

Wales Council of the Blind

Perspectif

Information Portal:

**Signposting you to services and
resources**

2 - Third Sector services

This booklet is a list of Third Sector services. Future booklets shall include all sectors and will be accessible on Perspectif as an online database. This database will be the better way to access the information but this print version is a good way to reach people who have no or limited access to the internet.

Service Providers are given in a separate booklet. The Service Provider is given in brackets alongside the service name in this document.

The two booklets should be used together.

Anglesey

Clwb y Deillion (Provider: North Wales Society for the Blind)
Club that meets 2nd Wednesday of each month at Dingle Church Hall, Llangefni.
Tel: 01248 353604

Macular Group (Provider: North Wales Society for the Blind)
Group supporting people with macular degeneration. Meets on 2nd Friday of each month in Canolfan Ebeneser, Bridge Street, Llangefni.
Tel: 01248 353604

Friendly club for the visually impaired (Provider: North Wales Society for the Blind)
Meets in St. Mary's Church, Holyhead on 3rd Tuesday of every month.
Tel: 01248 353604

Friendly club for the Visually Impaired (Provider: North Wales Society for the Blind)
Meets at the Community Hall, Benllech on the 3rd Monday of each month.
Tel: 01248 353604

County Steering Group (Provider: North Wales Society for the Blind)
The County Steering Group for Anglesey meets once every two months at Canolfan Telfod Centre, Menai Bridge.
Tel: 01248 353604

Bridgend

Bridgevis social activities (Provider: Bridgevis (Bridgend & District VI society))

Bridgevis organise meals out, visits to places of interest and trips to the New Theatre Cardiff and the Wales Millennium Centre. There is also an audio shooting club, a gardening club and bowls. They also hold monthly coffee mornings from 10 - 12 on the first Friday of every month at Evergreen Hall, Angel Street, Bridgend.

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

Tel: 01656 766240.

Bridgevis Gardening Club (Provider: Bridgevis (Bridgend & District VI society))

The gardening club meets on Wednesday mornings to grow fruit & vegetables at an accessible allotment with raised beds. Transport is available. The bus leaves Evergreen Hall, Bridgend, at 9.50 am.

Web: http://www.bridgevis.co.uk/garden_and_allotment.html

Tel: 01656 766240.

Eye clinic information desk (Provider: Bridgevis (Bridgend & District VI society))

Bridgevis volunteers work with the ECLOs within the hospital to provide information and support to patients who are experiencing, or have some level of, sight loss.

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

Tel: 01656 766240

Bridgend (Princess of Wales) Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Princess of Wales hospital, Bridgend. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Caerphilly

Caerphilly Eye Clinic Liaison Officer (ECLO) (Provider: Sight Cymru)
ECLO based at Ystrad Mynach (Ysbyty Ystrad Fawr) hospital. Provides

emotional support, information, assistance and signposts on to many different services to help at this difficult time. The ECLO can bridge the gap between health and social care for people with sight loss.

Web: www.sightcymru.org.uk

Cardiff

Money advice & support (Provider: RNIB Cymru)

RNIB will help visually impaired people in Wales to find out exactly what you are able to claim for and help you to fill out the relevant forms. It is our goal to ensure that everyone receives everything that they are entitled to.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/cymrumoney/Pages/cymru_money.aspx

Tel: 0303 123 9999

Cardiff Resource Centre (Provider: Cardiff Institute for the Blind (CIB))

Resource centre run by Cardiff, Vales & Valleys. It contains the latest aids, gadgets and information for vi people, and all the equipment is sold at concessionary prices. Staff and volunteers are always on hand to advise and assist, but you are also welcome just to browse around. Transport can be arranged if required.

Web: <http://www.cardiffinstitutefortheblind.org/home/>

Tel: 029 2048 5414

Transcall (Provider: Cardiff Institute for the Blind (CIB))

A door-to-door volunteer transport service organised by CVV. It can be used for social activities, hospital appointments and meetings, but not for work purposes. Two working day's notice is requested.

Web: <http://www.cardiffinstitutefortheblind.org/how-we-can-help/transcall/>

Tel: 029 2048 5414

Befriending service (Provider: Cardiff Institute for the Blind (CIB))

An individually planned befriending service whereby volunteers use their sight in a practical way to help the visually impaired person. It can be used for companionship, reading, writing of letters, escorting etc, but not for domestic work, decorating or gardening.

Web: <http://www.cardiffinstitutefortheblind.org/how-we-can-help/befriending-service/>

Tel: 029 2048 5414.

