

# Wales Council of the Blind **Roundup**

## **No. 38**

**Incorporating Sylw**



## **A journey into employment.**

Also in this issue

Perspectif - clubs and societies.

## **Elisa talks about her experience of finding employment through the JobSense programme.**

When I first graduated from university, I had no idea what my next step should be. All I knew was that I wanted a job. But how and where and who should I go to? I had never worked aside from writing essays and poetry for my degree. What is more, I am more than aware of my visual impairment.

I am willing to learn, I can follow instructions, I do not mind working from the bottom upwards, but I needed an employer who would look past my disabilities, an employer who will take me a risk and give me a chance. It was pure luck that I learned about ELITE from Sightlife just as I was about give up after approaching both my university's career advisor and the job centres in my area.

When I joined ELITE's job search project I expected some sort of help. What I did not expect, was for them to first have me answer a series of questions so I could clarify exactly the type of job and environment I wish to work in and getting training on Covid 19 so I can demonstrate to prospective employers that I am knowledgeable about how to protect myself and others from Covid.

But there is still a major problem. No one would employ someone without work experience. When my supervisor Amey realised this, she not only helped me to construct my CV and cover letter from scratch, but also contacted various charities such as the Cardiff Dog Rescue and the RSPCA charity shop. Slowly, I gained confidence speaking and dealing with customers and other skills like effective communication.

Now, I work for DEWIS Centre for Independent Living, helping other disabled people. My employer is understanding and does her best to offset my disabilities. However, ELITE did not simply leave me to fend for myself. They have been helping me and are still helping to smooth my way into my first job. Tina and Maxine, the two who took over from Amey, taught me techniques to answer the phone, arrange for a taxi to bring me to and from work with Access to Work, putting markers into

the files so I could identify them easily, and even helped me find a staple remover that will allow me remove staples safely rather than like an angry porcupine shooting quills at any unlucky passerby.

ELITE has helped realise my dream that I would never experience in reality.

## **JobSense is back out and about**

We are back at Wales Council for the Blind's offices meeting with our participants on the programme. We will continue to support people gain skills towards employability, using the accessible computers, meeting others, skills training, and confidence building.

Once a month we intend to meet up in Wetherspoons as a group for a drink or lunch, and if the weather is good, we may have a picnic in the park! All ideas welcome.

Throughout the programme you will have 1-1 support to review your progress and discuss your journey towards volunteering or paid employment.

JobSense 1 has been extended for a further year. JobSense 2 will be launched in November and will be covering the areas of Wales not yet covered.

If you would like more information please call Elite Supported Employment Head Office

01443 226664

Or RNID Support by phone or email

Phone 029 2033 3034

Email [info@jobsense.org.uk](mailto:info@jobsense.org.uk)

# **PERSPECTIF**

## **Clubs and Societies in Wales.**

Wales Council of the Blind represents the various sight loss organisations in Wales so we maintain a database for these groups and clubs. There follows a directory of clubs and societies, both general and specialist, supporting people with sight loss. It was drawn from the online database at

<http://www.wcb-ccd.org.uk/perspectif/index.php>

### **Aberystwyth and District VI Club**

A club for blind and partially sighted people in the Aberystwyth area.

**Email:** [gillian.hopkins1@tesco.net](mailto:gillian.hopkins1@tesco.net)

### **Alstrom Syndrome UK**

Alstrom Syndrome UK provides support for those affected by Alstrom Syndrome, their carers and professionals working with them.

**Weblink:** <http://www.alstrom.org.uk/>

**Email:** via website

### **Aniridia Network UK**

A support group and charity for people with aniridia and their families.

**Weblink:** <http://aniridia.org.uk/>

**Tel:** 07792 867 949

**Email:** [info@aniridia.org.uk](mailto:info@aniridia.org.uk)

## **Barry Blind Club**

Barry Blind Club is a club of and for people with sight loss in the Barry district. Contact Sight Cymru for further information.

**Tel:** 01495 763650

## **Behcet's Syndrome Society**

The Society provides a range of information and support to people affected by Behcet's Syndrome. It also promotes and assists with research into the condition, and promotes awareness of the disease.

