

Action for Blind People, an Associate charity of RNIB

Leisure Services (London and Southeast) Information Bulletin.

The aim for the Information Bulletin is to:

- Increase the profile of Action for Blind People as a RNIB Group and Regional Leisure Services as a supporting organisation that would enable or encourage increased level of participation into leisure activities or opportunities.
- Provide a source of information to inform all blind and partially sighted people of leisure activities and opportunities that exists in London and Southeast Regions.
- Enable and encourage increased participation for blind and partially sighted people into activities that are open to them.
- Enable and encourage as many blind and partially sighted people to benefit from the activities that they may not access before.

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Action for Blind People in Association with RNIB

14-16 Verney Road, London SE16 3DZ **Tel:** 020 7635 4800 **Fax:** 020 7635 4900

Email: central@actionforblindpeople.org.uk

Website: www.actionforblindpeople.org.uk

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Techshare 2009

RNIB are hosting two digital accessibility workshops on Wednesday 16 September 2009 at ExCeL London.

Workshop 1 - Practical Software Accessibility

Workshop 2 - Web Applications Enabled with WCAG2 and WAI-ARIA

These full day workshops are aimed at professionals who want to develop their skills and knowledge in either software accessibility or website accessibility. They will be focussed, interactive workshops led by experts in their field.

Workshops will be held in the South Gallery Rooms at ExCeL London from 10.00am - 4.00pm on Wednesday 16 September. Lunch and refreshments throughout the day are included.

The workshops are part of Techshare 2009, RNIB's leading exhibition and conference on digital assistive technology.

Workshop 1 - Practical Software Accessibility

Led by: Sally Cain, Development Officer (Digital Accessibility), RNIB
Desktop software applications and browser delivered web applications are our everyday tools and need to be made accessible everyone whether they are a member of staff, a student or someone using a computer in their everyday life. If you are a public body it is also part of the Disability Equality Duty that you purchase accessible IT systems. So how do we achieve accessibility in these systems and what are the main barriers that are faced?

This workshop will look at the standards and guidelines that are available in this area and will practically examine how these relate to software and web delivered applications. We will also be identifying what the top five things are that prevent access to an application.

The workshop will conclude by looking at the procurement process and the importance of an accessibility policy.

If you have access to a laptop, please bring it along as it is likely there will be some hands-on working.

Workshop 2 - Web Applications Enabled with WCAG2 and WAI-ARIA

Led by: Andrew Arch, Web Accessibility and Ageing Specialist; Michael Cooper, and Shadi Abou-Zahra, W3C Web Accessibility Initiative (WAI)

This tutorial will introduce the new W3C Web Content Accessibility Guidelines (WCAG) 2.0, and demonstrate how it can be implemented in practice to provide accessible and usable websites. The tutorial will also demonstrate the use of WAI-ARIA to deliver accessible rich web applications.

Outcomes for attendees

An understanding of WCAG 2.0 and its key concepts.
Practical examples for the implementation of WCAG 2.0.
Techniques for developing accessible web applications.
Questions and answers about WAI work with W3C staff.

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Level of prior experience/knowledge needed

Attendees are expected to have background in web development with HTML, CSS and scripting, and to have a basic understanding of key web accessibility concepts. To find out more about the workshops and book a place please follow the link [Techshare 2009 - Pre-conference workshops](#)

To find out information on the Techshare conference and how to book Follow the link [Techshare2009](#)

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Leisure and Sports Forthcoming activities

Actionnaire Club

Actionnaire Club is a free multi-sports club for children and young people aged between 8 and 16 years of age, who are visually impaired and keen to play sport. Friends and siblings welcome. Under 8s also welcome as long as they are accompanied by an adult. The following clubs will take place: -

