

Places on these sessions need to be booked in advance by calling or texting the numbers, or contacting the email, enclosed.

Please let us know your access requirements and dietary needs.

Sessions are run in various areas of Bristol including: Horfield, Lawrence Weston, Bedminster.

For more information or to book a place phone

Simon Cox
on
0117 953 7750

TEXT
07711 385 353

Or email
bristol@
actionforblindpeople.org.uk



**Do you have
sight loss?**

**Do you have
hearing loss?**

**Do you have
both?**

We are offering free, short sessions to help - lunch included.

For more information call:

0117 953 7750

TEXT

07711 385 353

Sight loss and hearing loss can occur from birth or gradually over a period of time.

When this happens people tend to adapt and either do things differently, get help from others around them or stop doing some things altogether.

Action for Blind People are working with **Sense, Action on hearing loss, Guide Dogs** and **Hanover Housing** to deliver these **free** sessions to **Bristol residents over 50 years of age** who have sensory loss.



People attending these sessions will be able to find out about services that can provide further support and advice, meet other people with similar needs, discuss concerns and solutions, as well as find out about products, aids and adaptations that may help. Lunch included

Funding for this programme is provided by The Big Lottery, through Bristol Ageing Better (BAB). The BAB programme aims to reduce social isolation and loneliness for older people in Bristol.