



'Let's Go Out'

February 2018

36th 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 and Metroblindsport.org for their postings and related text which enabled this newsletter.

Welcome.....

To the February issue of our 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 07773 582708 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).

Just to let you know that we are now able to offer the newsletter in CD format again so if you would prefer a CD rather than a printed copy then please contact Courtney Nugent on 020 3761 3656 or at Courtney.nugent@pocklington-trust.org.uk

1.0 Exhibitions & Tours

1.1 An Audio Described Tour of Ayurvedic Man: Encounters with Indian medicine - The Wellcome Collection

Date: Thursday 1 February 2018

Time: 6:00pm – 6.35pm

Ticket Price: Places are free but very limited. If you would like to come along, please email access@wellcomecollection.org or call 020 7611 2222.

Be guided by us through an exhibition that crosses cultures and continents, but has as its starting point 'Ayurvedic Man' – an 18th-century Nepali painting depicting the organs and vessels of the male body according to classical Ayurveda.

Visitor Experience Assistant Daniela explores a series of encounters: between ancient South East Asian medical practice and modern biomedicine and between exquisite objects from the Ayurvedic tradition and the colonial-era collector.

Daniela is trained in audio description techniques by VocalEyes and has designed this tour for visitors who are blind or partially sighted.

Venue: Wellcome Collection

183 Euston Road

London

NW1 2BE

Closest Tube: Euston Square

1.2 Audio Described tour – City and River Gallery, Museum of London Docklands

Date: Wednesday 7 February 2018

Time: 2:00 pm

Ticket price: Free but booking essential

Blind and partially sighted visitors can experience a 60-90 minute audio described tour of our City and River gallery. Discover how the age of engineering affected London's Docklands with our trained guide for partially sighted visitors and experience our City and River gallery.

Cost: Free, but places are limited, and advance booking is essential. Please note that blind and partially sighted visitors only need to book tickets for themselves and are welcome to bring a friend or carer.

Box Office: 020 7001 9846

enquiries@museumoflondon.org.uk or

booking@museumoflondon.org.uk

Venue:

Museum of London Docklands

No1 Warehouse

West India Quay

London

E14 4AL

Closest tube: Canary Wharf

1.3 Life-drawing workshop for blind and partially sighted visitors – Royal Academy

Date: Saturday 10 February 2018

Time: 2:30 – 5:30 pm

Ticket price: Free but have a limited capacity. Please book in advance.

Artists David Johnson and Harry Baxter lead this life-drawing workshop specifically designed for blind and partially sighted visitors. As a blind artist, David Johnson's practice is deeply connected with how he experiences the world through other senses. Harry Baxter is an experienced audio describer and knowledgeable life drawer. In collaboration with a life model, they will support attendees to explore different materials and different methods of representing the human form.

This event is free and anyone is welcome, including those with no art experience. Attendees will be supported by staff and volunteers and materials will be provided. This event includes refreshments.

Box Office 020 7300 8000

Box Office access@royalacademy.org.uk

Venue: Royal Academy

Burlington House

Piccadilly

London W1J 0BD

Closest tube: Piccadilly Circus/Green Park

1.4 Audio-described Painted Ceiling Tour, Greenwich

Date: Saturday 24 February 2018

Time: 11:30 am

Ticket price: £5 (one accompanying person for free)

Ascend 60 feet and uncover the secrets of Britain's largest painted ceiling.

Painted between 1707 and 1726, the Painted Hall at the Old Royal Naval College hides many surprises.

Currently undergoing a major conservation project, this is a once-in-a-lifetime opportunity to experience the drama of this vast baroque masterpiece up close.

Take an hour long ceiling tour via a special observation deck and discover the painting's mysteries as they are revealed for the first time in half a century.

The tour is delivered by an expert tour guide who has been trained in audio-description by Vocaleyes. It will be followed by a handling session with tactile objects in the Clore Learning Centre, where visitors will be able to explore the past and present life of the Painted Hall.

Light refreshments will be provided.

Please meet at the welcome desk in the Painted Hall at 11.15am.

