

FOCUS



AUTUMN 2026

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

**Telephone: 01382 227101
E-mail: office@sshub.org.uk
Website: www.ssshub.org.uk**

LAURA'S LETTER

I hope everyone has managed to enjoy their summer, even with the very *typical* British weather we've had!

It's certainly been a busy few months here at the Social Hub. We've had brilliant turnouts at our activities, and it's been lovely to see the Friday Outings back in full swing. The team and our members have really enjoyed getting out and about again — from The Transport Museum to the Arbroath Harbour, a wee trip over the water to Cupar, and of course sampling some lovely eateries along the way. The outings will continue until the end of October, so if you fancy joining us one Friday, just give Ainslay or Jenni a call on **227101** and they'll chat it through with you.

And yes, I know Christmas is still four months away, but we're already busy planning our Christmas Show, more details will be shared in the next Focus, but we're really looking forward to bringing everyone together for something special.

Finally, just a wee reminder that all our members are welcome at any of our activities. You will always be made to feel very welcome, and we'd love to see both new and familiar faces joining in.

Hope to see you soon.

Take care and best wishes,

Laura

Friday Outings

We have certainly been spoilt this year with the fantastic summer weather and the many lovely sunny Fridays that have made our outings even more enjoyable. Some of the highlights have included a visit to Dundee & Angus College for afternoon tea, followed by a trip to the Transport Museum. We also enjoyed breakfasts at the Beefeater and the Pickled Peacock near Errol, as well as venturing a little further afield to Arbroath, where we were treated to a lovely lunch buffet at The Bell Rock followed by a visit to the harbour for ice cream.



We have another exciting month of activities planned and hope you will join us for these enjoyable outings and events:

- **4th September** – Visit to Bell Rock Indian, Newport-on-Tay, for a delicious meal and good company.
- **11th September** – Bellrock Restaurant Arbroath,
- **18th September** – Transport Musuem, Lunch at Riverside Inn.
- **25th September** – Our weekly gathering will be held at the Sight Support & Social Hub, where we will take part in a fun and beneficial session of Armchair Aerobics, promoting gentle exercise and wellbeing.

We look forward to seeing everyone for another fantastic month of friendship, fun, and social activities.

October Outings (Venues to be confirmed)

- **2nd October 2026** – Afternoon Tea at Caulders
- **9th October 2026** – Lunch at Dundee & Angus College Taste Restaurant
- **16th October 2026** – Breakfast at The Cart Shed Tea Room followed by a visit to the Dundee Museum of Transport
- **23rd October 2026** – Brunch at the Pickled Peacock, Rait

30th October 2026 – Join us at the Sight Support & Social Hub for another fun and engaging session of Armchair Aerobics, designed to promote gentle exercise.

The cost of the outings will remain the same at £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.

Celebrating 100 Wonderful Years

We are delighted to celebrate a truly remarkable milestone with one of our own members, John McCann, who has reached the incredible age of 100 years old. This special occasion was made even more memorable when John received a personally signed birthday card from His Majesty King Charles III and Queen Camilla, honouring his centenary birthday. Reaching 100 years of age is a wonderful achievement and a testament to a lifetime of experiences, memories, and contributions.

We would like to extend our warmest congratulations to John and invite everyone to join us in celebrating this very special birthday and wishing him health, happiness, and many more treasured moments.



Summer Coffee Morning!

On 21st August 2026, we were delighted to welcome **Councillor Macpherson** to the **Sight Support & Social Hub**, along with **Carole Craig**, **Convener of the Dundee Access Group**, our **Board Member Billy Williamson**, who is pictured here, and representatives from a number of other third-sector organisations. The visit provided a wonderful opportunity to showcase the wide range of activities, support services, and social opportunities available through the Hub. We enjoyed sharing the work we do to support people who are blind or partially sighted, while discussing ways that more people can find out about our services, access support, and become involved in our friendly and inclusive community. Guests also had the opportunity to sample some of the delicious homemade cakes prepared by our cook, **Nicky**, which were thoroughly enjoyed by all. It was a valuable morning of discussion, partnership working, and raising awareness of the support and opportunities available to people with sight loss across Dundee and the surrounding area.



