Contact

sutton vision

ISSUE 85

Spring 2024

Photo by Vicky Blencowe @VI_VickyPhoto

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Chair Welcome and Thanks

Welcome to the Spring 2024 edition of CONTACT.

Now the weather is returning to the better seasons (we can but hope!), we're pleased to announce that we're hosting Sutton Vision's inaugural Golf Day. This will be held at The Oaks in Banstead for just £70 per player or £280 per team of 4. It promises to be a great day of fun and fundraising, to raise awareness and money for Sutton Vision. If you have friends or family, that would like to get involved, please find more details on page 17.

I'm very pleased to welcome Hilary Leacock as our newest trustee. Many of you may know Hilary as a volunteer for braille tuition and having attended some groups in the offices herself, along with her guide dog Edie. It's great to have someone who brings first-hand and personal experience of sight loss and advocating for the work of the charity.

We're pleased to now be able to offer digital skills for everyday needs. In an age where even paying a bill often requires you to be online or on a app, these are now essential skills. If you would like to find out more about how we can help you with this, in a group or one to one, find out more by emailing us or calling on the usual number.

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

We had an incredibly busy but very successful start to the year with our Take on 250 month of fundraising activities. There is more information elsewhere in this edition of Contact, but I wanted to add my personal thanks to everyone who supported us throughout January. Thank you to everyone who has donated online or brought money into the office, every penny will go to support Sutton Vision's work.

We have lots of exciting plans for the months ahead and will continue to be running a full range of social activities and groups. Yoga has proved so popular we are setting up a second group and we are hoping to develop some other opportunities to get physical over the summer months so do keep in touch, check out our website and sign up to our e newsletter for updates.

I know that for many people travelling to our building can be a challenge particularly for people who are less mobile or dependent on public transport or Dial-a-Ride. We are expanding our volunteer support and looking to offer some social groups in different parts of the borough so if you think you might benefit from this, one of our community befrienders to accompany you to a local activity or café or a regular telephone call to stay in touch please do let us know.

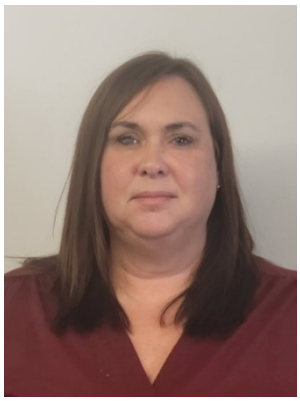
Best wishes,

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, a Blue Badge and advice to social activities.

The service is FREE and we can see you in our office or at home. 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 including 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.

New activities and events for April to June 2024

Vision Aid Demo Day

We'll be joined by Ben from Vision Aid for this low vision drop-in day on Thursday 23rd May from 10am – 1pm at our offices.

Advance booking is essential. Amongst the equipment being displayed will be audio text readers, video and optical magnifiers.

To book a place, please call or email Terry.

Living with Sight Loss Workshop

Being told you have sight loss can be a 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
- Using assistive technology
- Practical solutions for around the home

We will be running our next workshop on Thursday 13th June, from 10am to 2pm and a sandwich lunch is included. For more information, or to book a place, contact Terry Rocks.

Hampton Court Trip

We'll be visiting Hampton Court Palace on Tuesday 30th April. A minibus will take visitors from Sutton Vision offices to Hampton Court and back again.

We'll be leaving at 10am and returning around 3pm. Ticket costs are £10 If you would like to join us for this, please contact Caroline by email or phone call.

Yoga sessions – extra session

Due to the popularity of our chair-based yoga classes with Ross, we're running another class. 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 12pm, with sessions 12.15pm-1pm and refreshments after. They run for 6 weeks from 17th April to 22nd May and 5th June to 10th July.

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.

Garden open for the Summer

We'll be opening our garden again for the Summer. There will be opportunities to tend to our new sensory garden or to just sit and enjoy the outdoors. If you'd like to get involved, please email or call Amanda.

Learning digital skills

Are you finding the digital world difficult to embrace and navigate?

Would you like to become more confident to stay in touch with friends, send emails, messages or share photos? Would you like to be able to look up information, buy train tickets, shop or bank online?

