

# **“What’s On @” – May/June 2019**

**[BRC@POCKLINGTON.ORG.UK](mailto:BRC@POCKLINGTON.ORG.UK)**

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Welcome to the May/June edition of the Wandsworth Vision Newsletter. Keep an eye out for information about upcoming one-off events at the centre that you may be interested in attending.

## **Notices**

### **Centre Closures**

**Monday 6<sup>th</sup> May (Bank Holiday)**

**Monday 27<sup>th</sup> May (Bank holiday)**

### **Upcoming Events**

**BRC Social, Tuesday May 7<sup>th</sup> 1pm**

**Sight & Sound Info Day, May 22<sup>nd</sup> 10am-3pm**

**Working Age Forum, June 20<sup>th</sup> 6pm-8pm**

## **Established Regular Services**

- **Knitting 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**
- **Low Vision Clinic – monthly**
- **Yoga – monthly (dates in the attached calendar)**

## **General News**

### **Les classes de Français ont été un succès!**

We'd like to say a big 'thank you' to Wayne Chapman who has been volunteering his time with BRC to teach conversational French. There have been four sessions so far, all of which have been fun and engaging. We would also like to thank all the participants who have contributed to the success of the sessions.

## **Tech with Tiller!**

Many of you will be relieved to here that Matthew Tiller our new technology tutor has arrived! (cue applause and the popping of champagne corks!). Both Matthew and the level of interest from yourselves have, of course been fantastic. Matthew says: “It’s really rewarding to meet clients with a wide range of needs and interests, and I look forward to working with you all”. This is a great (and free!) opportunity to develop or improve your tech skills so whether you need help with your smartphone, tablet, laptop or desktop Matthew is here to help. Contact the centre for more info or to book an appointment.

## **Braille Sessions**

As mentioned in our previous newsletter, Braille classes are due to start at BRC. Details and tutor availability are yet to be confirmed so please watch this space. In the meantime, if you wish to register your details you can do so by contacting the centre.

## **Spare a thought for BRC Staff!**

As you may be aware, BRC staff work hard just to keep the centre running. Much of the work that we do to achieve this is not visible to you but continues nevertheless. With this in mind we’d like to remind you that **If**

**you have a lengthy query please call the office in advance so we can arrange a time for you to come in that is convenient for both yourself and BRC staff.** These staff tasks are in addition to any activities that might be happening, so we cannot guarantee that we can help you with lengthy one-to-one queries without prior notice. A lengthy query is something that could take longer than 10 minutes. Examples include; help completing forms; mobile phone support; ordering products online or making phone calls/sending emails on your behalf. While we are always happy to help, we ask you to remember this unseen work and that, as a result, we cannot always interrupt what we are doing without potentially harming the activities and services you enjoy. So please, spare staff a thought and, if you require help with any of the above, or anything else that could take longer, call or email the centre to arrange an appointment so we can give more to your query.

### **Closing Time**

In the spirit of thinking about BRC staff, please remember that the closure time for visitors to the centre is **5pm** unless arrangements have been made with staff beforehand. We advise that you begin getting ready (eg; using the facilities; closing down computers etc) at around 4:50pm.

### **Dance Class**

Given the recent low attendance to the dance classes held at the centre, the decision has been made to pause these classes until further notice. If enough demand for sessions returns than classes will be resumed.

## **BRC Events to look out for**

### **BRC Social – Café Sol**

Come and join us for lunch at ‘London’s best Tex-Mex restaurant’, Café Sol. Their generously portioned lunches include a glass of house wine, a Sol beer or a soft drink all for under a tenner (£8.50 to be exact). You can access their menu by visiting <http://www.cafesol.com/menus/> or, if you’re viewing this on a computer, by clicking [here](#). Please contact the centre to book your place **by Wednesday May 1<sup>st</sup>**.

Date: **Tuesday 7<sup>th</sup> May**

Time: **1pm – 3pm**

Address: **Café Sol, 56 Clapham High Street, SW4 7UL**

Nearest Tube: **Clapham North**

Nearest Rail: **Clapham High Street**

Buses: **(From Clapham Common towards going towards Clapham North) buses 155, 322, 50, 345.** Get off at Bus Stop L (Clapham North & High Street Station). All buses stop a few doors down from Café Sol. When you get off the bus you will need to turn left, walk straight. There is a small crossing. After you have crossed, the café is a few doors down on your right. Staff will be waiting outside.

## **Sight & Sound Event**

We will be working with Sight and Sound to host a small exhibition of the latest technology for people with sight loss. The event will take place at BRC on **Wednesday 22<sup>nd</sup> May from 10am to 3pm**. If you'd like to see what the latest advances are in magnification; low vision software; mobile phones; braille notetakers and more then please come along.

