# Time to Talk – Impact summary

## What is Time to Talk?

* Telephone information and discussion sessions providing peer support for older people living with sight loss, funded by Nesta between December 2014 and March 2016
* The project provides older people who are affected by sight loss with a safe space and opportunity to discuss their situation through four, hour long sessions
* Participants also receive signposting information to enable them to access help and support
* 1,027 people with sight loss took part in the sessions; 664 individual sessions and 4,108 hours of peer support contact were delivered by staff and volunteers

## Time to Talk increases participants’ wellbeing

Wellbeing of Time to Talk participants increased in all areas. People feel inspired by hearing other people’s attitudes and experiences, this leads to an increase in people’s levels of confidence and the ability to seek further support.

* 80% of participants feel able to deal with problems well
* 78% feel more able to discuss their sight loss in the future
* 75% feel more able to seek support for themselves
* 72% feel more positive about the future
* A comparison group of people who did not take part found that all wellbeing measures decreased

## Peer support is critical to Time to Talk’s success

Sharing tips, experiences, and coping mechanisms with each other is one of the key successes of the project. People now feel more able to share and help others.

* 70% of participants report feeling close to other people as a result of the Time to Talk sessions

“I’ve been blind all of my life and it was good to be able to share ideas and support others who are new to losing their sight,” Female, 65

The telephone based method of service delivery is very well received by participants who express feeling more comfortable and able to share with peers over the telephone.

## Time to Talk increases knowledge of services and support

People are more knowledgeable about the services and support available to help them live with sight loss. They feel empowered to identify their own needs and to act on seeking support.

* 46% of participants make use of the services mentioned in Time to Talk
* 70% intend to use the services
* 77% feel more knowledgeable about organisations, technology and equipment

## Time to Talk – learning and evolution

The evaluation recognises that participants need more face to face support. It highlights the need to link with our new and existing face to face support offers, such as RNIB Connect and Living with Sight Loss courses.

We are developing a joint offer of confidence building services, both over the phone and face to face to ensure we provide support across the UK regardless of mobility, financial situation, and geography. We need to ensure that the referral routes within the organisation to the joint offer are clear and widely known.

If you have any questions about the evaluation, or would like to read the full report, please contact Evaluation Officer, Gina Floyd at gfloyd@rnib.org.uk or Senior Manager of Talk and Support, Jo Stapleton at jstapleton@rnib.org.uk.

### About RNIB’s research

RNIB is a leading source of information on sight loss and the issues affecting blind and partially sighted people. Our Research and Knowledge Hub contains key information and statistics about blind and partially sighted people including our Sight Loss Data Tool, which provides information about sight loss at a local level throughout the UK. You’ll also find research reports on a range of topics including employment, education, technology, accessibility and more. Visit our Knowledge and Research Hub at: **rnib.org.uk/research**