

# **Directory of information on services for blind and partially sighted people in Leeds**

The aim of this directory is to provide blind and partially sighted people, their carers, family and friends with information, advice and encouragement to help them lead independent lives.

The first eleven short sections consider various aspects of sight loss and provide information and suggestions to help with daily life.

At the end of each section there is a list of appropriate organisations and groups that can be contacted for further help and support.

The contact details for all these organisations and other organisations mentioned in the sections are listed in an alphabetical index at the end of the directory on page x.

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## **Section one: Coping with sight loss**

Sight loss can affect anyone, and each person's experience of sight loss is individual to them.

Many people with sight problems lead full and independent lives. However you may find that you need assistance with certain tasks and have to adapt your daily life. You may be overwhelmed by feelings of loss and experience a range of emotions. You may feel a sense of isolation when you think that no one understands how you feel.

There is lots of help available to help you to come to terms with your sight loss and to enable you to lead a full and active life. Not only can you access practical help and advice from many places but you will also find that there are lots of opportunities for you to meet other people with sight loss to share your experiences with.

The aim of this directory is to provide you with details of the organisations and services that exist to help you access further support.

### **Registering as blind or partially sighted**

If you have a sight problem it's a good idea to think about registering as blind or partially sighted. This can help you get the practical support you need, it qualifies you for concessions and can help when claiming some benefits.

Each local council keeps a register of severely sight impaired/blind or sight impaired/partially sighted people living in its area. The register is held either by the social services department (social work department in Scotland) or by their contracted representatives. The register is confidential.

Registration can qualify you for certain concessions, and can help with claims for some welfare benefits. The register also helps your local council plan and provide the best service it can for people who have sight problems.

A Consultant Ophthalmologist will assess your vision and decide whether you are eligible to register.

The registration process will be explained to you and, with your permission, a certificate of eligibility for registration will be completed which you will be asked to sign. A copy of this certificate, called a CVI, will be sent to you, and further copies to

Leeds Adult Social Care, who are responsible for keeping the register, your GP, and the Office of Population and Census.

You will then be contacted by a Rehabilitation Officer who will offer help, support and advice on services available.

Through your Consultant Ophthalmologist you can also be referred to a low vision clinic where support can be given about making the most of your remaining vision and advice given on low vision aids.

For more information about registering as blind or partially sighted please contact Shire View Leeds Centre for Visually Impaired People on 0113 214 4544.

You can also call the Royal National Institute of Blind People (RNIB) Helpline on 0845 766 9999 and ask for a copy of their useful leaflet, "The benefits of registering as blind or partially sighted" which is available in a variety of formats.

### **General advice**

You should try to remain as independent as possible. Sometimes you will need help but many times you will be able to do things that you have always done. There is lots of equipment available that you may find useful. Some essential equipment may be provided by your Rehabilitation Officer.

- A range of equipment can be viewed and demonstrated at Shire View and your Rehabilitation Officer or any of the organisations for blind or partially sighted people will be pleased to help and advise you about the use and suitability of equipment, as well as where to obtain it.
- Take opportunities to meet other people with sight loss - sharing experiences can help you and in some instances may provide you with practical ideas, support and encouragement.
- There are local organisations and groups to enable you to meet with other people with sight loss. Many of them are included in this directory.
- Give yourself time to adapt and remember that help is always available from a Rehabilitation Officer or Shire View.

There are many companies that supply equipment. For more information contact Shire View on 0113 214 4544, telephone RNIB

Customer services on 0845 702 3153 or talk to your Rehabilitation Officer about the different equipment or products available.

## **Sight loss and related health conditions**

Loss of vision can be caused by many different conditions, diseases or injuries. Total loss of vision is rare; only about five per cent of people registered blind have no vision at all. People having the same eye condition will have differing experiences as regards their vision.

- RNIB publish a series of information booklets called "The Understanding Series" which provide information on the most common eye conditions. Contact RNIB Customer Services on 0845 702 3153 for more details.
- Local hospital eye clinics also have good information available
- There are a number of societies and associations which offer advice, information and support on specific eye conditions including:
  - British Retinitis Pigmentosa Society
  - Diabetes UK
  - International Glaucoma Association
  - Macular Disease Society
  - Nystagmus Network
  - Childhood Eye Cancer Trust
  - SENSE

Contact details for all these organisations can be found in the directory at the end of this document

Some health conditions, such as diabetes, may affect vision and again there are associations for these offering related advice and support.

## **Section two: Coping with dual sensory impairment**

If you have loss of hearing in addition to your sight loss, you may be considered as being deafblind. You may be experiencing feelings of isolation and loneliness because of your difficulties in communicating with your family and friends. You may also find it difficult to access information and to get around safely and independently.

The Deafblind Services Unit, based at the Leeds Society for Deaf and Blind People offers all kinds of support to you, your family and friends. This can include advice, information, social support and learning new ways of doing things so that you can maintain your independence in your own home and elsewhere. Most of all, the Unit is a place where you can be sure of a warm welcome, understanding, reassurance and help to get to grips with the problems which can make life so difficult and frustrating.

For further information telephone Leeds Society for Deaf and Blind People on 0113 243 8328.

## **Services and activities offered by Leeds Society for Deaf and Blind People**

### **Deafblind Day Centre Groups**

Held on Mondays, Wednesdays and Fridays (with transport provided).

Activities include: baking, bowling, aromatherapy, a hairdresser, bingo, keep fit, hearing aid support, discussion groups, computer lessons, outings and trips.

There is a resource room with practical, helpful equipment, a beautiful sensory garden and a conservatory where you can practice your skills, learn about gardening or just relax.

### **Home visits**

Staff will visit you in your own home if you feel that it would help, not only to assist with any particular problems of daily living, but to talk to you and your family about any social difficulties you may be experiencing because of your sight and hearing loss.

### **Deafblind “Guide-communicator” Services**

A Guide-communicator is a qualified worker who will accompany you to offer guiding and communication support.

Medical appointments: A qualified Guide-communicator can accompany you to Leeds Trust Hospitals, GP, Chiropodist, Dentist and Optician appointments, with door to door transport provided. This service, funded by the Leeds Trust Hospitals and Primary Care Teams, is co-ordinated by the Deafblind Unit.

## **Social support**

There is also a Guide-communicator scheme to accompany people on social outings. You may wish to go shopping, to the theatre, for a walk, to Church, swimming, or other activity. This is currently funded by the National Lottery Grant Fund and again co-ordinated by the Deafblind Unit.

Further information can be obtained from the Deafblind Unit on 0113 243 8328. You can also contact Shire View on 0113 214 4544 or speak to your Rehabilitation Officer.

The following organisations provide help and support to Deafblind people. Contact details can be found in the index section at the end of this directory:

- Deafblind UK
- Leeds Society for Deaf and Blind People
- North Regional Association for Sensory Support
- RNID
- SENSE

## **Section three: Education**

### **Children and young people aged 0 to 19 years**

Leeds offers an Education and Support Service for children and young people with sight loss who are in full time education, including advice and support for families, schools and teachers.

- Children under school age may receive support in their own home from specially trained teachers and may be able to attend a local nursery.
- Most children are educated in mainstream schools with additional support from specially trained teachers and resourced schools. Necessary equipment can be provided to enable them to access most of the school curriculum.

The service is based at:  
Education Leeds,  
Visual Impairment Team  
Sensory Services  
Blenheim Centre

Crowther Place  
Leeds LS6 2ST  
Telephone 0113 395 1111

### **Additional support**

- RNIB's regional centre based in Leeds offers a range of education support services and training for parents and professionals. For more information telephone 0113 274 8855 or email [RNIBYorksHumberandNorthEast@rnib.org.uk](mailto:RNIBYorksHumberandNorthEast@rnib.org.uk)
- A family services office also offers events and activities for parents and children. This includes a Parent support group in conjunction with Education Leeds.

### **Further and higher education**

Leeds has several colleges and two universities which offer full and part time courses.

