

# FOCUS



# SUMMER 2025

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

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E-mail: [office@sshub.org.uk](mailto:office@sshub.org.uk)  
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## LAURA'S LETTER

Hello everyone,

Summer is finally here, and we couldn't be more excited! After what felt like an endless Spring, the sunshine has arrived to brighten our days and lift our spirits—just in time for all the fun ahead!

The Social Hub has been buzzing with activity, keeping us so busy that the weeks have flown by - can you believe it's already June? With the warm weather in full swing, our outings are back, and Ainslay, Jenni & Helen have some fantastic updates to share later in the Focus.

Most charities rely on volunteers, and we are no exception. Further in the focus you will see what it means for Jackie to be a volunteer. Along with Jackie, we are lucky to also have the help from Lorna and Andrew, and we are extremely grateful for their support.

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!

Laura

## **SAVE THE DATE!**

We will be holding an Open Day on Wednesday 2<sup>nd</sup> July at 11.00am so we are giving you plenty of time to put it in your diary!

We will be open for all Members to come in and meet the team, try out the activities and sample some of Nicky's cooking!!

## **SUMMER OUTING**

I think you will all agree that we have had a glorious end to Spring with some super days filled with sunshine. As we enter into Summer we will be arranging some outings to take place on a Friday. Spaces are limited and we have tried to arrange a varying schedule so there will be something to suit everyone. If you would like to add your name to the list please contact either

Ainslay or Jenni who can discuss them further with you.

So far we have the following dates and activities available:

Friday 20<sup>th</sup> June - Science Centre/Lunch Balcony Lounge

Friday 11<sup>th</sup> July – Bowmans House Afternoon Tea

Friday 25<sup>th</sup> July – Arbroath Abbey and Meadowbank

As an incentive to join in the fun we have already visited the Invergowrie Inn where 6 of our members enjoyed a lovely lunch and dessert.





## **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.

## **DUNDEE VETERANS SIGHT SUPPORT GROUP**

On 22 April 2025, Constables Irvine and Brennan from Carnoustie , Monifieth & Sidlaws Community Policing Team came along to speak to our veterans.

During the session, the officers provided valuable advice to the veterans on measures they can take to reduce their risk of becoming victims of crime.

They also answered questions about local policing matters, and in turn, veterans shared insight into how their conditions impacts their daily lives and the challenges they face.

Sight Scotland Veterans support ex-service personnel affected by sight loss helping them to regain confidence, restore independence and forge new connections.

If you have served in the military in the past (including National Service) and feel that you could gain assistance from Sight Scotland Veterans please call our Information Line on 0800 035 6409.



## VOLUNTEER INSIGHT



Jackie is one of our volunteers who gives up her time to come down to the Hub every Thursday from 11am to 3pm. She is a friendly, enthusiastic and keen volunteer who assists staff with a range of activities, such as welcoming our members into the Hub with a warm smile, a cuppa, a biscuit and a chat about their week. Jackie also helps by setting up the chairs for the seated dancing, distributing our delicious lunches to members, supporting members to play bingo and much more!

Our volunteers are an invaluable and valued asset to the Hub; they assist staff to support members and ensure the smooth running of the activities.

Jenni took the opportunity recently to sit down with Jackie and to ask her a few questions to get an insight to how she feels about volunteering.

### **How long have you been volunteering with us?**

A year.

### **What made you decide to volunteer?**

Due to changes in my family circumstances I had more free time, and I saw an advert on the TV about an organisation supporting visually impaired people in Aberdeen, which was facing closure due to a lack of volunteers. I googled Dundee for a visually impaired charity, and I found here (SSS Hub).

### **What do you enjoy about volunteering?**

Everything! Feeling useful and I've met so many new people it's a completely different outlook from work. I choose to be here. Only holidays would stop me from coming in.

## **What are the benefits of volunteering with us?**

Because of circumstances, I had to push myself to get out and meet new people and new challenges. I've now got my mojo back!

## **What do you do to relax when you're not volunteering?**

Meeting friends, reading and walking.

## **Here's some thoughts from our members**

“Jackie helps me go to the shops. She's very good”

“She makes time to talk to you. She's genuinely interested in what you say and do”

“She's so helpful. Nothing's too much for her”

## EASTER RAFFLE

The raffle was a huge success again this year with a total of £364.00 raised. The winner of the Hamper was Rae McWilliams which she was delighted with. Well done to all the other winners.

