

**A short article from Bethany Fothergill, an optometrist with Vision Care for Homeless People, Brighton Clinic**

Vision Care for Homeless People is a fantastic and vital organisation that I’m proud to be a small part of.

I decided to volunteer for VCHP as I feel that providing a skill and a little bit of time can be more beneficial than donating money to a charity. Access to eye care is so important, especially for vulnerable individuals, and as an Optometrist I’m in a position to be able to give back.

I have volunteered for VCHP for just over a year now, the other volunteers and staff at the First Base Day Centre are amazing and the people using the service are some of the kindest and most appreciative I have encountered in my 15 years of working as an Optometrist. I can always rely on having interesting conversations and once I even found myself singing along to ‘I can see clearly now the rain has gone’ with a patient and another volunteer!

If you think you might be able to give a little bit of time to volunteer, I would urge you to do so. I always leave the clinic having had a happy time and knowing that I have helped in a small way - it’s a lovely feeling.

*By Bethany Fothergill, Vision Care for Homeless People, Brighton Clinic*

***Our VCHP Brighton clinic runs from First Base Day Centre, on a Monday morning. (***[***St Stephens Hall Montpelier Place, Brighton BN1 3BF***](https://www.bing.com/ck/a?!&&p=4418ae03cf9e5817bac421085f601a8b229de7e954e6954b95aa9e243a35a284JmltdHM9MTc0MTU2NDgwMA&ptn=3&ver=2&hsh=4&fclid=16c56e87-b3ee-69a6-2add-7ca1b7ee6fb0&u=a1L21hcHM_Jm1lcGk9MTA5fn5Ub3BPZlBhZ2V-QWRkcmVzc19MaW5rJnR5PTE4JnE9Rmlyc3QlMjBCYXNlJTIwRGF5JTIwQ2VudHJlJnNzPXlwaWQuWU4xMDA0eDE5NjMzOTIzNCZwcG9pcz01MC44MjY1NjA5NzQxMjEwOTRfLTAuMTUzMDE2MDAwOTg2MDk5MjRfRmlyc3QlMjBCYXNlJTIwRGF5JTIwQ2VudHJlX1lOMTAwNHgxOTYzMzkyMzR-JmNwPTUwLjgyNjU2MX4tMC4xNTMwMTYmdj0yJnNWPTEmRk9STT1NUFNSUEw&ntb=1)***)***

***We desperately need more volunteer Optometrists and Dispensing Opticians/assistants at our Brighton clinic. If you’re able to spare a few hours to help us run this vital service, please complete a Tell Me More form available on our website:*** [***VCHP Volunteering Opportunities***](https://vchp.my.site.com/VolunteeringOpportunities/)***. Alternatively, email*** ***helen.harms@vchp.org.uk****.* ***Thank you.***