

NEWSLETTER

Summer 2025



Welcome to the Summer edition of the VisionPK newsletter. We have lots of exciting news to share with you all. Please do come along and join some of our events and activities. It will be lovely to see you.

New Telephone Befriending Service



Photo shows – 3 people (1 male and 2 female) standing together. 2 VisionPK volunteers and one staff member all smiling either holding phone to their ear or towards camera.

Our new Telephone Befriending Service, launched during Loneliness Week (9-15 June). The National Lottery Community Fund has funded this service.

The aim of the new service is to link up with people experiencing sight and/or hearing loss – and enable them to speak to someone regularly from the comfort of their own home.

Loneliness can be isolating, especially for those with sensory loss. A simple, friendly phone call once a week or fortnight could brighten someone's entire day – we want to break down barriers and provide this essential support.

If you would like to access the service or volunteer, please contact Jess Blanche – Community Involvement Coordinator on 01738 626 969 or via info@visionpk.org.uk

Explore the world of accessible technology, join free learning sessions!

Do you want to get more out of your phone or tablet? We're gathering interest to offer friendly, hands-on sessions where you can discover the world of accessible technology and how it can make everyday life easier.

Whether you're new to mobile devices or want to explore useful features you might not know about, these sessions will guide you through:

- Accessible apps that support communication, navigation, wellbeing, and more
- Built-in accessibility functions like screen readers, magnification, voice control, and text-to-speech
- Simple setup tips to personalise your device and make it easier to use.

Please get in touch if this is something you would be interested in & we can arrange some dates!

Activities in July

New Group! Discovering Mindfulness – A Course for a Calmer Mind

We are really excited to be working in collaboration with Mindspace, and they will be offering a new course focusing on mental wellbeing.

Are you struggling with overthinking, anxiety, or negative thought patterns?

Discovering Mindfulness is a gentle, practical course designed to help you better understand your mind and develop healthier ways of thinking.

Through simple mindfulness techniques and supportive discussion, you'll learn how to: manage worry, overthinking, and low mood, break unhelpful thought cycles, cultivate self-compassion and presence.

Whether you're looking to ease anxiety or better understand your thoughts, this course offers tools to help you feel more grounded, calm, and kind to yourself.

Date & Time: Thursday 3rd, 10th, 17th, 24th July, 10.30 - 12:00

Location: VisionPK Sensory Hub

Booking: Contact 01738 626969 or info@visionpk.org.uk

Social Cafe: Games Group

Date & Time: Tuesday July 15th, 13:00 - 14:00 VisionPK Sensory Hub

Music In Hospitals and Care Performers - Brian and Yvonne

We are excited to welcome back the duo of Brian and Yvonne. Featuring the sounds of the accordion and banjo.

Date & Time: Tuesday 22nd July, 13:30 - 14:30 VisionPK Sensory Hub

New Activity.....Drumtastic!

Drumtastic is a fun way to stay active by drumming along to great music on yoga ball drums. It's upbeat, engaging, accessible for all and a fantastic way to enjoy moving to the rhythm, no drumming experience needed, just come ready to have fun.

Date & Time: Wednesday 23rd July, 13:30 - 14:30 VisionPK Sensory Hub

Quiz Night Fundraiser – Test Your Knowledge for a Great Cause!

Get your thinking caps on and join us for a fantastic Quiz Night on Friday 22nd August, 7pm at The Atrium, VisionPK, Sensory Hub – all in support of VisionPK!

Entry is just £2 per person, with teams of up to 6 people. Gather your friends, family or co-workers for a night full of fun, trivia, and friendly competition.

£50 cash prize for the winning team

Cash bar available

Contact us or call into the sensory hub to book your ticket!



Photo shows an image of Morag smiling.

Farewell and Best Wishes to Morag Carroll

We're sad to share that Morag Carroll, our Service Manager, will be leaving VisionPK at the end of July. Morag has been a valued member of the team for the past three years, and her commitment, compassion, and leadership will be greatly missed.

We'd like to thank Morag for all her hard work and wish her the very best for the future.

🎃 Upcoming Event: VisionPK Halloween Family Ceilidh! 🧛

Mark your calendars for a night of fun, dancing, and spooky celebration at the VisionPK family ceilidh on Friday, 24th October, starting at 7pm The Atrium, VisionPK, Sensory Hub

🎵 **Live music and dancing**

🎭 **Halloween theme – fancy dress encouraged!**

👨‍👩‍👧 **Fun for the whole family**

Tickets: £20 per adult – includes stovies

Children under 16 go free!

