# Discovering sports

## Introduction

People with sight loss can and do participate in a wide variety of leisure and sports activities. Some activities may require adapted rules, special equipment or a different setting. If you are interested in taking up a sport or continuing with an activity, this factsheet provides a number of ideas and contact details of organisations who can help you get started.

For further help or assistance please call our Helpline on **0303 123 9999** or email **helpline@rnib.org.uk**. You can also search for details of sporting organisations by visiting RNIB Sightline Directory at **sightlinedirectory.org.uk**.

## Activities (in alphabetical order)

### Angling and fishing

Many blind and partially sighted people enjoy angling as both a recreational activity and competitive sport. Modifications to equipment and special aids are available to overcome most difficulties encountered by anglers with sight loss, many of whom are members of local angling clubs.

Angling Trust has eight regional officers for disabled people. They can give information on clubs in their area.

#### Angling Trust

Eastwood House, 6 Rainbow Street, Leominster, Herefordshire HR6 8DQ

t: **0343 5077 006**

e: **admin@anglingtrust.net**

w: **anglingtrust.net**

### Archery

Techniques for teaching/coaching archery are based on descriptive instruction and contact demonstration. Equipment required is the same as for fully sighted archers but there are a number of extra aids available if necessary. These vary but those commonly used are a block and board for positioning the feet and a vertical stand which grips an adjustable horizontal point of flexible material, for example, paint brush bristles for guiding the position of the hand of the forward aiming arm. Electronic aiming aids have also been developed but are yet to be adopted extensively.

#### Archery GB

Lilleshall National Sports Centre, Newport, Shropshire TF10 9AT

t: **01952 677 888**

e: **enquiries@archerygb.org**

w: **archerygb.org**

#### British Blind Sport Archery

e: **secretary@bbsarchery.org.uk**

w: **bbsarchery.org.uk**

### Athletics

Track and field events have been practised by blind and partially sighted people for many years and there are established activities at many sports clubs, schools and colleges for people with sight loss.

Performance standards have improved rapidly in recent years and in some track events in the UK, blind and partially sighted athletes not only compete against each other, but also take part in the same events as sighted competitors.

For some events, the rules are adapted and appropriate aids are used; for example, the totally blind athlete has a guide who runs alongside, using a length of rope or cord to help with direction. The runners and guides communicate verbally so that the runner can receive information on the position of his/her rival competitors. Athletics competitions for people with sight loss are held at regional, national and international levels every year.

#### National contacts

##### England

t: **0121 347 6543**

w: **englandathletics.org**

##### Scotland

t: **0131 539 7320**

e: **admin@scottishathletics.org.uk**

w: **scottishathletics.org.uk**

##### Wales

t: **02920 644 870**

e: **webemail@welshathletics.org**

w: **welshathletics.org**

##### Northern Ireland:

textphone: **028 9046 3494**

t: **028 9046 9925**

e: **email@dsni.co.uk**

w: **dsni.co.uk**

### Bowls

Bowls is one of the most popular games for people with sight loss in the UK and many clubs have blind and partially sighted members.

Few adaptations to the rules are necessary, though the method of play varies slightly. Once the visually impaired bowler has learnt the techniques of the game, it is possible to play with minimal assistance from sighted partners and/or opponents. Responsibility for developing the game at national level rests with the game's national governing bodies. Several national tournaments for blind and partially sighted people are organised annually. For details of these and of clubs and coaching techniques, contact your respective national association. Promotion of the game for people with sight loss is also achieved.

#### Visually Impaired Bowls England

t: **01934 625 404**

e: **stottvibe@gmail.com**

w: **vibowlsengland.co.uk**

#### Northern Ireland Visually Impaired Bowlers (NIVIB)

18 Chippendale Avenue, Banger, County Down BT20 4PT

t: **02891 455 774**

e: **pathayes18@hotmail.com**

#### Scottish Association for Blind Bowlers (SABB)

83 Kirkbrae, Cult Aberdeen AB15 9QX

t: **01224 868 517**

e: **billy530@hotmail.co.uk**

w: **scottish-blind-bowlers.org.uk**

### Canoeing

The British Canoe Union (BCU) supports the promotion of canoeing for all people with disabilities. Its coaching scheme offers training in methods for introducing blind people to canoeing; teaching techniques can be introduced in a swimming pool. The minimum requirement for the safety of a canoeist in an organised group is to be able to float in a lifejacket, with confidence, after capsizing.

