

iSight

Autumn 2020 | sightscotland.org.uk



**Sight
Scotland**

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Sight Scotland

The new name for Royal Blind



**Sight
Scotland**

Tackling vision loss together

We are now Sight Scotland

Welcome to our first edition of iSight as Sight Scotland.

Royal Blind changed its name to Sight Scotland on 8 October 2020 and we are delighted to share our news with you.

As Scotland’s biggest sight loss charity, Royal Blind has been leading the way in caring for people who are blind or partially sighted for 227 years.

Our heritage makes us what and who we are today and we must continue to evolve to keep our heritage alive as we move forward to meet the changing

needs of people with a visual impairment in Scotland who need our support.

Our big ambition

We are determined that no one should face sight loss alone and that’s why we have set the ambitious target of reaching as many people as possible who need us. We believe our new name puts us in a better position to achieve this.

There are more than 175,000 people living with sight loss in Scotland and this is set to increase by 30,000 people in the next ten years.

Sight loss causes isolation and significantly alters lives. Despite this, less than one in three adults get help within the first year of their diagnosis. People with sight loss are at a higher risk of unemployment, mental health problems, loneliness, poor education and financial challenges for the rest of their lives.

Our ambition is to reach significantly more people with sight loss across Scotland and to help people tackle these challenges.

Deciding on Sight Scotland

Over the last two and a half years we have debated, discussed and decided on the best name to take our charity forward.

We carried out several stages of research, firstly to see what perceptions were of the name Royal Blind, and secondly to test potential names. As we had thought, research showed that Royal Blind was hugely confused with other charities with very similar names. We then spent several months

carrying out research to test lots of potential names, initially with our staff, service users and families, and then with the wider public in Scotland, blind people and health and social care professionals.

Our research showed that the words ‘sight’ and ‘vision’ were more preferable and positive than the word ‘blind’. We considered having the term ‘sight loss’ in our name, but we decided a charity’s name should be positive and not have the word ‘loss’ in it.

All of the key audiences we surveyed preferred “Sight Scotland” as a new name. People believed “Sight Scotland” presented the charity as empowering, compassionate, helpful and trustworthy.

Therefore, we opted for Sight Scotland, with the strapline “Tackling vision loss together”.

Our new name and identity will help us to stand out and clearly communicate who we are and what we do.

Losing the word ‘blind’

Many of our supporters may question why we have moved away from the word ‘blind’ in our name, especially when it has served us so well for over 227 years. For us, the word ‘blind’ is hugely important. However, the word ‘blind’ no longer covers the range of sight conditions that the people we support have. We need to adapt to ensure that we are able to reach as many people as we can with sight loss across Scotland.

Older people in particular who lose their sight later in life often do not associate themselves as being blind, but rather as someone who is losing or has lost their sight. Those newly diagnosed with sight loss are often fearful of being referred to a charity for ‘blind people’, as they do not think of themselves as blind. This may happen at a time when they need our support the most. We believe our new name will help us reach more people and make sure that they get the support they need.

iSight in alternative formats

To receive iSight in large print, Braille or audio CD please contact us on 0131 229 1456 or email fundraising@sightscotland.org.uk

Sight Scotland Registered Charity No. SC017167

Sight Scotland Veterans SCIO Charity No. SC047192

Sight Scotland
2A Robertson Avenue
Edinburgh
EH11 1PZ



Sight Scotland Veterans

Our sister charity, Scottish War Blinded, has also changed its name. Scottish War Blinded was established by Royal Blind over 100 years ago to help those blinded in a war. However, today over 98% of the veterans that we support have lost their sight after their time of service, due to age and conditions such as glaucoma and macular degeneration. This has made it difficult to reach out and find more veterans to provide our free support to as they presume it is necessary to have been blinded in a war to join us.

From 8 October, Scottish War Blinded will be known as Sight Scotland Veterans. The new name makes it clearer that services are for all veterans, whether they became visually impaired during their time as a service person or in their later life. Our new identities will strengthen and celebrate the unique and powerful relationship between the two charities.

