# Living with Sight Loss courses video transcript

**Course attendee 1**: I’m Hazel, I have two Corneal degenerative corneal conditions and it causes me to have double vision effect and my sight comes and goes. I couldn’t read anymore, I couldn’t even read a newspaper other than a big huge headline. This lady said, I think you would benefit from going on this course, which turned out to be Living with Sight Loss.

**Course attendee 2:** It kind of felt a bit isolating so I thought it would be good to go and be with other people that are feeling the same and going through the same sort of things that I was going through.

I wanted to know where to go to get things, what I was entitled to and as part of the course we had a demonstration on VoiceOver. And then within four weeks I couldn’t use my phone without it.

**Course Coordinator:** It’s very informal but confidential and everything is done through discussion and hands on demonstration.

**Course attendee 2:** I would definitely recommend not only for the information that I got from the course but the confidence building aspect and the peer support that you get from everyone else that’s doing it with you.

**Course attendee 3**: I really have gained a lot of independence and confidence. Before, coming to Kings Cross, using my stick, it would have been a no-no.

There’s also groups that you can join by telephone, so it would be telephone group of Living with Sight Loss. So, basically you would cover the same things but you’re just not there in person.

**Phone course attendee:** My favourite part of the phone course was being able to speak to other people from all over the UK but people who were in a similar situation to myself.

**Course attendee 3:** Instead of feeling isolated I now feel integrated into something.

**Course Coordinator:**

When someone says to you at the end of the course: “When I started, when I came, I was scared of the future, now I know I don’t need to be.”

That’s what it’s all about.

**Couse attendee 1:** Everybody looked a bit nervous, but we soon got to know each other and then went on to learn lots of ways how to cope with sight loss and it’s definitely the best thing I’ve ever done.

**Voiceover:** To sign up for a Living with Sight Loss course call 0303 123 9999 or visit rnib.org.uk/LivingWithSightLoss

See the person not the sight loss

RNIB See Differently

End