

NEWSLETTER

Autumn 2025




Welcome to the Autumn 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.

Get Online Week – October 20 -26



Get Online Week is back! This annual digital inclusion campaign has been running since 2007, and this year it takes place from 20–26 October 2025.

We're excited to be partnering with the Centre for Inclusive Living to host two free events at the Sensory Hub:

 Tuesday 21 October, 2–4pm

 Thursday 23 October, 11am–1pm

These sessions are designed to help you build confidence with the internet and digital platforms. Just bring along your phone, laptop, or tablet. Lead Scotland and our friendly team will be there to support you.

SSEN Community Connections Fund



Image shows 2 females smiling with one playing the drums wearing a VisionPK T shirt.

We're delighted to share that we were fortunate to receive funding from the SSEN Community Connections Fund this year.

Thanks to their support, we've been able to develop two exciting new activities – Drumtastic and Chairtastic.

Our Drumtastic sessions have been a huge hit, and we were thrilled to welcome an STV crew who filmed one of the sessions on behalf of SSEN. You can catch the feature now on STV Player! Or click the link to watch now

<https://player.stv.tv/summary/advertorial-community-benefit-fund>

Upcoming Activities & Events

Drumtastic - This activity 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 1, 8, 15, 22 and 29 October, 1.15-2.30pm

Location: VisionPK Sensory Hub

Boccia - An inclusive activity that combines skill, strategy, and fun. Suitable for all abilities, it's a great way to get active and connect with others.

Date & Time: Tuesday 7 and 21 October, 1.15-2.30pm

Location: VisionPK Sensory Hub

Social Group - Join us for an inspiring u3a talk – learn something new and connect with others.

Date & Time: Tuesday 14 October, 1.15-2.30pm

Location: VisionPK Sensory Hub

Art Sessions - Join our fully inclusive art sessions – a creative space for all abilities to explore, experiment, and enjoy making art together.

Date & Time: Thursday 23, 30 October, 6, 13 November 10am-12pm

Location: VisionPK Sensory Hub

Live Music - Music is back at the Hub! 🎵 Join us for a lively session with John Davidson from Music in Care and Hospitals – sing along, tap your feet, and share the joy of music.

Date & Time: Tuesday 28 October 1.15-2.45pm

Location: VisionPK Sensory Hub

Swimming – Join our fully inclusive swimming sessions and enjoy the water at your own pace. A new block of sessions starts on Monday 28 October.

Spaces are limited, so please contact us to book your place. Please note there is a cost for the sessions.

🎄 Christmas Party! 🎄

Join us on **9 December, 1–3pm** for food, music, games, and festive fun!

Spaces are limited – **contact us to book your spot!**

Quiz Night at the Sensory Hub!



Image shows a large group of people sitting at tables taking part in a quiz night.

Following the success of our August quiz night, we're back with another fantastic **Quiz Night** on Friday 14 November – doors 7pm, quiz starts at 7.30pm

- Entry: £2 per person
- Teams: Up to 6 people
- £50 cash prize for the winning team
- Bring your own bottle and snacks

Gather your friends, family, or colleagues for a fun night of trivia, laughter, and friendly competition!

Contact us or pop into the Sensory Hub to book your ticket.

🎃 VisionPK Halloween Family Ceilidh! 👻

Join us for a night of **fun, dancing, and spooky celebration** at the VisionPK Family Ceilidh!

📅 **Friday, 24 October, 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

🍷 **Bring your own bottle**



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

It's Christmas Raffle Time!



🎄 ✨ We know it's only September... but Christmas has arrived early at VisionPK ✨ 🎄

Our Christmas raffle tickets are officially on sale – and you won't want to miss out on these fabulous prizes:

🏠 A highland hotel stay

💷 £50 cash

🎁 A luxury festive hamper

Tickets are just £1 each or grab a book of 10 for £10 (more tickets = more chances to win!).

We will be posting some out to you and you can always pop into our Hub on George Street to pick yours up – they make a thoughtful little gift too, giving someone else the chance to win a Christmas treat.

Dates For Your Diary 📅

NHS Tayside volunteer-led hearing aid drop-in clinic @VisionPK Sensory Hub:
Wednesday 1 October, 5 November, 3 December, 10:00am - 12:00pm

Employment Support drop-in @VisionPK Sensory Hub: 1 October, 7 November and 3 December 1:00 – 3:00pm.

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

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, 10:00-11:45am

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

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

Bridge of Earn - 3rd Wednesday of the month, 1:00-2:00pm

Pitlochry – 4th Tuesday of each month, 10:30am-12pm at Pitlochry Festival Theatre

Lived Experience Group

We're setting up a new group for people with **sight and/or hearing loss**, including carers and family members. Join a **friendly, safe space** to share experiences and help shape services in Perth and Kinross.

Interested? **Contact us to get involved!**

🚧 Sensory Hub Closure Notice

Please note the **Sensory Hub will be closed** for staff training and meetings on the following dates:

- **Wednesday 8 October:** 9am–11am (staff meeting)
- **Thursday 16 October:** All day (staff training)

During these times, please **leave a message or email us**, and we will get back to you as soon as possible.

Scaling new heights to raise funds for VisionPK

Will Kent and Sarah Burns are scaling new heights to raise funds for VisionPK.

The friends met while studying at St Andrew's University in Fife last year and have teamed up to abseil down the Forth Bridge.

Will, from Forgandenny in Perthshire, suffers from Stargardt disease, a genetic condition that affects the macula of the eye.

He wants to raise £1,000 to help those with sight and hearing loss across Perth and Kinross.

A service user of VisionPK, he said: "This is a particularly challenging event for me while having this rare genetic eye disease. Any donation will make a real difference in someone's life, and I've got over £400 already on the JustGiving site for the charity and I really want to reach my target."

To sponsor Will and Sarah's September abseil visit their JustGiving page:

https://www.justgiving.com/page/leap-of-faith?utm_medium=FR&utm_source=CL

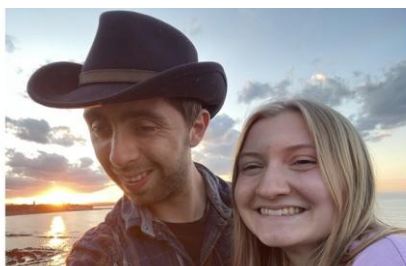


Image shows Will and Emma smiling with a beach and sunset in the background

Support VisionPK – Make a Real Difference Locally

Every year, we need to raise £300,000 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.

If you would like to make a donation or hold a fundraising event please contact us. Every penny you give stays local – helping people in your community.



We're looking for friendly volunteers to support:

- **Reception:** Welcome visitors and help with phone calls at our Sensory Hub (half or full days, or just a couple of hours a week)
- **Befriending Service:** Be a telephone buddy for someone in need (less than an hour every 1–2 weeks, from home)

Full training and out of pocket expenses are provided.

If you're interested, **please get in touch – we'd love to hear from you!**

Service Update – From 6 October

All drop-in sessions at the sensory hub will now be open for **both sight and hearing loss support**.

Days: Monday, Wednesday & Friday

Time: 1.30pm – 4.00pm

Come and meet us in Alyth!

We'll be attending the Alyth Drop-in at:

Alyth Library, 23 Airlie Street, Alyth, PH11 8AH

Friday 10 October
9.00am – 12.00pm

We will be sharing our next VisionPK update at the end of October with information about activities and events in November and December. The next newsletter will be the Winter edition in January 2026.

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

Contact Us:

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 /visionpk2  @visionPK2