## **Southwest London Working Age Forum**

If you are interested in networking with VI professionals to gain information about finding work, you may be interested in the Working Age Forum (WAF). Up until now, WAF meetings have taken place in central London on a bi-monthly basis. and include guest speakers and networking opportunities. The next WAF will be held at BRC on **Thursday 20<sup>th</sup> June from 6pm-8pm**. Wine and nibbles will be available as will the opportunity to meet and speak with VI professionals. If you, or someone you know would like to attend please contact the centre to register your place by **Tuesday 18<sup>th</sup> June**.

## **External Events & Activities**

**Please note the events below are not organised or run by Balham Resource Centre so please register your interest or any queries you may have using the contact details in this section.**

### **Retina UK Annual Conference 2019**

Booking is now open for this year's Retina UK Annual Conference.

This popular one-day event promises to be both informative and enjoyable. It will be held on Saturday, 28 September and attendance is free of charge for Retina UK members and their guides.

All those living with or affected by inherited retinal conditions are welcome, so please bring your family and friends. If you haven't been to an annual conference before, make this the year you join us!

The venue is Kents Hill Training and Conference Centre in Milton Keynes, a more central location, to enable more of our community to attend.

The event will follow the same format as previous years and the agenda will include: presentations and workshops on the latest research, services and support available to assist with day to day living and our popular medical question time, hosted by a panel of eminent researchers.

There will be plenty of opportunity to get to know others in our community, to meet our friendly, knowledgeable staff and to find out more about our charity.

A number of exhibitors from other charities, organisations and businesses will be attending, including our generous sponsors Ox sight.

Members are encouraged to attend Retina UK's statutory Annual General Meeting which will take place at the end of the day.

### **Book your place**

Attendance is free of charge for Retina UK members and their guides. We ask for a voluntary donation from other delegates to help cover costs (£30 suggested).

A packed lunch will be provided along with refreshments throughout the day.



Registration is open now and you can book your place:

- online <https://retinauk.org.uk/retina-uk-annual-conference/>
- by phone, **01280 821334**
- or email **info@RetinaUK.org.uk**

If you have any questions or would like to speak to us about this event, please call us on **01280 821334**.

### **The venue**

Kents Hill Park Training and Conference Centre is located five miles from Milton Keynes Train Station.

It is fully accessible and our friendly staff and volunteer sighted guides will be available to support.

Plenty of free parking is available on site.

Accommodation is available at Kents Hill and this should be booked direct with the venue, just quote Retina UK.

### **Inner Vision Orchestra**

Inner Vision Orchestra is the UK's only Professional Blind Orchestra. It promotes blind & visually impaired musicians. "We may not be able to see, but we want to be seen and heard, and paid!" says musical director, Baluji Shrivastav, OBE.

Contact us on **baluji@baluji.com** if you would like to join the band!

The music of Inner Vision Orchestra moves between songs from Iran, Lebanon, Afghanistan, India, Nigeria, to soulful Gospel and Blues to sublime Indian Ragas and Western Classical compositions. Driven by the intensity of an inner vision we celebrate the power of music to transform lives. The Orchestra has 14 members and is growing; we are always looking for new, talented members, so get in touch and join us!

“Inner Vision Orchestra had a magical mixture of sounds”, Sean Rafferty, In Tune, BBC Radio 3

### **Come and join our workshops!**

You don't have to be an experienced musician, as Inner Vision workshops are both for those with a sound knowledge of music or with no musical background. Our aim is to offer a stimulating and motivating experience, alongside teaching music and valuable skills giving you the confidence to express yourself. The workshops are free and given by professional VI musicians in many different styles, from jazz to folk, pop and world music and we encourage the peer support based on shared interests and experience.

“Inner Vision Orchestra play bloody great kick-ass music!”, Charles Hazlewood, Conductor, British Paraorchestra and Orchestival

**For more information about the Inner Vision Orchestra and Workshops,  
please contact Baluji Music Foundation on 0207 226 2094 or email us [baluji@baluji.com](mailto:baluji@baluji.com)**

[www.balujimusicfoundation.org](http://www.balujimusicfoundation.org)

## **Vincent van Gogh in London: A Private View for Blind and partially sighted people only**

Sunday 23rd June 2019 18:30 - 20:30.

Note this different timeslot: this is not on the third Monday as you would have expected.

Free, but RSVP if you can so I have an idea of numbers

Drinks reception in the Manton Foyer

The five-star blockbuster show is now open and already drawing huge crowds. Here is a chance to see it on a lovely summer's evening in an exclusive private view reserved only for blind and partially sighted people. You may bring a companion.

