



Visible

Winter / Spring
2024

Keeping you informed of local sight loss news

Welcome Letter

Welcome to our latest issue.

Visible magazine is the newsletter for both Sight Support West of England and Wiltshire Sight. Writing one magazine helps both our charities save time and money.

This issue includes an in-depth look at Voice Recognition Assistants. Voice assistants can do many tasks for you to make life a little easier and many of these tasks will save you struggling to see what is on your screen. But it can seem like a baffling world – so we hope our introduction will help.

We are also taking an in-depth look at driving and sight loss. Although it can feel like a major blow to lose your ability to drive, there is support available.

As always, we welcome any feedback you have on this magazine. If you would prefer to receive it by email or on a USB stick, please just ask. Our contact details are on the back page.

Best wishes,

Mike Silvey



Meet The Volunteer: Constance Hui

Name: Constance Hui
Volunteer Role: Graphic Designer
Date Started: December 2021



I work remotely, but closely with Karen, the Admin & Communications Officer, to design and produce digital and printed communications for the charity. My volunteering work has been alongside pursuing my Master of Architecture degree at UWE in Bristol.

I decided to volunteer as I wanted to do something meaningful and useful in my free time! This role allows me to expand and develop my design portfolio and learn about the principles of designing for visual accessibility.

I enjoy the challenge of balancing legibility and aesthetics in the tasks. Above all, it is the feeling of making a change - by helping to improve the lives of disadvantaged groups, making sure no one is left out.

Outside of volunteering and work, I love drawing, baking, singing, photography, calligraphy, badminton and hiking.

If I could have any superpower, it would be teleportation (which is environmentally friendly), so that I could visit my family more often.

If you're considering volunteering, it is truly worth your time, and your time is the best gift you can give anyone. It gives you a chance to meet people outside of your usual network, learn a range of new skills and hone your sense of responsibility, and there are many other practical benefits that will come unexpectedly along the way.

If you are fortunate enough to have the ability and capacity to help other members of society, please volunteer, as each step we are willing to take counts.

Big thanks to Sight Support West for giving me the opportunity to be part of the amazing work you do!

News And Updates

Eye Can

Nearly 150 people visited our exhibition in Swindon in October 2023. Feedback from those who came shows that these events are really meeting people's local needs. The chance to see suppliers, charities, services and support groups all under one roof is not offered by anyone else in our area, and we're delighted that they are proving to be useful, and that people are getting so much out of them.

In 2024, we will hold Eye Can in Gloucester and Bristol. We will update our website, social media and clients as soon as we have set dates and venues.



EYE CAN

Blindingly Funny

Thanks to everyone who has bought their tickets for Blindingly Funny – our exciting comedy evening at Bristol's famous Tobacco Factory Theatre on Tuesday 6th of February from 7.30 pm. If you haven't got a ticket yet, they should still be available. All of our lovely performers have a connection to sight loss and in our next edition, we'll discover how you don't have to be blind to be funny, but it helps!



A Winning Raffle

Thank you to everyone who entered our Summer Raffle. We raised just over £4,000 this year, which is the most we've ever raised. We're very grateful for your support and generosity. And of course, we know that our winners were thrilled too!

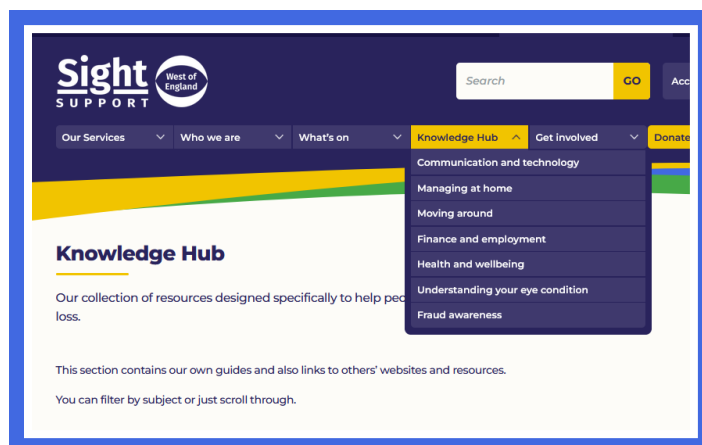
Please Leave A Message After The Beep

We do our best to answer your calls during our office hours of 9 am to 4 pm, Monday to Friday. But we are only a small team, and sometimes we can't. Please do leave us a message if you can't get through straight away – we normally call you back later the same day.



