## **Additional Services**

- Advice & Advocacy
- Befriending
- Children & Young People
- Counselling
- Eye Condition Support Groups:

Glaucoma & AMD

- Excursions- twice weekly including a monthly Saturday
- Large Print & Audio Quarterly
   Newsletter
- Living with Sight Loss Workshop
- Low Vision Clinic
- Route to Success Workshop
- Summer BBQ
- Visual Awareness Training
- Working Age Focus Group

\*Some Services have an additional cost www.croydonvision.org.uk

## Find Us!



#### Office hours

Monday - Thursday: 8:30 - 16:30 Friday: By appointment only

#### Train

West Croydon is within easy walking distance

#### **Tram**

West Croydon

#### **Bedford Hall**

Limited parking available on site or Whitgift Centre (Paid)

#### Bus

Bedford Hall Towards Croydon 157, 289, 450, X68

Bedford Hall Towards

Thornton Heath 50, 75, 157, 289, 450, 468, X68



# There's life after sight loss

020 8688 2486

info@croydonvision.org.uk www.croydonvision.org.uk **y** @CroydonVision



## **Mission**

Our Mission is to promote quality of life to those who are Blind or Visually Impaired & their families by encouraging greater independence, confidence & personal development.

# **Testimonials**

"The Children's project gives us the opportunity to try new things and activities together. My daughter can safely and successfully experience new activities with the specialist provisions she requires".

"Croydon Vision brings people with sight loss together, it gives companionship. It changed my life! Instead of standing still after sight loss diagnosis, Croydon Vision allowed me to progress and move forward."

"Croydon Vision made me feel welcome and part of a community. Gave good advice and answered questions. I can talk to others in the same position and discover their solutions to a problem I may have."

## **Activities & Services**

Time	Monday	Tuesday	Wednesday	Thursday
10:30 - 12:30	<ul> <li>Game On!</li> <li>Music</li> <li>Appreciation</li> <li>Group (Alternate fortnightly)</li> <li>Cooking Class</li> <li>Technology Drop</li> <li>In</li> </ul>	• Quiz Group • Technology Drop In	<ul> <li>Keep Fit (Chair Exercise workout)</li> <li>Moorfields Low Vision Clinic (NHS Appointment only)</li> </ul>	<ul> <li>Breakfast Club</li> <li>Dance</li> <li>Social Group</li> <li>Low Vision</li> <li>Clinic (Monthly)</li> <li>Counselling (by appointment only)</li> </ul>
12:30	Lunch	Lunch	Lunch	Lunch
13:30 15:00	Cooking Class Technology Drop In	Mental Aerobics Group     Technology Drop In     Advice & Advocacy Drop-In	<ul><li>Art &amp; Pottery</li><li>Working Age</li><li>Focus Group</li></ul>	<ul><li>Choir (fortnightly)</li><li>Counselling (By Appointment)</li></ul>

\*Some services have an additional cost

"Members gain great enjoyment through the many varied service activities run by volunteers and staff that take place at Bedford Hall."

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