

“What’s On @” Newsletter, May and June 2017

Welcome to the May and June Edition of the Wandsworth Vision newsletter. We’re keeping things short and sweet this month, but before we give you the normal information, we must begin with a very important notice that we ask everyone to read carefully.

Some of you will have already received e-mails about GDPR. This is the term for the Government’s new data protection legislation that comes into effect on 25 May 2018, Its main result on members is that you must all now actively give us consent to send you the information you have received from us, whether it is in this newsletter or the talking newspaper. This applies to everyone. It doesn’t matter how long you’ve been a member or how many editions of this newsletter you’ve received down the years.

Ideally, we would love to get written confirmation from you saying you still want us to contact you with information on activities and services. You can obviously do this by e-mail or letter.

For some of you, we realise that this is more difficult, so we will probably contact you by phone before 25 May, but I must remind you all that verbal consent is the weakest kind because doesn’t give us concrete proof.

If we can’t reach you at all, we may well send out letters for you to sign and mail back. These would be filed and kept as proof of consent.

If none of these methods work, we must warn you all that you could see yourselves removed from our lists for the talking news and this newsletter. Indeed, if we can’t get a reply, this will probably be the last Wandsworth Vision newsletter you will receive.

Whatever happens, we will keep hold of your details as members, but will simply be unable to send you any updates until we have your consent to do so. This means you can give consent later, but you will stop receiving information until you do.

And now we return to the normal updates.

We once again list our main activities which we no longer describe in detail. It goes without saying that if you have questions about these, just call us on 020 8675 4246 or email us at

brc@pocklington-trust.org.uk

Established Regular Services:

- **Knitting and crochet group – weekly (not occurring on Mondays 7 and 28 May)**
- **Games and quiz afternoons – fortnightly (see note below)**
- **Over50s Social Club - weekly**
- **Talking news - distributed fortnightly**
- **TaiChi - weekly (note cancelled on 10 May)**
- **Technology Assistance by appointment**
- **General drop-in services by appointment**
- **Fish and chip social - monthly**
- **Healthy and safe cookery – fortnightly (restarting Friday 8 June)**
- **Dance – fortnightly (restarting Friday 1 June)**
- **Low Vision Clinic – monthly**
- **Yoga – monthly (dates TBC)**
- **Art class - weekly but not occurring on Mondays 7 and 28 May. Note that if you are interested, you may currently only join a waiting list).**

Wandsworth Vision Notices

Centre Closures

Please note that the Balham centre will be closed on both of the May bank holidays, the 7th and 28th. No calls or e-mails will be answered on these days. These closures will be repeated in the attached calendar.

Important TaiChi Notice

Please note that our regular, weekly TaiChi class will not take place on Thursday 10th May. It will resume on the following week (the 17th) as normal however.

Important Dance Notice

We are having a short break with dance, but it will return on 8th June. Numbers have thankfully risen again, so if you've never tried out these classes, you may want to give it some thought and join us in June.

Cookery Classes

These aren't going anywhere, but like dance, they are having a short break. This is partly because we can't fund everything we offer for the whole year, but also because absence makes the heart grow fonder. Isn't that what they say? If you miss cookery, get your name down good and early for the next class on Friday 1st June. Do remember, however, that once you've registered for a class, we will expect you to come. Failure to turn up without good notice is wasting a place someone else could use.

Knitting and Crochet Group

As you will have seen in the above list of activities and services, we have dispensed with the former name The Sewing Bees. This is partly because most people do knitting, but also because it suggests we are able to help people with complicated sewing projects. Unfortunately, this is not quite true. Despite our excellent volunteers, award-winning in fact, it's very difficult to help complete beginners or those who show up with very complex ideas. Our helpers simply can't give everyone the same amount of time if this happens.

To be fair, nobody has brought anything our guys can't cope with yet, but it's a popular activity and we don't want to describe it inaccurately or suggest that we offer more than is possible. We don't

want to overstretch volunteers and start making the group less enjoyable for committed members who turn up almost every week.

Before this sounds too much like a telling-off, we should stress that we're only renaming the activity, but we know some of you will ask us why and you've every right to know.

