



Herts Vision Loss

Charity Number 1047148
Company Number 3033089
01707 324680

office@hertsvisionloss.org.uk



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



Sight News



Summer 2023 Issue 164



**Have a sneaky preview of our new offices above!
2 Brownfields, WGC. We have some very exciting news for you!
See page 4!**

News from Chief
Executive Officer
Clement Musonda



Dear All

Greetings from everyone at Herts Vision Loss and welcome to our latest summer Sight News.

My name is Clement Musonda, the new HVL CEO. May I take this opportunity to thank my predecessor, the incredible Joanna Carter for all her hard work and achievements, especially for successfully steering HVL through the recent Covid pandemic. My heartfelt gratitude also goes to the whole team at HVL who have been so generous in their warm welcome, as well as to the entire board of trustees for their constant and inspirational support. To you all, thank you, you have certainly made my start at HVL more exhilarating and pleasurable.

In a world that heavily relies on visual information, people with visual impairment often face numerous challenges in their daily lives. At Herts Vision Loss, we believe in empowering and enabling visually impaired people to overcome obstacles and lead fulfilling lives.

I am looking forward to meeting all our volunteers and service users. As HVL continues with its vital community work, we hope to engage with our stakeholders, and we very much value your feedback on all our work of empowering people living with sight loss in Hertfordshire. As we reflect on the progress we have made, we are excited about the future and the potential to make an even greater impact.

Clement Musonda (CEO)

Anyone Interested?

We have booked a boat trip on Tuesday 5th September, meeting at 11am at Nash Mills Wharf.

We have a 35-seater and as yet not got any passengers. Cost per person will depend on how many people go, we are hoping to fill the seats to reduce the cost for everyone. A fish and chip lunch is available halfway through the trip which will cost around £10 depending on what you order. This order can be taken on the day but will have to be paid with cash.

If you fancy coming, please phone 01707 324680 or email Lorraine.cooke@hertsvisionloss.org.uk

Joanna Carter
Our ex-Chief
Executive
Officer



I am writing to you all to let you know that I am moving away from my Chief Executive Role at Herts Vision Loss. Since joining the organisation in 2015, I have learnt so much, met so many wonderful people and hope to have changed the lives of many visually impaired people across Hertfordshire for the better.

As you may recall, my previous role was in the NHS and moving into the voluntary sector was a new and slightly daunting experience for me, but I can say with my hand on my heart, that I have loved every second. I have been fortunate to have been supported by a marvelous team of staff, trustees and volunteers and have been lucky enough to meet some inspirational and amazing blind and visually impaired people over the last 7 plus years. We have taken the organisation from strength to strength, supporting more people across Hertfordshire than ever before and delivering a wide and varied selection of services.

It is now time for a new chapter for Herts Vision Loss. It is time to find a new forever home and it is time to grow and develop even further.

I am pleased to be handing over the reins to Clement Musonda, who will lead the organisation into the next phase of its journey. Clement joins Herts Vision Loss with a wealth of experience and his charming and positive outlook will give Herts Vision Loss what it needs to move it forward.

I would like to take this opportunity to thank you all. I won't be far away and I am sure I will see you all again in the future. For now, good luck for the future and wishing you all the best of health and happiness.

Joanna Carter

**Community Car Service
0300 123 167**

This is a volunteer car service run at very low cost. Just 50p a mile. Its use is mainly for hospital visits as the driver will wait for you. You can always enquire about other destinations/one-way trips etc. Please call before noon to speak to the transport organiser, or after noon leave a message. NB You must book 3 working days in advance



News from our
Chairman Alex
Hickinbotham

Dear All

Welcome to our latest Sight News. I hope you enjoy the interesting array of information it provides. As we go into Summer, I for one will be looking forward to better weather to allow more time in the garden, without needing to wear waterproof clothing. Though hope it doesn't get too hot to deter that aim.