**Weblink:** <http://www.bhecets.org.uk>

**Tel:** 0845 130 7329

**Email:** [info@bhecetsdisease.org.uk](mailto:info@bhecetsdisease.org.uk)

## **Birdshot Uveitis Society (BUS)**

BUS is a support group for people with the rare, hard-to treat, autoimmune, posterior uveitis called Birdshot Chorioretinopathy.

**Weblink:** <http://birdshot.org.uk/>

**Email:** [info@birdshot.org.uk](mailto:info@birdshot.org.uk)

## **Blind Veterans UK**

UK charity supporting former service people with sight problems (Formerly St Dunstan's).

**Weblink:** <http://www.blindveterans.co.uk>

**Tel:** 020 7723 5021

**Email:** Via website

## **Blind Veterans UK**

UK charity supporting former service people with sight problems (Formerly St Dunstan's).

**Weblink:** <http://www.blindveterans.co.uk>

**Tel:** 020 7723 5021

**Email:** Via website

## **Bridgevis (Bridgend & District VI society)**

Bridgend (and district) is a local society supporting blind and partially sighted people and their carers of all ages in BCBC. They also hold monthly coffee mornings from 10 - 12 on the first Friday of every month at Evergreen Hall, Angel Street, Bridgend. Contact Wales Council of the Blind initially.

**Weblink:** <http://www.bridgevis.co.uk/Services.html>

**Tel:** 02920 473954

**Email:** [bec@wcb-ccd.org.uk](mailto:bec@wcb-ccd.org.uk)

## **British Sjogren's Syndrome Association (BSSA)**

A self-help organisation with more than 1800 members, the BSSA is dedicated to providing mutual support and information to individuals affected by this disabling disease. We have regional support groups throughout the UK whose members include sufferers and supporters who work together in helping one another cope with the day-to-day challenges of this debilitating and distressing condition.

**Weblink:** <http://www.bssa.uk.net/>

**Tel:** 0121 478 0222

**Email:** via website

## **Cardigan Blind Club**

Club meetings are held at the Bro Teifi Flats, Cardigan, from 2.00pm to 4.00 pm on the first and third Thursday of each month between April and October inclusive. The annual membership fee is £5.00. Contact Ceredigion Association for the Blind to contact the group.

## **Carmarthenshire County Blind Society**

Its aim across the whole of the County of Carmarthenshire is to provide an excellent service to its visually impaired members. It runs a series of clubs and a resource centre.

**Weblink:** <http://www.llanelliblindsociety.org.uk/>

**Email:** ray.cooke48@btconnect.com

## **Ceredigion Association for the Blind**

Provides services for blind and partially sighted people in Ceredigion.

**Weblink:** <http://www.wcb-ccd.org.uk/ceredigion/about.htm>

**Tel:** 02920 473954

**Email:** bec@wcb-ccd.org.uk

## **CHARGE Family Support Group**

The group's aim is to create a positive, supportive network of individuals, parents, families and professionals to share ideas, experiences, information and give vital support. The group is run by individuals with CHARGE Syndrome, parents and grandparents as well as professionals with a particular interest in the condition. We work on an entirely voluntary basis and membership is free. New members are always welcome.

**Weblink:** <http://www.chargesyndrome.org.uk/>

**Tel:** 020 8265 3604

**Email:** [info@chargesyndrome.org.uk](mailto:info@chargesyndrome.org.uk)

## **Charge Syndrome Foundation**

The mission of the CHARGE Syndrome Foundation is to provide support to individuals with CHARGE syndrome and their families; to gather, develop, maintain and distribute information about CHARGE syndrome; and to promote awareness and research regarding its identification, cause and management.

**Weblink:** <http://www.chargesyndrome.org/>

**Email:** [info@chargesyndrome.org](mailto:info@chargesyndrome.org)

## **Childhood Eye Cancer Trust (CHECT)**

Organisation which supports the families of children with Retinoblastoma (Rb), raises awareness of the condition, raises funds for research, and influences professional bodies to ensure optimum service for Rb patients

**Weblink:** <http://www.chect.org.uk>

**Tel:** 0207 377 5578

**Email:** [info@chect.org.uk](mailto:info@chect.org.uk)

## **Conwy Sight Loss Group**

An independent club supported by Vision Support.

