Monthly What’s on Guide for October 2025

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

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# Insight Gloucestershire Events and Notices

## Have your say: help shape the future of our support

Your experiences matter to us. We want to make sure our services, activities, and events reflect what people living with sight loss really want and need. That’s why we’ve launched our 2025 survey, and we’d love you to take part.

It only takes about 15 minutes, and all responses will be kept confidential. The more people who share their views, the clearer picture we’ll have of what matters most to our community.

You can take part:

* Online – [Insight Gloucestershire survey link](https://forms.office.com/e/DuNFizwtYF)
* by phone – call us on 01242 221170
* at your local hub in October
* or by posting back your answers to the survey questions included in our recent letter / email.

However you choose, your voice will make a difference.

The survey closes on 5 November, and we’ll share the results in the summer edition of Visible magazine.

## Theatre trips with The Everyman

Join Insight Gloucestershire for two upcoming audio-described shows at The Everyman Theatre, Cheltenham. Book early as only 20 seats are available for each performance.

* **Inspector Morse: House of Ghosts** – Thursday 6 November, 2pm. Tickets £43. Booking closes Friday 17 October [Inspector Morse: House of Ghosts | Everyman Theatre](https://www.everymantheatre.org.uk/shows/inspector-morse-house-of-ghosts/)
* **Robin Hood and his Merry Men** – Friday 12 December, 2pm. Tickets £25. Booking closes Friday 21 November. [Robin Hood and His Merry Men | Everyman Theatre](https://www.everymantheatre.org.uk/shows/robin-hood-and-his-merry-men/)

Optional lunch (at extra cost) and touch tour available. To reserve your seat, call us on 01242 221170.

## Final call – Summer Raffle closing soon!

Time is running out to get your tickets for our Summer Raffle and the chance to win up to £500. Tickets are £1 each or £10 for a book of 10, with all proceeds supporting Sight Support West of England, Wiltshire Sight, and Insight Gloucestershire.

Prizes: £500, £100, £25 and £10. Entries close **Friday 3 October** – don’t miss out!

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

Full details and terms: [Our Summer Raffle webpage](https://www.sightsupportwest.org.uk/get-involved/raffle/)

## 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.

* **10.30am – What Digital Technology Can Do For You**  
  Discover how smartphones, voice commands, and online tools can make everyday tasks easier. Learn about our digital skills support service available at hubs across the region.
* **11.45am – Ask the Expert: Amar Shah**  
  Amar Shah, Sight Support West Trustee and leading optometrist, will answer your questions, challenge myths, and explain support and treatment options.
* **1.00pm – Fraud Protect Talk**  
  Claire Bounds from Avon and Somerset Police will explain common fraud tactics and share tips on how to keep yourself and loved ones safe.
* **2.00pm – The Digital Switchover**  
  Sodhi Dhillon from BT will outline what the landline switchover means, how it’s happening, and the support available to customers.

Pre-registration helps us plan and is quick and easy to do. Book your free ticket at Eventbrite: <https://eye-can-bath-2025.eventbrite.co.uk> or call Sight Support on 0117 322 4885.

To register, contact us on 01242 221170 or email [info@insight-glos.org.uk](mailto:info@insight-glos.org.uk)

## Young Adults Virtual Hub – themed session

Our Young Adults Virtual Hub is introducing a themed discussion for the upcoming session on Wednesday 15 October. The topic will be ‘Getting out and about’.

Amber would love to talk to you about the challenges young people face when navigating sight loss, overcoming and managing the stigma that is sometimes associated with visual impairment, and sharing hints and tips for how you cope and maximise your independence.

She says: “With first-hand lived experience this is something I’m acutely aware of and would love to speak to others about how they manage.”

This is a friendly space to connect with others, share experiences, and support one another. To join, 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.

## Hub updates to note

No updates this month.