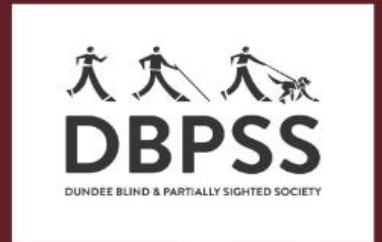


## **FUNDRAISING EVENT – FRIDAY 27<sup>TH</sup> JUNE 2025 – TICKETS NOW ON SALE**

Our fundraising night of mediumship with Karen Docherty is fast approaching, and tickets are now on sale. The price of a ticket is £17.50 and are available from Laura or Helen on 01382 227101.

Doors open at 6pm and there will be a bar available to purchase drinks. Karen Docherty will start at 7.00pm so we would request that everyone is seated by then.

It looks like it is going to be a great evening, however, we have an opportunity to help boost the fundraising by holding a raffle on the night. If anyone would like to make a donation toward this, it would be greatly appreciated. It could be anything from chocolates, bottles, vouchers, gift cards anything that you think you would like to win in a raffle. We are also currently in the process of contacting local businesses too to ask for donations, but of course, the more prizes the better.



**Sight Support & Social Hub previously known as Dundee  
Blind & Partially Sighted Society**

# FUNDRAISING EVENING OF MEDIUMSHIP WITH KAREN DOCHERTY

**Friday 27th June 2025**

Ticketed Event Only

£17.50

7PM START

Craigie Bowling Club  
55 Dalkeith Road  
Dundee  
DD4 7JJ

Tickets can be purchased from  
Laura or Helen  
by calling 01382 227101



## **GUEST SPEAKERS -**

We'd like to extend a heartfelt thank you to Susan from the Scottish Fire and Rescue Service, Perth and Kinross, Angus, and Dundee Division, for visiting the Hub on Tuesday, 13th May. She provided our members with invaluable advice on keeping safe in their homes, including:

- Ensuring your fire and heat alarms are interlinked to maximise early detection and response.
- Keeping exit routes clear of obstacles. In the event of a fire, you don't want to be tripping over objects on your way to the front or back door.
- If you suspect a fire in a room, test the door handle using the back of your hand rather than gripping it, to avoid burns. If possible, place a pillow or towel along the bottom of the door to help reduce smoke inhalation—just two gulps of smoke can leave you unconscious.
- If it is safe to do so, open a window and shout 'Fire,' rather than 'Help,' as people are more likely to respond to an urgent call for a fire emergency.

- Follow a bedtime safety routine: Lock your doors, shut your windows, and switch off electrical appliances before going to bed. Most fires start in the living room or kitchen.
- Keep your front and back door keys in the locks or beside your bed. If you have a mobile phone and community alarm, keep them nearby as well—you don't want to be searching for these essential items in an emergency.

**If you'd like the Fire Brigade to carry out a free Home Fire Safety Visit, check your eligibility by visiting [firescotland.gov.uk](https://firescotland.gov.uk) and completing their questionnaire, or call 0800 0731 999. If you need assistance in arranging a visit, feel free to contact us at 01382 227101.**

