



usefulvision

July - August - September 2025

**Activities for visually impaired children
across the North East**



www.usefulvision.org.uk

Now part of

30 Healthworks
CELEBRATING 30 YEARS

Welcome to Your New Activity

Brochure for July to September 2025

The activities we offer are only possible thanks to the generous support of people like you.

To celebrate 30 years of Healthworks, our team is taking on the Great North Run 2025 to raise money for Useful Vision, helping more visually impaired children enjoy fun, inclusive activities.

You can get involved too! Join the team on 12 August for a creative arts session where we'll be making "Good Luck" and "Well Done" banners to cheer on our fantastic team of runners on the day.

If you'd like to support our team, simply scan the QR code to donate – every contribution, no matter how small, makes a difference and we really appreciate it!



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Events at a glance...

July:

Sunday 6 July	Border Reivers Archers
Sunday 13 July	The Art Room
Sunday 20 July	Elswick Community Swimming Pool
Wednesday 30 July	NUFC Tour

August:

Saturday 2 Aug	Lilidorei & Alnwick Garden
Wednesday 6 Aug	NUFC Tour
Tuesday 12 Aug	Useful Vision's Fun Morning
Wednesday 13 Aug	Stepney Bank Stables
Saturday 16 Aug	Air Trail at Tees Barrage
Tuesday 19 Aug	Creative Music Session
Thursday 21 Aug	Humbles Wood Animal Activity Farm

September:

Saturday 6	Gutterball Bowling
Saturday 27	Lakeside Swimming Pool

How to book

Get in touch with our friendly team via one of the following options.

CALL: 0191 264 1959

EMAIL: usefulvision@hwn.org.uk

ONLINE: usefulvision.org.uk/events

Once you have booked you will receive a confirmation email.

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Border Reiver Archers

6 July

Date: Sunday 6 July

Time: 2pm to 3pm

Age 4+



Archery is a particularly inclusive sport and in this 1 hour specially adapted VI taster session, children can experience the sport with the aid of foot guides, hand points and balloons all designed to help aid with placement and direction.

Note: Please wear walking shoes or waterproof trainers (no sandals). Clothing should allow your arms to move without being too loose and without dangling ties or tags. Tie loose long hair back and no dangling jewellery.

Where: School Field, Ovingham Middle School, Ovingham Village, Prudhoe, NE42 6DE

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If you need to cancel

We appreciate sometimes you may be unable to attend your booked activity.

We often have long waiting lists for each activity so please let us know at the earliest opportunity if you need to cancel. We can then offer this space to another family.

To cancel please text or call
07544301166 or email
usefulvision@hwn.org.uk

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The Art Room

13 July

Date: Sunday 13 July

Time: 10am

All ages



Useful Vision are delighted to be returning to the Art Room in a brand-new venue for some fun and magical arts'n'crafts!

Join us for a morning of summer themed creations, along with some light refreshments.

Where: Betsy Jenny Café, 30 Bridge Street, Sunderland, SR1 1TQ

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Elswick Community Swimming Pool

20 July

Date: Sunday 20 July

Time: 12.45pm to 2.45pm



All ages

Exclusive use of the pool including the inflatable and pool rings for an hour, followed by a cold buffet. The pool has a beach entrance, changing bed, water wheelchair, hoist and is suitable for all.

Note strict water safety ratios apply:

- Under 8's, weak or non-swimmers: Parent/carer must be within arm's reach at all times. 2 children:1 adult ratio.
- Children 9-12 years: parent/carer must remain in the water and always maintain visual contact.
- Children 13 years and over: must be checked on by a parent/carer regularly.

**Where: Elswick Community Pool and Gym,
Beech Grove Road, Newcastle, NE4 6RS**

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NUFC VI Tour

30 July

Date: Wednesday 30 July

Time: 9.30am start

Age 5+



Join Useful Vision on a VI tour of the famous St James Park, Newcastle United's football ground.

On this tour you will visit home and away dressing rooms, media suite, players tunnel and dugouts. Limited spaces available.

Please request wheelchair spaces.

Where: Newcastle United Football Club, St James Park, Barrack Rd, Newcastle upon Tyne, NE1 4ST



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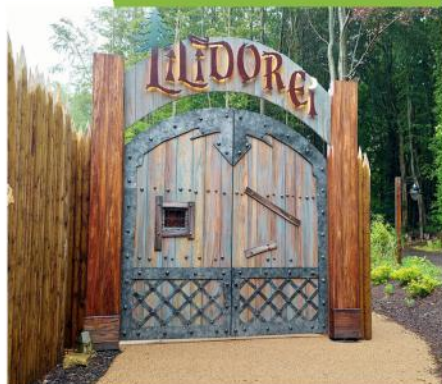
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Lilidorei & The Alnwick Gardens

Date: Saturday 2 August

Time: 10am arrival

All ages



Lilidorei is a magical play village with a large wooden play structure and nine imaginative clans, encouraging both physical and imaginative play. After exploring Lilidorei, you can enjoy Alnwick Gardens, featuring water fun in the Serpent Garden, hide and seek in the Bamboo Labyrinth, and swings in the Cherry Orchard. Please inform us if you have a carer's card when booking.