There have been some staffing changes at HVL in the last few weeks. We have said goodbye to Jo Carter, our Chief Executive Officer for the last seven plus years. We will miss her enthusiasm, motivation, skills and safely taking HVL through the last few years making it an expanded, widely recognised and respected Charity. We thank her for her endeavours and wish her well on her next career adventures and are delighted that she will stay with HVL as a volunteer.

However, I am delighted to welcome Clement Musonda who joined us in April as our new CEO.

He brings a wealth of experience, knowledge, skills and charm to HVL. He is already getting well acquainted with the charity's stakeholders and practices and has lots of ideas. I am sure many of you will meet him over the next few months.

The team said goodbye to Debs who has provide administrative support for many years to the team, we wish her well though pleased she hasn't left our volunteer ranks. Also, a big welcome to Lorraine who joined us in April as one of our Vision Loss Advisors.

You will remember we have been looking for new premises for a permanent home for HVL. We think we may have found it and are currently going through the purchase process. All being well we may be able to complete in the summer and then be able to confirm the details to you all. But we must not get ahead of ourselves as property buying is not always straightforward.

In March this year Jo Carter and I were flattered to be invited to the High Sheriff of Hertfordshire's award evening at County Hall.

Then we were delighted to receive an award from Sally Burton, the High Sheriff. A wonderful recognition of the work HVL does. So proud of the staff and volunteers and their work.

Best wishes, stay safe and enjoy your summer.

Alex

Alex Hickenbotham
Chairman Herts Vision Loss



We are pleased to reveal that we have now found our 'forever home', based at 2 Brownfields, Welwyn Garden City, AL7 1AN. As the details of our move are finalised, we now set our sights on marking this monumental step forward for the charity.

To celebrate this new chapter, we will officially launch our new Resource Centre to the public at the Grand Opening, which will take place in September.

We cannot wait for our volunteers, stakeholders and people we support to join us to celebrate this milestone at the opening ceremony and reception. To further mark this special occasion, we are also launching an exciting Summer Raffle fundraiser in July, the grand draw will take place in September, coinciding with the grand opening of our new premises and Resource Centre.

The raffle has some great prizes from local Hertfordshire based businesses and supporters. The Summer Raffle will be an opportunity for people to win amazing prizes whilst making a difference in the lives of blind and visually impaired people in Herts.

Details of our move, our Resource Centre Grand Opening and Summer Raffle will be made available on our Facebook page and website nearer the time.

Herts Vision Loss
29 The Weltech Centre
Ridgeway
Welwyn Garden City
AL7 2AA
01707 324680
office@hertsvisionloss.org.uk



Introducing our new Vision Loss Adviser in the West, Lorraine Cooke

In memory of my father ...

My father was registered blind when I was a young child, he ran a small family building business. He signed off every job by touch and also with a second opinion. To the family this was taken for granted as this is how he had always worked. He renovated thatched cottages in Aldbury, Nr Tring and Piccotts End Farmhouse in the 70's to name a few. He truly was an amazing man who never let his loss of sight get in the way of doing anything he wanted. He even rode one of the family horses who ran away with him, and we nicknamed him Lester Piggott. My father worked with Shires as a young boy and this passion was passed down to me. My first pony was called Boris who was terribly naughty and taught me it's better to stay in the saddle than on the ground. I have since very rarely been without a horse and I hope I can continue to ride into my old age, riding around Ashridge Forest being the most beautiful and largest forest in three counties.

Originally born in Hemel Hempstead moving to Berkhamsted some years later. In my 20's my founding career was working for the Hertfordshire Ambulance Service as an Ambulance woman and this taught me valuable life skills which I have continued throughout my life. Some years later I worked a short time as an auxiliary nurse at a local hospice.

I moved away to East Yorkshire five years ago to hopefully live a less hectic life and to concentrate on one of my hobbies which is watercolour painting which I had not done for many years. But this was short lived as I returned to the care sector and became an Ambulance woman again. However as I missed my family and friends I knew it was time to move back to Hertfordshire.

