

# Newsletter

## Winter 2023

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## **Useful Contact Numbers**

- **Newcastle Vision Support – 0191 232 7292**
- **Social Care Direct on 0191 278 8377**
- **In an emergency situation out of these hours contact the Emergency Duty Team on 0191 278 7878**
- **Victim First on 0800 011 3116**
- **Newcastle Carers on 0191 275 5060**
- **Always contact the police or ambulance service in an emergency on 999**
- **Non emergency police 101**

## **Opening Hours**

- **Monday – 10am – 4.00pm**
- **Tuesday – Friday – 9.30am - 4-30pm**

## **Other Formats**

**This newsletter is available in large print, Braille, audio CD and email. If you would like it in a different format please contact the office. It is much cheaper for us to send the newsletters out by email.**

**Registered Charity No: 115815**

**Company Limited by Guarantee: 5865697**



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## **Happy New Year**

**We would like to start by wishing you all a very Happy and Healthy New Year. We hope that everyone had a lovely Christmas and New Year. As always thank you for your continued support. We look forward to seeing you all again soon.**

## **Christmas Lunch**

**We would also like to thank everyone who attended our Christmas lunch at the Crowne Plaza hotel on 15th**

**December. It was a lovely, festive way to end the year. We hope you all had a lovely day. A special thank you to all the staff at the Crowne Plaza and the fantastic Dementia Choir who put on a spectacular performance for everyone.**

## **Winter Wellbeing Hub**

**We are delighted to announce that we are officially a winter wellbeing hub. We are opening a section of our office as a wellbeing hub for anyone who needs a warm space. Hot drinks, biscuits, free Wi-Fi, phone charging facilities and accessible toilets are available. The hub is an inclusive, safe space where you will receive a warm welcome.**

## **Membership**

**Membership for 2023 – 2024 will increase to £10.00 for the year. As well as existing benefits there will also be new benefits exclusively for members. Everyone will receive information over the coming few weeks regarding membership renewal and the benefits of being a member.**

## **Charity Night**

**We are holding a charity night to raise funds for Newcastle Vision Support.**

**The charity night will be held on Saturday 18th February at Fairholme Social Club, Ferguson's Lane, Benwell, NE15 7PL from 7pm – 11pm. Entry is £3.00 per person and includes a disco, raffle, tombola, a buffet and much more!**

**If you would like to attend entry tickets are currently on sale from the office. We also encourage you to bring along your family and friends.**

**Raffle tickets are also available to buy in advance from the office for £2 per strip. If you're unable to attend the charity night but would like to buy raffle tickets, then please feel free to do so. NVS will keep hold of your tickets and notify you if you win. This is due to all prizes needing to be claimed on the night of the event.**

**We are sure it will be a fun-filled night, please come along and support if you can!**

## **NVS Digital Drop In**

**We will be running digital drop-in sessions on Tuesday afternoons starting Tuesday 24th January at our office in MEA House. If you have any problems or questions regarding your smartphone, laptop, or tablet then this may be for you.**

**Our IT officer, Angus, will be able to help you with your questions regarding technology, and provide advice regarding new products. We can also demonstrate some**

**products including Apple and Android smartphones and tablets and smart speakers.**

**The digital drop in will be on a Tuesday afternoon between 1.30pm – 3.30pm at our office which is located at the following address.**

**3rd Floor  
MEA House  
Ellison Place  
Newcastle upon Tyne  
NE1 8XS**

**We will run the digital drop-in sessions as a trial beginning on Tuesday 24 January and they will run each Tuesday until 4th April with the exception of 7th and 14th February.**

**If you would like further information please give Angus, our IT Officer, a call on 0191 232 7292.**

## **Groups**

**We are continuing to run a varied program of activities.**

### **Yoga**

**Our chair-based Yoga group continues to run on Wednesday mornings from 11.15am – 12.30pm during term time. There is a charge of £35.00 for this group, however, this is to pay for a fully qualified instructor.**

## **Walking Group**

**The walking group meets fortnightly on Thursday mornings from 10.30am onwards. The walks are gentle and suitable for any ability. At present the walks are weather dependent due to the winter months. However, if the weather is unsuitable for walking, we do try to alternatively arrange indoor activities such as guided tours of museums or art galleries. Please check our website or call the office on 0191 232 7292 for information on where the group will be going each week or if you would like to attend.**

