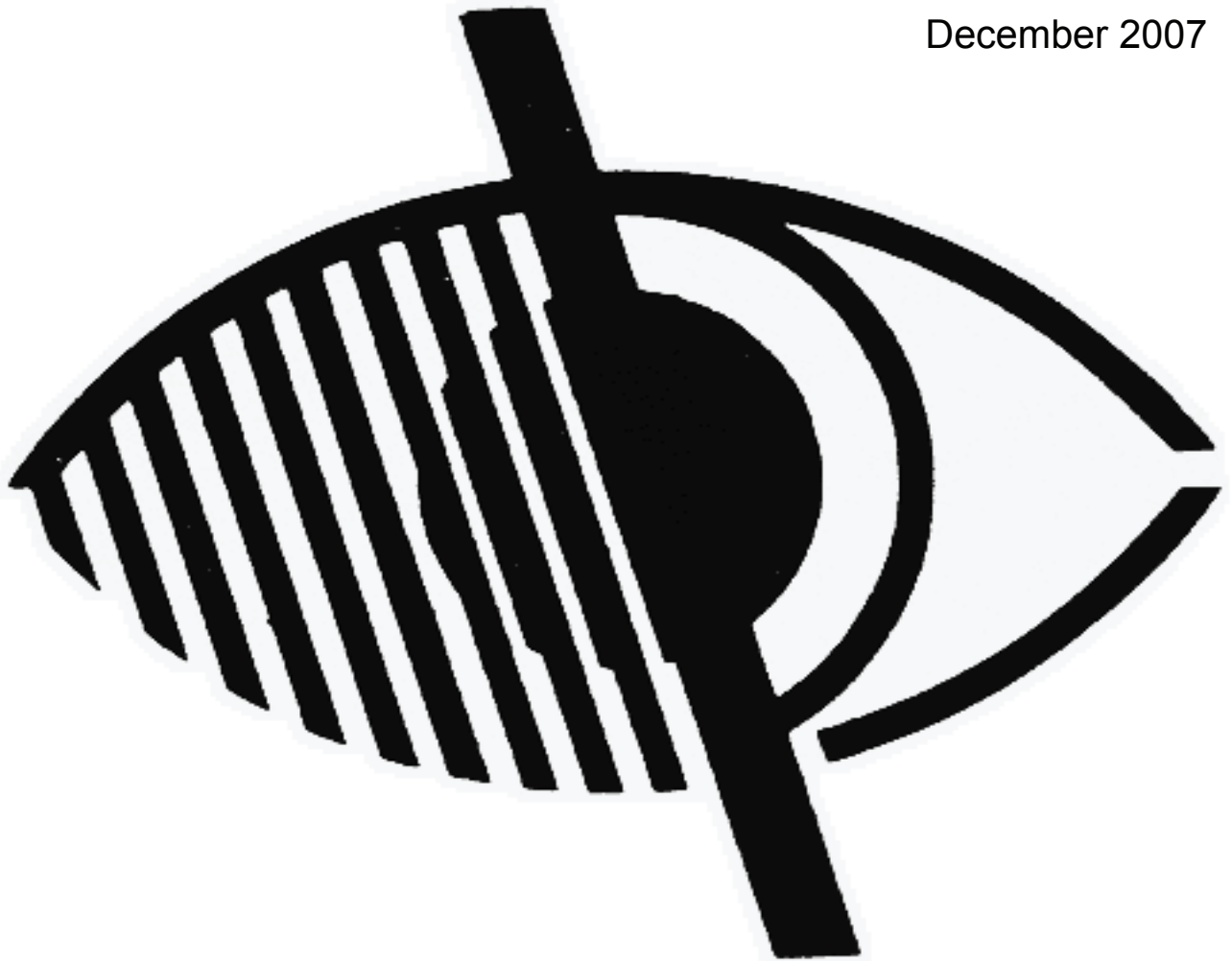


December 2007



Services for people who are blind or partially sighted in Kensington and Chelsea



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

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Eyesight

We are not always aware of the effects of deteriorating eyesight. Often early diagnosis and treatment can prevent further damage. You should consult your optician or optometrist if you think your eyesight is deteriorating. They will provide an eye test and assess your need for a visual aid. If any further treatment is required your optician will link you with an eye clinic.

Alternatively you can visit your doctor who can link you to an eye specialist.

It is important to remember that only four in every one hundred registered blind people have no sight. Many blind people still have some useful vision.

Registration

The Royal Borough of Kensington and Chelsea has an obligation to keep a register of people with a permanent and substantial visual impairment.

The Consultant Ophthalmologist will provide a certificate (CVI) recommending registration as a sight impaired or severely sight impaired (partially sighted or blind) person.

You should be given a copy of this CVI certificate by the eye clinic or hospital. Another copy is sent to the Sensory Impairment Team at Kensington Town Hall who will then give you the option of being placed on the register.

