

“What’s On @” Newsletter, July and August 2018

Welcome to the July and August Edition of the Wandsworth Vision newsletter. As its August, we’ve drawn in a few items about outdoor activities.

Firstly, we’d like to begin with a couple of reminders though.

To begin, we’d simply like to ask those who print very large amounts of information, to help us by making a small donation towards paper. This can be done by giving any loose change you can spare to Marcia Barker, or simply putting it in the tin on her desk in the office. Recently we’ve seen some people printing 100 pages or more and we just can’t budget for prints of this size. We’re pleased to let people use our IT suite and everything in it, but we ask you to make a judgment of what is reasonable. If you need to print 20 pages once or twice a year, we wouldn’t expect a contribution. If you go above that, and expect to regularly, a little something could be extremely helpful.

On a more positive note, some of you might remember a notice, some editions back, where we talked about people putting themselves forward to be part of a committee to help guide work at Balham. This group would act as an advisory panel, perhaps made up of around six people, who would meet informally with the Manager Andy Law three or four times a year. We might discuss what’s going on right now, debate suggestions for new activities or simply go through things heard on the grapevine. To this end, we would need people to be quite regular visitors and able to see beyond the things they themselves want to do. We haven’t decided what process we might use to appoint committee members, but it would be fantastic to hear from people if they are interested. They can do this by calling the centre, and asking to speak to the manager Andy Law on

020 8675 4246

Or by E-mailing:

Andrew.law@pocklington-trust.org.uk

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**
- **Over50s Social Club - weekly**
- **Talking news - distributed fortnightly**
- **TaiChi - weekly**
- **Technology Assistance by appointment**
- **General drop-in services by appointment**
- **Fish and chip social - monthly**
- **Healthy and safe cookery – fortnightly (note this will come to an end temporarily during late July and August)**
- **Dance – fortnightly (note this will come to an end temporarily in late July and August)**
- **Low Vision Clinic – monthly**
- **Yoga – monthly (dates TBC)**
- **Art class - weekly (Note that people may currently only join a waiting list) Note also to current participants that this might extend a little further into July due to disruptions to classes this semester).**

Important Notice - Centre Closure

Please note that the Balham centre will be closed on the August bank holiday (the 27th). No calls or e-mails will be answered on this day. This will be included in the usual calendar below.

Award Winners

We're delighted to say that two of our longest serving volunteers picked up awards last month from Pocklington, each individual gaining recognition for long-lasting service at the Balham Resource Centre. Both Diana Plant and Melisa Taylor picked up continued commitment awards. Diana for her work with our Thursday socials, which she has assisted for well over ten years, and Melissa for her weekly running of the knitting group.

Perhaps the most important thing to note here is that these awards were not just handed out to people in London but instead saw our volunteers up against nominees from all over England. This makes our winners even more impressive than we knew they were already.

We would also like to add that these two people didn't just win awards because they show up regularly to deliver the task at hand, they offer us so much more besides. To summarise almost unfairly, both constantly think about the people they work with. There is a definite social quality to how they go about their voluntary work. Whether it's Diana running raffles and quizzes at the social, or Melissa fuelling her sessions with a vast amount of energy, plus liberal quantities of homemade cake, both have always been ready to do that little bit extra.

We thank you both very sincerely. To say these awards are much deserved would be the understatement of the year. Very well done to them both!

Works For Me programme

we're glad to say that our employment offer remains, Thanks to Amardeep from Pocklington, 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.

Whichever stage you feel you are at with job-seeking, there should be benefit for you in this service. Unfortunately, we cannot confirm the next dates in this newsletter, but will send out E-mail notices. If you aren't online, and receive a printed version of this newsletter, you can just call us about this service as with any other.

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.

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

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.

Please contact Liam for more information: Liam@pocklington-trust.org.uk.

External Events and Activities

Merton Sport and Social Club (MSSC)

We have written about MSSC before as they offer an interesting range of services, but this notice focusses on tandeming specifically. They have a healthy number of tandems and a group of people both to service the machines for safety and still more to act as pilot riders.

If you have not already joined MSSC, you are welcome to come along on a ride or two before becoming a member. The annual subscription is £15 which gives members access to all club activities, as well as tandem cycling, and third party insurance cover. They rely on the membership fees to help support our activities, not least for the maintenance mentioned already.

For your information, below are the dates of MSSC rides for the rest of 2018 (reminders of these will be in future newsletters):

- Saturday 21st July
- Sunday 5th August
- Saturday 18th August

Organising these rides can be quite a challenge, especially ensuring the appropriate ratio of pilots to VI riders. The task is much easier if they know who would like to ride well in advance, so they would be really grateful if you could give them as much notice as possible when booking onto any ride, preferably at least a week. They cannot guarantee a pilot, but the odds improve the more notice they get.

These rides are not for the faint-hearted, so please find out all you can by contacting MSSC (details below). Rides start from their base at the Guardian Centre, Colliers Wood, at 8.30am and finish around 1.00pm or by 3.00pm in the case of the longer rides. There is invariably a refreshment stop around the halfway point. If you are interested, please contact Richard James either by phone on 07500 913 223 or by email at rjames.sensory@gmail.com.

Please note that you cannot register for these rides by contacting Wandsworth Vision on the usual number or e-mail address.

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.

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.

VI Tennis with Metro Blind Sport

Location - Islington Tennis Centre (ITC), Market Road, London, N7 9PL

Below is a list of sessions designed for totally blind people to get involved with the fastest growing VI Sport in the world. These will take place on WEDNESDAYS until September 2018 and run from 18.00 – 20:00

These will take place on 04th , 18th July, 01st August, 05th, 19th September

The first session is FREE for new players, but after that it's £4 for Metro Members and £8 for Non-Members. If you like it, there is therefore a clear cost incentive on becoming a Metro member.

