

# Advice and support for people experiencing sight loss

**This information explains how the Sight Loss Advisors can help you and how to contact them.**

Our Sight Loss Advisors Sarah and Sonya are on hand to assist anyone with sight loss, or their relatives and carers, to access the support they may need with their Low Vision.

Our Sight Loss Advisors can provide:

- Emotional support.
- Information and advice on living with sight loss and maintaining independence.
- Information relating to sight impairment registration.
- Information on charities that support people living with a visual impairment.
- Information on where to get advice on benefits and concessions.
- Information on where to get advice on education, employment, housing, leisure and local support groups.

Sarah and Sonya can be found at the following hospitals:

- **Prince Charles Eye Unit (King Edward VII Hospital) Windsor – Monday-Friday.**
- **Royal Berkshire Hospital Reading – Monday-Thursday.**
- **West Berkshire Community Hospital Thatcham– Friday.**

If you would like to speak to Sarah or Sonya please contact them:

Mobile: **07771 624195**

Email: **sarah.short7@nhs.net / sonya.nikchevska@nhs.net**

Write to:

**Sight Loss Advisors  
Royal Berkshire NHS Foundation Trust  
Eye Clinic  
Level 2, Eye Block  
Royal Berkshire Hospital  
Reading, Berkshire RG1 5AN**

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**This document can be made available in other languages and formats upon request.**

RBFT Department of Ophthalmology, February 2020

Review due: February 2022