



My Guide

Helping blind and partially sighted people get out and about.

Regaining confidence – Liz's story

Liz has Retinitis Pigmentosa. As winter drew in and the days grew shorter, she started to feel isolated and lost all confidence, even being reluctant to go to the local shops. When My Guide was introduced to her, Liz explains, "I felt the need to start getting a grip and therefore accepted the challenge. The lucky lady helping me was Lily, and it was not long before we began outings to places I needed and wanted to go."

Liz was nervous about meeting people she knew at her local shops, but after some outings with Lily, Liz ventured back to there. She says, "In hindsight, it was my

total lack of self-confidence and not because of how people were treating me that I felt embarrassed."

Liz goes on to say, "I cannot speak highly enough of the service of My Guide and feel so lucky that it was available to me – this was the beginning of getting my confidence and self-esteem back."



My Guide can help you to:

- Gain confidence
- Increase your independence
- Make new friends
- Enjoy activities in your community
- Just get out of the house

How does it work?

- You will be carefully matched with an approved My Guide volunteer who has received training endorsed by VISION 2020 and has had a criminal record check.

What does this mean in practice?

- The My Guide service involves a volunteer guiding you as you get out and about in your local area.
- Once you make contact about My Guide, we will find a suitable volunteer in your local area. This may take some time or there may be someone immediately available.
- You meet the volunteer in the presence of a staff member and we see if both you and the volunteer feel comfortable working together.
- Your partnership is regularly reviewed and either of you can pull out with no obligation at any time. Your local staff member is there for support or to answer questions when needed.





Contact us

To take part in My Guide or for more information, please contact:

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This publication is available in Braille, large print, audio, electronic and text formats.

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