## **Vision Matters Course**

**Our Vision Matters Course continues to run throughout 2023. This is a 5-week course filled with information and advice for everyone – whether you're new to sight loss or have noticed recent changes in your sight. The course consists of 5 weekly 2-hour sessions with various guest speakers each week. Some of which include the Sensory Support Team at Newcastle City Council, Paul Bartley from Optelec, Paula Tiplady from A Time To Talk and more. Please note that there is a waiting list to attend the course. However, if you would like to attend, please call the office on 0191 232 7292 to join the waiting list.**

## **Knit and Natter**

**The Knit and Natter group runs each Thursday afternoon from 1.30pm – 3.15pm. The group meet for a chat and often do crafts over a cuppa and come cake.**

## **Chair Exercise**

**We are looking for people interested in our lively Chair Exercise class which runs on a Friday morning from 11am – 12pm. This is a 12 week free course perfect for those looking to keep fit. The class is lead by, Louise, who is an experienced personal trainer. If you would like to book a place, please contact us on 0191 232 7292.**

## **Art Group**

**Our Art group runs fortnightly on a Friday afternoon from 1.30pm – 3.00pm in our activity room. Activities vary each week and include papier mache, collage, needlecraft and much more. We do occasionally ask for small donations towards art materials.**

## **Whats On:**

### **January:**

- **Tuesday 31st - Digital Drop In – 1.30pm – NVS Office.**

### **February:**

- **Thursday 2nd – Walking Group – 10.30am – Location, TBC**
- **Friday 3rd – Chair Exercise – 11am – Fifth Floor, Room 5 and 6, MEA House.**
- **Friday 10th - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**



- **Friday 10th – Art Group – 1.30pm.**
- **Wednesday 15th – Mac Group - Gareth Davies – A new study for Macular Degeneration – Auditorium, MEA House – 1.30pm.**
- **Thursday 16th – Walking Group – 10.30am – Location, TBC.**
- **Friday 17th - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
- **Tuesday 21st – Digital Drop In – 1.30pm – NVS Office.**
- **Wednesday 22nd Feb – CU Wednesday – Fardeen Choudhury, Equality, Diversity & Inclusion Manager at NHS Foundation Trust – Fifth Floor, Room 5 & 6, MEA House – 1.30pm.**
- **Friday 24th - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
- **Friday 24th – Art Group – 1.30pm.**
- **Tuesday 28th – Digital Drop In – 1.30pm – NVS Office.**

### **March:**

- **Thursday 2nd – Walking Group – 10.30am – Location, TBC.**

- **Friday 3rd - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
- **Tuesday 7th - Digital Drop In – 1.30pm – NVS Office.**
- **Friday 10th - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
- **Friday 10th – Art Group – 1.30pm.**
- **Tuesday 14th - Digital Drop In – 1.30pm – NVS Office.**
- **Wednesday 15th – Mac Group - Hazel Hyland - Community Connection Coordinator at RNIB – Auditorium, MEA House – 1.30pm.**
- **Thursday 16th - Walking Group – 10.30am – Location, TBC.**
- **Friday 17th - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
- **Tuesday 21st - Digital Drop In – 1.30pm – NVS Office.**
- **Friday 24th - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
- **Friday 24th - Art Group – 1.30pm.**
- **Tuesday 28th - Digital Drop In – 1.30pm – NVS Office.**

- **Wednesday 29th – CU - Paul Hetherington Co-op Estate Planning – MEA House, Auditorium – 1.30pm.**
- **Thursday 30th - Walking Group – 10.30am – Location, TBC.**
  
- **Friday 31st - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
  
- April:**
- **Tuesday 4th - Digital Drop In – 1.30pm – NVS Office.**
  
- **Thursday 13th - Walking Group – 10.30am – Location, TBC.**
  
- **Friday 14th - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
  
- **Wednesday 19th – Mac Group – MEA House, Auditorium – 1.30pm - Speaker TBC.**
  
- **Friday 21st - Chair Exercise – 11am – Fifth Floor, Room 2, 3 and 4, MEA House.**
  
- **Friday 21st – Art Group – 1.30pm.**
  
- **Wednesday 26th – CU Wednesday – Fifth Floor, Rooms 5 and 6, MEA House – Speaker TBC.**



Newcastle  
**Vision Support**

Helping you see differently, since 1867