**Transcript for RNIB Living Well with Sight Loss courses: Focus on Wellbeing film**

00:00:01:13 - 00:00:03:02

Before I was diagnosed and

00:00:03:02 - 00:00:06:05

before I realised I had a problem,

00:00:06:05 - 00:00:08:00

my life was very, very busy.

00:00:08:00 - 00:00:11:18

I was involved

quite heavily in dog rescue.

00:00:12:14 - 00:00:15:03

Psychologically,

it changed me quite a lot.

00:00:15:04 - 00:00:17:21

I became quite withdrawn initially.

00:00:17:21 - 00:00:20:20

My GP said, “Are you still driving?”

00:00:20:20 - 00:00:22:23

And he said to me, “Not anymore.”

00:00:22:23 - 00:00:26:07

That was the worst day of my life.

00:00:26:14 - 00:00:32:09

At the beginning,

when I first lost my sight I was...

00:00:32:09 - 00:00:35:05

it’s the feeling of victimisation,

00:00:36:01 - 00:00:39:07

of knowing that I can't do certain things

00:00:39:07 - 00:00:41:22

so therefore I'm not “good enough”.

00:00:42:00 – 00:00:45:00

If sight loss is affecting your mental health and wellbeing

00:00:46:00 – 00:00:48:00

Join of our free Living Well with Sight Loss courses

00:00:48:17 - 00:00:53:05

I made a phone call to the RNIB

and they suggested

00:00:54:13 - 00:00:56:22

to go on a course,

00:00:56:22 - 00:00:58:09

Living Well with Sight Loss.

00:00:58:09 - 00:01:03:18

It helped me understand that there were

people out there to help me.

00:01:04:00 - 00:01:07:23

Being quite honest,

it changed things around again for me.

00:01:09:00 – 00:01:13:00

Our Living Well with Sight Loss courses will help you connect with others to share your experience.

00:01:15:01 - 00:01:16:16

There might be certain challenges

00:01:16:16 - 00:01:19:20

and it results into isolation.

00:01:20:08 - 00:01:21:02

[Telephone ring tone.]

00:01:21:20 - 00:01:23:19

Having the possibility to speak to people

00:01:23:19 - 00:01:26:09

from all around the country

from different backgrounds,

00:01:27:15 - 00:01:29:24

it's a really great inspiration.

00:01:30:00 – 00:01:33:00

Our Living Well with Sight Loss courses will help you to learn new skills

00:01:34:10 - 00:01:37:15

To a certain extent you think,

Oh, well, I can't do that.

00:01:37:15 - 00:01:39:16

But then again, you think,

00:01:39:16 - 00:01:42:16

He’s doing it, or she’s doing it,

yeah, I’ll try that.

00:01:43:00 - 00:01:45:20

They gave you all this information

00:01:45:20 - 00:01:48:22

all this advice

on doing things differently.

00:01:48:24 - 00:01:52:14

I now can put my makeup on

without a mirror -

00:01:52:14 - 00:01:53:20

don't look too closely!

00:01:54:10 - 00:01:56:19

I've now got an electric shaver,

00:01:57:08 - 00:02:01:07

which means I don't end up

cutting myself.

00:02:01:00 – 00:02:06:00

Our Living Well with Sight Loss courses will help boost your confidence

00:02:06:10 - 00:02:07:22

It helps you...

00:02:07:22 - 00:02:10:12

not just come to terms with things,

00:02:10:12 - 00:02:14:21

but give you the confidence that you need

to go out there

00:02:14:21 - 00:02:18:11

and say, well, basically to hell

with everybody else,

00:02:18:11 - 00:02:21:01

I'm going to get on and do

the best I can.

00:02:22:00 to 00:02:23:00

RNIB See Differently

00:02:24:00 to 00:22:26:00

Supported by players of People’s Postcode Lottery

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