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Chair Welcome and Thanks

Welcome to the September to December edition of CONTACT.

It's been an exceptionally hot summer, and I'd like to extend a heartfelt thank you to our team, service users, and volunteers for your resilience during the heatwave. Despite the soaring temperatures, it's been a busy and productive season, with memorable trips to Brooklands Museum, Denbies Wine Estate, and a special Working Age Group visit to Hastings.

In June, we proudly celebrated our volunteers as part of Volunteers' Week. It was a pleasure to recognise their incredible dedication at our Cream Tea event. You can read more about it on page 20.

Promoting eye health remains one of our key priorities. As part of National Eye Health Week, we are hosting a Diabetic Eye Screening Talk, with the team from Robin Hood Medical Clinic joining us on Wednesday 24th September. More details can be found on page 8.

We also want to take a moment to recognise Denise, who has been a truly outstanding CEO. Her leadership, commitment, and support for staff, volunteers, and service users have made a lasting impact. She will be greatly missed, and we wish her all the best in her next chapter.

We're also pleased to announce that we've appointed a new CEO and look forward to introducing them to you soon.

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 will be the last message I write as CEO of Sutton Vision as I will be stepping down at the end of August. Leading this incredible charity has been a real honour. Over the past four years I have met some extraordinary people, and I am proud of the lasting change the charity has made to the lives of partially sighted and blind people living in Sutton.

It's hard to find the right words to thank you all properly. To the people living with sight loss who have shared your stories, hopes and challenges with me and who have trusted this organisation to support you – I am deeply grateful. Your resilience, humour and determination have been truly inspiring.

To our incredible staff and volunteers – thank you for your unwavering commitment, compassion and professionalism. It has been a privilege to work alongside such a talented and caring team. I'm incredibly proud of what we've achieved together. Your efforts have transformed lives and built a stronger, more inclusive community.

I am confident that Sutton Vision will continue to grow, innovate and make a meaningful difference in the years ahead. Though I am moving on, I will always remain an advocate for the organisation and its vital work. Thank you all for your support, friendship and dedication.

With my very best wishes,

Denise

Contact Us

Call 020 8409 7166, email info@suttonvision.org.uk or contact individual staff:

Eye Care Liaison Officer
Lindsey Bidston
lindseybidston@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.

Our Befriending service

Would you, or someone you know, benefit from a walking buddy, telephone or face to face befriender? We run a befriending service to support people with a vision impairment to get out in their local area to the shops, parks and cafes. For example, a befriender could meet you and take you out for a walk and a cuppa, or to a garden centre, or help you with buying an item e.g. a birthday card. If you would like to find out more, please speak to Amanda.

New Activities and Events for September to December

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.

New Community Cuppa

We are excited to announce we now have a Community Cuppa in Worcester Park. This takes place on the 1st Tuesday of the month between 10.30am-12pm at The Sunshine Café. This is located on the High Street next to Superdrug, at 109 Central Rd, Worcester Park, KT4 8DY. It is close to Longfellow Bus stop. We hope that this new location will allow everyone to access our services without having to travel as far.

Our Cheam Coffee morning continues to be on the 2nd Tuesday of the month, at Coffee Zone, 10 Station Way, Cheam SM3 8SD, 10.30am-12pm.

Our Wallington Coffee morning continues to be at Wallington Garden Café, Wallington, SM6 0HY, every 3rd Tuesday of the month: 10.30am-12pm.

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

Cinema Group

We will be starting up the Cinema group again. This will be on a Wednesday afternoon. Come and join a friendly group to watch one of the new films. You will be escorted from Sutton Vision to the cinema and into your seat and can be provided with a headset for the audio description.

Panto – Aladdin at Epsom Playhouse

We are planning on visiting Epsom Playhouse for their panto Aladdin (oh yes, we will!) on Wednesday 17th December. A minibus will take visitors from our

offices to Epsom Playhouse and back. We'll be leaving at 12:30pm and returning around 4pm. Costs are £30 towards ticket and transport. Please contact Rachel at info@suttonvision.org.uk or 020 8409 7166 by Monday 29th September. Please register your interest.

