Contact

sutton vision

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September to December 2024

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Chair Welcome and Thanks

Welcome to the September to December 2024 edition of CONTACT.

We've had a very busy Summer, with trips to Brighton, Kew Gardens and Hampton Court Palace that you can read about on page 10. It's been great to see attendees enjoying accessing new places and getting out and about in the wider community.

Our strategy "Towards 2030" has now been launched, developed through a consultative process with staff, volunteers, and trustees alongside those who use our services. This aims to build on the incredible achievements of Sutton Vision to date. Over this period, among our objectives are to deliver quality services that empower and enable people to live independent and full lives and promote and advocate for the rights and dignity of those living with sight loss and those who are blind. You can read the full document on our website under the About Us section.

We've been pleased to receive sponsorship for CONTACT from Scope Eyecare for the next three editions of the magazine. It's great to have this support in continuing to reach our users and keeping them informed of our events and activities.

You may also notice a few changes to the CONTACT magazine. We will now be sending you three editions per year and as you may have already had through your door or by email, we'll send dates of our events and activities every month. This means we can be much more up to date and make sure everyone knows what is happening. If you want to receive our dates mailing and don't already, please contact us on the details below.

We'd love to hear your thoughts and feedback on the changes, which you can email to info@suttonvision.org.uk or call us on 020 8409 7166

Michael

Message from our Chief Executive Officer

Earlier in the year, we received some funding from the Vision Foundation to run activities that help reduce isolation and loneliness amongst people with sight loss.

We have used this funding to support our social groups and befriending service and as part of our grant have been able to employ Lindsey one day a week as our new Social Activities Officer. Lindsey has volunteered for us for some time now and it has been lovely to welcome her onto the staff team. She is running our Community Cuppa sessions in Cheam and Wallington, coordinating the social groups that meet in our building and will be ringing many of you about our upcoming groups and activities over the coming months. You can find out more about her on page 22.

The same funder came to visit us in person earlier in the summer to see first-hand how we support people at Sutton Vision. A huge thank you to members of our yoga group who stayed on to chat about the benefits of coming along to our group activities at Sutton Vision and to our visually impaired volunteers who talked not only about how they support people here but also the difference volunteering has made to their own lives.

We've been delighted to run some outdoor bowls sessions at Rosehill Bowls Club over the summer. The club has been fantastic at welcoming us and providing volunteers to teach people the game.

A huge thank you to the club and excitingly we are looking to run regular sessions with them again next season.

Best wishes

Denise

Contact Us

You can call 020 8409 7166 or email info@suttonvision.org.uk or contact individual staff by using their details below.

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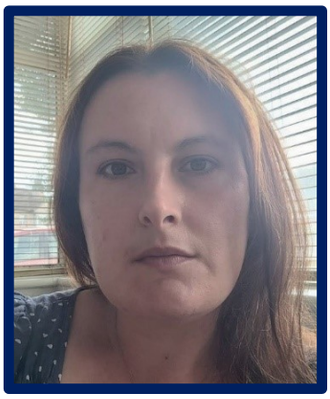

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Sutton Vision Services

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 September to December

Audio Book Club

Delve into the wonderful world of audiobooks with our new club!

Our new Audio Book Club (ABC) runs every 2nd Thursday of the month, 1pm-2pm.
Books will be selected from RNIB Reading Services Library and we can help you download this app.
Everyone will have the opportunity to discuss and give comments, with members taking turns to choose a book each month.

If you would like to find out more or to book your place, please email vicky.blencowe@suttonvision.org.uk or call 020 8409 7166.

Eye Health Week – cooking with a visual impairment plus GP talk

To mark Eye Health Week, we will be joined by Maureen Wing, rehabilitation officer from Sutton Sensory Impairment Team on Tuesday 24th September, 2pm. She will talk through devices and aids to support cooking with a visual impairment and where these can be bought.

You can read our guide to cooking with a visual impairment on page 16.

We will also be joined for a talk with a GP in the Autumn. This will cover a range of topics including general health, weight management, blood pressure and more. For more details and to book, call the office on 020 8409 7166 or email info@suttonvision.org.uk.

Glaucoma Group

Find out more about glaucoma and hear from guest speakers on the condition. This quarter's meeting will be on Monday 21st October at 10.30am-12.30pm at Sutton Vision offices.

