



DISCOVER WELLBEING

Supporting emotional health

Retina UK encourages open conversations about emotional health alongside the physical impacts of living with an inherited sight loss condition.

Our unique **Discover Wellbeing** courses are designed to give people the knowledge, tools and support they need to become more aware of their emotional health and practical skills to maintain positive wellbeing. This is an early intervention resource to give those impacted by inherited sight loss the best chance of navigating the more difficult days they may face. The courses are free to access.

People can select the course they feel most relates to them at that time. They can revisit Discover Wellbeing and complete as many of the courses as they wish:

Course 1: **Early stages** – understand your feelings of apprehension and take positive practical steps to prepare for the future.

Course 2: **Living with change** – understand your feelings of loss, adapt to a reduction in sight and take practical steps to live a positive life today.

**WE ARE HERE
FOR YOU**

- Call: 01280 821334
- Email info@RetinaUK.org.uk
- Visit RetinaUK.org.uk

Course 3: **Supporting others** – learn practical skills and access tools to use to look after yourself whilst learning how to support others. This is designed for family members and professionals and is CPD accredited.

“As I’ve got older, and my sight has got worse, I’ve looked for self help. I found this course really helpful in showing me the stages that I’ve been through – it’s all part of the journey. The course is very informative and interesting. I’m a screen reader user and it was fully accessible and easy to navigate.”

Discover Wellbeing course participant

Discover Wellbeing is available at RetinaUK.org.uk/wellbeing.

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