

ABA

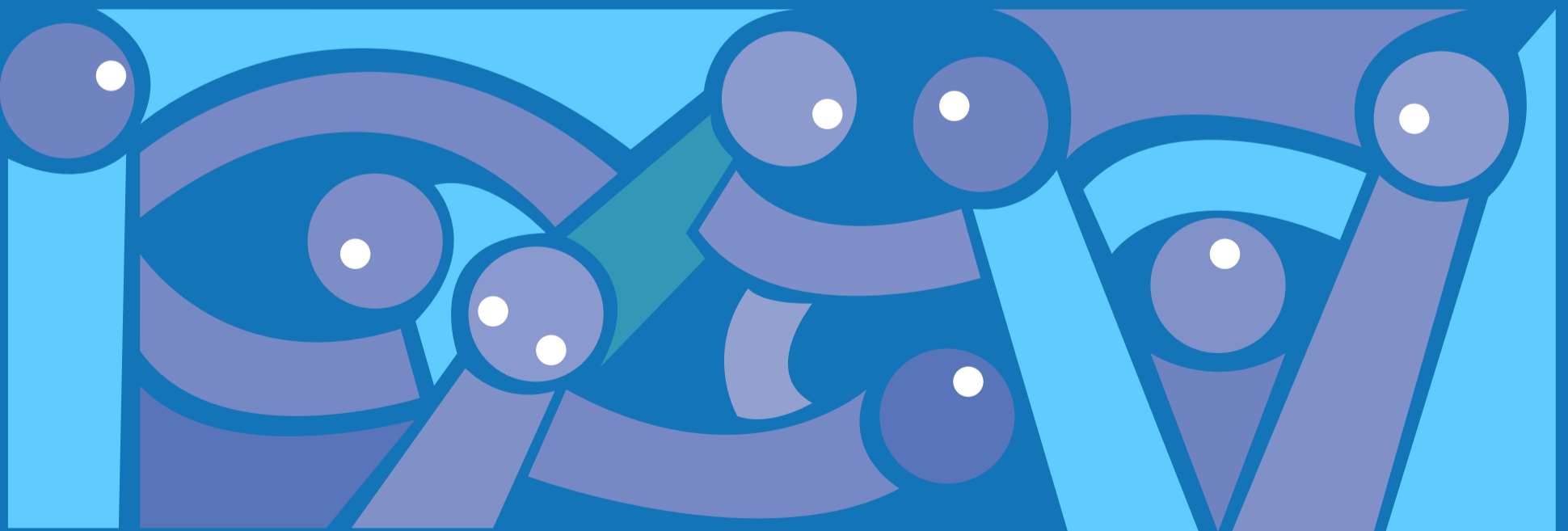


NEWS

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Our mission:

- Provide services and support for diverse communities which enrich the lives of our service users
- Services to reduce social isolation and improve an individual's health and well-being
- Provide support to carers and families of the visually impaired
- Provide support, advocacy, and access to services for all those across Leeds affected by sight loss in diverse communities



Debbani Ghosh. CEO, Association of Blind Asians

"ABA employees and service users are our greatest asset and integral to our organisation's mission."

RECENT EVENTS

Christmas meal

On the 14th December, we held our Christmas meal for our service users. Many of our service users and staff attended. A traditional Thali dish was served, followed by tea and laughter! Our CEO, Debbani Ghosh also made a speech outlining the future of ABA and its transition into a charity for other disabilities such as hearing loss. One of our service users celebrated her birthday and she kindly bought everyone a sweet treat.



ABA Partnering with Maecare

As the demographics in North Leeds change to incorporate more diverse communities, many of whom were once in Harehills and Chapeltown, the Association of Blind Asians (ABA) is seeking to partner with Moor Allerton Elderly Care (Maecare). An initial meeting was held on Thursday 21st September between 4 and 7pm to gauge interest by inviting those from diverse communities to join us, voice their needs and see what we offer.