Speakers include Conchita Landa-Font from Glaucoma UK. The group is for support so we will not be able to give personal clinical advice.

To find out more, contact Terry on 020 8409 7166 or email info@suttonvision.org.uk

Panto – Cinderella at Epsom Playhouse

We'll be visiting Epsom Playhouse for their panto Cinderella (oh yes we will!) on Wednesday 18th December at 11am.

A minibus will take visitors from our offices to Epsom Playhouse and back. We'll be leaving at 10am and returning around 4pm. Costs are £25 towards ticket and transport. We are also looking at having a Christmas lunch in The Assembly Rooms pub in Epsom, approximately £15 but depending on interest. Please contact Caroline at info@suttonvision.org.uk or 020 8409 7166 by Monday 30th September.

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 tech and practical solutions around the home.

We will be running our next workshop on Thursday 24th October, from 10am to 2pm and a sandwich lunch is included. For more info or to book a place, contact Terry Rocks.

Community Cuppa

Our Coffee Mornings in the Community run at Wallington and Cheam, offering a space to meet others, chat and get a cuppa or two.

Join us at the Wallington Garden Café, Wallington, SM6 0HY, every 1st Tuesday of the month, 10.30am-12pm or at the Coffee Zone, 10 Station Way, Cheam SM3 8SD, every 2nd Tuesday of the month, 10.30am-12pm.

To find out more, contact Lindsey at info@suttonvision.org.uk or 020 8409 7166.

Yoga sessions – extra class

Due to the popularity of our chair-based yoga class with Ross, we're running another class on Wednesdays 12.15pm-1pm with arrival at 12pm and refreshments after.

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 and is a good, safe workout for beginners.

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 Lindsey for more details.

Christmas tree decorations – make or buy to support us!

This year, Knit and Natter and Creative Corner will be knitting and making Christmas tree decorations to raise money for our charity.

If you're feeling creative, you can join us in making by joining either group in their sessions or you can request a knitting pattern and support us from the comfort of your own home.

You can also show your support by buying our decorations and bringing a little Sutton Vision to your Christmas!

To find out more, contact info@suttonvision.org.uk or 020 8409 7166

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?

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.

We can 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.

New Vision Aid equipment – thanks to Ulverscroft Foundation

We now have a range of Vision Aid equipment, including magnifiers, smartphones and tablets, available for you to try before you buy in our resource room.

We'd like to thank the Ulverscroft Foundation for their grant, which has enabled us to purchase this equipment.

If you would like to come and have a look and have a one to one session to talk you through our equipment, please contact Vicky or Terry on 0208 409 7166.

Sutton Vision trips

We've organised several trips over the Spring and Summer, including to Hampton Court, Brighton and Kew Gardens.

April saw us visit Hampton Court Palace, former home of Henry VIII. Attendees walked their way around the Great Hall, listening to a talk by one of their knowledgeable guides, then seeing how the kitchen staff lived and worked and onto their spectacular gardens. The trip involved a fair amount of walking but the group had a great day and the weather was fit for a king!

The sun shone once again for the Brighton trip back in June, with our Working Age group enjoying the day. One attendee, Pierre, told us during his time at the seaside, he enjoyed a beautiful meal at a restaurant, complimenting the relaxed atmosphere, created by the city and the company on the outing. Another person who joined us was Kristina, telling us she had a "fantastic time" as she took to the shops, enjoying the music of the buskers in the sunshine.

In July, we made our way to Kew Gardens. On arrival, the group took in the Palm House, hopped on to the Land Train and after a spot of lunch, some of our attendees went off to the Hive and some to investigate the Evolution and Kitchen Gardens. Despite the British Summer offering a few drizzly showers, we had a dry and fun day exploring what Kew had to offer.

For all our trips so far this year, we'd like to say a special thank you to all our volunteers, whose support and time, make these trips possible.

Fundraising news

Inaugural Sutton Vision Golf Day

We had great weather for our first Golf Day at The Oaks Golf Course in Woodmansterne. Trustees and staff turned out to support the day, which saw a round of golf, plus a chance for players to try out some Simispecs to have an insight into a visual impairment .

