

## Sighted Guide Training Meeting & Guiding People with a Visual Impairment

This practical session usually lasts 1½-2 hours depending on the number of participants.

You can expect to carry out the following within your session:-

- Establishing Contact
- Grip
- Moving Off
- Position
- Speed Control
- Narrow Spaces
- Changing Sides
- Inward Turn
- Doors
- Steps and Stairs
- Seating
- Seating at a table
- Communication
- Safety Issues
- Cars
- Minibuses
- Rough Terrain
- Steep Terrain


Courses are held at the Sensory Impairment Centre, Wilson Avenue, Kirkcaldy. We can also arrange for a course to take place in premises of your choice, specifically tailored for your staff group. Group discounts are available. If you would like further information or wish to book on to a course, please contact Elaina Etim, Admin Assistant, t: 01592 583272; f: 01592 583273; e: [elaina.etim@fsbinsight.co.uk](mailto:elaina.etim@fsbinsight.co.uk) or go to [www.fsbinsight.co.uk](http://www.fsbinsight.co.uk).

By post: FSB Enterprises, Fife Sensory Impairment Centre, Wilson Avenue, Kirkcaldy KY2 5EF

**If you require this information in alternative format  
please contact us on 01592 583272**

**Wilson Avenue, Kirkcaldy, Fife, KY2 5EF**

**t: 01592 583272 f: 01592 583273 e: [info@fsbinsight.co.uk](mailto:info@fsbinsight.co.uk)**

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