



## ***'Let's Go Out'***

March 2017

26th Edition

'Let's Go Out' is a regular newsletter to inform people with sight loss about accessible activities and events happening around London.

Acknowledgement: We are grateful to Service Users, the Vocaleyes website [www.vocaleyes.co.uk](http://www.vocaleyes.co.uk); [Irene Richards of info@theatredescription.com](mailto:irene.richards@theatredescription.com); [Euan'sGuide.com](http://Euan'sGuide.com) and [Metroblindsport.org](http://Metroblindsport.org) for their postings and related text which enabled this newsletter.

**Welcome.....**

To the March issue of the newsletter which highlights cultural events and activities available this month – some are designed particularly to enable access for people with sight loss – while all of them will be accessible with a volunteer guide.

This is just a selection of what is available in and around London.

Please note that Let's Go Out is for information only and we have no control over the sale and allocation of tickets. All ticketing enquiries should be made to the venue concerned.

Please remember that you can also arrange Link Ups with volunteers for other events that take your fancy. Simply call 07805 807181 and someone will get back to you. (We have to reserve the right to decide if events are unsuitable for a Link Up volunteer, but this is very rare).

## **THOMAS POCKLINGTON TRUST EVENTS....**

### **Outing to Windsor Castle with volunteers from the Bank of America**

We have been given the opportunity to trial a new accessible tour of Windsor Castle on Friday 17<sup>th</sup> March 2017. Volunteers from the Bank of America have kindly agreed to support this exciting excursion and have offered to pay for lunch too! We have 7 spaces available so please book your place! This trip will involve travelling on public transport and a lot of walking so you will need to wear sensible walking shoes and carry a bottle of water.

If you would like to register your interest for this opportunity then please use the contact details below. This event is free of charge but please only book a place if you are sure you can attend. Times will be confirmed but please assume this trip will last for the entire day!

Please contact Kirsty Palmer on 07964534681;  
[Kirsty.pamer@pocklington-trust.org.uk](mailto:Kirsty.pamer@pocklington-trust.org.uk) for further details.

## **GALLERIES/MUSEUMS/EXHIBITIONS**

### **DAVID HOCKNEY: OUT OF HOURS ACCESS FOR DISABLED VISITORS**

Sunday 19 March 2017, 18.30 – 20.30  
Tate Britain Exhibition

Please come to the Manton Entrance

**FREE, booking required**

David Hockney; Garden with Blue Terrace 2015



Private Collection © David Hockney Photo Credit:  
Richard Schmidt

<https://tickets.tate.org.uk/performancelist.asp?ShowID=6423>

**Join this special evening with ease of access for visitors with disabilities, their carers or family members**

Join us for a fully accessible private view of the David Hockney exhibition for deaf, blind, partially sighted and disabled audiences as well as their carers, family members and friends. This evening allows ease of access for mobility-impaired visitors who would find it difficult to visit during opening hours. Guide dogs welcome.

This exhibition celebrates David Hockney's achievements in painting, drawing, print, photography and video across six decades. Running through all types of periods of Hockney's work is a principal obsession with the challenge of representation: how do we see the world, and how can that world of time and space be captured in two dimensions?

Nearest tube: Pimlico

For more information about accessible parking and facilities at Tate Britain please visit website

[www.tate.org.uk](http://www.tate.org.uk) or call +44 (0)20 7887 8888. Please remember to book your place and bring your booking confirmation with you.

If you have any other access needs that you would like to let us know about please contact: Anna Murray, Assistant Curator: Access [anna.murray@tate.org.uk](mailto:anna.murray@tate.org.uk) or call +44 (0)20 7887 8888



## National Gallery

### Art through words

Each last Saturday in the month (except for December) the National Gallery holds Art Through Words, a free description session for blind and partially sighted people.

Next session: **Mary Magdalene**

(c 1535-40), Giovanni Girolamo Savoldo.

Address: The National Gallery, Trafalgar Square,  
London WC2N 5DN

Nearest tube: Leicester Square or Charing Cross

Meet at the Sainsbury Wing Information Desk just before 11.30am and you will be taken to the room where the session will be held. Visitors are given a detailed verbal description of the painting after which the group will visit the gallery to where the painting hangs.