## **Cowbridge Insight Club**

Cowbridge Insight Club offers support to blind and partially sighted people in Cowbridge (Vale of Glamorgan) and surrounding areas. Contact Sight Cymru for further information.

**Tel:** 01495 763650



## **Deafblind Cymru**

Charity providing services and support to deafblind people in Wales.

**Weblink:** <http://www.deafblind.org.uk>

**Tel:** 029 2060 1471

**Email:** [deafblindcymru@deafblind.org.uk](mailto:deafblindcymru@deafblind.org.uk)

## **Esme's Umbrella**

Esme's Umbrella is the Campaign Group for everyone working towards a greater awareness of Charles Bonnet Syndrome (visual hallucinations).

**Weblink:** <http://charlesbonnetsyndrome.uk/>

**Tel:** 0345 051 3925 2

**Email:** [esmesumbrella@gmail.com](mailto:esmesumbrella@gmail.com)

## **Eye 2 Eye**

An independent registered charity run by volunteers.

**Weblink:** <http://www.wcb-ccd.org.uk/societies/eye2eye.php>

**Email:** [birtyellis@hotmail.co.uk](mailto:birtyellis@hotmail.co.uk)

## **Glaucoma UK**

UK charity providing support and information to people with glaucoma and to professionals. Also funds research.

**Weblink:** <https://glaucoma.uk>

**Tel:** 01233 648170

**Email:** [info@iga.org.uk](mailto:info@iga.org.uk)

## **Guide Dogs Cymru**

Guide Dogs Cymru's purpose is to deliver guide dog and other mobility services, as well as breaking down the barriers to enable blind and partially sighted people to get around on their own terms. They also provide children's mobility and habilitation services.

**Weblink:** [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

**Tel:** 0800 781 1444

**Email:** [information@guidedogs.org.uk](mailto:information@guidedogs.org.uk)

## **International Children's Anophthalmia and Microphthalmia Network (ICAN)**

The International Children's Anophthalmia and Microphthalmia Network (ICAN) is an US-based group of families and professionals dedicated to lending support to individuals who want to learn more about microphthalmia and anophthalmia (eyes that are abnormally small, completely absent, or consist only of vestigial portions).

**Weblink:** <http://www.anophthalmia.org/>

**Email:** [ican@anophthalmia.org](mailto:ican@anophthalmia.org)

## **LOOK - National Federation of Families with Visually Impaired Children**

Look's mission is to improve the lives of families with visually impaired children and young people by providing support, information and activities with a view to helping them gain the best outcomes in life and reach their full potential.

**Weblink:** <http://www.look-uk.org/>

**Tel:** 07939 508 485

**Email:** [information@look-uk.org](mailto:information@look-uk.org)

## **Macular Society**

UK charity providing support and services for people affected by macular disease. They run a number of local groups throughout Wales.

**Weblink:** <http://www.macularsociety.org/>

**Tel:** 0300 3030 111

**Email:** [info@macularsociety.org](mailto:info@macularsociety.org)

## **Marfan Association UK**

The association aims to support people with Marfan syndrome and their families, educate individuals and professionals about the condition, and facilitate research by undertaking, sponsoring, and participating in, national research projects.

**Weblink:** <http://www.marfan-association.org.uk/>

**Tel:** 01252 810472

**Email:** [contactus@marfan-association.org.uk](mailto:contactus@marfan-association.org.uk)

## **Micro and Anophthalmic Children's Society (MACS)**

MACS is the UK's national charity for children born without eyes or with underdeveloped eyes. We support families of children born with Microphthalmia (small eyes), Anophthalmia (no eyes) and/or Coloboma (cleft of the eye). Our services are accessed by around 800 families around the UK and further afield.

**Weblink:** <http://www.macs.org.uk/>

**Tel:** 0800 169 8088

**Email:** [enquiries@macs.org.uk](mailto:enquiries@macs.org.uk)

## **Monmouth VI Club**

The Club's aim is to help those in our community with impaired vision to maintain a reasonable quality of life through companionship and by giving mental stimulus, practical help and encouraging much fun and laughter. Telephone number is for the club secretary, Sheila Goodwin.

