

OAB *Info* **2007**

Registered Charity 273559

Services for visually impaired people in Oxfordshire and beyond

Oxfordshire Association for the Blind

**Bradbury Lodge
Gordon Woodward Way
Rivermead Park
Abingdon Road,
Oxford, OX1 4XL**

- **Telephone 01865 725595**
- **Fax 01865 725596**
- **Email : vision@oxeyes.org.uk**
- **Website : www.oxeyes.org.uk**

Supported by Oxfordshire Social & Health Care Directorate

- **Telephone 01865 375515**

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OAB Oxfordshire **OAB** Association for the Blind

What do we do?

We provide a range of services including information, advice & equipment from

**Bradbury Lodge Sight
Advisory Centre
01865 725595**

Aids to daily living
CCTV reading aids
Optical scanners with
synthesised speech

**Sight Advisory Desk
Oxford Eye Hospital
01865 231598**

Daily living equipment
and advice, counselling
for those in need

A quarterly newsletter available in large print,
on audio-cassette and in Braille

Early Intervention Scheme in collaboration with the
Sensory Impairment Team of S&CS. The aim is to
identify risks at home, especially for newly registered
Visually Impaired People

Advice on statutory benefits

Agents for the British Wireless Fund for the Blind

Transcription of print material on to audio-cassette
tape and into Braille

Volunteer Home Visiting Scheme

**For more information call Oxfordshire Association
for the Blind, (OAB for short!) on 01865 725595**

Info 2007

The **OAB** sight information guide

Welcome to the new and improved information guide from Oxfordshire Association for the Blind (OAB). This publication covers services and support for

people who are newly diagnosed as having a visual impairment, as well as being a constant source of reference material for existing clients, carers and their families.

What's new?

Contact details have been updated. Where possible I have included local representation for each group in Oxfordshire.

The use of computers, e-mail and Internet by visually impaired people is increasing and so I have included a small section of contacts which may be useful.

The registration process for Visual Impairment has changed since the last edition and there have been some exciting moves forward in the treatment of "wet" macular degeneration, (which may have implications for the management of diabetic retinopathy). Both have been described admirably by Professor Adrian Hill. ■■■

Where can I find out more?

If you need further information on any matter relating to visual impairment, call the Oxfordshire Association for the Blind sight advisory centre on 01865 725595. Our welfare and information team will be able to help you. They also directly support visitors to our sight advisory centre, showing people coping with sight loss how they can stay independent and safe. Furthermore we link volunteers with local elderly, blind and visually impaired people, providing partnership and company for people

whose independence might otherwise be threatened. Our sight advisory desk, at the Oxford Eye Hospital, offers immediate support and advice to people in what is a very stressful time.

Please note since the last edition of this publication "Info 2003/4" was produced, the 3 main VI contacts/providers, OAB, The Oxford Eye Hospital and The Social and Health Care Directorate - Sensory Impairment Team have relocated. You will find the contact details on the next page. ■■■

Service providers for visually impaired people within Oxfordshire

OAB

**Oxfordshire
Association
for the Blind**

Phone

01865 725595

Bradbury Lodge,
Gordon Woodward Way,
Abingdon Road, Oxford, OX4 7RU
email: vision@oxeyes.org.uk
www.oxeyes.org.uk

**Oxford
Eye Clinics**

The West Wing,
John Radcliffe Hospital,
Headley Way,
Oxford, OX2 6HE.

Phone

Enquiries 01865 741166

Emergency 01865 234800

Appointments 0845 3308888

The **OAB**

Sight Advisory Desk

Phone

01865 231598

Located in the waiting area of the Ophthalmology Department

**Oxfordshire Social &
Community Services
Sensory Impairment
Team**

A county-wide team of specially trained staff who can assess, advise, support, teach and inform people of all ages with sight problems.

Phone

01235 549395

Foxcombe Court,
Wyndyke Furlong,
Abingdon Business Park,
Abingdon, OX14 1DZ

**Out of hours
0800 833408**

Sight loss takes many, many forms. Visual impairment is a deeply personal experience and no two cases are the same. Some people cannot see in the dark - others are badly affected by bright sunlight. Some have a restricted field of vision, whether peripheral, central or patchy loss, but most experience a loss of contrast. Two people with the same eye condition will cope in different ways with a similar impairment. Sight varies - some days we see far better

than on others.

