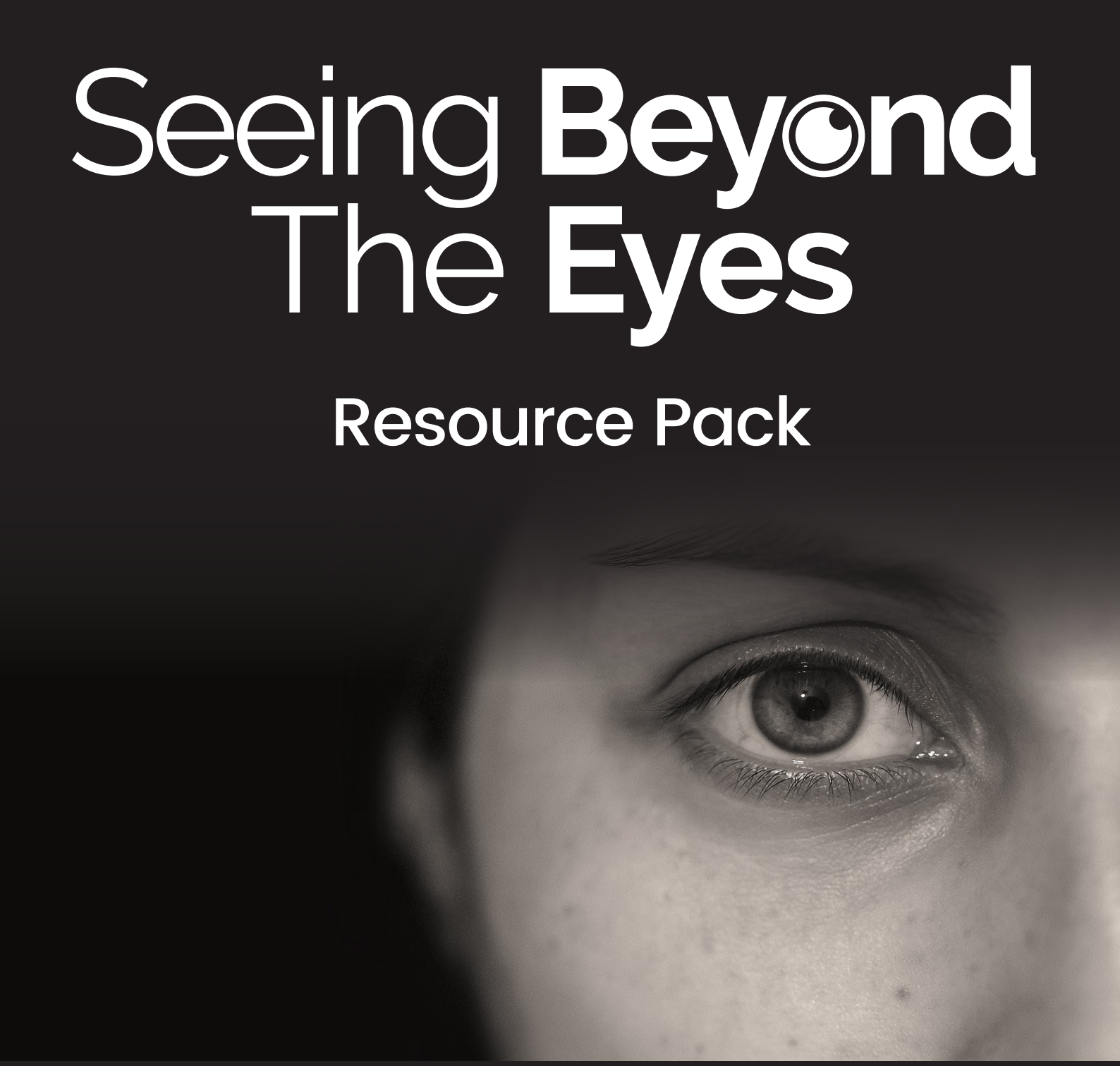
Seeing Beyond The Eyes

Resource Pack



Empowering Professionals to Support Patients with Sight Loss

VISUALISE
Training and Consultancy

OrbitaBlackLimited
Optical | Retail | Business Improvement | Training | Advice

Supported by
Thomas Pocklington Trust
for people with sight loss

Last updated 3/7/2018

Remember to Refract, Review & Refer

Welcome

This pack enables you to assist people facing sight loss as it provides details of support services and suppliers of assistive technology and equipment. By completing the sections below, you'll have a quick reference tool that will prove to be invaluable to you and you colleagues when helping people of all ages with sight loss.

