

**4Sight**  
vision support



**Helping people across West Sussex  
who are blind or partially sighted  
to live life without limits.**



 **01243 828 555**

 **enquiries@4sight.org.uk**

 **4sight.org.uk**

• Caring • Forward-thinking • Trusted •

# Who we are

4Sight Vision Support is an independent charity helping people of all ages across West Sussex who are blind or partially sighted to live life without limits.

## Our one-to-one support for you:

- Our caring and trusted team is here to **listen**, identify areas of need and **work with you** to live your life without limits.

- **Emotional** and **practical** support after **diagnosis** at the eye unit, including help to understand the certification and registration process of having a visual impairment.



- Help you to **understand your eye condition**, what support you can access, and promote **good eye health**.

- **Someone to talk** to and help to **connect with others**, sharing experiences and supporting each other.

“It has made all the difference knowing that there is always support at hand.”



- Dedicated **assessments** to identify **magnification**, techniques and **products** to help with everyday tasks such as **reading**, shopping, medication, preparing meals.



## Find out more:

If you or someone you know is living with sight loss and needs support, please get in touch with our friendly team on:

**01243 828555 or email [enquiries@4sight.org.uk](mailto:enquiries@4sight.org.uk)**

- Support to access **benefits** and **concessions**, help **completing forms**, such as Personal Independence Payments (PIP), Attendance Allowance (AA) and Blue Badge.

- With the help of **technology**, we can support you to develop new and existing skills, **communicate** effectively and remain **independent**.



“I had lost contact with the outside world but I was so grateful you could help me. I can now get in touch with everyone again.”

- Provide appropriate and up to date **information, advice, and guidance** in formats accessible for you.



- Support with **education, training, learning, and employment**.



- Enable you to access **leisure, social, health and wellbeing activities** within your community.



We understand that a sight loss diagnosis can be a devastating and life-changing time. We are a caring and trusted team who will help relieve fear and anxiety by helping you to adapt and give you the confidence to do the things you want to do.

Our services are available across **West Sussex**: anyone can contact us, you do not need to be referred.

**If you're supporting someone with sight loss, we're here for you too – we can help you to support them.**



Our services are available across **West Sussex.**






Over **36,200** people in West Sussex are living with sight loss.

**Help us** raise awareness and reach more people.

## Fundraising

As a small, independent charity which receives no direct government funding, we rely on the generosity of our local community to raise the £420,000 it costs each year to deliver our specialist services.

Please consider supporting us in the following ways:

-  Make a donation
-  Take part in one of our events
-  Recycle for us
-  Do your own fundraising challenge
-  Leave a gift in your Will



Your support, however great or small, makes a huge difference.

For more information on how to get involved and support your local sight loss charity, contact the Fundraising Team on:

**01243 838 001** or email [fundraising@4sight.org.uk](mailto:fundraising@4sight.org.uk)

## Volunteering

Volunteers play a vital role in supporting blind and sight impaired people across the county. We're always looking for volunteers to join our team. To find out more and discuss current opportunities, please call us on **01243 828 555** or email [enquiries@4sight.org.uk](mailto:enquiries@4sight.org.uk)



Supported by over **200** volunteers.



Over **12,500** hours are given each year.



On average this gives **£121,400** of added value to our services a year.



**The Queen's Award  
for Voluntary Service**



Registered with  
**FUNDRAISING  
REGULATOR**

Charity Number: 1075447  
Company Number: 03740647