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Chair Welcome and Thanks

Welcome to the January to April edition of CONTACT and a brand-new year!

Sutton Vision was formed on 13th May 1965, as Sutton Association for the Blind. In our 60 years, we have been privileged to support many people with sight loss, in practical, social and emotional terms, enabling them to live full and independent lives.

We're excited to be putting the finishing touches to plans to mark our 60th anniversary. We hope you'll join us for our celebrations in May, as well as supporting us with our full fundraising programme throughout the year, helping us ensure we are here for another 60 years

You can read memories of past and present Sutton Vision staff, volunteers and service users, as we look back over the past 60 years and we'll be hearing more stories in our next edition of CONTACT.

Michael Fox, our bridge volunteer is running the Hampton Court Palace Half Marathon in March, in aid of Sutton Vision. Please support him if you can by sending a cheque, online via his Just Giving page or making a donation in person with our special donation bucket in our office.

We'd love to hear your thoughts and feedback on our magazine, you can email comments and suggestions to info@suttonvision.org.uk or call us on 020 8409 7166

Michael

Message from our Chief Executive Officer

I am absolutely delighted to announce that we have been awarded a further grant from the National Lottery Reaching Communities Fund.

As many of you will be aware, the Lottery has supported Sutton Vision for the past three years and provided essential support for us coming out of the pandemic. As a charity each year, we must raise the money needed to rent our building, employ our staff and deliver our services and support. I am therefore so grateful that the Lottery has acknowledged the valuable work Sutton Vision does by supporting us again, helping us to develop and build our information, advice, outreach, peer support and digital inclusion work. This has enabled us to recruit our first part time fundraiser, Sarah Robbie, who you can read more about on page 21.

We had a busy end to 2024 with the start of our new Zumba classes and indoor bowls sessions. We also ran another very successful energy talk in partnership with Thinking Works and if you couldn't attend the session, you can find all the information in this edition of Contact.

We resumed our cinema group and organised various Christmas activities including a trip to the Panto. Do give the office a ring if you would like to be added to our dates / activities mailing so you can join in with the exciting things we have planned for 2025.

Finally, I'd like to take this opportunity to thank our amazing staff team and fabulous volunteers for their hard work and ongoing support – nothing we do would be possible without them.

Best wishes,

Denise

COMMUNITY FUND

Contact Us

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

Social Activities Officer
Lindsey Bidston
lindseybidston@suttonvision.org.uk

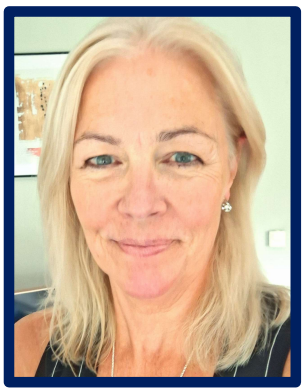
Chief Executive Officer
Denise Crone
denisecrone@suttonvision.org.uk

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

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



Fundraising Manager
Sarah Robbie
sarahrobbie@suttonvision.org.uk

Sutton Vision Services

Information and Advice

Understanding what support, you are entitled to as a visually impaired person can be complicated, but our Outreach Officer is here to help, whether that is accessing benefits, applying for a Blue Badge or help with access to work.

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) and be living in the London Borough of Sutton.

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

Is your technology accessible to you?

Assistive Technology helps you to continue to use 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. Please contact Vicky Blencowe.

Would you like to meet new people?

We have walking buddies, telephone or face to face befrienders, social groups and activities. If you would like to find out more, please speak to Amanda.

New activities and events for January to April

Zumba Gold

Zumba Gold runs every Monday 11.30am-12pm with instructor Monica. Come and try our Zumba Gold class and discover the benefits for yourself!

Sessions are also adapted for active older adults and for those with a visual impairment so you can enjoy easy-to-follow Zumba music and choreography at a lower-intensity, focussing on coordination, flexibility and balance. They cost £4 per session and booking is essential.

To sign up for the class, email info@suttonvision.org.uk or call us on 020 8409 7166.

