

VISUALLY IMPAIRED IN CAMDEN

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Newsletter – January 2019

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1. January's Members' event

Tuesday 15 January

2pm to 4pm

Swiss Cottage Community Centre

19 Winchester Road, NW3 3NR

Come and meet other VIC members and share experiences, top tips & information with tea, cake and biscuits on tap.

This will also be an opportunity to help plan future events so please come with all your ideas!!

2. At least three quarters of a million people in the UK experience Charles Bonnet Syndrome (CBS)

CBS has been acknowledged by ophthalmologists and optometrists since 1760 when Charles Bonnet – a Genevan lawyer, philosopher and naturalist – first documented the experience of Charles Lullin, his 97 year old grandfather. Lullin's sight was compromised by severe cataracts but otherwise he was psychologically sound. He described how he saw people, birds, carriages, buildings, scaffolding patterns and the tapestries on the wall changing. Although noted by doctors over the centuries, no research on CBS was undertaken until 1998 and the condition has been too easily dismissed as 'just a side effect' of sight loss.

Sources of support

Visual hallucinations caused by sight loss can be very distressing.

Support is available from:

The Macular Society on 0300 3030 111

and

Esme's Umbrella on 020 7391 3299

3. Fight for Sight research results in a genetic diagnostic tool for children's eye condition

Fight for Sight-funded research has resulted in a tool that can successfully diagnose an eye condition in children by carrying out genetic diagnosis on saliva samples.

Dr Mervyn Thomas and Professor Irene Gottlob from the University of Leicester have developed the world's first diagnostic genetic panel for nystagmus. The development of a next-generation sequencing (NGS) panel aims to improve the genetic diagnosis of infantile nystagmus.

The technique involves developing 'sequencing panels' that contain a set of genes or gene regions that are known to be associated with the disease. These can then be used to identify specific mutations in DNA extracted from saliva samples.

In results published in June 2017, the Leicester team were able to show that the panel had high sensitivity, with a successful genetic diagnosis in

80 per cent of cases. This new approach could remove the need for electrodiagnostic testing, an invasive diagnostic test which can be unreliable and difficult to use with children.

Researchers believe genetic information from the panel could also lead to personalised genetic diagnosis and management of the condition and enable genetic counselling to provide support, information and advice for those living with the condition.

Dr Neil Ebenezer, Director of Policy, Research and Innovation at Fight for Sight, said: “This genetic test will simplify and accelerate the diagnostic process in infantile nystagmus and will ensure that children could now get the right support to treat their condition at an early stage.”

Infantile nystagmus is a disorder characterised by the involuntary side to side movement of the eyes. The condition can be present at birth or it can develop during infancy.

It is difficult to identify the underlying cause of the condition due to the variants of genes involved in retinal and brain development. To develop the new diagnostic tool the researchers first identified 336 genes associated with infantile nystagmus from literature and Online Mendelian Inheritance in Man (OMIM).

4. Royal Society for Blind Children receives National Lottery funding to support vision impaired children and young people

National charity Royal Society for Blind Children (RSBC) has been awarded over £480,000 of National Lottery funding to support vision impaired children and young people across England.

RSBC has been granted the funding to deliver a collaborative project, Live Life Go Further, in support of vision impaired children and young people aged 8–25 years old.

The grant will be used to establish a new and innovative partnership between RSBC, Northern sight loss charity Henshaws, Boys and Girls Clubs of Greater Manchester and The Albion Foundation. The project will support 925 vision impaired children and young people in London, the West Midlands and the North West of England.

Live Life Go Further will boost the inclusion of vision impaired children and young people within their local communities, by supporting

mainstream organisations to adapt their activities to include vision impaired participants.

The project will address three key themes, highlighted by vision impaired children and young people as being a priority: Emotional & Mental Wellbeing, Independence and Equality & Participation.

Through tailored one-to-one support and group activities, participants will learn skills to build their confidence, self-esteem and independence, as they grow and transition to adulthood. Examples of this will include sport sessions, creative activities, money management and support to live and travel independently.

