

## ***The SEND Department would like to share with parents this very useful article from the Metro this week...***

**Metro Newsletter - Mid Monthly January 2018!**

**Hello Members and friends of Metro Blind Sport,**

What a start to the year!. As you will see below we have a fantastic program to start the year with loads of exciting activities and opportunities for all our members of all ages.

Check our website for the inclusive fitness equipment press release from RICA due out on the 24th January.

### ***Anyone for some fun sporting activities!***

#### **Visually Impaired Tennis Camps**

Lee Valley Hockey and Tennis Centre

B2+ Visually Impaired Tennis Camps (Dates for totally blind – B1 sessions to be announced soon)

Here at Lee Valley Hockey and Tennis Centre we are in the process of re-launching our visually impaired tennis camps, specifically targeted for B2+ players. Players will have the opportunity to play tennis in our indoor courts and receive specialist coaching and take part in some informal match play. Camps are open to players of all ages and ability levels, from beginners to advanced.

**Venue:** Lee Valley Hockey and Tennis Centre

**Address:** Lee Valley Hockey and Tennis Centre, Eton Manor, Leadmill Lane, Queen Elizabeth Olympic Park, E20 3AD

**Cost:** £4.00

**Day/time:** First Sunday of every month, 11:00 -13:00. The first session of the new year will be taking place on Sunday 4th February.

**Age:** Open to all

**Booking process and information:** To book your place please call 03000 030 614 or visit <http://bit.ly/2r13p8D>

**Getting here** - a sighted guide service is available to assist players to and from Leytonstone Station. Pick up at 10:30am. If you're running late please call the centre on 03000 030 614.

#### **Metro Doubles Tennis Tournament**

This is open to current Metro members only, aged 16 and over.

Ladies Doubles, Men's Doubles and B1 Mixed Doubles

**Date:** Sunday 11th February 2018

**Time:** 10:00-18:00 - Registration:From 09:45 to 10:15

**Venue:** Islington Tennis Centre, Market Road, London, N7 9PL

**Entry cost:** £5 per player (to be paid on the day)

**Closing Date for entry:** Wednesday 24th January 2018.

**Download** Word entry form here: [bit.ly/MBSDoubles2018](http://bit.ly/MBSDoubles2018)

Entry forms to be returned to [steven.pilcher1@btinternet.com](mailto:steven.pilcher1@btinternet.com) no later than Wednesday 24th January 2018.

## **Islington Tennis Centre**

Training sessions for totally blind and partially sighted players are held at the Islington Tennis Center on Wednesday and Friday evenings.

**For more details** visit the Metro website: <http://bit.ly/2k0r1qi>

## **Bowls**

### **Upcoming games and station collection dates for 2018**

17-18 February- VIBE Indoor Pairs Nottingham

17-18 March - VIBE Indoor Triples Taunton

14 April - VIBE AGM RNIB

3-6 May - Weston-super-Mare Tournament Clarence Park

2 June - Metro Pairs Ravenscourt Park

8-10 June - DBE Home Nations Clarence Park

14-16 June - UK VI Outdoor Singles Llandrindod Wells

9-13 July - VIBE Nationals Leamington Spa

15-20 July - Hastings Tournament

28 July - Potters Bar Triples

11 August - Metro Singles Ravenscourt Park

20-23 August - VIBE Outdoor Triples Worthing

### **Station Collection Dates 2018 – please come and support us**

27 July - Liverpool Street Station

31 August - Waterloo Station

21 September - Victoria Station

19 October - Fenchurch Street Station

**For more information** please contact Eric Gallagher:

**Telephone:** 0208 985 6245

**Email:** [ericgal@blueyonder.co.uk](mailto:ericgal@blueyonder.co.uk)

## **Cricket**

### **The New 2018 Cricket Fixtures**

The season is starting from April and you will find the fixtures on our website. As you are aware we have 2 cricket teams, make sure you register your interest and enjoy a fantastic season. This is a great team event for blind and partially sighted players from age 14+.

