

# My Guide and Volunteering for Blind and Visually Impaired People




**my sight**  
Nottinghamshire  
Seeing beyond sight loss

**My Guide**

My Sight Nottinghamshire are looking for friendly and committed volunteers to join our My Guide and Befriending Team. There are hundreds of blind and partially sighted people across Nottinghamshire who find it difficult to go out on their own, leading to loneliness and isolation. You could help prevent this by helping someone regain confidence by assisting them to go for walks, perhaps do some shopping or any other activities which you decide to do together.

**My Guide – my independence**

'My Guide volunteer has made such a difference to my life. Her visits give me something to look forward to each week and it feels nice to laugh again.'  
Audrey 75 Nottingham.

Could you volunteer to help a person with sight loss become more independent?  
Do you know someone with sight loss who could use this service?

Call Nic or Martha  
My Sight  
Nottinghamshire  
**0115 9706 806**  
[www.mysightnotts.org.uk](http://www.mysightnotts.org.uk)

Location **East Midlands, Nottinghamshire**  
<https://www.freedasz.co.uk/x-451392-z>

Can you help a visually impaired person in Mansfield? My Sight Notts (formerly the Nottinghamshire Royal Society for the Blind) aims to tackle social isolation with its My Guide and home visiting services. The services rely on local volunteers able to spare just an hour or so each week to visit a visually impaired person isolated at home for a cuppa or a chat or to take them out for a walk in the park or guide them to local shops. Come along to Mansfield Community and Voluntary Service on the 16th of November 2016 between 9:30am and 12:30pm or contact Nic or Martha on 0115 9706806 0115 97068...(click to reveal full phone number) or email: [click to contact](mailto:click to contact) Address: Community House 36 Wood Street Mansfield NG18



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