



# Losing your sight?

Supporting Blind and  
Partially Sighted Black  
Africans in Greater  
Glasgow and Clyde

**RNIB**  
Scotland

Supporting people  
with sight loss



**ALLIANCE**  
HEALTH AND SOCIAL CARE  
ALLIANCE SCOTLAND  
people at the centre

**Would you like to talk in confidence about your eye condition?**

**Do you feel alone?**

**Would you like to meet other Africans facing similar challenges?**

**Do you need a helping hand to plan for a fruitful life?**

**You Care Eye Care** is a free service supporting blind and partially sighted Black Africans, aged 18 and over, living in Greater Glasgow and Clyde. Together with a trained volunteer, we'll help you to:

- Develop a plan to enhance your self-care and eye health.
- Be independent and develop your ambitions
- Access the services, technology and information you need.
- Join our peer support group or start your own.

You'll also have access to RNIB services such as Learning and Employment, Talking Books, Accessible IT and more.

To find out more, contact our Project Officer at RNIB Scotland.

Email: **[Diana.Collins@rnib.org.uk](mailto:Diana.Collins@rnib.org.uk)**

or call **0141 648 8480 / 07710 069224**

**This leaflet is also available in other languages and formats on request.**

Black Africans are genetically more likely to develop early aggressive onset of eye conditions. It is important you visit your optometrist (optician) regularly for a free eye health examination or if there are any changes in your sight.