Where: The Alnwick Garden, Gardeners Cottage, Greenwell Road, Alnwick, Northumberland, NE66 1HB

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NUFC VI Tour

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Useful Vision's Fun Morning

12 Aug

Date: Tuesday 12 August

Time: 10am till 2pm

All ages



Join us for a fun and creative session where we'll be making "Good Luck" and "Well Done" banners to cheer on the Great North Run Useful Vision fundraisers in September.

- Creative arts and crafts
- Great North Run banner making
- Preparing, cooking, and sharing lunch together

A great way to show your support, get creative, and enjoy some good food and company!

Where: The Lemington Centre, Tyne View, Newcastle upon Tyne, NE15 8RZ



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Stepney Bank Stables

Date: Wednesday 13 August

Time: 10am to 12pm

Age 6+

13 Aug



Join Useful Vision at Stepney Bank Stables for an exclusive stable management session. Children will be learning about looking after horses and how to take care of them before having the opportunity to take some of them on a walk on some of the grass in Ouseburn.

Please note before booking:

- This is a working farm - some of the ground is loose stones and/or uneven
- One adult per child only

Where: Stepney Bank, Stables Stepney bank, Ouseburn, Newcastle, NE1 2PN



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Air Trail at Tees Barrage

Date: Saturday 16 Aug

**Time: 10.30am to
11.30am (10am arrival)**

Age 2+



16 Aug

Useful Vision has exclusive access to the Air Trail at Tees Barrage - a thrilling 4-level climbing park standing 18 metres high, with 30 obstacles like rope bridges, tightropes, and cargo nets. Please arrive by 10:15am to receive your equipment.

- Max 1 x climbing adult per climbing child (please only book places on this event for the children/adults who are climbing).
- Not suitable for wheelchair users
- Children 2+ but under 1.2m, can access the smaller structure, Air Tykes.
- Children 1m – 1.2m must be accompanied by an adult on the Air Trail.

Where: Air Trail, Tees Barrage, Tees Barrage Way, Stockton-on-Tees, TS18 2QW

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Creative Music Sessions

19 Aug

Date: Tuesday 19 August

Group 1: 10am to 1.30pm

Group 2: 11am to 2.30pm



Useful Vision invite you to join professional musician, Max Stephens for creative music sessions.

Which will include, making your own musical instrument, try out different instruments, sounds and melodies and recording the sounds you make together as a group. Included in the workshop - make lunch, socialise and eat together.

**Where: The Lemington Centre Tyne View.
NE15 8RZ.**



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Humbles Wood Animal Activity Farm

21 Aug

**Date: Thursday 21
August**

**Time: 10.00am to
12.15pm**

Age 4+



Join us for an exclusive animal and farming activity morning. Children will be giving the animals their breakfast and helping to prepare the pens, before heading over to help with some Pony pampering. The children will then get the chance to walk one of the Alpacas or Goats around the woodland trail before ending at the camp kitchen where a well-deserved snack box will be provided for each child.

Please note before booking:

- This is a working farm - some of the ground is loose stones and/or uneven.
- Portable loo and disabled portable loo available.

**Where: Humbles Wood Farm, Moor Rd,
Prudhoe NE42 5NX**

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Gutterball VI Bowling

**Date: Saturday 6
September**

Time: 10.30am

Age 5+

6 Sept



Join useful vision for a game of bowling at Gutterball Royal Quays. This bowling is for children to bowl and one accompanying adult to assist.

We suggest you arrive on site 15 minutes earlier. Please note Gutterball alley is a cashless venue.

**Where: GutterBall Alley North Shields,
Rotary Way, North Shields, NE29 6DA**

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Lakeside Swimming Pool

27 Sept

Date: Saturday 27 September

Time: 4pm

Age 4+



We have exclusive use of the pools and inflatables; children will then have the chance to have some light refreshments after their swim in the party room.

- children aged between 0 and 3 years old must be accompanied in the water on a one child to one adult basis
- children aged 4 and up must be accompanied in the water on two children to one adult basis

Where: Lakeside Centre, Southgate, Killingworth, NE12 6SA

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Useful Vision is now part of Healthworks

Healthworks believes that everyone, regardless of the challenges they face - low income, unemployment or poor housing, should have the same opportunity to live in good health.

Healthworks offers a range of services and activities that support people of all ages across the North East to live longer, healthier and happier lives.

For more information:

Call: 0191 272 4244

Follow us on social media

Visit www.healthworksne.org.uk

Scan the code to find an activity





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0191 264 1959

www.usefulvision.org.uk

usefulvision@hwn.org.uk

The Lemington Centre,

Tyne View,

Newcastle, NE15 8RZ

Please note, from September, we will be switching to a fully digital timetable and will no longer offer a printed version. All registered families will receive this by email.

Explore and book a Useful Vision activity



Support Useful Vision



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