Audio description (AD): 39 year old Helen sits in a sports centre facing the camera.

I never thought I'd be able to continue with football when I started losing my sight.

AD: The camera pans the outside of Newcastle United's football stadium.

I always loved the game.

Watching it, playing it, that whole community feel.

I even used to work at St James's Park.

AD: Helen holds a football.

And I was big into university football when I was first diagnosed with sight issues.

That's when things started to change.

After uni, I just didn't have the confidence to approach a club knowing that my sight was deteriorating.

Do you tell them upfront or bring it up later?

Easier just not to bother.

So I stopped playing, football got pushed down the priority list.

I just didn't have the motivation.

Any excuse not to get involved.

Even watching it was less enjoyable.

AD: Helen takes off her football boots, next to an indoor pitch.

That's the thing about sight loss.

It's easy to lose your confidence, if your fitness deteriorates.

Then I saw a feature on alternative and more accessible types of football on TV.

My friends understood that I needed encouragement to get involved in exercise again.

I thought, Why not?

AD: Helen and her friend walk into a sports centre.

Despite feeling anxious.

I contacted the Newcastle United Foundation to ask if I could participate in one of their groups.

If nothing else, to give me the confidence to get back into sport.

She walks onto the pitch in her kit and high fives her friend.

So I went along to a session.

Negative thoughts filling my head.

What if I make mistakes?

What if I miss the ball?

Just having the courage to walk in and say here I am was a big hurdle.

AD: Helen and her team start their disability football session, warming up together.

But everyone was so welcoming, so encouraging, seeing people of all abilities with their own challenges.

The nerves just melted away.

AD: They start to play and Helen is passed the ball up the left wing.

I loved it.

This wasn't some easy kick around.

This was a proper workout and the players were all really enthusiastic.

AD: She dribbles the ball and passes to her teammate.

I didn't have time to worry about my sight.

I was hooked.

The whole community feel made me want to come back, week after week.

AD: Helen receives the ball and scores, celebrating.

Everyone having fun, encouraging each other, and getting fitter.

Caring about playing their part in the team.

AD: The team go for a walk after the session.

It was a massive confidence boost and it opened up a whole social side too.

AD: Helen and her friends chat outside St James's Park.

And now I'm back watching the beautiful game.

Enjoying match days with my friends as a proud season ticket holder.

Sight loss shouldn't be a barrier to getting involved.

It's about finding the sport and the setting that works for you.

My advice: just take the first step and give it a try.

You've got nothing to lose and so much to gain.

Start your own journey today.

Complete the See Sport Differently quiz, to find an activity that's right for you.

See Sport Differently in partnership with RNIB and British Blind Sport funded by Sport England and the National Lottery.