Sight Line Directory

Please use this directory to complete the contact details sections below as it outlines organisations supporting people with sight loss in the UK. **www.sightlinedirectory.org.uk**

Vision Rehabilitation Workers

Please enter the details below of your local sensory impairment / visual impairment rehabilitation team using the link above.

Name of local team:

First contact tel:

First contact email:

Vision rehabilitation workers are usually based within local authority sensory/visual impairment teams or within local sight loss charities. They help people in their community to increase their independence by learning new skills and adapting to life with reduced vision. They offer a variety of services including white cane training, completing tasks safely, independent living and cooking skills, low vision therapy, home lighting assessments and referrals to other services to enhance quality of life.

See below for more information on the vision rehabilitation role.
www.rwpn.org.uk/resources/Documents/What%20do%20Rehab%20workers%20do_flyer.pdf

Read a day in the life of a vision rehabilitation worker article here.
www.theguardian.com/social-care-network/2014/may/30/visual-impairment-rehabilitation-officer-simon-labbettsimon-labbett

Local Sight Loss Charities

Visit **www.sightlinedirectory.org.uk** to locate your local charity

Name:

Tel:

Email:

Website:

Address:

Local sight loss charities provide advice, activities and support services to people with visual impairments. Provision varies throughout the UK so it is important to establish what is available locally. Services include support groups, confidence building courses, sports clubs, mobile/computer training, welfare benefits advice and employment support. Many charities also have resource centres where people can purchase equipment to aid their independence and information leaflets are also available to display in your practices.

Local Eye Clinic Liaison Officer (ECLO)

To find your local ECLO, download this document and record the details below
www.rnib.org.uk/sites/default/files/Register_of_ECLOs.docx

Name:

Tel:

Email:

Address:

ECLOs provide emotional and practical support, information and referrals to services that can enable and empower people with sight loss. ECLOs are usually based within eye clinics, however not every area currently has coverage.

Low Vision Assessment Services

Name of Provider:

Tel:

Email:

Address:

A low vision assessment service offers a wide range of equipment including hand held magnifiers in a variety of shapes and handles (including those with in-built illumination) and stand magnifiers. They can also establish which low vision aids would be most useful to help increase independence in the home.

Services vary from area to area so contact your local sight loss charity or Local Optical Committee (LOC) to find out what is provided in your locality.

Children's Visual Impairment and Habilitation Teams

You can find a contact in your area on the list at habilitation VI UK
www.habilitationviuk.org.uk/contact-us/

Name of Provider:

Tel:

Email:

Address:

Habilitation workers are usually based within local authority education teams, guide dog regional centres or children's sensory impairment teams.

Habilitation workers provide one-to-one training for children and young people with a visual impairment. Starting from their existing skills or developing new skills, it aims to develop their personal mobility, navigation and independent living skills. At whatever age the training commences, the overriding goal is to maximise the child or young person's independence by opening the way into the future through further study and employment opportunities.

*All the above organisations accept direct referrals if people are struggling with their vision, even if they cannot/do not want to be certified sight impaired or severely sight impaired at present.

National Organisations Supporting People with Sight Loss

Blind Mums Connect

Tel: 01905 886 252 Email: info@blindmumsconnect.org.uk

www.blindmumsconnect.org.uk

Blind Mums Connect was set up to virtually link visually impaired mums from all over the UK, to share information and support one another.

Blind Veterans UK

Tel: 0800 389 7979 Email: information@blindveterans.org.uk

www.blindveterans.org.uk

Blind Veterans UK offer lifelong support to Armed Forces and National Service veterans - no matter what the cause of their sight loss, and regardless of how long they served. They help blind and vision impaired ex-Service personnel regain their independence and discover life after sight loss.

