

Dear Members

Please find attached your calendar of activities for the month of **November 2021**. All our remote activities are accessible via computer, tablets, mobile phone or landline. **You don’t need to have an internet connection or computer and can simply dial in from any phone. The call is to a regular UK landline and will either be included in your call plan or charged accordingly depending on your call package.** If you would like support in accessing our remote activities please call 0118 987 2803.

**All remote sessions run by Berkshire Vision are accessible through the same link and phone number (excluding the Quiz).**

**Joining by phone** - call the following number 01344 838 183. When asked, dial the following ID 995 575 053#

**To join via pc or tablet** – Click the following link [Remote Activities](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_MGQzZTRlNzAtZGNkZC00YTFiLTgzNWQtMDA3ZjIyNGJlYWE0%40thread.v2/0?context=%7b%22Tid%22%3a%22211bace3-1e13-4388-a1fd-7e0a6c243e71%22%2c%22Oid%22%3a%22335411e4-ebfe-4e68-bdc9-29acbd7c3617%22%7d)

**Before booking onto a face to face activity with Berkshire Vision, please read the following code of conduct. By booking onto an activity you are confirming that you understand it and will abide by it:**

* Activities and transport must be pre-paid in advance.
* In the event you have booked and paid for an activity but have to cancel, you will need to do so 5 working days in advance. However, if we are able to allocate your place to another member, you will be offered a refund.
* You take responsibility for looking after your own health and for any medication you take. This includes bringing with you any required medication, storing it securely while on an activity and taking it as prescribed.
* Only working guide dogs are permitted on activities. **Please inform Berkshire Vision when booking onto the activity if you plan to bring your guide dog.** You are responsible for your dog’s behaviour and please speak with us if your dog is in training.
* Everyone has the opportunity to order COVID-19 lateral flow tests to their home from GOV.UK website or by calling 119. You are advised to take the tests twice weekly in line with government advice when attending activities.
* There is a risk of potentially contracting COVID-19 when attending any face to face activities. In booking onto a session, you are confirming that you are aware of this potential risk and are happy to still partake.
* If you are experiencing any symptoms of COVID-19 (e.g. continuous cough, high temperature, loss of taste or smell), please DO NOT attend the session and inform Berkshire Vision immediately.
* In line with the recent announcement, social distancing measures have been removed from the minibuses. However, those using Berkshire Vision’s transport are encouraged to wear face masks whilst on the journey due to being in close proximity with others.

NOVEMBER CALENDAR 2021

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| --- | --- | --- | --- |
| **DATE** | **DAY** | **TIME** | **ACTIVITY** |
| 1 | MONDAY | 11.00 | Beginner Tandem: Dorney Lake |
| 2 | TUESDAY | 16.00 | Remote Quiz  |
| 3 | WEDNESDAY | 11:00 | Postponed Advance Tandem: Greenham Common |
|  |  | 11:00 | Remote Coffee Morning |
| 4 | THURSDAY | 17.00 | Ten Pin Bowling |
| 5 | FRIDAY | 11.00 | Remote Charles Bonnet Syndrome Peer Support Group |
|  |  | 16.00 | Running session  |
| 6 | SAT |  |  |
| 7 | SUN | 14.00 | 18 – 35 Group: Pottery painting |
| 8 | MONDAY | 14.00 | Slough and Langley Club |
| 9 | TUESDAY | 13.00 | Maidenhead and Windsor Club |
| 10 | WEDNESDAY | 11.00 | Remote Coffee Morning |
|  |  | 14.00 | Hungerford Club |
|  |  | 19.00 | Remote Employability Workshop: Taking steps onto a new path – part 1 |
| 11 | THURSDAY | 10.30 | Reading Coffee Morning |
| 12 | FRIDAY | 09.00 | Golf |
| 13/14 | SAT/SUN |  |  |
| 15 | MONDAY | 10.30 | Windsor Coffee Morning |
| 16 | TUESDAY | 10.00 | West Berkshire Group: Heritage Museum  |
|  |  | 16.00 | Remote Quiz |
| 17 | WEDNESDAY | 11.00 | Advance Tandem: Windsor Great Park  |
|  |  | 11.00 | Remote Coffee Morning |
| 18 | THURSDAY | 14.00 | Rock Climbing |
| 19 | FRIDAY | 10.30 | Corn Exchange Craft Session |
|  |  | 16.00 | Running |
| 20/21 | SAT/SUN |  |  |
| 22 | MONDAY | 13.00 | Meet the team pub meal |
| 23 | TUESDAY | 10.30 | Newbury Socialeyes |
| 24 | WEDNESDAY | 11.00 | Remote Coffee Morning |
|  |  | 12.00 | Park Walk: Greenham Common |
|  |  | 19.00 | Remote Employability Workshop: Taking steps onto a new path - part 2 |
| 25 | THURSDAY  | 14.00 | Bracknell Socialeyes |
|  |  | 14.00 | Remote Murder Mystery |
| 26 | FRIDAY | 18.15 | Blind Football |
| 27/28 | SAT/SUN |  |  |
| 29 | MONDAY | 14.00 | Remote Social History Talk |
|  |  | 14.00 | Mid Berkshire Group: Music Appreciation Session |
| 30 | TUESDAY | 11.30 | Remote Book Club |