Dr Tom Pey, Chief Executive at RSBC, said: “This substantial grant affords us a unique opportunity. For the first time, vision impaired youth organisations and the mainstream youth sector will work collaboratively at a national level. Together we will deliver life changing skills and experiences to vision impaired children and young people in a variety of settings, including those where sight loss should not be a barrier to full participation. Thanks to National Lottery funding we can’t wait to get started on this vital and exciting work.”

5. RNIB survey on The Office of Road and Rail consultation on assisted travel

Improving disabled people’s access to assisted travel

The Office of Road and Rail (ORR) have launched a consultation on improving disabled people’s access to assisted travel by proposing changes to their Disabled People’s Protection Policy (DPPP) Guidance.

Every train and station operator must set out the arrangements and assistance they will provide to protect the interests of disabled people using its services, including people who book assistance in advance and those who want to travel at short notice without pre-planning also known as ‘Turn up and go’.

By answering this survey you will help inform RNIB’s consultation response to ensure that blind and partially sighted people can travel by train independently and with confidence.

See and fill in the survey at
www.surveymonkey.co.uk/r/rnibORRconsultation

6. New Guidelines for Accessible Walking Projects

British Blind Sport is excited to announce the launch of a new set of guidelines, designed to support and enable people with visual impairments to take part in group-walking activities.

90 per cent of people living with a visual impairment are not meeting the Chief Medical Officers guidelines for physical activity. This means that they are at risk of developing serious illnesses such as diabetes, heart disease and cancer. These new guidelines are set out to encourage walking groups of any ability to get outdoors, whilst also welcoming and supporting visually impaired walkers to get active by sharing advice as to how walking groups can be more inclusive of people living with a visual impairment.

British Blind Sport has teamed up with Walking for Health, which is England's largest network of free health walks, along with Sensing Nature and Dr Karis Petty, to produce a guide to help people understand how walks can be made safe and accessible for people living with sight loss. The advice features a series of 'top tips' for welcoming, supporting and sharing walking experiences with sight impaired walkers, including creating opportunities to set up new walking routes.

This useful guide also explores why schemes like Walking for Health can be beneficial for people living with sight loss, raising awareness of the importance of tailored support, in both specialist and mainstream walking groups.

The guidelines can be downloaded at www.britishblindsport.org.uk/making-nature-accessible-to-vi-walkers

7. New Synaptic TV Box launched

The new Synaptic TV Box - the accessible home entertainment system for people with sight loss – has been launched.

Have you ever wanted to easily browse TV and radio listings using in-built speech and magnification? Or get simple access to services like Netflix, and manage your emails and social media through your TV screen. Well now you can!

With the Synapptic TV Box you can navigate around your TV with the easy-to-use menu system and open up a world of entertainment from the comfort of your sofa. Super-size anything from doing your emails to searching the internet or even checking what TV programme is coming up.

By plugging the Synapptic TV Box into your TV you can:

- Search TV and radio listings
- Watch live Freeview TV, Netflix or catch up with services like BBC iPlayer, ITV Player and ALL 4
- Listen to music, audio books, podcasts, Talking Newspapers and news feeds
- Watch YouTube videos or access other apps like Spotify, for dedicated playlists
- Do online shopping, banking and get simple access to the internet
- Keep in touch with family and friends through emails, Skype video calls and social media
- Get organised with the in-built Calendar, Address Book, Alarm Clock and Weather options/

A demonstration video is available at www.synapptic.com/TVBox

For further information phone 0191 909 7 909, email sales@synapptic.com or visit www.synapptic.com

8. Energy UK: Bringing the benefits of smart meters to blind and partially sighted people

Energy UK, smart meter display manufacturer, geo, and the Royal National Institute of Blind People (RNIB) have been working with energy suppliers to develop an Accessible In-Home Display (AIHD) for smart meters for blind and partially sighted customers.

