

# March Programme of Activities

Orange Font = Blended (Face to Face & Online)

Black Font = Online

Week 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	<b>NO ACTIVITY</b>	Audio Book Club 16 - 25yrs 5pm - 6pm	<b>NO ACTIVITY</b>	Assistive Tech, 3pm - 5pm	Heritage in Nature Project 11 - 25yrs 10am - 12pm  Cook - a - Long 11 - 25yrs 11am - 1pm  Supper Squad 8 - 15yrs 1:15pm - 2:15pm
Week 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12

<p>Assistive Tech 3pm - 5pm</p> <p>Audio Book Club 8 - 15yrs 5pm - 6pm</p>	<p>Sisterhood 11 - 25yrs 5pm - 6pm</p>	<p>Sensory Story Time 0 - 8yrs 1pm - 2pm</p> <p>Siblings Wellbeing Session 4:30pm - 5:15pm</p> <p>Audio Book Club 16 - 25yrs 5pm - 6pm</p>	<p>Cook - a- Long 16 - 25yrs 5pm - 6pm</p> <p>Supper Squad 16 - 25yrs 6pm - 7pm</p>	<p>Assistive Tech, 3pm - 5pm</p>	<p>Heritage in Nature Project 11 - 25yrs All Day</p> <p>Creative 8 - 25yrs 10am - 1pm</p>
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**Week 3**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>Assistive Tech Workshop 8 - 25yrs 12pm - 3pm</p> <p>Audio Book Club 8 - 15yrs 5pm - 6pm</p>	<p>Connecting Families Online 7:30pm - 9pm</p>	<p>Audio Book Club 16 - 25yrs 5pm - 6pm</p>	<p>Assistive Tech, 3pm - 5pm</p>	<p>Assistive Tech, 3pm - 5pm</p>	<p>Heritage in Nature Project 11 - 25yrs 10am - 12pm</p> <p>PAN London HAWB 8 - 25yrs 10am - 1pm</p>

**Week 4**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>

<p>Assistive Tech 3pm - 5pm</p> <p>Audio Book Club 8 - 15yrs 5pm - 6pm</p>	<p>Sisterhood 11 - 25yrs 5pm - 6pm</p>	<p>Sensory Story Time 0 - 8yrs 1pm - 2pm</p> <p>Siblings Wellbeing Session 4:30pm - 5:15pm</p> <p>Audio Book Club 16 - 25yrs 5pm - 6pm</p> <p>Youth Forum (CLOSED GROUP) 5:30pm - 7pm</p>	<p>Heritage in Nature Project 11 - 25yrs 5pm - 6pm</p>	<p>Assistive Tech, 3pm - 5pm</p>	<p>Heritage in Nature Project 11 - 25yrs 10am - 12pm</p> <p>Tower Hamlets HAWB 8 - 25yrs 11am - 1pm</p>
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**Week 5**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<p>Assistive Tech 3pm - 5pm</p> <p>Audio Book Club 8 - 15yrs 5pm - 6pm</p>	<p><b>No Activity</b></p>	<p>Audio Book Club 16 - 25yrs 5pm - 6pm</p>			

## **New Sessions**

### **Heritage in Nature Project**

We're excited to be delivering this new project in collaboration with PlayPlace and Shout Out Loud. Celebrating the life and work of Charles Darwin, one of the most important figures in science and natural history, we will be running a six-week programme in which young people are able to explore the natural environment and respond to it creatively.

The project will involve a field trip to Darwin's house and garden, and young people will have the chance to record their feelings about nature through poetry, artwork and soundscapes. There will also be opportunities to vlog their experiences throughout the programme, with the intention of creating a film.

## **Updates**

### **Audio Book Club: Mondays and Wednesdays**

This popular group is now specifically targeted to meet the needs and interests of two different age groups. On Mondays, we will be running clubs for children and young people aged 8-15. On Wednesdays, the club is geared towards the young adult group aged 16-25.

### **Connecting Families Online: Tuesday 15<sup>th</sup> Tricks and tips for managing emotional wellbeing**

Following our successful session on emotional wellbeing, we've been asked to repeat this for those who were unable to attend last time. Wondering how you can better support your child's mental health and emotional wellbeing at home and at school? Join our experienced Family Practitioners and other families of children and young people with a vision impairment to discuss and share tricks and tips for dealing with anxiety, body image, friendships, loneliness, stress and much more! Please email [familiesfirst@rsbc.org.uk](mailto:familiesfirst@rsbc.org.uk) to register and a Teams invite will be sent on the day to join the evening session.