



# LONDON VISION

## London Scene

October 2020

London Scene is a regular newsletter to inform people with sight loss about accessible activities and events happening around London, including local society events.

If you would like to unsubscribe from this newsletter at any time, then please call 020 37613651 or email [info@londonvision.org](mailto:info@londonvision.org)

Please note that a copy of this newsletter may have been despatched before receiving your request to unsubscribe. If you would like to submit local society events for promotion in this newsletter, please email or call using the same details as above.

Welcome to the October edition of the London Scene newsletter.

London Vision will continue to be in contact with our clients/members regularly via the London Scene newsletter. We hope everyone is well, staying safe and adapting to life in an ongoing pandemic. London Vision staff are still working and contactable. If you are feeling particularly isolated during this difficult time, then please do get in contact using the normal channels.

### Sports

Keen on staying active while at home? Check out [Metro Blind Sport's workouts](#)

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

Twitter / Facebook / Instagram @LondonVisionUK  
Charity number: 1183741

## Theatre

### [10 best Broadway shows you can stream for free online](#)

Royal Albert Home brings exclusive sessions from artists' homes to yours whilst the Hall is shut. [These shows are all available for free by following this link.](#)

## Tours

Some museums have now opened. You need to book before you attend.

You need to ensure you abide by the government safety messages and guidelines.

Victoria and Albert Museum: Cromwell Road, Knightsbridge, London SW7 2RL  
Tel: 020 7842 200

[Website](#)

Museum of London: 150 London Wall, London EC2Y 5HN  
Tel: 020 7001 9844

[Website](#)

## Esme's virtual friends

It's not unusual to see things that aren't there when you have sight loss. Perhaps you see grotesque faces that stop you sleeping or even weird and wonderful patterns that shimmer on walls, floors, or ceilings. This condition is known as Charles Bonnet syndrome (CBS). We know that seeing things you know are not there can leave you feeling lonely and anxious. We know because people have told us.

That's why we are working with Esme's Umbrella, the national CBS organisation, to host regular group sessions on Zoom. These sessions will begin on October 8<sup>th</sup> at 6pm and we are delighted to announce Judith Potts, founder of Esme's Umbrella will be joining us to talk about latest treatments, research and coping strategies. If you'd like to join this informal session contact [info@londonvision.org](mailto:info@londonvision.org) or give us a call on 020 3761 3651

## WHIPPS CROSS HOSPITAL

"We have a once-in-a-lifetime opportunity to build a brand-new hospital at Whipps Cross. In September 2019, the Government announced Whipps Cross as one of six sites in the country to get the go-ahead to build a brand-new hospital subject to business case approvals. We are now in the second stage of the planning and approvals process - this involves starting to think about what the new hospital building and facilities will be like in the future.

We would like to hold a focus group session with you to talk about the Whipps Cross redevelopment. We are eager to learn from our patients and service users about your experiences of the current Whipps Cross buildings and facilities, and what matters to you about the new hospital building. Our ambition is that the new hospital will be accessible and inclusive for all our patients, as well as being a leading site for digital innovation, and we would really value your opinions and feedback"

Please join Whipps Cross on Thursday 1st October 2020, from 4 pm to 6 pm. The consultation will be held over Zoom.

Please register your attendance in advance by emailing [info@londonvision.org](mailto:info@londonvision.org)

Joining instructions will be sent nearer the time.

## ORIEL

We need your expertise to help shape the future of eye care services.

Oriel is the proposal to create a new, integrated eye care, research and education centre in Camden. It is a joint initiative between Moorfields Eye Hospital, UCL and Moorfields Eye Charity.

Through our consultation work we know that accessibility is very important to our patients and the potential users of the new building. The Oriel team has put together a panel of accessibility experts to update you on the work the team has been doing and to get your feedback on some of the ideas we have had on making it easier for people to get to the new centre from local transport hubs.

The panel of access consultants will be Pip Jackson, Access and Inclusion Manager at UCL, Jean Hewitt, Oriel appointed accessibility lead from the Inclusive Design team at Buro Happold and Andy Baker Access Specialist from the Oriel design team.

