



'Let's Go Out'

September 2018

43rd 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 [vocaleyes.co.uk](http://vocaleyes.co.uk) and [Metroblindsport.org](http://Metroblindsport.org) for their postings and related text which enabled this newsletter.

If you would like to unsubscribe from this newsletter at any time, then please call 020 37613656 or email [courtney.nugent@pocklington-trust.org.uk](mailto:courtney.nugent@pocklington-trust.org.uk). Please note that a copy of this newsletter may have been dispatched before receiving your request to unsubscribe.

Welcome...

To the September 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 the activities listed below are not led by London Vision (unless specified). We recommend contacting the venue directly for further information including accessibility, health and safety and ticket sales.

Please remember that you can also arrange Link Ups with volunteers for other events that take your fancy. Simply call 07773 582708 or email [volunteering@pocklington-trust.org.uk](mailto:volunteering@pocklington-trust.org.uk) 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).

[London Vision events](#)

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## London Vision Events

WAF Inspires  
Career Paths Can I / Can't I?

Date: Thursday 6th September, 5:30 pm – 7:30 pm

Do you feel that your visual impairment has reduced your career choices? Have you been told that your dream job required sight?

At London Vision we believe that there should be no boundaries to what VI people can achieve in their careers. To give you the best career advice and networking opportunities we can, we're hosting a 'Speed-Dating' style networking event with some help from a few successful VI individuals who work in different fields such as Law, banking/Finance and Teaching. You'll have the opportunity to ask about their career path, the adjustments they made, their work ethic and how they persisted through setbacks and the doubts of other people.

The event will also provide an opportunity for all guests and members to network with each other and continue conversations. Networking will take place in The Resting Hare pub, a short walk from the Pocklington Hub.

Venue: Pocklington Hub, Tavistock House South (entrance D, Tavistock Square, WC1H 9LG). We can offer assistance to/from Euston station to those who request it in advance.

To register your attendance please email:  
[waf.london@pocklington-trust.org.uk](mailto:waf.london@pocklington-trust.org.uk)

## Exhibitions & Tours

Audio Description Tour: A Common Ground

Date: Monday 17 September

Time: 10:30 am – 12:15 pm

Ticket price: Free

Join Tate for an audio description and handling session in Tate Britain's garden project, A Common Ground.

A Common Ground will transform Tate Britain's front lawns into a working garden for the stomach, soul and society. Using sensors, voice recognition and sculptures, the garden is designed to instigate sociability – talking will trigger fountains to flow and structures will gently shepherd people together. The aim is to make you feel at ease and to encourage conversation and connections with strangers.

The plants, vegetables, herbs and flowers in the garden have been chosen to reflect multicultural London today, and highlight the unexpected ancient origin of plants and how they're used in modern-day cuisines.

Refreshments in the Manton Studio 10:30 am – 11:00 am

Tour in the galleries 11:00 am – 12:15 pm

Stools will be provided for comfort and there will be a free picnic provided after the tour!

For more information please contact Marcus Horley on 07733110244 or email

[Marcus.DickeyHorley@tate.org.uk](mailto:Marcus.DickeyHorley@tate.org.uk)

Venue: Tate Britain, Millbank, SW1P 4RG

Closest tube: Pimlico and Vauxhall

The Frances Crick Institute

Date: Sunday 23rd September

Time: 10:00 am

Ticket price: Free, booking essential

The Francis Crick Institute is a cathedral-like new building close to the historic King's Cross St Pancras railway station, which houses several research bodies and is named after one of the people who discovered the structure of the DNA molecule in 1953.

If you would like to join the audio-described tour, please email [enquiries@vocaleyes.org.uk](mailto:enquiries@vocaleyes.org.uk) or call 020 7375 1043.

Venue: The Francis Crick Institute, 1 Midland Road, London NW1 1AT

Closest tube: King's Cross

Sensations! Journey to the East

Date: Wednesday 26 September 2018

Time: 1:00 pm – 4:00 pm

Discover the rich textures, heady scents and bejewelled splendour of our oriental galleries with audio-describers Jocelyn Clarke and Bridget Crowley. Then join scent

artist John Foley and designer Sarah Krauss designer for a special sensory workshop.

Booking essential at [community@wallacecollection.org](mailto:community@wallacecollection.org)

or call 020 38763164. Text: 07399 873174

## Theatre

### Allelujah

Date: Saturday 1 September

Time: 2:30 pm

Ticket price: £25 (reduced from up to £65)

Touch tour: TBC

The Beth, an old-fashioned cradle-to-grave, is threatened with closure as part of an NHS efficiency drive. Meanwhile, a documentary crew eager to capture its fight for survival follows the daily struggle to find beds, and the triumphs of the old people's choir.

Alan Bennett's new play is as sharp as *The History Boys* and as funny as *The Lady in the Van*.

Box Office [0333 320 0051](tel:03333200051)

Box Office [access@bridgetheatre.co.uk](mailto:access@bridgetheatre.co.uk)

Venue: The Bridge Theatre, 3 Potters Field Park,  
London SE1 2SG

Closest tube: Southwark

Little Shop of Horrors

Date: Saturday 1 September 2018

Time: 2:15 pm

Ticket price: £25

Touch tour: TBC

One mean green monster musical! A botanical bloodfest! Like Faust on fertiliser!!! For the misfits of Skid Row, life is full of broken dreams and dead ends. But there's hope on the horizon for flower shop assistant, Seymour, when he discovers a mysterious new plant with killer potential. Will his newfound fame and fortune win the attention of kind, sweet, delicate Audrey? Can he finally break free and be happy...whatever the consequences?

