

Blackpool's Low Vision Information Booklet

Jan '15

Contents

Registration	Page 1
Advocacy	Page 4
Benefits	Page 5
General Advice Information and Support ...	Page 6
Housing	Page 12
Independent Living	Page 14
Reading	Page 16
Low Vision Aid Scheme	Page 18
Social Services	Page 21
Carers	Page 22
Support Groups	Page 24
Transport	Page 25
Work	Page 28
Other Services	Page 29
Quick Reference Telephone Numbers	Page 30

What is the Low Vision Pack?

It provides information on local and national organisations, both local and national who are able to provide help and advice to people with vision impairments. It includes organisations in the statutory and voluntary sectors.

You can request this pack in a larger print, CD, Braille, audio or it can be emailed to you.

Registration

There are some benefits to being registered as Severely Sight Impaired / Blind or Sight Impaired / Partially Sighted listed below.

Registered Severely Sight Impaired / Blind People only:

- Blind Person's Personal Income Tax Allowance-contact Inland Revenue Bipl: **503 200** for leaflet **IR 170**, available in large print, audio or Braille.
- Free permanent loan of radios, players and TV sound receivers British Wireless for the Blind Fund Tel: **01634 832 501** www.blind.org.uk or contact NVision on **362 696**.
- Help with telephone installation charges and line rental through the Telephone for the Blind Fund-contact Tel: **01737 248 032**
- A 50% reduction in TV licence fee. Contact TV Licence Services. Tel: **0870 241 64 68**

For Severely Sight Impaired / Blind, and Sight Impaired / Partially Sighted People

Benefit Enquiry Line 0800 88 22 00

You may be able to claim:

- Personal Independence Payment (under 65),
- Attendance Allowance (over 65),
- Extra Income Support or Pension Credit,
- Employment Support Allowance,
- Working Tax Credit and
- Free NHS sight test.

Customer First Tel: 477 477 could advise you whether you are eligible for:

- Extra Housing Benefit or Council Tax Benefit
- Exemption from “non-dependents” deduction from Income Support, Pension Credit, Housing Benefit and Council Tax Benefit
- Council Tax Reduction
- Blue Badge Scheme Parking Concession
- Concessionary Bus Pass
- Articles for the Blind
- BT Directory Enquiries

There is free postage on items marked with stickers, saying “articles for the blind” for items sent in large print (14 point or above), Braille, audio or disc formats from or to a person with a vision impairment. Contact the RNIB.

You may be exempt from BT Directory Enquiry charges. Contact BT Registration on **0800 587 0195** between 9am and 4.30pm Monday to Friday.

Buying Equipment VAT Free

Some goods and services that are bought specifically for use by a disabled person can be exempt from VAT. Goods and services that are exempt include equipment and appliances designed solely for use by disabled people, building work that adapts a house to be used by a disabled person, installing or adapting goods, medical and surgical appliances, or motor vehicles.

The goods are bought without the VAT added on, which means that a written declaration has to be made to the seller that the goods are to be used by a disabled person.

Further information can be found in, "Notice 701/7 VAT reliefs for disabled people" which is on the HM Revenue and Customs web site www.hmrc.gov.uk or call HM Revenue and Customs disabled VAT relief helpline on **0845 302 0203**, or the National Advice Services helpline for general enquiries on **0845 010 90 00**.

Advocacy Services

Blackpool Advocacy – Support in Getting Heard

Tel: **405 959**

Advocacy helps people who feel ignored, excluded, treated unfairly, or not getting the sort of help needed.

This is a free service, but donations are appreciated.

Or

NVision

Ring them on **362 696** for further information.

Macular Society

Provide advocacy and counselling service

Tel: **0300 30 30 111**

Benefits Advice

The following organisations provide support and advice on benefit entitlement. Some organisations help complete forms.

