



Dear Members

Please find attached your calendar of activities for the month of **May 2021**. All our remote activities are accessible via computer, tablets, mobile phone or land line. **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 are new to our remote activities programme and you are unsure how it all works or feeling nervous, let us know and we can arrange for someone to give you a call beforehand. If you would like this support in accessing our activities please call 0118 987 2803.

**Before booking onto a face to face activity with Berkshire Vision, please read the following code of conduct, in which you need to understand and abide by:**

- 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) or have come into contact with anyone with COVID, please **DO NOT** attend the session and inform Berkshire Vision immediately.
- Please wash your hands before and after the session. Any equipment used in a session will be cleaned before and after the session. Activity Leaders will have portable hand sanitisers available.
- Please adhere to social distancing while participating in activities, with the exception of one to one guiding.
- Those using Berkshire Vision's transport, must wear face masks whilst on the journey, unless medically exempt.
- Face to face activities can be cancelled at short notice e.g. due to bad weather or changes in COVID-19 rules. In this case, members booked onto the affected activity will be informed via telephone.
- Due to reduced transport availability through social distancing and number restrictions on activities, we'll be operating a first come first served system, unless stated otherwise (i.e. priority places). Waiting lists will be created if we exceed number limits.
- Berkshire Vision staff members have the right to exclude members from activities who they believe are behaving in a manner that risks the spread of COVID-19.

**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 995 464 289#

**To join via pc or tablet** – Click the following link [Remote Activities](#) or follow the remote activities link on [www.berkshirevision.org.uk](http://www.berkshirevision.org.uk)

Please find the separate joining details for the quiz and other activities not run by Berkshire Vision under the following subtitle below: Remote Activities – details and access.

# MAY CALENDAR 2021

DATE	DAY	TIME	ACTIVITY
1/2	SAT/SUN		
3	MONDAY		<b>Bank Holiday</b>
4	TUESDAY	11.00	Remote Exercise
		16.00	Remote Quiz
5	WEDNESDAY	11.00	Remote Coffee Morning
		15.00	Remote West Berkshire Group
		19.00	Remote Up skilling: options for learning new skills or qualifications
6	THURSDAY	11.00	Remote Coffee Morning
		14.00	Rock Climbing
7	FRIDAY	11.00	Remote Newly Diagnosed Group
		11.15	Remote Gentle Chair Exercise – Get Berkshire Active
		16.00	Running Session
8/9	SAT/SUN		
10	MONDAY	11.00	Remote Coffee Morning
		14.00	Remote History Talk – Cliveden and The Astors
		19.00	Remote Mindfulness
11	TUESDAY	11.00	Remote Meditation
		16.00	Remote Quiz
12	WEDNESDAY	11.00	Remote Coffee Morning
		15.00	Remote Chocolate Tasting
13	THURSDAY	11.00	Remote Coffee Morning
		11.00	Outdoor Tennis
14	FRIDAY	9.00	Golf
		11.15	Remote Gentle Chair Exercise – Get Berkshire Active
15/16	SAT/SUN		
17	MONDAY	11.00	Remote Coffee Morning
		13.00	Picnic at California Park
18	TUESDAY	16.00	Remote Quiz
19	WEDNESDAY	11.00	Remote Coffee Morning
		14.00	Remote Mid Berkshire Group
		19.00	Remote Needs and Wants: how do we decide what our needs and wants are when it comes to making changes in our lives

20	THURSDAY	11.00	Remote Coffee Morning
21	FRIDAY	11.00	Remote Charles Bonnet Syndrome Group
		11.15	Remote Gentle Chair Exercise – Get Berkshire Active
		16.00	Running Session
		19.00	Remote 18-35 Group
22/23	SAT/SUN		
24	MONDAY	11.00	Remote Coffee Morning
		14.00	Remote Games Afternoon
25	TUESDAY	11.30	Remote Book Club
26	WEDNESDAY	11.00	Remote Coffee Morning – Loan Shark Awareness
		15.00	Remote Chair Yoga
		18.00	Remote Audio described tour: the life and work of Dr Guttman
27	THURSDAY	11.00	Remote Coffee Morning
		13.00	Park Walk – Bray Lake
28	FRIDAY	11.15	Remote Gentle Chair Exercise – Get Berkshire Active
		19.00	Remote Gin Tasting
29/30	SAT/SUN		
31	MONDAY		<b>Bank Holiday</b>