Coming across the advert working for Herts Vision Loss I knew this was the job for me. I have now been working for nearly three months and every day I meet people who inspire me. I look forward to the future working with Herts Vision Loss and hope I will meet you all soon.

Lorraine Cooke
07425 792915

Lorraine.cooke@hertsvisionloss.org.uk

VOLUNTEER



Hello Volunteers

I hope you're all well and enjoying the summer.

We're finding it very difficult to recruit volunteers and I understand this is the case with a lot of organisations. Our local CVS thinks that a lot of people are taking second jobs or are in the sandwich generation of looking after grandchildren and caring for elderly relatives. This makes us all the more grateful for what you do for us and we hope you get something back from your volunteering.

As part of the Big Help Out following the coronation, I asked for a few words about their role with us from a couple of our mini bus volunteers and this is what they said.

"After I retired I wanted to undertake some voluntary work and Herts Vision Loss was an ideal fit as my father was blind.

I've enjoyed taking groups of visually impaired people on trips to the theatre in London and other places in the Home Counties and have made some lovely friends as well. I enjoy volunteering with Herts Vision Loss."

"I have really enjoyed volunteering with Herts Vision Loss over the last three years. I've met some great people and enjoyed a couple of really nice days out when driving the minibus, including a sunny trip to Southend! The Charity is doing important work and it feels good to be a part of that."

I spoke to one of our service users recently and he is so happy with the volunteer who visits him that he wants to make a substantial donation to the charity. I will not mention any names but you know who you are... thank you.

All the support you give, in whatever role, helps the charity to provide the service that we do and we could not do it without you. If you know anyone who would like to join the team, please ask them to get in touch.

Sue
01707 324680
volunteering@hertvisionloss.org.uk



News from
Alison Glennie,
Fundraising and
Networking
Co-ordinator

We are calling upon individuals to join our fundraising team to help raise money for to support people with sight loss in Hertfordshire. Hertfordshire has an estimated population of 25,100 people with severe and permanent sight loss, which is set to rise to 45,800 by 2032 (RNIB). As demand for our services continues to rise, we continue to rely on the fundraising efforts of our fantastic fundraising volunteers.

Looking to raise money for Herts Vision Loss and need some inspiration? Here are some ideas:

Organise an event in your workplace, community or amongst friends. Tea mornings, games nights, wine tastings and talent shows are all great ways to get people involved and make a difference.

Individual donations: however big or small, your donations make a big difference to helping us support people with sight loss. Donate via our JustGiving page at [justgiving.com/hertsvisionloss](https://www.justgiving.com/hertsvisionloss)

Sponsored sporting events: if you want to challenge yourself, improve your fitness or embrace your sporting talents, a sponsored sporting event is a fantastic way to contribute to our cause.

Whatever the event, whether you want to run, bike, swim, walk, skip or something else, we're here to support you every step of the way.

If you have a fundraising idea or would like more information, get in touch with Alison Glennie on 01707 324 680 or email office@hertsvisionloss.org.uk

St Albans District Access Forum - Have your say in St Albans District!

The St Albans and District Access Forum (SADAF) group meets regularly to discuss issues and concerns around accessibility and inclusion in St Albans City and District.

Meetings take place each month at the St Albans Council Offices, Civic Centre, St Peter's Street, St Albans, Hertfordshire, AL1 3JE. Contact equality@stalbans.gov.uk or telephone 01727 819340 for meeting dates and to find out more.

'Let's talk about care'

Care Conversations highlights the importance of having a conversation with loved ones about the kind of care they would want in their old age. This conversation can be awkward and uncomfortable, meaning many people with ageing parents put off having it until it's too late.

As the UK's leading home care provider, we want to challenge the stigma around care in later life and inspire people to have this difficult conversation NOW rather than later. Broaching the subject earlier means loved ones will be happier, healthier and safer in the long run and will also make the life of their children smoother and less stressful, knowing mum and dad have a plan for care in later life.