There are aids to help blind and partially sighted people to maintain a sense of direction when canoeing, such as a bell or bleeper attached to a sighted person's canoe. In general, the most effective aid is a sighted canoeist in the immediate vicinity giving vocal directions.

#### British Canoe Union

National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Nottingham NG12 2LU

t: **0300 0119 500**

e: **memebership@britishcanoeing.org.uk**

w: **britishcanoeing.org.uk**

### Cricket

Blind Cricket is played with a size three football containing ball bearings. The teams are composed of players from up to five different sight categories B1, low partial, B2, B3 and B4. B1 is totally blind and the sight categories then move upwards in levels of sight. Each sight category is subject to different rules and compensations in order to make the playing field as level as possible. For example, a B1 player receives two bounce bowling and is allowed to catch opposing batsmen out one bounce. B1 players also have to bowl around a third of their side’s overs and each team must field at least three B1 players.

If you are interested in the rules of Blind Cricket, then it is best to look at the website **bcew.co.uk** where a full and in-depth insight can be gained. What it is important to say here is that the game boasts an extremely lively circuit with vibrant clubs who can offer cricket to a range of differently interested parties. Competitions exist for both experienced and less experienced players to take part in, as well as a national league and Twenty20 cup competition and a lot of development events and matches there is also the BBS Primary Club national knockout cup, this is the premier competition in UK blind cricket.

The game boasts a friendly and sociable atmosphere with each club offering something unique to the game. Most people would cite the camaraderie, the social atmosphere and the opportunity to share experiences with other visually impaired people as major reasons for playing the game.

The current playing clubs at a national level are: Kent Spitfires, Lancashire Lions, London Metro, Northants Steelbacks, Somerset VICC, Surrey VICC, Sussex Sharks, Yorkshire VICC. Developing teams exist in a lot of areas too, such as Durham, Berkshire, Hampshire, Nottingham and Derbyshire.

The league and Twenty20 rules and regulations are governed by BCEW (Blind Cricket England and Wales) and the BBS and Primary Club KO Cup by BBS (British Blind Sport).

#### Blind Cricket England and Wales (BCEW) and British Blind Sport (BBS)

t: **0208 279 4642**

e: **davidgavrilovic@yahoo.co.uk**

w: **bcew.co.uk**

### Fencing

Fencing can be adapted as a sport for visually impaired people. For further information visit:

#### British Disabled Fencing Association (BDFA)

e: **contact form available on website**

w: **britishdisabilityfencing.co.uk**

### Football

Many sports clubs and schools for blind people play football, either indoors or outdoors, using an audible ball and standard five-a-side goals. British Blind Sport (BBS) organises national competitions for both partially sighted and totally blind teams.

#### British Blind Sport (BBS)

t: **01926 424 247**

e: **info@britishblindsport.org.uk**

w: **britishblindsport.org.uk**

#### Middlesex and Home Counties Blind Team

The team have been running sessions for registered blind (B1) footballers to train and play regularly in London in a structured format to help with developing those players and moving the game forward.

The Middlesex and Home Counties Blind team is based at Middlesex University, Hendon (North London) and the team represents London and the Home Counties in the FA National Blind League. They are led by FA qualified coaches employed through Middlesex County FA.

The team plays in the FA National Blind Football League based at the Royal National College for the Blind in Hereford.

There is more information about the team online at **middlesexfa.com/players/disability-football/blind-and-partially-sighted**

#### Middlesex FA

t: **020 8515 1919**

e: **info@middlesexfa.com**

### Goalball

This is an increasingly popular game, specifically designed for blind and partially sighted people. An increasing number of teams for both men and women, compete in annual national competitions and the game is also played at International and Paralympic levels. With the introduction of new Goalball rules in 1989, the game has become faster and more exciting for both players and spectators.

The game is played indoors on a rectangular “pitch” that has dimensions corresponding to a volleyball court. The goal posts are positioned on each team's base line; a heavy audible ball is used. Each team has three players who alternately throw the ball along the floor with the aim of getting it across the opponents' goal line. The defending team tries to prevent this by diving across and behind the ball. In competitions, all players must wear eyeshades that are impervious to light.

#### Goalball UK

e: **enquiries@goalballuk.com**

w: **goalballuk.com**

### Golf

An increasing number of blind and partially sighted people play golf. They use the same equipment and play almost entirely to the same rules of Golf as fully sighted golfers. The one notable exception is that a blind golfer is allowed to ground the club in a hazard without penalty.