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:

Wednesday 21st October 2026 – Accessibility & IT (Kevin)

Tuesday 17th November 2026 – Equipment Support – (Audrey)

Wednesday 16th December 2026 - Social Work (Margaret/Dami)

AGM

The 2026 AGM will be held at 3:30pm on Thursday 29th October 2026 the meeting will be held in person in the Social Hub, but we shall be limited to the amount of people that can attend. We will keep you posted over the coming months

Audiobooks

With the autumn months approaching you may want to make use of our vast audio library, which is a free service to our Members.

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 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.

Dementia Support Information Session

We are delighted to welcome the Dementia Support Link Worker from the Post Diagnostic Support Service, Psychiatry of Old Age, to the Sight Support & Social Hub on **Tuesday 8th September 2026 from 11:00am to 12:00pm.**

This informative session will give members, carers, family members, and friends the opportunity to learn more about the support available following a dementia diagnosis. The Post Diagnostic Support Service provides practical advice, emotional support, information on local services, assistance with future planning, and guidance to help individuals and their families live well with dementia.

This is a valuable opportunity to ask questions, find out what help is available in the community, and gain a better understanding of the services offered by the team. All are welcome to attend.

Christmas Talent Show!

We are very excited to announce that we will be delivering our Christmas Talent Show on Friday 4th December 2026 from 12pm – 3pm!! We are giving you plenty notice so you can put the date in your diary!

This event will showcase the talents of our drummers, line dancers, armchair dancers, choir and much more!!

The event will be held in the Sight Support & Social Hub where we would love for you to enjoy the show along with some light refreshments.

Tickets priced at £5 will be available to buy from the 1st November – just give us a call to purchase or pop into the Social Hub.