Action for Blind People

HowickHouse, Howick Park Avenue
Penwortham, Preston. PR1 0LS
Tel: **01772 320 550**

Citizens' Advice Bureau – Tel: 308 400

PIP - Claims: 0800 917 22 22 Enq. 0845 850 33 22

New Working Age Benefits – 0800 055 66 88

**Current Benefit Claims Enq - 0345 608 8545 or
0845 608 8545**

ESA Form Completion: Centre

for Health & Dis. Ass/t _ 0800 2888 777

State Pension – 0800 731 7898

Pension Credit - 0800 99 1234

Housing & CT Benefit - 478847

RNIB Welfare Rights: 0303 123 99 99

Tax Credit - 0345 300 3900

Child Credit - 0300 200 3100

Turn 2 Us – free phone: 0808 802 20 00

They help people in financial need gain access to welfare benefits, charitable grants and other financial help.

Disability First – Tel: 472 202 or 472 203

Blackpool Consumer Advice Service 03454 040 506

Age UK – Benefit checks for those over 50 Tel: 622 812

Blackpool Centre for Unemployed: 477488 or 477486

MPs: Blpl Sth Gordon Marsden: 344143

Blpl Nth Paul Maynard: 473071

General Advice, Information and Support

Businesses should make reasonable adjustments to their services or provide information that is accessible to everyone. Equality and Human Rights Act.

Explain the help you need when you go to your local supermarkets, banks and any other public facing place.

Utility companies, banks and telephone companies can provide bills / statements in an alternative format, such as large print or Braille on request, or bills etc can be read to you over the phone. There are adaptations available to make appliances easier to set. There is a free annual gas safety check. Contact your gas supplier for further information on this scheme. Banks can provide chip and sign cards instead of chip and pin on request and cheque book templates.

If you feel you are being discriminated against because of your disability, you can get advice from:

The **[Equality Advisory and Support Service \(EASS\)](#)** was commissioned by Government in 2012 to replace the EHRC Helpline, which is now closed. Contact the EASS if you need expert information, advice and support on discrimination and human rights issues and the applicable law, especially if you need more help than advice agencies and other local organisations can provide.

The contact details for the EASS are:

Phone: **0808 800 0082**

Textphone: 0808 800 0084

Website: <http://www.equalityadvisoryservice.com/>

Post: FREEPOST Equality Advisory Support Service
FPN4431

Opening hours:

09:00 to 20:00 Monday to Friday

10:00 to 14:00 Saturday

Closed on Sundays and Bank Holidays

Action for Blind People

HowickHouse

Howick Park Avenue

Penwortham

Preston

PR1 0LS

Tel: **01772 320 550**

Website: www.actionforblindpeople.org.uk

A national charity supporting blind and partially sighted people, their friends, families and professionals across the UK. They provide a very wide range of advice, help and support, including help with issues like:

- housing
- benefits
- support to stay in work or obtain work

and much more.

Diabetes UK Careline - - 0845 120 2960

Glaucoma Sightline - - 01233 648 170

National Rail Enquiries: 08457 48 49 50

NHS non emergency -- 111

Blackpool Council, Customer First

Corporation St

FY1 1NA

Tel: **477 477**

e-mail: customer.first@blackpool.gov.uk

Opening Times: Monday to Friday 09:00am-5:15pm

They provide general help and advice on all council services.

NVision

Bosworth Place

Blackpool FY4 1SH

Tel: **362 696**

Their services include:

- Attendance at a Social Centre and organised trips.
- Emotional Support and Information Days;
Fully equipped Low Vision Room, where you can see the latest equipment available on sale. They also have some equipment from Social Services, provided free.
- An Open Day every Monday where you can drop into the Low Vision Room to see a member of staff.
- Links with the Eye Clinics at the local hospitals, providing support when you attend the Eye clinic.
- Brokerage Service and Help with domestic and shopping.
- Talking newspaper and Library service.
Tel: **362 686** for more information. One off set up cost of £35 for the service. Garden and Handy person scheme, chargeable service.

