

Support and Services for People with Sight Loss



Cardiff, Vales
and Valleys

Part of **RNIB** Group

Here When You Need Us Most

Operating across South Wales, CVV provides direct services and support for people with sight loss, in their own locality.

You do **not** have to be registered blind or partially sighted to access our support services, please do not hesitate to call us.

We are a registered charity and most of our services are free or require only a small subscription.

Our Services Include:

- Hospital Support
- Information and Advice
- Home Visits and Befriending
- Product and Gadget Information and Demonstration
- Practical Training to help with Transport, Shopping and Money
- Volunteer Transport
- Benefit Entitlement Advice
- Clubs and Social Groups
- Computer Training
- Employment Support

“Run by visually impaired and sighted staff as well as volunteers, CVV is here when you need us most. Growing our services and support all the time throughout South Wales, we aim to help people to live independent and more fulfilled lives”

Gareth Edwards CBE
President Cardiff, Vales
and Valleys
and RNIB Cymru



CVV Services

Hospital Support

Our Eye Clinic Liaison Officers and volunteers are on hand to help from the point of diagnosis to help people with their options and support.

Information and Advice

Call or contact us for advice on any aspect of sight loss, we are here to help you as well as your family.

Home visits and Befriending

We can also visit you in your own home to inform you about services that you can access and products available. We also bring people together for support and contact through our volunteer befriending service.

Products and Gadgets

There are many gadgets available to make everyday life easier for people with sight loss. We provide advice on the



right products for you and how to use them, and we also carry RNIB approved gadgets for sale.

Practical Training

‘Finding your Feet’ is a 6 week course specifically designed to provide information and advice on transport, shopping and money to make everyday life easier to manage.

Volunteer Transport

Our volunteer drivers are available to transport service users on request.

A nominal fee is normally charged to cover fuel costs.

Benefit Entitlement Advice

We are dedicated to ensuring that every individual with sight loss receives the full amount of benefits and welfare support they are entitled to. You could be eligible, so please contact us.

Clubs and Social Groups

Our busy club and social calendar covers a range of interests helping to overcome the loneliness people with sight loss can

experience. We always welcome new members - please contact us to come and enjoy one or more of our many clubs and groups. Our clubs include:

- I Gardening
- I Singing
- I Opera Buffs
- I Women's Group
- I Discussion
- I Music
- I Ramblers
- I Poetry
- I Braille Classes

Computer Training

The internet and personal computers have opened up a new world for people with sight loss and we provide training and support for people of all ages.

Employment Support

We are here to help people with sight loss both return to work as well as supporting them with their career development and any employment issues they experience.



Support Us

Volunteering

We rely on volunteers, both with and without visual impairment to help deliver our support services and run our social groups. Contact us today and join in!

Fundraising

As a charity, fundraising and donations are vital for our work. With an estimated 115,000 people in Wales with sight loss, and a high percentage living in our area, by supporting us you can really make a difference to the lives of many.

We are always keen to partner with companies and organisations and we provide with full support for your fund-raising initiatives.

Donations

Individual donations and legacies left in Wills are also very important to our work and we warmly welcome your generosity.

CONTACT US

For support and information on CVV services and clubs in your area call:

Area

Telephone

Cardiff

029 2048 5414

Merthyr Tydfil

0845 605 6545

Neath Port Talbot

01792 776360

Rhondda Cynon Taf

01443 486731

Swansea

01792 776360

Vale of Glamorgan

029 2048 5414

Cardiff, Vales and Valleys
Shand House,
20 Newport Road
Cardiff CF24 OYB

Telephone: **0845 605 6545**

www.cardiffinstitutefortheblind.org

Cardiff Institute for the Blind trading as
Cardiff Vales and Valleys

Registered Charity Number: 214131

Company Number: 149982

Other formats including Welsh language
version are available on request.

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Cymru

supporting blind and
partially sighted people