Do you know someone affected by sight loss?

If so, they don’t need to face this alone. Sightline offer Helpline and Befriending services, which are run by people with experience of sight loss.

**Our Helpline** provides confidential emotional and practical support every evening from 6pm to 10pm. Call 0800 587 2252.

**Our Befriending service** is for people who may benefit from a regular chat on the phone. Trained Befrienders are matched to people’s interests, hobbies, and availability to make each catch-up a positive experience. Sight loss can be a lonely place, so why not call Sightline. 0800 587 2252.

Our services are run by volunteers. To explore high quality, accessible volunteering options, call 0800 587 2252, email info@sightline.org.uk or visit at sightline.org.uk