Art Through Words is free but visitors are advised to book in advance to guarantee a place.

Tel: 0207 747 2864

Email: [education@ng-london.org.uk](mailto:education@ng-london.org.uk)

## **Disabled Access Day –**

**Attractions across the UK, 10<sup>th</sup>-12<sup>th</sup> March 2016 - Postings c/o Euan's Guide website.**

### **Kensington Palace**

Kensington Gardens, London, W8 4PX, United Kingdom

Saturday, March 11, 2017 10:00 AM

<http://www.hrp.org.uk/kensington-palace/whats-on/disabled-access-weekend/#gs.WKD8=W0>

Kensington Palace will be offering a range of presentations and tours as part of disabled access weekend on 10th – 12th March 2017.

Joining other leading visitor attractions across the UK, Kensington Palace will host special events for both our hearing impaired and visually impaired visitors. BSL presentations, object handling sessions, Deaf and describer tours are on offer at set times throughout the weekend as we invite our guests to discover more about the palace's fascinating 300 year history.

BSL presentations and object handling sessions are free of charge although they must be booked in advance due to limited capacity. Describer tours and Deaf Tours require a valid palace admission ticket for the day of the

event. All accompanying carers will receive a complimentary ticket.

Handling sessions and BSL presentations are free of charge and do not require a valid palace admission ticket as visitors will not be required to go beyond the ticket barrier.

Places on any of the events over the disabled access weekend must be booked in advance due to limited capacity. Please book either by email to [clair.corbey@hrp.org.uk](mailto:clair.corbey@hrp.org.uk) or by telephoning 020 3166 6133 with the following information:

- Name and contact details
- Number of people
- Type and time of the tour/presentation/session being booked

We cannot guarantee availability on any of the events unless booked in advance. If there are any spaces available on the day, they will be allocated on a first come, first serve basis.

For all details please go to <http://www.hrp.org.uk/kensington-palace/whats-on/disabled-access-weekend/#gs.WKD8=W0>

Nearest tube: High Street Kensington

## **The Queen's Gallery**

Buckingham Palace Road, London, SW1A 1AA, United Kingdom | 020 7766 7301

Sunday, March 12, 2017 10:00 AM

## **Blind and partially sighted visitors**

Explore our exhibition, Portrait of the Artist, as our audio descriptive guide introduces key pieces to you. The exhibition focuses on images from artists within the Royal Collection and includes world renowned self-portraits and portraits of artist by their peers. Tours are included in your entrance ticket and will leave at 10.30 and 15.30. Meet by the Ticket Desk in the entrance lobby and please note tours are first come first served. Tours will last 45 minutes.

On Friday 10, Saturday 11 and Sunday 12 March we are delighted to offer disabled people free admission to The Queen's Gallery, Buckingham Palace. You can also book free tickets for any access companions you require for your visit.

Tickets can be booked on arrival at each venue, or in advance by telephoning 0303 123 7324 or emailing [learning@royalcollection.org.uk](mailto:learning@royalcollection.org.uk). Please quote Disabled Access Day when booking

Nearest Tubes: St James's Park; Green Park; Victoria

## **Cutty Sark, Greenwich**

Saturday, March 7, 2.30-3.30pm March 11, 2017 11:00 AM- 12.00 pm. Nearest Tube: Greenwich Cutty Sark DLR

Offering audio-described tours £13.50 Members and Concessions (includes visitors with disabilities) Sighted

companions enter free.

## **Tate Britain**

Millbank, London, SW1P 4RG, United Kingdom | [020 7887 8888](tel:02078878888)

On Saturday 11th March, 10.00am will offer:

Tours at 11.30 until 12.30 and then from 2 to 3. The tour at 11.30 will be for the visually impaired visitors and the second tour will be BSL-interpreted.

Meeting at the Archive Display Gallery will be perfect as the tours will begin there. We will start with a talk from one of the Archive Explorers volunteer team about the history of the building for 20 minutes. The group will be escorted to the Library and Archive reading Rooms for a behind-the-scenes tour, finishing with a display of archive and library items, including touching opportunities. We can be flexible at the end of the tour regarding time if people want to sit for a rest.