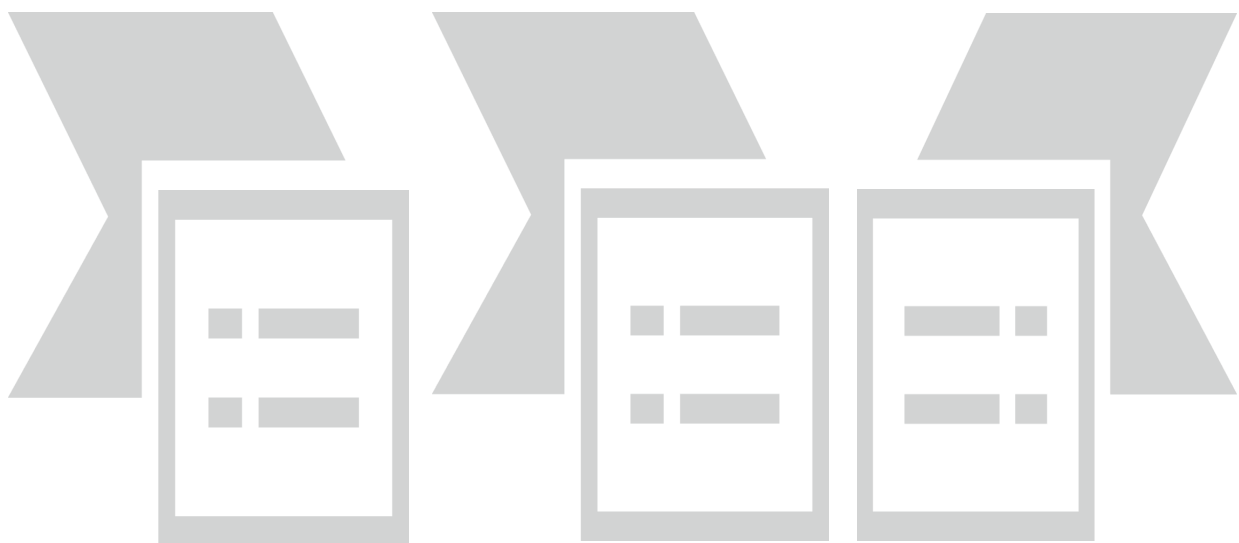


## FALLS PREVENTION TEAM

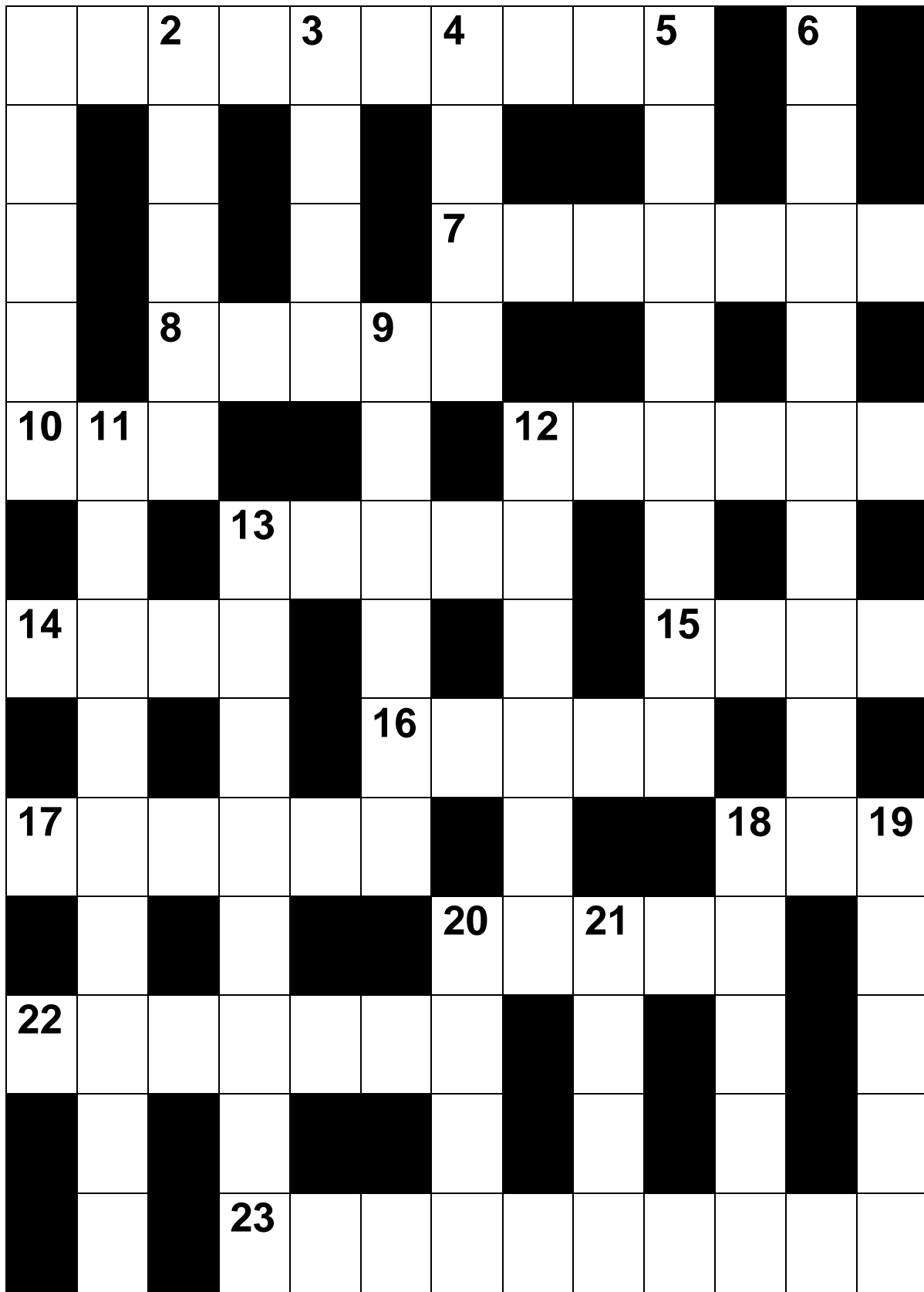
We would like to express our heartfelt thanks to Marsha from the Falls Prevention Team for visiting the Social Hub. She shared important advice on staying safe while moving around the home and showed us exercises designed to strengthen the arms and legs.