**Weblink:** [http://www.wcb-ccd.org.uk/societies/monmouth\\_vi\\_club.php](http://www.wcb-ccd.org.uk/societies/monmouth_vi_club.php)

**Tel:** 01600 716128

## **North Wales Society for the Blind**

NWSB provide practical and emotional support to blind and partially sighted people of all ages throughout North Wales. They work to promote independence, choice and confidence whilst also providing the essential services their members tell them are important to them.

**Weblink:** <http://www.nwsb.org.uk>

**Tel:** 01248 353 604

## **Nystagmus Network**

UK charity providing support and information to people with Nystagmus and to professionals. Also funds research. Membership needed for some services.

**Weblink:** <http://www.nystagmusnet.org>

**Tel:** 0845 634 2630

**Email:** [info@nystagmusnet.org](mailto:info@nystagmusnet.org)

## **Ogmore Valley Blind Centre**

Meets on Thursday afternoons at the Old Peoples Welfare Hall, Ogmore Vale at 2-4pm. Contact Mrs Janet Cronin.

**Tel:** 01656 841315

## **One Clear Vision**

One Clear Vision is the leading English-speaking charity for sufferers of Degenerative Vitreous Syndrome in the world and we have an international remit. Its mission is to raise awareness and promote a better understanding of Degenerative Vitreous Syndrome through fundraising, providing information and support to sufferers and collaborating with eye specialists and researchers to help achieve clear sight for everyone affected.

**Weblink:** <http://www.oneclearvision.org>

**Tel:** 07092 981649

**Email:** [info@oneclearvision.org](mailto:info@oneclearvision.org)

## **Partially Sighted Society**

The Partially Sighted Society provides information, advice, equipment and clear print material for people with a visual impairment to help them to make the best use of their remaining sight. It can call on the skills of ophthalmologists, optometrists, lighting and rehabilitation specialists.

**Weblink:** <http://www.partsight.org.uk/>

**Tel:** 0844 477 4966

**Email:** [info@partsight.org.uk](mailto:info@partsight.org.uk)

## **Pembrokeshire Blind Society**

The Pembrokeshire Blind Society works in conjunction with Pembrokeshire County Council's physical and sensory disabilities team. This enables them to offer a wide variety of services and support.

**Weblink:** <http://pembrokeshireblindsociety.org.uk/>

**Tel:** 01437 781419

## **Penarth Blind Club**

Provides entertainment, activities and outings for people with sight loss in Penarth and surrounding areas. (Vale of Glamorgan). Contact Sight Cymru for further information.

**Tel:** 01495 763650

## **Radnorshire Association for the Blind**

Membership of the society offers social outings, support and contact throughout the Radnorshire area. Becoming a member is a great way of getting access to support and advice, as well as making friends in the area. Our aims are to provide a social environment for visually impaired people & to provide a voice for all visually impaired people in Radnorshire.

**Weblink:** <http://www.radnorblind.co.uk>

**Tel:** 01544 267 114

**Email:** [medwards38@toucansurf.com](mailto:medwards38@toucansurf.com)

## **Retina UK**

Retina UK is the national charity for families living with inherited retinal dystrophies. They fund research and provide information and support to those affected by inherited sight loss and the professionals who support them. They support anyone with the following visual impairments: Retinitis Pigmentosa (RP), Rod Cone dystrophy, Cone Rod dystrophy, Choroideremia, Leber congenital amaurosis (LCA), Bardet-Biedl syndrome (BBS), Usher syndrome, Stargardt disease.

**Weblink:** <https://retinauk.org.uk/>

**Tel:** 01280 821334

**Email:** [services@retinauk.org.uk](mailto:services@retinauk.org.uk)

## **RNIB Cymru**

RNIB Cymru is for everyone affected by sight loss. Whether you're losing your sight or you're blind or partially sighted, their practical and emotional support can help you face the future with confidence.

**Weblink:** <http://www.rnib.org.uk/Cymru>

**Tel:** 02920 828500

**Email:** [Cymru@rnib.org.uk](mailto:Cymru@rnib.org.uk)

## **Royal Society for Blind Children**

RSBC create a better life for blind children, by helping every young person they work with to find and fulfil their own unique potential. As experts in the field of childhood sight loss they have first-hand experience of the challenges that children face, and the potential they have.