British Blind Sport

Tel: 01926 424247 Email: info@britishblindsport.org.uk

www.britishblindsport.org.uk

A visible difference through sport. The work of the charity enables blind and partially sighted people to have the same opportunities as sighted people to access and enjoy sport and recreational activities in the UK.

British Wireless for the Blind Fund

Tel: 01622 754757 Email: info@blind.org.uk

www.blind.org.uk

British Wireless for the Blind Fund has been providing free specially adapted radios for people who are blind or partially sighted for over 90 years, keeping people in touch with entertainment, news and avoiding isolation.

Calibre Audio Library

Tel: 01296 432 339

Email: membershipservices@calibre.org.uk

www.calibre.org.uk

Calibre Audio Library is a national charity that brings the pleasure of reading to people who have sight loss.

Deafblind UK

Tel: 0800 132 320 Email: info@deafblind.org.uk

www.deafblind.org.uk

Providing advice, information and advocacy for people who are deafblind.

The Guide Dogs for the Blind Association

Tel: 0118 983 5555 Email: guidedogs@guidedogs.org.uk

www.guidedogs.org.uk

Supporting over 5,000 Guide Dog owners in the UK, as well as offering a range of services and activities for children & young people and providing advice to parents and teachers. They also offer a habilitation service which supports young people from 0-25.

Look UK

Tel: 01432 376 314 Email: info@look-uk.org

www.look-uk.org

LOOK-UK supports young people up to the age of 29 and their families living with a vision impairment by improving self-confidence, developing skills and making new connections.

Royal National Institute of Blind People (RNIB)

Tel: 0303 123 9999 Email: helpline@rnib.org.uk

www.rnib.org.uk

The Royal National Institute of Blind People (RNIB) is the UK's leading charity supporting people with sight loss. They offer practical, emotional, employment, technology and welfare benefit support to those that need it, so they can continue living life to the full.

Royal Society for Blind Children (RSBC)

Tel: 020 3198 0210 Email: connections@rsbc.org.uk

www.rsbc.org.uk

The Royal Society for Blind Children provides a range of services in London and across England and Wales for blind and partially sighted children and young people, their families and the professionals who work alongside them.

Seable

Tel: 0207 7494866 Email: emma@seable.co.uk

www.seable.co.uk

Seable is an award winning social enterprise organising relaxing or active holidays abroad for individuals, couples, families, small groups and charities. They enable people with limited mobility or any visual impairment to easily participate in life-changing experiences through sporting, cultural and gastronomic activities in new and interesting destinations – sometimes for the first time in their life.

SeeAbility

Tel: 01372 755 000 Email: enquiries@seeability.org

www.seeability.org

SeeAbility provides extraordinary support and champions better eye care for people with learning disabilities and autism, many of whom have sight loss. They are a hub of information when it comes to disability and sight loss.

Sense

Tel: 0300 330 9256 Email: info@sense.org.uk

www.sense.org.uk

Providing advice, information, housing, education and advocacy for people who are deaf blind.

Sightline Vision (North West)

Tel: 0800 587 2252 Email: info@sightline.org.uk

www.sightline.org.uk

Sightline provides telephone support for people affected by sight loss. A free helpline is staffed every day (6-10pm) entirely by trained volunteers, who are affected by sight loss themselves. From August 2018, a new befriending service will call people affected by sight loss who are isolated. Sightline are funded to provide services throughout North West England, and access to their service may become restricted to those outside this area.

The Stroke Association

Tel: 0303 303 3100 Email: info@stroke.org.uk

www.stroke.org.uk

Their mission is to reduce the incident and impact of stroke by delivering education and other programmes focused on the prevention, treatment, rehabilitation and support for all impacted by stroke.

Talking News Federation

Tel: 01793 497 555 Email: enquiries@tnf.org.uk

www.tnf.org.uk

TNF is an umbrella organisation that represents the interests of local Talking Newspapers in the UK.

Thomas Pocklington Trust

Tel: 02089 950 880 Email: info@pocklington-trust.org.uk

www.pocklington-trust.org.uk

Thomas Pocklington Trust (TPT) is a registered charity which offers people who are blind or partially sighted the support they require to lead an independent life. They are committed to increasing awareness and understanding of the needs of people with sight loss and to developing and implementing services which meet their needs.

