



My Guide Service in Suffolk

Most people are familiar with the Guide Dogs for the Blind Association and the work the charity does with breeding, training and providing working Guide Dogs for blind and partially sighted people. However, people may not be aware of some of the other services that we provide across Cambridgeshire, Norfolk and Suffolk.

My Guide is a free service provided by Guide Dogs to support blind and visually impaired people to get out into their community by matching them with a fully trained volunteer as their sighted guide.

A partnership with a My Guide volunteer helps to build confidence; increase social interaction and supports accessing a range of activities that people may be interested in.

There are many benefits to a My Guide partnership including choosing the things you want to do and working to improve your independence; taking part in social and leisure activities; getting out and about for a walk to improve fitness; accessing local community activities or perhaps just visiting a local café for coffee and a cake.

Maybe you are a long cane user who would like to become more confident at familiar routes; someone on the waiting list for a guide dog who would like to get out and about while you wait for your guide dog match; someone with a retired guide dog; a guide dog owner who would like to access somewhere or something unfamiliar to their dog or a blind or visually impaired person who would just like to get out and about. My Guide is suitable for people in any of these situations.

If you are blind or visually impaired, or know someone who is, and think that the My Guide service may be beneficial please contact the Peterborough Mobility Team on 0345 143 0223 to discuss your requirements.

We are also actively seeking to recruit My Guide volunteers in the Suffolk area. Our volunteers make a life-changing difference to people in their community, as well as making new friends, enjoying new activities in their own communities and developing valuable new skills. Our volunteers are provided with sighted guide and safeguarding training before being matched with a service user in their local area. If you would like to become part of our team and make a real difference to someone with a visual impairment, either visit the volunteering pages at <https://www.guidedogs.org.uk/how-you-can-help/volunteering-for-guide-dogs/> or contact Christian Cornforth on 0345 143 0223.

For more information about My Guide visit www.guidedogs.org.uk/myguide