

My Sight Notts School Pack

**Learn more about eye health and how you can
support people experiencing sight loss in
Nottinghamshire.**



My Sight Nottinghamshire

26-28 Heathcoat Street, Nottingham, NG1 3AA

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Registered Charity No. 511288

About My Sight Notts

We are one of the oldest charities in Nottingham, established in 1843, and we believe that no one should face sight loss alone and unsupported.

We provide emotional support, practical advice and peer support for children and adults with visual impairments, helping them live full and independent lives. Through a range of projects and services, we minimise the impact of sight loss and enhance quality of life.

Our staff and volunteers assist people with sight loss to adapt to life changes, including offering guidance on home safety, accessible technology, low vision aids and more. We ensure individuals with sight loss have the resources they need to lead a life with equal opportunities.

How you can get involved

There are lots of ways your school can get involved and help us raise awareness of eye health and raise funds to help us reach more of the 38,000 people living with sight loss across Nottinghamshire.

You'll find lots of information about Dress Bright for Sight, National Eye Health Week and World Sight Day in this pack, as well as useful information about eye health, sight loss awareness and accessibility.

We've also included some posters and a certificate at the end of the pack that you can print and use with your students.



Dress Bright for Sight

One of the easiest ways your school can get involved and help us raise awareness of eye health and sight loss is to host a **Dress Bright for Sight Day**.

Wearing bright clothes can help people with sight loss by providing a strong visual contrast to surroundings - making it easier to see, navigate and avoid accidents. Bright colours can help people perceive and distinguish shapes and patterns more easily, and colour contrast can reduce eye strain and improve usable vision.

All you have to do is ask students and staff to wear their brightest clothes and make a suggested donation of £1 or £2 each.

You can donate the money you raise easily via our **Dress Bright for Sight JustGiving page here:**

<https://www.justgiving.com/campaign/wearbrightforsightnotts>

or via the QR code on the Dress Bright for Sight Poster included in this pack.

What your donations can do

All the money you raise will help us support more of the 38,000 people living with sight loss in Nottinghamshire



£5

Covers transcription services for audio and braille materials

£25

Funds a session with our Eye Clinic Liaison Officer

£100

Sponsors a group physical activity or assisted lifestyle session

£500

Funds training sessions that improve client care

National Eye Health Week

National Eye Health Week takes place once a year in September, usually the last week of the month. It's a time when charities, businesses, health professionals and scientists come together to advocate the **importance of eye health** and the ways we can preserve our sight.



Poster Competition

Each year, around National Eye Health Week, we invite schools to design a poster promoting the importance of eye tests for children.

If you share your top posters with us, we will post them on our website and social media.

We've provided a poster about the competition to share with students and parents, as well as a certificate you can use for your school's winning entries.

Send your winning posters to our address here:
My Sight Notts, 26-28 Heathcoat Street, Nottingham
NG1 3AA



World Sight Day



World Sight Day is held every year on the **second Thursday in October** and is an opportunity to highlight the importance of protecting our eyes and vision, raise awareness of vision impairment and blindness, and promote eye and vision care.

You could host **Dress Bright for Sight** on World Sight Day - or take on some of our other fundraising ideas. Whatever you do, you'll be joining people all around the world working together to improve eye health care and support people living with sight loss.

More Fundraising Ideas

- Bake sale - with prizes for the best eye-related or brightest bake?!
- Raffle - class hampers or donations
- Tombola
- Making and selling crafts
- School Fete
- Disco
- Movie Night
- Sports Day or tournament
- Sponsored walk, run, skip, swim, silence, spelling bee,
- Car wash
- Quiz
- Talent Contest



We will support you with your fundraising - just give us a call or send us an email and let us know what you are planning and we'll be in touch.

Check our website to see what **events and challenges** you could take part in - we host firewalks, runs, walks, abseils and more!

www.mysightnotts.org.uk / 0115 970 6806 / info@mysightnotts.org.uk



The importance of getting an eye test

Early detection of eye problems allows for timely treatment and support. Children may not notice vision issues, so **routine tests are crucial** to avoid impacting development and education. Uncorrected vision problems can affect children's ability to learn and reach their full potential.

See the world clearly!

- **Spot problems early** - eye tests help find things like blurry vision or eye strain before they become bigger problems.
- **Do your best in class** - If you can't see the board clearly or read your books, learning gets harder. Eye tests make sure your eyes are school-ready!
- **Stay safe and confident** - Seeing well helps you feel more confident playing sports, riding a bike, or crossing the street safely.
- **Even if your eyes feel fine** - some eye problems don't have symptoms at first. That's why regular check-ups are so important!

Fun fact!

Your eyes are amazing!
They can focus on 50 different objects every second.

Fun fact!

Your eyes blink about 15 - 20 times every minute - that's over 20,000 times a day!