Indoor Bowls at Sutton Vision

It may be Winter outside but you can still have a game of bowls with us!

We're offering sessions twice a month from January onwards at our offices in Robin Hood Lane so you can enjoy the sport all year round.

No experience is needed and sessions are made accessible for those with VI and mobility issues.

To find out more and sign up, 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 27th January 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 individual clinical advice.

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

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.

Brooklands Museum visit

We'll be visiting the aviation and motoring museum, Brooklands Museum in the Spring. The museum, based in Weybridge, is the birthplace of British motorsport, aviation, and home of Concorde and will give attendees the chance to explore classic aeroplanes, racing cars and buses.

We will be providing transport and admission for £25 per person on a first come, first served basis.

If you would like to register your interest, call 020 8409 7166 or email info@suttonvision.org.uk.

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 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 Bidston for more details.

Audio Book Club

Delve into the wonderful world of audiobooks!

Our Audio Book Club (ABC) runs every 2nd Thursday of the month, 1pm-2pm. Books are selected from RNIB Reading Services Library and we can help you download this app.
Everyone has 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 book a place, please email vicky.blencowe@suttonvision.org.uk or call 020 8409 7166.

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 27th February, from 10am to 2pm and a sandwich lunch is included. For more info or to book a place,

contact Terry Rocks.

Are you interested in learning how to play bridge?

Would you like to play bridge with a friendly group? Our bridge group meets on Wednesday mornings 10.30am-12.30pm and is looking for new players.

If you haven't played before, we will also be starting a "new to bridge" group and one of our volunteers can help teach you the rules of the game. If you are interested, please get in touch with Amanda.

Join our volunteer Michael Fox to take on Hampton Court Palace Half Marathon and raise funds for Sutton Vision

Sunday 23rd March 2025 – 9am-1pm. Share with your family and friends!

The **Hampton Court Palace Half** is a flat and picturesque course that starts and finishes inside Hampton Court Palace. Running at this historic venue offers not only a perfect opportunity to run a personal best but to visit and run inside one of the UK's major tourist attractions and along the River Thames from Kingston.

Get a group of your friends and family together and make savings on your entry fees.

Included in the entry (Early Bird entry fee – £42):

Unique themed medal, Chip timed results, Free official race photographs

Post-race goodies

We can provide Sutton Vision T-shirts and help you set up a fundraising page!

To find out more, visit www.palacehalf.com/event/hampton-court-palace-half-marathon-2025/, contact Sarah Robbie sarahrobbie@suttonvision.org.uk or call the office on 020 8409 7166.

Will Making and Legacy Event

Writing a will allows you to have control over what happens to your property, money and belongings after you die. But what should you put in a will and how does the process work?

In early 2025, we will be running a free ‘Will Making and Legacy Event’ at our offices.

The event will be open to our service users, family and friends and hosted by a local solicitor who can answer your questions and suggest the best options for you including:

- Making your will
- Changing your will
- Leaving a ‘gift’ in a will or legacy

By leaving a legacy/bequest to Sutton Vision, you could support us in a practical way, showing your gratitude for the support you or your family member have received at the same time as enabling others to receive help in the future.

If you need support with writing your will or making changes or a ‘gift’ in your will but do not have a lawyer, we can suggest a local solicitor who will support you.

If you are interested in attending the event or would like information about local solicitors, please contact Sarah Robbie sarahrobbie@suttonvision.org.uk or call the office on 020 8409 7166.

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

Free Radio or Alexa through British Wireless for the Blind

Did you know you can receive a radio or Alexa device through the British Wireless for the Blind?

You can choose which device suits you from their list including a Pocket DAB/FM Radio, Concerto 3 Boombox or Alexa Pop, Show or Dot.

Find out more at blind.org.uk/referrals or for Alexa referrals, speak to Terry Rocks on 020 8409 7166.

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!

Sutton Vision are looking for community based volunteers in the Wallington, Cheam, Worcester Park and Mitcham Junction areas of Sutton.

This role is to support a visually impaired person to get out in their local area to the shops, parks and cafes.

