



LONDON
VISION

London Scene

September 2021

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

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 September edition of the London Scene newsletter.

London Vision will continue to be in contact with clients/members regularly via the London Scene newsletter. We hope everyone is well, staying safe and adapting to the way life has changed in response to the ongoing pandemic. If you are feeling particularly isolated, then please do get in contact using the normal channels.

London Scene 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.

www.londonvision.org

Twitter / Facebook / Instagram @LondonVisionUK
Charity number: 1183741

This is just a selection of what is available in and around London.

Please note that London Scene is for information only and the activities listed below are not led by London Vision (unless explicitly stated). We recommend contacting the venue directly for further information including accessibility, health and safety and ticket sales.

Sports

Metro Blind Sport "Walk in the Park" programme.

Walking is one of the most accessible and social activities for blind and partially sighted people of all ages. Thanks to Sport England funding and recruited volunteers, Metro Blind Sport we will be doing weekly walks in various parks in London

The first three walks will be on

- 16 Sept at Hyde Park
- 23 Sept at Regents Park
- 30 Sept at Ravenscourt Park.

You can read more on this page: www.metroblindsport.org/walk-in-the-park/

MultiSports at Gunnersbury Park Sports Hub

Metro Blind Sport has partnered with Goalball UK, Sportworks, Ealing Council and GLL to deliver multiple sport and physical activity opportunities for blind and partially sighted people.

The weekly session will include one of the following, football, tennis, goalball, cricket as well as many other activities throughout the year.

Venue: Gunnersbury Park Sports Hub, Popes Ln, W3 8LQ.

Time: 2.00 pm - 4.00 pm

Phone: 07956 292 046

Date: 12th September 2021

Cost: *Booking required*

Contact: charlie.raven@metroblindsport.org

Book here: <https://tinyurl.com/Multi12Sept>

Are you interested in playing Goalball?

Why not play Goalball with a friendly club in Central London: **The London Elephants!**

Anyone is welcome to attend – young or old, male or female, new or experienced. It is a great fun game and very sociable.

Event Details

Venue: The Castle Leisure Centre, Elephant and Castle, London SE1 6SQ

Date: Fortnightly on Tuesdays

Time: 6 pm – 8 pm ***Booking Required* Please Call to Confirm**

Cost: First session free

Meet and greet: Closest Tube station Elephant & Castle

Contact: Londongoalball@outlook.com / 07894832820

Assistance back to the station after the session is also available.

For more information, and to register your interest, please email: londongoalball@outlook.com or call 07894832820

Metro would advise to always phone or email the event contacts, to confirm that there have been no changes to the event time or date to avoid possible disappointment.

Merton Sports & Social Club for Visually Impaired People

MSSC activities are up and running again! Our tandem cycle rides, of varying lengths, take place on the first Sunday and third Saturday of each month. All abilities are welcome, from beginners to seasoned cyclists. All start from our base in Colliers Wood SW19 and include a refreshment stop.

Our monthly guided walks have also started again, with a different location each month. Our next walk will be around 7 miles in Richmond Park.

We are also delighted to have found a new, friendly, well located and easily accessible venue for our monthly club socials. Please join us for our first social for over a year from 7.30pm on Tuesday 7th September at Ganleys Irish Bar, 43-47 London Road, Morden SM4 5HP. It is about two minutes' walk from Morden Underground Station, which is at the southern end of the Northern Line. We are happy to arrange for someone to meet you at the station to guide you to the pub, just across the road from the station – and you don't have to be Irish to be let in!

MSSC will be holding its Annual General Meeting from 2.00pm on Saturday 25th September at The Guardian Centre, 67 Clarendon Road, Colliers Wood SW19 2DX. The formal business of the AGM will be followed by a celebratory BBQ in memory of our dear friend and former member, Bob Waters who very sadly passed away last year. For obvious reasons, we were unable to gather in person for last year's AGM, so after such a challenging period of time and such a long absence of social events, we are really looking forward to getting together for this important meeting and this very special celebration.

For more information about any of the above, email cycling@mssc.org.uk or phone Richard on 07500 913 223.

Theatre

Greenwich + Docklands International Festival – Future Cargo

Date: Saturday 4 September 2021

Time: 8:00 pm

Ticket price: Free

Touch Tour: 19:15

Audio described in-house.