Computer training (Provider: Cardiff Institute for the Blind (CIB))

Fully trained volunteers provide training in basic computer skills, touch typing, use of email and the internet, on a one-to-one basis.

Web: <http://www.cardiffinstitutefortheblind.org/how-we-can-help/computer-training-centre/>

Tel: 029 2048 5414

Cardiff (Heath) Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at National Hospital of Wales, Cardiff. Provides emotional support, often at a time of great need. They also signpost patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Direct payments support service (Provider: Diverse Cymru)

Diverse Cymru provide a comprehensive Direct Payments service in Cardiff. The service helps you to manage your payments and offers support with your needs and responsibilities as an employer.

Web: <http://www.diversesecymru.org.uk/direct-payments/diverse-cymrus-direct-payments-service/>

Tel: 029 2036 8888

Thursday Luncheon Club (Provider: Cardiff Institute for the Blind (CIB))

A mature group of around 40 visually impaired people. Members are brought in by V.E.S.T community transport including those in residential care. The group enjoys morning coffee or tea, lunch, bingo, raffles and quizzes and are well supported by an enthusiastic group of volunteers.

Web: <http://www.cardiffinstitutefortheblind.org/clubs-and-groups/thursday-luncheon-club/>

Tel: 029 2048 5414.

Carmarthenshire

Amman Valley Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Amman Valley Hospital. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has

developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Carmarthen (Glangwili) Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Glangwili hospital. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Llanelli (Prince Philip Hospital) Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Prince Philip Hospital, Llanelli. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Social events (Provider: Llanelli Blind Society)

The Llanelli Blind Club provides social events throughout the year: concerts and teas, along with three outings per year for upwards of 180 members and Christmas dinner at a local hotel.

Web: <http://www.llanelliblindsociety.org.uk/>

Tel: 01554 784 958

Computer training (Provider: Llanelli Blind Society)

Computer training facilities are provided by Llanelli Blind Society in partnership with the Social Services for the Blind, training provided in-house by Bob Scott, on Monday and Thursdays.

Web: <http://www.llanelliblindsociety.org.uk/services.asp>

Tel: 01554 784 958

Ceredigion

Bronglais Eye Clinic Liaison Officer (ECLO) (Provider: Sight Cymru)
ECLO based at Bronglais hospital (North Road). Provides emotional support, information, assistance and signposts on to many different services to help at this difficult time. The ECLO can bridge the gap between health and social care for people with sight loss.

Web: www.sightcymru.org.uk

Conwy

Friendly Club for the Blind - Penrhyn Bay (Provider: North Wales Society for the Blind)

Club meeting every 2nd and 4th Monday.

Tel: 01248 353604

VI Club Conwy (Provider: Vision Support)

Meets Mondays from 11 am to 2 pm at Blind Veterans, Craig y Don

Tel: 07780232426

Macular Disease Support Group Conwy (Provider: Vision Support)

Meets on the first Monday of the month from 10.30 to 12.00 at Craig y Don Community Centre.

Tel: 01248 680135

TORCH Group - Conwy (Provider: Vision Support)

Group meeting on the third Sunday of the month for service and social event at the Belmont Hotel, Llandudno.

Tel: 01492 540274

RNIB Champions Conwy (Provider: Vision Support)

Meets on last Thursday of the month from 10.30 am to 1 pm at Canolfan Marl Llandudno Junction.

Tel: 01745 832346

Friendly Club for the Blind - Conwy (Provider: North Wales Society for the Blind)

Club meets fortnightly on Mondays from 11 am to 2 pm at St David's Church, Penrhyn Bay.

Tel: 01248 353604

Macular Support Group Abergele (Provider: Vision Support)
Meets on 3rd Monday in the month at Abergele hospital.

Deafblind Cymru - Conwy Group (Provider: Vision Support)
Meets on the last Friday of the month from 11 am to 1 pm at the
Ambassador Hotel, Llandudno.
Tel: 07920 802676

Denbighshire

Rhyl Resource Centre (Provider: Vision Support)

The fully trained staff and volunteers at Vision Support's Rhyl Resource Centre demonstrate and sell specialist equipment to help with daily living. The Resource Centre has a range of information on Vision Support's services and other relevant services available locally and nationally.

Web: [http://www.visionsupport.org.uk/index.php?](http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=100&Itemid=54)

[option=com_content&view=article&id=100&Itemid=54](http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=100&Itemid=54)

Tel: 01745 338914

Rhyl Visionaires (Provider: Vision Support)

This club meets on the last Wednesday of each month between 11-12.30 at Vision Support in Morfa Hall, Rhyl.

