

How You Can Help

Visibility depends upon public support to continue our work with children and adults with sight loss. There are many ways to help us:

Make a donation – you can do this online through our website www.visibility.org.uk or by post to the address on this leaflet.

Become a fundraiser – join one of our events or organise your own.

Become a corporate supporter – choose Visibility as your company charity this year.

Become a volunteer – join our team of volunteers, assisting with events or giving talks to help raise awareness.

Shop online – do your online shopping through www.easyfundraising.org.uk to raise funds at no cost to you.

Search online – make www.everyclick.com/visibility your homepage and use it for all your online searches to generate funds for Visibility.

Save your small change in a home money box, every little helps!

Remember us – leave us a gift in your will.

For more information on any of the above please contact us on **0141 332 4632** or visit our website at www.visibility.org.uk



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

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

Visibility

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0141 332 4632

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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.



Living with sight loss - Visibility services



Visibility is one of Scotland's oldest charities. We have been working with visually impaired people throughout the west of Scotland since 1859, and are known for our innovative and pioneering services. We are proud of our history and our work. Visibility is all about independence and choice – our work encourages people to make their own decisions, in their own way.



Information and advice

Many people find it hard when first diagnosed with sight loss. They can feel shocked, anxious and alone, and are often concerned about money and work as well as coping with everyday life.

Visibility is here to help by telephoning or visiting. We have a wide range of information, in accessible formats, and can provide up-to-date details about local services across the west of Scotland. We also have a resource room, stocked with the latest aids and equipment for people to come and try.

Patient support

Our confidential patient support service is based at Gartnavel Hospital in Glasgow and linked to other eye clinics across the area. It offers emotional support and information to patients and their families.



0141 332 4632

Independent living

Living with sight loss can be challenging, but at Visibility we provide support and training to assist people to continue to live independent lives.

Support at home

In partnership with local authorities, Visibility delivers a home support service to help people with sight loss live independently in their own homes. With the support of our trained staff, people can continue to do their weekly shopping, domestic chores, read their mail and other tasks.

Training

Our eccentric reading programme trains people who have lost their central vision to read using peripheral vision. We provide advice on using magnifiers, lighting in the home and coping with glare to ensure that people make the best use of their remaining vision.

To aid mobility we offer training in echolocation, a pioneering technique which trains people to use sound to assist with navigation.

Keeping active

Sight loss does not mean having to give up interests and hobbies. It is possible to learn new ways of doing things, and also to learn new skills. Visibility runs a wide range of classes from arts and crafts and yoga to guitar lessons and creative writing. We also organise regular outings and walks.

0141 332 4632

Children and families

A child with a visual impairment faces many challenges to developing self-awareness, self-esteem and confidence.

We provide information and advice for families, and bring parents together to share experiences and learn from each other.

Children and young people with sight loss need to have the chance to do things away from the family, to help develop their independence. We organise a range of age-appropriate social and sporting activities to bring young people together in a supported and stimulating environment.

Training and professional development

Visibility provides visual impairment awareness and sighted guiding training for professionals and organisations to help them better understand and support people with sight loss. Our professional development programme includes training in eccentric reading and brain injury in sight loss. To discuss your training needs, please contact us.

We undertake research and publish our findings, to raise awareness of issues affecting people with visual impairment and bring about change in practices. Information on our training and research reports can be found on www.visibility.org.uk.

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