



# CONTACT

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# Editorial

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Welcome to the Autumn Edition 2016 of CONTACT magazine.

What a Summer of sport we've had! Euro Football Championships in France; Cricket series' across the UK versus Sri Lanka and Pakistan; Wimbledon with another win for Andy Murray; and culminating in the Olympics and Paralympics in Brazil! Phew, some may say and glad it's all over – whilst others may be wondering what to do with themselves!

The one difference between all of these tournaments is that they may be time specific and come around on a regular basis, but Sutton Vision CONTACT magazine just keeps 'rolling on'! This is our 56<sup>th</sup> Edition and our 14<sup>th</sup> year of publication.

Well done everyone connected with all these editions.

Comments and contributions from Sutton Vision members and local partners are always welcome and may be sent to our Editor, Michael Parsons, at [editor@suttonvision.org.uk](mailto:editor@suttonvision.org.uk). We are always interested to hear what you think of the newsletter and to receive ideas about articles for inclusion.

**Please note that the deadline for the Autumn edition of Contact is Thursday 24<sup>th</sup> November 2016.**

## Quote for the Quarter

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To trust fully means one needs to lose control.

Rev. S.D. Coe, May 2015

## Closure of SCILL – 31<sup>st</sup> March 2017

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Sutton Vision is sad to report that SCILL will be closing on the 31<sup>st</sup> March 2017. An official statement of closure was issued by SCILL on the 21<sup>st</sup> September to the public in general. We would like to take this opportunity to wish the staff and volunteers all the best for the future. At this difficult time we would like to reassure our members that Sutton Vision will be continuing to provide services as per normal. We are yet to discover what impact this news may have for our office building and we will communicate any proposed changes as they arise. In the meantime the staff and trustees at Sutton Vision are working hard to promote and expand our service offering so that we can continue to provide a quality service. If you have any questions or concerns about this news please come in to see us or call the office on: 0208 409 7166

## Sutton Vision Forward Plan 2016/17

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Against a challenging economic backdrop, Sutton Vision has found it necessary to reflect on its current and future service offering and to make changes to ensure the charity can continue to serve the blind and partially sighted community of Sutton.

For Sutton Vision this has meant a review of existing services and the establishment of a Future Plan for 2016/17 which has been created and signed off by the Board of Trustees, the content of which I want to share with you now.

Four key objectives have been identified which will drive the work of Sutton Vision for the next year:

### **1. Review our Services**

With the cessation of our Local Authority preventative service contract in March 2016, Sutton Vision has undertaken a review of its services

to identify what changes must occur to ensure the sustainability of the organisation. The review concluded that the loss of Local Authority funding must sadly result in the termination of Community Outreach work offering home visits and intensive casework. As a result of this decision, Sutton Vision is disappointed to announce that Rebekah Kelly our Senior Outreach worker and Helena Toms our Outreach worker have left Sutton Vision. We would like to take this opportunity to thank them both for their service and wish them the very best for the future.

Going forward, Sutton Vision will work with local agencies to refer clients to appropriate available support in the borough. Services will continue to be reviewed and monitored on an ongoing basis to ensure quality and identify any gaps in service provision available to the blind and partially sighted community of Sutton.

## **2. Develop our service offer**

Following the service review, plans are being developed to grow our essential 'core' services to ensure they support and complement each other and form a stronger link in the local community. This will include expanding our volunteer led groups to help tackle social isolation and establish stronger peer support networks.

## **3. Identify new opportunities**

New opportunities will be actively sought, ensuring blind and partially sighted people are at the core of what we do. Opportunities have already been identified via the Hospital and Clinical Commissioning Group to provide VI Awareness Training and the development of a technology group working in partnership with Action for Blind People. This objective will also look to source new streams of funding.

## **4. Deliver future services through collaboration and partnerships**

With the current period of austerity set to continue we need to look for new and creative ways of working in a proactive and responsible way to safeguard our future. Going forward we will actively look for collaboration opportunities and look to strengthen our relationship with

local charities and national sight loss organisations for the benefit of our members.

Despite the loss of funding in 2015/2016, this year looks set for development, collaboration and new opportunities for Sutton Vision and its members. The Forward Plan has already been put into action and in the coming months Sutton Vision hopes to announce lots more exciting opportunities for members and volunteers to engage in.

