

BANK HOLIDAY

	Mon	Tue	Wed	Thur	Fri	Sat
-				1	2	3
WK 1				* Minds in Sight National Meeting 14 - 25yrs 5pm - 6:30pm * 7 O'Clock Youth Club 14 - 25yrs 7pm - 8pm		
-	5	6	7	8	9	10
WK 2 EASTER HALF TERM	BANK HOLIDAY	* Instru-making 8 - 25yrs 12pm - 2pm * I Can Do It Tuesday's 8 - 18yrs 4:30 - 5:30 * Sisterhood with Rhia 11 - 25yrs 5pm - 6pm	* Sensory Story Time 0 - 8yrs 1pm - 2pm * Audio Book Club 11 - 25yrs 5pm - 6pm * Youth Forum 16-25yrs (CLOSED GROUP) 6pm - 7pm	* 10,000 Step Challenge 8 - 25yrs 11am - 12:30pm	* Freshers Event 16 - 25yrs 1pm - 2:30pm * Independent Life Skills 8-15 Yrs 1pm - 2:30pm * Assistive Tech, 3pm - 5pm	* Afrobeats with Silvastone 8 - 25yrs 12pm - 2pm * Quiz Time 8 - 25yrs 2:30pm - 4pm
-	12	13	14	15	16	17
WK 3 EASTER HALF TERM	* Gaming (Beginners) 8 - 25yrs 1pm - 2:30pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Making the Band 8 - 25yrs 12pm - 2pm * I Can Do It Tuesday's 8 - 18yrs 4:30 - 5:30 * Sisterhood with Heather 11 - 25yrs 5pm - 6pm	* Gaming (Advanced) 8 - 25yrs 1pm - 2:30pm * Audio Book Club 11 - 25yrs 5pm - 6pm * Youth Forum Live Stream (CLOSED GROUP) 6pm - 7pm	* Lunch Club 8 - 15yrs 1pm - 2pm * 7 O'Clock Youth Club 14 - 25yrs 7pm - 8pm	* Bake-a-long 8-25yrs 12pm - 1pm * Parents Assistive Tech, 3pm - 5pm	* Social Saturday 11 - 25yrs 11am - 12:30pm * RSBC x P4L HAWB Work Out 8 - 25yrs 11am - 11:45am * Creative 8 - 25yrs 12pm - 2pm
-	19	20	21	22	23	24
WK 4	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* I Can Do It Tuesday's 8 - 18yrs 4:30 - 5:30	* Sensory Story Time 0 - 8yrs 1pm - 2pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Supper Club 16 - 25yrs 5pm - 6pm	* Assistive Tech, 3pm - 5pm	* HAWB Work Out 8 - 25yrs 11am - 11:45am * Creative 8 - 25yrs 12pm - 2pm
-	26	27	28	29	30	
WK 5	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* I Can Do It Tuesday's 8 - 18yrs 4:30 - 5:30	* Audio Book Club 11 - 25yrs 5pm - 6pm	* Supper Club 16 - 25yrs 5pm - 6pm	* Parents Assistive Tech, 3pm - 5pm	

For more information on our regular virtual sessions please check out our calendar of activities www.rsbc.org.uk/calendar-of-activities/

1st April

Minds in Sight – Youth Services

Lead Staff: Jelani & Sally

Age: 14 – 25

The Minds in Sight Project is back and this time we're talking about Youth Services! With it being such a broad topic, we're bringing you representatives from a range of organisations that service young people across London and the UK! It's time to hear what's really out there for you and how you can take advantage of all they have to offer!

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!

6th April

Instru-making

Lead Staff: Owain & Jelani

Age: 8 – 25

Are you into arts and crafts? Do you enjoy a musical Jam? If yes, then log on to our creative instrument making session, where we will be getting artistic and making percussion instruments ready for our very own group performance.

Sisterhood with Rhia

Lead Staff: Sally & Lauren

Age: 11 – 25

Rhia is a 10-year professional wrestler and co-creator of EVE Academy, the first space created exclusively to nurture women in wrestling. During a forced break due to injury, Rhia started working in the charity sector. She fell in love with changing the world and now balances both careers to fulfil her dream of leaving the world a better place than when she arrived! Join us as Rhia talks through her journey of being a female in a male dominated & unfamiliar industry.

7th April

Youth Forum

Lead Staff: Sally & Lauren

Age: 16 – 25

Do you know about the RSBC Youth Forum? Who they are? What do they do? We will be discussing work the Youth Forum did in 2020 and how that has shaped what vision impaired young people involved with RSBC get up to! We will also be previewing a snippet of the Youth Forums Podcast – RSBC Unseen! Join us to ask all the burning questions you might have!