Don't Forget Our Knowledge Hub

All the articles written for this and previous magazines are available in the knowledge hub on our website. There's a range of brilliant resources on different topics including moving around, managing at home and using technology.



Client Advisory Group

We created the group to ensure that our services continue to be led by the needs and aspirations of blind and partially sighted people. We now have eight members, giving a good range of views and representing different areas. If there are things you'd like the group to be discussing or considering, please do contact us.

Local Partnerships

You will be aware that Sight Support West of England and Wiltshire Sight have been working together since 2018. This magazine has been shared by the two charities for a while, and this is just one way that we work together to share resources and best practice. We work together to make sure that we are providing the best possible service to people with sight loss across Swindon, Wiltshire, Bristol, B&NES and South Gloucestershire.

In July 2023 we joined forces with a third charity, Insight Gloucestershire. The model remains the same – but we are now three independent charities who work together to deliver great services across the local region and share costs to increase our sustainability.

There won't be any changes to the services we already provide. But you might start to see an extra logo on our website, and in our other communications. Working in partnership means that we can share costs and responsibilities – for example IT systems, payroll and finance, fundraising and evaluation of our services.

Introducing Insight Gloucestershire

Insight Gloucestershire have been supporting blind and partially sighted people in their county for more than 165 years. They currently work with around 1,600 people.

The logo for Insight Gloucestershire features the word "Insight" in a large, bold, dark blue font with a white dot over the 'i'. Below it, the word "Gloucestershire" is written in a smaller, bold, dark blue font. Both words are underlined with a thick dark blue line.

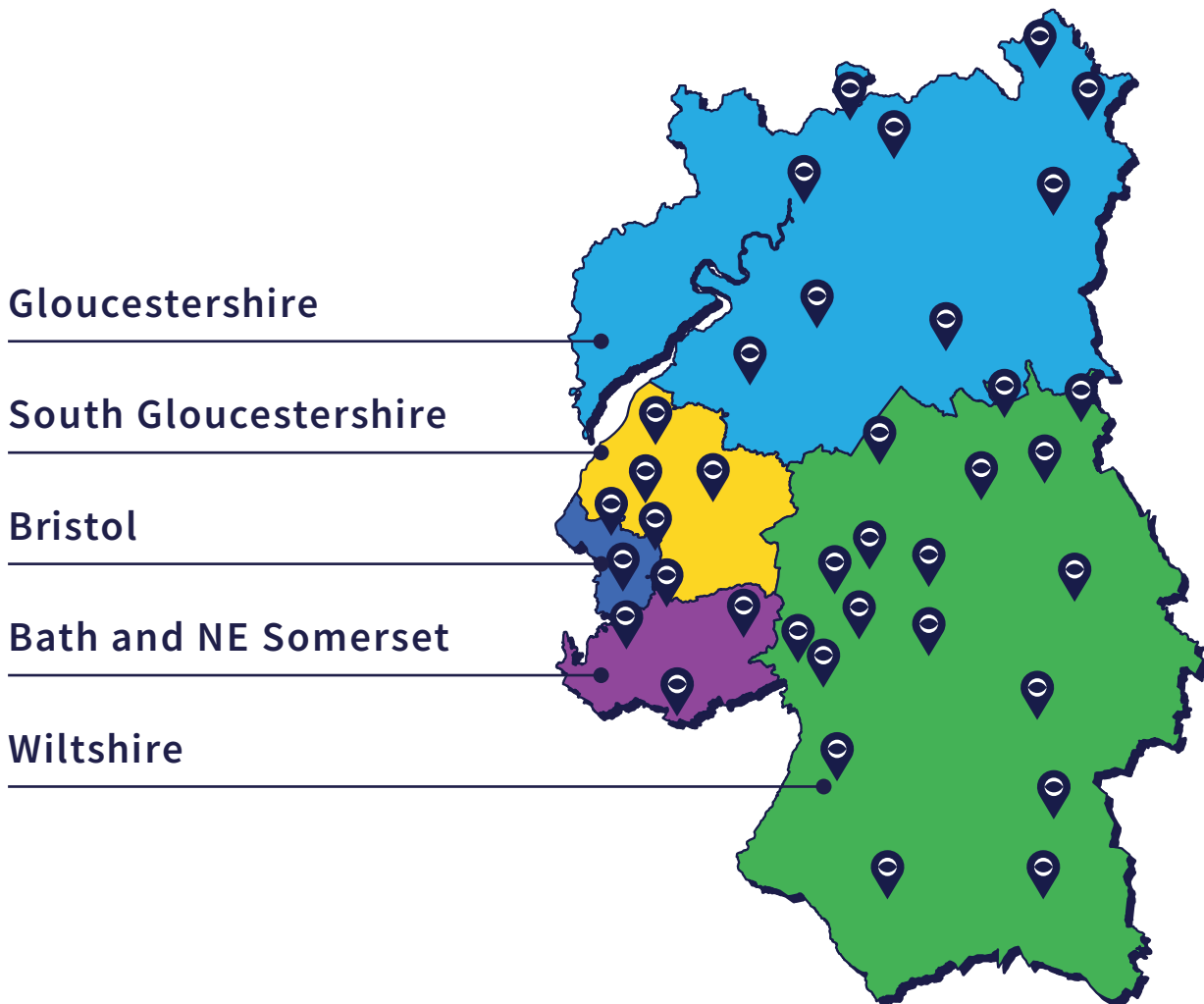
They have a resource centre in Cheltenham, and with our support are now creating hubs in nine new locations around the county. You can find a full list of locations on our website, or by calling one of our offices. Insight offers a full range of information and advice, as well as running social groups and offering emotional support.

