

Emotional and practical support for the whole family

When your child (aged 0–25yrs) is diagnosed as blind or partially sighted, you, your child and your family might need some extra support to help manage your feelings.

"This service is invaluable, and I can honestly say I don't know where we'd be today without the help and support we've received from our Family Practitioner."

Parent receiving support from RSBC's Families First service



Who is this service for?

We're here for the whole family!

RSBC's Family Practitioners are there for you, offering emotional wellbeing and practical support when a vision impairment impacts on a family member's emotional wellbeing.

Based across England and Wales, we are there for you and anyone in your family who might be affected by a blind or partially sighted diagnosis, no matter what stage of the journey you're at.

Although you may have been living with this diagnosis for some time, changes such as a deterioration of vision, changes within the family, or moving to a different school can make it feel like life is much harder to manage than it was before.

How does our service work?

Tailored services: We'll spend time getting to know your family, so that our support suits you and your family's needs. We can also link you with other RSBC services.

Specialist support: Using our range of specialist skills and experience, we might hold 1:1 sessions with your child at home, school or college, working with them on any areas that they choose such as self-esteem, confidence or helping them to accept any challenges that they might be facing.

Support for you: We can provide support and advice for you around parenting a child who is blind or partially sighted, and give guidance on navigating challenging parenting situations – helping you feel more confident and positive about the future.

Support for your children: You might feel that other children in your family could also benefit from support, perhaps relating to how they feel about their brother or sister's circumstances, understanding their role as a possible helper/carer within the family, and how to communicate their own needs.

Additional support: With your permission, we can also work with other professionals who support you and your family. We can be there for you at meetings, and introduce you to other organisations and professionals who'll work with you and your family, so everyone has the same goals.

How do I get in touch with a Family Practitioner?

If you're a family looking for support, or a professional wanting to refer a family, your local Family Practitioner is:

Claire Leigh

Family Practitioner for Essex & Kent

Email: claire.leigh@rsbc.org.uk

Tel: 07595 650479

Find out more on our website!

