Contact

sutton vision

ISSUE 82

Summer 2023

Photo by Vicky Blencowe @VI_VickyPhoto

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Contents

Chair Welcome and Thanks 4
Message from our General Operations Manager 5
Contact Us 6
Sutton Vision Services 7
Events and new activities for July to September 2023 8
Day in the Life: Caroline Dommett, Projects and Communications Officer 11
Volunteer News 12
Individual Giving 13
Do you have unwanted presents that we could use as prizes? 13
Community News 14
Apps to make everyday life easier. 15
VI Leisure Group (VILG) 16
Macular Society Social Morning 16
Days out this Summer 17
Crossword 18
Crossword Clues (answers on page 21) 19
Crossword Answers 21
Regular Social and Peer Support Groups 22
July's social groups and activities 25
August's social groups and activities 26
September's social groups and activities 27
Useful emergency numbers 28

Chair Welcome and Thanks

Welcome to the Summer 2023 edition of CONTACT.

We were very pleased to mark Volunteers Week with a thank you BBQ for our hardworking volunteers on the 1st June. Trustees, including myself, were happy to see such a fantastic turnout and treat our team to an afternoon of food and fun.

We have now launched our new website, with thanks to our focus group who gave input to make it as accessible as possible. We hope this new look, will not only make navigation easier but keep you informed about all our events and activities. You can find all the details about this and the group on page 9.

We've been out and about around the Borough and our Outreach Officer, Terry Rocks, was delighted to meet the new Mayor, Councillor Colin Stears, at the Health & Wellbeing Information & Advice Day 28th April 2023.

We often have to send Contact to press before we have all the dates agreed for the coming quarter so please do let us know if you have an email address and would like to sign up to our e-newsletter. This will enable us to let you know about our latest news, events and social activities between editions of our printed magazine.

As usual, we'd love to hear from you with your comments and contributions. Please send these to our Editor at editor@suttonvision.org.uk

Michael

Message from our General Operations Manager

It was fantastic to welcome so many people to our afternoon tea to celebrate the Coronation of King Charles III. We had an afternoon of chat, scones and some quizzing with a coronation theme. I'd like to say a huge thank you to the staff team and our volunteers Sylvia and Chris who helped prepare and serve a truly lovely spread. A special thank you to Andy, who brought an amazing surprise Coronation cake on the train from Wallington and to Peter Struik for taking the photos for us of a truly memorable day.

As part of the Coronation celebrations, we also took part in The Big Help Out and had a team of volunteers, including from the Home Office and Orchard Hill College, to come to help clear, paint and replant our sensory garden. We have now developed a partnership with Lexus Nexis, a company based in Sutton, who not only sent us volunteers but have donated some laptops, new office chairs and a shredder!

With the cost of living still a huge worry for many people, I would also like to thank Rae Blewitt, Support Officer from Sutton and East Surrey Water who came and gave a talk at the end of May on help with water bills, the priority services register and accessible ways to access water bills. If you didn't attend the talk you can find out more here: seswater.co.uk/your-water/getwaterfit, including about free water saving devices.

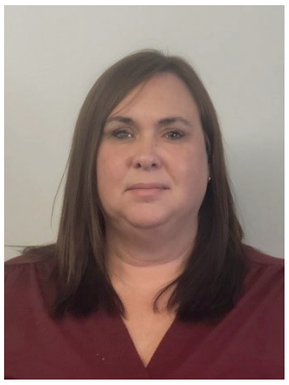
I'd like to take this opportunity to wish you all a lovely summer. Do pop in on Wednesday mornings and have a cup of tea in our garden.

Best wishes, Denise

Contact Us

Our office number is 020 8409 7166. If you want to email individual members of staff, please see their details below.

General Operations Manager
Denise Crone
denisecrone@suttonvision.org.uk



Volunteer Coordinator
Amanda Larter
amandalarter@suttonvision.org.uk

Projects & Communications Officer
Caroline Dommett
carolinedommett@suttonvision.org.uk

Outreach Worker
Terry Rocks
terryrocks@suttonvision.org.uk

Eye Care Liaison Officer
Ann Ryan
annmarie.ryan1@nhs.net
07920 650613

Assistive Technology Coordinator
Vicky Blencowe
vicky.blencowe@suttonvision.org.uk

Sutton Vision Services

Help and support through our Outreach Service

Find out what help you are entitled to as a blind or partially sighted person; from accessing benefits, advice to social activities.
Our adviser can see you in our office or at home and the service is FREE.
For more information, please contact Terry Rocks.

Is your technology accessible to you?

