

'Working together across London for people with a visual impairment'

LVIF E-Bulletin: 9 July 2019

Please send articles for inclusion to: lvif@londonvision.org

NB: The views and opinions expressed in this bulletin are those of the contributors. They do not purport to reflect the opinions or views of the LVIF or its members.

2019 meeting dates are:

Friday 27 September

Friday 13 December

Introduction

Welcome to the latest bulletin. There is a strong emphasis this time on accessible art exhibitions. With so many galleries reaching out to blind and partially sighted visitors there wasn't space for all of them and I had to leave Tate Britain's next audio-described tour out of the Events section (for anyone interested, it is a tour of the paintings of Frank Bowling and it takes place on 15 July at 10.30). We also have early warning of London's Car Free Day on 22 September, the perfect conditions perhaps for some tandem cycling: see Other News for a link to the new Metro video. Thanks to those who attended the last forum on 28 June, the minutes for which will follow later this week. Enjoy the issue.

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NEWS

MEDICAL RESEARCH

Article 1: **More Research Needed to Stop Macular Disease in its Tracks**

National sight loss charity the Macular Society says the only way to stop hundreds of thousands of people losing their sight is to fund much more research.

The charity, which marked its fifth annual awareness week between 24-29 June, has highlighted the small amount of money going into macular research, despite the number of people affected by the condition.

Macular disease is the biggest cause of sight loss in the UK, with around 300 people diagnosed every day. It can affect people of any age – even children. The most common type of macular disease is age-related macular degeneration, mainly affecting people over the age of 55. Due to our ageing population, the number of older people living with the condition is set to double in the next 20 years. It is set to be the next public health crisis.

Cathy Yelf, chief executive of the charity, says: “Macular disease is cruel and isolating. It steals your sight, your confidence, your independence, and your ability to do the things you love. Day to day we hear from people about the devastating impact it has on their lives – taking away their dreams and plans for the future.

“And yet, despite its devastating impact, too little is known about its causes and for the majority of people affected there is not even a treatment, let alone a cure.”

She adds: “Today, more and more people are being diagnosed with macular disease. It is already a major public health crisis – with far more people living with macular disease than dementia. We must stop it in its tracks.

That is why this year's Macular Week will be highlighting why funding more research is the only way we are going to beat macular disease for good."

© Macular Society, June 2019

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Article 2: **The Influence of a Protein in the Development of AMD**

Fight for Sight is announcing funding for researchers from the University of Manchester who aim to investigate the role of a protein in the development of age-related macular degeneration, the leading cause of blindness in the UK.

The protein is known normally to protect membranes and tissues around the body but its recent discovery on a special membrane (Bruch's membrane) at the back of the eye – or retina – has raised questions about its role during the late stage of macular degeneration.

Dr Simon Clark and his team of researchers will investigate the role of this protein by using membranes taken from donated eyes, with a view to better understanding the pathogenesis of AMD and its progression from early- to late-stage, in the hope that this research will lead to the development of new treatments for the disease. Currently only some cases of late stage AMD can be treated.

The protein – known as Inter-alpha-inhibitor Heavy Chain 3 (ITIH3) – has a role in controlling immune responses, inflammation and cell function in other parts of the body which is why researchers believe it could be a contributory factor to macular degeneration.

Dr Neil Ebenezer, Director of Research, Policy and Innovation at Fight for Sight, said:

"In order to develop treatments, it's vital to understand what's going wrong inside cells, and we believe this protein could hold the key. This could form the foundation for creating new treatments for patients, which can intervene in the disease process and potentially protect or slow down the progression of age related macular degeneration."

Dr Simon Clark from the University of Manchester, said:

“This is an exciting finding. ITIH3 has never been known to be present in the back of the eye before. The fact that we know it regulates inflammation and cellular functions in other parts of the body opens up possibilities for its role in the eye. We’re very optimistic it will play a significant role in our quest to find a therapy for AMD.”

Yellow deposits – known as ‘drusen’ – are a defining feature of the early stages of the condition. The deposit disrupts the flow of nutrients into the eye which leads to the loss of central vision, a common symptom of the disease.

The funding has been granted through the Masonic Charitable Foundation and Fight for Sight PhD Studentship Prize.