- Support is available to assist blind and partially sighted students in accessing these courses and details may be obtained from the individual establishments.
- Remember that all courses are available to people of any age.
- Northern College at Wentbridge Castle offers residential courses of varying length in a wide variety of subjects. These are free to Leeds residents and they particularly welcome applications from people who have no formal qualifications.
- RNIB has a partnership with Park Lane College, Leeds. This involves having specialist staff and resources based within the college to support BPS students.
- RNIB also has a partnership with Leeds University and operates a transcription service. This unit is based within the university and can provide Braille, large print, audio and electronic media.
- The RNIB Post-compulsory Education Officer is based at the RNIB Regional Centre in Leeds.

You may wish to contact the following educational establishments to find out more about the courses they offer. Contact details can be found in the index section at the end of this directory:

- Dewsbury College
- Northern College
- Wakefield College

In addition the following services may be useful to you. Contact details can be found in the index section at the end of this directory:

- Leeds Education Support Service for the Visually Impaired
- LOOK (National Federation of Families with Visually Impaired Children)
- RNIB Regional Centre in Leeds (Education Service)

## **Section four: Employment and training**

Support and help is available either to enable blind and partially sighted people to continue in their current job, or find new employment; training and instruction in the use of appropriate equipment may be necessary.

- It is important that if you are currently employed you do not resign from your job without seeking professional advice.
- Advice and support is available from the Disability Employment Advisors who can be contacted at your local Job Centre Plus.
- Assistance to enable people to work including equipment and training in its use can be provided by the Regional Access to Work Business Centre.
- Rehabilitation Officers and Shire View can also offer support and advice.
- RNIB offers assessment and advice through its employment service; these can be accessed through the Disability Employment Advisor.
- LEODIS is an organisation, accessed through the Disability Employment Advisor, that administers the Work Step Programme for Leeds City Council aiming to support disabled people in employment within the Council.

The following organisations provide help and support about employment and training. Contact details can be found in the index section at the end of this directory:

- Association of Blind Piano Tuners
- Association of Visually Impaired Teachers and Students
- Blind Business Association LTD (BBA)
- Henshaws society for blind people
- Jobcentre Plus
- RNIB Leeds (Employment Service)

## **Section five: Benefits and support associations**

There is a wealth of information available of which only a small amount can be mentioned here, but any of the organisations referred to in this directory will be happy to respond to your enquiries.

### **Benefits, grants and entitlements**

This is a brief overview of some of the benefits that are available. You should contact the various organisations mentioned for more detailed information.

- The benefit system is quite complex and subject to frequent changes. Detailed information is available from the Department of Works and Pensions, RNIB, Shire View. Contact details for these organisations can be found in the index section at the end of this directory. You can also ask your Rehabilitation Officer for advice and information.
- It is possible to apply to various charities for grants. There are a wide variety of grants available for various situations. Each charity has specific regulations governing the application and most require support from a Rehabilitation Officer, Social Worker or some one in a similar position.
- People who are registered as blind, not partially sighted, can claim a 50 per cent reduction in the cost of a television licence, the Blind Person's Income Tax Allowance, and if under 65 years of age and claiming income support, the disability premium. For more information about specific benefits for blind and partially sighted people contact Shire View on 0113 214 4544 or call the RNIB Helpline on 0845 766 9999.
- There are details in section seven of this directory about bus and train travel concessions.

### **Support associations**

There are a variety of organisations that offer advice and support to blind and partially sighted people. They will welcome your queries and it is not always necessary to join in order to receive a service.

The index at the end of this directory has an alphabetical list of organisations which contains details of many organisations with a brief explanation of the type of work they do.

## **Section six: Leisure and recreation**

Being blind or partially sighted should not act as a barrier to taking part in sports and leisure activities. Many blind and partially sighted people enjoy a variety of activities safely. Some of these activities may have to be modified, but such changes are usually slight.

### **Hobbies**

- Try to continue the activities you enjoy. You may find that with some adaptation or equipment, you can still knit, crochet, garden and enjoy DIY for example.
- Shire View offers craft and gardening, line dancing and keep fit groups as well as other activities. There is also a small Fitness Suite. For more information telephone Shire View on 0113 214 4544

### **Sport**

- Leeds and District Sports and Social Club for the Blind and Partially Sighted offer sporting and recreational facilities which include cricket, goalball, ten pin bowling, pool, domino competitions, weekend breaks and social evenings.
- Many people find they can continue with green bowling, golf, swimming, and horse riding.

Some sports centres will offer individual assistance to help access activities

### **Leisure activities**

- Some theatres offer audio described performances and concessionary rates for companions.
- Many restaurants have large print and braille menus.
- Some sports grounds, eg Elland Road, offer audio description and concessionary admission.
- In many areas of Leeds there are social groups specifically for blind and partially sighted people and Shire View also has some social functions.
- Audio described videos are available to buy or on loan.

- Many stores and supermarkets will offer personal assistance to blind and partially sighted shoppers.

These are just a few examples. Please contact Shire View on 0113 214 4544 for more information or speak to your Rehabilitation Officer. RNIB also has a Leisure Officer based at their Regional Centre in Leeds.

The following organisations can provide you with help and support with continuing to enjoy your leisure time. Contact details can be found in the index section at the end of this directory:

- Action for Blind People
- Living Painting Trust
- National Association for Drama with the Visually Impaired (SCENE)
- National Federation of the Blind of the United Kingdom - Leeds and district branch (NFBUK)
- Partially Sighted Society (PSS)
- Torch Fellowship
- Vision is Not Essential (VINE)
- Visually Impaired Musicians Association (VIMA)
- Visually Impaired Social Club (VISC)
- Community Social Groups - There are many community groups covering specific areas of Leeds for further information on the different groups available contact Shire View on 0113 214 4544.
- RNIB
- Sports Associations  
The following organisations are all involved in sports for blind and partially sighted people:
  - British Blind Sports (BBS)
  - Federation of Disability Sports Organisation (FDSO)
  - Leeds and District Sports and Social Club for the Blind and Partially Sighted

## **Section seven: Out and about, transport and access**

Most people find going out alone after losing their sight extremely difficult. However, with the appropriate training and support, many

visually impaired people are able to go out safely and independently.

The difficulties which may be faced by blind and partially sighted travellers include:

- crossing roads
- avoiding obstacles such as uneven paving, overhanging branches, lamp posts, wheelie bins etc.
- bumping into or being surprised by other pedestrians
- finding bus stops and getting on the right bus
- being unsure of exactly where you are.

Training and support can help you overcome these problems.

- Many people who retain some useful vision may need some help in adapting the route they use to familiar places. Perhaps walking a little further to a controlled pedestrian crossing, or asking for assistance to cross a road. The use of a white symbol cane can alert others to your needs.
- People with very limited or no vision may need training in the use of a longer cane. This, when used correctly, can enable a person to travel very safely and independently.
- Some people may like to consider applying for a guide dog.
- With the appropriate help people are able to learn to travel on new routes and to unfamiliar areas.

A Rehabilitation Officer will be able to discuss your needs with you and advise on the most appropriate cane or training to help you achieve independence.

## **Travel concessions**

There are some travel concessions and permits to which you may be entitled.

### **Bus and train concessions**

- People who are registered blind are entitled to a pass which permits free travel by bus or train anywhere in West Yorkshire at any time. You can request a pass which entitles a companion to accompany you free of charge.
- People who are registered partially sighted are eligible for a Disabled Person's Pass which gives the same concession as an Elderly Person's Pass. If you are unable to travel alone you

may be eligible for a Disabled Person's Companion Pass which allows your companion to pay the same fare as you.

### **AccessBus**

- Blind and partially sighted people are eligible for the Access Bus service which provides door to door transport in Leeds. To register and for further information telephone 0113 348 1900 (Leeds) Other -01274 30 42 97

### **Disabled person's rail card**

- Registered blind and partially sighted people are able to purchase a Disabled person's rail card which gives concessionary fares on most routes. For further information telephone 0845 605 0525 or write to:

Disabled persons rail card office  
PO Box 163  
Newcastle-upon-Tyne  
NE12 8WX  
email [diasability@atoc.org](mailto:diasability@atoc.org)  
[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

### **Disabled person's car badge**

- If you are registered blind you are entitled to a Disabled person's car badge. This badge allows you to park in disabled parking bays and other restricted areas which gives easier access to shops, theatres etc. It can be used in any vehicle in which you are a passenger.

