

GUIDE
DOGS



Youth Action Project

Teacher and Leader pack



MAKE A DIFFERENCE

Programme Links

The Youth Action Project is a flexible social action programme that can be completed over a couple of intense weeks or can be completed over several months. It will take participants at least twelve hours to complete the basic programme, three hours for the learning and a minimum of nine hours to plan and carry out one of the action sections, participants can do multiple actions to increase their hours. The project provides an option for young people to complete the workbook independently, or as structured sessions delivered from this leader's pack.

The Youth Action Project can be used to meet the requirements for the following programmes.

| | |
|--|--|
| Citizenship and Enrichment programmes | Community action/ volunteering and the role of charities in society. |
| The Duke of Edinburgh's Award | Volunteering section |
| First Give | Charity research and presentation |
| Girlguiding | Community Action Badge |
| International Baccalaureate | CAS - Service |
| National Citizen Service | Social Action project |
| The Scouts Association | Community Impact Badge |
| SMSC/PSHE | Social, Moral, Spiritual and Cultural education in schools |
| YPI - Youth Philanthropy Initiative | Charity research and presentation |
| Welsh Baccalaureate | Community Challenge |

We are using the vInspired awards scheme to support young people in getting recognised certificates for the social action they take part in. To find out more visit vinspired.com/get-awards

Youth Action Project overview

Here is a brief overview of the self-guided learning in the workbook, which can be printed or used as a digital download. If you prefer, you can cover the same activities as a group using the session plans and resources in this document.

Find out about us

Before your young people start their plans to help Guide Dogs, they need to find out about the charity, our services and most importantly the people we support. This is carried out through a series of tasks and discussion opportunities with real case studies about our service users.

Why not invite a Guide Dogs volunteer speaker along to one of your sessions to tell their story, find out more online at www.guidedogs.org.uk/speaker (please note we require a few weeks' notice to arrange a speaker visit).

What do we mean by Charity and volunteering

A closer look at what charities do and the volunteers that support them. Your young people will learn about our voluntary roles and how volunteers make a difference to people with a vision impairment by delivering our services and supporting the charity.

Factsheets

To help your group learn about our services and how to help we've created a series of information sheets about each service and actions your young people can take to make a difference.

Plan your Social Action

To ensure your young people prepare for their social action, we've provided templates to kickstart your groups planning and activities.

Get out there and make a difference

It's over to your group, it's time for them to take their ideas and make a change, we've suggested ways they can record what they do.

Review your project

A reflective resource for your young people to step back and look at what they achieved and what they might do in future projects.