Glaucoma Support Group

Find out more about Glaucoma and connect with others undergoing similar challenges. Meeting other people with Glaucoma is a great way of sharing information and experiences. Support groups are also attended by healthcare professionals, so you'll have an opportunity to speak with them in a relaxed atmosphere and ask the questions that matter most to you. The group is hosted by Glaucoma UK and St Helier. It is for support, so will not involve giving personal clinical advice. The next Support group will be on 20th October, 10:30am-12pm at Sutton Vision offices. To find out more, contact Terry on 020 8409 7166 or email info@suttonvision.org.uk

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 16th October, from 10am to 2pm and a sandwich lunch is included. For more information or to book a place, contact Terry Rocks 020 8409 7166 or email info@suttonvision.org.uk

Trip News:

Brooklands Museum

We had a very enjoyable trip to Brooklands Museum, the birthplace of British motorsport and aviation, on 29th April. There we had expert guides take us on a tour of the highlights of the museum. We were able to do a touch tour of several items including feeling the wheels of the BAC Aerospatiale Concorde plane and feeling the different tyre treads on the wheels of some of the greatest Brooklands cars to have raced on the track.

One of the favourite experiences was exploring The Flight Shed exhibitions. The centrepiece of the Flight Shed is the Museum's Hawker Hurricane which was built in 1940. We were able to get up close and sit in the pilot's seat of the Hawker Hunter.

Here's some feedback we received from Pierre regarding the day:

“Volunteers allowed us to touch some parts of what we were seeing, whilst taking in the scent of the classic oil, wood and metal construction that was still there from its beginnings towards the start of the 20th century. We saw old and new, from a 1920's Bugatti racing car and its tyres, going up to modern Formula One, and aircraft items from the original 1910-era flight ticket office, through inter-War floatplanes, a jet fighter from the 1950's, the iconic Harrier Jump jet and Concorde, with a 1960's airliner thrown in for good measure.”

The Brooklands Museum volunteers were fantastic, which really added to the experience. This was particularly appreciated by Pierre who shared the following: “For me, having not sat in a light aircraft, or any aircraft, for 15 years at least, I couldn't ask for more than to be helped into the cockpit of a real Hawker Hunter by someone who not only explained where I was, but was also happy to hear about my efforts at Kenley in my 30's or Redhill, and could laugh when I said it wasn't exactly like the light glider over the North Downs at 1000 feet! And similarly, when I took my first seat in an airliner since around 2010, this time a stationary 1960's BAC 1-11, there was someone there as well who I could share my enthusiasm with.”

We would like to say a special thank you to all our volunteers, whose support and time make these trips possible.

Event Updates

Try a Train

In May Sutton Vision were involved in a collaboration with South West London Sight Loss Council and Govia Thameslink Railway to encourage people with sight loss to access train services.

We hosted an event together where attendees found out about an audio guide. Following on from this, there was a ‘Try a Train’ event which began at Sutton Station and involved attendees and Staff travelling to Wimbledon Station to further explore navigating a busy interchange station. The aim was to support people who feel reluctant to use the train to become more confident in doing so.

Our Assistive Tech Officer Vicky attended the event and asked some of Sutton Vision's service users who were there for their feedback.

Graham reported "it was very informative on some of the on-board facilities. For example, you can use the alarm system emergency if you're having difficulty getting off the train. Don't be frightened to use that if you need it.

Dennis also gave some feedback saying "I think it's been fantastic. It's been amazing to learn about the commitment of Thameslink and South Western railways and Pocklington Trust and everyone involved in this. It has given me so much confidence just being on this event, finding out about the accessible services."