Assistive Technology enables you to continue to access your mobile phone, tablet or laptop when you're living with sight loss.
Our Assistive Technology Coordinator can walk you through your options include magnification, speech software and more.
You can book a one to one or attend a Tech Talk or Tech Social (see our Social Groups and Activities section for the dates). Please contact Vicky Blencowe.

Community Low Vision Clinic

Our Community Low Vision Clinic runs fortnightly at our office in Sutton. These appointments give you the opportunity to speak to a specialist rehabilitation officer from the Sensory Impairment Team and have an assessment with our Optometrist.

To be eligible for this service, you need to have been diagnosed with low vision (a sight problem which is not correctable by spectacles), be living in the London Borough of Sutton and not already using the Low Vision Clinic at St Helier Hospital.

If you would like to find out if you could benefit from this service, contact Ann Ryan on 07920 650 613 or annmarie.ryan1@nhs.net

Would you like more social support?

We have home visitors, walking buddies and telephone or face to face befrienders. If you would like to find out more or sign up, please speak to Amanda Larter.

Events and new activities for July to September 2023

Hampton Court Palace Trip

We're excited to announce a coach trip from the Sutton Vision offices to Hampton Court Palace on Thursday 7th September. There will be a charge of £10 for each place. PLACES ARE LIMITED, BOOKING IS REQUIRED AND IS FIRST COME, FIRST SERVED. If you would be interested in attending, please contact Caroline.

Living with Sight Loss Workshop

Being told you have sight loss can be scary and confusing for both you and your family but talking to people in a similar situation can really help. Our free Living with Sight Loss workshops are for people adjusting to life with visual impairment. These sessions cover:

- Dealing with barriers and coping techniques
- Access to benefits and services
- Using assistive technology
- Practical solutions for around the home

We will be running our next workshop on Thursday 14th September, from 10am to 2pm and a sandwich lunch is included. For more information, or to book a place, contact Terry Rocks.

Working Age Social

We'll be meeting for our Sutton Vision Working Age Forum, Thursday 27th July, 4pm-7pm at the Robin Hood Pub in Sutton. This gives an opportunity to socialise and talk in a relaxed setting and anyone living in SW London can join.

Glaucoma UK Group

The group will be meeting at Sutton Vision on Monday 24th July 10.30am - 12.30pm, with speakers and the opportunity to ask questions and meet other people affected by glaucoma. Please contact Terry for more information.

Sight and Sound Demo Day

We'll be joined by Sight and Sound for this low vision drop-in day, when all the latest technology and equipment for the visually impaired will be demonstrated on Wednesday 6th September from 10am – 2pm at our offices. Advance booking is essential. Among the equipment being displayed will be filters, anti-glare & contrast enhancement, folding, electronic, hand magnifiers and more. To book a place, please call or email Terry.

Open Garden

We are launching our Open Garden, after the wonderful work of our volunteers during the Big Help Out to get the garden back to its former glory. There will be opportunities to tend to our new sensory garden or to just sit and enjoy the outdoors. Please let Amanda know if you would like to come along.

Creative Corner

We're getting all creative from August onwards. Themes include making items with clay and decorating trinket boxes. Groups will run Wednesday mornings 11am-1pm with Caroline and you can contact her to find out more.