Joel's Story



Joel is a 16-year-old service user at My Sight Notts. Outgoing and friendly, he loves Scouts, music and the theatre. Joel was born extremely premature and as a result has faced several health challenges, including severe sight loss in both eyes. He has now lost all functional sight in his right eye following a retinal detachment he experienced two years ago, and he also uses a hearing aid.

Despite these challenges, Joel thrives at his mainstream school with the help of an iPad, a teaching assistant and plenty of determination. He's working on his Duke of Edinburgh award and was even awarded the Medal of Meritorious Conduct by Bear Grylls for his achievements in Scouts.

A big part of Joel's life is Petal, his golden retriever buddy dog. While not a guide dog, Petal is a loyal companion who helps Joel build confidence and connect with others.

My Sight Notts has supported Joel with specialist equipment, tech workshops, and ongoing advice for him and his mum, Melissa. She says it's comforting knowing we're always there.

Joel hopes to raise awareness about sight loss at school— hopefully with Petal by his side—and says simple things like wearing bright clothes or introducing yourself really help him.

Kind, determined, and always up for a challenge, Joel is an inspiration to us all.

Eye Health Care

1. Get Your Eyes Tested

Have your eyes checked every two years, or sooner if needed. Eye tests can catch problems early - like squint, lazy eye or blurry vision. Eye tests are free for under-18s and help with glasses may be available.



2. Eat Eye-Healthy Foods

Colourful fruits and veggies are great for your eyes - like tomatoes, blueberries, grapes, pineapple and mango. Other good choices: fish, chicken, eggs and wholegrains.

3. Protect Your Eyes from the Sun

Wear sunglasses that block UV rays (look for CE, UV 400 or British Standard). A wide-brim hat helps too. Check the UV level - if it's 3 or more, wear shades!

4. Go Outside

Time outdoors helps prevent short-sightedness from getting worse. Fresh air is good for your eyes!

5. Follow Instructions

If your optician gives advice, follow it carefully - especially with contact lenses. Always keep them clean and wear them properly.

6. Help Little Ones

For babies and toddlers, play helps eyesight develop. Try peekaboo, mirrors, building games or high-contrast toys.

Accessibility & Awareness

Learn how to support people with sight loss and help make the world better for everyone!

Be A Sight Superstar!

Support people with sight loss and help make the world more accessible.



What Is Sight Loss?

Sight loss can mean blurry vision, tunnel vision or blindness. It can be present from birth or develop later. Everyone's sight loss is different.

How to Be Aware

- Introduce yourself and ask before helping. It can be hard to identify people - especially when everyone is wearing the same school uniform.
- Give clear directions, like "the door is behind you."
- Be respectful with your words.
- Keep paths clear of obstacles.



Tech That Helps

- Screen readers: Speak out what's on a phone or computer screen
- Accessibility Apps: Like 'Seeing AI'. Can help navigate, read menus, faces, money and more.
- Magnifiers & Braille: Help people read books, labels and signs
- Voice Assistants: Like Siri or Alexa, can help with tasks.

Accessibility Matters

- Use large, clear text and high-contrast colours.
- Add image descriptions online.
- Ensure spaces are accessible for those with low vision.



Be a Friend

Inclusion is key. People with sight loss do amazing things and sometimes they just need a little help.

Dress Bright for Sight!

Date _____



Suggested donation =

Put on your brightest clothes and help us support people living with sight loss across Nottinghamshire.



Poster Competition!

Get Creative for Healthy Eyes

We have a challenge just for YOU!

We'd like you to design an amazing, colourful poster that shows why it is really important for young people to have their eyes tested.

It's your chance to be creative, learn about eye health - and maybe even become a star artist!

The winning posters will be sent to My Sight Notts who will display them on their website and social media.

Please submit your posters to _____

by _____





WELL DONE!

My Sight Notts Poster Competition Winner

How to Make Your Donation

Help us reach more people and make sure no one faces sight loss alone.

There are many ways you can pay in your donation:

- Send a cheque to our office at 26-28 Heathcoat Street, Nottingham, NG1 3AA
- Call us on 0115 970 6806 and make a donation over the phone
- Scan the QR code to donate via our JustGiving page - <https://www.justgiving.com/charity/nrsb>



To make a donation via bank transfer:

Pay My Sight Nottinghamshire

Bank: Nat West

Sort Code: 56-00-61

Account Number: 00838659

Please put a reference of your school name

THANK YOU FOR YOUR SUPPORT!

How your donation could help support our Eye Clinic Liaison Officer, based at the QMC hospital:

- £7 supports one patient, providing emotional reassurance and guidance
- £80 provides life-changing support for up to 12 patients
- £160 provides a full day of ECLO care and support, helping ensure that no one faces sight loss alone.