# Retina UK e-Newsletter: October 2023

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

## Webinar: Support through Access to Work - World Sight Day Special

**Thursday 12 October - 7.00pm - 8.00pm**Join us for a brief overview of the Government’s Access to Work scheme, learn how it could support you at work, and hear the experiences of a number of people with inherited sight loss who receive an Access to Work grant.  
  
We will be joined by Josh Freehan, Head of Internships at TPT. Josh has worked closely with Access to Work on their Get Set Progress Internship programme, so can provide some valuable insights. We’ll also be talking to Emily Lamb, a young person using the scheme for the first time and Simon Lakin and Bhavini Makwana, who have both used the scheme in different ways throughout their careers on a full-time and part-time basis.

Register now: [**RetinaUK.org.uk/event/webinar-access-to-work/**](https://retinauk.org.uk/event/webinar-access-to-work/)

## Future webinars

Save the date for our future webinars as follows:  
7 December: [**AI (Artificial Intelligence) with Dr Nikolas Pontikos**](https://retinauk.org.uk/event/webinar-artificial-intelligence/)

## Join our Lived Experience Panel

Would you like to hear about opportunities to take part in research studies, surveys and other projects that aim to better understand inherited sight loss? Join the Retina UK Lived Experience panel and we’ll email you whenever we’re asked to help recruit study participants: [**RetinaUK.org.uk/lived-experience/**](https://retinauk.org.uk/get-involved/lived-experience/).

## Halloween and Bonfire night skydive

We have limited spaces remaining 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 now: [**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).

## Podcasts

Our West Yorkshire peer support group recently welcomed **The Blind Poet, Dave Steele**, who is living with retinitis pigmentosa, to their meeting. He talks candidly about his diagnosis, his poetry and his optimistic mindset. [**Listen now**](https://spotifyanchor-web.app.link/e/18CxKPKmODb)**.**  
  
We've also recently published an interesting podcast about the most important professionals who work with the sight loss community, along with their abbreviations and what they do to improve people’s lives. [**Listen now**](https://podcasters.spotify.com/pod/show/retina-uk/episodes/QTVI--ECLO--ROVI---what-do-they-mean-e2a22pq).

You can listen to the podcast on Spotify, Apple Podcasts, Google Podcasts and more.

## 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/shop/).

## ****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.

[**Wrexham & Wales peer support group meeting**](https://retinauk.org.uk/event/wrexham-wales-peer-support-group/)  
**Wednesday 11 October, 7.00pm - Online**  
Guest speaker Frankie Rohan, Workforce Officer at British Blind Sport.

[**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.  
   
[**Tyne & Wear peer support group meeting**](https://retinauk.org.uk/event/tyne-wear-peer-support-group/)  
**Wednesday 25 October, 7.00pm - Online**  
Launch of our new group in collaboration with Northern Alliance VIP’s.  
   
[**Berkshire peer support group meeting**](https://retinauk.org.uk/event/berkshire-local-peer-support-group/)  
**Tuesday 31 October, 7.00pm - Online**  
Catch up and social get together, everyone welcome!  
   
[**National peer support group meeting**](https://retinauk.org.uk/event/national-peer-support-group/)  
**Thursday 11 January, 7.00pm - Online**  
Guest speaker Lucy Hodges MBE, Commodore of GBR Blind Sailing.

## Great Bake

Loving the new series of The Great British Bake Off? Organise your own bake sale as part of our Great Bake campaign: [**RetinaUK.org.uk/great-bake/**](https://retinauk.org.uk/get-involved/fundraising/start-your-own-fundraising/great-bake/)

## Be part of research

Did you know that you can search for UK clinical trials via the NHS’s research participation website? Visit [**bepartofresearch.nihr.ac.uk/**](https://bepartofresearch.nihr.ac.uk/) to find out more and register your interest in taking part.

## Save the date

Double your donation during The Big Give Christmas Challenge 28 November – 5 December.

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

Monday to Friday 9.30am - 9.30pm