

January 2020

<p>Fri 03.01.20</p> <p>5pm – 9.30pm</p>	<p>Pantomime</p> <p>Members: £10.00 Siblings: £23.50 Add par/car: £10</p>	<p>Come and see in the New Year with Cinderella, starring Justin Fletcher! Join our pre-show party organised by the Hexagon, which will include a buffet, drinks and a touch tour to meet the cast and explore the set and props before the show.</p> <p>We have the best seats in the house close to the stage, and audio-description will be available.</p> <p>Contributions for Members are £10, including the cost of ticket, pre-show party buffet and touch tour and a parent/ carer.</p> <p>Siblings are welcome, sibling contributions are £17 for the show, and £6.50 for the pre-show party buffet. Additional parents/ carers: £10.</p> <p>We will be arriving at the Hexagon at 5pm ready for the tour at 5.15. Then at 6pm we will have our pre-show party until the show starts at 7pm and will finish at approximately 9.30, just before everyone turns into pumpkins!</p>
<p>Thur 09.01.20</p> <p>5pm – 7.30pm</p>	<p>Bowling</p> <p>£3.95</p>	<p>This is an adult activity, but our children and young people are welcome to get a team together and have their own alley to play on.</p> <p>Come along to our bowling sessions for some fun & friendly competition. All abilities are welcome. You can also order food & drinks to enjoy in between rounds.</p>

Fri 10.01.20 4pm – 5pm	Running £2.60	<p>This is an adult activity; however, our children and young people are welcome to join us for a run around the track. Running is held at Palmer Park. We have a coach on site and can organise trained running guides. We also provide tethers for you at the sessions. Sessions are for all different abilities, whether you want to walk one lap or do a timed 5k, we can adapt sessions to suit your needs.</p>
Thur 16.01.20 5pm – 6.30pm	Golf £3.80	<p>This is an adult activity; however, our children and young people are welcome to join us for their try at golf. Join us at Wokingham Family Golf Driving Range for some social golfing sessions. We will be using their automatic loading tees and new Top Tracer technology which tells you where, how far and how fast your ball went. They also have a range of games for some friendly competition.</p>
Sat 18.01.20 10.00am	Mindfulness Members: £2.00 Siblings: £3.00 Par/Car: Free	<p>After the success of last October we are teaming up with Brilliant-Beings again, who will be leading our second mindfulness session in preparation for 'Blue Monday' on 20th Jan.</p> <p>Mindfulness means using all 5 senses to pay full attention to something. It means slowing down to really notice what you're doing, when you're mindful, you're taking your time. You're focusing in a relaxed, easy way.</p> <p>This can be a really good skill to learn, especially on the come-down from Christmas.</p>



		<p>Our next mindfulness session will be on Saturday 18th January, and starts at 10.30am at Midleton House, Reading. This workshop will run for approximately 1 hour.</p> <p>Siblings and additional parents/ carers are welcome and encouraged to join in. Contributions for members; £2.00, Contributions for siblings; £3.00, parents/ carers; Free. If you are a parent/ carer that would be interested in practising some Mindfulness, but your child doesn't, feel free to come a long anyway!</p>
Fri 24.01.20 4pm – 5pm	Running £2.60	This is an adult activity; however, our children and young people are welcome to join us for a run around the track. Running is held at Palmer Park. We have a coach on site and can organise trained running guides. We also provide tethers for you at the sessions. Sessions are for all different abilities, whether you want to walk one lap or do a timed 5k, we can adapt sessions to suit your needs.
February 2020		
Thur 06.02.20 5.00pm	Focus Group Free.	If you have shown your interest in becoming a member of our focus group, or would like to share your ideas for the Berkshire Vision children and young people, join us on Thursday 6 th at 5pm at the Berkshire Vision Offices. You will out forward your thoughts about the service, what you would like to see in the programme for 2020-2021, and what you didn't enjoy so much this



		year. Children are welcome to join, and can share their thoughts, or enjoy some activities that will be available. Tea and coffee will be available.
Fri 07.02.20 4pm – 5pm	Running £2.60	This is an adult activity; however, our children and young people are welcome to join us for a run around the track. Running is held at Palmer Park. We have a coach on site and can organise trained running guides. We also provide tethers for you at the sessions. Sessions are for all different abilities, whether you want to walk one lap or do a timed 5k, we can adapt sessions to suit your needs.
Thur 13.02.20 5pm – 6.30pm	Golf £3.80	This is an adult activity; however, our children and young people are welcome to join us for their try at golf. Join us at Wokingham Family Golf Driving Range for some social golfing sessions. We will be using their automatic loading tees and new Top Tracer technology which tells you where, how far and how fast your ball went. They also have a range of games for some friendly competition.
Mon 17.02.20 10.00am	Play in a day Members: £5.00 Siblings: £7.00	We are delighted to announce that this February Berkshire Vision are teaming up with The Corn Exchange, Newbury, who will be leading us on a ' play in a day! '. Corn exchange drama teachers will work with us for the day on 17th February on a special performance that will allow all of our young people, and their siblings to get involved regardless of visual impairment or ability.