Should you have any questions or suggestions as a result of this communication then do please feel free to get in touch via [info@suttonvision.org.uk](mailto:info@suttonvision.org.uk)

Nicola Huggins  
Chief Officer

## News and Muse

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Following a brainstorming session at the Volunteers' lunch this summer, what was known as the Poetry and Reminiscence group has been rebranded. The new name "News and Muse" is intended to appeal to all ages and reflects more closely what the group gets up to every third Monday of the month between 12.15 and 2.15. We meet in Sutton Vision Resource Room on the 1<sup>st</sup> Floor of the SCILL building.

I cover the News part with quizzes based on significant events happening that month. The quiz always includes questions based on significant anniversaries, such as "Can you tell me what happened ten/ twenty/thirty/ forty or fifty years ago this week?" It often turns into a history lesson when we discuss the interesting facts that I found on the Internet the night before.

If possible, I pick a theme for discussion too and Martin Goss will then echo this theme in the Muse part of the proceedings with poems on a similar theme. Martin is a talented poet himself and sometimes regales us with his own work as well as with poems taken from his comprehensive collection of poetry books. The poems are both old and new, serious and humorous, so as to cater for a range of tastes.

So, if you would like to catch up with the news and test your general knowledge, learn a bit of history, and enjoy listening to a few stanzas inspired by the muse, do come and join us. Coffee and tea and biscuits are included in the £2 charge but as this is a lunch-time event, most people brings a sandwich or snack along too.

Please do speak to Amanda or Andrea and come along to the next session. We'd love to meet you.

Ann Pattison & Martin Goss



## VI Walker Completes Coastal Path

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### **Visually Impaired Roger Barrett on walking the Pembrokeshire Coast Path**

Roger, from Milford Haven, went blind after he was diagnosed with hereditary degenerative eye disease retinitis pigmentosa 30 years ago.

Keen walker Roger was determined not to let being blind get in the way of completing the Pembrokeshire Coastal Path. 70 year old Roger spent seventeen days hiking the 186 mile path with National Park Authority volunteer Peter Royle.

Starting at Amroth in the south and finishing at St Dogmaels in the north meant the sun was behind Roger, therefore not in his eyes.

Most of the path is at cliff top level. The highest point at Pen-yr-Afr being 175m from the rocks below.

Peter made sure Roger did not stray too close to the edge. In some sections Roger had to put his feet exactly where Peter put his

because of the rocks. “He was like a guide dog on two legs,” Roger said, “I have about 4.5% vision,” he said. “It is like tunnel vision. I have no peripheral vision.”

But Roger said doing the trek was “a great privilege.” “I would not have been able to do it by myself”. His vision is so bad he would not have even been able to see the path in some areas and would “have been wandering all over the place,” he said.

Roger now wants to walk around Anglesey but is currently relaxing before he starts his next trek.

Peter Royle has volunteered with the National Park Authority for nearly 10 years.

“It was great fun walking with Roger,” he said.

“It took us a while to work out how we were going to do it and there were a few teething problems.

“I realised if we came to a gate and I hadn’t told him in advance, he would keep walking and I would end up wedged between him and the gate.

“I’m rather glad I got involved as it’s the first time I’ve walked the entire coast path and it’s nice to have done it with a purpose.”

They started the walk in June (2015) and spread it over three months.

“One of the main messages I hope people take from the walk is that the coast path is for everyone, don’t let any disability or restriction stop you enjoying the path,” Peter said.

Article from Wales Online.

## Conquest Art

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Conquest Art – Enriching the lives of people with disabilities.

Conquest Art is a unique charity based in Worcester Park. It inspires people with disabilities and long term health issues to discover their creative energy and build self-confidence through art.

The group meet every Tuesday from 1.30 to 3.30 p.m., at St Mary's Church Cuddington, The Avenue, Worcester Park, KT4 7JL.

The first session would be free and a nominal charge of £1.00 per week thereafter. All art materials and refreshments are provided.

No art experience is necessary.

For further information please see the website [www.conquestart.org](http://www.conquestart.org) or contact Tina on 020 3044 2731 or e-mail [Tina@ConquestArt.org](mailto:Tina@ConquestArt.org)

## Healthy Sutton Outdoors

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As part of the Healthy Sutton Outdoors scheme sponsored by the London Borough of Sutton you are welcome to participate in the following activities:

### **Carshalton Community Allotment**

Grow your own fruit and veg, improve your gardening skills, meet other people, help to create wildlife habitats, take home free fresh produce.