We both have the ambition to reach significantly more people with sight loss across the whole of Scotland.

By displaying more unity we will strengthen our collective voice and our reach, both in helping more people and in terms of our policy work, advocating to decision makers and politicians about the issues that affect those we are here to help.

Our history is shared and our future is shared.

Our next steps

Sight Scotland aims to help people with sight loss in every community across Scotland, working in partnership with local authorities. We are in the process of developing a community-focused service that supports people of all ages and at all stages of sight loss.

We have already begun expanding our work beyond Edinburgh and Paisley. We now have successful partnerships with Midlothian Council, East Lothian Council and Orkney

Islands Council, supporting people with visual impairment in these areas. We are delighted that we will soon be also working with Edinburgh City Council.

While doing this, we will continue supporting people with visual impairment at our existing care and learning services as well as through social enterprise and advocacy, making sure that the voices of those with sight loss are heard at the highest level. We are increasing our fundraising efforts to help us achieve our mission too.

More information

For more information on our changes and future plans visit sightscotland.org.uk

Our new names represent a new period of growth, focusing us on the issue which matters most: tackling vision loss together.



Take on a Sight for Sight

Dream up a fundraising activity inspired by your favourite Scottish sight

<p>Cycle a loop around the banks of Loch Ness</p>	<p>Run from Clydebank to Loch Lomond</p>	<p>Climb to the summit of Ben Nevis</p>	<p>Do 100 push-ups at the Wallace Monument</p>
<p>Abseil down from the Forth Rail Bridge</p>	<p>Row along the Caledonian Canal in your gym</p>	<p>Walk the Royal Mile in your back garden</p>	<p>Hula-hoop your way round Holyrood Park</p>

Help us tackle vision loss by tackling a Sight for Sight.

We at Sight Scotland are asking you, your family and your friends to take on a personal fundraising activity inspired by your favourite Scottish sight.

Tackle a 'sight' for Sight Scotland.

Almost every hour someone in Scotland starts to lose their sight. Your activity will help them tackle the everyday challenges of sight loss.

It's really easy to get involved and the possibilities are endless, from cycling round Loch Ness to

climbing Arthur's Seat. Simply dream up your fundraising activity inspired by your favourite Scottish sight – or ask us for some ideas.

More information

Visit: sightscotland.org.uk/get-involved/fundraise

Email: fundraising@sightscotland.org.uk to find out more.

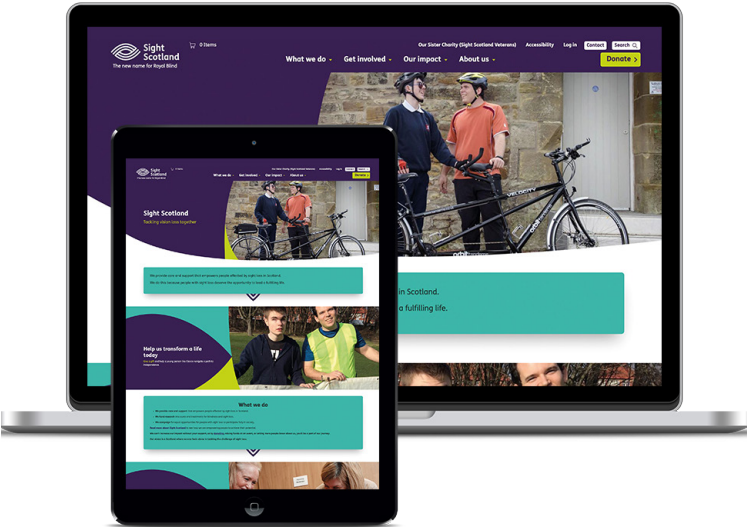
Visit our new website at sightscotland.org.uk

Sightscotland.org.uk is the new place to go for information about sight loss and ways to support people with sight loss. This includes advice on supporting independent living, such as sewing, cooking and using assistive equipment.

Please share our new website with any friends or family you think would benefit from our new information and advice section.