The closest station is Cutty Sark DLR. If you would prefer to be met at the station please contact the Box Office on access@ornc.org or call 020 8269 4799.

Guide and assistance dogs are welcome.

Lift access is available but must be pre-booked by calling 020 8269 4799.

If you require any other support, or have other access requirements that you would like to let us know about then please contact access@ornc.org or call 020 8269 4799.

Venue: Old Royal Naval College

Greenwich

London SE10 9NN

1.5 Audio Description: The EY Exhibition: Impressionists in London - Tate Britain

Date: Monday 19 February 2018

Time: 11.00 – 12.00

This is the first exhibition to map the connections between French and British artists, patrons and art dealers during a traumatic period in French history. Highlighting their engagement with British culture, traditions and social life, their art is a fascinating insight into how London was perceived by the visiting French artists and the remarkable works that came from their time here are not to be missed.

Hearing support equipment and gallery chairs will be provided.

If you have access needs of which you would like to make us aware please contact marcus.dickeyhorley@tate.org.uk

This event takes place in *The EY Exhibition: Impressionists in London*

Please meet in the Manton Foyer from 10.30 for coffee and biscuits

Venue: Tate Britain

Millbank

London SW1P 4RG

Closest tube: Pimlico

2.0 Theatre

2.1 Belleville – Donmar Warehouse

Date: Saturday 3 February 2018

Time: 2:30 pm

Ticket price: £20

Touch tour: 1:00pm

Americans Zack and Abby are bright, young and recently married. He's a doctor combating infant disease. She's an actress, also teaching yoga. It's just before Christmas and they're living the expat highlife in bohemian Belleville, Paris.

It's all a little too perfect.

Writer Amy Herzog is 'one of the brightest new talents in the theater' (New York Times). Her acclaimed play about a romantic dream gone sour receives its UK premiere. Michael Longhurst (Amadeus, National Theatre; Constellations, Royal Court, West End and Broadway) directs at the Donmar for the first time.

Four of the UK's most exciting young actors all make their Donmar debuts: Faith Alabi, Malachi Kirby, James Norton and Imogen Poots.

Box Office 020 3282 3808

access@donmarwarehouse.com

Venue: Donmar Warehouse

41 Earlham Street

London WC2H 9LX

Closest tube: Covent Garden

2.2 The Brothers Size – Young Vic

Date: Tuesday 6 February 2018

Time: 7:30 pm

Ticket price: From £10

Touch Tour: TBC

The African-American working class meets Yoruba mythology when the Brothers Size reconnect after a spell in prison.

Bijan Sheibani directs the long-awaited revival of this deeply moving fable about the rarely spoken bond between brothers.

Box Office 020 7922 2922

boxoffice@youngvic.org

Venue: Young Vic

66 The Cut

Waterloo

London

SE1 8LZ

Closest tube: Waterloo

2.3 Everybody's Talking About Jamie – Apollo Shaftesbury Avenue

Date: Tuesday 20 February 2018

Time: 7:30 pm

Ticket price £32.50 (sited companion goes free)

Touch tour: 5:30 pm

Inspired by a true story, Everybody's Talking About Jamie is the new hit musical for today. Jamie New is sixteen and lives on a council estate in Sheffield. Jamie doesn't quite fit in. Jamie is terrified about the future. Jamie is going to be a sensation.

Supported by his brilliant loving mum and surrounded by his friends.

Jamie overcomes prejudice, beats the bullies and steps out of the darkness, into the spotlight.

For access bookings call 0330 333 4815 or email access@nimaxtheatres.com

Venue: Apollo Shaftesbury Avenue

31 Shaftesbury Avenue

London

W1D 7ES

Closest tube: Tottenham Court Road.

3.0 Sports

3.1 Archery

Join us at the next Metro Archery event at Southfields – Beginners very welcome.

Date: 11 February 2018 Time: 12:00 - 14:00

Cost: £2.50 for Members ** £5.00 Non - Members

Venue: Southfields College, Aspire Centre, 337 Merton Rd, London SW18 5JU

Nearest tube station is Southfields, on the District line between East Putney and Wimbledon Park stations. The

nearest mainline station is Earlsfield. Bus route: 156 towards Wimbledon.