Players also had a three course meal and heard from our CEO, Denise and our Outreach Worker, Terry. It was great linking with the local community and we raised £4,500 for the charity, including £2,000 from Subsea7. Thanks to everyone for their hard work to make this all happen!

Make a gift to Sutton Vision in your Will

Every day, 250 people in the UK start to lose their sight. This number is set to double by 2050 and the need for our services is growing.

Why consider leaving a gift in your Will to us?

As a local sight loss charity, we support and advocate on behalf of blind and partially sighted people living and working in the London Borough of Sutton.

Everyone's sight loss journey is different and that's why we provide a wide range of services to enable and empower people with sight loss to live full and independent lives. Your gift can really make a difference, ensuring that everyone who is living with sight loss receives the support to live the life they want.

Sutton Vision has also partnered with Bequeathed to offer an accessible and inclusive service, where every supporter can make a free Will For Good.

There is no obligation for you to gift the charity to use this service but we would be extremely grateful if you would consider supporting us with a gift in your will.

You can find out more about this offer or sign up:
www.bequeathed.org/suttonvision

Knit and Natter and Creative Corner

Do you enjoy arts and crafts, knitting or crocheting, while having a chat and a coffee? Sutton Vision has two groups that aim to let your creative side run free.

Creative Corner runs every second Tuesday of the month at 10.30am-12.30pm. You don't need to be great at art, just enthusiastic. We have a different theme every month and have previously made pottery, painted, made scent bags and Autumn wreaths! We're a friendly group and activities are particularly suited for those with a visual impairment.

Knit and Natter runs every month on the last Thursday of the month 1.30pm-3.30pm, we do what we say on the tin, Knit and Natter! No experience is needed as we can show you how to knit or crochet. You can learn new skills, continue with your own project or make something new entirely.

If you would like to find out more about either group, call us on 020 8409 7166 or email info@suttonvision.org.uk

Sight loss awareness training

Our Outreach Officer, Terry, has been out and about and training staff at Orchard Hill College, part of the Carshalton College campus.

The training included informing staff about various sight conditions and how this affects individuals in their daily life, as well as giving the opportunity for participants to experience full and partial sight loss, through the use of blind folds and Simispecs.

We can offer this training or provide a shorter talk, depending on the needs of your company, community group or charity. It's a great introduction to learning more about sight loss.

If you would like more details, please email info@suttonvision.org.uk

Community News

Sutton's Friendly Club for the Blind

Sutton's Friendly Club for the Blind celebrated its 90th birthday in July. This group meets at the Thomas Wall Centre, once a fortnight for fellowship, tea and entertainment and gives a warm welcome to new members.

Their chairman, Kathleen Claridge, has served the club faithfully for over forty years and her work for the visually impaired community has even been marked by the naming of a room in the Sutton Vision offices!

The club is free of charge and transport is provided for each of their twice monthly Wednesday afternoon meetings.

If you'd like to find out more about the club and their meetings, please call Carol Mikowski on 0203 759 3546 or 07769775700

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 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. Rides are of varying lengths and are held on the first Sunday and third Saturday of each month. All rides stop at a pub or café and start and finish at their base at the Old Rutlishians' Sportsground.

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

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

VI Leisure Group (VILG)

The VILG organises its own programme and acts as the point of contact for their 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	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

Use your spare time to become a befriender!

Do you have one to two hours per week or fortnight to give a visually impaired person some company or a regular chat? You can meet in a local café, take a walk in the park or talk on the telephone, depending on the needs of the individual you are paired with.

We're looking to add more people to our team of trained volunteer befrienders, particularly those who can offer a listening ear by telephone over the Winter months and if you're in the Cheam area, a walking buddy for an individual, who is looking for someone to accompany them once a week.

To find out more, contact our Volunteer Coordinator Amanda Larter.

Blind Veterans UK Healthy Eating Session

Adrian Andrews is a member of both Sutton Vision and Blind Veterans UK. He's written for CONTACT about taking part in the recent Healthy Eating session, held at Sutton Vision's offices.

At the end of June, Blind Veterans UK held a session in Robin Hood Lane on Healthy Eating. As a group, we discussed the importance of healthy eating including fresh fruit and vegetables and the problems of processed food and microwave meals because of all the unhealthy ingredients they contain.

