



Autumn 2026 Newsletter



Welcome to VisionPK's Autumn newsletter! There's plenty to look forward to over the next couple of months, and we'd love you to join us. From creative activities and live music to guest speakers and fundraising events, we hope you'll find something that sparks your interest and brings you together with friends old and new.

This is a special year for VisionPK as we celebrate 160 years of supporting our community. We're excited to mark this milestone with our heritage film, funded by the National Lottery Heritage Fund. The film will explore the charity's history and the people who have shaped its story. Read more in this newsletter, including your invitation to the film's premiere on 26 November. We hope you can join us on the purple carpet to celebrate!

We'd also love to hear your ideas. If there's an activity you'd like to try or an event you would like us to organise, please get in touch. Your suggestions help us plan activities that reflect what matters to you.

Thank you to our service users, volunteers, staff, trustees and supporters for being part of VisionPK. Enjoy the newsletter, and we look forward to welcoming you soon.

Kate Charles

Chief Executive



Upcoming Events & Activities

October

Please contact VisionPK to book your space on 01738 626969 or email info@visionpk.org.uk. All activities take place at our sensory hub, 17–19 George Street, Perth, PH1 5JY unless stated otherwise.

Swimming: Date & Time: Tuesday 6 and 27 October 2026 12.00pm - 1.00pm **Where:** Perth Leisure Pool

Art Sessions: Dates & Time: Thursday 8, 15, 22 and 29 October 2026 10.00am - 12.00pm

Guest speaker social group: Date & Time: Wednesday 14 October 2026 1.15pm - 2.30pm

Guest speaker Atholl Highlanders archivist Keren Guthrie

Braille Reading Taster: Date & Time: Friday 23 October 1.30pm - 3.00pm with Mike Gerwat

Live music with John Davidson: Date & Time: Tuesday 27 October 2026 1.15pm - 2.45pm

DrumTastic: Date & Time: Wednesday 28 October 2026 1.15pm - 2.45pm

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

November

Swimming: Dates & Time: Tuesday 3, 10, 17 and 24 November 2026 12.00pm - 1.00pm

Where: Perth Leisure Pool

Art Sessions: Dates & Time: Thursday 5 and 19 November 2026 10.00am - 12.00pm

ChairTastic: Dates & Time: Wednesday 4, 18 and 25 November 2026 1.15pm - 2.45pm

Lived Experience Group: Date & Time: Friday 13 November 2026 1.15pm - 2.30pm

A friendly space for people with sight and/or hearing loss, including carers and family members, to share experiences and help shape local services.

Guest speaker social group: Date & Time: Friday 20 November 2026
1.15pm - 2.30pm

Speaker to be confirmed.

Live music with Pete Baynes: Date & Time: Tuesday 24 November
2026 1.15pm - 2.45pm

Other Dates for Your Diary

Drop-in sessions with VisionPK rehabilitation team are for both sight and hearing loss. Please come along if you require advice or support.

Monday, Wednesday and Friday 1.30pm - 4.00pm

Location: VisionPK, 17-19 George Street

Please note! If you require re-tubing on your hearing aids, we are encouraging you to come along to the **NHS Tayside volunteer-led hearing aid drop-in clinic** - VisionPK sensory hub: Wednesday 7th October & 4th November or 2nd December 9.30am -12.00pm or the VisionPK drop-in on the last Friday of the month 1.30pm-4pm.

Employment Support drop-in, VisionPK sensory hub: Wednesday 7th October, Friday 6th November, Wednesday 2nd December: 1.00pm – 3.00pm.

We have social groups running in the following communities – please contact us for more information if you would like to attend.

Kinross - 1st & 3rd Tuesday of the month, 10.00am – 11.45am

Comrie - 2nd Tuesday of the month, 10.00am – 11.30am

Blairgowrie – 3rd Thursday of the month, 10.30am – 12.00pm

Bridge of Earn - 3rd Wednesday of the month, 1.00pm – 2.00pm

Pitlochry – 4th Tuesday of each month, 10.30am – 12.00pm

Crieff Group – In partnership with the Macular Society, First Monday of the month 10.00am - 12:00pm

Join Our Live Your Way Course!



LIVE YOUR WAY COURSES

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



Find community support



Six weeks



In-person, friendly and supportive



Hear from VisionPK staff, CAB, Mindspace and Lead Scotland.



You're not alone. We're here for you.

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, Citizens Advice Bureau (CAB), Mindspace and Lead Scotland.

Starts 6th October 10.00am – 12.30pm – Contact us to book your space.

Join Our Accessible Gym

Get active at our sensory hub! Book your induction with Jamie Fitchie, our Health & Wellbeing Coordinator, to get started.

Opening hours: Monday–Thursday, 9.00am–5.00pm; Friday, 9.00am–4.30pm.

Membership: £10 per month. **Contact us book your induction**



Image description: a room with gym equipment in purple and teal colours. An exercise bike is the main piece of equipment

Have your say on braille and accessible food labelling



The Braille Food Labelling Campaign is asking blind and partially sighted people across the UK about their experiences of food packaging. Medicines have carried braille for years. The campaign wants the product name in braille on food too, alongside a QR code or NaviLens for the full information.

The findings will go to Food Standards Scotland and DEFRA as evidence for change. The survey takes around ten minutes and can be completed online, by phone, by email or by post.

