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

## 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 Support Events and Notices

## Bristol Eye Can Exhibition

We are busy organising and planning our next exhibition after the success of Eye Can Gloucestershire which was held at the beginning of June.

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

The event is free to attend and is 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, there will be a range of interesting talks held throughout the day. Pre-booking will be open soon but call us if you would like more information.

This event is 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)

## 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/)

# Events & Notices 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.

## Westonbirt the National Arboretum at Tetbury

**Sensing Nature and Wellbeing Walks**

Let our visually impaired guides lead you through an immersive and interactive sensory experience that aims to shift your perception, enjoy the arboretum at a slower pace and explore the trees of Westonbirt through your nonvisual senses.

Walks occur at 11:30am every Friday of the month from April - September.

Please note that dogs are not permitted on these walks (except assistance dogs). Some of our visually impaired guides will be assisted by a guide dog. Please do not disturb the assistance dogs while they are working.

How long? Approx. 1.5 hours

How much? Free after admission.

Where to meet? Meet at the Welcome Building, where you will be guided to the starting point for the walk.

Do I need to book? No.

What to wear? Please wear suitable clothing and footwear for outdoor walking as you will be going off path and over grass.

Accessibility? Dependent on weather, these sensory walks may not be suitable for wheelchair users due to the off path experience.

Westonbirt National arboretum Westonbirt Tetbury Gloucestershire GL88QS.

Call 0300 067 4890

Email [customerrelations@forestryengland.uk](mailto:customerrelations@forestryengland.uk)

## Para Football Open Trials Day (13th July)

Para Football Open Trials Day at St George’s Park on Sat 13th July, 10.30am to1pm. The event is open to players over the age of 16 who would qualify for one of the following:

* **Female Deaf players16+**
* **Male Partially Sighted players 16+**
* **Female Blind or Partially Sighted players 16+**

Please note: The Blind Women’s game is open to players who are blind or partially sighted. However, the pathway and format of the game played is B1 football (IE: under blindfold)

The players registration link is: <https://forms.office.com/e/6nn7HfT0aJ>

Any further questions can be directed to Liam Drake | Talent Inclusion Lead 07816 354045 or [Liam.Drake@TheFA.com](mailto:Liam.Drake@TheFA.com)

## England & Wales Blind Golf Association Have a Go Day

Location: Meon Valley Hotel, Golf & Country Club, Sandy Ln, Shedfield, Southampton SO32 2HQ

Date: Sunday 4th August 2024

Time: 2pm to 4pm

They will be running 3 challenges at the event that people can have a go with. Help and support will be available for anyone who needs it. It is a free event and refreshments will be available. Contact by emailing [enquiries@ewblindgolf.co.uk](mailto:enquiries@ewblindgolf.co.uk)

<https://www.eventbrite.co.uk/e/england-and-wales-blind-golf-have-a-go-day-tickets-931888011127>

## FREE taster for SUP Club supported by Access Sport

Wednesday 14 August 14.00 – 15.30

Are you aged 11 – 16? Looking to try something new this summer?

Come and join us to learn how to SUP, try out different boards, learn the best SUP moves in town and play lots of exciting SUP games. No experience needed, just people who want to try something new, have fun and meet some new people!

Spaces are limited so please book in so we know to expect you.

For more information, or to book a space, please visit: <http://bit.ly/supbristol> or email: [info@supbristol.com](mailto:info@supbristol.com)

## All Aboard Watersports disability inclusive water festival

* Sunday 28th July, 1.30-5pm
* Pan disability, all welcome! Children and adults. Groups assigned by age.
* Try paddleboarding, rowing and sailing.
* Experienced instructors
* Just £5 per person for the entire afternoon
* Baltic Wharf, Cumberland Road, Bristol, BS16XG

Book: [bit.ly/AllAboardFestival](https://accesssport.us4.list-manage.com/track/click?u=01c05c95704dd40a6e36e4770&id=a51a8f073d&e=47e16734b2) for more information, please email [admin@allaboardwatersports.co.uk](mailto:admin@allaboardwatersports.co.uk)

## Acez Tennis with Blue Sky Tennis Foundation

• FREE taster Sessions

• Pan-disability

• Children and adults from 3 years old onwards

• Monday 8th, 22nd, 29th & 19th August

• Lansdown Tennis Club, Bath, BA15TN

To book a space, please visit: [https://bit.ly/BlueSkyTennisFoundationinclusive](https://accesssport.us4.list-manage.com/track/click?u=01c05c95704dd40a6e36e4770&id=bc0e1a719b&e=47e16734b2)

Website: [https://blueskytennis.foundation/](https://accesssport.us4.list-manage.com/track/click?u=01c05c95704dd40a6e36e4770&id=235276d131&e=47e16734b2)

Email: [foundation@blueskytennis.co.uk](mailto:foundation@blueskytennis.co.uk)

## Gympanzees Summer Pop Up

Monday 22nd July 3.30pm – Thursday 15th August 3.15pm 2024

Venturers’ Academy, Hareclive Road, Withywood, BS13 9JW

Pop Up fun and fitness for children and young people with disabilities.

