



VisionPK

●●● Your local sight & hearing loss charity

Spring 2026 Newsletter

Welcome to the Spring 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.



Image shows VisionPK staff - eight females and one male smiling at the camera, standing in the reception area of the sensory hub. VisionPK logo in background

Celebrating 160 Years of Supporting Our Community

This year, VisionPK proudly celebrates 160 years of service to people living in Perth and Kinross. Since 1866, we have been dedicated to supporting people with sight loss, providing advice, services and practical help to empower people to live full and independent lives.

In 2016, we expanded our mission to include hearing loss support, ensuring that people with dual sensory needs or hearing loss receive the guidance and assistance they need to thrive in everyday life.

As we mark this incredible milestone, we reflect on the staff, volunteers, and supporters who have shaped VisionPK over the years. Their dedication and compassion have been at the heart of everything we do, helping to create opportunities and improve the quality of life for thousands of people in our community.

To celebrate, **we invite you to join us at our celebration event on Tuesday 21st April, from 12pm - 2pm at our sensory hub in Perth.** Come and share stories of the past, celebrate our achievements, and look forward to the future of VisionPK.

We also need your support to ensure VisionPK can continue running and supporting the people who rely on our services every day. Rising costs means it is becoming even more challenging to provide essential support. Every donation, no matter the size, goes directly towards funding our vital local services that make a difference in your community every day. Your gift ensures people living with sight and hearing loss can continue to access the care they need.

We cannot take our 160-year legacy for granted. Without the support of our community, our essential services are at risk.

Please consider making a donation today. Your support will help ensure VisionPK can continue its vital work for the next 160 years and beyond.

You can contact us by telephone to donate, visit our [website](#) or click the QR code at the end of this newsletter.

We will also be holding a **Celebration Walk on Thursday 23rd April at 11am**. This is to raise awareness of VisionPK and highlight the daily challenges of living with sight and/or hearing loss. We will start on the High Street outside Specsavers and walk 1.60KM to the South Inch Park Pavilion Café. We want as many as possible to take part whether you can walk independently, use a cane, have a guide dog, walking aid or wheelchair.

We do hope that you can join us at these events to celebrate this important milestone for our charity. If you can contact us to confirm your attendance at the events that would be appreciated.

Here's to 160 years of making a difference and many more to come! Thank you for your continued support.

Kate Charles, Chief Executive

April Activities

Swimming / Aqua Fit Group (New Block)

Location: Perth Leisure Pool: A new swimming block begins on Tuesday 21st April and continues weekly. Please call VisionPK to book your space. There is a charge per session.

Date & Time: Starts Tuesday 21st April: 11:00am – 12:00pm

The following activities all take place in our sensory hub at 17 – 19 George Street, Perth, PH1 5JY. Please contact VisionPK to book your space.

Drumtastic: Unique drumming sessions that are accessible for all. Great for rhythm, movement and fun in a relaxed and welcoming group environment.

Date & Time: Wednesday 1st, 8th, 15th, 22nd, 29th April:
1.15pm – 2.45pm.

Mindspace – Taking Control Course (Final Sessions)

The final two sessions of the Taking Control course, which helps participants understand thoughts and emotions, notice unhelpful thinking patterns, and learn practical strategies based on Acceptance and Commitment Therapy (ACT) in a supportive group setting.

Date & Time: Friday 10th and 17th April: 10:00am – 11:30am

Please note there will be no session on Friday 3rd April due to Good Friday.

Social Group with Guest Speaker – The Railways:

Join us for our regular social group and guest speaker session exploring the history and stories of the railways.

Date & Time: Tuesday 14th April: 1.15pm – 2.30pm

Reminder! Our drop-in clinics are now open for both sight and hearing loss:
Monday, Wednesday and Fridays 1.30pm - 4pm

Please note! If you require re-tubing on your hearing aids, we are encouraging you to come along to the Audiology drop-in on the 1st Wed of the month or VisionPK drop-in on the last Friday of the month. We may not have capacity to complete this on other drop-in dates.

