



Local Organisations – Lewisham

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 1239999** or try www.rnibsightline.org.uk

Organisations supporting people with sight loss in Lewisham

London Borough of Lewisham Visual Impairment Team

The team carries out assessments and training in orientation and mobility, daily living, communications and low vision, as well as lighting assessments.

Call: **020 8314 7777** or
info.ots@lewisham.gov.uk

BlindAid

Visitors can support you with post, other reading or simply have a chat every other week Call:
020 7403 6184 or enquiries@blindaid.org.uk

Lewisham Council

For all your council services Call: **020 8314 6000** including blue badges

Lewisham Talking Newspaper

A registered charity that provides a weekly recording of local stories to people who are visually impaired and live, or used to live, in the London Borough of Lewisham.

The recordings are dispatched to listeners on memory sticks which plug into a customised listening device provided by LTN. They can also be plugged into a computer.

Call 020 8699 9399 or ltnenqs@hotmail.com

Macular Society Lewisham Support Group

A local self-help support group run by people with macular disease for people with macular disease. Call: **0300 3030 111**

Age UK Lewisham and Southwark

Tel: **0207 701 9700** or info@ageuklands.org.uk

Adult Learning Lewisham

To find out more about learning opportunities in Lewisham including courses for people with sight loss. Call: **020 8314 8622**

Out and About in Lewisham

Voluntary Services Lewisham (VSL)

Access Transport Call: **020 8291 1747**

Taxi card / Computer Cab bookings

Tel: **0207 763 5001**

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

Call: **0343 222 7777** or
dar.reservations@tfl.gov.uk

TFL Journey planner

0343 222 1234 (option 3 speak to advisor)

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** or 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

Lewisham Talking Newspaper

Local talking news are available weekly in audio form, post free. Call **020 8699 9399** or email ltneqs@hotmail.com

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** or visit

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

Lewisham Special Educational Needs Team

Provides specialist educational support to children and young people with sensory impairments.

Call: **020 3049 1329**

LOOK

A local contact for the National Federation of Families with Visually Impaired Children. Call: **01432 376314** or looklondon@hotmail.com

Royal Society for Blind Children (RSBC)

Supporting vision impaired children and their families.

Telephone: 020 3198 0225

Website: www.rsbc.co.uk

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