© Fight for Sight, July 2019

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TECHNOLOGY

Article 1: Discounted Access Software Available in July

The annual sale of access software has returned with some major discounts on the purchase of Jaws, ZoomText, ZoomText Fusion and Openbook:

New JAWS Home Licence - £115 excluding vat
Upgrade of any version of JAWS - £95 excluding vat
JAWS Home SMA - £95 excluding vat

New ZoomText Magnifier/Reader Licence - £95 excluding vat
Upgrade of any version of ZoomText Magnifier/Reader - £70 excluding vat
ZoomText Magnifier/Reader SMA - £70 excluding vat

New ZoomText Fusion Home Licence - £165 excluding vat
Upgrade of any version of ZoomText Fusion - £115 excluding vat
ZoomText Fusion SMA - £115 excluding vat

Openbook - £115 excluding vat

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Article 2: **Easy-to-Use Washing Machines – the Top 10**

New, practical information on inclusive design for blind and partially sighted people is revealed in unique analysis from the Research Institute for Disabled Consumers (RiDC)¹ of features which make washing machines easy to use.

The research highlights the seven top features which make washing machines accessible for people with little or no vision. These include simplicity of use, audio output, tactile information, and good visual contrast on the controls. In addition, RiDC has identified the top ten washing machines which are the easiest for blind and partially sighted people to use.

These findings will help inform designers and others who want to ensure that products are accessible to the widest possible number of people, as well as those with a focus on inclusive design.

With funding from Thomas Pocklington Trust (TPT), RiDC ran a workshop with visually-impaired people to find what their ideal washer would be. Researchers also spoke to washing machine manufacturers.

After analysing data for more than 80 models which consumer tests show are the best performing, RiDC researchers shortlisted the top ten most accessible washing machines on the market.

This unique practical information will be of great use to many people thinking of getting a washing machine and to those shopping online and in stores.

It is available online and, on request, in Braille. It is also available over the phone as an audio recording for the cost of phoning a landline. Dial 0330 223 53 55 and follow the instructions⁵.

RiDC and TPT hope that, with the increasing use of smart technology in our everyday lives, designers will continue to provide good visual and tactile features ensuring that future washing machines are simple and easy to use.

“This really is a cracking bit of work you’ve done. I’ve read the product reviews for some of the washing machines, and the information you’ve included is just the sort of information we, as blind people, need in order

to make informed choices when buying equipment like this.” (UK blind tech user).

There’s no spin on this washing machine information. RiDC is an independent, national research charity. It doesn’t sell products. You can find all this unbiased information on the RiDC website along with more information about consumer research with disabled and older people at <http://www.ridc.org.uk>

For more information please contact:
Chris Lofthouse, RiDC: 020 7427 2460 chrislofthouse@ridc.org.uk

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STUDIES AND SURVEYS

Article 1: UK National Eye Health and Hearing Study

A UK National Eye Health and Hearing Study (UKNEHS) has been developed to address the desperate need in the UK for high quality, up-to-date data on hearing loss and eye health, so that the UK can plan future services in the most effective way, improve outcomes for those affected, and develop a more effective public health strategy in these crucial areas.

It will be a nation-wide study encompassing all four nations and will focus on four key objectives; Effectiveness, Efficiency, Economy and Compliance, with digital transformation opportunities remaining at the heart of the study. More specifically, it will identify the prevalence and causes of vision and hearing impairment in the UK population aged 50 and over, providing an up-to-date and comprehensive picture of the UK’s hearing and eye health.

The case for change:

Sight loss has been estimated to cost the UK more than £28 billion per annum and hearing loss more than £30 billion. Despite these huge numbers, we don’t have the data we need to understand how to improve services and deliver them more efficiently and effectively to reduce these figures. We desperately need high quality, up-to-date data on hearing loss and eye health, so that we can plan future services and improve outcomes for the UK population. This is essential if the NHS’s Long

Term Plan is to be delivered successfully in the eye health and hearing sectors.

The solution:

The UKNEHS will provide population-based research to provide real data on the magnitude and distribution of the most frequent causes of sight and hearing loss. It will offer opportunities to look at these causes by risk factor analysis including demographic and social determinants of health. It will combine this with analysis of current service models across the UK, allowing the impact of local differences to be investigated in relation to the health outcomes produced, enabling effective evaluation of current models of care.

Benefits and delivery of a successful UKNEHS:

The study will deliver immediate benefit to the 1,500 individuals with previously undetected vision and hearing problems, ensuring they receive the interventions needed to treat or manage their condition. It will also offer improved outcomes for people over the long term, by gathering data on prevalence to establish a greater understanding on the causes and incidence of eye disease and hearing loss.