Research

Home Instead carried out some research to find out about people's attitudes to having the 'care conversation' and here are the headline findings. *

A third of adults were concerned about their parents' physical health and yet 81% were reluctant to speak to them about care. 25% of adults said their parents got upset when the subject of care was broached, while 24% said they got defensive and 14% asked if they could live with their family.

*The survey was carried out by Perspectus Global in August 2021 and questioned 1500 people. There are lots of useful tips on this web page

www.careconversations.co.uk

For help and advice on starting a care conversation, call Home Instead Welwyn & Hatfield on 01707 240 650

Sight Village Central
Doors open at 10am until 4pm on Monday 17th July and 09.30am until 3pm on Tuesday 18th July.
The event is FREE to attend.
New venue for 2023:
Eastside Rooms
Woodcock Street
Birmingham
B7 4BL

Share your Stories!

At Herts Vision Loss, we understand the people we support are not statistics, but individuals with unique experiences. Stories about living with vision loss are key to inspiring support for our charity and achieving our mission. If Herts Vision Loss have helped you, a loved one or someone you care for, we want to hear from you!

Sharing experiences of vision loss can be a powerful way to raise awareness, challenge stereotypes and stigma and inspire people to volunteer with us.

Your stories will help support our fundraising initiatives, bringing the impact of our services to life. We listen to service users; better understanding the experiences of the people we support helps shape and improve our services.

We often use peoples' accounts of living with sight loss in:

- Social media
- Printed materials
- Awareness raising campaigns
- Fundraising appeals

What you share with us is up to you; whether it is an achievement, challenge, triumph, or another moment you would like to highlight. You choose how your story is used – any personal details provided are for internal use only and all stories will be kept anonymous.

Interested in sharing your story with us or want to find out more? Please contact Alison Glennie office@hertsvisionloss.org.uk
Phone: 01707 324 680

Tuesday Allsorts

2nd and 4th Tuesday of every month

Welwyn Garden City Library

10.00 – 12.00

Allsorts of things, for Allsorts of people

Drop in for a chat; make new friends over tea and biscuits

11th July

Altevette Project

25th July

Hertfordshire Holly's Morris Dancers

8th August

Travel Tales – South America

22nd August

Shaw's Corner

12th September

Tea, Chat & More

26th September

The World of Dance

10th October

reSEND

News from Hertfordshire Libraries!

Hertfordshire Libraries have a great selection of Large Print and Talking Books in all our libraries ready for you to read. We would be delighted to welcome you to our libraries in person to browse our collections of stock. Library members can place reservations for titles across the county and this service is free if you are blind or have any disability. Just a few of the recent titles:

A Child of the East End	Jean Fullerton	Large Print
Down to the wire	Andy McNab	Large Print
56 days	Catherine Ryan Howard	Large Print
Because you loved me	Beth Moran	Large Print
After the fall	Charity Norman	Large Print
The Writing retreat	Julia Bartz	Talking Book
The Dance teacher of Paris	Suzanne Fortin	Talking Book
The Dead men	J.C.Harvey	Talking Book
Frost at midnight	James Henry	Talking Book
Braintenance: make healthy habits and reach your goals	Julia Povey Non-fiction 158.1	Talking Book

Are you using our online e-book and e-audiobook collection? This is available for free via BorrowBox for all library members.

BorrowBox has a range of accessibility features and plenty of new and exciting titles to choose from. One feature ideal for visually impaired users is compatibility with Apple's VoiceOver functionality.

BorrowBox utilises the built-in screen reader to provide meaningful auditory descriptions of each on-screen element and enables everyone to experience the joys of books and storytelling.



For more information about our stock and services, please visit our website www.hertfordshire.gov.uk/libraries or telephone our enquiry team on 0300 123 4049

Are People with Poor Eyesight Prohibited to Drive? A Helpful Guide

Driving with poor eyesight is neither a sin nor a problem. It only becomes one when irresponsible drivers break the law and potentially risk someone's life.

The guide, *Driving with Poor Eyesight: A Safety Guide for Drivers Who Need to Wear Glasses or Contact Lenses*, could help you.

