Monthly What’s on Guide for August 2025

Welcome to your monthly update of accessible services and events in Gloucestershire covering August 2025.

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# Insight Gloucestershire Events and Notices

## Win up to £500 in our Summer Raffle!

Our Summer Raffle is back and it’s a great way to support us and be in with a chance to win!

Prizes include a top prize of £500, plus cash prizes of £100, £25, and £10. Tickets are just £1 each or £10 for a book of 10 tickets. All proceeds support the work of Insight Gloucestershire, Sight Support West of England and Wiltshire Sight.

Buy online today and we’ll email your ticket numbers. If you’d like to sell tickets on our behalf, call us on 01242 221170 and we’ll post you some ticket books.
The last day to enter is Friday 3 October.

Buy tickets here: [Raffle tickets webpage](https://buy.stripe.com/fZe5mCbbLgKc9na6os)

Find out more or see terms and conditions: [Our Summer Raffle webpage](https://www.sightsupportwest.org.uk/get-involved/raffle/)

## You're Invited – General Meeting at Insight Gloucestershire

We’ll be holding a General Meeting on Thursday 14th August at 2pm, at our Cheltenham office.

At the meeting, we’ll be discussing a proposal to convert Insight Gloucestershire from an unincorporated charity to a Charitable Incorporated Organisation (CIO). Members will also be asked to vote on the change and the proposed new CIO constitution.

Everyone is welcome to attend, but we especially encourage people with sight loss in Gloucestershire to come along and have their say.

If you have any questions or need assistance getting to the meeting, please don’t hesitate to contact us.

## Eye Can Bath – 16 October

If you’re based near Bath, don’t miss Eye Can Bath – a free exhibition organised by our partner charity Sight Support West of England.

It takes place on Thursday 16 October, from 10am to 3pm at Bath Pavilion, and is open to anyone living with sight loss, along with family and friends.

There’ll be technology, equipment, services, and support on display, plus talks and advice from Sight Loss Advisors.

To pre-register, call 0117 322 4885 or email info@sightsupportwest.org.uk

## Your Voice Matters – Help Shape the Future of Services for People with Sight Loss

Are you living with sight loss in Gloucestershire? We’re looking for people who want to use their experience to make a difference.

Join our **Lived** Experience Advisory Panel (LEAP)

LEAP brings together people with lived experience of sight loss to advise on how we deliver and improve our services.

As a member, you’ll meet quarterly to:

* Share feedback and suggestions
* Help shape new initiatives
* Advise on accessibility, communication, outreach and more

You don’t need any formal qualifications—just your experience and your willingness to speak up on behalf of others with sight loss.

Interested in having a bigger say in the direction of the charity?

We are also looking for new Trustees to join the Insight Gloucestershire Board. Trustees are responsible for the strategic direction and governance of the charity—helping to ensure we remain focused, accountable, and effective in our work.

This is a great opportunity to contribute your lived experience at a leadership level.

If you’re interested in joining LEAP, becoming a Trustee, or just want to learn more, please contact glenda.prall@sightsupportwest.org.uk or mike.silvey@sightsupportwest.org.uk. We’d love to hear from you.

## Join us for a theatre trip to The Talented Mr Ripley

We’re excited to be partnering with The Everyman Theatre in Cheltenham to offer discounted seats for a special performance of The Talented Mr Ripley on Saturday 13 September at 2pm.

The trip will include a touch tour before the show and there’s also the option to join us for lunch at the theatre beforehand – a great chance to socialise with others.

We’ll be sending out full details to everyone on our Theatre Trips mailing list at the end of July. If you’d like to be added to the list and be among the first to book, please give us a call.

**Contact us on: 01242 221170**

# Insight Gloucestershire Hubs and Socials

Our sight loss advice hubs provide a space for consultations with your local advisor, offering information, guidance, and advice on all things sight loss related. You can explore a selection of helpful aids at the hub and your advisor can suggest what equipment and technology might be useful to help you meet the challenges sight loss can pose. Additionally, some hubs host social groups where you can meet others, share tips and tricks, and enjoy a chat.