# Events & Notices From Other Organisations

## Audio description launch at Gloucester Guildhall

Join Gloucestershire Sight Loss Council to celebrate the launch of audio description at Gloucester Guildhall.

* **Date:** Wednesday 8 October 2025
* **Time:** 6:30pm for 7:00pm start
* **Venue:** Gloucester Guildhall, 23 Eastgate Street, GL1 1NS

Enjoy a complimentary drink before a screening of Downton Abbey. Places are limited and will be allocated on a first-come, first-served basis.

Book via the box office on 01452 503050.

## Carers Rights Day 2025

Carers Rights Day takes place on Thursday 20 November. Ahead of the day, the Gloucestershire Carers Hub will be raising awareness with the NHS bus tour, visiting Tewkesbury (3 Nov), Coleford (7 Nov), Cheltenham (14 Nov), Gloucester (18 Nov) and Cirencester (20 Nov).

The main Carers Rights Day event will be held at Dowty Sports and Social Club, Gloucester, on Thursday 20 November from 10am to 2pm.

For more information or to book a stand, email [careraware@peopleplus.co.uk](mailto:careraware@peopleplus.co.uk)

## Explore Gloucestershire Archives

Gloucestershire Heritage Hub is running six free sessions for blind and visually impaired people, supported by Sight Loss Council and Gloucester Talking Newspaper. Sessions include Treasures of the Archives, Police Archives, Sounds of the Archives, and Family History.

Dates: Wednesdays, 1–3pm, from 1 October to 5 November.  
Venue: Gloucestershire Heritage Hub, Gloucester, GL1 3DW (free parking, refreshments provided, guide dogs and carers welcome).

Book: [archives@gloucestershire.gov.uk](mailto:archives@gloucestershire.gov.uk) or 01452 425295 (ask for Jemma or Helen).

# Leisure and Sporting Activities / Events

## Totally Tactile exhibition – Nature in Art

Nature in Art is hosting *Totally Tactile*, a fully tactile exhibition running from 16 September to 19 October 2025. Visitors are invited to engage with artworks through touch, exploring everything from realistic animals to abstract pieces, crafted in materials such as wood and metal.

Sighted visitors will be offered blindfolds to deepen the sensory experience, while visually impaired visitors can enjoy audio guides across the galleries and tablets with high-contrast images.

This special exhibition also features works from the museum’s main collection, reference library, and other items kindly loaned for the occasion.

Where: Nature in Art, A38 Twigworth, Gloucester, GL2 9PG  
More info: 01452 731422 [www.natureinart.org.uk](http://www.natureinart.org.uk)

## Inclusive cycling sessions across Gloucestershire

Goals Beyond Grass (GBG) offers weekly adapted cycling sessions in Cheltenham, Gloucester and the Forest of Dean, open to all ages and abilities. Sessions cost £5 per rider, with carers free, and are supported by trained volunteers.

For locations, dates, and accessibility details, visit [www.goalsbeyondgrass.co.uk/gbg-bikes](http://www.goalsbeyondgrass.co.uk/gbg-bikes) or contact them on 01452 245771 / [info@goalsbeyondgrass.co.uk](mailto:info@goalsbeyondgrass.co.uk)

## Sailability at Whitefriars Sailing Club

Whitefriars Sailing Club offers accessible sailing for disabled people and those with limited mobility, using adapted boats and on-water support from trained volunteers. Sessions run every Wednesday from April to October, with opportunities for leisure or competition. Family members can join in, and volunteers are always welcome.

Find out more at [www.whitefriarssc.org/sailability](http://www.whitefriarssc.org/sailability)

# 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 Telephone course, Focus on Friends and Family

RNIB is 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](mailto: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](mailto: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)

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](mailto:sally-ann.rhodes@everymantheatre.org.uk)

**Please note: you can book directly with The Everyman Theatre, or call Insight Gloucestershire for details of any shows we are organising trips for.**

# Children and Young People

## The Lost Flock – make a show in a day

A creative outdoor workshop and performance for young people aged 7–11 will take place on Saturday 4 October, 1–4pm, at Cirencester Opportunity Group. SEND and VI friendly, siblings and friends are welcome.

