



Herts Vision Loss



Charity Number 1047148
Company Number 3033089

"Supporting and empowering people in Hertfordshire with a visual impairment"



Sight News



Spring 2021 Issue 158



Happy Spring 2021 Everyone,
We're almost over the worst and we will be
out there with you very soon!

News from Chief
Executive
Officer
Joanna Carter



Hello from all the team at Herts Vision Loss and welcome to our Spring issue of Sight News. I hope that you are all keeping well amid the Covid-19 pandemic and can make sense of the situation and the government guidance. We seem to be emerging from the restrictions and as we do, our services will also be emerging!

You may remember in the last edition of Sight News that I talked hopefully about the potential to reunite? I am pleased to say that we are planning this reunion in June. We are so excited at the prospect of getting together again. Read on to find out more information.

Do not forget that the team at Herts Vision Loss are continuing through the pandemic, albeit in different ways. Do contact us if you need any assistance.

We have secured our contract with Hertfordshire Council to provide advice and information, home visiting and befriending and support in hospital settings.

This is not new to us; however, we will be taking on the CVI (Certificate of Visual impairment) registration process.

This is exciting for us as we will be able to meet many more people who may need or want our help. We are sure to see our numbers of service users rise in the coming months. With this in mind, we will be doing some recruitment. If you know anyone who would like to join our experienced team of Vision Loss Advisors, then do send them my way!

We have been successful in being awarded a grant of £3000 from NHS Charities together and the Herts Valley CCG. This money will be spent on supporting people who have been in hospital to re-adjust to their home life. This may be just meeting them when they get home, getting some emergency supplies in or rehabilitating them to their surroundings. Whatever it is we will try to help. Do spread the word and let us know if you or anyone you know could benefit from this.

As always, my utmost thanks and best wishes to you all.

Jo Carter (CEO)



News from our
Chairman Alex
Hickinbotham

Hello again. Time has flown in some ways despite the third lockdown we have all had to cope with. Yet in other ways time has dragged. As Spring arrives and we begin to move step by step out of lockdown it is great to see the spring flowers and wildlife appear, giving us a positive slant on our future.

A big thank you to our staff for continuing to assist HVL in providing many of our services in 'Covid format', although it has been felt more demanding to keep positive this time round. Also, the volunteers who have continued their input to our service users. Along with our service users who have continued to access our different provision. It will be great for you to feedback to our staff as to what worked well and how.

We are looking forward to a time, hopefully soon, when we can meet face to face as well as maintaining online and other methods of contact as appropriate. Let alone waiting for possible summer events.

Nevertheless, Covid regulations did not stop us arranging a Volunteers online session last December. While it would have been nice to have a usual Christmas combined event, it was as successful as our other online group sessions and one we will reconvene soon.

From April we are pleased to commence a new contract with Hertfordshire County Council, and work, with a wider scope, to support those visually impaired residents. We are working in closer collaboration with both the Sensory Services in Hertfordshire and with the Hertfordshire Hearing Advice Service. In addition, as the NHS restarts its routine services, we will restart our attendance at the various Eye Clinics so enabling us to reach a wider number of people who might value our support.

As you know, we have moved to the Weltech Centre in Welwyn Garden City. While this is a temporary move for now, we will be continuing to reassess the type and scope of the premises we require for the future. As the pandemic has shown everyone different options, our thoughts two years ago may differ now.

Enjoy your Summer



Hello Volunteers

So, we are slowly but surely coming out of the Lockdown period and we are increasing our services now, albeit still taking precautions. We have been working through how and when we will be starting with face-to-face visits ensuring the utmost safety for all involved. We have started by resuming our hospital services and our dedicated hospital volunteers have already started back at the clinics, thank you all. As the clinics re-start we now have new opportunities for volunteers to get involved. Can you help at the Low Vision Clinic at the QEII in Welwyn Garden City? The QE2 clinic resumes on Friday mornings, 10-12 from 16th April. Your role will be to give information and advice to patients who have attended the clinic and who may have been given the news that they are now sight impaired or severely sight impaired. There is no clinical knowledge required and you will be given training. These patients need some positive reinforcement and information to take forward whilst they come to terms with a potentially life changing condition.

