

**Supporting
Nottinghamshire's
blind and partially
sighted people**

mysight
notts
Seeing beyond sight loss



Get in touch: 0115 9706 806

Our Focus is You

Coping with sight loss can leave you feeling isolated and unsure of where to turn to for help. Our team of local experts are here to make sure you get the right advice and support, helping you to lead a fulfilled and independent life.

We have over 170 years experience of providing visually impaired people living in Notts and their families with emotional support, practical advice

and adapted leisure activities. We can support you to remain independent and help you get more out of life.



Information and Support

We provide emotional support to people affected by sight loss, so whether you're coming to terms with a new diagnosis or you've been visually impaired for some time but your circumstances have changed, we're here to help.

- Hospital Eye Clinic Liaison service B Floor, QMC hospital for practical advice, emotional support and signposting to other services.
- Peer to Peer support groups where you can come along and talk to other visually impaired people about the impact of sight loss and learn coping strategies together.
- My Guide sighted guides and befriending volunteers help reduce the social isolation often experienced by people with sight loss by visiting people at home and helping them get out more.

“The My Guide volunteer who visits me once a week makes me laugh and lifts my spirits. We have a great time together!”

Atiqua aged 25 from Wollaton

Independent Living

- **Equipment & Advice Centre**

Provides advice and practical hands-on equipment demonstrations and training in Nottingham city centre so you can try before you buy.

- **Community Equipment & Advice Service**

Brings equipment and advice into the heart of the community by travelling to venues across the county and attending local events close to where you live.

- **Low Vision Assessment**

Our low vision experts will work with you to establish which low vision aids are most useful to you.

“When I lost my sight I could have sat at home sinking deeper into depression, but I chose not to. The social group and arts sessions have been life-changing, opening up my world again to new possibilities.”

Elsie aged 69 Keyworth

Social Groups in Your Area

If you'd like to make new friends, meet other visually impaired people and get out of the house, then one of our local social groups could be for you. You'll enjoy an exciting range of activities from day trips to dancing and from baking to board games – there really is something for everyone.

- **Social groups meet in**
 - My Sight Bassetlaw**
 - My Sight Newark**
 - My Sight Mansfield**
 - My Sight Nottinghamshire**

Get in touch and we'll help find a group that's right for you.



IT and Technology

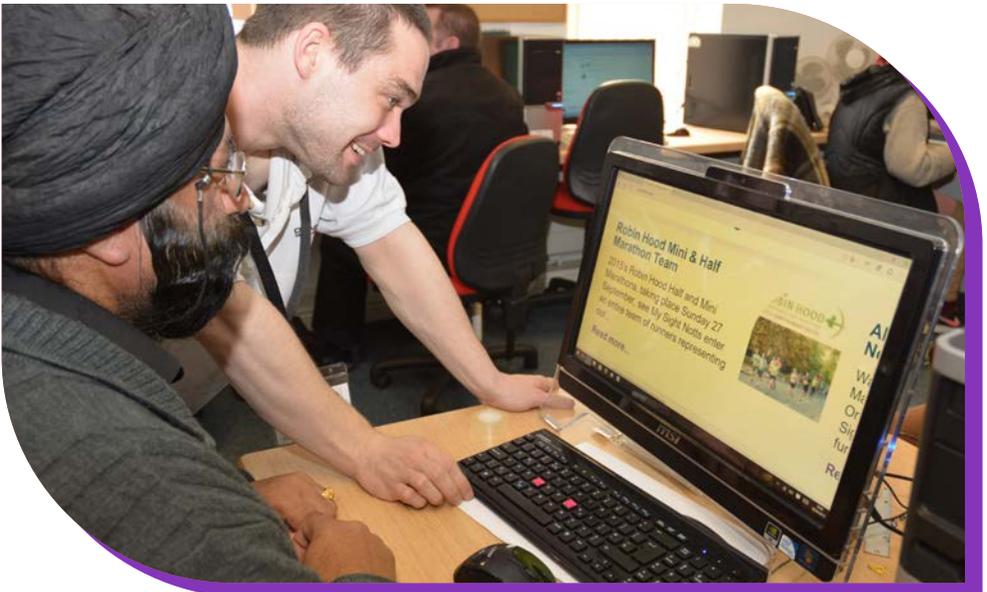
IT and technology plays an increasingly important role in modern life and for visually impaired people it can be life-changing.

- **Home visiting IT service**

Learn about technology from the comfort of your own home. Our home visits will help you get the most from your own technology.

- **Group IT tuition**

Master desktops, laptops, smartphones and tablets in a sociable group setting.



Sport and Healthy Lifestyle

Sports and healthy leisure pursuits are a great way to have fun, meet people and keep physically and mentally healthy - helping you enjoy life to the full.

Our award-winning sports and active leisure programme for visually impaired people has something for all ages and fitness levels.

- Goalball
- Cricket
- Tenpin bowling
- Swim
- Gym
- Rambling Group
- Gentle strolls for Health

We also run healthy lifestyle taster sessions that have included self defence classes, football coaching and chair-based exercise.

“Playing blind sport has been one of the best things I’ve done in my life. I’ve made loads of friends, travelled to places I would never have been and I’m a more confident person.”

Shamaila aged 26 Nottingham

Arts & Choir

● Art and crafts

If you enjoy art and craft but struggle because of sight loss, join one of our arts sessions. You can work with professional artists to create pieces for public display in local galleries or simply make things to enjoy at home. We cater for all abilities.

We also visit local galleries for 'audio tours' of exhibitions, enabling you to get up close and interact with exhibits.

● Choir

Join our visually impaired choir and raise your voice and your spirits by singing with new friends. Rehearsals are once a fortnight and we often perform at local and national events



Communication Services

We offer a number of services that help you keep in touch with the world around you.

- **Talking newspapers**

The latest local news delivered straight to your door for you to listen to and enjoy.

- **British Wireless for the Blind**

Free radio and CD players for people who meet the national eligibility criteria.

- **Touch transcription**

Transcribes information into accessible formats including Braille, audio and large print.

“My Sight Notts saved me by opening up my world again. I now have a free British Wireless for the Blind radio and I’ve brought a USB player for audio books. It’s been brilliant getting stuck into a good book again!”

Carol Hiscock, 61 from Newark

We're here for you

Don't let sight loss hold you back, if you or someone you care about would benefit from our support, contact us without delay.

First we'll start by listening to you and then we'll move forward together, leaving no stone unturned to help ensure you're able to lead a fulfilled and active life with sight loss and to live it your way.



“Losing your precious eye sight is a terribly frightening experience and My Sight Notts is a real lifeline.

I simply couldn't live without it and the advice, support and services it provides”

Lillian aged 83 from Edwalton



Get in touch!

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My Sight Nottinghamshire

Registered charity: **511288**



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