

RNIB

**RNIB Children and
Families Event Guide
Northern Ireland**
February – May 2019

See differently



Welcome to our events guide for families of children with sight loss. **Booking for events is essential.** Contact the team for more information.

February

Family Connect Play Morning

Date: Monday 4 February 11am

Venue: World of Wonder, Carrickfergus

Come along to our play morning for a coffee and chat and a chance to meet other families while the little ones play. Food will be provided.

To book contact Marcella or Donna.

Valentines Party in partnership with SENSE

Date: Sunday 10 February, 2.00pm – 5.00pm

Venue: The Junction Dungannon (Beside Tesco's),
12 Beechvalley Way, Dungannon, Co. Tyrone, BT70 1BS

RNIB and SENSE are having a party!

Come along for some dancing, games, crafts and so much more! There will be something for everyone. This will be a fun way for children to meet but also for parents to chat to one another. The whole family is welcome.

To book a place contact Roisin at RNIB on 079 3930 0949 or Bernie at SENSE on 079 6644 0345.

Parents information evening – Dungannon

Date: Tuesday 19 February, 7.00pm – 9.00pm

Venue: The Junction Dungannon (Beside Tesco's),
12 Beechvalley Way, Dungannon, Co. Tyrone, BT70 1BS

These evenings are aimed at parents who would like to share concerns or gather knowledge about the different stages involved in supporting their child. Come along and have a cuppa and a scone and meet others in a similar situation. Speaker to be confirmed.

For more information and to book contact Roisin.

Mindful Parents workshop with Parenting NI

Date: February (Date TBC) 7 – 8.30pm

Venue: Antrim

Come along to a fun and interactive evening workshop, learning simple techniques to help relieve stress and become more mindful in your day. It is also a great way to meet other parents experiencing similar issues, build your confidence and improve family relationships.

To book contact Marcella or Donna.

Technology and how RNIB can help – Parents information Session Newry

Date: Thursday 21 February 7.00pm

Venue: Ballybot House, Cornmarket, Newry BT35 8FF

We have Joanne Wilson from the RNIB Technology for Life project coming along to talk about how technology can help our kids and those working with them. Come along and have a cuppa and a scone and meet others in a similar situation.

For more information and to book contact Roisin.

Paws b Mindfulness Programme in partnership with Aware NI (Age 7-12)

Date: Saturday, 23 February, 2 March and 9 March

Venue: Derry/Londonderry

Paws b was carefully crafted by classroom teachers and mindfulness experts to engage young children in a fun and interactive way. Evidence-based research confirming the positive effects of mindfulness practice when suitably applied for children is astounding. The Mindfulness in Schools Project published results which confirm that Paws b positively improved children's moods and concentration levels.

Paws b aims to give children Mindfulness as a life-skill and use it to help them:

- feel happier, calmer and more fulfilled
- get on better with others
- help them concentrate
- help cope with stress and anxiety
- support performance such as music and sport

This programme is aimed at children aged 7 – 12 years and places are extremely limited.

For more information and to book contact Laura.

March

Educational Rights – Parents information evening – Portadown

Date: Tuesday 5 March 7.00pm

Venue: Cherrytrees Resource Centre, 1A Edenderry Gardens, Gilford Road, Portadown BT63 5EA

We are delighted to hopefully have a representative from the Childrens Law Centre talking about Education and in particular our childrens SEN Rights. This should be a very useful session. We will also have Education Advocate, Karen Wilson from Angel Eyes NI along to support parents and help with education queries and issues.

For more information and to book contact Roisin.

Cruise Centre Drive

Date: Saturday 9 March

Venue: Cruise Centre Drive, Lower Airfield Road, Eglinton

This event is suitable for children age 10+. It will give young people the opportunity to get behind the wheel with a qualified driving instructor, learn basic skills and experience driving in a fun and interactive way. Places are limited.

To book contact Marcella or Donna.

Assistive Technology Workshop for parents – Supporting the Educational Needs of Children with Sight Loss.

Date: March 2019

Venue: TBC

Do you want to find out more about how Assistive Technology might help your child in their learning?