Her guidance helps promote confidence and independence, ensuring individuals can navigate their homes more safely while reducing the risk of falls.

We're pleased to share that Marsha will be returning to the Social Hub to hold a class on **Tuesday, 25th June 2025, at 1:30 PM.** We look forward to welcoming her back for another informative and engaging session!



# CROSSWORD



## **CLUES ACROSS**

- 1 – MARITIME FORCE (10)**
- 7 – SIDE BY SIDE (7)**
- 8 – FEEL WITH THE FINGERS (5)**
- 10 – DRINKS COOLER (3)**
- 12 – FORMAL (6)**
- 13 – WITH LITTLE NOISE (5)**
- 14 – LIMA'S COUNTRY (4)**
- 15 – SCOTTISH LOCH (4)**
- 16 – DEPARTING (5)**
- 17 – RESENTMENT (6)**
- 18 – DYNAMITE (1,1,1)**
- 20 – CROWBAR (5)**
- 22 – EASILY BENT (7)**
- 23 – GET MARRIED (3,3,4)**

## **CLUES DOWN**

- 1 – ISLAND IN THE MED (5)**
- 2 – SEVERE, INTENSE (5)**
- 3 – SOYA BEAN CURD (4)**
- 4 – D-DAY BEACH (4)**
- 5 – PLACE OF RESIDENCE (8)**
- 6 – USA FOOTBALLER AQUITTED OF MURDER (1,1,7)**
- 9 – COWER IN FEAR (6)**
- 11 – AMERICAN CAR MANUFACTURER (9)**
- 12 – TRY HARD (6)**
- 13 – QUARTER OF A CIRCLE (8)**
- 18 – MIKE ..... , BOXER (5)**
- 19 – AVAILABLE FOR RENT (2,3)**
- 20 – JOKE (4)**
- 21 – MEASUREMENT (4)**

## WORD SEARCH

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

# **WORD SEARCH – THE GREAT OUTDOORS**

**ANORAK**

**BALACLAVA**

**BATTERIES**

**COMPASS**

**FOOD**

**FORK**

**GAITERS**

**MAPS**

**MATCHES**

**RUCKSACK**

**SPOON**

**STOVE**

**TENT**

**TORCH**

**WHISTLE**

# So-Duko

<b>1</b>			<b>3</b>					<b>7</b>
<b>4</b>	<b>2</b>	<b>8</b>						
<b>3</b>								
<b>5</b>			<b>6</b>				<b>8</b>	
	<b>8</b>	<b>4</b>	<b>5</b>	<b>3</b>	<b>7</b>			<b>6</b>
				<b>4</b>		<b>5</b>		
			<b>4</b>	<b>8</b>	<b>2</b>		<b>6</b>	
		<b>5</b>					<b>7</b>	
<b>6</b>	<b>1</b>	<b>2</b>		<b>9</b>			<b>3</b>	

# CROSSWORD SOLUTION

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

# So-Duko

<b>1</b>	<b>6</b>	<b>9</b>	<b>3</b>	<b>5</b>	<b>4</b>	<b>8</b>	<b>2</b>	<b>7</b>
<b>4</b>	<b>2</b>	<b>8</b>	<b>9</b>	<b>7</b>	<b>6</b>	<b>3</b>	<b>5</b>	<b>1</b>
<b>3</b>	<b>5</b>	<b>7</b>	<b>2</b>	<b>1</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>9</b>
<b>5</b>	<b>3</b>	<b>1</b>	<b>6</b>	<b>2</b>	<b>9</b>	<b>7</b>	<b>8</b>	<b>4</b>
<b>9</b>	<b>8</b>	<b>4</b>	<b>5</b>	<b>3</b>	<b>7</b>	<b>2</b>	<b>1</b>	<b>6</b>
<b>2</b>	<b>7</b>	<b>6</b>	<b>8</b>	<b>4</b>	<b>1</b>	<b>5</b>	<b>9</b>	<b>3</b>
<b>7</b>	<b>9</b>	<b>3</b>	<b>4</b>	<b>8</b>	<b>2</b>	<b>1</b>	<b>6</b>	<b>5</b>
<b>8</b>	<b>4</b>	<b>5</b>	<b>1</b>	<b>6</b>	<b>3</b>	<b>9</b>	<b>7</b>	<b>2</b>
<b>6</b>	<b>1</b>	<b>2</b>	<b>7</b>	<b>9</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>8</b>

## 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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