Applications for Travel Concessions or the Disabled Person's Parking Badge can be requested by contacting Leeds City Council - Adult Social Care and Children and Young People's Social Care (Social Services) and Concessionary travel enquiries on 0845 125 4113. There is no charge for these permits.

### **Access**

There are issues around access to public areas which can affect visually impaired people and if you are experiencing problems you should seek advice. There is legislation which covers these issues and organisation that will help with any action. Disabledgo, [www.disabledgo.info](http://www.disabledgo.info), is a website which can offer information

about the accessibility of places of interest, theatres, and many other places which can be checked prior to your visit.

The Access Committee in Leeds addresses many of these issues and has disabled people as part of the organisation.

## **Section eight: Guide dogs**

The Guide Dogs for the Blind Association (GDBA) provide guide dogs and other mobility services to blind and partially sighted people.

Some facts:

- You do not have to be totally blind to be assessed for a guide dog or alternative mobility training.
- Most people who have poor sight still have some useful vision.
- You are never too old to be assessed. Many older people enjoy the benefits of getting out safely with a guide dog or long cane. The minimum age of applying for a guide dog is 16; there is no upper age limit.
- Assessments can be carried out in your own home. You will have the opportunity to either train at home or in guide dog approved residential accommodation.

If you would like further information please contact the District Area Manager in our Leeds Office which is located in Shire View. Telephone 0113 275 6326.

The national and local contact details for Guide Dogs for the Blind Association can be found in the index at the end of this directory.

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## **Section nine: Reading, writing and recording**

The majority of people with sight loss retain some useful sight. It is very important to make best use of this remaining vision. By doing this you will not cause further damage to your eyes.

### **Low vision aids**

This term describes anything that helps you to make better use of your remaining sight.

- It is important to have a thorough assessment of your needs. Hospital Eye Clinics can arrange this and provide some low vision equipment on loan. If you do not attend an Eye Clinic your GP can refer you.
- You can be referred to a low vision clinic through your Consultant Ophthalmologist where support can be given about making the most of your remaining vision and equipment can be accessed on loan.
- Low vision aids are many and varied and you may need different ones for different tasks. Magnifiers vary in size and strength and may include illumination. Telescopic lenses can help with distance vision. CCTVs are electronic magnifiers that project print onto a TV screen.
- You may require help and perseverance to enable you to make the best use of any equipment.
- Shire View is able to offer advice, information and demonstration of a wide range of low vision aids.
- Correct lighting is essential to enhance your vision.

### **Help with reading**

As well as low vision aids there is other help available.

- Large print books are available at all local libraries.
- Large print bills and statements are available on request from all companies and banks.
- Large, bold print will help you to see such things as telephone numbers, personal messages etc. Use a black felt tip pen or a computer to achieve this.
- Books, magazines and newspapers are available on tape.

### **Help with writing**

- Templates are available to help with signing your name or completing cheques.
- Writing frames assist people to write letters, shopping lists etc.
- As above, the use of clear bold print is helpful.

### **Braille and moon**

These are tactile methods of reading and writing

- Braille, a tactile system of raised dots, is widely available and easy to write with the appropriate equipment. There is a national library of braille books and many magazines and journals are also published in this medium.

- Moon is a system of raised symbols closely associated with the alphabet. It is not as easy to write as braille nor is there as much material available but it is a little easier to learn.

Help and advice on learning either braille or moon is available from a Rehabilitation Officer or Shire View.

## **Recording**

- Cassette players or dictaphones can be used both to listen to tapes and record your own messages and letters.
- Talking Personal Organisers or memo recorders can be used to store phone numbers, diary dates, information etc.

## **Computers and new technology**

- Computers can be adapted to provide large print on screen or read outs in synthetic speech or braille.
- There are machines that will read printed material.

These are just a few examples please contact Shire View on 0113 214 4544 for more information or speak to your Rehabilitation Officer. You can also contact the RNIB Helpline for information and advice on 0845 766 9999.

RNIB has a publication called "See for yourself: Make the most of your sight" that provides useful ideas and advice on how blind and partially sighted people can make the most of their remaining vision. To get a copy please call RNIB customer services on 0845 702 3153.

Other organisations you may find helpful are listed below. Contact details can be found in the index section at the end of this directory:

- Calibre audio library
- Leeds Braille Group
- Leeds Central Library (large print and talking books)
- Leeds Talking Magazine for the Blind Association
- Leeds Talking Newspaper Association (LTNA)
- RNIB National Library Service
- Otley and District Talking Newspaper
- RNIB Talking Books Service
- Scottish Braille Press

- Braille and large print transcription services (Shire View)
- Talking Newspaper Association of the United Kingdom (TNAUK)
- The Yorkshire Braille Service

## **Section ten: About RNIB**

RNIB is the UK's leading charity helping anyone with a sight problem. Our staff and volunteers work to empower blind and partially sighted people of all ages and remove the barriers they face, as well as preventing sight loss

### **RNIB Services**

RNIB offers many services to blind and partially sighted people including:

#### **RNIB Helpline**

Information, support and advice for anyone with a sight problem. RNIB helpline can:

- provide you with free information and advice, including leaflets,
- online or via post
- put you in touch with specialist advice services
- give you details of support groups and services in your area.

Mobile and local call rates to 0845 numbers may vary. Please be aware that calls may be recorded, or listened in to for quality and training purposes. All enquiries are treated in confidence.

The RNIB Helpline is open Monday to Friday from 9.00am to 5.00pm except Wednesday when we are closed from 4.00pm.

#### **RNIB Membership**

Become an RNIB Member and experience the warm and friendly welcome you'll receive from our supportive community of members. Learn about eye health and find out about the latest products and services which could make your life easier. Call the RNIB Membership team on 0870 787 0077 to join or to find out more.

## **RNIB Products and publications**

Over 800 products are available from the RNIB shop, all designed to make life easier at home and out and about, such as:

- Big Button telephones
- Writing frames and guides
- Talking clocks, watches, calculators, tape measures, kitchen scales
- Large print newspapers, TV guides, dictionaries and much more.

We also produce a wide range of publications covering subjects such as eye health and living with a sight problem. All of our publications are available in a variety of reading formats.

For more information on any RNIB products and publications please contact RNIB Customer Services

Telephone 0845 702 3153

Email [cservices@rnib.org.uk](mailto:cservices@rnib.org.uk)

[www.rnib.org.uk/shop](http://www.rnib.org.uk/shop)

## **RNIB Talking Books**

The RNIB Talking Book Service provides a broad range of professionally recorded audio books, paid for by annual subscription and delivered through the post to your door.

- Over 13,000 titles are available: popular fiction, classic titles and non-fiction for people of all ages.
- Books are mostly unabridged, read as the author intended.
- Talking books can be read on special DAISY (Digital Accessible Information System) players, which are lightweight and easy to use, with high colour contrast controls.
- Using DAISY technology, readers can skip to a new chapter or insert a bookmark, in the same way a print reader can.

For more information about joining the Talking Book Service and how to get help with choosing books please telephone 0845 762 6843 or email [cservices@rnib.org.uk](mailto:cservices@rnib.org.uk)

### **RNIB Welfare Rights Service**

If you or someone you know has a sight problem Welfare Rights Service can advise about entitlements to benefits and concessions including:

- providing information about the main benefits and concessions available
- providing information factsheets about welfare benefits
- providing advocacy and representation in a limited number of cases, or informing about local advice services.