Dates For Your Diary:

NHS Tayside volunteer-led hearing aid drop-in clinic,

VisionPK sensory hub: Wednesday 1st April, 6th May, 3rd June:
10:00am - 12:00pm

Employment Support drop-in, VisionPK sensory hub: Wednesday 1st April, Friday 1st May, Wednesday 3rd June: 1:00pm – 3:00pm.

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

Exciting News! Crieff Group – We are currently working with the Crieff Macular group to relaunch a joint group from June. Further details will be shared in the next VisionPK update.

Lived Experience Group

Are you interested in joining our lived experience group? This group is 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!**

Knit and Natter: Craft, Chat, Connect

We're looking to start a friendly Knit and Natter group at the sensory hub and would love to hear from anyone who might be interested in joining.

Whether you're an experienced knitter, a complete beginner, or simply fancy coming along for a chat, everyone would be welcome. The idea is to create a relaxed, sociable space to share skills, meet new people, and enjoy some good conversation. If this sounds like something you'd be interested in, please get in touch. Your interest will help us get the group started!

Bring your curiosity (and your knitting, if you have it!) and be part of something new in the community.

New from VisionPK – Get Active in our Accessible Gym & Live Your Way Course!

Our Accessible Gym will be opening at our sensory hub with a full induction available with Jamie Fitchie, our Health & Wellbeing Coordinator

Open Mon – Thu: 9.00am – 5.00pm, Fri: 9am – 4:30pm, £10 per month membership

Opens April 21st – contact us to book your induction!

Live Your Way Course – Managing Sight & Hearing Loss

A friendly, six-week course for people with sight and/or hearing loss and their carers/family/friends.

Build confidence, strengthen everyday skills, and find community support. Hear from VisionPK staff, CAB, Mindspace and Lead Scotland.

The first block starts on 19th May – limited spaces.

Contact us for info and book now!

Our Spring Raffle has arrived!

We will be sending out your raffle tickets during March. If you receive a printed copy of the newsletter, your tickets will be included. If you receive it by email, they'll be posted separately.

You're very welcome to buy tickets yourself or share them with family and friends, but of course there's no obligation to take part.

Tickets are £1 each, and by entering you'll be in with a chance of winning £150 in cash, along with a selection of other fantastic prizes.

Thank you for supporting VisionPK and helping us to make a real difference in your community. Every penny raised goes directly into funding our services and support. When you buy a ticket, you are not only giving yourself, or a loved one, a chance to win something special, you're also helping us to continue our vital work and keep our doors open.

Thank you and good luck!

Book your team for the next Quiz Night!



Image shows large group of people sitting at tables, laughing and enjoying a quiz night

We are back for our popular quiz night on Friday 22nd May in our sensory hub. Doors open 7pm and quiz starts at 7.30pm.

Entry: £2 per person, Teams: up to 6 people.

£50 cash prize for the winning team. Bring your own drinks and snacks

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

VisionPK Takes to the Airwaves

Staff from VisionPK were recently interviewed by Caroline from CareSound radio for *Your Wellbeing Tracks* as part of the Talkback podcast series. You can take a listen to this episode by going to <https://caresound.radio>

You can also listen live on the Talkback podcast series slot on a Thursday at 7pm. The VisionPK show will be played in rotation. You can listen live to CareSound Radio live by going to their website.

Do listen and find out more about VisionPK and hear some great music tracks as well.

Thank you to CareSound radio for this opportunity.

Walk Across Hot Coals for VisionPK!

Yes, you read that right! This year we're doing something a little different to raise awareness and funds, and we're looking for brave supporters to take on an unforgettable challenge... a Firewalk for VisionPK!

Join us on Saturday 24th October at 6pm and experience the thrill of walking across hot coals, a powerful test of courage, focus and determination.

