

# FOCUS



## SUMMER 2026

**Sight Support and Social Hub  
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## LAURA'S LETTER

Hello everyone,

**Summer has finally arrived, and we couldn't be happier to welcome it!** After what felt like the longest Spring, the sunshine is here to lift our spirits and bring a fresh burst of energy—perfect timing for all the exciting things happening at the Hub.

The Social Hub has been buzzing over the past few weeks, so much so that it's hard to believe we're already approaching June. With the warm weather settling in, our Friday outings are back in full swing, and the team has been busy creating memorable experiences for everyone.

Ainslay and Jenni have been out and about capturing the highlights, and they'll be sharing their fantastic updates later in this edition of the Focus.

There's even more great news! NESS has been stopping by the Social Hub for drop-in sessions, and they've been a huge success. Read on to find out how they're helping to make a difference. If you haven't visited the Social Hub in a while—or if you're new and thinking about coming along, you'll always be greeted with a warm welcome!

With a packed schedule of activities, there's something for everyone, so be sure to check out the timetable at the back of the Focus. Equally, if you know anyone who might benefit from being a member please pass on our details.

Here's to a summer full of sunshine, laughter, and wonderful moments together—let's make it the best one yet!

Best Wishes  
Laura

## **We Contain Multitudes Exhibition**

In our spring edition of *The Focus*, we shared how delighted we were to welcome the DCA Learning Team — Eevee, Mairi and Paul — who visited us with an inspiring selection of materials from the upcoming *We Contain Multitudes* exhibition at Dundee Contemporary Arts.

We were also kindly invited to visit the exhibition in person, an experience the whole group found both intriguing and uplifting. Although not everything in the exhibition could be touched, the team thoughtfully brought out a range of tactile samples used in the installations. These offered a fascinating insight into the creative processes behind the works of the four featured artists — Andrew Gannon, Nnena Kalu (Turner Prize Winner 2026), Daisy Lafarge and Jo Longhurst — all of whom have disabilities that in no way limit their remarkable artistic expression.

The visit was thoroughly enjoyed by everyone. It sparked thoughtful conversations, encouraged reflection, and left a lasting impression, as shown in the photos and feedback shared.



“The exhibition was very interesting and gave me a new appreciation for how the younger generation creates work that can genuinely benefit people like us who have visual impairments. It also made me realise how thoughtful and inclusive their ideas can be, especially when designing experiences that support accessibility. What stood out even more was that the exhibition was created by individuals who each have their own forms of disabilities, yet none of these challenges stopped their creativity from shining through. Their determination and talent made the whole experience inspiring and meaningful.”

If you are visiting Dundee University Tower Block Perth Road, you will see photographs of our members handling the samples from We Contain

Multitudes part of Eevee's own exhibition on the ground floor as you enter the building.

## **Easter Chocolate Hamper Winners**

**A huge thank-you to everyone who took part in our Easter Chocolate Hamper Draw.**

**We had a fantastic response, and we're delighted to share the list of lucky winners:**

**1st Prize – Norma Douglas**

**2nd Prize – Marion Prain**

**3rd Prize – Anne Bennett**

**4th Prize – Margaret Ramminger (Macular Group)**

**5th Prize – Dorothy Scott (Macular Group)**

**6th Prize – Bob Jackson**

**7th Prize – Kathleen Jackson**

**8th Prize – Scott McEwen**

**9th Prize – Rose McPherson**

**10th Prize – Lily Murphy**

**11th Prize – Scott McEwen**

**12th Prize – Anne Bennett**

**Congratulations to all our winners and thank you once again for supporting the Hub's fundraising efforts.**

## Afternoon Tea & Tunes

Our Afternoon Tea & Tunes event at the Social Hub was a fantastic success, with a brilliant turnout and a wonderful buzz from start to finish.

It was lovely to see so many of our members come along to enjoy an afternoon of good company, delicious treats and uplifting music. A huge thank-you goes to Dee Ukes, whose lively performance filled the Hub with smiles and sing-along moments.

We are especially grateful to them for choosing the Sight Support & Social Hub as their charity of the year, supporting our work through their fundraising efforts. Their generosity and talent made the afternoon truly special.





