Contents

Chair Welcome and Thanks 3

Message from our Chief Executive Officer 3

Contact Us 5

New activities and events for May to August 7

Planting for the Planet Talk 10

Are you interested in learning how to play bridge? 11

Coffee and Chat update and Try a Train 11

Knit and Natter and Creative Corner 12

Sight loss awareness training 13

A welcome to Rachel Hansen, Projects and Communications Officer (Maternity Cover) 13

Reflection on 60 Years of Sutton Vision 14

Leisure News 16

Audio Description for Chicago at New Wimbledon Theatre 17

Use your spare time to become a befriender! 17

Our new Eye Care Liaison Officer and CVI changes 17

Vicky's App Recommendations 18

Volunteer News 20

Proposed changes to PIP and working age benefits 21

Protect yourself against online or phone scams 21

Regular Social and Peer Support Groups 22

Chair Welcome and Thanks

Welcome to the May to August edition of CONTACT.

As you may remember, this year we are marking our 60th anniversary and will be holding an event on Thursday 25th September at Throwley Yard Cinema to reflect on our past, celebrate our achievements and help shape our future. Invitations will be sent nearer the time but if you would like to attend, please email info@suttonvision.org.uk or call 020 8409 7166 to let us know.

As part of honouring the past, we've been speaking to those connected with Sutton Vision over the years, more information can be found on page 14.

If you would like to join us to mark the occasion, please let the office know by emailing info@suttonvision.org.uk or calling 020 84097166.

Our annual Golf Day will return on Wednesday 4th June. It's a great way for the golfer in your life to support our work, while having a fun round, drinks, dinner and some prizes as well. Details are on page 10.

We're very pleased to be welcoming the diabetic eye screening team to our offices from Robin Hood Medical Clinic on Wednesday 24 September to mark National Eye Health Week. We know many people have been keen to speak to them and have questions answered about what happens in the appointment so we hope this will be a popular talk.

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

This issue of Contact marks a series of staff comings and goings. As you will know, Lindsey has been our social activities intern for the past year. I'm delighted that she successfully applied for the role of ECLO (Eye Clinic Liaison Officer) at the beginning of 2025 and started in the role at the end of February. Lindsey will be largely based at St. Helier Hospital eye unit providing

information, advice and support to patients and their families, but will also be at Sutton Vision at the low vision clinic.

We welcome Dave Jones as our new Social Activities Officer. Dave will be running our Community Cuppas and helping support our social groups and activities. Dave will be known to many of you as he is currently one of our social activity volunteers and I am delighted that he is joining the staff team.

Caroline has started her maternity leave, and I would like to take this opportunity to thank her for all her hard work in preparing for her time off and ensuring that we have a smooth handover. I am delighted that Rachel has joined us as Projects and Communications Officer (Maternity Cover). Rachel has been fabulous at picking up the reins in a really short space of time and we are pleased to have someone so capable covering Caroline's role while she is away.

We were pleased to welcome Luke Taylor, MP for Sutton and Cheam to Sutton Vision offices earlier in the year. It was great to talk to Luke about some of the challenges facing people with sight loss in Sutton and to share how Sutton Vision is working to support blind and partially sighted people across the borough. Luke also tried out our Simi Specs and talked to some of our tech group members and we look forward to welcoming him back to our birthday celebrations in September.

Best wishes,

Denise

Contact Us

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

Eye Care Liaison Officer
Lindsey Bidston
lindseybidston@suttonvision.org.uk

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

Volunteer Coordinator
Amanda Larter
amandalarter@suttonvision.org.uk

Outreach Worker
Terry Rocks
terryrocks@suttonvision.org.uk

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

Projects & Communication Officer (Maternity cover)
Rachel Hansen
rachelhansen@suttonvision.org.uk

Social Activities Officer
Dave Jones
davejones@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 May to August

Walking for Wellbeing

Improve your health and make new friends with our new project!

We're offering FREE led walks on Fridays 10.30am-12.30pm at venues around the London Borough of Sutton, designed for those living with visual impairment, through the Summer.