Torch Trust Organisation

Tel: 01858 438260 Email: info@torchtrust.org

www.torchtrust.org

Torch Trust's aims can be summarised as enabling people with sight loss to discover Christian faith and lead fulfilling Christian lives.

Traveleyes

Tel: 0113 834 6094 Email: info@traveleyes-international.com

www.traveleyes-international.com

Traveleyes is a world unique company, offering life changing worldwide group travel for blind/visually impaired and fully sighted travellers. On each trip, half the group are blind, and half are sighted. Each day, sighted travellers are paired with a different blind traveller, meaning guaranteed one-to-one guiding and live audio description. Join Traveleyes and share the adventure on over 60 trips each year!

VICTA Children

Tel: 01908 240 831 Email: admin@victa.org.uk

www.victa.org.uk

VICTA supports children and young people who are blind or partially sighted and their families across the UK. If you are the parent of a blind or partially sighted child or young person or you are visually impaired yourself and under the age of 29 then VICTA can help.

Visualise Training and Consultancy

Tel: 07472305268

Email: info@visualisetrainingandconsultancy.co.uk

www.visualisetrainingandconsultancy.co.uk

Ensuring people who lose their sight whilst in work retain and progress within their employment by working with the employee and employer, carrying out workplace adjustment assessments and staff visual impairment awareness training to a variety of organisations. They also provide CET for Optometrists and Dispensing Opticians surrounding sight loss topics.

Visionary (England only)

Tel: 020 8090 9264 Email: visionary@visionary.org.uk

www.visionary.org.uk

The umbrella organisation for all local sight loss charities.

VI Talk

Tel: 0161 298 8255 Email: info@vitalk.co.uk

www.vitalkpodcast.wordpress.com

VI Talk supports blind and partially sighted people, their families and friends. It is also aimed at anyone who works in the field of visual impairment. They offer virtual Facebook peer support, advice and podcasts.

Condition Specific Charities

Albinism Fellowship

Tel: 01282 771900 Email: support@albinism.org.uk

www.albinism.org.uk

Albinism Fellowship provide information, advice and support for people with albinism and their families. They also provide information about the condition to professionals.

Alstrom Syndrome UK

Tel: 07517 278 946 Email: info@alstrom.org.uk

www.alstrom.org.uk

ASUK are a passionate and dedicated team, supporting families and individuals by providing personalised family support and information for professionals wanting to know more. ASUK developed the world's first Alström multi disciplinary clinics where patients can receive the most up to date advice and treatments to manage this complex condition.

Aniridia Network UK

Tel: 07792 867 949 Email: info@aniridia.org.uk

www.aniridia.org.uk

A support group and charity concerned with the rare genetic condition aniridia – which causes a lack of irises in the eyes and poor vision from birth. The charity helps people with aniridia, their families, doctors and teachers.

Bardet-Biedl Syndrome UK

Tel: 07591 206680 Email: info@bbsuk.org.uk

www.bbsuk.org.uk

Bardet-Biedl Syndrome is a disorder that affects many parts of the body. The signs and symptoms of this condition vary among affected individuals, even among members of the same family and vision loss is one of its major features.

Bardet-Biedl Syndrome UK are the only registered charity supporting people with Bardet-Biedl Syndrome and provides information and support for patients, families and carers.

Charles Bonnet Syndrome

Email: esmesumbrella@gmail.com

www.charlesbonnetsyndrome.uk

Esme's Umbrella raises awareness of Charles Bonnet Syndrome and gives advice to patients and professionals.

Coates' Disease – Violet's Glow

Violet's Glow is an online support group for anyone affected by Coats' disease.

For more information, please visit Twitter **https://twitter.com/VioletsGlow0** and the Facebook Group **https://facebook.com/groups/182240252405699**

Diabetic Retinopathy

Tel: 0345 123 2399 Email: helpline@diabetes.org.uk

www.diabetes.org.uk

They offer advice and support, information on local support groups, an online shop, and insurance.

