

Our Community Sight Loss team are here to help you adjust to living with sight loss, and to give you the support and tools you need to live your life the way you want to.

Our support includes:

- Information, advice and guidance on living with sight loss
- Demonstration and training on a range of useful resources to help with daily living
- Social activities and opportunities to meet others living with sight loss
- Emotional support if you're feeling isolated or lonely
- Free Audio library



📍 Insight Gloucestershire
81 Albion Street,
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☎ 01242 221170
✉ info@insight-glos.org.uk
🖱 insight-glos.org.uk

As a small charity, we rely on the help of our local community. If you are able to make a donation, please visit our website, call us, or post a cheque to our office address above. Please contact us to find out more about how you can help with fundraising. You could join our lottery, take on a running challenge or volunteer to organise an event.

Insight Gloucestershire
Registered Charity no. 2 04 279

We work in partnership with **Sight Support West of England** who cover Bristol, BaNES & South Glos, and **Wiltshire Sight** who cover Wiltshire and Swindon.

Local support for people living with sight loss



If you or someone you know is losing their sight or living with sight loss, we can help.

☎ Call us on 01242 221170

Information and advice

- ◉ We can advise and support on all aspects of living with sight loss. This includes understanding your eye condition, trying equipment, getting out and about, employment, or benefits.
- ◉ We can also help family and carers, and put you in touch with other organisations who can help you. If you or someone you know is living with sight loss, we're here to help.

Social activities

- ◉ It's common to feel isolated after losing your sight. Meeting others with sight loss, in a friendly and accessible environment can really help. We run a variety of social events, and can link you with clubs across Gloucestershire.



In your community

- ◉ Our team have created hubs across Gloucestershire so that there will be an accessible location near you. You can drop in, or arrange a private appointment.
- ◉ The team are regularly in our Cheltenham office and at hubs across the region including Cirencester, Dursley, Stroud & Tewkesbury.
- ◉ We are always trying to find new venues, so if there isn't a convenient place listed, do get in touch to arrange a visit.



- ◉ Contact us to find out when we are next near you:
 - ☎ 01242 221170
 - ✉ info@insight-glos.org.uk

Resources

- ◉ We have a wide range of demonstration equipment for you to try. We provide support on how to make technology work for you. This includes how to get the most from mobile phones, laptops and tablet computers, as well as the latest magnification technology.



- ◉ We can offer training on screen readers, and daily living aids such as lighting, kitchen gadgets, talking clocks and watches to support independent living. We even have some specially designed board games and activities.
- ◉ We have an extensive audio library of CDs which can be posted to you free of charge.