

GUIDE
DOGS



My Guide

Helping blind and partially
sighted people get out and about



Can you guide the way for
someone with sight loss?





A life changing experience – Kate's story

Through My Guide, Kate was introduced to 79-year-old Pauline from Rotherham. Affected by glaucoma and cataracts, Pauline had lost her confidence to achieve everyday tasks like crossing roads or going to the local supermarket. My Guide volunteer, Kate, guided Pauline on her journey to the local shops. The walk is up a fairly steep hill and Pauline explained that she “felt silly stopping for a rest”. Kate laughed, “We did succeed, with several stops and myself slowing down the walking pace, but the chatting continued all the way!”.

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Kate explains, **“Volunteering gives me a sense of achievement. My Guide volunteering is free from pressure and is very flexible. It is also fun! Giving a person who is blind or partially sighted the confidence to do something that they were previously reluctant to do is very rewarding. In developing new skills, meeting new people and experiencing new situations, I have stretched myself mentally and feel that I too have gained more confidence.”** Finally, when asked what she would say to others thinking about volunteering Kate said, **“Give it a go!”**

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Why volunteer?

My Guide is a flexible and enjoyable experience that helps people with a vision impairment get out of their homes and back into the community with you as their sighted guide.

You can make a real difference to the life of someone local to you whilst making new friends, getting exercise and gaining skills and experience to enhance your CV.

Being a My Guide volunteer is a rewarding and direct way of helping someone rebuild their lifestyle and confidence following sight loss.

You can give something back to your community whilst improving your health and wellbeing for as little as an hour a week.

What does it involve?

The My Guide training package will give you the skills to confidently guide a person with sight loss as they build familiarity with their environment, navigation skills and confidence in getting about. My Guide training is endorsed by VISION 2020, a leading sight loss organisation.

Volunteering can be just a few hours a week and at flexible times to suit you.

You will be carefully matched with a person local to you who is blind or partially sighted and you can support them by:

- Working together to set goals that increase their ability to get out and about
- Taking part in social and leisure activities such as walking, going to the local gym or accessing a local community group
- Helping to establish relationships with community members and organisations
- Supporting them to increase their fitness and confidence through regular outings



Contact us to find out more

Please call **0345 143 0229**
Monday to Friday 9am to 5pm
or email **myguide@guidedogs.org.uk**

guidedogs.org.uk/myguide



This publication is available
in Braille, large print, audio,
electronic and text formats.
Contact **info@guidedogs.org.uk**

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