You do not have to be registered to receive most services, but you do need to be in a position where you could be registered.

Being registered will assist access to certain benefits and entitlements, e.g. a freedom pass, which gives you free travel on tubes/buses.

After receiving your CVI a Rehabilitation Officer will make contact with you, to arrange an appointment to visit you.

They will provide you with information about services available including benefits, entitlements and details of other organisations who can offer help.

The Rehabilitation Officer will also discuss with you any difficulties/concerns you may have and if necessary refer you on to another worker, e.g. social work or occupational therapy.

Services provided by the Sensory Impairment Team

Rehabilitation Officer

The Rehabilitation Officer is a specialist worker who is trained to help you in all aspects of your visual impairment. The Rehabilitation Officer works with visually impaired people from birth to eighty-five years plus.

After we receive your CVI, the Rehabilitation Officer will contact you and outline the Rehabilitation Service. This covers three main areas:

1. Communications

We can provide help with reading/writing your correspondence, enable you to establish contact with necessary services and organisations such as talking books, and provide advice about training in Braille, Moon and basic computer skills.

2. Daily living skills

The Rehabilitation Officer can come to your home and help you adapt your kitchen skills and daily routines to your sight loss. This may involve providing you with equipment to make the tasks easier for you.

3. Mobility

A Rehabilitation Officer will be able to assist with orientation and mobility to help you get about safely. Any equipment supplied to you as a consequence of an assessment is free of charge and in some cases, where appropriate, we can assist with lighting in the home.

To contact a Rehabilitation Officer, please call **020 7361 2638** or **020 7361 3188**. You can also email sensory.team@rbkc.gov.uk

If you need to speak to someone in an emergency outside of office hours, you can contact the Out of Hours Duty Team:

Tel: 020 7373 2227

Text: 020 7838 5360

Social worker

Social workers can offer advice and information about services in the Royal Borough of Kensington and Chelsea and link people into education, employment and leisure opportunities.

Social workers can help you make plans to tackle problems, suggest useful services and contact other groups on your behalf.

If your needs are more complex the social worker will complete a needs assessment (NHS and CC Act, 1990) with you.

The social worker will discuss with you (and if you wish your family and carers) what might be done to help and what options are available to ensure you stay as independent as possible.

You or your carer can also request an assessment of your needs if you feel this would be helpful. A Care Plan will then be completed which gives an outline of the agreed support and advice you require. This will be reviewed on a regular basis.

There may be a charge for some home care services. A financial assessment will be completed to decide how much you may have to pay.

To contact the social worker for people with visual impairment, please call **020 7361 2968**, or email sensory.team@rbkc.gov.uk

Direct payments

Following an assessment of your needs it may be possible to provide you with direct payments to purchase your own care.

Direct payments can be issued to people over the age of sixteen. However, people must be willing and able to cope with the responsibilities of employing care support and becoming an employer.

For further information please contact your social worker.

RNIB Outreach Service

The RNIB Outreach Service was set up in 1995 and continues to provide a range of services to local people who are visually impaired. This includes:

- Visits to people at home to discuss the range of services and support we can offer
- A resource centre which provides the opportunity to view a wide range of visual aids
- Offering you the opportunity of becoming a member of the “insight” group for visually impaired people
- A volunteer service which offers varied support by matching you with a volunteer.

If you are interested in any of the above RNIB services or would like more information, please contact:

RNIB Outreach Service

**105 Judd Street,
London WC1H 9NE**

Tel: 020 7874 1315

020 7874 1316

Fax: 020 7388 2034

Email: helpline@rnib.org.uk

Nearest underground: King’s Cross

Business hours: 10am to 4pm, Monday to Friday.

People who have an additional hearing loss

The Sensory Impairment Team offers services to people who have both a significant and permanent visual and hearing loss. This is sometimes referred to as a Dual Sensory Loss (DSL).

These services / assessments will be provided by the social worker for people who are visually impaired and the social worker for people who are Deaf and hard of hearing.

DSL can have a profoundly adverse effect on the life of the individual. It can affect daily routines, mobility, access to information and seriously impact on communication.

For more information about services for people with a DSL, please contact the Sensory Impairment Team.

Comments, complaints and praise

You can comment on, or make a complaint about the service you are getting from the Royal Borough of Kensington and Chelsea.

You can talk to the social worker for visually impaired people or the Sensory Impairment Team Manager.

Alternatively, you can contact the Customer Care and Complaints Team on **0800 587 0072**.

Visually impaired children

If you are concerned about your child's eyesight you may wish to talk to someone.

There are lots of organisations that may be able to support you and your child. Your family doctor can link you with appropriate health services.

The Family Services Department also has a team for children with disabilities that may be able to offer support or advise you of other organisations that can help.