Tel: 01745 338914

Rhyl Crafters (Provider: Vision Support)

This club meets on the third Wednesday each month between 11 and 12.30 at Morfa Hall, Rhyl.

Tel: 01745 338914

Rhyl Walking Group (Provider: Vision Support)

Walking club that meets on the second Wednesday of each month at 11am at Vision Support, Morfa Hall, Rhyl.

Tel: 01745 338914

Deafblind Cymru - Rhyl (Provider: Deafblind Cymru)

Support group for deafblind people. Meets on the third Tuesday in the month between 2 and 4pm at Hafan Deg, Grange Road, Rhyl.

Tel: 07920 802676

Prestatyn Visionaires (Provider: Vision Support)

This club meets on the first and third Tuesdays in the month between 10am and 12 noon at the Scala Cinema, Prestatyn.

Tel: 01745 338914

Visionaires Ten Pin Bowling (Provider: Vision Support)

Ten pin bowling club for over-18s meeting at Ffrith Astrobowl, Prestatyn. Contact below for dates.

Tel: 01745 338914

Braille and Computer Training - Rhyl (Provider: Vision Support)

Learn to Braille and use computers - every Monday at Vision Support, Morfa Hall, Rhyl.

Tel: 01745 338914

Flintshire

Mold Visionaires (Provider: Vision Support)

This club meets on the third Wednesday every month between 2-4pm at Llys Jasmine, Mold.

Tel: 01352 751921

Eye 2 Eye Club (Provider: Vision Support)

This club meets every Wednesday between 10am and 2.30pm at St. Andrews Church Hall, Garden City.

Tel: 01244 810567

Drop in coffee morning - Mold (Provider: Vision Support)

This club meets every Tuesday at 10.30am at Ebenezer Church, Glan Fron Rd., Mold.

Tel: 01352 754341

Gwynedd

Ysbyty Gwynedd Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Ysbyty Gwynedd, Bangor. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Tel: 07884 267195

Independent living support (Provider: Cil de Gwynedd)

Provides support to encourage independent living for disabled people. Independent Support Officers provide support throughout the process, including recruitment, management, training and payroll setup. The Support Officers at CIL provide an ongoing support service once everything is set up.

Web: <http://www.cildegwynedd.co.uk/ilf.html>

Tel: 01766 514 249

County Steering Groups (Provider: North Wales Society for the Blind)
Gwynedd County Steering Groups in Bangor, Caernarfon, Porthmadog,
Pwllheli, Dolgellau.

Tel: 01248 353604

Macular Group - Bangor (Provider: Macular Society)

Support group for people with macular disease. Meets on the 3rd
Wednesday of every month at Ty'r Crynwyr, Bangor.

Tel: 01407 742865

Macular Group - Blaenau Ffestiniog (Provider: North Wales Society for
the Blind)

Support group for people with macular disease meets on 1st Thursday of
every month.

Tel: 01248 353604

Macular Group - Pwllheli (Provider: North Wales Society for the Blind)

Support group for people with macular disease meets 2nd Friday of every
month.

Tel: 01248 353604

Porthmadog Blind Club (Provider: North Wales Society for the Blind)

Club meeting on 3rd Thursday of every month at Canolfan Porthmadog.

Tel: 01248 353604

Merthyr Tydfil

Merthyr (Prince Charles) Eye Clinic Liaison Officer (ECLO) (Provider:
RNIB Cymru)

ECLO based at Prince Charles Hospital, Merthyr. Provides emotional
support, often at a time of great need. Also signposts patients on to the
many different services to help maintain their independence. The role of
ECLO has developed over the past fourteen years in the UK, and helps to
bridge the gap between health and social care services for blind and
partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Monmouthshire

Abergavenny Nevill Hall Eye Clinic Liaison Officer (ECLO) (Provider: Sight Cymru)

ECLO based at Nevill Hall hospital. Provides emotional support, information, assistance and signposts on to many different services to help at this difficult time. The ECLO can bridge the gap between health and social care for people with sight loss.

Web: www.sightcymru.org.uk

Monmouth VI Club (Provider: Monmouth VI Club)

A friendly social environment for members to share experiences and help each other cope with the effect of sight problems, with a swap-shop for talking books and vision aids and visiting speakers. Transport to and from meetings and outings can be provided.

