

November Virtual Programme

	Mon	Tue	Wed	Thur	Fri	Sat
WK 1						
	2	3	4	5	6	7
WK 2	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Sisterhood 11 - 25yrs 5pm - 6pm * Creative 8 - 25yrs 5:30pm - 6:30pm	* Sensory Story Time 0 - 8yrs 1pm - 2pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Supper Club 16 - 25yrs 5pm - 6pm * 7 O'Clock Youth Club 14 - 25yrs 7pm - 8pm	* Assistive Tech, 3pm - 5pm	* HA/WB Work Out 8 - 25yrs 11am - 11:45am * Creative 8 - 25yrs 12pm - 2pm
	9	10	11	12	13	14
WK 3	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Sisterhood 11 - 25yrs 5pm - 6pm * Creative 8 - 25yrs 5:30pm - 6:30pm	* Audio Book Club 11 - 25yrs 5pm - 6pm ** Youth Forum (CLOSED GROUP) 5:30pm - 6:30pm	* Supper Club 16 - 25yrs 5pm - 6pm	* Parents Assistive Tech, 3pm - 5pm	* HA/WB Work Out 8 - 25yrs 11am - 11:45am * Creative 8 - 25yrs 12pm - 2pm
	16	17	18	19	20	21
WK 4	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Sisterhood 11 - 25yrs 5pm - 6pm * Creative 8 - 25yrs 5:30pm - 6:30pm	* Sensory Story Time 0 - 8yrs 1pm - 2pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Minds in Sight Local Meeting 14 - 25yrs 5pm - 6:30pm	* Assistive Tech, 3pm - 5pm	* HA/WB Work Out 8 - 25yrs 11am - 11:45am * Creative 8 - 25yrs 12pm - 2pm
	23	24	25	26	27	28
WK 5	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Sisterhood 11 - 25yrs 5pm - 6pm * Creative 8 - 25yrs 5:30pm - 6:30pm	* Audio Book Club 11 - 25yrs 5pm - 6pm	* Minds in Sight National Meeting 14 - 25yrs 5pm - 6:30pm	* Parents Assistive Tech, 3pm - 5pm	* HA/WB Work Out 8 - 25yrs 11am - 11:45am * Social Saturdays 11am - 25yrs 11am - 12:30pm * Creative 8 - 25yrs 12pm - 2pm
	30					
WK 6	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm					

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 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 to book your space!



Formerly the
**Royal London Society
for Blind People**