# Look Forward - Summer 2019 (Issue 168)

Welcome to your latest edition of Look Forward. Inside you’ll find updates from all areas of Retina UK; the latest research news; our Annual Conference and other events; the information and support we provide and the difference this makes. None of this would be possible without your support and we also celebrate the many ways you get involved.

Please pass this newsletter on to others when you’ve finished reading it

## Gearing up for conferences (Tina Houlihan)

The whole team is gearing up for our Annual Conference (see page 6) and the office is buzzing with bookings and preparations. If you haven’t registered and would like to attend please call us on 01280 821334. The Annual Conference is immediately followed by our AGM and I would encourage Retina UK members to attend.

We’re also holding our first Professionals’ Conference this year. Please pass on this link to any support organisations or health/education professionals you are in touch with – we’d love as many of them as possible to join us: **www.RetinaUK.org.uk/prof-conf**. They will learn more about inherited sight loss conditions, which we hope will enhance your experiences and the quality of the support you receive.

On pages 13-15 we share the findings from our Sight Loss Survey. I am so grateful for your support in completing the survey. We had almost 1,000 responses and we are using the findings to inform our future plans to make the biggest difference we can.

Our fundraising appeal to support research projects is, at the time I write this, nudging towards two thirds of our target. Retina UK was historically a research-led organisation and whilst our work covers so much more than that now, research is moving towards some exciting developments.

I really welcome comments and feedback about our charity. Please get in touch with me at **chiefexec@RetinaUK.org.uk** or phone 01280 821334.

Thank you for your ongoing support, I hope to see you at our annual conference.

## Contact information

Retina UK funds medical research into inherited sight loss and offers a range of information and support services to those affected.

Retina UK, Wharf House, Stratford Road, Buckingham MK18 1TD

**E:** info@RetinaUK.org.uk · **T:** 01280 821334 (Office) · **T:** 0845 123 2354 (Helpline)

Do you follow us on Facebook and Twitter? Search for Retina UK on Facebook to find our page and various groups, and follow us on Twitter at @RetinaUK for the latest news and updates about the charity

Registered charity number 1153851

## Research news

There’s been a lot going on in the world of inherited sight loss research in recent months as our research development manager Kate Arkell reports.

### Calming chaotic signals

The degeneration of light sensing retinal cells in conditions like retinitis pigmentosa (RP) causes a surge of chaotic signals in nerve cells at the back of the eye. This interferes with remaining vision, similar to the way tinnitus interferes with hearing, and makes sight loss even worse.

Reporting in the journal ‘Neuron’, researchers in California describe how they have successfully used existing drugs to quieten this interference and improve vision in mice with RP, providing hope that this approach could be used in humans to slow sight loss. However, more laboratory studies will be needed before the researchers can consider moving to clinical trials.

### Encouraging safety results from early tests of an optogenetics approach

Biotechnology company GenSight has announced positive safety outcomes from the first group of three RP patients to receive its innovative new treatment, which combines a special type of gene therapy (optogenetics) with a wearable “optronic visual stimulation” device.

This approach will not restore normal vision but could help give people enough sight to navigate more easily.

The gene therapy step introduces a gene that encodes for a light-sensitive protein into specific neurons in the retina. The wearable device is a pair of special glasses that captures images and, with the help of a pocketcomputer, transforms them into light patterns at a specific wavelength. This light passes into the eye and stimulates the new light-sensitive proteins in the neurons, which then send the visual signal to the brain.

The need to transform the images stems from the fact that the lightsensitive protein delivered to the neurons has less sensitivity than that of healthy human photoreceptors. GenSight will now proceed to give the next small group a larger dose of gene therapy and follow their progress.

Keep up to date with the latest research news on our website.

## Your donation could help discover future treatments

In 2018 we awarded £450,000 in new research grants but, despite this, we still had to turn down over half of promising projects due to lack of funds. We need your help to continue our vital work to fund research into retinitis pigmentosa, Stargardt disease, choroideremia, Usher syndrome and many other inherited retinal conditions.

Our Founder and Honorary President, Lynda Cantor MBE, said: “When I founded this charity, 43 years ago, almost nothing was known about inherited retinal conditions like mine. But in November the very first gene therapy was approved in Europe (see page 11) and every week we learn about new breakthroughs around the world.

