



# Facts

- There are over 2.5 million people in Britain who have sight loss.
- Being blind doesn't always mean you have no sight at all.
- Every 15 minutes a person begins to lose their sight.

**Did you know? People with sight loss will use white walking sticks when out in public to warn people that they can't see. If the white stick has two red bands on it then this means that the person is deaf as well as visually impaired.**

## Different eye conditions:

- **Loss of central vision**– People are unable to see things in the middle of their vision, but are able to see things from the side .
- **Tunnel vision**– People are unable to see things around the edges and can only see things in the middle vision, hence the name tunnel vision as it's like looking down a tunnel.
- **Some people may only be able to see half of what you can see whilst some people may have double vision.** This is where you can two images of a single object.
- **Having sight loss makes it difficult to do everyday things, like reading, crossing roads, making a drink, but this doesn't mean they can't do it by themselves.**



# Facts

- Smoking can double the risk of developing age-related sight loss
  - UVA and UVB rays in sunlight can harm your eyes. That's why you should wear sunglasses
  - Eating green leafy vegetables such as spinach and broccoli, can protect against sight loss
  - Oranges, kiwis, nuts, seeds and oily fish may also help prevent and slow down some eye conditions
  - One in four adults doesn't know that an eye test could prevent them from losing their sight
  - There are around 1.4 million children under 16 worldwide who are blind.
- There are many things that can help people with sight loss:**
- Colour contrast can help people with sight loss 'see' things more clearly
  - Tactile paving at a crossing - this feels 'bumpy' when you walk on it. This lets people know where to cross
  - Guide dogs
  - Raised dots on telephones, remote controls, and mobiles
  - TV Channels and Cinemas now have audio description. This is where someone describes what is happening on the screen.



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# Take the challenge

## Guiding Challenge

Get into pairs and take it in turns for one of you to be blindfolded and guided by your partner. You could try doing this around some obstacles or draw a picture from the description your partner gives.

This exercise helps develop teamwork and build trust – it also relies on listening and communication skills and demonstrates the importance of other senses.

## Jam Sandwich Challenge

Have you every tried making a jam sandwich wearing a blindfolded. Try it by yourself or ask a friend to tell you what to do. This shows how day-to-day activities are more challenging when you can not see.

# Thank you

Money you raise will go directly towards helping local people living with sight loss. As an independent charity the Wiltshire Blind Association receives no government funding so we need to raise money through our fundraising activities.

Send a cheque or postal order, made payable to the Wiltshire Blind Association to, The Wiltshire Blind Association, St Lucy's, 1 Commercial Road, Devizes, Wiltshire SN10 1EH. Tel: 01380 723682  
Email: [enquiries@wiltshireblind.org](mailto:enquiries@wiltshireblind.org)  
Website: [www.wiltshireblind.org](http://www.wiltshireblind.org)