We then cooked a lunch of rough cut roasted vegetables, roast chicken breast pieces with a healthy dash of balsamic vinegar and paprika. My wife, Delma, is an excellent cook and I haven't actually cooked a meal in the sixteen years plus that we have been together.

Having lost the last of my eyesight over four years ago, I was slightly nervous about being in and around a kitchen, so picking up a serrated vegetable knife for the first time in many years was an interesting experience. Henry was an excellent instructor and while cutting, I wore a glove on my left hand, which while soft, was very flexible and strong and you cannot accidentally cut yourself when you're wearing it. It was quite empowering being able to do something constructive in the kitchen.

Once the potatoes, peppers, onions and carrots and chicken were in the oven, we then made some simple oat biscuits using flour and dairy free margarine, baking while we finished off the main course, and, it all tasted very nice!

The session took me out of my comfort zone, which I think is always a good thing to do. Henry made the session really interesting and, at no time, did I feel anything other than very safe. I went home having learned something, having fun along the way and felt a real sense of achievement. The session reminded me of just how much I am capable of doing if I just put my mind to it. I am very fortunate that I don't need to do the cooking, but I now know that I am quite capable of, at least helping to prepare food for us to eat.

I look forward to doing something similar again in the future.

Cooking with a visual impairment

Many people living with sight loss find cooking and preparing meals a daunting task. However, with the right techniques, equipment and strategies, this doesn't have to be. Guide Dogs have hints and tips to make cooking a pleasure rather than a chore.

Hints and tips

Preparation is key to making cooking simpler. You can get yourself ready by:

•Clearing kitchen surfaces, getting out equipment and food before starting

•Keeping knives in a tray or a knife rack prevent injury from the blade when looking for something else in the drawer.

•Keeping your knives sharp will make them easier to control, as you're not having to apply as much pressure when cutting or scissors can be a good alternative to a knife for control.

•When the meal includes vegetables and salad, prepare them before starting to cook.

•Cut meat up into small pieces to ensure it cooks through evenly, using a different chopping board to the one you use for vegetables.

•Keep a container close to where you're working for food waste.

•Sitting at a table or using a stool at the worktop can make this preparation easier.

If you have remaining vision

•Colour contrast can really help – white bread on a red chopping board for example.

•Lighting can play an important part when you're cooking, improving contrast and colour of items more clearly.

•It can be helpful to work in natural light or using a lamp specifically directed for your task. Moving a lamp just one metre closer will increase light by four times.

•Avoid putting sharp knives into the washing-up bowl/sink where they can be hidden by water or bubbles.

Adaptive kitchen equipment can be helpful and is available in several stores online including RNIB. This includes: talking scales, food thermometer, microwave, tin/jar openers and kitchen timers

Chopping, cutting and peeling food

Before you start, give yourself time to explore and be familiar with your knives. A bump-on placed away from the sharp edge can help with this. The bridge technique can be helpful too, making sure the fingertips on the hand holding the food curled under, to avoid accidentally cutting yourself. You can also buy finger guards to protect your fingers and guide the knife. Other alternatives to using knives include devices such as a plunge chopper or an apple slicer.

Peeling

•Work systematically; peel one thing, place it in a separate area then peel the next thing.

•Peel all the way from top to bottom or bottom to top, avoiding your wrist and fingers of the hand holding the vegetable.

•Keep going until you think you have gone all the way around and then feel for any missed areas to go over.

•Have a bowl of water close by as it makes finding any remaining peel by touch easier.

Heating food

•Use a medium heat on the hob, and, if need be, cook for longer so you know the food is thoroughly cooked through. When stirring food, use a long-handled spoon to keep you away from the heat.

•Using a larger and deeper pan can help avoid food spilling out of the pan.

