London NFB logo image:![Logo

Description automatically generated]()

Dear London members,

Both Jess and I had such a lovely time meeting so many of you in Blackpool last week. We would like to say a huge thanks to Pardy for bringing us all together. As we continue to sizzle in London we again have a bumper edition within this 40th edition of London Life. We are very grateful for all the articles sent to us and please continue to do so as we advocate the power of peer support in our community london@nfbuk.org

This edition includes:

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# Next London NFB branch meeting – zoom only – Wednesday 29th June

Please join our next London NFB branch meeting on Wednesday 27th June at 6pm where we will be joined by guest speaker Yragael Drouet from Transport for All. Our fabulous vice-chair Berin will be stepping in to host the meeting and it will be a zoom only meeting on the regular NFB link. Our hybrid style meetings will continue again in July.

# Eating out with London NFB - Social lunch at The Steak Restaurant

There are still a few places left for our next social lunch. Please contact Priti asap if you’d like to join us in July.

We are delighted to arrange a social lunch at a restaurant in Hatch End, Northwest London which serves tasty British food including fish, chicken and vegetarian options, steaks being their specialty. They have a lunch time offer of one course for £12.95 and two courses (starter and main) for £15.95.

You could opt for having either the lunch offer or going for something from the A la carte menu. Each of the menus are attached further below. The restaurant has kindly offered to do separate bills, payment to be made on the day. It’s step free and welcomes guide dogs.

When: Saturday 9th July 2022 at 12 noon

Where: The Steak Restaurant, 316 Uxbridge Road, Hatch End, London HA5 4HR

Nearest Station: Hatch End on the overground, Euston to Watford Branch, the restaurant is approximately a 5-minute walk from the station

Meeting point: Hatch End Station at 11.45am

There is a limit of 14 spaces available, so please book early to avoid disappointment. To confirm your place, please send an email to.

pritidamania11@gmail.com

Please confirm your menu choice and whether you’d like to be met at the station.

Lunch time offer menu

Special Lunch Menu – The Steak Restaurant – Hatch End

A la carte menu

A La Carte Menu – The Steak Restaurant – Hatch End

# Reminder to book your place on our 45th Eastbourne weekend

We can’t wait to welcome you at our 45th annual Eastbourne weekend, this year taking place from Friday 14th to Monday 17th October at the Cumberland Hotel. The Eastbourne Revellers team have been busy planning a fun weekend of activities for you including the Angels choir, Romanian dancing, a live band, disco, raffle and more! Before booking your place, please make sure you have paid your annual NFB membership subscription, please email us if you need to check. Then complete the Eastbourne registration form to book your place for the weekend. Again, please email if you’d like help to fill in the form and a member of the team will contact you. And remember if you are sharing a room, either twin or single, both people need to complete the registration form so we have details for everyone who will be joining us.

https://docs.google.com/forms/d/1iBX7Nrx-HMtxfeVy93ro3fHnuX9n2iu8Asig1lZjG38/edit

# From Ballroom spins to bumper cars Blackpool has it all



Our Jess and Jason dancing at the famous Blackpool Ballroom together

As London sizzled over 40 blind and partially sighted people, many from our London branch converged onto Blackpool last week.

The Carousel Hotel provided excellent food, accommodation, and evening entertainment. A huge thanks to the staff for all their support.

Some ventured up the famous Blackpool tower with its glass floor whilst others like me screamed around a bumper car track.

Many members engaged in a visit to the world-famous Blackpool Ballroom with its magnificent organs such as our Jess and Jason to trip the light fantastic. The trams provided an accessible way to get around as they slid alongside the promenade.

“It was lovely to meet old and make new friends” said one member.

“Cannot wait till we all meet again in Eastbourne”

Our outward and return journeys, were supported by a large team of assistance from TFL, Advantage and many other providers. Without their hard work and care we would not have been able to independently travel as VIPs.

Now we want to hear from those who attended. Please email a short article on your experience and will aim to publish as many as possible in our next London Life. Also send us your holiday photos with a short description. Email london@nfbuk.org

# Congratulations to Terry White at Metro Sports Day from London member and Vice Chair Berin Gem



The photo shows London NFB member Terry White preparing to throw the shot put.