Join Angel Eyes NI, RNIB NI and NCBI for an exciting, interactive workshop. Hear how accessible technology can revolutionize your child's learning. Get hands-on with accessibility features of an iPad. Discover apps that can help learning at home and in class. See demonstrations of accessible software, and listen to one child's positive experience of assistive technology. Further details will follow.

Spaces will be limited and booking essential.

Family connect day at Peter Pans Neverland (Ages 0-12)

Date: Saturday 9 March, 12.00pm

Venue: Peter Pan's Neverland, Unit 4, Meadows Retail Park, Portadown, BT62 3NJ,

Come along, to what is always a great event. Kids can play whilst parents chat and share experiences and knowledge over a cuppa. Lunch is provided.

For more information and to book contact Roisin.



April

Online Cybersafety – Parents information evening

Date: Tuesday 2 April, 7.00pm – 9.00pm

Venue: Ballybot House, Cornmarket, Newry BT35 8FF

We have Ciaran Traynor along to talk to us about how we can be aware and keep our children safe online. More and more of our children spend time online and this session will help you know what to look out for and how to help.

For more information and to book contact Roisin.

Family Weekend for Children with standalone sight loss aged 0-7

Date: Friday 12 April – Sunday 14 April

Venue: Lusty Beg Island, Boa Island, Kesh, BT93 8AD

We are delighted to provide this weekend themed around understanding sight loss for families of children with sight loss aged 0-7. To ensure everyone has an opportunity to attend, we offer priority to those families who have yet to attend a weekend and have a child with sight loss aged under 7. As always, places are very limited and we will prioritise those for families who have never been to a weekend and then those who have not been in a number of years. Please do not book if you have attended a weekend in the past 2 years. If your child has complex needs you may like to wait and attend one of our weekends for children with complex needs.

Contact the RNIB team no later than Thursday 28 Feb to apply or for more info.

Wellbeing day for young people aged 12+

Date: Thursday 18 April, 1.00pm – 4.00pm

Venue: Belfast

We have come together with Guide Dogs and Angel eyes for this event and are so excited! This event is aimed at exploring wellbeing and self-care for young people with sight loss aged 12+. We will have workshops on mindfulness, yoga, male grooming, make up and beauty so the young people can choose which they'd like to take part in. We will have people with sight loss including bloggers share their beauty, sport and overall wellbeing tips.

For more information or to book, please contact the team.

Easter Fun at the Farm

Ark Open Farm – Newtownards

Date: Friday 19 April (Good Friday), 12.00pm

Venue: Ark Open Farm, 296 Bangor Road, Newtownards, BT23 7PH

Or

Mellon Fun Farm – Omagh

Date: Friday 19 April (Good Friday), 11.00am

Venue: Mellon Fun Farm, 25 Mellon Rd, Omagh BT78 5QU

Join us at Ark Open Farm or Mellon farm for our eggcellent Easter eggstravaganza. We'll take part in lots of activities, meet lots of animals and have fun all over the farm. This is fun for all the family. Lunch will be provided.

To book please contact the RNIB team.

May

Family weekend for children with Complex Needs

Date: Friday 10 – Sunday 12 May

Venue: Killyhevlin Lakeside Hotel & Lodges,
Killyhevlin, Enniskillen, County Fermanagh,
BT74 6RW

Once again, we will be welcoming families of children with complex needs to our weekend in the beautiful Killyhevlin Hotel. This weekend offers therapies for children with complex needs, childcare for siblings and a chance to connect with other families. As always, places are very limited and we will prioritise those for families who have never been to a weekend and then those who have not been in a number of years. Please do not book if you have attended a weekend in the past 2 years. If your child has standalone sight loss, you may like to book in to our other weekend.

Contact the RNIB team no later than Thursday 28 Feb to apply or for more info.

Cinema and Popcorn Evening

Date: Friday 17 May at 6pm

Venue: Ballymena IMC, Larne Road Link,
Ballymena, BT42 3HA

All the family welcome to our fun night at the movies, Audio Description available on request.

