

RSBC

Royal Society for **Blind Children**

IMPACT REPORT

2019

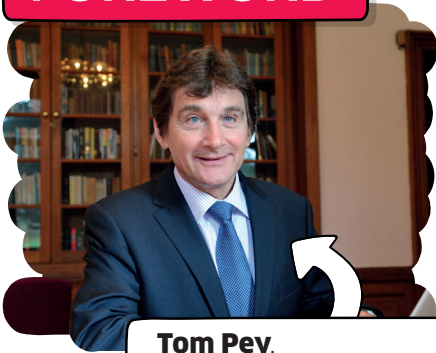


RSBC

Royal Society for **Blind Children**

**Life
Without
Limits**
For Blind
Children

FOREWORD



Tom Pey,
RSBC Chief Executive

EACH OF US
ARE BORN WITH
POTENTIAL, WHETHER
WE ARE VISION
IMPAIRED OR NOT.

“ Each of us are born with potential, whether we are vision impaired or not. Unfortunately, we learn through people that, somehow, our sight loss means that we need to modify our ambitions – to stop being the person we were born to be. Here at RSBC, we know that “In our dreams, we see forever”. We know that the process of unlearning or unblocking those barriers is dependent on each young person accepting who they are (not who someone else thought they were); being comfortable with their strengths and weaknesses; learning to do the right things and trusting that the world will recognise their courage.

RSBC is here as a partner and to help the young person resolve the ebbs and flows that are a normal part of growing up and living life on life’s terms. Working as a team with and through the family, the young person learns the confidence and resilience they need to live a happy and fulfilled life. Together, we remain both amazed and encouraged by what these young people achieve. I hope you will too. ”

IN 2019, RSBC...

Provided, over
1000
instances of advice
and support

Delivered over
1200
sessions

Had
5823
contact hours with
children, young
people and their
families

Worked with over
2000
children young
people and families

RSBC IN BRIEF...

THERE ARE...

- ...over 35,000 blind and partially sighted children and young people living in England and Wales.
- Many families feel overwhelmed after receiving a sight loss diagnosis. They find it difficult to see a positive future for their child.
- We believe that with the right support families can face their sight loss journey as confidently as possible and help their child achieve their full potential.

SO, WE...

- ...provide emotional support, practical help, life skills and fun for blind and vision impaired young people between 0 and 25 years, and their families.
- Since 2016 we have worked with more than 4,000 children, young people and families, reaching 689 new beneficiaries in 2019.
- In England we work in London, the North East, North West, South West, West Midlands and Kent as well as North and South Wales. In 2020 we plan to expand into Yorkshire and the Humber.

WE BELIEVE THAT VI CHILDREN AND YOUNG PEOPLE SHOULD BE NURTURED TO LIVE LIFE WITHOUT LIMITS.

BECAUSE TODAY...

- ...vision impaired children aged 8 to 11 are three times more likely to develop a mental health problem than children with no vision impairment.
- ...most will never have someone to share their life with.



FAMILIES FIRST

Provided practical, emotional and therapeutic interventions to over 900 families across England and Wales



91%
of families rated the service

OVER
8/10

As a result of our support, over two thirds of families:

- are happier as a family
- understand how sight loss affects their son or daughter
- are more positive about what their child will be able to achieve
- feel reassured that they know where to go for advice
- feel more optimistic about the future

52%
of families rated the service

10/10

FAMILY SNAPSHOTS

A real focus of the **Families First Programme** is providing support for the whole family including siblings of children with VI.

“ Lewis from Wales is transitioning to high school and he now feels more confident and ready to face the challenges ahead. ”

“ Tommy’s mother said she was able to talk for the first time to someone about her experience of diagnosis and the grief she felt for her son. ‘It was like a weight had been lifted from me.’ ”

“ Siana had felt worried about telling her new classmates about her vision impairment. Eventually, she led a class discussion on the impact of her VI making new friends as a result. ”

“ Sophie said that she at last felt she had someone to talk to about her brother’s vision impairment. ”





RSBC's local 'fun' and 'training' days allowed families to come together locally to have fun and make new friendships. We welcomed all members of the family to these events including parents, siblings, grandparents alongside the child or young person with a vision impairment. Feedback was immensely positive from our family fun days as families were able to meet other people facing similar difficulties in their local area. The peer support group that developed and its encouragement to use local facilities was appreciated by everyone.

“ I loved having time for myself. Meeting other parents. Learning a few things. ”

Asif's dad

“ It was good. I got a lot of information out of it and I really enjoyed myself. ”

Sharifa

LIVE LIFE GO FURTHER

RSBC's **Live Life Go Further** provided a range of activities to support the development and wellbeing of vision impaired children and young people aged 8-25, helping them to build friendships, confidence, social and life skills.

1100 children and young people across England and Wales participated in a range of activities building confidence, resilience and independence skills.

81%

of participants reported improved wellbeing scores across a range of measures such as friendships, confidence, independence.

76%

of participants rated their RSBC service as 8 out of 10 or above

95%

of participants who scored 8 out of 10 or above regarding its likelihood would recommend RSBC to a vision impaired person or parent with a vision impaired child.