International Glaucoma Association

Tel: 01233 648 170 Email: info@iga.org.uk

www.glaucoma-association.com

The IGA is the charity for people with glaucoma. They provide information, literature, advice and fund essential research to prevent unnecessary loss of sight through early detection, diagnosis and treatment. They also run campaigns to raise awareness of the need for regular eye health checks to detect the 300,000 estimated to be living with undetected glaucoma in the UK today.

Keratoconus Group

Email: anne@keratoconus-group.org.uk

www.keratoconus-group.org.uk

An information portal and support group for patients who have been diagnosed with keratoconus.

Macular Society

Tel: 0300 3030 111 Email: help@macularsociety.org

www.macularsociety.org

The Society provides support to eyecare professionals to enable them to help their patients. This is achieved through free accessible patient information, online training (CET/CPD-accredited) and a Helpline, as well as a network of almost 400 local support groups. Their services are accessible through the free Macular Society app for Apple and Android.

Microphthalmia, Anophthalmia and Coloboma Support

Tel: 0800 169 8088 & 0800 644 6017 Email: enquiries@macs.org.uk

www.macs.org.uk

MACS supports children born without eyes or with underdeveloped eyes. This year, 90 families in the UK will be told their babies have no eyes, small eyes, or a cleft in the eye. Many of them will have additional needs or other health challenges. Some will be told there's no hope that their child will ever see. They may feel hopeless and alone - but they are not alone and there is hope.

Nystagmus Network

Tel: 01427 718 093 Email: info@nystagmusnet.org

www.nystagmusnetwork.org

The Nystagmus Network is a UK registered charity which provides free to download information via their website, as well as free printed materials and presentations for clinics. Anyone needing information or support from the Nystagmus Network can speak to someone on the phone.

RP Fighting Blindness

Tel: 01280 821 334 Email: info@rpfightingblindness.org.uk

www.rpfightingblindness.org.uk

RP Fighting Blindness aspire to a world in which people with retinitis pigmentosa (RP) will have access to treatments and will not lose their sight. They offer emotional support, patient support groups and information days.

Uveitis

Tel: 0845 075 8114 Email: info@oliviasvision.org

www.oliviasvision.org

OV was established in 2010 to provide information, support and advice for anyone affected by uveitis. Every year, an estimated 9,000 new cases of uveitis are diagnosed in the UK, with uveitis now the third leading cause of avoidable blindness.

Professional Resources

Access to Work

A government grant scheme to ensure people with disabilities can remain in employment. It provides financial support for assistive technology, support workers, travel to work, adaptations to the office, specialist equipment and more.

www.gov.uk/access-to-work

An A – Z list of Eye Conditions

www.rnib.org.uk/eye-health/eye-conditions

Better Lighting in your Home

A guide for people with sight loss to understand the best lighting levels in their homes.

www.pocklington-trust.org.uk/project/lighting-around-home-guide-better-lighting-people-sight-loss/

Benefits of registering sight impaired or severely sight impaired

This outlines the variety of benefits available to people who are registered sight impaired (partially sighted) or severely sight impaired (blind).
See 'Your questions answered' section at:
www.rnib.org.uk/search/site/benefits%20of%20registration

Information and guidance for Eye Clinic Staff

Good practice guidance for professionals working in eye clinics.

www.rnib.org.uk/eyeclinicstaffguidance

Information and guidance for Young and Adult Carers

Carers Trust helps carers of all ages to cope with their caring role through specialised services across the UK. Find your local services by typing in your postcode

www.carers.org

How to use eye drops

Short films by the International Glaucoma Association of how patients should be putting in their drops.
https://www.glaucoma-association.com/about-glaucoma/living-with-glaucoma/how-to-use-eye-drops

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Leaflets for your store/clinic/practice

Please ask your local sight loss charity for leaflets, that can be displayed in your practice for patients to find relevant information in your area

You may also want to provide eye conditions specific leaflets which can be sourced from the RNIB.

The Royal College of Ophthalmologists and RNIB information booklets can be downloaded from **www.rcophth.ac.uk/patients/information-booklets**

They cover AMD, Cataracts, RP, Retinal Detachment, Nystagmus, Glaucoma, Diabetic Eye Conditions, Dry Eye, Charles Bonnet Syndrome, PVD.