Knit and Natter Group

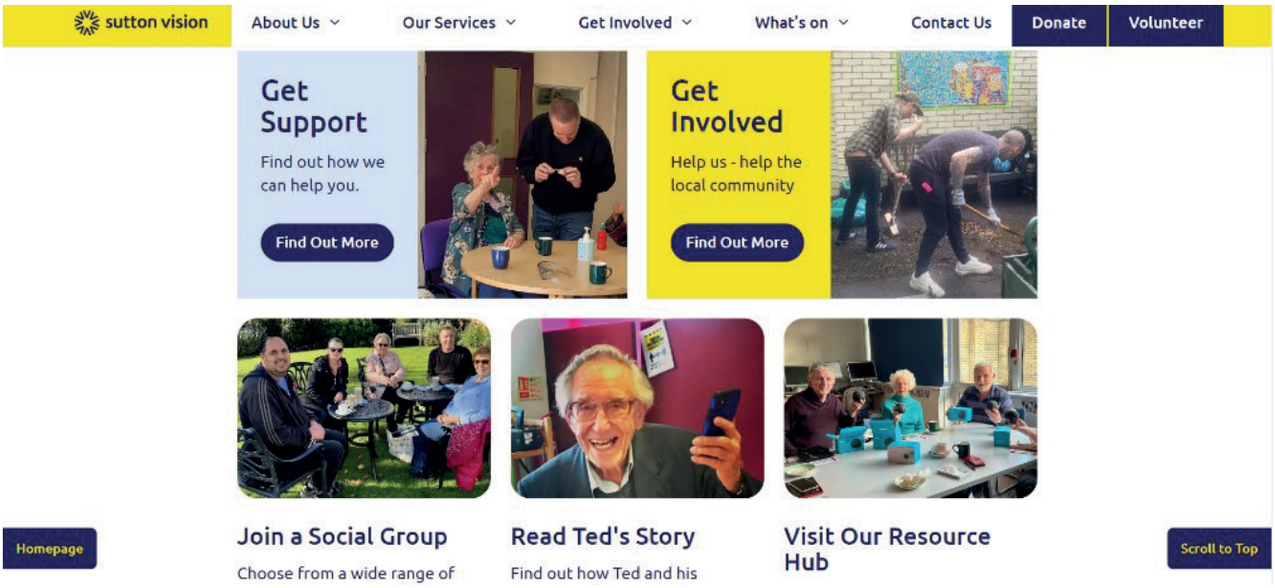
Do you like to knit and have a chat? Then why not join our group? Whether you're a beginner or an expert, have a project, you're very welcome! This group runs on the 2nd Tuesday, 10.30am-12.30pm and the last Thursday of each month, 1.30pm - 3.30pm.

Large Print Bridge

Our weekly bridge club is accessible to those living with visual impairment, using larger cards. A great opportunity for the mind and to socialise too!

If you are interested in joining Large Print Bridge, please contact Amanda.

New website for our charity



After months of hard work from the team, we're now happy to launch our new website, at our usual address www.suttonvision.org.uk, full of our events, activities and more.

We were pleased to invite a group of our service users to one of our Tech Social sessions to test the website, using a variety of different devices, including Apple and Android on mobile phones, tablets, and also laptop. People looked at text size, contrast as well as magnification and screen readers. The session gave a good opportunity for constructive feedback and to make necessary changes and we welcome your thoughts on it too at info@suttonvision.org.uk.

Day in the Life: Caroline Dommett, Projects and Communications Officer

Each Contact, we aim to speak to one of our staff and find out what they do in a typical day. This time, we spoke to Caroline Dommett, Projects and Communications Officer.

What does a Projects and Communications Officer do?

As we are a small charity, my role involves helping out on lots more than my title suggests! Most of my role though involves planning and writing social media and for the website, writing Contact (so it's me you can blame for any spelling errors!) and organising most events, such as the recent Coronation tea.

What is your favourite aspect of your job?

I enjoy writing but the events allow me to speak to a lot of people who use our services and I can see the benefit to them of all our work.

What did you do before you joined Sutton Vision?

I worked at another local charity called EcoLocal for 13 years, also working across projects and social media.
I've worked in radio as a broadcast journalist and presenter and still do for Radio Jackie.

What impact do you feel your role makes to service users?

I hope I can keep them up to date with all the events and services of the charity and it's great to see people enjoying the get togethers and meeting other people that they don't usually see.

Volunteer News

It's been a very busy time for our volunteers since the last Contact!

We're very pleased to welcome our new volunteers Paddy, Steve, Lata and Moya, who will be helping us out with admin, Open Garden and Knit & Natter. A big thank you to them for supporting us and joining the rest of our fantastic volunteer team.

We are hosting our quarterly Volunteer Befrienders' Coffee Morning will be on Tuesday 18th July,10.30am - 12.30pm at the Sutton Vision offices. It's a great opportunity for you to come along and meet with other volunteers, who are supporting us remotely and exchange volunteering stories over a cuppa.

Our Sight Guide Training refresher workshop will include basic sight guiding, including negotiating stairs and escorting to car or minibus. This will be held on Tuesday 25th July 10.30am-1230pm. If you are supporting us with outings this summer and would like to take part, please contact Amanda.

We'd like to thank Volunteer Centre Sutton for their Volunteer Showcase at Sutton Library, giving us the opportunity to meet new potential volunteers and find out about our work, with a visit from outgoing Mayor Trish Fivey.

As a result, we had a good turnout for our Big Help Out sessions, to get our Sensory Garden in shape for Summer and set us up for our new Open Garden, that you can find details of on page 9.

And finally, for all their hard work this year, we celebrated Volunteers Week with a BBQ, a chance to get together, chat relax and enjoy a burger or two. We're so grateful to our volunteers, who give their time so kindly and without which, we couldn't offer all our groups and events.

It was a great event and a fantastic way to say thank you!