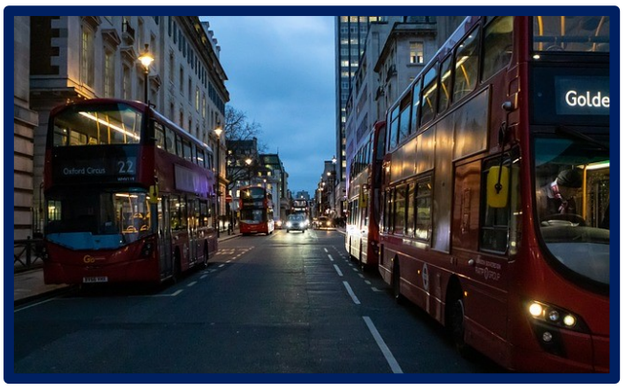
•Consider marking your microwave and other white goods with bump-ons to allow you to identify buttons that

Lastly, if you need help and are on your own, consider using apps like Be My Eyes, which connects you with a sighted volunteer.

Vicky’s App Recommendations

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

TFL Go – journey planning in London



This is an official app from TFL, providing public transport directions to plan your journeys around London. You can search for places, postcodes or stations. Sometimes routes are a little strange, so just leave it a few minutes and try again!

The second option at the bottom provides live bus times from local stops and you can select the bus you want and the third tab at bottom right provides status updates of underground lines etc.

It’s also fully accessible with increased text size and screen readers.

Pi – personal AI assistant

“Hey, I'm Pi. I'm your personal AI, designed to be supportive, smart, and there for you anytime. Ask me for advice, for answers, or let's talk about whatever's on your mind!”

Using the 📞 icon at the bottom right allows you to have a conversation with Pi about anything or just chat! I have asked for directions, weather abroad and Terry just chats with it! The voices are incredibly lifelike, although very verbose!

It is free on Google Play and App Store, just provide basic information to set up your account.

You can also type or dictate your questions and you will get a written response only but it can be read out using your text to speak function in the usual way.

Volunteer News

It was great to see so many volunteers at our Appreciation Event on Thursday 5th June, as part of Volunteer Week. This year, this took the form of a Volunteer Breakfast as a thank you for all the hard work and a refresher sight guiding training session.

We have drop in volunteer coffee mornings on Tuesday 3rd September and Tuesday 10th December at 10.30am-12pm. This gives a chance for volunteers to meet up with each other and the team as well as find out what we are doing.

We'd like to welcome our new volunteers Martin, Liz, Gillian, Ishwari, Sarah and Cathy to the Sutton Vision team. They will be supporting us with various social activities and outings.

Martin has kindly written about his first volunteer experience with us to Paws on the Wharf, a sculpture trail around Canary Wharf, run by Guide Dogs:

"**After spotting a flyer in the Spring this year, I visited Sutton Vision for an open day to find out if there was a volunteer opportunity that was a good fit for me. I'm so glad I did! I met with Amanda and Terry and they, and the numerous activities available both on and off site, sold me the deal!**

After an induction, my first official role was supporting on Paws on the Wharf. I was a little daunted, but Vicky, our leader for the day, soon put me at ease.

After successfully navigating the train, we saw a stunning collection of 25 guide dog sculptures, decorated by different artists at Canary Wharf.

The trip was a great success and it had the feel of a family outing with lots of laughter and chattering at every turn. I can only finish on this point - if you have a heart for volunteering, do come down and have a chat with the Sutton Vision team - it's a vital source of support and they really are a most delightful bunch of people!"

We also do sometimes need some adhoc volunteers to help with holiday cover. If you or any family members are interested in helping out with gardening, social activities or community based roles but can't commit to every week or month, please contact Amanda Larter for more details.

My First Independent Visit to a Shop Without Sight

Having previously written about my various experiences since losing my sight in 2017, I thought that I'd continue with a recent, positive time from my new world of independence and navigation.

It started when people from Sutton Vision were invited to test a visual assistance phone app called Aira, at Sutton Station, connecting people with a visual impairment to someone who accesses the camera on their phone, describing their surroundings to them.

I went along with my aunt to join some others from the charity. During this test, I found it was pretty easy to use the app and be guided around the station and I managed to buy myself a sandwich from M&S, making my way down to Platform One. Following that experience, I've kept the service on my phone, which was free, thanks to a friend at Sutton Vision, giving me some unused free minutes.

The experience of the title happened on a sunny Sunday, as I was walking to a bench by the golf course behind where I live. This took an hour round trip and was a nice outing. My only problem, I can't normally traverse the last 2 minutes to visit the shop to buy something like a fizzy drink or a chocolate bar.