Better targeting of services and increased awareness of eye and hearing health will improve health and wellbeing outcomes for the wider UK population.

Finance and Funding:

There is no national tariff or mandate for primary eye care and community ophthalmology services. They rely heavily on new funding and the drive from local commissioners to reconfigure services and break down the traditional barriers between different parts of the eye care sector and different providers.

Ophthalmology is the second largest department in the NHS, the cost for total inpatient and outpatient activity in 2016/2017 was £1.4 billion, an increase of approximately £332 million since 2012.

A full economic costing has costed the study at £16 million over 3 years. This figure is 0.2% of the overall £2.5 billion spent by the NHS on eyecare in the UK annually, in other words a relatively small investment in order to target overall spend. Return on investment includes reduced

pressure on NHS services, reducing costs to other related services (e.g. falls prevention), reduced risk of developing other long-term conditions related to vision/hearing loss (e.g. dementia), reducing impact on social care, increasing employment and improved targeting of current expenditure.

Progress to date:

After positive meetings with representatives from the Treasury and Public Health England, we are hopeful that the study will be included in the Government's Comprehensive Spending Review due to take place later this year. We would welcome your support in promoting this much needed study, please get in touch with us if you would like further information or if you can support us in anyway regarding securing funding for the study, stakeholder and public engagement and ultimately, the delivery across the UK.

www.uknehs.org.uk
uknehs@pocklington-trust.org.uk

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Article 2: **Mobile Electronic Devices for Visual Impairment**

The MED4VI Study (mobile electronic devices for visual impairment) – now looking for participants:

The study, funded by Fight for Sight and run by the University of Manchester in collaboration with City, University of London, aims to discover whether mobile electronic devices such as smartphones and tablets improve quality of life for people with a visual impairment. Although this technology has great potential to benefit people with visual impairment, there is currently little evidence of the impact of using the devices, or the effectiveness of the training programmes on offer. Ongoing support has been found to be important when introducing users to other forms of new technology, in the form of volunteers to provide assistance and advice, therefore the study will match up some of the participants with a volunteer buddy in addition to providing training. The research team will complete a randomised controlled trial to compare the effect of a training only model, to a scheme in which the participant completes the training and has additional ongoing support from the

“buddy”. Well-being, quality of life and use of the device will be measured before and after the training, and 6 months later.

We are seeking volunteers aged 18 to 95 with a visual impairment, who are thinking of buying a mobile electronic device (such as smartphone or tablet), who may benefit from training to use the device and additional support from a volunteer and are able to travel into Manchester or London on a regular basis for the duration of the study.

If you are interested and would like to find out more, the research team would love to hear from you. Contact details are:

Rachel Heron, Trial Project Manager

Rachel.heron@manchester.ac.uk

Telephone 0161 306 2416

Chris Dickinson, Principal Investigator

Chris.dickinson@manchester.ac.uk

Telephone 0161 306 3874

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CHARITIES AND CAMPAIGNS

Article 1: Sight Loss Councils Launch Website

Sight Loss Councils (SLCs) have launched a new website highlighting the UK-wide challenges for blind and partially sighted people accessing goods and services. SLCs are volunteer-led groups, advocating for change and inclusion for blind and partially sighted people. The website is aimed at organisations who wish to improve their accessibility, sector professionals and people with sight loss who want to get involved in making a change. With the website, we hope to reach a wider audience of people and influence decision-makers to be more inclusive.

There are almost 2 million people with some form of sight loss in the UK. Through consultation, we have identified that there is a real lack of awareness of the challenges people living with sight loss face every day.

Many blind and partially sighted people feel that they are underrepresented when decisions are being made. SLCs focus on key issues that fall into our priority areas: Education, Employment, Transport, Technology, Health & Social Care, and Sports & Leisure. The website will display our current projects and successes, working with

organisations such as West Midlands Combined Authority and Microsoft Soundscape.

The SLC website gives blind and partially sighted people the opportunity to inform us about what is happening in their local community, supporting and empowering them to drive real change. The website is also a source of information for organisations wishing to collaborate and improve their inclusive practices.

Andrew Billingham, who has led on the SLCs project from the start said: “It’s been an amazing journey to see the project grow nationally. With the addition of our new website, we will be giving more blind and partially sighted people a voice.”