Web: http://www.wcb-ccd.org.uk/societies/monmouth_vi_club.php

Tel: 01600 716128

Neath Port Talbot

Neath Port Talbot Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Neath Port Talbot hospital. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Self-directed support (Provider: The Shaw Trust)

The Trust will help you to manage your direct payment/personal budget and to use this money to organise personal support. They will help you find, employ and manage your personal assistants.

Web: <http://www.mypersonalbudget.org.uk/self-directed-support/regions-we-support/bridgend,-neath-port-talbot-and-swansea/>

Tel: 01792 325 321/303

Newport

Newport (Royal Gwent) Eye Clinic Liaison Officer (ECLO) (Provider: Sight Cymru)

ECLO based at Royal Gwent Hospital, Newport. Provides emotional support, information, assistance and signposts on to many different services to help at this difficult time. The ECLO can bridge the gap between health and social care for people with sight loss.

Web: www.sightcymru.org.uk

Pembrokeshire

Haverfordwest (Withybush) Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Withybush Hospital, Haverfordwest. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Braille classes (Provider: Pembrokeshire Blind Society)

Braille classes are held twice a month at Haverfordia House, Winch Lane, Haverfordwest.

Web: <http://pembrokeshireblindsociety.org.uk/category/vip-groups/braille-classes/>

Tel: 01437 776 077

Powys

VI Club (Provider: Welshpool and District Visual Impairment Club)

Social and entertainment group for persons who are vision impaired and carers. Outings and speakers, general chat and company. Meetings take place at the Catholic Church on 2 Raven Street, SY21 7LR between 2pm and 4 pm on alternate weeks on Tuesday. Raffle event every meeting towards cost of refreshments and use of hall.

Tel: 0300 3030 111

Bell Bank Club for Visually Impaired (Provider: Bell Bank Club)

The club meet at the Hay on Wye Community Centre every Thursday. They produce a cassette audio tape which can information supplied or submitted by any individual. Opening times Thursdays 2pm -4pm.

Rhondda Cynon Taff

Llantrisant (Royal Glamorgan) Eye Clinic Liaison Officer

(ECLO) (Provider: RNIB Cymru)

ECLO based at Royal Glamorgan Hospital. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Ysbyty Cwm Rhondda Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Ysbyty Cwm Rhondda. Provides emotional support, often at a time of great need. Also signposts patients on to the many different

services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Direct Payments Support (Provider: Dewis Centre for Independent Living)

When a Social Services department offers a Direct Payment to one of their clients they advise that person to seek support and information from an organisation with whom they have contracted to give this support. Dewis does this for the authorities indicated.

Web: <http://www.dewiscil.org.uk/direct-payments/direct-payments-support>

Tel: 01443 827930

Swansea

Swansea (Singleton) Eye Clinic Liaison Officer (ECLO) (Provider: RNIB Cymru)

ECLO based at Singleton Hospital, Swansea. Provides emotional support, often at a time of great need. Also signposts patients on to the many different services to help maintain their independence. The role of ECLO has developed over the past fourteen years in the UK, and helps to bridge the gap between health and social care services for blind and partially sighted people.

Web: http://www.rnib.org.uk/aboutus/contactdetails/cymru/Pages/eclos_in_wales.aspx

Tel: 01792 200390

EYE CAN (Provider: RNIB Cymru)

Eye Can aims to provide social groups and activities for young visually impaired people, and to give them specialist support in a wide variety of areas including sight loss, health, education and training. The project is also providing workshops to local schools and colleges so that they are able to promote the service to their visually impaired students.

Tel: 01792 776360

Gorseinon VIP Group (Provider: RNIB Cymru)

Group which meets at Gorseinon Institute from 10 am to 12 noon on the first Wednesday of the month.

Tel: 01792 776360

Swansea Centre VIP Group (Provider: RNIB Cymru)

Group which meets at the Unitarian Church in Swansea High Street from 10 am to 12 noon on the second Monday of each month.

Tel: 01792 776 360

Mumbles VIP Group (Provider: RNIB Cymru)

Group which meets at the Red Cafe, 646 Mumbles Road, Swansea from 10 am to 12 noon on the second Wednesday of each month.

Tel: 01792 776360

Clydach VIP Group (Provider: RNIB Cymru)

Group which meets at the Clydach Community Hall, Vardre Road from 1 pm to 3 pm on the second Monday of each month.

Tel: 01792 776 360

Swansea Macular Support Group (Provider: RNIB Cymru)

Club for people with macular degeneration in Swansea. Meets at the Grand Theatre from 11.30 am to 12.30 pm on the first Saturday of alternate months.