“This increase in pace brings real hope. We need to build on the momentum, but research is expensive and our funds are limited.”

### The difference your gift makes to families

Supporter Hannah Baker said: “Like many of you, we know what it is like to live with an inherited sight loss condition. Last year we learned our five-year-old son Thomas has Usher syndrome which is slowly impacting his hearing and sight.

“He is a bright, sociable and caring boy. While we are positive about the future, it feels uncertain. We are awaiting the results of genetic tests and hope these will give us clarity and the option to access potential treatments in the future.

“As a family we fundraise and donate to Retina UK; a positive way to make a difference for Thomas. We hope the research we help fund will one day lead to a treatment for Thomas and others like him.”

### Please donate what you can

* £15 could pay for a vital component of the test to confirm which genetic fault is causing an individual’s condition.
* £40 could pay for the use of a state-of-the-art microscope for a week
* £170 could pay for a day of research

To find out more and to make a donation, please:

* visit www.RetinaUK.org.uk/ResearchAppeal2019
* call us on 01280 815900.

### Thanks to you scientists we fund are:

* hunting for new genes and investigating those already identified. But 40% of our community don’t have a genetic diagnosis. Help us find everyone’s gene.
* researching potential gene therapies. But their projects are reliant on our continued funding.
* screening promising drugs and learning what causes inherited retinal conditions. But there is much more to do.

## Book now for September conferences

Have you registered for this year’s Retina UK Annual Conference? If not there’s still time to book.

All those living with or affected by inherited retinal conditions are welcome, so whether you are living with retinitis pigmentosa, rod-cone dystrophy, choroideremia, LCA, conerod dystrophy, Stargardt disease or Usher syndrome, come along and bring your family and friends.

If you haven’t been to our annual conference before, make this the year you join us!

This popular one-day event will be held on Saturday 28 September at Kents Hill Training and Conference Centre in Milton Keynes (MK7 6BZ) and attendance is free of charge

for Retina UK members and their guides. Non-members are welcome, we ask for a voluntary donation of £30 to help cover costs.

There will be plenty of opportunity to get to know others in our community, to meet our friendly, knowledgeable staff and to find out more about our charity.

A number of exhibitors from other charities, organisations and businesses will be attending, including our generous sponsors Oxsight.

The Annual Conference will be followed by our AGM (see page 22).

The annual conference will include presentations and workshops on the latest research, services and support available to assist with day-to-day living.

### Speakers include:

* **Prof Pete Coffey**
The London Project to Cure Blindness
* **Mr Michael Gilhooley**Optogentics and Gene Therapy
* **Avril Daly**
Retina International
* **Oxsight**
Transforming lives through technology
* **RNIB Online Today**
Technology workshop
* **Barbara Norton**
Adjusting to life-changes caused by progressive sight loss

Prof Susie Downes will chair a panel of medical experts for our popular Ask The Experts question time.

### Professionals’ conference

Are you a professional who supports those living with inherited retinal dystrophies; maybe an education or health care professional or a volunteer?

Retina UK is excited to be holding our first ever conference specifically for professionals who support our community.

You will hear the personal stories of those living with inherited retinal conditions, gain an insight into the latest research including genetics, and learn about the psychological impact of a diagnosis.

There will be plenty of time to network with other delegates and learn from others’ experiences as well as explore our exhibitors area.

This free event is being held on Friday 27 September at Kents Hill Training and Conference Centre in Milton Keynes and will run from 10.00am – 3.45pm. Registration and exhibition area open at 9.00am, a packed lunch will be provided along with refreshments throughout the day.

### Register now

www.RetinaUK.org.uk/info-events
01280 821334
info@RetinaUK.org.uk

## The difference we made in 2018

* Total Funds Raised £1,732,000
* £450,000 Spent on medical research
* £696,000 Committed to research projects
* £420,869 Spent on information and support
* 12 Research projects supported

We are in touch with:

* 6,069 People affected by inherited sight loss
* 906 New people joined our charity
* 961 Helpline calls and emails responded to
* 547 People attended our information events
* 100 Volunteers supported our work
* 6,000 Online support group members
* 17,257 Copies of Look Forward shared
* 833 New Followers on Social Media

Thanks all those who generously supported our work in 2018. Together we were able to make a real difference to the lives of thousands of people with inherited sight loss conditions. Read our impact report at [www.RetinaUK.org.uk/publications](http://www.RetinaUK.org.uk/publications).