Individual Giving

Sutton Vision has been supporting people living with blindness and vision impairment for nearly 60 years. As a charity, we offer tailored support to individual needs and are free to access for individuals directly affected by sight loss, their families and their friends.

We have no plans for this to change but to make sure we can continue to meet this need, we have to raise over one hundred thousand pounds every year and we would really appreciate your support to reach this goal; the success of our work depends on the kindness of our supporters.

If you would like to set up a one-off or regular donation, please visit our website where you can donate securely at: https://app.donorfy.com/form/296OXKZ337/4CJR1 or contact Denise directly.

Do you have unwanted presents that we could use as prizes?

We're looking for donations of unwanted gifts that would make prizes for our bingo session. If you have anything that would be suitable, then please contact Amanda.

Would you like tuition in learning braille?

We have a volunteer that can offer one to one support in learning braille, at your pace. If you are interested in this, please contact Amanda.

Community News

Home fire safety visits

London Fire Brigade offer a service where they can visit you, a loved one, or someone you care for at home to provide personalised advice about fire safety. It's totally free, available 24/7, and will even fit free smoke alarms during the visit if you need them.

The first step is www.london-fire.gov.uk/safety/the-home/home-fire-safety/home-fire-safety-checker-hfsc/ to check your risk and to offer you a service for your needs.

South West London Sight Loss Council

The South West London Sight Loss Council is now up and running, having launched in March 2023.

Their first meeting discussed projects and priority areas in South West London, focussing on transport, street safety, and retail. You can find out more at www.sightlosscouncils.org.uk/meet-the-councils/south-west-london/. London Sight Loss Council and South West London Sight Loss Council will also be recruiting shortly for Mystery Shopping volunteers. If you'd like to register your interest, please email liam.ocarroll@pocklington-trust.org.uk.

Join Epsom and St Helier Hospitals' People's Panel

Since the Panel launched in September 2021, over 160 people have joined. It has been set up for local people can have their say and input into key projects and programmes happening across the Trust, including service improvements and improving the way they communicate with patients.

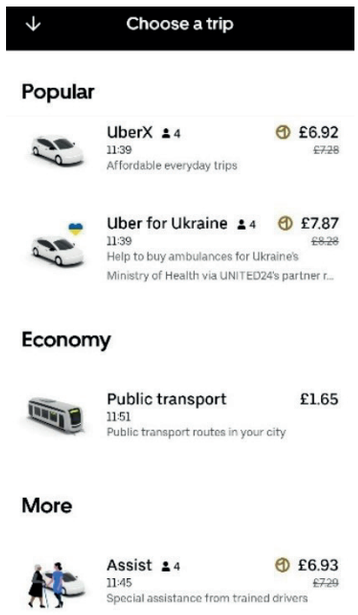
They are looking to be more representative and want those to join, especially if they are young, from a minority or from a protected characteristics group.

Please email Adama Roberts at esth.peoplespanel@nhs.net if you would like to find out more.

Apps to make everyday life easier

The world of apps can be very useful, supporting you in a range of tasks from getting your shopping to checking your bank balance. We're looking at just a few that are particularly helpful if you live with sight loss.

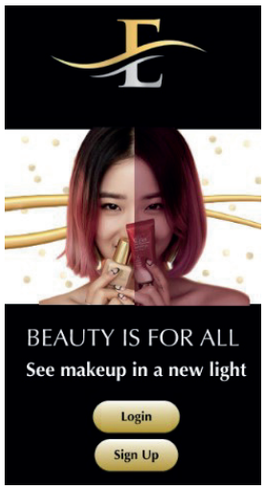
If you would like help getting apps on your tablet or phone or any tech support, then don't forget you can speak to our Assistive Technology Coordinator, Vicky Blencowe and book a one to one.



Uber Assist

If you're a regular user of Uber or have never used it before, you may be unaware of Uber Assist.

The service allows users in London and other UK cities to book an Uber driver that has completed independent training about how to help riders into vehicles and can help load and unload assistive devices such as wheelchairs, just scroll down the list when booking an Uber for this option.



ELVA (Estée Lauder Virtual Assistant)

This app is voice activated and will take you through any issues with your foundation, eyeshadow and lipstick!

It uses simple spoken instructions which you can follow, and use your own voice to navigate around the app.

This would work well with a simple tripod stand to hold your iPhone or iPad in good light. Enjoy!

Good Food Talks App

This App, only available on the Apple App Store for iPhone, helps you to select a local restaurant and view the menu and accessible format including high contrast and large font also working with the Text to Speech controller and with Voice Over.

It provides a full menu list with prices and sometimes calorie count!

