# Retina UK E-Newsletter: September 2023

This e-Newsletter is also available in audio format and on our website.

## Webinar: Ask the expert with Samantha de Silva

Thursday 28 September - 7.00pm - 8.00pm

We are joined for this popular ‘Ask the expert’ session by Samantha de Silva, a consultant ophthalmic surgeon at Oxford Universities Hospital Trust. She would be delighted to answer any questions relating to inherited retinal dystrophies.

Register now: [RetinaUK.org.uk/event/webinar-ask-the-expert-de-silva/](https://retinauk.org.uk/event/webinar-ask-the-expert-de-silva/)

## Future webinars

Save the date for our future webinars as follows:

* 12 October: Support through Access to Work - World Sight Day special
* 7 December: AI (Artificial Intelligence) with Dr Nikolas Pontikos

## Research study

Have you or your child had a genetic test result showing that your sight loss is caused by the CRB1 gene? Prof Mariya Moosajee at Moorfields Eye Hospital (London) is looking for people with a CRB1 genetic diagnosis to take part in a study about how this particular condition develops and progresses.

Participation would involve three visits to Moorfields Eye Hospital in London, each 12 months apart, and funding for economy travel may be available. For more information, please contact Prof Moosajee’s colleague Dr Ana Rodriguez via ana.rodriguezmartinez@nhs.net.

## Halloween and Bonfire night skydive

We have spaces for our exciting Halloween and Bonfire Night Skydive campaign!

This year, we're challenging you to step out of your comfort zone and embrace the thrill of a lifetime by participating in a charity skydive for Retina UK on 28 / 29 October or 4 / 5 November.

Sign up by 28 September at: [RetinaUK.org.uk/event/halloween-skydive](https://retinauk.org.uk/event/halloween-skydive-2023/) or [RetinaUK.org.uk/event/bonfire-skydive](https://retinauk.org.uk/event/bonfire-skydive-2023/).

## Christmas cards

Now is a great time to stock up on your Retina UK Christmas cards! Priced at £3 and designed by artist Tina Wray, who has retinitis pigmentosa and glaucoma and has less than 5% vision remaining. You can visit our website to buy yours today: [RetinaUK.org.uk/shop](https://retinauk.org.uk/product/retina-uk-christmas-cards/).

## Great Bake

The new series of The Great British Bake Off is coming and we would love for you to organise your own bake sales and share your recipes with us. Get involved and join our Great Bake campaign: [RetinaUK.org.uk/event/great-bake-2023/.](https://retinauk.org.uk/event/great-bake-2023/)

## Local Peer Support Group meetings

Chat with other people living with inherited sight loss at one of our free upcoming Local Peer Support Group meetings.

[National peer support group autumn meeting](https://retinauk.org.uk/event/national-peer-support-group/)
Tuesday 26 September, 7.00pm - 8.00pm - Online

Guest speaker June Little, Chair of Trustees at the Cotswold Listener and Trustee of Talking News Federation.

[Glasgow peer support group meeting](https://retinauk.org.uk/event/glasgow-local-peer-support-group/)
Wednesday 4 October, 11.00am - 1.00pm - In-person

Meet up at Visibility Scotland with guest speaker Helen Kallow, Regional Manager from Disability Sport Glasgow.

[Isle of Wight peer support group meeting](https://retinauk.org.uk/event/isle-of-wight-local-peer-support-group/)
Monday 9 October, 11.00am - In-person

Social meet up over coffee at the Alamo restaurant in Ryde.

[West Midlands peer support group meeting](https://retinauk.org.uk/event/west-midlands-local-peer-support-group/)
Saturday 14 October, 11.00am - In-person

Visit and group catch up at the Birmingham Botanical Gardens.

[Manchester peer support group meeting](https://retinauk.org.uk/event/manchester-local-peer-support-group/)
Saturday 14 October, 12.00pm - 2.00pm - In-person

Social meet up at the Waldorf Pub, with guest speaker Lucy Ashton, Business Development at Seable Holidays.

[Belfast peer support group meeting](https://retinauk.org.uk/event/belfast-local-peer-support-group/)
Thursday 19 October, 12.00pm - In-person

Social meet up at the Belfast Botanic Gardens followed by lunch at Mummy’s Little Bistro next to Great Victoria Street train station.

[East Midlands peer support group meeting](https://retinauk.org.uk/event/east-midlands-local-peer-support-group/)
Thursday 19 October, 7.00pm - 8.00pm - Online

Guest speaker Rachel Fairman, Volunteer for Guide Dogs for the Blind.

## Bamevision events

Our friends over at Bamevision are holding a series of webinars to mark National Eye Health Week:

Driving and Your Vision
Tuesday 26 September 2023, 7.00pm - 8:30pm

* When it’s okay to continue driving with sight loss, and when to stop
* Sharing up to date guidance
* The process of handing back your licence, and much more

Digital eyecare
Wednesday 27 September 2023, 7.00pm - 8:30pm

* Does your screen usage/work affect your eyes?
* Screen diligence and workplace policies
* Dry eyes and eyedrops, and sharing best usage techniques, including for visually impaired people, and much more

If you are interested in attending, please email info@bamevision.org.

A big thank you to everyone who got involved in Remember a Charity Week by making a Will using our free online Wills service. If you haven't made one yet, the offer is available all year round.

Visit: [makeawillonline.co.uk/charities/?path=retinauk](https://www.makeawillonline.co.uk/charities/?path=retinauk)

## We're here for you

We know that as the nights start to draw in and we get ready for the clocks to go back next month, it can be a tough time for some. Please remember that we have a range of services you can tap in to; from our Helpline to Talk and Support, our local and national peer support groups and of course our Discover Wellbeing support. Please remember, you’re not alone!

Find out more: [RetinaUK.org.uk/information-and-support/services/](https://retinauk.org.uk/information-and-support/services/)

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

Monday to Friday 9.30am - 9.30pm