Citizens Advice Bureau

6-10 Whitegate Drive, Blackpool FY1 9AQ

Tel: **308 400**

Mon - Fri - 9am – 5pm

Sat. 10am – 12.30pm

Email help: advice@blackpoolcab.org.uk

Website: www.blackpoolcab.org.uk

Information, advice, support with prep for appeals.

Surgeries held by CAB Caseworkers at:

NHS Walk-in Centre on Tues & Thurs eves. Ring NHS Centre for next available appointment.

The following GP Surgeries have surgery slots available for their own patients – ring for next available appointment. This service is available at the following:

Adalaid St

Elizabeth St

Yate St

Harris Med. C

Grange Park H.C.

Gorton St

South King St

Lytham Road H.C.

Bloomfield M.C.

To Report A Loan Shark Tel: 0300 555 2222 National TS

YouTube: <http://www.youtube.com/user/StopLoanSharks>

Follow us on twitter - www.twitter.com/loansharknews

facebook - www.facebook.com/stoploansharksproject

Disability First

Tel: **472 202** or **472 203**

Contact Fax Number : 01253 476450

Advice, information and support for adults / children with disabilities / illness and their carers. Benefits advice, aids and equipment, leisure, mobility, transport, and health / welfare services, and information on local / national support groups provided.

Guide Dogs for the Blind

Tel: **0845 372 7403**

Website: bolton@guidedogs.org.uk

The Listening Eye

Free phone **0800 783 1979**

A telephone support service for people with vision impairment. Ring for help and advice or just a chat.

The Helpline is open Tuesday, Wednesday and Thursday 6pm - 9pm.

Sightline

A Registered charity providing confidential telephone support for the vision impaired and their families.

Free phone: **0800 587 22 52**

Friday, Saturday, Sunday and Monday 6pm – 10pm.

Partially Sighted Society

Queens Road
Doncaster
South Yorkshire
DN1 2NK
01302 323 132

Offers a range of Ultra Violet shields that either fit over glasses or can be worn on their own. They have a variety of other equipment for sale.

Royal National Institute for the Blind (RNIB)

105 Judd Street
London WC1H 9NE
Helpline: **0303 123 99 99**
Fax: 020 7388 2034

Practical support and advice to anyone with a sight problem. Helpline opens Mon to Fri 9.00am - 5.00pm. Interpreters can be arranged for most languages.

Macular Society

PO Box 1870, Andover, Hants SP10 9AD

Tel helpline: 0300 30 30 111

Email: help@macularsociety.org

Range of services including local support groups, counselling and advocacy, skills for seeing, LP leaflets, conferences, online shop and campaigning.

Housing

A range of specialist equipment and adaptations enable most people to live in their own homes whatever their disability.

If you are thinking of moving into residential care, please contact Social Care Team on 01253 477592 for advice and information.

Blackpool Housing Needs Team **01253 477 980**

If you wish to apply for a council house or housing association property, complete an application form. Contact Customer First on **01253 477 477** or the Housing Needs Team on **477 980** for more information.

If you have difficulty in completing the application form you can request a home visit from the Housing Needs Team to help you complete the forms. They may also be able to link you to other services.

NVision

Princess Alexandra Home for the Blind

Bosworth Place

Blackpool FY4 1SH

01253 403 091

Specialist residential and sheltered accommodation for people who have low vision or who are blind.

**Your Choice
Action for Blind People**

HowickHouse
Howick Park Avenue
Penwortham
Preston
PR1 0LS
Tel: 01772 320 550

Website: www.abbp.org

**Care and Repair
Coastal House
17-19 Abingdon St
Blackpool FY1 1DG**

Tel: 476 659
Fax: 01253 477 950
Email: care&repair@bch.co.uk

Providing support and advice to repair, adapt and maintain your home.

