

# Sight Loss Support Services

We are the local charity providing support, care, advice and guidance to all those affected by sight loss across the whole of Birmingham.

We deliver a variety of services designed to support people with sight loss to live happy, healthy, independent lives.

## Assessment, advice and signposting

To start the process of supporting you we carry out our Sight Loss MOT. This is a short conversation over the phone to identify your needs to find out how we can help you. We are then able to build a tailored package of support for you, which might include services we offer, or putting you in touch with other partner organisations, including the RNIB, our delivery partner.



**Call our Support Line** 0121 478 5222 and we will guide you through services available.

Here are the different ways we can support you:

1. **Sight Loss MOT** – Identifying your needs to find out how we can help you best
2. **Low Vision Clinic** – provides aids and advice to make the best use of your sight
3. **One to one and group counselling service** – BACP registered counsellors
4. **Information, Advice and Guidance** – Provided by our expert coordinators
5. **Living well with sight loss course** – free to attend; covering everything from gadgets to support groups
6. **Enablement Service** – helping you gain skills to maintain and lead an independent life
7. **Befriending** – our team of amazing volunteers offering telephone befriending and home visiting, here to support anyone looking to socialise with other like-minded people
8. **Health and well-being activities and social groups** – designed to stimulate your mental, physical and emotional well-being
9. **Aids and adaptations shop** – the only sight loss specialist resource shop in Birmingham, plus our knowledgeable team on hand to advise

**SupportLine 0121 478 5222**  
**info@focusbirmingham.org.uk**



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**Making lives better**