We are thrilled to welcome their team of three experienced Community Sight Loss Advisors, a Fundraiser and a Finance and Admin Officer as our new colleagues!

All three charities retain their individual Boards of Trustees, who are committed to making sure the partnership is the best way to continue to deliver great local services for people affected by sight loss.

Being local remains at the heart of what we do. Our hub model means that 99% of people living in our region are within five miles of one of our community sessions offering Information, Advice and Guidance on a regular basis. We would never want to lose these local connections and knowledge. But we also know that sharing central expertise and costs is a great way of ensuring we can stay sustainable in these challenging times.

If you have any questions or comments about the way we work, please do get in touch with our Client Advisory Group by emailing clientadvisorygroup@sightsupportwest.org.uk, or you can contact our CEO, Mike Silvey, by emailing info@sightsupportwest.org.uk



Our Shops – Where Are We Now?

Our small chain of charity shops is set to grow further this year, and we are delighted to announce that we have now opened our third Wiltshire Sight shop in Trowbridge at the end of 2023. As we continue to grow our retail portfolio, we wanted to share the positive impact our shops have had since our retail journey started two years ago.

Our retail strategy is to ensure we add so much more to our charity than just income value, which is why we endeavour to open each shop with an onsite resource centre for clients. Our shops have never been “just another charity shop” on the high street. They offer our clients a safe and permanent place to go for advice, information, and support.

Since opening our Salisbury shop at the end of 2021, we have opened a further shop for Wiltshire Sight in Devizes, and a first for Sight Support West of England in Thornbury. Our first resource hub in the Salisbury shop saw an immediate increase in clients right from opening day, and we continue to see many more clients needing our support in Salisbury since the hub opened. Our hubs in shops demonstrate how important the model is for growing our local presence and being a face on the high street.



Each new shop has been designed to have its own style and personality. This is always important to a charity shop, but vitally, we have maintained our strict guidelines of accessibility in shops. This includes wide aisles, clear pathways and shop routes. We use contrasting colours on hangers and size cubes, colour blocking, and our brand colours to highlight doorways and key areas of the shops, like till points. We maintain one-level rails and shelving and use only thick marker pens for writing on price tags. On this page we share some images of our wonderful shop displays over the last two years.

Some interesting shop facts!

Apart from the wonderful work in our hubs and fantastic income generation, we wanted to share some key facts on what our shops have achieved and added to the charity, since our journey began in 2021.

Since opening in 2021 to the end of September 2023...



£270,000

Gross income raised

£19,000

From new goods



26

Volunteers in stores



11,000

Bags of stock donated from customers



1,835

Gift Aiders

£14,600

Gift Aid generated from sales



21 tonnes

Rag weight sent to recycle

OK Google! Using Voice Assistants

Voice Assistants are a way of getting a smart device (such as a mobile phone, speaker or tablet) to respond to verbal instructions.

Siri, Alexa and Google are perhaps the best known, you might also have heard of Cortana (if you use Microsoft on a computer) or Bixby (on Samsung mobile devices). Whether you're already using a Voice Assistant or are just curious about why anyone would let Google listen in on their conversations, this article should help you be part of the Voice Assistant Revolution!