Independent Living

Simple changes to your home, or specialised equipment adapted for your needs, can mean that you can live independently for longer. Organisations which can advise you are:

Action for Blind People: 01772 320 550

Royal National Institute for the Blind: 0303 123 99 99

NVision: 362 696.

Partially Sighted Society: 01302 323132

Ability Net: 0800 269 545. www.abilitynet.co.uk

Free Home Fire Safety Check

Lancashire Fire and Rescue Service provide:

- Free smoke alarms and install where necessary.
- Life saving advice in the event of fire in your home.
- How to make a fire escape plan for you and your family.
- Practical advice on identifying fire hazards in the home.

All Home Fire Safety Checks are carried out by the Fire Officers from the Lancashire Fire and Rescue Service.

Call **free phone - 0800 169 1125**

RNIB Customer Services Department: 0303 123 99 99

They can arrange for the control panels on equipment such as washing machines to be translated into Braille.

Social Services

The Sensory Team offer Rehabilitation for people with sight loss to help regain or maintain independence. For further information, please ring **476 939**. Or speak to the Rehabilitation Officer direct on **477 757**

Care & Repair

Coastal House,
17-19 Abingdon St
Blackpool FY1 1DG
Tel: **476 659**

Contact the team for general information on equipment and adaptations to help you to live independently. They offer a wide range of services to ensure you and your home is safe, warm and secure.

Reading

Big Print Ltd

PO Box 308

Warrington

Cheshire WA1 1JE

RNIB helpline **0303 123 99 99**

A national weekly newspaper produced in type more than twice the size of other newspapers. The contrast between the print and the paper is also better. Ring to request a free sample copy.

Calibre Cassette Library

Aylesbury

Bucks HP22 5XQ

01296 – 432 339

e-mail:enquiries@calibre.org.uk

Website: www.calibre.org.uk

Subscription-free postal and streaming service of audio books

8,500 titles in 60 categories covering fiction and non-fiction

1,500 books for children in Key Stages 1 – 4

Books available on USB memory sticks, MP3 CDs or via streaming

Option of personal reading list

Free 3 month trial membership

One-off joining fee of £35 (adult), £20 (under 16's) – lifetime membership

Player inclusive packages from £65 for adults or £55 for children

Dedicated Membership services team

Blackpool Library Services

General enquiries Tel: **478 080**

Local libraries stock large print and audio recorded books. There is also a Housebound Service available if you are unable to get to the library.

National Talking Newspaper and Magazine Service

National Recording Centre

Heathfield

East Sussex TN21 8DB

01435 866 102

Fax 01435 865422

e-mail: **info@tnauk.org.uk**

Website: <http://www.tnauk.org.uk>

High quality recordings of over 200 publications. Complete an application form and pay a subscription to receive the audio newspapers and magazines.

NVision

Bosworth Place

Blackpool FY4 1SH

Tel: **362 686**

Provides audio recording of selected articles from the Evening Gazette Newspapers and selections of magazines. One off set up fee of £35. They also have a selection of audio books available for loan. Talking News is also available for patients whilst they are in hospital free of charge.

Low Vision Aid Scheme

If reading print has become difficult, you can ask for a “**low vision aid assessment**” from any of the following Optometrists who participate in the Scheme:

Blackpool

Graham Robinson, 23 Whitegate Drive, Blackpool.
Tel: **392 726** (no w/chair access – step at front door).

Steve Woodhouse, 62-64 Highfield Road, Blackpool.
Tel: **341 955** (no w/chair access – 1 step at front door)

Peter Anthony 9 Waterfoot Ave Blackpool FY3 8DB
Tel: **391 535**

Wooding Optometrist 101A Redbank Rd Blackpool
FY2 9HZ Tel: **353 423** and also at 57 Whitegate Dr
FY3 9DF Tel: **396 867**

D & V Pellow 191 Preston New Rd Blackpool FY3 9TN
Tel **697 385** (no wheelchair access) Home visits
available if housebound).