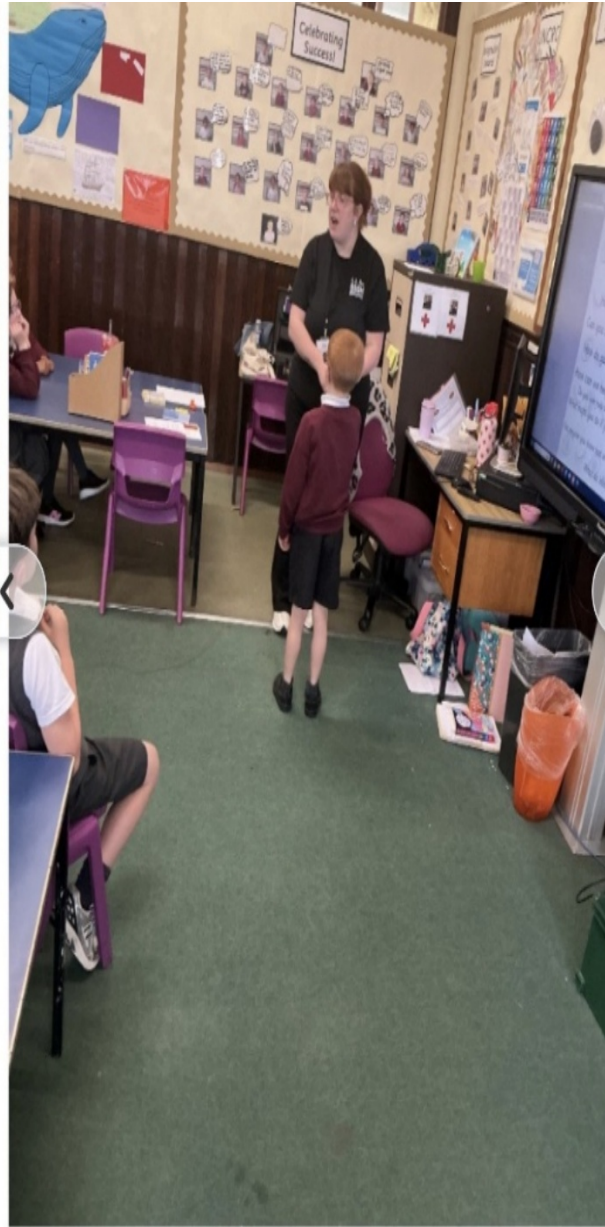
## **Exploring Sight Loss Together at Blackness Primary**

Laura, our Service Manager, had a fantastic visit to Blackness Primary School as the pupils explored the world of sensory impairments.

She chatted with the children about what blindness and visual impairments are really like and showed them how people adapt in clever and confident ways. The class loved getting a closer look at some of the aids and tools that help people who are blind or visually impaired live independently.

Laura also shared the exciting work our Sight Support and Social Hub does — from offering practical help to creating a warm, welcoming community space where people with sight loss can connect, learn, and thrive.

The children were full of curiosity and had loads of interesting questions, making the whole session lively, engaging, and inspiring for everyone.



## **Friday Outings Are Back – And We'd Love Your Ideas.**

We're delighted to share that our **Friday outings are officially back**, and it's been wonderful to see the enthusiasm from our members as we get out and about again. With summer on the horizon and the good weather finally making an appearance, we've planned a great mix of trips to enjoy over the coming weeks.

### **The upcoming outings are as follows:**

#### **June Outings**

- 5th June 2026 – Visit to the Transport Museum, followed by lunch at the Beefeater
- 12th June 2026 – Brechin Castle Centre
- 19th June 2026 – Belltree, Panmurefield Village
- 26<sup>th</sup> June 2026 - Armchair Aerobics back at the Sight Support & Social Hub.

#### **July Outings (Dates to be confirmed)**

- 3rd July – Meadowbank, Arbroath (Ice cream at the harbour or a visit to MacKay's Jam Shop)
- 10th July – Luna Rossa, Stewarts, St Andrews

- 17th July – Bell Rock, Arbroath
- 24th July – Armchair Aerobics at the Sight Support & Social Hub

Over the last month, we've also had the pleasure of attending some fantastic outings, including **Stewart Resort, Bell Rock in Arbroath**, a lovely **Afternoon Tea at Dundee & Angus College**, and a visit to **Caulders and the Black Watch Museum**—all of which were thoroughly enjoyed by everyone who came along.



Each outing costs £15 per person, and we're always keen to hear your suggestions. If there's somewhere you'd love to visit, please let us know. Your ideas help us plan days out that everyone can enjoy.

## **Join Us for Our Summer Coffee Morning!**

We warmly invite you to join us for a friendly coffee morning on Friday 21st August 2026, from 11:00am to 2:00pm. This is a great opportunity to come along, enjoy some refreshments, and get to know who we are and what we do. Whether you're curious about our services, looking to connect with others, or simply fancy a relaxed and welcoming environment, we would love to see you there.