**Weblink:** <http://www.rsbc.org.uk>

**Email:** [enquiries@rsbc.org.uk](mailto:enquiries@rsbc.org.uk)

## **Sense Cymru**

Charity providing services and support to deafblind people in Wales.

**Weblink:** <http://www.sense.org.uk>

**Tel:** 0300 330 9280

**Email:** [cymruenquiries@sense.org.uk](mailto:cymruenquiries@sense.org.uk)

## **Sight Cymru**

Provides services and support for people with sight loss in South Wales. In addition to listed services they run various events throughout the year such as coffee mornings, Annual Expo, i-Sight conference etc and have a specialist knowledge about people with Sight Loss and

Learning Disabilities and those from different ethnicities who are at greater risk of sight loss.

**Weblink:** <http://www.sightcymru.org.uk>

**Tel:** 01495 763650

**Email:** [postman@sightcymru.org.uk](mailto:postman@sightcymru.org.uk)

## **Sight Life**

Sight Life (formerly Cardiff Institute for the Blind) provides local services and lifelong support, so that blind and partially sighted people across the majority of South Wales can enjoy fulfilled lives. Their staff work in Swansea, Rhondda Cynon Taf and Neath Port Talbot.

**Weblink:** <https://www.sightlife.wales>

**Tel:** 02920 398900

**Email:** [ask@sightlife.wales](mailto:ask@sightlife.wales)

## **Swansea & District Friends of the Blind**

A group which provides assistance and amenities to blind persons registered in the City and District of Swansea.

**Weblink:**

**Tel:** 01792 655 424

**Email:** [allan.john@btconnect.com](mailto:allan.john@btconnect.com)

## **The Eyeless Trust (merged with Royal Blind Society)**

The Eyeless Trust offers a family support service, through appropriately qualified and experienced Family Support Workers, to families who have children with anophthalmia, microphthalmia or coloboma and related disabilities. The Trust's aim is to work in partnership with families, children and young people to enable them to maximise their full potential. Family Support Workers are located



throughout Great Britain and Northern Ireland so that advice and assistance can be provided locally.

**Weblink:** <http://royalblindsociety.org>

**Tel:** 01903 245 379

**Email:** via website

## **UCAN Productions**

UCAN Productions is an award winning performance and creative arts co-operative for blind and partially sighted children, young people and their friends between the ages of 7 and 25. Based in Cardiff, UCAN (Unique Creative Arts Network) works across the UK and exists to prove that visual impairment is no barrier to success. Programmes help to develop physical and vocal confidence, raise aspirations and promote individual abilities.

**Weblink:** <http://ucanproductions.org/>

**Tel:** 029 2087 0554

**Email:** [info@ucanproductions.org](mailto:info@ucanproductions.org)

## **UK Keratoconus Self Help & Support Association**

A group which raises awareness of keratoconus, provides information and support to people with the condition and raises money for research.

**Weblink:** <http://www.keratoconus-group.org.uk/>

**Tel:** 020-8993 4759

**Email:** [chair@keratoconus-group.org.uk](mailto:chair@keratoconus-group.org.uk)

## **UK Wolfram Syndrome Society**

A website set up and monitored by people affected by this rare genetic disorder. The aim is to raise awareness of this syndrome and provide a site where families can talk and find information that may be useful.

**Weblink:** <http://www.wolframsyndrome.co.uk>

**Email:** [families@wolframsyndrome.co.uk](mailto:families@wolframsyndrome.co.uk)

## **VICTA (Visually Impaired Children Taking Action)**

VICTA provides support to blind and partially sighted children, young people and their families. This includes organising activities and events for children, and giving advice to parents, for example on education.

**Weblink:** <http://www.victa.org.uk/>

**Tel:** 01908 240831

**Email:** [admin@victa.org.uk](mailto:admin@victa.org.uk)

## **Vision Support**

Vision Support is a well-respected North-East Wales charity. They provide person-centred services which meet the needs of adults and children with vision impairment across Wrexham, Flintshire, Denbighshire and Conwy.

**Weblink:** <http://www.visionsupport.org.uk>

**Tel:** 01244 381515

**Email:** [information@visionsupport.org.uk](mailto:information@visionsupport.org.uk)

## **Visual Impairment Breconshire**

VI Breconshire offer information, social contact and grants to individuals and organizations in south Powys. We also represent the needs of the visually impaired to other local organizations, including statutory agencies and the voluntary sector.