For more information please contact the RNIB Helpline on 0845 766 9999 or email [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

### **Other services available include:**

- Advice and support on education, employment and training
- Information Technology advice
- RNIB Talk and Support Service

For more information please contact the RNIB Helpline on 0845 766 9999 or email [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

### **RNIB's Regional Centre in Leeds**

RNIB's Regional Centre in Leeds covers Yorkshire, Humberside and North East and provides service to blind and partially sighted children and adults, parents, carers and professionals who work with them. Services provided include:

- Education
- Employment
- Information and Advocacy
- Family support
- Leisure
- Technology

For more information on the services available please telephone 0113 274 8855 or email [RNIBYorksHumberandNorthEast@rnib.org.uk](mailto:RNIBYorksHumberandNorthEast@rnib.org.uk)

Contact details for RNIB services can be found in the index section at the end of this directory

## **Section eleven: About Shire View Leeds Centre for Visually Impaired People**

Shire View is a city-wide resource centre run by and for blind and partially sighted people. It comes under the umbrella of Leeds Society for Deaf and Blind People; a Blind Services Committee heads the Centre.

The publication "A new deal for blind and partially sighted people" published by RNIB states: "People losing their sight have five particular needs: information, specific skills training, special equipment, skilled help, self-help and mutual support, and there is a greater chance of full rehabilitation if the five needs are tackled in one place."

Shire View aims to do this by providing:

- a display of daily living equipment
- a display of low-vision aids and a low-vision service
- information and information packs in appropriate formats
- meeting space and the facilitating of meetings for groups, classes and activities
- an outreach service which includes the gathering and dissemination of information, supporting and facilitating community-based groups, and offering training to local groups and businesses on visual-impairment issues.

### **Services on offer at Shire View**

Shire View can offer the following services:

#### **Computers**

The IT department offers not only training in the use of computers but also the opportunity to try out different various speech software programmes in order that they can make informed choices when purchasing packages. We can also offer training in word processing, internet access and email. For appointments for the above services, please call 0113 214 4544 before your visit to ensure that someone is available to assist you.

#### **Exercise room**

The room has three cycles, one rowing machine, one treadmill and a number of small weights. Assessments and training in the use of

the equipment in here can be done by appointment. For more information please call 0114 214 4544.

### **Equipment Room**

Our equipment room offers the opportunity for individuals to view and try specialised equipment to help blind and partially sighted people with daily living. Items available include talking watches, talking clocks, talking scales, cheque book guides, tactile leisure board games and microwave ovens. Anyone who wants to view before they buy or just to look at the range of equipment can come along and browse.

### **Information Room**

The information room has leaflets, pamphlets and catalogues on all subjects that may be of interest to blind and partially sighted people. The various publications are available in large print, braille or audio format. For more information please call 0113 214 4544.

### **Library**

Within the library is a collection of Braille books and books on cassette which are available on loan. The library also contains an easy reader, a CCTV and recording facilities which allows individuals to read their own mail and transcribe onto cassette if they wish. Volunteers are always on hand to help you use the equipment or to read for you if you wish.

There will always be someone on hand to show you round and to assist you in making purchases.

### **Low Vision Service**

A low vision room is available for people to try various types of low-vision aids and equipment including monoculars, magnifiers and CCTVs. The Service is staffed by trained volunteers. TO make an appointment please call the Low Vision Service reception on 0113 214 4544.

### **Outreach**

We are available to visit any establishment to talk or give advice to visitors, staff or groups about issues that effect blind and partially sighted people or services on offer through Shire View. We can also provide training in visual awareness and sighted guiding techniques. Anyone requiring further information please contact Heather Moore on 0113 214 4544.

## **Volunteers**

A number of our registered volunteers are available to work in the community offering support to individuals in many ways. Examples of this are a reading service, one-off shopping trips, hospital visits, medical appointments etc. For further information please contact Tracy Fernyhough on 0113 214 4544.

## **Other facilities**

Other facilities available within Shire View include:

- A craft room where we have a thriving craft group who meet weekly.
- A training kitchen where individuals can re-develop lost skills or learn new ones.
- Our café is open from 10:00 am to 1:30 pm for a wide range of food and sandwiches; all are welcome to use this facility.
- The Children's Corner. This provides childcare five days a week for children under five years of age. If any blind or partially sighted parents wish to make use of any of the groups or services on offer at Shire View, they can have up to four hours free within the unit.

## **Groups**

There are a number of groups who meet each week at Shire View, offering education, advice, support, training, information and counselling. These include Braille classes, computer classes, craft groups, a women's group, support groups, social groups and interest groups. For further information telephone 0113 214 4544.

At Shire View are a number of other agencies that provide services to blind and partially sighted people including:

- The Association of Blind Asians (ABA), who offer support, advice and education to those of Asian ethnic origin.
- The Braille and Large Print Unit, who offer a transcription service to Leeds City Council and other agencies.
- Guide Dogs for the Blind Association.
- The Joint Mobility Unit, funded by RNIB who offer advice and information on all aspects of building work and access.
- The North Regional Association for Sensory Support, who offer advocacy and support services to deaf and blind people.
- Royal National Institute of Blind People (RNIB), who provide advocacy, housing and benefits advice.

- Rehabilitation Officers, Leeds Adult Social Care, who offer support, advice, rehabilitation and mobility training.

### **Friends of Shire View**

This is the main fundraising body of Shire View and members are constantly engaged in supporting the work of the centre. There are many social activities throughout the year. For further information call 0113 2144544.

Free crèche places for up to four hours are available for parents wishing to use services at the centre.

The centre offers a wide range of services, advice and support for anyone with a visual impairment.

For further information on Shire View Resource Centre, other agencies, activities or services available ring 0113 2144544 or just drop in and have a chat.

## **Alphabetical index of useful organisations**

### **A**

#### **AccessBus**

Wellington House, 40/50 Wellington Street, Leeds LS1 2DE  
Telephone 0113 348 1900 for the Leeds area  
Telephone 01274 30 42 97 for other areas  
[www.wymetro.com](http://www.wymetro.com)

AccessBus is a dial-a-ride, door-to-door bus service for people who have difficulty using conventional public transport. AccessBus is provided free of charge to eligible West Yorkshire residents. Services operate between 9.00am and 5.30pm, Monday to Saturday.

#### **Action For Blind People**

14/16 Verney Road, London, SE16 3DZ  
Telephone 020 7635 4800  
Helpline 0800 915 4666  
Email [info@actionforblindpeople.org.uk](mailto:info@actionforblindpeople.org.uk)  
[www.actionforblindpeople.org.uk](http://www.actionforblindpeople.org.uk)

Action for Blind People is an organisation supporting blind and partially sighted people. It provides many services such as; a helpline, information advice, provide housing services, employment services and leisure services including information about hotel accommodation.

**Association of Blind Asians (ABA) Local office**

Shire View 72 Headingley Lane, Leeds, LS6 2DJ

Telephone 0113 214 4538

Email [swapna.mcneil@thecomputerco.net](mailto:swapna.mcneil@thecomputerco.net)

[www.aba-uk.org](http://www.aba-uk.org)

Association of Blind Asians support Asian People in the community who are blind or partially sighted they offer, interpretation and support groups and welcome enquiries.

**Association of Blind Asians (ABA) National office**

16, Zenith House, 210 Church Road, Leyton, London, E10 7JQ

Telephone 020 8558 6972

Email [info@aba-uk.org](mailto:info@aba-uk.org)

[www.aba-uk.org](http://www.aba-uk.org)

ABA produce and distribute a monthly magazine and weekly newsletter in Asian languages, either printed or on audio tape. It also provides information and support and talking books in Asian languages.

**Association of Blind Piano Tuners**

31 Wyre Crescent, Lynwood, Darwen, Lancashire BB3 0JG

Telephone 01254 77 61 48

[www.uk-piano.org](http://www.uk-piano.org)

Membership organisation for blind and partially sighted piano tuners. The organisation offers a variety of services to its membership.

**Association of Visually Impaired Teachers and Students (ABAPSTAS)**

BM Box 6727, London, WC1N 3XX

Email [secretary@abapstas.org.uk](mailto:secretary@abapstas.org.uk)

[www.abapstas.org.uk](http://www.abapstas.org.uk)

ABAPSTAS is the only national organisation of visually impaired people which focuses on education and employment issues. ABAPSTAS produce a magazine four times a year

## **B**

### **Organisations for Black and Minority Ethnic Communities**

There are many specific services for people from these communities. These include the following organisations, but this is not a complete list. These groups offer generic support not support specifically around sight loss.

