

# CITY SYNERGY

City Synergy is a sports and social group for vision impaired people in the Brighton and Hove area. The group was formed in 2002 having previously operated as part of the RNIB Leisure Link project.

City Synergy arranges a variety of events throughout the year, these are held mostly in the evenings and weekends to allow those who are in employment or full time education to take an active part, the activities include tenpin bowling, walks, barbecues, picnics, restaurants, theatre, pubs and days out to places of interest, such as Amberley working museum and Hangleton windmill, as well as tandem cycling using a bike recently purchased by the group.

In October we are planning to enter into the annual Swimarathon organised by the Rottingdean and Saltdean Lions Club with 50% of the funds going to City Synergy, other plans under consideration for the autumn include a visit to the open air museum at Singleton, meals, tenpin bowling, pub quizzes, going to some shows at the Komedia or Theatre Royal and, well who knows, we like to keep things fresh and are always open to new ideas from our members

We also organize a sport called Goalball which is played at a local sports hall involving two



sides of three with all players being blindfolded and using tactile markings. The game is particularly enjoyed by younger members and is organised and coached by City Synergy chair Mick Etheridge who has a certificate in sports development. We are very grateful to the Blatchington Court Trust for awarding us funding that has allowed us to hire sports halls, buy equipment and enter competitions

We hope through our activities to promote a positive image of disability, the group is led by people who have a vision impairment with support from sighted volunteers, this provides opportunity to encourage independence and develop confidence within a supportive environment. Several of our members have testified to the way that being part of the group

has given them the encouragement to pursue a new interest or to enrol on a variety of educational courses.

City Synergy works closely with other groups and networks, we have retained strong links with Leisure Link and have funding from the Scarman Trust as well as being a member of CVSF.

City Synergy is mainly designed for active people; we welcome families and seek to include children in many of our weekend activities, more details can be found on our web site [www.citysynergy.org.uk](http://www.citysynergy.org.uk), the site was designed by a group member and seeks to be easily accessible to vision impaired people, if you would like to know more please contact Mick Etheridge on 07952 346 667 or Paul Gillett on 01273 697339 or e-mail [citysynergy@yahoo.co.uk](mailto:citysynergy@yahoo.co.uk)