



Local Organisations – Bexley

Sources of support and information

SELVIS supports people living with sight loss in South East London. The people we support told us it would be useful to have a list of organisations that support people with sight loss at a local, London and National level, so here's our list. However there are many more organisations and sources of support so if you don't find what you are looking for call SELVIS on **020 3815 3660** we're always happy to help. If you prefer call RNIB Helpline on **0303 123 9999** or try www.rnibsightline.org.uk

Support for people with Sight loss in Bexley

Inspire Community Trust

Provide vision rehabilitation, advice and information to people with sight loss in Bexley.

If you live in Bexley and have a sight loss make Inspire your first point of contact

Call **020 3045 5100** or visit:

www.inspirecommunitytrust.org

Bexley Blind Bowling Club

The Club provides opportunities for registered blind or partially sighted people aged 16 and over, living in or around the borough of Bexley, to play bowls both indoors and outdoors.

Telephone: John Harris on **020 8462 7572** or

Edwin Davis on **020 8306 2266**

Dengate Men's group

A social group for men that meets monthly on the 2nd Tuesday in winter, and on the 2nd

Wednesday in summer at Fosset Lodge, Homer Close, Barnhurst DA7 6QF. Outings are arranged during the summer months. Call Edwin Davis on **0208 306 2266** or Sylvia McAtamney on **01322 442549**.

Dengate ladies group

A small friendly social group for women that meets once a month for a cup of tea and a chat. Meetings take place on the 4th Tuesday of the month from 1.30pm to 4.30pm at Fosset Lodge, Homer Close, Barnhurst DA7 6QF.

Call Brian Downey on **01322 402260**.

KAB Sidcup Club

A fun and lively group that provides regular games, entertainment, activities and outings.

The club meets fortnightly on a Thursday at Emmanuel Church Hall, Hadlow Road, Sidcup DA14 4AA.

Call: Penny Chambers on **020 8302 6984** or Lyn on **07921 833 418**.

Bexley Visual Impairment Service for Children, Young people and their families

Provides educational support to parents and schools for children aged 0-19 with visual impairment.

Telephone: 07814 156 585

Email: linda.barcock@bexley.gov.uk

Address: Bexley Civic Offices, 2 Watling Street, Bexleyheath, Kent, DA6 7AT

Kent Association for the Blind

KAB supports sight impaired people to live independent lives. Call **020 8464 8406** or visit www.kab.org.uk

Support in Queen Mary's Eye Clinic

Eye Clinic Liaison Officer (ECLO) Chris Wilsdon call **07795 558560** Chris.Wilsdon@kab.org.uk

Macular Society- Bexley Support Group

Meetings Monthly Last Monday 10.00am - 12.00 noon at Hurst Community Centre, Room 3 Hurst Place, Hurst Road, BEXLEY, Kent, DA5 3LH

Call: **0300 3030 111** for group contact details

Getting out and about in Bexley

Bexley Accessible Transport Scheme

Bexley Accessible Transport Scheme (BATS) services are aimed at those with mobility needs, of all ages. They have a range of services including the Hop 'n' Shop Bus plus Individual Transport to cover journeys such as cross-borough trips, out-of-borough shopping journeys, airport runs etc. call **01322**

311333. Or visit:

www.bexleyct.co.uk/index.php

Freedom passes

The disabled persons travel pass, known as the freedom pass gives you free off-peak travel on

buses, tube, trains, Docklands Light Railway and trams in London if you are Blind or partially sighted. Call: **020 3045 5329** or visit www.inspirecommunitytrust.org/inspire-services/transport/freedom-pass.html

Taxi card

The Taxicard scheme provides subsidised travel in licensed black taxis and private hire vehicles for residents with serious permanent mobility problems or who are registered Blind or severely sight impaired. Call: **020 7934 9791** or visit www.londoncouncils.gov.uk/services/taxicard/apply-taxicard-your-borough

Transport for London

TfL has a number of services and support to help blind and visually impaired people get around. This includes turn-up-and-go staff assistance and audio/visual announcements on

buses and trains. For more information call **0343 222 1234** or visit

www.tfl.gov.uk/accessibility

Dial a Ride

Dial-a-Ride is a door to door service for disabled people who can't use buses, trains or the Tube Call: **01322 311333** or visit

<https://tfl.gov.uk/modes/dial-a-ride/>

Travel mentoring service

The travel mentoring service aims to give disabled Londoners the information and confidence they need to make more use of public transport. They can offer advice on planning a journey using an accessible route as well as provide a mentor to come with you for your first few journeys to help you gain confidence and become an independent traveller. Call: **020 3054 4361**

Disabled persons railcard

The Disabled Persons Railcard allows you and an adult companion 1/3 off most rail fares throughout Great Britain. Call: **0345 605 0525** or visit www.railcard.co.uk

Further support available to people living in London with sight Loss

Art through Words

Meets in the Sainsbury Wing of the National Gallery on the last Saturday of the month providing detailed descriptions or paintings: call: **020 7747 2885** or visit education@nationalgallery.org.uk

Artsline

Provides guides for disabled people on access to theatres, cinemas, art galleries, art centres and music venues. Call: **020 7388 2227**

London Sports Forum for Disabled People

Provides information on sporting activities in London Call: **020 7354 8666**

Metro Blind sport

Metro is a London-based charity with the aim of opening doors to sport for all vision impaired people, regardless of age or ability. Call: **01708 456 832** or visit www.metroblindsport.org

Thomas Pocklington Trust

Thomas Pocklington Trust offers people who are blind or have sight loss the support they require to lead an independent life: Call: **020 8995 0880** or visit www.pocklington-trust.org.uk