		<p>Our young people will then have the opportunity to show off their skills later that day and perform on the stage in the auditorium! Where all parents/ carers and family members will be invited to watch the performance.</p> <p>Our young people will get the chance to experience drama at their pace and ability, showcase their skills to their family, as well as developing confidence, communication, social skills and more!</p> <p>Parents are welcome to stay for the day, but encouraged to leave the young people with Berkshire Vision staff and meet later for the performance.</p> <p>More information about the performance will be shared closer to the time.</p> <p>Siblings are welcome and encouraged to join in. Contributions will be £5 for members and £7 for siblings.</p>
<p>Thur 20.02.20</p> <p>5pm – 7.30pm</p>	<p>Bowling</p> <p>£3.95</p>	<p>This is an adult activity, but our children and young people are welcome to get a team together and have their own alley to play on.</p> <p>Come along to our bowling sessions for some fun & friendly competition. All abilities are welcome. You can also order food & drinks to enjoy in between rounds.</p>
<p>Fri 21.02.20</p> <p>4pm – 5pm</p>	<p>Running</p> <p>£2.60</p>	<p>This is an adult activity; however, our children and young people are welcome to join us for a run around the track. Running is held at Palmer Park. We have a coach on site and can organise trained running guides. We also provide tethers</p>

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Sun 23.02.20 11.30am	Noisy Kids Circus Circus! Members: £4.00 Siblings: £8.00 Add Par/Car: Free	<p>Roll up, roll up and see the amazing Royal Philharmonic Orchestra perform the greatest show in Reading.</p> <p>Back by popular demand, the Orchestra invites you to come and experience all the magic of the circus in this fun-filled family concert. Bite-sized pieces of well-known music introduce you to the orchestra, mixed with fun and games from your ringside seat!</p> <p>Featuring music from The Greatest Showman, Carmen, Monty Python, Entry of the Gladiators and much more!</p> <p>We've got the best seats in the house, and audio-description will be available.</p> <p>This activity has been recommended by one of the Berkshire Vision parents who's VI son absolutely loved this show!! Come and experience it for yourself. Contributions for members is £4.00, Siblings is £8.00 and parents/carers are Free.</p>

March 2020

Fri 06.03.20 4pm – 5pm	Running £2.60	This is an adult activity; however, our children and young people are welcome to join us for a run around the track. Running is held at Palmer Park. We have a coach on site and can organise trained running guides. We also provide tethers for you at the sessions. Sessions are for all different abilities, whether you want to walk one lap or do a timed 5k, we can adapt sessions to suit your needs.
Fri 20.03.20 4pm – 5pm	Running £2.60	This is an adult activity; however, our children and young people are welcome to join us for a run around the track. Running is held at Palmer Park. We have a coach on site and can organise trained running guides. We also provide tethers for you at the sessions. Sessions are for all different abilities, whether you want to walk one lap or do a timed 5k, we can adapt sessions to suit your needs.
Sat 21.03.20 10.00am	Cooking workshop Members: £2 Siblings: £3 Add Par/ Car: £1	We'll be at the Berkshire Vision offices (Midleton House, 5 Erleigh Road) for a cooking workshop where we will cook some healthy foods using the Berkshire Vision resources and talking kitchen! Then we will all sit together to eat our lunch with our friends. We'll practise our living skills at the same time as having lots of fun.

		Siblings are welcome to join us. Contributions for Members is £2 and for siblings its £3. Parent's and carers are welcome to join us, additional parents/ carers contributions are £1.
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Transport is provided for all events, unless requested otherwise. However, parking is your own responsibility. For transport, we request a donation of £7.50 for a return journey from home, or £2.50 for a return journey from Reading train station.

Bank account; Account no. 90292189 Sort code. 60-70-21

Cheque; Payable to Berkshire Vision. Please write name & activity on cheque reverse.

Cash; Can be paid on the day.

Card; we can now take card payments over the phone, or in person on the day.

If you are interested in attending any of our activities or would like more information, please email children@berkshirevision.org.uk or call Charlotte on 0118 9872803