

# Dress Bright for Sight

**This World Sight Day, help us raise awareness of eye health and support those experiencing sight loss in Nottinghamshire.**



**0115 970 6806**



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# World Sight Day 2026

World Sight Day is on **Thursday 8<sup>th</sup> October 2026** 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.

## Dress Bright for Sight

This World Sight Day, join us for **Dress Bright for Sight!** All you have to do is ask your colleagues to wear their brightest clothes and make a donation.

You can donate the money you raise easily via our JustGiving page (link via the QR code on the poster provided), or by bank transfer, cash or cheque - just let us know your preference. By participating, you'll help us to support more of the 38,000 people experiencing sight loss across Nottinghamshire.

Make sure you send us your photos!

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### Other Fundraising Ideas

- Hold a bake sale – with prizes for the best eye-related or brightest bake!
- Take part in one of our events – see our website for more details
- Hold a raffle, silent auction or tombola
- Adopt My Sight Notts as your Charity of the Year
- Book one of our sight awareness training sessions or accessibility audits

**Contact us for support with the above and for more fundraising ideas!**

**Wearing sunglasses  
protects against more  
than just glare — it helps  
prevent cataracts!**

**Omega-3 fatty acids  
help protect your  
eyesight.**

## Top Tip! The 20-20-20 Rule

Practice the 20-20-20 rule to reduce eye strain, especially if you're staring at screens for long periods. Every 20 minutes, look at something 20 feet away for at least 20 seconds. This simple habit helps relax the muscles in your eyes and reduces fatigue, preventing long-term issues like digital eye strain, headaches and dry eyes.



Founded in 1843, My Sight Notts is an independent charity supporting over 3,000 people each year across Nottingham and Nottinghamshire. We empower children and adults living with visual impairment to lead full, independent lives through emotional support, practical advice, accessible social activities and peer support.

Our Sight Loss Advice Service helps people adjust to life-changing sight loss, offering specialist advice on independent living, low vision aids, accessible technology and smart home solutions. Our service users can learn new skills, try out assistive technologies and build the confidence needed to live safely at home, in the community and at work.

Many of our advisors are visually impaired themselves, providing real-world inspiration that shows what's possible after sight loss. Together we minimise the impact of sight loss and transform lives.

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## What Your Donations Can Do

**£25**

Covers transcription services for audio and braille materials

**£100**

Sponsors a group physical activity or assisted lifestyle session

**£250**

Funds five digital skills sessions for a visually impaired person

**£750**

Funds training sessions to improve client care

# Dress Bright for Sight on World Sight Day

Join My Sight Notts and celebrate World Sight Day 2026.

Dress in your brightest clothing and donate to help raise awareness and support people experiencing sight loss across Nottinghamshire.



**Thursday 8<sup>th</sup>  
October 2026**



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