Tel: 01792 401450

Swansea Glaucoma Support Group (Provider: RNIB Cymru)

Meets at Singleton Hospital, Swansea. The group is coordinated by the ECLO and ABM Glaucoma Nurse Practitioner.

Tel: 01792 200390

Swansea Theatre Group (Provider: RNIB Cymru)

Theatre trips organised by RNIB's Swansea office.

Tel: 01792 776360

Swansea Green Bowls Group (Provider: RNIB Cymru)

Group which meets weekly at the indoor bowls stadium at Landore, Swansea.

Tel: 01792 776360

Swansea Arts & Crafts group (Provider: RNIB Cymru)

Club organised by RNIB Cymru. It meets on the last Wednesday of the month from 1 pm to 3 pm at 3 De la Beche Street, Swansea.

Tel: 01792 776 360

Swansea Guide Dog Group (Provider: RNIB Cymru)

Group where guide dog owners in Swansea can get together to learn from

each other's experiences. Meets at the Greenhill Community Centre on the last Wednesday of the month from 10 am to 12 pm.

Tel: 01792 776 360

Swansea Poetry Group (Provider: RNIB Cymru)

Poetry group for people in Swansea organised by RNIB Cymru. Meets on the last Monday of the month at 3 De la Beche Street, Swansea, from 10 am to 12 pm.

Tel: 01792 776 360

Swansea reading group (Provider: RNIB Cymru)

A group organised by RNIB Cymru to discuss services related to audio books, and to discuss one particular book in each session. Meets at Swansea Central Library on the third Wednesday of the month from 11 am to 12 pm.

Tel: 01792 776 360

Swansea Friends of the Blind - trips and outings (Provider: Swansea & District Friends of the Blind)

The organisation arranges outings for people who are registered blind in Swansea.

Tel: 01792 655 424

Grants from Swansea & District Friends of the Blind (Provider: Swansea & District Friends of the Blind)

Provide some grants to blind people living in the Swansea area.

Tel: 01792 655424

Torfaen

Welfare benefits (Supporting people) (Provider: Sight Cymru)

Welfare rights assistance to visually impaired people in the area. Will carry out the interview at the individual's home.

Web: <http://www.sightsupport.org.uk/support-services.html>

Tel: 01495 763650

Rehabilitation workers (Provider: Sight Cymru)

Rehabilitation officers can give people with sight problems the skills and confidence that they need to stay independent, including help getting about, communication, lighting, using magnifiers and special equipment in the home.

Web: <http://www.sightsupport.org.uk/support-services.html>

Tel: 01495 763650

Torfaen Direct Payments User Group (Provider: GAVO (Gwent Assoc. of Voluntary Organisations))

Torfaen has an active Direct Payments User Group which meet every 8 weeks at Canalside, Five Locks Road, Pontnewydd. If you are receiving Direct Payments, about to receive them or want to know more about them then why not come along to the next meeting. The Group discuss issues about Direct Payments, you get the chance to meet other service users and find out more about Direct Payments.

Web: <http://www.gavowales.org.uk/torfaen-direct-payments-user-group>

Tel: 01633 241550

Young Persons Club (Provider: Sight Cymru)

This is an activity club for children who have a vision impairment and their siblings, age four to sixteen years. The club meets every fortnight on a Saturday to try out new activities, have fun and create friendships.

Members of the club take part in a range of activities, including a Chocolate Making Workshop, Swimming, Arts and Crafts, Dry Slope Skiing and lots of other activities. Parents are able to network, get information and advice whilst the children enjoy themselves.

Web: <http://www.sightcymru.org.uk/>

Tel: 01495 763650

Welfare benefits (Provider: Sight Cymru)

Welfare rights assistance to vision impaired people in several regions. Assessments are done at someone's home or office, and the service is to help complete forms, find supporting evidence and assistance to take to tribunal if necessary.

Web: www.sightcymru.org.uk/support-services.html

Sight Cymru Resource Centre (Provider: Sight Cymru)

A comprehensive resource centre with aids for everyday living. Includes mobile phones, talking clocks and watches, large print diaries, calendars etc.

Web: www.sightcymru.org.uk

Tel: 01495 763650

Sight Cymru VI Awareness Training (Provider: Sight Cymru)

Qualified staff to provide awareness training to volunteers, carers, nursing staff, GPs, businesses etc. A course that shows you how to understand the

perspective of a vision impaired person and how to approach, guide and leave a vision impaired person.

Web: www.sightcymru.org.uk

Counselling and Emotional Support (Provider: Sight Cymru)

Provides confidential support and information to people who, because of sight loss, are experiencing emotional difficulties. The service is available face-to-face in the clients own home or by telephone.

