

# **OAB** *Info* **2010/11**

Registered Charity 273559

## **Services for visually impaired people in Oxfordshire and beyond**

**Oxfordshire Association for the Blind**

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

● **Telephone 01865 725595**

● **Fax 01865 725596**

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● **Website : [www.oxeyes.org.uk](http://www.oxeyes.org.uk)**



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



# **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

Help and advice with 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 2010/11**

## **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.

There have been some exciting moves forward in the treatment of retinal disease, particularly "wet" macular degeneration, (which may have implications for the management of diabetic retinopathy and other conditions), which is described admirably by Professor Adrian Hill.

If there is anything that you would like to see in this publication, please don't hesitate to let us know.

### **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 blind and visually impaired people in Oxford and Banbury, 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. ■■■

# 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, OX1 4XL  
email: [information@oxeyes.org.uk](mailto:information@oxeyes.org.uk)  
[www.oxeyes.org.uk](http://www.oxeyes.org.uk)

**OAB**  
**Banbury  
Co-ordinator**

**Phone**  
**07528 688619**

email : [volunteers@oxeyes.org.uk](mailto:volunteers@oxeyes.org.uk)

**Oxford  
Eye Clinics**

**Phone**

**Enquiries 01865 741166**

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

**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**

**Phone**

**01865 894935**

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

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

**Out of hours social  
services, emergency  
freephone 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. Lucentis is now available under the NHS subject to guidelines.

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 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 at Bradbury Lodge in Oxford, for further information contact us on 01865 725595.



## 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. (See next page)

## Benefit Enquiry Line

**0800 882200**

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

## Pensions Direct

**0845 3013011**

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

## DLA and Attendance Allowance

**08457 123456**

## Tax Credit

**0845 3003900**

## Child Benefit

**0845 3021444**

For general advice or to advise changes in circumstances.

## War Pensions

**0800 1692277**

For general information on both new and ongoing claims.

For further information or advice contact us on

**01865 725595**

# Help with directory enquiries



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British Telecom runs a Free Directory Enquiry service for people who are 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. If you would like to apply for this free directory service call 195 at any time for help and advice. ■■■

## Radios for the blind

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. 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 Sarah or Marian at OAB, on 01865 725595.



## Phones 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. For more details contact Telephones for the Blind Fund, 7 Huntersfield Close, Reigate, Surrey, RH2 0DX. Telephone/Fax 01737 248032. [www.tftb.org.uk](http://www.tftb.org.uk) ■■■

## Carers groups in Oxfordshire

Carers, of any age, living or working in Oxfordshire can find support, advice and information from their local carers group

### North and West Carers Centre

27 Horse Fair  
Banbury  
OX16 0AE  
01295 264545  
[cc.nwoxon@dsl.pipex.com](mailto:cc.nwoxon@dsl.pipex.com)

### Oxford Carers Centre

174a Cowley Road,  
Oxford, OX4 1UE  
01865 205192  
[info@carerscentre.co.uk](mailto:info@carerscentre.co.uk)  
Website:  
[www.carerscentre.co.uk](http://www.carerscentre.co.uk)

### South and Vale Carers' Centre

5 Lydalls Road,  
Didcot, OX11 7HX  
01235 510212  
[carers@svcarers.org.uk](mailto:carers@svcarers.org.uk)  
Website:  
[www.svcarers.org.uk](http://www.svcarers.org.uk)



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# Clubs and groups for visually impaired people in Oxfordshire

## Abingdon & District

Macular Group

Daphne Baker **01491 835157**

## Banbury

Society for the Visually Impaired

Enid Smith **01295 269568**

## Bicester

Friends of the Visually Impaired

Mrs Peggy Clarke **01869 242290**

## Carterton

Social Club

Rosemary Gibbens

**01993 846825**

## Chipping Norton

Friends of the Blind

Mary Gregory **01608 810899**

## Didcot/Wallingford

OAB affiliated

Pam Organ **01235 813391**

Dorothy Drummond

**01235 812614**

## Faringdon representative

Jean Young **01367 241467**

## Henley VIP Group

Mike Pooley **01491 628284**

## Look Oxfordshire

Support for families of VI children

Alison Baker **01235 868262**

## Kidlington

Macular Group

Tom Wright **01865 376482**

Marita Ferrett **01865 373104**

## Oxford

Macular Group

Daphne Dorman **01993 811084**

## Oxford

Visually Impaired Club

Mary Gregory **01608 810899**

## 'Oxpots'

Pottery Class

Christopher Barry **01608 730407**

## Thame and District

Society for the Visually Handicapped

Norman Lilley **01844 261041**

## VIBNO Visually Impaired But Not Old!

Nicola & Kevin Pamphilon

**01869 331778**

## VIVA

Visually Impaired Visually Active

Ron Sears **01865 553063**

## Wantage Blind Social Club

Mrs Mary Greenfield

**01235 764646**

Secretary Hazel Aldred

**01235 765849**

## Witney Area

Visually Impaired Group

Mandy Bishop **01993 771078**

For information about these groups  
contact OAB on **01865 725595**

**Action for  
Blind People**

**Phone  
0800 915 4666**

e-mail: [info@actionforblindpeople.org.uk](mailto:info@actionforblindpeople.org.uk)  
Website: [www.actionforblindpeople.org.uk](http://www.actionforblindpeople.org.uk)