SLCs website can be found at www.sightlosscouncils.org.uk

Contact info: info@sightlosscouncils.org.uk

Address: Thomas Pocklington Trust, Tavistock House South, Tavistock Square, London, WC1H 9LG

Phone: 0208 995 0880

The SLCs are supported by the Thomas Pocklington Trust.

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Article 2: **Stargardt’s Connected Achieves Charity Status**

We are absolutely thrilled to announce that Stargardt’s Connected is now a Registered Charity – the first Stargardt’s charity in the UK! We are extremely proud to have achieved this and know that it will open so many doors to help reach our mission statement of raising awareness, giving support and seeking a cure. If you haven’t already, please sign up to our mailing list. Thanks so much for your support!

© Stargardt’s Connected

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Article 3: **AOP Launches Stub It Out!**

The Association of Optometrists (AOP) is warning that millions of smokers in the UK are putting themselves at increased risk of blindness or sight impairment by continuing with the habit. This comes as almost all (96%) optometrists surveyed as part of the AOP’s annual Voice of

Optometry panel say they examine a patient every month who has eye disease that they believe is the result of smoking.

Despite this concern among the AOP's optometrist members, only a fifth (18%) of the general population recognise the connection between smoking and poor eye health. This is compared to 76% who link cancer and smoking; 66% who link it with heart disease and 64% who recognise the connection between bronchitis and smoking.

It's feared that those putting their sight at risk through smoking is also a much larger issue, as one in five (21%) of the public admitted they had not had a sight test in the last two years – with almost half (40%) explaining they did not feel the need to go because their vision seemed fine.

The AOP is reminding people that it's never too late to benefit from stopping smoking, despite over half of the public (51%) saying they aren't sure whether long-term smokers would see an improvement in their eye health if they quit. An additional 11% believe there would be no improvement as the damage has already been done.

Optometrist and AOP Head of Clinical and Regulatory, Henry Leonard said: "Smokers are up to four times more likely to develop age-related macular degeneration – the leading cause of sight loss in the UK and twice as likely to develop conditions which can lead to glaucoma and cataracts. There are of course numerous health reasons to stop smoking but we hope that highlighting these additional risks will give many smokers who are considering quitting, that last little push.

"Whether you are a smoker or not, it's important to visit your optometrist regularly to have a full eye health check – so any conditions can be identified and treated early."

The AOP launched its national Stub it Out campaign on 2 July 2019. An outdoor advertising campaign will be rolled out in areas that have some of the highest levels of smoking in the UK including London, Glasgow and Manchester.

As part of the campaign, the AOP are calling on the sector to support by downloading and sharing materials from the Stub it out campaign pages, <http://www.aop.org.uk/stubitout>

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Article 4: **The Guitar Social - The World's Longest Guitar Lesson!**

Come and help RNIB Connect London support The Guitar Social to break the official Guinness World Record for the longest guitar lesson in the world!

The Guitar Social has been offering group-based guitar courses through RNIB Connect so can support all levels of sight. Absolute beginners are welcome to take part in this world record attempt and guitars will be provided.

The attempt starts at 6.30 pm on Thursday the 18th of July and ends at 6.30 pm on Friday the 19th of July.

RNIB and guests will be filling the last slot on the home stretch of the record attempt from 4.30 pm to 6.30 pm on Friday the 19th of July.

Then join the mass jam featuring all the people who attend the class and an after party with live music. This is an event not to be missed!

Date: Friday 19 July

Location: Trinity Art Gallery. Unit 22, Hope Street, London City Island, London E14 0LG.

Nearest Station Canning Town, six-minute walk to venue. Meet and greet available.

Time: 4.30 PM various slots for guitar lesson as part of world record attempt

6.30 pm - World record attempt ends

7.30 pm - Mass jam featuring all who attended the classes

7.45 PM - After party with live music

Please RSVP to email networklondon@rnib.org.uk to take part in the world record or attend the event.

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OTHER NEWS

Article 1: Car Free Day in London

London will hold its largest ever Car Free Day on 22 September in a bid to tackle climate change, mayor Sadiq Khan has announced.

The aim, according to the mayor, is to encourage Londoners to “reimagine” their city as car-free and get around by either walking or cycling.

But which areas will be most affected by the temporary car-ban? And what will the day entail?

Sadiq Khan hopes more than 150,00 Londoners will take part in car-free events across the city. (Matt Alexander/PA)

When is it?

London's Car Free Day will officially take place on Sunday, 22 September, but road closures or bus-only zones will only be enforced between 10.30am and 5pm.