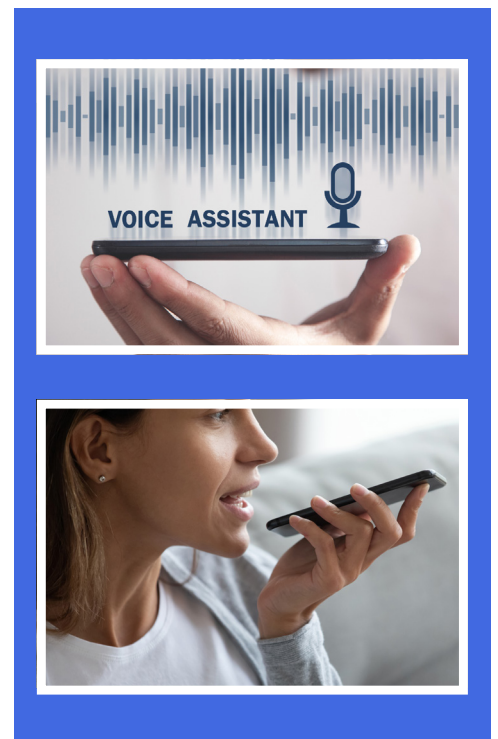
What Can They Do?

Voice Assistants have lots of uses, especially for people with a visual impairment. You could:

- Make a call, send emails, texts or WhatsApp messages.
- Find out the local news, sport and weather.
- Play your favourite radio station, podcast or next chapter of your audiobook.
- Have texts or emails read aloud.
- Set reminders - a timer when you're cooking, or for an upcoming appointment.

Once you've got used to using reminders, you can set more and set them further in advance. For example, if you have a hospital appointment on Thursday, you could set a reminder for 30 minutes beforehand, so you know to start getting ready. Or perhaps a reminder that your favourite TV show is on Tuesdays, or to put the radio on to listen to the football on a Sunday afternoon.

Outside the home, one of the ways Voice Assistants can be of most use is giving directions. Simply say 'OK Google, walking directions to...', and the device will start giving you audible guidance to get you to the right place. Do of course remember that directions are not in real time, and may not include warnings about obstacles, so take all your normal precautions as well.



And More?

If you're already using a smart device and Voice Assistant, there could be even more. You can ask a Voice Assistant to open any app for you or to find a specific settings menu item.

Voice Assistants can also turn on or off certain features on your phone such as Voice Over or Talk Back. So, if you need to use the voice feedback for a short time, simply ask the device to turn the relevant feature on.

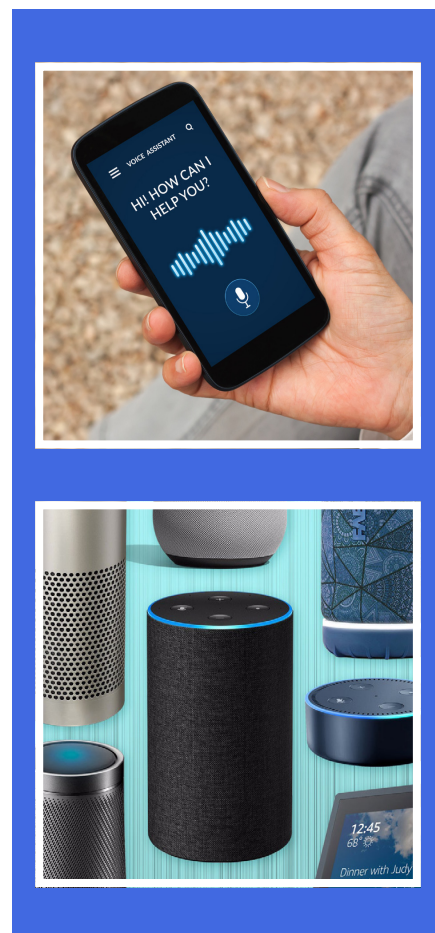
You can adjust font size, brightness and volume all with your voice. This can be especially useful outside the home, where glare or background noise can mean your usual settings are not quite working for you.

How Do They Work?

It does depend what device (e.g. a mobile phone or smart speaker), and what assistant you are trying to use. Please do ask your local Community Sight Loss Advisor for advice on setting up your device in the most convenient way.

They do rely on a broadband internet connection or mobile phone signal.

