

FOCUS



AUTUMN 2025

**Sight Support and Social Hub
Thomas Herd House
10-12 Ward Road
Dundee DD1 1LX**

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LAURA'S LETTER

Hello everyone,

I hope that you have all had a lovely summer. The social hub has been a busy one during the last few months, with a great turnout to the activities and the resumption of the Friday outings.

The team and members have been enjoying getting out and about again, and have visited Meadowside Inn and Arbroath Harbour, the Landmark Hotel for afternoon tea as well as having ventured out across the water to Cupar. It is safe to say we have frequented some lovely eateries!! The outings are still running so if you would like to join us on one of the Fridays over the next month, please just give Ainslay or Jenni a call on 227101 and they can discuss availability with you.

Finally, please remember that all our members are welcome to attend any of the activities in the social hub and rest assured you will be made to feel very welcome, so, we would love to see some new (and old) faces in the Social Hub.

Hope to see you soon!

Laura

FUNDRAISING EVENT

In June we successfully held our fundraising evening to help raise money for the social hub.

Karen Docherty joined us for an evening of mediumship, very kindly hosted for us at the Craigie Bowling Club. The evening was very well attended and we received lots of positive feedback/comments.

To help boost the fundraising, Nicki, our wonderful cook, made a selection of cakes to sell and we also held a raffle.

In total we raised **£940.60**, which I think you will agree, is a fantastic amount.

Our thanks goes to Karen Docherty, the Craigie Bowling Club, everyone who donated prizes for the raffle, Nicki for baking the wonderful cakes, the staff who gave up their Friday evening to help run the event but especially to everyone who bought tickets, raffle tickets and cakes. We are always amazed by how generous you all can be, and you can rest assured that all monies raised will go directly back to the social hub for the benefit of our members.

OPEN DAY

On Wednesday 2nd July we held our Open Day. It was an opportunity for potential new members, members of the public, service providers and existing members to come and see what we do and share their experiences.

The event was very well attended with representatives from RNIB, The Falls Clinic and the Macular Society sharing information and advice. It was also an opportunity for our Board of Directors to get involved and meet existing members and potential new members.

All those who attended were treated to a demonstration of our activities and were actively encouraged to have a go. Ainslay was able to teach, in a very short time, a song in the fun drum and then continued on to teach a full dance in the line dancing! It's amazing what can be achieved if you put your mind to it. Everyone who took part thoroughly enjoyed the experience.

Our wonderful cook, Nicki, provided samples of her lunches which included homemade quiche, stovies, meringue with berries and school cake. It is safe to say no one went home hungry.

Councillor Fraser McPherson also popped in and had the following things to say, “it was a pleasure today to visit the Sight Support & Social Hub open day at Thomas Herd House in Ward Road”.

“The hub provides superb services for blind and partially sighted people in Dundee in a warm and friendly environment.”

Fraser is pictured with Board Members and Laura Lindsay, Service Manager.



OFFICIAL NAME CHANGE OPENING

As you will recall we have now changed our name to Sight Support and Social Hub, and to celebrate this change, and to make it official we invited Bill Campbell, Lord Provost of Dundee, to come along and “cut the ribbon”, to officially open the social hub.

Several members of the Board came down to meet Bill and have a chat about what we do and the services we offer the people of Dundee before he was officially handed a very large pair of gold coloured scissor to cut the red ribbon.

We are very grateful to Bill, who took time out of his busy schedule, to come along and meet the members.



SUMMER OUTINGS

We've had such lovely outings lately—from a refined afternoon tea at the Landmark Hotel, to a breezy walk along Arbroath Harbour after visiting Meadowbank, and even a scenic trip further afield to St Andrews for a delicious lunch at Luna Rossa.

Here's a glimpse into some of the wonderful outings we've enjoyed recently captured in these photos full of good food, scenic walks, and great company.





We've got a fantastic lineup of summer outings planned for September, and they're sure to be memorable!

Kicking things off on the **5th September 2025**, We'll enjoy a hearty breakfast at Bridgeview Station before heading to the Transport Museum for a fascinating look at vintage vehicles and local history.

On the **12th September 2025**, we'll visit the Jam Factory to see how those delicious preserves are made, followed by a scenic trip to the Bellrock in Arbroath for some coastal charm.

Finally, on the **19th September 2025**, we'll wrap up the month with a relaxing lunch at Stewarts Resort, St Andrews perfect for unwinding and soaking in the late summer atmosphere.

GUEST SPEAKERS

We were delighted to welcome a fantastic group of guest speakers to the Sight Support and Social Hub, including representatives from the Community Safety Team and Jackie from the First Contact Team. Their visit brought valuable insights and practical advice to our members, sparking engaging conversations around personal safety, local resources, and support services available in the community.

