

VISION NORTH SOMERSET NEWSLETTER - MARCH 2015

The Bradbury Community Room

The Bradbury Community Room was officially opened on 10th December by Mr Hugh Inman, representative of our major funder The Bradbury Foundation. We were delighted to welcome our funders and individuals who helped to bring the project to fruition. Service users, volunteers and health and social care colleagues also joined in the celebrations.

We have great plans for the Bradbury Community Room, including responding to some of the ideas provided by our members. In addition to having such a lovely light and airy space for our own use, we will also rent the space to other community groups to provide us with a source of income. The Bradbury Room has been very well received by our colleagues and we already have bookings coming in.



Current Activities:

Rendezvous Social Club: Meet from 2-4pm on alternate Thursday afternoons.

Computer Club: Meet for techie chats and discussions about IT also on alternate Thursday afternoons.

To join either of these clubs please contact the office and we'll put you in touch with the club leader.



Coming Soon:

Yoga: Yoga sessions were asked for by several people so here is your chance! On Tuesday April 21st we are offering free one hour taster sessions in the relaxing art of Hatha Yoga. Please contact the office by March 27th for more information and to book a place at 9.30am or 3.00pm. Yoga teacher Emma Gliddon (www.doyoga.co.uk) is experienced in working with visually impaired people and is looking forward to meeting you. Details about future dates and costs will be available at the taster session.

Mindfulness course: Mindfulness meditation is a way of being in touch with your body mind and feelings in the present moment. It enables you to cope with anxiety, depression and ill-health by regular meditation practice focusing on the now. Meditation enhances the brain's capacity to deal with stress and pain and brings many benefits, including improving the immune system.

The Mindfulness course will be run by our counsellor Patsy Southwell and people who attended the course here at Vision last year spoke very highly of the benefits. There will be 8 sessions on alternate Thursdays from 12 noon to 1.00 pm. The cost will be £5 each session and the course will begin in April. If you would like to book a place, or would like to know a little more about Mindfulness please contact Nikki Derrick at the office for further details.

Bingo! Join us on March 12th for a game of Bingo. Hosted by the Rendezvous Club, it's game on at 2.00 pm and the session will finish at 4.00pm. There will be prizes and refreshments and it only costs £3.00! Please ring by Tuesday 10th to let us know you are coming so we can arrange appropriate refreshments. You will be made very welcome.

Please note that we are unable to provide transport for any of these activities. There will be a drop off space available but parking will be limited to disabled drivers who have reserved a disabled parking space. There is a multi storey car park in Carlton Street about 300 meters away.

Learn how to ride a bike!

In 2 Biking based at Worle Community School is now up and running and ready to offer cycling opportunities to people of all abilities. They have both Tandem and Side by Side bikes, as well as others available. Club Sessions take place on Friday evenings from 5-7pm and Saturday afternoons 2-4pm. First session is free of charge so for further information contact Lin Thomas on 07557 132 680 or email lin@age2age.org.

Visually Impaired Running

A free taster session for anyone who is visually impaired and aged over 16 will take place on at Ashton Court in May at a date yet to be arranged. The session is free and is for all fitness levels and abilities. Guide runners will be present to offer support if required. If you find that you would like to take up running on a regular basis then support is offered to help you join a local running group or club near you. To find out more contact Anna on 07718 394 516 or email awest@englandathletics.org.

If you prefer your leisure a little less active..... you might enjoy an audio described performance of the Magic Flute at Bristol Hippodrome on Friday 10th April at 7.15pm. The performance will be preceded by a touch tour at 6 pm, when audio describers will take you on stage for a guided tour of the sets, props and costumes. Tickets are £25 each. To book call 0117 3023222. Monday to Friday 10am-6pm.

Adopt a Pink Elephant!

Intrigued? Then take a look at the enclosed appeal letter.

Karten CTEC Centre

Vision North Somerset has teamed up with Action for Blind People to provide an excellent new IT facility based at Neva Road. With new equipment funded entirely by the Karten Trust, Vision can now offer a range of IT opportunities. Computers with speech and magnification software, ipads and iphones with their built in accessibility options – all things are possible.

We can offer you an initial assessment with our IT colleague from Action for Blind People to discuss exactly what you want to learn. Sending an email, shopping on line, using apps on an ipad or getting the most from your iphone. You don't need to have any previous experience and you certainly don't have to be IT literate. Once you have explored the possibilities you are offered a weekly session for a 6 week period for one to one learning. Each week your allocated volunteer will go through the steps with you until you are competent in using your chosen equipment.

The sessions are free of charge. If you are interested then please contact Nina Farr at Vision for more details.

Open Day

Our Open Day on 28th January was a great opportunity to launch the Karten CTEC Centre. Weston's Mayor Cllr Roz Willis performed the opening ceremony and we welcomed over 75 service users and 50 health and social care staff to the event. There was an opportunity to look round the resource centre, find out more about Optelec Electronic Magnifiers and sign up for Woodspring Talking News.

