Contact

sutton vision

ISSUE 84

Winter 2023

020 8409 7166
info@suttonvision.org.uk
suttonvision.org.uk

Contents

Chair Welcome and Thanks 4
Message from our General Operations Manager 5
Contact Us 6
Sutton Vision Services 7
Vicky's App Recommendations 10
Day in the Life: Ann Ryan, Eye Care Liaison Officer 11
Take on 250 13
Do you need help getting online and getting connected? 15
Thinking Works Energy Saving Advice 16
Could your unwanted Christmas presents help our charity? 17
Volunteer News 18
Volunteer recruitment drop-in day 19
Would you like to get out and about or chat to a befriender? ... 19
VI Leisure Group (VILG) 20
Trying To Be a Music Enthusiast & Home Studio Hobbyist (With A Visual Impairment) 21
Regular Social and Peer Support Groups 23
January's social groups and activities 27
February's social groups and activities 28
March's social groups and activities 29

Chair Welcome and Thanks

Welcome to the Winter 2023 edition of CONTACT.

We were very pleased to hear that the plans to close ticket offices in England have now been withdrawn. As you may recall from the last issue of CONTACT, our trustees wrote a letter to Southern, expressing our concerns about the extra difficulties this would cause for visually impaired people and we hope we played our part in this decision.

Our focus now turns to the cost of living and how this disproportionately affects those with sight loss. We were proud to join with over 80 other charities on Wednesday 15th November, urging Chancellor Jeremy Hunt to reconsider the support offered to those living with disabilities. We hope that the Government will listen to this campaigning and provide additional support this winter to vulnerable people with higher energy costs.

As 2023 draws to a close, we'd like to thank everyone who has supported the charity's work throughout the year. We couldn't have achieved all that we have without the hard work and support of all our staff, volunteers, trustees and service users. We're very excited to see what 2024 brings and hope to build on a busy programme of events and activities and well as the usual services we offer to those with visual impairment in the Borough.

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

As this edition of Contact magazine will be dropping through your door (or landing in your inbox) in the middle of December, I'd like to wish everyone a Merry Christmas and Happy New Year!

Once again, we have had a busy few months with the start of our new yoga group, the relaunch of our craft group, getting out and about at a number of outreach events and organizing Christmas trips and activities. I hope you have all enjoyed what has been on offer! One of the highlights for me personally was attending the Visionary conference in Birmingham. This was an opportunity to meet with and learn from other sight loss charities from across the country. We heard from some inspirational speakers including Marsha de Cordova, MP for Battersea and shadow Minister for Disabled People (2017-2020) and Sam Latif, Company Accessibility Leader for Proctor and Gamble. Both women are registered blind and generously shared their stories and personal experiences of living and working with sight loss.

In November, I was pleased to represent Sutton Vision at the national launch of the new National Eye Care Support Pathway. We are one of six local charities partnering with RNIB and Visionary to pilot the new pathway locally. The aim is to ensure that people with sight loss are supported and offered emotional and practical support at every stage of their experience and we are keen to ensure that this becomes a reality for everyone with a visual impairment living in Sutton.

Finally, can I encourage you to support the team and some of our fabulous volunteers who are Taking on a 250 challenge at Anytime Fitness on 31st January 2024. Please sponsor us or donate if you can. You can do this online through our Just Giving page, by sending us a cheque or making a cash or card donation at the office. All money raised goes to support the work of Sutton Vision. Thank you!

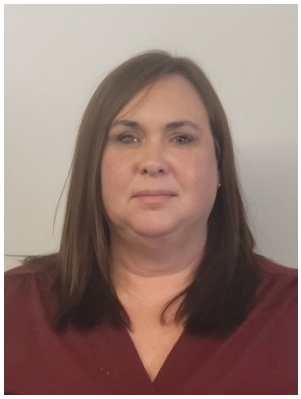
Best wishes

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

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

Sutton Vision Services

Outreach Service

Understanding what support you are entitled to as a visually impaired person can be complicated, but our Outreach Officer is here to help. From accessing benefits, Blue Badge and advice to social activities.
The service is FREE and we can see you in our office or at home and the For more information, please contact Terry Rocks.