If you are interested in finding out more, please contact Amanda on 0208 409 7166.

Sutton Vision 60th Anniversary

Forming on the 13th May 1965, as the Sutton Association for the Blind, Sutton Vision is marking its 60th year in 2025. We've seen many changes in that time, but we've always been proud to support visually impaired people living and working in Sutton.

To mark this very special occasion, we will be having celebrations in May and launching our 60th anniversary fundraising programme.

As part of our anniversary, CONTACT shares some of the stories, memories and experiences of service users, trustees and staff.

Volunteer John Dawson doing the Olympic torch relay in 2012

Barbara Duncan, former CEO and development officer, recalls the start of Social Eyes coffee morning in April 2002, "We had ten people to that first get together and the numbers grew…soon, we started to arrange outings to get people out and about…with the tradition of a trip to the Christmas Carols at the Royal Albert Hall which still brings tears to my eyes, remembering people's enjoyment."

On one outing, Barbara recalled "one of our volunteers found an elderly lady with a white stick and guided her to our coach…..she said she liked the volunteer so much that she let herself be guided by him but was, in fact, with another party but thank you anyway…..!"

Kathleen Claridge worked as a craft teacher at Swail House in Epsom and volunteered first for the Friendly Club. She went onto become part of the newly formed Sutton Association for the Blind, after a steering committee was formed. In May 1965, at the Inaugural Meeting of the Sutton Association for the Blind, she became Secretary and later Chairman until 1999. Her contribution to establishing the charity, marked with a room named after her in our offices.

Adrian Andrews has been involved with the charity for over 20 years. He recalls his own diagnosis with Retinitis Pigmentosa in 1991 and his contact with Sutton Vision. "It has become such an important part of my life over the years…at Sutton Vision….I always feel completely safe. Every time, I have come home from meeting up with Sutton Vision, I always feel happier."

Joining the charity was for him “my first experience of being in a room with a lot of other visually impaired people. Some like me in the relatively early stages, others much further along the journey who were very confident and at ease with the situation”. The move from service user to telephone befriending volunteer 10 years ago following redundancy, for him, has allowed him to “speak to fantastic variety of people”, getting “as much out of my telephone befriending role as the people I was calling.”, showing the impact the work of the charity has had over its long history.

Sutton Vision’s 40th in 2005

Eric Kennedy was chairman from 1999-2010 and recalls a change of focus when Sutton Association for the Blind “decided that, instead of handing out small amounts of money, they would set up, and offer, services to all visually impaired people living and/or working in Sutton….In short, 'enabling and empowering', a mission the charity retains to this day.

As we approach May, our next edition of Contact will feature more individual stories and an overview of the charity’s history as a whole. We’ll also be looking forward to 60 more years!

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.

Energy cost saving with Thinking Works

We welcomed Giles Read from Thinking Works to talk to attendees about saving money on bills, as the energy cap is lifted and the Winter Fuel Payment is withdrawn.

If you didn't attend, below are his tips and what support you are entitled to if you are living with visual impairment. One couple, who have already been helped by Giles, saved £105 on their water bill, after finding our their water meter had been fitted but not connected.

Things you can do yourself:

- Make sure your gas and electricity are with the same provider, as this means cheaper bills.
- Request large print bills (if helpful) and ask your provider about being added to the priority services register, meaning you will be prioritised in the case of a power cut.
- If you opt to have your bills transferred online, this can also save you money, as companies pass on postage savings.

Thinking Works is the provider of Sutton Healthy Homes Programme, a service supported by Sutton Council, which supports vulnerable residents in Sutton and Kingston, Merton, Richmond and Wandsworth boroughs.

To be eligible for help, you must be living with a long-term condition or disability, be 65 years or over, on a low income or getting support from, for example, the council. If you are a visual impaired person, you ARE entitled to the support offered by this service.