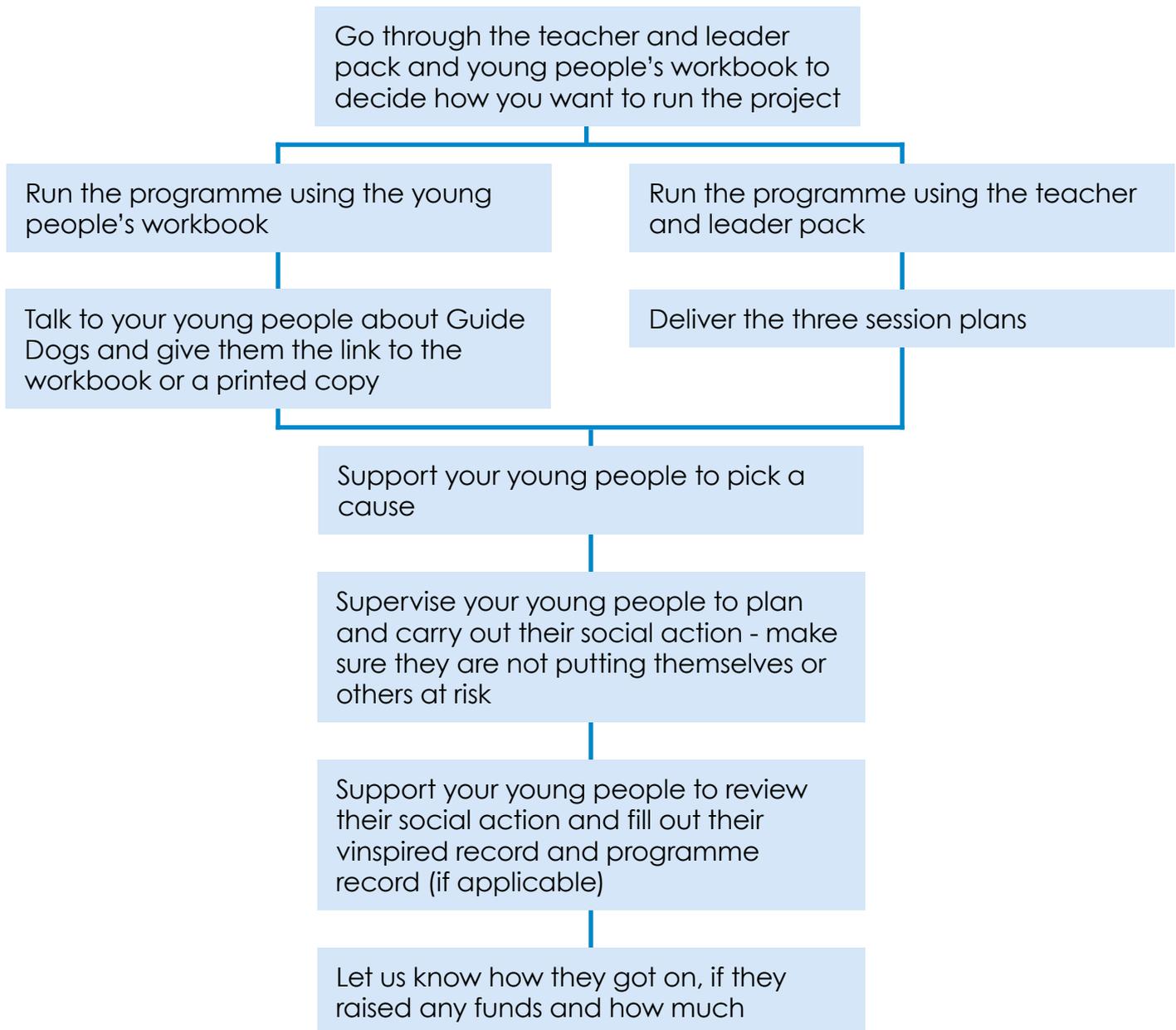
Let us know

We need you to get in touch and tell us how their project went and if they fundraised, how much they raised and we'll send them a certificate of thanks.

Next steps

Introduce your young people to the Youth Action Project

You may wish to sign your young people up to the opportunity on www.vinspired.com that way they can track their progress and log their hours and we can send them a vinspired awards certificate for their hours.



Letting us know

Once you tell us how their social action went, we'll send each member of your group a certificate of thanks from Guide Dogs email learning@guidedogs.org.uk. If they are registered on vinspired they need to login and let us know what they did, we will check and send them the certificate for their vaward hours.

To bank the funds, contact Guide Dogs on **0345 143 0192** and quote YOUTHACTION or send a cheque to YOUTHACTION Guide Dogs, Hillfields, Burghfield Common, Reading RG7 3YG.

Raise over £250 and we'll send each member a thank you gift.

Session 1 Learn about Guide Dogs

Learning Outcomes

- Identify different types of eye condition.
- Describe how they affect people's eyesight.
- Discuss what life may be like with a vision impairment.
- Research the services Guide Dogs provides and identify how they make a difference to people with vision impairments.

Time: 1 Hour

Resources needed

- Flip chart (optional) and pens and note paper.
- Access to the internet: Guide Dogs website, You Tube for video "A test of blind ambition" and "Creating Partnerships" video.
- Camera to evidence the group's work

Activity 1 Vision impairments

Discuss the term vision impairment:

What do the group think it means?

Can they list any other terms to describe vision impairments – Sight loss, low vision, eye conditions, blind, partially sighted.

Explain: An eye condition is an issue with your vision that can't be corrected by wearing glasses, there are many different eye conditions.

Ask: How many people do they think are affected in the U.K (answer 2 million) out of that how many do they think are under 25? (answer 34,000).

Split your young people into smaller groups or pairs, give each group an eye condition to explore and ask them to find out two facts to feedback to the whole group, using these questions:

- How does it affect your vision?
- What do people with the eye condition see?
- Is there a known cause?

Common eye conditions – Glaucoma, Retinitis Pigmentosa, Cataracts, Diabetic Retinopathy, Albinism, Macular Degeneration.

Ask the groups to consider how the eye condition they've researched could affect their everyday life, by encouraging them to break down one of their typical days. You could kickstart the conversation by listing the following headings on a flipchart:

- Hobbies
- School
- Meeting friends
- Things around your home

Explain that people with vision impairments use aids and adaptations to live independently, encourage the group to look at their typical day. What aids and adaptations could they use if they had a vision impairment?

Ask the question, how would you want people to treat you?

Activity 2 Real stories

Pick two of the three case studies to use with your group, you could set the third case study as an activity to do at home.