8th April

10,000 Step Challenge

Lead Staff: Lauren & Vivek

Age: 8 – 25

It's back! We've done 5000, even 7000 and now it's time for the big one – The 10,000 Step Challenge! Enjoy the great music alongside step patterns that are easy to pick up for the perfect way to keep active at home! Whether you've joined us before or not, step into new territory and reach new goals.

9th April

Independent Life Skills

Lead Staff: Jelani & Lauren

Age: 8 – 15

Whether you're hoping to help out your parents or just looking forward to being a little more independent around the house, this one-off Independent Life Skills session is just the ticket! Nathalie is an ILS expert who teaches these skills every day and she's lending her talents to us. Come along to learn a few tips, tricks and life hacks to make your days a bit easier. Don't miss the chance to join in on this amazing opportunity.

Freshers Event

Lead Staff: Mark & Alex

Age: 16 – 25

Going to university this year? Or maybe next year? Even if you're just thinking it through, it can be a stressful time – so many things to do, so many deadlines to meet, so many forms to fill in. Since the pandemic, the whole shape of university life has changed enormously – what's it going to be like in 2021 or 2022?

Our Freshers Day event is a chance to meet and talk and share experiences with other students like yourself. It's also an opportunity to get guidance and tips from our advisors. We'll be covering everything from student finance and DSA to mental health, and we'll be paying particular concern to accessibility and support for VI students, including talks by some VI graduates who've been there, done it and got the t-shirt!

10th April

Afrobeats with Silvastone

Lead Staff: Owain & Vivek

Age: 8 – 25

RSBC and Play Place have been working together to bring you a creative session with a very special guest. Afrobeats Artist, Producer and Songwriter SilvaStone will be joining us to tell us about his journey in the music industry, how the genre came about and where the UK fits in the Afrobeats scene.

Quiz Club

Lead Staff: Vivek & Owain

Age: 8 - 25

Did you know a shrimp's heart is in its head? or that over a lifetime the average person might eat around 70 insects and 10 spiders? If you want to learn more interesting and funny facts like these join the return of RSBC's ever popular quiz club. Expect to have some laughs and leave knowing things that you didn't beforehand! If you have any interesting facts then please bring it along to share with the group.

12th April

Gaming (Beginners)

Lead Staff: Alex & Sally

Age: 8 – 25

After the successful launch of our gaming sessions we're bringing it back for the Easter holidays! In this session we will be playing the classic dice game, Pig which is suitable for all levels of gamers. We will be playing on the RS Game platform, so if you are unfamiliar, please book a session with Alex who can help you get set up before the main event. Hope to see you there, GLHF!

13th April

Making the Band

Lead Staff: Owain & Jelani

Age: 8 – 25

Following on from our Instru-making session we will putting our percussion instrument to use! Learn about percussion, tempo, rhythms and collaborate with some other like-minded musical young people. If you didn't manage to make It to the Instru-making session, don't fear! We will ensure you are prepared for the session beforehand.

Sisterhood with Heather

Lead Staff: Sally & Lauren

Age: 11 – 25

Heather grew up wanting to be a writer, and then accidentally became a lucha libre wrestler aged 21. Since then she has launched herself fully in to a series of adventures, including a book about why female wrestlers continue to break bones and stereotypes!

14th April

Gaming (Advanced)

Lead Staff: Alex & Sally

Age: 8 – 25

After the successful launch of our gaming sessions we're bringing it back for the Easter holidays! In this session we will be playing the one and only, classic card game Uno. This session is best suited to gamers with a little more experience. We will be playing on the RS Game platform, so if you are unfamiliar, please book a session with Alex who can help you get set up before the main event. Hope to see you there, GLHF!

Youth Forum Live Stream

Lead Staff: Sally & Lauren

Age: 16 – 25

The Youth Forum have been busy behind the scenes working on a digital newsletter for all blind and partially sighted young people involved with RSBC. Join our LIVE Launch on Facebook to kick things off! Find out about the newsletter, how the youth forum got this up and running and how to get involved yourself!

15th April

Lunch Club

Lead Staff: Vivek & Owain

Age: 8 – 15

Grab your lunch, a comfy seat and log on to our social space for 8-15 year olds in a relaxed and informal setting. Guided conversational topics will include how you've found your return to school and what you are most looking forward too now that restrictions are beginning to be relaxed.

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!

16th April

Bake-a-long

Lead Staff: Vivek & Lauren

Age: 8 - 25

Remember when everyone was making Banana Bread? Yeah, were not done yet! We are taking it way back to April 2020 as its only right that we reminisce on where we started and look forward to future so, follow our lead as we make a Lockdown favourite and bring things full circle. Ingredients and recipe will be shared before-hand to ensure your prepared. #FlashbackFriday

17th April

RSBC x P4L

Lead: Lauren & Vivek

Age: 8 – 25

RSBC and Palace for life (Crystal Palace FC) are teaming up to deliver a session of fun football fitness! Coaches will set you through your paces during this online sports session and work to improve our balance, agility and co-ordination.

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!