Low Vision Service

At our Low Vision Clinic, you will be assessed by our Optometrist and see a specialist rehabilitation officer from Sutton Council's Sensory Impairment Team. Depending on your needs, we may be able to offer you low vision aids such as magnifiers and other equipment to make life easier.

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 also attending 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

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 appointment or attend a Tech Talk or Tech Social session (see our Social Groups and Activities section for the dates). Please contact Vicky Blencowe.

Would you like more social support?

We have 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.

New activities and events for January to March 2024

Games Morning

We'll be running a Games Morning, on the last Wednesday of the month, 10.30am-12.30pm, in our Sutton Vision offices.
A great opportunity to get out and socialize in the cold Winter months. Games including Quattro, Cluedo, Scrabble, large print cards and more. Let Amanda know if you'd like to attend.

Living with Sight Loss Workshop

Being told you have sight loss can be confusing time for both you and your family but talking to other 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

One attendee told us: "It was good to meet in a small group, share experiences and learn new things." We will be running our next workshop on Thursday 29th February, from 10am to 2pm and a sandwich lunch is included. For more information, or to book a place, contact Terry Rocks.

Humanware Demo Day

We'll be joined by Optelec for this low vision drop-in day on Wednesday 7th February from 10am – 2pm at our offices. Advance booking is essential. Amongst the equipment being displayed will be audio text readers, video and optical magnifiers plus magnifiers.

To book a place, please call or email Terry.

Chair Based Yoga

We're running chair-based yoga classes with Ross from January. This is a gentle form of yoga that's done while seated or using a chair for balance. Research shows yoga is linked to decreased levels of stress, and anxiety, leads to improved energy and is a good, safe workout for beginners.

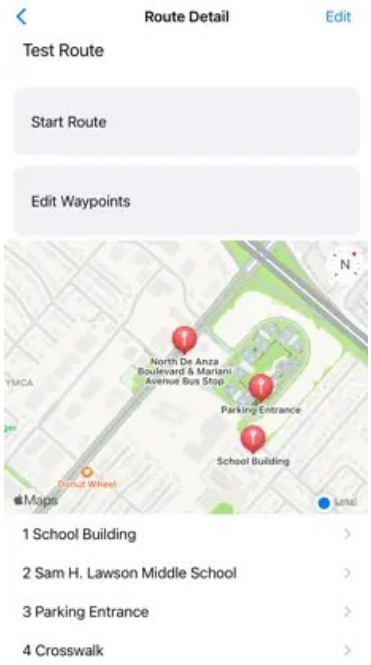
Sessions are Wednesdays with arrival at 11am, with sessions 11.15am-12pm and refreshments after. They run for 6 weeks from 3rd January to 7th February and 21st February to 27th March

A 6 week course costs £12 but financial help is available for anyone who is unable to afford this. Places are limited and it is ESSENTIAL that you book in advance. Please get in touch with Amanda for more details.

Vicky's App Recommendations

Here are this issue's top apps from our Assistive Technology Co-ordinator

VoiceVista (for iOS)



This app provides a real time view of the environment around you whilst you are out and about. This includes shop names, bike parking, road crossings and road intersections.

The app is fairly accurate when telling you what is around you. Using earphones is essential, as the name of each landmark is said in the right or left ear piece, reflecting which side it is on. You do not need to have your mobile out in front of you.

The app will work alongside any other app you may have open for directions such as Apple and Google Maps, which might be providing basic directions to your destination. This app is based on the Microsoft Soundscape Open Source and I personally have found it revolutionary is finding out what is around me here in Sutton and in Central London.

Easy Reader app by Dolphin - (for iOS)

This app provides access to the RNIB Reading Services Library and over 40,000 audio books including recent publications, which are often provided free by publishers, such as Penguin. You need to set up an account for RNIB Reading Services and also the Easyreader app and then you're good to go. You can also access newspapers and magazines through the RNIB for a subscription charge.

Come to a tech session or book a one to one to get yourself set up for this wonderful audio book service or a refresher on how to use the app.

Day in the Life: Ann Ryan, Eye Care Liaison Officer

Each Contact, we speak to one of our staff and find out what they do in a typical day. This time, we spoke to Ann Ryan, Eye Care Liaison Officer.