Metro sports day, on the 11th June2022 welcomed blind and partially sighted people of all ages. Terry White has attended Metro sports day for many years. On Saturday 11th June he entered in 100 meter run, high jump, javelin and discus throwing as well as shot put. Terry did amazingly well and received a bronze medal for the best distance and scored the highest point for shot put.

If you would like to find out more about Metro Blind Sport, please click here: https://britishblindsport.org.uk/play-sport/activity-finder/39967/metro-blind-sport/

# Cruising down the canal by London members

Richard Harrington and Martyn Wilson

On Thursday 9 June, Martyn and myself went on a boat trip along the Grand Union Canal. This was organized by Community Action Dacorum.

We left home in a minibus at 9.15, stopping to pick up passengers in Hemel Hempstead before arriving at Nash Mills to board the boat. We were among thirty-five people who enjoyed a four-hour jaunt along the Grand Union Canal. We passed through three locks as we journeyed south near King’s Langley, where a couple of the trip organisers went to the local fish and chip shop and bought the food that passengers had previously ordered.

We were able to listen to popular music from the 1950’s before arriving back at Nash Mills at about 3.30. This was a relaxing journey and well worth £25.

To find out more about Community Action Dacorum please click here: <https://www.communityactiondacorum.org/>

# MFB UK AGM 23 September 2022

The EC are planning a celebration of its 75th birthday. We would like to

include members soundbites as part of an audio/video presentation being

created as part of this celebration. If you would like to take part, please

email Fiona: [fmusgrove@nfbuk.org](mailto:fmusgrove@nfbuk.org)

# Can you see me?

A new tool for knowing where your face is on a webcam, helpful for zoom and teams meetings.

https://canyouseeme.app/

# Just 100 days left to spend paper £20 and £50 notes

The days of spending paper banknotes in the shops are numbered: 100 days, to be exact - so start hunting at home.

Remaining paper £20 or £50 notes should be spent or deposited by the end of September, the Bank of England said.

An estimated 163 million paper £50 banknotes and about 314 million £20 paper notes were still in circulation, the Bank said.

These notes are being replaced with plastic versions, just like the £5 and £10 note, which are more durable.

The Bank said the newer, polymer notes are also harder to counterfeit.

"The majority of paper banknotes have now been taken out of circulation, but a significant number remain in the economy, so we're asking you to check if you have any at home," said the Bank's chief cashier, Sarah John, whose signature is on the new notes.

From October, people with a UK bank account will still be able to deposit the paper notes into their account or at the Post Office but spending them will be impossible.

Play What is different about the new £50 bank note?

Media caption,

Alan Turing £50 banknote being printed

Paper £20 and £50 notes issued by Clydesdale Bank, Royal Bank of Scotland and Bank of Scotland will also be withdrawn on the same date.

The paper £20 notes issued by Bank of Ireland, AIB Group, Danske Bank, and Ulster Bank in Northern Ireland will also be withdrawn after 30 September.

Celebrating Alan Turing

The Bank of England's paper £20 featuring economist Adam Smith has been in circulation since 2007, but has been gradually replaced by the plastic version which includes the work and portrait of artist JMW Turner.

Also being withdrawn is the paper £50 note which shows the manufacturers Matthew Boulton and James Watt. This entered circulation in 2011 but is now substituted for the polymer note featuring Alan Turing.

He helped accelerate Allied efforts to read German Naval messages enciphered with the Enigma machine, and so shortening World War Two and saving lives. He was also pivotal in the development of early computers, first at the National Physical Laboratory and later at the University of Manchester.

Turing was gay at a time when homosexuality was illegal and he was convicted for having a relationship with a man.

His appearance on the new £50 note has been welcomed by parts of the LGBT+ community as a symbol of a country facing up to the way gay men were persecuted.

• What Turing £50 notes mean to the LGBT community

• Is Turing the father of computing?

The polymer fiver featuring Winston Churchill launched in 2016, and the plastic £10 note including the portrait of Jane Austen was first issued in 2017.

All old paper banknotes can be exchanged by the Bank of England at any time.

# Details of the next three Descriptive Zoom talks from Royal Collection Trust.

Our programme of Descriptive Zoom talks is for blind and partially sighted people. Talks take place on the first Tuesday of the month, from 2pm. Join us to hear about the different works in the Royal Collection and the history of the Monarchy. Talks are free and informal, and you can participate camera on or off, however you prefer.