You can also explore the website at goodfoodtalks.com.

VI Leisure Group (VILG)

The VILG organises its own programme and acts as the point of contact for participants. Although Sutton Vision supports and encourages the VILG and their activities, those taking part should be aware that any events organised directly by the VILG are independent of Sutton Vision and are the responsibility of the VILG only.

They are peer-led and always welcome new ideas for groups so if you have any suggestions or are interested in finding out more, please Contact Sue Christie on 07891 783291 or email susanannchristie@gmail.com.

Event	Date	Venue
VI Leisure Group Coffee Morning Waterstones	1st Friday of each month from 10.30am	Waterstones Book Shop, High Street, Sutton
VI Leisure Group Book Club	4th Monday of each month from 10.30am.	Waterstones Book Shop, High Street, Sutton
VI Leisure Group The Hope Pub	1st Monday of each month from 12.30pm	The Hope Pub, 48 West Street, Carshalton

Macular Society Social Morning

Sutton Macular Group is back, offering its monthly meetings for people living with Age Related Macular Degeneration (AMD) and their partners or carers.

The meetings take place on the second Monday of the month between 11am and 1pm. July and August's meeting will be at Sutton Vision's offices in Robin Hood Lane, with September's held at Lower Morden Lane Garden Centre.

Normally, membership fees and monthly contributions apply, but currently, no charges will be made. For more, contact Diana Coman on suttonmacular@gmail.com or call 07970 525 143.

Days out this Summer

The days are longer, the weather is better (hopefully!) so you may be turning your attention to days out this Summer.
We've made our pick of places to visit, which are especially friendly to you, if you live with a visual impairment.

Kew Gardens Sensory Tours

These are designed for visitors with sight loss and their carers, giving a sensory experience, with the chance to touch and smell elements in the Gardens.
Dates for the tour include Sundays on 9 July, 13 August and 10 September, 2pm to 3pm. There's free entry included and for any carer or support. Please register in advance by emailing discovery@kew.org or phoning 07341114533.

