



Visibility has been listening and responding to people with sight loss for over 150 years.

Our services include:

- Information and advice
- Patient support in hospitals
- Community based events
- Low vision training
- Children and family support
- Social and recreational activities
- Visual impairment awareness training
- Home support, in partnership with local authorities
- Volunteering opportunities



visibility

Recently
diagnosed
with sight
loss

We support people living in Glasgow, Argyll & Bute, North, South and East Ayrshire, East and West Dunbartonshire, Inverclyde, Lanarkshire, Renfrewshire and East Renfrewshire.

How you can help

We are a registered charity and rely on donations to continue our work. Please contact us to find out how you can help.

Visibility

2 Queens Crescent
Glasgow G4 9BW
0141 332 4632

info@visibility.org.uk
www.visibility.org.uk



Visibility is the trading arm of GWSSB (formerly Glasgow and West of Scotland Society for the Blind). GWSSB is a recognised Scottish Charity and company, registered in Scotland, limited by guarantee with its registered office as above. Registration number SC 116522. Scottish Charity Number SC 009738.



“ I would never have got a degree if I hadn't lost my sight. I wouldn't have a boat either.”

Many people find it hard when they are first diagnosed with sight loss. It is common to feel shocked, anxious and alone. There are also practical concerns like money, jobs and coping with everyday life. **Visibility can help you.**

Talk to us

It helps to discuss any fears or worries with someone who understands. At Visibility you can talk to someone in confidence. Our friendly staff are here to listen and help so please call us on **0141 332 4632**. Our office is open Monday to Friday from 9am to 4pm.

Asking questions

It is good to find out the facts: how other people manage; what services there are; what help is on offer; how to stay independent. Adjusting to life as a person with sight loss takes time, and you may have to change the way you do things. Visibility can help you by answering your questions and putting you in touch with other services which can help.

Our information pack called 'Where to Now' provides a summary of services available in your area and details of other eye professionals who might be able to help you. Please contact us on **0141 332 4632** if you would like a pack sent out to you.

Meeting others

It is reassuring to meet other people in the same situation. You can benefit from hearing about how they cope and be inspired by how people with sight loss live life to the full. Visibility brings people together (including family and friends) to share experiences at information days.

Learning new skills and continuing old ones

Sight loss does not mean that you have to give up all your interests. It is possible to learn new ways of doing things, and also to learn new skills which you might not have considered before. Through Visibility you can try your hand at activities such as arts and crafts; music; walks; and creative writing; and take part in regular outings. If your central vision is affected, you will find it difficult to read. With eccentric reading training, we can teach you to use your remaining vision, and advise on magnification and lighting to help you read more easily.

Visibility can send you information on your eye condition and services in your area. It can be useful to make a note of your eye condition to help us send you the correct information.

Eye condition _____