Today, so many organisations use the internet for everyday activities. Even Dial A Ride has now introduced an app for people to book journeys. It's often hard to know where to start particularly if you also have a visual impairment and aren't used to using a smart phone, computer or tablet.

At Sutton Vision, we have volunteers who can help you learn basic skills to help with your everyday life. We will be running some small group sessions as well as offering one to one help for everything from learning how to tap and swipe on touch screens to shopping online and everything in between.

If you are interested in finding out more, please give us a call or speak to us when you are next here. One of our volunteers will have a chat with you to find out what you would like to do and then tailor make support for you. This could be weekly sessions in a small group or individual help.

We will go at your pace, give you plenty of practice and you can use your own phone, tablet or laptop or use one of ours. We have large screens and specialist software to help you. So don't be shy! Call the main office number to find out more.

A welcome to our new Trustee, Hilary Leacock

Hilary is our newest trustee, joining Sutton Vision in January 2024. She has been part of Sutton Vision since January 2018 and moving to becoming a volunteer in teaching braille one to one in April 2022. She has previously been a trustee for Merton Vision and Merton Talking Newspaper.

Having studied Russian and French at Exeter University, Hilary then moved into translation work for the Civil Service, working as a bilingual secretary. After moving to the Leonard Cheshire Foundation, she decided on a career change, training in massage and aromatherapy working at a day centre for people with learning disabilities for 16 years.

In her spare time, Hilary is also a member of her church choir, sings with Wimbledon Choral Society and as a part of The Big Heart Band, visiting care homes and encouraging residents to join in with singing.

As someone who has lived with no sight since birth, Hilary was keen to become a trustee as a way of giving something back, after receiving support from the charity herself and we welcome her to the board.

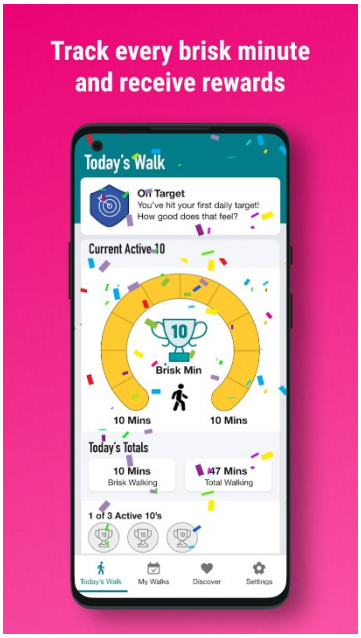
Bus network changes in Sutton

Several changes will be coming into place on Saturday 2 March into bus routes around Sutton. These include Routes 455, 470, S3 and S4 and the introduction of the new service S2. TFL have created a dedicated webpage with full details of the changes, including maps, which can be found at www.shorturl.at/xG146.

Vicky's App Recommendations

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

NHS Active 10 Walking Tracker (Android and iOS)



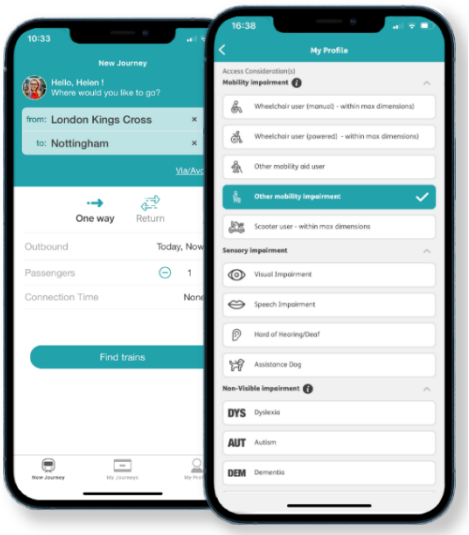
Get active by walking briskly!

Track your walking in minutes and see how much of your walking is considered brisk, therefore, improving heart health and wellbeing.

You can set targets and be rewarded for each 10 minutes of brisk walking. The app is accessible with large font size and screen readers.

Personally, I like this little app as it doesn't record steps just whether you have managed to increase your heart rate a little whilst walking around!