During the rest of the day we have free tea and coffee and welcome from staff and volunteers at the Millbank Studio.

We can also offer touch tours to visually impaired people. On this date we will offer short taster tours of 20 minutes rather than the full hour.

Nearest tube: Pimlico

## **Tate Modern**

Bankside, London, SE1 9TG; 020 7887 8888

Sunday, March 12, 2017 10:00 AM  
Nearest Tube: Southwark

We are offering free tea and coffee and a welcome from volunteers in the Schools and Families room.

Volunteers can show people round

We can give short touch tours of 20 minutes.

### **St. Paul's Cathedral Disabled Access Day**

- Date: Saturday 11 March 2017
- Times: various tours throughout the day – see programme on St Paul's website.
- Ticket price: Free
- St Paul's Cathedral, St Paul's Churchyard, London, EC4M 8AD; Nearest Tube St Paul's

**People of all ages with disabilities are welcome to visit St Paul's for free on Disabled Access Day.**

The Cathedral offers a programme of events and tours for children and adults

There will be a special early opening for families with children who would appreciate a quieter time, and a new clay workshop for those families.

Join in tours, talks and workshops, with the chance to examine sumptuous fabrics used in vestments at drop-in tables, and join in worship as we put people with disabilities at the heart of the day.

New BSL and Audio Described Tours are available via multimedia guides.

**Please book in advance to attend a guided tour (Touch Tour from 10.00am) or workshop. [website. www.stpauls.co.uk/news-press/latest-news/disabled-access-day-2017..](http://www.stpauls.co.uk/news-press/latest-news/disabled-access-day-2017..)**

**Queen Elizabeth Olympic Park, London, E20 2ST, United Kingdom |**

**020 3288 1800**

**Friday March 10 and Sunday, March 12, 2017 12:30-14.00 PM**

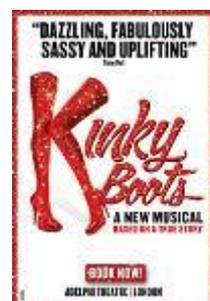
Disability Access Day: “Inclusive Design” Tours - 10th & 12th March

Visit the Queen Elizabeth Olympic Park in Stratford to find out about our accessibility and inclusive design work.

Tours will showcase design features and the most memorable 2012 venues. Book via <https://www.eventbrite.co.uk/e/inclusive-design-tour-queen-elizabeth-olympic-park-tickets-31965306091> for Friday 10th or Sunday 12th March.

Find out more about the award winning venues, the Park’s Inclusive Design Standards and how expert panels have helped to develop an access environment for all.

**THEATRE**



**Kinky Boots** at London's Adelphi Theatre **Please note Wednesday March 29th at 2.30 likely to be the last Audio Described showing of its run.**

This Andrew Lloyd Webber theatre is on the Strand near Charing Cross, with a level entrance leading straight into your stalls seats. Nearest tube: Embankment.

Reviews for Kinky Boots describe it as the most fabulous feel-good musical of the decade. Based on real life events and celebrating the magic of friendship, Kinky Boots transforms modest Northamptonshire shoe makers into international fashion stars - with the help of Lola, a glamorous drag act.

Full booking details are below; plus a link to the show's website - and a separate link to the cast's cheeky tips on how to walk in those Kinky Boots!

AD seats for Wednesday March 29th at 2.30 are £35 each.

Please reserve your headsets when you book.

The booking line to ring is 0207 759 1705.

Or the email is

[customerservices@theadelphitheatre.co.uk](mailto:customerservices@theadelphitheatre.co.uk)

Bookers will be contacted by post in March with updates on touch tour arrangements and an introductory CD.

Here's a link to the show website - starting with a link to great songs!

<http://www.kinkybootsthemusical.co.uk/audio.php>

And here's a link to the cast's tips about walking in Kinky Boots:

<http://www.officiallondontheatre.co.uk/news/backstage-pass/video/article/item380480/how-to-strut-your-stuff-in-kinky-boots/>.