For more information, please contact:

Children with Disabilities Team

36 Oxford Gardens

London W10 5UQ

Tel: 020 7598 4640

The Rehabilitation Officer for visually impaired people also works with children.

Children's education

Children with a visual impairment can be educated in mainstream schools with support teachers who are usually provided by the education department. It may also be possible for a child to be educated at a special needs unit attached to a mainstream school.

For children with complex needs, parents have the option of sending them to specialist schools for the visually impaired where they can attend on a daily basis or board full time, depending on the proximity to their home.

You may be able to get further information about education by contacting one of the services listed below:

Special Needs and Additional Needs

Professional Development Centre
108a Lancaster Road
London W11 1QS
Tel: 020 7598 4874

Royal National Institute for the Blind

Education Department, 105 Judd Street
London WC1H 9NE
Tel: 020 7388 1266
Helpline: 0845 766 9999
Fax: 020 7388 2034
Email: helpline@rnib.org.uk
Web: www.rnib.org.uk

There is an organisation called LOOK! which is a national organisation for families with visually impaired children.

It offers information on education and other aspects of visual impairment.

They produce a newsletter and have local branches across the country.

LOOK! (London)

Clapham Park School

127 Park Hill

Clapham

London SW4 9PA

Tel: 020 8678 0555

LOOK! (National Office)

c/o Queen Alexandra College

49 Court Oak Road

Harborne

Birmingham B17 9TG

Tel: 0121 428 5038

Fax: 0121 427 9800

Email: info@look-uk.org

Web: www.look-uk.org

If your child has been diagnosed as visually impaired, the GP will normally refer you in the first instance to Family Services and/or the peripatetic service.

These are teachers who give practical support to visually impaired children (and their families) from birth, arrange nursery placements and advise on primary and secondary schooling.

They work with the Education Department to ensure that the child's special educational needs are being met.

If you want to find out more, please call **020 8780 9204**

Employment and training

If you are looking for employment, training or further education the best place to start is with your **Disability Employment Advisor (DEA)**.

They can be contacted through your local job centre and can advise on training, work related benefits and help with employment.

To contact the DEA for your area call **020 8210 8706**.

Access to Work

Access to Work provides advice and practical support to disabled people and their employers. They also pay a grant through Jobcentre Plus towards any extra employment costs resulting from disability. To find out more, please contact:

Access to Work Business Centre

London Region

Windsor House

185 Ealing Road

Alperton

Middlesex HA0 4LW

Tel: 020 8218 2710

Fax: 020 8218 2715

Text: 020 8218 2716

More details can be found on the internet at

www.jobcentreplus.gov.uk/JCP/

Below are a number of organisations that may be able to offer further employment training or further education:

The Royal London Society for the Blind and Workbridge

Unit 1, Ursula Lapp Estate

Old Oak Lane

London

NW10 6UD

Tel: 020 8838 4384

Email: web-master@rlsb.org.uk

Web: www.rlsb.org.uk

Offers a range of courses including information technology and engineering. They also have a workshop which employs visually impaired people.

Kensington Recruitment

2 Beatrice Place

London W8 5LP

Tel: 020 7937 1611

Fax: 020 7937 7721

Kensington Recruitment offers help and advice to disabled people looking for employment and work placements. Also able to offer support at work for those who need it.

Opportunities for People with Disabilities

53 New Broad Street

London EC2M 1SL

Tel: 020 7448 5420

Fax: 020 7374 4913

Minicom: 020 7374 6884

Email: operations@eopps.org

Web: www.opportunities.org.uk

A service for job seekers and employers, work placements and open employment.

Association of Disabled Professionals

P.O. Box BCM ADP

London WC1N 3XX

Tel/Fax: 01204 431 638

Email: adp.admin@ntlworld.com

Web: www.adp.org.uk

Offers advice on specific areas of employment to professionals, managers and students in higher education.

Blind in Business

Wingate Annexe

St. Alphage House

Wingate Annex

2 Fore Street

London EC2Y 5DA

Tel: 020 7588 1885

Email: info@blindinbusiness.org.uk

Web: www.blindinbusiness.org.uk

Self-help group for people who are self employed or run their own business.

Voluntary work

Kensington and Chelsea Volunteer Bureau

Canalside House

383 Ladbroke Grove

London W10 5AA

Tel/Minicom: 020 8960 3722

Fax: 020 8960 3750

Email: enquiries@voluntarywork.org.uk

Web: www.voluntarywork.org.uk

The bureau assists people to find different types of voluntary work.

Adult education

Kingsway College

King's Cross Centre, Sidmouth Street

London WC1H 8JB

Switchboard: 0870 060 9800

Fax: 020 7556 8003

Minicom: 020 7306 5930

Email: courseinfo@westking.ac.uk

Web: www.westking.ac.uk

Provides information technology training for work and can offer support to people within the main college at Kingsway.

