



LONDON
VISION

‘Let’s Go Out’

September 2019

54th 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 September issue of our newsletter which highlights cultural events and activities – 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

[Félix Vallotton: Painter of Disquiet, Royal Academy](#)

Date: Monday 2 September 2019

Time: 09:00

Ticket price: Free (booking required)

Join the Royal Academy for an audio-described tour of the exhibition, Félix Vallotton: Painter of Disquiet, followed by refreshments and a handling session.

This exhibition reveals the vision of Félix Vallotton (1865–1925), a masterful painter and printmaker who captured the emotional undercurrents of Paris at the turn of the last century.

By the end of the 19th century, Paris was the unrivalled capital of the Western art world. Impressionism had transformed the visual arts, and Post-Impressionism was flourishing in its wake. Into this dynamic world arrived the 16-year-old Swiss artist, Félix Vallotton. He became closely involved with a group of artists known as Les Nabis, which included Pierre Bonnard and Édouard Vuillard, adopting their decorative painterly language and sharing their interest in journalistic illustration and Japanese ukiyo-e prints.

Discover paintings and prints detailing Vallotton's extraordinary body of work – from compelling portraits, magnetic still-lives, luminescent landscapes and biting satirical prints, to interior scenes which reverberate with psychological tension.

This event includes refreshments and volunteer support is provided.

Booking contact number 020 7300 5732

Booking email tickets@royalacademy.org.uk

Venue: Royal Academy, Burlington House, Piccadilly, London W1J 0BD

Closest tube: Piccadilly Circus/Green Park

Jacob with Laban and his Daughters, Dulwich Picture Gallery

Date: Thursday 5 September 2019

Time: 11:30

Ticket price: Free (booking essential)

Join Dulwich Picture Gallery for a picture description talk on a highlight from the Gallery's permanent collection: Jacob with Laban and his Daughters, by Claude Lorrain delivered by a trained guide.

Booking contact number 0208 299 8730

Booking contact

email learning@dulwichpicturegallery.org.uk

Venue: Dulwich Picture Gallery, Gallery Road, Dulwich, SE21 7AD

Closest station: Denmark Hill

Viscovery Day, Science Museum

Date: Saturday 28 September 2019

Time: 10:00

Ticket price: Free - booking required, opens a month prior to the event

Viscovery days enable families with members who are visually impaired, partially sighted or blind to enjoy events around the Museum that are specially designed for them.

To receive more information about this event, email Family Programmes or call

Booking contact number 02079424086

Booking contact

email familyprogrammes@sciencemuseum.ac.uk

Venue: Science Museum, Exhibition Road, South Kensington, SW7 2DD

Closest tube: South Kensington

Delaroche: The Execution of Lady Jane Grey, National Gallery

Date: Saturday 28 September 2019

Time: 11:30

Ticket price: Free (booking required)

Join National Gallery guides for an audio-description and discussion of this month's art through words painting Paul Delaroche: The Execution of Lady Jane Grey.

Lady Jane Grey was Queen of England for just 9 days until she was driven from the throne and sent to the Tower of London to be executed. Jane became queen after the death of her cousin, Edward VI in 1553. As a Protestant, Jane was crowned queen in a bid to shore up Protestantism and keep Catholic influence at bay. Lady Jane Grey was executed at Tower Green on 12 February 1554. She was just 16 years old.

In this painting, she is guided towards the execution block by Sir John Brydges, Lieutenant of the Tower. The straw on which the block rests was intended to soak up the victim's blood. The executioner stands impassive to the right and two ladies in attendance are shown grieving to the left. The painting was exhibited in Paris at the city's famous Salon in 1834, where it caused a sensation.

Please meet at the Sainsbury Wing foyer by 11.30am. Each session begins with a description of the painting and ends with a visit to the galleries.

