



deafblinduk

Live better with sight and hearing loss

Our wide range of services are designed to help you continue to live the life you love.



We provide:



A friendly, accessible helpline to answer your questions and offer support



Help with technology so you can stay connected



Opportunities to socialise and make new friends



One-to-one help accessing services and getting you the help you need



Seaside holidays where you can relax and unwind



Wellbeing and emotional support for difficult times



Care and support at home if needed



Open Hand magazine



Support for carers, friends and family



Contact us today

www.deafblind.org.uk

Free helpline: 0800 132 320

Text: 07903 572885

Email: info@deafblind.org.uk

Text relay: 18001 then 0800 132320

BSL video relay: deafblind.org.uk/bsl