Kensington and Chelsea Adult Education

Tel: 020 7573 5333

Web: www.kcc.ac.uk

Has a wide range of courses. Contact the college for course details and information.

British Computer Association for the Blind

c/o RNIB

58 to 72 John Bright Street

Birmingham B1 1BN

Tel: 0845 430 8627

Email: info@bcab.org.uk

Web: www.bcab.org.uk

For all visually impaired people who use or are interested in computers.

Computer project for socially isolated disabled people in the Royal Borough of Kensington and Chelsea

Eligibility criteria for this project are that the service user:

- Is a resident of Kensington and Chelsea
- Has a physical disability or sensory impairment
- Is aged 18 to 64
- Is receiving a Care Management service from the Adult Social Care Department
- Will benefit from the provision of a PC in terms of alleviating social isolation, increasing independence and acquiring new skills.

Contact the Sensory Impairment Team on **020 7361 2968** for further details.

Transport

Travel permits

If you are registered as blind or partially sighted you are entitled to a travel permit. You must be over 16 and under 60 for women and over 16 and under 65 for men to be eligible.

The Blind Persons Travel Permit entitles you to free travel on the underground, buses and Docklands Light Railway at all times.

All permits entitle the holder to travel on British Rail trains within the London area after 9.30am weekdays and at all other times.

Contact Disability Transport Services on **020 7361 2390**.

Dial-a-Ride

Dial-a-Ride provide a public transport service for disabled people wishing to travel in Central London.

Membership is free and is open to all disabled or older people who find it difficult to travel on conventional transport.

All buses are suitable for wheelchairs and will always take guide dogs.

Guides and companions can travel with you for the same fare. For more information, please contact:

Central London Dial-a-Ride

Hathaway House

7d Woodfield Road

London W9 2BA

Tel: 0845 999 1999

Fax: 020 7266 5079

Web: www.tfl.gov.uk/dial-a-ride

Disabled Persons Railcard

This entitles the holder and an escort or guide to a reduction on the price of a British Rail ticket. Savings are usually a third off the normal ticket price, but can be as much as half the normal price.

The railcard costs £14 and details and an application form can be obtained from any British Rail station.

London Transport Unit for disabled passengers

Can offer advice and information on the underground and buses to disabled passengers. They also produce large print bus and tube maps.

If you are a guide dog owner they can also advise on accessible stations. For travel information:

Tel: 020 7222 5600 (main switchboard)

Email: travinfo@tfl.gov.uk

Web: www.tfl.gov.uk

Taxicards

A Taxicard allows the holder to travel in black cabs at a reduced rate. Only registered blind people are eligible to apply for a Taxicard.

There is a limit to the number of journeys that you are allowed to take each month.

To apply for a Taxicard, please contact the Disability Transport Team on:

Tel: 020 7361 2390

Fax: 020 7361 3128

You can also contact the ALG Taxicard directly:

ALG TEC Taxicard

New Zealand House

80 Haymarket

London SW1Y 4TZ

Tel: 020 7484 2929

Fax: 020 7484 2919

Email: taxicard@alg.gov.uk

Web: www.taxicard.org.uk

Parking permits

It is possible to apply for a parking permit if one or more cars are used regularly by you as a passenger.

For more information on parking permits, please contact **020 7361 2390**.

Kensington and Chelsea Community Car Scheme

They are able to offer subsidised rates on journeys which are booked in advance. For more information, please contact:

Kensington and Chelsea Community Car Scheme

240 Acklam Road

London W10 5YG

Tel: 020 8964 1114

Benefits

The following are contact numbers of organisations who may be able to offer advice about claiming benefits:

Benefits Agency Enquiry Line

Freephone: 0800 882 200

Textphone: 0800 243 355

Freephone: 0800 441 144 (help with forms)

Web: www.dwp.gov.uk

RNIB Benefits Rights

Tel: 0845 766 9999

You may also like to contact the Sensory Impairment Team or your area office team

Citizens Advice Bureau

Kensington CAB

Westway Information Centre, 140 Ladbroke Grove
London W10 5ND

Tel: 0870 122 2313

Fax: 020 8968 4281

Web: www.adviceguide.org.uk

Chelsea CAB

Chelsea Town Hall, King's Road
London SW3 5EE

Tel: 0870 122 2313

Fax: 020 7351 5240

Web: www.adviceguide.org.uk

Housing

If you are in a position where you might be made homeless or are having problems regarding your housing then there are organisations you can contact.

Homelessness and Advice Team

Room 241B

The Town Hall

Hornton Street

London W8 7NX

Tel: 020 7361 3341

The team do not work on an appointment basis. If you have a problem with housing or are being made homeless, you need to visit the team as soon as possible.

There are a number of other organisations that offer advice on a range of housing problems which can affect blind or partially sighted residents. You may wish to contact:

The RNIB helpline

Tel: 0845 766 9999

Action for Blind People

Freephone: 0800 915 4666

Housing Advice Service Kensington and Chelsea (HASKC)

You can also contact Housing Advice Service Kensington and Chelsea (HASKC). HASKC is an advice service providing free, independent housing information, advice and advocacy.