Passenger Assistance App (Android and iOS)



This app allows you to book your assistance on longer advance journeys. This will include transfers between trains and networks, with contact by email or phone. Reviews have been very positive overall and you can travel alone or with your "carer".

The app is accessible with increased font sizes and screen readers, although I personally feel that the colour contrast themes could be improved.

If you would like to try these or any other apps, you can find out more at our Tech Groups, 1st and 3rd Thursdays at 1pm-3pm or book a one to one with Vicky, Assistive Technology Co-ordinator, on 020 8409 7166.

Take on 250 – how we got on

As you may remember from last CONTACT, we were undertaking a mammoth fundraising month in January to raise funds for our activities and services. We're very pleased to report we raised over £2,500 through our efforts. We would like to thank everyone who supported us from the volunteers that exercised to those who donated and to Sutton United, Morrisons Sutton, The Sutton Arms and Anytime Fitness for donating their space and prizes to help us achieve our aims.

- Our Knit and Natterers have created 250 knitted squares, which have been made into beautiful blankets, now winging their way to Guide Dogs. These will be given to puppies-in-training to support a sight impaired person to remain independent.

- Terry gave a fantastic pitch at Sutton Soup on Thursday 18th January, covering all the details and impact on individuals of our Living with Sight Loss workshops, all in just 4 minutes! Although we weren't successful in receiving the money, it was great to be out in the community and promoting the work we do. We also received a donation of £200 from John Donnelly of Donnelly Financial Advice, which is a great boost to our charity.

- Our charity quiz at The Sutton Arms (with thanks to them for their support) was a great success on Saturday 27th January. Lots of fun was had and a full house of participants turned up to play our quiz, raising over £300. Thanks to Morrisons Sutton and Sutton United for generously donating prizes for this event.

- Our team of volunteers and staff completed their Take on 250 Gym Challenge, powering through 250 minutes of exercise. Amanda, Vicky, Ann, Colin, Terry, Caroline, Lindsay, Jill, Dave and Denise (plus guide dogs Otis and Rita for moral support!) cycled and rowed at Anytime Fitness in Sutton on Wednesday 31st January. We have raised a staggering £1,140 for the charity. Thank you to everyone who has supported our challenge and to Anytime Fitness for giving us the space!

Our Just Giving page is still open so if you'd like to support us, visit justgiving.com/campaign/takeon250suttonvision or if you do not use the internet, we can help with a paper sponsor form.

Coffee Mornings in the Community

We are looking to run our Coffee Mornings in the Community in venues around the Borough including Cheam, Wallington and Worcester Park.

We hope that this will allow everyone to access our services without having to travel as far.

If you would like to know more, email or call Amanda for more details.

Access to Work and are you eligible for PIP or AA?

If you have a visual impairment and are currently working or looking for a job, Access to Work can help you get or stay in work.

The support you get will depend on your needs and how your condition affects you. Through Access to Work, you could get a grant to help pay for things like:

- specialist equipment and assistive software
- a support worker, a job coach or a travel buddy
- costs of travelling to work, if you cannot use public transport.

Your workplace can include your home if you work from there some or all the time.

It does not matter how much you earn. If you get an Access to Work grant, it will not affect any other benefits you get and you will not have to pay it back.

You or your employer may need to pay some costs up front and claim them back later.

You may also be eligible to claim Personal Independence Payment and Attendance Allowance (if you have reached state pension age). The RNIB offer a toolkit and more information about the eligibility to claim these benefits here: rnib.org.uk/living-with-sight-loss/money-and-benefits/.

For more information or support on this, you can also get in touch and speak to our Outreach Officer, Terry Rocks, by phone or email.

Volunteer News

Welcome to our new volunteer befriender Clayton who has recently joined our team and will be supporting us with technology workshops & on occasion as a minibus driver.

Thank you to our volunteers who supported us at our Take on 250 fundraising events, with a shout out to Dave, Lindsey, Gill, Dave, Colin, Jan, Moya, Lata, Adrian & Pierre for all their hard work.