Web: www.sightcymru.org.uk

Computer, IT and Technology Training (Provider: Sight Cymru)

Keep up to date and learn how to use computers, IT and other assistive technology.

Web: www.sightcymru.org.uk

Sight Cymru Information Service (Provider: Sight Cymru)

Information on the latest treatments, technology and services in your area.

Web: www.sightcymru.org.uk

Vale of Glamorgan

Barry Blind Club (Provider: Cardiff Institute for the Blind (CIB))

Held every TUESDAY from 2.00pm – 4.00pm at Hen Goleg Social Services, College Fields Close, Barry. Run by visually impaired for visually impaired with the help of volunteers from the Vale. Members can get involved in various social activities including bingo, days out and regular guest speakers. Speakers vary from welfare rights groups, local history experts and local musicians.

Web: <http://www.cardiffinstitutefortheblind.org/clubs-and-groups/barry-blind-club/>

Tel: 029 2048 5414

Cowbridge Insight Club (Provider: Cardiff Institute for the Blind (CIB))

The Club's purpose is to help people through the trauma of sight loss by means of mutual support, & by encouraging them to retain or re-gain confidence and independence. Meetings provide each individual with the opportunity to talk with others who have faced a similar situation. The club is run BY visually impaired FOR visually impaired people. It also has a social element. The members decide their own programme of activities, including outings, guest speakers & demonstrations.

Web: <http://www.cardiffinstitutefortheblind.org/clubs-and-groups/cowbridge-insight/>
Tel: 02920 485414.

Penarth Blind Club (Provider: Cardiff Institute for the Blind (CIB))
The club meets every Monday from 2.00pm – 4.00pm at St Joseph R.C. Church Hall for quizzes, bingo, and to listen to a variety of entertaining speakers and occasional poetry readings. The group also enjoys various social activities including days out in the summer.

Web: <http://www.cardiffinstitutefortheblind.org/clubs-and-groups/penarth-blind-club/>

Tel: 029 2048 5414

Wrexham

Allotment/Gardening Club (Provider: Vision Support)
A gardening club based at an allotment in Prices Lane, Wrexham.
Tel: 01978 318813

Wrexham Visionaries (Provider: Vision Support)
This club meets on the first Monday each month between 11am and 1pm at Vision Support, Room 33, AVOW, 21 Egerton Street, Wrexham.
Tel: 01978 318813

Braille and Computer Training - Wrexham (Provider: Vision Support)
Learn Braille and computer skills every Tuesday at Vision Support, Room 33, AVOW, 21 Egerton Street, Wrexham.
Tel: 01978 318813

Macular Society (Provider: Macular Society)
Support group for people with macular disease. Meets on the third Thursday of the month, between 1.30-3.30pm at AVOW, 21 Egerton Street, Wrexham.
Tel: 01978 840943

Crown Green Bowling - Wrexham (Provider: Vision Support)
Bowling club that meets every Wednesday at 10.15 at the Bowling Green, Bradley Park Cricket Club, Wrexham.

View Craft/Art Group (Provider: Vision Support)
This arts and crafts club meets every Tuesday from 10am - 12 noon at Wrexham Library, Rhosddu Road, Wrexham.

Tel: 01978 358738

VIEW Lunch Club (Provider: Visually Impaired Endeavours in Wrexham (VIEW))

The club meets on the first Tuesday of the month at the Rendezvous restaurant in Coleg Cambria, Wrexham, from 12.00 to 2 pm.

Tel: 01978 358738

VIEW Social Club (Provider: Visually Impaired Endeavours in Wrexham (VIEW))

This social club meets on the first Thursday of each month from 2-4pm at AVOW, 21 Egerton Street, Wrexham.

Tel: 01978 358738

All Wales

Contact a Family support groups in Wales (Provider: Contact a Family)

Groups provide parents of disabled children with essential practical and emotional support. Workshops and other events are organised.

Web: <http://www.cafamily.org.uk/advice-and-support/in-your-area/offices/cardiff/?s=&t=rg&r=4312>

Tel: 02920 396624

Outside Wales

IT training (Provider: Vision Support)

Vision Support have a dedicated team of qualified IT Trainers based in a number of locations, with extensive experience of teaching all aspects of using a computer, including learning to email, accessing the internet and on-line shopping. Teaching is done in small friendly groups of people with similar interests.

