



**Supporting Visually Impaired People**

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There are **24,000** people living with sight loss in Oxfordshire.\*

Only **17%** of people diagnosed with sight loss in adulthood have been offered emotional support.\*\*

Only **20%** of visually impaired people aged over 75 have been offered practical advice on day-to-day tasks.\*\*

**31%** of visually impaired people are rarely or never optimistic about the future.\*\*

**MyVision Oxfordshire is the county charity providing support, advice, and guidance, to improve the above outcomes and so that local visually impaired people can live life to the fullest.**

MyVision Oxfordshire offers a range of services for anyone living with any kind of visual impairment in Oxfordshire. Our goal is to ensure local visually impaired people have the practical skills, support, and emotional resilience to live independent, active lives. Our services are free of charge, and consist of:

- Information and advice.
- Equipment demonstration, including daily living aids.
- Technology training for both assistive technology and personal devices.
- Counselling from a visually impaired volunteer counsellor.
- Befriending partnerships, social groups, and sports.
- Services and activities for visually impaired children and young people.



Sight loss can affect anyone, regardless of age, ethnicity, gender, or background. Our services are available to anyone with any kind of sight loss. clients do not have to be registered Sight Impaired or Severely Sight Impaired to access our services.

\*RNIB Sight Loss Data Tool Version 5.0

\*\*RNIB My Voice, 2015



Previously known as: **Oxfordshire Association for the Blind**

Charity Number: 1140556 Company Number: 07465300

Patron: The Countess of Macclesfield & Moira Darlington MA DL

Our services help visually impaired people overcome societal barriers and engage with their communities. Our small team of staff and our wonderful volunteers provide a service with a personal touch, increasing the sense of community and belonging. Those who use our services will have improved confidence and wellbeing, and will be less isolated. Here are just a few of our clients' recent achievements.

A man who had never used a mobile phone before received technology training and sent his first ever text message with our support. He now uses his phone regularly to keep in touch with the people around him.

An older person attended an information day we held in their local area, they said, "I had no energy this morning and nearly talked myself out of coming, but it has been so useful, I am really pleased I came. I have been struggling this last year and there are so many services here today that can help me. Thank you."



A woman joined one of our walking groups. She felt very anxious because the walk's starting point required a bus journey, and she hadn't taken a bus in 15 years. With encouragement from the group, she gathered the courage to make the trip. She was thrilled with her achievement and has since applied for a bus pass to travel on her own.

We loaned a digital magnifier to a client to help him read text, e.g. labels on food packaging and his post. He found it had a huge impact on his day-to-day life, and told us that "it has reopened up a world I thought was gone."



**When asked, 79% of people said their mental health had improved with our support, and 59% of people reported they felt less lonely.**

These wonderful outcomes are only possible thanks to the kindness of our funders. This funding is vital to ensuring that we can continue our work, so that blind and

visually impaired people in Oxfordshire are supported, helping them achieve their individual goals and live independent, active lives. We would be incredibly grateful to you for considering funding our work with a grant.



**“From the moment we reached out to them, [MyVision] have been an unwavering source of reassurance, guidance, and support. They understand the challenges we face as a family and have been there for us every step of the way.”**



**“I can’t fault MyVision. Everything I felt I needed: advice, befriending, technology support, a sympathetic ear; it’s all there!”**

**Thank you for taking the time to read this document and consider working with us. If you would like any further information about our work or a specific service, please get in touch and we would be delighted to speak with you.**

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