- Ashford Actionnaire Club, the Stour Leisure Centre from 12pm until 2.30pm on Saturday 5 September 2009.
- Portsmouth Actionnaire Club, HMS Temeraire, Burnaby Road, Portsmouth from 11am until 2pm on Saturday 5 September 2009.
- Southampton Actionnaire Club, Chamberlayne Leisure Centre, 150 Weston Lane, Southampton from 9.30am until 12pm on Saturday 12 September 2009.
- West London Actionnaire Club, Kensington Leisure Centre from 10am until 1pm on Saturday 12 September 2009.
- Guildford Actionnaire Club, Spectrum Leisure Centre from 10am until 12pm on Saturday 12 September 2009.
- Ashford Actionnaire Club, the Stour Leisure Centre from 12pm until 2.30pm on Saturday 19 September 2009.
- Portsmouth Actionnaire Club, HMS Temeraire, Burnaby Road, Portsmouth from 11am until 2pm on Saturday 19 September 2009.
- Southampton Actionnaire Club, Chamberlayne Leisure Centre, 150 Weston Lane, Southampton from 9.30am until 12pm on Saturday 26 September 2009.
- West London Actionnaire Club, Kensington Leisure Centre from 10am until 1pm on Saturday 26 September 2009.

For more information, please contact Nicky Holloway on 07793 527031 (mobile).

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Arsenal FC Football Session

We will be running football sessions for visually impaired adults and children (B2-4). Each hour and a half session will include training drills by Arsenal in the Community coaches and matches at the end.

All coaches are F.A. qualified and C.R.B. checked and will be receiving ongoing training.

The sessions will run fortnightly but not during the schools holidays.

Sundays at Michael Sobell Lesiure Centre, Tollington Road, N7.

Closest tube: Finsbury Park

11.30 am – 1 pm: Under 16's

1 pm – 2.30 pm: Adults

These sessions are for partially sighted people (B2-4). For dates and more information call Samir Singh on 020 7704 4158 or e mail ssingh@arsenal.co.uk.

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Soundball Tennis

Metro and Enfield Council are delighted to present Soundball Tennis Trial Days for visually impaired. This is very exciting sport which has come over from Japan is now played regularly in South London by all ages, using indoor Badminton courts. All welcome – blind, partially sighted or sighted at Edmonton Leisure Centre, 2 The Broadway, Edmonton, N9 0TR.

Telephone: 020 8375 3750.

Cost: First session free, £2.50 per session thereafter.

For dates and times, and that Guidance will be provided from Edmonton Green Station if required, please call Sheri on 020 8379 6902 or e mail

sheri.yzerman@enfield.gov.uk to book your place or find out dates and times.

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Metro Tennis

The annual Metro Tennis Tournament will be taking place on Sat 17th & Sun 18th October at the National Tennis Centre in Roehampton. Attached you will find an entry form and a copy of the rules. Please note:

- The closing date for receipt of entry forms is Friday 11th September 09
- In the 'Mixed VI & Sighted Doubles' category you can nominate a sighted partner if you wish, in all other Doubles categories partners will be drawn from a hat

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by our independent tournament organizer.

Any queries please contact me at agreen.home@tiscali.co.uk

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British Blind Sport Regional Events

There are number of opportunities for young visually impaired people's participation into activities: -

Saturday 5 September: East Sussex VI Sports session, 1-3pm at University of Brighton Sports Centre.

Saturday 12 September: Buckinghamshire VI Sports session, 1-3pm at Aylesbury High School.

Saturday 19 September: Berkshire VI Sports session, 11am-1pm at Bracknell Leisure Centre.

Saturday 10 October: Buckinghamshire VI Sports session, 1-3pm at Beaconsfield.

Saturday 10 October: East Sussex VI Sports session, 1-3pm at University of Brighton Sports Centre.

Saturday 24 October: Berkshire VI Sports session, 11am-1pm at Bracknell Leisure Centre.

Sunday 1 November: BBS / SAVI Dry Skiing day at Sandown Park, Surrey.

Saturday 7 November: Buckinghamshire VI Sports session, 1-3pm at Milton Keynes.