The allotment is open on Mondays 1.00 – 3.00 p.m. and Fridays 10.30a.m. – 12.30 p.m. Everybody is welcome, all abilities and no charge.

Please contact: 020 8404 1522 or e-mail [food@ecolocal.org.uk](mailto:food@ecolocal.org.uk). Visit the website [www.localfoodnetwork.org.uk](http://www.localfoodnetwork.org.uk)

## Get Cycling

Adult cycling sessions are available and they are suitable for all abilities, beginners are welcome, it's fun exercise, you can meet other people and develop cycling skills. All the cycles are accessible cycle in a safe environment and learn from friendly instructors.

Regular weekly sessions at £4.00 per session are held 10.00 a.m. – 12.00 noon at the David Weir Leisure Centre, Middleton Road, Carshalton. No booking needed just turn up and join in.

Please contact 020 8404 1522 or e-mail [cycling@ecolocal.org.uk](mailto:cycling@ecolocal.org.uk)

## Meet the...Trustee

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Here is another in our Meet the...series, written by Janice O'Donnell.

When asked by the Editor to contribute an article to the 'Meet the... series it set my mind working as to what I could say and reflected on my working life as a medical secretary in various guises!

In 1948 I went to Lady Margaret School in Fulham which, prior to the Education Act, was a private school and I was one of the first intake of non-paying pupils! I completed my education there in the sixth form where I studied commercial subjects and obtained the Royal Society of Arts diplomas in typewriting, shorthand and book-keeping.

I started work on my 17th birthday at the Royal Exchange in the Trustee and Executor Department but two years later decided to move from Law to Medicine and became Secretary to the Dean of the West London Hospital Medical School in Hammersmith where I worked for seven years. These were the days when the hospitals were very efficiently run by a Board of Governors with the help of a Hospital Secretary and a Matron with Lady Almoners to take care of the social needs of the patients. The West London was the smallest medical school in the UK and when the New Charing Cross Hospital was being built on the old Fulham Hospital site it was decided that there could not be two schools in the same group and so it was

closed. I, therefore, became one of the first casualties of the many drastic changes that were to affect all the medical schools in London over the years.

However, the closure coincided with the arrival of my eldest son and following this event I kept myself busy by typing a Textbook of Paediatrics for Dr Hugh Jolly. Dr Jolly was Britain's Dr Spock and his textbook and articles which regularly appeared in The Times, were produced by me on an old Olympia portable typewriter and remember this was before word processors and computers - no cut and paste in those days and extra copies taken with multiple carbons – no photocopiers either! This was the period when a 'chip' was still a fried potato, a mouse a small four-legged creature, 'hardware' meant nuts and bolts and 'software wasn't in the dictionary!

I continued as Dr Jolly's literary secretary and by 1972 my family had increased from one to three boys. I kept my medical terminology up-to-date by doing locums at St Helier Hospital, covering the holiday periods. When I returned to Sutton Hospital with my husband after his operation at the Atkinson Morley's for a pituitary tumour in August 1972 I bumped into the manager of the secretariat who said if I ever needed work to let her know - that was the last thing I could think about at that particular time. Nevertheless, it soon dawned on me that my husband was going to be permanently disabled and when she rang me three months later saying that a local gynaecologist was looking for a secretary two afternoons a week for his private practice, I agreed to help out temporarily but in fact stayed for the next five years until he retired!

I then temped for a year and found my way into Professor Mike Peckham's unit at the Royal Marsden Hospital at Sutton being assigned to work with Dr Janet Husband, an eminent Consultant Radiologist who was a pioneer in CT and MRI scanning - part-time at first and then later full-time as her PA. I worked with her for ten years and during that time assisted in the production of a textbook on CT scanning and organised the annual International Course in Computed Tomography at Gleneagles Hotel in Scotland. I left in September 1989 to work freelance and six months later I received a call from an old Marsden colleague, who offered me two days a week with the

Pathological Society working in the College building in St James'. Subsequently, I was introduced to the officers of the British Society for Haematology who was looking for an administrator and I worked for them until my retirement in 2004 which was two years after I was first diagnosed with macular degeneration!

