

# October Virtual Programme

	Mon	Tue	Wed	Thur	Fri	Sat
				<b>1</b>	<b>2</b>	<b>3</b>
<b>WK 1</b>				* Supper Club 16 - 25yrs 5pm - 6pm	* Parents Assistive Tech 3pm - 5pm	* HAWB Work Out 8 - 25yrs 11am - 11:45am  * Creative 8 - 25yrs 12pm - 2pm
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>WK 2</b>	* Assistive Tech 3pm - 5pm  * Audio Book Club 11 - 25yrs 5pm - 6pm	* Sisterhood 11 - 25yrs 5pm - 6pm  * Creative 8 - 25yrs 5:30pm - 6:30pm	* Sensory Story Time 0 - 8yrs 1pm - 2pm  * Audio Book Club 11 - 25yrs 5pm - 6pm	* Supper Club 16 - 25yrs 5pm - 6pm	* Assistive Tech, 3pm - 5pm	* HAWB Work Out 8 - 25yrs 11am - 11:45am  * Creative 8 - 25yrs 12pm - 2pm
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>WK 3</b>	* Assistive Tech 3pm - 5pm  * Audio Book Club 11 - 25yrs 5pm - 6pm	* Sisterhood 11 - 25yrs 5pm - 6pm  * Creative 8 - 25yrs 5:30pm - 6:30pm	* Audio Book Club 11 - 25yrs 5pm - 6pm  * Youth Forum (CLOSED GROUP) 5:30pm - 6:30pm	* Supper Club 16 - 25yrs 5pm - 6pm	* Parents Assistive Tech 3pm - 5pm	* HAWB Work Out 8 - 25yrs 11am - 11:45am  * Creative 8 - 25yrs 12pm - 2pm
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>WK 4</b>	* Assistive Tech 3pm - 5pm  * Audio Book Club 11 - 25yrs 5pm - 6pm	* Sisterhood 11 - 25yrs 5pm - 6pm  * Creative 8 - 25yrs 5:30pm - 6:30pm	* Sensory Story Time 0 - 8yrs 1pm - 2pm  * Audio Book Club 11 - 25yrs 5pm - 6pm	* Supper Club 16 - 25yrs 5pm - 6pm	* Assistive Tech, 3pm - 5pm	* HAWB Work Out 8 - 25yrs 11am - 11:45am  * Creative 8 - 25yrs 12pm - 2pm
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>WK 5 Half Term</b>	* Disability Sports Coach Guest Deliverer 8 - 25yrs 11am - 12pm  * Assistive Tech 3pm - 5pm  * Audio Book Club 11 - 25yrs 5pm - 6pm	* Palace for Life Guest Deliverer 8 - 25yrs 2pm - 3pm  * Sisterhood 11 - 25yrs 5pm - 6pm  * Creative 8 - 25yrs 5:30pm - 6:30pm	* Audio Book Club 11 - 25yrs 5pm - 6pm	* Disability Sports Coach Guest Deliverer 8 - 25yrs 11am - 12pm  * Open Mic 8 - 25yrs 2pm - 3pm  * Supper Club 16 - 25yrs 5pm - 6pm	* Quiz Time 8 - 25yrs 10am - 12pm  * Parents Assistive Tech 3pm - 5pm	* HAWB Work Out 8 - 25yrs 11am - 11:45am  * Creative 8 - 25yrs 12pm - 2pm

RSBC have moved online! See below for our range of virtual activities to keep you all engaged and connected. All of our sessions will be run via Zoom. Just download the app and click the link (which will only be sent to those who have confirmed attendance) and enter your name which will appear on screen – no need to sign up!

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### **All Week - Employment Advice**

**Lead Staff: Mark**

**Age: 16-25**

Do you require some clarity about what employment currently looks like? The alternatives or what kinds of things we can be doing that will help us with employment when we get back to normal? Book to arrange a call and get the latest advice from our Employment Support Advisor providing 1:1 support.

### **Assistive Tech**

**Lead Staff: Alex**

**Age: 8-25**

Need help with apps, software and how to get the most out of technology during lockdown? Book a session with our Assistive Tech Officer providing 1:1 support.

### **Parents Assistive Tech**

**Lead Staff: Alex**

**Age: 8-25**

Welcoming parents who need help with apps, software and how to get the most out accessible features on your smartphones to support your children and young people! We cover many different things as there are a range of abilities. If you would like to make your tech work for you, you can do so by booking onto an assistive tech session with our Assistive Tech Officer; Alex.

### **Audio Book Club**

**Lead Staff: Jelani and Owain**

**Age: 11 – 25**

Looking for a fun way to enjoy books and meet new people? Join our virtual sessions and enjoy listening to exciting audio books, intriguing podcasts, and taking part in insightful discussions. Take a journey through new worlds and explore ideas in our audio book club.

### **Creative**

**Lead Staff: Owain & Jelani/Vivek**

**Age: 8 – 25**

The Creative Group will be working online and will be working towards our annual Christmas Concert. Do you enjoy music, lyric writing, composing instrumental pieces? This is the place to be! Join our virtual Creative Group where you will learn new skills within the musical world, continue to excel and be able to showcase your amazing talents at the RSBC Christmas Concert.

**Health and Well-being****Lead Staff: Lauren and Vivek****Age: 8-25**

Join the RSBC virtual workout squad & our fitness Queen Lauren for a quick morning workout every Saturdays, to boost your energy and start your day strong! Adapted to suit all abilities.

**Sisterhood****Lead Staff: Sally and Lauren****Age: 16 – 25**

Join the virtual Sisterhood Squad for open conversations, helpful tips, activities, and a variety of discussion topics. Join Sisterhood to get talking to ensure that young VI women have the tools they need to build a positive relationship with themselves and others.

**Supper Club****Lead Staff: Jelani and Vivek****Age: 16 – 25**

Grab some food and join us virtually to socialise and discuss your recent experiences as well as current and evolving topics in a safe and supportive space.

**Sensory Story Time****Lead: Mandie****Age: 0 – 8**

Join Mandie from the Families First team for Sensory Story time - dress to get messed and have fun. Feel free to bring along creative props to make the stories come alive.

## **October Half Term Week**

**Disability Sports Coach Guest Deliverer Sessions****Lead: Lauren & Jelani/Vivek****Age: 8 – 25**

Come online and join us virtually with Disability Sports Coaches. Bring your dancing shoes and learn new skills with their dance coach! We will also be taking it to the ring with a boxing session, bring your gloves, your water bottles and your 'can do attitude'.

**Palace for Life Guest Deliverer Sessions****Lead: Lauren & Jelani****Age: 8 - 25**

Join us to welcome Palace for Life coaches who will set you through your paces during this online sports session.

**Open Mic Session****Lead: Owain & Jelani****Age: 8 – 25**

Dust off your notebook, start your vocal exercises and pull out your guitar! This Open Mic session is a place for you to showcase your hidden talents or just to try out something new in a safe environment.

**Quiz Time****Lead: Vivek & Lauren****Age: 8 – 25**

Let's get quizzical! Put your thinking caps on and join us in a fun morning of trivia and games. Quizmaster Vivek and his sidekick Lauren will be bringing you riddles and brainteasers to get your morning going!