As mentioned at the session, if you are interested in TFL's Travel Mentoring scheme, you can book their services by emailing travelmentor@tfl.gov.uk or calling 0203 054 4361 between 9am and 4pm. In addition, if you would like more information on assisted travel with South Western Railways, please use this link: Assisted Travel on SWR. There will be an audio map which should help make travelling by train easier to navigate for those with sight loss.

Below are some useful telephone numbers to put in your contacts for future rail travel.

To book advance assisted travel with Passenger Assist, allow at least 2 hours before travelling, and have your train times ready.

Nationwide:
Book via app "Passenger Assistance"
Call Passenger Assistance: 0800 058 2844
Call National Rail Enquiries 08000 22 37 20

In-house travel assistance teams:
Thameslink: 0800 058 2844
South West Railway: 0800 52 82 100

Thameslink "Turn up and go" offer travel assistance and emergency assistance at unmanned stations specifically. Contact Thameslink mobile assistance teams allowing at least 20 minutes.

- Press the "emergency & assisted travel" button on a station Help Point
- Call the Free phone number: 0808 168 1238

Fundraising News

Thank you to Purley Bridge Club

Purley Bridge Club have organised and hosted both an Afternoon tea and a Bridge session to raise funds for Sutton Vision. On behalf of everyone at Sutton Vision, we extend our heartfelt thanks to the members of Purley Bridge Club for your generous fundraising efforts which has led to £1060 being donated to our charity. Your support will make a meaningful difference, enabling us to provide even more vital support to those who need it most. Your commitment and kindness help drive our mission forward, and we are deeply grateful.

Sutton Vision Golf Day

Thank you to those who took part in our Golf Day to support Sutton Vision. We are pleased to announce that just over £500 was raised. This will play a part in helping us to continue to support people with sight loss.

Thank you to Lexis Nexis Risk Solutions

We would like to extend our sincere thanks to everyone at Lexis Nexis Risk Solutions who generously donated their time and effort to help get our garden summer-ready for our social groups.

From cutting back plants and carrying out general maintenance to planting new life into our sensory garden, their hard work has made a

real and lasting impact. Thanks to this support, many people with a vision impairment can now enjoy and access the garden in a safe, welcoming, and stimulating environment.
This contribution has not only enhanced the space but also enriched the experiences of those who benefit from it. We are truly grateful.

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 in finding out more, we are running a special taster session on Wednesday 1st October, please get in touch with Amanda.

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.

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.

Knit and Natter runs every month on the last Thursday of the month 1.30pm-3.30pm. The group are looking forward to starting a new project.

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.

Creative Corner runs on the last Tuesday of the month at 11am-1pm.

Would you enjoy making Autumn or Christmas-themed decorations, or maybe trying your hand with clay? You don't need to be great at art; just open to giving it a go! The focus is more on enjoying the creative process, experimenting with different materials and techniques, and having a friendly chat along the way.

We're a welcoming group, and the sessions are especially suited for those with visual impairments. Each time, there are several creative activities to choose from, so you can join in with whatever appeals to you most.

The sessions are led by Rachel, who's always happy to tailor activities to your interests. She'd love to hear your ideas and help plan projects that excite you.

Come along, get creative, and enjoy some relaxed, hands-on fun!

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 providing training for the Sutton Police.

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 Simi specs. Officers also tried Meta glasses and experienced how these help people with sight loss find out about their surroundings. Terry talked about treating people with respect and discussed the legislation of the Disability Act.

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

Leisure News

RNIB Connect Radio

This radio station broadcasts 24/7 with a mix of information, entertainment and interviews hosted by blind and partially sighted presenters.

RNIB Connect Radio has a diverse range of talk and music shows featuring topics such as technology, Talking Books, sports and emerging artists. You can listen via Freeview Channel 730, online streaming, or smart speakers.