One of the more common ways is to use your voice by saying an activation phrase like "OK Google", or "Hey Siri". This will activate the assistant and you can then make your request. Devices aren't turned on and listening unless you say this phrase. Other ways can include pressing an on-screen or a physical button.



Want to know more?

Hopefully this article has shown you what a difference Voice Assistants can make. If you'd like to know more, please ask your local CSLA, or call our office to make an appointment.

Coming To A Hub Near You!

We know transport is one of the biggest challenges faced by blind and partially sighted people. We also want to make sure everyone living in our region with sight loss can access our support and meet others living with sight loss should they wish to.

This means we have focused our energies on expanding our network of sight loss advice hubs across the region. Hubs provide a place for you to meet and seek advice from your Community Sight Loss Advisor as well as meet others living with sight loss locally for a drink and chat.

We are pleased to report that progress on achieving our ambition to be accessible to as many of you as possible, means that we are now running 34 hubs across the region. As a result, we are within a 10-mile radius of ALL clients, and for many much closer. 98.5% of clients living in Wiltshire, and 100% of clients living in Bath & NE Somerset, Bristol, or South Glos, live within a five-mile radius of a hub!



Some of our newer hubs run as a drop-in whereas others you can make an appointment to meet your Community Sight Loss Advisor or call in to meet others in one of our social groups. Either way, we look forward to welcoming as many of you as possible every month at our hubs.

If you would like to know where your nearest hub is located, or wish to plan a visit in advance, you can find further information on our website

www.sightsupport.org.uk/events or call us on **0117 322 4885**.

Swimming The Length Of The Channel

Tim Horseman from Devizes undertook an amazing challenge for us this summer – swimming the equivalent of the English Channel at his local pool. In doing this, Tim raised more than £650 to support our community sight loss work.

Breaking down the challenge into smaller chunks meant that Tim could achieve something great. He hadn't been much of a swimmer at the start of the challenge, but by the end of it he was achieving a good speed per mile. Swimming a mile at all is pretty impressive in our book!

The English Channel is 21 miles across, which is an incredible 1,352 lengths of a swimming pool.

Tim told us that as well as being a great way to support our charity – a cause he feels passionate about having been a client for many years – the swim has had great health benefits. It's also been a great boost to his confidence.



“ It was a lovely challenge to have and a nice goal to achieve. It gave me a real sense of purpose. I had great support and encouragement from my wife Rachel. ”



Huge thanks to Tim for this amazing effort, and to everyone who sponsored him.

If you're interested in taking on a challenge to raise money for us, please contact the fundraising team. We can provide ideas and support and would love to support you to do something memorable!

Driving And Sight Loss

Driving is an integral part of everyday life for many people. In fact, there are almost 41 million licensed vehicles in the UK. For people living with sight loss who are unable to drive, a world where driving is so intertwined with everyday life presents practical and emotional challenges. These include accessing work, socialising, shopping, visiting loved ones or simply feeling independent. Many people have told us that not being able to drive is the number one issue they find most distressing about their sight loss.

There is a legal duty to inform the DVLA of your sight loss. Driving with sight that doesn't meet the requirements risks yourself and others, invalidates insurance and is against the law.

Although it can feel like a major blow to lose your ability to drive, there is support available and independence is possible.



The level of sight required for driving (using glasses and whether you have both eyes or one eye):

- being able to read a number plate from 20 metres away
- having a visual acuity of 6/12 on the Snellen scale
- and having an adequate field of vision, 120 degrees.

Facing the emotional impact

It can be devastating when someone needs to stop driving or discovers they will never drive at all. Many feelings can be experienced including anger, depression or even denial. These are normal reactions to loss and pain. However, it is possible to find alternative ways of doing things and enjoy life.

An important part of accepting this new phase of your life can be to allow yourself to experience feelings of grief when they come up. This helps process the impact and over time the feelings will eventually pass. It is, however, normal to have moments of sadness or frustration.

A client told us:

“ It surprises me that even though I have never been able to drive and feel I have accepted this, I can feel a wave of anger out of nowhere about the situation, I have discovered this is very normal and so I let it come and go. ”

Strong feelings are something many others experience. Driving represents many things, and its loss is a valid reason to experience grief.

Finding a supportive network

This can make a huge difference. Whether it is finding others living with sight loss who understand the issues you face or ensuring you don't lose contact with loved ones and become isolated. Social connection is an important human need fundamental to our wellbeing. We run many social hubs across the region, so this might be a good starting place to meet new people. Also, we can assist you to find ways of using technology to stay connected.