A truck arrives in Silvertown from an unknown location loaded with a mystery shipment. As the sides roll up, a strange and unstoppable process is set into motion. This contemporary sci-fi dance show reveals a world where the normal rules don't apply. Created in the Royal Docks by the makers of *Motor Show*, this extraordinary new outdoor production, takes audiences into a surreal visual and aural experience enhanced with 360 sound on personal headsets.

Presented by The Place.

Free event but ticketed. Book tickets [online](#). Meet at Pontoon Dock DLR to be taken to the performance site.

Please note that the audio description for this performance is not delivered by VocalEyes. Every effort has been made to ensure that these details are correct; however, please do double-check with the venue for the availability of introductory notes and touch tours when booking.

Venue: Pontoon Dock DLR Station, North Woolwich Road, London E16 2YJ

Booking contact number [07899 893 935](tel:07899893935)

Booking contact email alex@festival.org

The Lion King

Date: Sunday 19 September 2021

Time: 2:30 pm

Ticket price: £45

Touch Tour: 12:30PM

Audio described by VocalEyes.

Disney's award-winning musical THE LION KING explodes with glorious colours, stunning effects and enchanting music. It follows the powerful story of Simba as he journeys from wide-eyed cub to his destined role as King of the Pridelands.

Now in its 21st year at London's Lyceum Theatre, visionary director Julie Taymor's acclaimed reimagining of Disney's beloved film will redefine your expectations of theatre.

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

Booking contact number [0800 912 6972](tel:08009126972)

Booking contact email Lyceumboxoffice@theambassadors.com

Motionhouse — Nobody

Date: Thursday 23 September 2021

Time: 7:30 pm

Ticket price: £18 - £40

Audio in-house.

Fast-moving and highly physical, Nobody explores the tension between our inner lives and how we make sense of the world around us.

Motionhouse's renowned dance-circus style combines with mesmerising choreography to tell this ultimately uplifting story, full of twists and turns. Digital projections and the shape-shifting set create an environment where nothing is quite what it seems, as you follow seven characters on their journey of self-discovery, while a group of curious crows questions their every move.

Nobody is a spellbinding and strikingly visual adventure – a highly relevant and moving show that resonates with the times we live in.

Please note that the audio description for this performance is not delivered by VocalEyes. Every effort has been made to ensure that these details are correct; however, please do double-check with the venue for the availability of introductory notes and touch tours when booking.

Venue: Peacock Theatre, Portugal Street, London WC2A 2HT

Booking contact number 020 7863 8222

Booking contact email tickets@sadlerswells.com

Exhibitions and Tours

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

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

Audio-described-tours: Zoos - ZSL

<https://www.zsl.org/zsl-london-zoo/whats-on/audio-described-tours>

The Foundling Museum

40 Brunswick Square, London WC1N 1AZ

Tel: 020 7841 3600

Tickets: £7 - £11

Website <https://foundlingmuseum.org.uk/>

The Postal Museum

15-20 Phoenix Place, London WC1X ODA

Tel: 03000 030 0700

Website <https://www.postalmuseum.org/>

Sneakers Unboxed: From Studio to Street Multisensory Tour

Date: Saturday 11 September 2021

Time: 10:00 am

Ticket price: Free

Join this multisensory tour of the Sneakers Unboxed: Studio to Street exhibition for blind and partially sighted visitors. Specialist guide Andrew Mashigo will give an insight into the cultural history of sneakers, including the

most iconic and sought after pairs from high fashion to sport, as well as groundbreaking innovations changing the way sneakers are designed.

Booking contact number 0203 862 5900

Booking contact email bookings@designmuseum.org

Esme's virtual Friends Charles Bonnet Support Group 6pm September 9th

Back from a summer break this group is the place to be if you have Charles Bonnet Syndrome. Hear about the strategies employed by group members to manage their visual hallucinations caused by living with sight loss. For links to join contact info@londonvision.org or [click here.](#)

Managing Sight Loss Sessions

We're back with a new season of Managing Sight Loss sessions on Zoom. You can find full details of what we're up to along with fact sheets and blogs on London Vision's website www.londonvision.org. If Zoom isn't your thing, we can dial you into the meetings on your landline or mobile phones. Managing Sight Loss sessions are a blend of peer support and information. All sessions are relaxed and informal. Here's what's coming up in September and early October

Assistive technology: your questions answered

September 15 at 6pm

This session will be led by Graham Page from Thomas Pocklington Trust along with Davinder Kullar from RNIB. If you are a regular user of assistive technology, why not come along and ask your questions? If you would like to know more, please don't hesitate to get in touch and if you have a question for discussion get in touch on info@londonvision.org