Smart meters come with an In-Home Display (IHD) showing customers how much energy they have used. The aim of this project is to allow more customers to access the benefits of smart meters which can save consumers energy and money. Features of the AIHD include high-contrast, tactile buttons and speech output.

Energy UK and geo have worked together to design and manufacture the units, with RNIB providing expert advice, working alongside blind

and partially sighted user groups to provide feedback and guidance to shape the overall design specification.

John Worsfold, RNIB implementation manager, said:

“With the government drive for smart meters to be in 53 million homes by 2020 it is essential that blind and partially sighted customers can also benefit from being able to monitor energy usage and potentially save energy and money.

“We’re pleased to be involved with this project and look forward to seeing the AIHD in consumers’ homes very soon.”

9. Local elections 2019: Introducing the EnAble Fund for Elected Office

The Government is making £250,000 available to support disabled candidates to apply for elected office in England.

The EnAble Fund for Elected Office is intended to cover the additional financial costs associated with a disability or health condition that would otherwise prevent someone from seeking elected office.

Launched in December 2018, the Fund is provided by the Government Equalities Office and is administered by Disability Rights UK.

Commenting on the announcement of the £250,000 fund to support disabled people to get involved in elected office, Sue Bott from Disability Rights UK said:

“We’re pleased to see the government creating this fund, which will help support disabled people run for elected office in 2019. Being involved in local politics is a concrete way for disabled people to get involved in their local communities, as well as being politically active.”

For more information about the Fund go to www.disabilityrightsuk.org/enablefund or call 0330 995 0400.

10. Moorfields Eye Hospital secures multimillion pound government investment for new hospital project

Moorfields Eye Hospital NHS Foundation Trust has announced that it has successfully bid for government funding to support Oriel, its project to design, build and operate a new, integrated eye care, research and education facility.

Moorfields has managed to secure nearly £20 million of funding as part of the Department of Health & Social Care's major investment in the long-term future of the NHS.

Oriel will locate all services from Moorfields Eye Hospital on City Road and the UCL Institute of Ophthalmology on Bath Street to the new facility at its preferred site at St Pancras Hospital.

For more information visit the Oriel page on the Moorfields website www.moorfields.nhs.uk/landing-page/oriel

11. Care charges are driving disabled people into debt, says report

Charging disabled people for their care and support is driving many of them into debt and forcing them to cut their spending on food or heating, according to new research by a network of disabled people's organisations and their allies.

The study by the Independent Living Strategy Group (ILSG) found that four in 10 (41 per cent) of those responding to a survey had experienced a substantial increase in charges over the last couple of years.

Nearly half (43 per cent) had had to cut back on their spending on food to pay for their care.

And two-fifths of respondents (40 per cent) said they had had to cut back on heating costs to pay for care and support.

The study concludes that charging for the support disabled people need to go about their daily lives is "unfair, counterproductive and undermines the primary purpose of the care and support system".

The effect of charging, it says, is often to "drive disabled people into care poverty, and to create confusion, stress and complexity in an already overly burdened bureaucratic system" through what is effectively "an unhelpful and unnecessary tax on disability and old age".

The study analysed the results of an online survey of more than 600 disabled people who had received a community care assessment, and freedom of information responses from all 152 English local authorities with social care responsibilities.

All but one of the local authorities – Hammersmith and Fulham – imposes charges on some of their service users.

The study heard from one disabled person who benefited from Hammersmith and Fulham’s no-charging policy, who said: “Social care is a human right. It’s an essential service like education or the NHS. It’s not ethical to charge for it, in effect it’s an extra tax”.

Charging for care, says the study, only raises “modest” sums of money – about 12 per cent of spending on care and support* – but has a profound impact on the individual”, with an average charge per year of more than £2,000 (£2,243).

Baroness Jane Campbell, who chairs ILSG, said: “Support provided under the Care Act is meant to improve the well-being and independence of disabled people. By charging many for that support, the system is making a mockery of the spirit of the legislation and causing worry, stress and poverty. Charging raises a relatively small sum of money which is pushing up costs elsewhere.

