



VisionPK Monthly Update – May/June 2025

Welcome to your monthly update from VisionPK, where we share the latest news, events, and information about support available to you.

What's New at VisionPK

We're building something special with our new telephone befriending service, launching this June during loneliness awareness week.

Do you have a friend, family member, neighbour or carer who's kind-hearted and enjoys a good chat? Or maybe you would like to volunteer? We're on the lookout for volunteers to make friendly weekly phone calls to others in our community who might be feeling a bit isolated.

The commitment is just a short call each week over 12 weeks, but the connection can make a world of difference.

If you or someone you know might be interested, please do pass this on – or get in touch with us and we'll reach out to them. Together, we can help people feel a little less alone.

If you are interested in receiving befriending calls do get in touch and we can refer you into this service.

Tips for Living Well with Sight or Hearing Loss

Come along to a drop-in and take a look at our demonstration kitchen and lounge. We also have equipment and technology that can help with your confidence and independence. Sight loss drop-in Monday and Wednesday 1:30-16:00, hearing loss drop-in Friday 1:30-16:00.

Upcoming Events & Activities

We have lots of events planned over the next 2 months. Some are held at the Sensory Hub and others are within the community. We are keen to hear from you – what activities would you like us to look at offering? Please ensure you book onto activities where it does advise booking as places are limited.

Social Cafe / Games Group

Thursday May 1st – 13:00-14:00 - A social group for chatting and games. Accessible games available: chess, draughts, dominos, cards, and Scrabble.

U3A Talk: Fishing on the Tay

Tuesday May 13th – 13:30-14:30 - David Gardner will be sharing some of his experiences and expertise from his involvement with fishing in the local area

Social Cafe / Games Group

Tuesday May 20th – 13:00-14:00

The Walled Garden Taster Visit

Thursday May 22nd – 13:00-15:00 – Come and try some gardening and enjoy the outdoors with us. **(Must book to attend)**

Music in Hospitals and Care – John Davidson

Wednesday May 28th – 13:30-14:30 - John and his kilt from Music in Hospitals and Care will be back at VisionPK to treat us to some great tunes.

West Stormont Woodland Walk

Thursday May 29th – 10:00-13:00 - **(Must book to attend)**

Art Sessions with Ali

Thursday June 5th / 12th / 19th / 26th – 10:00-12:00 - Drawing and painting with feelings, textures, shapes and impressions **(Must book to attend)**

U3A Talk: Bees and Bee Keeping with Philippa

Tuesday June 10th – 13:30-14:30 - Philippa Bayliss is a local beekeeper. She will bring some honey from her bees and tell us more about beekeeping.

PKAVS – Choir Performance

Wednesday June 11th – 14:30-15:30 - The PKAVS carers choir will be making their first visit to VisionPK to share their voices with us all.

Social Cafe: Games Group

Tuesday June 17th – 13:00-14:00

West Stormont Woodland Walk

Wednesday June 18th – 10:00-14:00- **(Must book to attend)**

Music In Hospitals and Care – Derek Richardson

Thursday June 26th – 13:30-14:30

We are happy to be welcoming back Derek with his large variety of musical instruments!

We have social groups running in the following communities – do get in touch with us if you would like to attend.

Kinross - 1st & 3rd Tuesday of the month, 10:00 - 11:45

Comrie - 2nd Tuesday of the month, 10:00 -11:30

Blairgowrie – 3rd Thursday of the month, 10:30 -12:00

Bridge of Earn - 3rd Wednesday of the month, 13:00 - 14:30

NHS Tayside volunteer-led hearing aid drop-in clinic @VisionPK

Sensory Hub: Wednesday May 7th Wednesday June 4th 10:00-15:00

Employment Support drop-in @VisionPK Sensory Hub: Friday May 2nd, Thursday June 4th 13.00-15.00.

Macular Support Group – Last Wednesday of the month
@VisionPK Sensory Hub – 10:15-12:00



Support VisionPK – help us raise much needed funds

Ceilidh – Book your tickets!

Our much-anticipated Ceilidh will take place on Friday 6th June, from 7pm to midnight, in our beautiful Atrium. Enjoy live music from the Blackford Fiddlers, and tuck into delicious stovies—all included in the ticket price of £20. Contact us to book your ticket.



Play the VisionPK lottery and you could be in with a chance to win up to £25,000 every week! The draw takes place every Friday and each entry costs just £1. When you join our lottery, you are allocated your own 6-digit Unity lottery numbers. A random winning number is drawn and the aim is to match the winning number. To play go to

<https://visionpk.org.uk/lottery/>

Need to Contact Us?

We're here to help.

Address: Sensory Hub, 17-19 George Street, Perth PH1 5JY

Phone: 01738 626 969

Email: info@visionpk.org.uk

Website: www.visionpk.org.uk

Thank you for being part of the VisionPK community.

Best Wishes

The VisionPK Team