Current volunteer opportunities can be found on our website, including new ways to befriend including being a community buddy. Our volunteers have told us they love volunteering with Sutton Vision as, “We have a laugh and help each other…The staff at Sutton Vision are very supportive and there are many opportunities to participate in different activities”, “I've enjoyed my time as a volunteer. It helps to keep me grounded, it encourages me to be social and I find it satisfying if I can help someone”

If you would like to talk to someone about volunteering, call Amanda for an informal chat about what we have available to fit in with your spare time.

Volunteers’ Week is 3rd-9th June this year and we’ll be marking the special work of our volunteers by offering a Volunteer Breakfast, Thursday 6th June, 9.30am – 11.30am at our offices in Sutton Vision. It’s a great chance to meet other volunteers as well. If you would like to attend, contact Amanda for more details and to book.

And, it was great to see potential volunteers at our Volunteer Drop In Day on 27th February. Thank you to all who came along and we hope to welcome them on to the team soon.

If you know anyone who would like to join our volunteering team, please email or call Amanda.

Sutton Vision Charity Golf Day – Wednesday 5 June

We are delighted to launch our inaugural Sutton Vision Charity Golf Day Tournament at The Oaks, Woodmansterne Rd, Banstead. It's a great opportunity to play a round of golf while supporting those living with sight loss.

On the day, players will receive:

- Bacon / Sausage or Egg breakfast roll with tea and coffee
- 18 holes on the Horley Course
- 19th hole pint or glass of wine
- Three-course awards dinner
- Raffle

The cost is £70 per player / £280 team of four, with all proceeds going to Sutton Vision. The tournament will be played with teams of four but you can enter individually or in smaller groups.

If you or someone you know would like to take part, please sign up and find more information at: www.suttonvision.org.uk/sutton-vision-charity-golf-day

Could your unwanted presents be a prize for our groups?

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.

Holidays when you're blind or partially sighted

Although a holiday can be a great chance to relax and refresh, there are extra considerations when living with sight impairment that can make your holiday less than stress free.

If you want more support with your holiday to navigate these issues, there are companies that are set up to offer holidays specifically to suit the needs of those who are blind or partially sighted.

Seable, founded by Damiano La Rocca is a tour operator that organises holidays for visually impaired and wheelchair users. They offer tailored holidays for individuals, couples, groups of friends and families to international destinations including Bologna, Thailand and an Eswatini safari. You can find more at www.seable.co.uk on 0203 375 6947 or email at lucy@seable.co.uk.

Traveleyes, founded by blind adventurer and TV personality, Amar Latif OBE is another company that can offer breaks tailored to the needs of a visually impaired person. You can sign up alone, as a couple or with friends and they travel as a group. Groups are a mixture of both blind and sighted travellers. If you are a sighted traveller, the company will subsidise the cost of your holiday by up to 50%, in return for sharing the experience with a visually impaired traveller.

Places to visit include Big 5 safaris in Africa, cultural odysseys in India and touring holidays across the UK. You can contact them via traveleyes-international.com or call 0113 834 6094.

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.

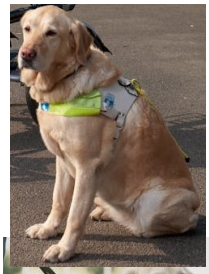
They are peer-led and always welcome new ideas for groups so if you have any suggestions or are interested in finding out more, please Contact Sue Christie on 07891 783291 or email susanannchristie@gmail.com.

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

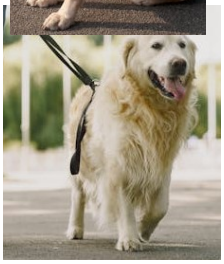
Guide Dog Etiquette

When you come to visit us, you may notice guide dogs around the office, whether a regular member of the team or a visitor to us. It's important to remember that guide dogs are working dogs and some people can be unsure of the do's and don'ts when it comes to interacting with them.

We have a few tips below for helping you in positively interacting with blind and visually impaired people and the guide dogs who work with them.



Guide dogs are 'in harness' when working and leading their handler. In this case, he or she is working and therefore should not be disturbed.



However, if the dog is on a 'soft lead', you can ask the handler if you can approach the dog.

