

**2017 January Newsletter of Low Vision Clinic St  
Thomas' Hospital**

**Wednesday Club...see overleaf**

**We have a new eye clinic liaison officer at St Thomas, Emma Griffiths. If you have concerns, please ring her on 07590 804 244.**

**VIP Singers.**

**Meeting in South Wing Committee Room St Thomas' Hospital every SATURDAY morning 10.30-12.30 from January 14<sup>th</sup> to 25<sup>th</sup> March and 22<sup>nd</sup> April to 29<sup>th</sup> July. Ring 07503330375 and leave a message if you are interested in joining us. No auditions – everyone is welcome.**

**Please look at [www.southlondonvision.org](http://www.southlondonvision.org) if you or a relative can do so.**

**We are going to start a Macula Group for those with macular problems. Please contact Emma for details.**

**There are workshops for all South Londoners at the Southwark Resource Centre in Braddenham Close SE17 2 QB run by Blindaid. They have art, craft, cooking and yoga. Ring [020 7403 6184](tel:02074036184) .**

**Wednesday Club 2017 For Visually Impaired  
People**

**All sessions take place in the**

**Iris Clinic, South Wing Eye Dept      2pm to 3.30pm**

**This is a six week timetable of informal get togethers to  
discuss how to cope with visual impairment.**

**Each session consists of a chat from a member of a  
charitable organisation concerned with helping you to  
get to grips with various problems.**

**Wednesday 1<sup>st</sup> March      Prof Stanford on eye disease**

**Wednesday 8<sup>th</sup> March      Areez and David on using  
modern technology to help - ipads and iphones etc**

**Wednesday 15<sup>th</sup> March      A Guide to Benefits, Chris  
McCormack from Action for Blind People**

**Wednesday 22<sup>nd</sup> March      Ashrafia Choudry on  
maintaining independence**

**Wednesday 29<sup>th</sup> March      Dave Kent from Guide Dogs  
on Mobility**

**Wednesday 5<sup>th</sup> April      Trip to the RNIB Resource Centre**

**Contact Emma 07590 804 244 to let us know if you'd  
like to attend.**