The piece uncovers essential information on the following:

- Legal requirements for driving in the UK
- The risks of driving with poor eyesight
- Causes of poor eyesight
- Safety facts for drivers with eyesight problems

Did you know that based on research, poor eyesight causes over 2,900 road casualties every year in the UK, and it's also estimated that there are over 1.8 million active drivers on UK roads who do not meet the minimum eyesight standards?

For your complete reading, you may check it here:

<https://www.comparethemarket.com/car-insurance/content/driving-with-poor-eyesight/>

Herts Ability



mobility | independence | advice

Herts Ability thrives on supporting people in gaining, regaining or remaining independent. We've been doing this for over 60 years and consider ourselves very good at it. Our services revolve around all things driving, travel and transport.

Herts Ability has an expert team assessing driving ability and, where possible, helping drivers remain on the road safely. Where driving is not a safe option or the individual doesn't wish to travel by driving a car, our **Hubs Mobility Advice Service** is on hand to offer free advice on local, national and international travel.

Please contact

Jenny Burgess

Hubs Mobility Advice Service

T: 01707 324581 | F: 01707

371297 | W:

www.hertsability.org.uk

Goalball UK

Thanks to support from Goalball UK, we have managed to secure funding for regular goalball sessions in Watford! Please see details of these sessions below.

When: 3rd Sun of the month between 13:00 – 16:00

Next session:

16th July 20th August and 17th September with the aim of taking sessions forward regularly from this date.

Who: People of all levels of sight from fully sighted to blind are welcome, as are people with different disabilities.

Where: Watford Leisure Centre – Central, Peace Prospect, Watford, WD17 3HA

Nearest stations: (mainline) Watford Junction, (Metropolitan line) Watford Tube Station

Cost: £5 per session (first goalball session is free)

What to bring: Indoor trainers, long trousers, a long-sleeved top and a flask for water. We will provide padding and eye shades.

To let us know you are coming or ask any questions contact:
watfordgoalball@gmail.com

Alternatively, Watford Goalball use the app Spond to keep everyone informed with upcoming training sessions and various club developments.

Hertfordshire High Sheriff Award



In March, Herts Vision Loss was proud to receive a Hertfordshire High Sheriff of Hertfordshire award. The charity's Chair Alex Hickinbotham and former CEO Joanna Carter attended the award ceremony at County Hall, Hertford, where they were delighted to be presented with the award and receive a donation of £1,500 to the charity.

This award is testament to the hard work of our team, volunteers and partners whose dedication and commitment allows Herts Vision Loss support and empower over 1,500 blind and visually impaired people across Herts.

Maintenance Cognitive Stimulation Therapy (MCST)

We wanted to make you aware of an exciting new project Age UK are running within their service currently for people with mild to moderate memory loss, cognitive impairment, or dementia.

Maintenance Cognitive Stimulation Therapy (MCST) is based on Cognitive Stimulation Therapy (CST). This is the only non-drug treatment recommended to improve cognition, independence, and well-being by NICE (the National Institute for Health and Care Excellence).

Through the Age UK's Telephone Friendship Service, they are delivering a pilot to run MCST sessions over a virtual platform.

What is virtual MCST?

Each person who takes part in the project will attend 24 online group sessions aiming to actively stimulate and engage people living with mild to moderate dementia or memory loss.

Activities can include things such as word games, physical activity, and group discussions.

Participants do not need a diagnosis of dementia to attend these sessions and we can currently offer the service to people who are aged 50+.

Participants will need access to the internet and a tablet or computer which is suitable for connecting to a video call. We can help participants to access further support with their digital skills if required.

Are the groups available face to face?

If one of the local Age UK partners is offering MCST groups in the area, and the older person can attend in person, they will discuss this as an option and can help them access this if they wish.

Virtual groups offer an option for older people who might not be able to attend a face-to-face MCST group, or if it is not currently available in the local area.

When might MCST not be suitable?

