



Support, Assistance and Information

INTERESTED?

**Call us today on:
020 8409 7166**

Sight loss affects an estimated
2 million+ people in the UK today.
Approximately 4,000 of those people live in the
London Borough of Sutton.

**PLEASE HELP US MAKE A
DIFFERENCE!**

Charity No: 1092429

Company No: 4388249



Sutton Association For The Blind

3 Robin Hood Lane, (First Floor)

Sutton, Surrey, SM1 2SW

TEL: 020 8409 7166/7

FAX: 020 8409 7166

e-mail: contact@sab.gb.com

VOLUNTEERS NEEDED!

HOURS TO SUIT YOU

TRAINING GIVEN

***FLEXIBLE,
INTERESTING WORK
AVAILABLE!***

**Sutton Association for The Blind is
an independent charity serving all
visually impaired people in the
London Borough of Sutton**



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DO YOU HAVE SKILLS THAT MAY HELP US TO HELP THEM?



Driving



Reading and Writing



Visiting or Outings as a Sighted Guide



Telephone Contact



Demonstration of Equipment



Administration



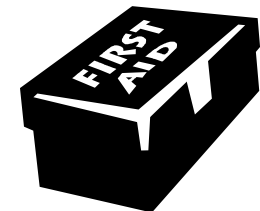
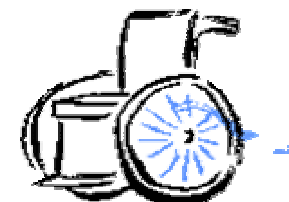
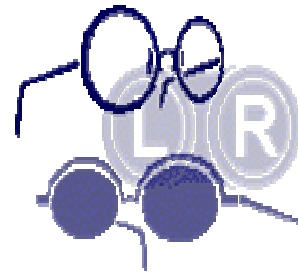
Assisting at Groups/Clubs,
Tea Making and Chat

NOTES:

All Volunteers are given helpful training before taking up some of the above tasks. Procedures for each task are available in the SAB office.

All volunteers are asked to train in Visual Awareness, Sighted Guiding and in most instances First Aid, Wheelchair Awareness and pushing as part of the 'Mind your Back' training (if appropriate).

Volunteers are also asked to sign a Volunteer Agreement and other appropriate documentation as required by SAB.





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also include reading books, doing crosswords, playing scrabble or similar. This is a service provision in particular for house bound visually impaired people and those who are particularly isolated and require encouragement to get out and about again.

This service often takes up at least 2 hours per visit but can be tailored to the visually impaired person. It is NOT a befriending service as SAB feel it unfair to any client, to become reliant on one visitor.

6) Assisting in SAB Centre with administration, answering our telephones and assisting with filing, photocopying and other admin duties. Any time you are willing to give to our organisation for this purpose is very welcome.

7) DRIVERS! needed to assist in collection and returning home of clients to our centre, to Outings and/or other matters. Also willingness to drive a Minibus for small outings is a very helpful activity for SAB. MIDAS training is provided for this and is a compulsory requirement.

SAB PROVIDE INFORMATION, SUPPORT AND ASSISTANCE TO VISUALLY IMPAIRED PEOPLE AND THEIR CARERS WHO ARE RESIDENT IN THE LONDON BOROUGH OF SUTTON TO HELP THEM LEAD A FULL AND INDEPENDENT LIFE

WHAT SERVICES DO WE OFFER CLIENTS?

- Display and demonstration of equipment
- Information and if necessary, appropriate signposting to other services
- Outreach services – sighted guiding for appointments, one to one outings, group outings, home visiting, telephone contact, reading and writing of personal mail
- Social groups (for various age groups), such as Social Eyes, Reminiscence, Exercise, Poetry, Classical Music and Men's Groups etc
- Other services, including British Wireless for the Blind, tuition for Braille, access issues, support and signposting on retraining and employment issues, tuition in computer skills using specialist software and other computer training

WHAT ADVANTAGES ARE IN IT FOR YOU?

- Interest, enjoyment and satisfaction
- Gain experience - good addition to your CV!
- Learn new skills
- Good use of any spare time you have
- Meeting new people
- Achievement in making a difference for others

TASK LIST FOR VOLUNTEERING WITH SAB

ARE YOU INTERESTED IN ANY OF THE FOLLOWING

PLEASE PLACE A TICK BY EACH TASK YOU MAY LIKE TO BE INVOLVED IN AND ARE SKILLED TO DO

- 1) **Assisting at our Social Groups/Activities at SAB Centre** by joining in with the group giving them confidence to participate and dispensing of refreshments and sandwiches as and when required.

Groups include:

- | | |
|---|--------------------------|
| Social Eyes (weekly x 2 sessions) | <input type="checkbox"/> |
| Poetry | <input type="checkbox"/> |
| Men's Group | <input type="checkbox"/> |
| Reminiscence (2 groups) | <input type="checkbox"/> |
| Exercise | <input type="checkbox"/> |
| Classical Music (monthly commencing 2007) | <input type="checkbox"/> |
| Other (ad hoc times) | <input type="checkbox"/> |

- 2) **Assisting on small group and one to one outings as a sighted guide** and giving support to our visually impaired clients, offering them confidence and independence to get out and about more and enjoy going to places they may not be able to without support from SAB.
- 3) **One to one outings and small groups by client request.** Local trips and outings are reliant on a sighted guide volunteer. This enables the visually impaired client to do personal or Christmas shopping or a lunch-out trip to a garden centre or similar. Outings can be 2 hours or more on the day.
- 4) **Supporting visually impaired clients to eye related medical appointments.** This includes sighted guiding, driving the client to their appointment and returning them home and acting, if necessary as an advocate during that visit. These visits can last up to 3hrs, reliant upon the appointment they are going to.
- 5) **Home visiting** includes visits on an ad hoc basis to provide lively chat, assistance with administration of mail and other related matters, reading of mail and writing of letters if requested by the client. It can