A-Z OF ACTIVITIES

A Archery, assistive tech, athletics, arts & craft

B Baking, basketball, boccia, bell boating, baseball, bouldering

C Climbing, cooking, Christmas Performance, cycling, cricket, canoeing



D Dancing

E Exercise class, employment skills

F Fencing, financial awareness, football, forensic workshop

G Goalball, guitar duo

H Handball, high ropes

I Ice skating

J Job hunting

K Kayaking, kickboxing

L Laser tag mayhem, lyrics writing, Lego building

M Music production, money workshop, museum trips

N New age curling



O Off road driving, open mic

P Pottery painting, polybat, pizza making

Q QPR football skills

R Rock climbing

S Steel pan solo, swimming, street dance, Supper clubs, smoothie bike challenge, skateboarding, stir fry



T Trampolining, tennis festival



U Ukulele taster experience

V Vision Impaired Sports Day, volleyball

W Wheelchair handball, Water fun, Winter Festival

X Xmas bauble making

Y Yarn craft, youth forum meetings

Z Zumba



RSBC's Employment Team supported vision impaired young people to build the skills and confidence they need to move into employment and live independent lives.

EMPLOYMENT

In 2019, the children and young people we worked with achieved...

Over
1000
QA accreditations

18
internships and apprenticeships

20 paid jobs, including couture fashion, home beauty therapies, stand-up comedy and a social club for older vision impaired people

At RSBC's annual awards ceremony, children and young people received accreditation recognising their achievements across a huge range of subjects and activities, including, assistive technology, employment skills and performing arts. This year's award ceremony was officiated by Charles Fairweather, our ambassadors Wayne Sleep OBE and Souleyman Bah and RSBC's CEO Dr Tom Pey.

Ryan's mum shared:

“ First of all, thank you for the award event on Saturday it was amazing and emotional as well as a lovely day thank you so much. ”



YOUNG PEOPLE HAVE BEEN INFLUENCING THOSE THINGS THAT AFFECT THEIR LIVES.

Young people have been trained to evaluate the impact of RSBC's services.

They have voiced their opinions with key decision makers in organisations such as Transport for London, Go North East, Moorfields, Local Councils, Healthwatch, First Essex Buses, Disabled Persons Transport Advisory Committee (DPTAC).

As a result, on a scale of 1-5 (1 = not much and 5 = very much) these organisations reported:

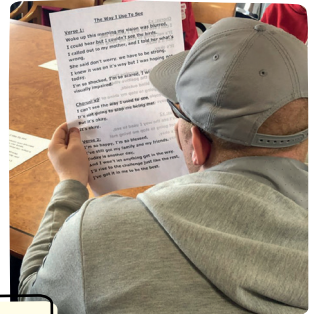
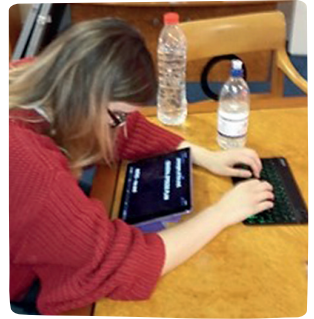
An average increase in understanding of needs of VI young people of

4.3/5

An average increase of

4.2/5

in the impact of how they consider the needs and concerns of young people within decision making



PARTNERSHIPS

RSBC increases its impact by working in partnership with other organisations, ensuring that our services are always complementary to the work of others. We work in formal partnership with over 30 organisations across England and Wales: they may have a dedicated focus on vision impairment or disability more generally or be providers of mainstream services.

