Activities for People with Sight Loss

Wider Vision Club
A social club for the visually impaired meets every 1\textsuperscript{st}, 3\textsuperscript{rd} and 5\textsuperscript{th} Monday nights in Newtownards Hospital. September – June with a mixed programme from 7.00 - 9.00pm. Transport provided in the Bangor and Newtownards areas. Contact: Jane Hawkins 91472985 Cost £10 per year and 50pence per night

Indoor Bowling Club
Open to those registered Blind or Partially Sighted. Meets Wednesday afternoons 2pm – 4pm in Pickie Bowling Club, October – March. Contact: Jill Breadon 91827981 Cost £5 per year, refreshments 50pence

North Down Voice
A self-help group for those with visual impairment. Meets the last Tuesday in every month 12pm – 1.30pm, in Fielty's meeting room, High Street Bangor. Contact: David Magowan 91274162 Cost £10 per year.

10 Pin Bowling Group
For those with a visual impairment who would like to play ten pin bowling in Dundonald. Leaving Bangor town centre at 10.15 returning at 2.00, using door to door transport or shared taxi. Contact: David Magowan 91274162 Cost: travelling costs plus £3.80 for two games
**Torch Fellowship Group**
A Christian based fellowship group open to all with visual impairment from Bangor, Newtownards, Donaghadee and Holywood. Meets 2nd Saturday in the month. Transport provided.
No cost

**The Macular Disease Society**
Open to anyone with Macular Degeneration, guest speakers and group support.
Meets Monthly in Bayview resource centre Bangor,
Contact Laura Cromie 91510136
Cost £5 per year, 50pence refreshments

**Darts group**
Meets Wednesday 12.00 – 1.45 in Fielties meeting room, High Street, Bangor. Open to all visually impaired.
Contact: Helen 91453793

**Kilcooley Women’s Centre**
Kilcooley Women’s Centre offers a wide range of training and education courses for women. Courses on offer include CLAIT, Introduction to IT, ECDL, Word Processing, GCSE Maths, English, History, Sociology, Glass Painting, Nutrition, Womens studies and much more. All women are welcome to enrol and you do not have to live in the Kilcooley Area.

Contact: 9147 8292.

**Social and Friendship Group (Cedar Foundation)**
This is a social networking group of adults of all ages with a range of physical disabilities. A set meeting once a month with a speaker followed by tea or coffee and a chat. Throughout the month there are different activities that
members can join in with as they wish. These can vary from a meal out, or a game of Boccia or a local table quiz, as well as ongoing art classes. The activities are suggested and organised by group members with the help of Cedar in a mentoring role. Referrals to the group are via a social worker / rehabilitation worker.
Contact: Kathryn Bell at Cedar on 91511179.

Walking Group
Meets monthly with a varied programme. Open to all visually impaired living in the South Eastern Trust area, must be fit enough to follow a set walk.
Contact: Laura Cromie 91510136
Cost: £5 per year plus entrance fees

Boccia
Meets on Fridays 11.00 – 12.30 in Bangor Aurora Centre
Open to all disabilities. Transport is not provided.
Contact: Sports Development, Aurora 91270271
Cost: £2.00

University of the 3rd Age
Many courses available for those who are over 50 and no longer in full time employment. Includes literature classes, keep fit, golf, dining, dancing and others.
Contact: Pauline Casselles 91466210
Cost: Varies

Split Ends Short Mat Bowling
Meets on Mondays 11.00 – 1.00 in Bangor Aurora Centre
Open to all disabilities. Transport is not provided.
Contact: Sports Development, Aurora 91270271
Cost: £2.00