

Living with Sight Loss

Action's community based course provides information, advice, support and practical solutions to independent living.

What people said about Action's Living with Sight Loss course

"Please pass on my thanks to the team. You have literally been a life saver over these past few weeks. I'm not sure how I would have held together without you and I certainly wouldn't have met so many lovely people. Thank you." Nicky

"Many thanks for an excellent and inspirational course, the six weeks have flown by and I have gained so much more knowledge and understanding. The other members of the group have shown me that I can still live life to the full and maintain independence (with just a little help from my friends)." Eddie

Do you have sight loss?

If you or someone you know has been diagnosed with sight loss it may be comforting to know that Action for Blind People now offers a 'Living with Sight Loss' course.

The six week programme for anyone coming to terms with sight loss is made up of weekly, day long modules, delivered in partnership with other national charities and local groups.

What does it cover?

Programmes are tailored to the needs of each group of attendees – so every course may offer something slightly different; however, the core elements cover:

- Getting out and making the most of your leisure time
- Coping strategies designed to address the emotional aspects of sight loss
- Practical solutions to overcome challenges to everyday living
- Using technology
- Looking after your eyes.

Why attend?

Action recognises how important it is for people diagnosed with an eye condition to learn from others in similar situations. Therefore, where possible, we invite local people who are visually impaired to facilitate parts of the course, to provide advice and share their knowledge based on first hand experience.

Meeting other course participants provides an opportunity to develop friendships and strengthen support networks.

The programme also provides information about other Action services, including:

- Employment support
- Assistive technology
- Housing services
- Welfare advice and support.

Who can attend?

Action recognises that when a relative starts to lose their sight, it impacts on the whole family – not just the individual. So, in addition to encouraging anyone with sight loss, regardless of their age, to attend – family members, friends or carers are invited to some course modules, so they feel supported and involved too. It also helps to enhance their understanding of the challenges sight loss can bring.

Like to know more?

To find out more about Action's Living with Sight Loss course, including details of dates and locations, call your nearest Action team. Contact details are listed near the back of this leaflet.

Your local team can also tell you about the full range of services provided by Action for Blind People, or you can visit our website at www.actionforblindpeople.org.uk

Action Connect

Action wants to learn from the experiences of people affected by sight loss in order to help us shape everything we do. We would like everyone involved to have an

opportunity to connect with other people who have faced similar issues, and learn from their experiences.

If you would like more information, or to join Action Connect and become part of the network, visit our website: www.actionforblindpeople.org.uk/connect

Or email: connect@actionforblindpeople.org.uk

Alternatively telephone: Natalie Swiderska on 01509 632407.

Action teams

Birmingham

t: 0121 665 4200

Bristol

t: 0117 953 7750

Exeter

t: 01392 458060

Leeds

t: 0113 386 2800

Liverpool

t: 0151 702 5700

London and South East

t: 020 7391 2151

t: 020 7635 4800

Loughborough

t: 01509 632400

Manchester

t: 0161 787 9252

Middlesbrough

t: 01642 233439

Norwich

t: 01603 455767

Preston

t: 01772 320550

Salisbury

t: 01722 345440

Stafford

t: 01785 254572

Stoke

t: 01782 215755

Wallsend

t: 0191 262 0869

If you would like to receive this leaflet in another accessible format – telephone the RNIB helpline on **0303 123 9999** or email: comms@actionforblindpeople.org.uk

Registered Charity Number: 205913 (England and Wales)

SC040050 (Scotland)

Patron HRH Princess Alexandra KG, GCVO

RB/0776 Dec 2013