Saturday 7 November: East Sussex VI Sports session, 1-3pm at University of Brighton Sports Centre.

Saturday 14 November: BBS Five-a-side Football for primary and secondary aged (B1 class) at Farnborough Leisure Centre.

Saturday 5 December: East Sussex VI Sports session, 12-2pm at University of Brighton Sports Centre.

Saturday 12 December: Buckinghamshire VI Sports session, 1-3pm at Aylesbury High School.

For further information, please contact Alan Whetherly British Blind Sport Regional Development Officer (South East), on alan@britishblindsport.org.uk or Mobile 07825 506351.

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Multi Sports Club - Redbridge

For disabled people aged 16+ every Thursdays 1.30pm to 3.30pm at Wanstead Youth Centre, Elmcroft Avenue, Wanstead, E11 2DB, £2.00 per session. For more information call the Sports and Physical Activity Team on 020 8708 0951.

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Aquabets Sports and Social Club

Aquabats Sports and Social Club is aimed at visually impaired people who would like to participate in sports or social activities after work once a week. If you would like to attend a sports or social event on a Thursday after work, please contact either Arthur Payne, Events Manager on 01322 521001 or via e-mail at arthur.payne@berr.gsi.gov.uk for further information. Alternatively please contact Keith de Jersey, Publicity Officer on 020 8805 6578 or via e-mail at keithdejersey@btinternet.com.

Aquabats Sports and Social Club for the Blind now have a website at www.aquabats-social.org.

Fund-raising Events for August are as follows:

11 September at Oxford Circus

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Regional Athletics Development Day and Competition

What? Learn how to throw the javelin, jump in the long jump and run in the 60 metre sprint.

Then compete against your fellow Actionnaires in each discipline.

Where? Julie Rose Stadium, Ashford, Kent, TN24 9QX

When? Saturday 3rd October 2009, 10am until 3pm

Who? Blind and partially sighted children and young people aged between 6 and 16 years of age. Friends and siblings welcome. Under 8's must be accompanied by an adult.

For further information please contact Nicky Holloway (Sports Development Officer, Action for Blind People) on 07793527031 or email: nicky.holloway@actionforblindpeople.org.uk, alternatively contact Alan Whetherley (British Blind Sport) on Alan@bbs.org.uk.

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Metro Junior Athletic Sessions

11.30am-2pm at Mile End Stadium on Saturday 19 September, Saturday 17 October, Saturday 21 November and Saturday 19 December. For more information, please contact Alan Whetherly on alan@britishblindsport.org.uk or Mobile 07825 506351.

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DSE Open Short Course Swimming Championships

The Championships will take place on 21 to 22 November 2009 at Ponds Forge International Sports Centre, Sheffield. For more information, call DSE on 0161 953 2419 or download entry form from the DSE website www.disabilitysport.org.uk.

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JBC London Walks

There is a monthly walk for interested Blind or Partially Sighted people so please pass them on to anyone else who might be interested.

The cost for each walk will be £5 but sighted guides go free of charge.

We have factored in comfort stops on all the walks.

It is important for you to indicate that you wish to join us on the individual walks because if we do not get any takers for any of them, it will not happen, so anyone turning up on the off chance would be disappointed. We look forward to meeting you at one or more of our events. For dates, times and locations, please contact June Bretherton on Telephone 020 8521 4325 or e mail her on

jbc.london@btinternet.com

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Commentary Service for Blind and Partially Sighted fans

The Marylebone Cricket Club (MCC) is continuing to showcase the commentary service for blind and partially-sighted fans at Lord's.

Lord's hosts dozens of games a year and MCC provides headsets for blind and partially-sighted fans to listen to commentary on every match as follows: -

Monday 14 September: Village Final (£8 Ticket);

Wednesday 16 September: MCC Schools Vs English Schools Cricket Association (Free).

