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| **Your sight matters**  Did you know, 50% of sight loss is avoidable.  Essex Sight has been helping the visually impaired for over 100 years.  *“Thanks to Essex Sight I have rediscovered my independence”*     |  | | --- | |  | |  | **Contact us:**  **ESSEX SIGHT**  **Tel:**  **01206 548196**  **Email: services@**  **essexsight.org.uk**  [**www.essexsight.org.uk**](http://www.essexsight.org.uk) | |  | |  |  | | --- | --- | | |  | | --- | |  | |   **Information**  **and support**  **for people  with a visual  impairment**    **Part of Essex Blind Charity  Reg. Charity No. 1103732** |
| **What we do**  Essex Sight provides  practical help, emotional  support and advice to visually impaired people and their carers.  We can help people to maintain their safety and independence and reduce their feelings of isolation.  We hold regular sight centres and low vision awareness days. |  | **How we can help you**   * Sight Centres at locations across Essex * Eye clinic support * Home visiting service * Low vision awareness days * Talks and exhibitions * Mobile resource centre visits rural areas. * Coffee Morning * Help with Iphone/ Ipad etc. |  | | **How you can help us**  Please contact us if you would like to find out more about the range of services we provide, to volunteer with us, or to fundraise for us.  We are a registered charity and rely on donations to help us reach even more people with sight loss. Please consider making a donation through our website or contact us (details overleaf) to support our work. |