# E-Newsletter - 28 September 2022

## Podcast: Our upcoming fundraising campaigns and how we spend your money

Our Head of Fundraising, Deborah Laing, and Chief Executive, Tina Garvey, recently recorded a [podcast to talk through some of the campaigns and appeals](https://spotifyanchor-web.app.link/e/UthVehwVGtb) which are taking place between now and Christmas. We know that times are tough for people and we want to explain what our plans are and how the money will be used.

[Listen to our Podcast now](https://spotifyanchor-web.app.link/e/UthVehwVGtb)

**Webinar: Discover Wellbeing**

Join our webinar TODAY, Thursday 29 September at 7.00pm to hear from those involved in the creation of our new Discover Wellbeing course and find out more about the five stages of the sight loss journey and how the course might help you. There will also be an opportunity to ask questions

The aim of [Discover Wellbeing](https://retinauk.org.uk/wellbeing/) is to help those living with inherited sight loss develop an awareness of emotional wellbeing and offer practical skills to adapt to life’s ups and downs.

[Register now](https://retinauk.org.uk/information-support/retina-uk-events/webinar-discover-wellbeing/)

## Join our FREE Bristol information event

We are delighted to invite you to attend our upcoming regional information event in Bristol on Tuesday 4 October.

This is a great opportunity to meet other people in your area living with inherited sight loss. It is aimed at people living with inherited retinal dystrophies (RP, choroideremia, rod-cone dystrophy; Leber's congenital amaurosis; Stargardts; cone-rod dystrophy; Bardet Biedl syndrome and Usher's syndrome) and those who support them.

Our medical speaker is Mr Imran Yousef, Knoop Junior Research Fellow at St Cross College, University of Oxford and Fellow in Vitreoretinal Surgery at Oxford Eye Hospital. Information and Support Manager at Retina UK Matthew Carr will talk about the work we are doing to support people living with inherited retinal dystrophies, including our new [Discover Wellbeing](https://retinauk.org.uk/wellbeing/) course. We will also be joined by [Sight Support West of England](https://www.sightsupportwest.org.uk), [Guide Dogs](https://www.guidedogs.org.uk) and [Sight and Sound Technology](https://www.sightandsound.co.uk). Tea and coffee will be provided.

[Register now](https://retinauk.org.uk/information-support/bristol/)

## Good luck!

We want to send a heartfelt thank you and good luck to [our runners](https://www.justgiving.com/campaign/RetinaUK-London-Marathon) taking on the 2022 TCS London Marathon this weekend. From the streets of the capital to neighbourhood routes with the virtual race, #TeamRetinaUK will be taking steps for people with inherited sight loss. Together, they’ve already raised an incredible £32,000 – that’s enough to fund a researcher’s time for more than seven months!

Want to find out about running in 2023? Visit [RetinaUK.org.uk/londonmarathon](https://retinauk.org.uk/get-involved/fundraising-overview/take-part-in-an-event/run-for-retina-uk/half-marathons-and-marathons/2023-tcs-london-marathon/send-your-snaps/).

## Local peer support groups

Local peer support groups provide a welcoming, safe and friendly opportunity for people to meet up to share experiences, tips and information. More information is available at [RetinaUK.org.uk/groups](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/leicestershire/)

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* [Isle of Wight](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/iow/%29) (in-person), Monday 10 October - 11.00am Join us for a social at The Alamo.
* [Manchester](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/manchester/) (in-person), Saturday 1 October 12.00pm - 2.00pm

What is CBS? Nina Chesworth from Esme’s Umbrella talks about Charles Bonnet Syndrome.

* [Glasgow](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/glasgow/) (in-person), Wednesday 5 October 11.00am - 1.00pm

Get hands on with accessibility and smart tech at Visibility Scotland’s independent living flat.

* [West Midlands](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/west-midlands/) (in-person), Thursday 6 October 11.00am

Join us in Birmingham for a museum touch tour and pub lunch.

* [Hampshire](https://retinauk.org.uk/information-support/retina-uk-local-peer-support-groups/hampshire-local-peer-support-group-meetings/) (in-person), Monday 10 October 10.30 am - 12.30pm

Touch tour days out in Hampshire; Keith Hatter talks about what’s available.

## Join #TeamRetinaUK

We’re excited to announce that the RideLondon-Essex 100 is back for 2023! Join #TeamRetinaUK for 100 miles of cycling on traffic-free roads through the heart of London and countryside of neighbouring Essex. With the option to cycle on a tandem and a Tower Bridge finish line, this is a ride not to be missed! [RetinaUK.org.uk/RideLondon](https://retinauk.org.uk/get-involved/fundraising-overview/take-part-in-an-event/cycle-for-retina-uk/ridelondon/).

## Taking part in different kinds of research

We have been asked to share this information by the Vision and [Eye Research Institute at Anglia Ruskin University](https://aru.ac.uk/vision-and-eye-research-institute).

Medical research is really important for improving people’s lives in lots of different ways. But before we can do the research on the things that help most, like new treatments, a lot of background work needs to be done that most people don’t see. It might not seem very exciting, but it is necessary before we can do the more exciting studies. We are looking for volunteers, to help us get to the parts of research that help you! Often what we need from you is totally non-invasive, and can be good fun. We won’t run any experiments or take any scans without permission, don’t worry.

To hear the whole story about this need for volunteers in research, check out our podcast interview at: [Clinical research - everybody get involved! - YouTube](https://youtu.be/oWwtLUY32vA).

## Play our Raffle today for a chance to win £500 cash

Our Raffle can be played online or by buying a physical ticket (or book of tickets). Visit [RetinaUK.org.uk/raffle](https://retinauk.org.uk/get-involved/fundraising-overview/raffle/) to play and find out more.

All proceeds go to towards helping us advance our research into potential life changing therapies for those living with inherited sight loss, and maintaining our vital support services.

Good luck!

Call our Helpline 0300 111 4000 or email helpline@RetinaUK.org.uk

Monday to Friday 9.30am - 9.30pm