You could share this role so you would not have to commit to every week. Please let me know if you are interested.

We are starting to reinstate our face-to-face home visiting services. We want to stress that we only want you to go back to seeing service users when both parties are happy. Our telephone volunteering service has been going well and I do encourage you to keep this going if you can.

Why is it great to be a volunteer? Did you know that volunteering helps you to stay healthy? Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

Have you been vaccinated yet? If you are aged 50 or over or are in the vulnerable category you should have been called for your vaccination. If you have not, then please call 119 to get your appointment. The general population programme for those in their 40's will start in mid-April and then in descending order through the 30's and then 18–29-year-olds, with all in these groups having received their first vaccine by 31st July.



If you have not yet had your vaccine because your group has not been called, you may be able to receive your vaccination now under the Health and Social Care category. Please do let me know if you want to pursue this and we can check your eligibility.

You will see that we have a few plans for the coming months, and we hope to hold a volunteer drop-in as soon as we can. In the meantime, we would love to see you at our Summer Reunion which is optimistically booked for 30th June, fingers crossed. I will send you an invitation nearer the time to remind you.

As always, if you have any concerns or thoughts that you want to share with us please get in touch with any member of the team and as always, our big thanks to you all.

Sue Firth
Volunteering@hertsvisionloss.org.uk

HVL Summer Reunion 30th June, 1.00-3.00pm

We are so thrilled to be able to invite you to our post pandemic reunion on Wednesday 30th June 2021 at St Francis Church, Church Road, WGC, 1.00pm-3.00pm.



We will be following all the Government advice in relation to this event. Assuming that the road map goes according to plan we intend to invite all of you to this event. The venue is right in the centre of Welwyn Garden City and very easy to get to. The facility is spacious and has lovely grounds. Ideal for this event. If you do want us to keep you informed about this and are interested in attending do drop us a note at office@hertsvisionloss.org.uk or call us on 01707 324680



Waterways Experience 5th July 2021, 11.00 – 3.00pm

Come and join us! We have done this trip twice before and it is very popular. HVL hires a large canal boat (maximum 40) from a boatyard on the Grand Union Canal, Hemel Hempstead and we cruise down the canal to Hunton Bridge where we pick up previously ordered fish and chips for lunch.



Everyone on board can get involved with working the boat (steering and operating locks). For those for whom steering and lock operation is either not appealing or not feasible, the novelty of the surroundings and close encounters with nature is very special. Passengers often surprise themselves by their achievements in rising to the challenge.

I look forward to receiving your bookings. Vanessa
Vanessa.macdonald@hertsvision1oss.org.uk or phone
07825 992950



Stevenage and North Herts Talking News – a free service to help you keep in touch.

Stevenage and North Herts Talking News is a registered charity which offers blind and visually impaired people a way to keep in touch with news and information from the local papers, as well as items of general interest, through audio recordings which are sent to them on a USB stick every week through the free Articles for the Blind postal service.

They currently have around 50 listeners, who mostly live in Stevenage, Hitchin, Letchworth, Baldock, Royston and the surrounding villages in north Hertfordshire and south-east Bedfordshire and they would love to hear from anyone who thinks they might benefit from the friendly service.

The weekly USB stick contains local news, letters and sport from the Comet and the Royston Crow, plus articles and information from other sources and audio recordings from a wide variety of national weekly and monthly magazines supplied under

license by the RNIB – giving about 45 minutes of local news and hours of magazine content. If you do not already have one, they will loan you an easy to use, rechargeable, small portable player to listen to the sticks.