All blind golfers are assisted by a sighted guide who ensures the club head is correctly positioned behind the ball, provides a description of the hole and the distance to hit the shot. The golfer then plays the stroke. The handicapping system in golf allows blind golfers to play and compete with fully sighted golfers.

There are two organisations in the United Kingdom which support blind golfers.

#### The England and Wales Blind Golf Association

t: **0208 390 0699**

w: **ewblindgolf.co.uk**

#### Scottish Blind Golf Society

e: **secretary@scottishblindgolf.com**

w: **scottishblindgolf.com**

### Gymnastics

Gymnastics is increasing in popularity amongst people with sight loss and is accessible to all ages and levels of ability.

#### British Gymnastics Association

Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire TF10 9NB

t: **0345 129 7129**

e: **disability@british-gymnastics.org**

w: **british-gymnastics.org**

Alternatively, contact **info@britishblindsport.org.uk** to find out more about the sport and how British Blind Sport can assist you in taking part.

### Horse riding

Riding is greatly enjoyed by people of all ages and an increasing number of riding schools now provide training and facilities for disabled people, including those who have sight loss.

Instruction for beginners may vary but usually begins in an indoor arena with the instructor giving verbal directions. As riders become more proficient, they can begin riding outdoors. In the early stages, you may use a long rein, and this could be attached to a leading horse with the learner rider on the following horse. Some blind and partially sighted people have learnt to ride with a high degree of independence and accomplishment.

#### Riding for the Disabled Association (RDA)

Lowlands Equestrian Centre, Old Warwick Road, Shrewley CV35 7AX

t: **01926 492 915**

e: **info@rda.org.uk**

w: **rda.org.uk**

### Judo and martial arts

Judo and martial arts are becoming steadily more popular with people with sight loss. There are now groups in some schools, clubs and colleges for young blind and partially sighted people. An increasing number of individuals are pursuing the sport in local clubs and some have reached high grades.

There is now a permanent national Judo squad from which teams are selected to represent Great Britain in international competitions.

#### British Judo Association

Floor 1, Kudhail House, 238 Birmingham Road, Great Barr B43 7AH

t: **0121 728 6920**

e: **bja@britishjudo.org.uk**

w: **britishjudo.org.uk**

#### English Karate Federation

EKF Ltd, PO Box 4422, Hornchurch RM12 9FD

w: **englishkaratefederation.com**

### Keep fit and yoga

Fitness and exercise classes can play an important role in maintaining health and fitness. Classes are available in most areas of fitness from yoga to weight training. For further information and details of local facilities, contact your nearest leisure centre or local authority sports development officer.

People with a variety of disabilities learn yoga and classes are easily adapted to include blind and partially sighted people.

#### British Wheel of Yoga

25 Jermyn Street, Sleaford, Lincolnshire NG34 7RU

t: **01529 306 851**

e: **office@bwy.org.uk**

w: **bwy.org.uk**

#### Keep Fit Association (KFA)

14 Graylands Estate, Langhurstwood Road, Horsham, West Sussex RH12 4QD

t: **01403 266 000**

e: **kfa@emduk.org**

w: **keepfit.org.uk**

### Movement and dance

There is a wide range of movement and dance activities available. Some of these concentrate on promoting movement training with music and some fitness training and dance, which might be traditional ballroom or creative modern dance. Many teachers of these activities have disability awareness training, and welcome visually impaired individuals to join classes. You can find local dance classes at further education centres and local leisure centres.

#### Foundation for Community Dance

LCB Depot, 31 Rutland Street, Leicester LE1 1RE

t: **0116 253 3453**

e: **info@communitydance.org.uk**

w: **communitydance.org.uk**

### Mountaineering

Mountaineering and rock climbing are physically demanding but there are some easy mountain routes in the UK. A number of blind and partially sighted people have taken part in rock-climbing with the help of sighted instructors and leaders.

Mountaineering Scotland is the only recognised representative organisation for hill walkers, climbers, mountaineers and ski-tourers who live in Scotland or who enjoy Scotland’s mountains, and acts to represent, support and promote Scottish mountaineering.