What does a Eye Care Liaison Officer do?

My job is to assist those who have been identified with a vision impairment by St Helier's Hospital Eye Clinic or Sutton Vision's Low Vision Service.

When patients are diagnosed, I help them to move forward beyond the diagnosis, offering emotional and practical support and discussing the range of services offered by Sutton Vision and Sutton Council's Sensory Impairment Team.

This can involve providing a listening ear straight after an appointment or even sometime after. Everyone's needs and experiences are different after learning about their sight loss and information and emotional support are often as vital as medical appointments in their journey.

I can help organise other support, such as putting people in touch with Terry, our Outreach Officer, to support with benefits or a Blue Badge application. I also liaise with Ophthalmic Consultants & Nurses to build awareness of the service.

Another aspect of my role is coordinating the Low Vision Clinic held at Sutton Vision offices. The main purpose of coming to the Clinic is to provide advice and techniques to maximise the use of your remaining sight.

What is your favourite aspect of the job?

I love my job as I get to meet such wonderful people. Knowing that I make a difference to their lives and helping them receive specialist vision rehabilitation support is hugely satisfying. This improves their confidence and independence and aids in the acquisition of new skills in their lives.

What did you do before you joined Sutton Vision?

Before taking on my role at Sutton Vision, I worked in the Eye Casualty department in St Helier Hospital. I worked closely with new arrivals, ensuring patients were dealt with efficiently.

I also worked in Personnel, working closely with staff, taking responsibility for accounts.

What impact does your role make to service users?

One of the most important impacts of my role is supporting service users to maintain their independence and keep doing what they want with their lives, including reading, shopping and getting out and about.

Signposting individuals living with sight loss to appropriate services and support can make so much difference in the outcome for their lives and I’m glad to play my part in this.

Take on 250

This January, we'll be once again be taking part in Take on 250. This is a national campaign, along with 28 sight loss charities, we aim to raise much needed money for Sutton Vision as well as awareness of the fact that, in the UK, 250 people begin to lose their sight every day.

This year, we will be participating in a number of fundraising events that you can support!

- Throughout the month, our Knit and Natterers will be knitting squares to make blankets for Guide dog puppies, who will go onto support sight impaired person remain independent.

- We'll be pitching at Sutton Soup on Thursday 18th January, 7.30pm-9.30pm at St Nicholas Church in Sutton. We'll be asking for support for our Living with Sight Loss workshops, as we know the fantastic impact they've had on the lives of those who have attended in navigating at the start of their sight loss journey.

  For a £5 donation, you get a meal of soup and bread, listen to 4 charities pitch for funding for a local community project. Everyone who comes along gets to cast one vote for the pitch they like the best. The winning pitch gets to take away ALL the money donated on the night.

- We'll be hosting a charity quiz at The Sutton Arms (with thanks to them for their support) on Saturday 27th January, 7pm. Participants will pay £2.50 per person and they'll be several rounds to pit your wits and raise money for our cause, plus great prizes to be won!

- And, finally, our team of volunteers and staff will be undertaking the Take on 250 Gym Challenge. Our mighty team of ten (Terry, Caroline, Amanda, Vicky, Ann, Colin, Lindsay, Jill, Dave and Denise) will exercising, cycling, rowing and walking their way to 250 minutes at Anytime Fitness in Sutton on Wednesday 31st January, 2pm. Thank you to Anytime Fitness for supporting our challenge!

The most important participant though is you!

We need support in all our ventures in January so if you can donate, visit our Just Giving page at justgiving.com/campaign/takeon250suttonvision or if you do not use the internet, we can help with a paper sponsor form. Just ask Caroline to find out more.

We'll let you know how we get on in our next issue of CONTACT magazine

Do you need help getting online and getting connected?

Whether it's staying in touch with loved ones, shopping online, or accessing services, we can offer help and support.

We run tech sessions at our Sutton Vision offices on the first and third Thursday, 1pm-3pm for everyone, whatever your ability. We can offer advice on accessibility and assistive technology. Find out about the latest apps to make life easier for people living with visual impairment.