Will the whole city be affected?

Twenty kilometres of roads – the equivalent of nearly 200 football pitches in length – will be closed in central London around Tower Bridge, London Bridge and the City of London.

Cycling and walking will be encouraged, but some areas – including London Bridge up to Bishopsgate will have buses but no other vehicles. So far, 18 boroughs across Greater London have also confirmed they will close more than 200 streets to traffic, transforming them into “Play Streets” for community events..

Boroughs including Ealing, Brent, Greenwich, and Tower Hamlets have announced plans to organise their own activities, while others have pledged to support residents who would like to hold a Play Street on the day.

Communities across the city can apply for a designated Play Street. Residents are advised to contact their borough council for specific information on plans for their area.

Taxi drop off points will be allocated around the route for people with accessibility issues to attend the events.

What will these closed 'Play Streets' be used for?

Free activities and entertainment will take place in traffic-free roads across the city.

The events – collectively named 'Reimagine' by the Mayor of London – will include:

- Cycling opportunities like e-bike rides and spinning activities;
- Exercise and fitness activities including a BMX and skate ramp and pop-up playgrounds;
- Guided walking routes and treasure hunts around the City of London and Southwark;
- Live entertainment for all ages including roaming performers;
- Children's activities, arts and crafts marquees, a storytelling stage and a themed school sports day

The mayor's office said Reimagine's aim is to "allow children to play and communities to get together.

It is also intended to "support the Mayor's work to enable more Londoners to cycle, walk and use public transport to help improve health and reduce car emissions."

How many people are expected to take part in the events?

The Mayor of London hopes more than 150,000 Londoners will join in Reimagine activities.

In a statement, Mr Khan's office said the turn-out "will help encourage the change in behaviour needed to meet the Mayor's ambitious target of

80 per cent of all journeys to be taken via sustainable modes of transport by 2041, compared to 63 per cent today”.

The risk of dying from long-term exposure to London’s toxic air has risen for a second year running (PA)

Why is a “change in travel behaviour” considered necessary?

The mayor has repeatedly warned of the dangers of air pollution, calling it “one of the biggest health emergencies of our generation”.

Government statistics suggest more than two million Londoners currently live in areas with illegally dirty air, including more than 400,000 children.

Research shows that more than 50 per cent of London’s toxic air pollution is caused by vehicles, but a recent TfL survey found that almost half of all Londoners did not realise vehicles were the main cause of air pollution.

© Evening Standard, June 2019

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Article 2: **Metro Releases Tandem Video**

On 21 June, Metro Blind Sport released the final video in the recent series that they have created. The tandem cycling video has been released to demonstrate how blind and partially sighted people can take part in cycling.

Disabled people are currently the least active group in society, and twice as likely as non-disabled people to be physically inactive. With support from the Greater London Fund for the Blind and the Masonic Charitable Foundation, Metro Blind Sport has created a series of videos to help to reverse this trend.

Tandem cycling is a great way to be active and it is also an incredibly social activity. The tandem cycling video is designed to show how visually impaired cycling occurs and the benefits it has on participants. The video shares first-hand experiences from people with a variety of visual impairments, so others can learn from their stories, helping them to understand the health and social benefits of cycling.

Martin Symcox, CEO of Metro Blind Sport says:

"Metro Blind Sport are delighted to have released our final video in the series. With a sighted guide at the front of the bike, tandem cycling allows blind and partially sighted people to enjoy the benefits of cycling and provides the opportunity to meet new people and gain confidence.

Visually impaired people have told us that they are unaware of the opportunities that exist, and these videos are intended to demonstrate how blind and partially sighted can get involved and get active in an extremely popular VI activity."

The video can be viewed here:

<https://blindsport.uk/TandemVideo>

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Article 3: **Extant Invites Artists to Join Development Database**

As part of its commitment to greater inclusivity in the arts, Extant is creating a database of blind and partially sighted creatives. This database will be used to build a network of artists through which we can publicise opportunities for work and further training, leading to a growing pool of visually impaired artists with successful careers in the arts.

If you would like to be included in this database, or for more information please email Stephen at stephen@extant.org.uk or call 0207 820 3737.

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EVENTS

1: VI Supported Swimming Group in Clapham

We have spaces in our VI Supported Swimming Group, details below, please promote it;

12pm to 1pm Thursdays

With teacher and volunteers

Clapham Leisure Centre

141 Clapham Manor Street
London
SW4 6DB
Cost: £2.05

Plus, we are hoping to expand the group soon at Streatham Ice and Leisure Centre, watch this space.