Children will make puppets, sing, dance and tell stories as they bring to life the tale of a mythical bird who has lost her flock. The day ends with an informal performance for family and friends.

Cost is from £5 per family (bursary places available). Sign up by 24 September at [The Lost Flock – Hook & Loop Collective](https://hookandloop.org.uk/lostflock/)

## Building Prospects workshops for young people

Building Prospects is back with a refreshed series of fun, peer-led online workshops for ages 13–18. Running from 15 September to 15 October, sessions take place on Mondays or Wednesdays, 5–6pm via Zoom. Young people can build confidence, develop life and employability skills, explore career pathways, and connect with peers.

Apply online: [Building Prospects application form](https://forms.office.com/e/jTJRAy6TBu?utm_source=chatgpt.com)

## Opportunities from VICTA for children and young people

VICTA has a range of activities open for application this autumn and winter:

**Families**

* Circus Starr Big Top Show, Milton Keynes – 1 October (free tickets)
* Sport Young Achievers Day, Kent – 8 November (£5pp)
* Young Achievers Create Family Day, Tate Modern, London – 29 November (£5pp, age 5+)

**Ages 10–13**

* Online Taskmaster Club, October–November (£10pp)
* Equine Taster Day, Borehamwood – 30 October (£20pp)
* Lions International Peace Essay & Poster Competitions – free, closing October

**Ages 14–17**

* Sports Leadership Residential, RNC Hereford – 27–31 October (£50pp)
* Spanish Celebration Day, NCW Worcester – 28 October (£5pp)
* Behind the Scenes at Shakespeare North Playhouse – 31 October (£20pp)

**Ages 18+**

* Get Workplace Ready employability programme – RNC Hereford & self-led learning
* Hair & Care workshops – ongoing (£5 refundable)
* Arts Award Blind Photography Course, London Institute of Photography – 12–15 November (£75pp)

**Further sport**

* VI Climbing taster, Manchester (ages 10–17, £5pp)
* FA England Talent Days travel offer (ages 7–16)
* VI Cycling taster, Derby (ages 12–19, free)

Full details and applications: [www.victa.org.uk](http://www.victa.org.uk/)

## VICTA Early Years Sensory Discovery Packs

VICTA offers free Sensory Discovery Packs for children aged 0–4 who are vision impaired. Each pack is filled with specially chosen sensory items to help families enjoy playtime together. Online play ideas are also included to help parents get started.

Parents and professionals can apply for baby or toddler packs here: [victaparents.org.uk/early-years-sensory-pack](https://victaparents.org.uk/early-years-sensory-pack)

## Inclusive sport opportunities from Ignite Bristol

**Flyerz Hockey**  
Fortnightly inclusive hockey sessions for disabled and neurodivergent children and adults. Free, equipment provided, no experience needed.  
Tuesdays, 6–7pm, OB’s Pitch, Beggar Bush Lane, BS8 3TH.  
Contact Lizzie: 07511 700220

**Wheelchair Basketball**  
Weekly sessions for children with additional needs and siblings. Sports wheelchairs provided.  
Mondays, 4:30–5:30pm, Kingswood Leisure Centre, BS16 4RH.  
Contact Jenny for details.

**Female & Non-Binary Sessions – Expression of Interest**  
Ignite Bristol is seeking views on how to make sport more welcoming for girls and non-binary young people.  
Complete the form: <https://forms.office.com/e/XsaAWCCVHY>

Find out more: [ignitebristol.co.uk](https://www.ignitebristol.co.uk)

## FA Para Football – England Talent Days

For ages 7–16 with a visual impairment, cerebral palsy, or hearing impairment. First step on the Para Football pathway. Upcoming dates: 18 October 2025 and 1 April 2026 at St George’s Park, DE13 9PD. Register online - <https://forms.office.com/e/RqFfguz20V>

## Guide Dogs Children’s Services

[Guide Dog services for children](http://www.guidedogs.org.uk/getting-support/help-for-children-and-families/) with vision impairment and their families, from independent living skills to family events. My Time to Play (ages 0–4) helps children develop through play. Groups are running in Bath & North East Somerset, with new ones starting in South Gloucestershire and North Somerset this autumn.