We walk at a steady pace guided by a group leader. Walks are in the Cheam area on the 1st Friday of the month, Carshalton area on the 2nd Friday of the month and in Wallington/Beddington area on the 3rd Friday of the month.

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

Outdoor Bowls at Rosehill Bowls Club

We're back at Rosehill Bowls Club for the Summer with a chance to bowl and enjoy the Great British Summer (we hope!).

We'll be there, Tuesdays 2.30pm to 4.30pm on 6th and 27th May, June 3rd and 10th and 15th and 22nd July. It'll be just £1 for a tea or coffee and biscuits and soft drinks to buy.
Indoor bowls will continue as part of Games Morning over the Summer at our offices, 2nd Thursday of the month, 10.30am-12.30pm.

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.

Diabetic Eye Screening talk

As part of National Eye Health Week, we will be joined by the Diabetic Eye Screening Team from Robin Hood Medical Clinic on Wednesday 24 September at 1.30pm at our offices.

The team will demonstrate what happens at an appointment, with the equipment used, and answer any questions you may have. Leaflets and additional information will be provided about the service and further explanation about Diabetic Retinopathy.

Booking is essential. Please email info@suttonvision.org.uk or call 020 8409 7166.

Zumba Gold

Zumba Gold runs every Monday 11.15am-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 £2 per session and booking is essential.

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

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 info@suttonvision.org.uk or 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.

Our next workshop will be on Thursday 29th May, from 10am to 2pm and a sandwich lunch is included. For more info or to book a place, contact Terry Rocks.

Charity Golf Day @ The Oaks Golf Club

Our annual Golf Day returns on Wednesday 4th June at The Oaks Golf Club, Woodmansterne Rd, Banstead, SM5 4AN.

After our successful inaugural year, we once again invite you to take part as a team or an individual who would like to join a team on the day.

The day will include coffee/tea and breakfast rolls on arrival, followed by a tee off, 19th hole refreshments, a three-course dinner, as well as prize presentations, all for just £70 per person.

The driving range will be open from 9am for practice/warm up and you can purchase golf balls from the shop. Mulligan balloons will be available for those golfers who need that extra help! £10 for 2

Players will have the chance to try on our Simi-Specs on the 18th green to experience the various eye conditions of those with living with visual impairment.

Join us for this fantastic opportunity to enjoy 18 holes of golf, while helping those living in Sutton with sight loss. Booking is via our website: suttonvision.org.uk

Planting for the Planet Talk

In March, Louisa from Trees for Cities talked to us about how water and plants can cool the planet, as well as planting mixed herbs for attendees to take home.

We can all become climate repairers! If you missed her talk, her top tips for climate repair include:

- Cover bare soil with mulch or plants to keep it cool and moist.

- Create your own mulch by putting leaves in a black sack and watering them.
- Grow more plants on a window box or on a balcony. The more plants there are, the more climate action they take.
- Leave grass a few centimetres longer before cutting- this cools the air.

If you would like to find out more on climate repair, visit: sensorytrust.org.uk/projects/collective-climate-repair.

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.

Coffee and Chat update and Try a Train

Sutton Vision be will be hosting an event on 2nd May 10.30am – 1.15pm. This is following up on last November's Coffee and Chat event at Sutton Station, hosted by the Sight Loss Council and funded by Govia Thameslink Railways.

As you may recall, November's event was aimed at visually impaired service users reporting their experiences to staff at GTR, as well as being informed what adaptions the station offers to support VI people on their journey.

Users from November's event will be invited back for an update with possible spaces for other users to attend, if there is space. This update will include the

introduction of an audio guide to plan a visit to Sutton Station, and an audio description of the interior of GTR trains to help with comfort for users of the service.

There is a free 'Try a Train' event hosted by South West London Sight Loss Council & Govia Thameslink Railway which will begin at Sutton Station on Thursday 22 May at 10.30am. The aim is to support people who feel reluctant to use the train to become more confident in doing so. Attendees and staff will travel as a group by train to Wimbledon station.

The session will look at station facilities, including support available, assistance on-hand, plus a Q&A Session with representatives from GTR, South Western Railway, and the TfL Travel Mentor programme.