To register contact Nara HZaman@disabilitylambeth.org.uk
07512 566 875

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2: Stranger by Design, Multisensory Tour

Date: Saturday 13 July 2019.
Time: 10.30 – 12.30
Venue: The Design Museum

Join this Multisensory Tour for blind and partially sighted visitors to discover strange and innovative approaches to design from the museum's handling collection. From the unique work of Philippe Starck to a cup for drinking in space, this session will focus on the design process behind a range of objects, asking how they unsettle everyday experiences and the expectations that we bring to the objects we use.

Please note that this tour is for blind and partially sighted visitors.

Booking information:

To book a place on this free tour, please email access@designmuseum.org with the title of the tour, your name and number of places required.

You can also call the museum's access team on +44 20 3862 5937 between 10 am and 5 pm, Monday to Friday.

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3: Travel Confidence Information Day

Do you lack confidence in travelling on public transport? Would you like to gain some confidence but don't know how to get started? Or, are you

eager to become more independent but need a bit of support taking those first steps?

Why not come along to London Vision's next Travel Confidence Information Day?

We will be hearing from a range of guest speakers, including:

- TFL Rail Buddy Scheme;
- TFL Turn Up and Go assistance on Underground and Overground stations;
- Guide Dogs' My Guide Scheme
- Rehab Officers, discussing Cane training and other mobility aids;
- Tower Transit - Disability Advisor discussing your rights and the duties expected from bus drivers.
- Guest Speakers – Real life stories from members who have used these services.

The Travel Confidence Day is a great opportunity to learn more about the services on offer across London that help people to travel more confidently – come along and gain the confidence you need!

When: Monday 15 July 2019

Where: The Thomas Pocklington Trust Hub, Entrance D, Tavistock House, Tavistock Square, London, WC1H 9LG

Time: 10 am – 4 pm Arrival Time 9:30 am

Anyone interested in attending, please contact Bhavini Makwana on 07976 448824 or email bhavini.makwana@londonvision.org

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4: Audio-Described Tour of Lee Krasner: Living Colour

Date: Tuesday 16 July 2019

Time: 18:30

Ticket price: £6

Join visually impaired art historian Lisa Squirrel for an audio-described tour of the exhibition Lee Krasner: Living Colour.

This exhibition celebrates the work and life of Lee Krasner (1908–1984), a pioneer of Abstract Expressionism and is the first major presentation of her work in Europe for more than 50 years. Lee Krasner: Living Colour tells the story of a formidable artist, whose importance has too often been eclipsed by her marriage to Jackson Pollock.

Booking contact number: 0845 120 7511

Booking contact email: tickets@barbican.org.uk

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

Closest tube: Barbican or St Paul's

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5: On the Town with London Vision East

Join London Vision East for the following events:

Sunday 21 July

Whitechapel Gallery- Audio Description Tour: Michael Rakowitz

A tour with tactile images – major exhibition by Michael Rakowitz an artist that makes moments of silence, erasure visible by uncovering unexpected connections and stories.

Meeting point Whitechapel Station by ticket barriers at 11:00 am

Time: 11.15

Anyone wishing to attend, please book your place by Friday 12 July.

Tuesday 23 July

Come and join us for a delicious Italian Cuisine meal and catch up with old and new friends. Attendees are responsible for paying for their own meal.

Time: 18:30-21:00

Location: Uffizzi, 753 – 755 Lee Bridge Road, London E17 9DZ

Anyone wishing to attend, please book your place by 16 July

If you would like to attend either of these events please contact the office by the specified closing date either by calling 020 3697 6464 or emailing christine.edmead@londonvision.org

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6: Summer Festival 2019 - Sports Event for all Disabled People

It's hard to believe that our Summer Festival is returning for its fifth year and we're really proud of how much it has grown and how far our members, support groups and partners have come.

If you've come to any of our past Summer Festivals you will know the Summer Festival isn't just about taking part in sports, it's much more

than that. It's a day for everyone from across London (and further) to come together to socialise, make new friends, try new sports and have a fun day out.

Like always, we will have over 20 different inclusive sports, special guests, performances and more!

