

# Opening eyes training

Training Information sheet



**Help us to train other people how to look after their eyes and vision**

**SEE ABILITY**  
Extraordinary every day

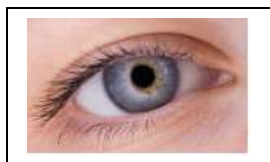
## About the training

Here is some information about the training we hope you will do

The training will cover different things about eyes and looking after eyes. The training session is split into different parts.



Why it is important to look after your eyes



How you can keep your eyes healthy



What happens at an eye test



Wearing glasses and how you look after your glasses



What it is like to have problems with your eyesight (visual impairment)

Because the training is in different parts, it is **flexible**.  
This means that you can pick and choose what you will train.



You can deliver all of the training in one go.  
This will take about 3 hours (depending on breaks)

**Or**

You can choose to do the training over more than one session

**Or**

You can choose to deliver the parts of the training that  
are the most suitable for the group you are training



**With your help, we can make eye care better for everyone**



To find out more, email [s.watkin@seeability.org](mailto:s.watkin@seeability.org) or call **07860756342**  
**[www.seeability.org](http://www.seeability.org)** — Have a look at the looking after your eyes section