



'Let's Go Out'

November 2018

45th Edition

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

Acknowledgements: We are grateful to Service Users, the VocalEyes website vocaleyeyes.co.uk and Metroblindsport.org for their postings and related text which enabled this newsletter.

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Welcome to the November 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.

Exhibitions & Tours

A Multisensory Tour of Beazley Designs of the Year Exhibition at The Design Museum

Date: Saturday 10 November 2018

Time: 11am

Ticket price: Free

Learn about some of the most exciting and innovative projects from the past twelve months. This tour will provide an overview of some of the main themes in the Beazley Designs on the Year exhibition, before focusing on case studies across fashion, architecture, digital, graphic design, product and transport.

Box office: 020 3862 5937 (10am to 5pm, Monday – Friday) or email access@designmuseum.org

Venue: Design Museum, 224-238 Kensington High Street

Bankside W8 6AG

Closest tube: High Street Kensington

Modern Couples: Art, Intimacy and the Avant-garde at The Barbican Centre

Date: Wednesday 28 November 2018

Time: 6.30pm

Ticket price: £5

This tour, led by Lisa Squirrel, will highlight key artworks on display in the exhibition. Explore modern art and modern love; Modern Couples reveals creative relationships, across painting, sculpture and photography, design and literature. Meet the artist

couples that forged new ways of making art and of living and loving. The exhibition illuminates these creative and personal relationships, from the obsessional and fleeting to the life-long.

Box office: 020 7638 8891

Email: tickets@barbican.org.uk

Venue: Barbican Centre, Silk Street, London EC2Y 8DS

Nearest tube: Barbican or Moorgate

Theatre

The Height of the Storm at Wyndham's Theatre

Date: Thursday 1 November 2018

Time: 7.45pm

Touch tour: TBC – call Box Office for details

Ticket price: Starts from £14.75

Audio described by VocalEyes.

André and Madeleine have been in love for over fifty years. This weekend, as their daughters visit, something feels unusual. A bunch of flowers arrives, but who sent them? A woman from the past turns up, but who is she? And why does André feel like he isn't there at all? The Height of the Storm is a beautifully compelling family drama by Florian Zeller, 'the most exciting playwright of our time' (The Guardian). Starring Jonathan Pryce and Dame Eileen Atkins, two of the greatest actors of their generation on stage together for the first time, this major new play from the writer of Olivier Award-winning The Father is a searing exploration of love, family and the fragility of life.

Box office: 0344 482 5137

Email: access@delfontmackintosh.co.uk

Venue address: Wyndham's Theatre, Charing Cross Road, WC2H 0DA

Nearest tube: Leicester Square

Mamma Mia! At the Novello Theatre

Date: Saturday 3 November 2018

Time: 3:00pm

Ticket price: £25
Touch tour: tbc

Audio described by VocalEyes

Over 60 million people around the world have fallen in love with the characters, the story and the music that make MAMMA MIA! the ultimate feel-good show! Set on a Greek Island paradise, MAMMA MIA! is a story of love, friendship and identity cleverly told through the timeless songs of ABBA.

Box office: 0844 482 5765

Venue: Novello Theatre, Aldwych, London WC2B 4LD

Closest tube: Covent Garden

Wise Children at The Old Vic

Date: Saturday 10 November 2018

Time: 2:30 pm

Ticket price: £21

Touch Tour: 1pm

Audio described in-house.

‘Let’s have all the skeletons out of the closet, today, of all days!’

It’s 23 April, Shakespeare’s birthday.

In Brixton, Nora and Dora Chance – twin chorus girls born and bred south of the river – are celebrating their 70th birthday. Over the river in Chelsea, their father and greatest actor of his generation Melchior Hazard turns

100 on the same day. As does his twin brother Peregrine. If, in fact, he's still alive. And if, in truth, Melchior is their real father after all...