## **Remote Activities – details and access**

### **Coffee Mornings – Monday, Wednesday and Thursday at 11am**

A 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.**

**There will be no coffee morning on Monday 3<sup>rd</sup> and 31<sup>st</sup> May due to the bank holidays.**

On Wednesday 26<sup>th</sup> May's coffee morning we'll be joined by Lin Fisher from Illegal Money Lending Team. Lin will be providing a short talk on Loan Sharks to increase awareness of what Loan Sharks are and loan shark trends and warning signs. There will be an opportunity to ask Lin questions after the talk.

### **Gentle Chair Exercise with Get Berkshire Active – Fridays at 11:15am**

Get Berkshire Active are running these weekly gentle chair exercising sessions primarily for the elderly living in the West Berkshire and Reading area. However, they will not exclude people from other areas, so please register to join if interested. **You will need internet access to join these sessions as they will be conducted via Zoom.**

Individuals must book onto the sessions in advance via Eventbrite (this will cover registration details, code of conduct and zoom details). **Please inform Berkshire Vision if you are interested in attending these sessions.**

Please click the following Eventbrite link - <https://www.eventbrite.com/e/136450532215> or follow the Eventbrite link on [www.berkshirevision.org.uk](http://www.berkshirevision.org.uk). Any difficulties, please contact Kirsty Heath using the following email address - [kirsty.heath@getberkshireactive.org](mailto:kirsty.heath@getberkshireactive.org)

### **Quiz Nights – Tuesday 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> at 4pm**

There will be no longer be a quiz on the last Tuesday of each month. Therefore, there will be no quiz on Tuesday 25<sup>th</sup> May.

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](mailto: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)

### **Exercise Session on Tuesday 4<sup>th</sup> at 11am**

Join us for a remote exercise session designed to get your heart rates and spirits up. These will be simple exercises that you can put as much or as little effort into as you want. It will be upbeat with music to help keep us fit and healthy whilst indoors. You will need water and comfy clothes, with the option for additional weights (can use alternatives like cans of beans) and a band (can use alternative like belt) for our exercise group. **See joining details on page 1.**

### **West Berkshire Active Group – Wednesday 5<sup>th</sup> at 3pm**

We'll be holding a remote session for the West Berkshire Active Group. This is for members living in West Berkshire, to enable everyone to have a chat. For newcomers to the group, this will be a nice way to meet everyone and for others to catch up from the comfort of your own home. **See joining details on page 1.**

### **Up skilling: options for learning new skills or qualifications – Wednesday 5<sup>th</sup> at 7pm**

This session is run by our Employability Officer, Jo, who looks after the Eyes on our Future project. In this session, Jo will talk about the choices available to you if you're thinking of learning a new skill, going back to college or starting a new course and how diverse those choices are. **See joining details on page 1.**

### **Newly Diagnosed Group – Friday 7<sup>th</sup> at 11am**

A peer support group for anyone who has been diagnosed with a visual impairment in the last year, 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.**

### **History Talk – Monday 10<sup>th</sup> at 2pm**

The history talk will be hosted by the National Trust on Cliveden and the Astors. This illustrated talk takes a closer look at one of Cliveden's most famous families, the Astors. You'll discover what motivated William Waldorf Astor, America's richest man, to purchase Cliveden in 1893 and how the estate became the centre of high society in the 1920's and 30's thanks to his son Waldorf and daughter-in-law Nancy Astor. The Astors' time at Cliveden came to an end in the 1960's after the estate became infamously associated with Profumo Affair but the house and garden continue to reflect their innovations and passions. **See joining details on page 1.**

### **Mindfulness Session – Monday 10<sup>th</sup> at 7pm**

This session will be led by Claire, she will explain the history of mindfulness, its benefits and how it can help you. The session will focus upon self-care and how you can help yourself whilst building self-care practices. Claire is passionate about mindfulness and is keen to share the benefits of it to anyone who is interested. **See joining details on page 1.**