**Remote Activities – details and access**

**Coffee Mornings – Wednesdays at 11am**

A weekly remote coffee morning for a general chit-chat, whilst you enjoy your own refreshments from the comfort of your own home. **See joining details on page 1.**

**Quiz Nights – Tuesday 2nd and 16th at 4pm**

Our remote quiz will take place on the first and third Tuesday of each month.

Join Berkshire Vision’s quiz and challenge your knowledge. Please register with us and we will allocate you 1 of 4 teams with a team leader.

To register, call 0118 987 2803 or email activities@berkshirevision.org.uk

**Joining the Quiz via phone:**

Call the following number 01344 838 183

To join team 1 – when asked, dial the ID number 318 418 895#

To join team 2 – when asked, dial the ID number 286 041 875#

To join team 3 – when asked, dial the ID number 551 361 952#

To join team 4 – when asked, dial the ID number 398 953 928#

**(including the #​)**

**To join via pc or tablet -** Follow your team’s link on [www.berkshirevision.org.uk](http://www.berkshirevision.org.uk)

**Esme’s Friends (Charles Bonnet Syndrome Group) Peer Support Group – Friday 5th at 11am**

In partnership with Esme’s Umbrella, this is a peer support group for anyone with Charles Bonnet Syndrome to gain insight and support where you may need it, or just to meet and chat with other people in a similar position. **See joining details on page 1.**

**Employability Workshop: taking steps onto a new path part 1 – Wednesday 10th at 7pm**

We’ll be talking about how you can make changes in your life and try something new. That could be starting a new course, volunteering or maybe even finding work. We’ll cover steps you can take, things you can do to support yourself, how to move out of your comfort zone easily and figuring out what it is you want to do. This workshop is for people who are curious about doing something different, who are keen to do something different or those who are wanting to make changes. **See joining details on page 1.**

**Employability Workshop: taking steps onto a new path part 2 – Wednesday 24th at 7pm**

Are you thinking next year might be the time to make some changes in your life? How can you do that with minimum stress, maximum support and positive outcomes. We’ll be talking about available support, changes you can make that challenge you without scaring you! How to get the most out of new challenges how to reduce pressure and remain in a good mindset. **See joining details on page 1.**

**Murder Mystery – Thursday 25th at 2pm**

Join us for a bit of role play to work out who committed the murder. If you would like to play a part, you will be allocated a character and given a copy of your script in advance. Feel free to dress up as your character and act as you think they would during the game. The script can be sent to you by email or by post in large print. If you would prefer not to play a part, come along anyway to watch and join in, working out who the dastardly murderer might be. Once the script has been read, everyone will guess who they think the murderer is and with a grand reveal from the murderer, we can see whose detective skills were right. **See joining details on page 1.**

**Members need to register for this activity at least 10 working days before, to allow enough time for the parts to be allocated, printed and posted.** **Last registrations will be taken on Thursday 11th November.** Toregister, call 0118 987 2803 or email activities@berkshirevision.org.uk

**Social History Talk – Monday 29th at 2pm**

Like history and talks? Then why not join us for a talk on a mystery social history topic. After the session there will be a Q & A. **See joining details on page 1.**

**Book Club** – **Tuesday 30th at 11:30am**

You are very welcome to join the book club. Please contact Carl to find out what November’s book is by either calling the office on 0118 987 2803 or by emailing carl.pettman@berkshirevision.org.uk

Talking books can be downloaded for free on the RNIB website. All of the books being read in the book club will be available on the RNIB library. Go to [www.RNIB.org.uk](http://www.RNIB.org.uk) and select ‘reading services’ and select ‘RNIB library’ then ‘Title Search’ at the top of the page. Once you have found the book of your choice, you can then select ‘download’ and the book will be downloaded to your device. Call 0118 987 2803 if you need help with this. **See joining details on page 1.**

**Face to face activities – details and bookings:**

When booking onto face to face activities, please inform Berkshire Vision of any mobility issues or health concerns that we need to be aware of for the activity.