**For more information visit our website:** <http://bit.ly/2mzg3am>

## **Athletics**

### **Metro open athletics championships 2018**

Note for your diary - This event is open to juniors and seniors. Entry forms available shortly.

**When:** Saturday 16th June 2018 at Mile End stadium.

**Closing Date for Entries - 1 June 2018**

### **Run and Become**

Running guides by Adrian Tarit Stott of run and become

Check out the simple to follow running guides for absolute beginners, improvers to marathon runners. These can be found through the links below on the run and become website. The schedules are just "guides" which can be tweaked to fit in with your lifestyle.

### How to follow the training schedules:

<http://bit.ly/2Fz11Jg>

**5K Runs** - <http://bit.ly/2D9lzsC>

**10K Runs** - <http://bit.ly/2AXQxQ5>

**Half Marathon** - <http://bit.ly/2DbPVvz>

## **Goalball**

### **Croysutt Warriors**

Its Great fun, good exercise, and sociable so why not try a session. We are a friendly group who play Goalball seriously for fun and we would welcome new players of any age or ability whether Novice or Expert, so why not give us and goalball a try.

**When:** Once a fortnight starting on 29th January, 12th, 26th February, 5th, 26th March and 9th ,23rd April

**Time:** 17:30 to 19:00

**Venue:** The Sir Philip Game Centre, 38 Moreland Avenue, Croydon CR0 6EA

**For more information** please contact Robin Faulkner

**Telephone:** 07889648925

**Email:**croysuttwarriors@outlook.com

See us on [Facebook at Croysutt Warriors Goalball](#) and [Twitter @croysuttwarrior](#)

## **Cycling**

### **Merton Tandem rides**

#### **Merton Sports and Social Club - Why not come along and give it a go?**

MSSC has a number of tandems and organises events so visually impaired riders can get out and enjoy cycling.

#### **Front Rider training workshop:**

We are looking for more cyclists to front ride (pilot) our tandems. This means continuing to expand our pool of pilots, so we are not relying too heavily on the same willing few. Please spread the word amongst any keen cyclists you know who may be interested in learning to ride a tandem and join our next training/confidence building workshop.

**When:** Saturday, 3rd February 2018

**Time:**10:00 - 13:00

**Venue:** The Guardian Centre

#### **Club rides schedule**

We aim to organise two club rides a month - one on the first Sunday and one on the third Saturday, as follows:-

Week 1: a relatively long, more demanding ride to suit experienced cyclists

Week 3: a shorter, less demanding ride to suit less experienced cyclists.

#### **The schedule of rides for the first three months is as follows:-**

Sunday 7th January

Saturday 20th January

Sunday 4th February  
Saturday 17th February  
Sunday 4th March  
Saturday 17th March

**To find out more**, or register your interest, please contact Richard:

**Email:** [cycling@mssc.org.uk](mailto:cycling@mssc.org.uk)

**Telephone:** 07500913223.

#### **Tandem Pilot Stoker Matching Service**

We aim to match up Tandem Riders in the UK and beyond. If you need a Pilot or Stoker then fill in the form on <http://bit.ly/2AWU9lq> and Rick will try and match you up with someone. Happy riding.

**For more information** visit their Facebook site: <http://bit.ly/2CWKAF1>

This service is run voluntarily by Rick Heath. We hope that you have fun riding together.

### **Blind Sailing**

#### **Tideway Sailability - Annual General meeting**

**When:** 28th January 2018

**Time:** 12:30

**Venue:** Surrey Docks Watersports Centre, Rope St London SE16 7SX

**For more information:**

**Email:** [info@tidewaysailability.org.uk](mailto:info@tidewaysailability.org.uk)

#### **Visually Impaired Sailors' Week on the South Coast**

##### **Blind Week - 30 June to 7 July in Cornwall**

Blind Week is an enjoyable and sociable week of cruising around the coastline in offshore sailing yachts. As VI crew, you are welcome whether you have sailed before or are a complete beginner.

