

Winter 2010



Wilberforce MATTERS



Tenants' York art exhibition

Lord Mayor opens World Sight Day exhibition

Imagine if...

The participants took the World Health Organisation campaign theme 'Imagine if...' as the theme for their posters. Gordon took the opportunity to give the audience a wonderful exposition of his treatment of the theme: "Imagine if you couldn't feel". He said he considered himself fortunate as although he couldn't see he could feel the tactile elements in his picture. He could, he said, also feel the sun on his face and the wind in his hair. 'Imagine if you didn't have these senses. I am lucky', he said.

The poster-making activity was typical of one kind of activity in the Skills Room of the Trust's 'Living & Learning Zone', which the Lord Mayor also opened in September.

Sue Simpson, a counselling student who has a considerable interest in art therapy, facilitated the poster-making day as a voluntary activity. This too is typical of the contributions of the Trust's wonderful team of volunteers.

More pictures on page 4



Picture: The Press, York.

Left to right: Wilberforce Trust tenants Pauline, Gordon, June and Marie, with Roger Brough, the Lord Mayor of York who opened the exhibition, and Sue Simpson who facilitated the poster making day in the Living & Learning Zone. The exhibition was sponsored by York Lions.

Four of our York tenants - June Bagley, Gordon Williams, Marie Hoggett and Pauline Whelan - spent World Sight Day (14th October) in the Living & Learning Zone at Wilberforce House in Huntington, producing posters to mark the day.

On 12 November they were delighted to attend, with family and friends, the opening of a public exhibition of their posters in the city, at Space 109 in Walmgate. Also on display were works by the York artist Roger Brough who has lost his sight over the past five years due to MS. Roger also took part in the poster making day.

Lord Mayor of York, Cllr Susan Galloway, "for the first time ever" peeled cling film, simulating one possible visually impaired view, from a poster to officially open the exhibition.

Wilberforce MATTERS

3 Volunteering

Even more opportunities open up for volunteers with the Wilberforce Trust. Our rehabilitation services clients, some outside York itself, may need your help.



4 LLZ news

You can influence what activities there might be in the Living & Learning Zone in 2011. Rachel is waiting for your call!



Snow delays Christmas gift fair to 21 December



Visitors to Wilberforce House may have thought they were walking into a mini Harrods during December, greeted by Christmas puddings (made by Keith), festive wreaths, jams and chutneys and many other gifts made by our volunteers, together with the Wilberforce Trust charity Christmas cards. It was all a result of the need to postpone the Christmas coffee morning and gift fair as a result of the snow.

A new date has been set; the coffee morning will now be on Tuesday 21st December between 10am and noon. This is, of course, rather too close to Christmas for a gift fair so everything is being offered for sale from the Wilberforce House reception desk.

No recession here! Sales have been going very well. But even if you don't come to the coffee morning to buy your last-minute presents (though there will still be some), please come along for a coffee, a mince pie and a chat, guess the weight of the Christmas cake or buy a raffle ticket.

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Roger is keen to receive suggestions for stories for future editions. Get in touch.

This newsletter was designed and printed by Our Celebration. Supporting recovery from mental ill health.

www.ourcelebration.org.uk

Pupils and students sign up as volunteers

Tadcaster Grammar School (TGS) pupils and York University students are the latest to respond to recent Wilberforce Trust appeals for more volunteers in Tadcaster and York, including for the new Living & Learning Zone at Wilberforce House.

Following an invitation from the TGS Partnership Development Director, Amanda Crossley, the Trust's Volunteer Coordinator, Helen Ambrey, made a presentation to the school. This resulted in eleven pupils visiting tenants in the houses to have a better idea of the environment in which they would be volunteering and to get to know some of the tenants.

Subsequently all the Trust's tenants were invited to the TGS Christmas party but unfortunately this was one of the many casualties of the recent weather. However, the school has said it is very keen to involve the Trust and tenants in its activities so the tenants are looking forward to another occasion.

Helen also received five applications to be a volunteer from York University, by way of Volunteering Project Officer, Dr Kate Harper.

Some students have said they are really keen to work in the Living & Learning Zone, helping with or even running activities (see page 4). Others are keen to visit tenants in their homes.

Supporting participants in the groups running in the Living & Learning Zone can be a really fun volunteering activity, and with so many different types of activity in the zone there are sure to be ways to use particular interests or skills. It could well be that a particular interest or skill would enable a volunteer to run a group, or even a one-off activity. The poster-making day (see page 1) is one example of an activity run by a volunteer.

A new volunteering opportunity is to visit people with visual impairments in their own homes even if they are not Wilberforce Trust tenants. The Trust's Rehabilitation Officers work with people in their own homes and both they and clients would appreciate volunteer support.

The Trust is also looking for volunteers who might help in the Huntingdon office, IT competent or not.

For more information about volunteering opportunities contact Helen, by telephone on **01904 760037** or email her at **h.ambrey@wilberforcetrust.org.uk**

Not too late to buy a Christmas card

The postponed Christmas Fair (see opposite) will be too late to buy most Christmas cards. However, you can order some of this year's Wilberforce Trust cards by phoning **01904 760037**. There are two designs and they are remarkable value at only £3 for a pack of ten, including envelopes.



Living & Learning Zone

World Sight Day event



Top to bottom: participants with Trust support staff helpers; June, Gordon, Pauline, Marie at work.
Full story on page 1.

Zone activities underway



The new Living & Learning Zone (LLZ) has been increasingly busy since it's official opening in September by the Lord Mayor of York, who took part in all the activities (picture).

The programme of events for 2011 is still being finalised but some groups which became well established and popular in the final quarter of 2010 will be continuing during 2011. These include exercise classes for all fitness levels, rhythm and drums, healthy eating and cooking, braille, computer courses (including a range of specialist programs) and arts & crafts. More are planned, eg salsa and health walks.

The LLZ is a place to develop skills, build confidence, have fun, increase social contacts, feel valued and play an important role in the community. Friends and family are welcome as the LLZ is not exclusive to people with sight loss.

Ideas for new activities will be much welcomed by Rachel Lintott, the Rehabilitation Services Manager who is responsible for the LLZ. This not only means groups or courses you would like to take part in, but any you might like to assist with or even run as a volunteer.

Apart from groups for people with visual and other impairments, the zone's modern, flexible conference room, located just off the York ring road and with onsite parking, has become much appreciated by a variety of organisations not wanting to battle with driving and parking in the city centre. Ideal for meetings and training events, it can be hired by the hour or half/full day.

You can call Rachel on **01904 760037** or email her at **r.lintott@wilberforcetrust.org.uk**. She'd love to hear from you whether it's just for information on existing activities or to discuss possible new ones.