

# **Journeying With**

**Could you volunteer as a Christian  
befriender to help someone adjust to  
sight loss?**

**Large print 25pt**

**‘She’s been a real friend. Somebody I could speak to about the way I was, the way I felt . . . I wouldn’t have talked about things the way I do now. I would have kept it all to myself . . . I could confide in her.’**

**Every day, 100 people in the UK learn that they are losing their sight.**

**Such news can be traumatic, and can bring increased risk of depression, anxiety, loss of confidence and social isolation. Though professionals can offer expert help, people struggling with the emotional and practical implications of sight loss need much more time to adjust than busy professionals can give. Yet only 1 in 5 have someone to support them at this**

**tough time and only 1 in 12 are offered any form of counselling.**

## **Reaching out to people with sight loss in your community**

**That's where JOURNEYING WITH comes in. Launched by Torch Trust, JOURNEYING WITH brings Christian volunteers from local churches alongside people at their times of need with sight loss, to help them adjust to change and ensure they have good support in place.**

# **‘Journeying With volunteers make a world of difference’**

**The volunteers offer confidential support for a few hours each week, over six months. This could be visiting the client at home, meeting out and about, or being a listening ear over the telephone. Volunteers help to connect clients with other local services and to ‘be there’ for someone as they adjust to change. Times of crisis can raise deeper issues in life, so JOURNEYING WITH also offers the opportunity to pray and discuss deeper feelings and faith.**

# **Do you know someone who could benefit from Journeying With?**

**If you are a health or social care professional or know someone who might benefit from having a JOURNEYING WITH volunteer, do get in touch. The scheme is open to clients over 18, who are losing sight and live in a scheme area.**

# **Can you give the gift of time?**

**If you are a mature Christian who can give a few hours each week to help someone through tough times with sight loss, we would love to hear from you. You don't need any special skill or**

**experience – full training and ongoing support will be provided – but you do need the ability to listen, empathise and ‘act as a friend would act’.**

## **Could you run a scheme?**

**Local schemes are usually set up with one local church or network ‘owning’ the programme, supported by a volunteer coordinator / team, so that everything reflects local needs. Torch provides full training and guidance on setting up a scheme, so if you would like to know more, do get in touch.**

**\* \* \* \* \***

**For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was**

**a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. (Matthew 25:35-36, NIV)**

## **About Torch**

**Torch Trust has a worldwide vision for people with sight loss. Torch provides Christian services and support for people with vision impairment, including residential holidays, friendship groups, accessible Christian resources and a radio programme on faith and disability. Torch works with churches to ensure good local support for people with sight loss, including through the development of JOURNEYING WITH befriending.**

# **To find out more . . .**

**We'd love to hear from you. You can contact us using the local details supplied or via the national office below.**

**Torch Trust is a partner in Churches for All**

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