Web: http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=105&Itemid=112

Tel: 01244 381515

Citizens Advice Cymru (Provider: Citizens Advice)

Citizens Advice Bureaux offer free, confidential, impartial and independent advice on welfare benefits, financial, consumer and relationship issues either over the phone.

Web: <http://www.citizensadvice.org.uk/>

Tel: 08444 77 2020 (Wales helpline)

Welfare & Grants Team (Provider: Blind Veterans UK)

The team give advice on welfare benefits.

Web: <http://www.blindveterans.org.uk/how-we-help/how-we-support-blind-veterans/welfare/>

Tel: 0800 389 7979

Benefits & tax credits service (Provider: Contact a Family)

Provide information and advice on benefits to the families of disabled children.

Web: <http://www.cafamily.org.uk/know-your-rights/benefits-and-tax-credits/>

Tel: 0808 808 3555 (helpline)

Welfare rights advice (Provider: Citizens Advice)

The Citizens Advice service helps people ensure they receive appropriate benefits by providing free, independent & confidential advice. Advice can be given at local offices, outreach sites & over the phone. Home visits are available in some areas.

Web: <http://www.citizensadvice.org.uk/>

Tel: 08444 77 20 20 (Wales helpline)

Let's Talk (Provider: Vision Support)

Service Users receive a regular (usually weekly) telephone call from a Vision Support 'Let's Talk' volunteer. As well as putting them in contact with any other Vision Support services that they may enquire about, they have a general chat.

Web: [http://www.visionsupport.org.uk/index.php?](http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=99&Itemid=107)

[option=com_content&view=article&id=99&Itemid=107](http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=99&Itemid=107)

Tel: 01270 873691

Independent living advice (Provider: Vision Support)

Vision Support's qualified rehabilitation officers focus on maintaining independence and promoting equality for anyone living with sight loss. They also have a team of Rehabilitation Assistants who demonstrate specialist equipment and support service users in their own homes.

Web: [http://www.visionsupport.org.uk/index.php?](http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=102&Itemid=109)

[option=com_content&view=article&id=102&Itemid=109](http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=102&Itemid=109)

Braille training (Provider: Vision Support)

Vision Support provide training in Braille on a one-to-one basis, tailored to the needs of the individual. It will be arranged at a time to fit in with the student's needs and advice on purchasing a braille machine is also given if required.

Web: http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=188&Itemid=169
Tel: 01244 381515

Halton Resource Centre (Provider: Vision Support)

The fully trained staff and volunteers at Vision Support's Halton Resource Centre demonstrate and sell specialist equipment to help with daily living. The Resource Centre has a range of information on Vision Support's services and other relevant services available locally and nationally.

Web: http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=100&Itemid=54
Tel: 01928 582946

Vision Support Mobile Resource Centres (Provider: Vision Support)

Vision Support have two Mobile Information Units that visit local communities making it easier for those unable to get to a resource centre to access information, services and equipment. Monthly schedules for the two units are published on the website.

Web: http://www.visionsupport.org.uk/index.php?option=com_content&view=article&id=100&Itemid=54
Tel: 01745 338914

Macular Society helpline (Provider: Macular Society)

Being diagnosed with macular disease can leave you and your family feeling isolated and uncertain about the future. But, there is no need to face macular disease alone; the Macular Society specialist helpline team provide free information, guidance and advice to anyone affected by central vision loss whether it's you, a friend or a family member.

Web: <http://www.macularsociety.org/how-we-help/Helpline>
Tel: 0300 3030 111

Befriending (Provider: Macular Society)

The Macular Society's befrienders make regular calls and enjoy chatting. You choose what you want to talk about – it could be about macular disease, your favourite hobbies or TV programmes, or just the weather! Particularly suitable for people unable to join a support group. The Society aims to find you a befriender who is local and shares your interests, experiences or type of macular disease.

Web: <http://www.macularsociety.org/how-we-help/Befriending-service>
Tel: 0300 3030 111

Macular Society on-line community (Provider: Macular Society)

On-line forum where people with macular disease can keep in touch, get peer-support and find out more about the condition, treatment etc.

Web: <http://www.macularsociety.org/how-we-help/Online-community>

Macular Society buddies (Provider: Macular Society)

The Macular Society can put you in touch with a Treatment Buddy who has already had treatment, for information and reassurance. If you are experiencing visual hallucinations (Charles Bonnet Syndrome) due to sight loss there is a buddy service where you can talk to someone who has also experienced visual hallucinations for information and reassurance.