How is visual impairment measured? Partial sight can be hard to judge, there being so many variables. However, put simply, if you cannot read normal newsprint whilst wearing glasses or contact lenses then you could be considered to be partially sighted. Blindness and partial sight are formally defined terms which relate to the quality of vision but blindness does not necessarily mean the absence of sight. ■■■

Sight loss and what registration means

If you have impaired vision that cannot be improved with spectacles or contact lenses, you will be advised by your consultant ophthalmologist (eye doctor) whether you are eligible to be registered with your local council as either Sight Impaired (Partially Sighted) or Severely Sight Impaired (Blind). If you agree to be registered, your consultant will record this by signing a Certificate of Visual Impairment (CVI).

The form contains information about the nature of your eye condition and the results of particular eye tests. It also notes any difficulties that your impaired sight may be causing in your daily life. The CVI replaces an earlier form known as BD8. Classifying your sight in this way does not affect the provision of any medical care, and is not an indication that your vision will get worse.

If you agree to the completion of form CVI, the following will happen:

- A copy will be sent to your own doctor (GP) for information.
- A copy will be sent to the Sensory Impairment Team of Oxfordshire's Department of Social and Community Services (S&CS), who are responsible for local social care to sight impaired people.
- Oxon S&CS will contact you to ask if you wish for your name to be added to the relevant register. They will be able to explain the benefits. Note that you are not registered until this happens.

A further copy of the CVI, with your name and address removed, will be sent to the Royal College of Ophthalmologists to help with research into the patterns of eye disease in England and how these change over time; facts that are

important for decisions about the allocation of funding for local services.

Your local council has a legal duty to provide you with advice and information about the range of services, benefits and concessions available to people with sight problems. They are also required to offer you an assessment of your needs, whether or not you choose to register. To do this they will discuss matters such as how you are coping with daily life, and may be able to offer some specialist advice, training or equipment. OAB works with Oxon S&CS to help identify home risks for newly registered people.

If your optometrist feels that you would benefit from a referral to the Sensory Impairment Team they will complete a Referral of Visual Impairment (RVI) form and forward it to S&CS on your behalf. This may be useful for people who are not eligible or have declined registration, or who have not yet seen an ophthalmologist and are struggling with daily life due to their sight impairment. If you do not need to see an ophthalmologist but feel that you would benefit from contact with the Sensory Impairment Team of S&CS, you should obtain a Low Vision Leaflet (LVL) from an optometrist and send this completed leaflet to the Sensory Impairment Team. You can obtain independent advice on any of these matters from OAB, (Tel. 01865 725595). ■■■

Low Vision Clinics

People with impaired vision that cannot be corrected by conventional spectacles or contact lenses may be helped by the services available at a low vision clinic. In Oxfordshire, low vision clinics are held at Oxford Eye Hospital (OEH), Horton General Hospital in Banbury and some other local hospitals. These clinics are run by the Optometry Department of OEH. They provide an assessment of vision needs and issue magnifying aids where appropriate. Most magnifiers can be provided to patients on a loan basis. To obtain an appointment in the low vision clinic you need to be referred by your GP, your local optometrist, or your consultant ophthalmologist. You do not need to be registered as sight impaired or severely sight impaired to access this service. ■■■

Information for driving licence holders

In accordance with the advice shown on the driving licence, any driver with impaired vision is legally required to inform the DVLA, whose medical officer will consider each case on an individual basis.

The DVLA can be contacted at:
The Drivers' Medical Branch
DVLA, Swansea, SA99 1TU.
Phone 0870 600 0301

Why should I have my details put on the visually impaired register?



For a number of reasons recently diagnosed people are sometimes cautious of being put on the visually impaired persons' register. Diagnosis can be a shock and quite enough to cope with on its own. This phase passes more quickly for some than for others. For most people it *will* pass, eventually. Some fear that registration somehow means that they are more likely to go blind. Registration has no bearing on the outcome of your medical condition. Sometimes people perceive a lack of confidentiality or fear that Big Brother might be watching them. In fact, if you are registered as a visually impaired person, your records will not be released to *anyone* without your personal permission.