While men's internationals and Middlesex matches are covered by the BBC, every other game here – from England Women's One Day Internationals to the Village Cup Final – are covered by MCC's own RNIB-trained volunteer commentators.

Lord's is the only ground in the world where all matches have in-ground commentary, through free headsets. We would be delighted for you to experience the service for yourself in the hope that you could then encourage more blind and partially-sighted fans to use the service. The fixture against the County Champions, Durham, is the season's curtain raiser and is of very high quality, because both sides contain top international and county players.

Play starts at 11am and lunch will be served at 1pm. Food, drink and headsets will be provided for you in a Grand Stand box.

For fixtures, booking and more information, please contact Abi Carter, MCC Media Officer, on abi.carter@mcc.org.uk or 020 7616 8677 (telephone).

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OpenSight's (Hampshire) Events Clubs/Craft Meeting Times

Aldershot 2-4pm 3rd Monday of every month
Alton 2.30pm – 4.15pm 1st and 3rd Monday of every month
Andover 2-4pm 2nd and 4th Tuesday of every month
Basingstoke – 1pm-4pm every other Thursday
Eastleigh 7.30pm-9.30pm 1st and 3rd Monday of every month
Fareham – 2pm-4pm last Wednesday of every month
Farnborough – 2pm-4pm 4th Monday of every month
Fleet 2.15-4.15pm 2nd and 4th Tuesday of every month
Hayling Island - 2.30pm-4.30pm every other Monday
Locks Heath 2pm-4pm 1st Monday of every month
Lymington – 2pm-4pm 3rd Wednesday of every month
Netley Abbey 2pm-4pm 2nd Wednesday of every month
Out Of Focus (Havant) 7pm-10pm 2nd Tuesday of every month
Portchester 2pm-4pm 1st Wednesday of every month
Romsey 1.45pm-3.45pm every Wednesday of the month
Stubbington 2pm-4pm 3rd Thursday of every month
Waterlooville 2pm-4pm 1st and 3rd Monday of every month
Yateley 2pm-4.30pm 2nd Tuesday of every month

Working Age groups

Bowling group 1.30pm-4pm last Friday of every month

Outings

9th September – The Alison McGregor Boat Trip.

17th September – Hayling Island Walk

For more information on any of these events please call Sarah Duncan or Terry Smith on 02380 641244.

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Merton Vision's event

Cockney Evening: 25 September at 7:30 pm - £10 per head

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Registered Company No. 26688 **Patron HRH Princess Alexandra, KG, GCVO**
Action Registered Charity No. 205913 (England and Wales) SC040050 (Scotland)

Calling all you real Londoners (and everyone else as well). A group of singers will be coming to lead the singing so get your voices ready for a lively evening with lots of fun. Fish and chips (or veggie alternative) will be served during the evening,

so if you would like to come please call us on 0208 540 5446 to book your place.

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Aromatherapy and massage for children with complex needs – a day for parents and carers

Aromatherapy and massage provide wonderful ways for any of us to relax. There are many examples of how invaluable they can be when supporting children and adults with complex needs, both physically and emotionally. This one day course provides a safe introduction to using these ancient therapies with the children and adults you support and, with lots of practical sessions, also gives participants a relaxing and soothing day.

Course Themes:

- Learn simple and safe ways to use essential oils in the bath, massage and vapouriser to relax or invigorate
- Explore the importance of touch and interactive massage to develop communication, choice and trust
- Make up your own massage oil to use in practical hand and foot massage sessions

Course Presenter:

Jane Harrison has worked for many years with people with learning disabilities. She has a particular interest in supporting children and adults with complex needs, and understanding and being alongside those who sometimes have challenging behaviour. She has an MA in the psychology of learning disability and has diplomas in aromatherapy and therapeutic massage and has been delivering this course since 1989.

Comments from previous courses:

“Fascinating insight into aromatherapy and massage”.

“Very relevant to my professional needs – can’t wait to use what I have learnt”.