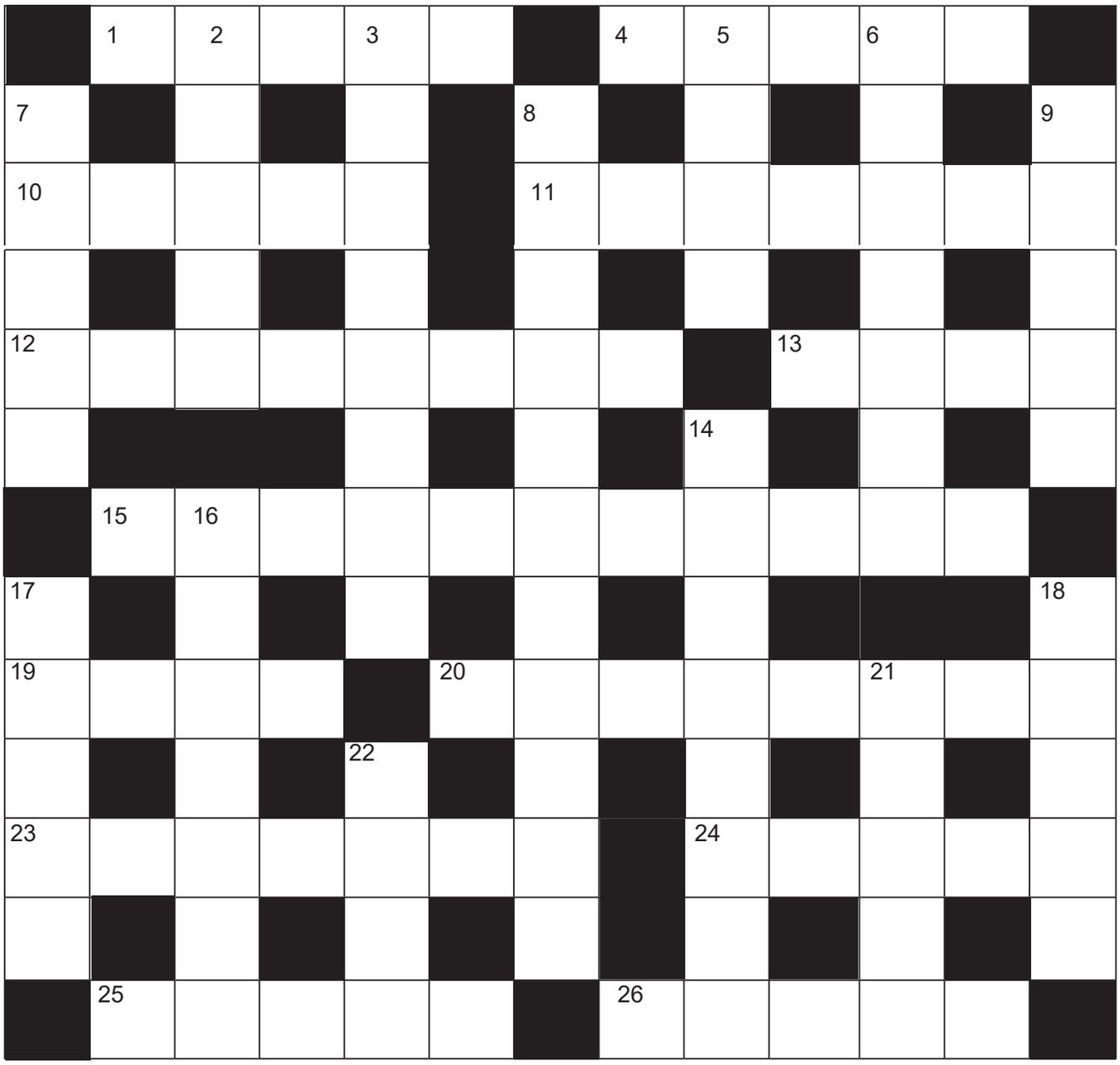
The National Gallery

The National Gallery is filled with incredible paintings dating from the mid-13th century to the 1900s.
They offer a range of facilities and events for partially sighted and blind visitors to ensure that the paintings can be experienced by all. They also provide complimentary carer tickets, which are bookable with each disabled ticket. Find out more at
www.nationalgallery.org.uk/visiting/access or 020 7747 2885

Regent's Park Open Air Theatre season

Open during the Summer season, Regent's Park Open Air Theatre is nestled within the trees of the stunning Royal Park. Some performances are captioned, while others feature audio descriptions of key visual elements of the play. Assistance dogs are also welcome. You can discover more details at openairtheatre.com/accessibility or call 0333 400 3561.

Crossword



Crossword Clues (answers on page 21)

ACROSS

1. Free from dirt (5)
4. Tall (5)
10. Sketchy (5)
11. Bring about (7)
12. More memorable (of a tune) (8)
13. Window ledge (4)
15. Crumbly cheese (11)
19. Bye-bye! (2,2)
20. Large general store (8)
23. German prison (7)
24. Separately (5)
25. Soak in liquid (5)
26. Shelve (5)

DOWN

2. Lamp (5)
3. Purple stone (8)
5. Darts throwing line (4)
6. Popular police series (3,4)
7. Expel (5)
8. Henry VIII's third wife (4,7)
9. Handed out playing cards (5)
14. Scottish barrister (8)
16. Remove (a tooth) (7)
17. Hoard (5)
18. Devoid (5)
21. Likeness (5)
22. Margin (4)

Tesco Online: A Mini-Review

Before I did my first Tesco shop, I had been doing the occasional online delivery with Deliveroo/Uber Eats/Just Eat, finding them pretty good.

I had also tried grocery app delivery using the apps from Sainsbury's Local but I decided to give Tesco a go. I used my laptop and later the app (on an iPad) and it all worked well. It didn't take me long to make an account and start filling my basket. I only headed to the grocery section for some "browsing" and amazingly, within a week, my basket was nicely maxed out at 202 items costing £370. I wasn't too worried since I had yet to enter my card details so even if by accident, I proceeded to the checkout, I would most likely thankfully be turned away anyway (!)

For me, it is a much slower process than physical shopping but you can even read reviews with people getting passionate about the ripeness of bananas, an area of the internet I had never encountered so far, to my detriment, but was happy to see!

I decided to try and make an order of sorts and whittled down my 202 items to something a bit more sensible with 14 items coming to around £29. I thought that this was not too bad a compromise and tried to go for a slightly eclectic deli-themed basket.

I made my purchase on Saturday afternoon and chose the medium time delivery option. I wasn't too fussy with it being my first time and didn't go for their Whoosh option or the super-saver. In the end, I chose a slot for 2-3pm on Sunday which was available for £4.50 and also decided to pay the £4 addon for not filling my basket to £40 but how big is a "basket" that comes to £40 (or has 200 items in it for that matter!).

I enjoyed my deli afternoon/evening change of mini pork pies and Burt's potato chips (does anyone know who Burt is but they were nice?)

I've been really happy to try this, it wasn't cheap coming to around £40 total but was fun and a good learning experience. I think is really important for anyone who has lost some independence and relies on others. The items have been a nice change so it was definitely I think money well spent. Now where did I put my pâté and Tesco Finest shortbread Petticoats?!