Booking contact number [020 7747 2864](tel:02077472864)

Booking contact email demitra.procopiou@ng-london.org.uk

Venue: National Gallery, Trafalgar Square, London WC2N 5DN

Closest tube: Trafalgar Square

Theatre

Disney's Lion King, Lyceum Theatre

Date: Sunday 1 September 2019

Time: 14:30

Ticket price: £50

Touch Tour: 12:30

Julie Taymor's spectacular adaptation of Disney's award-winning film uses masks and puppetry to create pure theatrical magic.

Booking contact number [0207 420 8114](tel:02074208114)

Booking email lyceumbo@theambassadors.com

Venue: Lyceum Theatre, 21 Wellington Street, London WC2E 7RQ

Closest tube: Covent Garden

As You Like It, Shakespeare's Globe

Date: Tuesday 3 September 2019

Time: 19:30

Ticket price: standing £5, seated from £23

Touch Tour: 17:30

This 'buoyant and embracing' (The Stage) production from 2018 returns to the Globe Theatre this summer.

A firm favourite among Shakespeare's comedies and featuring some of his best-loved characters, As You Like It runs the glorious gamut of pastoral romance. A series of mistaken identities and mishaps in the Forest of Arden ultimately sees new friendships formed, and families and lovers reunited.

Booking contact number [020 7902 1409](tel:02079021409)

Booking contact email access@shakespearesglobe.com

Venue: Shakespeare's Globe Theatre, 21 New Globe Walk, Bankside SE1 9DT

Closest tube: Southwark

Tina

Date: Wednesday 4 September 2019

Time: 19:30

Ticket price: £39.75

Touch tour: 17:30

From humble beginnings in Nutbush, Tennessee, to her transformation into the global Queen of Rock 'n' Roll, Tina Turner didn't just break the rules, she rewrote them. This new stage musical reveals the untold story of a woman who dared to defy the bounds of her age, gender and race.

One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards and her live shows have been seen by millions, with more concert tickets sold than any other solo performer in music history.

Booking contact number 020 7836 5537

Booking email aldwych.access@nederlander.co.uk

Venue: Aldwych Theatre, 49 Aldwych, London WC2B 4DF

Closest tube: Temple/Covent Garden

The Secret Diary of Adrian Mole Aged 13 3/4

Date: Wednesday 11 September 2019

Time: 19:30

Ticket price: From £15

Touch tour: time TBC

This joyous new musical adaptation of Sue Townsend's best-selling book *The Secret Diary of Adrian Mole Aged 13 3/4* -The Musical is NOW PLAYING at the Ambassadors Theatre for a strictly limited West End season.

'A bittersweet blast of pre-digital fun that speaks to all ages' (The Times), this timeless tale of teenage angst, family struggles and unrequited love, is told through the eyes of tortured poet and misunderstood intellectual Adrian Mole. One of the most enduring comedy characters of all time, he's the hapless, hilarious, spotty teenager who captured the zeitgeist of 1980s Britain.

With an infectious score and a script as sidesplittingly outrageous as the original novel, this critically acclaimed production brings Adrian's story to life for a new generation of theatregoers. Don't miss your chance to see this 'entertaining romp through teen awkwardness' (Evening Standard)!

Booking contact number [0843 904 0061](tel:08439040061)

Booking email AMBboxoffice@theambassadors.com

Venue: Ambassadors Theatre, West Street, London
WC2H 9ND

Closest tube: Leicester Square

Wicked

Date: Saturday 14 September 2019

Time: 14:30

Ticket price: £37.75

Touch Tour: 12:30

“A huge, bright, colourful production that’s full of wonder and joy” (Official London Theatre).

Wicked tells the incredible untold story of an unlikely but profound friendship between two young women who first meet as sorcery students. Their extraordinary adventures in Oz will ultimately see them fulfil their destinies as Glinda The Good and the Wicked Witch of the West.