Email policy@sightscotland.org.uk to receive the survey in the accessible format of your choice. Closes 31 October 2026. More information and access to the online survey, search Sight Scotland Accessible Food Labelling: [Accessible Food Labelling | Sight Scotland](#)

Support VisionPK – Keep it Local.

🎄 Win Big in VisionPK's Christmas Raffle! 🎄

Christmas is coming, and so is the **VisionPK Christmas Raffle!**

You could win **£150 cash, a luxury hamper, a family season ticket to Scone Palace** and more, while helping us support people living with sight and hearing loss across Perth and Kinross.

If you receive a printed newsletter, your raffle tickets will be enclosed. If you receive the newsletter by email, your tickets will be posted separately.

There is no obligation to take part. If you decide not to enter, you do not need to return the tickets.

Every ticket bought helps fund practical support, social opportunities and wellbeing activities for our service users and their families throughout the year. You're welcome to share your tickets with friends and family too.

Tickets are £1 each or £10 per book. The draw takes place on Tuesday 8 December 2026.

Thank you for supporting VisionPK, and **good luck!**

Walk Across Hot Coals for VisionPK!

On **24th October**, brave supporters will be stepping out of their comfort zones and **walking across hot coals to raise funds for us**

Our Firewalk promises to be an exciting event full of courage, encouragement and plenty of cheering. Whether you're looking for a personal challenge, want to do something memorable with friends or colleagues, or simply fancy proving to yourself that you can this is your chance!

Every step taken will help VisionPK continue providing vital support, activities and opportunities for people living with sight and hearing loss across Perth and Kinross.

 **Take the challenge**

 **Come along and cheer on our firewalkers**

 **Help us raise funds for VisionPK**

All firewalkers must attend a training session at our sensory hub in George Street at 4.30pm (food will also be provided!)

The event will take place at 6pm at the Horsecross plaza opposite Perth Concert Hall

To sign up please call us or call in to pay a £20 registration fee. We then ask that everyone tries to raise at least £100 in fundraising for us.

VisionPK Quiz Night – Are You Ready for the Challenge?

Get your thinking caps on and gather your cleverest friends – VisionPK's next Quiz Night is coming up on Friday 27th November!

Join us in our beautiful Atrium at VisionPK, 17–19 George Street, Perth for a fun and friendly evening of trivia, laughs and a little healthy competition.

Come along as a ready-made team or gather friends, family or colleagues and see who has the winning combination of general knowledge and guesswork!

Places are limited, so get your team together and book your tickets!

📍 VisionPK Atrium, 17–19 George Street, Perth, PH1 5JY

📅 Friday 27th November

🕒 Doors: 7.00pm | Quiz: 7.30pm

💷 £5 per person | Maximum 6 per team

To book:

☎ 01738 626969

✉ info@visionpk.org.uk

Who will be crowned VisionPK Quiz Champions? Come along and put your knowledge to the test!

🥤 Bring your own drinks and nibbles to enjoy throughout the evening.

Who will be crowned VisionPK Quiz Champions? Come along and put your knowledge to the test!

Join our new Craft and Chatter group



Image description: a table with vibrant crafting materials including knitting, paper crafts, mugs of tea and coffee

Enjoy crafting in good company? Come along to VisionPK's new Craft and Chatter group, starting on **Monday 26 October, from 10.30am to 12.30pm**, and meeting **every two weeks**.

Whatever craft you enjoy, this is a chance to get creative, share your skills and pick up new ideas. Bring along a project you're working on or come and discover what others enjoy making.

You don't need to be an expert. Beginners and experienced crafters are equally welcome. Join us to learn from one another, meet new people and enjoy a friendly chat while you craft.

Contact us find out more or let us know you'd like to join.

Walk the purple carpet at our heritage film premiere



Image description: a view towards the entrance to a cinema screen with purple chairs from the purple carpet with a gold film reel to the side of the carpet.

Save the date for a special celebration of VisionPK's 160-year history! Join us on Thursday 26 November 2026 for the premiere of our heritage film at the Norrie Miller Suite, Perth Theatre.

We're inviting you to walk the purple carpet and help us mark this milestone together. The film explores VisionPK's heritage and the people who have shaped our story, celebrating 160 years of supporting our community. The event begins with a drinks reception at 1.00pm, followed by the film screening at 1.30pm.

Our heritage film has been made possible with funding from The National Lottery Heritage Fund thanks to National Lottery players.

We'd love you to join us for this memorable occasion. To find out more and book your seat call 01738 626969 or email info@visionpk.org.uk.

SAVE THE DATE — VisionPK Christmas Party



Image description: a room decorated for Christmas with a tree and presents, a table laid for a party with crackers.

Join us for some festive cheer at the **VisionPK Christmas Party on Thursday 10 December 2026, from 1.15pm to 3.15pm.**

We'd love you to come together with friends old and new to celebrate the season and round off our special 160th anniversary year.

Pop the date in your diary — more details to follow!



Join Friends of VisionPK

Your support helps us provide vital services for people living with sight and hearing loss in Perth & Kinross. By setting up a regular monthly donation, you give us the stability to plan, reach more people, and make a real difference every day.



Help us keep making a difference

For 160 years, VisionPK has been part of our local community. Your support helps us continue providing practical help, friendly connections and activities for people living with sight and hearing loss across Perth and Kinross.

If you're able to give, please scan the QR code to donate. Every gift, whatever the size, helps support our work.

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.



Facebook



Instagram



LinkedIn