If someone has advanced dementia, severe hearing, or visual impairments, unfortunately virtual MCST might not be suitable. The team will always offer them an alternative signpost where possible.

Age UK will assess whether the sessions will be beneficial, to anyone who applies.

If you would like more information on the service, please make contact using the details below:
VMCSTService@ageuk.org.uk
08000 232 054

Farewell to Alma, Debs and Patsy

Sadly we have lost three valuable members of our team over the last six months. They have been amazing members of our team and we will miss them greatly.

Alma was one of our Counsellors. She worked with service users experiencing a wide range of emotional and psychological problems. She helped them bring about effective change and enhanced their wellbeing.

Debs was our Office Administrator and worked for HVL for seven years. Debs provided both clerical and administrative support to the team or individually and had responsibility for specific projects and tasks.

Patsy was our Vision Loss Adviser for the north of Hertfordshire. Patsy excelled in her role, she was a very compassionate person and was greatly loved by everyone who knew her.

We wish you all well in your chosen career and we will miss you.

If any of our readers have friends or family who might like to join our team, we are a friendly lot, please phone our Sight Line number on 01707 324680 or email office@hertsvisionloss.org.uk

Protecting your Eyes

Glare is the discomfort caused by too much light. A number of macular conditions can make glare more of an issue and some people become very sensitive to light. Other reasons include cataracts, which scatter light as it enters the eye.

Tips for reducing glare

- Wear a hat or cap with a broad brim or peak
- Choose a close-fitting style of sunglasses or wrap-around frames
- Try anti-glare filters in the form of over-shields.



The Therapy Space

Happiness: The Essence of Self-Realisation

Self-Realisation is a term used to describe the process of gaining a deeper understanding of one's own identity, values, beliefs, and purpose in life. It is also about discovering and embracing one's identity, and living in accordance with one's own values, beliefs, and purpose. Self-realisation involves exploring and discovering one's unique talents, passions, and strengths, as well as examining and overcoming any limitations or obstacles that may prevent personal growth and fulfilment.

Self-Realisation is often, seen as the goal of personal development, and it is, believed to bring a sense of meaning, purpose, and contentment to one's life.

It is a lifelong journey of self-discovery, growth, and transformation, and it involves both the conscious and unconscious aspects of the self.



The process of self-realisation often involves introspection, self-reflection, and a willingness to face one's fears and limitations. It may also involve seeking out new experiences, learning new skills, and engaging in personal growth and development activities. Therefore, self-realisation is about becoming the best version of oneself and living a fulfilling, authentic life.

Self-realisation is important for personal growth and development. It allows individuals to grow and develop as people, to learn about themselves and to make changes that can lead to greater happiness, fulfilment, and well-being. Through self-realisation, individuals can identify their unique talents, strengths, and passions, and work to cultivate and pursue them.

Self-realisation can bring clarity to one's life and help individuals to understand what they want out of life and to make decisions that are in alignment with their own sense of purpose and meaning. The process of self-realisation involves increased self-awareness, which can help individuals understand their own motivations, emotions, and behaviours.

This increased self-awareness can lead to greater emotional intelligence, more fulfilling relationships, and the ability to make better decisions.



Self-realisation can also help individuals overcome limiting beliefs and negative self-talk that may be holding them back. By becoming more self-aware, individuals can identify the sources of their limitations and work to transform them into positive, empowering beliefs. Through self-realisation, individuals can become more authentic and genuine in their relationships with others.

They can develop greater self-confidence, self-esteem, and the ability to communicate their needs and boundaries effectively.

Self-realisation can lead to increased happiness, fulfilment, and a sense of contentment. It allows individuals to live a life that is true to themselves, and to pursue their own passions, values, and goals in a meaningful way.

Happiness is often the goal of the journey towards self-realisation and is a state of well-being that results from living in alignment with one's true self. It is about feeling content, fulfilled, and satisfied with one's life. Happiness is also about experiencing joy and pleasure and feeling connected to others and the world around us.