Over 20 yachts take part in the week and they are divided into smaller groups or 'fleets' to sail to different destinations each day. The week starts on a Saturday where you are greeted by your skipper and fellow crew followed by dinner at the host yacht club. Sailing starts on the Sunday and continues until Friday. The week ends with another dinner back at the yacht club on the Friday evening before travelling home on Saturday morning.

If you haven't participated in VI Sailors' Week/Blind Week before, please read 'What's it all about?' a description by regular VI participants- <http://bit.ly/2CWKAF1>

If you are visually impaired, over 18 years, and would like to apply for a place to crew on a yacht for the week please contact Dr Will Bridge - Co-ordinator of Blind Week by email.

Applications need to be returned by latest Monday 19 March 2018.

**When:** 30 June to 7 July

**Where:** Cornwall

**Cost:** VI participant's fee £250.

**Email:** [mail@willbridge.com](mailto:mail@willbridge.com)

## British Blind Sports

### Tethers

British Blind Sport has tethers for sale. Please follow the link for information and ordering: <http://bit.ly/2EEaD4i>

### See my voice project

British Blind Sport have an exciting opportunity for Young People aged 11-18 to be part of the 'See My Voice' project. See My Voice is an inclusive sports volunteering programme that will support young people with a VI to develop new skills, gain experience and make new friends. Funded by Sport England and the #iwill fund.", applications are now open.

For details and how to apply before 29th Jan follow the link: <http://bit.ly/2mfxdtg>

For further information please contact Lijana Kaziow:

Email: [lijana@britishblindsport.org.uk](mailto:lijana@britishblindsport.org.uk)

## Illuminate Freedom

### New contact details:

**Telephone:** 0333 772 0956

**Mobile, Text and WhatsApp:** 07852 886 100

**Email:** [connect@illuminatefreedom.org](mailto:connect@illuminatefreedom.org)

### Upcoming 2018 events:

#### ILF's Mile End Project - FREE

Supported by Motivate East and the London Borough of Tower Hamlets

**What:** VI Zumba, VI Lunch Club, VI Contemporary Dance

**Who:** Classes are open to all blind and visually impaired people and their carers

**When:** Mondays – until 27 February 2018 (except half term on Monday 12 February)

**Time:** 12:00 – 16:00

**Where:** Mile End Leisure Centre, 190 Burnett Road, London E3 4HL

Nearest Tube Station: Mile End (District, Central and Hammersmith and City lines). Our Meet and Greet Service is available from local transport links

**For bookings:** Contact Illuminate Freedom

**Telephone:** 0333 772 0956

**Text/WhatsApp:** 07852 886 100

**Email:** [connect@illuminatefreedom.org](mailto:connect@illuminatefreedom.org)

#### ILF's VI Zumba with BlindAid- Whitechapel - FREE

**Who:** Classes are open to blind and visually impaired residents living in London

**When:** Wednesdays Time: 13:00 – 15:

**Where:** 58 Underwood Road, Whitechapel, London E1 5AW

Nearest station: Whitechapel (District and Hammersmith and City lines and London Overground)

**For bookings:** Contact Clarissa at BlindAid

**Telephone:** 020 7403 6184

**Email:** [cferguson@blindaid.org.uk](mailto:cferguson@blindaid.org.uk)

### ILF's Disability Zumba

**Who:** Adults with Learning Disabilities (not audio-described)

**When:** Every Tuesday during term time Time: 10:30-11:30am

**Where:** Dockland Settlements Community Centre, 400 Salter Road, Rotherhithe, Southwark, SE16 5AA

**For bookings:** Contact the Dockland Settlements office

**Telephone:** 0207 231 7108

To read the full newsletter and sign up for your own copy click the link - <http://bit.ly/2DaCEmP>

## **Children and Young adults**

### **VICTA**

VICTA is hosting a cultural city break to Italy's fascinating capital, Rome. The city boasts famous architecture, ancient ruins and sites of outstanding historical interest, all within a bustling, metropolitan centre.