Come along in costume, bring the family, and enjoy a lively evening while supporting VisionPK. To book your tickets, contact us today – we can't wait to see you there!



Photo shows 4 volunteers standing together, 2 males and 2 females holding certificates and smiling.

Celebrating Our Wonderful Volunteers

As part of Volunteers' Week, we were delighted to host a volunteer celebration event to say a big thank you to the amazing individuals who give their time and energy to support VisionPK.

Many of our volunteers joined us for a lovely afternoon tea, sharing stories, laughter and demonstrating a real sense of community.

A special highlight was recognising four of our long-serving volunteers, who between them have dedicated an incredible 46 years to VisionPK! Their commitment and generosity are truly inspiring, and we're so grateful for everything they do.

Thank you to all our volunteers – you are the heart of VisionPK!

Dates For Your Diary

NHS Tayside volunteer-led hearing aid drop-in clinic @VisionPK Sensory Hub: Wednesday 2nd July, 6th August, 3rd September, 10:00 - 12:00

Employment Support drop-in @VisionPK Sensory Hub: July 4th, August 6th and Sept 5th 13:00 - 15:00.

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

We have social groups running in the following communities – do contact 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

Do you live in or around Pitlochry?

We are holding a social meeting at Pitlochry Theatre Tuesday 29th July 10:30 – 12:00.

The meeting is open to anyone living with sight and/or hearing loss. Please feel free to bring a family member / carer. It will give you an opportunity to meet other people and get to know more about VisionPK.

Please contact us to reserve your place. Our Volunteer Involvement Coordinator Jess Blanche will be at the theatre to meet you.

Lived Experience Group

We're looking to set up a new group for people with lived experience of sight and /or hearing loss. This includes individuals who are directly affected, as well as carers and family members.

It will be a friendly, safe space to share your experiences, talk about what matters to you, and help shape services and support in the future across Perth and Kinross.

We are currently taking the names of people who may want to join the group or help shape what it looks like.

If you would like to be involved please contact us:

info@visionpk.org.uk 01738 626 969

Support VisionPK – Make a Real Difference Locally

Every year, we need to raise £250,000 to continue providing vital support and services to people living with sight and/or hearing loss across Perth & Kinross.

We receive some statutory funding and support from grants and trusts, but we rely on donations and community support to keep going.

✅ Every penny you give stays local – helping people in your community.

Play the VisionPK Lottery – and Win Up to £25,000!

You can support us and be in with a chance to win every week.

- £25,000 top prize
- Draw every Friday!
- Just £1 per entry
- Each player gets a unique 6-digit number.
- 👉 Play now at: <https://visionpk.org.uk/lottery/>



Make a Regular Donation

Prefer to give regularly? Even a small monthly gift makes a significant impact.

Set up a standing order from just £5 a month – and help us plan and provide consistent support throughout the year.

Whether you choose to donate, play the lottery, or simply spread the word – you are helping people with sight and/or hearing loss live full, connected lives.

Contact wendy.stenberg@visionpk.org.uk to find out more.



Vote for VisionPK!

We have been shortlisted for a Scotmid member award! This means we have been awarded £1000. To win a further £5000 in funding we need you to vote for us. To do so you must be a member – it's only £1 to join:

<https://scotmid.coop/membership/what-is-membership/>

To vote for us you can do this when you are shopping at a Scotmid store and paying at a manned till – not self-service. The funding will help us complete a new project of a small gym for the sight and hearing loss community at the sensory hub. Your votes really matter and we thank you in advance of making yours!

Walk for a Cause – Kiltwalk Dundee, 17th August 2025

There's still time to register and walk in support of VisionPK!

Choose your challenge and help raise vital funds for people living with sight and/or hearing loss across Perth & Kinross. 🦶 Two distances to choose from:

Mighty Stride – 20 miles

Wee Wander – 4 miles (perfect for families!)

💙 100% of what you raise (plus Gift Aid) goes straight to VisionPK.

👉 Register now at: www.thekiltwalk.co.uk/events/dundee

✉ Or contact Wendy at wendy.stenberg@visionpk.org.uk for more info.

We will be sharing our next VisionPK update in July with information about activities and events in August and September. The next newsletter will be the Autumn edition.

Please contact us by phone or email to share your email address or opt in to receive a printed copy.

Thank you!

Contact Us:

☎ 01738 626969 ✉ info@visionpk.org.uk 💻 www.visionpk.org.uk

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