Case study one: Steve

How would you feel?

If you lost some or all of your sight how do you think you would feel? Use a flipchart to record all of the groups words then discuss how those feelings may affect their life and their mental health.

Adapting to everyday life with a vision impairment

Watch the video [“Creating Partnerships”](#). The video gives an overview of common eye conditions and Steve a guide dog owner talks about losing his sight and how he has adapted.

Accessible version: <https://youtu.be/jqXCPOHgxEU>

Most people with a disability are not looking for sympathy but seek understanding, to be treated equally and included, always ask if a person needs help and be respectful.

Case study two: Kelsey

Using the resource sheet “Kelsey” read about Kelsey’s typical day, ask:

- If there were things that Kelsey did during his day which were unexpected?
- Why?
- How technology factors into his daily routine?
- How they use technology and apps?

Discuss as a group his hopes and dreams to become a journalist and live in Europe.

Ask: How do you think his guide dog Lacey may have influenced his life?

Case study three: Libby

Watch the video about Libby “A Test of Blind Ambition” then go through the following points. NB- the video does contain some mild swearing.

[Link to video a Test of Blind Ambition](#)

Ask the group:

- What noises could you identify? Describe any noises you couldn't work out?
- What did you hear people saying, how did they make you feel?
- What did you think about the suggestion in the video “That career choice is a bit ambitious for someone like you, how about receptionist in a gym?”

Discuss the term “Normal”.

Take a quick quiz on survey monkey – encourage the group to test their knowledge by taking our quick quiz, this could be given as an activity to do at home.

www.surveymonkey.co.uk/r/6GYXSJM

Session 2 Guide Dogs

Learning Outcomes

- Understand the word “charity” and the difference between charities and businesses.
- Describe the services that Guide Dogs provides.
- Research and discuss the roles volunteers play in charities

Time: 1 Hour

Resources needed

- Flip chart (optional) and pens and note paper.
- Access to the internet: Guide Dogs website, You Tube for video
- Printed copies of some of the volunteering roles at Guide Dogs – [Role descriptions](#)
- Camera to evidence the groups work

Activity 1 Charity

As a group discuss what the word charity means.

What do the group think the term not for profit means?

Ask how do charities and businesses differ?

What do the group think Guide Dogs aim is?

Our aim is to support blind and partially sighted people to live the life they choose by giving them freedom and independence.

Activity 2 How we help people

Split your young people into smaller groups or pairs

Give each group a service to explore and ask them to find out three facts:

- The guide dog service
- My Guide
- Children and young people services
- CustomEyes

After 10 minutes ask each group to share the three facts that they found out.

Activity 3 Volunteering

Watch the [video](#) about Guide Dog's Puppy walker volunteer Sarah who has more than one volunteer role.

Split the young people back into groups to find out about some of the other volunteering roles at Guide Dogs – you can print off a few roles from the website or get the group to search online.

Here are a few of role titles to get you started.

- Boarder
- My Guide volunteer
- Fundraiser

Ask the groups:

- How do the roles support the people who receive services from Guide Dogs?
- Do you have the skills needed to volunteer in the role you are looking at?
- Think about how the services would be affected if we didn't have those volunteers.

Encourage your group to discuss the importance of charities and volunteering.

Watch the video of students at [St Barts School](#), they have been fundraising for Guide Dogs and have raised over £10,000.

Why do you think people volunteer or fundraise or take part in social action?

Play the [skills game](#) to find out more about charities. Take a screenshot of your score for your records.

Session 3 Make a difference

Learning Outcomes

- Understand the importance of planning
- Research into the social action activity which is right for them
- Develop presentation skills

Time: at least one hour to start the planning activity

Resources needed

- Copies of the three Information sheets on the services Guide Dogs provides and ways to help.
- Flipcharts for the group to use to plan their pitch.
- Internet access.
- Copies of the plan, do, review guidelines.
- Blank copies of the planning, do and review sheets

Talk to the group about how much information they have found out about Guide Dogs. Ask them to take a look at the information sheets on how they can take action and make a difference to Guide Dogs and the people we support.

Divide the group up into three smaller groups depending on their preferred action and ask them to create a pitch to deliver to the rest of the groups in a "Dragon's den" activity (you may wish to give your group time to go away and develop their pitch).

Ask each group to deliver a 5 minute pitch, at the end, the whole group should decide on which activity or activities to do.

Work together to create a safe plan of action.

The next step would be for the group to carry out their social action activity, they can use the Log resource to record how things are going and the Review resource at the end of their social action.