By registering your visual impairment, you help yourself and your family and also other people who are, or who will be registered in Oxfordshire. Because so many people are not registered, Oxfordshire Social Services has an incomplete picture of the number of visually impaired people in the county. For example they have nearly 4,000 VI people on their register, while research suggest that there are at least 9,000 people eligible for registration as visually impaired. If the authorities lack the information to assess and support present needs and allocate funds for services today they will certainly be under-resourced in the future.



If you fit the criteria and if you decide to become registered you are helping yourself and your family - here are a few reasons why

- ✓ Registration may be taken into account if you claim benefit.
- ✓ There are increased personal income tax allowances for people who are registered blind - if you don't work, allowances can be transferred to a working partner.
- ✓ Parking concessions (e.g. a blue badge or disc permitting parking in restricted areas), are available for use by people who are registered as blind, see page 20.
- ✓ Anyone who is registered blind can claim a 50% reduction in the cost of their television licence.



Macular degeneration

This is a group of eye conditions that can result in loss of central vision since it affects the central area of the retina called the macula that is responsible for “seeing” fine detail and colour.

The most common form of macular disease is age-related macular degeneration (AMD). It occurs mostly in people over 50 years of age and accounts for almost 50% of all people registered as sight impaired or severely sight impaired. AMD is when the aging process adversely affects the light sensitive cells in the retina due to a reduced supply of oxygen and nutrients carried by the blood. This promotes the growth of poorly formed new blood vessels. The damage to the retina occurs either by an accumulation of waste products or leakage from the new blood vessels. Eventually a scar forms over the macula, the central area of the retina.

There are two main forms of AMD, known as “dry” and “wet”. The “dry” form is most common; it cannot be treated but develops slowly and many people notice only mild difficulties with vision. “Wet” AMD develops more quickly and is more likely to lead to severe difficulties with central vision,

although in some people treatment may slow down the progression of the disease.

A few options exist for treating certain types of “wet” AMD only, and these are not useful for everyone with the condition. In a very few cases, laser treatment may be used to seal the leaking new blood vessels if they are not too close to the centre of the macula. A more recent treatment that slows down the rate of progression of the disease is photodynamic therapy (PDT). This is where a light sensitive dye is injected into a vein in the arm. The dye is taken up by the new blood vessels in the retina and light is shone onto the back of the eye to destroy the abnormal vessels. This treatment is only beneficial to less than a third of people with “wet” AMD.

A new approach is the use of anti-angiogenic drugs. These drugs help to stop the growth of new blood vessels in the retina and a tiny amount is injected into the eye using a very fine needle. To be most effective the treatment needs to be started at an early stage of the disease. The drugs that have recently been approved in the USA and Europe are Macugen and Lucentis, both of which have

shown some stabilisation of vision, but they are not yet available under the NHS. These drugs, therefore, are currently only available privately in the UK until the National Institute of Clinical Excellence (NICE) has assured itself that the considerable expense is affordable and worthwhile.

There is increasing interest in the role of diet in the development of AMD. This is because the nutrients lutein and zeaxanthin, which are normally present in the macula, are thought to protect the retina from light and age-related damage. A recent large study in the USA (the AREDS study) has shown that people with more advanced AMD showed less progressive loss of vision if they took supplements of antioxidant vitamins and zinc. Medical advice is needed to ensure that these supplements do not adversely interact with any other

medication a person is taking. In this study, no advantage was shown for those people with earlier forms of the disease. No study has yet been published to show that lutein supplements are effective and safe, or what dose is needed. Until those studies have been carried out, advice to people with AMD is to eat healthy diets rich in green vegetables and to stop smoking, which is a major risk factor.

MD is a very serious condition, but even if it is very advanced, the person affected will not go totally blind - peripheral vision is unaffected, and a good degree of independence can be maintained with training and use of specialist equipment, issued by social services or available at the Oxfordshire Association for the Blind in Bradbury Lodge. ■■■

Cataract

Cataract, commonly associated with ageing, is a condition where the lens inside the eye becomes opaque.

