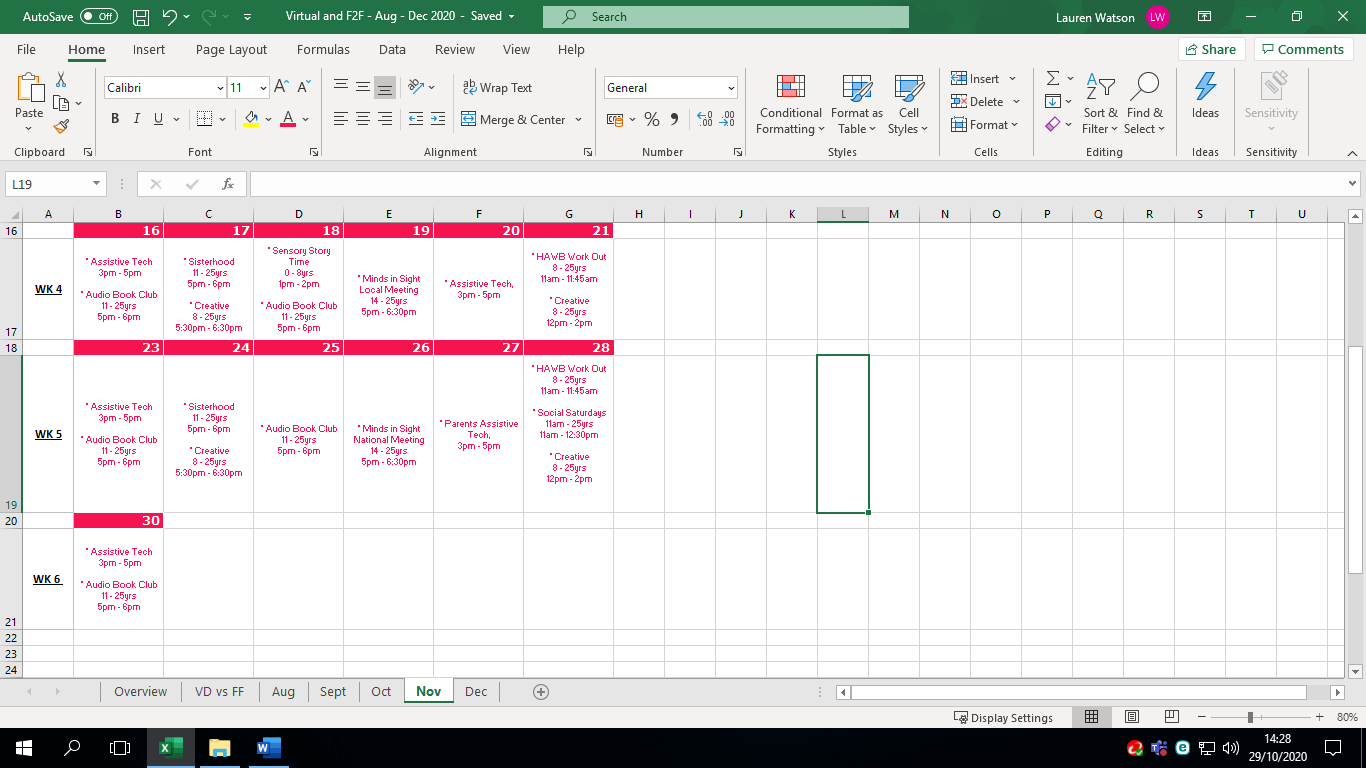
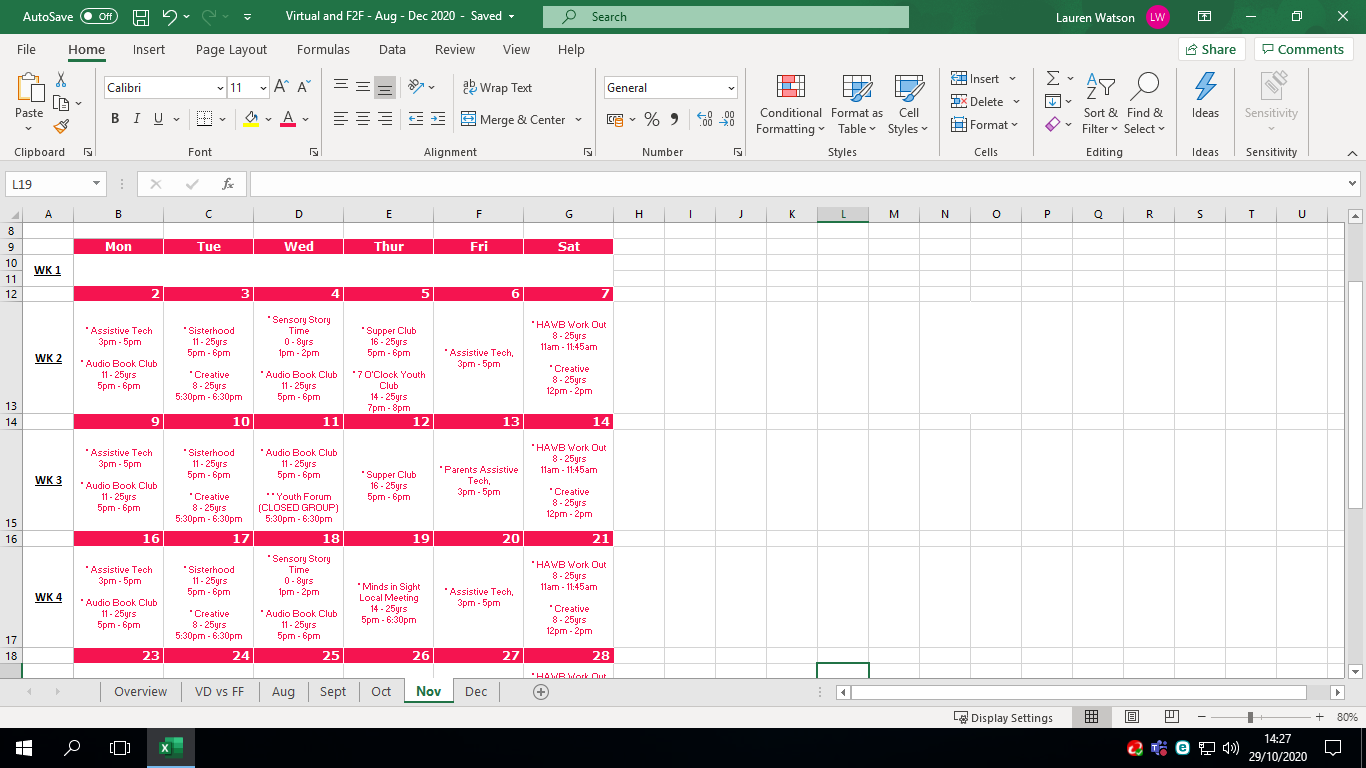


