



From 'getting by' to moving forward

When Tony was registered blind in 1999, he did what many people do, he simply got on with life. Diagnosed with Retinitis Pigmentosa and macular scarring, he quietly made adjustments at home and at work, without seeking help. **"I didn't want to wear a badge that said I was visually impaired,"** he recalls. "Even as a lay minister, my congregation had no idea how bad my sight was. I just found other ways to manage."

For years, Tony managed with limited vision; avoiding bright days, relying on taxis, or staying indoors. Then, earlier this year, something shifted.

"I attended a Church of England course where a visually impaired speaker shared his story. As he spoke, I felt like he was describing my life - his experiences, his

reluctance to get help, even his decision to try a cane. That planted a seed in my mind." That seed took root a few months later. "I couldn't go outside because of the light. That's when I realised how isolated I'd become. So I called KAB again."

KAB introduced him to tools and support he'd never explored. "They gave me overspecs to reduce glare, a liquid level indicator for pouring drinks, talking scales to help manage my diabetes, and the Seeing AI app, which reads text aloud."

But the real turning point was mobility training. Equipped with a long cane and new skills to navigate safely, Tony now goes out independently. "I learned safer routes into town, how to identify hazards, and how to move with confidence.

It's given me back control of my life."



**13th
December**

Christmas Carols at the White Horse, Bearsted

Join us on **Saturday 13th December** at the **White Horse in Bearsted** for a wonderful evening of Christmas Carols in aid of KAB. Enjoy a mince pie and mulled wine whilst listening to music by the Boughton Monchelsea Community Choir. Take part in the sing-a-long and Christmas jumper competition, and win exciting prizes in the raffle!

Arrive any time from 5.30pm with singing to start at 6pm. The venue is accessible with disabled toilets and a large car park including disabled spaces.

Tickets

- Adults £5
- Visually impaired clients £3
- Young people (under 18) FREE

Scan the QR code
to book online

-  01622 691357 (3 for fundraising)
-  fundraising@kab.org.uk
-  www.kab.org.uk/events/christmas-carols



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Our heartfelt thanks

Thank you to the fantastic supporters who go the extra mile to help KAB.

Owen's Triple Challenge

Owen, who was registered as partially sighted last year, took part in three challenges in aid of KAB. This included 60km in his wheelchair, a 5K and a Superhero Series Triathlon at Windsor, where he met up with our Vice Chair of Trustees, Hazel Groves.

Owen tells us: **"I really enjoyed doing my triple challenge for KAB. I like that I can show people that just because you have a disability, it doesn't mean you can't do anything you put your mind to. I like changing people's perceptions, and I do it with pride and a smile."**



Richard's Tandem Skydive

In August, Richard took on a tandem skydive from over 10,000ft and raised over £2,000 for KAB. After losing his sight in 2024, life changed dramatically, but thanks to KAB's support, **Richard says he now feels hopeful for the future and that anything is possible.**



Bearsted Golf Day

Our Golf Day was another huge success, raising over £12,000. Golfers had the unique opportunity to tee off on one hole wearing spectacles that simulate an eye condition, which was particularly hard for some!

Thank you to all the golfers who attended, our headline sponsor **Turkey Mill**, our other kind sponsors and Keith and his fantastic team from **Bearsted Golf Club**.



To fundraise for KAB, email fundraising@kab.org.uk



Christmas cards on sale

Visit our website to purchase your Christmas cards at **www.kab.org.uk/christmas** or scan the QR code or call us on 01622 691357 (select 3 for fundraising).

We have a larger range of designs on our website, including our multi-packs (five cards of each design in every pack of 10 cards). Each card within our multi-pack range is also sold individually in a 10-pack.



Multi-pack Noel + Robin £3.50



Multi-pack Candles + Christmas Scene £3.50



Multi-pack 12 Days of Christmas + Rainbow Trees £3.50

Limited quantities left!



12 Days of Christmas (Gold) £3.00



Partridge £3.00



Nativity Scenes £2.00



www.kab.org.uk



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