This is a unique opportunity to shape the access solutions that matter to our

people. We look forward to engaging with you online via Zoom on Monday 5 October 2020, from 4 pm to 6 pm.

Please register your attendance in advance by emailing

[info@londonvision.org](mailto:info@londonvision.org)

Joining instructions will be sent nearer the time

## Managing Sight Loss sessions

The Managing Sight Loss sessions helped me learn, even after seventeen years of blindness!

I lost my sight in 2003 and struggled to find all the help and information I then needed to lead a full and independent life. It took many months, nearly two years, to pull together all the information, contacts and support links I needed, not to mention a lot of frustration.

Now, some seventeen years later, I felt fairly well informed but had begun to realise how much had changed, mostly for the better, over the years and that I was out of date. So, I asked to participate in London Vision's new series of virtual/phone sessions of the Managing Sight Loss course.

They were available free on Zoom, accessible for anyone with a computer, smartphone or just a landline. Plus, they offered a wide range of dates and time slots for the one-hour sessions – meaning I could get to participate in nearly all of them, and I was so glad I did!

The Managing Sight Loss course offers nine distinct sessions, each lasting just over an hour. The sessions focussed on different topics, such as:

- Registration, benefits and rights
- Tips and tricks for living with sight loss.
- Everyday Life Skills.
- Getting out and about.
- Introduction to technology.
- Sport and leisure.
- How to feel good about yourself.
- Setting goals and targets.

During each of these friendly, informal, and small group sessions there was time to ask questions, chat with others and share experiences and ideas. I learnt so much, both from the presentations and talks and from the other participants, greatly enjoying the open and helpful atmosphere. Even friends and family are welcome to join in.

On top of all the helpful and informative chat and details you also get a comprehensive summary of every key fact and useful contact as a follow up email after each session. Nothing is left out and you don't have to rely on memory or hastily written notes.

Whether you are new to sight loss or an old hand like me, participating in these sessions is a great way to improve how you manage your sight loss to the best of your ability.

Joining, is easy, just call Chris on 020 3761 3651 or e-mail [info@londonvision.org](mailto:info@londonvision.org)

Written by Robin Davies West London.

## Managing Sight Loss sessions

Ours sessions are friendly and relaxed, and we ensure that everyone has time to talk. Attendees tell us it makes a huge difference being able to talk to others in similar circumstances. Each session is themed, and we cover a variety of topics from registration, rights and benefits to sport and leisure. We welcome friends and family and if you've never used Zoom we will do our very best to explain how it all works. If you would like to learn more, get in touch via e-mail [info@londonvision.org](mailto:info@londonvision.org) or call 020 3761 3651. Why not take a look below and pick a session; We look forward to meeting you:

### **Introduction to Assistive Technology**

Tuesday 6 October 6pm – 7pm

repeated 7 October 2.30pm – 3.30pm

The session will be led by Graham Page from Thomas Pocklington's technology team. We will explore how every day technologies can be made usable by people with sight loss We'll talk about phones, tablet computers, smart speakers and computers.

### **Advanced Technology**

Tuesday 13 October 6pm – 7.30pm

The session will be led by Graham Page from Thomas Pocklington's technology team he'll be joined by Davinder from RNIB's technology for life team. This session is for people who regularly use technology but want to trouble shoot a problem or ask how to complete a certain activity. If you'd like to come along, we'd like to have your questions in advance.

[info@londonvision.org](mailto:info@londonvision.org)

### **Health and Wellbeing**

Wednesday 14 October 2.30pm – 3.30pm

repeated 16 October 6pm – 7pm

We will explore simple techniques for living a healthy and relaxed life and we'd certainly welcome your thoughts on simple ways of staying well in body and mind

### **Goal Setting**

Tuesday 20 October 2.30pm – 3.30pm

repeated 20 October 6pm – 7pm

We'll explore how to set achievable life goals and stick to resolutions

### **Registration and rights**

Wednesday 21 October 2.30pm – 3.30pm;

repeated 26 October 6-7pm

We will explain the who, why and what of being registered as severely sight impaired or sight impaired and explore the benefits and rights that this brings

### **Getting out and about safely**

Tuesday 27 October 2.30pm – 3.30pm;

repeated 27 October 6-7pm

We will explore techniques that assist with independent travel in and out of the home. We will explain where you can get help with public transport and learn from others with sight loss how they move and travel with confidence.