- Always speak to the blind person directly, not to their sighted companion, if they have one or to their guide dog.
- If you have small children, try your best to make sure they don't get too close to the dog.
- Never grab the guide dog's leash, collar, or harness. The guide dog is trained to take commands from their handler.
- Do not try to coax a guide dog forward or direct them in any way. This is the responsibility of the handler.
- Don't feed the dog anything without the handler's permission
- If you are allergic or frightened of dogs, please let us know when visiting the office and we will try to accommodate this.

Finally, don't be afraid to ask the handler. It's much better to ask before taking any action. By following these rules, we can help to make sure that interactions are good for the handler, guide dog and the interested passer-by!

Injections for Age-Related Macular Degeneration

If you receive regular injections for your age-related macular degeneration, you may have noticed a change to the injection you are being given as part of your treatment plan. Many patients are now seeing a switch from Eylea (Aflibercept) to Lucentis (Ranibizumab) and you may be seen more often to receive these injections. We'd like to receive your feedback on your experiences of these changes. If you'd like to have your say, please email Ann Ryan, ECLO at annmarie.ryan1@nhs.net

Merton Sports and Social Club Tandem Rides

MSSC is an inclusive sports and recreation club for both sighted and visually impaired adults of all ages and abilities, based at Old Rutlishians' Sportsground, Poplar Road SW19 3JS.

One of their most popular activities is tandem cycling, where visually impaired stokers are paired with sighted pilots to experience the joy of cycling together. Rides are of varying lengths and are held on the first Sunday and third Saturday of each month. All rides include a refreshment stop at a pub or café and start and finish at their base at the Old Rutlishians' Sportsground, in easy reach of Morden Underground Station, and several bus routes.

Other regular activities include a monthly walk and a pub social at Ganley's Irish bar, Morden, where members meet for chats, drinks, a bite to eat and a friendly game of darts.

To sign up or for more: email cycling@mssc.org.uk or sign up here: https://forms.gle/xkiVdMPUEcssbwcLA

Sight Loss, Insomnia and Radio Call-In Shows

After losing my sight, back in 2017, something that I really got into was good old FM radio and, in particular, the local UK late night call-in shows.

Although I don't live alone (I am lucky to still live with my Mum at 47 years old and there are four of us in total in my household), I can't get out on my own all the time anymore. This means I still often take solace in the late-night, or even overnight hours of the 24-hour cycle.

Even when sighted, for periods during my 20's and 30's, I had indulged in this, sometimes for the peace and quiet. Whilst I wouldn't say I suffer from insomnia, I definitely have a part of me that likes being a night owl.

So, with no sight and living at home, I quickly sought out the comfort of local radio. Initially, for me, this was BBC Radio London, a station that I used to know as GLR (Greater London Radio), when Chris Evans was breaking onto the airwaves with his early 90s Saturday show. It wasn't long before I was now in the 21st Century, back listening, but now to the more easy-going hours, normally between midnight and 6am. At this time, subjects were lighter, audiences smaller and it was surprisingly easy to phone in and get put on the air.

Even though my station of choice has changed since, I'm still listening and calling in, sometimes. I don't do this too much now, since I don't want to end up annoying the producers, never mind the listeners! To be honest, for me, during those quiet night hours, even just a simple 5 minute chat can make my day better. This morning, for example, at 3am, it was a chance to talk about my favourite old lawn mower shop. I still think that, although it's not always perfect, radio, for me, can hopefully still be a good way of talking, or sometimes just hearing another real person's voice!

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.

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

Sutton Vision Coffee Morning - 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 Group - 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.

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.

Bridge - This game of skill uses large cards and holders based on four players who form two partnerships.

Glaucoma UK Group - The group will be meeting at Sutton Vision on Monday 10th June 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.

Working Age Social Group - Chat, drink and eat at our monthly social for people of working age. This is held at The Old Bank in Sutton, just down from

Sutton Station. A group will leave from our offices just before 4pm or you can meet us there; just drop in when it suits you.

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.

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 10.30am and 12.30pm.