This support includes:

Stage 1: Crisis support – by phone

- £49 fuel voucher – for those on a prepay meter and after an eligibility check
- Emergency heating repairs for homeowners
- Emergency electric heating

- £150 discount to EDF customers (subject to availability)

Stage 2: Medium-term support – by home or home visit

- FREE LED lights, radiator reflector panels and carbon monoxide detectors
- FREE assessment by a Gas Safe heating engineer to check heating controls are set efficiently (including boiler flow) to make savings
- Advice on energy and water bill discounts, including 50% water discount, Household Support Fund and if you are on the correct supplier for your needs (for example, if your household is a low energy user, you may benefit from a supplier not charging a separate standing charge)
- Assessments for grants for insulation and heating works
- Referrals for FREE smoke alarms

Stage 3: Long-term Support

- A dedicated team to assess viability of applications to the Great British insulation Programme and other grants programmes.

To access this service, please email enquiries@thinkingworks.co.uk, phone 0800 118 2327 or 07928 394 482.

Winter illness

With increasing numbers of cases of respiratory illness and winter vomiting/sickness bugs in the Winter months, we're offering advice about attending our offices, especially in the case of groups.

If you feel actively unwell with sickness, diarrhoea, COVID, moderate to severe cough, cold or flu symptoms or any other potential contagious condition, please stay home until 48 hours clear of the symptoms.

This enables us to continue to offer services and reduces the risk of infection spread to other users.

We thank you for thinking of others.

Vicky's App Recommendations

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

Google Lookout on Android

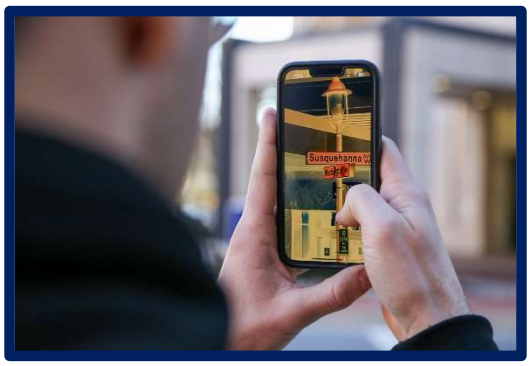
Find out what is around you, using Lookout AI and the camera on your Android mobile. This works like Seeing AI but is only available on Android.

You can get feedback on text around you, have documents and handwriting read aloud, take or import a photo for an AI description and ask further questions about what is in the image.

This is free to download and works very well, providing automatic audio feedback and a play button for image and document descriptions.

For food labels, it is very intuitive when a product is placed in front of the camera, even without the barcode.

ReBokeh – magnifier for low vision on iPhone/iPad



This works similarly to the Magnifier on iPhone and Samsung mobiles, but is a highly developed and customisable app.

Not only can you use zoom functionality, but you can adjust colours to suit your personal visual experience when looking at text or a photo. Most features are available in a free version.

Basically, your iPhone becomes a video magnifier, such as those sold by specialist companies. You can find out more on this through an excellent video on YouTube by "The Blind Life" channel called "Awesome App for Low Vision".

Volunteer News

We welcome new volunteers Natalie, Tony and Kevin who have recently joined the Sutton Vision team. They will be helping us with social activities, befriending and accounts.

Our volunteers met up for a Christmas Coffee Morning on 10th December, it is always great for the staff team to have a chance to catch up with the volunteers during these sessions and to update the volunteers on any new plans and activities.

The next coffee morning is Tuesday 11th March, 10.30am – 12pm.

We say thank you to Barbara who has been volunteering with us since 2012, supporting us with Low Vision Clinic admin as well as befriending and social activities. Your work has been much appreciated by the charity and those you have helped, and we wish you well with your move to the North!

We're hoping to run park walks around the Borough from March onwards. It will involve meeting at the park with the leader of the group and supporting with any sight guiding and refreshments. We'll need several volunteers to help with the group so please let Amanda know if you would like to be involved.

And don't forget, if you are looking for a new role within Sutton Vision or have family or friends interested in volunteering. We have regular volunteer opportunities if you can and want to commit to every week or month but also ad hoc volunteering if you want to dip in and out!

