

## Children & Family Newsletter Spring 2023



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## The Ideas Fund



Sight Support Hull and East Yorkshire is one of seven community projects across Hull to have been awarded a total of £267,000 in grants from The Ideas Fund.

The Ideas Fund is run by the British Science Association and funded by Wellcome, to link organisations with researchers to explore ways to improve the mental wellbeing of their local community. Our project involves using creative activities and social experiences to research their impact on the mental health and wellbeing of visually impaired children.

This newsletter is full of more information about our children's activity programme which may be of interest to your child and your family.





## Let the fun begin!

We have already had a wide variety of fun filled activities with the children and their families, with many more planned throughout the year, including a recent Easter family event at Kinderland soft play centre.

*“As a parent with a child who is severely sight impaired, it was great to experience meeting other families and seeing my child making new friendships with other children in a safe inclusive environment”*



## Music Sessions

We've teamed up with acoustic duo Mambo Jambo to deliver a series of music sessions offering opportunities for the children to learn how to play a variety of instruments, such as drums, ukulele, xylophone and to sing and dance with their friends to the rhythm of the music.

The sessions have proved to be a big hit with the children, we have had some great feedback from the children themselves. The children have enjoyed exploring the different instruments and their sounds. These sessions are open to visually impaired children including those who may also have other special needs.



*“I want to learn to play the guitar” Child J*

*“I love the drums the best”  
Child M*

## Music Sessions

### **Forthcoming Dates:**

21st May 2023, 18th June 2023

**Day:** Sunday

**Time:** 2pm – 4pm

**Venue:** Sight Support 466 Beverley Road Hull HU5 1SN



## Multi Sport Sessions

Our multi sport sessions have been successfully running for a year with children enjoying and learning new sports, team games and being physically active. At our latest session the children were able to pick their favourite game or sport to play with each other support by our amazing volunteers and coach.

Running races are a clear favourite with the children enjoying a game of duck duck goose sight loss style. The children have been practicing their football and tennis skills and hoping to try cricket in the near future.

The last multisport session before the summer holidays is Saturday the 24<sup>th</sup> June 2023 starting at 10am at Woodford leisure centre with Coach and Paralympic footballer Roy Turnham.

### **Forthcoming Dates:**

24th June, 24th September,  
29th October and 25th November

**Time:** 10am – 12noon

**Venue:** Woodford Leisure Centre,  
Holderness Road HU8 8JU







*"I really liked the spinning machine. I liked making circles with the different colours".*

*Child T*

*"She had a great time at the family event, she got bring her family and meet some new friends. Thank you Sight Support for putting on the event".*  
*Grandmother of Child G*



## Easter Family Outing

The first of our planned family outings, took place at Kinderland

Our Easter soft play event for our children with a visual impairment and their siblings, was great fun for all the family. We had a special guest appearance from the Easter Bunny who gave out some delicious chocolate eggs and had a picture with each child. The event received some really fabulous feedback.



*“Its been a really nice opportunity for the children to play with each other, the free entry and buffet for the children was really generous and got rid of a large barrier to new people coming like us”.*



*“She loves all the activities, her confidence has grown and she has made some new friends.”*

*Parent of Child L*



## Future Family Outings

Our next family outing is a trip to Sundown Adventureland play park in August for children aged 12 or under. Places are limited and will be allocated on a first come first served basis for this fun filled trip. The park offers lots of sound and sensory experiences with many inclusive activities for the children and their parents/carers to enjoy.

### **Forthcoming Dates:**

10th August 2023

**Venue:** Sundown, Treswell Road,  
Rampton, DN22 0HX

**FREE Transport:** Available please  
enquire for further details and to book  
your place.



## Arts and Crafts

We have teamed up with Artlink Hull to deliver our weekly arts and crafts programme, which will include exciting sensory activities for the children to enjoy. These include: screen printing, clay modelling, sculpture and different painting techniques followed by an exhibition to display our creations

**Forthcoming Dates:** 17th April – 10th July

**Day:** Monday

**Time:** 4pm – 17.30pm

**Venue:** Artlink 87 Princess Avenue Hull HU5 3QP



## Nature and Outdoor Activities

We have joined up with the amazing team at Rewilding Youth to explore and learn about nature and the environment through a range of activities including: Building campfires, cooking outdoors, wood chopping, wood whittling, wild walks, sensory story's and many more exciting activities.



### **Forthcoming Dates:**

#### **Young Explorers Ages 4 - 12**

31st May and 16th August

**Day:** Wednesday

**Time:** 10am – 4pm

**Venue:** East Park Community Farm, Barham Road HU9 4EE

### **Forthcoming Dates:**

#### **Youth Explorers Ages 11 - 16**

26th July and 1st November

**Day:** Wednesday

**Time:** 10am – 4pm

**Venue:** East Park Community Farm, Barham Road HU9 4EE

**For any further information or to book onto any of the events or activities include in this newsletter, please contact Sight Support on 01482 342297 or by email: [vickyd@sightsupport.org](mailto:vickyd@sightsupport.org).**

**We hope that you enjoy reading this newsletter and we would like to continue to keep you updated about how we are helping local children with sight loss. We will not sell your data and we promise to keep your details safe and secure. If at any time you no longer wish to receive our mailings, please email [info@sightsupport.org](mailto:info@sightsupport.org) or call us on 01482 342297.**