

## **Managing sight loss sessions winter/spring 2021**

London Vision has been hosting Managing Sight Loss sessions since the summer of 2020. The sessions are loosely based upon the Living with Sight Loss course delivered by the RNIB. All the sessions are currently held via the online video conferencing platform Zoom; people join in via computers, tablets, mobile phone, and the traditional house phone. Whenever we can, we do our best to help people join in. Our sessions are relaxed and informal; they are a mixture of information giving and listening to participants' experiences of living with sight loss. All our sessions are one hour in length unless we tell you differently. Friends and family are most welcome to sit in to find out more. Want to join a session? Call us on 0203 761 3651 or email on [info@londonvision.org](mailto:info@londonvision.org)

### **January**

#### **7<sup>th</sup> January 2.30 pm – 3.30 pm – All about registration: the benefits and rights it brings**

In this session we will explore certification and then registration as sight impaired or severely sight impaired. We will explore the services you can expect from your local council along with the benefits and concessions registration brings.

#### **12<sup>th</sup> January 2.30 pm – 3.30 pm – Getting out and about safely**

We'll discuss techniques for moving safely and independently around the home, considering the use of lighting and contrast. We'll then explore independent travel outdoors, chatting about simple tips and tricks along with directing you to support that's available from your local council and others.

#### **14<sup>th</sup> January 2.30 pm – 3.30 pm – Life hacks – everyday living: in the kitchen**

In this session we will explore ways of making drinks, cooking snacks, marking appliances, and labelling and identifying products.

**19<sup>th</sup> January 2.30 pm – 3.30 pm – Life hacks – everyday living: your daily routine**

In this session we will explore equipment and techniques that can assist you with your daily routine, from identifying hair conditioner to basic DIY.

**21<sup>st</sup> January 2.30 pm – 3.30 pm – Introduction to assistive technology**

This session is an introduction to the world of assistive technology. We will discuss apps that read text, phones that talk to you and will introduce you to the accessibility features on smartphones. This session will be led by Graham Page from Thomas Pocklington Trust.

**26<sup>th</sup> January 2.30 pm – 3.30 pm – Sport, leisure, and hobbies**

In this session we will explore sporting, leisure, cultural and other fun activities with the help of Metro Blind Sport and Vocaleyes.

**27<sup>th</sup> January 6 pm – 7.30 pm – Advanced assistive technology**

This session is for regular users of assistive technology and takes the form of a discussion. It will be led by Graham Page from Thomas Pocklington Trust and Davinder Kullar from RNIB's Technology for Life team. We will also update you on any new technology.

**February**

**3<sup>rd</sup> February 2.30 pm – 3.30 pm – Feeling good, staying healthy**

In this session we'll explore different techniques for staying positive and relaxed when dealing with the pressures of everyday life.

**10<sup>th</sup> February 6pm – 7.30 – All things reading**

With the support of Paul, RNIB's Digital Transformation manager and Davinder Kullar from RNIB's Technology for Life team, in this session we will explore all the different ways of accessing reading material

**16<sup>th</sup> February 6 pm – 7.30 pm – All about registration: the benefits and the rights it brings**

In this session we will explore certification and then registration as sight impaired or severely sight impaired. We will explore the services you can expect from your local council along with the benefits and concessions registration can bring.

**18<sup>th</sup> February 6 pm – 7.30 pm – Making the most of your vision**

This session will be delivered alongside the Macular Society. We will talk about the range of different ways you can make the most of your vision, where you can get help with low vision aids, and more.

**23<sup>rd</sup> February 2.30 pm – 3.30 pm – Getting out and about safely**

In this session we will discuss techniques for moving safely and independently around the home, considering the use of lighting and contrast. Then we will explore independent travel outdoors, discussing simple tips and tricks along with directing you to support available from your local council and others.

**25<sup>th</sup> February 2.30 pm – 3.39 pm – Life hacks - everyday living: In the kitchen**

In this session we will explore ways of making drinks, cooking snacks, marking appliances, and labelling and identifying products.

**March**

**2<sup>nd</sup> March 2.30 pm – 3.30 pm – Life hacks - everyday living: your daily routine**

In this session we will explore equipment and techniques that can assist you with your daily routine, from identifying hair conditioner to basic DIY.

**4<sup>th</sup> March 2.30 pm – 3.30 pm – Introduction to assistive technology**

This session is an introduction to the world of assistive technology. We will discuss apps that read text, phones that talk to you and will introduce

you to the accessibility features on smartphones. This session will be led by Graham Page from Thomas Pocklington Trust.

**9<sup>th</sup> March 6pm – 7.30pm – Advanced assistive technology**

This session is for regular users of assistive technology and takes the form of a discussion. It will be led by Graham Page from Thomas Pocklington Trust and Davinder Kullar from RNIB's Technology for Life team. We will also update you on any new technology.

**15<sup>th</sup> March 6pm – 7pm – Feeling good**

In this session we will explore different techniques for staying positive and relaxed when dealing with the pressures of everyday life.

**24<sup>th</sup> March 6 pm – 7 pm – Celebration of COVID community support fund and new beginning**

In this session we will be saying thank you to the COVID community support fund and looking back over six months of Managing Sight Loss sessions. This will also be an opportunity for participants to feed back and suggest ideas for future sessions and topics.