Who should attend?

This course will benefit parents and carers

Date: Tuesday 15th September 2009 **or** Tuesday 8th December 2009

Location: London

Cost: £130.00 professionals, £60.00 parents/carers

For more information, please contact:

Edward Whatley, Course Co-ordinator, RNIB/ Action for Blind People, 105 Judd Street, London, WC1H 9NE Tel: 020 7391 2245 Fax: 020 7391 2195

Email: edward.whatley@actionforblindpeople.org.uk

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Opportunities to try out new activities

Behind the Wheel (Driving experience for Blind or Partially Sighted people)

Saturday 10th October 2009 at 11.30am.

Learn the basics of driving with the experts at Brands Hatch.

Join us for a session at the famous Brands Hatch venue in Kent and experience the thrills of driving.

No previous experience required!

The session includes:

Learning the basics including stopping, starting & manoeuvres, from a DSA-approved instructor in closed off sections of the circuit.

Learning in a safe, secluded, traffic-free environment with plenty of space.

Driving a dual control BMW 1 Series car.

Duration

2.5 hours at the venue with approximately 40 minutes of driving, depending on weather conditions. This is based on 3 drivers sharing the same vehicle.

Requirements

Behind the Wheel is open to anyone aged 18 years and over Height 4'10" to 6'7"

Maximum weight 18 stone

A great story to tell family and friends!

The price of £80 includes tuition and equipment and you are welcome to bring friends and family to share your excitement.

Making a reservation couldn't be easier, due to very popular demand!

Contact: Dominic Everett on mobile 07908 527468 (text only) or e mail

dominic.everett@actionforblindpeople.org.uk.

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Rock and Roll Dance Classes

The classes open to Blind and Partially Sighted people on every 2 Wednesdays.

If you need escorting meet in front of platform 1 in the main hall of the Waterloo train station at 6.15pm and we will walk together to the dance hall or you can make your own way, find address below.

These classes are run by Metro, the Metropolitan Sports and Social Club.

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The dance class is from 6.30pm to 8pm and it is £2 for a Metro members and £5 for non members.

The address of the hall is Waterloo Action Centre, 14 Baylis Road, Lambeth, London, SE1 7AA.

For more details contact Odette on 07974 578637.

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Close your eyes and dance (with Adriana Pegorer)

An opportunity to dance the night away by learning the following role in Tango Argentino! Followers –usually female- often close their eyes when dancing and are transported by the music and their partner in the midst of the dance floor. You will learn the basic steps as well as being exposed to Tango's music and lyrics, etiquette, history.

Absolute beginners welcome. Trust in the embrace required!

Each participant will work with a volunteer or you can invite a friend – please state your preference. Please state if you prefer your volunteer to be male or female.

If you are male and would like to follow you are very welcome! (Note: leading and following role interchange in tango dancing is becoming more and more popular worldwide).

The aim of these tasters is to create / identify a group that will commit to learning this dance for a period of 3-6 months to possibly use what they have learnt to dance socially. Beware: tango is highly addictive!!

Dominic Everett, Leisure Services Development Officer (London and South East Regions), is looking for take up from interested participants particularly employees within RNIB and Action for Blind People, who are Blind or Partially Sighted, and who would be interested in attending a taster session on either Tuesday 29th September and Tuesday 20th October 2009 from 6.00pm until 8.30pm.

If any of you would be interested in attending a taster session (please specify which session but you can attend both if you like, subject to availability), then please let Dominic know on dominic.everett@actionforblindpeople.org.uk or text him on 07908 527468 with your name; contact details (e mail and mobile text number) and preference for bringing your partner or happy to meet a dance partner at the taster (we will sort out).

If any of you would like to discuss Argentino Tango in more details at your level of ability / disability or any other query relating to dance / movement, etc, please contact Adriana Pegorer on 07974 619570 (mobile) or e mail her on info@adagioconbrio.co.uk. You can also surf for more information at www.adagioconbrio.co.uk.