**Date:** 11 – 16th May 2018

**Venue:** Rome Italy

**Age:** 18 to 29 years

**Cost:** £375

**Closing Date:** 13 February 2018

**For more information:** <http://bit.ly/2D60Qrr>

### **VICTA Spring Family Weekend 2018, Norfolk Lakes**

We are excited to announce applications are now open for our VICTA family weekends. We will again be hosting two Family Weekends, one in Spring (4 to 7 May 2018) and one in Summer (10 to 13 August 2018).

Our family weekends will be extra special this year as we visit two new venues and at both we will have sole use of the whole venue. The Spring weekend is our first of the year and we will visit Norfolk Lakes, a 'Manor Adventure' centre near Norwich set over 65 acres. The site boasts an exciting range of water sports plus 25 land based outdoor pursuits.

**Date:** 4 to 7 May 2018

**Theme:** VICTA on Safari

**Location:** Norfolk Lakes Activity Centre, Norwich

**Contribution:** £50 per person (welcome price for new families £35 per person)

**Applicant Age:** 5+ years, plus immediate family

**Closing Date:** 20 February 2018

**For more information** and bookings: <http://bit.ly/2CUBnNs>

## **LiTT**

### **Welcome the new "Liitt - Low Impact Interval Tempo Training"**

LiTT is a workout that allows the conditioned and the de-conditioned to workout side by side, which creates no impact on the body allowing for a faster recovery and reducing the risk of injuries caused by impact or repetitive action.

LiTT creates intensity through compound moves performed to the tempo of the music and incorporates interval training to maximise the metabolic effect of the workout. The tempo training brings psychological benefits aimed at increasing adherence and enjoyment for the participant. Another benefit for participants is the full understanding how they can move intensity levels up and

down whilst listening to their own bodies.

LiTT will assist the transition of those taking part in other fitness formats, such as dance fitness, to achieve a more functional fitness class and show that high impact is not required to achieve the desired results.

**For more information** - <http://bit.ly/2FyqrGY>

### **Fight for sight**

The eye research charity's mission is to stop sight loss in its tracks. By funding pioneering eye research, we're creating a future everyone can see.

We have beautiful walks and treks in the UK and abroad (with up to 40% off registration fees in January), guaranteed places in fantastic running events (entry is just £5 during January), thrilling skydives, and a host of other opportunities.

As well as achieving your own goals, the money you raise will help us fund vital eye research.

For more information click the link:<http://bit.ly/2qWADWt>

### **Theatre**

#### **Access London Theatre brochure**

At Society of London Theatre, we are committed to making your theatre experience as accessible as possible. The Access London Theatre brochure is produced four times a year and is available in print, Braille and downloadable MP3 format.

[Click here](#) for the link to download the brochure or signup for the accessible performance newsletter.

### **Surveys & Campaigns**

#### **Clear voice Enterprises**

Ian Rattray runs a small not-for-profit organisation called Clear Voice Enterprises, CVE.

Their main purpose is to produce accessible information, this includes audio books. CVE has recently succeeded in receiving a grant from Arts council England toward their latest project, Literary Travels. From this grant they are producing 7 more titles to add to the CVE catalogue and they are also looking to develop a digital strategy.

As part of this strategy Ian would like to understand what you, the reader, look for in a book, how you like to read, and how and where you get your books from. The survey link click here: <http://bit.ly/2D8nEqF>. The results of this survey will be used to inform our digital strategy report.

As a thank you to those who complete the survey, CVE are offering the chance for people to enter a prize draw to win one of ten books.

If you'd like to learn more about CVE or the survey contact Ian direct:

**Telephone:**07725 738817

**Email:** [admin@clearvoiceenterprises.org](mailto:admin@clearvoiceenterprises.org)

### **Disability Tennis Foundation**

#### **Survey on VI Tennis Coaching**

Please assist the tennis foundation with their survey regarding your VI tennis coaching experience click here - <http://bit.ly/2AVMnZa>

Your feedback will help us to develop our VI tennis coach education.

### **National Centre for Sport and Exercise Medicine (NCSEM)**

NCSEM launches Healthy Habits new year campaign Throughout January the National Centre for Sport and Exercise Medicine (NCSEM) will be looking at different ways to build healthy habits into the daily routine this New Year.