Life has not always been at all easy (raising three boys and a husband with a long term illness) but I consider myself one of life's survivors! I recall as one of those born before 1940 and who also survived the Blitz in London that things have changed quite considerably in the things we take for granted! There was no television, frozen foods, credit cards, ballpoint pens, dishwashers, tumble dryers, air conditioning, direct dialling, mobile phones, penicillin, polio shots, the NHS, corneal grafts, lasers, organ transplants, heart bypass surgery, chemotherapy - the list is endless! Even terminology has changed too! When we were young we got married first and then lived together (how quaint is that!). I could go on – but I won't!

I am eternally grateful to the Kennedys who rescued me when I was really down in the dumps and feeling sorry for myself and I am grateful to Sutton Vision (or the SAB as it was then) for getting me involved as a Trustee.

Janice O'Donnell

## Volunteer – Christine Trantham

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We say a fond farewell to Christine after 7 years of volunteering with Sutton Vision. Christine has enjoyed hours of conversation and cups of tea with the Social Eyes Group. We wish you and your husband well with the move to Somerset and thank you for all your help and support over the years.

## Twitter!

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Tweet, Tweet! No! it's not a re-make of a 60's pop song!

Sutton Vision now “Tweeting”! Why not follow us on Twitter @suttonvision.

*If you want to find out what Twitter is, why not come along to one of the online sessions mentioned in the article below!*

*Editor*

## Deactivation of Unused Taxi Cards

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### INFORMATION FROM LONDON COUNCILS / LONDON TAXI CARD

London Councils has stopped the membership of 9,108 Taxicard members who have not used their Taxicards for over two years. Transport and Environment Committee members noted in July 2014 that the first such exercise was to happen and that this would be done annually in future.

The Taxicard scheme is paid for by the London boroughs and TfL and is managed by London Councils on the boroughs' behalf. The scheme provides subsidised transport in taxis and private hire vehicles for people who have serious mobility impairments and difficulty in using public transport.

To ensure only active users remain on the Taxicard database, we have identified Taxicard holders who have not used their card in the last two years (June 2014 – July 2016). Those members who have not used their account in that time will have their membership cancelled on or around 12 September 2016.

The purpose of the review is to ensure that the Taxicard database is kept up to date and to remove records of members who no longer use the scheme. This will ensure that our data handling is more efficient and will prevent us from sending unnecessary information to members who no longer use the scheme. In addition, the exercise will ensure that boroughs are able to forecast their budgets more accurately.

If a Taxicard holder wishes to reapply for the scheme they can contact

London Councils' Taxicard team who will be able to advise how to do so.

Should you or a Taxicard holder have any further queries, please do not hesitate to email [taxicard@londoncouncils.gov.uk](mailto:taxicard@londoncouncils.gov.uk) or contact the Taxicard helpline on 020 7934 9791

## **Guys & St. Thomas' Low Vision Day**

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The Guys and St. Thomas' Low Vision Day was held on Saturday 8<sup>th</sup> October (Shepherd Hall, South Wing) at St Thomas' Hospital, London SE1 7EH.

A whole range of low vision aids were available and attendees were able to talk to representatives for advice. The programme also included: tennis and cycling for the vision impaired plus lots more.

Please call 020 7188 4569 for more information or visit [www.southlondonvision.org](http://www.southlondonvision.org).

## To infinity and beyond!

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### **Online Today In Partnership with RNIB and Action for Blind**

Recently Sutton Vision clients have had the opportunity to gain skills in using technology such as mobile phones, Ipads and Tablets.



These Online Today Training sessions were facilitated by Davinder Kullar, Assistive Technology Coordinator, Action for Blind People, and supported by our own very capable Erica Grimsey.

The first part of the sessions looked at the concerns and problems of handling such items. This was an open forum to take in people's questions and prepare the day for what was to follow. This lead nicely into the basic skills for handling such technology.



The advantages of placing voice over when using the units was explained and demonstrated to those present and how access to this format could assist everyday life.

The sessions then went on to bring in the help of adding apps suitable to the person's individual needs, such as travelling, entertainment and checking personal information. One such app was the way of checking bank notes for the user when payments

were made.

After a very sociable lunch with our group in Sherwood Cafe, we returned to a interactive and practical afternoon, having the opportunity to play with the units, using the skills learnt in the morning! This gave rise to several jocular moments. We broke into groups helping each other into the way of accessing voice over and downloading apps etc.

Mick and I helped a group find the National Rail App and by the time they went home had found their destination, times and ticket prices, which they were delighted with. We also showed our group how to access the internet and in one lady's case showed her how she could get a Disabled Persons Rail Card, it also opened up the use of the world wide web. Erica helped others to see the advantages of voice over and practice in its usage.