The International Glaucoma Association, The College of Optometrists and the Macular Society also produce their own series of leaflets:

www.glaucoma-association.com/shop/free-leaflets.html

www.college-optometrists.org/membership/free-patient-resources/patient-leaflets.html

www.macularsociety.org/resources

News updates from the sector

It is important to continuously empower yourselves and patients with the latest knowledge within the sight loss sector. There are a variety of newsletters and podcasts you can sign up to for the latest news, events and research. Many of the organisations listed in this document will also have their own newsletters.

Podcasts

- BBC Radio 4 In Touch
- VI Talk Podcast
- RNIB Connect Radio
- Infosound Podcast

Newsletters and membership

- Vision UK
- NB Magazine from RNIB
- Macular Society Professionals Newsletter
- Rehabilitation Workers Professional Network

NHS England Accessible information standard

The NHS England Accessible Standard ensures that all information/communications from NHS providers are accessible to patients who require alternative formats i.e. email appointment letters, large print letters, textphone, etc.

www.england.nhs.uk/ourwork/accessibleinfo

Registering Sight Loss

This page describes the differences between certification and registration and what visual acuity level is eligible.

www.rnib.org.uk/eye-health/registering-your-sight-loss

Specialising in low vision

If you want to become a low vision specialist see the links below:

ABDO Low Vision Course

www.abdocollege.org.uk/course/low-vision-courses/

College of Optometrists accredited courses

www.college-optometrists.org/cpd-and-cet/training-and-qualifications/higher-qualifications/low-vision-qualifications.html

Thomas Pocklington Trust Designing a home for someone with sight loss

This is a best practice guide when designing a new home.

www.pocklington-trust.org.uk/project/a-thomas-pocklington-best-practice-guide-for-housing-design/

The Equality Act 2010

The Equality Act 2010 and your obligations under the act.

https://www.gov.uk/guidance/equality-act-2010-guidance

The RNIB booklet “Sight Loss: What we needed to know”

Information for patients, a step by step guide to sight loss.

https://www.rnib.org.uk/sites/default/files/Sight_loss_what_we_needed_to_know_0.pdf

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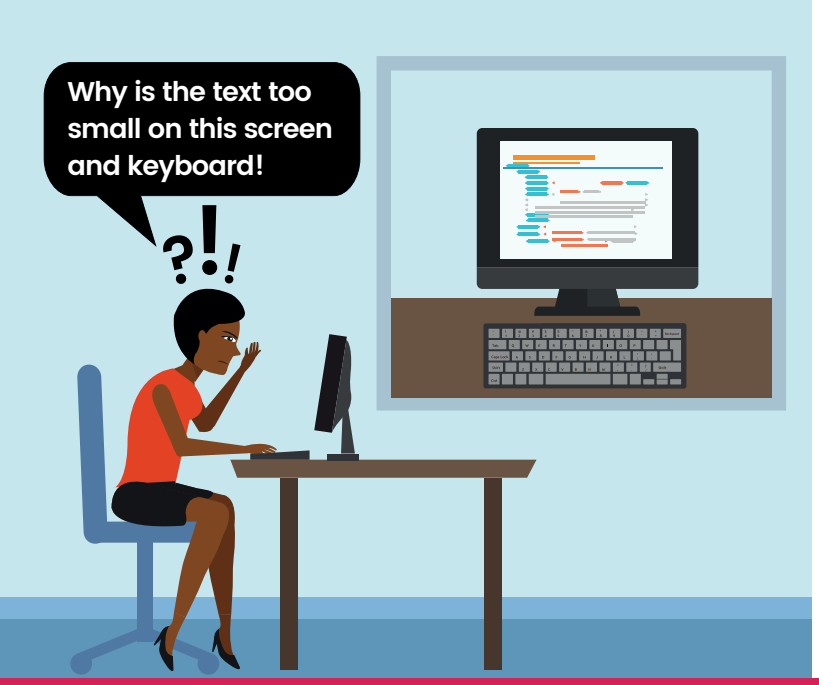
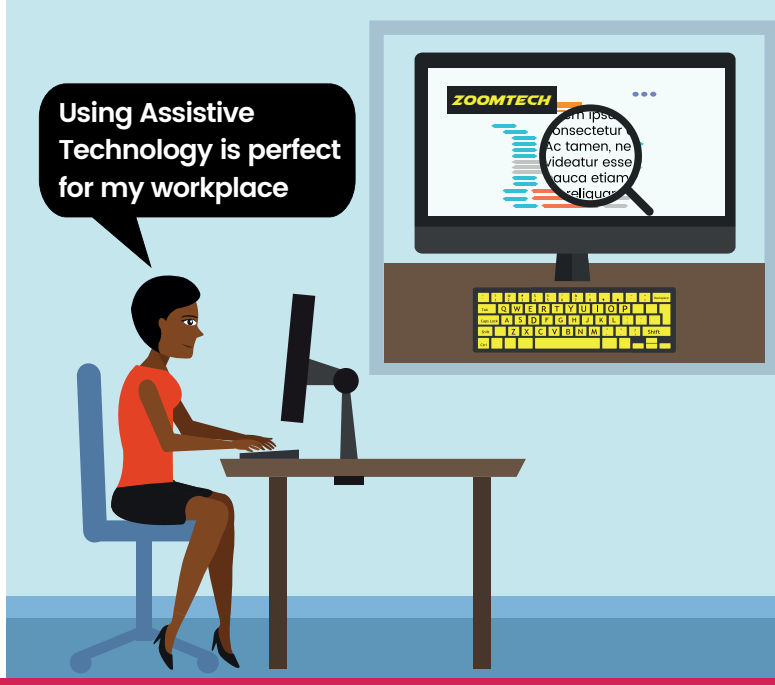
Useful mobile Apps for people with sight loss

