



# Special Issue: Building Confidence

## Autumn 2018

### In this edition of *Insight* you will find:

- In photos: building confidence and increasing independence through re-learning
- How 'Cooking with Confidence' has changed Clive's life
- Remembering GLFB in your will



### Dear GLFB Supporter,

We are delighted to share with you a brief sample of the many positive stories and comments we have received from blind and partially sighted people whose lives have been improved thanks to GLFB-funded services.

We want to share this feedback with you as these life-changing services only exist with the help of your donations to the GLFB. When I speak to people affected by sight loss I am

reminded how it is often the little things that we take for granted, like preparing a simple, cooked meal, which matter greatly to the people we support. It is these little things that provide the foundation for rebuilding confidence in people who have lost their sight.

Clive and Mansoor are two people whose confidence and wellbeing has grown significantly after attending support programmes funded with your past donations. You can

read their stories in page 2 of your newsletter.

**Your support really is making a direct, positive and lasting difference.**

Best wishes,

**Charles Colquhoun**  
Trustee and Honorary  
Treasurer

# Cooking with confidence



Re-learning day-to-day skills following a diagnosis of sight loss

When sight loss strikes it can have a devastating impact on a person's confidence with day-to-day tasks.

GLFB funding – made possible through donations from our supporters – has helped people like Clive to re-build his confidence and re-learn skills essential for his wellbeing.

Clive recently attended a 'Cooking with Confidence' programme. It's a 10-week course designed to teach blind and partially sighted people how to prepare and cook meals, build confidence and increase independence.

Said Clive: **“Before I started this course I did not have much confidence and doubted myself a lot.** Living as a visually impaired individual, I told myself I cannot do much in the way of cooking and preparing

*healthy meals. I am very happy I was told about this course as I have gained so much confidence and independence and have learnt so many skills that I can use in my everyday life confidently and independently.*

*On this course I have met some lovely people like myself, who I can relate with and we can share our experiences with each other. Ramona, the course trainer, is very encouraging, showing us not to be afraid but find ways to do things that work for us as visually impaired people.”*

Like Clive, Mansoor had also lost belief in his abilities but his life took a turn for the better after enrolling on the course.

Said Mansoor: *“Before I lost my sight 15 years ago, I was a very keen cook. I loved to make healthy meals. However losing my sight had a major effect on how I ate.*

*Did I find it difficult to prepare meals? Yes, because at first I just ate uncooked food.*

*Then recently I learned how to cook again with the Cooking with Confidence and Independence programme. **I have been shown different techniques like how to use a knife for chopping vegetables.***

***In the sessions I have attended I have become much more confident with food preparation.*** I am now making use of my speech microwave and even using the gas cooker to cook healthy dishes such as vegetable soup.

*Learning to use speech gadgets to assist me in the kitchen has made me less reliant on other people for basic help, for example, to tell me what is in food containers.”*

# Living with sight loss

The donations we receive from kind supporters like you also enable us to help cover the cost of 'living with sight loss' courses run by one of our local member charities.

The two-day course is a combination of practical support and consultations to assist people to better understand their eye conditions and the potential ways to boost confidence and increase independent living.

One of the participants, Tommy, was struggling on his own, feeling his life had come to a stand-still following the