Got a question? Email hello@sightscotland.org.uk

To reach someone at a Sight Scotland service, call **0131 229 1456** for a full directory.



Our journey helping people with visual impairment

Throughout our history we have been caring for, teaching, employing and supporting people of all ages who are blind or partially sighted.

None of this would have been possible without the foresight and generosity of all those, like you, who support us.

Our journey in helping people with a visual impairment started in 1793:

1793
The Edinburgh Asylum for the Relief of the Indigent and Industrious Blind (latterly known as Royal Blind) was founded.

1806
Royal Blind purchased the Nicholson Street Workshops. These were permanent premises to expand their training for blind men in handicrafts.

1825
Royal Blind began providing residential care at the 'Home for Poor Blind Women' at Hill Place.

1875
The Educational Unit at the Royal Blind Asylum merged with the School for Blind Children forming the Royal Blind Asylum and School.

1891
The Royal Blind School began commercial braille production.

1915
Royal Blind founded Scottish War Blinded to support the increasing numbers of servicemen returning to Scotland from World War One with life-changing visual impairments.

1929
The Thomas Burns Home opened as a dedicated premises to provide residential care for blind women.

1953
The Scottish Braille Press opened.

1991
Two new premises opened in Morningside: Canaan Lodge, providing a purpose-built school for pupils with multiple disabilities as well as visual impairment, and Canaan Home providing accommodation for 72 male and female residents in four houses.

1999
Braeside House, a purpose-built care home for older people with sight loss, was opened.

2010
Forward Vision was established to provide support for young adults with visual impairment and additional disabilities.

2015
Royal Blind launched a new education service, the Learning Hub.

2016
Allermuir was established as an extension of the charity's adult services and is a home for life for four adults who have a visual impairment and have other disabilities.

2017
Jenny's Well care home opened in Paisley in the west of Scotland.

2019
Royal Blind won the contract to deliver Orkney Islands Council's visual impairment education service in 2019, supporting children in mainstream schools. This built on the success achieved in the East Lothian region, delivering specialist education and support to pupils with visual impairment, as well as their families.

2020
We became Sight Scotland and Sight Scotland Veterans, charities fit for purpose with the aim of supporting all those living in Scotland with vision loss.



Support for children in local schools

Sight Scotland wants to be there for every child and young person in Scotland with vision loss that needs us. To achieve our ambition, we have expanded our learning services in recent years.

Sight Scotland now provides support services to several local authorities across Scotland. Our expert teams have provided support in the East Lothian region since 2017 and in the Orkney Islands since the start of the 2019–20 academic year.

We are delighted to announce that Sight Scotland is also now also working with Midlothian Council. Through this work, we are supporting children with visual impairment in both primary schools and secondary schools in the Midlothian Council area, as well as their families.

Key areas of support include guiding school staff, teaching specialist skills and encouraging social inclusion. Children are provided access to learning through braille, large print and assistive technologies.



Our expert teams have provided support in the East Lothian region since 2017

Our approach extends to life outside the classroom too. Parents and carers are supported through regular contact and training, so they have the latest specialist knowledge on how to provide the best care for a child with sight loss.

Hawys Kilday, Sight Scotland’s Director of Services, says the service supports children to achieve their full potential in their local school.

“We work with local authority staff to ensure there is a deeper understanding of visual impairment. We then support the implementation of strategies and resources to maximise pupils’ access to the curriculum.

“Together, we can help empower young people to become confident individuals and successful learners.”

Sight Scotland also continues to run the Royal Blind School and support visually impaired children and young people, several of whom have other complex disabilities, with specialist education.



Hawys Kilday, Sight Scotland’s Director of Services

Freya’s progress in East Lothian

Freya is one of the 52 children being supported in the East Lothian region - and her progress has been fantastic.

Freya has Cerebral Visual Impairment. As a baby, she presented as if she could not see at all. When Freya was one year old, Sight Scotland’s Qualified Teacher of Visual Impairment (QTVI), Pam, visited Freya at her home in Tranent.