**Weblink:** <http://vibreconshire.uk/>

**Tel:** 029 20 473954

**Email:** [bec@wcb-ccd.org.uk](mailto:bec@wcb-ccd.org.uk)

## **Visual Impairment Merthyr (VIM)**

VIM is the registered charity which promotes and provides services and help for all visually impaired residents throughout the county borough of Merthyr Tydfil and surrounding areas.

**Weblink:** <http://www.v-i-m.org.uk>

**Tel:** 01685 722135

**Email:** [morgan@v-i-m.org.uk](mailto:morgan@v-i-m.org.uk)

## **Visual Impairment West Glamorgan**

Vision Impaired West Glamorgan represents the views and concerns of people with sight loss living in the City and County of Swansea and Neath Port Talbot. They are a local charity offering specialist advice on how to manage day-to-day challenges, as well as peer support, and events of special interest to people with sight loss of all ages. (Source: Sightline Directory)

**Email:** [andrea.gordon@guidedogs.org.uk](mailto:andrea.gordon@guidedogs.org.uk)

## **Welsh Association of Visually Impaired Bowlers (WAVIB)**

WAVIB aims to do everything that it possibly can to make the sport of Lawn Bowls inclusive and accessible throughout all areas of Wales.

**Weblink:** <http://www.welshvibowls.org.uk>

**Email:** [sheilaWAVIB@outlook.com](mailto:sheilaWAVIB@outlook.com)

## **Welshpool and District Visual Impairment Club**

Social and entertainment group for persons who are vision impaired and their carers. Telephone number is for club secretary, Pat Jones.

**Tel:** 01938 555264

# Sylw Bulletin

## News

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### **Access to Elected Office fund open for applications**

Wales' 'Access to Elected Office' fund has been set up to help disabled people with the additional costs they face when standing for election. The Welsh Government has announced that applications can now be made to the fund by those wanting to stand in the Local Government elections in 2022.

The fund, which is managed by Disability Wales, can pay for reasonable expenses such as travel and assistive technology. It has been set up to increase diversity and address the current under-representation of disabled people in public life at all levels. It is also available for those seeking election to community and town councils in 2022.

People interested in applying to the Fund should read the information on the Disability Wales website <https://www.disabilitywales.org/press-release-launch-of-election-fund-for-disabled-candidates-in-the-2022-local-council-elections/> or email Disability Wales at [accesstopolitics@disabilitywales.org](mailto:accesstopolitics@disabilitywales.org) for further information.

# Consultations and Surveys

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## **Call for evidence: Reviewing the United Nations Convention on the Rights of Disabled People in Wales**

Disability Wales is reviewing the United Nations Convention on the Rights of Disabled People (UNCRPD) in Wales and is looking for evidence submissions about the UNCRPD and disability rights in Wales.

UNCRPD is an international human rights treaty adopted in 2006 which has been ratified by the UK. By doing this, the UK agreed to protect and promote the human rights of disabled people, including:

- eliminating disability discrimination
- enabling disabled people to live independently in the community
- ensuring an inclusive education system
- ensuring disabled people are protected from all forms of exploitation, violence and abuse

Reviews of how the convention is working are held every five years and the next one is due to be held in 2022. Disability Wales is writing a shadow report into the UNCRPD in Wales and in order to get as much information from as wide a variety of sources as possible, have put out an open call for evidence on this topic.

If you have views on any aspect of how the convention is working in Wales, you can provide it in any format, including word document, pdf or audio file. Please ensure that you write “DW UNCRPD Evidence” in the email subject line, to help ensure that your email is not missed.

The deadline for submissions is 22<sup>nd</sup> November 2021. If you cannot make that deadline for whatever reason, please get in touch with Disability Wales before the deadline date. For any other questions or if you require any help submitting, please get in contact with Megan Thomas at [megan.thomas@disabilitywales.org](mailto:megan.thomas@disabilitywales.org) or call Disability Wales on 029 20887325.