*Boosting confidence and well-being through dance lessons*

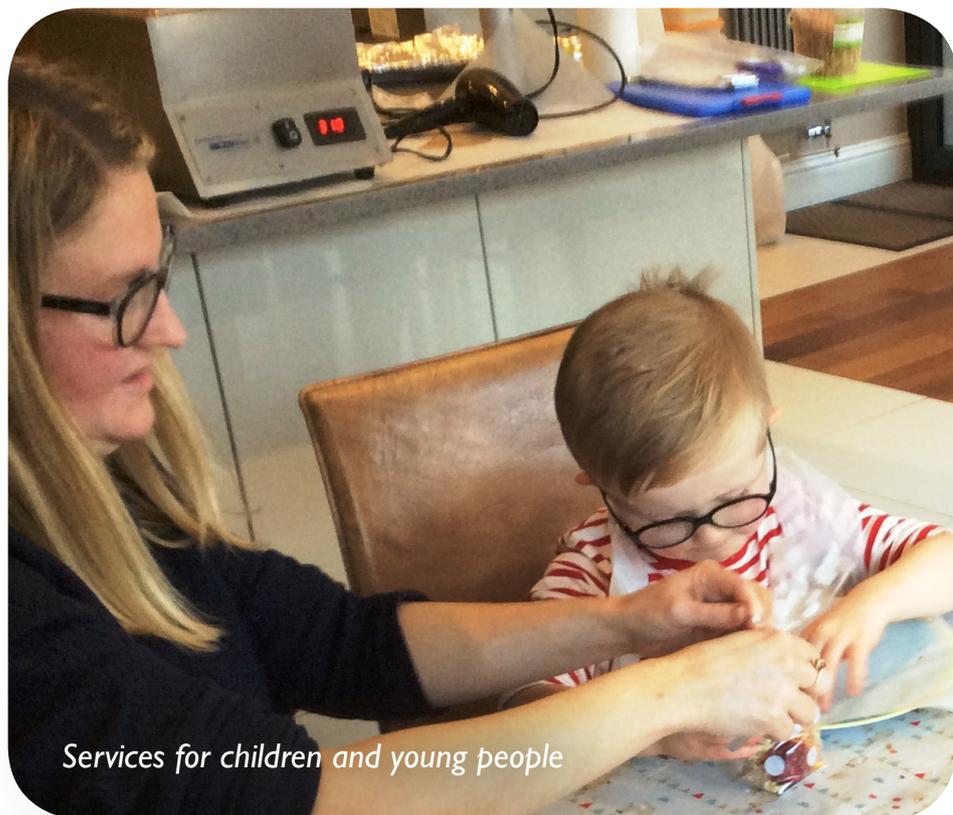
diagnosis of sight loss but things changed for the better when he enrolled on the course.

Said Tommy: "Croydon Vision made me feel welcome. I know I'm not alone (or feeling like it) with a sight problem. I also had a chance to help others through volunteering. A big advantage is that I can talk to others in the

same position and discover their solutions to a problem I may have.

***Instead of standing still after sight loss diagnosis, Croydon Vision allowed me to progress and move forward. It makes me feel normal, as opposed to floundering in the outside world."***

## Services for children and young people



*Services for children and young people*

In addition to funding services for visually impaired adults, the GLFB also supports early intervention programmes to ensure that help is at hand from an early age for both children and parents.

For example, some of the services we support with your donations offer young blind and partially sighted people the opportunity to take part in a range of fun, educational activities. The aim of these activities is to encourage children and young people to socialise, develop independence, gain new skills and increase confidence.

# Gifts in wills – help us build a brighter future

People who left a gift in their will to the Greater London Fund for the Blind (GLFB) in the past are playing a significant part in the lives of people dealing with sight loss.

Their foresight in leaving a legacy is making a real and lasting difference to visually impaired children and adults today. This is because gifts left in wills are helping provide services that reduce isolation, enabling people to live much happier, more fulfilling and independent lives.

**Isn't that the kind of legacy we would all love to leave?**

Please accept our heartfelt thanks if you have already remembered the work of the GLFB in your will.



*Mobility training: building confidence and increasing independence*

**Every day 100 people start losing their sight - that's one person every 15 minutes. Sight loss affects people of all ages and it can strike at any time.**

If you haven't already done so, please do consider whether you could support our work in this very special way once you have made provision for your loved ones. All legacies, be they large or small, help to change lives.

If you would like more information about gifts in wills, please call us on 020 7620 4918 or by writing to us at the address below.

It's not easy being blind. It's so much harder without support. A gift in your will to the GLFB will help ensure that we can provide specialist care and support from the point of diagnosis.



**\*Names and some details have been changed to protect privacy.**  
With thanks to BlindAid, Croydon Vision and Eyes for Success for providing images.

## Contact us

It's always a pleasure to hear from you! Get in touch with our Supporter Care team in the following ways:



Call us **020 7620 2066**  
Email us [fundraising@glfb.org.uk](mailto:fundraising@glfb.org.uk)  
Visit us online [www.glfb.org.uk](http://www.glfb.org.uk)



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