A big, bawdy tangle of theatrical joy and heartbreak, *Wise Children* is a celebration of show business, family, forgiveness and hope. Expect show girls and Shakespeare, sex and scandal, music, mischief and mistaken identity – and butterflies by the thousand.

Box office: 0844 871 7628

Email: boxoffice@oldvictheatre.com

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

Closest tube: Waterloo

Still No Idea at The Royal Court (Jerwood Theatre Upstairs)

Date: Saturday 10 November 2018

Time: 7:45pm

Ticket Price: £15

Audio described by VocalEyes.

Best mates Lisa and Rachael are making a new show almost a decade after they created their first piece together.

Back then they had no idea where to start so they went onto the streets and asked the public. What story should they tell? When they saw Lisa in a wheelchair and Rachael not, what the public said was funny, jaw-dropping and ultimately heartbreaking. They made a show about it.

Now people say the world is looking up. There are more disabled people in the mainstream media, Lisa landed a big part on TV and disabled mates are getting regular auditions – happy days. So what kind of exciting stories are the TV professionals dreaming up for them? Still No Idea is the whole story (so far). Part verbatim theatre, part improv, part comedy show, this is a raucous and mischievous expose of good intentions and how sometimes no matter how hard we try, we still have absolutely no idea.

Box office: 020 7565 5000

Email: boxoffice@royalcourttheatre.com

Venue: Royal Court Theatre, Sloane Square, London SW1W 8AS

Closest tube: Sloane Square

Dirty Dancing, New Wimbledon Theatre

Date: Thursday 22 November 2018

Time: 7:30pm

Ticket Price: £23.25

Touch Tour: TBC

Audio described by VocalEyes.

Dirty Dancing is back!

Exploding with heart-pounding music, breathtaking emotion and sensationally sexy dancing. Seen by millions across the globe this worldwide smash hit tells the classic story of Baby and Johnny, two fiercely independent young spirits from different worlds, who come together in what will be the

most challenging and triumphant summer of their lives. Featuring 35 hit songs, including Hungry Eyes, Hey Baby, Do You Love Me? And the heart stopping (I've Had) The Time of My Life.

Don't miss your chance to see this sensational new production.

Running time: 2hr 15 (including an interval).

For access tickets call the Box office on 0800 912 6971

Venue: New Wimbledon Theatre, The Broadway,
London SW19 1QG

Closest station: Wimbledon or South Wimbledon

A Pupil at Park Theatre

Date: Friday 23 November 2018

Time: 7.45pm

Touch tour: 6pm

Ticket price: £18 / £16 concession

In a dilapidated North London bedsit, Ye, a disgraced violinist is preparing to kill herself. The surprise arrival of Simona, an aspiring and wealthy heiress, throws her plans into disarray. Together the pair embark on a series of lessons that will test the limits of friendship, music, and success.

Fringe First winning Bear Trap Theatre celebrate their 8th anniversary with a new play by writer Jesse Briton. Directed by Jessica Daniels and featuring live classical music and original compositions by Colin Sell. A World Premiere at Park Theatre merging classical concert and new writing.

Box Office: 020 7870 6876

Email: boxoffice@parktheatre.co.uk
Venue: Park Theatre, Clifton Terrace, Finsbury Park,
London N4 3JP
Closest tube: Finsbury Park

Sports and Social Events

SELVis Flamenco Classes

Time: Fridays 2-3pm

Date: 23rd November, 30th November, 7th December,
14th December

Fun and free, join us to learn flamenco sequences with some improvisation. Not only great for fitness but also improves your balance and coordination.

Wear shoes with a hard sole or heel to stamp your feet. Flamenco skirts provided for women.