### **Join the Working Age Forum on Zoom**

London Vision organises regular meetings of the Working Age Forum or WAF for blind and partially sighted people who consider themselves of working age. Whether you are employed, self-employed or seeking work, join our forum to hear from invited speakers and take part in group discussions about all aspects of the world of work.

Due to the lockdown, our meetings are currently being held on the Zoom online platform.

If you wish to become a member of the WAF please email [waf.london@londonvision.org](mailto:waf.london@londonvision.org) and ask to be put on the database to receive news and invitations. We can also email you information on how to obtain Zoom.

Our next WAF meeting is scheduled for 14<sup>th</sup> October at 6 to 7.30pm

## Eye Matter/Beyond Sight Loss

New multi activity Group for anyone living with low or no sight.  
All ages and abilities welcome

Wednesday 11am till 12pm VI cookery for easy yet delicious recipes

Thursday 5pm till 6pm tea time chat

Friday 11am till 1pm multiactivity everything will be audio described and can be accessed through a computer, smart phone or landline telephone.

Multi Activities include body conditioning, brain conditioning comedy quizzes and meditation for all information contact Suzie on 07523266421 or Ashrafia On 07956510008 or email [eyemattervi@gmail.com](mailto:eyemattervi@gmail.com) with your full name and telephone number.

EYEmatter presents an adult evening of entertainment

Join us weekly On Tuesdays starting on 29th September, 6pm till 8pm

starting with a comedy extravaganza with three comedians. This is a multiactivity group of Comedy/Salsa/meditation or a pub quiz. Join us via computer, smart phone or landline telephone. For full information call Suzie 07523266421 or Email [eyemattervi@gmail.com](mailto:eyemattervi@gmail.com) Looking forward to seeing you on Tuesdays

## September issue Riddles and Answers

Riddle: No matter how little or how much you use me, you change me every month. What am I?

Answer: A Calendar.

Riddle: What has cities, but no houses; forests, but no trees; and water, but no fish?

Answer: A map.

Riddle: A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

Answer: An apple a day keeps the doctor away!

Riddle: You have me today, tomorrow you'll have more; as your time passes, I'm not easy to store; I don't take up space, But I'm only in one place; I am what you saw, but not what you see. What am I?

Answer: Memories.

Riddle: What flowers are kissable?

Answer: Tulips.

## October Riddles

Riddle: Which three letters can frighten a thief away?

Riddle: What fastens two people yet touches only one?

Riddle: If two snakes marry, what will their towels say?

Riddle: What goes in hard, comes out soft, and you blow continuously?

Riddle: I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?

Answers will be in the November issue of London Scene.

## Baking

Do you like bananas? Why not try this recipe:-

### Banana Tea bread

125g butter or margarine

125g caster sugar

2 eggs

500g bananas, mashed

250g self-raising flour

½ teaspoon bicarbonate of soda

1. Pre heat the oven to 180°C, or Gas 4.
2. Cream together the butter or margarine and the sugar.
3. Beat in the eggs, one at a time, then the bananas.
4. Sift the flour and bicarbonate of soda together and fold into the mixture.
5. Turn into a greased 1 kg (2 lb) loaf tin.
6. Bake in the oven for about 75 minutes, or until golden-brown and firm to touch. Set aside to cool for 10 minutes.



Serve sliced and buttered.

Then all that is left to do is enjoy – I know it will be delicious.

## Aquabats Sports and Social Club for the Blind

On Saturday 31 October we are looking to put on a meal social at the Pride of Paddington which is close to Paddington Station. For now, I am just looking for those that would wish to join such a social. Given the current six ruling groups would be split up into groups of six. Each group would leave at 30-minute intervals commencing at 12 noon. Please let me know your interest by Thursday 22 October.

Arthur Payne  
Secretary  
Aquabats Sports and Social Club for the Blind  
[www.aquabats-social.org](http://www.aquabats-social.org)

## Extant's new online theatre production 'Flight Paths'!

Inspired by the tradition of 'the Goze' – blind female travelling performers of medieval Japan – Extant, the UK's leading company of visually impaired artists, launch a multimedia online production of *Flight Paths*.

