



Useful Vision provides positive opportunities and activities for vision impaired children aged 0-19 and their families in the North East.

Join us during April, May & June 2016

Swimming Party at the East End Pool, Newcastle. The East End Pool has three pools; a toddler pool with a bubble machine, a studio pool and the main leisure pool with a wave machine, fountains and flumes. We have sole use of all of the pools for an exclusive family swim. This will be followed by fish and chips afterwards. **Saturday 2nd April, Swim 3-4pm, Fish and chips 4- 4.45pm.**

Washington Wetlands. Come and join us for a fantastic day out amongst the birds and wild life. There will be guided tour of the wetlands, as well as; wood craft workshop, pond dipping, watching the otters get fed and a Lego trail. Families will also have free time to explore the grounds and feed the birds at their own leisure. **Wednesday 6th April, 10am-2pm.**

Safetyworks Interactive Safety Centre, Newcastle. Does your child know how to make a 999 call? Do they know what it's like in a police station? Are they confident at the Metro station or crossing the road? Do they know how to stay safe in your home? Safetyworks can help answer these questions with life sized scenarios that will provide the children with an innovative enjoyable learning experience. It will help them experience emergency situations in a safe environment and give them awareness of what to do. The session is designed for vision impaired children aged 8 and over, along with their siblings and parents/carers. **Thursday 7th April, 10am-12pm.**

Hall Hill Farm, Lanchester. Have a great family day out at Hall Hill Farm. Lamb Feeds, Tractor Rides, Barrel Rides and Donkey Rides will be running all day. There will be lots of opportunities for cuddling rabbits and guinea pigs, holding chicks and stroking the larger animals – sheep, goats, donkeys and alpacas. There is also a picnic and play area, with adventure playground and Noah's ark. **Sunday 10th April, 11am-3pm.**

Bounce Baby and Toddler Group, Sunderland. Join our group specifically for vision impaired babies and toddlers. Children can let off steam in the soft play area, followed by a Music Bugs sing-along session with puppets and musical instruments. Siblings are welcome too. Feel free to drop in for a part session if you can't make the full session. **Tuesdays 12th April, 10th May & 14th June 1.30-3pm.**

Learn to Swim with Useful Vision. Swimming is a very important life skill that could one day save you or your child's life. Take advantage of our Learn to swim programme, which will consist of a 10 week course of swimming lessons, delivered by a fully qualified instructor in the Hydrotherapy pool at Cedars Academy, Gateshead. Lessons are aimed at vision impaired/Blind children aged 4-10 years old. **Wednesdays 13th, 20th & 27th April and 4th, 11th & 18th May, 5.30- 6pm or 6- 6.30pm.**

Sports Taster Sessions at Cedars Academy, Gateshead. Feeling energetic? Join us for our sports taster sessions, aimed at vision impaired/Blind children aged 7 - 16 years old. 13th April - An introduction to gym and fitness training that will include use of dedicated fitness equipment in the gym, followed by a bootcamp style workout. 20th April – An introduction to the sport of Goalball, a fast-paced game specifically designed for people with a visual impairment. Children will learn to develop their skills before having the chance to take part in matches. 27th April - An introduction to various athletics disciplines which will include skill development on a carousel basis. **Wednesdays 13th, 20th & 27th April, 4.30-5.30pm**

Young People have a Voice! Skills Workshop and Youth Forum, Cramlington. Feeling Creative? Come along to the monthly Useful Vision skills sessions! Children can express their views, take ownership of projects, plan activities and work as part of a team. There will be introductory taster sessions into many different subjects. Sessions are suitable for vision impaired children aged 10 and over. **Saturdays 16th April, 14th May & 18th June 10am-12.30pm.**

Clip 'N Climb at Concordia Leisure Centre, Cramlington. Join us at Clip 'N Climb, where climbing walls meet theme park for an exciting new leisure concept! The climbing-based activities provide healthy, challenging fun for all the family! Suitable for children aged 4 and over. No climbing experience is necessary and full training and equipment are provided. **Saturday 23rd April, 11am - 12.30pm.**

Whitehouse Farm, Morpeth. As well as meeting the animals and an exclusive petting session, other attractions at the farm include; Birds of prey, Adventure playground, Pedal tractors, Panning for gold, Go karts, Bouncy castles, Trampolines, Willow maze, Indoor sandpit, Frisbee golf, Tractor trailer rides and 'Farmers Den' themed soft play barn. **Sunday 8th May, 10am - 3pm.**

Hartlepool's Maritime Experience. Travel back in the mari-time machine and experience how it was aboard a real British naval frigate, two centuries ago. Explore the quayside which features historic houses and shops. Get a tour around HMS Trincomalee, Britain's oldest warship afloat. Take part in our rope making workshop and watch the cannon and musket displays. Children can also take part in a treasure hunt. Pirate fancy dress is optional. **Sunday 22nd May, 11am – 3pm.**

Forest Adventure Day, West Boldon. This bushcraft adventure day will take you back to basics, learning how to survive in the woods. You'll build a shelter, practice safely cooking on a campfire, use basic woodworking tools, and complete team challenge. Aimed at children 6 years and over. **Tuesday 31st May, 10am – 2.30pm.**

Rock Climbing at Rock Antics, Newton Aycliffe. Rock Antics is one of the top 10 climbing walls in the UK. Nine metres high, the wall has 53 fixed ropes and 1000 square metres of dedicated climbing area, with simulated rock surfaces and textures, ranging from easy to extreme. Suitable for children aged 6 years and over. **Wednesday 1st June, 11am - 12.30pm.**

Riding and Pony Grooming at The Pegasus Centre, Morpeth RDA. There will be a riding lesson, grooming and stable management session and quiz about all things horse related! Vision impaired children are free of charge, siblings are charged at £10 per sibling. Minimum age for riding is 4 years. The Pegasus Centre regulations state that no one over 12 stone can ride. **Friday 3rd June, 10am - 1pm.**

Stephenson Railway Museum, North Shields. Enjoy a morning of train themed activities, including clay modelling and Victorian dressing up. Visit the museum to find out about the local railway history. Finish your visit with a four mile return trip following the route of the coal trains from the collieries to the River Tyne behind a vintage locomotive in a 1950s passenger carriages. **Sunday 5th June, 10am – 12 noon.**

Audio Descriptive Performance of 'The Good Dinosaur' at Tyneside Cinema. The Good Dinosaur is full of humour, heart, action and imagination, perfect for the whole family! It asks the question: What if the asteroid that forever changed life on Earth missed the planet completely, and giant dinosaurs never became extinct? **Saturday 11th June, 10am - 12pm.**

Segedunum Roman Fort, Wallsend. The Roman fort at Segedunum is the most completely excavated fort on Hadrian's Wall. From the 35 metre viewing tower you can look out across the former fort to see the outlines of barrack blocks and stables, the headquarters building and the commander's house. The museum has lots of interactive exhibits exploring all aspects of life in the fort which was home to a cavalry regiment. There will be object handling opportunities of replica and real Roman artefacts and craft activities for children of all ages. **Sunday 26th June, 10am – 12 noon.**

If you have a vision impaired child and would like to register with Useful Vision or are already registered with Useful Vision and would like to attend an activity, please contact the office on 0845 604 8491 or email office@usefulvision.org.uk. Registration for families with a vision impaired child is free and activities are free to attend.