Box Office 0333 3202 834

Venue: Open Air Theatre, Inner Circle, Regent's Park,  
London NW1 4NU

Closest tube: Regent's Park

## Sylvia

Date: Tuesday 11 September

Time: 7:30 pm

Ticket price: From £12

Touch Tour: 6:00 pm

Votes for Women and a fractured family at a momentous hour in British history.

100 years after the first women in Britain were granted the vote, Kate Prince combines dance, hip hop, soul and funk to shed new light on a remarkable story at the heart of the Suffragette movement.

Co-written by Kate Prince and Priya Parmar with original music by Josh Cohen and DJ Walde, Sylvia is a modern musical celebrating the life of Sylvia Pankhurst, her pivotal role in the campaign for women's rights and the price of the passion and politics that tore her family apart.

Please do double check with the venue for the availability of introductory notes and touch tours when booking.

Box Office [0844 871 7628](tel:08448717628)

Box Office [access@oldvictheatre.com](mailto:access@oldvictheatre.com)

Venue: Old Vic Theatre, The Cut, London SE1 8NB

Closest tube: Southwark

Aristocrats

Date: Saturday 15 September 2018

Time: 2:30 pm

Ticket price £40 (with free ticket for companion)

Touch Tour: 1:00 pm

If you require a companion to attend the Donmar, their ticket will be free. YOUNG+FREE tickets are available for this performance for those under 25. Call the Box Office for details.

Ballybeg Hall once played host to grand balls, musical evenings, tennis parties: its rooms busy, bursting with painters, poets and politicians. And presiding over all of it, the imposing figure of Judge O'Donnell.

Now, on the eve of a wedding, the O'Donnell children return to their ancestral home to find that the rot has set in.

Lyndsey Turner returns to the Donmar following Faith Healer and Philadelphia, Here I Come! to direct Brian Friel's haunting play about a generation whose past threatens to obliterate its future.

Box Office 020 3282 3808

Venue: Donmar Warehouse, Earlham Street, London  
WC2H 9LX

Closest tube: Covent Garden

Dance Nation by Clare Barron

Date: Saturday 22 September

Time: 2:30 pm

Ticket price: £25

Touch Tour: 12:45 pm

“Maybe this is the year, this is the moment, this is the dance where your lives will start!”

Somewhere in America, a revolution is coming.

An army of competitive dancers is ready to take over the world, one routine at a time.

With a pre-teen battle for power and perfection raging on and off stage, Dance Nation is a ferocious exploration of youth, ambition and self-discovery.

Winner of the Susan Smith Blackburn Prize and The Relentless Award, Clare Barron’s explosive new play Dance Nation makes its UK debut this summer, directed by Bijan Sheibani.

Box Office 020 7288 4999

Box Office [access@almeida.co.uk](mailto:access@almeida.co.uk)

Venue: Almeida Theatre, Almeida Street, London N1  
1TA

Closest Tube: Islington

## The Importance of Being Earnest

Date: Wednesday 26 September

Time: 7:30 pm

Ticket price: £19.50 (Call for concessions)

Touch Tour: TBC

Widely considered one of the funniest plays in English, Wilde's much-loved masterpiece throws love, logic and language into the air to make one of theatre's most dazzling firework displays. Jack, Algy, Gwendolyn and Cecily discover how unsmooth runs the course of true love, while Lady Bracknell keeps a baleful eye on the mayhem of manners.

'It is very romantic to be in love. The very essence of romance is uncertainty'

Box Office 0330 333 4815

Venue: Vaudeville Theatre, 404 Strand, London WC2R  
0NH

Closest tube: Charing Cross

## Sports

### BBS Cup: Metro v Sussex Sharks

Date: Saturday 1 September

Time: 1:00 pm – TBC

Venue: The County Ground Beckenham, Worsley  
Bridge Rd, Beckenham BR3 1RL

Contact: Call 07742 323224, email  
[rory.field74@gmail.com](mailto:rory.field74@gmail.com)

Cost: Free

## Cycling Sessions

Croydon Sports Arena, outdoors

Dates and times: Tuesdays: 10:00 am – 1:00 pm

Fridays: 11 am – 1 pm

Saturdays: 10 am – 12:30 pm

Venue: Croydon Sports Arena, Albert Road, South  
Norwood, SE25 A4QL, Outdoors

Train: Norwood Junction. Elmers End. Arena (Tramlink  
2)

Bus: 130, 196, 197, 312, 289, 367

Car: Free parking on site

Contact: Call the Session Manager on 07806 334 770  
Herne Hill Velodrome, Outdoors

Dates: Mondays 11 am – 1:30 pm (10:30 am – 12:30 pm  
during 1/2 term and school holidays)

Venue: 104 Burbage Road, Herne, Hill, SE24 9HE  
We ride on the flat part of the track.

Train: Herne Hill or North Dulwich.

Bus: P4, P13, 3, 37, 68, 196, 201, 322, 468

Car: Free parking on site

Contact: Call the Session Manager on 07578 746 448

Ladywell Day Centre, Indoors

148 Dressington Ave, Lewisham, SE4 1JF

Wednesdays 10:30 am – 12:30 pm

In good weather we ride through the park.

Train: Ladywell

Bus: 284, P4, 122

Car: Collect free permit at reception

Contact: Call the Session Manager on 07561 166 949

Free Latin & Ballroom dance programme

Date: New term starts September 2018 – details to follow

This unique programme supports people to learn Latin and Ballroom during a weekly 1-hour class.

Venue: Greenhouse Centre, 35 Cosway Street, London NW1 5NS

Participants must register in advance. For registration details please email [contact@stepchangestudios.com](mailto:contact@stepchangestudios.com), call us 07976 363861 or visit [www.stepchangestudios.com](http://www.stepchangestudios.com)