For full details of our sight loss advice hubs and social groups, see our website which has the latest information, or you can call our office on 01242 221170. See our [hub and social group listings.](https://www.sightsupportwest.org.uk/events/) You can put your postcode in the search bar to find your nearest hub.

# Events & Notices From Other Organisations

There’s nothing in this section for now, but we’ll update you next month

# Leisure and Sporting Activities / Events

## Inclusive cycling sessions across Gloucestershire

Goals Beyond Grass (GBG) runs adapted cycling sessions for people of all ages and abilities, using a range of inclusive bikes. Weekly sessions take place in Cheltenham, Gloucester, and the Forest of Dean. The cost is £5 per rider, with parents, carers, and guardians joining for free. Sessions are friendly, welcoming, and supported by trained volunteers.
To find your nearest location, check dates and times, or contact the team with accessibility requirements, visit the GBG Bikes page on their website: [www.goalsbeyondgrass.co.uk/gbg-bikes](http://www.goalsbeyondgrass.co.uk/gbg-bikes) or contact them on 01452 245771 / info@goalsbeyondgrass.co.uk

## Sailability at Whitefriars Sailing Club

Sailability at Whitefriars offers accessible sailing for disabled people and those with limited mobility. With adapted boats, on-water support, and trained volunteers, the club enables people to enjoy sailing for leisure or even compete. Family participation is encouraged, and the sessions offer therapeutic benefits as well as skill-building. Sessions run every Wednesday from April to October, with full access to club activities for members. Volunteers are always welcome, no sailing experience needed.
To find out more about joining or volunteering, visit:
[www.whitefriarssc.org/sailability](http://www.whitefriarssc.org/sailability)

## Nature in Art near Gloucester launches project to make art accessible

Nature in Art Museum (located near Gloucester) has recently been awarded a Small Open Grant from Museum Development South West, with thanks to support from Arts Council England. This is to support our project ‘Art for Every Sense’, which aims to remove barriers for blind and visually impaired people to engage with art. We are planning to use audio commentary and tactile prints of our paintings to do this.

If you are interested in supporting this project through feedback, testing or other means, please ring 01452 733 942 or email Hattie Revans at keeper@natureinart.org.uk

# Support Groups and Courses

See our website for a list of regular support groups offered by other organisations that take place locally and online. Click here: [Webpage for regular support groups and services](https://www.sightsupportwest.org.uk/support-groups-and-services/)

## Royal National College – Get Workplace Ready Course

RNB are offering a Get Workplace Ready, a free three-month course for ages 18–29, starting 27 October.
Details and booking: [www.rnc.ac.uk](https://www.rnc.ac.uk/event-item.aspx?id=127)

## RNIB Living well with sight loss courses

During August, RNIB will be running three presentations of its Living Well with Sight Loss telephone course.  The four-session course is open to people with sight loss across the UK and first one starts on 1st August.

[RNIB LIving Well With Sight Loss Telephone Courses](https://www.rnib.org.uk/events-and-courses/living-well-with-sight-loss-course-national-phone-group-august-25/)

RNIB is also running a [telephone course, ‘Focus on Friends and Family’](https://www.rnib.org.uk/events-and-courses/living-well-with-sight-loss-course-focus-on-friends-and-family-phone-group-september-2025/) starting on 3rd September.

## Macular Groups

See list below, but please contact before attending, as groups may have an alternate venue, or an outing planned.

Call **0300 30 30 111**

### Gloucester Macular Group

Meet on the first Wednesday of each month, 10am to 12pm at Gloucester Deaf Association, Colin Road, Barnwood, GL4 3JL

### Cheltenham Macular Group

Meet on the third Wednesday of each month 2pm to 4pm at Christ Church, Malvern Road, Cheltenham, GL50 2JH

### Stroud Macular Group

Meet quarterly, 10am to 12pm in March, June, September and December

At Stroud Hospital, Trinity Road, Stroud, GL5 2HY

## See Differently Support Group

An 18+ support group for the blind and visually impaired, along with their family members and / or carers. Come along to chat, socialise and maybe play a few games or two.

Takes place every other Tuesday, 1-2.30pm

Location: The Redwell Centre, Matson, GL4 6JG

Email Harvey on: seedifferently@hotmail.com

## Stroud Visually Impaired Club

Meets on the first Thursday morning of the month in Sherborne House, Stonehouse.  Members come from the Stroud area and Cam and Dursley. Transport maybe available.

