**Sight Support West of England Children and Young People What’s On E-Newsletter**

**Monthly What’s On E-Newsletter for April 2024**

Welcome to your monthly update of local accessible services and events across Bristol, Bath & North East Somerset, South Gloucestershire, Wiltshire and Swindon for children and young people.

In this update we have primarily included dates for April, there are some events that are later in the year to give you time if you need to plan ahead. Next month’s guide will be sent out at the start of May.

**Contact Us**

For more information on any of the services or events organised by Sight Support, please call 0117 322 4885 / 01380 723682 or email: info@sightsupportwest.org.uk

**Sight Loss Advice Hubs**

For a listing of our community sight loss advice hubs coming up this month, please visit our website, a link is provided below. You can drop in for information, guidance, and advice. We can demonstrate a variety of assistive equipment and technology. We have lighting, magnifiers, talking watches, liquid level indicators, and much more, so please do pop by. No appointment is necessary for many of the hubs.

Click this link [Community Sight Loss Hubs](https://www.sightsupportwest.org.uk/events/?tags=6)

## Knowledge Hub

Don’t forget we have lots of resources on our website in our Knowledge Hub. We have articles on a wide range of topics related to living with sight loss, from how to avoid scams to coping with the emotional impact of sight loss and much more. We have various articles offering tips and tricks on different areas too. Find out more by following this link [Our Knowledge Hub](https://www.sightsupportwest.org.uk/resources/)

## Keep us updated

Please remember to update us if any of your contact details change so we can keep our records up to date.

**Events From Other Organisations**

These events and notices are from other organisations. Please check with the contact given that the event is going ahead as planned. Sometimes changes need to be made to dates and times at short notice, so it is best to check with the organisation before the event takes place.

**Guide Dogs - Feel Good Fun Day!**

**Who:** Children and young people aged 7-18 with a vision impairment

**Where**: The Guide Dogs for the Blind Association, 10 Stillhouse Lane, Bristol BS3 4EB

**When:** Saturday 18th May 2024, 10:00am - 3:45pm

Join us for a **FREE** fun filled day of activities focussed on creativity and wellbeing. You will be encouraged to look after your brains and bodies by taking part in a range of workshops including:

* Drumming
* Street Dance
* Voice acting
* Yoga
* Cooking
* Self-esteem and mental health talks
* Arts and craft

The day will start at 10:00am. Parents/carers we would love it if you could stay for the first half an hour of the day from 10:00 – 10:30 to find out more about the activities on offer and how to access services in your local area. We will provide tea, coffee and a comfy space to chat.

The day will end at 3:30pm with a celebration. Again parents/carers are invited to join the fun before closing at 3:45pm.

If your child has any medical or personal care needs, we ask that parents stay onsite for the duration of the event.

Please email lizzy.green@guidedogs.org.uk to express interest and request a booking form. **Places are limited to CYP with a vision impairment only and will be allocated on a first come first served basis on return of a completed booking form.**

## Blind and VI Golf

Have you played golf in the past or are interested in trying it for the first time? England and Wales Blind Golf are planning to run some have a go day throughout the year at local driving ranges with tuition included for all ages. Golf is a great way for families to share quality time together, both outdoors and indoors, whilst making new friends. Driving ranges technology now make golf far more accessible, with feedback for people with limited sight. If you have played golf in the past and gave up through sight loss, or are interested in trying a new a sport,  please visit the charity website [www.ewblindgolf.co.uk](http://www.ewblindgolf.co.uk) or follow the social media channels England & Wales Blind Golf. More information can also be found on the charity YouTube channel, or by contacting enquiries@ewblindgolf.co.uk

## Young Bristol

Young Bristol recently teamed up with The Royal Society of Blind Children to provide VI Children and Young People with a range of social, sporting, wellbeing, practical life skills (financial management, cooking, independent travel, employment) opportunities. This is done through 3 of our Open Access Clubs based in South Bristol.