There are two offices, one covering the South of the Borough and one covering the North and Centre.

HASKC (North and Centre)

Offices 6 and 7

Canalside House

383 Ladbroke Grove

London W10 5AA

Tel: 020 8206 5900

Fax: 020 8964 1180

Web: www.haskc.co.uk

HASKC (South)

298 Old Brompton Road

London SW5 9JF

Tel: 020 7373 6262

Fax: 020 7835 1555

Web: www.haskc.co.uk

Support groups: Older people

Age Concern Kensington and Chelsea

Kensington Charity Centre, 4th Floor
Charles House, 375 Kensington High Street
London W14 8QH

Tel: 020 7471 5555

Fax: 020 7471 5558

Email: administration@ackc.org.uk

Web: www.ageconcern.org.uk

Information, support and advice for older people.

Staying Put Services

Canalside House, 383 Ladbroke Grove
London W10 5AA

Tel: 020 8206 5890

Fax: 020 8964 1180

Help and advice to give people the choice to live as independently as possible.

Sixty Plus

1 Thorpe Close
London W10 5XL

Tel: 020 8969 9105

Fax: 020 8969 5936

Email: info@sixtyplus.org.uk

Web: www.sixtyplus.org.uk

Sixty Plus offer help, advice and services - including a reading service for visually impaired people which is provided by volunteers. They also organise shopping trips and can provide information on claiming benefits.

Support groups: Carers

London Care Connections (formerly KC Carers)

155a King's Road

London SW3 5TX

Tel: 020 7376 3545

Fax: 020 7376 3501

Email: info@kccarers.com

Web: www.londoncareconnections.org

Support, advice and information for carers. Offers a home respite care service.

Carers National Association

20 to 25 Glasshouse Yard

London EC1A 4JT

Tel: 020 7490 8818

Freephone: 0345 573 369

Information line: 020 7566 7617

Minicom: 020 7251 8969

Web: www.londonhealth.co.uk/carersnationalassociation.asp

Information and advice at a local and national level on all aspects of caring.

Support groups: Gay and lesbian

Regard

Unit 2J, Leroy House

436 Essex Road

Islington

London N1 3QP

Tel: 020 7688 4111

Fax: 020 7688 4114

Minicom: 020 7688 0709

Web: www.regard.dircon.co.uk

Campaigns for equal rights for gay and lesbian disabled people. Provides lists of organisations and venues in your area, newsletters and offers a befriending/penpal scheme.

GEMMA

BM Box 5700

London WC1N 3XX

Tel: 020 7828 6054

Email: gemmagroup@hotmail.com

Web: www.londonhealth.co.uk/gladvice.asp

Aims to decrease the social isolation of disabled lesbian/bisexual people of all ages. They provide newsletters in different formats. Gemma runs a friendship group called Tape Connection and six special interest groups.

Support groups: Parents

Disability, Pregnancy and Parenthood International (DPPI)

National Centre for Disabled Parents

Unit F9

89 to 93 Fonthill Road

London N4 3JH

Freephone Information Line: 0800 018 4730

Tel Admin: 020 7263 3008

Text: 0800 018 9949

Fax: 020 7263 6339

Email: office@dppi.org.uk or
enquiries@dppi.org.uk

Web: www.dppi.org.uk

Offers information, support and practical advice to parents with disabilities, would-be parents, professionals and those providing services to parents with disabilities.

Support groups: Ethnic groups

There are many ethnic groups in the borough and it is not possible to list all organisations for ethnic groups in this guide. Therefore organisations specific to visual impairment have been listed.

Association of Blind Asians

Room 7, Zenith House

210 Church Street

Leyton E10 7JQ

Tel: 020 8588 6972

Fax: 020 8962 2630

Provides advice and information in different formats to Asian people who are visually impaired and their families/carers. Meetings are held at the RNIB Judd Street, every third Sunday of the month.

Jewish Care

Stuart Young

221 Golders Green Road

London NW11 9DQ

Tel: 020 8922 2222

Fax: 020 8922 1998

Email: jewishcaredirect@jcare.org

Web: www.jewishcare.org

Support and practical advice for Jewish people with a visual impairment.

Organisation Of Blind African Caribbeans (OBAC)

1st Floor, Gloucester House

8 Camberwell Road

London SE5 0RZ

Tel: 020 7735 3400

Fax: 020 7582 8334

Email: webteam@obac.org.uk

Web: www.obac.org.uk

Information, advice and free computer training for visually impaired African Caribbean people.

Migrant and Refugee Communities Forum

2 Thorpe Close

London W10 5XL

Tel: 020 8964 4815

Email: info@mrcf.org.uk

Web: www.mrcf.org.uk

Advice, support and training for migrant and refugee communities. They also have a resource centre and are able to link people with other organisations representing ethnic groups.