Jackie's warm and informative approach helped demystify the referral process and highlighted how the First Contact Team can assist individuals in accessing the help they need.



The Community Safety Team also shared useful tips on staying safe at home and in public, making the session both empowering and reassuring for everyone who attended.



Should you need to contact the Community Safety Team or the First Contact Team, please do so using the details provided below.

First Contact Team – 01382 434019

Community Safety Team – 01382 436421

MAGIC MOMENTS

We have continued to have our monthly visits from some of our smallest friends and their mums. The Bairns Group arrange for local mums to bring their young babies down to the Social Hub for a sing song and a play. It is lovely to hear all the different voices, young and old singing all the familiar nursery rhymes and one of our lovely members Sheila, who is always in fine voice, can remember verses long forgotten.

I must say this is one of my favourite days of the month so if you would like to come down and join in the fun just give us a phone.

Our next get together will be on Monday 22nd September at 11.00am.



DATES FOR YOUR DIARIES

Tuesday 9th September 2025 from 11.30am – Ellie and Colleen from Dundee Volunteer & Voluntary Action are coming along to do a talk about the community companions befriending service to help tackle social isolation.

Friday 19th September 2025 from 10:30am to 11:30am – Join Ness's Tea & Chat Working Age Social Group for people living with sight loss at Sight Support & Social Hub.

Monday 22nd September 2025 from 11am – 12pm - come along and be part of a warm and welcoming community at the Sight Support & Social Hub. We invite you to join The Bairns Group for a blether and a sing song.

AGM

The 2025 AGM will be held at 3:30PM on Thursday 23rd October - the meeting will be held in person in the Social Hub but we will still be limited to the amount of people who can attend. If you wish to come along please let us know by phoning 01382 227101.

Clocks Fall Back!



A little reminder that clocks all go back one hour on Sunday 26th October. If anyone needs any assistance with clock changes then please let us know.

AN INSIGHT IN TO WHAT OUR COLLABORATORS HAVE BEEN DOING.

The Dundee Macular Society Support Group meets every last Monday of the month from 1:30PM to 3:00PM at the Sight Support & Social Hub.

This group provides a welcoming space for individuals affected by macular disease, offering peer support, advice, and information to help maintain independence and improve quality of life. If you are interested in coming along, please contact Margaret on 01382 731888

Dundee Macular Support Group

Meet last Monday of every month
1.30pm – 3pm

Dundee Blind & Partially Sighted Society
Thomas Herd House, 10 -12 Ward Rd
DD1 1LX

Meetings open to anyone affected by
central vision loss.

Family, friends and carers welcome.

Contact:

Margaret 01382 731 888

0300 3030 111
help@macularsociety.org
macularsociety.org

Macular Society
Beating Macular Disease

Macular Society PO Box 1870, Andover SP10 9AD

Macular Society is the trading name of the Macular Disease Society. A charity registered in England and Wales 1001198, and Scotland SC042015. A company limited by guarantee, registered in England No. 2177039. Registered Office: Macular Society, Crown Chambers, South Street, Andover SP10 2BN.

NESS DROP-INS

NESS will continue to pop into the social hub to provide advice and support. They will be here between 11:00am and 12:00pm, so, if you have any questions about equipment available or just a general question please come along on the following dates:

Tuesday 30th September – Accessible Technology
Thursday 30th October – General Queries

AUDIO BOOKS

We would like to say a big thank you to the following people who have kindly donated audio books to help boost the selection in our library.
David W, June, and Dave.

For some the audio library is a fabulous way of still enjoying their favourite books so donations such as these are fantastic. If you would like to make any donations, please hand them into a member of staff and we will add them to our library.

SUMMER RAFFLE

This summer, we're thrilled to launch a special raffle featuring two signed books by beloved children's author Julia Donaldson! Whether you're a lifelong fan or discovering her magical stories for the first time, this is a chance to own a piece of literary charm. Tickets are just **£2 each**, and every entry brings you closer to winning these beautifully autographed treasures. Don't miss out—grab your ticket and let the storytelling adventure begin!



A visit from Dee Ukes

The Sight Support & Social Hub recently welcomed a lively visit from **Dee Ukes**, a talented ukulele group known for their upbeat performances and infectious energy. Their music brought smiles, toe-tapping, and a wonderful sense of community to everyone who attended. It was a heartwarming afternoon filled with melody, laughter, and connection—just the kind of spirit the hub is all about.