Games and Quiz Afternoons

This notice is to inform you that we have taken this activity off the attached calendar. It hasn't gone anywhere, quite simply because we can reintroduce it as soon as interest returns.

Recently, we haven't seen people at this activity, so if anyone has ideas for how we can make it more interesting on fortnightly Wednesday afternoons from two till four, please let us know. Staff run these sessions, so they can restart at short notice. If appetite for this has simply dropped, this clearly isn't a problem. However, we are always ready to try something new, if we can, and might be able to buy one or two things if people have good ideas. Generally, we will only turn a purchase idea down if an item is very expensive or is only of real interest to a couple of people.

Works For Me programme

Some of you will remember notices about our employment programme from past newsletters. Well, we're now glad to say that it's well underway and is set to continue over the next couple of months. This programme offers people one to one support with anything employment related, from CV writing to interview practice, and has already successfully contributed to other VI people gaining permanent employment in the Southwest London area. In one notable case, the individual in question had been out of work for seven years.

Pocklington's Employment Coordinator will be at Balham on two more Tuesdays in May (8th and 22nd) and his visits will increase or decrease depending on how many people attend. Whatever stage you feel you are at with job-seeking, there should be benefit for you in this service.

All we ask is that you register in advance so we can make sure everybody wishing to attend gets a decent slot. Do this in the normal way, by calling 020 8675 4246 or e-mailing:

brc@pocklington-trust.org.uk

Volunteer with Wandsworth Vision

We are always looking for enthusiastic volunteers to support or run activities at the Balham Resource Centre and in the community. Indeed, at present we possibly have greater need than ever. If you, or someone you know, have a skill or talent you are willing to share by volunteering, then please get in touch. Either e-mail volunteering@pocklington-trust.org.uk

Or call Katrina Sheppard on 07773 582 708.

The Monomouse

This is perhaps the strangest entry we've included for a while. Many of you might already know about this device from the company Bierley, but it was a new one to centre staff. Forgive us if we're being slow to catch up.

In brief, the monomouse does roughly the same job as a CCTV. It magnifies text and can hook up to a television or computer screen. so, rather than being a great lump of a machine demanding lots of extra desk space, this small, hand-held digital device can be held close to the text you wish to read, and the magnification will then appear on whichever screen you connect it to. Since this screen could be a computer monitor or TV, you will already have it in your home. The cheapest device is advertised at £99, making them cheaper than any CCTV, and you obviously aren't buying the accompanying bulky monitor.

Fortunately for you and Wandsworth Vision, the makers Bierley will soon loan us one of these magnifiers for our resource room at Balham, so you will soon be able to see for yourself.

Pocklington Notices

The Link Up Service

Link Up' is another Pocklington service for people with sight loss living right across London. It aims to match people (aged 18+) with volunteers so they can attend events and participate in activities together. The focus of Link Up is on social activities and events, such as going to an art gallery, theatre or joining in with a sport event. It does not include trips which are a necessity such as visiting the doctor, or going out shopping. Link Up specific events also occur regularly and are listed in a regular newsletter that you can receive if you register with the service. All necessary contact details below.

For more information, please contact Katrina Sheppard on 07773 582708, or email Katrina.sheppard@pocklington-trust.org.uk

London Vision Working Age Forum

Please note that the May Forum will not take place at the Pocklington Hub in Euston, which is the normal venue.

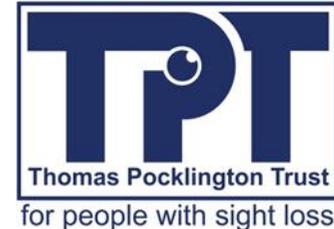
As the name suggests, these events draw visually impaired people of working age together to meet, swap ideas, network and hear talks from people whose experience could be of significance to anyone seeking work or building their career. They never fail to get significant speakers and make it easy for you to chat to other attendees. Pick-ups from nearby stations are also possible with sufficient notice, but you will have to make your own way to those meeting points.

Here are the details of the May Forum.

