

11. VISUAL IMPAIRMENT

Prefix any telephone number with 18001 for typetalk.

4Sight (West Sussex Association for the Blind)

Provides support and information to people in West Sussex with a visual impairment. 4SIGHT aims to enable people affected by sight loss to be as independent as possible by providing services to its members which include regular newsletters, access to over 50 social and activity clubs, counselling, Low Vision Assessments, Audio library, Safe in the Kitchen service, Volunteer Home Visitors, Equipment loan and purchase and a Large Print puzzle service which includes crosswords and sudoku. 4SIGHT has Listening and Information services at St Richards and Worthing Hospitals, and resource centres at Bognor Regis, Crawley and Shoreham-by-Sea, from which its Contact Officers provide an outreach service working within peoples homes. 4SIGHT is an agent for British Wireless for the Blind Fund.

Contact: 4SIGHT (West Sussex Association for the Blind), 4SIGHT Bradbury Centre, 36 Victoria Drive, Bognor Regis, West Sussex, PO21 2TE Tel: 01243 828555 (Mon-Fri 9am-5pm)

Fax: 01243 838003 Email: enquiries@4sightsussex.co.uk

Website: www.4sightsussex.co.uk

Bognor Beavers Club

(Bognor Blind and Partially Sighted Club)

A club for blind/partially sighted people in the Bognor Area, to meet and enjoy each other's company. Holds social afternoons - occasionally with guest speakers and arranges outings for the blind and partially sighted. The club meets every Monday (except Bank Holidays and August) 1.30pm-4pm at St Mary's Church Hall, Felpham, West Sussex. Local transport provided.

Tel: 01243 823816

BT

Publishes a free guide to telephone products and services for elderly and disabled people, available in large print, Braille or on audio cassette. A free Directory Enquiry Service is available for blind and disabled customers on 0800 5870195. A large range of equipment is available for people with disabilities, including loud bell units and inductive couplers. Tel: 0800 800 150 Text: 18001 0800 800 150

Website: www.btplc.com/age_disability

Chichester Area Talking News

A fortnightly programme of local news items and happenings is recorded on to cassette tapes for blind and partially-sighted people. The stories are taken from the 'Observer' group of newspapers and cover the Chichester, Bognor Regis, Midhurst and Petworth areas. There is no charge for this service (postage is also free) which keeps the visually-impaired informed of what is going on, enables them to take a more active interest in the community and helps to restore their independence. Contact: The Hon. Secretary, Chichester Area Talking News, St Richards Hospital, Spitalfield Lane, Chichester, West Sussex, PO19 6SE. Tel: 01243 775050



DeafBlind UK

Enables people with a dual sensory impairment to live full and active lives. Offers information and advice on dual sensory loss, 24 hour helpline and counselling, amongst other services.

Tel: 0800 132320 Minicom: 01733 358100

Website: www.deafblind.org.uk

Focus Group for the Visually Impaired

Offers advice and assistance for those with a visual impairment in the Midhurst and Petworth areas. Holds meetings at The Grange fortnightly at 3pm with speakers and the opportunity for tea and a chat. Assistance can be given with transport to and from the Centre. Also organises occasional outings.

Tel: 01730 815594

Look Sussex

A charity for families with visually impaired children aged 0-25 years. Offers support, information and activities. Tel: 01273 832267

Website: www.looksussex.co.uk Email: wendy@looksussex.co.uk

RNIB – Royal National Institute for the Blind (Head Office)

The RNIB is the leading charity in the UK giving practical support and advice to anyone with a serious sight problem or sight loss. It publishes a journal called "NB" and provides information and a range of services including talking books, schools, colleges, rehabilitation, training and hotel guide. Also produces a vacation guide for children and young people. Helpline Tel: 0845 7669999 (9am-5pm Mon-Fri, close 4pm Wed) Website: www.rnib.org.uk Email: helpline@rnib.org.uk Prefix any telephone number with 18001 for typetalk.

SENSE (National Deaf Blind & Rubella Association)

National voluntary organisation supporting and campaigning for people who are deafblind, and their carers. Offers advice, help and information, supports families through a national network and local branches; runs holiday programme for deafblind children and adults; education, residential, respite and day services; communicator guides and one-to-one intervenor support; training and consultancy.

Tel: 0845 127 0060 Website: www.sense.org.uk

Social Services

The Rehabilitation Officer for visually impaired people can help with independent living skills, mobility and information about medical conditions and equipment.

Contact via Social Services Help Desk – phone numbers in *Chapter 1, Advice & Information*.

Torch Trust for the Blind

A Christian group which holds lively friendly meetings, with tea, for the visually impaired. The group also arranges for Christian books in Giant Print, Braille or on tape to be sent, if desired, to those who attend the meetings. Contact: Torch Trust for the Blind, Torch House, Torch Way, Northampton Road, Market Harborough, Leicestershire, LE16 9HL. Tel: 01858 438260 Fax: 01858 438275

Website: www.torchtrust.org Email: info@torchtrust.org

Chichester Torch Fellowship

Meets on the third Saturday of each month from 2.30-4.30pm at the Chichester Baptist Church, Sherborne Road, Chichester.

Tel: 01243 533747

Bognor Torch Fellowship

Meets on the first Saturday of each month at 2.30pm at Aldwick Free Church, Gossamer Lane, Bognor Regis. Tel: 01243 822824