

Useful Information for people with a sight loss

To make a referral to the Sensory Team please phone Adult Triage 020 8227 2915 or email Intaketeam@lbbd.gov.uk

If you or someone you know needs help contact the council helpline <https://www.lbbd.gov.uk/let-us-know-if-you-need-help-or-support> please phone 020 8227 2115 / 020 8227 2927 or Email homesandmoneyhub@lbbd.gov.uk

For sensory team enquiries, please email: sensory@lbbd.gov.uk

Financial:

Attendance Allowance: Helpline: 0800 731 0122

LBBD Home and Money Hub Welfare
Advice 020 8724 2115

DABD Welfare Benefits Advice & form-
filling: 020 8252 5340/8603

Blind Persons Tax Allowance: 0300 200
3301

Half price TV Licence for Registered
Blind: 0300 790 6165

Resources for the Home

Careline pendant alarm: 020 8227 3083

Independent Living Agency: 020 8593
6677

Harmony House: 020 8526 8200

Council Housing Repairs: 020 8592 7388

Free Telephone Directory Enquiry
Service: 0800 587 0195

Free Fire Service Smoke Alarm and
Safety Check: 0800 028 4428

Transport

Travel buddy My Guide: 0845 372 7499,
Link Up: 020 8996 1947

London Transport Mentoring Scheme on
buses: 020 3054 4361

Dial-a-Ride: 0845 999 1999 (free to join
and use with conditions).

Taxi Card/Blue Badge/Freedom Pass:
020 8227 2334

Volunteer Driver Scheme: 020 8724
3317/07968 521303

Disability Action (DABD) Transport
advice: 020 8252 5930

Disabled Persons Railcard: 0345 605
0525

TfL Highway impediments: 0343 222
1234

National organisations advice lines:

RNIB helpline: 0303 123 9999

RNIB Advice Team: 020 7391 3299 Sight
Loss: “What we needed to know”

www.rnib.org.uk/sightlossinfo

Moorfields Direct Advice Line: 020 7566
2345

Deafblind UK Advice Line: 0800 132 320

Organisation of Blind Afro-Caribbeans:
020 7735 3400

SSAFA: 01708 755 060

Blind Veterans UK: 020 7723 5021 / 0800
389 7979

Vasculitis UK 01629 650549 or Helpline:
0300 365 0075

RP Society 0845 123 2354

Macular Society: 0300 303 0111

Partially Sighted Society: 0844 477 4966

Esme's Umbrella UK - Helpline 020 7391 3299 judith@charlesbonnetsyndrome.uk

SeeAbility sight loss and multiple disabilities: 01372 755000

Diabetes UK: 0345 123 2399

International Glaucoma Association:
01233 648170

Low Vision:

Ask your GP to refer you for a Low Vision Assessment for things like magnifiers and antiglare glasses or seek additional advice from your Eye Care Liaison Officer, Optician, or the Sensory Team.

VIP Diaries Large Print Products. 01539 726613

LBBD Home Library Service: Large print books or audio books: 020 8724 8532 or emailing specialistservices@lbbd.gov.uk.

Local Social Groups and Activities,

NB: Some groups are not running post pandemic but will hopefully re-start in the future.

Braille Buddies: Dagenham Heathway Library, meeting room 1, every Friday except the last Friday of the month, 10am to 12pm. Abiola: 07983 552855.

VIPERS: Visual Impairment Group: Dagenham Heathway Library, Meeting room 1, last Friday of every month at 10:30am -12:30pm. Ray Spiteri: 07846 917419

The Barking & Dagenham Macular Society Support Group, Barking Learning Centre, first Tuesday of every month, room 116, 10am to 12pm. Dean Apps: 07812 999648

Diabetes UK Support Group: 020 8593 3693

Silvernet, for more information, please call Ravi: 020 8526 8215

Thrive gardening club: Telephone 0118 988 5688 or Email: info@thrive.org.uk

News and Talking Books

Barking & Dagenham Talking Newspaper: 020 8924 1340

“Info Sound” free Quarterly Magazine: 0300 011 1555

Barking & Dagenham Home Library Service: 020 8724 8532

Big Print newspaper with TV and Radio
Guide: 0303 123 9999

Calibre Audio Library: 01296 432339

RNIB Talking Books: 0303 123 9999 or
helpline@rnib.org.uk

VocalEyes 020 7375 1043 audio scribed
theatre/talks/tours

Wireless for the Blind Fund 01622
754757

Technology

East London Vision IT Advice: 020 3697
6464/07779 441000

RNIB 01733 375 084 volunteer to help
with using a computer, laptop, tablet or
smart phone:

technologysquad@rnib.org.uk. Online
Today – www.rnib.org.uk/online-today

Remap for bespoke equipment: 01277 374389/01277 373919

DeafblindUK 0800 132320 or text 0790357288 <https://deafblind.org.uk/get-support/help-with-technology/> for help with using technology.

Catalogue orders for useful equipment:

RNIB 0303 123 9999

IC 01226 762513

Cobolt 01493 700172

Clinical Home-Visiting Services (eligibility criteria applies)

Visual Care Options Optician Home Service: 0800 047 0425

Specsavers home visiting team: 0808 239 5294

NHS funded Home Visiting Audiology Service: contact your GP to be referred, for privately funded audiology services, ask usual audiologist if this is available.

Dental Care Home visits: Community Dental Service, NELFT, Vicarage Fields Health Centre, Vicarage Drive, Barking, IG11 7NR. Tel: 0300 300 1708, Fax: 020 3644 2022 dentalreferrals@nhs.net

Podiatry Service:

NHS: 0300 300 1676
PodiatryBD@nhs.net

LBBD Sensory Team Drop-in services:

Magnifying and Lighting workshop postponed until further notice.

Digital Ability Inclusion drop-in service
Dagenham Library, second and fourth
Thursday of every month, please call
Bernadette Wakeling Dual Sensory
Worker 0208 227 3780 or email:
bernadette.wakeling@lbbd.gov.uk