Fylde and Wyre

St Annes

Peter Glaister, 38 The Square, St Annes on Sea
Tel: **723 866**

Claire Hindmarch 17 St Andrews Rd Sth, St Annes, FY8
1SX Tel: **729 988** (wheelchair access).

Lytham

Gary Hardwick, 27 Park St , Lytham FY8 5LU
Tel: **794 522** (no w/chair access)

Mike Broadhurst 4 Station Square, Lytham, FY8 5PA
Tel: **734 791**

Freckleton

D M Hyde Opticians 71 Lytham Rd Freckleton PR4 1AB
01772 635 791 (w/chair access)

Kirkham and Preston

Vic Cottam, 1 Preston Street, Kirkham
Tel: **01772 685 317**

Mike Bradhurst, 98 Friargate, Preston
Tel: **01772 822 591**

Mike Ryan/ Mark Smith, 55 Tithebarn Street, Preston
Tel: **01772 250 154**

Ian Shaw, 8 Garstang Road, Preston
Tel: **01772 254 911**

Cleveleys

Gary Hardwick, 16 Rossall Road, Cleveleys
Tel: **853 030** (w/chair access)

Roberts & Quinn, 3 Brighton Ave, Cleveleys FY5 2AA
Tel: **869 594** (w/chair access)

Fleetwood

Vic Cottam, 127 Lord Street, Fleetwood
Tel: **772 777** (w/chair access)

Wyre View Opticians 174 Lord St Fleetwood FY7 6SR
Tel: **872 494**

Over Wyre

Diamond Optical, Wyre View Opticians, Barton Hse,
Barton Square Knott End FY6 0BN
Tel: **812 090** (w/chair access)

Social Services

Sensory Team

Details below of whom to contact in the Sensory Team for specialist information, advice or support:

The Rehabilitation Officer

01253 477 757

Specialist information provided about vision impairment and useful equipment available. The service includes assessment, support, advice and training. This service is tailored to meet individual needs to enable each person to remain as independent as possible at home and outside.

The Sensory Needs Officer

Tel: **01253 476 656**

Assesses the communication needs of people with both hearing and sight impairment, or people who are deaf or who have a hearing impairment. Equipment and support may be provided if appropriate.

Sensory Administration Officer

Tel: **01253 476 939**

Will be able to answer some enquiries in the absence of the Rehabilitation Officer for Vision Impairment and the Sensory Needs Officer, or take messages.

Carers

A carer supports a relative, partner or friend who is unable to manage on his or her own. You do not have to live with the person, or be the only person who does the caring.

The Carers Team provide information, support and practical help to people who have taken on a caring role.

Carers Assessment or Direct Payments

Social Care Team

01253 477 592

E-mail social.services@blackpool.gov.uk

You need a Social Worker to assess whether you need a package of care before you can join the Direct Payments Scheme.

Careline

A personal alarm you can press if you fall at home or are ill. Tel: **477 678** to discuss level of support required.

NHS Carers' Advice Helpline

What can I expect if I am caring for someone who is ill?

As a carer you have specific legal rights and entitlements, including the right to have your needs assessed by your local authority and the right to receive direct payments so you can choose what services to have. You can call Carers Direct on **0808 802 0202** for help and advice

Support Groups

The Macular Society

PO Box 1870

Andover, Hants SP10 9AD

Tel: **01264 350 551**

Voluntary organisation formed by and for sufferers of AMD offers a range of support and info services to newly diagnosed or otherwise concerned about the condition. The Helpline is open Mon - Fri 9 -5 **0300 30 30 111** or email: help@maculardisease.org

Now a befriending service: you can be 'phoned by a volunteer to chat or help with advice, hints and info. Helping those unable to attend meetings. NVision run the local group **Contact 01253 362 696 for details.**

Bridging the Gap

Free support for people struggling to use / maintain hearing aids. Home visits **Contact 01772 561 323**

International Glaucoma Assoc.

