

Vision Support



Your Vision, Our Support



Who are we?

Vision Support is a regional charity which was established in 1876. We now operate in many parts of Cheshire and North East Wales providing local support and services within the community.

We exist to support vision impaired people and raise awareness of their needs.

Everything we do is consciously directed towards helping us to achieve our Mission:

To increase independence and wellbeing, and reduce social isolation for all vision impaired people across Cheshire and North East Wales.



Your Vision, Our Support

What do we do?

Within Cheshire, Halton and North Wales, Vision Support offers the following:

- Home Visitors
- Community Information Service
- Advice on daily living and low vision aids
- Welfare rights/financial wellbeing advice
- Counselling and Wellbeing
- Accessible technology training
- Campaigning groups
- Social groups and activities
- Telephone befriending
- Volunteering opportunities

Vision Support also has Vision Rehabilitation Specialists contracted to Social Services in North Wales for advice about independent living both at home and out and about.

Home Visits

For people who are isolated, our Home Visitors will provide companionship and support.

Our Home Visitors can provide emotional support, advice and information on other services and organisations in your area. They can also give advice on equipment and how to get it, read correspondence and help to fill out forms.



Outreach Service

Our community information units travel throughout North Wales and Cheshire. Staffed by our friendly and knowledgeable team, they can provide specialist advice to people with sight loss. The units carry the latest technology to improve daily life, along with the latest low vision aids, and equipment.

The dates, times and locations can be found on our website, www.visionsupport.org.uk or in our bimonthly newsletter.

To sign up to our newsletter, please get in touch with head office.

Outreach Service



Financial Wellbeing and Benefits advice

Helping with all aspects of
Financial Wellbeing and Welfare
rights.

We can help with benefits
checks, support with filling out
forms and help applying for any
concessions e.g., blue badge, bus
pass, etc.

We can also help with any
budgeting advice, signposting to
external debt organisations and
help with applying for all types of
grants.

**Financial Wellbeing &
Benefits advice**



Counselling and Wellbeing

We can provide short-term counselling support to discuss anything that is affecting your emotional wellbeing, as well as providing support for you to come to terms with your change in vision and the impact that is having on you. You can receive support in a way that is better for you, whether that be by phone, video call, or in person. The counselling service is led by an accredited sight loss counsellor; however, some counselling will be provided by student counsellors.

We can also provide resources, advice, guidance, and workshops to help you improve emotional resilience and wellbeing.

Counselling and Wellbeing Service



Digital Skills

Our friendly Digital Skills Officers work with people with vision impairments to enable them to confidently use digital technology.

We work with all types of equipment, from smartphones to virtual assistant technology and laptops, in order to increase independence and reduce isolation. This is a service which can be accessed from the comfort of your own home.

Digital Skills



Social Groups

Social activities and clubs include talks, outings, light exercise, arts and crafts, and other mixed activities. Joining one of our social groups is a great way to make new friends and socialise.

Please get in touch beforehand if you would be interested in joining.

For more information on current activities, please contact us on the numbers mentioned on the last page! Every social group is different, but all groups are friendly and full of fun.



Telephone Befriending

Have a lovely chat with one of our friendly volunteers over the phone.

Our volunteer will call at a time, date and frequency that is mutually agreed.

This service aims to reduce feelings of loneliness and isolation by providing regular contact and companionship.

Telephone Befriending



Rehabilitation

Our Vision Rehabilitation

Specialists are contracted to some Social Services in North Wales for advice about independent living.

This could include:

- communication skills
- using technology
- orientation and long cane mobility training
- independent living skills training
- understanding eye conditions and prognosis
- advice and training on low vision aids

Vision Rehabilitation
Specialists



Rehabilitation

We can also send referrals to other services such as:

- Social groups
- Counselling
- Occupational Therapists
- Social Workers

Please note that whilst Vision Support only holds contracts in North Wales, this service is available in all areas, and we can refer you.

Vision Rehabilitation
Specialists



Campaigning Groups

We are keen to learn and understand more about the difficulties and challenges people with vision impairments encounter, so our VI Voices groups run to help us to understand the issues faced and how we can work together to address them.

We will also invite people from the Local Authority, the NHS or the council to come and listen to the group explain the issues.

To join, please get in touch.



Ways to Donate

Every penny we receive through donations or legacies can make a big difference to someone's life. Money received goes on to support our valuable operations, including helping fund our community information service, social events, and home visiting services; as well as enabling us to expand our offering and reach more service users.

There are lots of different ways to donate, whether that be directly, through a gift in your Will or In Memoriam of a loved one. For more information, please visit our website or get in touch.

Ways to Donate



Fundraising

Would you like to help Vision Support in a fun way? No matter how big or small, all monies received through fundraising make a massive difference to the services we are able to provide.

Fundraising is an exciting way for you to be able to raise funds and awareness for vision impaired people across Cheshire and North East Wales.

Get your creative juices flowing and start fundraising through an activity you are passionate about.

Get in touch to find out more and request a fundraising pack!

Fundraising



Volunteering

We are reliant on volunteers and there are lots of different ways for people to get involved through volunteering.

Would you like to help out with a social or activity group? Or maybe be a telephone befriender or in-person befriender? There are so many opportunities to help. Here is a comment from one of our volunteers:

"I thoroughly enjoy my time volunteering with the charity and its lovely to witness and be a part of a close community that is supportive and kind to one another. It's a pleasure to be a part of."

Get in touch via the contact details at the end of this booklet.

Volunteering



Benefits of Certification

Obtaining a CVI in the UK is a crucial step toward accessing the support and resources you need.

Here are some of the benefits:

- Access to a variety of services, including social services, mobility training, and educational assistance.
- Applying for financial benefits can be more straight forward.
- You may qualify for assistive devices.
- Access to Parking Permits/transport/Bus Passes.

For more information, please get in touch!



Where are we?

Cheshire Support

Tel: 01244 478910

Email: referrals@visionsupport.org.uk

North Wales Support

Tel: 01244 381515

Email: referrals@visionsupport.org.uk

Halton Sensory Services

Tel: 0151 511 8801

Email: information@visionsupport.org.uk

For anything other than

referrals please email

information@visionsupport.org.uk



Your Vision, Our Support

Join Us!

Join our online community by visiting our website and social media pages! Full of up to date information about Vision Support, our activities and exclusive blogs!



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