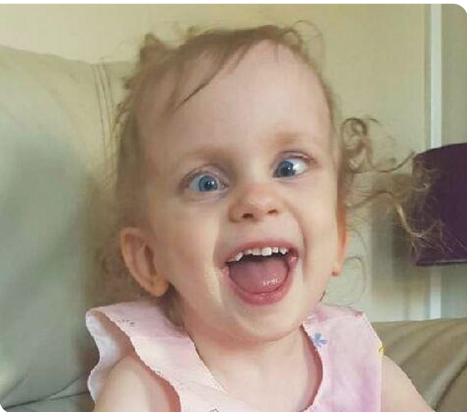
“At the very beginning, it was trial and error to work out what objects and colours would catch her attention visually,” Pam says.

Coached by Pam, Freya’s parents used brightly coloured objects with moving parts to stimulate their child’s visual abilities.

“One of the first things Freya reached for by herself was a bright orange cheesy Wotsit snack,” Pam says.

“Her Mum held it up against a black background and it got Freya’s attention. Her Mum slowly moved the Wotsit a little bit further away and Freya reached for it with purpose. Freya could see it, she knew it was there, and by reaching for it, she was saying ‘I want that, I know where it is, I’m going to get it’. That was a victory.”

Freya’s visual abilities have improved greatly. When her parents wear brightly coloured T-shirts, Freya can now focus her sight on them all by herself.



Freya



Pam

“Every time I visit, Freya’s mum is excited to show me the new ways Freya is using her vision. Her progress has been wonderful to witness,” Pam says.

Freya is making progress every day. We will continue to be there to support her and her family as she goes to nursery, moves on to school and becomes a confident, independent adult. We will also ensure that mum and dad have all the help and support they need to make sure Freya has a great life.



Support for families across Scotland

Sight Scotland is launching a brand new service to support people with vision loss across Scotland. This comes after months of consultation with the sight loss community, conversations with partner organisations and listening to our service users.

We would like to introduce you to our Family Wellbeing Service.

We recognise families play a huge part in supporting a loved one with sight loss. Our new service will support people with vision loss, and their families, to live life more independently and to overcome the daily challenges faced through blindness and sight loss. The service will be open to people of all ages and support will be available across Scotland.

Recent and current restrictions have forced us to rethink how we deliver this support. Originally, we had wanted to deliver face-to-face support, however, the current circumstances have made us rethink this.

We will now be launching our Family Wellbeing Service through telephone and digital channels. This will ensure the widest possible reach, meaning everyone with visual impairment, and their families, in Scotland can access this support – whether they live in Glasgow or Shetland!

The Sight Scotland Family Wellbeing Service will offer specialist and tailored information, advice and support. This will be delivered through:

- online independent living videos and resources for families and people with vision loss
- telephone support
- downloadable and printed information guides.

The service will be open to families affected by sight loss, regardless of age. This means parents of visually impaired children, or children of visually impaired parents or grandparents, will be able to get the support they need to ensure their family member lives their highest quality of life.

We believe that everyone with a visual impairment deserves the same chances in life as fully sighted people, deserves the same chances to live a great life. The Sight Scotland Family Wellbeing Service will help us tackle vision loss and ensure everyone we support feels confident in living their life independently and reaching their potential.

Some of our resources are already available on our new website. See sightscotland.org.uk



Support for people in our care

Mask wearing and other Coronavirus precautions have become the new normal at our care services.

Hawys Kilday, Sight Scotland's Director of Services, says staff wear masks at all times while at work.

"We have got used to this new way of working and staff are doing a great job supporting each other," she says.

Weekly Coronavirus testing of all staff at Braeside House and Jenny's Well care homes has continued since June.