Pierre Shlimon

Crossword Answers

ACROSS

1. Clean
4. Lofty
10. Vague
11. Achieve
12. Catchier
13. Sill
15. Wensleydale
19. Tata
20. Emporium
23. Spandau
24. Apart
25. Steep
26. Defer

DOWN

2. Light
3. Amethyst
5. Oche
6. The Bill
7. Evict
8. Jane Seymour
9. Dealt
14. Advocate
16. Extract
17. Stash
18. Empty
21. Image
22. Edge

Regular Social and Peer Support Groups

We have a varied and interesting programme of activities here at our building at 3 Robin Hood Lane, Sutton. These are all free, although donations are very welcome too!

Dates were correct at time of print, but please do ring or check the calendar on our website to check sessions are on. If you would like more information or to book a place, please call Amanda.

Sutton Vision Coffee Morning / Social Eyes

An opportunity to come, relax and have a chat about...whatever you'd like, with a friendly group. As the name suggests, coffee, tea and even a biscuit is thrown in.

Charles Bonnet Support group

This group provides peer support for those affected by Charles Bonnet, as well as their family members and carers.
This is an opportunity to meet with others in a similar position and hear about the strategies used by group members to manage their visual hallucinations, caused by living with sight loss.

Lunchtime Quiz

Test your grey matter with our quiz, with rounds on different subjects and even some general knowledge.

Livewell and Future Vision Zoom sessions

Sutton Vision are pleased to be part of the award-winning Rainbow Collaboration Group, presenting two sessions a month on Zoom. The meetings can be joined online at us02web.zoom.us/j/4580437872, using Meeting ID: 458 043 7872.
We'll also be running the Zoom sessions on the large screen in our offices as a group, with tea and coffee offered.

2nd Thursday of the month at 10am - 11am on Zoom - "Live Well" sessions, - Visually impaired speakers sharing their sight loss journeys and hobbies, new skills and careers such as comedy, cooking and photography. We have also covered gene therapies and research into eye conditions, including Charles Bonnet.

4th Thursday of the month at 10am - 11am on Zoom - "Future Vision" workshop - Showcasing the most up to date assistive technology and apps to help visually impaired people to become more independent. This has included navigation, Artificial Intelligence (AI) recognition and text readers, the latest wearable technology and much more.

The recorded videos of the sessions are available at youtube.com/sightairedale.

For more information, please call or email Vicky.

Tech Talk and Social

Want to make your smartphone, laptop and tablet work better for you? These sessions, with our Assistive Technology Coordinator, can cover ways to make these accessible for visually impaired and blind people so you can use your tech to your full advantage. Tech Talk is specific subjects, whereas Tech Social is for a chat and whatever you need help with.

Working Age Social Group

Chat, drink and eat at our monthly social for people of working age. This is held at Robin Hood Pub in Sutton, opposite our offices. A group will leave from our offices just before 4pm or you can meet us there; just drop in when it suits you.

VI Bingo

Play to get a line or a full house and you might even win a prize! Join us for our lively game and a biscuit or two.

VI Scrabble

Come and have a game of Scrabble or two! Our large print and braille boards make the game more accessible, so a great opportunity to pit your wits.

VI Crossword

Challenge yourself to do a crossword as a group with a sighted volunteer, chat and cup of tea and coffee thrown in too!

Knit and Natter

A lively social group for beginners to experts. Bring a project with you or start one at our group, with large print instructions.

Bridge

Pit your wits in this game of skill, using large cards and holders based on four players who form two partnerships.

Men in Shades

Come and join us with a lunchtime group for men! A chance to chat and meet others in a relaxed environment at The Moon on the Hill pub. Our volunteers will be on hand to meet and greet at the pub entrance.

Creative Corner

Let your creative side run free with our new Creative Corner. A social place plus take your creation home. No experience needed and you don’t have to be artistic, just enthusiastic!