#### Mountaineering Scotland

The Granary, West Mill Street, Perth PH1 5QP

t: **01738 493 942**

e: **info@mountaineering.scot**

w: **mountaineering.scot**

### Polybat

Similar to table tennis, Polybat has been specifically designed for totally blind people. Polybat uses a rectangular table with raised edges and a wooden bridge stretching across the centre, from side to side, with enough room for the ball (small, with plastic beads inside) to pass underneath. Bats are square pieces of wood with a handle extension and the ball is struck from end to end, each player trying to defend their own sunken goal and score points by dropping their ball into the opponent’s.

Polybat can be fast and exciting and can be played as singles or doubles, either for fun or as an organised competitive sport.

#### English Table Tennis Association

Bradwell Road, Loughton Lodge, Milton Keynes MK8 9LA

t: **01908 208860**

e: **help@tabletennisengland.co.uk**

w: **tabletennisengland.co.uk**

### Rambling/hill-walking

Rambling and hill walking are popular activities providing the opportunity for either a quiet stroll through relatively flat terrain or the more strenuous activity of fell walking.

There are many established blind ramblers’ groups in the UK. There are also many local rambling groups connected to the Ramblers’ Association.

#### Ramblers’ Association

1 Clink Street, 3rd Floor, London, SE1 9DG

t: **020 3961 3300**

e: **ramblers@ramblers.org.uk**

w: **ramblers.org.uk**

#### London Blind Rambling Club

t: **020 8868 0096**

e: **valerie@clark.co.uk**

### Rifle/pistol shooting

People with sight loss participate in small-bore rifle or pistol shooting with aiming devices to assist them. BBS, the governing body for acoustic shooting, offers advice concerning the availability and development of aiming aids and about the sport generally.

#### National Small Bore Rifle Association

Lord Roberts Centre, Bisley Camp, Brookwood, Woking, Surrey GU24 0NP

t: **01483 485 500**

e: **membership@nsra.co.uk**

w: **nsra.co.uk**

#### British Blind Sport (BBS)

t: **01926 424 247**

e: **info@britishblindsport.org.uk**

w: **britishblindsport.org.uk**

### Rowing

There are rowing clubs throughout the UK that have members with sight loss. In competition, individual blind and partially sight people can race with a sighted team or in teams where the only sighted member is the cox. Rowing is one of the few sports in which people with sight loss can compete with sighted people on equal terms.

#### British Rowing

6 Lower Mall, Hammersmith, London W6 9DJ

w: **britishrowing.org**

### Sailing

In recent years, sailing has greatly increased in popularity within blind and partially sighted people, mainly through the support of the sport’s governing body, the Royal Yachting Association. RYA Sailability is the UK development charity and exists to ensure that adults and children with any form of disability can participate in the sport at the level of their choice. Hundreds of sailors enjoy the opportunities offered by the organisation since its inception in 1973. RYA Sailability, provides boats, equipment, advice and training opportunities so that everyone can enjoy the freedom, challenge and pleasures of getting afloat.

#### Royal Yachting Association (RYA) Sailability,

RYA House, Ensign Way, Hamble, Southampton SO31 4YA

w: **rya.org.uk/sailability**

Ocean Youth Trust (OYT) offers berths to blind and partially sighted people on its training cruises. The trust has branches all over the UK.

#### OYT South

8 North Meadow, Weevil Lane, Gosport, Hampshire PO12 1BP

t: **02392 602 278**

e: **office@oytsouth.org**

w: **oytsouth.org**

#### OYT Scotland

Victoria House, 5 East Blackhall Street, Greenock PA15 1HD

t: **01475 722 722**

e: **office@oytscotland.org.uk**

w: **oytscotland.org.uk**

#### OYT North

Royal Quays Community Centre, North Shields, Tyne and Wear NE29 6XB

t: **0191 257 1212**

e: **office@oytnorth.org.uk**

w: **oytnorth.org.uk**

#### OYT Ireland

 2 Queens Quay, Belfast, Antrim BT3 9QQ

t: **0751 852 6109**

e: **thelma@oyti.org**

w: **oyti.org**

Jubilee Sailing Trust (JST) organises cruises around the UK and to the Canary Islands for people with disabilities from the age of 16. Sharing the experience of crewing a tall ship at sea, the voyages vary in duration from a weekend to ten days.

#### Jubilee Sailing Trust (JST)

12 Hazel Road, Woolston, Southampton, Hampshire SO19 7GA

t: **023 8044 9108**

e: **info@jst.org.uk**

w: **jst.org.uk**

The Rona Sailing Project runs a variety of sailing courses. Based on the River Hamble near Southampton, the project is able to offer the opportunity of sailing on one of its offshore sailing vessels. It is suitable for totally inexperienced or experienced people with sight loss who would wish to try sailing on large, safe sailing yachts with an experienced sighted crew to assist. You will fully partake in everything aboard. Expectations are meeting new friends and self-fulfilment.