As you'll have seen, we have our 60th anniversary celebrations around May and there'll be many chances to get involved from fundraising to supporting new sessions and more.

If you'd like to get involved, contact Amanda, our Volunteer Coordinator, for an informal chat on 020 8409 7166 or email amandalarter@suttonvision.org.uk.

A welcome to Sarah Robbie, Fundraising Manager

Sarah joined our team in September and is our first dedicated fundraiser for the charity.

What did you do before joining Sutton Vision?

I started my career in TV and corporate video communications for major companies. I joined the charity sector in 2010 as a Corporate Partnerships Manager working for CLIC Sargent, London's Air Ambulance and Mind, and later widened my fundraising experience to trusts and other voluntary income streams as Head of Fundraising with Lucy Faithful Foundation in Epsom, as CEO of a small charity and more recently, as Director of Income at The Poppy Factory Richmond. I have also been supporting a start-up women and girls sports and exercise charity on a voluntary basis for several years.

What attracted you to applying to work at the charity?

I have discovered recently that I have a genetic eye condition, a rare macular dystrophy that has created very small changes in my vision but may or may not affect me more in the future. My mother has ARMD and has very limited vision now. I can see how this has affected all aspects of her life over the past few years.

I spent 6 months previously working with a new charity, London Vision, and gained some understanding of the vision loss sector and of some of the issues faced by people living with sight loss. When this fundraiser role came up with Sutton Vision, I felt I could use my experience to make a difference to a small charity doing valuable work supporting people with sight-loss at local level.

What do you do in your role?

My role is to sustain and increase voluntary income from a range of income sources to support the services provided for our service users. We always need more funding and sight loss is on the increase, so I have been tasked with diversifying our income so that our work is sustainable moving forwards. This means looking at how we can engage our service users and their friends and families in giving back to Sutton Vision, as well as seeking support from local

companies and running events. 2025 will mark Sutton Vision's 60th birthday providing a great opportunity to raise awareness and funds to support our work for the future.

What do you enjoy about your work?

I know that what Sutton Vision is doing, supporting local people with sight loss is valuable work and Denise and the team are very friendly and know what they are doing.

In many charities, one rarely has the opportunity to witness the impact of their work first-hand. It has been really good to meet some of our service users and witness Sutton Vision's work such as the Low Vision Clinics, Assistive Tech and some of the social activities in person.

Sutton Station Coffee and Chat

Sutton Vision members attended two Coffee and Chat sessions at Sutton Station in early November. These were organised by London Sight Loss Councils, in partnership with Govia Thameslink Railway, as part of the 'Your Station, Your Community' grant programme to improve accessibility for all users across the network.

Users were able to feedback their experiences to staff about what could be improved, as well as asking questions. Thomas Pocklington Trust and London Sight Loss Council representatives spoke about changes that have already taken place, including the AIRA app, speaking with a trained sighted assistant through your smartphone camera.

Other useful points raised were signage, information points and how to find them, information points with emergency and help buttons on each platform, and that Sutton Station is manned at all times with a member of staff in the information point at platform 2/3, 24 hours a day. You can also call Passenger Assistance on 0800 058 2844 or in an emergency, 0808 168 1238.

This feedback will be important to making the voices of visually impaired travellers heard and lead to improvements and a more comfortable experience.

If you would like to report your concerns, there will be a follow up meeting that will be held in the Spring. Details will be in our newsletter and social media.

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 our website suttonvision.org.uk/events

Audio Book Club – Delve into the wonderful world of audiobooks! Books are 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.

Indoor Bowls Sessions – No experience needed and instructions will be given to make it accessible for VI players. 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, sessions for both new and more experienced players.

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 in Cheam and Wallington, 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.

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 - 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.
Meetings are on Zoom and can be joined at us02web.zoom.us/j/4580437872, using Meeting ID: 458 043 7872.

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

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 Old Bank.

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 Robin Hood Pub in Sutton. Leave from our offices just before 4pm or meet us there.

Zumba Gold - Adapted for active older adults with easy-to-follow music and lower-intensity choreography, focussing on coordination, flexibility and balance.