**Sight Support West of England Children and Young People What’s On E-Newsletter May 2024**

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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 May, 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 June.

## 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](mailto: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)

## Eye Can Exhibitions

We are delighted to announce dates for the 2024 Eye Can Exhibitions.

* Eye Can Gloucestershire will take place on 3rd June 2024, from 10am at Dowty Sport and Social Club, Down Hatherley Lane, Down Hatherley, Gloucester, GL2 9QH.

This exhibition is held by our partner charity Insight Gloucestershire.

* Eye Can Bristol will be held on 9th October from 10am at BAWA, 589 Southmead Rd, Bristol, BS34 7RG.

Both events are free to attend and are a one stop shop for all things sight loss related. There will be a wide range of suppliers demonstrating equipment and assistive technology designed to make life easier for anyone living with sight loss. It’s a great chance to try them out and find what works best for you. You will also find local and national organisations offering helpful services. In addition each event has a range of interesting talks held throughout the day.

Find out more about the first upcoming event on this link to [Eye Can Gloucestershire webpage](https://www.sightsupportwest.org.uk/events/eye-can-gloucestershire/)

You can book your ticket for Eye Can Gloucestershire by visiting the [Eventbrite booking page for Eye Can Gloucestershire](https://l.facebook.com/l.php?u=https%3A%2F%2Fbuff.ly%2F4cXNo66%3Ffbclid%3DIwZXh0bgNhZW0CMTAAAR24tSxvxqY7FPCiGG6TJp1EFTNjew8G9ZNdj7Q_5ZaLUTaFr8o6Np3sb1Q_aem_Afd4RarYF-L6Y6hFCf5iIHDSMHovufEQfhQ1nGbK_S3tkr8rXyxFt0L_GfR0pW-TJdlly9vFTE6UzKrCnSnRs64x&h=AT3w1HiAMDzJKRBDFfcAnGnSaUujx8Z70OS7alRNZ5HbYikpx-8I5iam18yS_0HFOS-ArCEl1_aHINFWHTB7Lw_scfCWo8-Q-Riqe_QJW8R_w__EAHpba7Te4K5pJ-VgWQ&__tn__=-UK-R&c%5b0%5d=AT1p_TcYsSwfnTaDSlax-opSynVx5AjiHrebUJoZ0WVY0WD-VF51hT21L0C7HI1XXRgfWO1sg-3KoqB64vDsd8oOl40KYs2hx-omxYuypC3h0MtW8NPZyqY9JlxT5nOPxBxnMYBoSeg_ByRG_ECvtowqyjfHxiPw52yVGeE6ZpGywmRkWeV8K8gseyOzGJyMWaqpTwW3_kDMDCT1RhlfQRIiLAt9ARaFnX80) or call Insight Gloucestershire directly on 01242 221170.

These events are sponsored by:

Optelec - [lowvisionshop.co.uk/](https://lowvisionshop.co.uk/) and

Humanware - [humanware.com/en-united\_kingdom/home](https://www.humanware.com/en-united_kingdom/home)

# 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.

## Swim England - Para-swimming

Para-swimming is the competitive swimming pathway for people with a visual impairment. In Bristol and Wiltshire they are looking for more young people with a visual impairment to learn to swim, join a club and become a para-swimmer. Who knows where the journey may take you, one day you could be on the podium! In Bristol and Swindon they have 3 clubs who have weekly sessions that might be suitable for you. If you have any questions about this please email [paratalent@swimming.org](mailto:paratalent@swimming.org)

## Wiltshire

Swindon ASC are an inclusive swimming club who provide a friendly environment for people with a range of disabilities to learn how to swim and become competitive swimmers. Swindon ASC have worked with visually impaired swimmers and understand what support is required. They offer weekly sessions at various pools across the city. To find out more information click on this link below or email [paularutherford1976@gmail.com](mailto:paularutherford1976@gmail.com)

[Swindon ASC website](http://swindonasc.co.uk/index.php/swimming-sessions/)

## Bristol

City of Bristol and Bristol Penguins both have session set up to get more disabled people into swimming.

Bristol Penguins have 2 weekly sessions one for swimmers still learning to swim and those who want to progress into club training. Both sessions are at Easton Swimming pool. Website: [Bristol Penguins Para Swimming](https://uk.gomotionapp.com/team/bposc/page/join/para-penguins) or email: [polly.mullen@bristolpenguins.com](mailto:polly.mullen@bristolpenguins.com)

City of Bristol deliver a session on Sundays at Hengrove swimming pool. Website [Bristol Para Swimming](mailto:Bristol%20Para%20Swimming) and email [cobscpara@gmail.com](mailto:cobscpara@gmail.com)

## Multi-Sport Festival

Ignite Bristol are delivering the next Multi-Sport Festival for Summer 2024

A great opportunity for d/Deaf, Disabled and Neurodivergent people and their families to try local inclusive sports and activities.