Get the full details and flyer here

Date: Friday 26 July 2019

Time: 10am – 2.30pm

Venue: Westway Sport and Fitness Centre, 1 Crowthorne Road, Kensington, London, W10 6RP

Price: £2 early bird (register before 21 June)
£3 (after 21 June)

For more information or if you are an organisation and want to bring a group, please contact Lauren on laurenm@disabilitysportscoach.co.uk or call 020 7021 0973.

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7: InTouch artmaking workshop at the Royal Academy

Saturday 27 July, 1 – 3.30pm

Join artists Rachel Gadsden and Harry Baxter as they lead an art making workshop specifically designed for blind and partially sighted visitors. After an audio described touch tour of the Summer Exhibition, make art inspired by artists and artworks from the Summer Exhibition 2019.

Anyone is welcome, including those with no art experience. Materials and support from staff and volunteers are provided.

This workshop is free but has a limited capacity.

How to book

Tickets for this event can be booked online or by contacting our Ticketing Team by emailing tickets@royalacademy.org.uk or calling us on 020 7300 8090. See all events for blind and partially sighted visitors.

Audio guides are available for most exhibitions. Find out more.

Large print guides are available in the gallery for all exhibitions, and to download from the RA website exhibition pages once an exhibition opens.

Royal Academy of Arts

Piccadilly entrance:

Burlington House,

Piccadilly

London

W1J 0BD

Burlington Gardens entrance:

6 Burlington Gardens

London

W1S 3ET

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8: WAF Celebrates

Back by popular demand, the 'WAF Celebrates' event will be another opportunity for members to take to the stage and share their positive experiences and achievements of the year so far. The evening will consist of an hour open mic session, with each speaker having five minutes to talk about something they are proud of, or something positive relating to their sight loss that they'd like to share. This will be followed by another hour of refreshments and networking.

Public speaking not your thing? Not a problem: everyone is welcome to come along and listen to the inspiring stories of other Working Age Forum members and enjoy the refreshments and networking session afterwards.

When: Wednesday 31 July 6pm – 8pm

Where: Pocklington Hub, Tavistock House South (entrance D),
Tavistock Square, London WC1H 9LG

We can offer assistance from Euston station to those who request it in advance. To RSVP please email us: waf.london@londonvision.org
Please ensure you let us know if you are coming no later than Wednesday 24th July, this allows us to ensure we have enough support and catering for the event.

If you have any issues on the evening please contact our Networks Manager, Alex Pepper on:

07970 725 620

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9: Extant Presents: No Dramas!

Are you visually impaired and would you like to come along to drama sessions that are designed around having fun, learning new skills and meeting new people?

Then No Dramas is just for you!

Run by Extant, the UK's leading Company of visually impaired people in partnership with London Vision, No Dramas will be a regular monthly 2-hour improvisation workshop held in London for adults with previous performance experience or those with none.

When: Thursday August 1, Thursday September 26 (further dates TBC)

Time: 18:00-20:00

Where: The TPT Hub – Entrance D, Tavistock House South, Tavistock Square, Euston, London WC1H 9LG

There will be a meet and greet at Euston station at 17:30 – please let us know if you require assistance. Sessions are free and everyone is welcome.

The Sessions will include accessible drama exercises, drama games and improvisation scenes to boost your confidence, interactive skills and to learn more about performance technique.

To register interest in any of the session dates above please contact info@extant.org.uk as places are limited.

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10: New Junior Goalball sessions

Join us as we learn the basics of goalball and put our new found skills to the test with matches against each other. Working with Goalball UK, you'll be taught by the experts to attack and defend in this indoor, 3-aside team sport.

Open to visually impaired 8-25 year olds.

Dates

Thursday 1 August

Thursday 15 August

Thursday 29 August

Address: Our Lady's High School, London N16 5AF. Station meet and greet available from Stamford Hill.

Time: 10am - 12pm

To find out more and book your free place, email ginisha.vekaria@rsbc.org.uk or call 020 3198 0225

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And finally ... Picture Descriptions at the Dulwich Picture Gallery

There are two picture description talks coming up for which there are quite a few spaces available:

Thursday 18 July, 9.30am – special early morning viewing on Cutting Edge: Modernist British Printmaking exhibition and a picture description talk focusing on three paintings in the exhibition.

Thursday 8 August 11.30am – picture description talk on The Colour Palace, Dulwich Picture Gallery's summer Pavilion.

All talks also include free entry to the Gallery.

To reserve a place e-mail Holly on h.power@dulwichpicturegallery.org.uk
Or call 0208 299 8730.

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End of Bulletin