Kelsey

Kelsey is 16 and currently studying for his GCSE's. He was recently matched with his first guide dog but has received services from Guide Dogs for many years, after losing his sight when he was five years old. Some young people are born without sight or with partial sight, many like Kelsey have the attitude "there is nothing I can't do".

Read about Kelsey's typical day, discuss/think about the things that Kelsey does which may be unexpected, how does technology factor into his daily routine?

Discuss/consider his hopes and dreams, how do you think his guide dog Lacey may have influenced his life?

My Day

5.30am I get up and take Lacey my guide dog out to spend (for a wee). Then I feed her breakfast whilst I have a coffee and check for updates on Twitter, before getting ready for school.



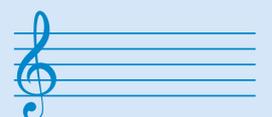
6.30am We're ready to leave home, Lacey guides me to the bus stop where I catch the bus across town.



7.13am I'm on the bus and use the time to check the Tube status and times on my phone.



7.50am I get the Tube to school and usually meet up with my friends who I walk to school with, if we have time we go and practice music, I use a recording device so I can improve my performance.



8.55am I head off to lessons with Lacey guiding me around school, in class I take notes with my Braille note or use my laptop.



1.15pm Lunch with friends, I might send a couple of texts and make sure to take Lacey out before afternoon lessons start.



3.15pm After school I take Lacey out again then walk into town with friends, we look around the shops and get a hot drink which I pay for with my smart watch.



4.30pm I catch the bus home and use Google maps to make sure I get off at the right stop. Lacey guides me home and when we arrive, the first thing I do is take Lacey out.



6pm I feed Lacey, then have my dinner. I head upstairs and listen to the news in my room using my digital assistant (Alexa). I might give my friends a call and spend the rest of the evening doing homework, before going to bed at 9pm.



Future Plans:

Finish my GCSE's, then study at higher education college rather than staying at my local school to do A Levels in English Lit, History and French and a BTEC in Braille.

After A Levels, I plan to go to university in Europe to study Political Journalism and then have a career as a Journalist.

CustomEyes®

CustomEyes® is a service that supports children and young people who have a vision impairment or dyslexia by providing large print books in the font, size and paper colour that they need.

Without CustomEyes® our readers wouldn't have access to books, this would affect their education and quality of life. Imagine not being able to read your favourite book, how would that feel?

Watch this YouTube video of Lauren talking about CustomEyes®, use the [link](#) or search for the video on You Tube by typing "Lauren" and "CustomEyes".



It is great, I can read Harry Potter books just like my friends. I can read to myself at bed time instead of my mum reading to me

CustomEyes® reader

How you can help

Fundraise

We only charge our young people the retail price for each book we create so that they can enjoy books as easily as you. It costs us an average £250 to create each one, that's the same price as a games console! The real cost of each book is funded through the donations we receive. Why not organise a Readathon or fundraising event? There's everything you need in the resources section to plan and get started.

If you raise over £250 we'll send you a certificate and a thank you gift.

Campaign

Can you help us raise awareness with publishers by letting them know the importance of books and how they can help, there's a letter template in the resources section to help you get started.

Where to find more information – www.guidedogs.org.uk/Customeyes

CustomEyes® Readathon

A readathon is a sponsored reading event that can last a day or over a few weeks, it's up to you. There are many ways you could run your event, you may want to get sponsorship for how many pages you read in a day, or for reading a whole book by the end of a week. To raise awareness you could involve others in a group reading activity such as a poetry event, or by reading a book out loud as a group relay. Think about adding a unique twist to your readathon such as holding the readathon in a public place (make sure you have permission). We have the planning action template and a template sponsorship form that you can use to help you decide.

1. Plan your readathon,
2. Encourage people to sponsor you or to join in with the readathon, why not involve your friends and family or a local library or primary school.
3. Arrange the date for your readathon and start promoting it (posters, ask for sponsors).
4. Start your readathon, this may last a few weeks or over one day.

5. Celebrate your success, shout about it on social media or on the radio, let us know.
6. Once you've completed your readathon remember to ask an adult to pay in any fundraising from your event through the options listed in the leader pack or ask a parent or guardian to contact Guide Dogs on **0800 953 0113** using the code **YOUTHACTION**.

Campaign for CustomEyes® by writing to publishers

The aim of writing a letter to publishers is to encourage them to support CustomEyes®, some are already doing this and it dramatically cuts the costs and waiting time for CustomEyes® readers, remember we said the average cost of a producing a bespoke book is £250. Unfortunately, some need encouragement and by writing to tell them about your favourite book (that they publish) and the importance of CustomEyes® to young people with a vision impairment or dyslexia, hopefully they will support us.