### **[The National Theatre....](#)**

(Nearest tube: Waterloo)

The National aims to offer a touch tour for every audio-described production, usually before an audio-described matinee. It's a chance to visit the set, feel the props, and enhance your enjoyment of the show. The tour is free and lasts about half an hour. Please let them know if you're coming to the tour on your own and they will arrange for a member of staff to accompany you. Guide dogs are also welcome on set, subject to an advance assessment to ensure a safe environment. Alternatively, they can arrange for your guide dog to be looked after.

If you'd like to join a tour, please make a reservation in advance by phoning 020 7452 3000.

**[My Country on Saturday 11 March 2pm](#)**

**[Lost without Words on Thursday 16 March 6pm](#)**

**Amadeus on Friday 17 March at 7.30pm and Saturday 18 March**

**Twelfth Night on Friday 24 March at 7.30pm and Saturday 25 March at 2pm**

**Ugly Lies the Bone on Friday 31 March at 7.30pm and Saturday 1 April 2.15pm**

**Consent Friday 28 April at 7.30pm and Saturday 29 April at 2.30pm.**

### **“See Me Now”**

- Young Vic
- 66 The Cut Waterloo London SE1 8LZ  
Nearest Tube: Southwark
- Audio-described performance; Drama and comedy;  
Touch tour.
- Date: Saturday 4 March 2017
- Time: 2:30 pm
- Ticket price: £15

Touch Tour: TBC

Audio described in-house

A daring new show created and performed by sex workers. London sex workers share their painful, touching and often hilarious stories.

Male, female and transgender, they are teachers, cleaners and parents. Behind closed doors they're also paid to make their clients feel good – in all sorts of ways.

Please note this is an audio described performance at a venue which was part of the See a Voice project. Every effort has been made to ensure that these details are correct; however, please do double check with the theatre for the availability of introductory notes and touch tours when booking.

**Box Office 0207 922 2922**

## **A Midsummer Night's Dream**



- Young Vic
- 66 The Cut, Waterloo, London SE1 8LZ  
Nearest Tube: Southwark

Audio-described performance Drama and comedy  
Touch tour

- Date: Saturday 11 March 2017
- Time: 2:30 pm
- Ticket price: £10 - £36

Touch Tour: TBC

Audio described in-house

Dark fantasies and nightmarish visions unfold in this bold take on Shakespeare's unparalleled tale of love, betrayal and desire.

Shakespeare's masterpiece - a new production that heaves with the energy of a wild house party.

Please note this is an audio described performance at a venue. Every effort has been made to ensure that these details are correct; however, please do double check with the theatre for the availability of introductory notes and touch tours when booking.

**Box Office 0207 922 2922**

## **Dream Girls**



### **Savoy Theatre**

Savoy Court London WC2R 0ET Nearest Tube:  
Embankment.

- **Audio-described performance; Musical Theatre**
- Date: Tuesday 7 March 2017
- Time: 7:30 pm
- Ticket price: From £20

Touch Tour time: TBC

Audio described by VocalEyes

After a thirty-five year wait, Dream Girls finally comes to London! This much-anticipated new production Amber Riley (Glee) as 'Effie White'.

Dream Girls will transport you to a revolutionary time in American music history following the journey of young female singing group 'The Dreams' as they learn the tough lesson that show business and stardom isn't always as glamorous as it seems.

**Box Office** 0844 871 7677

## **The White Devil**

Sam Wanamaker Playhouse

21 New Globe Walk London SE1 9DT

Nearest Tube: Southwark/London Bridge

Audio-described performance; Drama and comedy  
Theatre

Date: Monday 13 March 2017

Time: 7:30 pm

Ticket price: £16 - £24 (Reduced from £32 - £48)

Touch Tour time: 6pm

Audio described by VocalEyes

In the shadows of the court and the darkness of the human heart, greed and lust corrupt and breed murderous atrocity. Consumed by a violent passion for that which is forbidden to him, the Duke of Brachiano murders his wife in order to possess another woman.