The 1st February's Tech Talk is all about Artificial Intelligence, you may have heard about this in the news but let us demystify this for you and find out how it does and will continue to help VI tech.

On the 7th March, we will be demonstrating the NHS app. If you don't already use this, it can be an easy way to book appointments, get repeat prescriptions or find out test results. Attend this session with your NHS number and we can help you get this all set up for you on your phone

To find out more, contact our Assistive Technology Co-ordinator Vicky.

Thinking Works Energy Saving Advice

We recently welcomed Giles Read, managing director of Thinking Works to Sutton Vision for a talk on how you can get help with your energy costs this Winter.

If you missed it, don't worry, as information about their fuel poverty support service is below. They are a FREE service, funded by the Local Authority, there to help vulnerable residents.

What does the service provide?
The service offers 3 types of support:

Crisis Support – by phone

- Fuel vouchers – for those with a prepayment meter
- Emergency heating repairs (homeowners only)
- Emergency electric heating

Medium-term support – by phone or home visit

- FREE small measures including 4 x LED lights and radiator reflector panels
- Room by room advice on lowering your heating bills whilst keeping warm
- FREE assessment by a Gas Safe heating engineer to check heating controls are set efficiently
- Advice on energy and water bill tariff discounts including the 50% water discount and the Household Support Fund (where available)
- Assessment for grants for insulation and heating works
- Referrals for benefit checks and debt advice via our Energy Max programme
- Advice on health and wellbeing services
- Referrals for FREE smoke alarms

Long-term Support

- Dedicated team can support applications to the Warmer Homes/Sustainable Warmth grants programme for anyone in the boroughs of Sutton, Merton, Kingston, Richmond and Wandsworth who:
  To be eligible, you must be 65 years old or over OR
- Have a long term condition or disability OR
- Be on a low income (this varies depending on occupancy but use £15,000 per occupant as a rule of thumb)
- And is getting support from a frontline council or third-party service such as Occupational Therapy, Social Services, Age UK and CAB

How do I access the service?

Contact details are below but email is preferable. Please include:

i. Full name
ii. Address and postcode
iii. Contact telephone number
iv. Brief outline of the reason for the booking or referral (e.g high gas bill or home very cold etc.)

If you would like to access any aspect of their service, you can either email info@suttonvision.org.uk with details or contact Thinking Works directly on freephone: 0800 118 2327, text: 07928 394 482 or email enquiries@thinkingworks.co.uk

Could your unwanted Christmas presents help our charity?

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.

Volunteer News

Welcome to our new volunteers Dave, Beryl and Pierre, who have recently joined Sutton Vision. They will be supporting us with technology sessions and outings in the forthcoming months.

Our next quarterly coffee morning is planned for Tuesday 12th March, 10.30am-12.30pm at Sutton Vision offices. We are looking forward to catching up with our volunteers and you'll have the opportunity to discuss plans for the New Year.

Well done to our Knit and Natter group, who are working hard to knit us 250 squares for the Take on 250 Challenge, with blankets created sent off to Guide Dogs in early January.

We would like to invite all of our volunteers to come along to the Sutton Soup and Sutton Arms Quiz night in January (details in our Take in 250 article) to support the charity and a reminder that we will be running another refresher sight guide training session in Tuesday 26th March, 10.30am-12pm for any volunteers who would like to attend or maybe supporting us with outings next year.

A big thank you to our volunteer gardeners for keeping the Sutton Vision sensory garden and surrounding area well maintained and looking colourful over the Spring and Summer months. It's been appreciated by all groups who have enjoyed the space.

To find out about any opportunities or for booking, please contact Amanda for more details.

Volunteer recruitment drop-in day

Would you like to volunteer for Sutton Vision and support our work?

We rely on volunteers to help deliver the services we offer to visually impaired people in Sutton. With an additional 50 hours of volunteer time each week, we are able to run a busy schedule of social activities and befriending support. Volunteers also help the staff team with office admin and community events.

You can find out more by visiting our offices, Tuesday 27th February, 11am-3pm. Come and meet the team, speak to our volunteer co-ordinator and learn more about roles and find one that suit your interests.

To find out more, contact Amanda for details.

Would you like to get out and about or chat to a befriender?