Overcoming the practical issues

It is important to realise that not being able to drive does not mean you can't go anywhere. There are other ways you can get from A to B.

- **Rehabilitation** – If your sight loss is new or you are struggling with confidence in going out, rehabilitation may offer you the training to learn ways of safely navigating the world outside your front door. Get in touch with us and your Community Sight Loss Advisor can refer you to your local rehab officer if this is appropriate.
- **Bus passes and apps** – Local councils across the region offer bus passes to people registered sight impaired, allowing you to travel for free. We can also support you in learning how to use apps on your mobile to help you plan journeys.



- **Trains** – Trains are a realistic solution for many visually impaired and blind people and a Disabled Person’s Railcard will give you discounted fares. For details please visit: www.disabledpersons-railcard.co.uk or call **0345 605 0525**.

You can also obtain sighted assistance at the start and end of your rail journey. You can do this by contacting GWR Passenger Assist on www.gwr.com/travel-information/passenger-assist or **0800 197 1329**.

- **Support with driving to / during work** – RNIB reports that while 76% of the general population is employed, only 27% of those with sight loss are. The ‘Access to Work’ scheme supports employed individuals by offering financial support for specialised equipment, support workers, or taxi expenses. This support can make a huge difference. Learn more at www.gov.uk/access-to-work or call **0800 121 7479**.



- **Disability benefits** – You may qualify for Personal Independence Payments (PIP or Attendance Allowance, depending on your age. These are non-means-tested government benefits aimed at supporting disabled people. For PIP, there is a mobility element to support you with the costs of travel. If you are awarded the higher rate of the mobility element, you can use this payment to lease a new car if you have someone who can be your driver (for example a family member).

Attendance Allowance: www.gov.uk/attendance-allowance

PIP: www.gov.uk/pip

Motability: www.motability.co.uk

- **Blue Badges** – If you are registered blind / severely sight impaired, you are eligible for a Blue Badge. The Blue Badge enables you to park closer to your destination and you can use it even if you are just getting a lift with a friend. For details about the scheme visit www.gov.uk/apply-blue-badge
For questions about the Blue Badge please contact your local council.

Finally, we are here to help. If you need support with any issues raised above, then please contact us, our trained Community Sight Loss Advisors are ready to assist you.

Shopping Tips And Tricks

Our Rehabilitation Officers Paula and Zoe have come up with some great tips and tricks to help you when you are out and about shopping.

- 1** Consider the time of day that you go shopping to avoid busy times.
- 2** Use a backpack or cross body bag so that your hands are free. Sling backpacks can be great as you can easily position them on your back or pull to your front to access the bag.
- 3** Organise money in your purse or wallet before going out and put any change from purchases in your pocket so as not to confuse your organised purse.
- 4** Use any tech you have. Smart phones can have magnifier, lighting and reading apps downloaded onto them.
- 5** If you have a handheld magnifier, take that with you. There are pocket versions of magnifiers available to save space.
- 6** Use overspecs for glare issues in bright supermarkets.
- 7** Consider how distinctive packaging can help you identify products in store e.g. note the colour or shape of the containers of your usual products.
- 8** Seek customer support for assistance with your shopping.
- 9** Ask assistants to identify products as they scan at the checkout to enable you to pack your bags as suits you.
- 10** Ask for confirmation of the notes you hand over to avoid confusion with change.
- 11** If you use a card and need to input the pin, consider using the notch that is on the number five of the keypad to help you locate the other numbers. You can change your pin to something easy to locate on the keypad.



Landlines Go Digital!

There are changes coming to the technology behind landline telephones. By December 2025, all landline calls will be made using an internet connection. Telecomms companies are making this decision to switch off the old system as it's becoming harder and more expensive to maintain.

Don't worry – if you do need to do anything to adapt to this change, the company that supplies your landline will be in touch. We know there have been some worries about this though, so we wanted to share these common questions.

Can I keep my telephone number?

Yes! Your landline phone number won't change.



And can I keep my handset?

Almost certainly. Instead of plugging it into the wall socket, you'll plug your handset into your router (called a 'hub' by BT) – a small box supplied by your phone company. If your handset is very old, you may need to change it. This mainly applies to handsets that are wired directly into the wall. If you plug your phone in to the wall socket, you can continue to use it.

What if I don't have internet yet?