Come and meet the team, have a chat, and find out more about us.



# SSSH

SIGHT SUPPORT & SOCIAL HUB

## Coffee Morning

Come along and see who we  
are and what we do.

Friday 21st August 2026

11am - 2pm.



**10-12 Ward Road Dundee, DD1 1LX**

*Refreshments, confectionery & cake sale.*

*RSVP by calling 01382 227101*

## **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:

- Thursday 25<sup>th</sup> June 2026 –Kevin (Information, Communication & Technology).
- Tuesday 28<sup>th</sup> July - Audrey (Accessibility Equipment).
- Wed 26<sup>th</sup> August – Margaret (social work/benefits/housing etc)

## **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 the number below.

**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.

## **Football Commentary & Ticket Information for Visually Impaired Supporters**

Visually impaired supporters of **Dundee FC** and **Dundee United**, along with their Personal Assistant's, can access both **individual match tickets** and **season tickets** at each club.

Both teams are committed to making football accessible, and **matchday commentary is available at every home and away game** at their respective grounds.

Full details on pricing and ticket options can be found on each club's website or by contacting their ticket offices directly:

- **Dundee FC** – [Tickets – Dundee Supporters - Dundee Football Club - Official Website](#) or by calling Ticket Office: 01382 889966 (Option 2)
- 
- **Dundee United** – [www.dundeeunitedfc.co.uk](http://www.dundeeunitedfc.co.uk) or by calling Ticket Office: 01382 833166 (Option 1)

Matchday commentaries are delivered by **Sam McFadzean, Brian Fraser, Raymond Lynch and Stuart Houston**, who bring many years of experience and passion to every game, ensuring supporters never miss a moment of the action.

## Camperdown Lodge's Kind Contribution to the Hub

Laura was recently invited along to the Camperdown Masonic Lodge, where she was delighted to receive a £500 donation on behalf of the Sight Support & Social Hub. This generous contribution will make a real and meaningful difference to our members, helping us continue to provide activities, support and opportunities that enrich their daily lives. We are extremely grateful to the Lodge for choosing us as the beneficiary of their donation and for recognising the value of the work we do within the community.



## **A Warm Thank-You for Keeping Our Entrance Blooming**

We would like to extend a heartfelt thank-you to Eddie Piper and his wife Sheila, who continue to brighten our entrance with their generous donations of fresh flowers.

Their thoughtful contributions create a warm and welcoming atmosphere for everyone who walks through our doors, and their ongoing support is truly appreciated by staff and members alike.

Their kindness adds a special touch to the Hub that never goes unnoticed.





## **CLUES ACROSS**

- 1 – LARGE PRAWN (11)**
- 9 – EXAMINE IN DETAIL (7)**
- 10 – SWAGGER (5)**
- 11 – MANURE (4)**
- 12 – BRING INTO BEING (8)**
- 14 – LINE OF DESCENT (5)**
- 15 – GERMAN SAUSAGE (5)**
- 20 – NOT COMPULSORY (8)**
- 22 – SUPREME GREEK GOD (4)**
- 24 – MR CLAUS (5)**
- 25 – PORTABLE TABLE (7)**
- 26 – AMERICAN SINGER (5,6)**

## **CLUES DOWN**

**2 – OPPOSED TO (7)**

**3 – SPANISH ARTIST (4)**

**4 – NOT LEVEL, ROUGH (6)**

**5 – ELEGANT (8)**

**6 – JOHN MAJOR'S WIFE (5)**

**7 – GARISH (5)**

**8 – ALTERNATIVE (5)**

**13 – APPROVAL (8)**

**16 – PROTECTION (7)**

**17 – DIN, RACKET (5)**

**18 – SEALANT (6)**

**19 – COUNTRY BETWEEN LONDON/NORTH  
SEA (5)**

**21 – SLIGHT TINT (5)**

**23 – WOODED VALLEY (4)**

# WORD SEARCH

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

# **WORD SEARCH – MY NAME IS FRED...**

**ARCHER**

**ASTAIRE**

**COUPLES**

**DIBNAH**

**FRINTON**

**HOUSEGO**

**JAEGER**

**MERCURY**

**RIMELL**

**SAVAGE**

**STOLLE**

**TITMUS**

**TREVES**

**WEDLOCK**

**WINTER**



# CROSSWORD SOLUTION

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

# So-Duko

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

## Activity Timetable

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

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



## DUNDEE AUDIO NEWS

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