

We can:

- Help with reading and writing
- Introduce you to large print, taped newspapers and audio books if needed
- Give information about education and careers
- Advise about benefits
- Give ideas to make the most of leisure and recreation
- Show you ways to keep up with your favourite hobby
- Advise you on our extensive range of aids, equipment and IT
- Introduce you to accessible information
- Do home visits if needed
- Teach Braille if needed
- Help assess risks at home and work
- Teach safe mobility techniques and specific routes
- Show how to manage to cook safely and confidently

And if we don't know, we'll say so and try to find out!



sight action

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Sight Action is a charity registered in Scotland, No: SC030765

What we do:

- Our trained staff and volunteers offer a friendly, professional service, individual assessment and programmes
- We have a wide range of specialist advice, information and resources
- We help people live, work and learn independently and safely
- We work to change perceptions
- We believe that people who use our services should be at the heart of developments - some of our Board members are blind or partially sighted



sight action

making life better for blind and partially sighted people

MAKING LIFE BETTER FOR BLIND AND PARTIALLY SIGHTED PEOPLE IN THE HIGHLANDS AND WESTERN ISLES

More about us:

The Highland and Islands Society For Blind People was formed over 140 years ago to teach people to read, and still supports Sight Action today.

Our field work services assess, support and give practical help and information to around 1,600 blind and partially sighted people, of all ages.

We support people to live as independently and safely as possible taking account of very individual needs.

We encourage other services and agencies to be as inclusive as possible and that opportunities are available for people to lead full lives as valued members of society.

On the facing page you can view a sample of the valuable work and the services we provide in the Highlands and Western Isles...

More about our services and work:

- We recognise that many blind and partially sighted people live very independent and fulfilling lives.
- We provide developmental programmes to give children the best possible start in life.
- We give parents and carers information, practical advice and opportunities to meet others with blind or partially sighted children.
- We can provide specialist expertise and equipment to enable people to live as safely and independently as possible.
- Our low vision service offers various solutions and advice to give people access to print.
- We provide mobility programmes to help people move around safely and independently at home and in the wider community.
- We help people continue with their hobbies, introduce new ideas or involve them in club activities.
- We provide training packages for employers, hospitals, professional staff, and even schoolchildren, to help them understand how to make life easier for blind and partially sighted people they meet.