



socialeyes

If you would like to try some different activities and meet new people in the process, then you might be interested in NAB's new Social Eyes activities calendar of events.

Every month throughout 2020 we are offering a range of activities and outings for visually impaired people between the ages of 18 and 55. If you are interested or would like to book into any of the events below please contact Diane Dove on 01604 719193 or email diane@nab.org.uk.

JAN

Move 4 Physio, Strengthening and Conditioning Class
Courteenhall, Northamptonshire

£5 per person

Monday, 17.00 - 18.00
January 6th, 13th
20th & 27th

FEB

Step By Step Dancing School
24 Henry Street,
Northampton

£5 per session

Tuesday, 11.00-12.30
February 4th,
11th, 18th & 25th

MAR

Pinnacle Climbing Centre
Minton Business Centre,
Northampton

£7 per person

Wednesday, 11.00 - 13.00
March 4th

APR

Audio Rifle Shooting
Deanshanger,
Buckinghamshire

£3 per session

Monday, 14.00 - 16.00
April 6th & 20th

www.nab.org.uk



nab
Sight support for
Northamptonshire

MAY	Llama Trekking, Weedon Lois Towcester, Northamptonshire	£15 per person	Friday, 11.00 - 13.00 May 15th
JUN	Tennis Taster Kings Park, Northampton	£5 per person	Thursday, 11.00 - 12.00 June 11th & 18th
JUL	Kayaking with Adventure Ways River Nene, Northamptonshire	£10 per person	Friday, 11.00 July 24th
AUG	Driving Experience Newton Longville, Buckinghamshire	£15 per person	Friday, 11.00 August 21st
SEP	Bletchley Park Museum Buckinghamshire	£10 per person	Friday, 10.30 September 18th
OCT	Ten Pin Bowling Northampton and Kettering	£7 per person	Thursday, 19.00 - 21.00 Oct 15th, Northampton Oct 22nd, Kettering
NOV	Biscuit Making Duston Village Bakery, Northampton	£5 per person	Friday, Time TBC November 6th
DEC	Northampton Film House Derngate, Northampton Audio described screening	£4 per person	Wednesday, Time TBC December 9th

If you need help with any of the information in this leaflet,
please phone our confidential helpline: **01604 719193**