



Need to talk

You could be an Emotional Support Vision Champion



 **FIGHTING
BLINDNESS**
Cure. Support. Empower.

R N I B

See differently



You could be an Emotional Support Vision Champion

As an Emotional Support Vision Champion, you can help someone come to terms with the impact of sight loss.

Emotional Support Vision Champions are able to empathise with a person experiencing sight loss and have an understanding of their emotions. They also have knowledge of the services available to people affected by sight loss, and can provide support and information.

The Emotional Support Vision Champions course is for people working with or supporting those affected by sight loss including:

- ophthalmologists and optometrists
- Eye Clinic Liaison Officers
- health and social care staff
- allied health staff
- primary health care staff
- volunteers
- educational staff
- community and voluntary service providers
- public service providers.

This free, short online course is designed to be completed in 80 minutes. Alternatively, it can be done in stages over a period of time to suit the individual.

At the end of the course, you'll be able to:

- recognise common emotions some people and their families might experience
- understand why people behave in the way they do
- identify and understand when your boundaries are being compromised
- equip yourself with the skills to deal with difficult situations
- gain self-awareness
- know how to respond to suicide risk
- be resilient when exposed to a range of emotions
- recognise the need for self-care and understand ways of maintaining self-care
- know your own limitations.

To register for our Emotional Support Vision Champions course, please visit: **[rnib.org.uk/needtotalk](https://www.rnib.org.uk/needtotalk)**

For further information or to become an Emotional Support Vision Champion please contact us:

RNIB Scotland and Northern Ireland.

Areas covered: Northern Ireland wide. Scotland: Dumfries and Galloway, East Ayrshire, North Ayrshire mainland, South Ayrshire, Lochaber, Skye and Lochalsh, Arran and Cumbrae and Argyll and Bute and Na h-Eileanan Siar (Western Isles).

Phone: 0303 123 9999

Email: needtotalk@rnib.org.uk

Fighting Blindness, Republic of Ireland

Areas covered: Counties of Donegal, Louth, Cavan, Sligo, Leitrim and Monaghan

Phone: +353 1 674 6496

Email: needtotalk@fightingblindness.ie

For more information please visit: rnib.org.uk/needtotalk or www.fightingblindness.ie/needtotalk

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