“The financial impact of personal care neglect such as pressure sores, kidney infections or falls, as well as stress related illnesses, means funding extra resources for the NHS.”

The group called on the government to scrap all charges. But if it refused to do that, ILSG said, it should introduce other measures to “mitigate” against the “worst effects” of charging.

These should include monitoring the number of people who decline or decide to stop receiving council-funded support after a charge is imposed or increased.

Only 17 of the 152 councils said they knew how many people had declined or abandoned social care packages they had been assessed as needing once they were told how much they would have to pay.

All councils should also carry out an equality impact assessment of their charging policies, said the group.

And it said that all councils should introduce an “early warning system” to identify people getting into charges-related debt, introduce a “breathing space” before any debt collection action is taken, and provide access to support to manage such debts.

The Independent Living Strategy Group has been working on protecting and promoting disabled people’s rights to independent living in England since 2013.

(*In Camden the percentage of spending on non-residential care services for adults which is met by the charge imposed on service users is 9.97 per cent.)

12. ‘Axe the reading tax’: book industry demands end to VAT on ebooks

Following an EU directive that allows governments to waive duty on digital publications, calls grow for the UK to end ‘illogical and unfair’ levy.

The UK government is being urged to axe the “illogical and unfair” 20 per cent tax currently imposed on ebooks, while print books remain exempt, after European legislation cleared the way for this to happen.

The new legislation, which came into force in December, allows members states to reduce or do away with VAT on digital publications such as ebooks, audio-books, journals and newspaper subscriptions. France, Italy and Iceland have already declared they will lower their taxes on digital publications.

Digital publications are currently taxed at 20 per cent in the UK; printed publications have been exempt from VAT since its introduction in 1973, “on the general principle of avoiding a tax on knowledge”.

A cohort of voices from the books world, led by the Publishers Association and supported by the Society of Authors, the Professional Publishers Association, the National Literacy Trust and BookTrust, is now urging government to “axe the reading tax” on ebooks and bring them in line with print.

Charlie Redmayne, CEO of HarperCollins and president of the Publishers Association said the tax was “illogical, unfair and discriminates against all kinds of readers”.

BookTrust chief executive Diana Gerald called the tax “discriminatory” against blind and partially sighted people who use digital publications more.

A Treasury spokesperson said: “We think it is right for EU member states to have the flexibility to set domestic VAT rates at a level that suits their circumstances and needs. We keep all taxes under review.”

13. Did you know... Two of 2018’s Nobel Prizes were awarded to scientists whose work has furthered the field of eye research and treatment?

Sir Gregory Winter and George P. Smith were awarded half of the Nobel Prize for chemistry for their work on the phage display of peptides and antibodies. This instrumental research resulted in the development of therapies for wet age-related macular degeneration, one of the leading causes of sight loss in the UK.

Gérard Mourou and Donna Strickland each received a quarter of the Nobel Prize for physics for work that paved the way for the shortest and most intense laser beams ever created. Their technique, named chirp pulse amplification, is now used in laser machines and enables doctors to perform corrective eye surgery benefiting millions of patients every year.

14. January’s quick quiz

Q.1. Which French city gives its name to a dish of sliced potatoes and onions, sautéed in butter with parsley?

Q.2. What is ‘misophonia’?

Q.3. In what year was the Berlin Wall built?

Q.4. In John le Carré novels MI6 is often referred to as ‘the’ what?

Q.5. What does the Greek root ‘glot’ mean?

Q.6. Hessian is made mainly from the fibres of which plant?

Q.7. What is a Pademelon: (a) an Italian musical instrument, (b) an exotic fruit, (c) a small marsupial or (d) a straw hat worn by gauchos?

Q.8. Literally translated the name for which kind of street means “the bottom of a sack”?

Q.9. Name the only three time winner of the Nobel Peace Prize?

