

Local Voluntary Associations

For West Suffolk
West Suffolk Association
for the Blind

☎ 01284 748888

For Ipswich
Ipswich Blind Society

☎ 01473 219712

For East Suffolk
East Suffolk Association
for the Blind

☎ 01473 611011

Useful National Resources

Citizen Advice Bureau
Provides free, confidential
and independent advice
about benefits and
legal issues.

Call the National number
for details of your
local office

☎ 0207 833 2181

Listening Eye, helpline
for any one with a sight
problem and their carers
☎ 0800 783 1979
(Tues – Thurs 6pm to 10pm)

Macular Disease Society
☎ 0845 241 2041

**Royal National Institute of
Blind People, (RNIB) and
Action for Blind People**
☎ 0303 123 9999

This leaflet has been
produced by the
Suffolk Low Vision
Service Group
[www.suffolk.nhs.uk/
lowvision/](http://www.suffolk.nhs.uk/lowvision/)

NHS
Suffolk



Sight Problems?

help may
be available

Customer First

The main contact for all
Suffolk County Council issues

☎ **0808 800 4005**

For advice and information
around the services provided
by Sensing Change

☎ **01473 260030**

www.sensingchange.org.uk

Carers Support

Suffolk Family Carers

☎ **01473 835444**

**Advice and Support on
benefits, employment,
accessing computers
and housing**

**Action for Blind
People Norwich**

☎ **01603 455767**

Children Resources

LOOK, National Federation
of families with visually
impaired children

☎ **0121 428 5038**

Advisory Teachers for
visually impaired children

☎ **01473 583000**

Victa, support to families of
visually impaired children

☎ **01908 240831**

Travel Advice

For journey planning and
timetable information
contact Traveline

☎ **0871 200 2233**

www.traveline.info

For general enquiries about
transport within Suffolk
or to make comments

☎ **0845 606 6171**

email: passenger.transport@suffolk.gov.uk

Local Equipment Resources

Margery Girling House

Gosford Way

Felixstowe IP11 9PE

☎ **01394 285871**

WSVAB Sight Support

Disability Resource Centre

Moreton Hall Estate

Bury St Edmunds IP32 7BX

☎ **01284 748888**

Ipswich Blind Society

(Including a young
members section)

19 Tower Street

Ipswich IP1 3BE

☎ **01473 219712**