Spaces are limited and will be allocated on a first-come, first-served basis. To book your space for the Sutton Try a Train event, please email liam.ocarroll@pocklington.org.uk or call 07970 231583

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 on the last Tuesday of the month at 11am-1pm. 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. 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 Simi specs.

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

A welcome to Rachel Hansen, Projects and Communications Officer (Maternity Cover)

Rachel joined our team in March and is covering the role while Caroline is on Maternity leave.

What did you do before joining Sutton Vision?

I started my career in teaching, focusing on making learning as fun and interactive as possible for children. Both through teaching, and through working at a Children's Centre running sessions, I have had close involvement with families. I have supported them to access more support either through a family support worker, or for their child, by signposting and referring them to relevant services.

I became involved in the charity sector after my daughter had a diagnosis of a condition causing sight loss. After seeing how much she benefitted from meeting other children with a sight

condition, I volunteered at Croydon Vision. It was very rewarding supporting both the social groups and trips and the office.

What attracted you to applying to work at the charity?

Through my volunteer work at Croydon Vision, I developed an awareness of the challenges people face with sight loss, and an eagerness to be further involved in supporting people to access services.

What do you do in your role?

I write the newsletters and Contact magazine and create publicity material to advertise events. I also signpost people to services as well as organising talks, events and trips.

What do you enjoy about your work?

I love meeting the members of Sutton Vision and being involved in a charity that supports local people with sight loss. It is also great being part of such a friendly and knowledgeable team. I particularly enjoy running the Creative Corner activity as I love crafts, and I am keen to look at ways of making art accessible to all, exploring using more tactile materials.

Reflection on 60 Years of Sutton Vision

As you may remember from the last edition of CONTACT, Sutton Vision formed back on 13th May 1965 as the Sutton Association for the Blind, and are still proud to support visually impaired people living and working in Sutton.

To mark the occasion, CONTACT has talked to key people in the charity's past and present, trustees, CEO's, volunteers and of course, those who use our services.

As Sutton Vision met for the first time, led by Kathleen & Harold Claridge, no-one could have predicted the charity would still be going strong after 60 years. Designed to support those who lived with visual impairment and on very low incomes, at the newly formed Sutton Association for the Blind, members paid just £2 to join.

Through its history, the charity has adapted to the needs of its attendees. In its earlier times, its function was supporting individuals in a practical way such as obtaining a grant for a washing machine. As the new millennium dawned, however, there was a change in focus, as the charity realised that more holistic support was needed.

Barbara Duncan took charge in 2000, first as Development Manager and later CEO. Barbara recalls 'I think there were about 5 volunteers, and that was all we had, we were then investing in things like buying someone a new cooker but it wasn't benefiting them long term. I learned that there were a huge number of people, who were very alone. Some had no families, nothing. And I think it was about nine months after I'd been here, we started with our first social.'

These new groups, as well as the newly appointed Outreach Officer, who helped with Blue Badges and other benefits, made a greater impact on people's lives. Barbara recalls 'We had one man, who had lost a lot of sight due to a terrible head injury on a motorbike. He started tandem riding when he was well enough because he missed all that sort of thing. He went onto run marathons, raising money and he, himself, was supported tremendously by the charity'

Today, building on this legacy, Sutton Vision offers a social programme 4 days a week as well as assistive tech support, advice on benefits and practical support through our community low vision clinic. The benefit to visually impaired users in the London Borough of Sutton is felt today, just as it was 60 years ago.

Two of our more recent service users spoke to CONTACT about their time with Sutton Vision.

Kristina told us: ‘I came in 1999 when Sutton Vision was upstairs, but just to see sort of visual aids and stuff, I didn't actually come to any of the groups then but have much more in the last three years. It's nice because you get activities to do. I've made good friends such as Debbie. It's good to have people you can have a laugh with, we organise and do bits and pieces ourselves, away from Sutton Vision as well. The tech talks are useful so you get to find out about things that will actually help you live and be independent. You get help with your PIP reviews, the talks that you do, the knitting, the quizzing. Love it all.’

Debbie recalled when she discovered Sutton Vision ‘Yes, my daughter told me about it as my friends weren’t local. I’ve made lots of new friends, enjoyed new activities, and I love coming.’