July's social groups and activities

Monday	Tuesday	Wednesday	Thursday
3 **Coffee morning 10am-12pm**	**4** **Low Vision Clinic (by appointment only)** **Men in Shades @ Moon on the Hill 12pm-2pm**	**5** **Bridge 10.30am-12.30pm** **Open Garden 10.30am-12.30pm** **VI Bingo 1.30pm - 3.30 pm**	**6** **Tech Talk 1-3pm**
10 **VI Scrabble 1pm-3pm**	**11** **Knit and Natter 10.30am-12.30pm** **Macular Group 11am-1pm**	**12** **Bridge 10.30am-12.30pm** **Crossword 10.30am-12.30pm** **Open Garden 10.30am-12.30pm**	**13** **Livewell Zoom Session 10am-11am**
17 **Lunchtime Quiz 12pm - 2pm**	**18**	**19** **Bridge 10.30am-12.30pm** **Open Garden 10.30am-12.30pm**	**20** **Tech Social 1pm-3pm** **Social Eyes 2pm-4pm**
24 **Glaucoma support group 10.30am-12.30pm** **VI Scrabble 1pm-3pm**	**25**	**26** **Bridge 10.30am-12.30pm** **Open Garden 10.30am-12.30pm**	**27** **Future Vision Zoom session 10am-11am** **Charles Bonnet Group 11am-1pm** **Knit and Natter 1.30pm-3.30pm** **Working Age Social @ Robin Hood Pub 4-7pm**

August's social groups and activities

Monday	Tuesday	Wednesday	Thursday
	1 Low Vision Clinic (by appointment only) Men in Shades @ Moon on the Hill 12pm-2pm	2 Bridge 10.30am-12.30pm VI Bingo 1.30pm - 3.30pm Open Garden 10.30am-12.30pm	3 Tech Talk 1-3pm
7 Coffee morning 10am-12pm VI Scrabble 1pm-3pm	8 Knit and Natter 10.30am-12.30pm Macular Group 11am-1pm	9 Bridge 10.30am-12.30pm Crossword 10.30am-12.30pm Open Garden 10.30am-12.30pm	10 Livewell Zoom Session 10am-11am
14	15 Low Vision Clinic (by appointment only)	16 Bridge 10.30am-12.30pm Creative Corner – 11am -1pm Open Garden 10.30am-12.30pm	17 Tech Social 1pm-3pm
21 Lunchtime Quiz 12pm - 2pm VI Scrabble 1pm-3pm	22	23 Bridge 10.30am-12.30pm Open Garden 10.30am-12.30pm	24 Future Vision Zoom session 10am-11am
28 Bank Holiday - closed	29	30 Bridge 10.30am-12.30pm Open Garden 10.30am-12.30pm	31 Charles Bonnet Group 11am-1pm Knit and Natter 1.30pm-3.30pm Working Age Social 4-7pm Social Eyes 2pm-4pm

September's social groups and activities

Monday	Tuesday	Wednesday	Thursday
4 Coffee morning 10am-12pm	5 Low Vision Clinic (by appointment only) Men in Shades @ Moon on the Hill 12pm-2pm	6 Sight and Sound Demo Day 10am-2pm Bridge 10.30am-12.30pm VI Bingo 1.30pm - 3.30pm Open Garden 10.30am-12.30pm	7 Hampton Court Palace trip 10am-4pm Tech Talk 1pm-3pm
11 VI Scrabble 1-3pm	12 Knit and Natter 10.30am-12.30pm	13 Bridge 10.30am-12.30pm Crossword 10.30am-12.30pm Open Garden 10.30am-12.30pm	14 Living with Sight Loss Workshop 10am-2pm Livewell Zoom Session 10am-11am
18 Lunchtime Quiz 12pm - 2pm	19 Low Vision Clinic (by appointment only)	20 Bridge 10.30am-12.30pm Creative Corner 11am-1pm Open Garden 10.30am-12.30pm	21 Tech Social 1pm-3pm Social Eyes 2pm-4pm
25 VI Scrabble 1-3pm	26	27 Bridge 10.30am-12.30pm Open Garden 10.30am-12.30pm	28 Future Vision Zoom session 10am-11am Charles Bonnet Group 11am-1pm Knit and Natter 1.30pm-3.30pm Working Age Social 4-7pm

Useful contacts

The following list of useful numbers includes an emergency number for the London Borough of Sutton and St Helier Hospital Eye Unit.

Together for Sutton		020 8254 2616
Age UK (Sutton)		020 8078 0002
Friendly Club		020 8669 4106
London Borough of Sutton		020 8770 5000
LB Sutton Referral Point		020 8770 4565
Macular Society (National)		01264 350 551
Macular Society (Sutton)		07970 525 143
Merton Sports & Social Club		info@mssc.org.uk
RNIB Helpline		0303 123 9999
St Helier Hospital Eye Unit		020 8296 3800
St Helier Hospital Eye Unit	EMERGENCY	020 8296 3817
Sight Loss Adviser, Ann Ryan		07920 650 613
Sutton Carers' Centre		020 8296 5611
Sutton Talking Newspaper		020 3759 6679
Sutton South Hello		07790 031 764