Don't worry, you won't be doing it alone. All participants will attend a 90-minute training session at 4:30pm at our premises before the firewalk, where experienced instructors will guide you and prepare you for the challenge.

Whether this is something you've always wanted to try, or you know someone who would jump at the chance, we'd love to hear from you! Take on the challenge, conquer the coals, and help support the work of VisionPK. **£20 Registration fee and minimum of £80 sponsorship for each participant.**

Contact us to find out more and sign up!

Legacy Event Invitation



Leave a Lasting Legacy: Join VisionPK's Special Event on Wills & Power of Attorney:

Planning for the future is something many of us put off, but it's one of the most important steps we can take to protect the people and causes we care about. That's why VisionPK is delighted to invite you to a special Legacy Event designed to inform, empower, and inspire.

On **Wednesday, May 28th from 12–2pm**, we will be welcoming Adam Hoggan from Thorntons Solicitors, who will be sharing expert guidance on wills and power of attorney. This is a valuable opportunity to better understand how to make informed decisions about your future, your assets, and your wishes.

Why This Matters

At VisionPK, we are dedicated to supporting people living with sensory loss, helping people to maintain independence, confidence, and connection within their communities. Our services rely heavily on the generosity and ongoing support of people like you. Leaving a gift in your will no matter the size can make a lasting difference. It helps ensure that VisionPK can continue providing vital services for years to come, supporting future generations who rely on our work.

How You Can Help

By attending this event, you'll not only gain practical knowledge about wills and power of attorney, but you'll also learn how you can:

- Support a local charity that makes a real impact
- Leave a meaningful legacy aligned with your values
- Help sustain essential services within your community

Event Details

- Date: Wednesday, May 28th
- Time: 12:00pm – 2:00pm
- Location: Atrium, VisionPK sensory hub, 17–19 George Street, Perth PH1 5JY
- Refreshments: Light refreshments provided
- Spaces: Limited availability

To secure your place, please contact VisionPK to book.

Sensory Hub Closure Dates:

Please note the sensory hub will be closed for staff meetings/training 9am-12pm on the following dates:

Wednesday 8th April

Wednesday 13th May

Wednesday 10th June

Stay Connected with Our Telephone Befriending Service

Loneliness and isolation can affect anyone, at any stage of life. A simple conversation can make a big difference, which is why our telephone befriending service is here to help people stay connected and supported.

Our service offers friendly, regular phone calls to people who may feel lonely, isolated, or simply enjoy having someone to talk to. Whether you live alone, find it difficult to get out and about, or would just appreciate a friendly voice at the end of the phone, our trained volunteers are here to listen and chat.

Interested in Joining?

If you would like to receive calls from a volunteer befriender, or if you are interested in becoming a volunteer yourself, we would love to hear from you. Please get in touch to find out more about how the service works and how you can get involved.

Together, we can help ensure that no one feels alone and that everyone has someone to talk to.

Support VisionPK – Keep it Local.



Every penny raised helps continue our services and support for people with sight and/or hearing loss living in Perth and Kinross.

Scan the QR code below to donate today or contact us on 01738 626969. You can make a one-off donation or a regular monthly amount. Every penny raised makes a real difference in your community.

Thank You!



We will be sharing our next VisionPK update at the end of April with information about activities and events in May. The next newsletter will be sent out in the Summer.

To help reduce printing costs, we encourage everyone to receive the newsletter by email. Please share your email address with us so we can add you to our mailing list.

If you do not have access to email and would prefer a printed copy, please let us know and we will arrange this for you.

Contact Us:

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

Phone: 01738 626969

Email: info@visionpk.org.uk

Website: www.visionpk.org.uk

BSL users can contact us via Contact [Scotland BSL](#). This is Scotland's national British Sign Language video interpreting service offering free unlimited calls for all BSL users living in Scotland.

We also share information via our social channels; you can find us on the channels below by searching VisionPK



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