



“When I was diagnosed I felt lost. The simplest things like reading the time or using my phone had become an issue. RNIB’s Eye Care Liaison Officer (ECLO) was the first person I felt I could really open up to about my vision.

With help from RNIB I got involved in swimming, walking and history groups, and am now doing some technology training with them as I was finding it hard to see the computer screen. I got a tablet and can now email my family in South Africa, do my shopping online and even top up the electricity from the sofa!”

- Olga, aged 65, diagnosed with glaucoma at 39.

Get in touch

To find out more about the wide range of services we offer for all ages visit rnib.org.uk/northernireland, contact us on 028 9032 9373, or email rnibni@rnib.org.uk.

Other useful contacts:

RNIB Connect

Join with other people affected by sight loss in your local area and beyond to keep in touch with things that are of interest and help to you.

Call: 0303 1234 555

Visit: rnib.org.uk/connect

RNIB Talking Books

Our Talking Books service is absolutely free. Giving you access to over 25,000 titles that you can read to your heart’s content.

Call the RNIB Helpline on 0303 123 9999

Visit: rnib.org.uk/talkingbooks

You can also find us on:

[facebook.com/RNIBNorthernIreland](https://www.facebook.com/RNIBNorthernIreland)

twitter.com/RNIBNI

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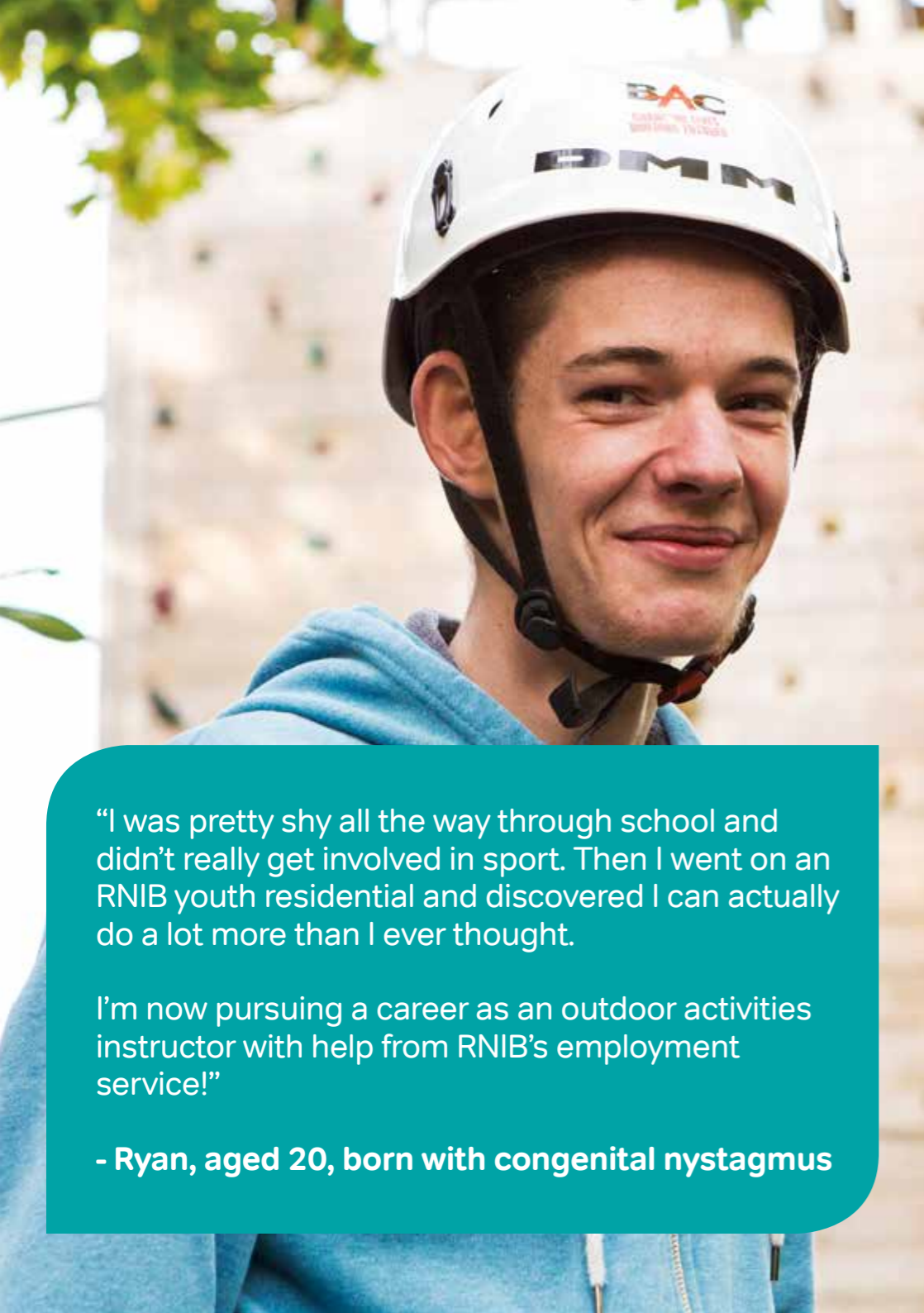


RNIB Northern Ireland

Making every day better for everyone affected by sight loss

RNIB
Northern
Ireland

Supporting people
with sight loss



We're the Royal National Institute of Blind People in Northern Ireland (RNIB NI) and we're here for everyone affected by sight loss.

Whether you're starting to have difficulty reading or are blind or partially sighted, our practical and emotional support can help you face the future with confidence.

How we can help you

If you're blind or partially sighted, or supporting somebody who has difficulties with their sight, we offer a whole range of services to help you.

Emotional support

We can provide emotional support throughout your sight loss journey. In particular, our Eye Care Liaison Officers (ECLOs) provide emotional and practical support to individuals and families of children upon diagnosis of an eye condition.

Confidence building

We offer individual and group support to give you the practical skills, hints and tips to adjust to life with sight loss and empower you to access all the services you want in your local community.

Welfare rights advice

We offer a benefits check and advisory service for people with sight loss, providing support and information on the full range of social security benefits and other benefits or concessions.

Products and technology

Staff in our resource centre in Belfast are available to advise you on the range of products and technology that can help you make the most of your life.

Employment support

We provide specialist support and advice to help you find work or stay in your current job. We can also advise employers on how best to support their employees with sight loss.

Children, youth and families

We work with children and young people to increase their independence, confidence and skills through a wide range of programmes, activities and events as they grow up through school and into employment.

Get involved

Volunteer with RNIB

We have a wide range of volunteering opportunities, from admin to peer support roles.

Visit: [rnib.org.uk/volunteering](https://www.rnib.org.uk/volunteering)

Campaign with RNIB

We want to achieve positive changes for people with sight loss. Our Campaigners Active Network offers people an opportunity to become involved in this work.

Visit: [rnib.org.uk/campaignsni](https://www.rnib.org.uk/campaignsni)

"I was pretty shy all the way through school and didn't really get involved in sport. Then I went on an RNIB youth residential and discovered I can actually do a lot more than I ever thought.

I'm now pursuing a career as an outdoor activities instructor with help from RNIB's employment service!"

- Ryan, aged 20, born with congenital nystagmus