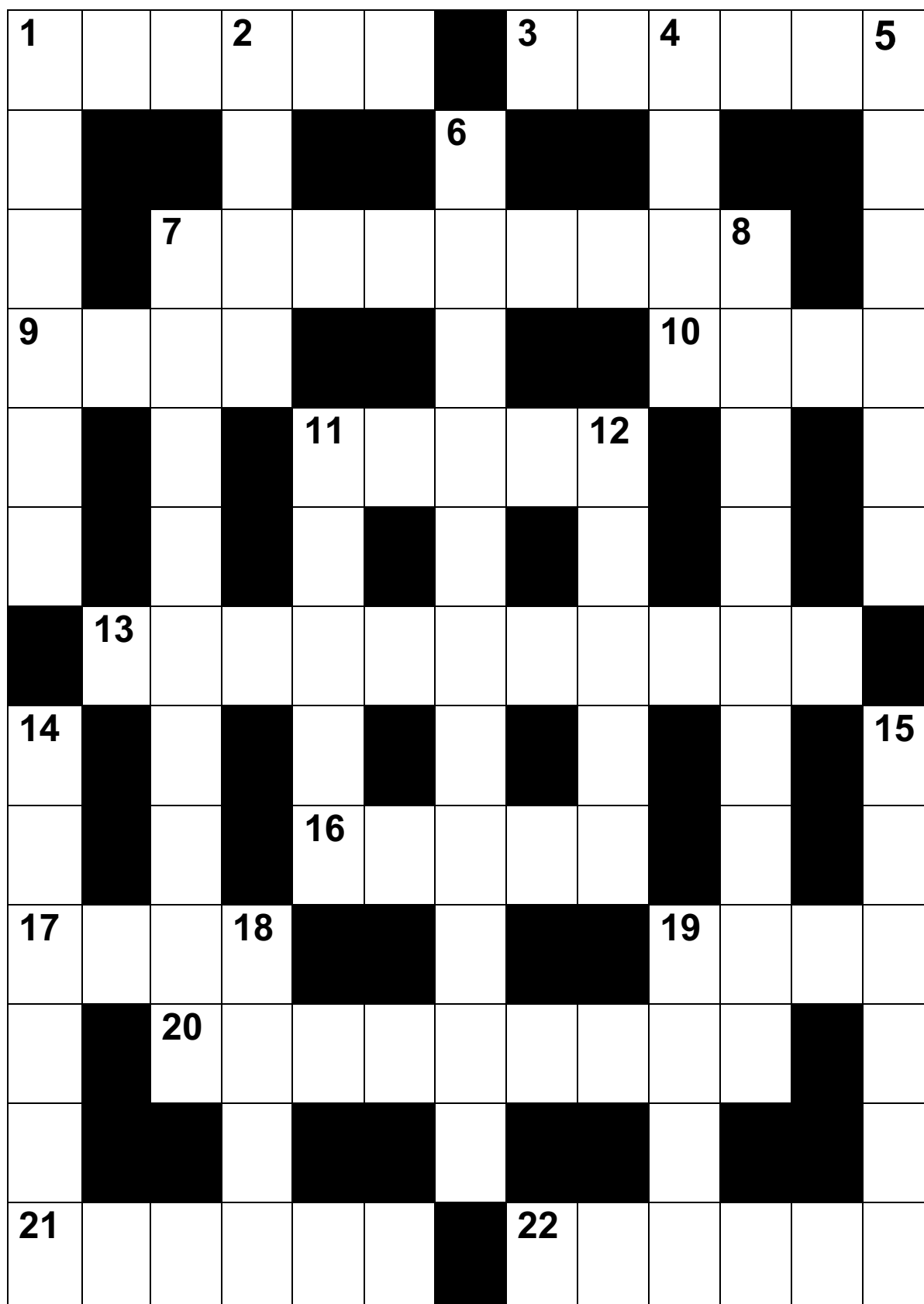
CLOCKS CHANGE

Just a reminder that on Sunday 25th October the clocks go back one hour.

If you need help adjusting your watches or talking key fobs than please hand them into reception and a member of staff will change them for you.



CROSSWORD



CLUES ACROSS

- 1 – TINKER (6)**
- 3 – SHORT PERIOD OF TIME (6)**
- 7 – SPANISH ISLAND (9)**
- 9 – MARK LEFT BY A WOUND (4)**
- 10 – TARTAN SKIRT (4)**
- 11 – STRONG FIRE (5)**
- 13 – WINNER'S CIRCUIT (3,2,6)**
- 16 – ACTRESS, KEATON (5)**
- 17 – PREVIOUS NAME FOR THAILAND (4)**
- 19 – KISS QUICKLY (4)**
- 20 – EASTERN STATE OF THE USA (3,6)**
- 21 – LEADER ? (3,3)**
- 22 – FEARLESS (6)**

CLUES DOWN

- 1 – LORRY FUEL (6)**
- 2 – GRIZZLY, eg (4)**
- 4 – SINGER, HUCKNALL (4)**
- 5 – STRATEGY (6)**
- 6 – PUT INTO OTHER WORDS (11)**
- 7 – UNCIVILISED PERSON (9)**
- 8 – ALIEN STAR, WEAVER (9)**
- 11 – VITAL FLUID (5)**
- 12 – ERIC MORECOMBE'S WISE PARTNER! (5)**
- 14 – WITHSTAND (6)**
- 15 – NORSEMAN (6)**
- 18 – FIX, REPAIR (4)**
- 19 – TAPERING FRUIT (4)**

WORD SEARCH

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

WORD SEARCH – ASIAN RIVERS

BEAS

CHUNA

GANGES

IRRAWADDY

JING

KAMA

KRISHNA

LENA

RAJANG

RAVI

TARA

YAMUNA

YANGTZE

YUAN

ZEJA

So-Duko

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

CROSSWORD SOLUTION

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

So-Duko

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

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		13.15	→	14.50
	1 Book £4.00			
	2 Books £6.50			
	3 Books £8.00			
	*Tea/Coffee can be purchased for £1.50			
Friday*** Some Fridays we have an outings				
Armchair Aerobics/Dancing	£10	11.00	→	12.15
2 Course Lunch followed by chat		12.15	→	13.45



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