Thanks to generous donations from private individuals, business sponsorship and grants, and the hard work of their volunteers, they can offer this service completely free.

To find out more, please do get in touch via email or phone. Contact Kate Thompson on 01462 621248 or email katethompson1834@gmail.com



8 places are available. To join, candidates must live in the UK and meet the criteria - have a vision impairment, use a screen reader, are a competent computer user and are actively seeking work. For more details contact training@vidatraining.co.uk

Home Instead, formally Home Instead Senior Care, are excited to introduce to you their new name and logo:



Over the course of this year, you will begin seeing the new **Home Instead** name and logo more and more in communications, signage and community outreach efforts. You will also notice that with their new name, they have updated their website

www.HomeInstead.co.uk

Home Instead has told us that they have the same values and same commitment, they write: Throughout the years, Home Instead has remained steadfastly committed to our mission: to enhance the lives of ageing adults and their families. This remains the same: we are deeply committed to providing our clients the same level of compassion, care and support needed to fulfil a joyful and quality life at home. Our transition to Home Instead and our new logo does not change that, in fact, it amplifies it.

The Home Instead name

Since we were founded in the UK 16 years ago, we have worked closely with community partners like you to expand the Home Instead UK network far and wide across the country. We have positively impacted the lives of millions of clients and families, and we have continually sought out new and innovative ways to support those who trust us with their care. By removing 'Senior Care' from our name, we are showing our commitment to helping individuals age well at home wherever they are on their ageing journey. That still, and always will, includes serving seniors, a privilege that is ingrained in what we do.

About our new logo

When Lori and Paul Hogan started Home Instead in the US in 1994, they set out to redefine what it meant to care for ageing adults. This was an experience that was very near and dear to them after fostering a warm and joyful environment at home for Paul's Grandma Manhart to thrive in until she was just three months shy of her 101st birthday.

After seeing first-hand how human connection contributed to Grandma Manhart's happiness, vitality and growth, Paul and Lori selected the tulip as the symbol for Home Instead: an icon that reflects optimism, hope, continued growth and friendship.

The circle surrounding the tulip in our new logo symbolizes a full life and the community of support that contributes to one's wellbeing and the continuation of growth and experiences to come.

At Home Instead Welwyn as specialists in dementia care and our community focus on dementia run a Dementia Friendly Community Café which was launched in 2017 and held every second Tuesday in Digswell. Since the launch, the café has been going from strength to strength in engaging our local community. Our aim is to reduce loneliness in providing a welcoming and friendly atmosphere to join us in fun activities and companionship specifically aimed at our isolated community, their families, carers and their loved ones.

With an ageing population, cases of dementia are increasing which means that more and more people in the local area will be affected by the condition at some point in their lives.

Our Dementia Friendly

Community Café is planning to reopen on Tuesday 8th June 2021, our doors open at 11.00am until 2.00pm, refreshments and a light lunch are available to purchase at a minimal cost to all our guests, see our Facebook page for any notices of change and upcoming events. 'Dementia Friendly Community Café Digswell'.

It is our hope that by educating the local community, we can enhance dementia awareness through positive social interaction as our mission is to create a dementia friendly community.



For further information please contact us on **01707 240 650** or visit our website

www.homeinstead.co.uk/welwyn



**BRITISH WIRELESS
FOR THE BLIND FUND**

KEEPING BLIND PEOPLE IN
TOUCH WITH THE WORLD

Sight Loss Charity Extends Campaign to Continue Specialist Support During COVID

British Wireless for the Blind Fund (BWBF), a Kent-based sight loss charity that provides free, especially adapted audio equipment to those living with sight loss, is proud to announce that its popular BWBFConnect service will continue throughout 2021.

The dedicated service was initially launched in April 2020, shortly after the UK entered its first COVID-19 lockdown. Designed to better connect vulnerable people to essential support networks, the scheme a free audio device, delivered direct to the door, to ensure critical information is communicated effectively, and that vulnerable people can access vital support.