# Events

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## **RNIB Cymru 'Living Well with Sight Loss' telephone course**

RNIB has scheduled two further 'Living Well with Sight Loss' telephone courses for people in Wales. Each course consists of four sessions, each lasting between 60 and 90 minutes and will provide participants with a good overview of what services and support are available. The course will cover a range of topics including getting out and about, daily living, welfare rights, eye care services, wellbeing and leisure.

The latest course dates are:

Wednesday mornings, 10:30am to 12:00pm on 24th November, 1st, 8th and 15th December 2021

Wednesday mornings at 10:30am to 12:00pm on 12th, 19th, 26th January and 2nd February 2022

Tuesday and Thursday afternoons 2pm to 3:30pm on 18th, 20th, 25th and 27th January 2022

RNIB is also offering follow-on 'Focus On' telephone groups which provide more detail on certain aspects of the Living Well with Sight Loss groups. These are:

- Focus on Technology
- Focus on Confident Living
- Focus on Health & Wellbeing
- Focus on Money Matters & Safe Spending
- Focus on Friends & Family

For more information on any of the courses, please contact Keira Brooks by phone 07864 954150 or by email [keira.brooks@rnib.org.uk](mailto:keira.brooks@rnib.org.uk). You can also make a booking by calling the RNIB Helpline, 0303 123 9999.

## **Vision Support Community Information Unit**

Vision Support's new Community Information Unit covers the Wrexham, Flintshire, Denbighshire and Conwy areas (as well as Cheshire and Halton). Visit the unit if it is in your area to find out about services, technology and products that can help people with sight loss. The schedule for November 2021 is:

Monday 1st Co-op, Dolgellau 11.00am – 2.00pm  
Tuesday 2nd Morrisons, Caernarfon 10.30am – 2.30pm  
Thursday 4th Asda, Queensferry 10.30am – 2.30pm  
Friday 5th Lower High Street Car Park, Prestatyn 10.00am – 2.30pm  
Monday 8th Criccieth main Car Park 10.30am – 2.30pm  
Tuesday 9th Bellis Brothers, Holt 10.30am – 2.30pm  
Wednesday 10th Tweedmill, Trefnant 10.00am – 2.30pm  
Sunday 14th Morrisons, Holyhead 10.30am – 2.30pm  
Monday 15th Llandudno Prom by Cenotaph 10.00am – 2.30pm  
Sunday 21st Asda, Kinmel Bay 10.00am – 2.30pm  
Monday 22<sup>nd</sup> Rhos on Sea by TIC 10.00am – 2.30pm  
Tuesday 23rd Y Maes car park, Pwllheli 10.30am – 2.30pm  
Monday 29th Chirk Town Hall 10.30am – 2.30pm  
Tuesday 30th Flint Pavilion 10.30am – 2.30pm

In case of last-minute changes, it is advisable to telephone 01244 381515 (Mon – Fri 10.00am – 4.00pm) to confirm details if you are planning to visit the unit.

## **Glaucoma UK Digital Support Groups**

Glaucoma UK is running digital support groups via Zoom – but if you don't have internet access, you can still ring in and listen to the event. Two events with telephone access are planned for November:

Wednesday 3<sup>rd</sup> November, 3 pm to 4 pm, 'All about eye drops'.  
Glaucoma UK's helpline adviser Trish Ganszczyk will be talking to you about how to manage your eye drops and the different aids which are available to help you.

Tuesday 30<sup>th</sup> November, 11 am to 12 pm, 6 pm to 7 pm 'Glaucoma and cataracts'. A Consultant Ophthalmologist will be speaking on everything you need to know about glaucoma and cataracts, including how removal of cataracts can help with glaucoma management and how glaucoma surgeries can affect cataract development.

To listen to either session by phone, dial in at the start time by calling +44 208 080 6591 or +44 208 080 6592.

To access either webinar by phone, you will need a Webinar ID and Passcode. To get these details, please contact Glaucoma UK on 01233 64 81 64. Please note, if joining on the phone you will only be able to listen to the verbal presentation. You will not be able to ask questions or view the supporting presentation slides.

If you have internet access, you can find out more and book a place on the Glaucoma UK website, <https://glaucoma.uk/get-involved/glaucoma-uk-events/> .

If you need any further information, Glaucoma UK's Helpline is 01233 64 81 70.