The campaign will cover top tips and advice around exercise, lifestyle and nutrition and how to get into better habits at home, work or school, and with family and friends.

Throughout the month animations, videos and articles will be shared via the NCSEM website and Twitter. Areas covered will include how to be less sedentary and more physically active, ways to be more active as a family and getting under fives moving more, goal setting and willpower, the benefits of exercise to our mental health and wellbeing, physical activity for older adults, nutrition and avoiding fad diets.

You can follow the activity on Twitter using [#healthyhabits](#) or visit the dedicated webpage <http://bit.ly/2D6Au8A>.

## Exhibitions

### The Triathlon Show

**When:** 23 - 25 February, Excel, London

Triathlon Show: London, the UK's largest swimming, cycling and running exhibition, presents the perfect place to prepare for the upcoming triathlon season. Whether you're a beginner or expert, come and explore the latest kit, take advantage of expert training advice and be inspired by our pro athletes and guests. The Show takes place alongside the London Bike Show and The Telegraph ravel Show with one ticket giving entry into all three events.

**View more details of costs and booking:** <http://bit.ly/2EFzBQD>

**If you require any further information** please contact: [luke.deverson@telegraph.co.uk](mailto:luke.deverson@telegraph.co.uk)

### The Elite Sports Performance & Rehabilitation Expo

**When:** 9th to 10th May, ExCeL London

This is the most interactive and comprehensive event for the European elite sports profession. Over two days, exhibitors, seminars and workshops will allow you to access a world of innovation and education, delivered by sports performance experts and rehabilitation practitioners from professional sports clubs and elite level universities from across Europe.

**View more details of costs and booking:** <http://bit.ly/2oEaxSG>

## Technology

### Seeing AI App – Artificial Intelligence

Microsoft's Seeing AI app for visually impaired people released in the UK

The free program uses artificial intelligence to recognise objects, people and text via a phone or tablet's camera and describes them to the user.

Seeing AI, an ongoing research project from Microsoft, is designed to help people with vision impairments complete everyday tasks and offer new levels of independence.

According to the Royal National Institute of Blind People (RNIB), more than two million people in the UK live with sight loss, and almost half of blind and partially sighted people feel "moderately" or "completely" cut off from people and things around them. The RNIB estimates that sight loss costs the UK economy more than £4.3 billion in indirect costs, such as unpaid carer costs and reduced employment rates.

### The program lets users recognise:

- Text – speaks text as soon as it appears in front of the camera

- Documents – provides audio guidance to capture a printed page, and recognizes the text, along with its original formatting
- Products – scans barcodes, using audio beeps to guide you; hear the name, and package information when available
- People – allows users to save friends' faces in their contact list so they can be recognized later
- Scenes (early preview) – hear an overall description of the scene captured
- Images in other apps – just tap “Share” and “Recognize with Seeing AI” to describe images from emails, photos, Twitter and more.

The app is now available for iOS devices in the UK, Ireland. **For more information:** <http://bit.ly/2uj0uZ4>

Alexa for Christmas? or not sure what to do with it in the New Year!.

Did you know you can get fitter by enabling my workouts skill. Alexa will give you a series of exercises lasting 30 seconds with some accompanying music. If you want her to describe the actions say help. This has been vigorously tested it by our members.

What are you waiting for, give it a try. Say Alexa open my workouts and follow the verbal instructions.

### **The best apps for people with a visual impairment**

If you have a visual impairment, a smart phone can help you to be more independent. There are a vast number of apps but we have listed a few below which can help make a difference to everyday life. This information and guidance on apps for the visually impaired was provided by Henshaws. You can find more information at their [Knowledge Village](#).

#### **BeSpecular, @BeSpecular**

Description: “Let blind people see through your eyes” is their tagline and this app matches sighted volunteers with visually impaired users. The visually impaired person takes a photo of what he or she needs help with and attaches a voice message, which is sent to a community of volunteers (or sightlings as they call them). Within minutes, the user receives a reply and then rates out of five stars the helpfulness of the volunteer. This app is great because you get a description from a real human being, it's very accessible and it's quick.

