



THEME:

Health & Social Care

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MATCH FUNDING:

Department of Health
(Northern Ireland and
Ireland)

LEAD PARTNER:

Royal National Institute of
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Ireland (RNIB)

PROJECT PARTNERS

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<https://www.rnib.org.uk/your-area-northern-ireland/>

SPECIAL EU PROGRAMMES BODY

Project Case Study: Need to Talk - Living with Sight Loss Courses

Need to Talk is providing a cross-border counselling service and confidence building programme for people affected by sight loss throughout Northern Ireland, the Border Region of Ireland, and Western Scotland (Ayrshire & Arran and Highlands & Islands). Although it's working across the three regions, there is a specific focus on providing support to those living in more rural areas, where access to public transport and other support services can be limited.

To date, 97 people have accessed the confidence building course and 174 people accessed counselling services in Northern Ireland; 42 in the Border Counties and 36 in Western Scotland.

Living with Sight Loss Courses

Created to help people deal with issues surrounding sight loss; the courses focus on a range of themes including mobility and daily living; emotional support and well-being; assistive technology; eye health; peer support and leisure time. As well as providing an opportunity for people with sight loss to meet and connect with each other, family and friends are also encouraged to attend the course.

"This is the first time I have been in a group like this. You don't realise the fear that people have, so it helped me to talk to like-minded people. I had some referrals from Sensory Support who gave me a light with a magnifier to help me read. Home Safety also came to my house to take a look around and recommend things for safety. It helped my confidence and helped me realise there are people the same as me. I think talking to people around me, I felt I wasn't alone."

Allison Place, 'Living with Sight Loss' Enniskillen Participant