For more information please contact Fred Carpenter, Archery Co-Ordinator:

Telephone: 07743942062

Email: freddy2cokes@yahoo.co.uk

3.2 Bowls

The indoor season has begun!

Try vision impaired indoor bowls at Brixton

For blind and partially sighted people living in and around South London. Why not learn how to play Vision Impaired Indoor Bowls with Metro Blind Sport. Join us and enjoy the warm friendly atmosphere and make some new friends!

Bowls is a game which is very suited to blind and partially sighted players, as only minor adaptations need to be made. Visually impaired bowlers can play singles, pairs, triples or in teams of four. There is no reason why visually impaired bowlers can't play against fully sighted players and they often do. It is a sport for people of all ages.

When: Every Thursday until Mid April 2018 (3 weeks break around Christmas)

Time: 16:00 – 19:00

Venue: Brixton Leisure Centre, 27 Brixton Station Rd,
Brixton, London SW9 8QQ.

Cost: FREE to Metro members

Nearest Tube/train: Brixton Station (Victoria Line)

If anyone is tempted to join us or just want to know more about the game, please contact Eric Gallagher. All are welcome.

For more information and to confirm your place please contact **Email:** ericgal@blueyonder.co.uk

Telephone: 0208 985 6245

Or

Ian Francis (Sports Development Officer) Metro Blind Sport,

Email: ian.francis@metroblindsport.org

Telephone: 07814 751643

3.3 Football

PSFL Tournament, 10 Feb 2018!



The Partially Sighted Football League (PSFL League) is the UK's national league for partially sighted people and is organised by British Blind Sport.

Metro is a partner organisation of the London Futsal Club. The objective of this partnership is to provide adult partially sighted footballers with the opportunity to train and compete against other partially sighted teams on a regular basis.

The club runs at least two training sessions and one competitive tournament per month. Training is mostly held between 10am-1pm at the SCORE Centre on Oliver Road, Leyton, E10 5JY.

There will be a competitive tournament in Birmingham at the Play Sports Centre, 20 Great King St North, Birmingham B19 2LF, 10th February 2018

Time: 12.00 noon - 17.00pm

Phone: 0121 293 1366

Date: 10th February.

Cost: Free

Football is also played both nationally and internationally by blind people.

Want to know more?

For more information about football for partially sighted people in London contact

Gareth.jones@tottenhamhotspur.com

Anyone wishing to play B1 Football in London contact:

dan.slaughter@tottenhamhotspur.com.

3.4 Cycling for the Visually Impaired

Merton Sports and Social Club For the Blind Tandem Cycling 2018!

Confidence building/practice sessions from **7.00pm** on **Tuesday evenings** at the **Guardian Centre**, preceding the club's weekly drop-in social at 8.00pm. (Apart from the second and fourth Tuesday of the month) training is available from 7.30pm to supervise turbo training for those who wish to improve their fitness. This is an opportunity to work out, warm up, then wind down and relax in the bar afterwards.

MSSC aims to organise **two club rides a month** – one on the **first Sunday** and one on the **third Saturday**, as follows:-

Week 1: a relatively long, more demanding ride to suit experienced cyclists

Week 3: a shorter, less demanding ride to suit less experienced cyclists.

Solo cyclists are also welcome on any of our club rides.

In order to spread the workload involved in organising cycling events, they are looking to form a team of volunteers to take a turn at helping to co-ordinate rides. The more volunteers, the lighter the load, so please let MSSC know if you would be prepared to be part of our team and help every so often.

The schedule of rides for **February – March** is as follows:-

- **Sunday 4th February**
- **Saturday 17th Feb**
- **Sunday 4th March**
- **Saturday 17th March**

There will also be a trip to Herne Hill Velodrome later in the year and a long, all day ride in the summer, possibly to the South coast and back.

If there is enough demand, we may also run midweek evening rides through the summer months.

For further information about any of the above or to register interest in a particular ride, either or if you wish to book in for a Tuesday training session, please find contact details below:

Richard and Terry James
Email: cycling@mssc.org.uk
Mob. **07500 913 223.**

***End**