Contact Voluntary Action Leeds for more information on 0113 297 7920.

#### **Leeds Black Elders**

Telephone 0113 237 4332

Email [info@lbea.co.uk](mailto:info@lbea.co.uk)

[www.lbea.co.uk](http://www.lbea.co.uk)

#### **Leeds Chinese Community Association**

84 – 86 North Street, Leeds LS2 7PN

Telephone 0113 234 6019

#### **Leeds Islamic Centre/ Hamwattan**

48 Spencer Place, Leeds LS8 4BR

Telephone 0113 262 1300

#### **Blind Business Association Charitable Trust (BBACT)**

29 Quantock Rise, Shepshed, Leicestershire, LE12 9JR

Telephone 0845 045 0696

Email [info@bbact.org.uk](mailto:info@bbact.org.uk)

[www.bbact.org.uk](http://www.bbact.org.uk)

BBACT offers advice and support. It is a charitable trust that can give financial assistance to people starting their own business

#### **Braille and large print transcription services (Shire View)**

Shire View, 72 Headingley Lane LS6 2DJ

Telephone 0113 2144540

Email [j.britten@leeds.gov.uk](mailto:j.britten@leeds.gov.uk)

[www.leeds.gov.uk](http://www.leeds.gov.uk)

Transcribes material into braille or large print for individuals or groups. It can also record material onto tape.

**British Blind Sports (BBS)**

4/6 Victoria Terrace, Leamington Spa, CV31 3AB

Telephone 01926 42 42 47

Email [info@britishblindsport.org.uk](mailto:info@britishblindsport.org.uk)

[www.britishblindsport.org.uk](http://www.britishblindsport.org.uk)

A national organisation working to enable blind and partially sighted people to have the same opportunities as sighted people to access and enjoy sport and recreational activities in the UK.

**British Computer Association for the Blind (BCAB)**

(C/O RNIB), 58-72 John Bright Street, Birmingham, B1 1BN

Telephone 08454 30 86 27

Email [secretary@bcab.org.uk](mailto:secretary@bcab.org.uk)

[www.bcab.org.uk](http://www.bcab.org.uk)

BCAB is an organisation of visually impaired people who use Information and Communications Technology (ICT). BCAB works on a number of projects and goals, such as getting actively involved in enabling visually impaired people to access and use information communication technologies.

**British Retinitis Pigmentosa Society**

PO Box 350, Buckingham MK18 1GZ

Telephone 01280 82 13 34

Helpline 0845 123 2354

Email [info@brps.org.uk](mailto:info@brps.org.uk)

[www.brps.org.uk](http://www.brps.org.uk)

The BRPS is a self help group which seeks to help its members live with and overcome their visual problems and to bring relief by stimulating research into this condition.

**C**

**CAB – Citizen’s Advice Bureau**

Westminster Buildings, 31 New York Street, Leeds, LS2 7DT

Telephone 0870 120 3450

[www.leedscab.org.uk](http://www.leedscab.org.uk)

CAB offers general advice and advocacy on many issues including benefits, debt, employment and housing. This is provided in person in the city centre and a network of offices around the city, and through telephone advice and written enquiries. They also offer a home visiting service for people with disabilities and advice in some Asian languages.

**Calibre audio library**

Aylesbury, Bucks, HP22 5XQ  
Telephone 01296 43 23 39  
[www.calibre.org.uk](http://www.calibre.org.uk)

Calibre audio library offers a wide choice of books on standard cassettes and MP3 disks, fiction and non-fiction, for both children and adults. The service offered free.

**Centenary House - Leeds Society for Deaf and Blind People**

Centenary House, North Street, Leeds, LS2 8AY  
Telephone 0113 243 8328  
[www.leedsdeafandblind.org.uk](http://www.leedsdeafandblind.org.uk)

The Leeds Society for Deaf and Blind People provide services from two major centres, Centenary House and Shire View. The services cater from young people (youth clubs and summer play schemes) to senior citizens groups, they provide a wide range of social activities as well as support to professionals and organisations. Services include, Day Centre provision, guide communicators, assessment and the Deafblind Unit. See section two for full details.

**Childhood Eye Cancer Trust (formally known as Retinoblastoma Society)**

The Royal London Hospital, Whitechapel Road, London, E1 1BB  
Telephone 020 7357 5578  
Email [info@checht.org.uk](mailto:info@checht.org.uk)  
[www.checht.org.uk](http://www.checht.org.uk)

Childhood Eye Cancer Trust was formerly known as The Retinoblastoma Society. It provides information and support to individuals and families with Rb, and raises awareness of Rb. It raises funds for research, influences professional bodies to provide optimum services to people with Rb.

### **Cobalt Systems Ltd**

The Old Mill House, Mill Road, Reedham, Norwich, Norfolk NR13  
3TL

Telephone 01493 700172

Email [cobolt@compuserve.com](mailto:cobolt@compuserve.com)

[www.cobolt.co.uk](http://www.cobolt.co.uk)

Cobalt Systems Ltd are a UK based company specialising in the design, manufacture and supply of innovative aids for the blind and partially sighted. They have a printed catalogue with photographs of their complete range of products which they can mail to you.

## **D**

### **Department for Work and Pensions**

Leeds Disability Benefits Centre, Wing K, Government Buildings,  
Otley Road, Lawnswood, Leeds LS16 5PU

Telephone 0113 230 9028

[www.dwp.gov.uk](http://www.dwp.gov.uk)

Leeds Disability Benefits Centre provide advice on benefits for disabled people and will be able to direct you to other places of support. You can also contact JobCentre Plus (details in the J section of this index) for more advice concerning other benefits from the DWP.

### **Deafblind UK**

National Centre for Deafblindness, John and Lucille van Geest  
Place, Cygnet Road, Hampton, Peterborough, PE7 8FD

Telephone/textphone 01733 35 81 00

[www.deafblind.org.uk](http://www.deafblind.org.uk)

Deafblind UK offers services to deafblind people, their support assistants and other professionals. These include training in communication and rehabilitation skills; a free 24 hour helpline; a regional network of staff and volunteers, a range of publications in different reading formats, a varied programme of leisure and social breaks, specially adapted equipment to assist with daily life.

### **Dewsbury College**

Halifax Road, Dewsbury, West Yorkshire WF13 2AS

Course information line 01924 43 62

Email [info@dewsbury.ac.uk](mailto:info@dewsbury.ac.uk)

[www.dewsbury.ac.uk](http://www.dewsbury.ac.uk)

**Diabetes UK**

10 Parkway, London, NW17AA  
Telephone 020 7424 1000  
Email [info@diabetes.org.uk](mailto:info@diabetes.org.uk)  
[www.diabetes.org.uk](http://www.diabetes.org.uk)

Diabetes UK is a charity for people with diabetes, their family, friends and carers. Their mission is to improve the lives of people with the condition and work towards a future without diabetes.

**Disabledgo**

[www.disabledgo.info](http://www.disabledgo.info)

Disabledgo provides information about the accessibility of places of interest, theatres, and many other places which can be checked prior to your visit.

**Disablement Information and Advice Line (DIAL UK) -Leeds**

St Catherine's, Tickhill Road, Doncaster, South Yorkshire, DN4 8QN  
Telephone 0113 214 3630  
Text phone 0113 214 3627  
Email [dial.leeds@ukgateway.net](mailto:dial.leeds@ukgateway.net)  
[www.dialuk.info](http://www.dialuk.info)

DIAL UK information and advice services are based throughout the UK and provide information and advice to disabled people and others on all aspects of living with a disability. All DIAL UK services are currently working to meet strict new quality standards.