Booking contact number 0800 912 6973

Booking contact

email apollovictoriaaccess@theambassadors.com

Venue: Apollo Victoria, 17 Wilton Road, Pimlico, London
SW1V 1LG

Closest tube: Victoria

Sports

Cycling with MSSC

Date: Sunday 1 September 2019

Time: 08:30 – 15:00

Cost: Free

MSSC is based in Colliers Wood, London SW19. The club has a fleet of tandems and pair sighted front riders with vision impaired back riders for regular rides, mainly on quiet roads and trails.

We have enjoyed some great rides so far this year in varying types of weather! Now that spring is in the air and the hours of daylight are extending, we are looking ahead and hoping to plan some all-day rides plus some gentle evening excursions and even a weekend cycling trip, to make the most of the lighter, longer days.

Metro Blind Sport would always advise contacting the event contact to confirm there have been no last-minute changes or cancellations

For more information and book a place, please Contact
Email: cycling@mssc.org.uk or visit our
website: www.MSSC.org.uk

1 to 1 Coached Swimming

Date: Monday 9 September 2019

Time: 12:00 – 13:00

Cost: £20.00 for four 1-1 Coached session *Saves £18.60 per session *This is a subsidised rate for current Metro members only.

A chance at Swimming: 1-1 Coaching
Metro Blind Sport in partnership with Ealing Swimming Club and Everyone Active are offering one to one swimming lessons, as we believe this is the best way to start if you have always wanted to try swimming, but need that one to one support.

Where: Northolt Leisure Centre, Eastcote Lane North, London, UB5 4AB.

Who for: Blind and beginners/non-swimmers.

How to book: Please contact either Fred Burley – Ealing Swimming Club, Tel. 07428 783509 or email fred@swimesc.co.uk

Dance: Monday Moves!

Date: Monday 9 September 2019

Time: 18:30 – 20:30

Cost: Confirm with contact

What's it like to take a ballet class when you're blind?
The Royal Opera House's weekly class for blind and partially sighted people debunks the myth that ballet is a solely visual art form.

Attendance is strictly limited so please call 020 7212 9410 or email learning@roh.org.uk for more information.

For over 25 years, the Royal Opera House's Monday Moves project has been challenging that very presumption of the art form's visual nature, with weekly ballet classes specifically for adults with sight impairment.

'It was an experiment to see if visually impaired people could do ballet,' explains Maggie, one of the founding members of Monday Moves.

Many of the participants had tried other dance classes in the past, but found them difficult to follow as they couldn't see what the teacher was doing. At Monday Moves participants have a shared movement language in the form of ballet's French terminology, enabling faster and more accurate responses to vocal instruction.

Monday Moves classes also take place in a large, familiar studio, encouraging participants to be unrestrained in their movement. 'It's so wonderful to be able to prance across a really long studio and know there is nothing in the way,' says Maggie. 'Your body feels better, and your mind feels better for having done things you didn't think you could do.'

Enrolment for the next term of Monday Moves is now open.

Classes will run on the following dates:

- Mon 9 Sep (6:30 – 8:00pm)
- Mon 16 Sep (6:30 – 8:00pm)
- Mon 23 Sep (6:30 – 8:00pm)
- Mon 30 Sep (6:30 – 8:00pm)
- Mon 7 Oct (6:30 – 8:00pm)
- Mon 14 Oct (6:30 – 8:00pm)

(6 weeks)

Attendance is strictly limited so please call or email learning@roh.org.uk for more information.

Venue: Royal Opera House, Covent Garden, London, WC2E 9DD

Ice Skating Wednesdays with Disability Advice Service Lambeth!

Date: Wednesday 11 September 2019

Time: 11:30 - 12.30

Cost: £5.70 per disabled person (support worker or carer free)

This is a weekly wheelchair and VI friendly, quiet skate session with coach and volunteers.

Contact: To register in advance for the skating sessions, contact Nara at Disability Advice Service Lambeth (DASL): Telephone: 07512 566 875 or email: HZaman@disabilitylambeth.org.uk

Venue: Streatham Ice & Leisure Centre, 390 Streatham High Rd, Streatham, London, SW16 6HX