**Age Concern**

**Phone  
0800 00 99 66**

Website: [www.ageconcern.org.uk](http://www.ageconcern.org.uk)

**Age Concern  
Oxfordshire**

**Phone  
01235 849400**

**Albinism  
Fellowship**

**Phone  
01282 771900**

e-mail: [info@albinism.org](mailto:info@albinism.org)  
[www.albinism.org](http://www.albinism.org)

**Deafblind  
UK**

**Helpline  
0800 132320**

Phone/minicom 01733 358100  
e-mail: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)  
[www.deafblind.org.uk](http://www.deafblind.org.uk)

**The Oxfordshire Association for the Blind**

**Guide Dogs  
for the Blind  
Association**

**Phone  
0118 9835555**

**Fax 0118 9835433**

**e-mail: [guidedogs@guidedogs.org.uk](mailto:guidedogs@guidedogs.org.uk)**

**GDBA  
District Team**

**Phone  
0118 9895800**

**Royal National  
Institute  
of Blind People**

**Helpline  
0303 1239999**

**e-mail: [rnib@rnib.org.uk](mailto:rnib@rnib.org.uk)  
[www.rnib.org.uk](http://www.rnib.org.uk)**

**The National  
Federation of  
the Blind**

**Phone  
01924 291313**

**e-mail: [nfbuk@nfbuk.org](mailto:nfbuk@nfbuk.org)  
[www.nfbuk.org](http://www.nfbuk.org)**

**The Partially  
Sighted Society**

**Phone  
0844 4774966**

**e-mail: [info@partsight.org.uk](mailto:info@partsight.org.uk)  
[www.partsight.org.uk](http://www.partsight.org.uk)**

**Support for local visually impaired people**

**The Blind Business  
Charitable Trust**

**Phone  
0845 0450696**

e-mail: [info@blindinbusiness.org.uk](mailto:info@blindinbusiness.org.uk)  
[www.blindinbusiness.org.uk](http://www.blindinbusiness.org.uk)

**Diabetes UK**

**Helpline  
0845 1202960**

e-mail [info@diabetes.org.uk](mailto:info@diabetes.org.uk)  
[www.diabetes.org.uk](http://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 4586322**

e-mail: [info@dystonia.org.uk](mailto:info@dystonia.org.uk)  
[www.dystonia.org.uk](http://www.dystonia.org.uk)

**Oxford  
Dystonia Group**

**Phone  
01865 375399**

**International  
Glaucoma  
Association**

**Sightline**  
**01233 64 81 70**  
**Switchboard**  
**01233 64 81 64**

e-mail: [info@iga.org.uk](mailto:info@iga.org.uk)  
[www.glaucoma-association.com](http://www.glaucoma-association.com)

**Keratoconus  
Self-Help and  
Support Group**

**Phone**  
**0208 9934759**

e-mail: [chair@keratoconus-group.org.uk](mailto:chair@keratoconus-group.org.uk)  
[www.keratoconus-group.org.uk](http://www.keratoconus-group.org.uk)

**People with  
Leber's  
Congenital  
Amaurosis**

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

E-mail: [info@cafamily.org.uk](mailto:info@cafamily.org.uk)  
[www.cafamily.org.uk/Direct/L23.html](http://www.cafamily.org.uk/Direct/L23.html)

**The Oxfordshire Association for the Blind**

The work of the Oxfordshire Association for the Blind is assisted by funds from

supported by

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



**The Macular  
Disease  
Society**

**Helpline  
0845 2412041  
Phone  
01264 350551**

e-mail: [info@maculardisease.org](mailto: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  
02920 454242  
Helpline 0845 6342630**

[john.sanders@nystagmusnet.org](mailto:john.sanders@nystagmusnet.org)  
[www.nystagmusnet.org.uk](http://www.nystagmusnet.org.uk)

**The British  
Retinitis  
Pigmentosa  
Society**

**Phone  
01280 821334  
Helpline  
0845 123 2354**

e-mail: [info@brps.org.uk](mailto:info@brps.org.uk)

**Oxford  
District  
Branch**

**Chairman : Mrs Margot 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  
for  
Deafblind People**

**Phone  
0845 1270060**

e-mail : [info@sense.org.uk](mailto:info@sense.org.uk)  
[www.sense.org.uk](http://www.sense.org.uk)

**The  
Thyroid Eye  
Disease  
Association**

**Phone  
01797 222338**

e-mail : [tedassn@eclipse.co.uk](mailto:tedassn@eclipse.co.uk)



The Oxfordshire Association  
for the Blind is grateful for  
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Club of Abingdon who have  
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publication

**Telephone OAB on 01865 725595**

**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**,  
PO Box 92,  
Holyhead,  
LL65 9AW.  
Freephone 0800 169 8088  
e-mail : enquiries@macs.org.uk  
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. Activities include 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 01235 868262,  
Fax: 01235 868577, e-mail : arvatec@tesco.net