#### The Rona Sailing Project

Unit 1a, Universal Marina, Crableck Lane, Sarisbury Green, Southampton SO31 7ZN

t: **01489 885 098**

e: **office@ronasailingproject.org.uk**

w: **ronasailingproject.org.uk**

The Wheelyboat Trust facilitates sponsorship, construction and placement of purpose-designed boats (wheelyboats) for physically disabled anglers. There are over 80 boats (each able to take 4 wheelchairs) located around the UK which are used for birdwatching, photography and fishing.

#### The Wheelyboat Trust

North Lodge, Burton Park, Petworth, West Sussex GU28 0JT

t: **01798 342 222**

m: **07860 650 023**

e: **info@wheelyboats.org**

w: **wheelyboats.org**

### Scuba diving

There are some scuba diving clubs around the country that integrate people with sight loss into their sessions.

#### The Scuba Trust

37 Five Elms Drive, Romsey, Hampsire, SO51 5RN

w: **scubatrust.org**

### Skiing

Skiing for blind and partially sighted people began in the cross-country (Nordic) style only. However, training techniques and aids were developed for downhill (Alpine) skiing; for example, two guides position themselves either side of the skier, with all three gripping a light metal bar. The trio of skiers move down the slope in a synchronised fashion, changing course by verbal direction.

As pupils become more skilful, the pole is dispensed with and the skier relies on verbal instruction from one guide only. Such one-to-one instruction has meant that people with sight loss have become very proficient downhill skiers in a short time. Instruction has now improved for both skier and guide with the use of radio contact between the two. The number of blind and partially sighted people taking part has steadily grown.

#### Disability Snowsport UK

Glenmore Grounds, Aviemore PH22 1QZ

t: **01479 788 770**

e: **hello@disabilitysnowsport.org.uk**

w: **disabilitysnowsport.org.uk**

### Swimming

Swimming is a very popular and accessible sport for blind and partially sighted people. Many swimming pools welcome swimmers with sight loss during public sessions and, in addition, often provide special sessions for organised groups (sometimes with other disabled people).

There are an increasing number of regional, national and international competitions held every year for blind and partially sighted people. British Blind Sport (BBS) hold a swimming gala every year in Worcester for blind and partially sighted people of all ages.

For international and national swimming competitions and training, it's best to contact the ASA (Amateur Swimming Association).

#### Amateur Swimming Association

Sport Park, Pavilion 3, Oakwood Drive, Loughborough University, Leicestershire LE11 3QF

t: **01509 618 700**

e: **customerservices@swimming.org**

w: **swimming.org**

### Table tennis

For many partially sighted people, table tennis can be played without any adaptation to equipment or modification to rules.

#### English Table Tennis Association

Bradwell Road, Loughton Lodge, Milton Keynes MK8 9LA

t: **01908 208860**

e: **help@tabletennisengland.co.uk**

w: **tabletennisengland.co.uk**

#### British Table Tennis Association for the Disabled

Contact through the website at **tabletennisengland.co.uk**

### Tennis

Blind Tennis is played on either a badminton court or a standard tennis court using a short tennis racket and an adapted spongy ball that makes a noise when it bounces. Balls can be either black or fluorescent green to give maximum contrast with the colour of the sports hall. The standard rules of tennis apply with just a few modifications.

### LTA (Lawn Tennis Association)

e: **Contact form available on website**

w: **lta.org.uk**

### Metro Blind Sport

e: **info@metroblindsport.org**

w: **metroblindsport.org**

### Tandem cycling

Tandem cycling is rapidly increasing in popularity, both as a competitive sport and a recreational pursuit. There are many clubs and organisations in the UK for blind and partially sighted people. The Tandem Club has contacts at a local level to advise about clubs and equipment. The Club also actively encourages and supports the development of tandem cycling.

#### The Tandem Club

e: **secretary@tandem-club.org.uk**

w: **tandem-club.org.uk**

### Tenpin Bowling

Tenpin bowling is a sport that blind or partially sighted people of all ages and abilities can play. Modern bowling centres have computerised scoring and lane glancers (barriers) which make the sport more competitive and enjoyable. Equipment (balls and shoes) is included in the price of the games and the use of lane glancers mean that no one should get a zero score, although the aim is not to deliberately use the glancers but to knock down the pins by bowling accurately down the lane.