With the Goze as your guide and narrator, create and navigate your own pathway through story, music, aerial movement and integrated audio description, to encounter unique reflections on travel, blindness and migration.

Click here to experience online: <http://flightpaths.extant.org.uk/>

I Say, what do you get when over a dozen visually impaired comedians congregate for some covert comedy?

Yes it's Eye Say, Eye Say, Eye Say! At this year's Bloomsbury Festival!

Join us on 17th October at 6 pm for a night of eye-watering comedy from our awesome range of visually impaired comedians who will actually be performing together and live-streamed to you from a top-secret location and offering 20/20 insights on their diverse experiences living in the capital!

Date and time: October 17 2020, 6 – 7.30pm

Venue: Live streamed from William Goodenough House

Tickets: £5

Purchase now: <https://extant.org.uk/project/eye-say-eye-say-eye-say/>

## New NHS Covid-19 app for Apple and Android Devices

The new NHS Covid-19 app for Apple and Android devices launched on 24 September and can be downloaded from your app store. The app is free and is part of the NHS Test and Trace service in England and Wales.

The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in via QR codes.

Together with other sector organisations, TPT has been involved in ensuring that the app is as accessible as possible for blind and partially sighted people. It is a native app build for Apple iOS and Android devices which means the built-in accessibility settings on your phone will work with it.

If you need access to information about the app in large print, braille or another format, you can request it by emailing [nhscovid-19accessibilityissue@nhsba.nhs.uk](mailto:nhscovid-19accessibilityissue@nhsba.nhs.uk)

You can also use the same email address to report accessibility problems and the NHS has committed to regular reviews and updates to improve accessibility further.

The link below takes you to a BBC news story with more information.  
<https://www.bbc.co.uk/news/technology-54270334>

## Blindness Awareness Month/Braille Week

The whole of October is Blindness Awareness Month, and the first week of October, 5-11, is also Braille Week!

For Braille Week, Masuma Ali has written a blog about how she uses braille in her day to day life and work, and how it works in conjunction with newer accessible technologies.

“5 to 11 October 2020 is Braille week in the United Kingdom. Braille was invented by Louis Braille in 1809. At the tender age of 15, Louis Braille invented the system of reading and writing with six raised dots, better known

to us as braille. It is used by blind people across the world, however, it is estimated that less than 8% of blind or partially sighted people in the UK are braille users.

This decline is a consequence of numerous technological advances available to blind and partially sighted people today. This has allowed people with visual impairments to access information in new and engaging ways; including reading with audiobooks, communicating using mobile tablets and computers with speech output, and using voice activated devices such as Amazon Alexa. This is something I can relate to: while I am a braille user, I couldn't imagine taking seven volumes of Harry Potter on holiday, when I could have them all downloaded onto my phone instead!

Technology certainly has its place – such as in the above example – yet I have found that braille is still useful when it comes to a variety of areas. For example, braille is increasingly being used on food packaging, medication, and on buttons in lifts. This proves that even having the basic ability to read braille provides a further level of independence for blind and partially sighted people. Naturally, I also appreciate that not all blind people are able to learn braille for a variety of reasons, such as limited sensitivity in their fingers.

I believe braille and technology work well together, and it is a partnership that aids me in my professional and personal life. Professionally, the ease of preparing a presentation on the laptop using a screen reader, to then be able to swiftly transfer it to my braille note taker to deliver is a blessing. I just can't seem to manage the art of presenting with speech babbling in my ear, so using braille is a great solution! Additionally, when socialising, I have found that braille doesn't always need to be large and unportable, you can carry a standard deck of playing cards with you wherever you go, and playing cards is a great way to spend time with people.

Personally, I think that there is room for both technology and braille to exist in parallel, even in today's technological world. Technology has made braille a lot more compact with the vast array of refreshable braille display options on the market, so it need not be cumbersome and unportable."

Masuma Ali, Engagement Manager for [Thomas Pocklington Trust](#)

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Best wishes from all at London Vision during this time.