



**Improving Lives
Plymouth**

Supporting people since 1907

Active for All
Better Futures
Caring for Carers
Information and Advice
Long-Term Conditions Self-Management
Sensory Solutions
Veterans Care Navigation
Volunteer Connections

Insight Course

Do you have reduced vision? Are registered Severely Sight Impaired (blind) or Sight Impaired (partially sighted)?

If you would like to know what help and support is available to you both locally and nationally, our FREE **Insight Course provides:**

- **an opportunity to meet and share your experiences with others in a similar situation and to consider the emotional aspects of sight loss**
- **practical solutions to help you manage day-to-day living with reduced vision – to include demonstrations and trial of equipment and new technologies**
- **information on leisure activities, support groups, plus financial assistance options; and**
- **an opportunity to put your questions to our Low Vision Specialist, Rehabilitation Officers and other key people who provide a range of different services and activities that are available to you.**

If you would like to talk to someone about our service, please contact:

Improving Lives Plymouth - 156 Mannamead Road, Plymouth, PL3 5QL

Tel: 01752 201900 Email: ilp@improvinglivesplymouth.org.uk

Website: www.improvinglivesplymouth.org.uk



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