When: Thursday 30th May 2024

Time: 12:30pm - 4:00pm

Where: Merchants Academy, Gatehouse Avenue, Bristol BS13 9AN

Who: d/Deaf, disabled and neurodivergent young people and their families.

Price: FREE

The day will involve multiple inclusive sports and activities that participants and their families have the opportunity to drop-in and try. Alongside the amazing sporting opportunities, the day will involve much more - informative stalls, music, food trucks and much more!

For more information and to register, please visit this link [Ignite Bristol Multi-Sport May 2024 Event | Ignite Bristol](https://www.ignitebristol.co.uk/event-details/ignite-bristol-multi-sport-may-2024-event)

## Pan Disability Penta+

Multi-Sport Pentathlon

• Warmley Park School, Warmley, Bristol, BS30 8YE

• Every Wednesday during school term 5pm-6pm

• Sessions are for all ages and all abilities

• Friends and family are welcome

• Activities include Penta Run, Penta Shoot, Penta Fence and Penta Obstacle

For more information, please email [jonny.fenner@accesssport.org.uk](mailto:jonny.fenner@accesssport.org.uk)

## Inclusive Stand Up Paddleboarding with SUP Bristol

• Sessions for young people aged 12-16 years

• Every Wednesday from 4.30-6pm, starting on May 8th

For more information, or to book a space, please visit: <http://bit.ly/supbristol>

or email: [info@supbristol.com](mailto:info@supbristol.com)

## VICTA

New places have opened up for our Nature Family Day!

• When: Saturday 11 May 2024

• Who: 5 to 17 years (under 5’s go free)

• Location: Fairford Park, Gloucestershire

• Cost: £5 per-person attending (under 5’s go free)

Join VICTA and The Ernest Cook Trust for a day of unique, sensory, nature activities at their beautiful Cotswolds estate. Passionate about nature and conservation education, the trust has put together a fantastic day to bring families together and inspire a love of exploring the outdoors. As part of the day, families will have a chance to…

• Try willow weaving

• Pot beans

• Take part in a sensory scavenger hunt

• Create tactile sound maps

• Toast marshmallows around the campfire

• Earn your Young Achievers Nature Badge in a day (for 10 and unders)

A few last minute spaces have become available so please get your applications in soon to grab your space!

To apply for your place, please complete the application form via the link below:

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

## Blind and VI Golf

England and Wales Blind Golf are planning to run have a go days throughout the year at local driving ranges with tuition included for all ages. 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 by emailing [enquiries@ewblindgolf.co.uk](mailto:enquiries@ewblindgolf.co.uk)

## Street Dance Sessions from Streetenvy Dance Academy

Supported by Access Sport. Classes are for all ages contact: [streetenvydanceacademy@hotmail.com](mailto:streetenvydanceacademy@hotmail.com) or Access Sport - Email: [jonny.fenner@accesssport.co.uk](mailto: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](mailto: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](mailto: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](mailto:twos-company@lifecycle.org.uk) or visit [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)

## 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/)

## 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](mailto:info@youngbristol.com)

## 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](mailto:SueMead@outlook.com) or 07788 150487.

# Local Audio Described Arts Events

## Bristol Hippodrome

* 15 May - The hit musical Hamilton
* 31 July – Disney’s Aladdin
* 21 August - Come from Away – the musical that tells the true story of the 7000 air passengers from all over the world who were grounded in Canada during the wake of 9/11

Touch tours 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

* 29 June – The 39 Steps – new comic version!

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

**Alan Ayckbourn’s A Chorus of Disapproval** runs until May 19th.

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](mailto:ticketsales@wiltshirecreative.co.uk)

**Salisbury International Arts Festival** commences on May 26th with Patch’s Parade and City Encounters, free events in and around the Market Square on May 26th and 27th, this is then followed by 10 days of events from comedy to music and spoken word. More information can be found on their website: [wiltshirecreative.co.uk/salisbury-international-arts-festival](https://www.wiltshirecreative.co.uk/salisbury-international-arts-festival)

# 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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Tel 0117 322 4885, Email [info@sightsupportwest.org.uk](mailto:info@sightsupportwest.org.uk)

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