The following publishers are already supporting us by providing manuscripts:

Hachette, Usborne, Simon & Schuster, OUP, Child's Play, Pearson.

1. When you pick a book check the publisher isn't already supporting us.
2. Take a look at our template letter in the resources section, you can use it to get started.
3. When you write your letter, be mindful of the language you use and how you come across. This is about encouraging cooperation by using the knowledge you have gained to hopefully convince them to support the service.
4. Take your time to read it through.
5. Get someone to check your letters tone of voice before you send it.
6. Find the publishers address and send it to them by post.
7. Let us know if they reply through your group leader or at vinspired.



I remember the feeling of freedom when I first went out with my guide dog Goldie, it felt like all the doors that sight loss had slammed in my face were now being thrown open again.

Guide dog owner Lauren

The guide dog service

Guide dogs are trained to guide their blind or partially sighted owners (you don't have to be blind to have a guide dog) along the street whilst avoiding obstacles and people. A guide dog will stop at kerbs and steps and will wait for its owner to decide where to go next. Guide dog owners develop a very close relationship with their guide dogs.

A guide dog gives their owner independence and confidence to be who they want to be.

How you can help

Fundraise

Most of our funding comes from public donations and gifts in wills, without this we wouldn't be able to provide our life-changing guide dog service. In the resources section we've put together some templates to help you get started with planning your event and there are some fundraising ideas in this factsheet. If you raise over £250 we'll send you a certificate and a thank you gift.

Raise awareness

Tell people in your community about the guide dog service, what a guide dog does for its owner and/or how people should act around them. We've thought of some ways you can help in this factsheet and there are templates to help you plan and get started in the resources section.

Where to find more information

More about guide dogs

- www.guidedogs.org.uk/services-we-provide/guide-dogs/
- www.youtube.com/GuideDogsUK

More about eye conditions can be found by searching online and our [PowerPoint eye condition simulator](#) will give you an idea of how the more common eye conditions affect people's eyesight.

Five ways to fundraise for the guide dog service

- A sponsored event – walk, run, cycle, danceathon, mini/fun triathlon.
- Host a quiz.
- Hold a ticketed event - a fashion show, a concert, sports tournament.
- Dress up or dress down day.
- Make and sell - bake cakes, create jewellery or art.

What next

- Pick a fundraiser and plan your event (using the plan template).
- Have fun fundraising, then bank your cash using the code YOUTHACTION.
- Tell us about it.

Always keep yourself safe, if you are under the age of 16 you cannot:

- Fundraise without permission from your parents/guardians.
- Buy or sell raffle or lottery tickets.
- Collect money door-to-door, in the street or ask strangers for sponsorship.
- Run a fundraising event alone - there must be an adult (over 18 years old) present.
- Bank the money, a parent or guardian or leader will need to do this for you.

Raise awareness about the guide dog service

Research the guide dog service, you may want to find out what to do if you see a guide dog owner out with their dog, or where guide dogs are allowed to go, or what a guide dog does. Use your research to:

- Deliver a presentation about what you've learned, to the local community, or a school, or youth group.
- Create a leaflet, or run an information stall in your town to tell people about guide dogs.



Having to walk in the road because of cars parked on pavements is terrifying, no matter how busy the street.

Guide dog owner

Streets Ahead

When vehicles are parked on pavements or when wheelie bins block the pavement, people who are blind or partially sighted may have to risk their lives by walking into the road just to get by. This is an issue that also impacts parents with prams, wheelchair users, older people and many others. We've been raising awareness in parliament and communities across the UK about the dangers inconsiderately parked vehicles and wheelie bins can cause.

In this next [video](#) two guide dog owners talk about their experiences of pavement parking.

How you can help

Start by surveying your local area, use our questions to help you write your survey. Once you have the facts then you can raise awareness in your community, you can choose wheelie bins, pavement parking or both.

Raise awareness about wheelie bins

Use your research from the local area to create a presentation about wheelie bins and deliver it to people in your community. You could arrange to speak to a community group, or at your school, or even to your family and friends. Think about how you can raise awareness and positively influence people to change.

Raise awareness about pavement parking

Use what you have found from your survey to create a presentation about pavement parking and deliver it to people in your community. You could arrange to speak to a community group, or at your school, or even to your family and friends. Think about how you can raise awareness and positively influence people to change.

What next

- Plan what you are going to do (use our planning sheet).
- Gather your evidence by surveying in your area, is there an issue?
- Use your findings as evidence to form your presentation.
- Raise awareness.