After being elected as Labour MP for Battersea last year, Marsha De Cordova visited us at the Working Age Forum and told us about her journey towards securing her seat in Parliament, and the experience she'd had so far. Now nearly a year in, Marsha has kindly offered to host the forum and speak to us about life as a visually impaired Member of Parliament.

Prior to gaining her seat, Marsha built a successful career at the Thomas Pocklington Trust whilst also being an active member of her community and a counsellor for the London borough of Lambeth. This event will be a

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fantastic opportunity to speak face to face with someone who has achieved great success in a short space of time, and has not let sight loss dictate her life choices.

When: Wednesday 9th May 6pm – 8pm

Where: Macmillan Room, Portcullis House, Bridge Street, SW1a 2LW.

We expect this event to be very popular, and only have limited spaces so to reserve your place please email us at: waf.london@pocklington-trust.org.uk

Places will be awarded on a first come first go basis.

We are able to provide assistance from Westminster tube station to those who need it, so please inform us if you require any assistance when you register your attendance. For pick-up at Westminster Tube, you must arrive by 17:30.

If you prefer to make your own way, the WAF team can provide you with VI friendly directions.

Do be prepared for very tight security at this venue. Airport style checks will be in place for all comers. This could mean removing belts when passing through metal detectors and having any bags scanned. You will not need photo identification or a ticket however.

External Events and Activities

Befriending from Good Gym

We know this is a repetition of previous information, but we did feel it was worth including twice.

This extremely interesting organisation encourages people to get fit by combining their exercises with helping others. There are a lot of people out there who clearly wish to do both and this inventive charity have tapped into this with great success.

As a result, anyone who might feel a little isolated and is over sixty can, for example, get a regular visit from a Good Gym volunteer mid-run, whose route goes near to where they live. These visitors could also help with minor household tasks such as changing light bulbs or a bit of gardening. If you're interested, or know

someone else who might be, use the below contact details. As ever, if you are ringing on someone else's behalf, please be sure to get their clear consent first. All these volunteers will have had the same checks as Pocklington's.

coachteam@goodgym.org or call 0203 432 3920

Merton Vision Technology Events

The first of these takes place on Thursday 5th July, 10AM till 2PM. Vision Aid will be exhibiting at Merton Vision to demonstrate their latest lighting and CCTV equipment.

The second is Tuesday 10th September (time TBC). In this case, exhibiting companies will be Enhanced Vision, Calibre talking books, Blind Veterans and Dolphin Systems.

Many people feel it is sufficient to check such things out online, but the truth behind what their stuff does can often only be grasped by seeing it in the flesh.

We realise this is early notice, but if we'd left it until the next edition, you'd have had hardly any chance to register interest. As these take place after June 2018, they won't be in the attached calendar.

If you are interested in attending, simply call Merton Vision on 020 8540 5446.

If you are interested in Vision Aid's products, or would like to find out about other demonstrations, please visit

www.visionaid.co.uk

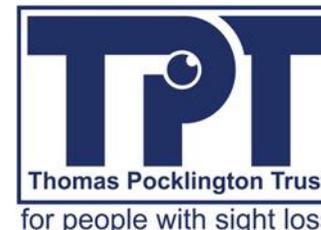
Please note that Wandsworth Vision cannot help with transport arrangements for these events.

Calendar of Social Events & Activities

Note BRC= Balham Resource Centre.

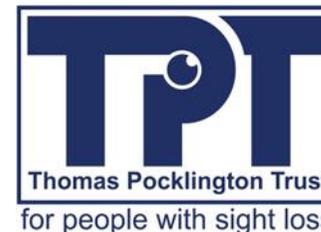
Activity/Event	Venue	Date	Time Start	Time End	Cost £	Frequency	Notes
Over-50s Social	BRC	Thursday 3 May	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 3 May	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Centre Closure (bank holiday)		Monday 7 May					