Multi-disability services

For people who are visually impaired and have additional disabilities, please contact the multi-disability service at RNIB, Judd Street on **020 7388 1266** and ask to speak to a multi-disability advisor.

Emotional support groups

WPF Counselling and Psychotherapy

23 Kensington Square

London W8 5HN

Reception: 020 7361 4800

Initial Appointments: 020 7361 4803/4804

Email: counselling@wpf.org.uk

Web: www.wpf.org.uk

Self-referral. Initial consultation costs between £20 and £25. Sessions cost between £15 and £50, depending upon income.

RNIB Emotional Support Team

Provides short-term counselling over the phone before referring to local counselling services for long-term work. Holds a database of local counselling and emotional support groups.

Phone **0845 766 9999** and ask to be referred to the Emotional Support Telephone Service.

The Listening Eye

National helpline for those having difficulty with their eyesight. Staffed by people who have a visual impairment themselves and wide experience of coming to terms with it.

Tel: 0800 783 1979 (6pm to 10pm Tues, Wed and Thurs)

Web: www.whitestick.co.uk

RNIB Tele Befriending

Involves four to six people taking part in a telephone conversation. It is run by a facilitator and acts as a social group aiming to share information and knowledge and increase social interaction.

For more information about the sessions and how to enrol call **0845 330 3723**. Also runs information sessions over the phone. There is a cost for this service.

London Lighthouse

111 to 117 Lancaster Road

London W11 1QT

Tel: 020 7313 2900

Fax: 020 7229 1258

Email: information@lighthouse-west.org.uk

Web: www.tht.org.uk

London Lighthouse is a support centre for men, women and children affected by HIV and AIDS. The organisation also provides a support and information service.

Advocacy

The Advocacy Alliance

Unit 8, Shaftesbury Centre

85 Barlby Road

London W10 6AZ

Tel: 020 8960 5728

Fax: 020 8960 8282

Email: kaldalliance@aol.com

Advocacy service for people with health and Adult Social Care problems. They also support other advocacy providers.

Leisure activities

Arts

The Venture Centre

103a Wornington Road

London W10 5YB

Tel: 020 8960 3234

Fax: 020 8960 5118

Email: venturecentre@btclick.com

Web: www.venturecentre.org.uk

Drawing, painting and craft classes.

Artsline

54 Chalton Street
London NW1 1HS

Tel and Minicom: 020 7388 2227

(Monday to Friday, 10am to 5pm)

Fax: 020 7383 2653

Email: access@artsline.org.uk

Web: www.artsline.org.uk

Information and advice service for arts and entertainment.

Shape Ticket Scheme

356 Holloway Road
London N7 6PA

Tel: 020 7700 0100

Minicom: 020 7619 6161

Fax: 020 7619 6162

Email: info@shapearts.org.uk

Web: www.shapearts.org.uk

Offers reduced price tickets to arts events and can find guides and transport.

Drama

Royal Court Young People's Theatre

Sloane Square
London SW1W 8AS

Tel: 020 7565 5050

Fax: 020 7565 5001

Theatre company for young people.

Reading

There are many ways of reading:

- **Using large print material**

There is much material produced in large print, from menus to bank statements, but it has to be asked for. The libraries hold many large print books. Big Print is a weekly newspaper in large print. For further Information, please contact:

Tel: 0800 124 007

Email: bigprint@rnib.org.uk

Web: www.big-print.co.uk

- **Using magnifiers, if that is comfortable**

The hospital eye clinics have **Low Vision Aid Clinics** which supply magnifiers. Generally these will offer a slow method of reading, often useful for short pieces of reading.

- **Using recorded information on cassette**

There is much information now on cassette tape, but it has to be asked for. There are services that will record information onto cassette tape.

- **Have someone read for you**

Referrals can be made to organisations providing volunteers to read.

- **Use Braille, an embossed type which is read by touch**

Transcription Services

The libraries have many books on tape and the RNIB has a large library of talking books.

Many newspapers and magazines are also available on cassette tape. Kensington and Chelsea produce a local weekly talking newspaper which is free of charge.

The Kensington and Chelsea Talking Newspaper

Central Library

Phillimore Walk

London W8 7RX

Tel: 020 7376 2245

The national newspapers are also available on cassette tape from **Talking Newspaper Association of the United Kingdom (TNAUK)**. A subscription fee is charged.

TNAUK

National Recording Centre

Heathfield

East Sussex

TN21 8DB

Tel: 01435 866 102

Writing

Poetry Society

22 Betterton Street
London WC2H 9BX

Tel: 020 7420 9880

Fax: 020 7240 4818

Email: info@poetrysociety.org.uk

Web: www.poetrysociety.org.uk

Information on all aspects of poetry.