CROSSWORD

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		9										
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16						17						18
19		20						21		22		
		23										
24							25					

CLUES ACROSS

- 1 – INVESTIGATES (6)**
- 4 – ALTERNATIVE ROUTE (6)**
- 9 – RELIGIOUS BUILDING (9)**
- 10 – COAL MINE (3)**
- 11 – BORN AS (3)**
- 12 – RIVAL (7)**
- 14 – ANCIENT ROMAN LANGUAGE (5)**
- 16 – EIGHT-PIECE BAND (5)**
- 17 – AVIATION PIONEER WRIGHT (7)**
- 19 – CRAGGY HILL (3)**
- 22 – SCOTTISH NATIONALIST PARTY (1,1,1)**
- 20 – CROWBAR (5)**
- 23 – LIGHT METAL (9)**
- 24 – POSTED MISSIVE (6)**
- 25 – COMPLAIN (6)**

CLUES DOWN

- 1 – HUMAN BEINGS (6)**
- 2 – IMPEDE (8)**
- 3 – FISH EATING BIRD (4)**
- 5 – NATIVE OF BELGRADE (8)**
- 6 – YEMEN PORT (4)**
- 7 – BRITISH RIVER (6)**
- 8 – SHARE AN OPINION (5)**
- 13 – BEHAVIOUR (8)**
- 15 – AMULET (8)**
- 16 – SOUP INGREDIENT (6)**
- 17 – OF THE EYES (5)**
- 18 – AVAILABLE FOR RENT (6)**
- 20 – SPELLBOUND (4)**
- 21 – ELEVATED (4)**

WORD SEARCH

Y	R	O	T	C	I	V	E	O	V	E	R
E	O	E	I	R	E	L	A	V	H	V	V
A	U	N	S	R	U	S	R	G	E	A	I
L	I	G	V	E	U	A	N	L	A	O	D
O	I	R	O	I	S	E	C	I	O	V	E
I	V	V	O	V	C	R	Y	V	S	C	O
V	L	E	Q	T	O	T	I	O	O	T	T
R	O	D	L	F	C	S	I	Q	V	V	H
O	V	B	L	O	I	I	O	M	O	A	E
E	T	Y	I	O	U	I	V	O	S	N	Q
I	O	A	N	P	C	R	R	O	U	E	U
A	C	S	V	U	M	N	I	V	Y	S	E
V	I	N	C	E	N	T	W	A	V	S	V
L	E	V	S	T	F	I	U	V	V	A	C

**WORD SEARCH – SONGS STARTING
WITH THE LETTER “V”**

VALERIE

VANESSA

VAVOOM

VELCRO FLY

VELOURIA

VICTIMS

VICTORIA

VICTORY

VIDEOTHEQUE

VINCENT

VIOLA

VISIONS

VOGUE

VOICES

VOYEUR

So-Duko

1			3					7
4	2	8						
3								
5			6				8	
	8	4	5	3	7			6
				4		5		
			4	8	2		6	
		5					7	
6	1	2		9			3	

CROSSWORD SOLUTION

P	R	O	B	E	S		B	Y	P	A	S	S	
E		B		R		A		U		D		E	
O		S	Y	N	A	G	O	G	U	E		V	
P	I	T		E		R		O		N	E	E	
L		R				E		S				R	
E	M	U	L	A	T	E		L	A	T	I	N	
		C		T				A		A			
O	C	T	E	T			O	R	V	I	L	L	E
X				I			P			I			X
T	O	R		T		T		H		S	N	P	
A		A	L	U	M	I	N	I	U	M			O
I		P		D		C		G		A			S
L	E	T	T	E	R			W	H	I	N	G	E

So-Duko

1	6	9	3	5	4	8	2	7
4	2	8	9	7	6	3	5	1
3	5	7	2	1	8	6	4	9
5	3	1	6	2	9	7	8	4
9	8	4	5	3	7	2	1	6
2	7	6	8	4	1	5	9	3
7	9	3	4	8	2	1	6	5
8	4	5	1	6	3	9	7	2
6	1	2	7	9	5	4	3	8

Activity Timetable

Monday				
Boccia/Quiz/ Chat	£10	11.00	→	12.15
2 Course Lunch – followed by chat		12.15	→	14.50
Tuesday				
Games Morning	£10	11.00	→	12.15
2 Course Lunch		12.15	→	13.15
Bingo	1 Book £4.00	13.15	→	14.50
	2 Books £6.50			
	3 Books £8.00			
	*Tea/Coffee can be purchased for £1.50			
Wednesday				
Fun Drum	£10	11.00	→	12.15
2 Course Lunch		12.15	→	1315
Choir		13.15	→	14.50

Thursday				
Line Dancing	£10	11.00	→	12.15
2 Course Lunch		12.15	→	13.15
Bingo		1 Book £4.00	13.15	→
	2 Books £6.50			
	3 Books £8.00			
	*Tea/Coffee can be purchased for £1.50			
Friday***				
Armchair Aerobics/Dancing	£10	11.00	→	12.15
2 Course Lunch followed by chat		12.15	→	13.45



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