

## Working Together to Improve the Well-Being of Parents/Carers with Visually Impaired Children

Virtual School Sensory Support and Norfolk and Norwich Association for the Blind recently ran a well being event for parents and carers. Designed by Guide Dogs for the Blind Association and the National Sensory Impairment Partnership, this programme was aimed at supporting parents/carers to raise the resilience and self-esteem of visually impaired children and young people. Over the course of three evening sessions hosted by NNAB at the Bradbury Centre staff from both agencies delivered training, advice and the opportunity for parents/carers to share experiences.

The event was attended by 16 parents/carers, many of whom had never participated in anything like this in the past. Feedback was very positive and delegates felt strongly that this had given them the opportunity to gain an understanding of their own needs and feelings as well as the impact visual impairment can have on the whole family. All agreed this was a very positive experience and the programme should be run again to enable as many parents/carers as possible to benefit from the time spent together as well as the learning.

Dorothy Bowen (NNAB Equipment Centres' Manager and Governor of the Virtual School) said, "this event showed how the Local Authority and Voluntary Sector can work together to make a real difference to peoples lives, we look forward to further programmes of this kind."

Liz Ashby (Teacher for Visually Impaired Children, Young People and Families) stated, "the opportunity to bring this group together was too good to miss and the feedback from all delegates was very positive"

For more information:

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

[www.norfolk.gov.uk/sensory](http://www.norfolk.gov.uk/sensory)