For more information contact Linda:

Email: almondall@aol.com

Telephone:07775 894136

Similarly, tennis sessions for those with partial vision will take place on FRIDAYS until September 2018. Cost, location and timing details are the same but the dates obviously differ. These sessions will occur on 29th June, 13th, 27th July, 10th August, 14th and 28th September.

For more information contact Odette:
Email: odetteb@pocklington-trust.org.uk
Telephone: 07974 578637

Deafblind Awareness Day 2018 (article taken from the LVIF bulletin)

Deafblind UK has been supporting people with dual sensory loss for 90 years. The London team is hosting an awareness raising and information event within the London Borough of Camden during Deafblind Awareness Week (25 June-01 July). We are really looking forward to building on what we have achieved and it would be great if you could help us make it even better.

We are hoping to get a really good turnout, so that people with sight and hearing loss can find out what organisations they can link in with locally.

Deafblind Awareness Day, hosted by Deafblind UK, supporting people with sight and hearing loss for 90 years.

Wednesday 27th June, 11am—2pm

The Pirate Castle, 33 Oval Rd, Camden Town, London NW1 7EA

Free to attend, refreshments provided!

Come along and meet experts from a range of organisations specialising in sight and hearing loss.

- Speak to experts about any concerns you may have
- Discover what support is available to you
- Create a sensory collage with a local artist

For more information, contact Sue Sinton Smith, sue.sintonsmith@deafblind.org.uk 07940836882

Calendar of Social Events & Activities

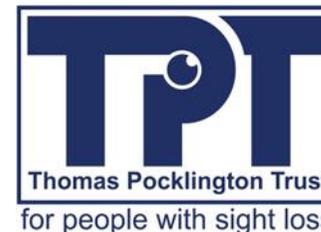
The below table includes only the activities run at the Balham Resource Centre (BRC) or which have been organised to take place elsewhere by Wandsworth Vision.

Wandsworth Vision



Activity/Event	Venue	Date	Time Start	Time End	Cost £	Frequency	Notes
Knitting Club	BRC	Monday 2 July	10:30	12:30	Free	Weekly	Register in advance
Macular Society group meeting	BRC	Monday 2 July	11.00	1PM	Free	Quarterly	Next meeting will be held on 1 st October
Over-50s Social	BRC	Thursday 5 July	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 5 July	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Healthy and Safe Cookery	BRC	Friday 6 July	11AM	1PM	£4	Fortnightly	Last session in this run

Wandsworth Vision



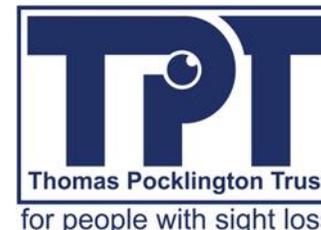
Knitting Club	BRC	Monday 9 July	10:30	12:30	Free	Weekly	Register in advance
Yoga	BRC	Thursday 12 July	10.30	11.30	Free	Monthly	August date to be confirmed
Over-50s Social	BRC	Thursday 12 July	2pM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 12 July	3PM	5PM	Free	Weekly	2 consecutive 1-hour sessions
Dance	BRC	Friday 13 July	11AM	1PM	Free	Fortnightly	Register in advance (note last in current run)
knitting Club	BRC	Monday 16 July	10:30	12:30	Free	Weekly	Register in advance

Wandsworth Vision



Over-50s Social	BRC	Thursday 19 July	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 19 July	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Knitting Group	BRC	Monday 23 July	10:30	12:30	Free	Weekly	Register in advance
Low Vision Clinic	BRC	Thursday 26 July	11AM	3PM	Free	Monthly	Register in advance for 30-minute slots
Over-50s Social	BRC	Thursday 26 July	2PM	4PM	£5 for transport, 50P for refreshment	Weekly	Transport for Wandsworth residents only
Fish and Chip Lunch	BRC	Thursday 26 July	2PM onwards		£5	Monthly	Register in advance

Wandsworth Vision



TaiChi	BRC	Thursday 26 July	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Knitting Group	BRC	Monday 30 July	10:30	12:30	Free	Weekly	Register in advance
Over-50s Social	BRC	Thursday 2 August	2PM	4PM	£5 for transport, 50P for refreshment	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 2 August	3PM	5PM	Free	Weekly	2 consecutive 1-hour sessions
Knitting Club	BRC	Monday 6 August	10:30	12:30	Free	Weekly	Register in advance
Over-50s Social	BRC	Thursday 9 August	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Residents only

Wandsworth Vision



TaiChi	BRC	Thursday 9 August	3PM	5PM	Free	Weekly	Two separate consecutive one-hour classes
Knitting Club	BRC	Monday 13 August	10:30	12:30	Free	Weekly	Register in advance
Over-50s social	BRC	Thursday 16 August	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 16 August	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Knitting club	BRC	Monday 20 August	10:30	12:30	Free	Weekly	Register in advance
Over-50s Social	BRC	Thursday 23 August	2PM	4PM	£5 for transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only

Wandsworth Vision



TaiChi	BRC	Thursday 23 August	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Centre Closure (August bank holiday)		Monday 27 August					No calls or e-mails answered on this day
Over-50s Social	BRC	Thursday 30 August	2PM	4PM	£5 for Transport, 50P for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 30 August	3PM	5PM	Free	Weekly	Two consecutive 1-hour classes
Fish and Chip Social	BRC	Thursday 30 August	2PM onwards		£5	Monthly	Register in advance