# E-Newsletter - February 2022

## Webinar: Get Active with British Blind Sport

This webinar will be presented by Alex Pitts, National Partnerships Manager & Lead Safeguarding Officer at British Blind Sport on Thursday 24 February at 7.00pm. She will talk about:

* the benefits of sport and physical activity
* the key objectives of British Blind Sport
* the BBS Have a Go Days and Active at Home Programme
* where you can find your local sports and physical activity opportunities

[Find out more and register](https://retinauk.org.uk/information-support/retina-uk-events/webinar-bbs/)

You can also register now for our webinar on Thursday 31 March at 7.00pm, Medical images and what they show with Dr Daniel Jackson from Moorfields Eye Hospital. [More information will be available soon](https://retinauk.org.uk/information-support/retina-uk-events/webinar-medical-images/).

## Places just in!

Back for 2022, the virtual TCS London Marathon lets you join #TeamRetinaUK close to home. You’ll have 23 hours, 59 minutes and 59 seconds to complete your 26.2miles. Whether you chose to take this on as a solo runner or find a friend to walk with, with the virtual race it’s your run, your way. [Find out more](https://retinauk.org.uk/get-involved/fundraising-overview/take-part-in-an-event/run-for-retina-uk/half-marathons-and-marathons/tcs-london-marathon/).

## Local peer support groups

Our local peer support group meetings have been really popular so far this year. These meetings offer an opportunity to meet others living with inherited sight loss in your area. There are also some great speakers with interesting and informative topics. More information is available at [www.RetinaUK.org.uk/groups](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/)).

Forthcoming groups are as follows:

* [Manchester (online) - 22 February](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/manchester/)), 7.00pm - 8.00pm
* [Somerset (face-to-face) - 7 March](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/somerset-local-peer-support-group-meeting/), 5.30pm
* [London (online) - 19 March](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/london-local-peer-support-group-meetings/), 11.00am - 1.00pm
* [Hampshire (face-to-face) - 28 March](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/hampshire/), 10.30am - 12.30pm
* [Scotland (online) - 29 March](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/scotland/), 7.00pm - 8.00pm
* [Glasgow (face-to-face)](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/glasgow/) - 16 May, 12:00pm - 1.00pm
* [Edinburgh (face-to-face)](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/edinburgh/) - 17 May, 1.00pm - 3.00pm

We need Group facilitators and helpers in Cardiff, Kent, Liverpool, Milton Keynes, Somerset, Belfast and Brighton to support with our Local Peer Support Group Network. Please email [volunteering@RetinaUK.org.uk](mailto:volunteering@RetinaUK.org.uk) for more information

## Conferences 2022

We will be announcing our outline programme and opening registrations for our Annual Conference and Professionals' Conference in the next edition of our printed newsletter, Look Forward. It is available in print, electronic (PDF / plain text), audio (CD or memory stick) and Braille. You can [amend your preferences](https://retinauk.org.uk/information-support/publications/look-forward-preferences/) to receive Look Forward in whichever format(s) you wish.

Don't forget to 'save the date'. Our Professionals' Conference will be held on Friday 8 July and our Annual Conference is on Saturday 9 July.

## Ultra Challenge discount extended

Walk, jog or run an Ultra Challenge with #TeamRetinaUK. Choose your challenge location, decide your distance and get a 50% discount if you register by 28 February 2022. Find out more – [www.RetinaUK.org.uk/trek](https://retinauk.org.uk/get-involved/fundraising-overview/take-part-in-an-event/walks-and-treks/).

“It really was an amazing event to take part in and we were so fortunate to have such warm, dry weather on our side… it was amazing to finally reach Brighton racecourse in the glorious sunshine to be greeted with cheers from the spectators, my family and a chilled glass of fizz.”

Sarah, who took on London 2 Brighton

Call our Helpline 0300 111 4000 or email [helpline@RetinaUK.org.uk](mailto:helpline@RetinaUK.org.uk)

Monday to Friday 9.30am - 9.30pm