National sight loss organisations

Blind Veterans UK

Blind Veterans UK provides free services and support to all vision-impaired Armed Forces and National Service veterans, no matter when they served or how they lost their sight. For more information, call **0800 389 7979** or visit www.noonealone.org.uk

British Blind sport

British Blind Sport enables blind and partially sighted people to have the same opportunities as sighted people to access and enjoy sport and recreational activities in the UK. For more information, call **01926 42 42 47** visit www.britishblindsport.org.uk

Deafblind UK

Deafblind UK provides specialist services to deafblind people and those who have progressive sight and hearing loss acquired throughout their lives. For more information, call **0800 132 320** or visit www.deafblind.org.uk

Esme's Umbrella (Charles Bonnet Syndrome)

Esme's Umbrella is a charity working towards a greater awareness of Charles Bonnet Syndrome. For more information, call **0345 051 3925** or visit www.charlesbonnetsyndrome.uk

Guide Dogs

The Guide Dogs for the Blind Association not only provides guide dogs but also offers a range of other mobility services, giving advice and supporting those with sight loss and their families, especially in maintaining or improving a person's ability to get out and about. Call: **0800 953 0113** or visit www.guidedogs.org.uk

International Glaucoma Association

Raises public awareness about glaucoma and offers information, support and a helpline. Call: **0870 609 1870** or visit www.iga.org.uk

Living Paintings Trust

Provides a free loan library of touch and sound paintings for adults and children. Call **01635 299 771** or visit www.livingpaintings.org

Calibre Audio Library

Calibre brings the pleasure of reading to people with sight problems, dyslexia or disabilities that prevent them reading print through a subscription-free nationwide postal and internet service of audio books. We offer a choice of over 10,000 titles, fiction and non-fiction, recorded unabridged by professional actors and broadcasters.

Call: **01296 432 339** or visit www.calibre.org.uk

National Listening Library

This postal audio book library service is available to anyone who is ill or disabled Call:

020 7407 9417 or visit www.listening-books.org.uk

Nystagmus Network

Provides information and support for people with nystagmus and their families: Call **08445 634 2630 / 01427 718093** or visit www.nystagmusnet.org

ReVitalise

Revitalise is a national charity providing respite care in a holiday setting for disabled people and carers for over 50 years. Call **0303 303 0145** or visit www.revitalise.org.uk

RP Fighting Blindness

Supports people living with Retinitis Pigmentosa. Call **0845 1232354** or visit www.rpfightingblindness.org.uk

VocalEyes

Nationwide audio description across the arts.

Call: **020 7375 1043** www.vocaleyeyes.co.uk

The Macular Society

The Macular Society provide information and support to people affected by macular conditions, their family and friends. For more information, help and advice, call **0300 3030 111** or visit www.macularsociety.org

The National Federation for the Blind

The National Federation for the Blind is an independent, campaigning pressure group. They campaign to improve the welfare and quality of daily life for all blind, partially sighted and deafblind people. For more information, call **0192 429 1313** or visit www.nfbuk.org

RNIB

RNIB offers practical and emotional support for people living with sight loss. For more information, call the Helpline on **0303 123 9999** or visit www.rnib.org.uk

SeeAbility

SeeAbility supports people with sight loss and multiple disabilities. They provide specialist

support and accommodation services as well as raising awareness to help prevent avoidable sight loss for people with learning disabilities. For more information, call **01372 755 000** or visit www.seeability.org

SENSE

Sense supports adults and children who are deafblind or have sensory impairments with additional needs. For more information, call **033 330 9256** or visit www.sense.org

Visionary

Visionary is a membership organisation for local sight loss charities, sometimes known as local societies or associations for blind and partially sighted people. For more information, visit www.visionary.org.uk

Other Sources of support

AGE UK

Age UK helps older people by providing information, advice and support. For more information, call **0800 169 6565** or visit www.ageuk.org.uk

Carers UK

Carers UK supports people who look after older, ill or disabled family and friends. For more information, call **0808 808 7777** or visit www.carersuk.org

Diabetes UK

Diabetes UK supports people affected by, or at risk of, diabetes. For more information, call **0345 123 2399** or visit www.diabetes.org.uk

MIND

MIND provides information and support to people living with a mental health problem. For more information, call **0300 123 3393** or visit www.mind.org.uk

Relate

Relate counsellors can help people to come to terms with what's happening now and in the future. Counselling with Relate is open to all. For more information, call **0300 100 1234** or visit www.relate.org.uk

Samaritans

Samaritans is available round the clock, every day of the year. Talk to them off the record about whatever is getting to you. Call **116 123**, email jo@samaritans.org or to find your nearest branch visit www.samaritans.org

Stroke Association

Support and advice for people who've had a stroke and their families. Call **020 7566 0300** or visit www.stroke.org.uk

Citizens Advice

www.citizensadvice.org.uk

Your GP Surgery

Your Local library

Children, Young People and Families

LOOK

A local contact for the National Federation of Families with Visually Impaired Children.

Telephone: 01432 376314

Email: looklondon@hotmail.com

Address: Kings Avenue School, 127 Park Hill,
London SW4 9PA

Royal Society for Blind Children (RSBC)

Supporting vision impaired children and their families.

Telephone: 020 3198 0225

Website: www.rsbc.co.uk

Address: 52-58 Arcola St, London E8 2DJ

VICTA Children

VICTA supports blind and partially sighted children, young people and their families by providing social opportunities and confidence building activities.

Address: 5 Douglas House, 32-34 Simpson Road, Fenny Stratford, Milton Keynes MK1 1BA

Phone: 01908 240831

Website: www.victa.org.uk

If you'd like more information on SELVIS or would like to comment on this fact sheet please ring **020 3815 3660** or e-mail info@selvis.org.uk