As we approach our celebratory event in September, we will be compiling more stories as well as looking forward to 60 more years!

Leisure News

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

Audio Description for Chicago at New Wimbledon Theatre

VocalEyes are supporting an audio-described performance and touch tour for visually impaired ticket holders for Chicago on Wednesday 11 June, 7.30pm.

Set amidst the razzle-dazzle decadence of the 1920s, Chicago is the story of Roxie Hart, a housewife and nightclub dancer who murders her lover.

More details on this and other performances supported by VocalEyes can be found at vocaleyes.co.uk/events and booking is through ATG Theatres Accessible Booking Line on 0333 009 5399 or visit atgtickets.com and search "**Access Membership Scheme"**

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.

Our new Eye Clinic Liaison Officer and CVI changes

Lindsey is our new Eye Clinic Liaison Officer (ECLO). If you're not already aware of what this role does within our team, we hope this article will help you.

Lindsey will be providing information, advice and support to patients and their families, but will also be at Sutton Vision twice a month on a Tuesday at the Low Vision Clinic.

The role involves providing information, emotional support and advice if you have a condition which affects your sight. This can be helpful, particularly after appointments, as we realise there is a lot of information to take in, or because these can be emotionally sensitive.

Lindsey also provides information to help patients, and their families understand the eye condition that has been diagnosed, and details about support and services that are available to help them. Lindsay will be mostly in the Eye Unit at St Helier Hospital, however she will also be at Sutton Vision's Low Vision clinic to support patients attending appointments there too.

ECLO's also process CVI's (Certificate of Visual Impairment). These are issued if the consultant agrees that your sight is considered sight impaired (previously known as partially sighted) or severely sight impaired (previously known as registered blind).

You can choose not to be registered on the list but this can help you to access other benefits, such as blue badges, depending on your circumstances.

If you wish to get in contact with Lindsey, you can do this via email lindseybidston@suttonvision.org.uk or call 07812081710.

There have been changes to the way CVI's are processed. The main one for those who are registered and receive these, is to have their own copy of the certificate in a format accessible, including large print.

You will also be asked if you want a copy of this sent to your local sight loss charity, such as Sutton Vision, with consent "to learn about services and support in my area that may benefit you".

There is more detail about CVI's and these changes at gov.uk and searching 'CVI'

Vicky's App Recommendations

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

Seeing AI App on iPhone and Android

Seeing AI has had a facelift and is now available on iPhone and Android.

Using the app and phone camera, you can have text read aloud, scan documents then ask follow-up questions, take and have photos described in full and using the barcode channel, you can find out lots of information about your food products.

If you update your app in the App Store or Google Play Store, there are now 3 different actions:

- **Read** combines automatic text and scan document,
- **Describe** lets you take a photo for a full description or share one from your photo library
- **More** includes Product, Person, Currency, Find My Things, Colour and Light.

On iPhone, the headings are below the camera view, while on Android, they are above.

Read opens in scan document mode for automatic text reading tap the button to the left of the shutter. **Describe** tap the shutter for a full description.

Face Recognition is to the left of the shutter and opens in selfie mode, change to back camera at the top right. The upper right button lets iPhone users browse photos for a description, and the lower right button switches between front and back cameras.

In **More**, touch the icon bar below to hear each channel. On iPhone you'll find: Product, Person, Currency, Find My Things, Colour and Light.

There's also a great new function exclusive to iPhone at the moment, **Find My Things**. You just need to follow on-screen instructions to take short videos of your personal belongings on different surfaces. Appearing as a list, you can use the camera to search in Seeing AI for missing things. Good luck and enjoy!

Volunteer News

We welcome our new volunteers Garry, Barbara, Rebecca, Dan, Sue, Kieran and Barbara, supporting us with social activities, social media and befriending roles over the coming months.

A big congratulations to our fantastic team of volunteers who have been nominated for The Kings Award for Voluntary Service. We are hoping to hear if we have been successful by November.

