Please contact Martin by Wednesday 24th January if you are joining this walk so he knows he has enough guides 07747443812 mrmartinwing@gmail.com

Tuesday 6th February. Meet Sheffield Interchange (main foyer) 9.55 to catch the 10.21 no 56 bus to the Community cafe South View Road, Sharrow, arrive 10.40 for refreshments. Route; The walk will start after our Coffee stop, making our way to the refurbished Cemetery on Cemetery Rd, where Paul knows of its history. We will then, proceed to the Botanical Gardens, Western Park Museum Crookes Valley Park, The Ponderosa, finishing at the Supertram Stop on Infirmity Rd. Distance; 4 1/2 miles, Terrain; good paths throughout. There are no stiles or steep ascents. There will be some road walking between the Botanical Gardens and Western Park Museum. Leaders; David (07554143262) and Paul (07468776290) any walk enquiries.

It is important for all members to let Martin know by Friday 2nd February so that he knows he has enough guides for VI's, also letting him know where you will be meeting the group 07747443812 mrmartinwing@gmail.com

MEMBER NEWS...

Congratulations to Mike Jackson who has received an MBE in the new year's honours list for services to the community. Mike said one of his greatest privileges was joining the SVIWG soon after the group started, leading a Bi-monthly walk taking VI's to places we never dreamed of

and indeed VI's who had been long time ramblers and lost their sight later in life they never thought it would be possible again. The memorable ones like Kinder Scout, Bleaklow and leading a party up Snowdon. Mike was a warden on Kinder and we always knew we were in safe hands.

Well-deserved Mike on behalf of the SVIWG.

SIGHTED GUIDE TRAINING...

We are holding a training session perhaps around March time for any new guides wishing to come along. This is also open to any guides who have received training in the past but would like a refresher. This is a great opportunity as Alison Anthony who works as a Re-hab officer at Howden House who is extremely qualified to give this training. Please put your name down with Sue it would be good to see our new guides there. Email: susanmaryhill56@icloud.com

WALK PROGRAM CORRECTION...

Please note the Sunday walk in February is down as the 28th it should read the 25th.

RETINA SUPPORT GROUP...

Thursday 11th January. Retina support group 7pm until 8pm.

We are pleased to invite you to join us for our winter group meeting where we are delighted to welcome our guest speaker Lucy Hodges MBE Commodore of GBR blind sailing. GBR is a registered charity which provides opportunities for sailing for Blind and Partially sighted people. They organise regular training for novices to learn to sail. Lucy started with blind sailing aged 17 and has never looked back. Lucy has won world championships we hope you can come aboard and set sail to learn more about the benefits of sailing for VI's.

This also provides a safe space to share tips about living with sight loss. This meeting will be held by Zoom. Please note this meeting will be recorded to upload on YouTube.

To register <https://retinuk.org.uk/event/national-peer-support-group/>
Mark Baxter <Mark.Baxter@retinuk.org.uk

Also note there is a meeting 11th January at SRSB Mappin Street Retinitis Pigmentosa (RP) Support group guest speaker Mr Acharia - contact Liz on 0114 2722757 to register also for time of meeting.

UNDER THE EDGE...

This magazine has printed a short article about SVIWG you can find it in the January edition on page 6. <http://www.undertheedge.net>

HOW TO GUIDE A BLIND PERSON TRAINING VIDEOS...

So how to guide a blind person

<https://youtu.be/-jqepQ8yASM>

<https://www.guidedogs.org.uk/getting-support/information-and-advice/sighted-guiding-instructional-videos/>

Please send any photos to chriswhittaker586@yahoo.co.uk who will put them on our web site

**Please send articles for Newsletter to Gail Fagan 0114 2667764
email gail.fagan@guidemail.co.uk**