Since having no sight, I've often wondered what it might be like for me to step into a shop on my own now. I had never done it before, worried about how things might turn out.

This finally gave me a way to try it, without too much risk. When I reached my usual spot near the putting green, I called an Aira agent. I followed his guidance, safely crossed the empty car park and entered the store. I bought myself a Coke Zero bottle and a chocolate granola bar, paid with my card, and headed back to my usual bench.

My agent was in Missouri, USA but could appreciate the view of the 15th green where I was now sitting. He had also lived in the UK, so we talked about that, before leaving me to enjoy my new purchases and starting the walk back home in the late afternoon sun. I was very pleased, and almost overwhelmed a bit, with what had just happened.
It was a good day, that day, for me. I'm not sure if remote visual assistance is the future, or even my future, but it was definitely a fun experience and, for a brief moment, I felt like I was sighted again.

Pierre Shlimon

A welcome to Lindsey Bidston, Social Activities Officer

Lindsay joined our team in April after applying for our internship role, that is being funded by the Vision Foundation.

What did you do before joining Sutton Vision?

I volunteered at the bingo sessions every month for Sutton Vision, which I've fitted around my family commitments. Prior to that, I worked in retail and hospitality in various places around the Sutton area including Westcroft Leisure Centre and Sainsbury's.

What attracted you to applying to work at the charity?

I had already had a first-hand chance to see how the charity worked, as a volunteer and someone who lives with a visual impairment. I have previously seen Terry, our outreach officer, for a few sessions on using the computer and I wanted to put those skills to use, as I enjoy working in admin.

What do you do in your role?

My role is varied. I run Community Cuppa, our community coffee morning in Cheam and Wallington, as well as occasionally helping at our bowls sessions and on our trips. I also complete the admin for groups and call attendees to let them know which groups are on the next week.

What do you enjoy about your work?

I've enjoyed meeting new people in the various aspects of my job and talking to them about their individual stories. I've really loved being out and about and supporting people to access activities they may otherwise not be able to. It's great to see people so happy and feeling less isolated and connected. The team and attendees have also been very friendly, as I've settled into my role.

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.

We now send a monthly date list of our activities. To join the list, please contact info@suttonvision.org.uk, 020 8409 7166 or visit suttonvision.org.uk/events

Audio Book Club – Delve into the wonderful world of audiobooks! Books will be selected from RNIB Reading Services Library and we can help you download and install this app.

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.

Bowls Sessions – No experience needed and instructions will be given to make it accessible for VI players at Rose Hill Bowls Club. All you need is comfortable clothing and flat soled shoes

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

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

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 making pottery, Autumn wreaths and scented sachets.

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.

Community Cuppa - Our Coffee Mornings in the Community run at Wallington and Cheam, offering a space to meet others, chat and get a cuppa or two.

VI Crossword - Challenge yourself to do a crossword as a group with a sighted volunteer, chat and cup of tea and coffee included!

Games Morning – Come and play a selection of games including pool, darts, Cluedo, Quattro or even draughts!

Glaucoma UK Group - The group meets once a quarter, with speakers and the opportunity to ask questions and meet other people affected by glaucoma. Please contact Terry for more information.

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.

Livewell and Future Vision Zoom sessions - Sutton Vision are part of the award-winning Rainbow Collaboration Group. Meetings are on Zoom and can be joined at us02web.zoom.us/j/4580437872, using Meeting ID: 458 043 7872.
2nd Thursday of the month at 10am - 11am on Zoom - "Live Well" sessions - VI speakers share their sight loss journey, careers and hobbies.
4th Thursday of the month at 10am - 11am on Zoom - "Future Vision" workshop - Showcasing the most up-to-date assistive technology.

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

Sutton Macular Society Group - Sutton Macular Society runs monthly meetings for people living with macular conditions and their partners or carers.

These are on the second Monday of the month between 10.30am and 12.30pm at Sutton Vision offices. For more, contact Diana Coman on suttonmacular@gmail.com or call 07970 525 143

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 Robin Hood Pub.

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.

Tech Groups - Want to make your smartphone, laptop and tablet work better for you? These sessions cover ways to make these more accessible to you. 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 at The Old Bank in Sutton. Leave from our offices just before 4pm or meet us there.