### **Meditation Session – Tuesday 11<sup>th</sup> at 11am**

Join us for a remote meditation session to help relax the body and mind. These sessions will focus on breathing techniques to calm the body and mind, which can help reduce feelings of stress and anxiety. **See joining details on page 1.**

### **Chocolate Tasting by Hotel Chocolat – Wednesday 12<sup>th</sup> at 3pm**

Those who registered for this event in April can enjoy a bespoke chocolate tasting session hosted by Hotel Chocolat. Take your love of chocolate to the next level with this interactive chocolate tasting experience hosted by a live chocolate expert. Discover the best way to experience chocolate, how to taste it, when to taste it and what to look out for as well as learning fun and exciting facts. Hotel Chocolat wish to adapt their products and services to be more accessible for visually impaired individuals, so feedback on the session would be greatly appreciated. **See joining details on page 1.**

### **Mid Berkshire Active Group Quiz – Wednesday 19<sup>th</sup> at 2pm**

We'll be holding a remote session for the Mid Berkshire Active Group. This is for members living in Reading, Wokingham and Bracknell area, to enable everyone to have a chat. For newcomers to the group, this will be a nice way to meet everyone and for others to catch up from the comfort of your own home. **See joining details on page 1.**

### **Needs and wants: how do we decide what our needs and wants are when it comes to making changes in our lives – Wednesday 19<sup>th</sup> at 7pm**

This session is run by our Employability Officer, Jo, who looks after the Eyes on our Future project. In this session, Jo will talk about how our wants and needs are important to understand when making choices about new chapters in our lives and how it can help you make decisions that make you feel more comfortable and confident. **See joining details on page 1.**

### **Esme's Friends (Charles Bonnet Syndrome Group) – Friday 21<sup>st</sup> 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.**

### **18-35 Group – Friday 21<sup>st</sup> at 7pm**

Berkshire Vision Members aged 18-35 are welcomed to join our remote escape room experience. We have 60 minutes to work together to enter and escape the Tomb of Lazuli. To enter the tomb, we must work through the clues left behind in a notebook by a professor who vanished searching for the lost crypt of Amenhotep. There are ten guardian trials before we can access the treasures within. And remember, there is always a way in; the way out is not as certain. **See joining details on page 1.**

**Please register for this event by Friday 14<sup>th</sup> April to receive the clues prior to the session.** Please inform Hannah whether you would like the clues emailed or printed and posted. To register, call 0118 987 2803 or email [activities@berkshirevision.org.uk](mailto:activities@berkshirevision.org.uk)

### **Games Afternoon – Monday 24<sup>th</sup> at 2pm**

Come and join us for a fun filled afternoon. We'll be playing Name That Tune. Members can either choose their songs or be provided with song choices to either hum or play through a kazoo for others to guess. **See joining details on page 1.**

**If you would like to receive a kazoo or song suggestions, registration for this event must be completed by Monday 17<sup>th</sup> May.** To register, call 0118 987 2803 or email [activities@berkshirevision.org.uk](mailto:activities@berkshirevision.org.uk)

### **Book Club – Tuesday 25<sup>th</sup> at 11:30am**

This month's book is '*Adolf Hitler: my part in his downfall 1971*' by *Spike Milligan*. In this biography the author tells of his strange life in the army and draws attention to the fact that he too had a part in the sudden end of Adolf Hitler.

You are very welcome to join the book club. 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.**

### **Chair-based Yoga – Wednesday 26<sup>th</sup> at 3pm**

Neeta runs our monthly chair-based yoga sessions, which include guided mindfulness, gentle posture and mobility exercises and guided relaxation. Please wear comfortable clothes and use a chair on a non-slippery surface (for example, you can place the chair on carpet). There is a preference to complete this session in bare feet and have cushions/yoga blocks available to elevate the feet from the floor. For Neeta's benefit in meeting your needs, we'll need attendees to complete a medical questionnaire before your first session. If you need help to fill this in, call Hannah on 0118 987 2803. **See joining details on page 1.**

**New registrations for this event must be completed by Wednesday 19<sup>th</sup> May.** To register, call 0118 987 2803 or email [activities@berkshirevision.org.uk](mailto:activities@berkshirevision.org.uk)

### **Audio described tour: the life and work of Dr Guttman – Wednesday 26<sup>th</sup> May at 6pm**

The National Paralympic Heritage Trust are hosting a one-hour virtual audio described tour on the life and work of Professor Sir Ludwig Guttman. He is widely acknowledged as "The father of the Paralympic movement". He was the pioneer who proved that disabled sport could be as competitive and exciting as non-disabled sport.