## Extreme challenges

Take on an extreme challenge for Retina UK and get the adrenaline pumping! For more information on the events below please visit www.RetinaUK.org.uk/Extreme

### Tough Mudder

Tough Mudder is a 10-12 mile obstacle course designed by the Special Forces to test all-round strength, stamina, teamwork, and mental grit. We have six places left for 2019, join the team today!

### Wing walking

New for Retina UK, you can now experience wing walking, with Skymax in Upminster.

### Skydiving

Skydiving is an exhilarating experience, and you can do this while supporting our cause!

If you would like to take part in an event, or find out more, please contact Emily on 01280 815900 or email emily.purchase@RetinaUK.org.uk.

## Awaiting funding decision for Luxturna

In the last issue of *Look Forward*, we reported that the gene therapy Luxturna had won European regulatory approval for the treatment of a particular type of inherited sight loss.

Luxturna is for the treatment of Leber Congenital Amaurosis type 2 (LCA2) and severe early-onset RP caused by mutations in a gene called RPE65. People must have two faulty copies of RPE65, confirmed by genetic testing, as well as reasonable numbers of remaining viable retinal cells, in order to benefit from this treatment. Due to the severe, early-onset nature of this type of inherited retinal disease, eligible patients are likely to be children.

The availability of Luxturna through the NHS has yet to be decided on, so nobody can currently access it in the UK.

Luxturna is currently undergoing appraisal by the National Institute for Health & Care Excellence (NICE) and the Scottish Medicines Consortium (SMC), which provide guidance to NHS England and NHS Scotland about which treatments they should fund. (Wales and Northern Ireland are likely to follow England’s lead.)

Retina UK is actively involved in this process; we are working hard to make sure that our community’s voice is heard and that NICE and the SMC fully understand the enormous difference that an effective gene therapy could make to the lives of young people with inherited sight loss.

We expect NICE to publish their formal guidance on NHS funding in December 2019. If the outcome is positive, the NHS will need to establish a pathway for treatment and commission a small number of specialist treatment centres. All being well, Luxturna may be available on the NHS from spring 2020.

We don’t yet know if Luxturna will be accessible through private healthcare, although we will keep you updated with any information as soon as we have it. Administration of Luxturna involves injection into the retina, requiring highly specialised facilities; this might present a challenge outside of NHS settings. Given the high cost of development and manufacture of gene therapies, the cost is likely to be in the region of several hundred thousand pounds.

“ We are working hard to make sure that our community’s voice is heard and that NICE and the SMC fully understand the enormous difference that an effective gene therapy could make to the lives of young people with inherited sight loss.”

## British Wireless for the Blind Fund

… more than just a radio

For over 90 years, British Wireless for the Blind Fund has been the only charity providing specially adapted radios to blind and partially sighted people across the UK. For those who would not otherwise be able to afford this type of equipment, they offer a range of devices on free loan for as long as the recipients need the support.

Sandra said:

“ I can use my imagination instead of my eyes when I listen to radio programmes. Plus I love to listen to music and can sing and dance which makes me feel so happy. I couldn’t cope without my radio.”

A radio not only provides companionship with a comforting voice in the room, it also helps people feel connected to the world around them with news, entertainment and sport.

To be eligible to receive a device on free loan you need to be a resident in the UK who is registered blind or partially sighted, over the age of eight and in receipt of an income related benefit.

For more information visit www.blind.org.uk or telephone 01622 754757

## We’re here to help

Are you looking for practical help or signposting on employment matters, mobility aids, benefits or technology? Do you need emotional support, or just a listening ear?

Retina UK’s helpline team all have personal experience of inherited sight loss conditions.

This free service is available to those living with inherited sight loss, their family and friends, employers, and health, social care and education professionals.

Call 0845 123 2354
Email helpline@RetinaUK.org.uk
Open 9.30am to 9.30pm Mon to Fri

## Sight Loss Survey 2019

Almost 1,000 people completed our survey in the spring to help us understand the real-life experiences, challenges and expectations of those living with inherited retinal conditions.

A huge thank you to all those who took the time to complete our questionnaire.

 The findings have given us a really valuable insight into your experiences, which we will use to shape our priorities and ensure we spend our limited resources wisely.