Registration: your rights, your benefits

September 16 at 6pm

In this session we will explore the processes around certification and registration, the support you can expect, your rights and benefits to join the session contact info@londonvision.org. You can find additional information supporting this session [here on London vision's website](#)

The joy of listening to books on a smart speaker

September 22 at 6pm

In this session the team will be working with Paul Porter, RNIB's digital transformation manager, who will explain and demonstrate RNIB's reading services on Amazon Alexa. We will also take a look at Calibre on RealSam. Get in touch to join info@londonvision.org

Getting about confidently

September 29 at 6pm

In this session we will be exploring tips and tricks for independent movement at home and in the community when you are blind or partially sighted. We will talk about learning to use a white cane for the first time, and how to best make use of the services available to you.

Get in touch to join on info@londonvision.org

Life Hacks: for everyday living

September 30 at 6pm

This session will explore different techniques that you can use to live independently with sight loss, exploring the equipment and techniques that can assist you with your daily routine, from identifying hair conditioner to basic DIY. Get in touch to join info@londonvision.org

Theatre, Arts, TV, hobbies and more

October 14 at 6pm

In this session, led by Jessica Beal from Vocaleyes, we will look at everything London has to offer in the way of accessible entertainment. We will also consider how to get the best out of your TV and discuss other hobbies and leisure pursuits. To join, contact info@londonvision.org

WAF Inspires

Social Media at Work

London Vision is pleased to invite you to our next virtual meeting of the WAF via the platform Zoom.

At our next meeting we will be discussing the role of social media in the working lives of blind and partially sighted people. If you use Twitter, Facebook or any other platform, have you found them to be useful for networking, promoting yourself or your business, or discovering job opportunities? Also, what are its challenges and drawbacks, particularly in respect of its interface with assistive software?

Good, bad, or indifferent, we want to hear about your social media experiences. Maybe you can share handy hints on how to get the best from these platforms. Equally, you might not have used social media at all and feel inclined to avoid it altogether: whatever your view, please join us.

When: Wednesday 8 September 2021

Time: 6pm to 7.00pm

Where: Zoom

To reserve your place for the event, please email:

networks@londonvision.org

Joining details will be shared on the day of the event.

Beyond Sight Loss

Beyond Sight Loss Group Meeting is taking place Mondays every fortnight on Zoom: Listen to a guest speaker and discuss relevant news and events.

Time: 12:00-13:00

For joining information, please email ashrafia1@btinternet.com

Eye Matter

11th September 7pm till late- Eye Matter relaunch party - come join us, everyone welcome, new and old members!

13th September and every Monday 10:30am - VI's talk sport - facilitated by Syed and Warren

13th September and every Monday 3pm - Mental health wellbeing from surviving to thriving

14th September 11am - Living well With Sight Loss - please register at eyemattervi@gmail.com and we will send you the link to join

14th September and every Tuesday 6pm to 8pm - Social, followed by an activity, these change every week, for more information email eyemattervi@gmail.com

15th September and every Wednesday 11am to 12pm - VI Cookery

15th September, one off event 3pm - Inner Vision Orchestra's Kate Portal is running an introductory singing workshop.

16th September and every Thursday 6pm - social

17th September and every Friday 11am to 1pm - Social followed by activity

18th September and every Saturday 8pm - 11pm - Sensational Saturdays - hosted by the sensational Desen and Fatma the new Ant and Dec

23rd September, 4th Thursday of every month 11am - Bookworms hosted by Kevin - we will be reviewing Zen and The Art of Motorcycle Maintenance by Robert M. Pirsig - please either download or call RNIB to get this on a memory stick.

28th September 6pm - 8pm-social followed by a musical journey with the fabulous composer and pianist, Mark Pampel.

For joining information please call Eye Matter on 07523266421 or email eyemattervi@gmail.com

The Blind in Greenwich coffee mornings are back!!!

Where: The Guard House Pub, No 1 Street, Woolwich SE18 6GH

When: Wednesday 1 September 10:30 - 12:30 then the first Wednesday of every month.

A chance to socialise with other blind and partially sighted people from the borough of Greenwich.