# Child Recreation

**OAB**  
Info 2010/11

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

**Phone  
01865 794198**

e-mail : [keen@herald.ac.uk](mailto:keen@herald.ac.uk)  
[www.keenoxford.org](http://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](mailto: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](mailto:info@familyfund.org.uk)  
[www.familyfundtrust.org.uk](http://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 and Newspapers

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 0303 1239999  
e-mail : cservices@rnib.org.uk

## Large print books

**The Big Print National  
Weekly Newspaper,**  
PO Box 173,  
Peterborough,  
PE2 6WS.  
Local rate 0303 1239999  
e-mail : cservices@rnib.org.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

Produces a range of papers  
and magazines on audio  
cassette, CD and in digital MP3  
format

**Phone**  
**01435 866102**

e-mail : [info@tnauk.org.uk](mailto:info@tnauk.org.uk)  
[www.tnauk.org.uk](http://www.tnauk.org.uk)

## Oxfordshire Talking newspapers

### Banbury

**Phone**  
**01295 254691**

email: [dollydean@tiscali.co.uk](mailto:dollydean@tiscali.co.uk)

### Henley

**Phone**  
**01491 577069**

### Bicester

**Phone**  
**01869 278876**

### Reading area

**Phone**  
**0118 9582056**

### Didcot, Abingdon and Wantage

**Phone**  
**01865 204673**

### Wallingford and District

**Phone**  
**01491 835145**

### OXTALK Oxford Area

**Phone**  
**01865 453403**

### 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 a computer 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](mailto:enquiries@abilitynet.org.uk)  
[www.abilitynet.org.uk](http://www.abilitynet.org.uk)

**British Computer  
Association  
of the Blind**

**Phone**  
**0845 4308627**

e-mail: [info@bcab.org.uk](mailto:info@bcab.org.uk)

**ITCH Network**  
**IT Can Help**

**Phone**  
**01793 417723**

Oxfordshire contact  
e-mail: [oxon@itcanhelp.org.uk](mailto:oxon@itcanhelp.org.uk)



# Out and about

**Disabled  
Persons parking**

**Phone  
01384 257001**

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

**Disabled  
Persons Railcard**

**Phone  
0845 6050525**

You are eligible if you are registered visually impaired.  
The card costs £18 per year or £48 for 3 years  
[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

**Disabled  
Persons Rail  
Assistance**

**Phone  
08457 484950**

**Concessionary  
Bus Pass**

**Call OAB  
01865 725595**

The national concessionary bus pass scheme means that bus pass holders can now travel anywhere in England free of charge. For more information about bus travel in your area call Oxfordshire Association for the Blind on 01865 725595 and we will be glad to help.

## If you cannot use public transport

Alternative transport solutions may be found through a community/voluntary transport scheme operating in your local area:

**Oxfordshire Rural  
Community Council**

**Phone  
01865 883488**

E-mail [orcc@oxonrcc.org.uk](mailto:orcc@oxonrcc.org.uk)

[www.oxonrcc.org.uk](http://www.oxonrcc.org.uk) ■■■

# Membership and donation

If you **are eligible**, please Gift Aid your payment by signing the declaration below. **In all cases**, please complete your name and address details. If you wish to pay by standing order, please also complete the separate form overleaf and return to us at:

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

## Membership

Please tick the appropriate box/es

Member

(£5.00 annually)

Friend

(£20.00 annually)

Life Member

(£250.00)

## Donation

 £5 £10 £20 £50 £100

Other amount £.....

## Gift Aid

Please tick the appropriate box

Please treat this payment as a Gift Aid donation

Please treat all membership/donations that I make from the date of this declaration, until otherwise notified, as Gift Aid donations

I pay Income Tax and/or Capital Gains Tax at least equal to the tax that the OAB reclaims on membership/donations in the appropriate tax year. I will inform the OAB when this is no longer the case.

**Signed** .....

**Date**.....

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Postcode** \_\_\_\_\_

**Telephone** \_\_\_\_\_

# **OAB** Oxfordshire Association for the **Blind**

1877-2010

Helping blind people  
for 133 years

Registered Charity 273559

Bradbury Lodge, Gordon Woodward Way, Abingdon  
Road, Oxford, OX1 4XL.

Phone : 01865 725595 Fax : 01865 725596

## Standing order instruction

To the Manager:.....Bank plc

at: .....

.....

.....Post Code .....

Please pay to CAF Bank plc, 25 Kings Hill Avenue,  
Kings Hill, West Malling, Kent, ME19 4JQ  
Sort Code 40-52-40

For the credit of Oxfordshire Association for the Blind  
Account number is 00015471

The sum of £..... (in words).....

on the .....day of .....20.....

and the same sum on the same day in each succeeding  
month / quarter / year (*delete as appropriate*) until further

notice and debit my account number .....

**Signed** ..... **Date** .....

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Postcode** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**Have you remembered Gift Aid?**