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Works For Me Employment Programme	BRC	Tuesday 8 May	11AM	4PM	Free	Currently twice each month	Register in advance
Pocklington's Working Age Forum	Macmillan Room, Portcullis House, Bridge Street, SW1a 2LW	Wednesday 9 May	6PM	8PM	Free	Roughly every two months	Register by e-mailing Liam@pocklington-trust.org.uk , especially if you need a pick-up at Westminster tube at around 17:30
Over-50s Social	BRC	Thursday 10 May	2pM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 10 May	3PM	5PM	Free	Weekly	NO TAI CHI TODAY
knitting Club	BRC	Monday 14 May	10:30	12:30	Free	Weekly	Register in advance

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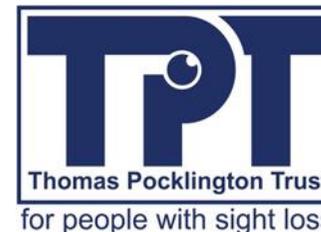
Art Class	BRC	Monday 14 May	2PM	4PM	£37 per term	Weekly during academic terms	By enrolment process only
Over-50s Social	BRC	Thursday 17 May	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 17 May	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Knitting Group	BRC	Monday 21 May	10:30	12:30	Free	Weekly	Register in advance
Art Class	BRC	Monday 21 May	2PM	4PM	£37 per term	Weekly in academic terms	By Enrolment process only
Works For Me Employment Programme	BRC	Tuesday 22 May	10AM	4PM	Free	Currently twice each month	Register in advance

Wandsworth Vision



Low Vision Clinic	BRC	Thursday 24 May	11AM	3PM	Free	Monthly	Register in advance for 30-minute slots
Over-50s Social	BRC	Thursday 24 May	2PM	4PM	£5 for transport, 50P for refreshment	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 24 May	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Centre Closure (bank holiday)		Monday 28 May					
Fish and Chip Lunch	BRC	Thursday 31 May	2PM onwards		£5	Monthly	Register in advance
Over-50s Social	BRC	Thursday 31 May	2PM	4PM	£5 for transport, 50P for refreshment	Weekly	Transport for Wandsworth residents only

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Cookery	BRC	Friday 1 June	11AM	1PM	£5	Fortnightly	Register in advance
Knitting Club	BRC	Monday 4 June	10:30	12:30	Free	Weekly	Register in advance
Art Class	BRC	Monday 4 June	2PM	4PM	£37 per term	Weekly in academic terms	By enrolment only
Over-50s Social	BRC	Thursday 7 June	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Residents only
TaiChi	BRC	Thursday 7 June	3PM	5PM	Free	Weekly	Two separate consecutive one-hour classes
Dance	BRC	Friday 8 June	11AM	1PM	Free	Fortnightly	Register in advance

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Knitting Club	BRC	Monday 11 June	10:30	12:30	Free	Weekly	Register in advance
Art Class	BRC	Monday 11 June	2PM	4PM	£37 per term	Weekly in academic terms	By enrolment only
Over-50s social	BRC	Thursday 14 June	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 14 June	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Cookery	BRC	Friday 15 June	11AM	1PM	£5	Fortnightly	Register in advance
Knitting club	BRC	Monday 18 June	10:30	12:30	Free	Weekly	Register in advance

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Art Class	BRC	Monday 18 June	2PM	4PM	£37 per term	Weekly during academic terms	By Enrolment only
Over-50s Social	BRC	Thursday 21 June	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 21 June	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Dance	BRC	Friday 22 June	11AM	1PM	Free	Fortnightly	Register in advance
Knitting Club	BRC	Monday 25 June	10:30AM	12:30PM	Free	Weekly	Register in advance
Art Class	BRC	Monday 25 June	2PM	4PM	£37 per term	Weekly during academic terms	By enrolment only

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Low Vision Clinic	BRC	Thursday 28 June	11AM	4PM	Free	Monthly	Register in advance for 30-minute slots
Over-50s Social	BRC	Thursday 28 June	2PM	4PM	£5 for Transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 28 June	3PM	5PM	Free	Weekly	Two consecutive 1-hour classes
Fish and Chip Social	BRC	Thursday 28 June	2PM onwards		£5	Monthly	Register in advance
Cookery	BRC	Friday 29 June	11AM	1PM	£5	Fortnightly	Register in advance