Contact their Sightline on **01233 64 81 70**

Email: info@iga.org.uk

Website: www.glaucoma-association.com

Stroke Association: 0303 3033 100 M-F 9-5

Email: info@stroke.org.uk

Nystagmus Network:

Helpline: **0345 634 2630** email: info@nystagmusnet.org

Website: <http://www.nystagmusnet.org>

Transport

Concessionary Bus Pass (NOWCARD)

If you are blind or partially sighted, you may qualify for the NOWCARD giving free national bus travel in England. The concession applies in Blackpool, Fylde and Wyre after 9.30 am weekdays and before 11pm, and all weekend.

If you wish to apply for a Concessionary Bus Pass, contact Customer first on **01253 477 477** for more information.

If you already have a Buss Pass and wish to make an enquiry contact **0845 058 1096**

Ride-ability

Tel: **293 300**

A door-to-door community bus service operating in Blackpool, Fylde and Wyre. It is aimed at people unable to use the conventional bus services. It operates Monday to Friday, 9am and 4.30pm. Travel may be available on Saturdays.

Book at least **two days** before you want to travel by phoning Monday to Friday, between 9am - 1pm. Information on the cost of your journey will be given then. Flexibility is needed on the times you can travel. Transport to time specific appointments cannot be provided. If you need someone with you on the bus please say when booking. Please be aware this service may be busy.

Disabled Person's Railcard

For information on, or applying for the disabled person's railcard, contact:

Disabled Persons' Railcard Office
PO Box 163
Newcastle Upon Tyne
NE12 8WX
Telephone: **0845 605 05 25**

Blue Badge Scheme

Enquiries at:

Blackpool Council Customer First

PO Box 50

Town Hall

Blackpool

FY1 1NF

Tel: **477 477**

E-Mail Address: customer.first@blackpool.gov.uk

Provides on street parking concessions to disabled people. You automatically qualify if:

- you are a Blackpool Resident; and
- you receive Higher Rate Disability Living Allowance (Mobility Component) for help with getting around; or
- you receive War pensioners Mobility Supplement; or
- your vehicle was supplied by a Government Health Department; or
- you are registered severely sight impaired / blind

If you are registered Sight Impaired / Partially Sighted, and you have an additional disability which affects your ability to get around, you may also be eligible.

TRIPSCOPE

Tel: **020 8580 7021**

Offers a disabled person free help with transport and travel information throughout the country.

Travel Assistance

This is a free service that provides help for people with disabilities to travel independently. This is available for travel by rail or air and should be booked at the time you book your ticket. Ask the local rail operator or airline about travel assistance for disabled people.

RNIB Travel Pack for Public Transport

You can order your free travel pack in large print, Braille or on audio CD by calling our Helpline on **0303 123 99 99** or emailing helpline@rnib.org.uk. Provides a guide on how to access public transport safely and useful tips on how to manage your journey.

Work

Action for Blind People

HowickHouse
Howick Park Avenue
Penwortham
Preston
PR1 0LS
01772 320 550

Website: www.abbp.org

They provide practical help with job searching or ways to stay in your present job following your sight loss.

Jobcentre Plus

Queens Street
Tel: **615 351**

A Disability Employment Advisor, (DEA), helps you search for jobs, contact support schemes such as Workstep, and advise on benefits.

Access To Work Scheme Tel: 0345 268 8489

They can provide an assessment and arrange appropriate support to enable you to remain in work or gain employment. The following gives some examples of the type of support available:

- Specialist equipment,
- Human support at work,
- Help with travel costs to and from work if using public transport is difficult because of your disability,
- Travel needs within work,

Other Services

RADAR

Provides keys for public toilets for people with disabilities. A small fee is payable. You may have to provide documentary proof of your disability.

