

## Organisations that help the visually impaired

### Visability

Visability has been working with people with visual impairments for over 150 years. We support people to make their own choices and live their lives fully, confidently and independently. The people we work with are truly inspirational, together we achieve incredible things, but we know that we can achieve even more. We are an innovative and forward looking organisation, ambitious for the children and adults we work with, and we continually strive to bring the most innovative and effective support services to those who need them. They provide the following training or activities.

#### Children:

Lanarkshire Toddler Group, second Thursday of the month 10.30 to 12.00 at Clyde Room, St. John's Church, Hamilton. A fun filled session for children with a visual impairment encouraging movement and exploration and an opportunity for parents, grandparents and carers to get together and talk.

Children's Activities for 9 - 19 year olds: A range of activities on the third Sunday morning of every month for children with a visual impairment and a friend or sibling. Parents are free to join in the fun too.

#### Parents, Carers:

Mobility Information Events running throughout the year at Visability's offices. These run in the evenings and give parents and carers the opportunity to learn more about how to support their child to develop good mobility skills to encourage their independence. See website or phone for details.

Family Information Days: Twice a year, these events are held in the Glasgow/Lanarkshire area for families to take part in fun activities, talk to other parents/carers and find out more about services and support in their local area.

#### Adults:

Go Activities: A range of groups e.g. singing, guitar, creative writing, arts and crafts run at Queens Crescent, Glasgow throughout the year for people to try a new activity and meet new friends. There is also a monthly opportunity to go walking, with guided support or try a number of outdoor activities e.g. tandems, cycling, etc. Contact Visability or visit the website for more details.

New View Project: For people who have loss of central vision, this is an opportunity to learn a technique to help you to read using your peripheral vision.

Supporting People: This service can be purchased direct or through North Lanarkshire Council and provides an opportunity for people to receive support in their own homes to remain independent, access local community activities and build up their confidence.

BMobile: Trained rehabilitation workers can work with people to build up their confidence and independence getting around in the outside world. People should have had an assessment and mobility training from their local authority but wish to build their skills or do something different.

Working Age People with visual impairment: One to one and group support for people of working age who have lost their sight looking at employment, leisure activities, relationships and self-esteem.

[www.visibility.org.uk/](http://www.visibility.org.uk/)

### Royal Blind

Scottish War Blinded are a support service for men/women who have a visual impairment and were part of the armed forces. They provide financial support to those who struggle to live independent within their home and can provide adaptations/equipment to meet these needs. If you are accepted as a member you will receive £100 per year around the Christmas period.

They have a centre in Edinburgh where members can go if they want a break small holiday. There is a house very close by where family can rent whereby they remain close to their loved ones.

[www.royalblind.org/warblinded](http://www.royalblind.org/warblinded)

### Deaf/Blind Scotland

Deaf/Blind Scotland support people who are deaf/blind with living in Scotland. They can provide deaf/blind communicators to support service users to go to the hospital/doctor, activities, or other meetings. They provide training for service users/families to learn the deaf/blind manual and provide training for local authorities, NHS or other organisations.

<http://www.deafblindscotland.org.uk/>