For more details you can email blindinggreenwich@gmail.com or phone Steven Reed on 07958654023

VIEW

Wednesday 1st September 2021 - monthly VIEW group meeting

VIEW will be holding their next group meeting on Wednesday 1st September 2021 at 5.30pm. We can dial you into the meeting if that would be easier. Come along and hear what is happening locally, share your views on matters important to you as a blind or partially sighted person living in the Wandsworth area, to shape services, develop the group and much, much more. To register your name and to receive the link to join the meeting, please email - info@londonvision.org or call 020 3761 3651

Enabled Living Virtual Coffee Mornings

At Enabled Living we work with blind, deaf, deafblind or those with visual impairment or hard of hearing to provide sensory support.

We know it's important to feel part of the community and we offer a monthly virtual coffee morning so you can meet people in a similar situation and find out about what support is available.

Our coffee mornings are open to Newham residents.

When: 2nd Monday of each month

Time: 11am -12.30pm

Where: On Zoom

If you would like to attend, please contact us.

T: 0203 373 8800

E: info@enabledlivinghealthcare.co.uk

August Riddles and Answers

Riddle: The more you take away, the more I become. What am I?

Answer: A hole

Riddle: I have two hands, but I cannot scratch myself. What am I?

Answer: A clock

Riddle: Poor people have it. Rich people need it. If you eat it you die. what is it?

Answer: Nothing

Riddle: What goes up when the rain comes down?

Answer: An umbrella

Riddle: I have no feet, no hands, no wings, but I climb to the sky. What am I?

Answer: Smoke

September Riddles

Riddle: What has to be broken before you can use it?

Riddle: I'm tall when I'm young, and I'm short when I'm old. What am I?

Riddle: What month of the year has 28 days?

Riddle: What is full of holes but still holds water?

Riddle: What question can you never answer yes to?

Answers will be in the October issue of London Scene.

Retina UK

Online local support group meeting - London

The next London local support group meeting is scheduled for Saturday 25 September between 11.00am and 1.00pm. The speaker for this meeting is TBC - we'll be back in touch after the bank holiday to confirm.

If you are interested in attending, please complete the form on our website: www.RetinaUK.org.uk/groups#london or email services@RetinaUK.org.uk and instructions on how to join via your smart device, computer or telephone will be sent to you.

Fantasy Football

Is it possible to play fantasy football on either a mobile or a PC if you rely on a screenreader. Here is a post that suggests it is.

AppleVis, [Podcast] How to play Fantasy Premier League on your iPhone with VoiceOver <https://www.applevis.com/podcasts/how-play-fantasy-premier-league-your-iphone-voiceover> 2 days ago, dlvr.it

BAME VISION

BAME Vision launches new website and National Eye Health Week Workshops

BAME Vision is a newly formed group made up of professionals from the eye health and sight-loss sectors as well as those with lived experience to create a dynamic and diverse team. The Black, Asian and Minority Ethnic Vision group originally would have sat with Vision UK, but after its closure in 2020,

Chairs Bhavini Makwana and Adam Mapani decided to continue and meet with the group to discuss their future.

“Whilst having meetings to explore our priorities, vision and mission, we have also been engaging with ethnic groups on various platforms and creating and sharing content in a variety of languages. We have seen great impact within the communities, especially the talks provided by members from our team Subash Suthar and Jayshree Vasani” shared Bhavini Makwana, Chair.

Themed workshops

On 19th September, BAME Vision will launch a series of workshops for this year’s National Eye Health Week. Some of the topics we will cover are:

- What is National Eye Health Week?
- Live Well, See Well
- Diet and Nutrition
- Dry Eyes and screen usage
- Sight after 60
- The importance of regular eye checks
- Sharing mindfulness and ways to relax
- Discussing eye conditions most prevalent in BAME communities
- And more!

The workshops will be presented by professionals, consultants and those with lived experience sharing information and talking about personal experiences in different languages. There will also be a question and answer segment at the end of each session.

The workshops are open to anyone in the eye health and sight-loss sectors, those at risk of sight loss or with a vision impairment, family and friends or anyone wishing to seek information in different languages and interested in finding out more.

How to book

On 1st September we will launch our programme of workshops through our social media channels listed below, so please keep an eye on these to find out more and book your place! Alternatively, you can email info@bamevision.org to receive the full schedule.

We look forward to seeing you there.

Our website

We are excited to be launching our brand-new website on 1st September 2021 at www.bamevision.org

Our social media handles can be found at the below links, which you can like and follow:

[Twitter](#)
[Facebook](#)
[LinkedIn](#)

We at BAME Vision look forward to welcoming you.