To book contact Marcella or Donna.

Family Connect day at Snakes 'N' Ladders – Bangor

Date: Saturday 25 May at 11.00am

Address: Unit 2, West Circular Retail Park,
169 Clandeboye Rd, Bangor BT20 3JH

Come and join us at one of NI's largest play frames with a baby and toddler section, go karts, 5 a side football pitch, party rooms and a cafe where you can relax and enjoy a cuppa and a chat.

Lunch will be provided.

For more information and to book contact Laura at RNIB.

Toddler Groups

Family Focus Time to Play

An opportunity for children up to four years old to come together in a fun environment that provides assessment and learning through play, art, music therapy and much more.

The time to play groups will feed into the parent and toddler groups already in operation, where possible. These sessions are supported by RNIB and in partnership with Guide Dogs, Angel Eyes NI, and Sense, with funding from the Big Lottery.

For more information please contact Guide Dogs NI 0345 143 0193.

Belfast

Time: 10.00am to 12 noon.

Dates: Friday, 15th February, 15th March, 19th April (TBC as it is Good Friday), 17th May

Ballynahinch

Time: 10.00am to 12 noon.

Dates: Thursday, 14th February, 14th March, 11th April, 9th May

Banbridge

Time: 10.00am – 12 noon.

Date: Friday, 8 February, 8 March, 12 April, 10 May

Broughshane

Time: 10.00am – noon or 2.00pm – 4.00pm

Date: Wednesday, 13th February, 13th March, 10 April, 8 May

Jordanstown

Time: 11.00am to 1.00pm

Dates: Saturday, 24th February, 24th March, 27 April, 25 May

Derry/Londonderry

Time: 10.00am – 12.00 noon

Dates: Monday, 4 February, 18 February, 4 March, 18 March, 1 April, 15 April, 29 April, 13 May, 27 May

Venue: Foyle Arena (Waterside), Limavady Rd, Derry/Londonderry BT47 6JY

Angel Eyes Coffee and Chat groups in Newtownards and Banbridge

Date: Thursday 28th February, Thursday 28th March, None in April (Easter Hols), 10.00am to 12.00 noon

Venue: Regent Street Methodist Church, Regent Street, Newtownards, BT23 4BT

Date: Monday 24th February, Monday 25th March, None in April (Easter Monday) 10.30am to 12.00 noon

Venue: Tesco Community Room, Bridgewater Retail Park, Bannview Road, Banbridge, BT32 4LF

Come along for a coffee and chat with Paula. These informal groups are for parents to meet, share ideas, find out more about how to support your child and other services available to help you on your parental journey. Lots of toys to keep the little ones entertained, although you are welcome to attend without your child. Children are welcome at these groups.

For more information contact: Paula Robson at Angel Eyes NI Tel: 02890941633 or email: paula.robson@angeleyesni.org

SENSE "Touching Lives, Transforming Families" Project

Venue: Derry/Londonderry

Date: Every second Wednesday.

This parent and toddler group is run by SENSE and is for pre-school children with vision and/or hearing loss or complex needs. This is a great opportunity to meet with other families. activities include, sensory Storytime sessions, advice and information sessions and much more.

For more information or to book contact Lori on 07717308767.



Ongoing activities/clubs

RNIB Banbridge Kids Club (Ages 8 and up)

Date: Every second Friday, 7.00pm – 8.30pm

Venue: Tesco Extra Community Room, Bridgewater Retail Park, Banbridge, Down BT32 4LF

Due to popular demand we are holding our Banbridge kids club every second Friday. We will have games and crafts, all with a bid to increase confidence.

Numbers are limited.

For more information and to book, contact Roisin.

Angel Eyes NI In Tune Workshops

Date: Saturday, 9th February, 9th March, 13th April, 11th May 2.00pm – 4.00pm

Intensive Day: Tuesday 19th February 10.30am – 3pm.

Venue: Spectrum Centre, Shankill Road, Belfast, BT13 3AA

This program, which is a collaboration between Angel Eyes NI and Open Arts, offers children and young people affected by sight loss, the opportunity to experience the world of performing arts. Open Arts engage artists skilled in music, singing, dance and drama to deliver a mix of two-hour or one-day workshops to children registered with Angel Eyes NI.