PAST EVENTS:

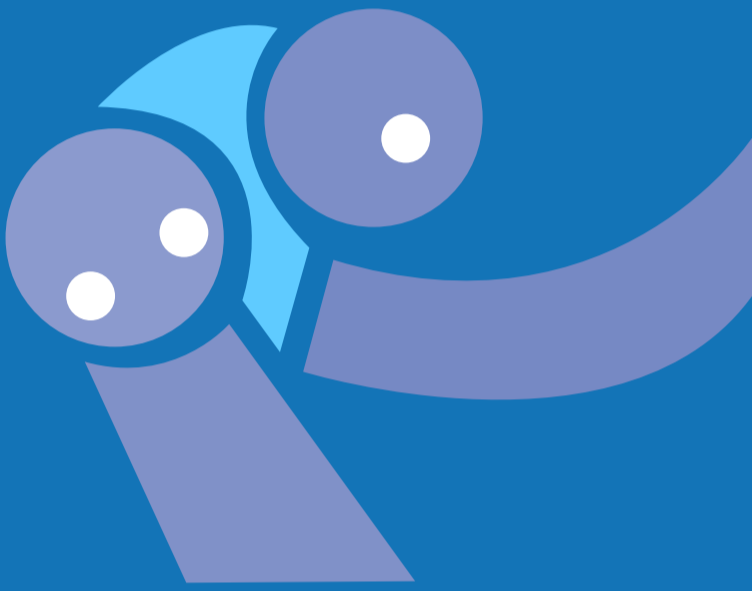


Asian Heritage month

We hosted an event celebrating Southern Asian heritage. Over 100 people attended our event and were entertained by Bollywood performers and a Gujararti Garba dance. An opening speech outlined the importance of diversity in our society and also highlighted the contributions the Southern Asian community have made to the city.



A great day celebrating South Asian Heritage.



“ Good to know that the service your organisation provides exists to help people from diverse communities. ”



3rd December 2023

International Day of Disabled People

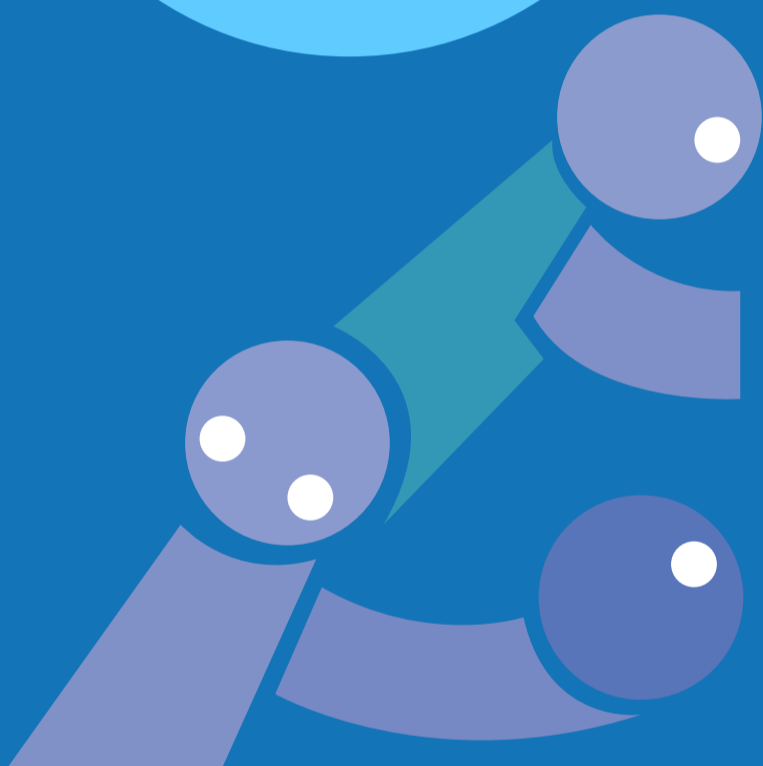
The ABA team was part of the event organisation / steering group. On the day we had a stall to promote our services and projects with emphasis on the carers project. Organisations such as Deafblind UK, Linking Leeds, Forum Central, Purple Patch, The Disabled People Forum, Leeds DPAC attended. There were over 60 attendees who came to our stall for information about the charity, networking or enquiries about the organisation. It was a great turnout, over 150 people attended the event. The Lord Mayor and Councillor Kevin Ritchie, a disability champion at Leeds City Council, both gave an opening speech. Activities took place, such as Yorkshire Dance, Active Leeds, Yorkshire Cricket and the Feel-Good Circus which focused on accessibility including a juggling exercise to experience juggling without throwing or catching.