To date, more than 2000 radios have been delivered under the BWBF initiative.

Having proven to be highly successful, and in great demand, BWBF hopes that the continuation of the scheme throughout 2021 will enable even more people with sight loss to stay connected, rebuild their confidence, and reduce feelings of isolation. BWBF is striving to provide another 2000 devices this year.

Simon Parsons, BWBF Regional Development Manager said, "BWBFConnect was so successful during 2020 that we are extending the project to support more people with sight loss across the coming year. While we have had some very positive news lately about the roadmap out of lockdown, what many do not realise is that life will not return to normal until much later for those with sight loss.

With the continuation of the scheme, we want to make sure that people living with sight loss do not become COVID's forgotten; we want to ensure that we are doing everything we can to provide mental stimulation, news, and entertainment during lonely times."

The radios play a significant role in delivering news and information, along with entertainment and, perhaps most importantly, a friendly voice and companionship at a time when

many people are separated from their friends and families. BWBF phone lines have remained open during the pandemic and will remain open with staff and volunteers carrying out many of their duties from home to continue providing necessary support for those with sight loss as the UK's lockdown continues.

To find out if someone you know is eligible for a free device under the BWBFConnect scheme, visit www.blind.org.uk or call 01622 754 757.

Sight News is changing!

At Herts Vision Loss we do not like to stay static! A change is as good as rest, don't they say? So, we have decided to try making a difference to our audio version. We are very grateful to St Albans talking news who have been doing our recent recordings and we are now going to work more closely with them by reading our own articles. This will mean that there will be several different voices throughout the editions which we hope will bring an interesting and more personal approach.

If you would like to be involved in the recordings, then do get in touch. The more, the merrier!

Jabadvisor

Love this!



We invited you to send in your reviews of various Covid centres. Our HVL volunteer Eric Hutton, recently went to the vaccination centre at Watford football club, here is his report.

“I needed to have my Covid jab, and someone told me the Watford FC was doing walk-in sessions for keyworkers, ideal I thought. So, after finishing my volunteer shopping for HVL clients, I put the postcode into my sat-nav, “What house number?” my sat-nav asked, does a football ground have a house number, I guessed at 1, bad guess... “You have arrived at your destination”, no football ground in site, a fork in the road and I take the wrong turning and get lost. Stop and reset my sat-nav this time spelling out my destination, success, I arrive. Now other Covid centres I have been to have a multitude of yellow signs pointing the way, here nothing. It must be very exclusive I think to myself; they do not want any old riffraff coming in off the street. I put 90min in the pay and display, still do not know where I go in, then down a side ally I see a lit-up glass fronted entrance.

Two big security guards at the door, “can we help you”, I feel a little intimidated, and mumble “I’ve come for a COVID-19 takeaway”, “sorry” they reply, “we only do sit-ins, do you have a reservation?” A lady behind says “they are only joking, please come in”. I get my temperature checked on a posh camera system, show my ID, and it is upstairs to fill in the paperwork. It always amuses me as a bloke, with the “Are you pregnant” question, and I guess for most of you ladies the answer will be “I hope not”. Now my eyesight is fortunately good, but even I could do with a magnifying glass to read the separate vaccine information/side effects sheet. Then onward to the waiting room, before I have a chance to sit down, I am ushered into to have my jab, then on to the “executive lounge” where they register my jab and book me in for a second visit. Unfortunately, the bar is not open, and they are not doing any food. But I do get offered a free tea or glass of water, and I wait my 15min overlooking the very impressive multi-coloured seated stadium before I head home. Would I come again, yes, most definitely, in 12 weeks!

