

## Additional Services

- Children & Young People
- Chiropody\*
- Exhibitions
- Eye Condition Support Groups: Glaucoma & Macular Degeneration
- Focus groups / Workshops
- Hearing Aid Surgery
- Hairdresser\*
- Information, Advice and Advocacy
- Keeping in Touch
- Large Print & Audio Monthly Newsletter (Braille available on request)
- My Guide Scheme
- New Addington Group
- Practical help with everyday living
- Summer activities\* – Excursions, visit to the theatre and restaurants
- Quarterly meeting - South London VI Women's Group
- Visiting Optometrist
- Weekly Talking Newspaper & Magazine\*

**\*Some Services have an additional cost**

[www.croydonvision.org.uk](http://www.croydonvision.org.uk)

## Find us!



### Office hours

Monday: 8:30 - 13:00

Tuesday - Thursday: 8:30 - 16:00

### Train

West Croydon is within easy walking distance

### Tram

West Croydon

### Car

Limited parking available on site or Whitgift Centre (Paid)

### Bus

Bedford Hall  
Towards Croydon  
157, 289, 450, X68

Bedford Hall  
Towards  
Thornton Heath  
50, 75, 157, 289, 450, 468, X68



# Supporting people with sight loss

020 8688 2486

[info@croydonvision.org.uk](mailto:info@croydonvision.org.uk)

[www.croydonvision.org.uk](http://www.croydonvision.org.uk)

[@CroydonVision](https://twitter.com/CroydonVision)



# Mission

**// Our Mission is to promote quality of life to those who are Blind or Visually Impaired & their families by encouraging greater independence, confidence & personal development. //**

# Testimonials

**“The Children’s project gives us the opportunity to try new things and activities together. My daughter can safely and successfully experience new activities with the specialist provisions she requires”.**

**“Croydon Vision brings people with sight loss together, it gives companionship. It changed my life! Instead of standing still after sight loss diagnosis, Croydon Vision allowed me to progress and move forward.”**

**“Croydon Vision made me feel welcome and part of a community. Gave good advice and answered questions. I can talk to others in the same position and discover their solutions to a problem I may have.”**

# Activities & Services

Time	Monday	Tuesday	Wednesday	Thursday
10:30 - 12:30	<ul style="list-style-type: none"> <li>• Bowls</li> <li>• Pottery *</li> <li>• Music Appreciation Group</li> </ul>	<ul style="list-style-type: none"> <li>• Social Groups</li> <li>• IT Tuition *</li> <li>• Keep Fit * (Seated Exercise)</li> <li>• Counselling *</li> </ul>	<ul style="list-style-type: none"> <li>• Art *</li> <li>• Working Age Programme (Readiness for work)</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Information Group</li> <li>• Low Vision Clinic</li> <li>• IT Tuition *</li> </ul>
12:30		Lunch	Lunch	Lunch
13:30 - 15:00		<ul style="list-style-type: none"> <li>• Crafts</li> <li>• Social Groups</li> <li>• IT Tuition *</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Working Age (Social)</li> </ul>	<ul style="list-style-type: none"> <li>• Social Groups</li> <li>• IT Tuition*</li> </ul>
Resource Centre	By Appointment	Drop - In	By Appointment	Drop - In

\*Some services have an additional cost

**“Members gain great enjoyment through the many varied service activities run by volunteers and staff that take place at Bedford Hall.”**

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