We are also sharing the findings with the wider sight loss community to enable other organisations to consider how they can make a bigger difference for families affected by inherited sight loss conditions.

Tina Houlihan, Chief Executive, said: “We are an organisation entirely focussed on people living with inherited retinal dystrophies; to make the biggest difference for our community and have the right priorities we need to constantly learn more about real-life experiences, challenges and expectations of families living with these conditions.

“Thank you to everyone who completed our survey. We are now analysing the findings to ensure we make the most of this valuable information to inform, influence and guide us to even better delivery for everyone living with inherited sight loss.”

Your experience of living with sight loss

### What you told us

“ At 72 I do not need or expect support or benefit from ongoing research, but do hope it may be available to my daughter and granddaughter who have been diagnosed with RP.”

“ I enjoy some social activities now but with a friend as my guide and support, and enjoy attending clubs like audiobook club and being on committees of groups in my area.”

“Retina UK gave me the best support after my diagnosis. The support, patience, empathy, kindness and understanding I received from the helpline is one of the main reasons I came to terms with my diagnosis.”

“Everyday tasks and routines have become much more of a challenge and most things require a lot more planning and time.”

“I would like to talk to other people with RP within my age group - I feel quite isolated as I am unable to talk to people with the same condition.”

“Living with degenerative sight loss is relentlessly challenging. Ongoing emotional support and specialist counselling should be available at all stages.”

### Want to know more?

The full report is available on our website as a pdf, word document and audio file. Visit www.RetinaUK.org.uk/publications or call us on 01280 821334.

### Key findings

* Over half (53%) say their sight loss has a severe or very severe impact on their quality of life.
* Two in three (69%) say they are managing their sight loss well, compared with 27% who say they want to be able to manage it better. Those who say they are managing well are more likely to have engaged with Retina UK.
* Loss of confidence, anxiety and stress are the biggest emotional or psychological impacts of sight loss. Only 8% say they have experienced no impacts like these.
* The experience of being diagnosed has improved over the past 20 years but only around one in five are told about support available from Retina UK.
* Those who are in touch with Retina UK are less likely to say they have experienced isolation or loneliness, compared with those who are not.
* Almost two in three respondents (63%) receive ongoing care from an ophthalmologist, and most (77%) are satisfied with the care they receive.
* The most useful services are: benefits advice; mobility training; access to work schemes; and counselling. Benefits advice and counselling also appear on the list of services hardest to access.
* Respondents access a wide range of aids, but many would like to access more assistive technologies such as electronic devices and computer apps.
* More than half (58%) are aware of clinical research into their type of sight loss, and 20% have participated in research.
* Only 15% know the gene implicated in their condition.
* Respondents mostly agree Retina UK is approachable, trustworthy, and ambitious on behalf of people with sight loss. 80% rate our services as ‘excellent’ or ‘good’.
* More than eight in 10 respondents (81%) agreed that, thanks to Retina UK, they are better informed about ongoing research.
* Almost half (45%) agreed that Retina UK helps them have greater awareness of the support available to them.

## Thanks to you

The Northern Alliance VIP group raised £919.91 when three of their members had their chests waxed for Retina UK. Ouch!

Hallam Kimpton took on the Milton Keynes Marathon and raised £519!

Wokingham Methodist Church held a coffee morning and raised £159.85.

Sarah Rowland trekked the Great Wall of China and raised £1,888. Amazing!

Andy Venman completed the Oldbury White Horse Sprint Triathlon and raised £100.

Joanne Yeardley, Anthony Rebori, Janette Benaddi and Stuart Anthony completed the Paris Marathon and raised over £2,000.

Beth Phillip has been the President of the Rotary Club of Cheltenham North and chose to support Retina UK with several fantastic events: wine tasting, Gardeners’ Question Time and a beer festival, organised with her husband John. They have raised a fantastic £11,000 for Retina UK.

Our team of 27 took on the Virgin Money London Marathon, each completing the epic challenge. They have raised over £51,000 between them so far. Well done all!

Helen and Matthew Judge raised £470 when they took on the Great Manchester Run 10k.

Geoffrey Cannon is donating 50% of the royalties from his book ‘Fallen Hero’, available on Amazon now, and from Calibre Audio Library in due course.

A team of 14 from Palo Alto Networks took on the Three Peaks Challenge and have raised over £9,000 for Retina UK and and Prostate Cancer UK.