Yaa Asantewaa & Community Centre

1 Chippenham Mews
London W9 2AN

Tel: 020 7286 1656

Email: admin@yaaasantewaa.com

Web: www.yaaasant.demon.co.uk

Workshops in African and Caribbean dance, drama and writing.

Music

RNIB Music Club

Tel: 020 7391 2253

Regular concerts held at the RNIB.

Bharatiya Vidya Bhavan

(Institute of Indian Arts and Culture)

4a Castletown Road

West Kensington

London W14 9HE

Tel: 020 7381 3086

Fax: 020 7381 8758

Email: info@bhavan.net

Web: www.bhavan.net

Workshops in Indian music, dance and drama.

Ebony Steelband Trust

Unit 39

Baseline Business Studios

Whitchurch Road

London W11 4AT

Tel: 020 7792 1418

Email: service@ebony.org

Web: www.ebony.org.uk

Teaches young and disabled people to play the steel pan.

Sports

British Blind Sports

4 to 6 Victoria Terrace

Leamington Spa

CV31 3AB

Tel: 0870 078 9000

Email: info@britishblindsport.org.uk

Web: www.britishblindsport.org.uk

London Blind Rambling Club

3 Westlands Terrace

London SW12 9PD

Tel: 020 8868 0096

Web: www.ramblers.org.uk/INFO

Walks averaging around seven to ten miles are organised usually twice a month at weekends. One to one guiding is available.

Braille Chess Association

7 Coldwell Square

Crossgate

Leeds LS15 7HB

Web: www.braillechess.org.uk

Chess classes and competitions organised regularly.

Sports centres

Portobello Green Fitness Centre

3 to 5 Thorpe Close

London W10 5XL

Tel: 020 8960 2221

Fax: 020 8969 4080

Yoga, sunbeds, gym, steam room and café.

Kensington Leisure Centre

Walmer Road

London W11 4PQ

Tel: 020 7727 9747

Fax: 020 7229 8380

Web: www.rbkc.gov.uk/sport/general

Swimming, sauna, gym, solarium and outdoor play area. Free swimming for those with disabilities on Tuesdays from 6pm to 7pm. You will need a Leisure Pass for this free swim. Contact the Centre for application details.

Kensington Emperors

(at Kensington Leisure Centre)

Swimming for people with disabilities.

Tel and Fax: 020 8841 3577

You can also contact **ADKC** directly on **020 8960 8888** for more information. The club meets every Friday night.

Westway Sports Centre

1 Crowthorne Road
London W10 6RP

Tel: 020 8969 0992

Fax: 020 7969 4097

Sports pitches, tennis, gym, squash, sunbed and climbing.

Sports Development Team (Kensington)

The Stable Yard, Holland Park

Ilchester Place

London W8 6LU

Tel: 020 7471 9813

Fax: 020 7371 4682

Email: Sports.Development@rbkc.gov.uk

Web: www.rbkc.gov.uk

Offers advice and information concerning sports activities and events for people with disabilities.

Sports Development Youth Team

Carlyle Building

Hortensia Road

London SW10 0QP

Tel: 020 7351 2346

Email: Sports.Development@rbkc.gov.uk

Web: www.rbkc.gov.uk

Leisure Pass

The leisure pass offers discounts on sporting activities such as swimming and gym activities. Forms can be collected from sports centres, or you can call

020 7471 9813.

Social groups

Spanish Memories Group

Kensington and Chelsea Community History Group

Methodist Church Centre

240b Lancaster Road

London W11 4AH

Tel: 020 7792 2282

Fax: 020 7792 4426

Email: info@historytalk.org

Web: www.historytalk.org

Offers informal reminiscence sessions.

Holidays

Action for Blind People

14 to 16 Verney Road

London SE16 3DZ

Tel: 020 7635 4800

Fax: 020 7635 4900

Email: info@afbp.org

Web: www.afbp.org

Holidays both in this country and abroad.

Vitalise (previously Winged Fellowship Trust)

Tel: 0845 345 1972

Fax: 0845 345 1978

Email: info@vitalise.org.uk

Web: www.vitalise.org.uk

All sorts of holidays from skiing to classical music breaks. Support and guides can be arranged. You do not have to be a guide dog owner.

Voluntary organisations

Action Disability Kensington and Chelsea (ADKC)

Whitstable House

Silchester Road

London W10 6SB

Tel: 020 8960 8888

Minicom: 020 8964 8066

Fax: 020 8960 8282

Email: adkc@adkc.org

Local organisation helping local people lead a better life. There is a bi-monthly newsletter and regular fact sheets on services and facilities.

The following services are offered:

Disability Information Helpline

Monday and Thursday from 10am to 5pm.

Advocacy Project

Advice and help with benefits, housing and other services.

Training and Employment

Career advice and guidance, job search support and help with work placements.

