# E-Newsletter - December 2020

## Latest Retina UK Podcast features Luxturna treatment

In the latest Podcast from Retina UK, Research Development Manager, Kate Arkell, interviews three of the first patients to benefit from the Luxturna treatment on the NHS here in the UK. Jake received his treatment at Moorfields Eye Hospital in London, Lee at Manchester Royal Eye Hospital and Matthew at Oxford Eye Hospital. They are all very positive about their experiences of the treatment and the difference it has made. You can listen on Anchor FM. It is also available on Spotify, Apple Podcasts, Breaker, Google Podcasts, Overcast, Pocket Casts, Podbean and Radio Public.

[www.anchor.fm/retina-uk](http://www.anchor.fm/retina-uk)

## Retina UK Annual Conference

You may have seen in the last edition of Look Forward that we are planning a virtual (online) Annual Conference on Saturday 17 April 2021.

If you haven't already done so, please register your interest in attending by completing this form: [www.RetinaUK.org.uk/annual-conference](http://www.RetinaUK.org.uk/annual-conference).

## The Big Give Christmas Challenge

We’re delighted with the response to this year’s Big Give Christmas Challenge - we exceeded our target of £40,000 in just two days! Huge thanks to everyone who has contributed.

If you would still like to donate you can do so here until midday on Tuesday 8 December: [www.RetinaUK.org.uk/biggive](http://www.RetinaUK.org.uk/biggive). Although your donation will no longer be doubled, it will still be invested in our pioneering inherited sight loss research.

## Charles Bonnet Syndrome Patient Information Event

If you missed the Charles Bonnet Syndrome Patient Information Event on 16 November, you can watch it back on YouTube: <https://youtu.be/Bgvr3QPTIxU>. We know many of our community experience this syndrome and visual hallucinations.

## Local groups

Our local peer support groups haven’t been able to meet up face-to-face but that hasn’t stopped them! Many of our groups have taken to Zoom to keep in touch and support each other. They have heard from some great guest speakers about research updates; MyEyeSite; technology and useful apps. They have shared ideas, told lockdown stories and had general chats and catch ups.

Whilst the local group meetings have finished for this year, we are busy planning 2021 dates and ideas. If you know of anyone who would be interested in joining a friendly, supportive group of people a few times a year either online or (fingers crossed for next year) in person, please do contact us at services@retinauk.org.uk.

“Thanks so much for hosting the group meeting today! It was fantastic to come together and share experiences, now so more than ever given how the restrictions have made travelling and socialising harder. I’m very interested in participating again and I hope that these kinds of easy-to-attend virtual events become a feature of Retina UK to compliment the face to face meetings once restrictions are lifted.”

## Christmas Raffle

Don't forget to return your raffle tickets by Wednesday 9 December. The draw will take place on Friday 11 December. We'll let you know if you're a winner.

## Tech tip

If you belong to any of the Retina UK groups on Facebook, did you know that you can change your preferences to see 'all posts' (rather than 'highlights'). To do this:

* Navigate to the group
* Click on notifications (three dots on the right of the screen, below the group image)
* Manage notifications
* Click radio button for 'all posts'

You can find a link to all of the Retina UK Facebook groups here: [www.facebook.com/RetinaUKcharity/groups/](http://www.facebook.com/RetinaUKcharity/groups/).

## Sight Village news

The next virtual Sight Village event will take place on 19 - 20 January.

They have recently distributed a festive e-catalogue, featuring Christmas special offers and discounts from Sight Village sponsors and exhibitors. Many of the discounts featured are on offer for a limited period, so be sure to check the promotional end dates and place your orders within good time.

• Sight Village Catalogue (Text only)
<https://mcusercontent.com/bfa66697494e06264cf5b6738/files/429ca2e3-257b-4138-9716-33ba9bb1952e/Sight_Village_E_catalogue_STRIPPED_VERSION.docx>

• Sight Village Catalogue (PDF)

<https://mcusercontent.com/bfa66697494e06264cf5b6738/files/e81d3539-369c-48d6-99a7-4bc3e0ded995/Sight_Village_E_catalogue.pdf>

## 10 for 10 Virtual Challenge

The 10 for 10 Virtual Challenge is back for the festive season, bigger and better than before! To take part, you just need to run or walk 10 miles in your neighbourhood.

Pick a route to take in the best of your local decorations, add a soundtrack with a Christmas carols playlist, or create your own seasonal Strava art with a route in a Christmas shape. There's so many ways that you can get that festive feeling whilst fundraising! Join the challenge: [www.RetinaUK.org.uk/10for10](http://www.RetinaUK.org.uk/10for10).