Contact SELVis on 0203 815 3660 or email
info@selvis.org.uk

Venue: Greenwich West Community and Arts Centre,
141 Greenwich High Road, Greenwich, SE10 8JA

Barnet Borough Sight Impaired Quiz Night

Date: Saturday 10th November 2018

Cost: £15.00 includes a buffet supper and soft drinks

Time: 6.45 pm for prompt 7.00 pm start

Mystery rounds to challenge ALL your senses

Bring your friends to make a table of eight

Delicious Buffet

Raffle with exciting prizes

Prizes for the winning team – and the team that comes last!

Bring a bottle and glasses if you wish

BBSI is a self-help and campaign group for people with partial or severe loss of sight.

Location: Trinity Church Hall, The Broadway, Mill Hill
NW7 3TB

To join us on the night for this fundraising event please contact –

Sunethra Tel: 020 8343 3450

Email: sasg@btinternet.com

Or contact Lis, Tel: 020 8349 4705

Email: lis.vandyk@sky.com

Venue: Trinity Church Hall, The Broadway, Mill Hill NW7
3TB

Buses 113, 221, 240, and 251 run nearby.

Mill Hill Broadway (overground) station is a short walk's distance.

Sports

Metro are back at Sight Village, please come and join us and meet the new Metro CEO and Staff.

We had over 700+ visitors in 2017 so don't miss out! Bring along a new member, join on the day and uncover the various sports and events that Metro offers to its members.

We will have a supply of the NEW guide bibs, which are Free to Metro members. So, if you are out running with a friend you can be seen by other pedestrians and cyclists.

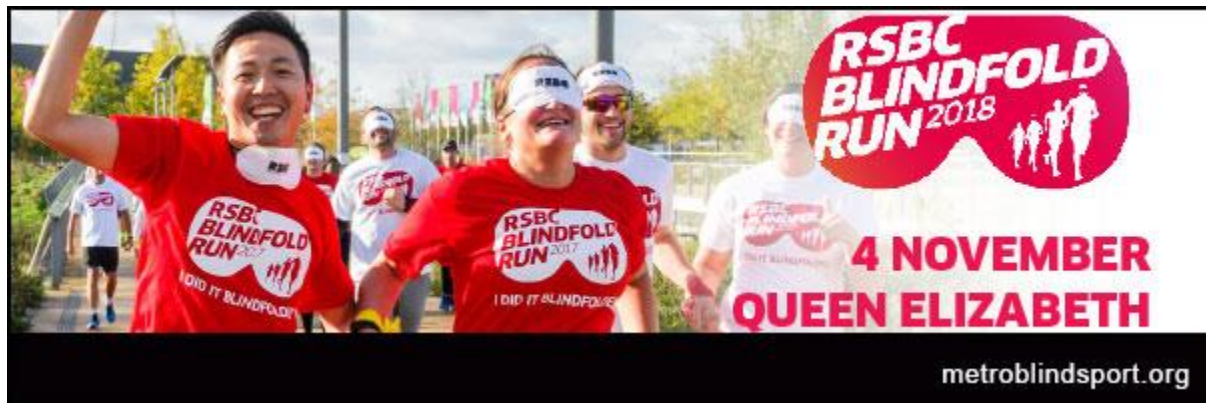
Dates: 6th and 7th November

Time: 10:00 - 17:00 (6th Nov) and 15:30 (7th Nov)

Venue: Kensington Town Hall, Hornton Street, W8 7NX.

Nearest station Kensington High Street. The venue is a 5-minute walk from the station.

RSBC Blindfold Run 2018 - 4 November 2018



Venue: Queen Elizabeth Olympic Park
Timber Lodge Cafe
1A Honour Lea Avenue
London
E20 2ST

Date: 4 November 2018

Time: 11.00 am - 2.00 pm

Phone: 020 3794 8287

Contact: blindfoldrun@rsbc.org.uk

Cost: £0- £12 registration cost We ask that you raise £200 in sponsorship as a pair. This is enough to provide a blind child with support from the RSBC Family Support Service for an entire year.

Do something most people would never dream of. Sign up for this unique running experience, testing trust & teamwork. Partner up, take it in turns to be blindfolded and navigate a 5 or 10km route without your sight.