Q.10. Rodinia, Nena, Nuna, Ur, Godwana and Laurasia are all examples of what?

And the tie-breaker!

Q.11. Who played the lead role in the classic Hollywood film 'Mr Smith Goes to Washington'?

The answers are given after '...and finally'

...and finally

You are where you eat: secrets of our takeaways

London may be the healthy-eating capital of Britain but most of the population still choose "guilty pleasure" treats such as burgers, ribs and kebabs over salads and vegan food when ordering a takeaway.

Burgers are the number one choice in eight of the capital's boroughs and the overall favourite, according to analysis by home-delivery app Deliveroo.

However, it reveals takeaway orders get healthier the closer the delivery address is to the centre of town.

Salads are the number one choice in the City, while food from the "healthy" range tops the list in Kensington & Chelsea and Westminster and "vegan" meals are preferred above all others in Southwark.

However, meaty options dominate the rankings in the suburbs. In Croydon, the top three are ribs, burgers and kebabs; in Havering it is pizza, chicken and burgers.

The analysis also reveals some borough-specific favourites. Enfield's large Greek community appears to hanker after a taste of home as Greek food is the favourite takeaway category in the north London borough.

Kingston is the only borough where French food is the most frequently ordered, but the original British fast food, fish and chips, only makes the top three in Hillingdon and Redbridge. In Islington the top choice is a kebab, while Lambeth and Hackney are most likely to order alcohol with their meals.

Kensington & Chelsea and City of London customers order the most late-night takeaways, while the largest number of deserts are delivered to Westminster and Camden.

The answers to January's quick quiz

A.1. Lyon ("Lyonnaise")

A.2. 'Hatred of sound', also known as Selective Sound Sensitivity

A.3. 1961

A.4. 'The Circus'

A.5. Tongue

A.6. Jute

A.7. A small marsupial

A.8. Cul-de-sac

A.9. The Red Cross

A.10. Names of prehistoric continents

And the answer to the tie-breaker!

A.11. James Stewart

Thank you for reading the newsletter.

VIC Newsletter supplement: Getting out and about

Yoga

Free yoga sessions

Who: For anyone 18+ with a sensory impairment or complex needs who wants to get involved

When: Thursday 7 February to Thursday 28 March

Time: 2.15pm – 3.45pm

Where: Pancras Square Leisure Centre
5 Pancras Road, N1C 4AG

To register your attendance or for more information contact Mayana McDermott, the London Sports Co-ordinator for Sense at mayana.mcdermott@sense.org.uk or call 020 7014 9318.

The National Gallery

Art Through Words

Sessions for Blind and Partially Sighted Visitors

These sessions are held on the last Saturday of the month from 11.30am to 12.45pm.

Each session begins with a description of the painting and ends with a visit to the galleries.

Please meet outside Conference Room 1 (level 1 of the Sainsbury Wing).

All sessions are free. Please call 020 7747 2864 or email education@ng-london.org.uk to guarantee a place.

The next session is on:

Saturday 26 January

Pierre Mignard: The Marquise de Seignelay and Two of her Sons
(16910)

The National Gallery, Trafalgar Square, WC2N 5DN

National Portrait Gallery

Visualising Portraits

The National Portrait Gallery offers free Visualising Portraits picture descriptions for blind and partially sighted visitors on the last Thursday of each month from 2pm to 3.30pm.

For more information and to book a place phone 020 7306 0055 or email: outreach@npg.org.uk. Meet in the Main Hall.

The next sessions are on:

Thursday 31 January
An Actor's life

Thursday 28 February
Love is Love

National Portrait Gallery, St Martin's Place, WC2H 0HE

InTouch at the RA

Artist and gallery educators describe the exhibition in front of selected artworks, followed by a handling or art-making session.

These events include refreshments, and volunteer support is provided.

Monday 11 February, 9am – 11am
Bill Viola / Michelangelo: Life Death Rebirth

This audio described tour will enable you to experience the work of two artists – born centuries apart – whose work explores the same universal themes of birth, life and death.