Survey ideas

Please do not approach people about their vehicles or bins when conducting your survey, this could put you at risk. Headings you may want to use:

- The name of the road/roads you survey.
- The number of vehicles with 4 wheels on the pavement.
- The number of vehicles parked partially on the pavement.
- How many bins blocked the pavement.
- Was there enough space to get a wheelchair through? Yes or no.
- Are there any places where pavement parking or bins blocking pavements are worse or is it worse at peak times (for example outside of a school, in residential areas or when shops are open)?

Think about any other evidence you may need to form your presentation to influence change in your area. If you would like to use images or videos, please use the resources on our website rather than creating your own.

Other ways to raise awareness about pavement parking and wheelie bins

- Share information from our Campaigns Team Facebook page [@campaignsatguidedogs](#)
- Put up leaflets about pavement parking and/or wheelie bins, but make sure to ask before you put the leaflets up in community centres or shops etc. You are not allowed to put posters/leaflets up in the street, on lampposts etc (it's against the law).
- Contact campaigns@guidedogs.org.uk for copies of the leaflets.

Do's and Don'ts

- Don't touch people's vehicles/bins or put leaflets on them (we need your help to make changes to society, not to challenge individuals)
- Do remain calm when talking to people and keep to the facts.
- Do have a responsible adult with you.
- Do get permission, if you intend to use a public place, you may need permission from the council to hold your event.
- Don't take video or photographs for your presentation or for social media, use our resources on the website.
- Don't put leaflets/posters up in the street, it's illegal, if you want to put leaflets/posters up in shops or community centres etc get permission.

Plan your Social Action

Plan

After looking at the options and watching the videos you should now have an idea of what Guide Dogs does and how you can help. It's important to plan what you are going to do and how you are going to do it.

- Measuring your success - do you need a method to count how many people attend your event or presentation, or do you need something like a questionnaire?
- Think about how you can evidence your hard work. An important part of planning is measuring your success.
- If you decide to use a venue check if it's insured, do you need public liability insurance? Guide Dogs cannot accept liability for any loss, damage or injury suffered by yourself or anyone else as a result of taking part in a fundraising event. For more information on planning an event visit our [Keeping it Legal page](#).
- Use the resources in this section to help you plan and carry out your social action.

Do

You've planned what you are going to do, but before you set out follow these guidelines. Always keep yourself safe, if you are under the age of 16 you can't:

- Fundraise without permission from your parents/guardians
- Buy or sell raffle or lottery tickets
- Collect money door-to-door, in the street or ask strangers for sponsorship
- Run a fundraising event alone - there must be an adult (over 18 years old) present
- Sell alcohol

On the day make sure you do your risk check before you start and throughout the day make sure that everyone's okay.

Remember to avoid conflict when you are out and about.

Review

- Did your project go to plan?
- What have you learned?
- How has your project helped Guide Dogs?
- How do you feel about your success?
- Would you change anything for next time?

Tell us about your success

To get your certificate of social action we need to know what you did and how you did it and how much you raised. Let us know how your group got on and we'll send you each a certificate. If you raised over £250 we'll also send you a thank you gift. Ask your leader to pay in any fundraising from your event through the options listed in the leader pack and they can email us to get your certificate, or you can tell us through your vinspired account.

Thank you for supporting Guide Dogs

Next steps

You've completed your project but what's next? You may want to volunteer for Guide Dogs or another charity, details of all volunteering roles can be found at www.guidedogs.org.uk/local-to-you. For many of our roles you need to be over 18 but we do have some roles for young people age 16 and over.

| | Risks | How can we overcome it |
|---|-------|------------------------|
| Health and safety – list any risks and how you can overcome them | | |
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| | |
|---|--|
| How will we know if we've been successful? Did you achieve your objective? | |
|---|--|

| | |
|------------------------------------|---|
| Help and support on the day | <p>Will you need an adult (someone who's over 18) to support your activity?</p> <p>Name _____</p> |
|------------------------------------|---|

| | |
|---|---|
| Permission from adult to go ahead (if U18) | <p>Name of leader _____</p> <p>Signed _____</p> <p>Date _____</p> |
|---|---|

Do



Keep a log of all that you do to complete your social action including your planning activities.

| Date | | | | | | |
|---------------------------------|--|--|--|--|--|--|
| Today we plan to | | | | | | |
| Today we achieved | | | | | | |
| We worked for (number of hours) | | | | | | |

Review

This is an opportunity for you to reflect on the work that you have done and an opportunity to learn and improve.



| | |
|---|--|
| Did your project go to plan? | |
| What have you learned? | |
| How has your project helped Guide Dogs? | |
| How do you feel about your success? | |
| Would you change anything for next time? | |

Letter to publishers template

[Copy and paste into Word to write your letter]



[Your address]

[Town]

[Postcode]

[Date]

Dear **[Insert the name of the Publisher]**

I am writing to you about CustomEyes®, a service that supports young people with a vision impairment or dyslexia by creating bespoke books on a range of coloured papers, in the font and size that they need.