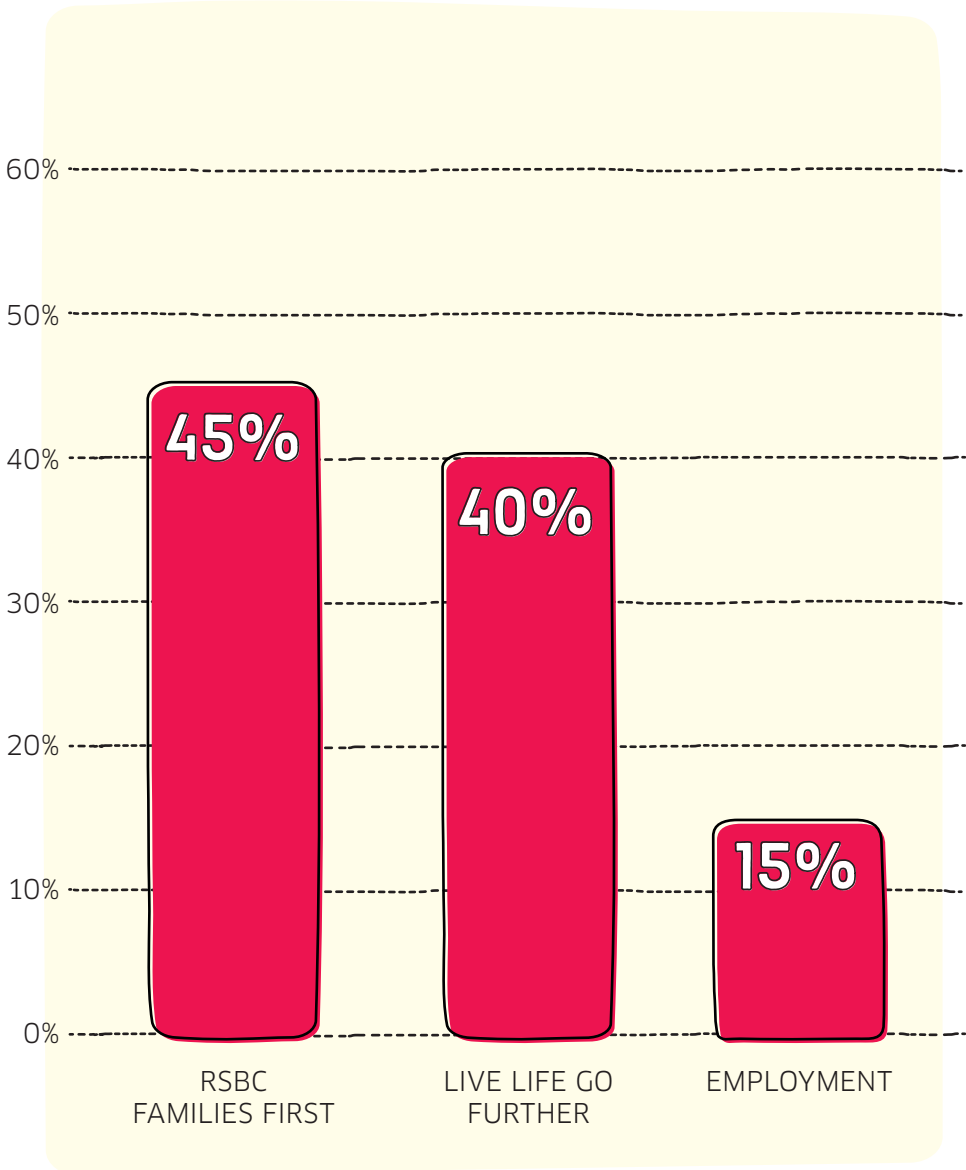
In this way, children, young people and families across the country benefit from a much broader range of activities, as well as increasing their local connections and networks.



BUILDING CAPACITY

Almost **100** staff from mainstream organisations have benefitted from skills training to enable them to engage VI young people in their existing activities.

OUR SPENDING...



OUR AIM IS...

...that vision impaired children and their families should have our support whenever they need it.

OUR GOAL IS...

...that all vision impaired children, young people and families across England and Wales will have access to RSBC services.



IF YOU WOULD LIKE TO HELP US
SUPPORT MORE CHILDREN WITH SIGHT
LOSS CONTACT US ON **0203 198 0225**
OR VIA OUR WEBSITE **RSBC.ORG.UK**

Table 1. Mean (SD) values of the variables measured during the 10-min test (n = 10) and during the 10-min test and the 10-min test + 10-min rest (n = 10) in the 20-min test

Variable	10-min test	10-min test + 10-min rest
Heart rate (b·min ⁻¹)	162 (14)	152 (14)
Stroke volume (l·min ⁻¹)	14.5 (1.9)	14.9 (2.0)
Cardiac output (l·min ⁻¹)	23.4 (3.2)	22.1 (3.1)
Mean arterial pressure (mmHg)	93 (7)	93 (7)
Systemic vascular resistance (dyne·cm ⁻⁵)	16.9 (2.1)	16.8 (2.1)
Stroke volume index (l·min ⁻¹ ·m ⁻²)	22.7 (3.2)	23.1 (3.2)
Cardiac output index (l·min ⁻¹ ·m ⁻²)	36.3 (5.0)	34.8 (5.0)
Mean arterial pressure index (mmHg·m ⁻²)	13.8 (1.1)	13.8 (1.1)
Systemic vascular resistance index (dyne·cm ⁻⁵ ·m ⁻²)	25.6 (3.2)	25.5 (3.2)
Stroke volume index (l·min ⁻¹)	14.5 (1.9)	14.9 (2.0)
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rest, the 10-min test was repeated.

Stroke volume was measured by the difference between the volume of the aorta and the volume of the pulmonary artery. Stroke volume was divided by the heart rate to obtain stroke volume index. Cardiac output was obtained by multiplying stroke volume by heart rate and was divided by body surface area to obtain cardiac output index.

Mean arterial pressure was measured by the difference between the pressure in the aorta and the pressure in the pulmonary artery. Mean arterial pressure was divided by body surface area to obtain mean arterial pressure index. Systemic vascular resistance was obtained by dividing mean arterial pressure by stroke volume and was divided by body surface area to obtain systemic vascular resistance index.

Stroke volume, cardiac output, mean arterial pressure, systemic vascular resistance, stroke volume index, cardiac output index, mean arterial pressure index and systemic vascular resistance index were measured during the 10-min test and during the 10-min test and the 10-min rest in the 20-min test.

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WE BELIEVE THAT NO
CHILD IN THE UK SHOULD
GROW UP TO BE POOR AND
LONELY JUST BECAUSE
THEY ARE BLIND.

Charity No: 307892

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For Blind
Children