From these taster sessions, hopefully a regular session will be developed, which will include visits at dancing hall within London Region. It is a fantastic opportunity for any Blind or Partially Sighted people to try out something new, particularly in dancing.

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Get Moving week, 3 to 11 October 2009

It's been proven! Physical activity can boost mental wellbeing by lifting your mood, reducing tension and stress and giving you more energy

Get Moving, is a week of mass-participation activity, where people all over England will Get Moving to improve their physical and mental wellbeing.

Events and activities can be organised by people all over England; from walking, to a football match, gardening or aerobics. In all events there is an effort to encourage people with and without experience of mental distress to come together.

Get Moving is part of the groundbreaking programme, Time to Change, aiming to reduce the stigma and discrimination around mental health. For more information please see www.time-to-change.co.uk

Get involved

Organise an event for Get Moving, and you will be supplied with promotional materials, including posters and postcards, support on how to achieve local PR and will be able to promote events on the Get Moving website. We can help you link with mental health organisations in your area and help to think about ways to help your event bring people with and with out experience of distress together.

Participants of all events will receive a Get Moving merchandise and tips and information on how to stay active and motivated. People will also be encouraged to pledge to stay active over the next year where they will have access to online information, news, and support.

Get going

You will be involved at the beginning of the groundbreaking project that is a world first. Press coverage of the week will be generated, increasing the profile of your organisation.

Celebrity endorsement and participation in the events will help to increase the Get Moving profile.

We will support you and provide resources such as promotional material for example posters, flyers and pledge cards.

For more information on how to get involved or to discuss an event you would

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like to organise contact:

E Mail: getmoving@mind.org.uk

Telephone: 020 8215 2323

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Cycling for All

There are new summer sessions for disabled children in Lambeth at <http://www.wheelsforwellbeing.org.uk/docs/wfwSummerLBL09Flier.pdf> (there are some great photos in here). And for children in Croydon at <http://www.wheelsforwellbeing.org.uk/docs/wfwSummer09Flier1.pdf>.

We continue to run our regular Lambeth Friday morning sessions for disabled people of all ages, and have already had 68 visits, with many people coming back for more. More details can be found at

http://www.wheelsforwellbeing.org.uk/wfw/index.php/bikes_in_the_park/.

We continue to run regular sessions on Mondays and Saturdays at Croydon Sports Arena. There are more details at www.cyclingforall.org.

If you've not had a chance to see our cycles take a moment to look at some photos at http://www.wheelsforwellbeing.org.uk/wfw/index.php/our_cycles/. On this page there are also some pdfs showing the range of cycles we have for both children and adults.

For more information or queries, please contact Janet Paske at janet@wheelsforwellbeing.org.uk or telephone 020 7346 8482.

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Triathlon

Are you a disabled person up for a new challenge?

Try a Triathlon

We offer:

- Disabled Triathlete Inclusive Accredited Clubs
- Over 150 fully inclusive triathlon events
- The British and English Disabled Championships

Interested?

Call Julian Wills, National Equity Manager on:

Telephone: 01822 850454 or 07739 526561

E Mail: julianwills@britishtriathlon.org

www.britishtriathlon.org

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Paralympic Potential Day

Identifying Talent for London 2012 and beyond.

29 September 2009 at Brunel University, West London.

Do you think you have what it takes to be a Paralympian? If so, this is your

opportunity to experience and find your Paralympic Sport.

If you meet the minimum standards below, log on to www.paralympics.co.uk/talent then fill in and submit the online "talent questionnaire".

Alternatively, if you require more information please e mail talent@paralympics.org.uk.

The selection criteria are that anyone to be 13 to 38 years of age, physically active and determination to win.