Cataracts can also be caused by trauma to the eye or by other eye conditions.

Surgery can remove the opaque lens, which is usually replaced by a small plastic lens fitted inside the eye, known as an intra-ocular lens.

This can be a fixed focus lens (for either, close up work, such as reading, or for seeing distance) or a multi-focal lens for distance and close up vision.

This procedure is usually very effective. However spectacles may still be needed to give fine focus. If an implant is not appropriate, vision is corrected with glasses or contact lenses. ■■■

Diabetic retinopathy

This eye condition is more likely to affect people the longer they have had diabetes. It involves haemorrhaging of small blood vessels at the back of either or both eyes. The symptoms may include loss of visual field, poor focus/detail perception, double vision and these can become more pronounced as the condition progresses. Laser treatment of the leaking blood vessels has a very good record for halting the loss of vision and

preventing further damage. However, it is very important that people with this condition remain under regular review and seek medical advice on any further visual symptoms which may present themselves. Your optometrist/optician can check for this. Everyone with diabetes is advised to have an annual screening by an ophthalmologist or optometrist for the development of sight threatening diabetic retinopathy. ■■■

Glaucoma

The risk of glaucoma increases as we get older. It is a condition usually associated with raised fluid pressure in the eye. The most common type of glaucoma has no symptoms and has been called “the silent thief of sight”. If untreated, it may cause blindness. However, in the majority

of cases there are several treatments available including drugs, eye drops, conventional and/or laser surgery, which can be used to arrest the progression of sight loss. Tests to check for glaucoma are advisable for anyone over the age of 40. ■■■

Some words of advice

Since three of the four principal conditions leading to visual impairment are treatable they ought not to be amongst the major causes of partial sight and blindness.

Early detection of most eye conditions leading to visual impairment increases the possibility of effective treatment, although, in most cases, it is only possible to prevent progression of

further sight loss rather than to restore vision to its former level.

Eye examinations at two yearly intervals are therefore advisable for every one. More frequent examinations may be required where pathology is present or where there is an increased risk of an eye condition indicated by family history. ■■■

Benefit Helplines



If you need to contact your local benefit agency, the local office telephone number is in the telephone directory under the business section or you can dial 195 and use your telephone enquiry PIN number.

Benefit Enquiry Line

0800 882200

A confidential telephone service for disabled people, their carers and representatives.

DLA and Attendance Allowance

08457 123456

Working Families Tax Credit

0800 500222

Pensions Direct

0845 3013011

For advice on State Retirement Pensions and widows' benefits paid straight into a bank or building society account.

Disabled Person's Tax Credit

0845 3003900

War Pensions

0800 1692277

For general information on both new and ongoing claims.

Child Benefit

0845 3021444

For general advice or to advise changes in circumstances. ■■■

Help with directory enquiries



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British Telecom runs a Free Directory Enquiry service for people who are blind, print disabled or unable to use a telephone directory because of a disability. If you think you may be eligible for this service dial 195 and talk to one of the specially trained operators who will help you with your application. Once approved, you will receive a card on which you will have a personal identification number or "pin" in large print or Braille.

When you need to find a 'phone number you just dial 195 and quote your pin number and name - you will get the number you need free of charge. Furthermore, if you are eligible for this service and if you have difficulty dialling a number, the trained operator can help by getting the number dialled for you. Just to recap: if you would like to apply for this free directory service call 195 at any time for help and advice. ■■■

Radios for the blind

Blind or partially sight registration may qualify you for a specially adapted radio, radio/cassette or radio/cassette/ CD player. OAB is the local agent for the British Wireless for the Blind Fund. We manage equipment for anyone who is registered blind or partially sighted. The range includes a Roberts radio with presets, which cannot be changed accidentally. The radio cassette player and the CD player have bright yellow buttons, which are easy to handle. Even if you do not qualify for free equipment, all items can be brought from BWBF. For advice on Wireless for the Blind equipment call Teresa or Dave at OAB, on 01865 725595.