Carers Roadshow For Diverse Communities

This event was in partnership with Carers Leeds and was held at the Community Hub. Over 70 people attended our event which entailed a speech from a member of Leeds City Council and various carers speaking of their experiences. There was much conversation, with stalls being set up and networking taking place. The event accounted for health and wellbeing as well, with massages and henna for attendees. This was followed by a lunch and a consultation for carers. This heard carers' input on what could be better for them. For example, they spoke of their housing situations and how this could be remedied.



23rd
September
2023



Healthcare Roadshows

We hosted a variety of different roadshows, each with a different focus. These were hubs of conversation and dialogue for blind and partially sighted people from diverse communities. Members from Leeds City Council adult social care attended.

USEFUL INFO

Benefits Allowance

Attendance allowance: if you are aged 66 or over (State Pension Age)

Carers allowance: if you care for someone

Blue badge: if you are receiving certain disability or support benefits

Personal Independence Payment: for people between 16 and 66

Common Eye Disorders:

Age-related Macular Degeneration (AMD)

AMD is a common condition that affects the middle part of your vision. It usually affects people in their 50s and 60s. It does not cause total blindness but can affect everyday activities like reading and recognising faces. Without treatment your vision can get worse and this can happen gradually over several years or quickly over a few months or weeks. Some risk factors include age, smoking, female gender, family history and high blood pressure.

Refractive Error.

Refractive error is a very common eye disorder. It occurs when the eye cannot clearly focus on images. The result is blurred vision which can be serious enough to cause an impairment.

Glaucoma

Glaucoma is a common eye condition where the optic nerve which connects the eye to the brain becomes damaged. It's usually caused by a buildup of fluid in the front part of the eye which increases the pressure inside the eye. Some pressure inside the eye is normal and safe but too much pressure can damage your optic nerve. If not diagnosed and treated it can lead to vision loss.

Travel Info

Disabled Person's Railcard

The Disabled Person's Railcard provides at least one-third off the price of certain rail tickets for the cardholder and an accompanying adult where applicable, in England, Wales, and Scotland.

Even if you do not have the Disabled Person's Railcard, you can get discounted rail travel of 34 percent or 50 percent on certain tickets, or free travel for a companion when you travel on your season ticket. To qualify you must be traveling with another person and have a document confirming your registration both when you buy and when traveling on your ticket.

Rail Journey Sighted Assistance

By being visually impaired, you are entitled to sighted assistance at the start and end of your rail journey. For more information please visit the link below.

Call 0845 605 0525 or visit the [disabledpersons-railcard.co.uk](https://www.disabledpersons-railcard.co.uk) for more details

Concessionary Bus Passes/Blind Pass.

The person should have a high degree of vision loss; seeing much less than is normal or nothing at all.

ABA GROUPS

Monday

Mary Sunley Luncheon Club 10:00-13:00

Come and join us on Mondays for our weekly health and wellbeing lunch group. Make new friends, join in with activities and enjoy a hot vegetarian meal. Our friendly bilingual team can support you with benefits, information and advocacy.
Call 0113 210 3347

Thursday

Muir Court Luncheon Club 10:00-14:00

Come and join us on Thursdays for our weekly health and wellbeing lunch group. Make new friends, join in with activities and enjoy a hot vegetarian meal. Our friendly bilingual team can support you with benefits, information and advocacy.
Call 0113 210 3347

Tuesday

Community Wellbeing Hub 12:30-14:30

Come and join us on Tuesdays for our weekly health and wellbeing sessions for people living and affected by sight loss. Make new friends and join in with activities. Our friendly bilingual team can support you with benefits, information, advocacy and signposting.
Call 0113 210 3347

(Various locations, please see abaleeds.org.uk)