**November Virtual**

**Programme**



RSBC have moved online! See below for our range of virtual activities to keep you all engaged and connected. All of our sessions will be run via Zoom. Just download the app and click the link (which will only be sent to those who have confirmed attendance) and enter your name which will appear on screen – no need to sign up!

**All Week - Employment Advice**

**Lead Staff: Mark**

**Age: 16-25**

Do you require some clarity about what employment currently looks like? The alternatives or what kinds of things we can be doing that will help us with employment when we get back to normal? Book to arrange a call and get the latest advice from our Employment Support Advisor providing 1:1 support.

**Assistive Tech**

**Lead Staff: Alex**

**Age: 8-25**

Need help with apps, software and how to get the most out of technology during lockdown? Book a session with our Assistive Tech Officer providing 1:1 support.

**Parents Assistive Tech**

**Lead Staff: Alex**

**Age: 8-25**  
Welcoming parents who need help with apps, software and how to get the most out accessible features on your smartphones to support your children and young people! We cover many different things as there are a range of abilities.

If you would like to make your tech work for you, you can do so by booking onto an assistive tech session with our Assistive Tech Officer; Alex.

**Audio Book Club  
Lead Staff: Jelani and Owain   
Age: 11 – 25**  
Looking for a fun way to enjoy books and meet new people? Join our virtual sessions and enjoy listening to exciting audio books, intriguing podcasts, and taking part in insightful discussions. Take a journey through new worlds and explore ideas in our audio book club.

**Creative  
Lead Staff: Owain & Jelani/Vivek  
Age: 8 – 25**  
The Creative Group will be working online and will be working towards our annual Christmas Concert. Do you enjoy music, lyric writing, composing instrumental pieces? This is the place to be! Join our virtual Creative Group where you will learn new skills within the musical world, continue to excel and be able to showcase your amazing talents at the RSBC Christmas Concert.

**Health and Well-being**

**Lead Staff: Lauren and Vivek**

**Age: 8-25**

Join the RSBC virtual workout squad & our fitness Queen Lauren for a quick morning workout every Saturdays, to boost your energy and start your day strong! Adapted to suit all abilities.

**Sisterhood  
Lead Staff: Sally and Lauren  
Age: 16 – 25**Join the virtual Sisterhood Squad for open conversations, helpful tips, activities, and a variety of discussion topics. Join Sisterhood to get talking to ensure that young VI women have the tools they need to build a positive relationship with themselves and others.

**Supper Club  
Lead Staff: Jelani and Vivek   
Age: 16 – 25**Grab some food and join us virtually to socialise and discuss your recent experiences as well as current and evolving topics in a safe and supportive space.

**Sensory Story Time  
Lead: Mandie  
Age: 0 – 8**

Join Mandie from the Families First team for Sensory Story time - dress to get messed and have fun. Feel free to bring along creative props to make the stories come alive.

**Minds in Sight Local/National Meeting**

**Lead: Jelani**

**Age: 14 – 25**

Let’s get to work! This November, the Minds in Sight Project sponsored by Erasmus is back and bringing you an exciting panel on Employment. We will have a wide and varied panel of experts eager to listen to you and your experiences surrounding employment and being VI. They are also there to share top tips and practices for finding the right job for you. Take advantage of this amazing opportunity to share your opinion and story with people who make those decisions and will empower you to make a difference.

**7 o’Clock Cub  
Lead: Marie   
Age: 14 - 25**

Come along to this virtual group (delivered in partnership with Henshaws) to connect with other VI young people, make friends and try new things. Contact [marie.hansen@henshaws.org.uk](mailto:marie.hansen@henshaws.org.uk) to book your space!

**Social Saturday   
Lead: George   
Age: 11-25**

We’ve got your Saturday sorted (delivered in partnership with Henshaws)! Get social with other VI young people and challenge yourself: health & wellbeing workouts, beat boxing, games and more! Contact [george.ferguson@henshaws.org.uk](mailto:george.ferguson@henshaws.org.uk) to book your space!