Places are limited, booking is essential. Please bring a drink and snack.

For more information and to book a place, contact Angel Eyes NI on 028 9094 1632 or email info@angeleyesni.org

Angel Eyes NI Saturday Club – Jordanstown (Ages 4 to 16)

Dates: Saturday, 23 February, 23 March, 27 April,
25 May 2.00pm – 4.00pm

Venue: Jordanstown School, 85 Jordanstown Road,
Newtownabbey, BT37 0QE

Our Saturday club is a firm favourite with families. Children enjoy getting together to have fun through sports, music, drama, craft making or cooking and baking. Our activities are all about building confidence and creating friendships. We welcome siblings (4+) to come along and join in the fun.

Parents are invited to stay and chat with other parents and with the Angel Eyes NI team. This valuable and informal peer support is an important part of the club.

Booking essential: Call 028 9094 1632 or email info@angeleyesni.org to reserve your child's place.

*New families will need to complete a short one-off registration form. We will be glad to help you with this.

Sports clubs

IFA Weekly Partially Sighted Football Club

Dates: Saturdays, 10.00am – 11.00am (Ages 7 to 14)

Wednesdays 7:00pm – 8:00pm (Ages 15+)

Venue: Lagan Valley Leisureplex, 18 Leisure Park,
Lisburn BT28 1LP

If you have a keen interest in football and are partially sighted, come along and participate in our sessions. New players are welcomed each week. Sessions include fun games, ball mastery, passing, shooting and small sided games. The team also compete in the IFA Disability League once a month at the Valley Leisure Centre (Saturdays).

For more information contact:

mal.donaghy@irishfa.com or mobile 07894614325

VI@CI: Blind Tennis for children under 18 years of age

Venue: CIYMS Tennis Club, 91 Circular Road,
Belfast, BT4 2GD

Date: Every Saturday, 5.30pm – 6.30pm
and 6.30pm – 7.30pm.

Take part in one of the fastest growing sports for people with sight loss in the UK.

For further information please contact Jane Mounsey (Outreach Coordinator) on 028 9076 0120 or outreach@ciymstennisclub.org

North West Goalball Club (Age 8+)

Date: One Saturday per month, 11.00am – 12.30pm

Venue: Foyle Arena, Limavady Rd, Derry/Londonderry BT47 6JY

Goalball club for people with sight loss over the age of 8 years.

For further information please contact Kieran Coyle:
kcoyle@liveactiveni.co.uk or call 077 9903 8327.

Craigavon Goalball Club (Age 8+)

Date: One Saturday per month, 10.30am – 11.30am

Venue: Brownlow Community Hub, 7 Brownlow Road, Craigavon, BT65

For further information please contact Ryan McQuillan:
rmcquillan@liveactiveni.co.uk or call 077 9913 7291.



Contact us

RNIB

Roisin Meagher – Southern Trust Family Officer
028 9033 4122 or 07939 300 949

Donna McNicholl (Maternity cover for Charlene Brunty)
– Northern Trust Family Officer (Part-time, working hours: Wednesday, Thursday, Friday AM)
028 9033 4117/ 028 7122 9545 or 07772 693 446

Marcella Dempsey – Northern Trust Family Officer (Part-time, working hours: Monday, Tuesday, Wednesday AM)
028 9033 4117 or 07813 845 209

Laura McCauley – Family Insight Project Coordinator (Belfast, South Eastern and Western Trust Areas)
028 9032 9373 or 07710 066 727

Angel Eyes NI

Paula Robson – (Early Years Parent Support – Family Focus project)
028 9094 1633 or paula.robson@angeleyesni.org

Karen Wilson – Education Advocate (Family Insight project)
028 9094 1634 or karen.wilson@angeleyesni.org

Kerrie Cartmill – Parent support coordinator
028 90941633 or Kerrie.cartmill@angeleyesni.org

RNIB

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RNIB Helpline 0303 123 9999

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