Available on: iOS and Android

Cost: Free

Website: <http://bit.ly/2EF0Lax>

#### **TapTapSee, @TapTapSee**

**Description:** TapTapSee uses a phone's camera and VoiceOver functions to photograph objects and identify them for the user. You double-tap the device's screen to photograph any two or three dimensional object at any angle, and the app analyses the image and gives you a description, out loud, within seconds.

Available on: iOS

Cost: Free

Website: <http://bit.ly/1ivhKKl>

#### **Digit – Eyes, @Digit\_eyes**

**Description:** Digit-Eyes reads manufacturer's barcodes and tells you the product name. In some cases it will give you a full description, usage instructions and ingredients. You can also record your own audio labels or make text labels that are read aloud by your phone, so that you know the difference between a can of dog food and a can of soup!

Cost: Free version available with upgrade for £9.99

Website: <http://bit.ly/2D8Edmn>

### **Station Alert UK**

**Description:** Knowing where to get off the train is not easy when you have little or no vision – in fact many sighted people often miss their stop. The Station Alert UK app allows you to select your stations and save them as favourites. It will then alert you at whatever distance from the station you have selected, so you can sit back and relax.

Available on: Only available on App store for iOS devices

**Cost:** Free

**Website:**<https://apple.co/2EBnIAY>

**For information** on the other apps available click on the link - <http://bit.ly/2mmr4uz>

## Disability Horizons

Top assistive technology and apps for people with sight loss

Have you recently lost your sight and want to know what technology is available to you or have you had a sight impairment the majority of your life and are interested in upgrading your devices? Our contributor, Emma Purcell, who is registered blind, takes us through some of the best assistive technology and apps around:-

- Liquid Level Indicator
- Talking microwave oven
- KNFB Reader app
- BlindSquare app
- Button app by Neatebox
- Braille Sense U2 portable notetaker
- Amazon Echo smart hub
- **For detailed information** on each the above apps please click the link -<http://bit.ly/2muPzXk>

## Holidays and Activity weekends

### Buckingham Palace Visit

The event, for blind and partially-sighted visitors, will recreate the experience of the Palace's State Rooms. Music, handling and description will be used to bring the rooms, used by The Queen and members of the Royal Family, alive. This is an opportunity to experience the State Rooms at a quieter time of year, when the Palace isn't fully open to the public.

**When:** Saturday 20 January from 10:30.

**Tickets cost:** £13.50 and can be converted into a 1-Year Pass, allowing repeat visits free of charge. Complimentary access companion tickets are available.

**Tickets can be booked online at:** <http://bit.ly/2FzxbgA>

**Telephone bookings:** 0303 123 7323.

**For more information** about the tour: please contact Amy Stocker, Access Manager Windsor Castle

**Telephone:**01753 493293 Mobile: 07860612393

## Calvert Trust Exmoor

Leap into the New Year with a fun-filled activity break at Calvert Trust Exmoor.

**When:** Monday 29th January - Friday 2nd February 2018 - 4 night activity break

**Cost:** Special price of £100 per person.

Why not take advantage of this great offer to try your hand at abseiling, crate stacking and horse riding. Stay in our Visit England 5 star rated accommodation, and enjoy three delicious, home cooked meals a day. You will have an exciting programme of activities, including evening entertainment.

We have limited availability so don't miss out:

**Telephone:**01598 763221

## Singing Weekend – 18th May 2018

We are delighted to announce the singing weekend at the Cliffden hotel in Teignmouth. We will sing from 10:00 to 12:00 noon, and from 15:30 to 17.30. Short acapella pieces in three or four voices. The weekend is suitable for beginners and experienced singers, and sighted companions are welcome.

The hotel is not able to give prices yet, but will take provisional bookings, and most singers will book for four nights from Thursday 17 to Sunday 20 May.