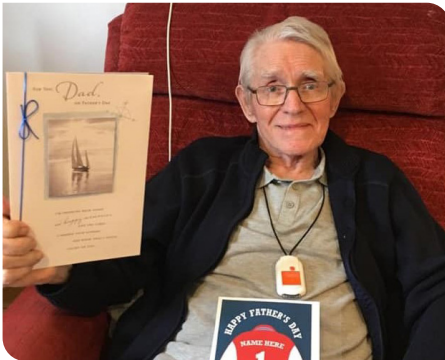
"Weekly tests have reduced the risk of someone being an asymptomatic carrier of the virus and not realising it. This has given the staff a lot of confidence," Hawys says.

"Staff are willingly being tested and coming in on their days off work to get that done because they know how important it is."

Since June, outdoor visits from family members to those in our care have been facilitated at a safe social distance, as per Scottish Government guidelines.

Jan Thomson, Residential and Care Services Manager for Children, Young People and Adults, says family visits have been very emotional.

She says: "There have been a lot of tears. Some people have



been bringing storybooks to read to their relative, or music to listen to together. It's difficult because families are still not allowed to cuddle or touch their loved one which is really difficult for everyone. However, residential staff have to ensure a social distance is maintained to keep everyone safe."

Care workers have been exceptionally creative by coming up with new activities to entertain and stimulate the adults and young people in their care, who have visual impairment and complex health needs.

Senior Residential Care Worker Simon Pearce-Madge says outdoor drumming sessions, gardening, water gun battles, mindfulness sessions and a socially-distanced disco have all kept spirits up.

"We've also done sessions making 'hug cards', which extend two arms in a hug as you open the card."



"We sent these out and have received a heart-warming response from families: loads of emails and letters, plus cakes, biscuits, sweet hampers and weekly donation of fresh sausages."

Hawys says she and care home managers have reviewed everything that was done since February.

"We know what we need to do and we're in a really good position if a second wave does happen."

"We continue to be grateful for the support we've had and for families trusting us to provide the best care for their loved ones," Hawys says.

"The support our key workers have received from donors has made a huge impact on how we have got through this crisis and I give my heartfelt thanks to all of them."

I would like to help support Sight Scotland



Sight Scotland

Tackling vision loss together

Please complete and return this form or donate online at sightscotland.org.uk/donate

Title: Forename: Surname:

Address:

..... Postcode: Email address:

Phone number: By giving us your email address you consent to receiving email updates from Sight Scotland.

1. My special gift:

I enclose a cheque or voucher made payable to Sight Scotland ☐ Individual gift amount

Please debit my Mastercard ☐ Visa ☐ CAF Card ☐

Card no. Expiry date / Security code

Name on card Signature(s)

2. My special gift to support Sight Scotland:

There's no need to fill in this section if you just want to give a one-off gift to support Sight Scotland. Please complete and return this form or set up a direct debit at sightscotland.org.uk/donate

I would like to make a monthly gift of £3 ☐ £5 ☐ £10 ☐

My own choice of £

Starting on the 1st ☐ 15th ☐ of month year

To: The Manager Bank / Building society

Address Postcode

Name(s) of account holder(s) Signature(s)

Account no. Sort code Date / /

Originator's ID 251709



Instruction to your bank or building society:
Please pay Sight Scotland direct debits from the in this instruction, subject to the safeguards assured by the Direct Debit guarantee. I understand that this instruction may remain with Sight Scotland, and if so, details will be passed electronically to my bank/building society.

3. My Gift Aid

Make your donation worth 25% more with Gift Aid. If you are a UK tax payer, we can reclaim 25p for every £1 you donate - just tick the box below.

☐ Yes, I am a UK tax payer and I would like Sight Scotland to reclaim tax on all donations I have made in the past 4 years or will make in the future until I notify you otherwise. I understand that if I pay less Income Tax and / or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please notify us if you want to cancel this declaration, change your name or home address or if you no longer pay sufficient tax on your income and / or capital gains.

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4. Communications preferences

If you would prefer not to hear from us or would like to change the way we communicate with you please contact us on 0131 229 1456 or email privacy@sightscotland.org.uk



The Direct Debit

This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit Sight Scotland will notify you ten working days in advance of your account being debited or as otherwise agreed. If you request Sight Scotland to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit, by Sight Scotland or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when Sight Scotland asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.