A list of smartphone mobile applications which are useful for people with sight loss, including video tutorials.

There's a whole variety of apps available for your phone that can help you to overcome the issues that sight loss brings; such as recognising products, faces, or colours and the vast majority of them are free.

https://www.henshaws.org.uk/apps/





Suppliers of Low Vision Aids and Daily Living Solutions

** We do not endorse any of the following suppliers*

Associated Optical

Tel: 01628 600 410

www.associatedoptical.com

Dolphin Computer Access Ltd

Tel: 01905 754577

www.yourdolphin.com

Dolphin
30 Years of Innovation

Edward Marcus

Tel: 01226 764 082

www.edwardmarcus.co.uk

GiveVision

Tel: 07857749865

https://www.givevision.net

GIVE VISION

Higher Vision Ltd

Tel: 07889 457442

www.highervisiontech.com

HumanWare

Tel: 01933 415800

www.humanware.com

Optelec

Tel: 080 8090 8090

www.uk.optelec.com

Optima Low Vision

Tel: 01803 864 218

www.optimalowvision.co.uk

Orcam

Tel: 0800 358 5323

www.orcam.com

Oxsight

Tel: 01865 580255

http://smartspecs.co/

Pamtrad

Tel: 0115 981 6636

www.pamtrad.co.uk

Professional Vision Services

Tel: 01462 420751

www.professional-vision-services.co.uk

RNIB Shop

Tel: 0303 123 999

www.shop.rnib.org.uk

Sight and Sound Technology

Tel: 0160 479 8070

www.sightandsound.co.uk

SUNU

Tel: Based in USA so email austin@sunu.io

www.sunu.io

Synapptic Ltd

Tel: 0191 909 7909

www.synapptic.com

VisionAid Technologies Ltd

Tel: 01775 711 977

www.visionaid.co.uk

**Also ask your sight loss charity of details of their resource centre*

This resource pack was produced by Visualise Training and Consultancy and Orbita Black Ltd, supported by The Thomas Pocklington Trust.

For more information or guidance please contact:

VISUALISE
Training and Consultancy

Contact Daniel Williams

Tel. 07472305268

daniel@visualisetrainingandconsultancy.co.uk

www.visualisetrainingandconsultancy.co.uk

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Optical | Retail | Business Improvement | Training | Advice

Contact Peter Black **orbitablack@gmail.com**
Tel. 01695423358

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www.pocklington-trust.org.uk