Gympanzees sessions are for children and young people (0-25 years) with sensory, physical, learning difficulties, SEN and any mild to profound disability.

The Pop Up’s are designed working in collaboration with therapists, specialist teachers, service users and other disability organisations to ensure they are fully inclusive and accessible.

The centre is designed around ‘Stealthy Health’ - children and young people getting therapy benefits and exercise without knowing they are. To them, it’s simply play!

There will be a trampoline room, soft playroom, music room, indoor and outdoor playground, active and calm sensory room, gym and hangout (11+). There will also be a sociable café to meet and chat with others after the session.

Session Types

Gympanzees run four different session types which meet the needs of children and young people with all different abilities and disabilities – ensuring we are truly inclusive!

**1. Jungle sessions:** For any child or young person with any SEN/disability.

**2. Gorilla Sessions:** Suitable for loud, physical individuals who prefer their own space. Individuals who can find the environment and other people around them a challenge.

**3. Butterfly sessions:** For children with complex medical needs and non-mobile children and young people, those who will spend a lot of time on the floor and may need hoisting. This is not a suitable session for those who attend a Gorilla session.

**4. Leopard sessions:** For neurodiverse children, young people, and anyone with sensory needs. These are busier than a Gorilla session but less busy than a Jungle session.

You can find out more about the sessions and book to visit the Gympanzees Pop Up here: [Pop Ups - Gympanzees](https://www.gympanzees.org/our-services/pop-ups) / [Gympanzees - Summer Pop Up 2024](https://bit.ly/3O8vxPF)

## Swim England Swimming Para-swimming

Para-swimming is the competitive swimming pathway for people with a visual impairment. In Bristol and Wiltshire we 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 we have 3 clubs who have weekly sessions that you might be suitable for you. You can find all the details about the sessions. If you have any questions about this please feel free to 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 website link or email: [paularutherford1976@gmail.com](mailto:paularutherford1976@gmail.com)

<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: <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<https://uk.gomotionapp.com/team/reczzcba/page/para-swimming/how-to-join>  and email [cobscpara@gmail.com](mailto:cobscpara@gmail.com)

## 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.

## 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)

## 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.

## RSBC (Royal Society for Blind Children)

**Calendar of activities**

You can join a range of different activities and there are even some your whole families can get involved in too! We have something for everyone to get involved in! Click on the link to find out more [rsbc.org.uk](https://www.rsbc.org.uk/calendar-of-activities/?_gl=1*1cy8lkh*_up*MQ..&gclid=EAIaIQobChMIzJjn2_y3hgMVCphQBh3iKAPmEAAYAiAAEgLPwvD_BwE)

Are you interested in joining an audio book group at Marlborough or Pewsey Library? 16+ years

Register your interest in this new audiobook group, which will meet at Marlborough Library and potentially at Pewsey Library, and will use library audiobooks, by contacting Jenny Spencer at 01380 723682 or [jenny.spencer@wiltshiresight.org](mailto:jenny.spencer@wiltshiresight.org)

# Local Audio Described Arts Events

# Galleries and Museums

## Bristol Museum

**1. A Free Auto- Described Tour and Art Workshop for Families**

Monday 5th August

10.15 - 12.30

For families with children aged 5 - 12

Older and younger siblings welcome

Join us at Bristol Museum & Art Gallery for a fun-filled event especially for visually impaired parents, carers and children, exploring nature and art.

Our interactive tour will bring the work of Constable to life through audio descriptions, practical sound effects, and scene recreation plus an arts workshop to create your own masterpiece.

For full details, access information and booking

<https://www.bristolmuseums.org.uk/bristol-museum-and-art-gallery/whats-on/family-multisensory-workshop/>

**2. Free Live Streamed Storytelling Performance for Families**

**With:** BSL interpretation

**Date:** Monday 29 July 2024

**Time:**  2pm – 3pm

**Location:** Online event

For children aged between 5 – 12 years.

Older and younger siblings welcome.

For those who can’t make it to one of our events in person, join Cassandra Wye, International Storyteller online for an exciting interactive story-telling event linked to our exhibition Constable in Bristol! The live session will be broadcast via Zoom, with BSL interpretation.

Also available recorded online

**Participation is free** - but places must be booked in advance

For full details, and booking:

<https://www.bristolmuseums.org.uk/bristol-museum-and-art-gallery/whats-on/free-accessible-live-streamed-story-telling/>

To book a place for either event via email:[steven.bradley@bristol.gov.uk](https://www.eventbrite.co.uk/e/constable-in-bristol-bsl-tour-for-deaf-and-hard-of-hearing-families-tickets-935459794427?aff=oddtdtcreator).

Or phone 0117 922 3571 to leave a message - including your contact number and reason for calling.

# Theatres

## Bristol Hippodrome

* 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
* 27 September – Rambert Dance Company in: Peaky Blinders the Redemption of Thomas Shelby: age 15+

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

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

12 September (age 14+) – Birdsong

17 October (age 14+) – Sones in His Pockets

31 October (age 12+) – Play On!

17 and 19 December – Sleeping Beauty

For ticket sales please call: 01722 320333.

# 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)

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