## **Regular Telephone Meetings**

As reported in previous issues of this newsletter, vision impairment organisations continue to run regular telephone group meetings. Contacts are as follows:

Macular Society North Wales groups:

Marian Williams, Regional Manager for North Wales on 07768362609.

Macular Society South Wales groups:

Adele Francis, Senior Regional Manager for Wales on 07494 468 007 or 01639 843236.

Sight Life (Cardiff):

Val on 07707 295121 or email [Valerie.baynton@sightlife.wales](mailto:Valerie.baynton@sightlife.wales).



Sight Life (Swansea, Neath and Port Talbot):  
Anita on 01792 776 360 or email: [anita.davies@sightlife.wales](mailto:anita.davies@sightlife.wales)

Sight Life (Rhondda Cynon Taf):  
Carys on 07753 305631 or email [carys.groves@sightlife.wales](mailto:carys.groves@sightlife.wales)

RNIB Connect Groups:  
Eleanor Rothwell on 0770 282 1915, email  
[eleanor.rothwell@rnib.org.uk](mailto:eleanor.rothwell@rnib.org.uk)

## Publications and other resources

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### **Pocklington Trust Lighting Guide updated**

The Thomas Pocklington Trust (TPT) has updated its guide 'Lighting in and around the home: A guide to better lighting for people with visual impairment'. The 52-page guide provides advice on all aspects of lighting within the home and will be of interest to people with sight loss, their families, and professionals working with them.

There is advice on lighting for all areas of your home, different types of lighting, payment options, and plenty of case studies. You can order a printed copy of the guide free of charge by contacting [info@pocklington-trust.org.uk](mailto:info@pocklington-trust.org.uk) or download the guide here: <https://www.pocklington-trust.org.uk/news/new-guide-puts-latest-lighting-technology-in-the-spotlight/>.

### **RNIB updates their 'Confident Living – Travel' guide**

RNIB has produced an updated version of its guide to travelling with confidence when you have sight loss. The 56-page guide includes information about travel services and the assistance that's available, along with useful tips to help you get out and about confidently. This

guidance includes information on walking, public transport, community transport and travelling abroad.

Other guides in the 'Confident Living' series are Leisure, Reading, Shopping and Technology. You can order a copy of all the guides in a range of accessible formats by calling the RNIB Helpline, 0303 123 9999, or visit the RNIB Shop website:

<https://shop.rnib.org.uk/reading/rnib-publications/confident-living>

## Other opportunities

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### **Goalball taster session in Swansea**

South Wales Goalball will be holding a free taster session in Swansea on Saturday 13<sup>th</sup> November.

The session is open to all ages and to individuals with any level of visual impairment. The object of the game of goalball is to score a goal by bowling a sound ball (with bells in it) along the floor of the indoor court so that it crosses the goal of the opposing team of 3 players.

Your first session of goalball is free of charge. If you get the goalball bug and come back to following sessions, a small charge of £2 will be payable.

The session will be held at Pentrehafod School, Swansea SA1 2NN from 1.30pm - 3.30pm. Please email [southwalesgoalball@gmail.com](mailto:southwalesgoalball@gmail.com) or telephone 07743 947605 for more information.



## **About Wales Council of the Blind**

*"I have found all my contacts with WCB over the years to be so useful and professional." - Rehabilitation Officer for VI.*

Wales Council of the Blind is the umbrella agency representing vision impairment within Wales. WCB provides a platform for vision impaired people to raise their concerns and wishes.

Four Regional Steering Groups will be established across Wales, covering North, West, South East and South Central. Each group intends to offer a platform for local clubs, charities, statutory services and people with sight loss to get together and contribute to directing the work and resources of WCB. It's likely that priorities may vary from region to region, and we want that to be reflected in the work of WCB.

## **What does Wales Council of the Blind do?**

- We work to assist the Welsh Government by participating in and facilitating consultation
- keep in touch with what is happening in every area in Wales and in the U.K.
- We highlight examples of good practice and distribute this to the eyecare sector through our SYLW newsletter, e-bulletins, quarterly 'Round-Up' Magazine, and our professional networks
- bring people together to exchange information and ideas
- identify gaps in provision
- encourage the development of new services where necessary
- support and assist other agencies to provide a good service
- represent v.i. within Wales and at an all-Wales level
- represent v.i. in Wales at a U.K. level

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