

Have your say

You can have your say about what Sense should do next to improve the rights of deafblind people and families in lots of different ways. Choose what suits your needs best.

Talk to us

If you've only got a few minutes to spare, send an email to liz.ball@sense.org.uk to tell us your views.

Meet us

In some circumstances, we may be able to arrange to meet you face to face. So, if you have quite a lot to say and would find it difficult to say it by telephone, textphone or email, contact us to see if we can arrange to meet you.

Events

We held an event in July where deafblind people and families could share their ideas amongst themselves and with Sense. If there is enough interest, we will organise events in other areas too. So [contact us](#) to tell us if you'd like an event near you.

Keep a 'Your Rights, Your Say' diary

Get your creative juices going and really give us an insight into your life. You could keep your diary for anything from a single journey or one day, to a whole week. Your diary could be in writing, pictures or audio or video recording. [Read more about keeping a diary.](#)

This is an exciting opportunity for you to help to shape Sense's work. So please do get involved.