VisionPK
Your local sight & hearing loss charity

VisionPK Monthly Update – December 2026 / January 2027
Welcome to your monthly update from VisionPK, where we share the latest news, events and information about support available to you.

Christmas wishes from VisionPK

As Christmas approaches, we'd like to thank everyone who has been part of VisionPK this year. Whether you've joined a group, popped into the sensory hub, volunteered or supported us in other ways, thank you for being part of our community.

In this update, you'll find details of our Christmas activities and what's coming up in the new year. We hope to see you at the sensory hub soon and wish you a very Merry Christmas and a Happy New Year.

Christmas and New Year opening hours

The sensory hub will be closed from **Wednesday 23 December until Tuesday 5 January**.

Drop-in sessions will resume on Monday 11 January, from 1.30 to 4.00pm.

Join us for the VisionPK Christmas Party

Come along to the sensory hub on Thursday 10 December for an afternoon of festive fun with the VisionPK team and friends. We'll provide a Christmas buffet, and there'll be plenty of time to catch up with familiar faces and meet new people.

Whether you're a regular at the hub or haven't visited us in a while, we'd love to see you there!

Date Thursday 10 December 2026
Time 1.00–3.30pm
Location Atrium, VisionPK Sensory Hub, 17–19 George Street, Perth

Celebrating 160 years of VisionPK

We're looking forward to premiering our heritage film on 26th November, which **celebrates 160 years of VisionPK and shares stories from people across our community.**

A big thank you to everyone who shared their stories, gave their time and helped bring the films to life. We're especially grateful to **The National Lottery Heritage Fund** and National Lottery players for making this heritage project possible.



After the premiere, we'll share links to all the films shown at the event, including British Sign Language (BSL) and audio-described versions, so you can enjoy them at home in your own time.

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.

New blocks start in 2027 - Spaces are limited please contact to book

🗓️**Upcoming Events & Activities: Please contact us to book your space.**

Email info@visionpk.org.uk or call: 01738 626969

Activities take place at the VisionPK Sensory Hub, 17–19 George Street, Perth.

Swimming takes place at Perth Leisure Pool.

December 2026

Bake Off

Date Wednesday 2 December
Time 1.30–3.30pm
Location Strathearn room, VisionPK sensory hub

Ready, set, bake! Join us for a fun afternoon making cookies and gingerbread men. Who will earn a coveted Bake Off handshake? There's even an apron up for grabs for our Baker of the Day!

Gie it Laldie Choir

Date Wednesday 2 December
Time Starts at 2.00pm
Location Atrium, VisionPK sensory hub

Join us in the Atrium for an afternoon of music and singing.

Craft & Chatter

Dates Monday 7 December, Monday 18 January, and Mondays 8 and 22 February
Time 10.30am - 12.30pm
Location Strathearn room, VisionPK sensory hub

Are you working on a craft project and fancy a chat and a cuppa while you work? Whether you enjoy knitting, crochet, painting or drawing, or you'd like to try something new, come along to Craft & Chatter. Materials provided or bring along whatever you're working on and enjoy a relaxed morning swapping tips, sharing recipes and getting to know others. Beginners are welcome.

Drumtastic

Date Friday 11 December
Time 1.15 - 2.30pm
Location Atrium, VisionPK sensory hub

An upbeat group drumming session with rhythm, movement and plenty of laughter. No experience needed.

Accessible Swimming Club

Dates Tuesday 15 December is the last session before Christmas. Swimming returns on Tuesdays 12, 19 and 26 January.
Time for January sessions 11.00 - 11.45am
Location Perth Leisure Pool

A supported swimming session to help you build confidence, stay active and enjoy the water. Bookings for the block must be made in advance and a charge applies.

January 2027

Chairtastic

Dates Wednesdays 13, 20 and 27 January
Time 1.15 - 2.30pm
Location Atrium, VisionPK sensory hub

Music-filled chair exercise sessions with gentle movement, singing and laughter.

Guest Speaker Social Group

Date Tuesday 19 January
Time 1.15 - 2.30pm
Location Strathearn room, VisionPK sensory hub

Join us for a relaxed social afternoon with a guest speaker. Speaker and topic to be confirmed.

Audiology Talk and Q&A

Date Tuesday 26 January
Time 10.30 -11.30am
Location Atrium, VisionPK sensory hub

Join us for a talk from an NHS audiologist, followed by a Q&A where you can ask questions about hearing and hearing care.

Live Music Session

Date Tuesday 26 January
Time 1.15 - 2.45pm
Location Atrium, VisionPK sensory hub

Spend a relaxed afternoon enjoying live music and catching up with others.

Community Groups

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

Cameron Court, Almond Place, Comrie, PH6 2BB

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

Blairgowrie Parish Church Hall, James Street, PH10 6EZ

Bridge of Earn - 3rd Wednesday of the month, 1.00 -2.30pm

Servite House, 2 Muirmont Place, PH2 9RP

Pitlochry - 4th Tuesday of the Month 10.30am - 12.00pm

Pitlochry Theatre Port-Na-Craig, Pitlochry PH16 5DR

Crieff – First Monday of the month, 10.00am - 12.00pm

St Andrew's Parish Church of Scotland, Strathearn Terrace, Crieff, PH7 3AQ

NHS Tayside volunteer-led hearing aid drop-in clinic at VisionPK sensory hub: **No session for the 1st Wednesday in January**

Wednesday 20 January - 3rd Wednesday of month

Wednesday 3 February - 1st Wednesday of month

Wednesday 17th February - 3rd Wednesday of the month

<u>Drop-in sessions</u> with VisionPK rehabilitation team are now open for both sight and hearing loss:

Please come along if you require advice or support. Monday, Wednesday and Fridays, 1:30pm - 4.00pm

Location: VisionPK, 17-19 George Street

Please Note! Hearing aid re tubing will be signposted to the audiology drop in service - dates above.

Join Friends of VisionPK





We're delighted to launch Friends of VisionPK, a new way to support our work with a monthly donation. By becoming a Friend, you'll help us be there for people living with sight or hearing loss across Perth and Kinross.

There are three membership levels to choose from, each with its own benefits. To find out more or sign up, scan the QR code or give us a call on 01738 626969. We'd love to hear from you.

Thank you for supporting VisionPK!

📞 Need to Contact Us?

We are 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