Sunflowers. Starry Skies. Moody self-portraits. They are all here for us to enjoy as the exhibition tells the story of van Gogh's two years living in Brixton, and the subsequent influence he had on British painters such as Francis Bacon.

Audio description tour by Gill Cutbull from 19:00 - 20:00

<https://www.tate.org.uk/whats-on/tate-britain/exhibition/ey-exhibition-van-gogh-and-britain>

## 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 London Vision.

**Please note that the centre will be closed on Monday 6<sup>th</sup> May and Monday 27<sup>th</sup> of May.**

Activity/Event	Venue	Date	Time Start	Time End	Cost £	Frequency	Notes
I.T Support	BRC	Wednesday May 1 <sup>st</sup>	10am	5pm	Free	Weekly	Register in Advance
Over-50s Social	BRC	Thursday May 2 <sup>nd</sup>	2pm	4pm	£5 for transport, 50p for refreshments	Weekly	Transport for Wandsworth residents only
Tai-Chi	BRC	Thursday May 2 <sup>nd</sup>	3pm	5pm	Free	Weekly	Two consecutive one-hour sessions
Healthy & Safe Cookery	BRC	Friday May 3 <sup>rd</sup>	10:30	12:30	£4	Bi-Weekly	Register in Advance
Conversational French	BRC	Friday May 3 <sup>rd</sup>	10:30	12:30	Free	Weekly	Register in advance

IT Support	BRC	Tuesday May 7 <sup>th</sup>	10am	4pm	Free	Weekly	By appointment only
BRC Social – Café Sol	56 Clapham High Street, London SW4 7UL	Tuesday May 7 <sup>th</sup>	1pm	3pm	Attendees to pay for their own meal and drink	Monthly	Register in Advance
IT Support	BRC	Wednesday May 8 <sup>th</sup>	10am	4pm	Free	Weekly	By appointment only
Over-50s Social	BRC	Thursday May 9 <sup>th</sup>	2pm	4pm	£5 for transport, 50p for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday May 9 <sup>th</sup>	3PM	5PM	Free	Weekly	Two consecutive one-hour sessions
Conversational French	BRC	Friday 10 <sup>th</sup> May	10:30	12:30	Free	Weekly	Register in Advance
IT Support	BRC	Monday 13 <sup>th</sup> May	10am	4pm	Free	Weekly	By appointment only

Knitting Club	BRC	Monday 13 <sup>th</sup> May	10:30	12:30	Free	Weekly	Register in advance
Art Class	BRC	Monday 13 <sup>th</sup> May	1:30pm	3:30pm	£20 for Winter semester	Weekly	By enrolment only
IT Support	BRC	Tuesday 14 <sup>th</sup> May	10am	4pm	Free	Weekly	By appointment only
IT Support	BRC	Wednesday 15 <sup>th</sup> May	10am	4pm	Free	Weekly	By appointment only
Low Vision Clinic	BRC	Thursday 16 <sup>th</sup> May	11am	3pm	Free	Monthly	By appointment only, by appointment only
Over-50s Social	BRC	Thursday 16 <sup>th</sup> May	2pm	4pm	£5 for transport, 50p for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 16 <sup>th</sup> May	3pm	5pm	Free	Weekly	2 consecutive 1 hour sessions
Healthy & Safe Cookery	BRC	Friday 17 <sup>th</sup> May	10:30	12:30pm	£4 per class	Bi-Weekly	Register in Advance
Conversational French	BRC	Friday 17 <sup>th</sup> May	10:30	12:30	Free	Weekly	Register in advnce

IT Support	BRC	Monday 20 <sup>th</sup> May	10am	4pm	Free	Weekly	By appointment only
knitting Club	BRC	Monday 20 <sup>th</sup> May	10:30	12:30	Free	Weekly	Register in advance
Art Class	BRC	Monday 20 <sup>th</sup> May	1:30pm	3:30pm	£20 for Winter semester	Weekly	By enrolment only
IT Support	BRC	Tuesday 21 <sup>st</sup> May	10am	4pm	Free	Weekly	By appointment only
Sight & Sound Product Information Day	BRC	Wednesday 22 <sup>nd</sup> May	10am	3pm	Free	One-Off Event	
IT Support	BRC	Wednesday 22 <sup>nd</sup> May	10am	4pm	Free	Weekly	By appointment only
Over-50s Social	BRC	Thursday 23 <sup>rd</sup> May	2pm	4pm	£5 for transport, 50p for refreshments	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 23 <sup>rd</sup> May	3pm	5pm	Free	enrolment only	Two consecutive one-hour sessions
Conversational French	BRC	Friday 24 <sup>th</sup> May	10:30	12:30	Free	Weekly	Register in advance