Leisure and Recreation

Leisure activities chosen by users. Assistance available and help with transport.

Royal National Institute for the Blind

105 Judd Street

London WC1H 9NE

Tel: 020 7388 1266

Fax: 020 7388 2034

Email: helpline@rnib.org.uk

Web: www.rnib.org.uk

RNIB offers a very wide range of services and advice to all people with a sight problem. You do not have to be registered blind.

Action for Blind People

14 to 16 Verney Road

London SE16 3DZ

Tel: 020 7732 8771

Fax: 020 7635 4900

Email: info@afbp.org

Web: www.afbp.org

Metropolitan Society for the Blind

Lantern House

102 Bermondsey Street

London SE1 3UB

Tel: 020 7403 6184

Fax: 020 7234 0708

Email: enquiries@msb.gb.com

Web: www.msb.gb.com

Home visits/readers to people in the London area.

National Federation of the Blind

Sir John Wilson House
215 Kirkgate
Wakefield
West Yorkshire WF1 1JG

Tel: 01924 291 313

Fax: 01924 200 244

Email: nfbuk@nfbuk.org

Web: www.nfbuk.org

The main campaigning group for visually impaired people.

Partially Sighted Society

9 Plato Place
72 to 74 St. Dionis Road
London SW6 4TU

Tel: 020 7371 0289

Email: London@partsight.org.uk

Help and advice for people who still have some useful vision. Also advises on Low Visual Aids.

St. Dunstan's

12 to 14 Harcourt Street
London W1H 4HD

Tel: 020 7723 5021

Fax: 020 7262 6199

Email: enquiries@st-dunstans.org.uk

Residential care and other support for blind ex-Service personnel

Dual sensory loss services

Sense South East - The National Deafblind and Rubella Association

Ground Floor, Honour House
76 Coombe Road
Norbition, Surrey KT2 7JE

Tel: 020 8541 1147

Text: 020 8541 1938

Fax: 020 8541 1132

Email: seenquiries@sense.org

Sense and Sense Usher

11 to 13 Clifton Terrace
London N4 3SR

Tel: 0845 127 0060

Text: 0845 127 0062

Fax: 0845 127 0061

Email: info@sense.org.uk

Web: www.sense.org.uk

DeafblindUK

John and Lucille van Geest Place
Cygnet Road
Hampton

Peterborough PE7 8FD

Tel: 0800 132 320 (Helpline)

Text: 01733 358 100

Fax: 01733 358 356

Email: info@deafblind.org.uk

Web: www.deafblind.org.uk

Specific eye conditions

Contact details for organisations that can offer support/ advice on specific eye conditions can be found below:

Behcets Syndrome Society

3 Church Close

Lambourn

Hungerford

Berks

RG17 8PU

Tel: 01488 71116

Email: info@behcets-society.fsnet.co.uk

Web: www.behcets.org.uk

Diabetes UK

(formerly British Diabetic Association)

MacLeod House

10 Parkway

London NW1 7AA

Tel (Careline): 0845 120 2960

Tel (Office): 020 7424 1000

Email: info@diabetes.org.uk

Web: www.diabetes.org.uk

British Retinitis Pigmentosa Society

Head Office

P.O. Box 350

Buckingham MK18 1GZ

Tel. Helpline: 0845 123 2354

Tel. Office: 01280 821 334

London Office Tel: 020 7723 9937

Fax: 01280 815 900

Email: helpline@brps.org.uk

Web: www.brps.org.uk/london

International Glaucoma Association

Woodcote House

15 Highpoint Business Village

Henwood

Ashford, Kent TN24 8DH

Sightline: 0870 609 1870

Fax: 01233 648 179

Web: www.iga.org.uk

Macular Disease Society

P.O. Box 1870

Andover

Hampshire SP10 9AD

Tel: 01264 350 551

Helpline: 0845 241 2041

Fax: 01254 350 558

Email: info@maculardisease.org

Web: www.maculardisease.org

Macular Disease Group

Flat 11

Astor Court

Maynard Close

London SW6 2EW

Contact Tricia Vault

Tel: 020 7371 9637

Self-help group meeting every third Tuesday of the month at St. Augustine's Church, Pont Street SW1

National Diabetic Retinopathy Network

7 Shore Close

Hampton

Middlesex

TW12 3XS

Tel: 020 8941 5821 (evenings)

Web: www.diabeticretinopathy.org.uk

Nystagmus Network

13 Tinsley Close

Claypole

Newark

Nottinghamshire

NG53 5BS

Tel: 01636 627004

Email: info@nystagmusnet.org

You can find contact details of support groups for eye conditions by contacting the RNIB on **020 7388 1266**, or by visiting their website at www.rnib.org.uk

Another useful website for eye conditions is www.eyeconditions.org.uk

For more information about the Royal Borough of
Kensington and Chelsea, please visit our website
www.rbkc.gov.uk