**E**

Education Leeds Visual Impairment Team  
Sensory Services Blenheim Centre Crowther Place Leeds LS6 2ST  
Telephone 0113 395 1111

**F**

**Federation of Disability Sports Organisation (FDSO)**

Unit 9, Milner Way, Ossett, Wakefield, WF5 9JN

Telephone 01924 27 93 05  
Email [staff@fdso.co.uk](mailto:staff@fdso.co.uk)  
[www.fdso.co.uk](http://www.fdso.co.uk)

The FDSO was formed in 1993 to create and provide sport and recreational opportunities for people with disabilities in the Yorkshire and Humberside regions. The FDSO is a Benevolent Organisation (not for profit) and is run by a volunteer Executive Committee

### **Finding Your Feet RNIB**

RNIB National Leisure Service, 58-72 John Bright Street,  
Birmingham B1 1BN  
Telephone RNIB Helpline for more information 0845 766 9999  
Email [fyf@rnib.org.uk](mailto:fyf@rnib.org.uk)

This project offers three day breaks designed for people over the age of 18 who for whatever reason, are struggling to come to terms with losing their sight. Over the three days you will stay in a good quality hotel and there are a range of interactive discussion groups and workshops with professional facilitators.

## **G**

### **Guide Dogs for the Blind Association (GDBA)**

Guide Dogs for the Blind mission is to provide guide dogs, mobility and other rehabilitation services that meet the needs of blind and partially-sighted people. They also campaign for the rights of people who are blind and partially sighted, educate the public about eyecare and invest in eye disease research.

#### **National GDBA contact details**

Hillfields, Burghfield Common, Reading, Berks, RG7 3YG  
Telephone 0118 983 5555  
Email [guidedogs@guidedogs.org.uk](mailto:guidedogs@guidedogs.org.uk)  
[www.guidedogs.org.uk](http://www.guidedogs.org.uk)

#### **Local GDBA contact details**

Shire View, 72 Headingley Lane, Leeds LS6 2DJ  
Telephone 0113 275 6326  
Email [guidedogs@guidedogs.org.uk](mailto:guidedogs@guidedogs.org.uk)  
[www.guidedogs.org.uk](http://www.guidedogs.org.uk)

Leeds GDBA provides guide dogs and related mobility training to people in the Leeds area.

## **H**

### **Henshaws society for blind people**

John Derby House, 88/92, Talbot Road, Old Trafford, Manchester, M16 0GS

Telephone 0161 872 1234

E-mail [info@hsbp.org.uk](mailto:info@hsbp.org.uk)

[www.henshaws.org.uk](http://www.henshaws.org.uk)

Henshaws society for blind people operate out of centres in Greater Manchester, Merseyside, North Yorkshire and the North East, providing a range of educational, residential, day care and community services in response to the needs of blind and visually impaired.

## **I**

### **Information and Advocacy Service, RNIB Leeds**

The Leeds Centre for Blind and Partially Sighted People.

72 Headingley Lane, Leeds LS6 2DJ

Telephone 0113 2249475

Email [RNIBYorksHumberandNorthEast@rnib.org.uk](mailto:RNIBYorksHumberandNorthEast@rnib.org.uk)

[www.rnib.org.uk](http://www.rnib.org.uk)

Advocacy and information on a whole range of issues including rights and benefits advice.

### **International Glaucoma Association**

Woodcote House, 15 Highpoint Business Village, Henwood, Ashford, Kent, TN24 8DH

Telephone 01233 64 81 70

SightLine 01233 64 81 70

Email [info@iga.org.uk](mailto:info@iga.org.uk)

[www.glaucoma-association.com](http://www.glaucoma-association.com)

This is an international charity based in England It supports the needs of people suffering with glaucoma both at home and abroad through the provision of literature and they have a patient's telephone help line.

## **J**

### **Jewish Welfare Board / Jewish Blind Society**

311 Stonegate Road, Leeds, S17 6AZ

Telephone 0113 268 4211

Email [avril.gaunt@ljwb.co.uk](mailto:avril.gaunt@ljwb.co.uk)

[www.ljwb.co.uk](http://www.ljwb.co.uk)

Leeds Jewish Blind Society works on behalf of sight impaired people within the community. It offers social care support and advice for people who are struggling with visual problems together with access to helpful equipment. It organises social events, and provides the Jewish Telegraph (LISTEN) on tape.

### **Jobcentre Plus**

Leeds Eastgate Jobcentre Plus, 35 Eastgate, Leeds

LS2 7RE

Telephone 0113 215 5000

[www.jobcentre.gov.uk](http://www.jobcentre.gov.uk)

Jobcentre Plus supports people of working age from welfare into work, and helping employers to fill their vacancies. It is part of the Department for Work and Pensions (DWP). They have disability employment advisors who can support people find employment and support people who have a disability remain in employment.

## **L**

### **Leeds and District Sports and Social Club for the Blind and Partially Sighted**

Telephone Shire View for details on 0113 2144544

### **Leeds Braille Group**

Telephone 0113 266 8727

Email [aormondroyd@hotmail.com](mailto:aormondroyd@hotmail.com)

The Leeds Braille group is a voluntary group that provides transcription into braille at no charge.

### **Leeds Education Support Service for the Visually Impaired**

Education Leeds, Visual Impairment Team Sensory Services,  
Blenheim Centre, Crowther Place, Leeds LS6 2ST

Telephone 0113 395 1111

Supports visually impaired children (0 to 19 years) and students in mainstream education.

**Leeds Central Library**

Books on Cassette and other services

Municipal Buildings, Calverley Street, Leeds LS1 3AB

Telephone 0113 214 3332 / 0113 2476016

[www.leeds.gov.uk/libraries/Leeds](http://www.leeds.gov.uk/libraries/Leeds)

Central Library has books, cassettes and other resources for people who are blind and partially sighted. It also has information on other services provided in other libraries and in the community.

**Leeds City Council - Adult Social Care and Children and Young People's Social Care (Social Services) and Concessionary travel enquiries**

Telephone 0845 125 4113

[www.leeds.gov.uk](http://www.leeds.gov.uk)

Contact number for enquiries regarding support services and travel concessions such as the blue badge scheme.

**Leeds Society for Deaf and Blind People**

Centenary House, North Street, Leeds, LS2 8AY

Telephone 0113 243 8328

See Centenary House and section two of this directory for details

**Leeds Talking Magazine for the Blind Association**

Shire View 72 Headingley Lane, Leeds LS6 2DJ

Telephone 0113 214 4535

Leeds Talking Magazine for the Blind Association produces a monthly magazine of topical articles and news and also a weekly sports news tape covering a broad section of sports.

**Leeds Talking Newspaper Association (LTNA)**

Shire View 72 Headingley Lane, Leeds LS6 2DJ

Telephone 0113 214 4535

LTNA produces a weekly talking newspaper based on the Yorkshire Evening Post.

**Leeds University**

University of Leeds, Leeds LS2 9JT, UK

Telephone 0113 243 1751

Email [ask@leeds.ac.uk](mailto:ask@leeds.ac.uk)

[www.leeds.ac.uk](http://www.leeds.ac.uk)

**Living Paintings Trust**

Queen Isabelle House, Unit 8, Kingsclere Park, Newbury, RG20 4SW

Telephone 01635 299771

Email [info@livingpainting.org](mailto:info@livingpainting.org)

[www.livingpaintings.org](http://www.livingpaintings.org)

The Living Paintings Trust " Bringing pictures to life for blind and partially sighted children, young people and adults." Using tactile representations of great works, the Living Paintings Trust provides a free service to ensure the vibrancy and emotional depth of painting is brought within reach of blind and partially sighted people.

**Look Up – Information on eye care and vision for people with learning difficulties**

SeeAbility House, Hook Road, Epsom, Surrey, KT19 8SQ

Telephone 0800 121 8900

[www.lookupinfo.org](http://www.lookupinfo.org)

Collaboration between RNIB and SeeAbility to support the needs of people with learning difficulties around vision.

**LOOK (The National Federation Of Families with Visually Impaired Children)**

C/O Queen Alexandra College, 49, Court Oak Road, Harborne, Birmingham, B17 9TG

Telephone 0121 428 5038

Email [admin@look-uk.org](mailto:admin@look-uk.org)

[www.look-uk.org](http://www.look-uk.org)

Look is an organisation that supports parents and families of children who have visual impairment they offer many services these include, practical advice and emotional support, information on eye conditions, opportunities to talk to other families with similar problems and support with sorting out welfare benefits.

