



Bognor Regis Vision Support Centre
36 Victoria Drive,
Bognor Regis,
West Sussex
PO21 2TE

Dear Cuckfield Parish Council,

2nd April 2020

"I had been self-isolating for 15 years until 4Sight Vision Support came along" Brenda, Member

Very few of us have lived through a situation of this magnitude. At this time of uncertainty our visually impaired members need our support more than ever before. **With your support we can be there, for the people of West Sussex living with sight loss, at the time when it matters most.** A donation, however great or small, will have an immediate and beneficial impact to the health and wellbeing of our members.

We have 4 registered members whom live in Cuckfield parish, and ask if you would consider a donation of £200 to support the outreach service.

The impact of Covid-19:

The Covid-19 pandemic has caused us to shut down our 36 social/activity clubs, drop-in clinics, support centres and Sight Care Advisor service in the local hospitals. Our Outreach Team can no longer offer face-to-face support or low vision assessments in members' homes and other community settings.

The 2,100 visually impaired people we support - who are already very socially isolated because of sight loss - are now facing 3 months (or more) of even more severe isolation. In addition, 80% of our members are elderly and in the 'vulnerable' category at this time.

Without the support and equipment to help members manage and make best use of their remaining sight, they may find it even more challenging to undertake daily tasks, which may put them at greater risk of falls. Members may be unable to enjoy things that may otherwise occupy their time in isolation, such as reading, sewing, puzzles and games, putting them at greater risk of developing associated mental health problems such as anxiety and depression. **Without our support this could place greater strain on an already overburdened NHS.**

How we are adapting our services in the face of adversity:

We have adapted existing and introduced new services, to ensure people with sight loss can continue to access the specialist support they need to live as independently and as well as possible, as follows:

Telephone & email support – Members may continue to contact one of our 4 Outreach Workers for advice, information, guidance and signposting, including specific low vision advice to help members maximise their remaining vision and in turn maintain some independence.

Talk & Support – We are introducing this service for those people who may feel especially anxious and lonely at this time, offering them regular chats with one of our team.

Daily Living Aids – Members may still purchase a variety of daily living aids such as large button phones, talking watches and large print materials, to help them remain safe and independent in their own homes.



Telephone: 01243 828555
Email: enquiries@4sight.org.uk
www.4sight.org.uk



Registered Office: 4Sight Vision Support,
36 Victoria Drive, Bognor Regis,
West Sussex PO21 2TE

Registered Company No. 3740647
Registered Charity No. 1075447

Accessible Technology Advice – To help members keep in touch with friends, family & the wider community, we will provide telephone support to answer any queries and questions regarding accessible technology devices (smartphones, iPads and tablets, Alexa, Amazon Echo, laptops etc). For most of our members using these devices is unfamiliar, therefore support with this is crucial in helping them to feel connected with the outside world.

Can you help us be there for vulnerable visually impaired people at this time of crisis?

We rely solely on voluntary donations to enable us to deliver our services **free of charge** to members. Funds we had hoped to raise through events, businesses and street collections has, and will continue, to be severely impacted, putting our services at risk.

It costs just £49 to provide Outreach support to one member for a whole year. I am writing today, to ask if you would consider supporting us with a donation of **£200 towards** our Outreach Team, delivering front-line support to **4 members** at this time of crisis.

Your gift, of any size, will enable us to:

- Be there for our members with specialist low vision advice to help them make best use of their remaining sight
- Advise on, and coordinate, delivery of specialist pieces of equipment to maintain independence
- Be a listening ear and source of support to ensure members don't feel isolated and alone.
- Keep members informed of developments via communication methods accessible to them e.g. Large Print, Audio or Braille.

"The people who run 4Sight Vision Support I feel are doing an amazing service because they will bring you back from the brink and show you that there is life after losing your sight." 4Sight Vision Support Member

Thank you very much for taking the time to consider our request in these unprecedented times. Please do not hesitate to contact us if you require any further information.

With very best wishes to you and those closest to you.

Yours sincerely,



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