Watford FC Covid vaccination centre

Getting to venue ★☆☆☆☆

Staff ★★★★★

Venue ★★★★★

Overall experience ★★★★★

Thoughts from one of our very valuable Volunteers, Verina



Last November I bought two musical Christmas cards, which when you open them play a Christmas carol sung by, I think the choir of Winchester Cathedral for about 20 seconds. One I gave to Jo, a service user I was introduced to in November 2017. When I was speaking to Jo on the phone, she told me she still has it on her kitchen table and often opens it and plays it. This sent me searching for musical birthday cards ... and Amazon have quite a few. For her birthday at the beginning of May I have ordered one with a photo of a thrush, and when you open the card it plays a recording of a thrush singing. I have also bought another of these cards for a friend in Reigate who is losing his sight through diabetes.

It may be, as I have found, that family and carers are not aware that such cards exist but mean a lot to people who receive them.

I also intend, when I have time, to write to Marks and Spencer. I gave Jo a box of chocolates at Christmas and as a 'label' bought a letter "J" from Marks, and when you pressed the switch at the back, the letter lights up. This was something Jo could then clearly see, and again she was delighted.

My husband died last August (from cancer, not Covid) and he still keeps me busy ... a far greater hoarder than I ever realised! There are letters, pay slips, bank statements etc all going back to 1961 when we married ... and all in their envelopes. The RNIB will do well from all the stamps I have saved!

There will be so many people to have lunch/coffee/tea/dinner with once we are allowed more contact with friends and family, I think I shall still be putting on more weight as I am in isolation!

With very best wishes,

Verina

The Therapy Space

Hello and welcome to 2021!



Spring is in the air and has brought with it a re-energised and refreshed optimism. Restrictions are gradually lifting and with the possibilities of socialising again looming, there is light at the end of the tunnel!

We have been giving a lot of thought to the impact lockdown has had on mental and physical health and what Herts Vision Loss can do to continue to inspire, assist and encourage your independence. We believe in helping and supporting you in becoming more autonomous and more empowered, so we will be creating a Mental Health Toolkit to boost your wellbeing!

That is a Mental Health Toolkit?

Toolkits are boxes or bags that contain a variety of devices, implements and gadgets to help repair and restore objects or perhaps help with work on projects. A Mental Health Toolkit works in a similar way.

It is an assortment of information, resources and strategies that you can accumulate and then tap into whenever you need a bit of help sustaining and maintaining your mental health while you seek and await professional help. Having a collection of tools and resources at your disposal means that you will become more adept at developing supportive mechanisms for your wellbeing. Tapping into these techniques will encourage self-awareness, boost self-esteem, confidence and perhaps help you take a bit more control over where your life is leading.

Each Sight News issue will focus on a topic and offer adaptable tips and resources but please remember these are not designed to put added stress, strain or pressure on yourself. Listen to your body, listen to your inner voice.

What works for one person does not work for all so only try what feels comfortable to you. If something is not working for you, try something else and perhaps come back to it at a later date.



This issue's topic: Loneliness

What is loneliness?

We are all born with an innate need for social connection, companionship, and inclusion. Loneliness is that feeling of wanting that connection and sense of belonging but instead experiencing the opposite. Loneliness does not necessarily mean being alone. We can be in a crowded room and still feel lonely or we can choose to live by ourselves and never feel lonely. Aloneness is a deeply personal feeling that can affect anyone at any time.

What we do know is that a prolonged feeling of aloneness is detrimental to physical and mental health and can be associated with low self-esteem, depression, introversion, anxiety and more.

Here are 3 useful tips to combat feelings of loneliness and tackle some associated mental health issues.

Join a social group

Social groups are a great way of meeting new people and broadening your social circle. Spend some time thinking about your hobbies and interests. Are there any classes or groups you could join based upon these?

If you are feeling nervous or apprehensive, you could join a class or group where there is no expectation to interact or that you can trial before taking the plunge. Perhaps, if meeting lots of new people or joining a group is too overwhelming you could try a befriending service.