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Paralympic Judo Talent Search

The British Judo Association is now actively recruiting fit athletically minded individuals who have the aptitude for judo and the potential to represent Great Britain at the Paralympic Games in London 2012. Potential athletes will be invited to attend a number of judo specific evaluation days. Those who are able to demonstrate the core competencies and commitment to adhere to an intensive 2012 preparation programme, will be included within the British Judo Association's Paralympic Development Programme.

The Programme will provide individualised preparation plans including the development of technical and tactical skills, physical and mental preparation along with, domestic and international training camps and competitions. They will also receive financial support in the form of Athlete Personal Awards.

If you, or anyone you know are physically fit and visually impaired and want to try and represent Great Britain in 2012 please contact David Sanders on 07977 096490 or davesanders@britishjudo.org.uk for further information.

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Art Now!

Saturday 26 September 2009, 10.00am – 12.00pm.

Discover your hidden talent in this lively art workshop designed for blind and partially sighted children aged 5 to 16 years, at one of London's newest and friendliest museums.

Art Now! is part of a series of accessible workshops for young people supporting the Museum's exhibition In the Picture (30 July to 27 September 2009), which promotes the inclusion of disabled characters in children's book illustrations.

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The Foundling Museum is based in peaceful, leafy Brunswick Square, a stone's throw from Coram's Fields Children's Playground, and tells the story of Britain's first home for abandoned children, the Foundling Hospital, which once stood on this site. To book – Places must be booked in advance. Admission to the museum and the workshop is free for participants and one accompanying adult. Other adults will be charged admission at £5 (concession £4), children are admitted free.

Please contact us at enquiries@foundlingmuseum.org.uk or 020 7841 3600 (telephone). The venue, The Foundling Museum, 40 Brunswick Square, London, WC1N 1AZ.

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Coaching / Officials opportunities

Official Sports London

Official Sports London is going from strength to strength – over 150 Londoners have now successfully applied for bursaries to help them gain sports officiating qualifications and volunteer to support sport at all levels in London. What's more, there's still time for you to apply and gain a qualification in one of 17 Olympic and Paralympic Sports!

What kind of courses and qualifications are available?

A wide variety of sports and courses are eligible for Official Sports London funding. These include badminton line judges, athletics timekeepers, gymnastics judges, boxing referees, football referees, wheelchair rugby officials and many more. You can see the full list on www.officialsports.org.

Official Sports London applicants have

Why apply?

With the great variety of sports and courses eligible for funding, there is bound to be something for you! What's more, Official Sports London can help you to fund your course costs, license and membership fees, uniform and equipment, travel expenses and childcare/adultcare costs while you qualify and volunteer! Disability support packages are also available.

People have applied to Official Sports London for all sorts of reasons. Some haven't been involved in sport since they were at school and others have been participating in sport for many years and now want to volunteer to support their clubs and leagues.

As a qualified sports official you will also have the chance to enhance your CV and develop valuable skills such as communication and negotiation skills, the ability to cope under pressure, decisiveness and consistency. All this, while supporting sport at all levels in London.

What next?

If you're aged over 16 and living in London, what are you waiting for? Get in touch with the Official Sports London team today by visiting www.officialsports.org, or by calling 020 7749 9173, and make sure you don't miss out on this exciting

opportunity!

Have you completed an eligible officiating course since 23rd October 2008?

If so, you can now apply for a bursary retrospectively! See www.officialsports.org for details of eligible courses, or call 020 7749 9173 or email admin@officialsports.org to find out more.

Eligible sports: athletics, badminton, basketball, boxing, equestrianism (show jumping), fencing, football, gymnastics, judo, swimming (including diving, synchronised swimming, open water swimming and water polo), table tennis, tennis, triathlon, volleyball, wheelchair basketball, wheelchair rugby and wrestling

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Belly Dance & Tap Dance Tutor wanted

Pocklington Trust is looking for Belly Dance and Tap Dance Tutor to do a couple of fun one off workshops this summer, would you have any contacts of tutors who have already had some experience in teaching blind and visually impaired adults?