At Sutton Vision, we have a range of befriending services to suit what you are looking for, from telephone, face to face or even a walking buddy.

Befriending can be a great way of making the first steps to contact after a period of isolation, a different source of support to family, a chat once a week or opening up activities, that can lead to increased self-esteem and self confidence.

For telephone befriending, this can be a call once a week for a chat. If you'd prefer or are able to go out, you may prefer a walking buddy, meeting you at home at the same day and time each week, walking around the local area. A community meet up buddy offers similar support, while going out for a coffee or possibly popping to the shops.

K has found the service of great benefit to her life: "My volunteer is more than a walking buddy, I enjoy seeing her and getting out safely and find it morale boosting" If you feel you would benefit from these services, please contact Amanda for a chat.

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

Trying To Be a Music Enthusiast & Home Studio Hobbyist (With A Visual Impairment)

I am a service user and technology volunteer at Sutton Vision, having lost my eyesight completely in 2017. I have always liked listening to music with my own collection and with some basic music training when growing up, I soon also liked collecting music technology at home. I even dreamed of having my own recording studio, like Peter Gabriel or Sting, briefly interning in media in the late 1990's, so I got to experience those kinds of places, although, I was making the tea, or taking sandwich orders mostly! Slightly strangely for me, I was really just getting back into my home studio recording in 2015, when I became partially sighted, so have been on my own journey to try to get my CD collection, and home recording hobby back.

As a listener, I am of the cassette generation more than anything, but still have a small number of vinyl records and quite a few CDs that I'm still attached to. Finding these can often be impractical now, so, over the last few years, I have managed to transfer or buy again most of my music collection in computer form. Unlike many of my age though, I still can't seem to completely make the move to a subscription service, but I think I'm pretty happy with all my old favourite albums and singles, now organised with care on my devices at home.

The trickiest part is the organisation, since how I used to arrange my physical albums made sense only in my own mind. Nothing was grouped by alphabet or date, but instead by a combination of how important it was to me at any time, and my memories, the music's style, at least, in the way I thought of it. As yet, no AI computer has learnt this, but at least I can now walk around with my phone in my rucksack, listening to some of my favourite music whilst I try to exercise and get some fresh air.

As a music maker, I dreamt of being a film composer mostly, but, sadly for me, never quite made it to becoming the next John Barry, John Williams or Hans Zimmer. I can maybe enjoy trying to get there, even though it's probably too late now, using the various bits of music hardware and software that I collected over the years. I record at home now mostly using a piece of commercial software called Reason (other alternatives are available), and although it's not completely accessible, I find that I can do enough with it, to make and produce my own style of 'music-without-a-film'.

To be honest though, none or very little of my artistic output is of broadcast level. Still, it can mean something to me sometimes, so I try to take an old friends' advice as a professional guitarist and producer, to just make the music that I like, and share it with people I know!

When partially sighted, I purchased a new audio device or two, in the £100-£200 range, and now somehow have found myself helping to test one or two of these companies' products as a volunteer from home. I'm not sure if I'll continue this forever, but I've enjoyed it, and feel like it's given me some direction and self-esteem, maybe at a time when both of these, for me, were in short supply!

I'm still pretty positive about listening to, and trying to make, music at home. Even if I never became John Williams, hopefully, I might have helped to make one or two of the current generation of music technology products a bit more accessible for the visually impaired. I would encourage others interested to maybe give it a try too, as long as it's not too expensive, it can be fun. Nobody ever masters it, and there's endless amounts of work to do, and bugs to be fixed!

Pierre Shlimon

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.

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

Chair Based Yoga -
A gentle form of yoga that's done while seated or using a chair for balance, promoting energy and a good, safe workout for beginners.

NEW – Games Morning
– Come and play a selection of games in a group, including Cluedo and Quattro.

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.

Lunchtime Quiz

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

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.

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! 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

This game of skill uses 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 Creative Corner. No artistic experience needed. A lovely space to chat and craft. Previous sessions have involved pottery, Autumn wreath and scented sachets.

Macular Society Social Morning

Sutton Macular Group has 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. January, February and March's meeting will be at Sutton Vision's offices in Robin Hood Lane.