The three separate days have been a great success for all. It did not matter if you had some knowledge or very little to start with, everyone went home with some new skills. A very big thank you to RNIB / Action for an excellent facilitator and to Sutton Vision for putting the sessions on.

There are more sessions available coming up 'Don't miss out' sign up now!!!!

Shirley and Mick Mitchell

## (More) Online Today Sessions

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### **Online Today session - Helping people with sight loss get online**

Following the great success of three previous sessions in partnership with RNIB, The Big Lottery Fund and Action for Blind people Sutton Vision will be hosting three further training days.

Register for one of the following free events to be held at Sutton Vision, 3 Robin Hood Lane, Sutton SM1 2SW on Wednesday 26th October or Wednesday 23rd November. Please arrive at 10.00 a.m for refreshments to start 10.30 a.m. There will be a break for lunch (not provided) at 12.30 p.m. The afternoon session will commence at 1.30 p.m and finish at 3.30 p.m.

**Spaces are limited so please contact 020 8409 7166 or e-mail [info@suttonvision.org.uk](mailto:info@suttonvision.org.uk)**

Technology can make life easier if you have hearing or sight problems, but knowing where to start isn't always easy – we're here to help. At this session, we can give you the information and knowledge to realise the benefits of being online and understand how it can assist your everyday living.

Working with you, we will tell you how to use and make the most of products, such as tablets, smartphones and e-readers. There will also be the opportunity to be hands-on and try out these products and ask questions.

These sessions are for you if you have little or no experience of being online, if your skills need updating, or if you have recently acquired sight loss and need to learn new ways to get and stay online.

# Sight Village London 2016

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Queen Alexandra College (QAC) would like to welcome you to Sight Village London.

This year we will again be bringing our Sight Village Roadshow to London, where visitors come to find out more about the latest technology, equipment and support services available to people who are blind or partially-sighted. If you or a family member have a visual impairment it could be of great help to visit the show. We also welcome a wide range of professionals that support people with visual impairments and businesses looking to better meet the needs of their employees and customers.

This year's exhibition will take place on Tuesday 1st and Wednesday 2nd November 2016.

We will be holding Sight Village London at the Kensington Town Hall. Doors will be open from 10.00am to 4.30pm on the 1st and 10.00am to 3.00pm on the 2nd.

Entry is free to all QAC Sight Village events.

QAC Sight Village welcomes guide dog users. There will be a dedicated spending area and water available.

If you require help navigating around the exhibition we have a number of volunteers that will be available to act as sighted guides, please enquire at reception when you arrive at the exhibition. In addition, volunteers will be situated at Kensington High Street Tube Station to assist visitors to the venue. All volunteers will be wearing red Sight Village T-shirts.

The show guide will be available in Print, Braille at reception. Refreshments will be available for purchase throughout the event. We look forward to seeing you at Sight Village London 2016. If you have any questions please do not hesitate to contact one of the team on 0121 428 5041.

# Fantastic Fundraising

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Thank you to all our volunteers, staff, family and friends who very kindly baked cakes, muffins and biscuits for the Sutton Vision cake sale that took place at Sutton Railway Station on 30<sup>th</sup> June.

Thanks to the generosity of the public and the help of our volunteers, we raised a fantastic £485.50, so a huge thank you to everyone involved.

## Community Low Vision Service

Sutton Vision, with funding from Sutton Clinical Commissioning Group, runs a fortnightly Community Low Vision Clinic at our premises in Sutton.



You will have an assessment with our Optometrist to find the solutions and establish which magnifying devices (if any) and other equipment will be of most help. Any equipment prescribed by our optometrist will be on a long term loan basis. A specialist rehabilitation officer from the Sensory Impairment Team will be available to give advice on your everyday needs, difficulties and discuss your goals. This service is available to people who have been diagnosed with low vision (a sight problem which is not correctable by spectacles), who live in the London Borough of Sutton and who are not already using the low vision clinic at St Helier Hospital (Collisons).

Our Low Vision Clinics are by appointment only. To book an appointment or ask any questions about the low vision clinics or the resource centre, please contact Vanessa Valentine on 020 8409 7166.

We look forward to hearing from you!