The journey towards self-realisation and happiness is not always easy, and it requires a commitment to self-reflection, self-awareness, and personal growth. It requires individuals to be honest with themselves, to take responsibility for their thoughts, feelings, and actions, and to make informed decisions that align with their values and goals. It also requires individuals to let go of attachments and limiting beliefs, and to develop a greater understanding of themselves and the world around them.

Although navigating the journey towards self-realisation and happiness can be challenging, it can also be incredibly rewarding. It is about discovering one's true self and living in alignment with it.



“Your happiness will not come to you. It can only come from you.”

— Ralph Marsten

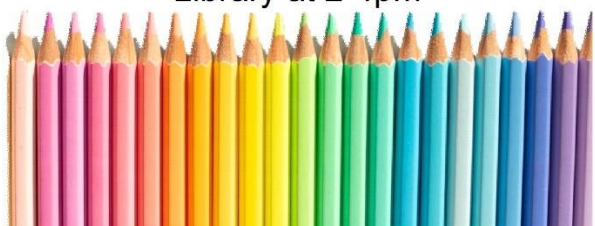
LOVE TO COLOUR

A free weekly drop-in session for adults who love to colour

We have lots of colouring books and pencils for you to use, but you are welcome to bring your own if you wish.

Join us on Sundays

Welwyn Garden City Central Library at 2-4pm



Dedicated to improving the lives of visually impaired people

Telephone: 07985 536216

Website: www.fourswansvision.org.uk

Email: fourswansvision@gmail.com

Registered Charity Number- 1176514

Four Swans Vision have been out and about in recent months. We had a trip to St. Albans for lunch and a walk around the lake. We then had a trip to TopGolf in Chigwell where our members really got into the swing of it.



We have some more outings in the pipeline including a trip to the Whitewebbs Transport Museum, to the Bluebell Railway and a river trip either in London or Cambridge.

Keep well everyone,
Alan, and all at Four Swans Vision

Counselling at HVL

Are you or your loved one having sight difficulties. Is this causing confusion, are you feeling depressed or anxious about it and how this affects the way you used to live and the changes you may have to make due to sight difficulties? Having any visual impairment can be difficult to come to terms with, no matter what the sight issue is.

You may experience a range of emotions including shock, denial, anger, and a sense of loss. At these times it can help to talk to a dedicated counsellor who understands the challenges of living with sight loss. Our counsellors have helped hundreds of people to rebuild their lives.

- We are here to listen.
- We are here to help.

You can speak with one of our Counsellors in confidence.

How do I make an appointment?

By phone or email, both are confidential. You may need to ask someone to call or email on your behalf.

Where does Counselling take place?

Counselling takes place at

- Our office, • Your home
- Or by telephone

Who can use our counselling services?

If you are losing or have lost your sight. Your family and friends. If you are caring for someone with sight loss. The service is open to anyone with a sight loss.

Waiting time:

Our waiting times are short, and you will be offered up to 6 to 10 sessions of weekly therapy.

What type of Counselling do we offer?

We actively listen, we do not judge you or tell you what to do. We give you space to explore and make sense of your thoughts and feelings.

Is it confidential?

The counsellor works in strict confidence and will not talk to anyone without your permission unless you are in danger.

Why counselling?

To give you an opportunity to explore, talk and find ways of doing things differently, towards a greater wellbeing.

Do I have to pay for my counselling?

Counselling is often expensive. As such we ask for a small £10 donation for each session. If you are concerned about this, then do contact us.

Contact an HVL Counsellor on 01707 324680 or email

office@hertsvisionloss.org.uk

01462 420751

01707 324680

Information Focus Day **Professional Vision Services Exhibition**

In conjunction with Herts Vision Loss

To be held at

**Professional Vision Services, 90 Walsworth Road,
Hitchin SG4 9SX**

Every Tuesday 9am to 5pm – Please call ahead
01462 420751

Come along to our low vision drop-in day, where we will be demonstrating all the latest technology and equipment for the visually impaired.

If you are unable to come, please call 01462 420751 for a catalogue or home demonstration.