**When:** Starting on Friday the 18th of May at 10:00 and finishing on Monday the 21st at noon.

**Where:** The Cliffden Hotel is at 20 Dawlish Road, Teignmouth, Devon, TQ14 8TE

**For bookings** contact the hotel direct:

**Telephone:** 01626 77 00 52.

If you need more information, contact Mick Marr:

**Telephone:** 0207 602 2475

**Email:** mick.marr@btinternet.com

## Traveleyes

Why not see more of the world in 2018 with Traveleyes. We have released our 2018 brochure and the new destinations are now live on our website! Take a look at where you could be jetting off to next!

Below are a couple of excerpts from the holidays on offer:-

### Closer to home:

Stratford Upon Avon - The Home of Shakespeare

12th April - 14th April 2018 (3 Days)

Northern Island - Belfast, Titanic & Giant's Causeway

15th July - 19th July 2018 (5 Days)

### Further away from home:

Crete - Minoan Myths & Legends

2nd June - 10th June 2018 (9 Days)

Azores - The Atlantic's Unspoilt Secret

23rd June - 30th June 2018 (8 Days)

Tandem Cruising in Holland

1st September - 8th September 2018 (8 Days)

[Download](#) the brochures which are available in print, PDF, text only and audio formats.

## Grants/funding

**These are published for talented athletes to make them aware of the financial support opportunities currently out there to help them reach their athletic potential.**

### Sports Aid

SportsAid helps the next generation of British sports stars by giving them financial support and recognition during the critical early stages of their careers. They support athletes from over 60 sports - most of which are Olympic and Paralympic disciplines.

SportsAid helps more than a thousand young talented athletes across the country every year.

**More information:** <http://bit.ly/2IWvJGk>

**Email:** [mail@sportsaid.org.uk](mailto:mail@sportsaid.org.uk)

**Telephone:** 020 7273 1975

### Everyone Active

Everyone Active's Sporting Champions provides funding and support for talented athletes from across the UK. The scheme was

launched in 2016, supported by one of the country's most recognised sporting talents, Colin Jackson CBE with the aim of providing ongoing support for talented athletes across the UK. Through our work with local authorities across the country, we have already supported more than 500 athletes with over £1million worth of sponsorship over the past four years.

Everyone Active's Sporting Champions aims to continue our support for athletes by offering both monetary funding and access to Everyone Active's 150 leisure centres across the country. If you're a UK athlete who is looking to achieve your full potential with a little support, we'd love to hear from you.

**For more information follow the link:** <http://bit.ly/2FuykOf>

#### **Ron Pickering Fund**

The application process for the RPMF Annual Grants takes place in the autumn of each year and is available to both able-bodied and disability UK athletes between the ages of 15 and 23. Grants to athletes over 23 may be made in exceptional circumstances.

When the application process is open, October 2018, an athlete will be able to apply directly using the online application form. No other method of application will be accepted and the application process is only available during this time. The selection process then takes place in early December and the announcements of the award recipients is usually made at the end of December or early January.

**Read more at** <http://bit.ly/2CXrXRg>

#### **Westway Trust**

We make a number of grants to individuals each year to increase the accessibility of sports and fitness activities to local people who make use of the Westway Sports & Fitness facilities. There are two programmes that you may be eligible for if you are unable to afford sports and fitness activities or coaching that you wish to take part in.

#### **Sports Bursaries**

These are bursaries of up to £500 for adults or children who want to take part in Sports & Fitness activities, but find it hard to pay the fees. [Find out more here.](#)

#### **Tim Davis Scholarships**

Annual awards of up to £5,000 to young people of outstanding sporting talent who need financial support to reach their full potential. [Find out more here.](#)

If you are member with a story to tell or a Metro partner with an event to shout about, please send your articles to Roy Smith for inclusion in the mid-month newsletter by the 05th or to Saul Wynne by the 25th for inclusion into Metrozine. Tweet your events and sporting photos to @MetroVISports and we will happily retweet!

Your feedback is always welcome. If you have any questions, feedback on any of the articles or suggestions, please feel free to contact me at: [roy.smith@metroblindsport.org](mailto:roy.smith@metroblindsport.org)

By working together, we can aim to increase our ability to meet the needs of our members.