Telephones for the blind

This fund can help pay for the cost of providing and renting a telephone for people who are registered blind and could not afford to install and pay rent for it themselves. The person who receives help must normally live alone, especially at night. However, they may be considered if they are living with someone who is disabled through age or infirmity. For more details contact

Telephones for the Blind Fund,
7 Huntersfield Close,
Reigate,
Surrey, RH2 0DX.

Telephone/Fax 01737 248032.
www.tftb.org.uk ■■■



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Clubs and groups for visually impaired people in Oxfordshire

These groups are run by individuals on a purely voluntary basis and can always do with an extra pair of hands. So if you would like to come along and help out call the contact for your area or phone OAB on 01865 725595

Banbury Society for the Visually Impaired
Call OAB 01865 725595

Bicester Friends of the Visually Impaired
Peggy Clarke 01869 242290

Carterton Friends of the Blind
Rosemary Gibbens
01993 844645

Chipping Norton Friends of the Blind
Mary Gregory 01865 725595

Didcot/Wallingford
(OAB affiliated)
Pam Organ 01235 813391
D. Drummond 01235 812614

Faringdon Representative
Jean Young 01367 241467

Henley VIP Group
Mike Pooley 01491 628284

OXVIC, Oxford Visually Impaired Club
Mary Gregory 01865 725595

VIBNO, Oxfordshire Young VIP Group
Nicola & Kevin Pamphilon
01869 331778

'Oxpots' Pottery Class
Margaret Dawes
01865 558131

Thame and District Society
Norman Lilley 01844 261041

VIVA group, North Oxford Association
Ron Sears 01865 553063

Wantage Blind Social Club
Hazel Aldred 01235 765849

Witney Torch trust
Miss M. Witt 01993 771432

Witney Visually Impaired Group
Mary Sitch 01993 811687

For more information call
OAB on
01865 725595. ■■■

OAB National Organisations

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**Action for
Blind People**

**Phone
0207 6354800**

Fax 0207 6354900

e-mail: info@actionforblindpeople

Website: www.actionforblindpeople.org.uk

**Albinism
Fellowship**

**Phone
01282 771900**

e-mail: info@albinism.org

www.albinism.org

**Deafblind
UK**

**Helpline
0800 132320**

Phone/minicom 01733 358100

e-mail: info@deafblind.org.uk

www.deafblind.org.uk

**Guide Dogs
for the Blind
Association**

**Phone
0118 9835555**

Fax 0118 9835433

e-mail: guidedogs@guidedogs.org.uk

**GDBA
District
Team**

**Phone
0118 9895800**

The Oxfordshire Association for the Blind

National Organisations **OAB**

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**The National
Federation of
the Blind,**

