



Cumbria Societies for the Blind

Dual Sensory Loss Support Groups

The five Societies for the Blind which form 'Cumbria Societies for the Blind' are now running support groups for people with dual sensory loss and their carers.

What is a 'dual sensory loss'? It is the term used for people who have problems with both their hearing and their sight.

People who have poor sight tend to rely more on their hearing, and people with poor hearing tend to rely more on their sight. This is why having a combined sight and hearing loss leads to even more difficulties and frustration.

Across Cumbria local support will be available for individuals with a dual sensory loss and their carers, including support groups so that people can get together and find out about information and equipment available to help. Support is also available on an individual basis for those who are not able to attend a group.

The groups and individual support are open to people of any age who have problems with both their sight and hearing, and also their carers, so please get in touch or pass this information on to anyone you know who may benefit.

Local contacts:

- Eden – contact Eden Voluntary Society for the Blind: 01768 891724
- South Lakes – contact Janet Eardley at South Lakes Society for the Blind: 01539 742633
- Barrow – contact Jackie Richards at Barrow Society for the Blind: 01229 820698
- Carlisle – contact Carlisle Society for the Blind: 01228 593104
- West Cumbria – contact West Cumbria Society for the Blind: 01946 592474