IT Support	BRC	Tuesday 28 <sup>th</sup> May	10am	4pm	Free	Weekly	By appointment only
IT Support	BRC	Wednesday 29 <sup>th</sup> May	10am	4pm	Free	Weekly	By appointment only
Fish & Chips	BRC	Thursday 30 <sup>th</sup> May	2pm	4pm	£5	Monthly	Register in advance
Over-50s Social	BRC	Thursday 30 <sup>th</sup> May	2pm	4pm	£5 for transport, 50p for refreshment	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 30 <sup>th</sup> May	3pm	5pm	Free	Weekly	Two consecutive one-hour sessions
Healthy & Safe Cookery	BRC	Friday 31 <sup>st</sup> May	10:30am	12:30pm	£4 per class	Bi-weekly	Register in Advance
Conversational French	BRC	Friday 31 <sup>st</sup> May	10:30	12:30	Free	Weekly	Register in advance

## June

IT Support	BRC	Monday 3 <sup>rd</sup> June	10am	4pm	Free	Weekly	By appointment only
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Knitting Group	BRC	Monday 3 <sup>rd</sup> June	10:30am	12:30pm	Free	Weekly	Register in advance
Art Class	BRC	Monday 3 <sup>rd</sup> June	1:30pm	3:30pm	£20 each per semester	Weekly	By enrolment only
IT session	BRC	Tuesday 4 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
IT Support	BRC	Wednesday 5 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
Over-50s Social	BRC	Thursday 6 <sup>th</sup> June	2pm	4pm	£5 for transport, 50p for refreshment	Weekly	Transport for Wandsworth residents only
TaiChi	BRC	Thursday 6 <sup>th</sup> June	3pm	5pm	Free	Weekly	2 consecutive 1-hour sessions
Conversational French	BRC	Friday 7 <sup>th</sup> June	10:30	12:30	Free	Weekly	Register in advance
IT Support	BRC	Monday 10 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
Knitting Club	BRC	Monday 10 <sup>th</sup> June	10:30am	12:30pm	Free	Weekly	Register in advance

Art Class	BRC	Monday 10 <sup>th</sup> June	1:30pm	3:30pm	£20 per person for this semester	Weekly	By enrolment only
IT Support	BRC	Tuesday 11 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
IT Support	BRC	Wednesday 12 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
Over-50s Social	BRC	Thursday 13 <sup>th</sup> June	2pm	4pm	£5 for transport, 50p for refreshments	Weekly	Transport for Residents only
TaiChi	BRC	Thursday 13 <sup>th</sup> June	3pm	5pm	Free	Weekly	Two separate consecutive one-hour classes
Healthy & Safe Cookery	BRC	Friday 14 <sup>th</sup> June	10:30	12:30	£4 per class	Bi-weekly	Register in Advance
Conversational French	BRC	Friday 14 <sup>th</sup> June	10:30	12:30	Free	Weekly	Register in Advance

IT Support	BRC	Monday 17 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
Knitting Club	BRC	Monday 17 <sup>th</sup> June	10:30am	12:30pm	Free	Weekly	Register in advance
Art Class	BRC	Monday 17 <sup>th</sup> June	1:30pm	3:30pm	£20 per person for this semester	Weekly	By enrolment only
IT Support	BRC	Tuesday 18 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
IT Support	BRC	Wednesday 19 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
Over-50s Social	BRC	Thursday 20 <sup>th</sup> June	2pm	4pm	£5 for transport, 50p for refreshments	Weekly	Transport for Residents only
Working Age Forum	BRC	Thursday 20 <sup>th</sup> June	6pm	8pm	Free	One-Off Event	Register in Advance
Tai Chi	BRC	Thursday 20 <sup>th</sup> June	3pm	5pm	Free	Weekly	Two separate consecutive one-hour classes

Conversational French	BRC	Friday 21 <sup>st</sup> June	10:30	12:30	Free	Weekly	
IT Support	BRC	Monday 24 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
IT Support	BRC	Tuesday 25 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment only
IT Support	BRC	Wednesday 26 <sup>th</sup> June	10am	4pm	Free	Weekly	By appointment Only
Fish & Chips	BRC	Thursday 27 <sup>th</sup> June	2pm	4pm	£5	Monthly	Register in advance
Over-50s Social	BRC	Thursday 27 <sup>th</sup> June	2pm	4pm	£5 for transport, 50p for refreshments	Weekly	Transport for Residents only
Healthy & Safe cookery	BRC	Friday 28 <sup>th</sup> June	10:30	12:30	£4 per class	Bi-weekly	Register in Advance
Conversational French	BRC	Friday 28 <sup>th</sup> June	10:30	12:30	Free	Weekly	Register in advance

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