It can take a while to pluck up the courage to socialise, especially if you have been on your own for a while so it is worth looking for groups with likeminded people as that will make the transition to socialisation much easier. The important thing is to take your time, there is no rush.

Here at HVL we run Sight Life Groups that you can join at any time and dip in and out of as you wish. We also have a telephone befriending service. Either option could be a starting point for you.

If you would like to know more, please email office@hertsvisionloss.org.uk or call 01707 324 680.



Counselling

Counselling is a type of talking therapy. Sometimes we all need a safe place to talk about our worries and concerns in a non-judgemental and confidential space. Talking to a counsellor can help you to explore and understand your thoughts and behaviours and unravel complex feelings. It can also help you to recognise unhelpful patterns and assist you in developing skills for dealing with life's challenges.

We have a counselling service here at HVL and on Thursday afternoons, we run Talk Time where you can have a 15-minute conversation with one of our qualified counsellors. If you are struggling at the moment or would like to know more about our counselling service and/or Talk Time please contact earsforeyes@hertsvisionloss.org.uk or call 07464 548 618

Look after yourself

This may seem like a silly thing to include but self-care can often be forgotten about or disregarded but is vital to an overall sense of wellbeing. Good physical health contributes to good mental health so here are a few ideas to help you on your way.

Sleep. Lack of sleep has a huge impact on your mental health. Make your sleeping area as comfortable and cosy as possible. You could try to incorporate a relaxing routine before going to bed. It could be anything from having a bath, listening to soothing music, using breathing techniques, meditation, visualising a calm, peaceful scene or doing some gentle stretching. Whatever helps you get into a relaxed, comfortable serene state.



Diet. Eating regularly keeps your blood sugar stable and makes a big difference to mood and energy levels. Stay hydrated and try to avoid having too many sugary, caffeinated, or alcoholic drinks.

Physical activity. Exercise releases endorphins - a chemical produced by the body to relieve stress and pain! Doing some form of exercise not only keeps you fit but can boost your mental wellbeing and improve self-esteem, so give it a go! Whether it is gentle stroll to perhaps a bit of dancing, anything that gets you moving will help!

Fresh air. If exercise is not your thing, try spending some time outside. A lot of research has been done on the benefits of breathing in fresh air and taking in natural daylight. Whether it is sitting in a garden, a park bench, or any green space, being with the sounds of nature can help to ground and quieten your mind and go some way towards improving your wellbeing.



If you want to do outdoor activities but not on your own, then a supportive and structured programme like Ecotherapy or 'social prescribing' may be useful. There are also Social Farms, gardening clubs and walking groups that you can join.

I hope these tips have been useful and encouraging. Please remember that they are not designed to take away the need for professional help but are useful ways of continuing to nourish and look after yourself.

Do get in touch if you have any topic suggestions that you would like to hear about in the future or if you have tried some of these tips and want to share your experience!

As always, I look forward to hearing from you!
Alma

Useful links and organisations

AGE UK: For the older generation you can find advice and support, befriending services, information on money, care or health visit www.ageuk.org.uk or call: 0800 678 1602

Blue Light For emergency service workers, volunteers and families who need information on a range of mental health topics. Call 0300 303 5999. Email bluelightinfo@mind.org.uk

Mind For help with mental health related issues, visit www.mind.org.uk or call their information line on 0300 123 3393.

Papyrus HOPELINEUK. For under 35's struggling with suicidal feelings. Call 0800 068 4141. Email pat@papyrus-uk.org or text 07786 209 697.