You will need a suitable connection – even if you don't use the internet (broadband) service. Each provider will have a range of options, so you should not be forced to take out a 'bells and whistles' package if you don't want to.



And if I don't want internet?

You will be able to have a 'voice only' contract. BT has made a specific commitment to the regulator that its customers won't pay any more for a digital system than what they currently pay for a landline. Virgin Media has also said there will be no additional costs for voice-only services.

What if there's a power cut?

Under the new system, your landline will not work during a power cut. If you rely on your landline – for example if you don't have a mobile phone, or you don't have mobile signal inside your home – your provider must make sure you are able to contact the emergency services during a power cut, probably by supplying a back-up battery. When contacted for the switch, ensure you alert your landline supplier if you are a vulnerable customer who relies on the landline.

What about other devices that use phone lines?

1.7 million people rely on home monitoring systems or personal alarms known as 'telecare devices' that rely on the phone system. Suppliers are carrying out a careful pilot, transferring these services onto the digital system. They will be in place and switched over and are seen as an essential part of the service. If you have one of these services, you might have to test it when you have switched over, and you might need a new back-up battery. The telecare industry is working on these solutions, and you will be contacted by your supplier.

We do recommend telling your telephone supplier that you rely on your landline to support a telecare device.

If you're still worried?

Talk to your local Community Sight Loss Advisor about using a mobile phone instead of a landline phone. See our article 'OK Google!' for tips on how accessible mobile phones can be.

Contact your landline provider for advice on when the switch will be happening for you, and what changes will be necessary. Tell them if you are a vulnerable customer who relies on the landline.

The switch is in the news but is happening slowly. Local news and consumer organisations will have lots more information over the next couple of years as this work develops.

Latest Research Into Age-Related Macular Degeneration

Sight Research UK have written this article for us to explain how they are working hard to beat the UK's leading cause of blindness. Find out about the latest research taking place that they are funding.

Age-related macular degeneration (AMD) affects one person in every 200 by the age of 60 and one in five by the age of 90. But sight loss in older age is not inevitable.

The late Professor David Easty, consultant ophthalmic surgeon at Bristol Eye Hospital, knew that research is key to beating blinding diseases and that more funding for research was vital. His solution was to set up the National Eye Research Centre – known today as Sight Research UK. Some 40 years later, we continue the work that Professor Easty started: raising funds to invest in research into any eye disease affecting children or adults – including AMD.

AMD is a complex disease in which genetics, diet, and the body's ageing process, all play a part. We've recently funded three studies, each exploring a different aspect of the disease, in the hope of finding new ways to treat, or prevent the UK's leading cause of blindness.

Promoting recycling...at the cellular level

Every cell in our body contains multiple parts that keep it functioning. Over time, these parts can become defective or stop working – ending up as litter inside an otherwise healthy cell. Autophagy – which literally means “self-eating” – is the body's process of eliminating or reusing old and damaged cell parts. It is essential to the cell's survival and function.



It is often said that there's nothing good about ageing – and it's certainly a problem for our eyes! As we get older, waste substances accumulate in the eye. At the same time, the process of autophagy slows down. The resulting build-up of waste damages the retina and contributes to the development of AMD.

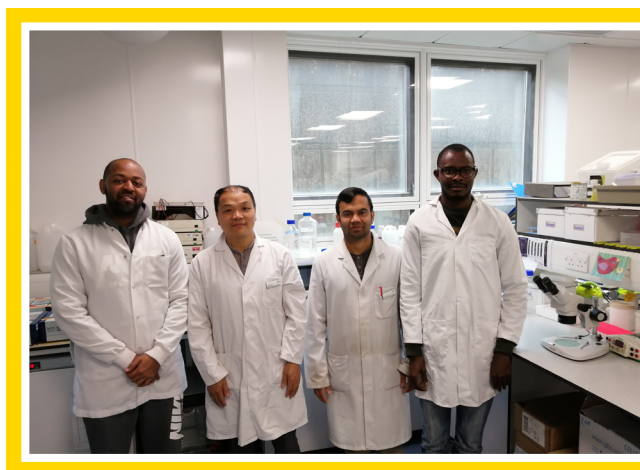
Dr Jian Liu (University of Bristol) is testing the effectiveness and safety of a selection of drugs that have been shown to boost autophagy in other age-related illnesses, to see if they can help stop the progression of AMD. If the results are successful, he will explore the next steps needed to translate his scientific findings into new therapies for patients.