Locations:

**Ashton Vale Club**, Silbury Road, Ashton Vale, Bristol, BS3 2QE.

* Every Monday and Tuesday 6:30pm – 8:30pm age 8 to 19 years old.

**BS14 Youth Club**, Stockwood Lane, Stockwood, BS16 8SJ.

* Every Monday age 8 to 19 years 6:30pm – 8:30pm
* Every Thursday age 12 to 19 years 6:30pm – 8:30pm

**The Grove @ Bedminster Down**, 27A Cheddar Grove, Bristol, BS13 7EN.

* Every Monday 6:30pm – 8:30pm age 8 to 9 years.
* Every Tuesday age 8 to 10 years.
* Every Wednesday age 9 to 11 years.
* Every Thursday age 11+ years.

For more information, please contact Young Bristol on 0117 9292513 or email info@youngbristol.com

## Street Dance Sessions from Streetenvy Dance Academy

Supported by Access Sport. Classes are for all ages contact: streetenvydanceacademy@hotmail.com or Access Sport - Email: jonny.fenner@accesssport.co.uk / 07878 814396

## Robins Foundation VI Football Sessions

Adult & youth VI football sessions from the Robins Foundation. Email edward.studley@bcfc.co.uk or call 07899 991983.

## Free Accessible Cricket Sessions

Fully accessible free cricket sessions. No experience necessary. Contact jeanette.tate@gloucestershirecricketfoundation.org

## Two’s Company

A tandem cycling project for adults and young people in Bristol who are blind or visually impaired. Call 0117 353 4580 or email twos-company@lifecycle.org.uk or visit [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)

## VICTA Nature Themed Young Achievers Family Day

Saturday 11 May 2024 - Victa are holding a ‘Nature’ themed Family Day at The Ernest Cook Trust Estate in Fairford, Gloucestershire. This day is centred around the Nature section of their Young Achievers Award and emphasises VI children aged under 10 to come along with their families and earn their Nature badge in a day – all they have to do is take part in 3 of the activities throughout the day. Those aged over 10 are also welcome to attend, they just won’t be getting a badge but will still have plenty of fun with the activities and meeting other families.

 “VICTA is collaborating with The Ernest Cook Trust for a Family Day full of fun and unique nature-based activities. Based at their beautiful Cotswold Estate in Fairford, we’ll spruce up their allotment by weaving willow hurdles before potting beans for the children to take home and grow! We’ll enjoy a sensory scavenger hunt and celebrate World Collage Day by creating natural collage headbands and suncatchers. After a lunch break, we will take a relaxed stroll down to the river and make tactile sound maps. Our outdoor adventure will finish just as it should, roasting marshmallows around the campfire with new friends we’ve made throughout the day.”

Follow link below to their activity page where families can apply and find out more about the day:

[Young Achievers Family Day - Nature! - VICTA](https://www.victa.org.uk/victa-calendar/young-achievers-family-day-nature/)

## Join the VICTA Sunflower Race 2024!

• Who: 0 to 17 years

• Closing date for applications: Tuesday 9 April 2024

Apply for your sunflower planting kit and see how tall your flower can grow this year! Every child who enters a photo of their flower into our gallery will receive a certificate and a little treat from us once the race finishes on 30 June. One lucky gardener will also win a £25 Argos voucher in our prize draw! For any VICTA Young Achievers out there, sharing your sunflowers photos will also count toward one of the activities in the nature section of the VICTA Young Achievers Award.

[**Apply for your sunflower seeds here**](https://victa.us18.list-manage.com/track/click?u=b3f7c25f918ce44ae8cbc3d1d&id=c70e6a4bb8&e=5426ac0019)

## VICTA iSpot

Discover iSpot this Easter and be part of the friendly community helping to identify wildlife and share nature.

Ready to go on your own bioblitz adventure with your family? VICTA is here to help make your day out in nature happen with our travel and lunch offer!