**The event will be hosted online via Zoom. To register, you will need an email address.** To book a place, please call Hannah on 0118 987 2803 or email [activities@berkshirevision.org.uk](mailto:activities@berkshirevision.org.uk) to go through the registration details on the National Paralympic Heritage Trust website.

### **Gin Tasting – Friday 28<sup>th</sup> at 7pm - £12 + £5 Delivery**

We'll provide members with three mini Sipsmith gin bottles and a selection of mixers. The gin flavours are Lemon Drizzle, London Dry and Zesty Orange. The session will be run by Berkshire Vision staff members. We'll taste each gin and talk about our thoughts on the taste and smell of each. If you cannot attend the session but would still like the gin bottles to taste in your own time, please let us know. We've used funding to help subsidise this event. **See joining details on page 1.**

**Registration for this event must be completed by Friday 14<sup>th</sup> May.** To register, call 0118 987 2803 or email [activities@berkshirevision.org.uk](mailto:activities@berkshirevision.org.uk)



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

Please be aware that the occurrence of the following face to face activities, are dependent upon the easing of COVID restrictions in accordance to the government's proposed road map.

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.

### **Rock Climbing at Reading Climbing Centre on Thursday 6<sup>th</sup> at 2pm – free + contribution towards transport if needed (£7.50)**

Over the course of five months, Reading Climbing Centre will be offering introduction to climbing sessions for adults. All equipment (i.e. climbing shoes) is included, along with a professional coach. Please inform Hannah if you would like to attend a rock-climbing session and we'll try to ensure you attend at least one session. We have a total of 20 funded spaces to offer across five months with some evening sessions, thanks to funding from Sport England.

### **Running Session at Palmer Park on Friday 7<sup>th</sup> and 21<sup>st</sup> 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 sessions and will organise running guides for each member.

### **Outdoor Tennis at Cantley Park Thursday 13<sup>th</sup> 11-12pm – free + contribution towards transport if needed (£7.50)**

Join us for an hour's session of tennis. Playing in doubles or singles depending on numbers. It will be friendly games using tennis balls with bells inside and the allowance of multiple bounces. All levels of ability and especially newcomers are very welcome.

### **Golf at Billingbear Park Golf Course on Friday 14<sup>th</sup> at 9am - £9.75 + contribution towards transport if needed (£7.50)**

Join us for a round of golf on Billingbear's 9-hole golf course. 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, we can offer a session at Wokingham Family Golf Driving Range.

### **Picnic at California Country Park on Monday 17<sup>th</sup> at 1pm – free + contribution towards transport if needed (£7.50)**

If weather permits, we will be having a socially distanced picnic at California Country Park. You are welcome to bring your own food to the event, alternatively take away food and drink are available for purchase at the venue's Jackson's Café. After we've eaten, we can enjoy a short walk around the lake. The length of the walk can be as short as 0.9km on the paved path around the lake or extended to 2.2km to include the woodland paths around the park.



**Park Walk around Bray Lake on Thursday 27<sup>th</sup> at 1pm – free + contribution towards transport if needed (£7.50)**

If weather permits, join us for a walk around Bray Lake in Maidenhead to appreciate nature and a chance to chat to others. This walk is roughly a 2.6-mile circuit with a steep incline. The trail is a combination of mud and woodland paths, so please wear sensible shoes. Afterwards there will be an opportunity to grab a drink and some snacks from the Watersports Café.

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## **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 (£7.50) needs to be paid in advance.**

To book an activity please see contact details below:

Telephone: 0118 987 2803

Email: [activities@berkshirevision.org.uk](mailto: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