Box Office 020 7902 1409

## **Disney's The Lion King**

Lyceum Theatre, 1 Wellington  
Street London WC2E 7RQ



Nearest Tube: Covent Garden

Audio-described performance; Musical; Touch tour

Date: Thursday 16 March 2017

Time: 7:30 pm

Ticket price: £37.50 - £69.50 (Concessions available)

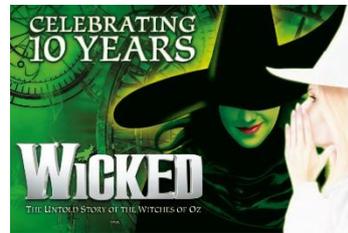
Touch Tour: 5.30pm

Audio described by VocalEyes

Julie Taymor's spectacular adaptation of Disney's award-winning film uses masks and puppetry to create pure theatrical magic.

Box Office 0844 871 3006

## Wicked



Apollo Victoria

17 Wilton Road, Pimlico,  
SW1V 1LG

London

Nearest Tube: Victoria

Audio-described performance; Musical Touch tour

Date: Saturday 18 March 2017

Time: 2:30 pm

Ticket price: £35

Touch Tour: 12.30pm

Audio described by VocalEyes

Discover the incredible untold story of an unlikely but profound friendship between two girls and their extraordinary adventures in Oz...

Box Office 020 7828 7074

## **The Glass Menagerie**

Duke of York's Theatre

St Martin's Lane London WC2N 4BG

Nearest Tube: Leicester Square

Audio-described performance; Drama and comedy;  
Touch tour

Date: Tuesday 21 March 2017

Time: 7:30 pm

Ticket price: £19.98 (Reduced from £59.95)

Touch Tour: TBC

Audio described by VocalEyes

Following a multi Tony Award-nominated run on Broadway, director John Tiffany revives his stunning staging of Tennessee Williams' heart-rending masterpiece.

Box Office 020 7565 6485

## **The Wild Party**

The Other Palace

12 Palace Street; London SW1E 5JA

Nearest tubes: St James Park/Victoria

Audio-described performance; Musical Touch tour

Date: Thursday 23 March 2017

Time: 2:30 pm

Ticket price: £27.50 (Reduced from £55)

Touch Tour: TBC

Audio described by VocalEyes

Set against a backdrop of Manhattan decadence and 1920's excess, *The Wild Party* tells the story of Queenie and Burrs, a Vaudeville showgirl and a Vaudeville clown whose relationship is marked by vicious behaviour and recklessness. In an attempt to salvage their toxic union, they decide to throw a party to end all parties.

**Box Office** 0844 264 2121

## **SPORT**

Get moving in March! There's a range of activities on offer this month....

### **Ten pin bowling Friday 3rd March**

Organised by London Sports Club for The Blind. There will be a session of ten pin bowling at Queensway Ice and Bowl, Queensway, London, W2 on Friday 3rd March at 7pm. The venue is close to Queensway tube station on the Central line. A meet and greet service is available from the station. Cost around £4. Call Russell at LSCB to be included on 07711 659851.

### **Tennis Taster Sessions - SELVis - Bromley - 2017!**

All blind and partially sighted residents of South East London welcome. Come and try out this fun and very popular sport for blind and partially sighted people. Please do wear suitable clothing - shorts/track suit and trainers, a meet and greet service is available on request.

Dates: Sunday, 12th March 2017

Venue: Bromley Tennis Centre, Avebury Road,  
Orpington BR6 9SA

Time: 1pm to 3pm. Cost: £4

Contact: Tom De Frates

Email:tom.defrates@bromleytenniscentre.co.uk

## **BBS: First ever skiing and Snowboarding Taster Day!**

British Blind Sport have an exciting announcement for 2017, working in partnership with Snozone Disability Snowsports and Visually Impaired Children Take Action (VICTA), BBS are delighted to bring to you its first ever skiing and snowboarding taster day!

**Venue:** Snozone, Milton Keynes, 602 Marlborough Gate, Avebury Boulevard, Milton Keynes, MK9 3XS

**Date:** 1st April 2017 **Time:** 9.00am - 18.00pm

**Cost:** 1 to 1 skiing or snowboarding session - £15.00 of which £10.00 will be reimbursed to you on completion.  
Sledging - £5 for 45 minutes Sledging.  
Skiing/snowboarding passes – price to be confirmed.