We'll send you a training pack with blindfolds and a tether to practice with. You'll also receive an RSBC Blindfold Run t-shirt, bespoke medal and goody bag.

Why take part?

Join us in London on Nov 4 and help raise funds to make the future better for blind children.

Who can take part?

This event is open to anyone at any ability, level and age.

Free Registration for Vision Impaired Participants

Under 18's can enter the 5k with a responsible adult who must run as their sighted guide.

How to Enter

[ENTER HERE](#)

Please note when signing up, you will be taken to the [RSBC Eventbrite page](#) in order to complete your registration.

Get in touch

If you have any questions and would like to speak to a member of the team about the RSBC Blindfold Run, please call us on 020 3794 8287, email us at blindfoldrun@rsbc.org.uk or visit our [FAQ page](#).

Braille Chess – 5 Nov!



Venue: Bromley by Bow Centre on St Leonard's Street, E3 3BT

Time: 2pm - 4pm

Phone: 0203 697 6464

Contact: bhavini@eastlondonvision.org.uk

Date: 5 November 2018

Cost: Free

Blind Chess or Vi Chess is perfect for beginners or advanced players, these sessions will continue weekly and will be completely free. Sessions will take place every Monday from 14:00-16:00 at the Bromley by Bow Centre on St Leonard's Street, E3 3BT. call the ELVis office on 0203 697 6464.

Are you a keen chess player? or want to Learn! Why not come along to chess sessions run by experienced teacher Voldi Gailans of the Braille Chess Association.

Blind Chess or Vi Chess is Perfect for beginners or advanced players, these sessions will continue weekly and will be completely free. Sessions will take place every Monday from 14:00-16:00 at the Bromley by Bow Centre on St Leonard's Street, E3 3BT.

For anyone wishing to be shown to the venue, we can arrange for you to be met at 13:45 at the nearby Bromley-by-Bow Station, but you will need to let us know in advance. Please let us know at least one week in advance if you would like to come so that we can ensure we have enough equipment.

If you are interested in coming along, please contact Bhavini Makwana on 07976 448824 or bhavini@eastlondonvision.org.uk Or you can call the ELVis office on 0203 697 6464.

Vision Impaired Archery – 11 November!



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

Time: 12noon - 2pm

Phone: 07743942062

Date: 11 November 2018

Cost: £2.50 for Members ** £5 Non - Members

Contact: freddy2cokes@yahoo.co.uk

Come down and try Vision Impaired Archery!

We are fortunate to have a professional instructor to give one-to-one coaching and all equipment is provided along with a tactile aiming guide and foot locator so that totally blind shooters can take meaningful part in the sport.

We welcome all members and the age of shooters ranges from as young as ten if accompanied. Our regular Vision Impaired Archery session now take place on the second Sunday of the month from 12 noon to 2 pm. But please do check the event calendar as sometimes the date needs to be changed.

If you would like to attend our next Vision Impaired Archery session please use the contact details below.