Sophie Raynaud took on the Geneva Marathon, and eight others took part in the relay race. Sophie raised €3,243.32 and the relay team raised £1,632.35!

Glass Digital held a bake off event, where the winner chose which charity the funds go to. The event raised £245, which Glass Digital then matched to donate £490 when Bettie took the crown.

Lucy Wyatt put on a go-karting event as part of her London Marathon 2020 fundraising and raised £650!

The Gibson family took part in the Great Midlands Fun Run and raised £475!

Alistair McPherson raised £1,621.77 by completing the Chester Half Marathon in 1hr 40 mins. Well done Alistair!

Danielle Woodgate took on the Isle of Wight Ultra Challenge and raised £765.

We love to hear about all of the great fundraising that goes on up and down the country. Please send your pictures and stories to fundraising@RetinaUK.org.uk.

## Largest meeting of families with Usher syndrome

Over 70 people gathered in Birmingham for the largest meeting of families living with Usher syndrome in the UK. Retina UK and Sense supported Usher Kids UK to hold its first family event in June.

Apple hosted a workshop for teenagers to show how mainstream technology can help with mobility and independence, whilst younger children took part in a Cadbury’s World workshop. All children enjoyed sports thanks to Birmingham City FC.

Parents and carers heard from 15 professionals discussing strategies to help with some of the challenges facing children living with Usher syndrome and three inspirational young adults spoke about their experiences.

Usher Kids UK founder, Chloe Joyner, said: “The majority of the people attending had never met another person facing the same challenges as them. By coming together, we can share experiences and develop networks of support, whilst also finding our collective voice to champion the needs of our children.”

Retina UK’s Matt Carr, said: “It was a really positive event and a fantastic example of how Retina UK works with other groups to make the biggest difference for our community.”

“Fantastic to meet each other and feeling uplifted and inspired.”

“This event has had a huge impact on our whole family.”

## Join us in Northern Ireland at the Retina UK Belfast Information Day

Open to all those with an interest in inherited sight loss\
Thursday 24 October
10.00am – 4.00pm
Speakers include Prof Peter Humphries, Trinity College Dublin
Find out more and book at [www.RetinaUK.org.uk/info-events](http://www.RetinaUK.org.uk/info-events)

## Celebrating our volunteers

We celebrated Volunteers Week in June which was our chance to say THANK YOU to all of our fantastic Retina UK volunteers.

Over 100 volunteers join us throughout the calendar year on our helpline, talk & support service, local peer support groups, information days, fundraising events and even in our office!

The majority have been involved with us for many years and others are new to our team. Their dedication and contribution is immensely appreciated, recognised and valued.

### Would you like to join our volunteer team?

The following volunteer roles are available in September and October:

27 September – Professionals Conference, Milton Keynes
WE NEED:sighted guides and stand support

28 September – Annual Conference, Milton Keynes
WE NEED: sighted guides and stand support

10 October–World Sight Day– LondonWE NEED: fundraising support - collectors needed at numerous London tube stations at various times throughout the day

12-13 October – Tandem Cycle Challenge – Hadrian’s Cycleway
WE NEED:cheerers, water station attendants, first aiders, photographer and videographer

24 October – Northern Ireland Information Day – Belfast
WE NEED: sighted guides and stand support

If you are interested in any of these roles or general volunteering with Retina UK please contact Clair our Volunteer Coordinator by email volunteering@RetinaUK.org.uk or telephone 01280 821334.

## Local Peer Support Group network

Our Retina UK Local Peer Support Groups enable individuals and families to get to know each other and engage with Retina UK.

We are relaunching our **Somerset group**, in conjunction with Somerset Sight, on Saturday 12 October. Thank you to Tom, Dorothy, Pam and others who have supported this group for many years. Your dedication is remarkable.

Our **Oxford group** has changed venue and will meet at the Oxfordshire Association for the Blind on Thursday 12 September. Our speaker is Sophie Marlowe, Research Coordinator at the Oxford Eye Hospital. She will be giving an overview of their research studies.

The next meeting for our **Merseyside group** will be on Monday 30 September. Sharon from Guide Dogs will join us to speak about their My Guide service.