## RNC events for young people

* Have a Go Weekend (25–26 October) for ages 13–17: free activities and accommodation.
* Get Workplace Ready (ages 18–29): free three-month course starting 27 October.

Details and booking: [www.rnc.ac.uk](https://www.rnc.ac.uk)

## The Outlook Trust

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

## Super 1s girls’ cricket

Free inclusive sessions for girls aged 12–25 with SEND. Mondays, 6–7pm, Hanham Cricket Club, BS15 3NP [jeanette.tate@glosccc.co.uk](mailto:jeanette.tate@glosccc.co.uk)

## City of Bristol Para Swimming

Trials for confident swimmers aged 7+ with basic stroke ability. Flexible to individual needs. Coach Kiera - [cobscpara@gmail.com](mailto:cobscpara@gmail.com)

## Inclusive tennis – Winterbourne

For ages 8–18 who are disabled, d/Deaf, or neurodivergent. Thursdays, 5–5.45pm at Winterbourne Tennis Club. First session free. [Winterbourne Tennis Club booking link](https://clubspark.lta.org.uk/WinterbourneTennisClub/Coaching/Course/15de1228-ba13-49fe-a3d1-16ed3a458786)

## Online groups

* [LOOK Healthy Parent Carer Programme](https://www.look-uk.org/healthy-parent-carer-programme-spring-2026/): 12-week online course in Spring 2026 (apply by 3 November).
* Retina UK online [Peer Support Group for the parents and carers](https://retinauk.org.uk/event/parents-carers-group/) carers of children with inherited retinal dystrophy

# Research Opportunities

## Have your say – Sight Support West of England survey

We’d love to hear from anyone with lived experience of sight loss about how we can best support people across our region. Our short survey takes about 15 minutes, and all responses will be kept confidential.

You can take part in the way that suits you best:

* Online: <https://forms.office.com/e/vb73YjaTyQ>
* By phone: call 0117 322 4885
* At your local hub in October
* In writing, if you received our survey letter

The survey closes on 5 November. Results will be shared in the summer edition of Visible magazine.

## Share your feedback on accessibility at Blackfriars

English Heritage is seeking feedback on new information panels at Blackfriars, Gloucester. Goss Consultancy Ltd is looking for 1–2 people with a visual impairment (with some sight) to visit the site at the end of October, then join a focus group to share their views.

The session will take around 3 hours. Participants will receive £100 plus £20 travel expenses.

To take part or find out more, contact Charlotte at [charlotte.adam@gossconsultancy.com](mailto:charlotte.adam@gossconsultancy.com) or by phone: 07900 003785.

## How will you vote? – RNIB survey

Further to the survey on local support provided by us here at Sight Support, the RNIB have gathered ideas for new ways to support people with sight loss and now want your views on which could make the biggest difference. They are keen to hear from people living with sight loss, family and friends, and health or care professionals.

The survey takes 20–30 minutes, includes a quick eligibility check (age 18+), and is open until Wednesday 8 October 2025.

Take part here: <http://bit.ly/4251Rt5>

## AI-EMPOWERED: research on AI and disabled people’s work

University of Birmingham researchers are exploring how AI is changing work for disabled people. Disabled people, employers, and stakeholders can join confidential surveys and interviews. Participation is voluntary and ethically approved.  
Learn more and take part: [ai-empowered.org.uk](https://ai-empowered.org.uk/)    
Contact: [d.wheatley@bham.ac.uk](mailto:d.wheatley@bham.ac.uk)

## Research study: childhood vision and sensory impairment

Parents and professionals with experience of childhood vision impairment (including combined conditions such as VI and autism or deafness) are invited to take part in a University College London study. The aim is to identify future research priorities based on real-world needs.