## **M**

### **Macular Disease Society**

PO Box 1870 Andover SP10 9AD

Telephone 01264 35 05 51

Email [info@maculardisease.org](mailto:info@maculardisease.org)

[www.maculardisease.org](http://www.maculardisease.org)

The Macular Disease Society is a self-help society for those diagnosed with any of the eye conditions encompassed by the overall name of Macular Disease. The Society provides information and practical support so that those with the condition may make the most of their remaining vision. There are also local meetings to Leeds, call Shire View Leeds Centre for Visually Impaired People 0113 2144544 for details.

## **N**

### **National Association for Drama with the Visually Impaired (SCENE)**

87 Kingsway Park, Belfast BT5 7FX

Telephone 02890 28 48 79

Email [rutboyd@yahoo.co.uk](mailto:rutboyd@yahoo.co.uk)

SCENE holds drama workshops throughout the UK. They hold a summer school each year alternating between England and Northern Ireland activities include dance, movement, improvisation, story telling and related activities.

### **National Federation of the Blind of the United Kingdom (NFBUK)**

Sir John Wilson House, 215 Kirkgate, Wakefield, WF1 1JG

Telephone 01924 29 13 13

Email [nfbuk@nfbuk.org](mailto:nfbuk@nfbuk.org)

[www.nfbuk.org](http://www.nfbuk.org)

Working towards improvements in education, employment, benefits and the environment.

### **National Federation of the Blind of the United Kingdom (NFBUK)- Leeds and district branch**

Telephone 0113 3435341

Email [b.mathews@ukgateway.net](mailto:b.mathews@ukgateway.net)  
[www.nfbuk.org](http://www.nfbuk.org)

Campaigns for improvements in the welfare, education, employment and the environment for visually impaired people. The local branch also organises many social activities they meet monthly.

**North Regional Association for Sensory Support**

Shire View, 72 Headingley Lane, Leeds LS6 2DJ  
Telephone 0113 274 3404 (voice and minicom)

Advocacy service for people who are Deaf, Deafened, Deafblind or Visually impaired.

**Northern College**

Northern College, Wentworth Castle, Stainborough, Barnsley,  
South Yorkshire S75 3ET  
Telephone 01226 77 60 00  
Minicom 01226 77 60 26  
Fax 01226 77 60 25  
Email [R.Roe@northern.ac.uk](mailto:R.Roe@northern.ac.uk)  
[www.northern.ac.uk](http://www.northern.ac.uk)

**Nystagmus Network**

13 Tinsley Close, Claypole, Newark, Nottinghamshire, NG23 5BS  
Telephone 0845 634 2630 /01636 62 70 04  
Email [info@nystagmusnet.org](mailto:info@nystagmusnet.org)  
[www.nystagmusnet.org](http://www.nystagmusnet.org)

The Nystagmus Network is a UK-based self-help group set up in 1984, providing support for adults and children with nystagmus, their parents and teachers and fostering research into the condition.

**O**

**Otley and District Talking Newspaper**

4 St. Peter's Close, Otley, LS21 1RF  
Telephone 01943 465115

More information about Talking Newspapers can be found in the "T" section of this index.

## **P**

### **Park Lane College**

Park Lane site - City Centre, Park Lane, Leeds LS3 1AA

Telephone 0845 045 7275

Email [course.enquiries@parklanecoll.ac.uk](mailto:course.enquiries@parklanecoll.ac.uk)

[www.parklanecoll.ac.uk](http://www.parklanecoll.ac.uk)

### **Partially Sighted Society (PSS)**

7-9 Bennetthorpe, Doncaster, South Yorkshire DN2 6AA

Telephone 0844 477 4966

Email [orders@partsight.org.uk](mailto:orders@partsight.org.uk)

The Partially Sighted Society is a charity which offers services catering for the education, employment, social, domestic and leisure needs of partially sighted people.

## **R**

### **Rail Services**

Telephone 0845 7484950

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

National rail enquiries have details on support for disabled passengers it is available either through their phone line or website. You can download their booklet on rail travel for disabled passengers from their website.

### **Regional Access to Work**

Business Centre, Pepper Road, Hunslet LS10 2NP

Telephone 0113 214 2345

[www.jobcentre.gov.uk](http://www.jobcentre.gov.uk)

Access to Work Advisers have specialist knowledge of the Access to Work programme which provides support to disabled people and their employers to help overcome work related obstacles resulting from a disability.

### **Rehabilitation Team, Leeds Adult Social Care**

0845 125 4113

[www.leeds.gov.uk](http://www.leeds.gov.uk)

Rehabilitation officers offer support advice, rehabilitation and mobility training.

### **Royal National Institute of Blind People (RNIB)**

Supporting blind and partially sighted people

#### **National contact details:**

105 Judd Street, London, WC1H 9NE

Telephone 020 73881266

RNIB Helpline 08457 669999

Email [rnib@rnib.org.uk](mailto:rnib@rnib.org.uk)

[www.rnib.org.uk](http://www.rnib.org.uk)

See section nine for details

#### **RNIB Regional Centre in Leeds**

Grosvenor House, Grosvenor Road, Leeds LS6 2DZ

Telephone 0113 274 8855

Email [RNIBYorksHumberandNorthEast@rnib.org.uk](mailto:RNIBYorksHumberandNorthEast@rnib.org.uk)

[www.rnib.org.uk](http://www.rnib.org.uk)

#### **RNIB Customer Services**

PO Box 173, Orton, Southgate Peterborough, PE2 6WS

Telephone 0845 702 3153 (local call rate)

Email [cservices@rnib.org.uk](mailto:cservices@rnib.org.uk)

[www.rnib.org.uk/shop](http://www.rnib.org.uk/shop)

#### **RNIB Helpline**

Telephone 0845 766 9999

Email [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

#### **RNIB Membership**

Telephone 0870 787 0077

Email [rnib@dataforce.co.uk](mailto:rnib@dataforce.co.uk)

[www.rnib.org.uk/membership](http://www.rnib.org.uk/membership)

#### **RNIB National Library Service**

PO BOX 173 Peterborough PE2 6WS

Telephone 0845 762 6843

Email [enquiries@nlbuk.org](mailto:enquiries@nlbuk.org)

[www.nlb-online.org](http://www.nlb-online.org)

Anyone who wants to read books in alternative formats can join the National Library Service. To join or if you have any problems or

queries, just call RNIB Customer Services on 0845 762 6843 or email [cservices@rnib.org.uk](mailto:cservices@rnib.org.uk)

### **RNIB Talking Books Service**

PO Box 173, Peterborough, PE2 6BR  
Telephone 0845 762 6843  
Email [cservices@rnib.org.uk](mailto:cservices@rnib.org.uk)  
[www.rnib.org.uk/talkingbooks](http://www.rnib.org.uk/talkingbooks)

### **RNIB Big Print Newspaper**

RNIB, PO Box 173, Peterborough PE2 6WS  
Telephone 0800 12 40 07  
Email [bigprint@rnib.org.uk](mailto:bigprint@rnib.org.uk)

### **RNIB Welfare Rights**

Telephone RNIB Helpline on 0845 766 9999  
You can also contact Shire View for information on welfare rights by telephoning 0113 214 4544  
[www.rnib.org.uk](http://www.rnib.org.uk)

### **Royal National Institute for Deaf People (RNID)**

19 - 23 Featherstone St, London, EC1Y 8SL  
Telephone 020 7296 8000  
Minicom 020 7296 8001  
Email [informationline@rnid.org.uk](mailto:informationline@rnid.org.uk)  
[www.rnid.org.uk](http://www.rnid.org.uk)

RNID provide a wide range of services for the deaf and hard of hearing including advice and support on employment, welfare rights, equipment and provide direct services they also have a helpline.