The British Blind Sport leagues use a handicap system that allows all to compete on a level footing regardless of sight level. All that is required to compete with computerised scoring is for someone to enter the names of the bowlers into the computer (most centres have staff that will do this for you) and then when you have finished your match, you ask the control desk for printouts of your scores. British Blind Sport Tenpin use these score sheets to compile matches, according to a published schedule, between teams from different parts of the country, playing one another without the need for expensive travel. The culmination of each league is the final where the qualifying teams come together to decide that year’s champions.

Each year British Blind Sport Tenpin run a winter trios league, a summer doubles league and the one day Hay-Moffatt Memorial tournament.

#### British Blind Sport

t: **01926 424247**

e: **info@britishblindsport.org.uk**

w: **britishblindsport.org.uk/sports/ten-pin**

### Water skiing

Experienced coaches, using modern techniques, have enabled people with sight loss to learn the basic skills of water skiing relatively quickly. Anyone wanting to take up the sport must be a competent swimmer and a lifejacket should be worn at all times. One way of introducing blind and partially sighted people to water skiing is with a special piece of equipment known as the edge triple bar. This consists of three metal tubes attached end-to-end, making the bar wide enough for three people. The instructors stand either side of the pupil and help by lifting the pupil on to the skis; they then talk through what the pupil has to do until the skier feels confident to proceed on their own.

Both instructors then release their bars at the appropriate time to let the student ski independently.

#### The British Disabled Water Ski Association (BDWSA)

Unit 3 The Forum, Hanworth Lane, Chertsey KT16 9JX

t: **01932 560 007**

e: **info@bwsf.co.uk**

w: **bwsw.org.uk/clubs/inclusive-sites**

### Weight/power lifting

Competitive weight/power lifting is growing in popularity with blind and partially sighted people in a number of countries. The International Blind Sports Association has adopted the sport for development, generally with a view to international competition.

#### British Weight Lifting

w: **britishweightlifting.org**

## Organisations

### Activity Alliance

SportPark- Loughborough University

3 Oakwood Drive, Loughborough, Leicestershire LE11 3QF

t: **01509 227 750**

e: **Contact form available on website**

w: **activityalliance.org.uk**

### Scottish Disability Sport

Caledonia House, South Gyle, Edinburgh EH12 9DQ

e: **admin@scottishdisabilitysport.com**

w: **scottishdisabilitysport.com**

### Disability Sports Northern Ireland

Unit F, Curlew Pavilion, Portside Business Park, 189 Airport Road West, Belfast BT3 9ED

t: **028 9046 9925**

e: **email@dsni.co.uk**

w: **dsni.co.uk**

### Disability Sport Wales

Sport Wales National Centre, Sophia Gardens, Cardiff CF11 9SW

t: **0300 300 3115**

e:**office@disabilitysportwales.com**

w: **disabilitysportwales.com**

British Blind Sport (BBS) is the national co-ordinating, development and representative body of people with sight loss in sport throughout the UK. The association services a number of sports based sub-committees, which organise national events and/or selection and training of national squads and teams and their involvement in international events. BBS also produces a membership magazine twice a year.

### British Blind Sport (BBS)

Pure Offices, Plato Close, Tachbrook Park, Leamington Spa, Warwickshire CV34 6WE

t: **01926 424 247**

e: **info@britishblindsport.org.uk**

w: **britishblindsport.org.uk**

## Leisure and the Equality Act

The Equality Act 2010 is a result of many years of campaigning by disabled people and related organisations for equality of access to employment and services.

Service providers are legally obliged to make “reasonable adjustments” to enable disabled people to use their services and access premises. Visit **rnib.org.uk/equalityact** for more information.

### Connect with others

Meet or connect with others who are blind or partially sighted online, by phone or in your community to share interests, experiences, and support for each other. From book clubs and social groups to sport and volunteering, our friendly, helpful, and knowledgeable team can link you up with opportunities to suit you. Visit **rnib.org.uk/connect** or call **0303 123 9999.**

### RNIB Helpline

Call our Helpline on **0303 123 9999**, we’re ready to answer your call Monday to Friday 8am-8pm and Saturday 9am-1pm. You can also email us at **helpline@rnib.org.uk**. You can also say, **“Alexa, call RNIB Helpline”** to an Alexa-enabled device.

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