Taking part involves completing an anonymous online survey lasting around 10–15 minutes. Participation is voluntary and confidential.

For more information or to request the survey link, contact Xinyu Yang at [zcjtxya@ucl.ac.uk](mailto:zcjtxya@ucl.ac.uk) or see this [UCl participation information webpage](https://qualtrics.ucl.ac.uk/jfe/form/SV_eQYtR1Tmfx3aj6S)

# 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/)

[**Blind Ambition**](https://www.blindambition.co.uk/training-support/waf-working-age-forum/)

* Monthly Working Age Forum sessions discussing employment-related issues. The next is on 14 October.

[**Deafblind UK events**](https://deafblind.org.uk/events/)

* Fortnightly Zoom sessions on Friday afternoons offering on-the-spot tech support for people with dual sensory loss. The next is on 3 October.
* Fortnightly online Job Club for people with sight and hearing loss. The next meeting is on 3 October.
* [Online annual Deafblind conference](https://deafblind.org.uk/get-involved/our-campaigns/deafblinduk-conference-2025/) 9th October

[**Fight For Sight**](https://www.fightforsight.org.uk/news-and-insights/fight-for-sight-presents/)

Online webinars

[**Glaucoma UK**](https://glaucoma.uk/get-involved/glaucoma-uk-events/)

Offer both face to face and online meetings. Next Digital Support Group meeting: 7pm on 28 October. Topic: Driving and Glaucoma.

[**Macular Society**](https://www.macularsociety.org/support/support-group/condition-specific-groups/)

* My Macular and Me monthly webinars. Next session: 21 October (topic TBC).
* Online condition-specific groups for people with diabetic macular oedema, myopic macular degeneration, Best disease, Sorsby’s fundus dystrophy, and Punctate Inner Choroidopathy (PIC). Also, a group for people with early onset macular degeneration.

[**Marfan Trust**](https://www.marfantrust.org/pages/83-events)

Runs a online clinics for people affected by Marfan syndrome.

[**Nystagmus Network**](https://nystagmusnetwork.org/support/monthly-online-get-togethers/)

Runs virtual support groups for adults with acquired or congenital nystagmus.

[Retina UK](https://wiltsblind.sharepoint.com/sites/SightSupport/Shared%20Documents/0.%20Shared/Communications%20&%20Marketing/Newsletter%20What's%20On%20and%20Visible/Monthly%20Update%20What's%20On/Sight%20Support%20What's%20On/Retina%20UK%20runs%20a%20wide%20range%20of%20Peer%20Support%20Groups)

Runs a wide range of Peer Support Groups

[**RNIB online groups**](https://www.rnib.org.uk/living-with-sight-loss/community-connection-and-wellbeing/talk-and-support/)

Community Connection telephone groups, run by RNIB’s Talk & Support service.

[**Sense**](https://www.sense.org.uk/shop/online-shop/category/bookable-activities/?_locations=in-your-own-space)

Runs a range of activities online and by phone for people with deafblindness.

[The Royal Collection](https://www.rct.uk/event/descriptive-zooms)

Free monthly online lectures for blind and partially-sighted people on the first Tuesday of the month

[**Thomas Pocklington Trust**](https://www.pocklington.org.uk/employment/works-for-me-employment-programme/tech-workshops/)

Let’s Talk Jobs workshops – next session on 13 October: Creating the best you at interview.

[**UK Keratoconus Self-Help and Support Organisation**](https://www.keratoconus-group.org.uk/index.php/2025/08/19/kc-coffee-morning-on-zoom/)  
Holds quarterly Zoom meetings. Next one is on 4 December.

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