If you are one of them or know of any interested tutor, then please contact Odette Battarel, Development Manager, Pocklington Resource Centre, 1C Yukon Road, Balham, London, SW12 9PZ, Telephone 020 8675 4246 or e mail her on odetteb@pocklington-trust.org.uk.

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Coachability Project

London Sports Forum for Disabled People's Coach-ability is an initiative designed to increase the number of disabled people in London who are employed as sports coaches. Its overall aim is to provide disabled people with the opportunity to take up a career in sports coaching.

The project will provide one hundred and fifty disabled people with the support they require to achieve level one and two coaching qualifications in a specific sport.

Places are still available and if you are a disabled person interested in taking up a career as a qualified sports coach we encourage you to fill in an application or to contact us.

For more information about the project please e-mail Shaun Powell on shaun@londonsportsforum.org.uk or by telephone on 020 7717 1699.

As the project gains more and more momentum and more coaches are created with

Action for Blind People in Association with RNIB

14-16 Verney Road, London SE16 3DZ **Tel:** 020 7635 4800 **Fax:** 020 7635 4900

Email: central@actionforblindpeople.org.uk

Website: www.actionforblindpeople.org.uk

both Level 1 and level 2 awards or working towards we would like support as many of those coaches gain experience by volunteering and assisting coaches within club structures currently to improve and practice their skills they are learning throughout their courses and to offer exit routes and regular coaching opportunities.

This could be a great excellent way for your club to start to become inclusive and possibly offer role models for disabled participants and your club to understand needs of disabled people to be involved.

Support of your club needs to engage with this coaches can be offered through the London Sports Forum for Disabled People or partner organisations.

If you feel your club could or would like to find out more information about how to increase the number of qualified coaches, then please contact Shaun.

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Information on Support / Trust

SENSE Jurassic Coast Walk

Saturday 10 and Sunday 11 October 2009 to raise £340 for SENSE.

32 mile walk along Devon's fascinating 'UNESCO World Heritage' coastal paths from Exmouth to Seaton.

For more information please contact Shad Everett on 0121 415 2751 or email

shad.everett@sense.org.uk

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Courses, Conference or Forum

Lettering and Sculpture Workshops

For Blind and Partially Sighted people aged approx 8 to 12 years of age to take place on 23 and 25 September at West Dean College, West Sussex.

The aim of the workshop is to encourage blind and severely visually impaired children to become interested in letterforms and art / craft.

The Workshop is fully funded and transport costs are included.

For more information and booking, please contact Harriet Frazer on 01728 688393 (telephone) or e mail her on harriet@memorialartscharity.org.uk.

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Training courses

As there are many courses across London and South East Regions, can I suggest any interested reader click on the following to identify suitable courses as follows: -

London Region: www.pro-activelondon.org/courses

South East Region:

www.kentsport.org then click on Sport:ed courses and workshops



supporting blind and
partially sighted people



Action for blind people

<http://www.buckssport.org/servlets/sfs?t=/seminar/index&e=UTF-8&i=1172035124225&l=0&active=seminars>
<http://www.berkshiresport.com/main.asp?page=863>
<http://www.spoorthampshireiow.co.uk/courses>
<http://www.oxfordshiresport.org/courses.asp?section=881>
<http://www.sussexsport.org/run-sport/coaching/>

<http://www.activesurrey.com/content-428>
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London Sports Forum for Disabled People's Action Forum

Each of the London Pro-Active Disability Strategic Development Officers holds their own Action Forum every 6 months. This is for all disabled people, including blind and partially sighted people, to attend to have their say on increased level of physical activities provisions. For dates and more details, please contact by e-mail info@londonsportsforum.org.uk or 020 7717 1699 (telephone).

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Next Issue:

The next issue will be on the week starting Monday 28 September 2009. If you have any new or one-off activity or event that are open to blind and partially sighted people of all ages, then please let me know. Thank you.

Author:

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