

**If you can't get to us for help with your sight loss, then we can bring it to you!**

## **Introducing NAB's Community Team**

**We understand that losing your sight can be hard to cope with. It can knock your confidence, make everyday tasks more difficult and even undermine your independence. But it doesn't have to!**

**With just a little 'know how' and helpful equipment life with sight loss can be less worrying and so much easier. A friendly visit from one of our local community workers can give you all the information and support you need.**

**So if you are struggling to read or watch tv, see your cooker dials or use the telephone, get out and about or simply needing a bit of guidance and a chance to talk things through. Don't hesitate.....give us a call.**



**Northampton  
North**

Laura Desborough



**Northampton  
South and  
Daventry**

Rebecca Cargill



**Corby and  
the North**

Margaret Mitchell



**Wellingborough  
and the East**

Elaine Farrington



**Kettering  
and district**

Kay Jaffrey

**Contact us today to book your free  
and confidential home visit  
Helpline: 01604 719193**