Please contact Celia on:

07770 146 536 or email: celiakelly1961@gmail.com for more information.

# Local Audio Described Arts Events

## The Everyman Theatre in Cheltenham

The Everyman Theatre, Cheltenham, is delighted to be offering audio described performances for the following shows.

* **Inspector Morse** on Thursday 6th November at 2:00pm

[Inspector Morse Website](https://www.everymantheatre.org.uk/shows/inspector-morse-house-of-ghosts/)

* **Robin Hood and his Merry Men** on Friday 12th December at 2:00pm

[Robin Hood and his Merry Men Website](https://www.everymantheatre.org.uk/shows/robin-hood-and-his-merry-men/)

Touch Tours on stage at 11.30am (unless otherwise stated)

* They’re also staging Dad’s Army Radio Show – while not audio described, this production is particularly suitable for blind and partially sighted audiences due to its rich sound effects and strong vocal performances. Find out more on their website - <https://www.everymantheatre.org.uk/shows/dads-army-radio-show/>

Contact Sally-ann if you would like further details, to book the touch tour or tickets, or to receive the season’s brochure: on 01242 695574 sally-ann.rhodes@everymantheatre.org.uk

**(Please note: these events are not organised by Insight Gloucestershire, please call us if you would like to be added to our mailing list for our theatre trips on 01242 221170.)**

# Children and Young People

## Inclusive summer activities in Bristol

Ignite Bristol is running a brilliant range of inclusive sessions for d/Deaf, disabled, and neurodivergent children and young people this summer:

* Martial Arts – 30 July (ages 5–18): [Register for Martial Arts](https://bit.ly/martial_arts_taster)
* Skittles – 8 August (ages 16+): [Register for Skittles](https://bit.ly/skittles_taster)
* Sensory Storytime & Movement – 10 August (all ages): email Laura.Dear@bristol.gov.uk
* Street Dance – 12 August (ages 5–18): [Register for Street Dance](https://bit.ly/street_dance_taster)
* Multi-Sport – 15 August (ages 5–12, with BSL): [Register for Multi-Sport](https://bit.ly/multi_sport_taster)
* BMX – 21 August (ages 8+): [Register for BMX](https://bit.ly/BMX_taster)
* Tag Rugby – 26 August (ages 5–25): [Register for Tag Rugby](https://bit.ly/tag_rugby_taster)

Contact: Katie.Crook@accesssport.org.uk or James.Snook@accesssport.org.uk

## LOOK family bowling in Hereford

Join LOOK for a fun, free family bowling event on Wednesday 6 August, from 1pm to 3.30pm at Hereford Bowl.
This relaxed afternoon is for families with a visually impaired child or young person, including siblings and carers. It’s a great chance to connect with others, enjoy some friendly competition, and meet the LOOK team. All welcome, no bowling experience needed!
**Book your place:** [LOOK Family Bowling Event](https://www.look-uk.org/strike-it-lucky-with-look/)

## RNC events for young people

The Royal National College for the Blind (RNC) is running three events:

* Summer Weekend (2–3 August) for ages 10–13: V.I. sports, activities, and a slumber party (£25).
* Open Day (19 September) for prospective students and families.
* Have a Go Weekend (25–26 October) for ages 13–17: free accommodation, sports, music, and cooking.
* They also offer Get Workplace Ready, a free three-month course for ages 18–29, starting 27 October.
Details and booking: [www.rnc.ac.uk](https://www.rnc.ac.uk)

## The Outlook Trust

The Outlook Trust organises outdoor activity and residential breaks for blind and partially sighted children and young people with additional disabilities.
Find out more: [About The Outlook Trust Charity](https://www.outlooktrust.org/about-us/)

## Inclusive tennis in Winterbourne

Weekly sessions for disabled, d/Deaf and neurodivergent young people aged 8–18.

* Thursdays, 5–5.45pm
* Fridays, 11.15am–12pm
First session free. Book: [bit.ly/winterbourneAcez](https://bit.ly/winterbourneAcez)

## SEND inclusive climbing

Clip ‘N’ Climb sessions for d/Deaf, disabled and neurodivergent children aged 4–17.

