

# How to get involved

## Take part in our services

If you or a family member has low vision or is blind, please get in contact. We are here to help you with practical advice and support, whenever you need us.

## Volunteer with us

Through volunteering you will meet new people and experience the sense of reward that comes from helping to make a difference. We currently have many volunteering opportunities including drivers, befrienders, readers and office receptionists.

## Support us

With your help we can continue to offer our services free of charge to those who need it. So please join our team of volunteer fundraisers or participate in one of our events. Together we can make a difference for local people living with low vision and blindness.

## Get in touch

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camsight

Registered charity no. 201640  
Company no. 482010

# Support for local people with low vision and blindness



  
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# What we do

Cam Sight supports people of all ages across Cambridgeshire who have low vision or are blind to live the life they choose.

## Emotional support

We offer counselling and emotional support either one to one or in a group. We also offer telephone contact to those who are especially isolated or vulnerable.

## Peer support groups

We run groups across Cambridgeshire for adults, their carers and family members. Our monthly groups provide an opportunity to meet others with similar experiences, share tips and help one another.

## Low vision and blindness centres

We demonstrate equipment and offer advice on magnifiers; lighting; phones; readers and speakers; large size, tactile and colour contrasted items. All can be ordered through us. We also run a weekly magnification clinic by appointment.

## Technology

We provide one to one, group or over the phone training, advice, and support in the use of computers, tablets, smartphones and smart home devices. We organise regular exhibitions of the latest specialist technologies.

## Community support

We provide practical support in the home. This includes assistance and advice on concessionary schemes, benefits and grant applications, and signposting to other Cam Sight services and agencies.

## Daily living sessions

We run group training sessions to improve daily living skills in areas such as self care, cooking and using assistive and accessible technology.

## Volunteers

Volunteers provide support and companionship to people in many different ways including befriending, assisting with transport and reading. Our volunteers are trained in visual awareness and sighted guiding, and have been through our recruitment process and security checks.

## Children and young people

We provide support to families of children with low vision and blindness. We run groups for children, young people, and their families to participate in social events, meet peers, and build life skills. Our groups cover the following age ranges: 0-4yrs, 5-12yrs, and 13-18+yrs.

## Sports and leisure

We support individuals in pursuing activities and run groups in liaison with local partners. These include tandem cycling; swimming; ten pin bowling; garden walks and tours of museums and art galleries.

## Information and advice

We provide information in person, over the phone and via email. Our newsletters share information, events and stories and are available in Braille, audio, electronic and large print.

## Training

We provide visual awareness and sighted guiding training to increase understanding of the needs of people with low vision and blindness and the reality of living with low or no vision.