Samaritans Crisis Team: Free 24/7 confidential support for those in crisis. Call 116123. Email jo@samaritans.org or text 07725 909090

Single Point of Access: mental health signposting service open from 8am-7.30pm daily. Visit <https://www.hpft.nhs.uk/get-help/> or call: 0300 777 0707/ 0300 1234 244. For out of hours call 01438 843 322

Silverline: For the older generation, this 24 hour helpline offers free information, friendship and advice. Call 0800 470 8090 or visit www.thesilverline.org.uk

The Mix: Free information and support on a range of issues for under 25's. Visit www.themix.org.uk, call: 0808 808 4994 or Text 85258

Young Minds: A confidential helpline and support service for under 25's for free 24/7 support. Visit www.youngminds.org.uk or text 85258. Parents/ Carers can call the free parent Helpline on 0808 802 5544

For Social Prescribing and other befriending networks visit:
<https://www.farmgarden.org.uk/>
<https://www.walkingforhealth.org.uk/>
<https://www.thrive.org.uk/>
<https://www.befriending.co.uk/>



HVL would like to thank St Albans Talking Newspaper (SATN) and their readers for their very generous help in the recording of our newsletter, Sight News.

If you know someone – a relative, neighbour, friend or client – who is visually impaired or otherwise has difficulty in reading print but wants to keep in touch with local news and events, please tell them about their local Talking Newspaper.

It offers a weekly and quarterly audio programme posted to our listeners' homes free-of-charge (with the alternative 'listen online' option through our website or the Talking Newspaper App).

It helps a variety of local residents of all ages – those with limited sight and others with temporary or long-term conditions that limit their enjoyment of the written word –

to keep up to date with what's going on in St Albans, Harpenden and all the villages and parishes within the District.

For further information regarding our FREE service, contact us for more information:

info@sadtn.org.uk

News from Hertfordshire Libraries

Since the start of 2021, in line with government guidelines, we were pleased to extend our service in March to enable customers to use our public computers as long as they pre-book a session at their chosen library. We are busy working behind the scenes to make sure our libraries are ready to re-open for you to visit as soon as restrictions are lifted and it's safe to do so. To keep up to date with the latest services being offered at your local library please visit our website hertfordshire.gov.uk/libraries.

While we have not been able to connect with our customers in person, we have been finding new and different ways to deliver services. Staff from both St Albans and Welwyn Garden City libraries were delighted to be able to join a virtual DOVES group hosted by the team of specialist advisory teachers for children

with visual impairments from Hertfordshire Children's Services. As Lizzy from St Albans Library said, "It was lovely to be welcomed into their session and be able to see them singing along and joining in with the actions. Music and rhymes are such an important part of any child's development that it's great to know the library is reaching out and communicating with more of our young community."

We are keen to deliver the best service we can for people with visual impairments of all ages. If you are involved in a local support group and would welcome a virtual visit from your local library or some more information about the library service in Hertfordshire, please do get in touch with Ros via libraries.information@hertfordshire.gov.uk
We promise we will not make everyone sing!



A tactile version of Wind the Bobbin Up with a scarf at Welwyn Garden City Library.



Herts Vision Loss

Charity Number 1047148
Company Number 3033089



Supporting and empowering people in
Hertfordshire with a visual impairment

Supporting Visually Impaired People (VIPs) from hospital to home

Are you visually impaired or do you know
someone who is?

Are you or do you know a VIP leaving hospital after
a long stay?

Concerned about the support you or a VIP will
receive once you/they are back at home?

We at Herts Vision Loss can provide visually impaired and blind people with the support needed when leaving hospital. Whether it is transport home, getting settled back in after a long stay, communication with family and friends or support for living independently, we can ensure it is an easy and stress-free transition.

There are many services that Herts Vision Loss provide following on from the '**hospital to home support**'. These include befriending, counselling, home visits, advice on local support groups in your area, help with visual aids and equipment and signposting to other relevant services.

We are here to support the visually impaired community. If you or you know of a VIP to refer, please call our sight line on **01707 324 680** or email office@hertsvisionloss.org.uk quoting: **Hospital to home support.**

"Supporting and empowering people in Hertfordshire with a visual impairment"

Charity Number: 1047148 Company Limited by Guarantee Number: 3033089

Our privacy policy is available on our website www.hertsvisionloss.org.uk