



Leading sight loss
charity in Leicester,
Leicestershire and
Rutland

www.vistablind.org.uk

Registered Charity No: 218992



Our vision

Leicester,
Leicestershire
and Rutland (LLR)
is a place where
anyone with sight
loss can reach
their aspirations

Our mission

- We provide a supportive network to build resilience and confidence to live well with sight loss
- We educate and raise awareness to keep people's sight for longer
- We advise and advocate to remove barriers so that LLR is an accessible place where people with sight loss are valued and included

Our values

- Everyone is welcome and heard
- We are open and honest
- We learn, adapt and find solutions
- We are responsive, caring and committed





About Vista

The services we offer are informed by the experiences of people using them. Everyone's experience of sight loss is unique, that's why we tailor our services so you can get the right support you need, when you need it most. We currently support over 13500 people across LLR with sight loss.

Vista's services enable people affected by sight or dual sensory loss to improve:

- Independence and choice
- Social connections and community
- Health and wellbeing
- For children and young people
- We also raise awareness

Sight loss in Rutland

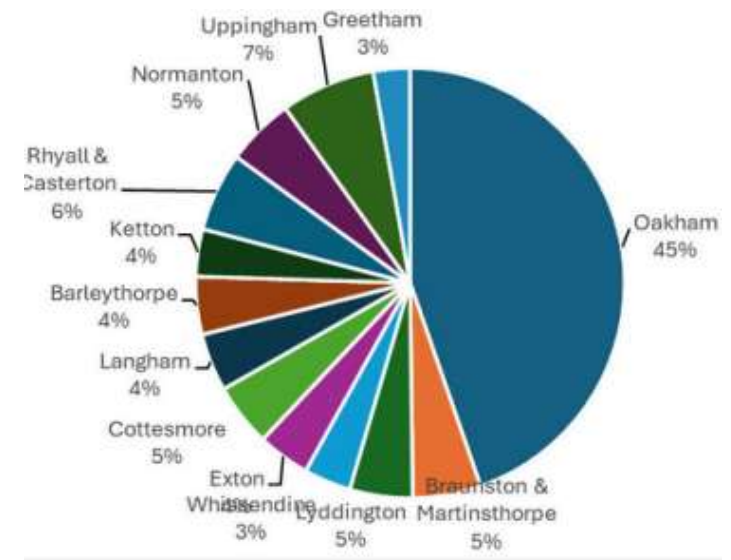


1 in 5 people are affected by sight loss. Vista manages the sight loss register for Leicester, Leicester and Rutland, meaning that anyone who is diagnosed with sight loss by a medical practitioner, is supported by Vista.

The chart opposite shows the number of people supported by Vista over the past year by location within Rutland.

Across such rural communities, adapting to sight loss can feel incredibly isolating

Last year over 137 people were referred to Vista's range of services in Rutland. Of these, 119 received rehabilitation support either following registration and/or diagnosis. This may have included adaptations to the home, provision of low vision aids such as magnifiers, white cane training, and support with re-learning independent living



Sarah's story



“I couldn’t drive, couldn’t live alone. I couldn’t even cook. When I tried to make a sandwich, I ended up cutting myself or falling over.” Worst of all, she felt **isolated**. “My son lives in Brighton, but I couldn’t get down to see him. I was **stuck** in my house not living.”

“I was **reluctant** to get any help. I didn’t accept that I needed it, or even know what help was available”

“It’s opened my eyes, if you’ll excuse the pun. It’s all attitude, and Vista have really helped me realise I can do this. Life can get **better**, and I am the proof.”

“You don’t just have to live, but you can have a life. Vista have **helped** so much in getting my life back together.”

By 2028 we will...

Raise awareness of preventing avoidable sight loss to 1000's of individuals including:

- Eye Screening for 4-5 years olds in primary schools
- Eye Screening Adults in employment
- Supporting those at risk of sight loss because of their condition (eg Glaucoma)
- Visual awareness training



By 2028 we will...

Deliver a broader range of peer led options supporting more people through the most difficult times including:

- Living well with sight loss support groups
- Community meet ups led by people with and affected by sight loss
- Focus groups encouraging co produced services
- Increased opportunities for peer to peer life learning – Tech support, 1:1 buddy, life hacks,
- Specific programme for transition for 18-25 yrs old





Your support changes lives

Our volunteers are essential to us, without their support we wouldn't be able to carry out our life-changing work. If you can spare some time we would love to hear from you. We are currently advertising the below volunteer roles:

- Community and events volunteer
- Collections volunteer
- Charity shop volunteer
- Tech Together volunteer
- Children's Services volunteer
- Café Meet up Group volunteer

Community fundraising

Get inspired to start your own fundraiser with some popular ideas below:

- Bake sale/coffee morning



- Hold an event

- Fundraising at work



- Challenge yourself

- Organise a sports day



Summary



- A unique and long-standing organization driven by the needs and voices of the sight loss community
- Clear vision, mission and values with a clarity of purpose
- A realistic plan that ensures Vista is there for generations to come
- A call to our local community to support Vista in volunteering and fundraising so we can continue to provide our vital services and support



Thank you