VI Leisure Group (VILG)

The VILG is a peer-led independent group which organises its own programme of activities. To find 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	1st Monday of each month from 12.30pm	The Hope Pub, 48 West Street, Carshalton

Audio Described Performance at Polka Theatre in Wimbledon

There is an audio-described performance of 'The Firework Maker's Daughter' for visually impaired ticket holders on Saturday 13th December, 2:30pm. There is a Touch tour at 1:30 pm. As the age guidance is 6-12, this could be a fun outing with your children or grandchildren. Polka Theatre present a brand-new production based on the much-loved, award-winning book by Philip Pullman. The synopsis is that Lila dreams of becoming a Master Firework-Maker just like her father. However, to become one, she must go on an epic journey that will push her to her limits.
Booking is through ATG Theatres Accessible Booking Line on 0333 009 5399 or visit atgtickets.com and search "**Access Membership Scheme"**.

Practical Suggestions to Manage Impaired Vision by Brian Doonar

Background: I have had impaired vision in both eyes since 2018, involving more than 40 injections to date. I gave up driving seven years ago – and cannot read newspapers, menus, books and price tags in shops etc. Faces are blurred only 2/3 metres away. However, I have learned a lot recently to reduce my frustration, and I hope that the following actions may be helpful to you.

Getting professional medical advice – I have been very lucky in that Moorfields have been excellent in managing the changes in my eyes; coupled with ongoing counselling and technical IT support from my local Support Charity. (Sutton Vision) So it is key that you obtain ongoing reviews of your eyes from either your hospital or optician regarding your possible need for prescription glasses and/or magnifying glasses and do not be afraid to seek immediate advice if your eyesight changes.

Technical IT Support (a big learning curve for me!)

My iPad/iPhone - as I could not see the small/dark letters/numbers on either keyboard I now pay £4 per month for an App called 'Big Keys', which superimposes large yellow and black lettering on both keyboards. I can now send my emails and texts.

My Personal Computer – as I could not see to type on my PC, I now have a black background and yellow letters/numbers on the screen PLUS the enlarged keyboard also has individual stickers put on each key (black on yellow). Amazing improvement – allowing me to type this Summary!

Dictating emails/texts etc – I am increasingly dictating simple email and text messages – as I am still slow at typing. PLUS making more use of Siri/Alexa to check the weather etc

Screen reader facility – this enables emails/texts on the iPad and iPhone to be read out to me (very useful for long messages and attachments) My next stage is to learn how to use the 'Seeing AI' app more fully.

Audio books – essential for the past few years; using either Audible (c£6 per book) or from my local Library for free.

Getting around outdoors:

- Using an appropriate stick – both to 'warn' pedestrians/car drivers etc – and to gauge distances getting on/off trains/buses etc
- Sunglasses/Sunhat – essential, even for winter sun
- When going out at night- a stick, a torch and bright clothing

Around the house:

- Improved Lighting – we now have several (inexpensive) portable battery powered switch on/off lights e.g. in the kitchen when I am cutting

vegetables etc; in dark cupboards and under the sink PLUS a small 2x2 inch sensor light that switches on/off on the way to the bathroom during the night.

- Sticky orange dots – e.g. fixed at the top of each gas mark to show that it is switched off; fixed at the top end of the iPad and TV remote control etc. These are called 'Bump on's' and can be purchased from RNIB
- New Round-Faced Clock – needed because I could not see the difference between the 5 and the 6 on my previous digital clock; and was getting up an hour earlier than needed in the morning!
- Different coloured Toothpaste – sounds silly but I was putting too much white toothpaste onto my white-headed toothbrush – and was spilling toothpaste onto the floor. I now use blue toothpaste!
- House Visit – I am also awaiting a visit from the local social services department to advise on areas needing improved lighting etc

Vicky's App Recommendations

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

These are all apps to support train travel. See which one works best for you.