## **S**

### **Scottish Braille Press**

Craigmillar Park, Edinburgh, EH16 5NB  
Telephone 0131 662 4445  
Email [info@sbp@royalblind.org](mailto:info@sbp@royalblind.org)  
[www.royalblind.org/sbp](http://www.royalblind.org/sbp)

The Scottish Braille Press is a leading provider of high quality alternative formats such as braille, large print and audio. They also produce a range of magazines and books that people can

subscribe to and buy. Information on the titles available can be found in their catalogue.

### **SENSE**

11/13 Clifton Terrace, London, N4 3SR  
Telephone 0845 127 0060  
Email [info@sense.org.uk](mailto:info@sense.org.uk)  
[www.sense.org.uk](http://www.sense.org.uk)

Sense supports children and adults who are deafblind or have associated disabilities. Sense works with a wide age range of people, from babies who have just been diagnosed to older people. Sense also offers training and other services related to deafblindness.

### **Shire View Leeds Centre for Visually Impaired People**

72 Headingley Lane, Leeds LS6 2DJ  
Telephone 0113 214 4544  
Email [bpscentre@leeds.gov.uk](mailto:bpscentre@leeds.gov.uk)  
[www.leeds.gov.uk](http://www.leeds.gov.uk)

Along with a range of services for blind and partially sighted people Shire View has a wide range of equipment on display. Advice can be given on which equipment can be provided by Health or Social Services as well as information on where to purchase other items.

### **St Dunstons**

12/14 Harcourt Street, London W1H 4HD  
Telephone 020 7723 5021  
Email [enquiries@st-dunstons.org.uk](mailto:enquiries@st-dunstons.org.uk)  
[www.st-dunstons.org.uk](http://www.st-dunstons.org.uk)

St Dunstan's provides assistance to ex-Service men and women with very significant loss of sight. Support includes: teaching new skills, sorting out housing issues, help with benefit claims, and providing a sporting and social networks.

### **SW (Retail) Ltd T/A IC**

Unit 3, Marrtree Business Park, Kirkwood Close, Oxspring, Sheffield S36 8ZP  
Telephone 01226 76 25 28  
Email [info@IC-Online.co.uk](mailto:info@IC-Online.co.uk)

[www.ic-online.co.uk](http://www.ic-online.co.uk)

This is a private company that supplies low vision equipment for purchase.

## **T**

### **Talking Books Services**

#### **RNIB Talking Books**

PO Box 173, Peterborough, PE2 6BR  
Telephone 0845 762 6843 (local call rate)  
Email [cservices@rnib.org.uk](mailto:cservices@rnib.org.uk)  
[www.rnib.org.uk](http://www.rnib.org.uk)

For more information see the entry for RNIB Talking Books

#### **Calibre audio library**

Aylesbury, Bucks, HP22 5XQ  
Telephone 01296 43 23 39  
[www.calibre.org.uk](http://www.calibre.org.uk)

For more information see the entry for Calibre

#### **Leeds Central Library**

Municipal Buildings, Calverley Street, Leeds LS1 3AB  
Telephone 0113 214 3332 / 0113 2476016  
[www.leeds.gov.uk/libraries/Leeds](http://www.leeds.gov.uk/libraries/Leeds)

For more information see the entry for Leeds Central Library

### **Talking and Big Print Newspapers**

#### **Talking Newspaper Association of the United Kingdom (TNAUK)**

National Recording Centre, Heathfield, East Sussex, TN21 8DB  
Telephone 01435 86 61 02  
Email [info@tnauk.org.uk](mailto:info@tnauk.org.uk)  
[www.tnauk.org.uk](http://www.tnauk.org.uk)

Produces most National newspapers and magazines in a variety of formats including audio tape, CD and electronically (on

subscription). The range of newspapers and magazines produced amounts to over 230 titles.

**Leeds Talking Newspaper Association (LTNA)**

Shire View Leeds Centre for Visually Impaired People

Telephone 0113 214 4535

This produces a weekly talking newspaper based on the Yorkshire Evening Post

**Otley and District Talking Newspaper**

4 St. Peter's Close, Otley, LS21 1RF

Telephone 01943 465115

Produces weekly local news on cassette as well as a monthly magazine. The service is provided free of charge and recorded by volunteers.

**RNIB Big Print Newspaper**

RNIB, PO Box 173, Peterborough PE2 6WS

Telephone 0800 12 40 07

Email [bigprint@rnib.org.uk](mailto:bigprint@rnib.org.uk)

Big Print comprises of weekly national and international news coverage provided by the country's leading news agencies (including PA and Reuters) which is then edited into pages by our own editorial team.

**The Royal Blind Society (RBS)**

RBS House 59 -61 Sea Lane, Rushington, West Sussex, BN16 2RQ

Telephone 01903 85 70 23

Email [info@royalblindsociety.org](mailto:info@royalblindsociety.org)

[www.royalblindsociety.org](http://www.royalblindsociety.org)

The RBS supports blind and partially sighted people and has two Hotels for sight impaired people.

- The Belmont in Llandudno - telephone 01492 87 77 70 for details.
- Honeywood House in East Preston - telephone 01903 770339 for details..

Grant assistance for holidays is available depending on circumstances.

### **The Yorkshire Braille Service**

Telephone 0113 268 4863

The Yorkshire Braille Service transcribes items into braille, there is a small charge for binding

### **Torch Fellowship**

Torch House, Torch Way, Northampton Road, Market Harborough, Leicester, LE16 9HL

Telephone 01858 43 82 60

Email [info@torchtrust.org](mailto:info@torchtrust.org)

[www.torchtrust.org](http://www.torchtrust.org)

The Torch Trust produces Christian literature in formats that blind and partially sighted people can read and promotes Christian fellowship with and among blind and partially sighted people.

## **V**

### **Vision is Not Essential (VINE)**

24 Ashlea Close, Garforth, Leeds LS25 1JX

Telephone 0113 286 5200

VINE is a support group that provides information and advice to blind and partially sighted people. VINE also runs a number of social activities.

### **Visually Impaired Musicians Association (VIMA)**

16 Camberley Avenue, Enfield EN1 2AR

Telephone 0208 366 6091

Email [barbara.leighton@tiscali.co.uk](mailto:barbara.leighton@tiscali.co.uk)

VIMA is a national membership organisation that aims to meet together three times a year in London, Liverpool and Weston-super-Mare. They offer support and information to people needing help or advice on some aspect of their musical interest.

### **Visually Impaired Social Club (VISC)**

Telephone 0113 257 5957

Email [viscleeds@gmail.com](mailto:viscleeds@gmail.com)

[www.visc.org.uk](http://www.visc.org.uk)

VISC is a social group for anyone who is visually impaired or normally sighted who live in or around Leeds in West Yorkshire, England. The group normally meets at least twice per month and organises a wide range of activities throughout the year.

## **W**

### **Wakefield College**

Wakefield Campus, Margaret Street, Wakefield, West Yorkshire  
WF1 2DH

Course information line 01924 789111

Email [info@wakefield.ac.uk](mailto:info@wakefield.ac.uk)

[www.wakcoll.ac.uk](http://www.wakcoll.ac.uk)

### **Welfare Rights Unit**

116 York Road Leeds LS9 7RJ

Telephone 0113 214 9006

Email [Welfare.Rights@leeds.gov.uk](mailto:Welfare.Rights@leeds.gov.uk)

[www.leeds.gov.uk](http://www.leeds.gov.uk)

The Welfare Rights Unit offers a free, confidential and impartial welfare rights service via the telephone, advice surgeries or home visits.

## **Additional information**

The information in this directory is based on a publication originally put together by staff from Shire View and the Communications Team in the Social Services Department at Leeds City Council. It has been updated by RNIB in partnership with the Low Vision Service Committee for the Information Prescription Pilot.

Great care has been taken to make sure the information included is accurate. However we cannot take responsibility for mistakes or oversights. If you do find errors please contact Social Care Communications at Leeds City Council on 0113 247 8709 or email [vicky.a.johnson@leeds.gov.uk](mailto:vicky.a.johnson@leeds.gov.uk) and the booklet will be amended electronically.

This directory is available in other formats including audio CD, large print, tape and electronically. It may also be possible to translate sections of the booklet into community languages. For

more information please contact Social Care Communications on  
0113 247 8709.