DANCE DOSTI SURVEY

Dance Dosti is a dance programme created by Step Change Studios in partnership with Metro Blind Sport and supported by Vision Foundation.

We want to support people with sight loss to be active. Dance Dosti is especially focused on people from a South Asian background.

We know some challenges can be specific to culture and disability. We would appreciate a few minutes of your time to share your views.

<https://blindsport.uk/DanceDostiSurvey>

This will help other dance and fitness providers and us in our efforts to create activities that meet your needs.

If you would like support with this online form, please email:
admin@dancedosti.com or call: 07642 895461

Please do quote and comment.

Thank you from Rashmi and the Metro team.

Working Age Adventures in the Capital

For the first instalment of the Working Age Forum's Working Age Adventures in the Capital series, Working Age Forum attendee Eshita Unadkat talks about her newly rediscovered lockdown hobby: photography!

My lockdown hobby

Do you remember cameras which required a film roll? Each photo you took had to be a special one as there was a limit to the number of photos you could take before replacing the roll. I really enjoyed clicking as a child but was conscious about letting others down in case a photo did not turn out the way we expected. There was also the fear of the film roll not inserted properly or

just being blank. I always waited in anticipation for the prints to come through. To my surprise, the photos looked good most of the time, despite my visual impairment. Thus, I landed up with the important role of being our family photographer and capturing beautiful moments.

With time, digital cameras were introduced, and I got busy with growing up responsibilities so lost interest. I would take photos here and there but there was no passion.

Eeya's Blind Photography

One day, a close friend complemented on an image I had taken on the iPhone. For some reason, that triggered memories of my childhood and reminded me of how much I enjoyed playing with the camera. I began noticing more complements from friends and colleagues. Being severely sighted all my life, my perception of a good picture would be different to sighted people. The thought, 'they are just being nice', was always at the back of my mind. Hence, I was not feeling too confident.

[Eeya's Blind Photography](#) was born in early January 2020 when I was having coffee at McDonalds in India with a close friend, who encouraged me to create an Instagram page after approving my photo of a coffee cup on the McDonalds tray. Being a private person, making a public account was a big leap. I bit my tongue and just decided to do it anyway. Between then and February, a few more close friends supported my idea and approved photos that could be displayed in my gallery.

Then came the pandemic, where my working world and mental health ended up climbing a steep mountain with no signs of the summit. I could not cope so decided to give photography a break once again.

iPhone Photography Academy

The game changed when I signed up to the iPhone Photography Academy in May 2020. Now, my hobby assignments involved taking photos fulfilling specific criteria such as focus, exposure, portrait, landscape and so on. I was asked to submit each photo into a private Facebook group where other members gave constructive feedback. This time, I was getting complements and reassurance from strangers. Eeya's Blind Photography started gaining popularity and I became a part of a small community of photographers.

When asked how I was able to shoot amazing photos, my response always was that I got lucky. Someone once commented about a stork being right in the centre of one of my photos. As I had not seen this before, I magnified the image to have a closer look and to my surprise, I found a bird like structure right in the middle. It looked like a sculpture. Then I compared it to another image of the same place taken at a different time, the bird was not there! I started believing in my abilities when my photos began featuring on various Instagram guides and were being shared by popular photographers.

Losing motivation for my lockdown hobby

As the days got darker and colder, I was losing my motivation. To help me through, I decided to set myself a 66-day walking challenge and invited my Instagram friends to join in virtually. I became accountable. I woke up each morning with excitement of walking to my local park and looking for something to shoot. I will have clicked hundreds of pictures of swans swimming around and showing off their beauty. I felt more connected with nature and was starting to appreciate each season that was passing by from beautiful shades of autumn colours to bare trees and little snowflakes in winter. Spring just brought a leap into my footsteps, and I found myself chasing the pink cherry blossom wherever it was blooming.

Light, colour and contrast

My photos are all composed around light, colour and contrast as this is what I am able to see. Since bright light and glare make me uncomfortable due to my albinism, most of my photos are taken either early mornings, just before or around sunset or on night mode. To understand what I can see, let us compare a photo with low number of pixels to the one with a higher number. There will be lesser detail in the first one while the latter will be sharper and clearer. My vision has low pixels.

Photography has helped me express myself and create awareness around my genetic disorder. It tells a story that I struggle to put into words. My lockdown hobby has become an antidote to my mental health, and it is something that will stay with me forever.

Eshita Unadkat, August 2021.

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.

Best wishes from all at London Vision