1. Trainline App

To book my ticket I use the Trainline app where you can search for your journey and select your trains, including returns. Don't forget to add your Disabled Persons Railcard which allows you and another adult to travel with the discount. There is a small admin fee at the end, but tickets will remain within the app and can be added to your mobile "wallet". I also recommend taking a screen shot for quick reference. Scan the QR code to open this App in the App Store on your phone.

2. Railboard App

I also use "Rail board" which is powered by National Rail, to plan my train journeys and use the "Live Train Times" feature for direct trains which will provide live information about that train and the platform it will arrive at.

3. Rail Card App

In the “Railcard app” you can store your Disabled Persons Railcard as you will need this for your travel.

4. Passenger Assistance App

Don’t forget to book your assistance using the “Passenger Assistance” app available to all rail travel in the UK. You can set the app for your personal accessibility settings (such as increased font sizes and colour contrast) and requirements for your journey. You will need to know the train/s you are travelling on, and you will receive updates in the app and email confirmations. When booking assistance allow at least 2 hours’ notice before you travel.

Individual train companies also have their own apps these days e.g. Avanti, where you can do all your planning and buy e-tickets this could work if you do regular journeys using that company. If you would like any assistance finding the apps then you can arrange a time for me to help you.

Volunteer News

We welcome new volunteers Bosco, Linda, Alison and Louis who will be supporting us with social activities and befriending over the coming months. Our Social Media volunteer Rebecca is doing a great job at getting the regular posts out for us. She is keen to post your volunteer story to raise awareness to the experience of volunteering and supporting people with sight loss. If you would like to share your experience or give us a quote that we can use for funders this would be much appreciated. Please email these to Amanda.

Nomination for The Kings Award

The King's Award, formerly known as The Queen's Award for Voluntary Service, has long recognised the incredible contributions of voluntary groups throughout the UK. Each year, the King's Award for Voluntary Service (KAVS) honours exceptional examples of this work. We were delighted to have been nominated for this prestigious award.

New groups and activities needing volunteering support:

We are looking forward to organising a monthly dance group with a trained dance teacher, starting in October. These sessions may feature a mix of ballroom, Latin, and sequence dances. Popular choices include waltz, foxtrot, tango, cha-cha-cha, and rumba. These dances provide a relaxed and friendly environment for socializing and meeting new people. If you are interested in helping us with this by being a dance partner to support someone to learn a dance, please get in touch.

Thank you to all our volunteers

We were delighted that so many Volunteers were able to join us in Volunteers Week for our Cream Tea event in May, held in appreciation of everything they do for Sutton Vision. It was a pleasure to spend time together and celebrate the incredible contributions they make.

We are aware not everyone was able to attend; therefore, we would also like to extend our heartfelt thanks to *all* our volunteers. Whether you run a social group, offer companionship as a befriender, support us with office tasks, or help maintain our garden, your time and commitment are truly invaluable. These efforts directly benefit so many individuals living with sight loss in our community, helping to create a more inclusive, supportive, and connected environment.

Thank you to our volunteers who have supported our walks for wellbeing during the spring & summer, we could not have done this without you supporting Ben and socialising amongst the group! We hope to restart these in Spring 2026. We are also very grateful to those who have helped with the Outdoor Bowls and the Men in Shades group.

We are always looking for new volunteers, so if you are interested in joining us, please do contact us to discuss this further. We do also sometimes need some ad hoc volunteers. If you or any family members are interested in helping but can't commit to every week or month please get in touch with Amanda, our Volunteer Co-ordinator. The next quarterly Volunteers coffee Morning will be on Tuesday 10th September.

Support with PIP applications and working age benefits

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

Don’t forget, clocks go back on Sunday 26th October!

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.

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. We can email or post this.

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.

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 practised 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, Wallington, and Worcester Park, 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, with a chat and cup of tea and coffee included!

Games Morning – Come and play a selection of games including Pool, Darts, Scrabble, Cluedo, Quattro, or even Draughts! Also, Indoor Bowls is available.

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.

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.

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.