Beating cholesterol – in the eye! A new lead towards a drug therapy for AMD

We all know that cholesterol is bad for us. But did you know it's a problem for our eyes too? In the first stages of AMD, fatty deposits called “drusen” build up between layers in the retina and, importantly, underneath a layer called the retinal pigment epithelium (RPE). The RPE is crucial to vision because it supports the specialised cells that convert light into signals that are sent to the brain, enabling us to see. Drusen contain cholesterol, which damages the RPE, and contributes to the development of AMD.

Dr Xinhua Shu (Glasgow Caledonian University) had already discovered that a protein called TSPO plays a key role in removing cholesterol from RPE cells. With our funding, he set out to see if drugs designed to target the gene that produces TSPO could boost the removal of cholesterol - and so stop harmful fatty deposits from forming.

His team identified five drugs that both aided cholesterol removal from human RPE cells and reduced inflammation damage. This suggests that a drug therapy focused on cholesterol removal could be a promising new avenue to explore in the treatment of AMD.



Understanding the effect of diet on AMD

You might have been told as a child that eating carrots can make you see in the dark? Well – maybe not – but they are packed with a type of vitamin A that can help slow the progression of diseases like AMD and diabetic retinopathy.

In recent years, a growing body of research has highlighted a link between an unhealthy diet and retinal disease. But we don't yet understand how unhealthy foods contribute to the development of AMD, how healthy foods protect the eye, or how someone's genes influence the relationship between diet and disease.



Dr Arjuna Ratnayaka and PhD student Anna Muir (University of Southampton) are examining the changes that take place in the eye – at the level of individual cells – when we eat certain foods. Having a much clearer picture of exactly how the retina is affected by diet is important because it will provide patients with evidence that eating healthily could protect them against sight loss, and potentially offset any genetic risk they might have of developing AMD.

To find out more about the sight-saving research that we are funding, please visit our website: www.sightresearchuk.org



**SIGHT
RESEARCH
UK**

Meet The Team: Lisa Swanston-Smith

Hi there! I'm Lisa, I joined the retail team of Wiltshire Sight in early 2023 as the Shop Manager for the Devizes store. My role is to manage our fabulous charity shop in Devizes, generating income, promoting our charity and encouraging strong links between the shop and our resource centre at St Lucy's Sight Centre.

I first discovered Wiltshire Sight in Devizes as a local resident and thought the shop was a fantastic opportunity to share my charity retail experience and grow personally into the role of manager.



I am not personally affected by sight loss, but I am extremely passionate about our charity and the work we do across Wiltshire. I am driven to achieve as much income as possible by the impact we make to our client's lives.

We have a lovely team of volunteers who support me in the running of the shop, as well as two fantastic paid supervisors. Without my team, I would need three sets of hands! They truly are invaluable and add much personality and warmth to the shop.

I pride myself on our window displays. I am always buzzing with creative ideas to make our shop stand out from the others and our Coronation window was the talk of the town in the spring. I couldn't be more excited for our Christmas window.

I am so proud of our shop and how it has become the favourite charity shop for so many in the town.

We welcome high-quality donations for our shop and invite enquiries at **07521 758183**.

Join our team as a volunteer; contact Becs, our Volunteer Coordinator, at

becs.thurgur@sightsupportwest.org.uk

or visit the shop at

36 The Market Place, Devizes, SN10 1JG.



Contact Info

If you or someone you know is losing their sight or living with sight loss, we can help.

Our Community Sight Loss Advisor team are here to help you adjust to living with sight loss and to give you the tools you need to live your life the way you want to. Our support includes:

- Information, advice and guidance on living with sight loss, remaining independent and getting the most from life.
- Demonstration and training on a range of useful resources to help with daily living, including making the best use of magnification and lighting aids to support reading and writing.
- Advice and training in how to use smart phones, tablets and other devices to minimise the impact of your sight loss.
- Social activities and opportunities to meet others living with sight loss.

Bristol, Bath and South Gloucestershire



Call us:
0117 322 4885



Email us:
info@sightsupportwest.org.uk



The Vassall Centre,
Gill Avenue, Fishponds, Bristol,
BS16 2QQ



www.sightsupportwest.org.uk

Registered Charity - 1178384



Wiltshire and Swindon



Call us:
01380 723 682



Email us:
info@wiltshiresight.org



Wiltshire Sight, St Lucy's
Sight Centre, Bath Road,
Devizes SN10 2AT



wiltshiresight.org

Registered Charity - 1119462