I recently read **[Name of book]** which you published and I wanted to tell you about why I liked the book.

[Write about why you like the book]

[And why reading is important to you]

CustomEyes® work under the CLA Licence and the Print Disability Act to reproduce the printed books, most of the time they have to purchase a hard copy of the book, which is then scanned into PDF before it's converted into text, where it is proof read. This can be a time consuming process that is not free from errors and each book costs the charity about £250 to recreate.

I am asking you to support CustomEyes® as some other publishers already have, by providing them with the text and image files of my favourite book in an electronic format. Please would you consider my request and if you feel you can support this valuable lifechanging service get in touch with the CustomEyes® team by email **customeyes@guidedogs.org.uk** or call **0118 983 8346**.

Yours truly,

[Your name]



Guide Dogs Sponsor Form

Name

Group

I am taking part in a _____

for Guide Dogs, an organisation that supports people who are blind or partially sighted by providing services that enable them to live independently. Visit www.guidedogs.org.uk to see how the money raised helps.



Thank you for your support

OFFICE USE:

Date banked

Paying slip no. (if applicable)

Part of total banked

GA: £

Fundraising group no.

NON GA: £

Date sent to Guide Dogs

Paying in your sponsorship:

Congratulations - you have helped to change the lives of people living with sight loss!

There are several ways you can pay in your sponsorship money - please choose one of the options below and use the code YOUTHACTION (please tick the one you will use).

- Credit or debit card: call us on **0800 953 0113** to make your donation over the phone
- Cheques: these should be made payable to Guide Dogs and returned to us along with your sponsor form to the address below
- To pay in cash or cheques via your bank, please call us on **0345 143 0192** to obtain details
- Use your online giving page to pay in your sponsorship

However you pay, please return your sponsor form to us using the address below:

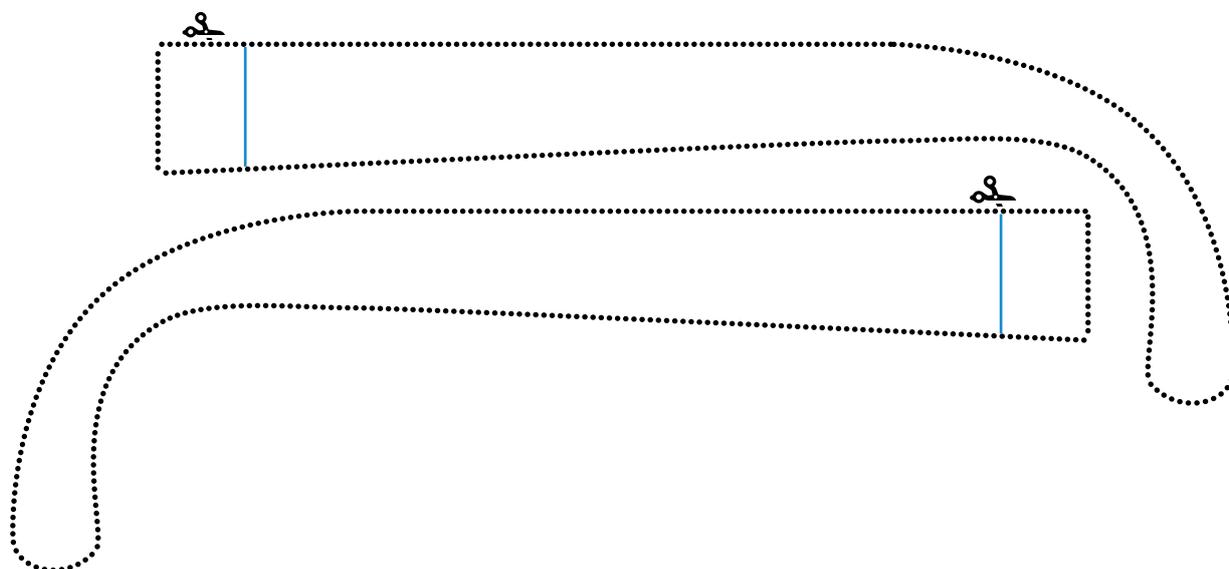
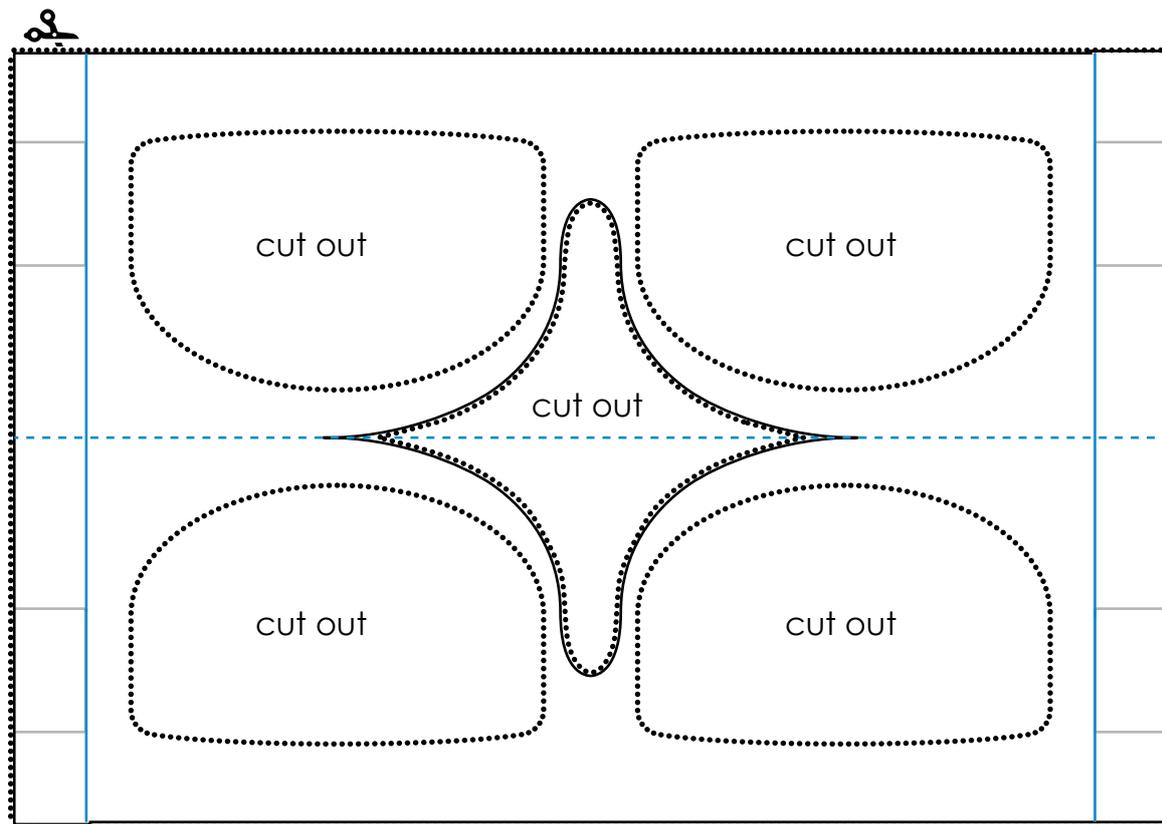
Guide Dogs, Hillfields, Burghfield
Common, Reading RG7 3YG





Simulation Spectacles template

Instructions: Use the template to create your simulation spectacles on card. Use clear plastic for the lenses and a permanent marker to recreate the eye condition. Images of how the more common eye conditions affect people's sight can be viewed on the [eye conditions online powerpoint](#).



Thank your group for supporting Guide Dogs

Let us know

Tell us about your groups success and we'll send them each a certificate, we need to know what they did, how they did it and how much they raised. Email us at learning@guidedogs.org.uk

If you have any feedback, or your group would like to appear in a case study we would love to hear from you. Email learning@guidedogs.org.uk to find out more.

Raise over £250 and we'll send each member a thank you gift.

To bank the funds, use the form or contact Guide Dogs on **0345 143 0192** or send a cheque to Guide Dogs, Hillfields, Burghfield Common, Reading RG7 3YG. Quote reference: YOUTHACTION

Next steps

Encourage your young people to log their hours on vinspired.com to receive their vinspired award.

They've completed their project but what do they want to do next. They may want to volunteer for Guide Dogs or another charity, details of all our volunteering roles can be found at www.guidedogs.org.uk/local-to-you

For many of our roles you need to be over 18 but we do have some roles for young people age 16 and over.