e-mail: nfbuk@nfbuk.org
www.nfbuk.org

**Phone
01924 291313
Fax 01924 200244**

**Royal National
Institute
for the Blind,**

e-mail: rnib@rnib.org.uk
www.rnib.org.uk

**Phone
020 73881266
Helpline
08457 669999**

**RNIB
Customer
Services,**

e-mail: cservices@rnib.org.uk
www.rnib.org.uk

**Phone
0845 7023153
Fax 01733 375001**

**The Partially
Sighted Society,**

e-mail: info@partsight.org.uk

**Phone
0844 4774966
Fax 0844 4774969**

Support for local visually impaired people

**The Blind Business
Charitable Trust**

**Phone
0207 75881885**

e-mail: info@blindinbusiness.org.uk
www.blindinbusiness.org.uk

Diabetes UK

**Helpline
0845 1202960**

e-mail info@diabetes.org.uk
www.diabetes.org.uk

DIABETES UK

**Local adult and
youth groups**

**For information on
local Diabetes groups
in Oxfordshire
Phone 0207 4241000**

**The Dystonia
Society**

**Phone
0845 4586211**

e-mail: info@dystonia.org.uk
www.dystonia.org.uk

**Oxford
Dystonia Group**

**Phone
01865 375399**

**International
Glaucoma
Association**

**Sightline
0870 6091870
Office Phone
01233 648164**

**e-mail: info@iga.org.uk
www.glaucoma-association.com**

**IGA
local
contact**

**Phone
01235 782211**

**Keratoconus
Self-Help and
Support Group**

**Phone
0208 9934759**

**e-mail: Anneklepacz@aol.com
www.keratoconus-group.org.uk**

**People with
Leber's
Congenital
Amaurosis**

**Phone
0207 6088700
Helpline: 0808 808 3555**

**E-mail: info@cafamily.org.uk
www.cafamily.org.uk/Direct/L23.html**

The Oxfordshire Association for the Blind

**The Macular
Disease
Society**

**Helpline
0845 2412041
Phone
01264 350551**

e-mail: info@maculardisease.org

**Abingdon & District
Macular Group**

**Daphne Baker
Phone
01491 835157**

**Kidlington
Macular Group**

**Mr Tom Wright,
Phone
01865 376482**

**Oxford
Macular Group**

**Daphne Dorman,
Phone
01993 811084**

**Nystagmus
Network**

**Phone
01635 627004
Helpline 01392 272573**

info@nystagmus.org.uk
www.nystagmusnet.org.uk

**The British
Retinitis
Pigmentosa
Society**

**Phone
01280 821334
Helpline
01280 860363**

e-mail: info@brps.org.uk

**Oxford
District
Branch**

**Chairman : Mrs Margo Edmonds
Phone 01865 248753**

Welfare : Mrs Sue Sambrook

Phone : 01235 521010

The Oxfordshire Association for the Blind

**Oxfordshire
Blind Support
Group**

Offers help with legal rights,
complaints procedures & benefits

**Phone
01608 642887**

Dennis Freeman

**Phone
01993 811084
Daphne Dorman**

**SENSE UK,
The National
Deafblind & Rubella
Association,**

**e-mail : enquiries@sense.org.uk
www.sense.org.uk**

**Phone
0207 2727774**

**SENSE
Local
Office**

e-mail : wallingford@senses.org.uk

**Phone
01491 824760
Fax
01491 832680**

**The
Thyroid Eye
Disease
Association**

e-mail : tedassn@eclipse.co.uk

**Phone
01797 222338**

Support for local visually impaired people

Look, National Federation
of Families with Visually
Impaired Children,
Queen Alexandra College,
49 Court Oak Road,
Birmingham, B17 9TG.
Phone 0121 4285038
Fax 0121 4279800
e-mail : office@look-uk.org
www.look-uk.org

**Micro and Anophthalmic
Children's Society**,
1 Skyrmans's Fee,
Kirby Cross,
Frinton on Sea, CO13 0RN.
Phone/fax 0870 6006227
e-mail : macs.uk@btinternet.com
www.macs.org.uk

NBCS
The National Blind
Childrens Society,
Bradbury House,
Market Street,
Highbridge,
Somerset, TA9 3BW.
Phone 01278 764764
Fax 01278 764790
e-mail : enquiries@nbcs.org.uk
www.nbcs.org.uk

**LMBBS,* The Lawrence
Moon Bardet Biedl Society**,
Julie Sales,
1 Blackthorn Avenue,
Tunbridge Wells,
KENT, TN4 9YA.
Phone 01892 682680
e-mail : julie.sales@lmbbs.org.uk
www .LMBBS.org.uk
* Also supports visually
impaired adults

LOOK: Oxfordshires' visually impaired child support group

This is the only support group specifically for visually impaired children in the county. Includes regular informal meetings providing an opportunity for families to get together, to play and to share experiences. Look Oxfordshire also provides a monthly newsletter forum for people to let each other know what is happening for their children in Oxfordshire.

Contact Alison Baker, Phone/fax: 01235 868262,
Fax: (01235) 868577, e-mail : arvatec@tesco.net

Child Recreation

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**K.E.E.N.
Kids enjoy
exercise now**

**Phone
01865 794198**

e-mail : keen@herald.ac.uk
www.keenoxford.org

Provides opportunities for visually impaired children to participate in recreational activities in Oxford city.

**The
Parasol Project**

**Phone
01865 742816**

e-mail : parasol.project@virgin.net

Inclusive play and recreation opportunities for children and young people with disabilities - aged 5 to 18 years in Oxfordshire.