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

April's social groups and activities

Monday	Tuesday	Wednesday	Thursday
1 EASTER MONDAY – OFFICE CLOSED	2 Low Vision Clinic (by appointment only) Men in Shades @ Robin Hood Pub 12pm-2pm	3 Bridge 10.30am-12.30pm VI Bingo – 1.30pm - 3.30pm	4 Tech Group 1pm-3pm – Using the Dial-a-Ride app
8 Macular Group 10.30am-12.30pm VI Scrabble 1pm-3pm	9 Creative Corner– 11am - 1pm	10 Bridge 10.30am-12.30pm Crossword 12.30pm-2.30pm	11 Livewell Zoom Session 10am-11am Games Morning 10.30am-12.30pm
15 Lunchtime Quiz 12-2pm	16 Low Vision Clinic (by appointment only)	17 Bridge 10.30am-12.30pm Yoga 11am-12pm 12pm-1pm	18 Coffee morning 10am-12pm Tech Group 1pm-3pm
22 VI Scrabble 1-3pm	23	24 Bridge 10.30am-12.30pm Yoga 11am-12pm 12pm-1pm	25 Future Vision Zoom session 10-11am Charles Bonnet Group 11am-1pm Knit and Natter 1.30pm-3.30pm Working Age Social @ The Old Bank 4-7pm
29	30 Hampton Court trip 10am-3pm		

May's social groups and activities

Monday	Tuesday	Wednesday	Thursday
		1 Bridge 10.30am-12.30pm Yoga 11am-12pm 12pm-1pm VI Bingo – 1.30pm - 3.30pm	2 Tech Group 1pm-3pm
6 BANK HOLIDAY MONDAY – OFFICE CLOSED	7 Low Vision Clinic (by appointment only) Men in Shades @ Robin Hood Pub 12pm-2pm	8 Bridge 10.30am-12.30pm Crossword 12.30pm-2.30pm Yoga 11am-12pm 12pm-1pm	9 Livewell Zoom Session 10am-11am Games Morning 10.30am-12.30pm
13 Macular Group 10.30am-12.30pm VI Scrabble 1pm-3pm	14 Creative Corner – 11am-1pm	15 Bridge 10.30am-12.30pm Yoga 11am-12pm 12pm-1pm	16 Coffee morning 10am-12pm Tech Group 1pm-3pm
20 Lunchtime Quiz 12pm-2pm	21 Low Vision Clinic (by appointment only)	22 Bridge 10.30am-12.30pm Yoga 11am-12pm 12pm-1pm	23 Future Vision Zoom session 10am-11am Vision Aid Demo Day 10am-2pm
27 BANK HOLIDAY MONDAY – OFFICE CLOSED	28	29 Bridge 10.30am-12.30pm	30 Charles Bonnet Group 11am-1pm Knit and Natter 1.30pm-3.30pm Working Age Social @ The Old Bank 4-7pm

June's social groups and activities

Monday	Tuesday	Wednesday	Thursday
3 Coffee morning 10am-12pm	4 Low Vision Clinic (by appointment only) Men in Shades @ Robin Hood Pub 12pm-2pm	5 Bridge 10.30am-12.30pm Yoga 11am-12.30pm VI Bingo 1.30pm - 3.30pm Charity Golf Day @ The Oaks	6 9.30am-11.30am – Volunteer breakfast Tech Group 1pm-3pm
10 Glaucoma group 10.30am-12.30pm Macular Group 10.30am-12.30pm VI Scrabble 1-3pm	11 Creative Corner – 11am - 1pm	12 Bridge 10.30am-12.30pm Crossword 12.30pm-2.30pm Yoga 11am-12pm 12pm-1pm	13 Livewell Zoom Session 10am-11am Games Morning 10.30am-12.30pm Living with Sight Loss Workshop 10am-2pm
17 Lunchtime Quiz 12pm - 2pm	18 Low Vision Clinic (by appointment only)	19 Bridge 10.30am-12.30pm Yoga 11am-12pm 12pm-1pm	20 Coffee morning 10am-12pm Tech Group 1pm-3pm
24 VI Scrabble 1-3pm	25	26 Bridge 10.30am-12.30pm Yoga 11am-12pm 12pm-1pm	27 Charles Bonnet Group 11am-1pm Knit and Natter 1.30pm-3.30pm Working Age Social @ The Old Bank 4-7pm