Pocklington Resource Centre - Balham

The Balham resource centre provides information, advice, support and a range of activities and services for adults who are partially sighted or blind.

The Balham Resource Centre is open five days a week including Tuesday evening during term time and there is a wide variety of activities:

- Art courses
- Visits to art exhibitions and museums
- Chair-based T’ai Chi
- Over 50s social group
- IT courses
- Web design course
- Sewing
- Braille course
- Talking microwave course

We run taster sessions to gauge the popularity of possible new activities and welcome suggestions from service users on new developments.

The centre also provides a number of services to people living in Wandsworth Borough, including:

- Talking Newspaper and Magazine
- Talking books lending library
- Low vision clinic
- Hearing aid clinic
- Volunteer support at home or out and about in the community

The centre hosts a number of meetings led by different societies who support people with specific eye conditions:

- The Macular Disease Society
- The RP society

The centre also organises off site sporting sessions like Archery, tennis, rowing and athletics

In addition, the centre offers a number of volunteering opportunities to both sighted and visually impaired adults

Category(ies): Socialising, Independent living, Companionship /befriending, Activities, Day centres, Health & wellbeing, Socialising, Outings, visits, trips, Work & volunteering, Internet & computers
<table>
<thead>
<tr>
<th><strong>Who it is for:</strong></th>
<th>People with sight loss. Some activities are restricted for individuals living in the Wandsworth borough of Greater London.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Where available:</strong></td>
<td>Local service covering: Wandsworth (Greater London).</td>
</tr>
<tr>
<td><strong>How to access or apply for it:</strong></td>
<td>Please use the details in the 'Contact info' section below to get in touch with us. The Balham Resource Centre is open five days a week including Tuesday evening during term time</td>
</tr>
<tr>
<td><strong>Info. updated:</strong></td>
<td>16/10/2012</td>
</tr>
</tbody>
</table>

**About the service provider:**

**Contact info:**  
Pocklington Resource Centre, Balham: 1c Yukon Road, Balham, London, SW12 9PZ.  
**Telephone:** 020 8675 4246.

[Email them](#)  
[Visit their website](#)  
[Find them on a map](#)

**Parent organisation:** Thomas Pocklington Trust

**Who are they?**  
Thomas Pocklington Trust is a leading provider of housing and support services for people with sight loss. Pocklington offer people with sight loss the help, support and care they require to lead an independent life based on their individual requirements,