Tuesday 5 July – Buckingham Palace and George IV

July marks the Summer Opening of the State Rooms of Buckingham Palace. Visiting the magnificent State Rooms, the public can see some of the finest works in the Royal Collection. This month we will look at a Sèvres porcelain pot pourri vase that was acquired by George IV.

Tuesday 2 August – Drawings in the Royal Collection

This month we will discuss drawings in the Royal Collection which are housed in the Print Room at Windsor Castle. This incredibly important collection has been assembled over the last five centuries and principally shaped by just three monarchs – Charles II, George III and Queen Victoria. The collection includes works by artists such as da Vinci, Durer, Raphael, Gainsborough and Holbein.

Tuesday 6 September – Frogmore House

September will see a focus on Frogmore House, which stands in the Home Park of Windsor Castle. The House and gardens have been an enduring attraction for monarchs and their families since the house was purchased by Queen Charlotte in 1790. For almost 20 years, Frogmore was the home of Queen Victoria's mother, The Duchess of Kent and Queen Victoria often visited Frogmore during her long widowhood and worked on her papers there.

Join Zoom Meeting – camera on or off:

https://zoom.us/j/9044769010?pwd=ZmwwdVZKdjFMVnNJWlMvbXRzOUpSdz09

Meeting ID: 904 476 9010

Passcode: 624813

Call 0208 080 6591

Amy Stocker, Access and Inclusion Manager

# Your urgent support needed - Lift the morning suspension on Freedom Pass and 60+Oyster use

Over the past two years Londoners like you have been powerful defenders of both the Freedom Pass and the 60+ Oyster Card and we are grateful for your amazing support.

We are now calling on TfL to lift the suspension on concessionary travel before 9am on weekdays.

You can help us again by sending an email to the Deputy Mayor for Transport, Seb Dance and adding your name as we call for this unfair suspension to go.

<image002.png>

We have prepared an email you can send. Just click the button and fill in your details, personalise your message then send it directly into Seb Dance's inbox. Please also share this email with friends, family or groups you know who will support this campaign.

Thank you for your support.

<image004.jpg>

John McGeachy

Senior Campaigns Officer

Age UK London

# London Vision- Community Engagement Survey

At London Vision, we strongly believe that all ethnically diverse communities should have access to the right information about eye health and sight loss at the time it is needed, in a preferred language and format. Information about the various services and support on offer and the resources available to them should be accessible. We know that this is not happening and information about eye health and much more is not reaching everyone, especially people from BAME communities.

To effect change, we need to understand the depth of the issue we are tackling, so that a positive impact can occur. We would be delighted if you can share the survey link below, which can also be found on our website, with as many people in London as possible.

To grasp the challenge further, we know there are statistics showing that Diabetes is more prevalent within Black, African, Caribbean, and South Indian and Asian communities, thus increasing their chance of developing Diabetic Retinopathy. However, for many reasons, these communities do not engage with professional services, and this further increases the possibility of their developing blindness. In addition, through our work with BAME Vision, we have learned that the language barrier is also a key challenge that needs to be addressed.

I would be most grateful if you can share with your colleagues, service users, members and volunteers that you work with across London.

The survey is open to those at risk of sight loss and those who are blind or partially sighted.

We will be happy to publish a report with our findings, so that we can collectively work together to address these inequalities.

Thanks in advance,

I hope you can support by sharing the link below to our survey:

[https://www.tfaforms.com/4987769](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tfaforms.com%2F4987769&data=05%7C01%7Cchristine.edmead%40londonvision.org%7Cf2082cb5e69546b2d2c608da543e366e%7C65395a073d564877b61bf53aafe53564%7C0%7C0%7C637914923413255991%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=kOplXDRMIcbkyjjht6yziJRD%2BUp4HnMVI3Sns2EQyTc%3D&reserved=0)

**Bhavini Makwana  
Engagement Manager**London Vision

**London Vision Info**[info@londonvision.org](mailto:info@londonvision.org)  
  
[www.londonvision.org](http://www.londonvision.org)

Ok thanks for getting to the end of this edition of London Life. Again a huge thanks to everyone who has contributed. In Next week’s London Life, we would like to receive more articles about your experience in Blackpool for our special feature “Greetings from Blackpool” so please send us your photos and content [tolondon@nfbuk.org](mailto:tolondon@nfbuk.org)

Keep “Walking on sunshine “

Fiona

London NFB UK