Financial help for families

The Benefit Agency

Parents or guardians of visually impaired children can claim DLA on behalf of their child - the care component from the age of three months, mobility from five years. If your child is registered as blind or in receipt of DLA you should be eligible for an extra allowance on Income Support, Housing Benefit, Council Tax Benefit or Tax Credit. Phone 0800 882200 for details. ■■■

The Family Fund Trust

Provides help for families of severely disabled children. Visually impaired children under 16 years of age should be eligible for help. New applicants will be visited by one of the trust's outreach workers to see what help is needed. Phone 0845 1304542
e-mail: info@familyfund.org.uk
www.familyfundtrust.org.uk ■■■

There are support agencies for children accessible through statutory bodies - for example the medical services (such as your GP or The Eye Hospital), the education authority (your child's school), social services (your child's Rehabilitation Officer) etc. If in doubt call Oxfordshire Association for the Blind on 01865 725595. ■■■

Talking books

These can be either standard audio cassette or Compact Disks playable on standard players

Isis Publishing Ltd,
7 Centremead,
Osney Mead,
Oxford, OX2 0ES.

Phone 01865 250333
Fax 01865 790358

e-mail-sales@isis-publishing.co.uk
www.isis-publishing.co.uk

Calibre,

Cassette library for blind and print disabled people,
Aylesbury, HP22 5XQ.

Phone 01296 432339

Fax 01296 392599

e-mail : enquiries@calibre.org.uk

RNIB Talking Book Service,
PO Box 173,
Peterborough,
PE2 6WS.

Local rate 0845 7626843

e-mail : cservices@rnib.org.uk

Large print books

**The Big Print National
Weekly Newspaper,**

PO Box 308,
Warrington,
Cheshire,

WA1 1JE. Phone 0800 124007
www.big-print.co.uk

Magna Large Print Books,
Magna House, Main Street,
Long Preston, Skipton,
North Yorkshire, BD23 4ND.

Phone 01729 840225

Fax 01729 840683

e-mail : dallen@magnaprint.co.uk

BBC, Childrens & adults books & tapes,
St James House,
The Square, Lower Bristol Road,
Bath, BA2 3SB.

Phone 01225 878164

e-mail : christine.graham@bbc.co.uk

Ulverscroft Books & tapes,
The Green, Bradgate Road,
Anstey, Leicester,
LE7 7FU.

Phone 0116 2364325

Fax 0116 2340205

e-mail : sales@ulverscroft.co.uk

Braille books

The National Library for the Blind,
Far Cromwell Road,
Bredbury, Stockport,
SK6 2SG. Phone 0161 3552000

Fax 0161 3552098

e-mail : enquiries@nlbuk.org
www.nlbuk.org

The Scottish Braille Press,
Craigmillar Park,
Edinburgh,
EH16 5NB. Phone 0131 6624445

Fax 0131 6621968

e-mail : info.sbp@royalblind.org
www.royalblind.org/sbp/



TNAUK

**Talking Newspaper
Association of the
United Kingdom**

e-mail : info@tnauk.org.uk
www.tnauk.org.uk

Phone

01435 866102

**The National Recording Centre,
Heathfield, East Sussex,
TN21 8DB.**



Oxfordshire Talking newspapers

Banbury

Phone

01295 254691

email: dollydean@tiscali.co.uk

Henley

Phone

01491 641073

Bicester

Phone

01869 278876

Reading area

Phone

0870 762 2663

**Didcot, Abingdon
and Wantage**

Phone

01235 835386

**Wallingford
and District**

Phone

01491 826104

**OXTALK
Oxford Area**

Phone

01865 766442

**Witney
and District**

Phone

01993 702692

Help and advice on computer access

Personal Computers, or PCs are becoming ever more popular as prices reduce and the processing power increases. Sight loss and restricted vision need not be a barrier to using a PC, indeed with the correct software and equipment IT can be a “window to the world”, through instant messaging, e-mail and the internet.

We have several computers at our Sight Advisory Centre in Oxford on which we can demonstrate some of the ways in which PCs can be made easier to use for people with sight loss. For advice on making a PC accessible contact David at Oxfordshire Association for the Blind on telephone number 01865 725595 who will be able to help .