**Beginner Tandem around Dorney Lake on Monday 1st 11-2:30pm - £7.50 + contribution towards transport if needed (£7.50)**

Our short rides are for beginners or those who enjoy a more leisurely cycle around Dorney Lake. After you have enjoyed some fresh air and stretching your legs, the group visits a local pub to eat, drink and be merry. **Limited spaces are available depending on pilot availability and bikes.**

**Advance Tandem around Greenham Common on Wednesday 3rd 11-2:30pm - £7.50 + contribution towards transport if needed (£7.50)**

Our advance tandem session takes place in Greenham Common and is approximately 6+ miles long with sharp corners and inclines. Part way round, there will be an opportunity to grab a bite to eat and something to drink at the café on site. **Limited spaces are available depending on pilot availability and bikes.** Transport from home will only be available for the Mid and West Berkshire but we can pick up from Reading train station.

**Ten Pin Bowling at Wokingham Superbowl on Thursday 4th at 5pm - £8 + contribution towards transport if needed (£7.50)**

Join us for two games of ten pin bowling in a fun and friendly environment. All abilities are welcome. You can also order food and drinks to enjoy at your lanes. Transport from home will only be available for the Mid and West Berkshire but we can pick up from Reading train station.

**Running Session at Palmer Park on Friday 5th and 19th 4-5pm - £2 + contribution towards transport if needed (£7.50)**

Join us for a bit of running on the track or around the park, whether you want a social run or want to improve your technique; all levels of ability are welcome. A volunteer coach runs the session and will organise running guides for each member.

**18-35 Group: Pottery Painting on Sunday 7th at 2pm – prices vary depending on pottery piece + contribution towards transport if needed (£7.50)**

For members aged between 18-35, join us for a pottery painting session. In the session you will be given the opportunity to design/paint a piece of pottery of your choosing. Afterwards there will be an opportunity to socialise with others with snacks and drinks available at the venue.

**Slough and Langley Club on Monday 8th 2-4pm**

This group is for members living in Slough and Langley to relax in a social and laid-back environment. This is a chance for people with visual impairments to talk over refreshments and enjoy some entertainment such as: bingo; raffles; guest speakers from supporting organisations and resource roadshows. Return transport is also available.

**Maidenhead and Windsor Club on Tuesday 9th 1-3pm**

This group is for members living in Maidenhead and Windsor to relax in a social and laid-back environment. This is a chance for people with visual impairments to talk over refreshments and enjoy some entertainment such as: bingo; raffles; guest speakers from supporting organisations and resource roadshows. Return transport is also available.

**Hungerford Club on Wednesday 10th 2-4pm**

This group is for members living in Hungerford to relax in a social and laid-back environment. This is a chance for people with visual impairments to talk over refreshments and enjoy some entertainment such as: bingo; raffles; guest speakers from supporting organisations and resource roadshows. Return transport is also available.

**Reading Coffee Morning at Berkshire Vision’s Offices on Thursday 11th 10:30-12pm - £1 donation + contribution towards transport if needed (£7.50)**

Come and join us at the office for tea, coffee, biscuits and a natter with others. Visually impaired friendly board games will also be on offer for those that wish to have a go. Transport from home will only be available for the Reading area but we can pick up from Reading train station.

**Golf at Billingbear Park Golf Course on Friday 12th at 9am - £9.75 + contribution towards transport if needed (£7.50)**

Join us for our last round of golf on Billingbear’s 9-hole golf course until Spring 2022. Members will be given a golf caddy to help provide instruction of where and how far to hit your golf balls. Members can bring their own golf clubs or can hire them at the venue for an extra contribution of £6 per half set. The venue only accepts card payments. If this activity is cancelled due to bad weather or not enough volunteers are available, we can offer a session at Wokingham Family Golf Driving Range.

**Windsor Coffee Morning on Monday 15th at The Willows 10:30-12pm - £2.50 donation + contribution towards transport if needed (£7.50)**

Come and join us for tea, coffee, biscuits and a natter with others. Visually impaired friendly board games will also be on offer for those that wish to have a go. Transport from home will only be available for the Windsor area but we can pick up from local train stations.

**West Berkshire Group: Heritage Museum on Tuesday 16th at 10am – Free + contribution towards transport if needed (£7.50)**

For those living in West Berkshire, join us at the West Berkshire Heritage Museum for a private guided tour around the exhibit and a chance to appreciate culture. Afterwards we’ll enjoy some refreshments at the café.