Other group meetings:
East of Scotland - Saturday 28 September - Speaker, Roly Megaw
**Glasgow** - Saturday 5 October
**Isle of Wight** – meet on 2nd Monday of each month
**London** – Saturday 26 October – Dave Kent, Guide Dog Services. Coming soon – **Hampshire group** in conjunction with Open Sight Hampshire

Please let us know if you plan to attend any of the group meetings so we can accommodate everyone. For more information please email **local@RetinaUK.org.uk.**

## Volunteer Training Weekend

We recently held our annual training which covered topics such as safeguarding and data protection along with updates on research and event providing information and support. It was a really enjoyable weekend and feedback from the volunteers who attended was very positive.

“ Informative and useful. Good opportunity to stimulate discussion and feedback.”

If you are interested in volunteering with our support teams, please contact **clair.pudaruth@RetinaUK.org.uk** or call 01280 821334.

## Can your employers help?

Many companies have ‘charity of the year’ schemes where employees can suggest a charity to receive support. Some also provide match funding, where they will match the amount raised by a staff member fundraising for charity.

Your line manager is usually the best person to ask whether there is someone who looks after ‘corporate social responsibility’ (CSR). They will be able to tell you whether the company offers either or both of these schemes.

There may be a dedicated charity committee, or in smaller organisations decisions might be made by senior management.

If you would like help to approach your employers to ask them to support Retina UK and raise funds and awareness please contact the fundraising team on 01280 815900 or email fundraising@RetinaUK.org.uk**.**

## Advertisement: Oxsight

## Notice to Members of Retina UK Annual General Meeting

The Retina UK Annual General Meeting (AGM) will take place at 4.30pm (or 16:30) on Saturday 28 September. All full members are entitled to attend, speak and vote at the AGM, which will be at Kents Hill Park Training and Conference Centre, Timbold Drive, Kents Hill, Milton Keynes, MK7 6BZ.

This will be the sixth AGM of the Charitable Incorporated Organisation (CIO) and we look forward to welcoming members to this meeting.

Agenda for Retina UK AGM

1. Chairman’s welcome
2. Introductions
3. Apologies
4. Approval of the minutes of the previous AGM
5. Annual Report and Accounts for 2018
	1. Introduction
	2. Questions from the floor
	3. Resolution: to adopt the Report and Accounts for 2018
6. Resolution: To appoint Baldwins Audit Services as auditors
7. Resolution: The Retirement and Re-election of trustees.
	1. The following trustees retire by rotation and are standing for re-election:
		* Lucy Withington
		* Roger Backhouse
	2. The following trustees retire by rotation and are not standing for re-election:
		* Colin McArthur
8. Any Other Business
9. Chairman’s closing remarks

### Proxy voting

Any member of the CIO may appoint another person as a proxy to exercise all or any of that member’s rights to attend, speak and vote at a general meeting of the CIO. You can appoint someone to act on your behalf by informing Retina UK in writing. This must state your name and address, the identity of the person you wish to elect to act for you and the meeting at which you are giving them permission to vote on your behalf.

Written confirmation of proxy voting must arrive by 27 September 2019 and can be posted to Retina UK, PO Box 350, Buckingham, MK18 1GZ or alternatively emailed to info@RetinaUK.org.uk

## Hope to Seaview 2019

Thank you to Retina UK Trustee Colin McArthur, his wife Linda and everyone who took part or donated to Hope to Seaview on the Isle of Wight on 9 June.

So far over £6,200 has been raised, with sponsor money still being collected. The idea behind Hope to Seaview is to fund research so that people can dare to ‘Hope to see the view again’.

‘Steppin out Boogie Bus’ entertained an enthusiastic group of over 70 people before they were set off from Hope beach through a balloon arch by John, the town crier. The walkers proceeded along the beautiful coastal path and over the Culver cliff, then down through Bembridge to the harbour where they were ferried across by water taxis.

All 70 completed the 12-mile walk and were entertained at the finish by John who lives with retinitis pigmentosa) and his group ‘Cajundaze’ at the Old Fort.

Thanks to the Salix Shanklin, Bembridge harbour water taxis and The Old Fort in Seaview for helping us stage this sponsored walk, also to Phipps design for the artwork for the T-shirts.

If you wish to donate go to www.justgiving.com/HopetoSeaview2019

Next year’s event will be on 7 June. To find out more email fundraising@RetinaUK.org.uk or call 01280 815900.