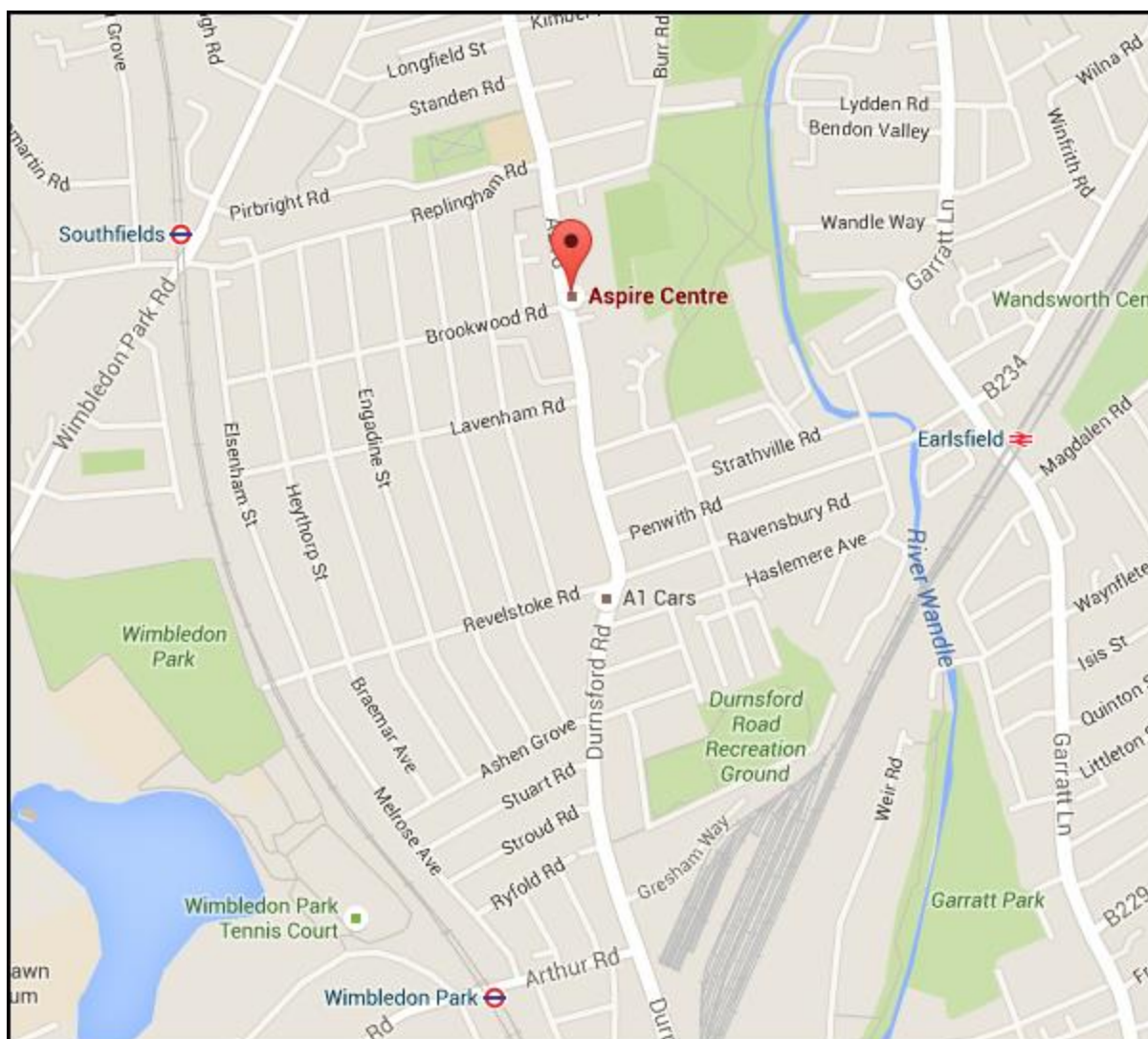
Contact: Fred Carpenter (Archery Coordinator)
Tel. 07743942062 or email freddy2cokes@yahoo.co.uk

South Fields College, Aspire Centre, 337 Merton Rd,
London SW18 5JU

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

Nearest mainline station is Earlsfield.

Bus route: 156 towards Wimbledon.



To get in the mood, there is some great footage of the Olympic archery tournament at London 2012 at Lord's cricket ground at the following link: [BBC Sport \(BBC\) www.bbc.co.uk/sport/archery](http://www.bbc.co.uk/sport/archery)

Scroll down for a list of great audio/visual clips.

You may also find more information of interest on the British Blind Sport website: [British Blind Sport \(BBS\) www.britishblindsport.org.uk](http://www.britishblindsport.org.uk)

And on Archery GB website: <http://www.ArcheryGB.org>