**Advance Tandem on Wednesday 17th 11-2:30pm at Windsor Great Park - £7.50 + contribution towards transport if needed (£7.50)**

Our advance tandem session takes place in Windsor Great Park and is approximately 6+ miles long with sharp corners and inclines. Part way round, there will be an opportunity to grab a bite to eat and something to drink at the café on site. **Limited spaces are available depending on pilot availability and bikes.** Transport from home will only be available for the Mid and East Berkshire but we can pick up from Reading train station.

**Rock Climbing at Reading Climbing Centre on Thursday 18th 2pm – free + contribution towards transport if needed (£7.50)**

Reading Climbing Centre will be offering an introduction to climbing sessions for adults. All equipment (including climbing shoes) are included, along with a professional coach. Afterwards we can socialise and purchase some snacks and drinks from the café.

**Corn Exchange Craft Session at The Base on Friday 19th 10:30-12pm – free**

Berkshire Vision have partnered with the Corn Exchange to expand their Touch to See project. These sessions are available for individuals living in West Berkshire. Each month, a small group gets together to complete a craft task led by an artist. The Corn Exchange will be organising transport and transport from home will only be available for the West Berkshire area.

**Meet the Team Pub Meal at The Shire Horse on Monday 22nd at 1pm – pay for food and drink at venue + contribution towards transport if needed (£7.50)**

Join us for a pub meal hosted by Laura who is Berkshire Vision’s CEO alongside another member of staff, who you might not always get a chance to meet. This lunch will be a chance to meet different staff at Berkshire Vision whilst enjoying the company of other members with some food and drinks. Please inform Berkshire Vision of any special dietary requirements you have when booking onto the event. Transport from home will only be available for Maidenhead area but we can pick up from local train stations.

**Newbury Socialeyes on Tuesday 23rd 10:30-12pm – pay for food and drink at the venue + contribution towards transport if needed (£7.50)**

This social group is for members living in Newbury. This is a chance for people with visual impairments to talk over refreshments whilst enjoying the company of others. Return transport is also available.

**Walk around Greenham Common on Wednesday 24th at 12pm – free + contribution towards transport if needed (£7.50)**

If weather permits, join us for a walk around Greenham Common to appreciate nature and a chance to chat to others. This walk is roughly a 3-mile circuit. The trail is a combination of consistencies including: mud, gravel, grass and pavement, so please wear sensible shoes. After the walk we can sit inside the café and enjoy some refreshments. Transport from home will only be available for Mid and West Berkshire but we can pick up from local train stations.

**Bracknell Socialeyes on Thursday 25th 2-4pm at Priestwood Community Centre - £2.50 donation + contribution towards transport if needed (£7.50)**

This social group is for members living in Bracknell. This is a chance for people with visual impairments to talk over refreshments and enjoy some entertainment. Return transport is also available.

**Blind Football at Reading Madejski Stadium Football Dome on Friday 26th 6:15-7:15pm –** **free + contribution towards transport if needed (£7.50)**

In partnership with Berks & Bucks FA and Reading FC, we’ll be offering taster sessions of B1 Football over the coming months. B1 football is a non-contact, target based game where all players are blindfolded to become B1 players. These sessions will start with the basic mastery of B1 football skills (dribbling and passing), then moving onto the understanding and playing of the 2v2 version of the game. All sessions will be delivered by qualified coaches. All levels of ability welcome, whether you’re a bit of an expert or have never played before.

**Mid Berkshire Group: Music Appreciation Session at Berkshire Vision Offices on Monday 29th at 2pm – free + contribution towards transport if needed (£7.50)**

For those living in Reading, Wokingham and Bracknell district, join us for a music appreciation session. In this session we will talk and listen to your favourite songs whilst enjoying some light refreshments.

**Booking & Payment Information**

**Transport and face to face activity registration must be booked at least 5 working days in advance unless otherwise specified. Contribution towards transport is £7.50 unless stated otherwise and needs to be paid in advance. For some events where possible, transport from the nearest train station to the event can be arranged with a £2 contribution. Please liaise with the transport team to discuss options for catching a train.**

To book an activity please see contact details below:

Telephone: 0118 987 2803

Email: activities@berkshirevision.org.uk

Address: Midleton House, 5 Erleigh Road, Reading, RG1 5LR

Cheques to be made payable to Berkshire Vision and sent to the above address with your name and the activities to which the payment relates. We can accept card payments over the phone. You can also pay by cash or cheque to a member of staff. Please do not send cash in the post.

Internet Banking Payment: Berkshire County Blind Society

Bank Name - NATWEST

Sort Code - 60-17-21

Account Number - 90292189

Reference: Activity/Your Name