The tour takes in a selection of Michelangelo's most poignant drawings and a number of Viola's film and sound installations spanning his entire career.

Friday 15 March, 9am – 11am
Phyllida Barlow: cul-de-sac

Phyllida Barlow RA creates vibrant, large-scale installations that transform the environments they inhabit. She uses raw and recycled materials like cardboard, cement and plaster, to create looming forests of structures that respond directly to the spaces they inhabit.

This audio described tour will enable you to immerse yourself in Barlow's work through a range of senses.

Tickets for these events are free but booking is required.

How to book

Tickets can be booked online or by contacting the Ticketing Team by emailing tickets@royalacademy.org.uk or by calling 020 7300 8090.

Royal Academy, Burlington House, Piccadilly, W1J 0BD

Sir John Soane's Museum

Audio-described tour

Saturday 2 March – 9am

Have the museum brought to life through this fully accessible audio-described tour, offering a fascinating insight into Sir John Soane's work, family life and some of the collection highlights. Throughout the tour you will be given the opportunity to touch some of the museum's original artworks. The tour is scheduled for 9am before the museum officially opens to the public and lasts around an hour.

Tickets are limited to two per person.

Tickets can be booked on the link below:

https://shop.soane.org/products/sir-john-soane-s-museum-audio-described-highlights-tour?_ga=2.191276138.1382640701.1540377472-1037600972.1509096389

Sir John Soane's Museum, 13 Lincoln's Inn Fields, WC2A 3BP

Tate Britain

Audio-description tours

Figure Totem Beast – tour of the sculpture exhibition in the Tate Duveen Halls

Monday 21 January – 11am

As well as describing these sculptures from the 1950s participants will be able to touch them using gloves provided.

www.tate.org.uk/whats-on/tate-britain/exhibition/figure-totem-beast/audio-description-tour-figure-totem-beast

Art Now display by Jesse Darling

Monday 18 February – 11am

Jesse works between London and Berlin and creates sculptures which look at the link between art, health, disability, Batman, St Jerome and the Lion.

www.tate.org.uk/whats-on/tate-britain/exhibition/jesse-darling/audio-description-tour-art-now-jesse-darling

The meeting place for each tour is the Manton Studio from 10.30am for refreshments before the tour. Booking is not required.

Tate Britain, Millbank, SW1P 4RG

Tate Modern

Anni Albers – tour and workshop

Sunday 20 January

Places are limited so to join this tour and workshop on German weaver Anni Albers contact Marcus Dickey Horley at

Marcus.DickeyHorley@tate.org.uk or call 07733 110 244.

Tate Modern, Bankside, SE1 9TG

Theatre highlights: audio-described performances

Hamilton

Saturday 2 February – 2.30pm (Touch Tour time: TBC)

And

Monday 4 February – 7.30pm (Touch Tour time: TBC)

Victoria Palace Theatre

Victoria Street, SW1E 5EA

Ticket price: £37.50

Bookings: 0800 988 4440

Hamilton is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies, who became George Washington's right-hand man during the Revolutionary War and helped shape the very foundations of the America we know today.

The score blends hip-hop, jazz, blues, rap, R&B and Broadway – the story of America then, as told by America now.

Leave to Remain

Saturday 9 February – 7.30pm (Touch Tour: 6pm)

Lyric Hammersmith
Lyric Square
King Street, W6 0QL

Ticket price: From £10

Bookings: 020 8741 6850

The remarkable story of a young gay couple suddenly faced with an uncertain future, told through a mixture of music, drama and movement.

Leave to Remain explores the effects of one couple's marriage, and what happens when it begins to fracture both their families.

Pinter at the Pinter – A Slight Ache / The Dumb Waiter

Monday 11 February – 7.30pm (Touch Tour time: TBC)

Harold Pinter Theatre

Panton Street, SW1Y 4DN

Ticket price: Check with Box Office

Bookings: 020 7492 0810

A Slight Ache is about a couple, Edward and Flora, who invite a match-seller into their home. The match-seller may be silent, but what begins as a pleasant midsummer's day slowly descends into total chaos.

