**Central West London Vision Newsletter – Christmas Edition 2017**

Greetings and welcome to this special edition of our Newsletter. We have been busy over the last couple of months with our launch event and organising our new committee. We have had two meetings to date and are now focussed on organising projects to work on over the coming months.

There are plenty of seasonal celebrations for you to be involved in but before we move onto that, we want to highlight the importance of keeping well during the winter.

You can protect yourself from the Flu by getting a Flu Jab. Depending on your age and medical health history you might be entitled to a free vaccination.

 The Stay Well for Winter Campaign run by Public Health England highlights the risk of catching flu and how you can protect yourself from it. Free vaccinations are available across the threes borough for young children, residents aged over 65, pregnant women, carers and those with a long term illness. Please visit your GP or your local pharmacy for an appointment.

**Festive celebration and support** – The lead up to Christmas means there are plenty of activities and events to get involved in. We hope you can find something of interest to you.

**Portobello Café Society Toddy Trail:** This promotion offered by over 20 market stalls in this area will be providing discounts on festive food and drinks including mince pies and mulled wine.

**North End Road Christmas Market (Hammersmith and Fulham**). The traffic free market is back for Christmas packed with stalls selling gifts, food and drink. It will run from 3 December 2016 and there will be live entertainment and street performers for you to enjoy.

**Don’t dine alone:** On Christmas day, Hammersmith and Fulham Council are offering residents who are over the age of 60 a tasty dinner on Christmas day. Up to 300 people will be able to attend. The aim of this lunch party is to ensure you do not have to spend the day by yourself. If you would like to attend, please get in touch with the team on 020 8753 2153.

**Christmas dinner at the Abbey Centre**: Bookings are now being taken for you to have a Christmas Dinner at the Abbey Centre between the 12th and 16th December. Please contact Georgina Deadman on 020 7222 0303

**Winter Warmth Party:** Join the Abbey Centre in collaboration with Open Age for their Winter Warmth Party on 2 December 2016 which promises to be a fun filled after noon for residents over the age of 50. There will be plenty of music, cheer and information available for you. Please contact Ian on 020 7227 0656 for further details and to book your place.

**History of Christmas**: On 20 December 2016 at 6.30 pm, Kensington Central Library will be hosting a light hearted and informal presentation about the origins of Christmas right up to the present day. Please remember to bring your singing voice. Please contact 020 7361 3010 for more information.

**Blindaid:** If you want to take up a new hobby, Blindaid have lots to offer. You can learn to cook, take part in computer classes, attend a relaxation session or do some drawing or painting. All classes are conducted by tutors with full DBS checks. Clarissa organises the activities and can be contacted on 07735091244.

**Design Museum Multisensory Tour:** On 3 December at 12.00 pm – 1.30 pm a free multisensory tour of the Design Museum for blind and partially sighted visitors will take place. You will be able to handle samples of exhibits and learn more about the history and structure of the building. Please arrive at the museum ten minutes before the start time. To book your place please contact the museum on 020 3862 5900

**Low Vision Drop in Day:** Come along to the RNIB, 105 Judd Street, WC1H 9NE on 8 December from 10.30 am – 12.30 pm to explore the latest products for blind and partially sighted people.

 **Christmas performances**

**The Lyric, Hammersmith:** An audio described performance of the pantomime Aladdin will be shown on 15 December 2016 at 7 pm. This show promises plenty of laughs, interesting characters and of course the magical genie. To book your tickets please contact the box office on 020 8741 6850

**The Royal Philharmonic Orchestra** will be ending the season in style at the Cadogan Hall in Kensington and Chelsea with a great range of concerts. Performances include a Choral Christmas on 6 December and Christmas Cracker on 18 December. The orchestra promises sparking performances and plenty of festive cheer. Please contact 020 7730 4500 to book your tickets. Prices start from £15.

**Westminster Abbey** will be holding a free carol ceremony on 18 December at 5.45 pm. You will be able to hear the beautiful voices of the Choristers of Westminster Abbey alongside a harp. You do not need to book tickets.

**Shopping –** All the information you need to help you find the perfect Christmas presents for your friends and family

**Westfield Concierge Service:** This is available to all shoppers in need of some assistance. The staff will take you to the shops you wish to visit and the store staff will then help you to select items you wish to purchase. You are able to book this service in two hour slots and all bookings need to be made 48 hours beforehand to avoid disappointment. To do this please contact 020 3371 2387.

**Keep fit**

**Disability Sports Coach** offer sessions in Kensington and Chelsea and Westminster. These sessions aim to support you in trying out a range of different sports. For further information on how to attend, please get in touch with Emma Cranston on 020 7021 0973

**Club K and C:** This group runs every Saturday from 12.30 pm – 2 pm during term time at Kensington Leisure Centre. The cost is £2 per session.

**Club Westminster:** Come along to the Little Venice Sports Centre on a Thursday at 4 pm – 6 pm. The cost for this activity is £1.

**Signing up**

**If you would like to continue to find out more about Central West London Vision, please do get in touch with us on 07972 463683.**

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