

# RNIB Living Well with Sight Loss and Focus On groups



Our free groups give you information, advice, and support to boost your confidence and help maintain independence. They are for anyone living with sight loss, or supporting someone who is.

**R N I B**

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See differently

## Living Well with Sight Loss group

Giving you information about a variety of topics, including:

- Certification and registration
- Eye care services
- Tips and gadgets to make everyday life easier
- Getting started with technology
- Money and benefits
- Getting out and about
- Mental wellbeing
- Leisure and hobbies
- Local and national organisations that can help you.

Takes place by phone or video call. It's run over one and a half hour sessions split across four weeks. We also work closely with local sight loss charities to run groups in person. We can help you join an in-person group if there's one in your area, or you can join an RNIB phone group.



Visit [rnib.org.uk/LWWSL](https://www.rnib.org.uk/LWWSL) or call  
**0303 123 9999** to book your free place.

## **Focus On groups**

These groups give you in depth information on one topic. They run over one to four weeks and each session lasts about an hour and a half. They take place via phone or video call. The range of topics provided include:

### **Introduction to Accessible Technology**

Boost your confidence with technology with this group, where you'll learn about a range of accessible technology available to help you, including useful gadgets and apps. You'll also get advice and practical tips to help you get the most from your phone or tablet and how to access support in your local area.

### **Health and Wellbeing**

This group focuses on tips for living well and feeling great. It gives you tools to help you manage the emotional impact of sight loss and overcome challenges. You'll also have the chance to connect and share with other people in the group and talk about what good health and wellbeing looks like for you.

## **Confident Living in the Home**

Discover practical solutions to maintain and increase your independence at home on this group. You'll learn about how to adapt your home for sight loss, safety, home security and top tips to help with your everyday routine – including cleaning, cooking, and gardening.

## **Confident Living Outdoors**

This group builds your confidence with getting out and about. You'll learn about the support, services and practical aids that help with mobility in your everyday life.

## **Money Matters and Safe Spending**

Shopping and managing your money can be challenging if you're losing or have lost your sight. You'll learn about practical solutions to help with shopping and banking, including information about benefits and concessions, online banking and more.

## **Family and Friends**

This group helps family members and friends deal with the impact that a loved one's sight loss can have. You'll get practical advice and guidance

on the organisations, products and services that are here to help you. There will also be plenty of opportunities for you to talk with other people at the group, connect and learn from each other.

## **Cost of Living**

Giving you information to help with the cost of living. You'll learn about the services available to support you with rising costs of living, including benefits, support from the government, help with energy and utility bills, and looking after your mental wellbeing.

## **Employment**

Get information to help you achieve your employment goals in this group, where you'll learn about your legal rights at work and support that is available to help you access and stay in work. You'll also get advice on developing your employment skills, finding and applying for jobs, and interview tips.

## Who are the groups for?

Our groups are for adults of all ages who have sight loss. Family, friends, and carers are also welcome to attend.

People who join these groups tell us they feel more confident about living well with sight loss, and doing the things they need and want to do.

**"I thoroughly enjoyed and learned a lot from the group. It always surprises me, that no matter how long you've had an eye problem, there is always something new to learn. I think these group sessions are so helpful as you pick up knowledge from other people's experiences. They are facilitated so well and instructed us all in so many different issues."**

**Penny, group participant.**

## Other ways we can help

We're here to support you at every step of your journey. Here are some of the ways we can help you:

### Connect with others

We provide safe spaces to meet other people living with sight loss. Our friendly groups in the community and on Facebook are a supportive place to ask questions and talk about the things that matter to you.



[rnib.org.uk/connect](https://rnib.org.uk/connect)

### Make new friends

You can also sign up to Talk and Support befriending groups. We connect adults with sight loss together by phone or video, for friendship and peer support across the UK. Special interest and seasonal groups are also available, for example gardening, news and current affairs and arts and culture.



[rnib.org.uk/talk-and-support](https://rnib.org.uk/talk-and-support)

# It's easy to book your free place



Call our Helpline on **0303 123 9999**



Say **"Alexa, call RNIB Helpline"** if you have an Alexa



Or visit **[rnib.org.uk/LWWSL](https://rnib.org.uk/LWWSL)**



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