



Local Organisations – Southwark

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

Local support Southwark

Vision Rehabilitation in Southwark

Advice and support for people with sight loss including practical training on independent living.
Call: **020 7525 5000**

Southwark Borough Council

For support with all your council services. Call:
020 7703 2234

BlindAid

Provide a home visitor to assist with post, other reading or for a chat along with other services.

Call: **020 7403 6184** or visit

www.blindaid.org.uk

Time and Talents

Fortnightly meetings: social activities including occasional day trips. Call: **020 7232 5667**

Crusoe Club: Blackfriars Settlement

Social activities, includes a lunch club. Call: **020 7928 9521**

Southwark Pensioners VI group

A fortnightly group for people with sight loss.

Call: **020 7708 4556**

St Thomas hospital- Wednesday club

Small informal group providing a safe place to learn about strategies to live with sight loss, learn from experts as well as meeting new people and having fun

Where: St. Thomas' hospital, Ridley clinic waiting room, South Wing Eye Department, every Wednesday, 2pm to 3.30pm

Call: **020 3815 3660**

VIP Singers

If you have a visual impairment and like to sing why not join the VIP Singers. Every Saturday morning, 10.30am to 12.30pm at St Thomas Hospital. Call to find out more: **07503**

330375

Macular Society- London Bridge Support Group

Meets monthly on the second Monday of the month from 2.00pm - 4.00pm at 7-14 Great Dover Street, London, SE1 4YR

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

Out & About

Dial-a-ride

0343 222 7777 or dar.reservations@tfl.gov.uk

Taxi card

The Taxi card 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: **0207 934 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

TFL Journey planner

0343 222 1234 option 3

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

Royal Voluntary Service community transport

Supporting people in Bromley to get around.

Call: **07736 924070**

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 of 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

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.nystagmusnetwork.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

Southwark Sensory support

Providing specialist educational support and advice to children with sight loss in Southwark.

Call: **020 7525 1603** or email

Susan.KingO'Neill@southwark.gov.uk

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

Address: 52-58 Arcola Street, 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