#### **Membership 2018/2019 – How to Join.**

A very warm welcome to all those members who have joined recently. We now have over 300 members and it's thanks to you that our events are running so successfully with your support. Please do not hesitate to contact me if you would like any help in taking away barriers and obstacles which prevent you from participating in any activity.

If you have any friends or family members who want to join, see below:

Membership for adults over 18 years is £5.00 per annum and £50.00 for life membership and free membership for under 18's.

Link to Join Online: <http://bit.ly/2y6YK7h>

Joining Metro online saves a considerable amount of administration time and cost to our charity. Your details are then correctly stored and you will receive the 2 monthly newsletters and all Newsflashes in the format of your choice.

Your 12 months' membership will start on the date you joined online and the computer system will send you an automatic thank you and a reminder in 12 months' time for renewal.

**Payment options below:**

**Pay By Bank Transfer - BACS**

It is extremely important when using BACS that you use your name as the reference at the time of transfer as this will show up on the bank statement and then we can manually update your details onto our membership system.

Barclays Bank | Sort Code: 20 80 57 | Account number: 70849758

**Pay by Cheque**

Please make your cheque out to "Metro Blind Sport" and post to Amanda Green, 5 Mead Road, Uxbridge, Middlesex UB8 1AU.

**If you have any queries concerning your membership**, please contact either: Ian Francis on Tel: 07814 751643 or email him at [ian.francis@metroblindsport.org](mailto:ian.francis@metroblindsport.org) or email Roy Smith at [roy.smith@metroblindsport.org](mailto:roy.smith@metroblindsport.org)

Membership ensures that you receive the current newsletters and any subsidy towards activities Metro provide. It is important that sport leads know that they are selecting current members to represent the club.

**NOTES FOR YOUR DIARY**

Keep checking our **Events list**: <http://bit.ly/204yFOW> and our **latest News** page: <http://bit.ly/20sjons> or follow us on Twitter @MetroVISports <http://bit.ly/2wtSXUx> to get the latest event Information as it arrives!

The Metro Flyer 2017 ( Print version- 300 DPI) is now added to the Download page: <http://bit.ly/2i3tJah> and can also be downloaded from the link below

**Please check out the latest information at:**

Infosound - 24 hour service

Ring and listen to their latest newsletter or go online.

Telephone: 03000 111 555

Website: [www.infosound.org.uk](http://www.infosound.org.uk)

Email: [info@infosound.org.uk](mailto:info@infosound.org.uk)

If you have an event coming up which needs promotion use their audio notice board. To post your own message on the Infosound Audio Noticeboard, just phone on 03000 111 555, select option 8 and follow the simple instructions to record over the phone.

RNIB 24 hour recorded information service

This is a recorded information service created for people wanting to know more about sight loss, by those who have been through it.

Dial 0203 432 1488 and follow the instructions. If you decide you want to talk an advisor, you can easily connect to the RNIB Helpline by pressing star 1.

East London Vision (ELVis)

Website: [www.eastlondonvision.org.uk](http://www.eastlondonvision.org.uk)

Email: [enquiries@eastlondonvision.org.uk](mailto:enquiries@eastlondonvision.org.uk) Telephone: 020 3697 6464

South East London Vision (SELVis):

Website: [www.selvis.org.uk](http://www.selvis.org.uk)

Email: [info@selvis.org.uk](mailto:info@selvis.org.uk) Telephone:: 020 3815 3660

Middlesex Association for the Blind (MAB):

Website: [www.aftb.org.uk](http://www.aftb.org.uk)

Email: [nasreen@aftb.org.uk](mailto:nasreen@aftb.org.uk)

Telephone::020 8423 5141

Yours in sport,

Roy

Roy F Smith MBE

Director of Sport Development

W/H: 020 8255 7788

M: 07803 288083

E: [roy.smith@metroblindsport.org](mailto:roy.smith@metroblindsport.org)

[www.metroblindsport.org](http://www.metroblindsport.org)

[www.lvif.co.uk](http://www.lvif.co.uk)

[www.pocklington-trust.org.uk](http://www.pocklington-trust.org.uk)