



**University
Hospitals Sussex**
NHS Foundation Trust

Support and information for children and young people with visual impairments

Ophthalmology

Patient information

Why have I been given this information?

We know how overwhelming it can be to find out that your child has a visual impairment.

We have put this information together so that you can find out about what support is available for you. There are also lots of exciting opportunities for children in our area.

What support can my child and I get?

The Ophthalmology Department can organise support for your child by helping to register them as sight impaired (if they meet the required levels of sight loss). We can also refer you to some other services that may help.

Our Sight Care Advisor (SCA) who works for 4Sight will help with this process. They are also called an Eye Clinic Liaison Officer or ECLO. Your doctor or orthoptist (specialist eye professional) will ask for your consent to share the information with 4sight, who will then contact you.

4Sight Vision Support

4Sight Vision Support is an independent charity helping people of all ages across West Sussex who are blind or partially sighted, to live life without limits.

St Richards SCA: Karen Mclachlan Karen.Mclachlan1@nhs.net

Southlands SCA: Jan Wise Janine.wise1@nhs.net

Website: www.4sight.org.uk/

Telephone: **01243 828555**

Sensory Support West Sussex County Council

We can also refer you to the Sensory Support Team, which is part of West Sussex County Council. Your doctor or orthoptist will ask you to sign a consent form.

This lets us share your child's clinical information with the team.

This team supports children with sensory needs who are pre-school and school age, and their families, in a range of settings.

They will:

- Work with the Ophthalmology Department and other health and social care professionals to make sure we have a joined-up approach for your child, with parents at the heart of the decision-making.
- Provide advice and reports for Special Educational Needs assessments.
- Provide specialist technologies (for example, software to help magnification and screen reading) to allow children to access the curriculum. This is done on an individual basis.
- Provide information and support to the SENCO (Special Educational Needs Coordinator) at your child's early years or school setting.

Other sources of support

Blatchington Court Trust

The Trust's aim is to support, inform and empower young people with sight loss throughout Sussex.

01273 727 222 info@blatchingtoncourt.org.uk

www.blatchingtoncourt.org.uk

RNIB Royal national Institute for the Blind

Supporting blind and visually impaired people.

0303 123 9999

www.rnib.org.uk

Guide Dogs

Guide Dogs is one of the UKs leading sight loss charities.

It is important to remember that they provide more support than just guide dogs. They provide support for the family and aim to open up the world with technology, education support and much more.

0800 781 1444 information@guidedogs.org.uk

www.guidedogs.org.uk

VICTA

Their aim is to empower blind children and young adults.

Providing support to children and young adults 0-29 who are blind or partially sighted. They provide support, advice, grants and activities enabling young people and their families to build skills and confidence to help towards a positive future.

01908 240831 admin@victa.org.uk

www.victa.org.uk

Royal Society for Blind Children

Providing support, advice, events, social groups education and advocacy for visually impaired children, young people and their families.

020 3198 0225 connections@rsbc.org.uk

www.rsbc.org.uk

Look

Supporting visually impaired young people to thrive. They offer mentoring, online forums and parent support for young people with visual impairment.

info@look-uk.org

www.look-uk.org

SeeAbility

SeeAbility aim to support people with learning disabilities or autism who also have sight loss. Their aim is to enable people to live full lives and achieve things they never thought possible.

01372 755000

enquiries@seeability.org

www.seeability.org

Sense

Sense support disabled adults and children with complex needs such as visual impairment, a learning disability or hearing impairment ensuring they feel connected and included.

info@sense.org.uk

www.sense.org.uk

Make it Easier To See

A website which aims to provide information for parents, carers, teachers and other professionals involved with children and young people with cerebral visual impairment and brain-based problems.

<https://makeiteasiertosee.co.uk>

The CVI Society

Supporting children with a diagnosis of Cerebral Visual impairment.

<https://cvisociety.org.uk/>

CVI Scotland

CVI Scotland are devoted to helping people understand cerebral visual impairments (CVI). Their website aims to help all those affected by CVI including parent, carers and professionals in supporting roles to understand the impact on the people they look after and how it impacts their daily lives and then how to help and support them.

<https://cviscotland.org>

Nystagmus Network

Nystagmus network are there to support people living with nystagmus. The group is dedicated to the nystagmus cause. Many of the group either have nystagmus or have close family members with nystagmus. Having the direct lived experience of nystagmus makes them even more determined to make a difference.

01427 718093 info@nystagmusnet.org

<https://nystagmusnetwork.org/>

Where can I find more information?

The Royal College of Ophthalmology

The professional body for medically qualified ophthalmologists, they provide information on various eye conditions.

www.rcophth.ac.uk/patients/patient-information-booklets

British and Irish Orthoptic Society

The professional body for Orthoptists, they provide information on conditions related to visual development and coordination such as Strabismus (squints), amblyopia and other vision impairments.

<https://orthoptics.org.uk/patients-and-public/>

The College of optometrists

Information provided by the professional body for optometrists, it has information on different types of eye tests, optical correction and eye conditions.

<https://lookafteryoureyes.org>

Squint clinic

This website is created by eye care professionals to provide information for both patients and parents of patients with strabismus.

www.squintclinic.com

What about the fun things?

We have put together some information about different groups or activities that are available to children with a visual impairment.

British Blind Sport

This is a charity whose mission is to ensure that people with a sight loss have the same opportunities as sighted people to access and enjoy sports and physical activity. Sports in our area include Blind Golf, swimming, Soundball Tennis, Cricket, Goalball just to name a few. Use the activity finder page to link you to the different clubs in our area.

British blind sport also host 'Have a go days' which provide the opportunity to try a taster of all the different sports.

01926 424247 info@britishblindsport.org.uk

<https://britishblindsport.org.uk>

Riding for the disabled

Aiming to enrich lives through horses, welcoming adults and children with physical and learning disabilities and sensory impairments (such as vision impairments).

01926 492915 info@rda.org.uk

<https://rda.org.uk/>

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or scan the QR code



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