## Colour Blind Research

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Transport for London have been undertaking research on accessible travel customer information. As part of this project they are now undertaking the final piece of work– a workshop with colour blind people to understand more how they can improve their maps, guides and information to make it more accessible for customers.

If you are interested in participating in this work please contact Peter Fletcher, Accessibility Manager, Transport for London  
020 3054 7208 (int 87208) [peter.fletcher@tfl.gov.uk](mailto:peter.fletcher@tfl.gov.uk)

## Volunteers

We welcome new volunteers to assist us with the services we provide to people living with a visual impairment in the London Borough of Sutton.

To find out more please contact Amanda Larter  
[amandalarter@suttonvision.org.uk](mailto:amandalarter@suttonvision.org.uk) or telephone 020 8409 7166

## STOP PRESS Fashion Show Fundraising Event

We would like to thank everyone who supported our event which was held in conjunction with Amanda Fashion, Ashtead. Sponsorship to fund the evening came from Michael Everett (Ashtead), Maurice Andrews (Epsom), CDM Detailing Services (Sutton) and Eric Kennedy. We were able to offer raffle prizes donated by Alligator Pear, The Chalet Bakery, Pam Hogben, Caroline Lozano, Mike and Sylvia Pettit, Ashtead Flower Arrangers, Amanda Fashion, Battersea Park Children's Zoo and Hannams Sweet Shop.

We had a wonderful team of volunteers selling raffle tickets and serving food and drink to almost two hundred people. The fashion show gave Amanda Fashion the opportunity to showcase their new season's clothes. We are delighted to say that a total of £3603.00 was raised – a wonderful

achievement.

## CALENDAR 2016

JANUARY 2016							FEBRUARY 2016							MARCH 2016						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
31				1	2		1	2	3	4	5	6		1	2	3	4	5		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	6	7	8	9	10	11	12
10	11	12	13	14	15	16	14	15	16	17	18	19	20	13	14	15	16	17	18	19
17	18	19	20	21	22	23	21	22	23	24	25	26	27	20	21	22	23	24	25	26
24	25	26	27	28	29	30	28	29						27	28	29	30	31		
APRIL 2016							MAY 2016							JUNE 2016						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
				1	2		1	2	3	4	5	6	7	1	2	3	4			
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30		
JULY 2016							AUGUST 2016							SEPTEMBER 2016						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
31				1	2		1	2	3	4	5	6						1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30	
OCTOBER 2016							NOVEMBER 2016							DECEMBER 2016						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
30	31				1		1	2	3	4	5						1	2	3	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	5	6	7	8	9	10	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	12	13	14	15	16	17	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	19	20	21	22	23	24	
23	24	25	26	27	28	29	27	28	29	30				26	27	28	29	30	31	

www.free-printable-calendar.com

## Regular Dates

For information on any of these activities please call Sutton Vision on 020 8409 7166:

Event	Date	Venue
Music Group	2nd Monday of the month 12.15 – 2.30 p.m.	SCILL Centre, Robin Hood Lane, Sutton
Reminiscence & Poetry Group	3rd Monday of the month 12.15 – 2.30 p.m.	SCILL Centre, Robin Hood Lane, Sutton
Social Eyes	Alternate Thursdays 2.00 – 4.00 p.m	SCILL Centre, Robin Hood Lane, Sutton
Friendly Club	Alternate Wednesdays 2.00 – 4.00 p.m.	Thomas Wall Centre, Benhill Ave, Sutton
Rotary Club Gentle Exercise Class	Every Monday 10.00 a.m -12.00 noon	Community Hall Church Road, Cheam (On left of Cheam Library by St Dunstan's Church)
Hello! Club	Every Thursday 10.00 a.m -12.00 noon	Christchurch with St Philip, Cheam Common Road, Worcester Park





## Useful Telephone Numbers

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The following list of useful numbers includes an emergency number for the London Borough of Sutton and Sutton Eye Unit.

RNIB/Action for Blind People Helpline	0303 123 9999
London Borough of Sutton	020 8770 5000
First Contact	020 8770 4337
Pension & Benefits	020 8687 3621
Sutton Eye Unit	020 8296 3817
Macular Society (National)	01264 350 551
Macular Society (Sutton)	07970 525 143
Friendly Club	020 8669 4106
Sutton Group	020 8661 1886
Age UK (Sutton)	020 8770 4090
Sutton Carers Centre	020 8296 5611
Sutton Talking Newspaper	020 3759 6679