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

Glaucoma UK Group

The group will be meeting at Sutton Vision on Monday 26th February 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.

January's social groups and activities

Monday	Tuesday	Wednesday	Thursday
1 NEW YEARS DAY – Office reopens 2nd Jan	2 Coffee morning 10am-12pm	3 Bridge 10.30am-12.30pm Yoga 11am-12.30pm VI Bingo – 1.30pm - 3.30pm	4
8 Macular Group 11am-1pm VI Scrabble 1pm-3pm	9 Creative Corner– 11am - 1pm	10 Bridge 10.30am-12.30pm Crossword 10.30am-12.30pm Yoga 11am-12.30pm	11 Livewell Zoom Session 10am-11am
15 Lunchtime Quiz 12-2pm	16 Low Vision Clinic (by appointment only)	17 Bridge 10.30am-12.30pm Yoga 11am-12.30pm	18 Tech Social 1pm-3pm Social Eyes 2pm-4pm Sutton Soup – 7.30-9.30pm
22 VI Scrabble 1-3pm	23	24 Bridge 10.30am-12.30pm Yoga 11am-12.30pm	25 Future Vision Zoom session 10-11am Charles Bonnet Group 11am-1pm Knit and Natter 1.30pm-3.30pm Working Age Social @ Robin Hood 4-7pm
29	30 Low Vision Clinic (by appointment only)	31 Take on 250 Gym Challenge – 2pm Yoga 11am-12.30pm NEW – Games Morning - 10.30am to 12.30pm	

February's social groups and activities

Monday	Tuesday	Wednesday	Thursday
			1 Tech Talk 1-3pm - AI
5 Coffee morning 10am-12pm	6 Low Vision Clinic (by appointment only) Men in Shades 12pm-2pm	7 Humanware Demo Day 10am-2pm Bridge 10.30am-12.30pm VI Bingo 1.30pm - 3.30 pm Yoga 11am-12.30pm	8 Livewell Zoom Session 10am-11am
12 Macular Group 11am-1pm VI Scrabble 1pm-3pm	13 Creative Corner – 11am -1pm	14 Bridge 10.30am-12.30pm Crossword 10.30am-12.30pm	15 Tech Social 1pm-3pm Social Eyes 2pm-4pm
19 Lunchtime Quiz 12pm-2pm	20 Low Vision Clinic (by appointment only)	21 Bridge 10.30am-12.30pm Yoga 11am-12.30pm	22 Future Vision Zoom session 10am-11am Living with Sight Loss Workshop 10am to 2pm
26 VI Scrabble 1pm-3pm Glaucoma group 10.30am-12.30pm	27 Volunteer Recruitment Drop-In – 11am – 3pm	28 Bridge 10.30am-12.30pm Yoga 11am-12.30pm NEW – Games Morning 10.30am-12.30pm	29 Charles Bonnet Group 11am-1pm Knit and Natter 1.30pm-3.30pm Working Age Social @ Robin Hood Pub 4-7pm

March'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** **Bridge 10.30am-12.30pm** **Yoga 11am-12.30pm** **VI Bingo 1.30pm - 3.30pm**	**7** **Tech Talk 1pm-3pm – Introduction to the NHS app**
11 **VI Scrabble 1-3pm**	**12** **Creative Corner– 11am -1pm**	**13** **Bridge 10.30am-12.30pm** **Crossword 10.30am-12.30pm** **Yoga 11am-12.30pm**	**14** **Livewell Zoom Session 10am-11am**
18 **Lunchtime Quiz 12pm - 2pm**	**19** **Low Vision Clinic (by appointment only)**	**20** **Bridge 10.30am-12.30pm** **Yoga 11am-12.30pm**	**21** **Social Eyes 2pm-4pm** **Tech Social 1pm-3pm**
25 **Games Morning - 10.30am-12.30pm** **VI Scrabble 1-3pm**	**26**	**27** **Bridge 10.30am-12.30pm** **NEW – Games Morning 10.30am-12.30pm** **Yoga 11am-12.30pm**	**28** **Charles Bonnet Group 11am-1pm** **Knit and Natter 1.30pm-3.30pm** **Working Age Social @ Robin Hood Pub 4-7pm**