The Dumb Waiter sees two hit-men sit in a basement room awaiting confirmation of their next target. Gus, the younger of the two, is asking many questions to learn from Ben, the senior member of the team, as their evening takes unexpected turns.

Rothschild & Sons

Tuesday 13 February – 7.30pm (Touch Tour: 6pm)

Park Theatre

Clifton Terrace, N4 3JP

Ticket price: £20 - £26.50

Bookings: 020 7870 6876

A re-imagined musical about a family that risks everything: an uplifting and universal tale affirming human dignity.

My Name is Lucy Barton

Saturday 16 February – 2.30pm

The Bridge Theatre

3 Potters Fields Park, SE1 2SG

Ticket price: From £15

Bookings: 0333 320 0051

Unsteady after an operation, Lucy Barton wakes to find her mother sitting at the foot of her bed. She hasn't seen her in years, and her visit

brings Lucy back to her desperate rural childhood, and her escape to New York. As she begins to find herself as a writer, she is still gripped by the urgent complexities of family life.

Pulitzer Prize winner Elizabeth Strout's best-selling short novel, a haunting dramatic monologue, captivated readers in 2016.

Everybody's Talking About Jamie

Tuesday 26 February – 7.30pm (Touch Tour: 5.30pm)

Apollo Shaftesbury Avenue

31 Shaftesbury Avenue, W1D 7ES

Ticket price: £20 - £95 (concessions available)

Bookings: 0330 333 4815

Jamie New is sixteen and lives on a council estate in Sheffield. Jamie doesn't quite fit in. Jamie is terrified about the future. Jamie is going to be a sensation.

Supported by his brilliant mum and surrounded by his friends, Jamie overcomes prejudice, beats the bullies and steps out of the darkness, into the spotlight.

This funny, fabulous feel-good musical has been wowing audiences and critics alike.

Berberian Sound Studio

Saturday 16 March – 2.30pm (Touch Tour: 1pm)

Donmar Warehouse

41 Earlham Street, WC2H 9LX

Ticket price: £20 - £40 (companion ticket is free)

Bookings: 020 3282 3808

Italy, 1976: Gilroy is a long way from home.

His work as a sound designer for Dorking-based nature documentaries has not gone unnoticed. He has swapped the foley table of his garden shed for the glamour of the Berberian Sound Studio. Here, at the height of giallo horror, cabbages become corpses, your own voice can be over-dubbed and silence speaks louder than screams.

Peter Strickland's acclaimed subliminal horror film is adapted for the stage in this darkly comedic sonic experience.

All About Eve

Tuesday 19 March – 7.30pm (Touch Tour time: TBC)

Noel Coward Theatre
St Martin's Lane, WC2N 4AU
Ticket price: £65
Bookings: 0344 482 5137

A new adaptation of All About Eve, a razor-sharp, unsettling exposé of the eternal obsession at the heart of show-business.

Marge Channing. Legend. True star of the theatre. The spotlight is hers, always has been. But now there's Eve. Her biggest fan. Young, beautiful Eve. But you know all about Eve...don't you...?

Shipwreck

Saturday 23 March – 1.30pm (Touch Tour: 12 noon)

Almeida Theatre

Almeida Street, N1 1TA

Ticket price: £25 (£5 Audio-described tickets available to those aged under 25)

Bookings: 020 7288 4999

“From across the room I saw the President, torchlight playing across his visage.

And the violins began, and the low rumble of the timpani.

I screamed. I ran.”

An old farmhouse upstate. Snow is falling. Mountains are falling.

Something is breaking apart.

You are formally invited to dinner with the 45th president of the United States.

How to book

To make a booking, call the number given against the individual show.

Please ensure that you tell the operator you are booking for an audio-described performance, so that you qualify for any ticket discounts and are allocated an appropriate seat.