Our Walking for Wellbeing sessions, led by group leader Ben, have proved to be successful. Thank you to volunteers so far who have made the sessions fun and sociable. We need more help on Friday mornings in Cheam, Carshalton and Wallington areas so please contact Amanda if you're interested.

We are always looking for new volunteers and will be having a Volunteer Recruitment Day on Monday 2nd June at 10.30am - 2.30pm. This will give an opportunity to find out more, meet the team and discuss the roles available so please share the date! To mark Volunteer Week, we'll also have our volunteer appreciation event on Thursday 5th June so save the date and invitations will follow.

We love to share volunteer experiences of Sutton Vision. This time, we've heard from Beryl, who has been with Sutton Vision for about 18 months:

"I saw a volunteer recruitment leaflet in a local GP surgery. I am retired and like many retirees do, I spent the first few years of retirement caring for our grandchildren. However, as they got older, I found I had time to spare and looked for another interest to satisfy my wish to do something useful and fulfilling.

After contacting Amanda and having an induction, I have joined a range of groups including Tech Social, Crossword Group, Games Morning and the Audio Book Club, all of which I enjoy immensely.

I've been meeting some lovely people, helping each other, sharing ideas and information and, most importantly, having fun. I've learned about the range of apps helping people navigate reduced vision, as well as enjoying the company of service users from a range of backgrounds. It's a great place to be!"

Proposed changes to PIP and working age benefits

As you may have heard in the news, the Government has proposed significant changes to the working age benefits available to individuals, including PIP and Universal Credit. We are aware this has caused concern about these changes will affect what people will receive. The Government have made clear that no change will be made to any benefits until November 2026.

They have also opened a consultation period on this Green Paper called Pathways to Work to allow individuals to voice their views on the matter, which can be found on the gov.uk website and by searching ‘Pathways to Work’. As a charity, Sutton Vision will also be submitting feedback on behalf of service users so this can be submitted via Terry Rocks, our Outreach Officer.

We’d also like to remind you that any of our service users can consult Terry on any aspects of benefits, including applications and appeals and he can support you through the process.

If you would like to speak to Terry with your feedback or get an answer to a question you have on benefits, you can contact him at our office on 020 8409 7166 or email terryrocks@suttonvision.org.uk

Protect yourself against online or phone scams

Daniel Sykes, Cyber Protect Officer from Surrey & Sussex Police joined us in the office in April. Here’s his tips for getting the best out of your time on the internet and stay safe.

Criminals hack accounts so they can blackmail people for money and this is usually due to poor passwords and phishing (sending emails and text that seem genuine to gain passwords and access to accounts)

Keep your passwords safe:

- Use three random words + special characters
- Use separate passwords for all accounts and change annually.
- Use a Password Manager or even a notebook!

Protect yourself from scams:

- If someone claiming to be your bank calls you, hang up and dial 159.
- Never give payment info out or read out a code.
- Do not accept stranger friend requests
- Be careful what you post online
- Be wary of a message from an unknown number claiming to be your family and urgently needing money.
- Maintain restrictive privacy settings

Romance Fraud:

- Be wary if anyone is luring you away to a private chat channel
- Asking personal questions to establish a "bond" quickly.
- Refusal to meet in person or anyone asking for money/investment

Help protect others by forwarding phishing scams to report@phishing.gov.uk and mark as SPAM to your email provider.

Never assume someone is who they say they are. Always verify before giving out any information. Want to know more? Google "South East Cyber Eventbrite" to find our free webinars or email daniel.sykes1@surrey.police.uk

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 and in the community around the London Borough of Sutton.

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

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/Outdoor 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.

Cinema Group – Come and watch the latest film with a friendly group

Creative Corner - Let your creative side run free with our Creative Corner. No artistic experience needed. A lovely space to chat and craft.

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, 10-11am on Zoom - “Live Well” sessions - VI speakers share their sight loss journey, careers and hobbies. 4th Thursday of the month, 10-11am on Zoom - “Future Vision” workshop - Showcasing 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? Tech Talk is specific subjects, whereas Tech Social is for a chat and whatever you need help with.

Walking for Wellbeing – FREE led walks on Fridays at venues around the London Borough of Sutton, designed for those living with visual impairment.

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.