Keys can be obtained from:

RADAR
12 City Forum
250 City Road
London EC1 V8AF
Tel: **020 72 503 222**

Customer First
Corporation Street
Blackpool
FY1 1NA
Tel: **477 477**

Or locally from:

Shopmobility
52 Clifton Street
Blackpool
Tel: **476 451**

Tourist Information Offices:
25 Ocean View Blvd. Prom
Blpl. Tel: **0907 018 00 42** or
1 Clifton St - **0907 018 00 43**

Shopmobility also provide manual and powered wheelchairs and scooters for hire, charges apply.

Finally, organisations, statutory and voluntary, will signpost you to other appropriate sources of help on request.

Quick Reference Telephone Numbers

AA Service Centre _____	0345 605 60 55
Ability Net _____	0800 269 545
Access to Work Scheme _____	0345 268 8489
Action for Blind People _____	01772 320 550
Age UK _____	622 812
Assisted Travel _____	0808 156 1606
Benefit Enquiry Line _____	0800 88 22 00
Big Print _____	0303 123 99 99
Blackpool Advocacy _____	40 59 59
Blackpool Consumer Advice _____	03454 040 506
Blackpool Library Service _____	47 80 80
Blind Veterans UK _____	012 733 078 11
Bridging the Gap _____	01772 56 13 23
BT 195 Directory Enq. Reg/n _____	0800 587 01 95
CAB _____	30 84 00
Calibre Talking Books _____	01296 43 23 39
Careline _____	47 76 78
Care and Repair _____	47 66 59
Carers All. Enq. cau.customer-services@dwp.gsi.gov.uk	
Concessionary Bus Pass _____	47 74 77
Concessionary Parking Badge _____	47 74 77
Current Ben.CI Enq _____	0345 6088545 / 0845 6088545
Customer First _____	47 74 77
Diabetes UK Careline _____	0845 120 29 60
Disability First _____	47 22 02 or 47 22 03
Disabled Persons' Railcard _____	0845 60 50 525
Equality Advisory & Support Service _____	0808 800 0082
Glaucoma Sightline _____	01233 65 81 70
Guide Dogs for the Blind _____	0845 37 27 403
HM Revenue & Customs VAT free _____	0845 30 20 203
Housing Needs Team _____	47 79 80
International Glaucoma Assoc _____	01233 64 81 70
Jobcentre Plus _____	61 53 51

Lancs Fire & Rescue Safety Check	0800 16 91 125
Listening Eye	0800 78 31 979
Macular Society Helpline	0300 30 30 111
MP Bipl Sth Gordon Marsden	344143
MP Bipl Nrth Paul Maynard	473071
National Rail Enquiries	08457 48 49 50
National TN & Magazine	01435 86 61 02
New Working Age Benefits	0800 055 66 88
NHS Carers' Advice Helpline	0808 802 02 02
NHS None Emergency	111
N-Vision	36 26 96
N-Vision TN	36 26 86
Nystagmus Network	0345 634 2630
Partially Sighted Society	01302 32 31 32
Pension Credit	0800 99 1234
PIP Claims	0800 917 22 22
PIP Enquiries	0845 850 33 22
Princess Alexandre Home	40 30 91
RADAR	020 72 50 32 22
Ride Ability	29 33 00
RNIB Helpline	0303 123 99 99
Sensory Team	47 69 39 47 77 57 47 66 56
Shopmobility Blackpool	47 64 51
Silverline	0800 470 8090 free/local mob 0300 4708 090
Sightline	0800 587 22 52
Social Care Team	47 75 92
State Pension	0800 731 7898
Stroke Association	0303 30 33 100
Tax Credit	0345 300 3900
Tel for Blind Fund	01737 248 032
Tourist Info Clifton St	0907 01 80 043
Tripscope	020 85 80 70 21
Turn 2 Us	0808 802 20 00
TV Licence Customer Service	0870 24 16 468