Opening Eyes - Peer Educator Network

Help us to train other people how to look after their eyes and sight

Opening Doors — Having our say as people first

See Ability — Seeing beyond disability

Looking after your eyes is important

- People with learning disabilities are **10 times more likely** to have serious problems with their eye sight.

- Some people might not know they have a sight problem. They might not be able to tell other people that they can't see.

- Being able to see is important for a lot of things like -

  Going to work

  Doing activities and hobbies

  Getting around

  Communicating with others

  Looking after yourself and your home

  Being independent and making choices.

- Everyone can have a sight test. You don't have to be able to read or speak.

- Everyone can look after their eyes and sight with the right help.

SeeAbility needs your help

- SeeAbility wants to tell as many people as they can that looking after your eyes is very important.

- We are looking for people with learning disabilities in groups around the UK to help.

- Your group can help by doing training to other people with a learning disability how to look after their eyes.

- We want to create network of trainers across the UK. We would like you to be a part of it. SeeAbility call this a **Peer Educator Network**

About the Training

- **Opening Doors** is working with SeeAbility to make a training pack about eye care and why it is important.

- Opening Doors used to be called People First of Norfolk and are an advocacy group run by people with learning disabilities. They have a lot of experience in training.

- Each group in the network will be trained about eye care by SeeAbility and Opening Doors. Each group will be given a pack with everything they to do the training.

- The groups will then train people in their area about eye care and why it is important

- In the future, we will also want to train opticians and health workers. This will make eye care services better for everyone.

With your help, we can make eye care better for everyone

To find out more email **v.kendall@seeability.org** or call **07554 456330**

www.seeability.org Have a look at the **Sharing our Knowledge** section of the website

Seeability is the operating name of The Royal School for the Blind founded in 1799. Registered Charity Number 255913
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