Abilitynet

Phone
0800 269545

e-mail: enquiries@abilitynet.org.uk
www.abilitynet.org.uk

**British Computer
Association
of the Blind**

Phone
0845 4308627

e-mail: info@bcab.org.uk

ITCH Network
IT Can Help

Phone
07985 779071

Oxfordshire contact **Bob Sangster**
e-mail: oxon@itcanhelp.org.uk



Out and about

**Disabled Persons
parking disc**

**Phone
01865 854409**

You are eligible if you are registered as a blind and/or disabled person.

**Disabled Persons
Railcard**

**Phone
0191 2188103**

You are eligible if you are registered visually impaired.
The card costs £18 per year or £48 for 3 years
www.disabled-persons-railcard.co.uk

**Disabled Persons
Rail Assistance**

**Phone
08457 484950**

**Concessionary
Bus Pass**

**Call OAB
01865 725595**

Currently each district council operates its own scheme; however the government intends to introduce a national concessionary program in 2007 . For more information about bus travel in your area call Oxfordshire Association for the Blind and we will be glad to help.

If you cannot use public transport

Alternative transport solutions may be found through a community transport scheme:

**Oxfordshire Rural
Community Council**

**Phone
01865 883488**

E-mail orcc@oxonrcc.org.uk

www.oxonrcc.org.uk ■■■



Oxfordshire
Association for the Blind
Registered charity 273559

Donation and Membership

To donate or join our membership scheme just fill in the form below and send it, with a cheque or postal order made out to OAB, to.

The Oxfordshire Association for the Blind,
Bradbury Lodge, Gordon Woodward Way,
Abingdon Road, Oxford, OX1 4XL.

I should like to become a member of the Oxfordshire Association for the Blind
(Please tick relevant box)

I enclose five pounds for membership.....

I enclose twenty pounds to become a friend.....

I enclose two hundred and fifty pounds
to become a life member.....

I enclose a donation.....

£10 £25 £50 Other

Please treat all of my donations from 6 April 2000 and until further notice as gift aid. My annual tax/or capital gains tax is more than OAB will reclaim.

or

Please tick : I am/we are not currently a taxpayer

Name _____

Address _____

Postcode _____

Telephone number _____

Signature _____ Date _____

Is it true what they say about vision?

The myths

Regularly watching TV or reading strains the eyes and sight wears out if overused.

Reading or working in dim light will damage the eyes and electric light is also bad for them.

If I am registered as partially sighted it means that I will lose all of my sight.

The facts!

Eyes cannot be worn out by use! Eyestrain is due to tiredness which can be overcome by rest or by changing activity. Looking at the same thing for a long time can be very tiring!

Reading in dim or electric light won't damage your eyes, but you may tire quickly if you concentrate for too long. A light level that is comfortable to use - not too bright, not too dim - is likely to give you the best level of vision.

Registration as being partially sighted is merely a description of how well you see, giving no indication of how your vision will change. Most people retain substantial residual vision - very few people who are registered as blind have no sight at all. ■■■

Visual impairment - a new beginning

Many people who become visually impaired or blind, experience a time of grieving; this is natural but it need not persist. With help towards readjustment they are able to continue with their lives and enjoy pastimes and hobbies, new and old. A few simple changes may be all that is required. For example, making sure that things are kept in a certain place and returned there after use. Making sure there is ample light, avoiding glare and using colour and tonal contrast. On occasions magnifying or telescopic lenses are appropriate and perhaps other more specialised equipment such as liquid level indicators, talking microwave ovens or CCTVs can help.

Visually Impaired people will benefit as technology becomes more user friendly, enabling everyone to keep in touch, stay informed and cope with the increasing demands of life. Ultimately, although visual impairment and blindness are serious, life-changing conditions, with the right help and support, and a willingness to accept a challenge, the feelings of loss and its implications can be overcome. People with visual impairment can continue to enjoy an independent and fulfilling lifestyle. The OAB is an independent, local charity specifically dedicated to helping such people achieve this goal. ■■■

The Oxfordshire Association for the Blind is here to help

● Telephone 01865 725595 ● Fax 01865 725596

OAB

● E-mail : vision@oxeyes.org.uk

OAB

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