Web: <http://www.macularsociety.org/how-we-help/Buddies>

Tel: 0300 3030 111

RNIB Helpline (Provider: RNIB)

The helpline can assist you with information on any aspect of RNIB's many services, including information on eye conditions, employment, education, products and services which can help vi people, library services and the RNIB shop.

Web: <http://www.rnib.org.uk/aboutus/contactdetails/Pages/helpline.aspx>

Tel: 0303 123 9999

Deafblind UK Information and advice line (Provider: Deafblind UK)

Our free Information & Advice Line offers support & guidance to deafblind people, their carers, family and friends, as well as professionals working with people who have a loss of both hearing and sight. It also provides a service to Deafblind UK's members, who each receive a phonecall three times a year for a general chat and to remind them of the support available through the service. The Information & Advice Line can also connect you to the relevant team or staff member at Deafblind UK.

Web: <http://deafblind.org.uk/what-we-do/information-and-advice/>

Tel: 0800 132 323

Alstrom syndrome support group (Provider: Alstrom Syndrome UK)

Provides support for those affected by Alström Syndrome, their carers and professionals working with them. This includes a forum, help with gaining access to medical assessments with doctors who have expertise in Alström Syndrome, quarterly medical screening clinics and a newsletter.

Web: <http://www.alstrom.org.uk/about>

Tel: see individual numbers on site

Benefits advice (Provider: Alstrom Syndrome UK)

The organisation offers help and advice with educational, social and benefit problems to people affected by Alstrom syndrome.

Web: <http://www.alstrom.org.uk/about>

Tel: see individual no.s on website

Windermere Manor Hotel (Provider: Vision Hotels)

Hotel in Cumbria specialising in the needs of guests with sight problems.

Web: <http://www.visionhotels.co.uk/windermere-manor-hotel/>

Tel: 01539 445801

Cliffden Hotel (Provider: Vision Hotels)

Hotel in Teignmouth, Devon, specialising in facilities for visually impaired guests.

Web: <http://www.visionhotels.co.uk/cliffden-hotel/>

Tel: 01626 770052.

Lauriston Hotel (Provider: Vision Hotels)

Hotel in Weston-super-Mare specialising in the needs of guests with sight problems.

Web: <http://www.visionhotels.co.uk/welcome-to-the-lauriston-hotel/>

Tel: 01934 620758

Russell Hotel (Provider: Vision Hotels)

Hotel in Bognor Regis specialising in the needs of visually impaired guests.

Hotel is closing 31 March 2014.

Web: <http://www.visionhotels.co.uk/russell-hotel/>

Tel: 01243 871300

Blind in Business employment support (Provider: Blind in Business)

Blind in Business provide a range of services aimed at providing visually impaired graduates into employment. These include assistance with applications, practice interview sessions, advice on job hunting and help with networking.

Web: <http://www.blindinbusiness.co.uk/>

Tel: 020 7588 1885

Calvert Trust Exmoor (Provider: Calvert Trust)

The Calvert Trust has an accessible centre in Exmoor where disabled people can enjoy outdoor activities.

Web: <http://www.calvert-trust.org.uk/exmoor/exmoor>

Tel: 01598 763221

Calvert Trust Kielder (Provider: Calvert Trust)

The Calvert Trust runs an accessible centre in Kielder where disabled people can try out new experiences with family and friends. Various types of breaks are available, from day or half day trips to self catering and respite breaks.

Web: <http://www.calvert-trust.org.uk/kielder/kielder>

Tel: 01434 250232

Calvert Trust Lake District (Provider: Calvert Trust)

An accessible, residential, outdoor activity centre for disabled people. A wide range of activities and breaks are available for people of all ages.

Web: <http://www.calvert-trust.org.uk/lake-district/introduction>

Tel: 017687 72255

Further education courses (Provider: Royal National College for the Blind (RNC))

RNC offers a wide range of further education courses for visually impaired students at its site in Hereford. Subjects include braille and independent living skills in addition to various BTec, GCSE, A and AS level courses.

Web: <http://www.rncb.ac.uk/>

Tel: 01432 376621

RNC Work Ready Programme (Provider: Royal National College for the Blind (RNC))

The Work Ready programme provides tailored, flexible, industry-based training to increase your employment prospects. RNC's specialist expertise and personalised approach allows them to provide the training that is right for you. Programmes last from 6 to 26 weeks and are delivered and supported by industry professionals in real working environments with employment outcomes. The length of your programme will vary according to your needs and the employment pathway you select.

Web: <http://www.rncb.ac.uk/workready>

Tel: 01432 376621

For more information about the Perspectif database, please email richard@wcb-ccd.org.uk or phone 02920 473954