* Wednesdays, 5–6pm
* BLOC Climbing Centre, BS2 0SH
* £9.90 per session
More info and booking: BLOC website

## Super 1s girls’ cricket

Free inclusive cricket sessions for girls aged 12–25 with SEND.

* Mondays, 6–7pm
* Hanham Cricket Club, Bristol BS15 3NP
Contact Jeanette Tate: 07432 728926 or jeanette.tate@glosccc.co.uk

## City of Bristol Para Swimming Trials

For confident swimmers aged 7+ with basic stroke ability and a can-do attitude. Trials are flexible to individual needs.
Enquiries: cobscpara@gmail.com (Coach Keira)

## Victa: VI tandem cycling in Reading

Victa is running a free VI cycling day on 19 August at Palmer Park Velodrome, Reading, for ages 8–17. Beginners welcome.
Apply by 1 August: [Victa VI Cycling Application Website](https://victa.us18.list-manage.com/track/click?u=b3f7c25f918ce44ae8cbc3d1d&id=fa06d9f88a&e=5426ac0019)

## Online Groups / Events / Socials

* LOOK will be running two more Healthy Parent Carer Programmes for families with a vision impaired child.  The twelve-week online courses will run in Autumn 2025 (apply by 1st August) and Spring 2026 (apply by 3rd November).
<https://www.look-uk.org/healthy-parent-carer-programme-spring-2026/>
* Retina UK runs an online [Peer Support Group for the parents and carers](https://retinauk.org.uk/event/parents-carers-group/) of children with an inherited retinal dystrophy.

# Research Opportunities

## Survey – Employment support for disabled people

The Commons Work and Pensions Committee has launched a new inquiry, ['Employment support for disabled people](https://committees.parliament.uk/work/9270/employment-support-for-disabled-people/news/208345/mps-launch-new-inquiry-to-address-disability-employment-gap/)', on how to improve the job prospects of disabled people and is calling for the views of disabled people, employers, and experts (the closing date for submissions is 29th September).

## Writing and sight loss – share your experience

Anglia Ruskin University is exploring the challenges people with sight loss face when writing or typing. The aim is to better understand these difficulties and find practical solutions.

They’re looking for adults (18+) who experienced sight loss in both eyes after learning to read and write.

You can take part by completing a short 10–15 minute online survey, or by arranging a phone call with Rukaiya (15–30 mins) on 07460 445124.
**Take the survey:** [A.R.U Survey Link](https://app.onlinesurveys.jisc.ac.uk/s/angliaruskin/through-their-eyes-a-survey-on-writing-challenges-with-acquired)

# Online Events / Notices / Groups / Socials

Looking for online groups, events or peer support?
You can find many of our regular online listings, including national social groups, webinars and condition-specific support, on our website. Visit our [Online Resources From Other Organisations webpage](https://www.sightsupportwest.org.uk/resources/online-resources/)

* The Marfan Trust is holding its annual [Marfan Information Day](https://www.marfantrust.org/events/marfan-information-day-saturday-11-october) on Saturday 11th October, via Zoom.
* The Macular Society runs monthly ‘[My Macular and Me’ webinars](https://www.macularsociety.org/support/events/webinars/). The next one is on 19th August, and the subject is genetic counselling for macular disease.
* During August, RNIB will run three presentations of its [Living Well with Sight Loss telephone course](https://www.rnib.org.uk/events-and-courses/living-well-with-sight-loss-course-national-phone-group-august-25/). The course is open to people with sight loss across the UK and first one starts on 1st August.
* RNIB is also running the following UK-wide telephone course: [‘Focus on Friends and Family’](https://www.rnib.org.uk/events-and-courses/living-well-with-sight-loss-course-focus-on-friends-and-family-phone-group-september-2025/) starting on 3rd September.
* This year's [Macular Disease Conference](https://www.macularsociety.org/support/events/conference/) will be held online on Saturday 13th September and registration is open.

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Tel: 01242 221170info@insight-glos.org.uk

Registered charity: 204279.

Registered Office: 81 Albion St, Cheltenham, GL52 2RZ