VICTA is excited to have been working with British Science Association and the Open University to get more families involved! Share and build your wildlife identification skills while doing your bit to monitor and record biodiversity. Simply chose a local wild space you'd like to visit before 30 April, upload your findings to iSpot and VICTA will reimburse your travel costs up to the value of £50 and the cost of lunch up to the value of £20. To take advantage of the offer, please make sure you check our application page first for all of our offer terms and full details.

Let's see how many species we can discover!

Click here to [**Find out more and apply for this offer**](https://victa.us18.list-manage.com/track/click?u=b3f7c25f918ce44ae8cbc3d1d&id=c00f0b52dd&e=5426ac0019)

## Swindon Bats Bowling

1. every Wednesday afternoon 12.15 pm
2. every Thursday 6.45 pm

They meet at the Ten Pin Bowling Centre, Shaw Ridge, Swindon the cost is £5 for 2 games.

Anyone interested in playing should contact Sue Mead by email or phone beforehand to book a place: SueMead@outlook.com or 07788 150487.

## VICTA Living Skills Fun Day

Join VICTA at New College Worcester for an Independent Living Skills Fun Day!

• When: Wednesday 29 May 2024

• Who: 10 to 13 years

• Location: New College Worcester, Whittington Road, Worcester WR5 2JX

• Opening date: Monday 12 February

• Closing date: Tuesday 30 April

Discover your inner chef with a Ready Steady Cook style challenge, show us your swimming skills and meet others with the same interests for an activity day at New College Worcester.

If you would like to be notified when this activity opens, please follow the link below to register your interest [Independent Living Skills Fun Day for 10 to 13s - VICTA](https://www.victa.org.uk/victa-calendar/ils-fun-day-for-10-to-13s/)

# Local Audio Described Arts Events

## Bristol Hippodrome

* 24 April – The Welsh National Opera performs Cosi Fan Tutti by Mozart
* 15 May - The hit musical Hamilton
* 31 July – Disney’s Aladdin

Where shows have a touch tour they should be booked separately. To find out more about the Access for All service - email bristoladmin@theambassadors.com or call the access booking line 0333 009 5399 for tickets.

##  Bath - Theatre Royal

16 August - Sister Act

For tickets and information phone the box office on 01225 448844 and ask to subscribe to the Theatre’s Access List.

## Salisbury Playhouse

Our production of Alan Ayckbourn’s A Chorus of Disapproval opens on April 25th and runs until May 19th.

<https://www.wiltshirecreative.co.uk/events/a-chorus-of-disapproval>

There are two touch tours and audio described performances on Thursday May 16th at 2.15pm and 7.30pm. Please specify when booking if you would like a place on the Touch Tour.

Sales: Telephone 01722 320333

Email ticketsales@wiltshirecreative.co.uk

**Online Support Groups and Courses**

## Sighted Guide Training from Guide Dogs

Guide Dogs offers a range of free sighted guide training. [www.guidedogs.org.uk/sightedguiding](http://www.guidedogs.org.uk/sightedguiding) 0800 781 1444.

**LOOK Parent Support Group**

[LOOK](http://wcb-ccd.org.uk/perspectif/provider/207) runs an online Parent Support Group for the families and carers of children and young people with sight loss.

The group meets fortnightly, on Tuesday evenings. Parents are welcome to suggest topics for discussion at future sessions.

For more information visit Looks website <https://www.look-uk.org/parentsupportgroup/>

**Nystagmus Online Support Groups**

Nystagmus Network runs virtual monthly support groups for parents of children with nystagmus, and for adults living with acquired or congenital nystagmus. They are an opportunity to meet like-minded people, share experiences, make new friends and support each other. Find out more at <https://nystagmusnetwork.org/support/monthly-online-get-togethers/> or email info@nystagmusnet.org to receive the Zoom invitation.

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Sight Support is a registered charity no 1178384. Registered Office: St Lucy’s Sight Centre, Browfort, Bath Road, Devizes, Wiltshire, SN10 2AT