**Contact:** Call: 01926 424247 or email [support@britishblindsport.org.uk](mailto:support@britishblindsport.org.uk)

## **Para-cycling Open Riding - East London Velodrome Stratford!**

**Date:** 27 March 2017

**Cost:** Two hours £16 **Booking link:** <http://bit.ly/2h17xLC>

**Minimum height** 4ft 9 ins / 145cm **Minimum age** 12.

This session is for riders with disabilities and offers the chance to ride the track at this fantastic London 2012 venue. With experienced pilots and using tandem bikes you'll learn the basics of riding fixed wheel bikes safely.

Shout Out! If you have or know of any unused tandems, please Email: [roy.smith@metroblindsport.org](mailto:roy.smith@metroblindsport.org) or call on H/W: 020 8255 7788 or M: 07803 28808.

## **Goal Ball, Great fun, good exercise, and social!**

### **CROYSUTT WARRIORS**

We are a friendly group who play Goalball seriously for fun we would welcome new players of any age or ability whether novice or Expert why not give us and Goalball a try.

We play once a fortnight in Croydon

Next Sessions: **Time:** 5:30 to 7:00pm

- 6th and 13th and 27th March 2017
- 10th and 24th April 2017
- 8th and 22nd May 2017
- 5th and 18th June 2017

**Venue:** The Sir Philip Game Centre, 38 Moreland Avenue, Croydon, CR0 6EA

**For more information,** Please contact Robin Faulkner  
Tel 07889648925 or email

[sportexercisedance@hotmail.com](mailto:sportexercisedance@hotmail.com) See us on  
Facebook <http://bit.ly/2iBib12> at Croysutt Warriors  
Goalball

## London Walks.

Run-walks every morning afternoon and evening.

Each walk is guided with a tour guide. They last 2 hours and start and finish at a tube station.

The full cost is £10 but sighted guides go free. The advantage is that booking for each walk is not required you can just turn up.

**Website:** [www.walks.com](http://www.walks.com)

**Telephone:** 020 76243978

**Email:** London@walks.com

Upcoming events:

**17 Mar:** Sailing - Blind week contact Email

[mail@willbridge.com](mailto:mail@willbridge.com) | Sailing Events

<http://bit.ly/2iEdpjE>

**25 Mar:** TBC High ropes - 'Outside in the City'

**01 Apr:** Skiing at Snozone with BBS at Snozone

<http://bit.ly/2iZceLT>

**24 Apr:** London Marathon Latest Blog

<http://bit.ly/2cE3ned> support Andy <http://bit.ly/2cKwvIP>

Metro's runner

## WANDSWORTH – SWIMMING & FOOTBALL

### SWIMMING

Do you want to go swimming with your child in a disability friendly environment? This brand new scheme enables your family to go swimming in a friendly,

comfortable and controlled environment. These sessions aimed at those with a disabled child in the family. All impairment groups are encouraged to attend!

Session Details:

When: Every Sunday

Time: 14:00-15:00

Cost: £100 for 10 sessions

Where: Aspire Centre, Southfields, SW18 5JU

### **DISABILITY FOOTBALL**

Brand NEW disability Football sessions led by experienced coaches from AFC Wimbledon to ensure your child has fun, learns some new skills and gets active!

Open for children between the ages of 8-15 years. All disabilities welcome.

Session Details:

When: Every Sunday

Time: 13:30 14:30

Where: The Aspire Centre, SW18 5JU

Cost: £3.00 per session

To book any of these sessions or for more information

contact Matt Doherty Phone: 0208 871 6857

Email: [mdoherty@wandsworth.gov.uk](mailto:mdoherty@wandsworth.gov.uk).

### **Sunshine International Arts 2017: Exciting Times Ahead**

25th April - Save the date!

SIA presents: 'Carnival Arts for

Everyone' A week of special activities  
from 25th April.

*More details coming soon!*

*Telephone: 020 7374828*

**Address:** 209a Coldharbour Lane, Brixton,  
London SW9 8RU

**Email:** [admin@sunshinearts.co.uk](mailto:admin@sunshinearts.co.uk)

**Website:** [www.sunshinearts.co.uk](http://www.sunshinearts.co.uk)